

Translation service

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Haddii ay dhibaato kaa haysato fahamka Ingiriisida oo aad u baahanthay macluumaadkan oo ku tarjuman luqad kale, fadlan calaamadi sanduuqa kaa soo horjeeda. Waa inaad ku qortaa magacaaga iyo cinwaankaaga foomka halkiisa hoose kuna soo celisaa Policy and Insight, Peabody, 45 Westminster Bridge Road, London SE1 7JB

This document is also available in large print, braille or audio format



 **LinkAge Plus**
A brighter future for older people

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www.peabody.org.uk

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NHS

Tower Hamlets



TOWER HAMLETS

What is LinkAge Plus?

LinkAge Plus is a service to help anyone aged over 50 in the borough of Tower Hamlets to make the most of later life. The project is delivered by five community organisations; Sundial Centre (Peabody), Toynbee Hall, Sonali Gardens (St Hilda's East Community Centre), Neighbours in Poplar and Age Concern Tower Hamlets.

LinkAge Plus is managed by Peabody and funded by Tower Hamlets Local Authority and NHS Tower Hamlets.



Within Tower Hamlets, we operate from five Network Hubs offering services and activities and a team of outreach workers providing one to one support to older people across the community. We support older people who want to live a healthy and more active life, and promote independence and involvement in the local community. We encourage all of our users to get involved in volunteering, leading LinkAge Plus activities and decision making about the service.

Network Hubs are community centres for older people. Our services are available at our five Network Hubs across Tower Hamlets. Each provides a one-stop service to older people and offers a range of activities, services and information.

Some of our activities and services are also available in other centres and organisations, such as local community centres and sheltered housing schemes. To find your nearest location, please see page 7 for contact details.

Our services and activities

If you want to keep fit, learn a new skill or relax and meet new people, we have a range of services and activities to suit you. Just a few of our services and activities include:

Physical activities

Keep fit, dancing, chair based exercise

Social and leisure activities

Coffee mornings, knitting, trips and men's groups

Learning and volunteering

Art classes, creative writing, computer classes

Health activities

Information talks to raise awareness, massage, help with your eyes and ears

Advice

Housing, pensions, benefits and legal



Our Outreach Service

We have trained outreach workers located across the borough. They can provide you with one-to-one support and information and put you in touch with community and council services, ranging from short mat bowls to occupational therapy.

Our outreach service is available to anyone over 50. Whether you feel lonely and vulnerable or you just want to know more about groups and services available near you, we can help you get the support you need.

Outreach workers are based across the five community centres and can work with you in your home, or somewhere else of your choice. They can support you to live independently and safely, with choice and control over the services you receive.

Our LinkAge Plus outreach workers can:

- work with you to find out your needs and to rebuild your confidence;
- provide you with information about local services and point you in the right direction;
- make referrals to help you to access local services ;
- help you fill out forms, make phone calls with you and follow up referrals.



"I have made so many friends since coming here – I love meeting people, it keeps me alive, alert and active."

They can also support you on a wide range of issues, including:

- health, mobility and access;
- housing;
- safety;
- benefits, pensions and debt;
- social activities and networks, physical activities and leisure;
- carer's support;
- employment and learning;
- volunteering; and
- access to social care services.



"I know that the services here are always open and there if I need it, so I know I do not have to sit alone in my flat."

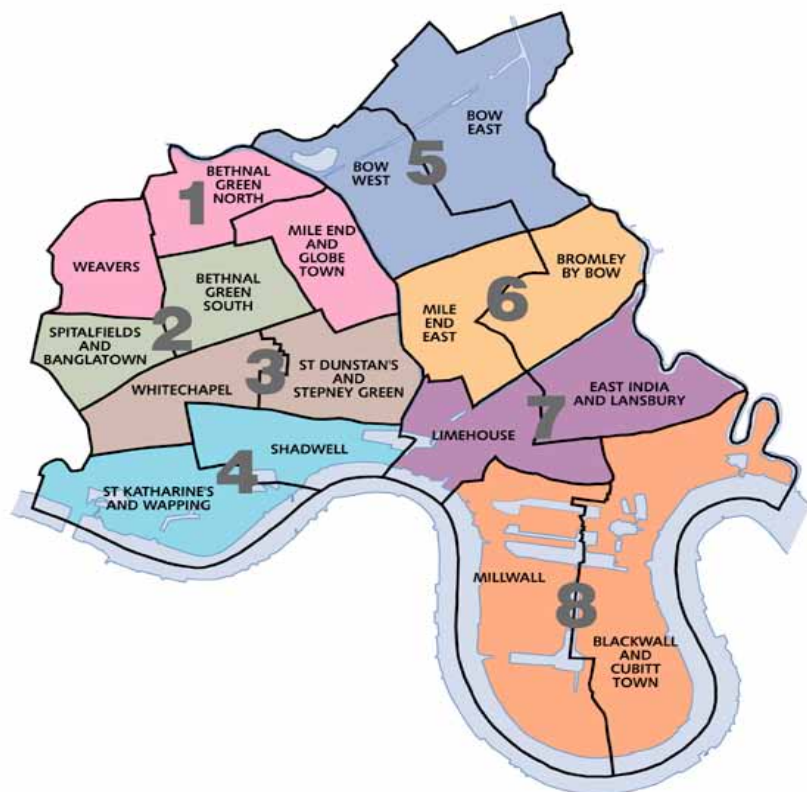
Contacting LinkAge Plus

If you would like more information about our services, or would like to arrange a visit from one of our outreach workers, please contact us by telephoning or writing to any of the Network Hubs listed on the next page.

Anyone can refer an older person to LinkAge Plus, providing you have their consent. This includes professionals, friends, carers and family. Please contact your nearest centre.

LinkAge Plus Network Hubs

The London Borough of Tower Hamlets is divided into eight Local Area Partnerships (LAPs). The five LinkAge Plus Network Hubs cover all of the eight LAPs:



Sundial Centre (LAP 1)

11 Shipton Street
London E2 7RU
Telephone: 0207 021 4137
Email: sundial@peabody.org.uk



Toynbee Hall (LAP 2)

28 Commercial Street
London E1 6LS
Telephone: 020 7392 2914/15
Email: zeki.du'ale@toynbeehall.org.uk



Sonali Gardens (LAP 3&4)

79 Tarling Street
London E1 0AT
Telephone: 020 7265 9292
Email: linkage@sthildas.org.uk



Age Concern Tower Hamlets (LAP 5&6)

Appian Court
87 Parnell Road
London E3 2RS
Telephone: 0208 981 7124
Email: info@acth.org.uk



Neighbours in Poplar (LAP 7&8)

St. Matthias Community Centre,
113 Poplar High Street,
London E14 0AE
Telephone: 020 7987 0459 / 07813
478 891
Email: nip65@msn.com