

What is LinkAge Plus?

LinkAge Plus is an innovative project for people over 50 living in Tower Hamlets. Borough wide, it is based out of five Hubs – Age UK East London, Neighbours in Poplar, Peabody at Sundial, Sonali Gardens and Toynbee Hall.

The outreach workers visit sheltered schemes, Idea store and other places to offer their services and meet people who may be interested.

LinkAge Plus works with people to improve their wellbeing and increase their social networks and opportunities. It is co-funded by the Council and the Tower Hamlets Clinical Commissioning Group, aiming to help people stay active and make the most of life.

“ I look forward to meeting friends, getting to know people and having intelligent conversations. (Ali, 69)

Since joining LinkAge Plus I have done things I have never tried before. (Jane, 71)

The variety of activities and the support offered is terrific. (Marian, 84)

Meeting new people, making new friends and keeping active is what makes LinkAge Plus so rewarding. (Ruth, 79)

What LinkAge Plus can offer:

- » One-to-one support at home or a place of convenience such as a café
- » Benefit, debt, pension, and money management
- » **Have** your voice, have your say about local matters
- » IT learning, training and support that suits you
- » Social activities such as coffee mornings and tea clubs
- » Health promotion e.g healthy heart talks, diet and nutrition, dementia and falls prevention workshops
- » Fitness sessions in your locality – chair based fitness, tai chi, Zumba, Yoga and walking groups
- » Support you in accessing the Hubs and their activities, singing, art, trips to local museum and galleries

“ I have really benefitted from the advice and support I've been given. (Ibrahim, 55)

Whether you are 50 or 90, Linkage Plus may have something for you.

Website: www.linkageplus.co.uk

Email: linkageplus@toynbeehall.org.uk



LinkAge Plus
A brighter future for older people



www.linkageplus.co.uk



Tower Hamlets
Clinical Commissioning Group



Age UK East London

Caxton Community Centre, Caxton Grove, E3 2EE

Telephone: 0208 981 7124

Email: communityoutreachservices@ageukeastlondon.org.uk

Website: www.ageuk.org/eastlondon



Neighbours in Poplar

St Matthias Community Centre, 113 Poplar High Street, E14 0AE

Email: Linkageplus@neighboursinpoplar.org.uk

Telephone: 0207 987 0257

Website: www.neighboursinpoplar.org.uk



Peabody

Sundial Centre, 11 Shipton Street, E2 7RU

Telephone: 0203 828 3928

Email: sundial@peabody.org.uk

Website: www.peabody.org.uk



St Hilda's

Sonali Gardens, 79 Tarling Street, E1 0AT

Telephone: 0207 265 9292

Email: linkage@sthildas.org.uk

Website: www.sthildas.org.uk



Toynbee Hall

The Community Centre, 52 Old Castle Street, London, E1 7AJ

Email: linkageplus@toynbeehall.org.uk

Telephone: 0207 392 2913

Website: www.toynbeehall.org.uk

Location of Services

