

Southwark Borough Information Sheet

Local Council Information and Support

London borough of Southwark –Community hub – 020 7525 5000 – option 3 for help with food.

Emergency Support – 020 7525 2434 email form on council website.

If you are interested in volunteering or donating the Southwark community response fund is also available via this page.

Main offices are closed – residents are being directed to the council website for different services – www.southwark.gov.uk

Supermarkets and Food Deliveries

There are a large number of stores dotted throughout the borough. Many of these are Tesco Express, Londis, Costcutter etc. These are convenience stores and usually open until 10 or 11pm.

Asda Peckham, rye Lane SE15 4NB

Open – Monday- Saturday 8am-10pm (Sunday – 11am-5pm)

Morrisons Rye Lane, Peckham, SE15 5EW

Open – Monday-Saturday – 7am-8pm (Sunday – 10am-5pm)

NHS hour – 6-7am – Monday- Saturday.

Lidl, 3 Bellenden Road, Peckham SE15 5BA

Open 8am -10pm (Sunday – 11am-5pm)

Sainsbury's, 80 dog Kennel Hill, Dulwich

Open – Monday-Saturday – 8am-10pm (Sunday -11am-5pm)

NHS Priority – 07.30-8am – Monday- Saturday; Elderly customers – 08am-09am – Mon/wed/Friday.

Tesco Extra – Surrey Quays, Redriff Road, London, SE16 7LL

Open – Monday- Saturday -6am-10pm (Sunday – 10am-4pm)

NHS Priority hour – 9am-10am – Tues/Thurs/Sunday.

Elderly customers – 9am-10am – Mon/Wed/Friday.

Foodbanks

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face.

London borough of Southwark foodbanks –

There are 10 different foodbanks across the borough. The main ones are –

Central Southwark community Hub – open every day at a different centre across the Borough. Full details – www.cschub.co.uk

PECAN – Peckham Based – 020 7732 0007 *

Pembroke House – SE17 – based – 020 7703 3803*

*both now delivery services. NB – all foodbanks still run as a voucher based service. You will need a voucher to receive food.

Southwark Food Action alliance @ www.Communitysouthwark.org.uk has produced a map which shows where all food distributions centres are across the borough. This is accessible from their web-pages.

When you contact a foodbank direct, inform them you are a PA Housing resident. We have agreements with many foodbanks and it may assist them in deciding whether they can help you.

The Trussell Trust covers approximately 75% of the Foodbanks across the UK. If the local numbers can't provide the help and support you need, try the Trust at <https://www.trusselltrust.org/coronavirus-food-banks/> or on 01722 580180. It may help find foodbanks near to you and give you contact details to see what they are offering local residents.

Local Pharmacies

City Pharmacy – 39/41 Borough High Street, London SE1 – 020 7407 2061.
Open 8am – 6pm Monday to Saturday

Kalmak (Chemists) Ltd., 9 Upper ground, London, SE1 9LP – 020 7633 0552. –
Open – 8.30-7pm Monday –Friday (Saturday – 6pm)

In addition some supermarkets in the Borough have a pharmacy. Notably –

- Tesco Supermarket 107, Dunton road, SE1
- Sainsbury's Dulwich – Lloyds Pharmacy open until 7pm.
- Tesco Extra @ Surrey Quays open until 10pm.

Other Essential Shops and Surgeries

Opticians – providing emergency services only –

Provision Opticians Southwark Park road. Offering emergency services only – 020 7237 8246 (open 12.00-14.00 Friday).

Nash Opticians, 254, Southwark Park Road – 020 8089 2917 Still open – but ring first.

David Clulow Opticians – surrey Quays. Closed – for urgent care contact – urgentcare@davidclulow.com However, care not offered at this branch.

Vets still largely offering a service – Medivet Southwark open from 9am-7pm Monday to Friday. 020 7232 2637. 24 hour emergency line – 020 3816 1010.

Dentists are offering emergency services – you should contact your dentist first then follow any instructions.

Local Banks and Banking

Banks in Peckham –

Barclays 147/149 Rye lane Open -10am-2pm.,
HSBC – closed www.hsbc.co.uk
TSB closed – www.tsb.co.uk

Banks in Rotherhithe

Barclays closed .
HSBC and Halifax – Mon-Friday – 10am-2pm (Both based at the Surrey Quays shopping centre)

Dulwich –

Lloyds 364-366, Lordship Lane, SE228NA
Open – 10am-2pm – Mon-Friday only.

All banks are shut at the weekend. All main banks ask that customers use online facilities where possible.

Local Support

Southwark Citizens Advice offices are all closed.

The Helpline number is 0344 499 4134
They are open –

Monday/Wednesday/ Thursday/Friday – 9.30-4.30
Tuesday – 9.30-7pm.

Facebook page for local support – Southwark Mutual aid Covid19.

Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: www.nhs.uk or call 111

Support for mental health issues: www.mind.org.uk/information-support/coronavirus or www.mind.org.uk or call 020 8519 2122

Senior citizen's support: www.ageuk.org.uk or <https://www.ageuk.org.uk/information-advice/coronavirus/> or call **0800 678 1602**. – open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and movement exercises: www.headspace.com or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or www.alzheimers.org.uk

Online Counselling – Cognitive Behavioural Therapy: www.iesohealth.com or call **0800 074 5560**

Domestic abuse advice: www.womensaid.org.uk or call 0808 2000 247 (women) 0808 801 0327 (men), www.refuge.org.uk and www.mankind.org.uk or call **01823 334244**

Citizens Advice England www.citizensadvice.org.uk/ or call 03444 111 444

Gyms, libraries, council healthy walks and fitness classes are closed however here are some exercises you can do at home:

Over 70s Sitting exercises	https://www.nhs.uk/live-well/exercise/sitting-exercises/	Home Keeping Fit - Online only
Gym free exercises	https://www.nhs.uk/live-well/exercise/gym-free-exercises/	Cheap and fun gym-free activities to improve health and fitness.
CBeebies	https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids	Fun exercises to do at home with kids
World Stories with Kids	https://worldstories.org.uk/	Stories available in numerous languages: https://worldstories.org.uk/library

CBBC	https://www.bbc.co.uk/cbbc	Games, quizzes and puzzles
BBC	http://www.bbc.co.uk/scotland/brainsmart/games/	Brain games for adults
Games online	https://www.chess.com/	Chess
	https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly	Monopoly (for adults & kids)
Mind	https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/	Distraction when you're in crisis
NHS	https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/	Free Pilates for beginners
British Heart Foundation	https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses	Chair based yoga