

Winter and Crisis Support

Energy and fuel related support

Lewisham Council is working with SELCE to offer energy-related support for vulnerable residents this winter as part of the South London Healthy Homes Initiative. In addition to practical energy advice, you may be eligible for the following support:

- Help with energy debt
- Energy vouchers
- Heat doctor visits
- White goods
- Loft insulation
- Small energy efficiency measures

For more information please visit SELCEs [website](#) and book a 121 or attended one of their [energy Cafés](#)

Community Connections Advice Drop-in, Lewisham Irish Community Centre, 2A Davenport Road, London, SE6 2AZ

- Every other Thursday from 10:30 am – 12:30 pm

Salvation Army Catford, 23-25 Brownhill Rd, London, SE6 2HE

- Every Friday from 10 am to 12 pm [in English, Spanish/Español & Portuguese/Português]

If you are a community group and would like links to funding and resources to support organisations to reduce their energy costs, please email andrew.karune@lewisham.gov.uk

Lewisham Migrant Hub - Free Drop-In Advice Service hosted by Lewisham Refugee and Migrant Network (LRMN) includes eVisa help, legal advice, and domestic violence support.

Every Wednesday 2-4pm at All Saints Hatcham Community Centre, New Cross

Welcome guide for sanctuary seekers <https://lewisham.gov.uk/mayorandcouncil/community-support/refugees/welcome-to-lewisham>.

Most recent free and low-cost food list in Lewisham available on Good Food Lewisham's website: goodfoodlewisham.org/files/ugd/7db68e_1de88e95acc24bbbbae56d534d6285e7d.pdf.

A printable version organised by postcode is attached to this email.

Worried about your loved one losing the Winter Fuel Payment?

Pensioners will no longer automatically receive the Winter Fuel Payment unless they claim Pension Credit. Pension Credit is worth an average £3,900 per year and it's also a gateway to other benefits including housing support, Council Tax discounts and the Winter Fuel Payment itself. Millions of pounds goes unclaimed in Lewisham every year so if you think you – or someone you know – might be eligible, [please visit BetterOff Lewisham](#). **Apply before Saturday 21 December, to make a backdated claim and receive the Winter Fuel Payment this winter.**

Mental health /wellbeing support

Free online training from Zero Suicide Alliance - on suicide awareness:

<https://www.zerosuicidealliance.com/training>

There's additional training on e-learning courses on having difficult and sensitive conversations [here](#)

Useful crib sheet on handling different conversations: <https://platform.scottishwidows.co.uk/wp-content/uploads/conversation-tools-for-advisers.pdf>

Get ready for Christmas with your free flu and COVID vaccinations

Winter and Christmas time are around the corner. If you are eligible for flu and COVID vaccinations protect yourself and your loved ones. There are 32 [Community Pharmacies in Lewisham](#) to support you. No need to book, just walk-in. Eligible groups are **over 65s, pregnant and under 65s at risk**.

You can also book an appointment on the NHS App or online at www.nhs.uk/bookflu and www.nhs.uk/bookcovid. Those that can't get online can call 119 for free where translators will also be available. For more information, visit the [SEL winter vaccinations website](#).

Upcoming training and events

Learn more about Healthy Start, a government scheme that helps families with young children on a low-income buy healthy foods level 2

[Food Roots: Healthy Start Training Lewisham \(Level 2\) Tickets, Wed, Dec 11, 2024 at 4:00 PM | Eventbrite](#)

Turn2Us - Building Financial Security for the Winter Months - Webinar, 11th December 2pm - 3pm

Turn2 Us is presenting with The Felix Project on 11th December 2pm – 3pm. [Register here](#).

The session will look at some of the Turn2Us Tools:

Tool Highlights



Benefits Calculator



Dave will guide you through the key features of Public Version of Benefits Calculator, with a focus on **help with bills and an example calculation**. Followed by a short Q&A.



Adviser accounts

You'll explore the client saving, What if scenario comparison features and extra funds available when you access tools behind a login. Followed by a short Q&A.



PIP Helper



Halide will provide a simple overview of the **Personal Independence Payment Helper (Adviser Version)**, again with a chance to ask questions.

[Register online](#)

[Lewisham Circular Economy Business Grants Launch - The Albany](#)- Lewisham Council are hosting an evening to introduce the circular economy, their new business grants programme, with drinks and informal networking.

Dominion City London have organised a food drive - please share with your networks

- Date: 14th December 2024
- Time: 3:30 PM to 7 PM
- Location: St Laurence Church, Catford, 37 Bromley Road, London, SE6 2TS.
- We will be giving out between 30 and 40 food support packs (ranging from singles to families)
- We will have giving out clothing as well
- Fresh hot meals will also be provided for anyone visiting
- We will have a team of experienced professionals assisting people with CV reviews.
- We will also have some music and board games for entertainment and community building.

Lewisham Council will be holding a market warming event to explore future options for a targeted adult weight management service, based on the learning from *Up! Up! Living Lighter the African and Caribbean Way* programme. This event will be the first step of this process, and we would like to invite you to share your views and feedback. You have the choice of attending an in-person event **OR** an online event via MS Teams.

Option 1: In-person event: Tuesday 17th December, 5pm-6.30pm at St Laurence Centre, St Laurence Church, 37 Bromley Road, SE6 2TS. Please use [this link](#) to reserve your place for the in-person event.

Option 2: Online event: Wednesday 18th December, 5pm -6.30pm. Please use [this link](#) to reserve your place online.

Please feel free to pass this information along to anyone who may be interested in taking part in these meetings.

Nourish Now

Nourish Now are exploring setting up a home cook and deliver project in Lewisham. They are looking to partner with community groups in the area that could refer people wanting to receive a meal, and volunteers willing to cook a meal and deliver to a neighbour. They will attend a Good Food Lewisham meeting on Thurs January 16th at 1pm online to explain more about their scheme. [Setting up and referring to Nourish Now- a Home Cooking project Tickets, Thu 16 Jan 2025 at 13:00 | Eventbrite](#)

Food Justice Reports

[More than a meal - An independent evaluation of universal primary free school meals for children in London | CPAG](#)

[Nourishing Justice report 2024 FINAL](#)

Resource with local and national data to help measure food insecurity in Lewisham – we have recently updated our resource with further data sources on food insecurity. Alliance members have access to here:

 [Data fact sheet about food injustice and poverty in Lewisham November 24 to share.docx](#). Email FoodJusticeActionPlan@lewisham.gov.uk to receive their monthly bulletin and invites to upcoming meetings.