

Corporate Opportunities!

Information pack





About us

Age UK L&S is a local, self-funded charity supporting older, vulnerable people across Lewisham and Southwark. We work hard to empower, connect and change lives. In 2023-24, we proudly supported over 5,000 people!

We have two day centres in Southwark, which enrich the days of our community through chatting, dancing, playing games and getting crafty!

There is also the opportunity to represent our charity through a fundraising collection.

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“The team all walked away with so much from the day, connecting with members of the community and seeing firsthand the positive impact these volunteering days can have.”

Group Volunteering Day, June 2025

Stones End Day Centre

Stones End Day Centre is a day centre for some of the most vulnerable older people in Southwark. Here, we support people who live with dementia or are prone to social isolation.



Overview

Minimum team size	5
Maximum team size	15
Timings	11:00-15:00
Available	Every week day

In the morning, our drivers pick up our members so that they are able to attend the day centre. As our members arrive, they are greeted by vibrant music from our centre. Once seated it's time for a tea, crafts, colouring or board games!

After lunch, we typically participate in some seated exercise or dancing. This improves the physical strength and mental wellbeing of our members, which are essential to maintaining good health.

Duties

Your only responsibility on these days is to chat with our members and participate in the activities. Our members love to share their stories and meet new people, so just be yourself. Socialising reduces loneliness, improves wellbeing and can even improve physical health. So your conversations matter!



Healthy Living & Learning Centre

Our Healthy Living & Learning Centre is a day centre available for anyone over 50. Here, we host classes, parties, themed dinners, bingo... a bit of everything!

If you would like to host your own class or activity, please do let us know.

Some of the classes we have run in the past include:

- line dancing
- writing
- jewellery making
- IT and Internet help
- pom pom exercise class



Overview

Minimum team size	5
Maximum team size	17
Timings	10:00-15:00
Available	Mon, Tues, Thurs, Fri

Duties

One of your responsibilities on these days is to chat with our members and participate in the activities. Our members love to share their stories and meet new people, so just be yourself.

You may also be able to participate in gardening with your team, to help freshen up our centres and ensure our outdoor spaces are accessible.

Day opportunities

Due to the resource undertaken to organise and manage these volunteering days, we would kindly ask for a gift of £50 per person attending.

These donations directly support our day centres, ensuring we are able to continue our vital work for older people.

If you have any questions regarding this, please do not hesitate to contact us.

Microvolunteering

There are also other, smaller ways you can make a difference to Age UK Lewisham & Southwark.

- * like, share or comment on our social media posts
- * if you are passionate about changing how we age, write to us! We could share it on our social media or our news page, to help create a positive image of ageing
- * share our leaflets or flyers in community centres and workplaces
- * talk with friends or colleagues about fundraising for Age UK L&S

Happy feet

Do you have an hour or so to spare?
If so, we need your help.

Our Happy Feet service is a team of 1, it's a very popular service with helps prevent falls and improves mobility

We could really use your help in assembling our nail kits, and every kit you put together will help 1 older person.



Fundraising Collection

Overview

Minimum team size	2
Maximum team size	6
Timings	7:30-10:30
Available	Weekdays



By participating in a fundraising collection for a few hours, you would represent our charity and raise vital funds. In that time, you could raise hundreds of pounds for Age UK L&S, which will help connect, empower and improve the lives of older & vulnerable. **Please note that in order to receive the necessary permissions at the site, these activities need to be organised a few months in advance.** A member of charity staff will be present to supervise the activity.

In June 2026, we did our first collection in collaboration with Portico, CIS Security and Bidvest Noonan at London Bridge Station. In just three hours, they raised an amazing £842.76!

We first connected with Age UK Lewisham & Southwark while looking for our next volunteering opportunity...so far this year, we've visited their Healthy Living and Learning Centre twice and supported a bucket collection at London Bridge station. Each experience has



been incredibly positive and rewarding. After our first visit to the centre, we knew we wanted to return. Spending time there really highlighted how important their work is and the genuine impact they have on the lives of the people they support. We're really pleased to have connected with such a wonderful charity and to be able to support the fantastic work they do

Beata Horvath, Social Impact Manager, Portico

FAQs

Will there be time for lunch?

At Stones End Day Centre, we have a lunch break at around 12:45, which you are able to go off site and take a break. A member of staff will let you know what time to be back on the day. You can of course bring a packed lunch or alternatively there are many places locally you can grab a meal deal or a quick bite.

At Healthy Living, please bring a packed lunch or a lunch can be cooked for you by our chef for £10 - many members buy lunch on site, so lunch time is a great opportunity to get to know the community.

Can we do a half day?

Stones End half day sessions begin at 11am and finish at 1pm, or can begin at 1pm and finish at 3pm.

Healthy Living half day sessions begin at 10am and finish at 12:30pm, or can begin at 12:30pm and finish at 3pm.

Can any of the volunteers park on site?

At Stones End unfortunately, this is not possible as we need to ensure our minibuses are able to safely leave in preparation for our members returning home at the end of the day. This process begins before the volunteer day ends. There are many avenues of public transport to visit Stones End, as it is within walking distance from London Bridge station and Elephant & Castle station. There are also many local bus routes which stop close to the centre.

Our Healthy Living centre does have a carpark at the rear of the building (can be accessed via Role Road).

