



Linkage Plus is an innovative project for people **over 50** living in **Tower Hamlets**.

Linkage Plus works with older adults to improve their **wellbeing**, increase their **social networks** and **tackle isolation**.

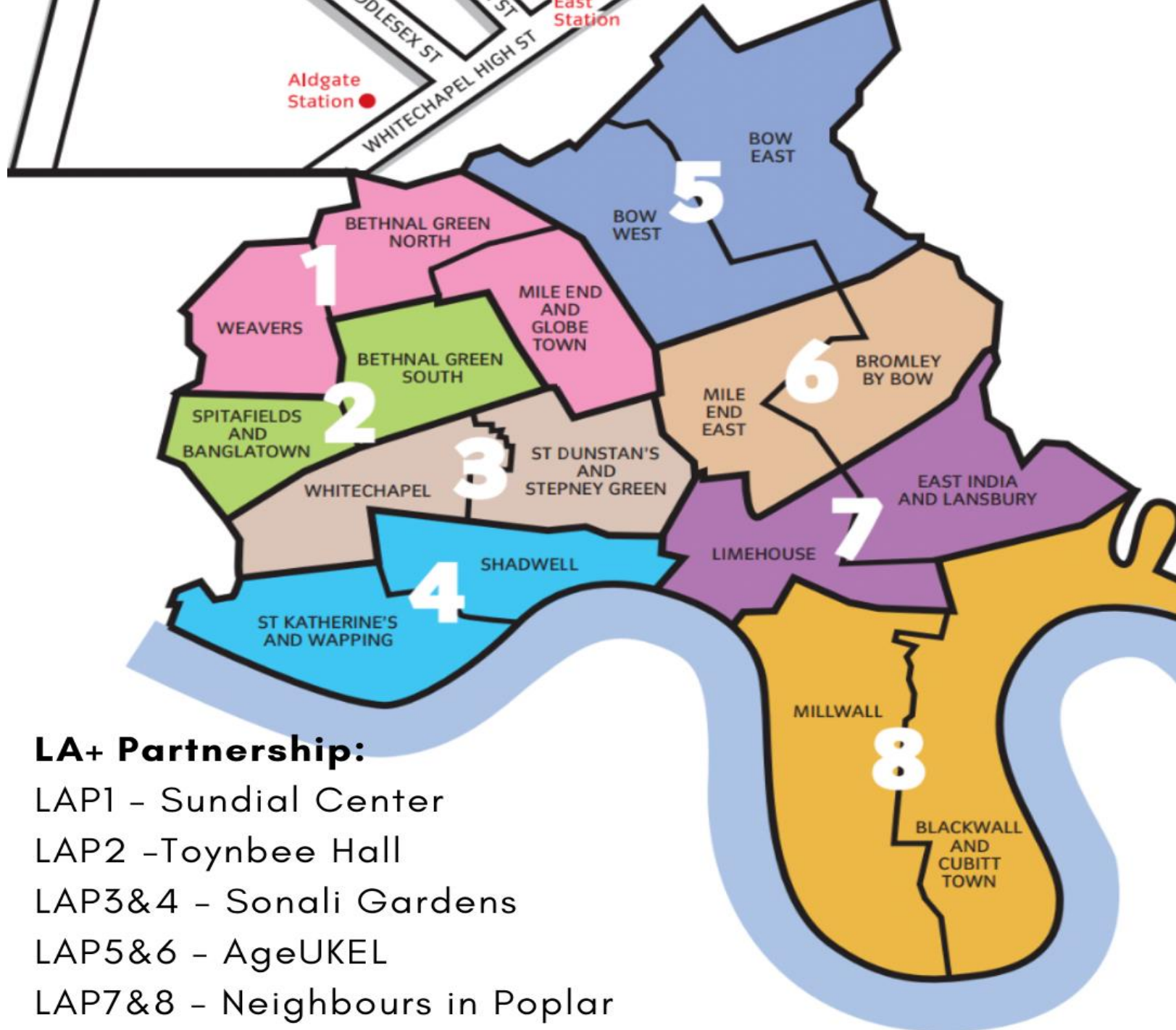




Peabody at Sundial

TOYNBEE
HALL





LA+ Partnership:

- LAP1 - Sundial Center
- LAP2 - Toynbee Hall
- LAP3&4 - Sonali Gardens
- LAP5&6 - AgeUKEL
- LAP7&8 - Neighbours in Poplar



Open Door Service
Monday to Friday




In-Person
Programme



On-to-One Support



Provision shaped
by service users

A photograph of three women sitting at a table in a meeting or workshop. The woman in the center is smiling and looking down at a document on the table, holding a pen. The woman on the left is wearing a bright orange sweater and looking towards the center. The woman on the right is wearing a black top with a leopard print pattern and looking down at the table. The background is slightly blurred, showing a white wall with some framed items.

“Monday to Friday,
LinkAge Plus is my home.”

LinkAge Plus Service User



and have a cup of tea, talk to people



In-person Programme

So far this year, we have delivered...

**375 Physical
Sessions**

**3,383
attendances**

**602 Social
Sessions**

**5,408
attendances**

**52 Special
Events**


**365 Learning
Sessions**

**1,890
attendances**



“This group has helped me gain confidence and trust in people.”
LinkAge Plus Service User

Health Promotion



Toynbee Hall
COMMUNITY CENTRE

POP-UP COVID CLINIC




Friday 14th June 2024
10:00am - 12:00pm
TOYNBEE HALL, ALDGATE
28 COMMERCIAL ST, E1 6LS

COVID VACCINATIONS:
-FOR THOSE AGED 75+
-FOR THOSE IMMUNOSUPPRESSED AGED 18+


BLOOD PRESSURE CHECKS

**HEALTH & WELL-BEING
CONVERSATIONS**

SCAN THE QR CODE TO
CHECK IF YOU ARE ELIGIBLE
FOR THE COVID VACCINE



FOOT HEALTH & DIABETES





NO BOOKING NECESSARY


Join us for an informative workshop with
Zabeer Rashid - Diabetes Podiatrist
(Department of Foot Health, Mile End Hospital)


The session will provide:


- An overview of diabetes
- Information on how diabetes affects the feet
- Guidance on looking after your feet

 **MONDAY 28 OCTOBER**
2 - 3.30PM

 Community Centre, Toynbee Hall, 28
Commercial Street, E1 6LS

 **07943 277512**

 **LinkAge Plus**
A brighter future for older people

TOYNBEE HALL 



One-to-One Support

Benefits

Pensions

Debt

Housing

Health



So far this year, we have provided...

516 instances
of Practical
Support

81% of yearly
target

331 instances
of Signposting

83% of yearly
target

289 Referrals

46% of yearly
target



Service user involvement

Quarterly
service-user
meetings

Peer Groups

Older People's
Reference
Group

Community
Advocates

Emily Bird

Community Partnerships Manager



emily.bird@toynbeehall.org.uk



Toynbee Hall

For a fairer future Since 1884

www.toynbeehall.org.uk