



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 **Hackney and Tower Hamlets**. We welcome referrals from community partners, friends and family members, as well as self referrals.

REFERRAL GUIDE



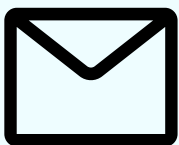
Love Your Neighbour

Connecting younger and older neighbours for 121 friendship over the phone or in person, through weekly calls or home visits.



Social Clubs

Free group social activities, hosted in person, over the phone and on Zoom, where older and younger can get together to share experiences and meet new people. We host around 12-15 Social Clubs a month in various locations across Hackney and Tower Hamlets.



All Together activity packs

Free activity packs sent monthly (by post or email) which include an activity for every week of the month to do at home.



Support with technology skills

We aim to tackle the digital divide, by offering older neighbours support in accessing Zoom, email and other online social activities.

eastlondoncares.org.uk | 0207 118 4949 | @EastLDNCares

East London Cares, 15b St Margaret's House, Old Ford Road, London, E2 9PL

ADVICE FOR REFERRERS

We can accept referrals for people who are:

- Aged **65 or over**
- Living in **Tower Hamlets or Hackney**
- Not living with a diagnosis of dementia, a psychotic disorder and/or any other unmanaged mental or physical health condition..
 - We consider a physical or mental health condition to be managed when the person living with the condition has adequate support in place and/or is on medication which helps them cope with their condition. Medication is not a necessity for their condition to be deemed as managed.

Other things to note:

- For tech support, we can help older people get set up on Zoom or email who already have an internet connection.
- 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 get in touch by visiting eastlondoncares.org.uk/contact

