



Open Age has been facilitating an active life for older people for over 25 years



Every year, Open Age supports more than 4,500 older adults to learn new skills, keep physically and mentally well, make new friends, and find employment.

We know that the population is ageing; by 2050, it is projected that one in four people in the UK will be aged 65 years and over.

Every week, approximately 1,500 older people take part in one or more of Open Age's 380+ activities across the London boroughs of Kensington & Chelsea, Westminster and Hammersmith & Fulham. Whether it's Pilates, Zumba, philosophy or computer training, all these people have a place where they can engage, learn and improve their well-being.

Demographic and socio-economic shifts continue to show us that we have a vast ageing population. All too often, it is a generation that is neglected, disenfranchised, lonely and inactive. For over 20 years, Open Age has been tackling these issues head on.

London has been identified as one of the loneliest places for older people in the UK



"I had a major back problem. Open Age's volunteer Yoga tutor has taught me how to exercise to improve my mobility, how to breathe to reduce my anxiety, and what to eat to aid my recovery. I would not have survived without her."

"At Open Age, I felt wanted, and that's so important"

"I have met some of the nicest people in the world. Absolutely adore coming every week. It's like a family and I am incredibly grateful to be a part of the group"

"I'm having fun for the first time in years"



Open Age is working...

...to ensure older people have the opportunity to enjoy their later life

by providing a wide range of activities including creative and performing arts, social groups, physical activity, trips, languages, IT/iPads, lunches, carers' support groups and activities for people who are housebound

...to help people remain active and engaged in their community

by running activities in a wide range of different local venues, ensuring there are a range of activities on offer within their community

...to reduce isolation and loneliness and give chances to make new friends and meet new people

79% of Open Age evaluation respondents say they have made new friends since attending Open age activities

...to give people the opportunity to return to work

by providing hands-on training and support to help older people gain new skillsets for future employability, matching vacancies with candidates and providing confidential advice, guidance and training

...to help ease the pressure on overstretched healthcare services

by providing physical activities, mental stimulation, training, support for carers and social networking, increasing the health and well-being of older people and resulting in measurably fewer visits to GPs and reduced reliance on NHS support services

...to give people the opportunity to live, not just exist

Will you leave a gift to Open Age?



" My mum died, just after her 90th birthday.

She died at home, in her own bed. The day before, looking out of the window at the white trail of an aeroplane against the blue sky, she said "what a wonderful life".

Part of her legacy has gone to Open Age, because its whole purpose is to keep people like my mum actively enjoying their lives, as she did, for as long as possible, right up until the trail vanishes in the sky... "

MARCIA BLAKENHAM Open Age benefactor



We are hugely grateful for any size of gift that is left to Open Age

If you have decided that you would like to leave a Gift to Open Age in your Will, the following are suggested wordings for you to share with the Solicitor or Will-Writer who is preparing your Will.

A gift of a share of the estate (a residuary gift):

'I give to Open Age, Charity registered in England and Wales no 1160125, of The St. Charles Centre for Health & Wellbeing, Exmoor Street, London, W10 6DZ, the residue (or % share of the residue) of my estate absolutely and I direct that (i) the proceeds may be used for the general purposes of Open Age and (ii) that the receipt of the Treasurer or duly authorised officers shall be a sufficient discharge for my executors.'

A fixed sum (a pecuniary gift):

'I give to Open Age, Charity registered in England and Wales no 1160125, of The St. Charles Centre for Health & Wellbeing, Exmoor Street, London, W10 6DZ, the sum of £____ and I direct that (i) the proceeds may be used for the general purposes of Open Age and (ii) that the receipt of the Treasurer or duly authorised officers shall be a sufficient discharge for my executors.'

Please let us know that you have left a gift to Open Age in your Will

If you have very kindly remembered our work in your Will, we would be delighted to hear from you and have the opportunity to thank you. By letting us know that you have left a gift in your Will, you will help us plan our work in the future with more confidence.

Can a gift to Open Age in my will reduce my inheritance tax?

Your estate could be liable to inheritance tax if it is worth more than a certain amount – usually £325,000 (2017/2018). A gift to Open Age is exempt from inheritance tax, reducing your liability. Your Solicitor or Will-Writer will be able to advise you further.

Life doesn't have to slow down or stop as you get older. But all too often people over 50 can feel that life's given up on them. So Open Age works with older people to create chances to get together, find work, learn new skills and develop new interests.

By doing this, we help people stay healthy in both mind and body to keep living life to the full.

With your help we can continue to support older people to stay active and well for longer.

If you'd like further information, please contact Dede on our Community Engagement Team on 07818 583423 or email dtavares@openage.org.uk.

To find out more about Open Age's work, please go to www.openage.org.uk