



Our Services

**Supporting older people and their carers
in Camden since 1965.**



Age UK Camden is a local independent charity offering a variety of services for older people and their carers.

Here you can find information on the range of support available.

Information & Advice

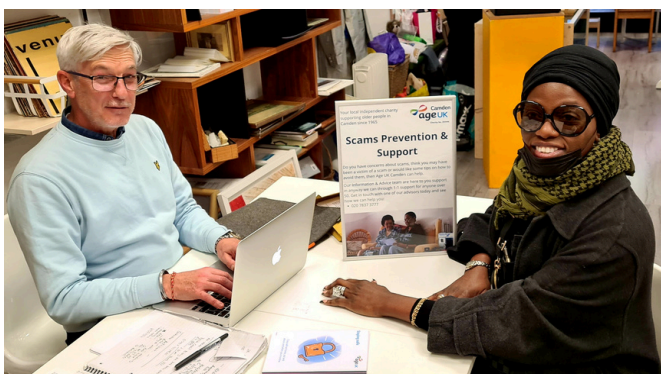
The Information & Advice team offer advice on welfare benefits, debt and money, housing, accessing services, charitable grants, and organising care and support.

They can provide support for arranging Lasting Power of Attorney, wills and funerals.

The team also host monthly coffee mornings where you can find out about help available. You can receive help via face-to-face, by phone, email, and at local outreach sessions.

☎ **0207 837 3777**

✉ **duty@ageukcamden.org.uk**



Counselling Service

Since 1998, our service has provided free, specialist mental health support to people aged 55 and over and live in Camden or are registered with a Camden GP.

For people with mild to moderate mental health issues, such as:

- Depression and anxiety
- Loneliness and isolation
- Bereavement and loss
- Long-term health conditions
- Dementia-related challenges
- Caring responsibilities and life transitions

We offer 8-10 weekly counselling by face-to-face, phone, or online (Teams/Zoom).

Your counsellor will not give you advice, or tell you what to do, but will work with you to develop a greater understanding of yourself and your life.

☎ **020 7239 0400 (Option 4)**

✉ **counselling@ageukcamden.org.uk**

Care Navigation & Social Prescribing

Care Navigators can support you in accessing your local health and social care services. They help with care package requests, aids and adaptations, transport, benefits advice and more.

They are based at GP surgeries across Camden and support people who are over 18, registered with a Camden GP and living with one or more long-term health conditions. You can self-refer to this service or ask your GP to refer you.

📞 **0800 193 6067**

✉ **nclicb.care.navigation@nhs.net**

Digital Support

We can help you get online safely and competently, whether you're choosing your first device or you're a seasoned silver surfer. Our Digital Support service empowers people to master technology, stay safe online, and connect with loved ones.

We offer one-to-one appointments, practical scams advice, 'Tea & Tech' sessions at corporate partner venues, home visits if you're immobile, and a regular newsletter to keep you updated.

📞 **020 7239 0400**

✉ **digitalsupport@ageukcamden.org.uk**



Dementia Services

Age UK Camden provides dedicated services to people who are living in the early to mid-stages with memory issues and dementia, whilst supporting friends, family, and carers.



 **0207 239 0400**

 **dementia.wellbeing@ageukcamden.org.uk**

Dementia Befriending

If you're an older person with memory issues or dementia, living on your own and have no contact with other services & activities with little or no family & friends, a befriender can visit you at home on a weekly basis.

We will match you with a trained and checked volunteer who you share common interest with.

Dementia Wellbeing

Our wellbeing team works with people living with memory issues and dementia to provide practical and emotional 1-to-1 support.

They can help you create a personal plan to improve your health, wellbeing and independence, and connect you with other support/ services available in Camden based on your individual circumstances.

Dementia Creative Arts Project

We coordinate volunteer artists to visit and perform for, or participate in, a creative activity with an older person living with dementia who is housebound, according to their interests such as music, painting, and poetry.

Befriending Services

It can be tough in later life on your own. Our befriending services are here to help you if you need a bit of company either face-to-face or over the telephone.

Good Neighbours Scheme

Our Good Neighbours Scheme matches trained and checked volunteers with Camden residents aged 65+, who feel isolated. The volunteers are introduced based on shared interests, and visit on a regular basis for a friendly chat and companionship.

Please note, our volunteers are unable to assist with shopping, personal care, odd jobs, and appointment escorting.



0207 443 9241



gns@ageukcamden.org.uk

Telefriends

Telefriends is here to support you to stay connected and offer a friendly listening ear.

If you are a Camden resident, aged 55+, feel isolated and would like some company and conversation, we will match you with a trained and checked volunteer who will call you on a regular basis for a chat.



0207 443 9241



telefriends@ageukcamden.org.uk



Day Care Centres

Our two day centres offer daily care and support for older and disabled adults. Both centres provide a hot meal, activities throughout the day and person-centred care. Both centres have extensive experience supporting people living with dementia, learning disability, frailty, mental health needs, and physical disabilities.

Great Croft Day Centre

Great Croft provides a wide range of activities for older people to maximise their outcomes and enhance their quality of life while feeling engaged and empowered. Activities include mindfulness, chair-based yoga, cooking, arts and crafts, sewing, reminiscence, and gardening. The centre has strong relationships with the wider community, working closely with Bangladeshi & other BAEM elders, as well as with health and social care service providers.

 **0207 278 5090**
 **greatcroft@ageukcamden.org.uk**

 **Cromer Street**
London WC1H 8LF

Henderson Court Day Centre

Henderson Court Day Care Centre provides a regular, person-centred day care service for older adults who may be experiencing frailty, social isolation, dementia or other complex care needs. Members attend on regular days, providing continuity, familiar routines and personalised support from an experienced and dedicated team.

We offer a varied programme of meaningful activities, including physical exercise, cognitive and memory activities, arts and crafts, music, gardening, reminiscence and social activities, alongside small-group engagement. Our warm and inclusive environment promotes wellbeing, independence, social connection and quality of life, while providing reassurance and respite for families and carers and supporting people to remain living independently at home for as long as possible. The Centre works closely with health and social care professionals and service providers to support the needs and wellbeing of our members.

 **0207 794 6588**
 **hcourt@ageukcamden.org.uk**

 **102 Fitzjohn's Avenue**
London NW3 6NS

Community Engagement

We partner with local organisations and institutions to create spaces and engaging activities where older people in Camden can connect, make friends, develop new interests and skills, and taking part in shaping policy and provision of services in Camden.

This includes the monthly forum Older People's Advisory Group, creative sessions and gallery visits at the National Portrait Gallery, Book Groups at the British Library and weekly community meet-ups at the Assembly House pub.

Our initiatives help promote health and wellbeing, reduce isolation and loneliness, and support the work to make Camden an inclusive, progressive and age-friendly Borough.

Visit our website for more information:

<https://www.ageuk.org.uk/camden/activities-and-events/>

Winter Warmth Support

In collaboration with Camden Council, our Winter Warmth Project supports older Camden residents identified by the Council to ensure they stay warm, safe, active and connected during the winter months by delivering a pro-active telephone-based service providing advice, information and referrals to appropriate support and opportunities.

Volunteering

Our volunteers are integral to how we deliver services in Camden. We have a fantastic team who help us offer a variety of support in the local community.

We have a variety of volunteer opportunities – stay tuned to our website for the latest updates on our volunteer recruitment.



0207 239 0400



volunteering@ageukcamden.org.uk



Can you help Age UK Camden?

As an independent charity responsible for raising our own funds, we need financial support to help us continue our work with older people in Camden. You can help us by:

- Making a one-off donation or regular donation 
- Leaving us a gift in your will 
- Organising or participating in a fundraising event. 

Contact us on ***fundraising@ageukcamden.org.uk*** for more information.

Age UK Camden is committed to partnership working. We support other voluntary organisations to promote good practice and ensure that services meet the needs of older people.

 **0207 239 0400**

 **info@ageukcamden.org.uk**

 **www.ageukcamden.org.uk**

Find us on social media [@ageukcamden](#)