

CONNECT HACKNEY



Social activities and fun
for Hackney's over 50s

WE'RE AGEING BETTER TOGETHER

ABOUT US

Over 50? Living in Hackney? Want to have a bit of company for a chat, to go out and have fun or try something new?

It can be harder to keep a social life going as you get older. Retirement, bereavement, loss of close friends and family moving away can all make it more difficult to see people you can talk to and enjoy things with.

Connect Hackney is led by older people, for older people. It is managed by Hackney CVS. Our aim is to give local over 50s more opportunities to get together, socialise and have fun. We're ageing better together!

We have won a five-year funding package of £5.8m from the Big Lottery Fund's Ageing Better programme, which aims to prevent and reduce social isolation among older people.

Hundreds of Hackney's over 50s voted on which projects to fund with the Big Lottery Fund money.

Now we have lots of different activities and opportunities on offer. Have a look!



GET IN TOUCH

Call the Connect Hackney team on **020 7923 8355**. We can help you find a group or activity that's right for you so you can get involved. We've got activities all over Hackney. Just give us a call.

Our phone line is answered by Connect Hackney staff and volunteers who are local older people. If you don't get straight through to us, please leave a message on the answering machine and we will call you back.

Our website is at **www.connecthackney.org.uk**

OUR PROJECTS

Better Together

Run by Hackney People First. Social activities for people with learning disabilities.

Contact John Siddique

Phone 020 7812 9339

Venue 65 Dalston Lane, London E8 2NG

Access for disabled people yes

Bikur Cholim

Befriending project for people in the Orthodox Jewish community, offering arts and crafts, outings and more.

Contact Mrs Tobi Berger

Venue 2a Northfield Road, London N16 5RN

Phone 020 8800 7575

Access for disabled people yes

City & Hackney Older People's Reference Group

Older people speaking out about local services, particularly the NHS and social care. OPRG is the lead older people's organisation for Connect Hackney. Would you like to represent the views of local older people and campaign on issues that matter to us? Why not join or



get involved? Get in touch with us for more information.

Phone 020 7241 5906

Contact David Holland

Email david.holland@ageukeastlondon.org.uk

Address Age UK East London, 22 Dalston Lane,
London E8 3AZ

Compassionate Neighbours

Run by St Joseph's Hospice. Social support at home for people at the end of life, plus opportunities for older people to volunteer and be trained as Compassionate Neighbours, supporting others.

Contact Sally Muyllders

Phone 020 8525 6058

Email s.muyllders@stjh.org.uk

Venue St Joseph's Hospice, Mare Street, London E8 4SA

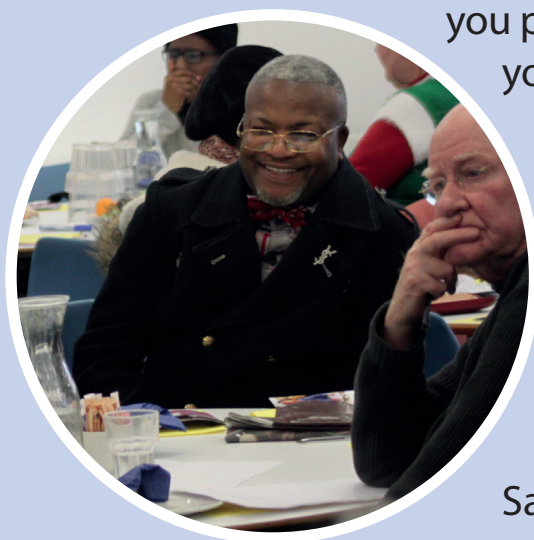
Access for disabled people yes

You are welcome to drop in to find out more at our Thursday coffee mornings, between 10am and 12 noon, or get in touch with us by phone or email

Connecting Carers

Run by City and Hackney Carers Centre. Offering social activities and training for carers. If

you provide unpaid care for your partner, relative or friend, you are "a carer", and this project is for you. People who look after others as their job are called "care workers".



Contact Sallie Fellowes,
Sandra Simmons

Phone 020 8533 0951

Venue City and Hackney Carers Centre, Prideaux House, 10 Church Crescent, London E9 7DL

Access for disabled people yes



deafPLUS

Peer support drop-in service and social activities for people over 50 with hearing loss.

Contact Geraldine O'Halloran

Phone 020 7790 9227

Address Trinity Centre,
Key Close, London

E1 4HG

Email geraldine.o'halloran@deafplus.org

Access for disabled people yes

We will have a drop-in session every two months. For more details please contact Geraldine

Eastern Stars

Run by Talking Matters and MRS Independent Living. Health and wellbeing group activities for people in the Mizrahi and Sephardi communities.

Contact Jose Martin

Phone 020 8802 9222

Venue Stamford Hill Library, Portland Avenue, London N16 6SB and other venues in the area

Access for disabled people varies – phone for details

Ezra Umarpeh

Providing transport and support for infirm and disabled people in the Orthodox Jewish community.

Contact Mrs Reisi Neuman

Phone 020 8211 7999

Email admin@ezra-umarpeh.com

Address 16 Manor Road, London N16 5SA

Hackney Art Group for LGBT People

Run by Opening Doors London. Lesbian, gay, bi and trans people with all levels of artistic ability or experience are welcome. Materials provided.

Contact Kate

Phone 0207 239 0400

Venue Chigwell Court, Ballance Road, London E9 5SQ

Access for disabled people yes



Hackney Community Transport

Linking people up with “travel buddies” – friends who can help you get out and about on public transport.

Contact Sabana Siddique

Phone 020 7275 2455

Address Ash Grove
depot, Mare Street,
London E8 4RH



Hackney Elderly Association

Social activities including
exercise classes, entertainment
and day trips.

Contact Hazel McKenzie

Phone 020 7923 3536

Venue locations across the borough – please get in
touch to find out about venues near you

Access for disabled people yes, at some venues

Hackney Healthy Mindfulness

Run by Hoxton Health and MRS Independent Living.
Offering “mindfulness” meditation techniques, plus
activities including computing, healthy eating and
socialising.

Contact Janet Cobill

Phone 020 7683 4289

Venue 2nd Floor, St Leonard's Hospital, Nuttall Street, London N1 5LZ and other locations

Access for disabled people yes at St Leonard's, including free parking

Hands Inc

Health and wellbeing group, offering exercise, dance, massage sessions and a "healthy buddy" scheme.

We are sorry but this project is oversubscribed and can't take new members.

Hear to Meet

Run by Action on Hearing Loss. Support groups and social activities for people with hearing loss.

Contact Community support officer

Phone 07553 348050

Email HeartoMeet.Hackney@hearingloss.org.uk



HenPower

Run by the Huddleston Centre. Older and younger people looking after hens together and taking part in creative activities each week.

You are welcome to come along to our drop-in sessions on Tuesday afternoons from 4pm to 6pm, or get in touch by phone.



Contact Sian Bennett

Phone 020 8985 9089

Venue 30 Powell Road
London E5 8DJ

Access for disabled people yes

Mindful Connections

Run by City and Hackney Mind. Peer support to give you confidence and help you join in with social activities.

Contact Georgia Herbert

Phone 020 8525 2301 / 07392 198 897

Email mindfulconnections@cityandhackneymind.org.uk

Venues various locations across Hackney

Access for disabled people most venues accessible – please contact us for details

Peabody

Social activities and a chance to make friends on the Peabury estate.

Contact Joseph Crilly

Phone 020 7021 4444 or 0800 022 4040 and ask for the Peabury Community Centre or Joseph Crilly

Venue Peabury Community Centre, 1 Atkins Square, Dalston Lane, London E8 1HL

Access for disabled people yes

Senior Citizens Media Group

Training for older people in digital journalism skills including using computers, photography, writing, interviewing techniques and audio production. You don't need any previous experience.



Contact Matt Bray

Phone 020 7923 1962

Email matt@hcvs.org.uk

Venue Kingsland Hub, 242 Kingsland Road, London E8 4DG

Access for disabled people yes

Silver Linings

Run by Groundwork London. Community volunteering project designed by local older people. Activities include indoor gardening, gentle exercise, arts and crafts. Pop in and see us – a cup of tea and a chat are always on offer.



Contact Clare

Phone 020 8510 5403 or 07913 604364

Venue Four locations: Trowbridge Pensioners Hall E9, Groundwork office E5, Fellowes Court E2 and Lincoln Court N16

Access for disabled people yes, at all venues

Tikva Hope

Social activities for parents and carers of people with learning disabilities in the Orthodox Jewish community.

We are sorry but this project is oversubscribed and can't take new members.

Wise Age

Specialist support to help over 50s who would like to find work or become self-employed.

Contact Chris Walsh

Phone 01992 214 526

Email wiseageltd@gmail.com

Address 3 Birkbeck Street, London E2 6JY



More useful contacts

There are lots of other activities and organisations for Hackney over 50s. We have listed a few below.

Age UK East London

Information and advice service – give us a call.

Phone 020 7249 7149

Hackney Community Library

Books, talking books, music, films and jigsaws delivered to you at home if it's hard for you to get out

Website www.hackney.gov.uk/community-library-service

Phone 020 8356 3000

Hackney New Age Games

Exercise, fitness, sport and fun for over 50s

Website www.hackney.gov.uk/new-age-games

Phone 020 8356 7422

Hackney Pensioners Convention

Independent group campaigning for pensioners. Meetings on the first Monday in the month.

Phone Lin on 0207 254 1752 for information

Hackney iCare

Includes info on things to do as well as social care

Website www.hackneyicare.org.uk

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ageing better

