

“For 20 years I hadn’t been out of the house except to get food. I hadn’t danced for 25 years – I didn’t think I possibly could – but on Wednesday I did. South London Cares has given me a real lift.”

Stella, 80



**SOUTH
LONDON
CARES**

South London Cares is a community network of young professionals and older neighbours over 65, hanging out and helping one another across Southwark and Lambeth.



Through South London Cares' activities, neighbours share a little time, laughter and friendship – helping everyone to feel part of their rapidly changing city, rather than left behind by it.

There are four ways you can get involved:

VOLUNTEER

Hang out with your older neighbours at regular social clubs including dance parties and new technology workshops, or share a weekly cup of tea and a chat one-to-one through our Love Your Neighbour programme.

FUNDRAISE

All of our activities are free for older and younger neighbours alike. By baking a cake, running a half marathon, or hosting a pub quiz, you will help make more friendships across our community possible.

DONATE

A regular donation of £5 a month would help us welcome older neighbours like Richard, Rene or Peter to our social clubs, helping them to feel on top of the world month in, month out.

PARTNER WITH US

We're always on the lookout for new local businesses who'd like to welcome older neighbours to their workplaces for a visit, or who could nominate us for their charity of the year programme.

**To find out more, head to our website:
www.southlondoncares.org.uk**



@SouthLDNCares

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