

AGEING WELL LINK TEAM EXTN NO 2179

Wimbledon Guild Ageing Well programme is supported by the following services which work closely together to support customers.

➤ **Outreach Assessments:**

Our main purpose is to provide a person centred service that will enable our customers to live happy, healthy and fulfilling lives independently in their own homes for as long as possible and to alleviate isolation and loneliness. We meet with customers in their homes or in an agreed safe place. We listen, identify needs and provide support for 6 weeks to build confidence. We help with transport issues: Dial-a-ride, taxi card, travel buddies, benefits and more. We match customers with volunteers who provide weekly visits. We also work closely with other services.

➤ **Engagement Services:**

Our activities share mutual aims: alleviate social isolation, create a community and improve our customers' health and quality of life. Activities such as Food For Thought and Bridge allow for socialising in an environment our customers can enjoy. Our customers use the Guild as a platform to make new friendships and feel part of a community. Our exercise classes such as Stroke, Yoga and Pilates all promote wellbeing as well as increased confidence, balance and strength. Many customers report a significant improvement in their wellbeing.

➤ **Volunteer Services:**

Recruited volunteers for the services providing help with shopping errands, assisting the customer with hospital appointments, Befriending service and Outreach service, away trips, Community Engagement activities, Runs the garden project.

➤ **Befriending Services:**

The Befriending Programme works closely with people who are less mobile and therefore more socially isolated, as well as with more active people due to health reasons or lacking in confidence. Customers are matched up with a suitable befriender for regular visits. Initial assessment and visits are made in customers' homes

➤ **Small Grant Services**

The Wimbledon Guild Small Grants Programme assists Merton residents who are desperately in need of items but can't afford them provided that other sources of statutory funding and assistance have been initially explored. For further information: <http://www.wimbledonguild.co.uk/smallgrants.html>

➤ **Café**

Nutritious fresh food served daily, a range of puddings and a fun and friendly environment create our Café. Open to everyone, our Café is the perfect place for customers to socialise and create friendships whilst having a delicious meal. Awarded the Healthier Catering Commitment award, our Café is committed to encouraging customers to make healthier choices with a hot meal and pudding of the day, as well as jacket potatoes, sandwiches and fruit all at affordable prices.

➤ **Bereavement Services:**

Help for people aged 16 and above who are bereaved or approaching bereavement. Provides information, guidance and support.

➤ **Counselling Services:**

We provide low-cost affordable, professional, accessible counselling to clients who live, work or study in Merton.

- Family and Couples Therapy
- Group Psychotherapy
- One-to-one Counselling
- Continuity of Concern Group
- Young Adult Group

➤ **Hair dressing services:**

Available every Monday, Wednesday and Friday.

➤ **CAB Service:**

Advisor available every Monday at the Wimbledon Guild.

➤ **Referrals:**

Received from all over Merton Borough, including from health professionals, Social Services, partner organisations, family, neighbours and self-referrals

➤ **Chiropody services**

Qualified podiatrist offer an excellent service for nail cutting and general foot care

For more information about The Wimbledon Guild's Ageing Well Programme please contact info@wimbledonguild.co.uk or visit our website www.wimbledonguild.co.uk or telephone: 020 8946 0735