

Your local independent
charity supporting older
people in Camden since
1965



Our Services



**Community, empowerment, and friendship for
older people in Camden.**

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, Psychotherapy & Group therapy

If you're over 55 and registered with a GP in Camden, you can speak to one of the team to talk through difficult emotions in a confidential and non-judgmental way. You can self-refer or be referred by your GP or other health professionals.

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. If you're housebound we can visit you at your home. Our service can help if you are living within the early stages of dementia.

 0207 239 0400
 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
✉ nclccg.socialprescribingreferral@nhs.net

Digital Inclusion & Computer Training

The digital world can be a daunting, but we are here to help you gain the skills and knowledge you need to access the internet, technology and connect with others.

Our Digital Inclusion service supports people over the age of 55 with any technology issues they are experiencing. The service offers home visits, one-to-one support, group gadget clinics, specialty technology workshops and digital guides.

📞 0207 239 0400
✉ digitalinclusion@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.

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.


 0207 239 0400

 dementia.wellbeing@ageukcamden.org.uk

Dementia Wellbeing

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

 0207 239 0400

 dementia.wellbeing@ageukcamden.org.uk

" I really didn't know where to turn, you've been so helpful. It's been great talking through these things with you, you know so much."

"You're always there and for that I'm thankful."


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 people aged 65+ in the NW3 and Primrose Hill area. The volunteers will visit on a regular basis for a chat and catch up.

You will be prioritised for the scheme if you are isolated and housebound.

 0207 239 0400

 gns@ageukcamden.org.uk

Telefriends

Telefriends is here to support you or a loved one to stay connected and offer a friendly listening ear to anyone who just needs a chat.

They will match you with a volunteer who will call you on a regular basis for a chat and a catch up.


 0207 239 0400

 telefriends@ageukcamden.org.uk

Internet Shopping Service

Our Internet Shopping service can help you to remain independent by getting your weekly shopping delivered to your home. We'll call you at an arrange time to place your order online with a supermarket of your choice.

There is a small charge for the service, plus the cost of your shop.

 0207 239 0400

 shopping@ageukcamden.org.uk

My Living Will Service

Through My Living Will, we provide an easy way for people of any age to access information set out in their will. We can also create a Living Will so you can stay informed and in control of your life.

 hello@mylivingwill.org.uk

 www.mylivingwill.org.uk/



Health & Positive Living Hubs

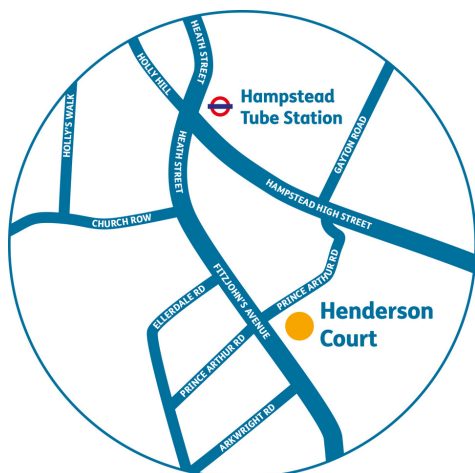
Our two hubs offer daily care and support for those aged 60 plus in the borough of Camden. Both centers provide a hot meal, activities throughout the day and support that is person-centered. Rates, activities and availability may vary.

Great Croft Hub

Great Croft centre provides a wide range of specialist psycho-social support activities for older people to maximise their outcomes and enhance their quality of life while feeling engaged and empowered. Activities include Maintenance Cognitive Stimulation Therapy (MCST), interactive games, arts and crafts, Adult Education classes, etc. 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



Henderson Court Hub

The Hub offers activities such as memory-based quizzes and music for the mind to maintain independence and wellbeing. We also work with a wide range of local community groups to provide a variety of other social and interactive activities throughout the year. The hub offers a friendly and welcoming person-centred environment enabling us to work with individuals facing social isolation and complex care needs, including dementia.

☎ 0207 794 6588
✉ hcourt@ageukcamden.org.uk



Silverfit

Silverfit, a subsidiary of Age UK Camden, is an organisation which promotes physical activity and social engagement in later life. This is through activities such as, including Nordic walking, Pilates, indoor rowing, yoga, walking football, Tai Chi, Qi Gong, badminton and dancing.

☎ 0208 123 7879
✉ info@silverfit.org.uk
🌐 www.silverfit.org.uk/



Age UK City of London

Age UK City of London, a subsidiary of Age UK Camden, is the charity for older people who live, work, study or volunteer in the square mile. Their focus is on enhancing wellbeing and building social connections so that people can enjoy growing older in the City of London.

☎ 0203 488 6884
✉ alice.westlake@ageukcityoflondon.org.uk
🌐 www.ageukcityoflondon.org.uk/

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.

Would you like to join them?

If so, our opportunities are:

- Befriender
- Bookfriends by the phone
- Charity Boutique Volunteer
- Counselling Volunteer
- Day Centre Help
- Dementia Befriender
- Dementia Wellbeing Volunteer
- Digital and IT Help
- Shopping Help
- Telefriends Volunteer

☎ 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 our team 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

