OUTREACH SERVICES

Connecting people over 50 in Westminster to local support and activities. Read more about these services inside, or call us on 020 7289 0176 for further information.
What we offer

Are you or somebody you know aged over 50, living in Westminster and looking for free practical support? Then one of our friendly outreach workers can visit you at home to provide information and advice about the many services available in your local area. If you would like to take part in community activities and meet new people we can help you to do this.

Finding new activities: We can connect you to over 100 local activities that take place each week. Art classes, learning about computers, lunch clubs and mild exercise classes are just a few of the activities on offer that will improve your health and wellbeing. One of our outreach workers will help you to get there and introduce you to new friends.

Regular companionship: We can introduce you to a befriender who shares your interests and will visit you at home each week to keep you company. All of our befrienders are carefully selected; they are police checked and trained to provide a high quality service.

Improving your health: We can put you in touch with health services, improving your quality of life and keeping you healthy for longer.

Help with transport: We can help you register with community transport services if you need to get to medical appointments and activities. There is even a free shopping service that will pick you up each week and take you to a supermarket in your local area.

Getting advice on housing and benefits: For professional advice on housing issues or if you want to make sure you are claiming all the benefits you are entitled to one of our outreach workers will put you in touch with the right people.

Help around the home: If you need practical help within the home we can put you in touch with a handyperson service that can carry out minor works and repairs at a reasonable cost. If you require help or equipment to live independently within your home then we can arrange for local care services to visit you.

How you can benefit

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“It’s my first time attending the singing group. I just thought why not... it gets you out of the house and otherwise it gets very boring at home. I had started to count the tiles on my ceiling - I’ve got 250 tiles! I used to like music and singing and since I’ve met Haydar (one of our outreach workers) he has arranged for me to come to the singing group every week on a Friday. He comes to pick me up and sees I get home ok and it’s really nice to meet some new faces. I wish I had done it before.”

Betty
Befriending Services

If you are a Westminster resident, aged 50+, you could benefit from our befriending service. Befriending offers vital emotional support if you are feeling isolated and lonely. If you have no regular visitors or you would like a little assistance in getting to the shops or out for a walk, you could benefit from weekly visits from a volunteer befriender. All of our volunteer befrienders are carefully trained and checked, and can spend between 1-2 hours a week with you, for a minimum period of 6 months.

Kathleen has been matched with her befriender Claire, since 2012. She says, “Claire is so lovely, she is a gem. Every time she comes to me the sun is always shining, even when it’s raining. She is so kind and gentle with me. I love her dearly and would be lost without her.”
Your local care and support

Services to keep you safe, help you stay as active and independent as possible, and get you involved in community life.

Please contact our friendly outreach team on 020 7289 0176 or email outreach@octavia.org.uk to find out more.

Please contact us if you need any part of this information in Braille, on audio tape or explained in a different language.

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