

# Help for the over 55's at new drop in sessions

After Her husband died suddenly, Mrs P found herself in financial difficulties. Alone, vulnerable and bereaved, she fell into arrears with her rent and bills were mounting up. Her husband had always taken charge of their finances.

An advocate from Advocacy for Older People in Greenwich was able to help. The advocate made calls, wrote letters, accompanied her to benefits meetings and helped her to set up direct debits. Now Mrs P is able to concentrate on recovering from her loss, without the fear that she may lose her home or be unable to afford to go out and see friends.

The help offered to Mrs P is now available to older people at three new drop-in surgeries in Thamesmead, Plumstead and Eltham. Rather than have to telephone, older people can simply turn up and talk to an advocate face-to-face. Follow up home visits will be arranged if necessary.

Mrs P is only one of many hundreds of older people in Greenwich who have been helped by the charity, which offers support to people over the age of 55 who live in the borough. Advocates are not lawyers; they are people trained to help others speak for themselves and access services to which they are entitled. Services offered by the advocates include support with financial issues, making complaints or appeals, filling in forms and getting information.

**Advocacy for Older people has been active in Greenwich for more than 12 years, and the new drop-in surgeries are funded by the Big Lottery and the Capital Community Fund.**

**For more information please call  
020 8269 0298**



## Drop-in's will be held on:

**Mondays 10am-12 noon**

Glyndon Community Centre  
75 Raglan Road  
Plumstead, London  
SE18 7LB

**Tuesdays 10am-12 noon**

Trust Thamesmead  
19a Joyce Dawson Way  
Thamesmead, London  
SE28 8RA

**Fridays 10am-12 noon**

St Mary's Community Complex  
180 Eltham High Street  
London SE9 1BJ

**To find out more,  
please call  
020 8269 0298**

