



## Healthwatch Southwark's Public Forum: Winter Wellness: Staying Well, Warm & Safe

### Event Report

**Date:** Monday 14<sup>th</sup> December 2015  
**Time:** 11.30 am - 2.30 pm  
**Venue:** Walworth Methodist Church, Camberwell

#WinterWellness

**healthwatch**  
Southwark

## Winter Wellness - Staying Well, Warm & Safe Come to our FREE Public Forum!

- Find out about local services and support
- Get information about health and wellbeing
- Share your experiences with us!

Free Lunch served at 12pm, free raffle and a charity bake sale!

### Everyone is welcome

This event is FREE, open to everyone, but booking is essential!



### Book your place:

Call: 020 7358 7005

Email: [info@healthwatchsouthwark.co.uk](mailto:info@healthwatchsouthwark.co.uk)

Visit: <https://goo.gl/hJOJc3>

### When?

14 Dec, 11.30am-2.30pm

### Where?

Walworth Methodist Church,  
54 Camberwell Rd, SE5 0EN



## Attendees

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Over 110 people registered online to attend this event and we had to close ticket booking prior to the event. 89 people attended the event, with 8 people subsequently registering as new supporters of Healthwatch Southwark. Attendees included Southwark residents and representatives from voluntary and community organisations.



## Purpose of the Winter Wellness event

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The purpose of this public forum was to:

- 1) Inform local people about Healthwatch Southwark and explain what we do.
- 2) Provide information to local people on how to stay well, safe and warm during the winter.
- 3) Give local people the chance to meet and speak to representatives from different local organisations, groups and communities in a relaxed and welcoming environment.



## Stalls

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Attendees were able to visit stalls giving out information and signposting, these included:

- ✓ Healthwatch Southwark: <http://healthwatchsouthwark.co.uk/>
- ✓ Community Action Southwark: <http://casouthwark.org.uk/>
- ✓ Southwark Refugee Communities Forum: <https://srcforum.wordpress.com/home/>
- ✓ Southwark Carers: <http://www.southwarkcarers.org.uk/>
- ✓ Age UK Lewisham and Southwark: <http://www.ageuk.org.uk/lewishamandsouthwark/>
- ✓ Southwark Community Pharmacies Forum: <http://psnc.org.uk/lslpc/our-events-category/southwark-community-pharmacy-forum-meeting/>
- ✓ NHS Southwark Clinical Commissioning Group: <http://www.southwarkccg.nhs.uk/Pages/Home.aspx>
- ✓ Community Catalysts: <http://www.communitycatalysts.co.uk/>
- ✓ Southwark Council's Sports and Leisure Services Team: [http://www.southwark.gov.uk/info/200087/sports\\_and\\_leisure](http://www.southwark.gov.uk/info/200087/sports_and_leisure)
- ✓ Citizens Advice: <http://www.southwarkcabservice.org.uk/>
- ✓ Alzheimer's Society: <https://www.alzheimers.org.uk/>



## Who spoke at the Healthwatch Southwark Winter Wellness event?

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### Who?

Aarti Gandesha, Healthwatch Southwark

### What was said?

Aarti welcomed everybody to the Healthwatch Southwark Public Forum - *Winter Wellness: Staying Well, Warm & Safe*. She gave a brief introduction to Healthwatch and encouraged local people to get involved.



Aarti spoke about **Enter and View** - the unique power local Healthwatch have to visit health and social care services and speak to people about the care they are receiving, as well as speak to carers, relatives, staff, and observe the care environment. Aarti invited Catherine (Healthwatch Southwark team member) and Ludovic (Healthwatch Southwark volunteer) to talk about their experience of attending an Enter and View.

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### Who?

Noel Baxter, Southwark GP and NHS Southwark Clinical Commissioning Group (CCG) representative



### What was said?

Noel reminded the audience that people aged 65+ can get a **free flu vaccination at the GP or many pharmacists**. He also offered practical advice to people about staying warm in the winter in their houses, such as always ensuring the **temperature inside remains between 18 & 21°C and moving around frequently**. Noel spoke about how NHS Southwark CCG is investing in GP services in order to make it easier to get appointments with GPs. He explained about the new **extended access clinics** in Bermondsey and Peckham, open 7 days a week, 8 am - 8 pm. Your GP can refer you to one of these clinics if you need to see a GP urgently.

You can find out more information about GP services in Southwark [online](#).

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## Who?

Elizabeth Mings, Community Sport Project Officer, Southwark Council



## What was said?

Elizabeth spoke about Southwark Council's **free Gym and Swim scheme**, available to local people aged 65+, as well as to local residents aged 16-18. The scheme is available at all Council-operated leisure centres across Southwark, run in partnership with Fusion leisure (Camberwell, Dulwich, Seven Islands, Peckham Pulse, Surrey Quays). For those aged 65+, there are a number of free swim, gym and exercise class sessions, available under the 'Silver Programme'.

You can apply for the free Swim Gym membership [online](#), in your local library or your local leisure centre. Elizabeth also told the audience about **Get Active Southwark**. This is a new website where you can find local activities in your area, simply by entering your postcode. You can also look up activities by time, difficulty level etc. For more information, visit the [website](#).

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## Who?

Fraser Serle, Age UK Lewisham and Southwark



## What was said?

Fraser spoke about **Age UK's Wrapped Up campaign**. Age UK provide free winter packs for older people, containing useful items such as blankets, thermal mugs, gloves, draught excluders etc. For our event, Age UK Lewisham and Southwark very kindly provided around 100 Winter Packs, containing a blanket, thermal mug and gloves. Attendees were invited to take one of these packs during the event.

Fraser offered advice about how older people can keep themselves warm during the colder months of the year. **Ways to keep warm included:**

- ✓ Drink warm drinks and eat warming foods such as stews and soups.
- ✓ Wear plenty of layers
- ✓ Cover up with blankets in the evenings
- ✓ Wear socks
- ✓ Put draught excluders at the bottom of doors where possible

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## Who?

Adenola Olayeide, Southwark Community Pharmacist Forum



## What was said?

Adenola spoke about **community pharmacies** in the borough, many of which now offer **flu vaccinations**, so that you do not have to go to the doctor. If you fit the eligibility criteria (for example if you are 65+ or have a chest or immune condition), it is free. Otherwise there is a small cost to get the flu vaccination done.

A list of the pharmacies in Southwark offering the flu jab can be found [online](#).

Adenola also spoke about the **Pharmacy First scheme**. This is available to people who are registered with a GP in Southwark AND entitled to free prescriptions.

If you are eligible, it means that you can go directly to a Southwark pharmacy for a minor or common illness such as colds, headaches and allergies and get the necessary medicines free. This is good for those who find it difficult to get an appointment with a GP in order to get their free prescriptions.

A complete list of the illnesses and injuries that you can get treatments and medication for, under the Pharmacy First scheme, can be found [online](#).



## Entertainment on the day!

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### Carl Campbell Dance Company

We had a lively dance performance by the Carl Campbell Dance Company's 'Recycled Teenagers' - a group of older dancers. The group performed 5 energising pieces, and it was great to see many of the audience participate and even get up on stage during the last dance!





### The Welcome Singers

The event finished with a charming performance by the Welcome Singers, whose members meet weekly and rehearse at Southwark Pensioners Centre. There were classics like “Rudolph the Red-Nosed Reindeer and “We Wish You a Merry Christmas”. The audience enjoyed participating in some of the carols and it was a very festive way to end an enjoyable event.

### Free Festive Raffle

Healthwatch Southwark organised a free raffle, each attendee was given a strip of raffle tickets to have a chance at winning some festive prizes. Gifts were small and winter themed, and there were 15 lucky winners!



### Cake sale

At the event there was also a charity bake sale fundraiser which included some delicious cakes and treats made by Healthwatch Southwark and Community Action Southwark staff and volunteers. We raised a tidy sum which we will be donating to Southwark Refugee Communities Forum’s (SRCF) refugee appeal.

See more information here: <https://srcforum.wordpress.com/donate/>

Thank you to all those who contributed to the Winter Wellness event - speakers, stall holders, dancers, singers and attendees - you helped to make it a very special afternoon!

**Your voice counts**

020 7358 7005, [info@healthwatchsouthwark.co.uk](mailto:info@healthwatchsouthwark.co.uk)

[www.healthwatchsouthwark.co.uk](http://www.healthwatchsouthwark.co.uk)

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