



Older People Providers Network Meeting on 9th October 2024

Further information and resources from the presentations:

1. Update on services provided by **Good Gym**, Westminster – Anna Polocka, annap@goodgym.org

GoodGym volunteers can help older people (aged 50+) in their homes by doing practical tasks. GoodGymers run, walk, or cycle to the older person's home, carry out the task, and then run, walk, or cycle back. Charities and local organisations can refer tasks with us via an online form. Here are the sorts of tasks our GoodGymers can help with:

- Food shopping (up to £30)
- Collecting prescriptions
- Gardening for safety/access/ or mental/physical wellbeing reasons
- Outdoor garden painting - fences etc
- One-off dog walking
- One-off face to face welfare checks
- Technology support
- Changing a lightbulb / battery in smoke alarm (would need to have the replacements)
- Furniture moving
- Furniture assembly (tools must be available)
- Sorting/packing belongings
- Putting rubbish in outdoor bins
- Window cleaning (ground level only or they must open inwards)
- Taking down and re-hanging curtains
- Taking bags of clothes etc, to nearby donation/charity bins

Our GoodGymers are DBS checked and go through training. As our GoodGymers arrive at the location on foot or bike, they cannot supply tools, so these have to be provided. We also need arrangements in place for disposing of any waste. Tasks last around an hour.

When choosing the times for your task request, it's good to note that GoodGymer availability is better in the evenings or weekends. Also, giving us as much notice as possible helps our GoodGymers fit volunteering into their lives. Our systems enable us to respond promptly and seek help for urgent requests such as emergency food shopping or moving furniture to allow for a hospital discharge.

Please note that we are not a guaranteed service and rely on GoodGymers availability for your mission request. If no one signs up before the deadline, the mission will be cancelled and you will be notified. You can set the deadline on the referral so that, if it is cancelled, you will be notified with enough time to make alternative arrangements.

There is more info in our [Missions Referral Pack](#) . **Please come back to us if you would like to be set up as a referral partner.**

1. **Age UK Westminster's Information & Advice service** - Susan Mustafa, Age UK Westminster enquiries: 020 3004 5610 and email: enquiries@ageukwestminster.org.uk
The service can be contacted about accessing help in light of the winter fuel allowance changes. Please see resources on website – in particular **“The Winter Wrapped Up”** leaflet here: <https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>
3. **Information about “ComPROACT: Building Bridges in Dementia Care through Co-Design”** - Pallavi Nair, Imperial College
Invitation to Co-Design meetings:
<https://drive.google.com/file/d/10cZpzwAKY5wZBipROdZuPMznQRvOV0ss/view?usp=sharing>
4. **Bi-Borough Archives and Library Team** about the Home Library Service - Mahbuba Khan

WCC HLS: <https://www.westminster.gov.uk/leisure-libraries-and-community/libraries/home-library-service>

RBKC HLS: <https://www.rbkc.gov.uk/libraries-0/connect-library-community/home-library-service>