

**ACTIVITIES AND LUNCH CLUBS AVAILABLE FOR THE OVER 60’S IN BRENT**

(You will need to be able to make your own way to these venues as they are unable to provide transport)

**HARLESDEN, KENSAL GREEN/RISE AND WILLESDEN AREAS**

**Catalyst & Brent Community Elders’ Forum**

**Activity-** group discussions, talks on health and social issues. Annual trip and holiday and Christmas meal. Also exercise group every Tuesday and Thursday between 10.30 and 11.30 (no additional cost).

**Who for**-over 60’s.

**When-**every last Wednesday of the month (except August and December) between 2-4pm

**Where-** Unity Centre, 103 Church Road, Harlesden, London, NW10 9EG

**Cost-** Membership for Catalyst residents is £6 and Brent residents is £12

**Contact-** Phyllis on 07715019749

**Cochlar Court**

**Activities-** A coffee and lunch club for socialising

**Who for-** over 60’s for members of the Irish community

**When-**Fridays between10.30am and then lunch at 12pm

**Where-** Cochlar Court, Crownhill Road, London, NW10

**Cost**-£1 for tea and coffee plus fish and chip lunch for £4

**Contact-** 0208 961 9989 (ring first to confirm it is running)

**Elders Voice**

**Activities-** Zumba Gold, Pilates and crochet group

**Who for-** over 50’s

**When-** times vary depending on activity. Please ring first.

**Where-** 118 Mortimer Road, Kensal Rise, London, NW10 5TN

**Cost-** varies depending on each activity.

**Contact-**0208 968 8170

**Kings Hall Community Centre**

**Activities**-Bingo and friendship social club

**Who for-** over 60’s

**When**- Saturdays between 2 to 4pm

**Where-** Kings Hall, 155 Harlesden Road, Willesden, London, NW10

**Cost-** annual membership £5 for regular attendees plus 50p for refreshments and money for bingo.

**Contact-** Alan on 0207 625 6224

**Mother Teresa Albanian Union**

**Activities-** reading, dancing, socialising, discussion and walking groups

**Who for-** Over 50’s**.**

**When-** Saturdays between 12-2pm

**Where-** Newman Catholic College, Harlesden Road, Harlesden, London NW10 3RN

**Cost-**£5 (light refreshments provided)

**Contact-** Zamira on0758 472 8069

**Stonebridge Centre**

**Activity**- chair aerobics, socialising (also Bingo and Dominoes Club for over 50’s every other Tuesday between 12 to 3pm- ring 0208 963 8597)

**Who -**over 60’s

**When**-Thursdays between 10am to 12pm

**Where-**The Hub, Hillside, Stonebridge, London, NW10 8BN

**Cost**-free

**Contact**-Sinead on 0208 740 3509 (project supported by football club Queens Park Rangers)

**Stonebridge Older Peoples Forum**

**Activity-** group discusses topical issues that are affecting older people in Brent. Guest speakers attend each session

**Who for-** over 60’s

**When**-last Thursday of each month between 12.30 to 3pm (refreshments included)

**Where-** The Hub, Hillside, Stonebridge, London, NW10 8BN

**Cost**- membership fee £10

**Contact**- Ann Butler (Chairperson) on 0208 961 1563

**St. Mary’s Magdalen Wednesdays Club**

**Activity-**bingo, friendship, cards, exercise group and refreshments (it is affiliated with the church- a short prayer is said at the start of each session)

**Who for**- anyone welcome.

**When-** every Wednesday between 1.15 and 3.30pm

**Where**- Kings Hall, 155 Harlesden Road, Willesden, London, NW10

**Cost-** annual membership is £5.Entrance is £1 and bingo is 50p to £1.

**Contact-** 0208 459 6952

**West Indian Senior Citizen’s Organisation (W.I.S.C.O.) Lunch Club**

**Activities-** socialising, dominoes, exercise, sewing and outings.

**Who for**-over 60’s.You can just turn up.

**When**- Thursdays 9.30am to 2.30pm

**Where**- St. Mark’s Church Hall, All Souls Avenue,, London, NW10 5AL

**Cost-** annual membership is £2.50 and £3 for lunches

**Contact-** Mr. Mitchell on 0208 965 3533

**KILBURN, NEASDEN, DOLLIS HILL AND CRICKLEWOOD AREAS**

**Age UK Brent**

**Activity**- Zumba Gold Chair Exercise

**Who for-** over 60’s

**When**- Every Monday between 10.30 to 11.30am

**Where**- St. Mary’s and St. Andrews Church Hall, 216 Dollis Hill Lane, Dollis Hill, London, NW2 6HE

**Cost**-£2.50

**Contact**- main office on 0208 965 7711

**Ashford Place**

**Activities-** singing/choir, gentle exercise, reading group, yoga, knitting, fitness/walking and wellbeing and social and dance group.

**Who for**: anyone. Would need to enrol first

**Where**: Ashford Place, 60 Ashford Road, Cricklewood, London, NW2 6TU

**Cost**: free

**Contact**: 0208 208 8590. Ring first to arrange registration appointment

**Brent over 60’s**

**Activity-** exercise (including chair), walking, bingo, refreshments

**Who for-** anyone over 60. Non- tenants welcome

**When-** Tuesdays between 2 to 4pm

**Where-** Perrin House, Malvern Road, Kilburn, NW6 5QD

**Cost-** £1.20

**Contact-** Margaret Curlew on 07541012289

**Dementia Café**

**Activity**- socialising, support and friendship plus arts and crafts

**Who for**- people suffering with dementia and their carers

**When**- every Tuesday between 2 to 4pm

**Where-** Ashford Place, 60 Ashford Road, Cricklewood, London, NW2 6TU

**Cost-** free

**Contact**-ring first on 0208 208 8590

**Dudden Hill Club**

**Activity-** socialising, outings, health discussions, celebrations of Hindu festivals and video show. (They also run computer and yoga classes plus a Ramdarbar Satsang Group for adults of any age-please ring for further details)

**Who for-** members of the older Asian community (wheelchair accessible)

**When-**every weekday between 10am to 5pm

**Where-** Dudden Hill Community Centre, Dudden Hill Lane, London, NW10 2ET

**Cost-** annual membership is £5. Free tea and biscuits provided

**Contact-** Mr. Mistry on 0208 459 1107

**Irish Elders Group**

**Activity**-bingo and socialising

**Who for-** members of the Irish community

**When**- Fridays between 2 to 4pm

**Where**- Ashford Place, 60 Ashford Road, Cricklewood, London, NW2 6TU

**Cost**- free

 **Contact-** 0208 208 8590

**Older Peoples Project**

**Activity-** bingo, various exercises, 3 course lunch

**Who for-** anybody of all ages. Non- tenants welcome

**When-** Mondays between 11am to 3.30pm

**Where-** Carlton House Tenants Hall, off Canterbury Terrace/Denmark Road, Kilburn, NW6 5DX

**Cost-** free only pay for lunch at £3

**Contact-** Shirley Evans on 07415647543

**Over 50’s Discussion Group**

**Activity-** lively discussion on any topical issues

**Who for**- over 50’s

**When-**every Tuesday between 11am to 12.30pm

**Where-** Cricklewood

**Cost-** free but to pay for refreshments

**Contact**- phone first to check for places and venue. Peggy Lewis on 0208 452 8739

 **Salvation Army**

**Activity-**craft club (over 60’s), lunch club (over 50’s) and exercise club

**Who for-** as above

**When-** every Tuesday between 11am to 3pm (depending on activity)

**Where**-55 Chichester Road, Kilburn Park, London, NW6 5QW

**Cost-**depending on activity

**Contact-** 0207 328 1312

**WEMBLEY, SUDBURY AND ALPERTON AREAS**

**Brent Elders Group**

**Activities-** card games and socialising

**Who for-** Asian older men only

**When-**Mondays to Saturdays between 1-5pm

**Where-** Brent Indian Association (B.I.A.), 116 Ealing Road, Wembley, Middlesex, HA0 4TH

**Cost-** B.I.A. annual membership -£15

**Contact- 0**208 903 3019

**Brent Pensioners Forum**

**Activity-**Group of people discussing issues that affect older people and then communicating this to the relevant organisation

**Who for-**over 50’s. Just turn up

**When-** every 1st Wednesday of the month between 10am to 12pm

 **Where-** Brent Civic Centre, Engineers Way, Wembley, Middlesex, HA9 0FJ

**Cost-**annual membership-£10

**Contact-** Vi Steel (Chairperson) on 0208 795 3151. Ring first to check about venue and agenda.

**Brent Punjabi Association**

**Activity-** yoga (11am to 12md), dancing/keep fit (12 to 1pm), vegetarian lunch (1 to 2pm) and then games (2 to 3pm)

**Who for**- the club is multi-cultural-all older people welcome!

**When**- every Tuesday

**Where**- St. Andrews Church, 956 Harrow Road, Wembley, Middlesex, HA0 2QA

**Cost**- £3 per day (including meal) plus annual membership £15

**Contact**- Joginder Kundhi on 0208 903 0007 or e-mail on jinderkundhi@yahoo.co.uk

**Chalkhill Community Centre**

**Activities-** keep fit classes, Pilates, Tai Chi, Diabetes Support Group, Willow Housing Pensioners Group Bingo club and Raunchy Rockers- keep fit to 60’s music /socialising and Latin dance/keep fit sessions

**Who for**- over 50’s. You can just turn up.

**When-** day andtimes depend on activity

**Where-** 113 Chalkhill Road, Wembley, Middlesex, HA9 9FX

**Cost-** prices vary depending on activity

**Contact-** 0208 385 1836

**Coffee Mornings**

**Activity-** socialising, homemade cake and a cup of tea!

**Who for-** older people

**When-** every 3rd Wednesday of the month

**Where-** Yellow Pavilion,Engineers Way, Wembley, HA9 0FJ

**Cost**-£2 for refreshments

**Contact-** Vi Steele on 0208 795 3151

**Safe Start Elders Club**

**Activities**-Line dancing, Positive Thinking and Relaxation session, music, quizzes, bingo, art, keep fit, lunch club, computer use, Zumba and Spanish lessons

**Who for-** generally attended by members of the Irish community as project funded by Irish Government but all welcome

**When-** day and times depend on activity

**Where**-1 Bridgehill Close (off bottom end of Bridgewater Road), Wembley, Middlesex, HA0 1EP

**Cost-**pricesvary depending on activity

**Contact-**0208 900 0001 for further information

**St. Andrew’s Community Café**

**Activity-** drop in for breakfast and/or a hot meal at lunch time and a friendly welcome. A chance to meet other people and you can come and go as you please.

**Who for-** anybody is welcome!

**When-** every Tuesday and Thursday between 10am to 3pm

**Where-** St. Andrew’s Church, 956 Harrow Road, Sudbury, Wembley, Middlesex, HA0 2QA

**Cost-** donations welcome

**Contact-** 0208 904 4016

**St. George’s over 60’s club**

**Activities-** bingo and friendship

**Who for**- over 60’s. Just turn up.

**When**- Tuesdays between 1 to 3pm (term time only)

**Where-** Parish Centre, St. Andrew’s Avenue, Sudbury, Wembley, Middlesex, HA0 2QE

**Cost**-annual membership plus small charge for refreshments

**Contact-** 0208 904 2552

**St. Michael’s Social Club**

**Activities-** games, local speakers, light refreshments, monthly cooked lunch and annual day trip

**Who for-**anyone-you can just turn up

**When-**Wednesdays 12 to 4pm

**Where-** St. Michael’s Church, St. Michael’s Avenue, (off Babington Rise), Wembley, Middlesex, HA9 6SL

**Cost-** £3 per session

**Sudbury Dementia Carers Support Group**

**Activities-** support for carers of people with dementia

**Who for-** carers of people with dementia

**When-**Wednesday between 11 am – 1 pm

**Where-** Parish Hall, Sudbury Methodist Church (809 Harrow Road, Wembley HA0 2LP)

**Contact-** Frank Arronjo on 07867 903917 (or email FRANKJ.ARROJO@GMAIL.COM)

**Sudbury Neighbourhood Centre**

**Activities***-* luncheon club and socialising

**Who-**anyone over 60.You can just turn up

**When-** 11.30-1.30pm

**Where-**809A Harrow Road, Wembley, Middlesex, HA0 2LP

**Cost-** £5

**Contact**- 0208 908 1220

**Tamil Elders Centre**

**Activities-** Yoga, relaxation exercises, trips out, religious services

**Who for-** anyone but mainly aimed at those with a Tamil faith

**When-** Mondays, Tuesdays, Thursdays and Fridays between 10am-2.30pm

**Where-** London Tamil Centre, 253 East Lane, Wembley, Middlesex, HA0 3NN

**Cost-** £10/month. Lunch available but is a separate cost. You can bring your own food.

**Contact-** 0208 908 2646

**The Club**

**Activities-** discussions, games, dominoes, singing, bingo, music and movement (£2.50) and lunch (at 1.15pm)

**Who for-** over 50’s

**When-** every Wednesday between 12 to 3.30pm

**Where-** St. John’s Community Centre, Crawford Avenue (corner of Wembley High Road), Wembley, Middlesex, HA0 2HX

**Cost-** £4.50 for lunch

**Contact-** Catherine on 0208 900 0543 or 07947 407510

**Tea Dance**

**Activity-** tea dance and socialising.

**Who for-** anyone, any age. You can just turn up

**When-** every Monday 1.30 to 4.30pm (except bank holidays)

**Where-** The Grand Hall, The Drum, Brent Civic Centre, Engineers Way, Wembley, Middlesex, HA9 9HD

**Cost-** £5 or £2.50 for those who produce a Brent Civic Centre car park ticket. Drinks and food are available at an additional cost

**Contact-** 0208 937 4340

**Wembley Dementia Carers Support Group**

**Activities-** support for carers of people with dementia

**Who for-** carers of people with dementia

**When-**Monday between 1-3pm

**Where-** Parish Hall, St. Erconvald’s RC Church (112 Carlton Avenue East, Wembley HA9 8NB)

**Contact-** Frank Arronjo on 07867 903917 (or email FRANKJ.ARROJO@GMAIL.COM)

**Women’s’ Satsang Group**

**Activity-** Hindu prayer and social group

**Who for-**older Asian women only (Guajarati)

**When**- Mondays and Saturdays between 12-4pm

**Where-**Brent Indian Association (B.I.A.), 116 Ealing Road, Wembley, Middlesex, HA0 4TH

**Cost-** B.I.A. annual membership-£15 for Brent residents and £20 for non-residents.

**Contact-** B.I.A. - on 0208 903 3019

**Yoga for Women**

**Activity-** yoga

**Who for**- women of all ages

**When**- Tuesdays between 11am to 1pm

**Where**-Brent Indian Association (B.I.A.), 116 Ealing Road, Wembley, Middlesex, HA0 4TH

**Cost**- £15 annual membership pus £20-£40/year

**Contact**- 0208 903 3019

**KINGSBURY AND KENTON AREA**

**Age UK Brent**

**Activity-** Zumba Gold Chair Exercises

**Who for-**over 60’s

**When-**every Thurs day between 10.30 and 11.30.Just turn up

**Where-** Harrod Court, Stag Lane, Kingsbury, London, NW9 9AE

**Cost-**£2.50

**Contact-** main office on 0208 965 7711

**Dementia Café**

**Activity-** support and socialising, advice and information for those with dementia or someone who is caring for someone with dementia

**Who for-** those suffering from and caring for people with dementia

**When-** Thursdays between 11am to 1pm

**Where-** St. Cuthbert’s Church, 214 Carlton Avenue West, North Wembley, HA0 3QY

**Contact-** Alzheimer’s Society on01923 824 329

**Kingsbury Dementia Café**

**Activity-** warm and welcomingsupport and socialising, advice and information for those with dementia or someone who is caring for someone with dementia in a café setting

**Who for-** for those who have dementia or someone who cares for someone with dementia

**When-**every Wednesday between 2 to 4pm

**Where-** Father O’Callaghan Hall, St. Sebastian and St. Pancras R.C. Church, Hay Lane, Kingsbury, NW9 0NG

**Contact-** Alzheimer’s Society on01923 824 329

**Magnolia Senior Citizens Club**

**Activities-** games, socialising, keep fit (monthly) and occasional outings

**Who for**- over 60’s. Just turn up.

**When**-every Wednesday between 1 to 4pm

**Where-** Preston Mall Community Centre, The Mall, Kenton, HA3 9TX

**Cost-**membership- £2/month

**Contact-** May White (secretary) on 0208 204 1007

**OTHER IDEAS**

**Library Groups, Clubs and Classes**

Your local library is a good resource for local information, groups and events which are free to attend but you must be a library member.

Activities include: Crochet and Knitting Club, IT for Beginners and ‘Silver Surfers’ (computer classes for older people), Coffee Mornings, Scrabble Club, Zumba Gold (gentle dance classes), Chair Based Exercises (Ealing only), Reading Group, and Bridge Club (on Sundays in Kingsbury only).

Contact the main telephone number to find out more details on Tel: 0208 937 3400

* Ealing Road Library, Coronet Parade, Ealing road, Wembley HA0 4BA
* Harlesden Library Plus, Craven Park road, Harlesden, NW10 8SE
* Kilburn Library, 42 Salisbury Road, Kilburn, NW6 6NN
* Kingsbury Library Plus, Kingsbury Road, Kingsbury, NW9 9HE
* Wembley Library, Brent civic Centre, Engineers Way, Wembley, HA9 0FJ
* Willesden Green Library, 95 High Road, Willesden, NW10 2SF

**Day or evening classes**

Maybe you would like to learn a new skill or craft? Brent Council’s initiative ‘Brent Start’ runs day and evening classes. Their learning centres are based in Wembley, Harlesden, Carlton Vale and Stonebridge. Call them to find out more about the courses. Tel: 0208 937 3950

**Sports Centres**

Why not try some physical activity, whilst meeting other people and have fun at the same time such as swimming or exercise classes for the over 50’s. Check with your local sport centre.

* Willesden Sports Centre, Donnington Road, Willesden -0208 955 1120,
* Vale Farm Sports Centre, Watford Road, North Wembley-0208 908 6545,
* Charteris Sports Centre, 24-30 Charteris Road, Kilburn - 0207 625 6451

Bridge Park Community Leisure Centre, Harrow Road, Harlesden-0208 937 3730.

**Social Isolation in Brent Initiative (S.I.B.I.)**

Social Isolation in Brent Initiative (SIBI) Project aims to address isolation in the local community of Brent.  It is aimed at people over 18.  SIBI runs clubs and activities and also maintains a list of other clubs and activities available to people within Brent. They do not provide transport. Contact person is Tau Roberts, SIBI Coordinator Tel: 020 3011 1697 or 0741 531 5998 or alternatively sibi@cvsbrent.org.uk

**Brent Carers Centre**

Apart from offering advice and support to carers on a wide range of issues, they also run a number of events each month for carers. Contact them to register first. Wembley Centre for Health and Care, 116 Chaplin Road, Wembley, Middlesex, HA04UZ Tel: 0208 795 6240

**Contact the Elderly**

A national charity that tackles social isolation and loneliness. Provides monthly afternoon tea parties offering a life line of friendship held at a volunteer host’s house including volunteer drivers to take you from your home and back. Telephone- 0800 716543

**Jewish Day Centres and Clubs**

Please contact Jewish Careon 0208 922 2222

**Other resources to think about....**

* Trythe monthly free ‘**Brent Magazine’** posted through your door. Look at the last two pages marked ‘Time out’ where there is a selection of activities listed.
* Visit your **local library, community halls and places of worship** where local clubs and activities are advertised for the area.
* **U3A-The University of the Third Age** run local self-help learning co-operatives drawing on members experience, knowledge and skills to provide educational, creative and leisure opportunities to share. Local Brent Group-0208 961 3004.

**FOR THOSE WHO ARE UNABLE TO LEAVE THEIR HOME AND EXPERIENCING LONELINESS**

**Age UK Befriending scheme**

Are you feeling lonely, cannot get out of the house and feeling isolated? Contact the befriending co-ordinator at Age UK Brent on 0208 965 7711 for more information and for referral.

Alternatively you can contact the national Age UK service ‘Call in Time’- a weekly friendship call for the over 60’s. Tel: 0800 434 6105

**Brent Libraries at Home service**

If you find it difficult to get out of the house, you can have books, large print titles, CDs (music and audio talking books) and DVDs (films, TV dramas and documentaries) delivered to your door on a monthly basis. Telephone: 0208 937 3460.

**Silver Line**

Free and confidential helpline for older people. Open 24 hours a day, 7 days a week. If you are suffering from loneliness and social isolation, they offer a free weekly friendship phone call. Tel: 0800 4 70 80 90

**Independent Age**

A friendship call service for anyone over 65 suffering with loneliness who would benefit from a volunteer calling them on a regular basis. Tel: 0800 319 6789

**DAY CENTRES**

Day care services are provided for older people who have a higher level of needs who will be looked after by qualified staff in a safe environment with structured activities and lunch. Clients will usually be there for day care between 10am to 3pm and transport is provided. Referral through social services is required for these services and charges will be individually assessed. For further details contact Adult Brent Social Services on -0208 937 4300.

**Age UK Brent**

**120 Craven Park Road, Harlesden, London, NW10 8QD**

**Contact main office on: 0208 965 7711**

Registered charity number: 1011668

Disclaimer: This information is offered in good faith. Age UK Brent takes no responsibility for the actions and/or changes made by the organisations in this booklet and is accurate to the best of our knowledge.

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