

## NELFT Occupational Therapy Older Adults Mental Health Social Inclusion Leaflet

### Leyton Dementia Friendly Walk

#### DESCRIPTION

For people with Dementia and their carers. Meeting new people, and learning about the local area. Engaging in a gentle well-paced walk

Free Activities: Every Tuesday 11.30 am-12:30 pm.

For more information:

[Feel.Good@Walthamforest.gov.uk](mailto:Feel.Good@Walthamforest.gov.uk)

07435798320

### Organiclea

#### DESCRIPTION

Support connections with each other and to earth. The setting promotes gardening activities to support the maintenance of well-being and prevention of ill health as part of the NHS Five Year Forward view.

Friday: 11-1 pm; 2-4 pm

Hot lunch -1-2 pm

115 Hawkwood Crescent, Chingford, E4 7UH

For more information

[activities@organiclea.org.uk](mailto:activities@organiclea.org.uk)

02085244944

### Intergenerational storytelling project

#### DESCRIPTION

Bring older residents, young children, and their parents/guardians together through storytelling and singing songs in Stories and Rhymes sessions for the under 5 and older people.

Free Activities

For more information:

Mondays: 11 am: North Countess Road, E17 5HS

Tuesdays: Wood Street Library, E17 3GN

Wednesday: Leytonstone Library: 6 Church Lane, E11 1HG.

Thursday: Leyton Library, E10 5QH

[Libraries.Support@walthamforest.gov.uk](mailto:Libraries.Support@walthamforest.gov.uk)

### Seniors' Lunch Club

**DESCRIPTION** Weekly social club for senior citizens, a great opportunity to meet other local people and enjoy a light lunch, tea/coffee, biscuits, and a good old natter! Annual membership £10, £6 per session.

Thursday 12-2 pm Two-course hot lunch and activities.

For more information:

[rebecca@wfchub.org](mailto:rebecca@wfchub.org)

[www.wfchub.org](http://www.wfchub.org)

02082230707

### The Alzheimer's Society Dementia Advisory Service

#### DESCRIPTION

Provides support to understand key information around diagnosis. Information on navigating the health and social care services

For more information:

25 Sidmouth Road

E10 5RA

[www.walthamforest.gov.uk/dementiahub](http://www.walthamforest.gov.uk/dementiahub)

02085568171

### Death Café

#### DESCRIPTION

Safe, friendly and confidential space to talk about death, dying and making the most of finite lives.

For more information:

[debbie@creatingconversations.uk](mailto:debbie@creatingconversations.uk)

07592908134

### Cognitive Stimulation Group

#### DESCRIPTION

Creative Activities to engage the mind.

Wednesday: 11 am-1 pm

For more information:

25 Sidmouth Road

E10 5RA

[www.walthamforest.gov.uk/dementiahub](http://www.walthamforest.gov.uk/dementiahub)

02085568171

### Thai Chi

#### DESCRIPTION

Gentle exercise that improves health and well-being.

For more information:

Waltham Forest Resources Hub: 58 Hall Lane, Chingford. E4 8EU.

Lea Bridge Library: Café Space, 382 Lea Bridge Road. E10 7HU

Leyton Library: The Lighthouse room, 265 High Road Leyton, E10 5QH

Morning Hall: The Green Walk, North Chingford, E47ER

Priory Court: 11 Priory court, E4 7ER

Seddon Centre: Beaumont Road, Leyton, E17 5NB

Leytonstone Library: 6 Church Lane, E11 1HG

### The United Services Club.

#### DESCRIPTION

Safe space for everyone, mirroring a pub-like setting.

Weekly Dementia-friendly club (Music Session). No one-to-one or professional support on-site.

Open to non-members. Free/ donations! Free refreshments! Professional musicians! Party atmosphere! (Singing, Dancing and Tea!)

Every Tuesday: 2 pm to 4 pm.

For more information: 18 Kings Road, Chingford, E4 7EY.

[www.theusc.club](http://www.theusc.club)

Facebook: United Services Club-North Chingford

02085291605

07900144021

### Sport For Confidence

**DESCRIPTION:** Support those who have been disconnected from the community. Facilitate access to meaningful opportunities outside of the home environment.

The outcome is achieved through the implementation of the knowledge, skills and expertise of Occupational therapists.

Wednesday:

Supported Gym 10:15 (45 mins)

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Boccia : 11:30 (45 mins)  
Multi-Sports: 13:00 (50 mins)  
Pool Exercise: 15:00 (60 mins)

Thursday

Racket Sports : 10: 15 (45 mins)  
Boccia : 11:30 (45 mins)  
Gentle Exercise: 13:00 (45 mins)  
Multi-Sports: 13:00 (50 mins)  
For more information

### WF Bipolar UK Support Group

#### DESCRIPTION

Offer Peer support through group discussion, Useful information, Social activities, and Guidance on managing mood swings.

Harmony Hall, 10 Truro Road, Walthamstow, London E17 7BY

Tel: 0333 323 3880

Email: [walthamforest@bipolarukgroups.org.uk](mailto:walthamforest@bipolarukgroups.org.uk)

Website: <http://www.bipolaruk.org.uk>

Facebook: [www.facebook.com/bipolaruk](https://www.facebook.com/bipolaruk)

For more information

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Facebook: [www.facebook.com/bipolaruk](https://www.facebook.com/bipolaruk)

### Walk plus Talk (Social Group Exercise)

#### DESCRIPTION

Socialise, Strength Train, and Walk the Walk to Walthamstow Wetlands in 90 minutes.

Fridays: 10:30 am and 2:30 pm

Higham Hill Park For more information

Hub, E17 5QT

Buses : W15 or 158

The first session is Free!

[nick@walkandtalkcic.com](mailto:nick@walkandtalkcic.com)

07562475706

### CGL - Change Grow Live (Formerly Lifeline Project)

#### DESCRIPTION

Free, safe & confidential drug and alcohol service.  
For more information

1 Beulah Road, Walthamstow, London E17 9LG

Tel: 020 3826 9600

Website: [www.changegrowlive.org](http://www.changegrowlive.org)

Twitter: @CGLinWF

### Better Together in Lloyd Park

#### DESCRIPTION

Meet up for cake in the park, for people with mental health issues to meet for bowls, table tennis, tea and conversation.

For more information

Community Bowls Pavilion, Lloyd Park, Forest Road, E17

Tel: 07873 968 883

Friday 1 pm-3 pm

Email: [masonovan@hotmail.com](mailto:masonovan@hotmail.com)

Facebook:

<https://www.facebook.com/BetterTogetherPark>

### Thinkarts (CREST Waltham Forest)

#### DESCRIPTION

Delivering services that directly support individuals within the local community who are living with mental health challenges. Mode: Art-based groups and activities.

For more information

Peterhouse Centre, 122 Forest Rise, Upper Walthamstow Road, London. E17 3PW

Tel: 020 8521 2975 (option 2)

Email: [thinkartsmembers@gmail.com](mailto:thinkartsmembers@gmail.com)

Website: [www.crestwf.org.uk/thinkarts](http://www.crestwf.org.uk/thinkarts)

Facebook: [www.facebook.com/thinkartsmembers](https://www.facebook.com/thinkartsmembers)

Twitter: @thinkartsmbrs

### The Mill

7-11 Coppermill Lane, Walthamstow, London E17

#### DESCRIPTION

Various activities including yoga and gardening etc.

For more information

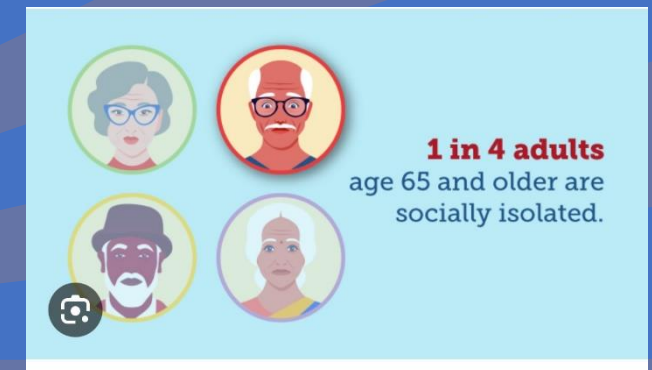
The Mill, 7-11 Coppermill Lane, Walthamstow, London E17

Tel: 020 8521 3211

Email: [info@themille17.org](mailto:info@themille17.org)

Website: [www.themille17.org](http://www.themille17.org)

Facebook: [www.facebook.com/the.mill.e17](https://www.facebook.com/the.mill.e17)



### NELFT NHS Foundation Trust

Older Adults Mental Health Services (Waltham Forest)

Red Oak Lodge

17 Thorne Close

Langthorne Road

Leytonstone, E11 4HU