



***“Going to Basaira makes me feel that I am with friends.***

***I FEEL WANTED AND AT HOME FROM THE MOMENT I GET INTO THE CENTRE”***

***- Mrs K, aged 75, centre attendee***

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You're guaranteed to get a genuinely warm welcome on a visit to Basaira Elderly Centre. Run from a tiny office hidden at the back of a furniture shop in Streatham, Basaira exists to provide a vital lifeline for vulnerable older people in the area.

Basaira is renowned for providing regular hot, healthy (and delicious) luncheons to over 50 members of the local community, in particular those of South Asian descent. Many of the people who attend the lunches are living alone, with disabilities, mental health problems, early onset dementia and other illnesses linked to older age.

Basaira believes in empowerment and dignity for older people, and organise health talks and workshops alongside the lunches in order to offer their members specialist information in a safe and friendly environment.

Going to the centre, members are guaranteed a sense of community, participation, friendship and support from others.