



NORTH LONDON CARES

WINTER WELLBEING

If you're over 65, we can help you to stay warm, safe, active and connected this winter.

From October to March we can:

- ♥ Connect you to organisations who will help **keep your home warm and safe**, provide benefits and housing advice, and keep your bills low.
- ♥ Help you to access health services, information on where to get a **flu jab** and advice during the coronavirus pandemic.
- ♥ Introduce you to local groups/activities, like our **Social Clubs**, currently held online, over the phone, and in person when safe to do so.
- ♥ Match you with a younger local for regular phone calls, visits, **conversation and friendship**.
- ♥ Connect you with organisations to **help with practical tasks** like shopping and prescription pick ups.
- ♥ Arrange **small grants** and warm items for people in difficult circumstances.



Call us today: 0207 118 3838

Free to call from a landline. If you'd like us to call back, please just ask!

North London Cares is a local organisation working in Camden and Islington. We connect younger and older neighbours, so that people of all ages can feel more connected to the world and community around them.

OUR PROGRAMMES

SOCIAL CLUBS

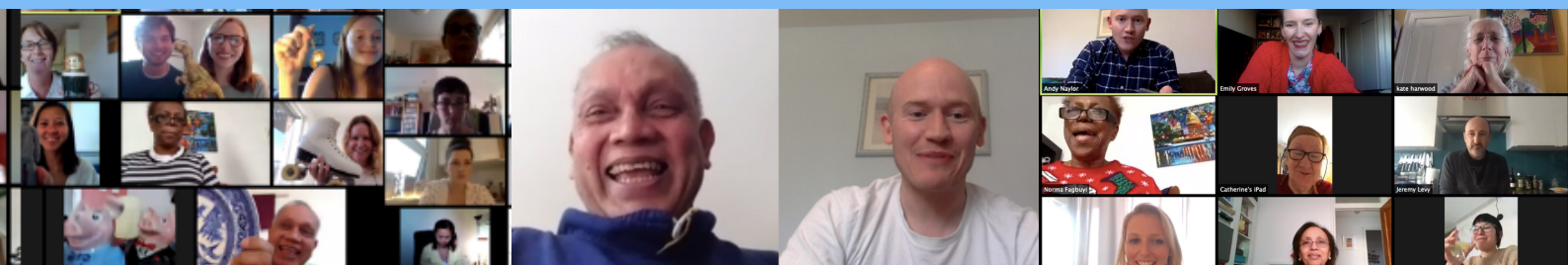
Free social clubs across Camden and Islington where you can spend time with **younger and older locals, laughing and learning new things together**. Our clubs include tech workshops, discos, dances, cultural visits, conversation clubs and creative activities.

LOVE YOUR NEIGHBOUR & PHONE A FRIEND

Be matched up with a younger neighbour for regular company, chats, cuppas and visits at home (when safe to do so). Friends are currently chatting **over the phone**.

SUPPORT & ADVICE

We can connect you to vital services, including benefits, health and housing advice, practical support, and social activities all year round. From October to March, our **Winter Wellbeing** project will help you stay warm, safe, active and connected.



Join the fun: 0207 118 3838

Visit: www.northlondoncares.org.uk

Email: tilly.jeune@northlondoncares.org.uk