



# NEIGHBOURS KNOW HOW

Your monthly news from Tower Hamlets Friends & Neighbours

## JUNE 2026

News, things to know, and a wordsearch — for older people in Tower Hamlets

Welcome to the June edition. Inside: money you may be missing, June events, Diabetes Week, NHS mental health support by text, volunteers wanted, your client survey, scam warnings — plus a wordsearch.

### MONEY YOU MAY BE MISSING — PENSION CREDIT

If you are over State Pension age and on a low income, you may be entitled to Pension Credit — a weekly top-up worth more than £3,900 a year. Around 850,000 eligible pensioners are not claiming it.

It also unlocks help with Council Tax, free NHS dental treatment, the Warm Home Discount, and (if you are 75 or over) a free TV licence. Call the Pension Service free on **0800 99 1234**. Savings under £10,000 are ignored — many who think they don't qualify do.

### AGE WITHOUT LIMITS DAY — WEDNESDAY 10 JUNE

**Wednesday 10 June** is **Age Without Limits Day** — a national day to challenge ageism. This year's theme: *Let's question ageism*. Phrases like “stuck in their ways” or “time to slow down” may sound harmless, but repeated across a lifetime they chip away at confidence and limit what people are offered.

Take part in everyday ways: notice an ageist comment and gently question it; share a story of something you've done that people didn't expect; talk with a friend about a time age has been used against you. Do let your befriender know.

### LONELINESS AWARENESS WEEK — 15 to 21 JUNE

**Loneliness Awareness Week** runs from **15 to 21 June**. This year's theme: *Meeting Loneliness Together*. Small moments of connection matter — a cup of tea, a phone call, a chat at the bus stop all count.

Join us at **Berne Cameron on Tuesday 16 June** for a lunch and a chat. To meet other older people at any time, ring **0203 007 9120**.

## DIABETES WEEK — 8 to 14 JUNE

**Diabetes Week** runs from **8 to 14 June**. In Tower Hamlets, Type 2 Diabetes is on the rise. The risk is higher for some communities, for people over 40, and for those carrying extra weight. Small changes help: balanced eating, moving more, stopping smoking, cutting down on alcohol. Your GP can arrange a free risk check, or ring us on **0203 007 9120** — there are new short videos in English, Sylheti and Somali. Ask your befriender to share.

## NHS MENTAL HEALTH SUPPORT — NOW BY TEXT

Anyone in north east London needing urgent mental health support can now **text 07860 009642** — the new NHS 111 Option 2 text service. A trained team member will reply. It's for anyone who would rather text than speak. To speak instead, ring **NHS 111 and choose option 2**.

## STAY SAFE FROM SCAMS

**Two scams to watch:** callers pretending to be from British Gas may know personal details — never give bank details on the spot. And fraudsters offering to “**claim Pension Credit for you**” for a fee — the real Pension Service is free. Hang up, then ring us on **0203 007 9120**.

## KEEPING WELL IN HOT WEATHER

Warmer weather is here. Drink water steadily, keep curtains drawn on the sunny side, and stay out of direct sun between 11am and 3pm. If you feel dizzy, faint, or short of breath, call **NHS 111**. In an emergency, **999**.

## TELL US HOW WE'RE DOING — JUNE SURVEY

Through June, your befriender will be carrying a short survey when they visit or call — tell us how we're doing and what we could do better. About ten minutes, no right or wrong answers. To do it with the office instead, ring 0203 007 9120.

## JOIN US — VOLUNTEERS WANTED

We are looking for new befriending volunteers — friendly people who can spare a couple of hours a week. Full training is provided. If you know someone who would be a wonderful befriender, please tell them about us.

We are also looking for **clients to sit on our interview panel** when we recruit new staff and volunteers — your view matters most. Travel costs are covered. Ring **0203 007 9120** or let your befriender know.



# JUNE WORDSEARCH

*Have a go — all 20 words come from this month's newsletter!  
Across, down, diagonally, forwards or backwards.*

V	P	H	R	A	Q	A	Y	S	U	P	P	O	R	T	T	N
F	N	O	I	T	S	E	U	Q	H	U	T	Y	I	Y	G	S
M	G	K	V	H	D	A	N	R	B	R	A	I	O	I	I	E
V	M	O	Y	F	H	W	U	E	A	L	E	B	D	G	P	A
W	Z	S	Q	E	E	E	Y	L	I	P	I	C	K	E	Q	T
P	S	A	I	L	V	L	L	O	P	G	H	S	N	O	R	F
G	U	I	C	E	X	R	O	L	W	D	H	S	T	E	T	C
F	C	O	S	C	G	Q	U	V	O	K	I	B	K	E	M	K
O	M	I	J	V	K	A	P	S	N	O	A	J	O	F	N	V
E	C	B	K	P	I	H	S	D	N	E	I	R	F	U	T	P
R	M	U	B	E	F	R	I	E	N	D	E	R	P	P	R	X
N	D	I	A	B	E	T	E	S	G	V	K	B	K	G	Q	S
Y	Z	L	O	N	E	L	I	N	E	S	S	J	T	X	E	T
C	H	A	T	U	Q	P	T	F	A	C	Z	W	D	O	Z	F
J	U	N	E	C	O	N	N	E	C	T	H	A	W	M	S	S
R	W	J	X	Q	H	H	A	M	L	E	T	S	L	T	T	V
Y	T	O	W	E	R	H	C	A	Z	Z	E	H	A	U	L	N

**JUNE • PENSION • CREDIT • AGEISM • QUESTION • LONELINESS  
• BEFRIENDER • DIABETES • SURVEY • NEIGHBOURS • WELCOME  
• TEXT • SUPPORT • CHAT • FRIENDSHIP • TOWER • HAMLETS  
• CONNECT • LISTEN • HELLO**