



# 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](http://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 Muylers

**Phone** 020 8525 6058

**Email** s.muylers@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

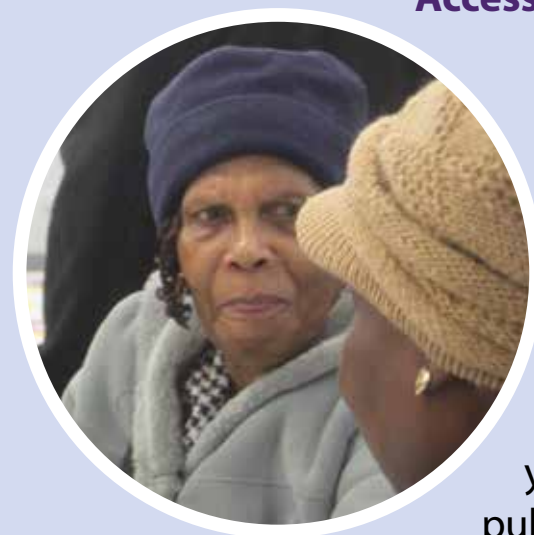
Run by Opening Doors London. Lesbian, gay, bi and trans people with all levels of artistic ability or experience are welcome. Materials provided.

**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 to help deal with pain.

**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.

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](mailto: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](mailto: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 Pembury estate.

**Contact** Joseph Crilly

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

**Venue** Pembury 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** wiseageld@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](http://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](http://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](http://www.hackneyicare.org.uk)



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ageing better

