

Our Services

Supporting older people in Westminster since 1947



We focus on services that reduce financial hardship, disadvantage and social isolation for older people.

About us

Age UK Westminster exists to promote the well-being of older people in the City of Westminster and to help make their lives a fulfilling and enjoyable experience.

We focus on services that reduce financial hardship, disadvantage and social isolation for older people in our local community.

Our key services are run by dedicated staff and volunteers, and are reliant on the good will and support of the local community.

We provide opportunities for older residents to get involved in Age UK Westminster's volunteer programme, and provide input in the development of future services.





Information & Advice

Age UK Westminster is a delivery partner for the "Westminster Advice Services Partnership", focused on the delivery of Information & Advice services for older people in Westminster.

We provide drop-in surgeries and appointments at community locations across the borough; outreach into the community, home visits for those who are housebound, and an enquiries line for information and signposting.

Complex Needs Information, Advice & Advocacy Service

We provide Information, Advice, Advocacy & Support to older people and their carers in Westminster on and around a range of complex issues they are facing in their lives.

This includes but is not limited to welfare benefits, housing & social care, health care, bereavement, family life and loneliness.

No one needs to go through a significant life event alone.

Well-being & Connections Service - Post Discharge Support

Provides immediate short-term support to clients in their homes. Such as:

- Help with understanding of discharge summaries
- Initial prescription assistance
- Short-term light shopping
- Assistance contacting GP's
- Signposting to other services (internally and externally)
- A friendly face during the transition back home.

Face-to-Face and Telephone Befriending

Provides a weekly visitor or telephone call from a volunteer to older people to reduce their social isolation, particularly for those who are housebound.

Activities

We provide a wide programme of face to face activities to keep fit, have fun, meet people and make new friendships.

Activities are daily – choose from coffee mornings, afternoon teas, all abilities exercise and dance classes, bridge club, creative workshops, museum tours and theatre trips.

Join our Activities mailing list to keep informed.

Lunch Clubs

Our Lunch Clubs provide a warm welcoming space for older residents to enjoy a hot nutritious meal, company, information and support.

Exercise at Home

Exercise at Home offers home-based sessions for individuals who might be housebound, living with chronic conditions, having mobility and balance issues, and find activities of daily living challenging.

Dementia Service

Maintenance Cognitive Stimulation Therapy (MCST)

Group members will take part in meaningful and stimulating activities through our MCST programme proven to help maintain memory and mental function. The groups provide a fun, supportive environment where people can build new relationships.

MCST activities are structured and include discussions, word games, quizzes, physical activities, creative and musical activities.

Heart of Westminster Memory Café

The Memory Cafe, delivered in partnership with the Salvation Army, Regent Hall offers a relaxed, informal setting for people with dementia, family, friends and carers to get together.

Sessions provide a mixture of talks, entertainment, activities, advice and information.

The café takes place every third Monday of the month from 11.00 - 12.30.





Digital Inclusion Service

The easiest way to access support is via one of the friendly drop-in sessions that we run across several of Westminster's libraries including: Church St, Marylebone, Mayfair, Paddington and Pimlico. You will be matched with a volunteer who will provide 1:1 support and guidance to meet your learning needs.

We also provide short courses for those who prefer to learn following a structured programme. Where possible we will aim to provide home-visiting support.

If you don't own or have access to a digital device we can arrange a loan (including data) from our digital library.

Volunteering

Volunteers make a unique contribution to the life of older residents through their support.

We welcome all ages who would like to make a difference to older people in Westminster's lives.

Corporate Volunteering

Age UK Westminster welcomes support from local businesses who wish to give back to the Westminster community.

We can provide a range of potential group and individual volunteering opportunities and ways in which businesses can support us.

Older Volunteering

We offer a variety of volunteering opportunities for Westminster residents aged 65+ taking into account individual's differing skills and abilities.

We have a variety of options such as befriending, reception & admin tasks, help run a community group plus much more

Lasting Power of Attorney Service

Age UK North West London offer a full Lasting Power of Attorney service, guiding you step by step through the entire process.

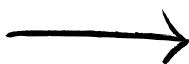
We provide guidance through the process with a face to face visit and ensure all paperwork is submitted correctly to the Office of the Public Guardian.

This is a paid for service, please contact us to find out more, discounts may apply.

Visit our Charity Shop:

Opening hours: 10.00am - 5.30pm, Monday - Saturday.
Age UK Westminster, 522 Harrow Road, London W9 3QF

To donate to support our
services scan the QR code



For more information please call

020 3004 5610

email enquiries@ageukwestminster.org.uk

or visit www.ageukwestminster.org.uk

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Age UK Westminster is a charitable company limited by guarantee and registered in England and Wales

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