

What is LinkAge Plus?

LinkAge Plus is an innovative project for people over 50 living in Tower Hamlets. Borough wide, it is based out of five Hubs – Age UK East London, Neighbours in Poplar, Peabody at Sundial, Sonali Gardens and Toynbee Hall.

The outreach workers visit sheltered schemes, GP surgeries, One Stop Shops and other places to offer their services and meet people who may be interested.

LinkAge Plus works with people to improve their wellbeing and increase their social networks and opportunities. It is co-funded by the Council and the Tower Hamlets Clinical Commissioning Group, aiming to help people stay active and make the most of life.

“ I look forward to meeting friends, getting to know people and having intelligent conversations. (Ali, 69)

Since joining LinkAge Plus I have done things I have never tried before. (Jane, 71)

The variety of activities and the support offered is terrific. (Marian, 84)

Meeting new people, making new friends and keeping active is what makes LinkAge Plus so rewarding. (Ruth, 79)

What LinkAge Plus can offer:

- » One-to-one support at home or a place of convenience such as a café
- » Benefit, debt, pension, and employment advice
- » Money management support
- » IT learning and help
- » Social activities such as coffee mornings
- » Guest speakers at coffee mornings such as healthy heart workshops, nutrition, etc
- » Fitness sessions in your locality – chair based fitness, tai chi, Zumba, walking groups
- » Support you in accessing the Hubs and their activities, singing, art, trips out

“ I have really benefitted from the advice and support I've been given. (Ibrahim, 55)

Whether you are 52 or 92, Linkage Plus may have something for you.

Website: www.linkageplus.co.uk
Email: linkageplus@toynbeehall.org.uk



LinkAge Plus
A brighter future for older people



www.linkageplus.co.uk



NHS
Tower Hamlets
Clinical Commissioning Group



Age UK East London

Appian Court Resource Centre, 87 Parnell Road, E3 2RS

Telephone: 0208 981 7124

Email: communityoutreachservices@ageukeastlondon.org.uk

Website: www.ageuk.org/eastlondon



Neighbours in Poplar

St Matthias Community Centre, 113 Poplar High Street, E14 0AE

Email: nip65@msn.com

Telephone: 0207 987 0257 or 07813 478 891

Website: www.neighboursinpoplar.org.uk



Peabody

Sundial Centre, 11 Shipton Street, E2 7RU

Telephone: 0207 021 4137

Email: sundial@peabody.org.uk

Website: www.peabody.org.uk



St Hilda's

Sonali Gardens, 79 Tarling Street, E1 0AT

Telephone: 0207 265 9292

Email: linkage@sthildas.org.uk

Website: www.sthildas.org.uk



Toynbee Hall

28 Commercial Street, E1 6LS

Email: linkageplus@toynbeehall.org.uk

Telephone: 0207 392 2914 or 0207 392 2933

Website: www.toynbeehall.org.uk

Location of Services

