

Information Leaflet



Hammersmith and Fulham

'WHAT'S THE CENTRE LIKE?'

Age UK is a provider of services and activities for people over 50 in the Borough of Hammersmith and Fulham. We are part of a national charity and are funded by the Council.

Our centre comprises of 3 large, bright rooms - a library, hall and comfortable lounge. There is also a computer room and a large garden which can comfortably sit 20 people.



Lounge

The classes we offer are given by professional instructors throughout the week and are extremely good value for money (around £5). There are 14 activities throughout the week.

Age UK Hammersmith and Fulham is also an extremely social centre. If you don't particularly want to join a class, you're more than welcome to use it as a "home away from home", to meet friends, read the papers, watch TV or just have a cup of tea.

HOME COOKED FOOD

TUESDAYS and **WEDNESDAYS** - our professional cook prepares a meal for the day, served overlooking the garden. This freshly home cooked 3 course meal is priced at £3.

Beauty and Therapy room

Our Therapy Room has recently undergone a complete refurbishment and is now used by our 3 practitioners. All practitioners are professional, experienced and offer:

- a massage
- a pedicure
- a facial
- a haircut

Ask for **Farah**
(hair massage, facials and footcare)
or **Anne**
(massage, beauty)

All prices are about 40% less than salon rates

PHYSIOTHERAPY

Our Physiotherapist has been practicing for over 6 years, and has good experience of working with older people.

£15 - 30 minute treatment £25 - 1 hour

Chris (physio): 0794 143 5622

FREE AFTERNOON TEA TALKS

THURSDAYS at 3pm - So far, we've arranged 30 talks, the subject matter ranging from *Training Guide Dogs* to *Crime Prevention* and *Pensions* to *The History of Fulham Place*. Please contact us for more details.

HEALTH AND EXERCISE

GENTLE EXERCISE, PILATES and **YOGA** - classes are available with us and based in our main hall. All teachers are qualified and have many years experience in working with older people. Prices from £4.

ARTS AND CRAFT

DRAWING, plus **FREE SEWING** and **KNITTING LESSONS** - These small classes are held by experienced teachers, one of whom has 30 years in curtain making and an Art teacher who's had work accepted by the British Portrait Society. The lesson's cost no more than £4.

ENTERTAINMENT

FRIDAY BINGO - with a top prize of around £30, this popular club usually attracts around 25 attendees! Visitors are welcome to join with a book of tickets costing just £3. The game is then followed by sandwiches and tea.

FILM CLUB CAFE

TUESDAYS and **THURSDAYS** we run the free film cafe from 10.30am. Cakes and tea are available from 40p

PILOT IDEAS

As part of our **THURSDAY** tea talks, we are always looking for people with a hobby or skill which they'd like to share with others.

If you're interested, contact us on 0207 386 9085

VOLUNTEERS NEEDED

Volunteers are a vital part of how we continue to operate. We are extremely lucky to have the help of over 100 volunteers who help out by cooking and serving food, visiting people in their homes, driving, shopping, working in our office and helping at our shop in Shepherd's Bush.

However, there are still many more ways you could help us make older people more comfortable to lead fuller lives. We offer **TRAINING** and **SUPPORT** to all volunteers.

We're very grateful for any help you can offer, so if you're interested in getting involved for a couple of hours a week, or simply want more details, call us on: **0207 386 9085**.

RESOURCE CENTRE PROGRAM

105 Greyhound Rd, W6

0207 386 9085

	Programme	Time/Item	Tutor	Cost
Monday	Internet Cafe	22-3pm	Drop in tuition	Donation
	Keep Fit	1.15 - 2.15pm	Yvonne	£2
	Therapy Room	Health and Beauty	Farah 0207 221 5065	from £5
Tuesday	Internet Cafe	11 - 3pm	Drop in tuition	Donation
	Pilates	2 - 3pm	Michael	£5
	Cafe (3 Courses)	12.30 - 2pm	Fresh home cooked food	£3
	Dress Making	2 - 3.30pm	Theresa (pro seamstress)	£3
Wednesday	Internet Cafe	11 - 3pm	Drop in tuition	Donation
	In touch Meet & Eat club	1 - 2pm	2 Course Meal	£3
	Therapy Room	From 11 am	Various treatments	from £5
	Drawing Class	2 - 2.30pm	Jeri (still life with model)	£4
Thursday	Internet Cafe	11 - 3pm	Drop in tuition	Contribution
	Yoga	10.30 - 11.30pm	Kamal	£4
	Therapy Room	Massage	Anne 0207 385 4904	from £5
	Film Club Cafe	10.30am	3 Courses	
	Keep Fit	10.30 - 11.30am	Pauline	from £2
	Mind Games	1 - 2 pm	Chess, board games	free
	Craft Group	2 - 4 pm	Knitting, sewing etc	free
	Free Tea Talk	3 - 4 pm	Subjects change each week...Phone for details	free
Friday	Internet Cafe	11 - 3 pm	Drop in tuition	Donation
	Bingo	2.00 pm 3.30 pm	Club of about 25 people	£3 per line £30 'flyer'

ENQUIRY VOLUNTEER SHEET

Do you need assistance?

or

Could you offer someone the help they need?

We offer the following services to those who might need it:

- Home visit companionship
- Gardening
- Someone to keep in touch regularly via phone
- Practical household help
- Someone to take you for a walk or to a museum

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Tick the boxes which apply to your needs, plus your details below,
tear this sheet off and send it with a stamp to our office.

We will then contact you to discuss how we can be of assistance.

Name: _____

Address: _____

Postcode: _____

Telephone Number: _____

COULD YOU HELP SOMEONE?

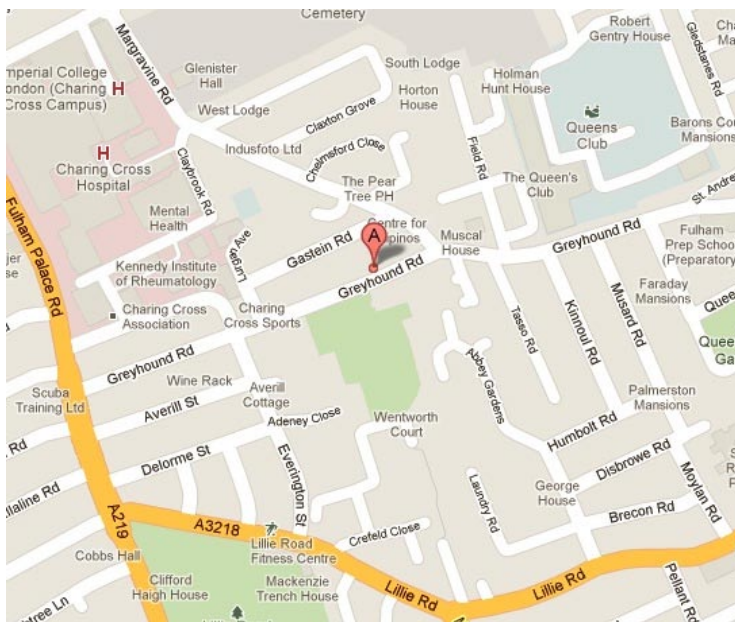
If you're looking to volunteer and are able to help someone with any of the above needs, tick the box here and any of the services you're able to offer:

☐ I COULD VOLUNTEER

We're enormously grateful for any help offered and will contact you to discuss your interest further.

HOW TO FIND US

We are located just behind Charing Cross Hospital, a 5 minute walk away at 105 Greyhound Road, as shown on the map below.



AGE UK HAMMERSMITH AND FULHAM
105 GREYHOUND ROAD
LONDON, W6 8NJ
020 7386 9085

info@ageukf.org.uk