

Social Prescribing & LEGO

Age UK Islington - The Toy Project

Age UK Islington ©



An introduction to Age UK Islington

Age UK Islington provides clients (16yrs+) support with a range of day-to-day issues.

We provide:

- A helpline for an initial discussion
- More in-depth one-to-one support from staff where needed
- Social activities & support groups

Social isolation:

Our staff work with clients to understand their interests and work with them to overcome any barriers.



Money

- Support benefit applications
- Debt management
- Access grants e.g. winter warmth
- Power of attorney



Home

- Find cleaners & domestic support
- Manage repairs and maintenance
- Organise a housing transfer
- Find suitable accommodation
- Help organise & manage a move



Independence

- Carers assessments - identify needs
- Obtain telecare monitoring
- Fall risk assessments
- Direct payment support



Social

- Find suitable social activities
- Find accessible transport & routes
- Support to start attending activities
- Befriending options



Health

- Exercise options for e.g. pain relief
- Help to find mental health support
- Re-engage with health services
- Support for substance misuse
- Support to keep warm



Work

- IT skills for keeping in touch & practical matters
- Help find volunteering & employment
- Finding education & training

Social prescribing: removing “barriers” to find social connections



1 Removal of Barriers



2 Social Connection

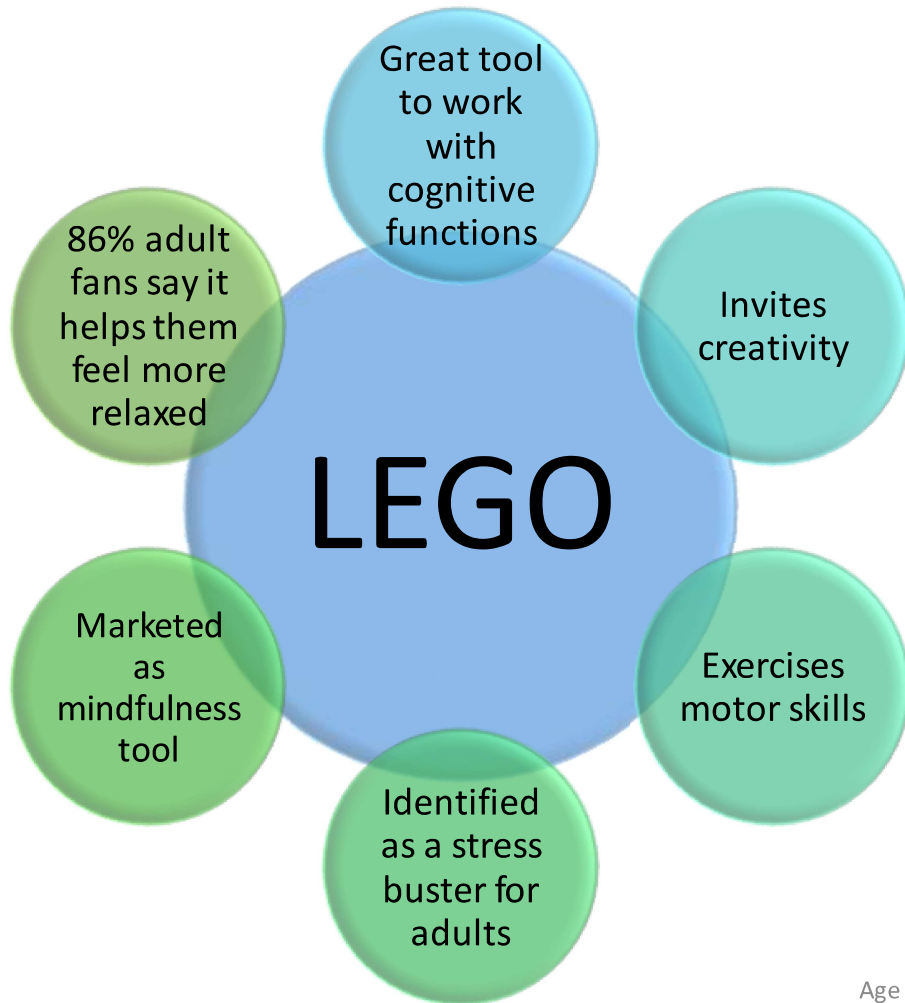


The Toy Project

- Recycle unwanted toys and give them to children who need them
- **Encourage learning through play by funding Lego workshops, art workshops and storytelling**
- Raise money to fund projects such as toy and book libraries, murals and community events
- Educate children about recycling and supporting others



LEGO Get Together





Age UK Islington (c)

'I have definitely noticed a change in my dad's concentration and willingness to try something new. Alongside this, he really looks forward to coming to the sessions because it gets him out of the house and enables him to socialise with other people.

LEGO isn't something that my dad would have tried previously, had it not been for these sessions.'





Age UK Islington (c)



'I asked her about what she likes about going she said: Enjoys the social interaction. It exercises her hands which helps her arthritis. It helps her concentration. It's an interesting activity to do. Just to add, she has dementia and I feel all the activities she's done over the last few years have helped stem the advancement of the symptoms.'



Contact & Referral Information



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Questions?