



Connect Hackney Projects – October 2019

People can self-refer to all projects.

Projects for older people with learning disabilities

Peter Bedford Housing Association works with people with learning disabilities aged 50 and over on a range of activities to improve skills and confidence, health and wellbeing, and to socialise. Activities include: learning how to use a touch screen tablet, gardening and creative crafts.

Contact Kamy Miessen or Anjum Ahmed: 020 3815 4100

St Mary's Secret Garden 'The Garden Social' provides a weekly club for people with learning disabilities aged 50 and over. The club brings local older people together to work on shared gardening and maintenance activities. There are also opportunities for the 'Garden Socialisers' to plan and develop the creative and social activities of the club.

Contact Siobhan MacMahon: 020 7739 2965 e: siobhan@stmarysgarden.org.uk

Community Connections project for all older people

Shoreditch Trust 'Community Connections' work with local partners to reach socially isolated people aged 50 and over. The project provides one-to-one sessions to help older people build confidence and motivation to engage with peers, local groups and social activities. The project is delivered from accessible community spaces, complemented by home visits to suit the needs of people using the service.

Contact Teresa Buckland: 020 7033 8587 e: teresa@shoreditchtrust.org.uk

Projects for older men

Action on Hearing Loss are working with men over the age of 50 who have confirmed or unidentified hearing loss. They provide access to one-to-one and community hearing screening checks, with follow-up support, hearing aid maintenance support groups and befriending visits.

Contact Sharon: 0744 253 8944

City and Hackney Carers Centre 'Hackney Brocals' is a multi-generational befriending project. Brocals provides a regular series of bus trips in Hackney and beyond and have home based support for men who can't often leave home. The project includes volunteering and a buddying system which sees younger volunteers committing to visit isolated elders in the community

Contact Hackney Brocals: 0202 8533 0951; or visit the website at www.brocals.org

Hackney Co-operative Development 'Gillett Square Elders' is a programme of activities aimed mainly at men aged over 50 that use Gillett Square in Dalston as a place to gather and socialise. All activities have men aged 50 and over as session leaders or volunteers. Participants also are encouraged and supported to organise their own small-scale community events.

Contact Hackney Anja Beinroth: 020 3875 9352 e: GS2@hcd.coop

MRS Independent Living 'Hackney Dudes' is a community project which aims to increase older men's confidence in engaging with services and activities that promote improved wellbeing.

Contact MRS Independent Living: 0330 380 1013 e: vicky.harrison@mrsindependentliving.org

Projects for older people who want to learn or brush up on digital skills

Groundwork London 'Silver Connections – Making the Most of Your Mobile' is a programme of six weekly sessions designed to increase the confidence of people aged 60+ to use their smartphones to access information. Together the group research, plan and then head off on an outing to Hackney and beyond.

Contact Sarah: 0208 5105 419 e: silverconnections@groundwork.org.uk.

MRS Independent Living 'Learning Together' supports older people to gain or improve digital knowhow and confidence to find information about services, support and leisure activities online. It delivers one-to-one and small group support along with opportunities for older people to connect socially.

Contact MRS Independent Living: 0330 380 1013

Newham New Deal Partnership 'The @online Network' helps build older people's confidence to get online. It operates around Hackney and is a six to eight programme of practical activities based on members' interests. There are also pre-programme taster sessions and follow on support via e-newsletters, telephone advice and drop-in.

Contact Newham NDP: 0207 366 6343 0207 e: onlinehackney@newhamndp.co.uk

Hackney CVS 'Connect Hackney Senior Media Group' is a weekly group that provides training for older people in digital journalism skills, including: using computers, photography, writing, interviewing techniques and audio production. Participants help produce the popular Hackney Senior magazine.

Contact Hackney CVS: Zelina: e: zelina@connecthackney.org.uk

Projects putting on community activities for all older people

Friends of Woodberry Down 'The FOWD Community Project' delivers a series of weekly community events aimed at older people. It allows older and younger people to come together to share food and enjoy a programme of activities at the various community venues in their local area.

Contact FOWD: 0787 634 5457 / 0785 232 8993

Core Clapton 'Social Singing' is a singing group for people of all ages with a special focus on the social inclusion of older people aged 55 and over that might be experiencing social isolation. It is a weekly opportunity to meet, sing and socialise with new friends.

Contact Core Clapton: 0300 561 0161

Immediate Theatre 'Theatre Exchange' is a programme of theatre workshops and performances for older people. It offers a range of theatre-making skills, singing, story sharing, prop making, well as acting/performing. It also explores different ways to bring together older and younger generations to develop mutual respect and understanding.

Contact Immediate Theatre: 020 7682 3031

Duckie Ltd. 'The Posh Club' is a weekly social and entertainment club for adults over 60. These are glamorous events held in the heart of the community and emphasise dressing up, live entertainment, social connectivity and intergenerational volunteering. Come and feel alive, connected and joyful - and enjoy a taste of the high life!

Contact Tracey Smith at The Posh Club in Hackney: 07938 985 644

Mind in the City, Hackney & Waltham Forest 'Silver Saturdays' is a social club, bringing older people together for fun and creative activities on the last Saturday of each month. The programme is run in partnership with Hoxton Health, Hanover Housing Association and Hackney Caribbean Elderly Organisation.

Contact Mind CHWF: 020 8985 4239

Projects for people with extra support needs

Core Arts 'Connect at Core' is programme of sporting and social activities held at Core Arts and partner venues across Hackney. It is open to all older people with mental health issues in Hackney via GP or self-referral.

Contact Core Arts: 0300 561 0161

HCT Group 'GOAL (Getting Out and About Locally)' provides a bookable excursion service for older people who find it difficult to leave home regularly. Running five days a week it includes transport as well as a range of activities.

Contact HCT Group: 020 7275 2400

Anchor Hanover 'Bring The Outside In' uses Anchor Hanover Housing's communal spaces by partnering with multiple organisations to deliver wellbeing services to its residents whom find it difficult to leave home regularly. Where possible the service will also be open to the wider over 55's community in Hackney.

Contact Anchor Hanover/Ann Brolan on 0775 310 0322

City and Hackney Carer's Centre 'CarersCollectiveLDN' is devoted to helping carers and the people they support connect on both a creative and a personal level. Weekly meetings will provide a safe space for carers at risk of mental health issues, carers who find it hard to leave the house and carers for people with dementia to come together, connect and be inspired.

City and Hackney Carers Centre: 020 8533 0951

Projects for older people from BAME communities

Hackney Chinese Community Services 'Hackney Chinese Table Tennis Club (HCTTC)' is a weekly club aimed at the Chinese communities (including Chinese Vietnamese) in Hackney. The aim is that through meeting regularly to play table tennis and socialise in a welcome and supportive environment older people will live a more enriched and active life.

Contact Hackney Chinese Community Service Association: 020 8986 6171

African Health Policy Network 'Santé Sage (Wise Health)' project is aimed at Hackney's African Francophone communities aged 50 and over. It offers activities and trips along with advice sessions and a weekly lunch club with delicious African cuisine.

Contact Maureen: 07960 857 286

Latin American Women's Aid 'Creciendo Juntas/Crescendo Juntas (Growing together)' is a project for elder Latin American women. It runs weekly, offering activities decided on by the women, along with advice, and practical support such as making GP appointments, completing forms, applying for benefits.

Contact Latin American Women's Aid: 020 7275 0321

Turkish Cypriot Cultural Association 'Mutlu Yaşam' (Happy Living) is a project for Turkish and Kurdish elders that focuses on reducing social isolation by providing recreational and social activities including: coach trips and a weekly tea club with craft sessions and music.

Contact Turkish Cypriot Cultural Association: 020 7249 7410

Coffee Afrik 'Somali Elders Project' is a weekly film and cultural club for women, involving food, recounting memories and developing mindfulness to improve mental health. The project will also organise quarterly trips to museums and other free cultural spaces.

Contact Coffee Afrik: 07984 526 489