

www.peoplefirstinfo.org.uk

Day centres, drop-in centres and hubs for older people in Westminster

This list is provided for your convenience. We have no reason to believe that these organisations do not provide a reliable, high-standard service but do check carefully what they offer, whether they are right for you, and how much they charge. Some are open all week but some only on certain days, so do contact them first before travelling.

For a wide choice of other activities for people of all ages and abilities check out the [People First Events calendar](#).

Updated August 2023.

The Abbey Centre

(Monday to Friday 9am to 9pm, Saturday 9am-5pm. Wide range of activities for people of all ages)
34 Great Smith Street
SW1P 3BU

Phone: 020 7222 0303

Email: enquiries@theabbeycentre.org.uk

Website: www.theabbeycentre.org.uk/community

All Souls Clubhouse

(Includes a programme of activities for those who are 60 years plus)
141 Cleveland Street
W1T 6QG

Phone: 020 7580 3522

Email: info@asstc.org.uk

Website: <https://asstc.org.uk/senior-care>

Church Of The Holy Apostles Monday Club

(Mondays at 2pm to 3.30p.m., for local older people)
Holy Apostles Church Hall
47 Cumberland Street
SW1V 4LY

Phone: 020 7834 6965 Helpline: 020 7834 7529

Email: pimlico@rcdow.org.uk

Website: www.holyapostlespimlico.org

Dutch Pot Lunch And Social Club

(for African, African/Caribbean and other BME older people, Monday to Thursday 11am to 5pm)

Ada Court
10-16 Maida Vale
Edgware Road
W9 1TD

Phone: 0207 286 1222

Email: info@dutchpotclub.org

Website: <https://localgiving.org/charity/dutch-pot-lunch-social-club/>

In-Deep Community Task Force

(activities and services for older people in South Westminster)

Grosvenor Hall
Vincent Street
London SW1P 4HB

Phone: 0207 834 5204

Email: emmachapman40@hotmail.com

Website: <http://www.in-deep.org.uk/>

Leonora House Day Care And Activity Groups

(activities for over 50s – Tuesdays and Wednesdays)

Leonora House
49 Lanark Road
W9 1AP

Phone: 020 7286 9226

Website: <https://www.octaviasupport.org.uk/>

London Chinese Community Centre

(activities and classes for people of all ages, with a special programme for older people)

2 Leicester Court
WC2H 7DW

Phone: 020 7439 3822

Email: info@ccc.org.uk

Website: www.ccc.org.uk

New West End Synagogue Social Club

(First Wednesday of each month at 1.30pm)

New West End Synagogue
St. Petersburg Place
Bayswater
W2 4JT

Phone: 020 7229 2631 or 020 7229 9661

Email: nwes@newwestend.org.uk

Website: www.newwestend.org.uk/copy-of-what-s-going-on

Open Age (North Westminster)

(and various venues - activities and advice for people over 50)

New Avenues

3-7 Third Avenue

London W10 4RS

Tel: 020 3713 8737

Email: nnehemmen@openage.org.uk

Website: <https://www.openage.org.uk/centres-and-hubs>

Open Age (South Westminster)

(and various venues - activities and advice for people over 50)

St Margaret's

1 Carey Place

SW1V 2RT

Telephone: 020 4516 9969

Email: hmunns@openage.org.uk

Website : <https://www.openage.org.uk/centres-and-hubs>

Opening Doors London

(Activities, groups and befriending for older lesbian, gay, bisexual and/or transgender people)

Age UK Camden

Tavis House

WC1H 9NA

Phone: 020 7239 0400

Email: info@openingdoorslondon.org.uk

Website: www.openingdoorslondon.org.uk

Out And About Club

(Non-denominational club for people with disabilities, 1st and 3rd Tuesday of each month at 7pm)

Liberal Jewish Synagogue

28 St. Johns Wood Road

NW8 7HA

Phone: 020 7286 5181

Email: ljs@ljs.org

Website: www.ljs.org/a-place-of-meeting/clubs-and-societies/77/out-and-about/

Penfold (Church Street And Regents Park) Community Hub

(from Housing 21 Group – activities and advice for people over 50)

60 Penfold Street,

Westminster
NW8 8PJ

And various venues in North Westminster

Phone: 07872 811 106

Email: penfoldhub@housing21.org.uk

The Pepper Pot Centre

(activities, classes, trips and more for people over 50 from the African, Caribbean & BME community)

1a Thorpe Close,
Ladbroke Grove
W10 5XL

Phone: 0208 968 6940

Email: info@pepperpotdaycentre.co.uk

Website: <https://www.pepperpotcentre.org.uk/>

Positive Age Centre

(Support in finding employment opportunities for people over 50, Monday to Thursday 9.30 to 4.30)

Peabody Estate
Dalgarno Way
W10 5JN

Phone: 020 3713 8735

Website: <http://www.openage.org.uk/positive-age-employment-centre>

Pullen Day Centre

(for frail older people and those with dementia, Mondays to Fridays. Attendance subject to assessment from Westminster City Council)

Garden Terrace
7-9 Moreton Street
SW1V 2PW

Phone: 020 7821 5456

Email: maria.gerardo@londoncare.co.uk

Rosary Senior Citizens Club

(Wednesday 1.30pm to 4pm)

209 Old Marylebone Road
NW1 5QT

Phone: 020 7723 5101

Email: marylebone@rcdow.org.uk

Website: www.rcdow.org.uk/marylebone

St Anne's OVER 60S CLUB

(Weekly lunch club for over 50's on Thursdays from 12 - 2pm)

St Anne's Over 60s Lunch Club

St Anne's Church Soho,

55 Dean Street,

W1D 6AF

Phone: 020 7437 8039

Email info@stannes-soho.org.uk

Westminster Dementia And Memory Resource Centre

(for older people with dementia. Attendance subject to assessment from Westminster City Council)

42 Westbourne Park Road

W2 5PH

Telephone: 020 3117 1781

Website: <https://www.peoplefirstinfo.org.uk/search/directory-search-people/?id=817a5a0c-9518-431c-b56a-add600edec35>