

Surviving Winter 

The London
Community
Foundation

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Helping vulnerable older
people in London to stay warm,
safe and healthy this winter.



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Surviving Winter was started by people who wanted to donate their Winter Fuel Payment* from the government to support people less fortunate than themselves.

This year, we are asking people to join them in donating to the campaign. In particular, we are asking those who can afford to, to donate all or part of their Winter Fuel Payment to support older people in need.



Lunch at Chander Close Residents Association. *Photo: Freia Turland*

** The Winter Fuel Payment is a universal state benefit of between £100 and £300 paid to those aged 60 or over.*

“I am proud and happy to support the Surviving Winter Appeal.”

Joanna Lumley

What’s the issue?

Living in a warm, comfortable home with friends and family nearby is something that many of us take for granted. But for others, the reality of growing older is illness, isolation and anxiety. As winter takes hold, these problems become more acute.

With rising fuel bills, vulnerable older people are at risk. It is estimated that over **535,000 households in London (5.4 million in the UK) are in ‘fuel poverty’,** having to spend a large proportion of their income on fuel to keep warm. Almost half of those living in fuel poverty are aged over 60. Many pensioners suffer in silence, hidden from view, foregoing food and other essentials to pay for heating, or turning off the heating altogether.

Last winter, there were an estimated 25,400 extra deaths in England and Wales, compared with the non-winter period. **2,100 Londoners over 65 died** from causes worsened by the cold conditions, such as circulatory and respiratory diseases, poor diet or falls on icy surfaces.

For every one of these deaths, dozens of older people face a daily reality of physical illness, loneliness and depression.

What can we do?

Your donations will help older Londoners who struggle to stay warm, safe and happy at winter.

You will tackle cold homes and poverty directly, by supporting older people and their carers to break the cycle of fuel poverty. You will also support voluntary groups tackling the broader issues of isolation and ill-health in practical ways – by helping older people to get to doctor’s appointments or the shops, arranging social activities or starting befriending schemes.

Find out more at survivingwinterlondon.org.uk

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30 years of
Campaigning for
Warm Homes



Donate to Surviving Winter

Find out more and donate
online at:
www.survivingwinterlondon.org.uk

or you can send a cheque with
the completed form to:

Surviving Winter,
The London Community
Foundation,
357 Kennington Lane,
London SE11 5QY

Cheques should be payable
to 'The London Community
Foundation'

Thank you.

**The London
Community
Foundation**

Registered charity number
1091263 and company
limited by guarantee
number 4383269

www.londoncf.org.uk

I would like to support **Surviving Winter**
with a donation of:

£100

£150

£200

£300

or my own amount of £ _____

and enclose a cheque for this amount payable to
'The London Community Foundation'

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It won't cost you anything and it will
add 25% to the value of your donation

I am a UK taxpayer and I would like The London Community
Foundation to treat this and any future contributions as Gift Aid
donations (please tick and fill out the details below). *For LCF to
claim Gift Aid on your donation you must pay Income Tax and/or
Capital Gains Tax which is at least equal to 25% of your donations to
LCF. Please notify us if your details change.*

Name: _____

Address: _____

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Signed: _____

*In accordance with the 1998 Data Protection Act, we would like
to use your details to send you the final report on Surviving Winter.
If you do not wish to receive this, or any further communication then
please tick here.*