



## EAST LONDON CARES

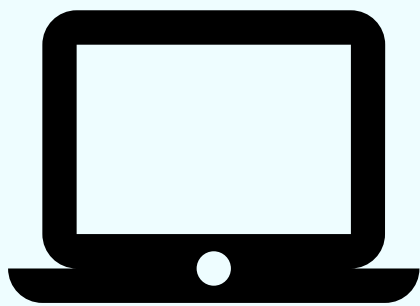
East London Cares is a community network of younger and older neighbours hanging out and helping one another, **to tackle loneliness and isolation** in our rapidly changing city. We welcome referrals from community partners, friends and family members, as well as self referrals.

### REFERRAL GUIDE



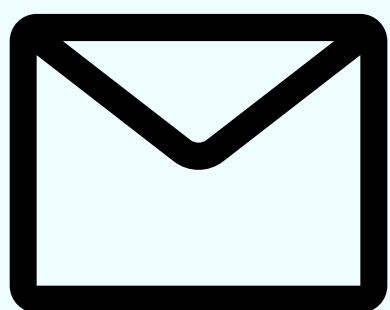
#### Phone a Friend

Connecting younger and older neighbours for 121 friendship over the phone, through weekly calls



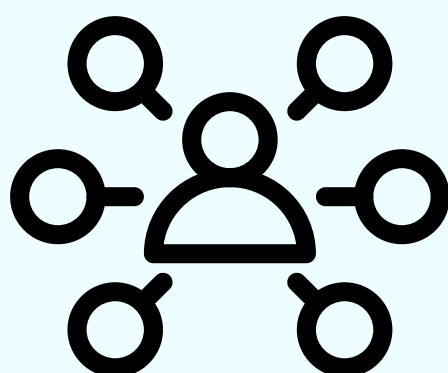
#### Virtual Social Clubs

Hosting free Social Clubs on Zoom and over landline from Seated Yoga to virtual Choirs. We also support older neighbours new to using Zoom.



#### #AloneTogether Packs

Posting or emailing our older neighbours free packs of weekly activities, with messages from their younger neighbours.



#### Practical Support

Helping our older neighbours with a combination of referrals, advocacy, signposting and information.

[eastlondoncares.org.uk](http://eastlondoncares.org.uk) | 0207 118 4949 | @EastLDNCares

East London Cares, C/O Second Home London Fields, 125–127 Mare St, London E8 3SJ

# ADVICE FOR REFERRERS

## We can accept referrals for people who are:

- Aged 65 or over
- Living in Tower Hamlets or Hackney
- Not living with severe unmanaged mental health conditions or a Dementia diagnosis

## Other things to note:

- For tech support, we can help older people get set up on Zoom or email who already have access to the internet
- We offer signposting support to older people who need help with practical issues such as grocery and prescription deliveries, housing and financial issues, or accessing local services

If you have any questions, please call 0207 118 4949 (option 3), or email: [sasha.khan@eastlondoncares.org.uk](mailto:sasha.khan@eastlondoncares.org.uk)

