

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!

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Whatever way you are able to help, we are so touched by your kindness. Thanks to people like you, we are able to continue to make a difference to older and vulnerable people.

“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	11:00-15:45

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
- drum and bass exercise class



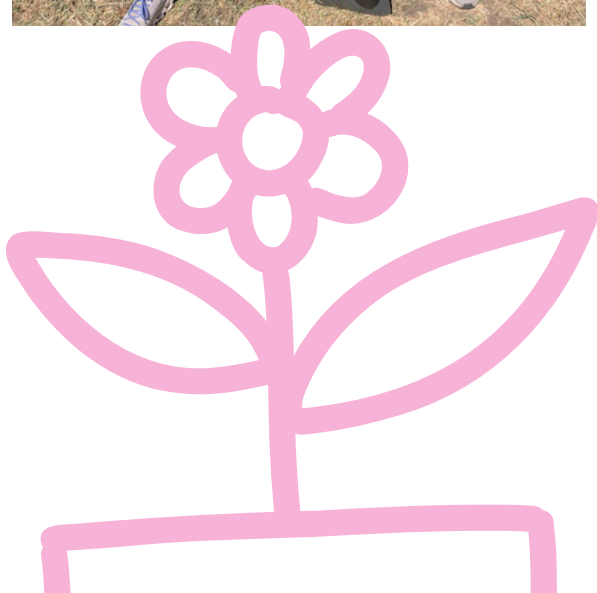
Overview

Minimum team size	5
Maximum team size	17
Timings	10:30-15:00

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.

