



NORTH LONDON CARES

North London Cares is a community network of younger and older neighbours hanging out and helping one another, to tackle loneliness and isolation in our rapidly changing city. We welcome referrals from community partners, friends and family members, as well as self referrals.

REFERRAL GUIDE



Love Your Neighbour

Connecting younger and older neighbours for mutually beneficial friendship either over the phone, in-person or a mix of both.



Social Clubs

Hosting free Social Clubs in-person, on Zoom and over the Phone from Seated Yoga to virtual dance workshops. We also support older neighbours new to Zoom.



#AllTogether Packs

Posting or emailing our older neighbours free packs of monthly activities.



Practical Support

Helping our older neighbours with a combination of referrals, advocacy, signposting and information.

northlondoncares.org.uk | 0207 118 3838 | @NorthLDNCares

North London Cares, 5-7 Buck St, Camden Town, London NW1 8NJ

ADVICE FOR REFERRERS

We can accept referrals for people who are:

- Aged 65 or over
- Living in Camden or Islington
- Not living with severe unmanaged mental health conditions or a Dementia diagnosis

Other things to note:

- Please provide as much detail as possible so we can best support the older neighbour.
- For tech support, we can help older people get set up on Zoom or email who already have access to the internet
- We offer signposting support to older people who need help with practical issues such as grocery and prescription deliveries, housing and financial issues, or accessing local services

If you have any questions, please call 0207 118 3838 (option 3), or email: tilly.jeune@northlondoncare.org.uk

