

What is LinkAge Plus?

LinkAge Plus is a service for people over 50 living in Tower Hamlets.

It is based out of five hubs:

- Age UK East London
- Neighbours in Poplar
- Peabody at Sundial
- Sonali Gardens
- Toynbee Hall

LinkAge Plus works with people to improve their health and wellbeing, with lots of opportunities to learn and make friends.

It is co-funded by the Council and the Tower Hamlets Clinical Commissioning Group, aiming to help older people stay active and make the most of life.

What LinkAge Plus can offer:



One-to-one support at home or a place of convenience such as a café



Benefit, debt, pension, and employment advice and money management support



Learning opportunities and support with digital devices



Social activities like parties and coffee mornings



Guest speakers at coffee mornings such as healthy heart workshops, nutrition, etc



Fitness sessions – for example, chair based exercise, Tai Chi, Yoga, Zumba, and walking groups



Support for you to access the Hubs and their activities



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)

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

Whether you are 52 or 92, Linkage Plus may have something for you.

Website: <https://www.toynbeehall.org.uk/linkage-plus>

Email: Linkageplus@toynbeehall.org.uk

Phone: 0203 856 9721





Age UK East London
 Caxton Hall, Caxton Grove, E3 2EE
Telephone: 0208 981 7124
Email: caxtonhall@ageukeastlondon.org.uk
Website: www.ageuk.org/eastlondon



Neighbours in Poplar
 St Matthias Community Centre, 113 Poplar High Street, E14 0AE
Telephone: 0207 987 0257 or 07813 478 891
Email: nip65@msn.com
Website: www.neighboursinpoplar.com



Peabody
 Sundial Centre, 11 Shipton Street, E2 7RU
Telephone: 0207 021 4137
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



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Location of Services

