

NO:	NAME	ADDRESS	POST CODE	CONTACT DETAILS	SERVICES
1	Age UK Day Resource Centre	105 Greyhound Road, London	W6 8NU	0207 386 9085, info@ageukhf.org.uk	Provides help and advice and social activities to improve older peoples lives. Have a large bright centre with a garden and people are welcome to visit. It is for residents of the Borough over 50. Some of the classes are free others such as lunch demand a small payment starting from £3
2	Barons Court Project	69 Talgarth Road, London	W14 9DD	020 7603 5232, services@baronscourtproject.org, www.baronscourtproject.org	Provides a day care to support people on low incomes who are vulnerable to mental ill health and/or homelessness
3	Day Care Centre St Vincents House	49 Queen Caroline Street, London	W6 9QH	020 8563 0001, www.alzheimers.org.uk, hammersmith-fulham@alzheimers.org.uk	Specialist day care for older people diagnosed with dementia
4	Elgin Close Resource Centre	1-3 Elgin Close, off Goldhawk Rd, London	W12 9NH	020 8762 3007	Offers a wide range of free and paid for activities for residents over the age of 18. Free activities include, play chess (Tues), Communion (Mon), creative and reading/writing workshops (Thurs), computer facilities, exercise sessions, workshops and speakers, referred service. Paid activities include, lunch (every day, three courses - £4.25), computer lessons (Weds and Thurs, £1.00), learn basic French in a group setting (Fri, £1.00), art and craft sessions (Tues, Weds and Thurs, £3.00), yoga classes (Tues and Weds, £3.00), get a haircut (alternate Tues and Weds, from £5.00), get a massage (Weds, from £6.00)
5	Nubian Life Resource Centre	50 Ellerslie Rd, London	W12 7BW	020 8749 8017, info@nubianlife.org.uk	Day care service for African Caribbean elders with medium to high care needs. Lunch club for African Caribbean elders with low care needs, providing a hot meal and social and recreational activities. Drop-in service with welfare and health information and social activities
6	Shanti Centre	89 Askew Road, London	W12 9AS	020 8811 1501, director@taha.org.uk	Offers Day Care services for older people & adults with disabilities, people with substantial health needs and disabilities. Day care service is available to customers living in London Borough of Hammersmith & Fulham, Kensington & Chelsea and Westminster. Mon - Fri £40 (Full day), £25 (Half day), Weekends: Saturdays £50 (Full day), £30 (Half day) and an additional charge of £4.50 for the meal
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