



# Home Support

Services in West London for you



THE NEWSLETTER FOR WEST LONDON RESIDENTS

## Older people's Outreach Service

**Notting Hill's Older People's Outreach Service offers you the support you need to make your day to day life run smoothly.**

**From helping to fill in forms to having a cup of tea and a chat, the Older People's Outreach Service is there to make your life easier.**

Jo Rye, Team Leader, explains:

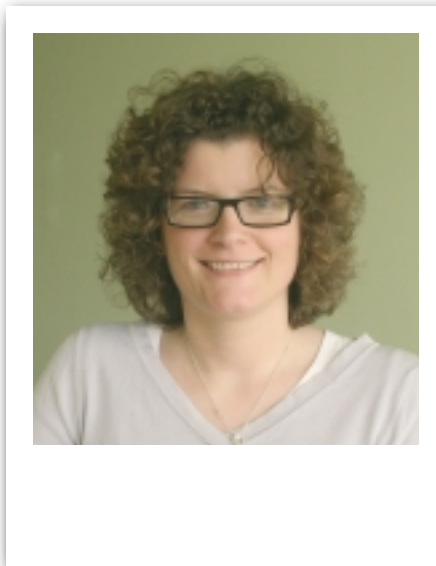
'We give practical and emotional support to older people. Independence is very important, but we know that there are times when you might need a helping hand. That's where we come in. Whether it is helping you to pay bills or making sure benefits are claimed correctly, or even finding a workman to do odd jobs around your home, we can help you as little or as much as you need.'

Jo and her team support 200 people over the age of 55. 'We like to get to know people by calling in to visit at least once a month, to have a chat and check all is well', says Jo. 'Sometimes people want us to visit more often or would like some advice over the phone – we are very happy to help in this way too.'

Jo and the other Support Officers put older people in touch with other teams at Notting Hill or from other good organisations offering advice on issues such as

home security, putting in special home adaptations, like stair lifts or bath hoists, managing debts and what's on for older people in the local area.

'A lot of what we do is making sure that people are aware of all the different services that are on offer to them,' adds Jo. 'For example, people might not know that they could be able to have new locks, alarms and front door spy-holes fitted free of charge.'



Jo has worked for Notting Hill Housing for five years. 'It's really interesting and challenging work,' she says. 'You get to know some fantastic characters and you get to make a really positive difference to their lives. The best thing about my job is helping to make people's lives a bit easier'.

**What the Older People's Support Service can offer you:**

- A friendly person to chat to, either face to face or over the phone
- Advice on claiming benefits
- Advice on clearing any debts you may have
- Help accessing services in the borough (eg a doctor or home help service)
- Help getting to hospital appointments
- Advice on how to make your home work for you, through modifications such as light-up doorbells or equipment to help you move around more easily
- Advice on home security
- Information about activities and services for older people
- Information about support groups and clubs for people from all cultures and ethnicities

**If you need to get in touch with us about a service that you would like or if you are worried about a vulnerable neighbour, simply phone 020 8357 4571 to find out more.**

# West London is alive with the sound of music!

'Tales from the Bush' was an inspiring performance by Elgin Resource Centre customers in Shepherds Bush. Musicians and singers ran workshops at the resource centre to create songs telling stories of life in West London from the last six decades.

Their performance for family and friends on a bright April morning brought lots of memories, some rousing songs and lots of laughter.

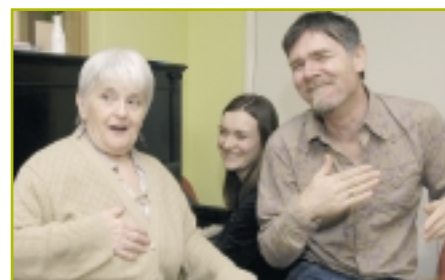
Sue Suther, Centre Manager at Elgin says "'Tales from the Bush' was fantastic for everyone involved. There was such a buzz in the centre with the singing ringing down the corridors. Everyone wanted to join in and we'd love to do it again."



*The song about the Irish Dance had everyone on their feet and tapping their toes...*



*Everyone remembered sneaking back home after a night out at the Hammersmith Palais*



*Who can forget meeting the one who makes your heart go bump bump BUMP!*

## Home support services in your area

### Royal Borough of Kensington & Chelsea

For information about

- supported housing – for people recovering from long and short term mental health problems. **Call the Teamleader on 020 8357 3053**
- mental health support services – to help people living in their own properties to live independently. **Call the Teamleader on 020 8357 5366**
- older people's outreach service – for people over the age of 55. **Call the Teamleader on 020 8357 4571**
- sheltered accommodation - for people over the age of 55 to live independently with low level support and community alarm service. **Call the Teamleader on 020 8357 4581**

### London Borough of Ealing

For information about

- older people's outreach service for people over the age of 55. **Call the Teamleader on 020 8357 4571**
- support specifically for Asian older people who need support to live independently. **Call the Teamleader on 020 8357 4571**
- sheltered accommodation for people over the age of 55 for independent living and low level support with community alarm service. **Call the Teamleader on 020 8357 4581**
- Notting Hill's home ownership for people over the age of 60 who have access to a minimum of £50,000 in savings or sale proceeds. **Call the Teamleader on 020 8357 4444 for more details**

### London Borough of Hillingdon

For information about

- older people's outreach service for people over the age of 55. **Call the Teamleader on 020 8357 4771**
- sheltered accommodation for people over the age of 55 for independent living and low level support with community alarm service. **Call the Teamleader on 020 8357 4581**

### London Borough of Hounslow

For information about

- mental health support services that help people living in their own properties to live independently. **Call the Teamleader on 020 8357 5366**
- older people's outreach service for people over the age of 55. **Call the Teamleader on 020 8357 4571**



NottinghillHousing

### Notting Hill Housing

1 Butterwick Rear of Metro Building London W6 8DL  
t 020 8357 4585 or 020 8357 4589 email homesupport@nhhg.org.uk

[www.nottinghillhousing.org.uk/homesupport](http://www.nottinghillhousing.org.uk/homesupport)

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