

Attendance – please see contact list below

Notes from last meeting: the meeting looked at **Isolation and loneliness** amongst older people in Westminster. Notes from the meeting are available [here](#), or via the Networks section on the One Westminster website, where you will also find the slides on Loneliness <http://www.onewestminster.org.uk/older-peoples-network>.

End of Life Care – Francis Ngale from Carers Network gave a presentation about the importance of planning for end of life and all the various aspects of this. A great deal of important ground was covered and discussed. The presentation is available here: http://www.onewestminster.org.uk/files/onewestminster/end_of_life_care_presentation_0.pdf

Updates from members

Age UK Westminster have a new Befriending and Advocacy service for people with visual impairments. Contact Stephen Spavin or Susan Mustapha.

Keep Active Westminster – funded by Public Health so was winding down – but (good news) now has funding for another year.

Henna Asian Women's Group – is now funded by Octavia to run a befriending service in Westminster for South Asian women. Leaflets and application form are available here http://www.onewestminster.org.uk/files/onewestminster/henna_leaflet_2019.pdf and here http://www.onewestminster.org.uk/files/onewestminster/befriending_service_referral_for_m.pdf

SupportMatch Homeshare – continues to match live-in companions with older and/or disabled people with a spare room.

Russian Speaking Society – have a new place near Victoria to hold their Russian-speaking tea club events.

The Advocacy Project – continue to provide instructed, non-instructed, statutory, non-statutory and self-advocacy free for all marginalized and disadvantaged communities locally; plus user-involvement and volunteering.

Octavia Foundation – WCC have cut funding for the befriending and outreach project, but work is ongoing to support befriending in Westminster.

Ideas for future Network sessions

1. Advocacy – what it means and what is available for older people in Westminster.
2. Services for older people who have brain diseases causing symptoms of dementia.
3. The challenges of providing services older people with multiple and complex needs.

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