Trivia Quiz

1. What is the capital city of Ireland?
2. Which Irish County is famous for the Cliffs of Moher?
3. In which year was Queen Elizabeth II's coronation?
4. Name the band from the first name of its members: John Paul, George & Ringo.
5. What is the name of longest river in Ireland?
6. Which famous British comedian played Del Boy in Only Fools and Horses?
7. Which Irish city is known as the "City of the Tribes"?
8. Who plays Holly Golightly in Breakfast at Tiffany's?
9. How many days are there in a leap year?
10. In which County is the famous Rock of Cashel?
11. In the Wizard of Oz, what colour is the road Dorothy follows?
12. What is the smallest County in Ireland by area?
13. Which iconic British detective lived a 221B Baker Street?
14. Who painted the Mona Lisa?
15. Which famous 1970 TV show was set in the fictitious Yorkshire department store, Grace Brothers?
16. Who was the first actor to play James Bond?
17. In which city was Jesus born?
18. Which famous doll was introduced in 1959 and became a cultural icon?
19. Who painted the ceiling of the Sistine Chapel?
20. Approximately, how many years did it take to paint the ceiling of the Sistine Chapel?

S I P P C G A R A D
P L O B A I L E H U
S I A L E R B I L B
R G W N A D C R N L
O A L C L A R E D I
Y S H A M R O C K N
G C S C O A E J P Y
L E P R E C H A U N

Word Search

SIPP
EIRE
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SHAMROCK
LEPRECHAUN

Remember!
If you are admitted to hospital and would like a visit from SIPP please call our office on ***020 7237 5841*** *or* ***0800 15 777 83*** *to let us know which hospital you are in and to give us the name of the ward you are on.*

southwark irish pensioners project
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RIDDLE ANSWER
A Shirt

Trivia Quiz Answers
1. Dublin, 2. County Clare, 3. 1953, 4. The Beatles, 5. River Shannon, 6. Sir David Jason, 7. Galway, 8. Audrey Hepburn, 9. 366 Days, 10. County Tipperary, 11. The Yellow Brick Road, 12. County Louth, 13. Sherlock Holmes, 14. Leonardo da Vinci, 15. Are you Being Served, 16. Sean Connery, 17. Bethlehem, 18. Barbie, 19. Michelangelo, 20. Approximately 4 Years

southwark irish pensioners project

Newsletter

September 2026

Membership Renewal

Membership fees will remain at £17 for this year i.e. October 2026 to October 2027. If you have moved home or changed your phone number, please let us know.
Likewise, if the person you listed as your next of kin has changed, moved house or has a new phone number, please let us know – this is the person you said we should contact in case of an emergency.

Kathleen Crawford is our membership secretary, you may have seen her at some of our functions and fundraisers. **Kathleen will be at our next Tea Dance on October 15th** to collect your membership fee, if paying your membership at other times, please pop it in an envelope, with your name on the front and give your envelope to Eddie, Hannah or Betty at the day service. You will receive your membership card within a few weeks, your card will also act as a receipt to save paper and the planet.

You can pay by cheque (make cheques payable to SIPP) or cash or you can pay directly into our bank account but please remember to add your name to the payment, otherwise we will never know who has paid what! Just ask Hannah for our bank account details.

Membership fees should be paid by 31st October 2026.

Membership gives you:

- Free admittance to our day clubs (day membership is £2)
- Free advice and information service
- Support when in hospital and particularly when discharged home
- Befriending – either or both regular phone calls and home visits
- Subsidised activities such as tea dances, yoga classes, Christmas and St. Patrick's Day Events etc
- 4 newsletters a year plus Christmas and birthday cards
- **Support at the end of the phone when you need it …**

all you have to do is call us on 020 7237 5841 or 0800 15 777 83

October Tea Dance

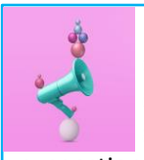
Dust off your Dancing Shoes – for the return of our fabulous Tea Dance. It will take place on: **Thursday 15th October in Bermondsey.**
NEW TIME: from 1pm to 3pm.
Members £4, Guests £5

The wonderful Kenny will be serenading us all. Refreshments include sandwiches, cakes & tea. You're welcome to bring your own tipple and we will supply the glasses.
Our membership secretary Kathy, will be here to collect your membership renewals.

Our Christmas Fair is Coming!

Our Christmas Fair will be held on **Thursday 26th November**, between **1pm** to 3pm, in the Rouel Road TRA Hall (Above Blue Anchor Library). This is a great way for us to come together with your friends and family, and raise money for your Project. So if you bake, knit, have nic nacs to sell, or just fancy coming down to browse the wares and spend an afternoon with everyone, we'd love to see you there!

Your Voice Counts



Our members are at the heart of everything we do at SIPP and so if you have any suggestions or ideas for activities you would like to do, please join our **User Groups**. These are only 10 minutes chat with Eddie, held at each of our day clubs. Tuesday, Wednesday and Thursday at 12.30pm. **Come along and have your say!**

Wills & Family Law Talk

We will soon be welcoming Harry, a local solicitor to the day service for an informative and informal talk about wills and family law. Harry will be talking about some of the important legal matters that can affect us and our families, with an opportunity to ask questions. Date to be confirmed, more information to come soon.

RIDDLE

I have a neck but no head,
I have two arms but no hands,
What am I?

Monthly Sing Along

Warm up your vocal chords and come in to Bermondsey Day Club for a sing along! Eddie will be singing a mix of Irish, country and classics that everyone can join in. Whether you're singing loud and proud or just enjoy the atmosphere, join us every second Thursday of the month from 1pm.

Test your Knowledge

Get your thinking caps on and join us for our monthly quiz.
On the first Thursday of the month in Bermondsey from 1pm

Brixton Day Service

Have you checked out our new venue in Brixton – every Wednesday from 11am. It's just 5 minutes from a bus stop at Arodene Community Centre, Arodene Rd, SW2 2BH

Future Planning

We have invited Emma from Royal Trinity Hospice to come and chat to us about her work at Trinity.
She will come to our Brixton day club on Wednesday 21st October.
There is a very dedicated team of doctors, nurses, carers occupational therapists, social workers and more at Trinity who support people to live the best life they can, whether living at home or in the hospice or a mix of both.
They extend their support to families and to carers and encourage people to learn about the different types of support they offer, which is why we have asked Emma to come in. Our community workers will be around on the day too- along with tea, biscuits and lots of chat!

PLEASE PUT THE DATE ON YOUR DIARY

Film with Fish & Chips

Come along on Thursday 29th October for a relaxed afternoon of film, fish and chips and good company. Movie starts at 1pm. Please arrive by 12.30pm to choose your menu.

Save the date

Our Christmas celebration is booked for Wednesday 9th December … details to follow

A note from Eddie

We've got plenty coming up over the next few weeks, so there's lots to look forward to! Keep an eye on the Newsletter and notices in the day clubs. Don't forget to pop the dates in your diary. It's so lovely to see everyone come together and I'm looking forward to seeing you all at the upcoming activities!

Activities Calendar

Advice Corner

Winter Fuel Payment

As we approach the colder months, the Winter Fuel Payment remains a helpful piece of support for keeping our homes warm.

However, it is important to be aware of the modern tax guidelines introduced by the government so you can manage your household budget smoothly and without any surprises.

The most important thing to know is that everyone of State Pension age still receives the Winter Fuel Payment automatically. It is not a benefit you have to struggle to qualify for upfront. Instead, the government uses an income threshold of £35,000 to decide who keeps it.

If your personal gross taxable income for the year is under £35,000, you keep the full payment. If your income goes over £35,000, HMRC will simply recover the payment later through your normal tax code or self-assessment. It is a straightforward adjustment, meaning there is no need to worry about sudden penalties or bills.

What this means for SIPP Members

For many in our community, tracking taxable income can feel slightly more complicated if you receive multiple pensions. If you are balancing a UK State Pension alongside an occupational pension or an Irish State Pension, it is helpful to keep an eye on your combined total.

Here are a few reassuring facts to keep in mind:

- **Your partner's income is separate:** The £35,000 limit is based strictly on *individual* income, not your total household income. If your personal pension income is below the line, your payment is completely safe, regardless of what your partner receives.
- **No action needed:** For the vast majority of people, the payment arrives automatically in November or December. You do not need to fill out complicated application forms to receive it.

Practical Tips for Managing Energy Costs

Alongside your Winter Fuel Payment, making small tweaks at home can help keep your energy bills steady during the frostier months:

- **Keep the heat In:** Traditional London properties can have hidden drafts. Simple foam strips around window frames or a draft excluder at the bottom of the door can make a noticeable difference in retaining heat.
- **The 1°C tweak:** Turning your thermostat down by just one single degree can noticeably lower your seasonal energy bills. Just ensure your living spaces stay at a safe, comfortable temperature (ideally at least 18°C).
- **Look into local energy schemes:** When you book your chat with David, he can also point you toward local South London grants or winter energy initiatives designed to give pensioners an extra helping hand with utility costs.

If you would like more information, have a word with David – contact details below.

Support is Here

If you are unsure how your UK and Irish pensions combine, or if you just want someone to help you with paperwork or filling in a you do not have to figure it out alone. Come and have a chat with our advice worker David. He is in Bermondsey every Monday and Wednesday from 10am to 3.30pm.

If you would like to have a chat with David, please phone 07878 431712 to book a time - or email David.shaw@irishinlondon.org.
OR phone the office on 020 7237 5841 / 0800 15 777 83.

We try to keep appointment times because some people may need more time than others. If you cannot come in to Bermondsey, David will arrange to visit you at home.