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**THE REED** – AT THE HEART  
OF THE COMMUNITY







## About us

### **Octavia believes that good homes make for better lives.**

Octavia is a not-for-profit organisation that provides good-quality affordable homes, care and support services and wider community projects for thousands of people.

Inspired by our founder, the social reformer Octavia Hill, our aim is to benefit local people in the areas they live in, adding vitality to London as a whole.

Over 150 years on, The Reed is our latest venture and continues the pioneering spirit of Octavia Hill's work. A lively and modern space, equipped with a state of

the art Information Technology suite and industry standard digital media equipment. There are light and airy activity rooms and a community café for people to socialise, learn new skills and develop new interests.

The project has built on the work of the Friends of Kensington Day Centre, a pioneering group of local people. We are delighted to have their continued involvement and support in this new and exciting stage of the Centre's life. We could also not have achieved this venture without the continued backing of our trusted partners, the Royal Borough of Kensington and Chelsea. Finally, we are very grateful to the Reed Family Foundation whose capital funding helped to make The Reed a reality.

The Reed is the start of an amazing journey. It brings together the experience and expertise of a number of our local partners to offer a wide range of activities, training and opportunities for local people. Over time, we hope to expand its reach and involve more like-minded local groups and organisations.

We are establishing foundations to ensure that we continue to meet the needs of future generations, improving the quality and vibrancy of life across the communities we work in – for the next 150 years and beyond.





## The Kensington Day Centre

Originally set up by Jane Lidderdale OBE nearly 60 years ago, the Kensington Day Centre provides vital care and activities for older adults who want to socialise and gain access to essential personal care plans and health services.

Members make full use of the Reed including the café where they eat a specially designed nutritious lunch each day and the comfortable seating areas

where they can meet with friends and take part in a wide range of activities. The Reed also offers a secluded garden, a hairdressers; and multipurpose spaces.

Regular art, pottery, chair yoga, iPad classes and social outings are funded by the Friends of Kensington Day Centre. These activities are enhanced by an inspiring programme of classes delivered by Open Age.



# Open Age activities

Open Age was established in 1993 and is now celebrating over 20 years of championing active lives for older people. Open Age works across Kensington and Chelsea, Westminster and Hammersmith and Fulham to enable anyone aged 50 or older to sustain their physical and mental fitness, maintain an active lifestyle and develop new and stimulating interests.

At the Reed, Open Age provides a wide range of physical and creative activities including How to Make Best Use of Smartphones, Current Affairs, Life Coaching for Health, English Conversation, Spanish, Healthy Hearts, Art For All. Health and wellbeing sessions include Yoga, Meditation, and advice on how to stay steady and stable in later life, as well as many others.







## Befriending

Through the Octavia Foundation we run a very successful, popular befriending service for older or isolated people. Befriending matches individuals with a volunteer for an hour a week to provide some company, often with life-changing results.

At the Reed, we also offer group get-togethers once a week with refreshments. The groups meet for a few hours offering people the opportunity to have a chat, share ideas and build friendships.

For more information email:  
**[rbkcoutreach@octavia.org.uk](mailto:rbkcoutreach@octavia.org.uk)**  
or call **0208 354 5576**

## Outreach services

Our outreach service is for people aged over 50 living in the Royal Borough of Kensington and Chelsea. Our friendly team provide information and advice to connect people with a wealth of other services and activities available in the local area. We can make a big difference to quality of life, enabling new friendships and interests.

For more information email  
**[rbkcoutreach@octavia.org.uk](mailto:rbkcoutreach@octavia.org.uk)**  
or call **020 7289 0176**





## Base@theReed

The Reed is also home to Base@theReed a digital media youth club which welcomes people aged 10 to 21 (and to 27 with additional needs).

Run by our Foundation, it offers free, fun and engaging digital media training sessions in areas like filmmaking, photography, music production and DJing, using our cutting edge industry standard equipment. Our aim is to give young people a chance to create and produce a variety of high-quality digital media content under the helpful guidance of trained youth workers.

The sessions are open to all skill levels, from beginners who like to have a go, to

those interested in working in the digital industries. As well as evening workshops, we offer tailor-made programmes for groups of younger people and courses leading to accredited qualifications.

Our media projects have a credible reputation for providing the essential skills and training required for young people to enter the creative industries. Most are developed in partnership with other local organisations. We provide the environment and focus to enhance confidence and encourage positive interests for local young people.

For more information email  
**[base@octaviafoundation.org.uk](mailto:base@octaviafoundation.org.uk)**





# The Community Café

Our café was created with help from a local social enterprise, Maida Hill Place whose ethos is to produce healthy and nutritious food. It takes inspiration and insight from the latest research into nutrition and the impact that diet and the experience of eating together has on wellbeing.

Every aspect of the café including layout, the use of natural light and furniture has been designed to encourage socialising and to offer a convivial atmosphere.

The café is open to anyone who uses the Reed for activities, as part of our wider outreach and befriending work or just to visit a friend.







# Get in touch

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**We are open:**

9am – 5pm: Monday – Friday  
Base@theReed activities for younger people run during the evenings and school holidays.

 /OctaviaFoundation  
 @Octavia\_Housing / @Octavia\_Fdn

