



Keeping active and staying independent

Local activities for older people



This leaflet lists local activities and organisations that can help older people to be active, healthy and independent.

Service	Provider	Location	Eligibility	Description
Be-A-Friend	Age UK Wandsworth 549 Old York Road London SW18 1TQ	Borough Wide in resident's homes or community or community settings	Open Access for residents over 60	Regular volunteer home visits to older people; a telephone/web befriending service; birthday and Christmas cards; information and supported referrals to other services. www.ageuk.org.uk/wandsworth/our-services/be-a-friend-service
Telephone Shopping Service	Age UK Wandsworth 549 Old York Road London SW18 1TQ	Borough Wide in resident's homes	Open Access for residents over 60	Enables older, vulnerable residents to benefit from online shopping and to have groceries and household items delivered with no need for a computer. www.ageuk.org.uk/wandsworth/our-services/shopping-service

Service	Provider	Location	Eligibility	Description
Handyperson Service	Age UK Wandsworth 549 Old York Road London SW18 1TQ	Borough Wide in resident's homes	Open Access for residents over 60	Practical help at £15/hour so older people can feel safe in their home and live independently. Services include fitting indoor grab-rails and handrails; fitting key safes; cleaning inside windows and downstairs outside windows; changing light bulbs, fuses and plugs etc. www.ageuk.org.uk/wandsworth/our-services/handyperson
Wandsworth Asian Women's Centre	Wandsworth Asian Women's Association 37 Central Gardens, Central Road, SM4 5SH	Centre based at SM4 5SH	Open Access for female residents over 60	Offers a drop-in service every Tuesday and Wednesday for elderly Asian women who want to meet up with others. They also offer advice on welfare rights and benefits, housing and social services; help with filling in forms and making calls; a lunch club; social trips and activities including crafts, spoken English and physical activity. There is a charge for some activities. www.careplace.org.uk/Services/15652/Wandsworth-Asian-Wom

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Hestia Age Activity Centre	Hestia Housing & Support 966 Garratt Lane, Tooting London SW17 0ND	Centre based at SW17 0ND and outreach	Open Access for residents over 60	Aims to help people aged 60 and over to stay active, healthy and independent. It provides a friendly environment where older people can develop friendships and take part in activities that help them to maximise their talents and remain happy and independent. Lunch is available daily and refreshments are available throughout the day. There is a charge for some activities. www.hestia.org/older-people
Regenerate RISE SW11	Regenerate-RISE St Michael's Church, Cobham Close, London, SW11 6SP	Centre based at SW11 6SP and outreach	Open Access for residents over 60	Provides lunches, activities and outings for the over 60s, including a visiting and support programme. Lunches consist of freshly prepared nutritional food. Regenerate-RISE uses two mini-buses for transportation and can also provide visits at home and in hospital when necessary. The service also provides outreach support; advice and information sessions; support for carers and intergenerational activities. There is a charge for some activities. www.regenerate-rise.co.uk/sw11.php

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Regenerate SW15	Regenerate-RISE The Platt Christian Centre 22 Felsham Road Putney London SW15 1DA	Centre based at SW15 1DA and outreach	Open Access for residents over 60	Provides lunches, activities and outings for the over 60s, including a visiting and support programme. Lunches consist of freshly prepared nutritional food. Regenerate-RISE uses two mini-buses for transportation and can also provide visits at home and in hospital when necessary. The service also provides outreach support; advice and information sessions; support for carers and intergenerational activities. There is a charge for some activities. www.regenerate-rise.co.uk/sw15.php
Crisis Intervention and Support	Mushkil Assaan 220-222 Upper Tooting Road 1st Floor (Side Entrance) London SW17 7EW	Centre based at SW17 7EW and outreach	Open Access	Offers free confidential advice, information and support to primarily BAME individuals and families. The centre offers an advocacy service to enable members from across the borough to access mainstream services, counselling and mediation, and crisis intervention. www.mushkilaasaan.com

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The Furzedown Project	The Furzedown Project 91/93 Moyser Road, London SW16 6SL	Centre based at SW16 6SL and outreach	Open Access for residents over 60	Provides social, educational, recreational and health-promoting activities to prevent social isolation among older people and help to improve the health, well-being and independence. Many of these activity sessions are supported by assisted transport service to enable members with reduced mobility to attend. Also offer a home visiting service that gives friendship and conversation to people who find it very difficult to get out of their own home. There is a charge for some activities. www.furzedownproject.org
Sight Loss Resource Centre (Balham Resource centre)	Thomas Pocklington Trust 1c Yukon Road Balham SW12 9PZ	Centre based at SW12 9PZ and outreach	Open Access for adult residents with sight impairment	Offer a wide range of courses and Centre-based activities, as well as providing drop-in help and advice by appointment. Also organise social events and befriending. www.pocklington-trust.org.uk/balham-resource-centre

Service	Provider	Location	Eligibility	Description
Wandsworth Older People's Forum	Older People's Forum The Anchor Church Centre, 273 Garratt Lane, SW18 4DU	Community venues	Open access for residents over 60	Hosts regular meetings for members and distributes over 4000 newsletters on a quarterly basis. There is an annual £5 charge for membership. www.wandswortholderpeoplesforum.org.uk
Integrated Carer Support Services (Wandsworth Carers centre – Services for Carers)	Wandsworth Carers Centre	181 Wandsworth High Street London SW18 4JE	Open access for residents with unpaid caring responsibilities	Support for unpaid carers in their caring role to have a life outside of caring and to have a voice. Services include information and advice, back care, training, peer support, respite and dementia cafes. www.carerswandsworth.org.uk/services

Our contact details

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For information on local services please visit
CarePlace **www.careplace.org.uk**

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