

NEWS

From the North Hub

January and February 2026

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello,

Happy New Year!

I'd like to start with a huge thank you to all you who have supported our Christmas appeal, our Christmas fayres and shopped at our Leyton store. This support is helping to boost our income and keep our activities and services on track.

Enclosed with this newsletter is your invitation to our Annual General Meeting on 12 February. If you would like to attend, please RSVP by 31 January.

We have always been keen to promote Digital Inclusion, by providing support with using IT which you can read about on page 6 & 7. But we also speak up for those who still need paper based methods, see page 2.

And if you feel you need a boost or a new challenge, why not join one of our classes or groups. We have lots to choose from!

Best Wishes,

Emma Tozer
CEO Age UK Waltham Forest



Friday Fellas has a new pool table! Find out more on page 5!

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Age UK Waltham Forest
Waltham Forest Resource Hub (North)
58 Hall Lane, Chingford E4 8EU Tel: 020 8558 5512
email: info@ageukwalthamforest.org.uk



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News

Christmas appeal

We would like to thank every single person who supported our crowdfunding campaign in December as part of The Big Give Christmas Challenge.

Thanks to your generosity, encouragement and shared goodwill, we are delighted to announce that together we hit our £4,000 target!

This income is helping us continue providing vital services and support to older people across Waltham Forest. Thank you for helping make this campaign such a success.



Did you see our Christmas Tree at the fundraising event at St Peter-In-The-Forest? Thank you to all who donated.

Festive Fun at the Coffee Club

We had a truly wonderful time celebrating the season at our Wednesday Morning Coffee Club Christmas Party! The event was generously sponsored by Stow Brothers Estate Agents and Aston Group.

The day was packed with laughter and special moments including fun games, a 'guess the weight of the Christmas cake' competition, with a spectacular sing-a-long led by the Waltham Forest Community Choir and Santa himself made a grand appearance, personally handing out gifts to everyone.

We are so grateful for the support that allows us to host these important social events.

Successful outcome on Postal Votes

You may remember that we wrote to Waltham Forest Council in August, highlighting the fact that many, many older people would be disenfranchised because the only way someone could re-register for a postal vote was online or by using email.

So we are pleased to report that, as a result of our lobbying efforts, the Council has now said that when they write to everyone who hasn't yet re-registered for their postal vote – which they will do in January – they are going to include a new paper form to re-apply for a postal vote and a pre-paid response envelope.

So we can celebrate a small but significant success in our campaign against digital exclusion.

Sew Many Thanks

Thank you to everyone who supported us by buying our handcrafted items. We love getting out and about in the borough at the many local Christmas Fayres, raising much-needed funds, but also spreading the word about our activities and services for older people.

We also extend a huge thanks to all our knitters and crafters who make our items for sale.

We are always looking for more knitters and crafters to help support our work. If you would like to get involved, please contact Helen, our Community Fundraiser, at: h.bigham@ageukwalthamforest.org.uk



Christmas cheer at our Coffee Club party

News from our Leyton Store

Our Leyton store is gaining more popularity and raising much needed funds that are used to support older people here in Waltham Forest.

In November we held our first in-store personal styling event which was so successful, tickets were sold out! Stylists Paula and Charlie shared their expert tips on personal style and shopping preloved clothes. Guests had exclusive access to our new partywear launch and enjoyed 10% off all purchases on the night! Look out for more events like this coming up soon.

Snapping up a bargain!

In keeping with our values of sustainability, we hosted an Alternative Black Friday photography sale, featuring donated cameras. Inspired by our volunteer Steve Barrett, over twenty vintage cameras were donated along with projectors and other accessories. This in turn attracted keen photographers to come and browse these unique items from the past, away from the frenzied marketing of the day.

Small Electrical Items donations

We are now set up and able to accept donations of small electrical goods. Hairdryers, straighteners and kitchen aids in working order are all welcome. No microwaves, heaters or computers please.

Join Our Team!

We're looking for friendly, reliable volunteers to join us at our shop. If you enjoy meeting new people, want to gain retail experience, or simply want to support a good cause in your local community, we'd love to hear from you.

Roles include greeting and assisting customers, sorting and organising stock, helping keep the shop tidy and welcoming and supporting the team with day-to-day shop tasks.

Volunteering with us is a great way to build confidence, learn new skills, and make a real difference to older people in Waltham Forest. If you or someone you know is interested, please get in touch at volunteering@ageukwalthamforest.org.uk



Stylists Paula and Charlie at our styling event

Upcycled with style

Our Christmas decorations made from damaged saris were a tremendous hit and we have more innovative upcycled items for sale. Big thanks go to regular customer Val Humpage who took several cashmere jumpers that had shrunk in the wash and gave them new life by making them into cosy snoods in tonal colours! These are available in store throughout January at £20 each.



Val modelling her cashmere snood

Our Vinted & Instagram accounts are a great way of hearing about the latest product launches and special offers in store, so if you don't already, then give us a follow! https://www.instagram.com/age_uk_leyton_store/

Our Leyton store is at 857 High Rd. Leyton, London E10 6AE

Black History Month

Age UK Waltham Forest was delighted to host three events to celebrate Black History Month in October, which were well attended.



Showing *The Harder they Come* at The Hub

The Harder they Come

We held two showings of the iconic 1972 Jamaican film, *The Harder They Come*, in collaboration with Boukie from Nightspot Cinema.

This cult film starred the late Jimmy Cliff and is credited as bringing reggae to the world.

Although made over 50 years ago, the film still resonates with today's issues and it evoked much discussion with those who attended. Many people attending the showings reflected on their own experiences of that time and how it was to watch the film today in modern times.

Audience member Silma Cobham told us, "For me this film is reflective of the past, yes,



Norah Nelson and Jean Burford

but then of the present too. I looked at it, it was very funny, I enjoyed the jovial side. It reminded me of back home, the churches, those movements. But I'm thinking, well, it's a long time ago, but we still have the violence, we have the drugs."

Jean Burford told us, "I've seen the film before and it brought back lots of memories of that time and the challenges of life. But when I come to Age UK and see all the things they implement, I feel happy. I feel at home."

Black Elders Social Event

We also held an event for our Black Elders Group with Caribbean cuisine and musical entertainment with tea and cakes. It was attended by over 50 people.

Two different youth choirs sang for the group. The Youth Section of London Community Gospel Choir enthralled us all with their glorious harmonies. Then the Music Man Project, which is a youth choir for neuro-diverse young people, gave a very moving and joyful performance. Sisters Maureen and Janice told us, "The choir moved me to tears, it was very touching. And the food was delicious!"

We would like to thank local choir leader Jenny La Touche for bringing them to us and making this event so special.

Activities News

This time of year can be dark, damp and dreary, so why not get yourself out and join one of our activities - you may be glad you came!



Galentine's Day Tea Dance

Friday 13 February 2:00 – 4:00pm

At: The Hub

Galentine's Day is a celebration of friendship, held every year on 13 February, giving us the chance to enjoy time with friends and have fun together. So it's like Valentine's Day, but for friends not just romantic partners. So how better to celebrate by attending our tea dance! Enjoy a lively ballroom and Latin dance demonstration, followed by a chance for everyone to join in, plus music, tea and great company in a relaxed and friendly atmosphere.

Booking is essential. Tickets are £5 available from The Hub or by emailing: events@ageukwalthamforest.org.uk Spaces are limited, so book early to avoid missing out! This event has been kindly sponsored by Stow Brothers Estate Agents.

Quiz-me-if-you-can!

Saturday 7 March 7:00pm for 7:30pm start

At: St Edmund's Church Hall, 216 Chingford Mount Road, E4 8JL

Join us for a fun and friendly evening of quizzing and Ploughman Supper!

Tickets £14 per person and booking is essential.

To book please contact Richard on 07880 983913 or email him at richard.freitag52@gmail.com

You are welcome to bring your own drinks and nibbles.

NEW Tai Chi class in Leytonstone on Wednesday mornings - turn to page 12 for details

Friday Fellas Social Club

Fridays 10:30am-12:30pm

At: The Hub

Friday Fellas now has a pool table!

You can also play table tennis, have a game of darts or race Scalextric. Or simply come along and have a chat with a cuppa in a friendly group. Donations welcome

To book for any of our activities and events, please contact events@ageukwalthamforest.org.uk or 020 8558 5512

Social Sewing Saturdays at the Store

Saturdays 11:00am - 1:00pm

At: Our Leyton Store, 857 High Rd, E10 6AE

Our social sewing is going from strength to strength! Anyone is welcome to drop by to try their hand at sewing for the first time, work on an existing project, or simply come along for a cup of tea and a chat to find out more.

So far, we've taught two people to knit for the first time and our list of regulars is growing! No need to book, just come along to the store and take your seat! Donations welcome

Monthly Craft club

Last Thursday of the month

At: The Hub

Our monthly craft club has no limits! you can bring your own project in - knitting, crocheting, sewing, kit making - or you can take part in a crafting session, led by volunteer Chris. Whatever you do, you can sit and have a chat with others over a cup of tea. Donations welcome



Highlights, Events, Walks and Talks

Mike's favourite things

Thursday 8 January 10:30 - 12:00

Mike presents a collection of his favourite apps and websites: Spotify, Flight Radar, Highams Park Live Departure Board, Open Street Map, IMDB and more.

Charlie's favourite things

Thursday 15 January 10:30 - 12:00

Advanced Editing of iPad Photos, being able to remove or insert people or objects into your photos, translate notice boards and more. Charlie will also show how to fill in Forms Questionnaire.

Technology for Health

Thursday 22 January 10:30 - 12:00

"The NHS App will become the Doctor in your Pocket" Charlie will aim to explain how Technology is being introduced into the Health Service. Apps like NHS App, Patients Know Best, eConsult and Accurx Triage service which are now being used.



History Walk: Scandals and Secrets of Soho (Soho area)

Friday 16 January at 2:00pm

"Better a seedy Soho than a tarted up tourist attraction like Covent Garden" so said musician George Melly in 1987. We start our walk by discovering some of the secrets of the buildings just off Oxford Street and then venture into deepest Soho to find out more about its scandalous history. (90 minutes)

Cost £5 Booking is essential



Our expert team: Mike, Phil, Neil, John and Charlie

Google Earth

Thursday 29 January 10:30 - 12:00

Google Earth is often confused with the more familiar Google Maps. Although there are overlaps, Google Earth contains lots of unique and interesting features, which work on any type of device. Mike will explain how to explore the planet in detail from your back garden to mysterious islands. We can even explore Mars! (the planet not the chocolate factory).

How to book a blood test online – and other important tasks

Thursday 5 February 10:30 - 12:00

Booking your blood test online means very short waiting time at the centre, and is now the easiest way. This session shows how to book it. Phil will also cover: how to get help with hearing loss, using the NHS website and other health apps like patient access and understanding ULEZ.

Age UK Waltham Forest Annual General Meeting

Thursday 12 February 10:30 - 12:00

At: The Hub

Join us for our AGM. There is an invitation with this newsletter, please RSVP by 31 January.

All talks take place at The Hub. To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512

Highlights, Events, Walks and Talks

History Walk: Coffee Houses, Clubs and Pubs (St James's SW1 area)

Monday 16 February 2:00pm

A mostly food and drink themed walk around St James's, one of London's most exclusive areas. Famous for its gentlemen's clubs which were originally coffee and chocolate houses, St James's also houses one of the oldest and most expensive restaurants in town and Britain's oldest wine and spirit merchant, not to mention the Queen's grocery store and a 200 year old cheese shop. You will hear about the Jamie Oliver of the 19th Century, the cook that inspired the TV series the Duchess of Duke Street and the man who invented the sandwich.

Cost is £5 booking is essential. (2 hours)

Quantum Computing

Thursday 19 February 10:30 – 12:00

Quantum computing - what is it and what can it do for us? It's not for emails or personal computers, but it can do some things very much faster, maybe saving thousands of years. For example it can simulate the effects of new molecules for drugs (without trying them out on people). This session looks at the state of quantum computing and its main components.

Need Tech Support?



Book a one-to-one session with one of our digital buddies at the Hub. They can help you solve problems on your device or give general advice. Call 020 8558 5512 or email events@ageukwalthamforest.org.uk

How do we know it's true?

Thursday 26 February 10:30 – 12:00

How can we be sure that what we believe is reliable and true? What have people relied on in the past? Did your parents know best? Can science be believed? Is Pythagoras theorem always true? Phil has all the answers! (Maybe)

Do more with the NHS App!

-  Order repeat prescriptions
-  Book appointments
-  View your records
- And much more...



Get Help with using the NHS app

The NHS app is being adopted more widely in all GP surgeries in Waltham Forest, for booking appointments. So Age UK Waltham Forest is running Drop-In Sessions at some GP surgeries to get help with using the app. Our team will help you to install the app, understand how it works and show you how to book appointments and other functions. They can also help with other questions you may have with using your smart phone.

You can drop in to any session, you don't need to be registered there.

Tuesday 6 January 2:00pm-4:00pm - Wood Street Health Centre, Linford Rd, E17 3LA

Friday 9 January 2:00pm-4:00pm - Claremont Medical Centre, Claremont Road, E17 5RJ

Thursday 15 January 10:00am-12:00 - The Bailey Practice, Ravenswood Road, E17 9LY

Tuesday 20 January 10:00am-12:00 - Kings Head Medical Practice, Kings Head Hill, E4 7NX

Wednesday 28 January 10:00am-12:00 - Dr Shantir's Practice, Forest Road, Walthamstow, E17 5JL

Thursday 29 January 10:00am-12:00 - Sinnott Medical Practice, St Andrews Road, E17 6BD

Monday 2 February 10:00am-12:00 - Chingford Medical Centre, York Rd, Chingford E4 8LF

Getting Active



Moving around and staying active is one of the best ways to stay mobile and independent as we get older. It can help us maintain our strength and flexibility and improve our energy levels, so that we can carry on doing the things we enjoy.

And while it can help you stay steady on your feet and help prevent falls, it can also lessen aches and pains and maybe best of all, give your mood a boost too.

Made for Moving

Our bodies were made to move, so in keeping active we can help to maintain our strength and flexibility. That said, there are reasons why it can become trickier, for example, if you have been ill and lost some strength in your muscles, or maybe a health condition affects your mobility. Getting out of the habit of regular exercise can mean that you're not sure whether exercise would be beneficial for you.

Go at your own pace

You don't have to do vigorous exercise, but maybe find ways to move a bit more throughout the day. Getting off the bus a stop earlier to walk a bit more, may be a good one to try. Chair based exercises are great ways to stay active and you can fit them in to your daily routine. If you have not done much exercise for a while, seated exercises are gentle and simple to do. If you're not sure if they're suitable for you, check with a health professional involved with your care.

Joining an exercise class means you'll establish a regular slot in your week devoted to exercise.

And we have some great classes specially designed for people aged 60 and over who want to improve their fitness for all levels. From gentle exercises to keep you moving to walking sports and fitness classes to build strength.



- **Strong & Steady** – this is a class designed to help you build strength, strengthen your core muscles to aid better balance.
- **Dance Fit** – Boost your fitness, lift your mood and have fun moving to great music in a friendly atmosphere.
- **Zumba** – This is an easy-to-follow dance class, to Latin and world music, which is low impact but invigorating and exhilarating. It is suitable for beginners and those more experienced.
- **Tai Chi** – Gentle controlled movement, helps to get our joints moving and can improve our breathing, posture and the way we feel. We also have an online class for those unable to get to The Hub.
- **Seated Tai Chi and Seated Yoga** – both of these activities are chair based and so is accessible to those who can't stand for long or for wheelchair users. Also available as online classes.

For a full list of our weekly classes and details of how to take part, see pages 12-13

A Real Sense of Belonging

Our Veterans Group started four years ago and since then we have around 88 members attending our activities and events.

Royal Navy veteran John Finn served from 1965 to 1972. Both John and his wife Chris attend our Veteran activities and play an invaluable role of supporting and encouraging others in the group. John tells us how the group has enriched his life.



Young Able Seaman J J Finn

“During the Covid pandemic, my wife Chris and I were aware of the isolation many older people must feel, not being able to see their loved ones and unable to get out. So, we became Age UK Waltham Forest Befrienders, where we were each matched with a person. To start with, contact was made by regular phone calls, but then once the restrictions had been lifted we each visited them in their own homes. Today we are still befriending and visit a National Service Army veteran each.

“Post Covid we became aware of the Chingford Armed Forces Veterans Breakfast Club, which is hosted by Age UK Waltham Forest Veterans team and held at the Greene Man Pub in Chingford. From the start the two organisers, Dave and Alistair - who are both veterans - and the staff at the pub gave us all a warm welcome and a great breakfast. The banter and the camaraderie that we enjoyed in our service days came back to us all in this setting. And it's this friendly atmosphere that has led to a steady increase in the numbers coming to the club.



Chris with befriendee Ray Brodie



John (back, right) with fellow veterans enjoying the sunshine at one of our veterans outings.

“From this, we went on to attending the twice-monthly Veterans Coffee Club at The Hub. Run by veterans for veterans, we enjoy some great chats about local issues and sometimes about service days. Many people come along for the first time on their own, so we try and make them welcome so that they will return and become regulars. We attend the Leyton Orient Veterans monthly lunch club, set up by Alistair. The club lay on bacon and egg rolls plus drinks. Again they have welcomed us with open arms. We have also attended other Armed Forces Veterans breakfast clubs in Islington, Hackney and Portsmouth.

“Life now has dramatically changed for Chris and myself. We have gained a real sense of belonging to a group of people who have welcomed us warmly. We have made friends with them all.”

To find out more about our Veteran Group activities, contact Veterans@ageukwalthamforest.org.uk or call 020 8558 5512

Making a Will

You probably know that making a will is important for you to ensure your wishes are carried out after you die. But it's also really important for those you leave behind, because your will can reassure your loved ones that they're respecting your wishes.



Not having a will or having a badly drafted or outdated will can lead to disagreements with those you leave behind. And these disagreements might need to be resolved through a solicitor or court, which can cause extra stress, worry and expense for your family.

Whereas a will that sets out your wishes clearly should remove any doubt about who you want to benefit from your estate.



How to make a will

Use a solicitor

Unless your will and circumstances are very simple, it is advisable to consult a solicitor who specialises in writing wills. This is especially important if you intend to leave significant sums to people other than those who may expect to inherit it such as your family. Or if you own foreign property or business or if you wish to set up a trust, a solicitor is best placed to do this.

For more information see www.lawsociety.org/public/for-public-visitors/common-legal-issues/making-a-will or phone 020 7242 1222.

For list of local solicitors, try using our business directory <https://www.aubdlondon.co.uk/> or contact us for a list, contact@ageukwalthamforest.org.uk or call 020 8558 3404.

Will-writing services

Professional Will writing services can write your will and can be cheaper than using a solicitor (or even free - see our offer below!) They are not subject to the same level of regulation as solicitors, but many of them subscribe to regulatory bodies The Society of Will Writers and The Institute of Professional Will Writers, who have codes of practice and require members to have indemnity insurance.

Make your own

In principle you can write your own will as long as it is in writing stating that it is your will, signed and witnessed. You must have mental capacity and fully understand its contents and you must not have been pressurised into making it by someone else. However, as a document can be easy to contest and disprove, which in turn may cause difficulty and stress for your loved ones when dealing with your estate. So unless your circumstances are very straightforward, this is not recommended.



Where to start?

When it comes to legal matters, knowing more can help you feel more in control. For useful advice on making and updating your will, check out Age UK's guide Wills and Estate Planning.

If you would like more detailed information, you can read one of our related factsheets:

- Factsheet 7 - [Making a will](#)
- Factsheet 14 - [Dealing with an estate](#)
- Factsheet 27 - [Planning for your funeral](#)

All our guides and factsheets are available from <https://www.ageuk.org.uk/siteassets/documents/factsheets/> or phone us and we can send it to you.



You can also call the HMRC helpline for information about taxes, including probate, Inheritance Tax, trusts and deceased estates on 0300 123 1072 or visit <https://www.gov.uk/find-hmrc-contacts/inheritance-tax-general-enquiries>

Free Will Offer

Age UK Waltham Forest has partnered with professional will writers Octopus Legacy, to make the process of making a will easy to do and is provided free of charge*.



You will have the option of writing your will online where you can follow an easy step by step process, which legal experts will check for you and give you on-hand support.

Or, you can book to do this by phone, or by arranging a face to face meeting at your home.

To take advantage of this offer, visit <https://www.ageuk.org.uk/walthamforest/about-us/free-wills/> which gives more information and frequently asked questions. Or phone 020 4525 3605 and quote AUK Waltham Forest to make your will by phone for free, or set up a face to face appointment.

*This offer is free for a simple will, if your will is more complicated, Octopus Legacy will advise you of what additional cost will apply.

While many supporters choose to include a gift in their will to Age UK Waltham Forest, there's no obligation to do so when using this service.

If you do decide to include a gift to us, we would appreciate any gift no matter how big or small, as it helps us to secure our income for the future to support older people in Waltham Forest. Please make sure you use the code AUKWALTHAMFOREST at the checkout. Thank you.

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

Monday

10:00-3:00pm	I&A Drop-In - Queens Road Family Hub E17	Donation
10:30-11:30am	Walking Football-Pastures E11 3DR	Donations
11:30-12:30pm	Tai Chi- The Hub	£6
1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£7
1:30-3:30pm	Monthly Digital Help and Support- The Hub (3rd Monday of the month)	Donations
1:30-4:30pm	Veterans Coffee Club at The Hub- (2nd and 4th Monday of the month)	Donations
1:30-4:30pm	Bereavement Support Group- The Hub (1st Monday of the month)	Donations
2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations

Tuesday

10:00-11:00am	Tai Chi- The Hub	£6
11:00-12:00pm	Bollywood Dance- Crate E17 7FY	£5
11:00-12:00pm	Walking Group- E17	Free
11:00-11:55am	Tai Chi- The Hub	£6
12:00-12:45pm	Seated Tai Chi - The Hub	Donations
12:00-1:00pm	Dance Fit - North Chingford Library E4 7EN	Donations
12:00-1:00pm	Walking Tennis- Rolls Sports Ground E4 9JG	£4
2:00-3:00pm	Table Tennis- The Hub	£4
3:15-4:15pm	Table Tennis- The Hub	£4
4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5

Wednesday

9:15-9:55am	Tai-Chi - United Free Church, E11 1AY	Donations
9:30-12:30pm	I&A drop in- Priory Court E17 5NB	Donations
10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations
10:00-11:00am	Zumba- Crate E17 7FY	£5
10:00-1:00pm	Coffee Time- The Hub	Donations
11:15-12:00pm	Tai Chi- Mornington Hall E4 7EN	Donations
11:45-12:30pm	Tai Chi- Lea Bridge Library E10 7HU	Donations
12:00-1:00pm	Veterans Lunch Club- Leyton Orient E10 5LG (Last Wednesday of the Month)	Donations
2:00-3:00pm	Seated Yoga- The Hub	£6
3:15-2:15pm	Ukulele Group- The Hub	£5
4:15-5:15pm	Harmonies at The Hub - singing group	£4

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

Thursday	9:45-10:45am	Strong & Steady fitness class - Priory Court E17 5NB	Donations
	10:30-12:00pm	Silver Surfer Talks Zoom/ The Hub	Donations
	12:00-12:30pm	Weekly Tech Q&A at The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£5
	1:45-2:30pm	Tai Chi- Zoom only	Donations
	2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£4
	2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations
Friday	10:30-12:30	Friday Fellas - The Hub	Donations
	10:00-10:45pm	Tai Chi- Zoom only	Donations
	11:30-12:15pm	Seated Yoga- Zoom only	Donations
	11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Book Club

Books for January and February

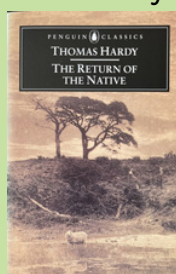
8 January



Stranger in the Shogun's City

By Amy Stanley

12 February



The Return of the Native

By Thomas Hardy

For more information about our book club, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

Please help us keep going

All of Age UK Waltham Forest's activities are provided either free or at a low cost, as we believe in making our activities as accessible as possible. However, if you are able to support our work with a donation, please do donate to our work to help keep our services going.

You can make either a single or monthly donation to Age UK Waltham Forest cafdonate.cafonline.org/26857#!/DonationDetails, or in person at The Hub.

If you would like to speak with us about donating, please contact Helen Bigham on 020 8558 5512 or email

h.bigham@ageukwalthamforest.org.uk

Thank you

Our Services

Information and Advice team can help with benefits advice, benefit calculations, form filling, as well as advice on housing issues, energy saving, care and support, social prescribing, health and wellbeing. Call us on 020 8558 3404 or email contact@ageukwalthamforest.org.uk

Information and Advice Drop-in service at:
Queens Road Family Hub E17 8PJ
Mondays 10:00am to 3:00pm
and at
at Priory Court, Walthamstow E17 5NB
Wednesdays from 9:30am-1:00pm



Befriending team matches volunteers with individuals over 60 who live alone for companionship and friendship. For more information call us on 020 8558 8716 or email info@ageukwalthamforest.org.uk

Veterans Club Waltham Forest for information about our activities or to join call us on 020 8558 5512 or email veterans@ageukwalthamforest.org.uk



Footcare every Tuesday and Wednesday, with appointments from 10am to 4pm at The Hub. Cost is £22 for toenail cutting. A telephone assessment is required before your first appointment. To book an appointment, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Shopping Service we can take your shopping order by phone and it will be delivered to you, with an admin fee of £2 per shop. To find out how it works, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Prescriptions we pick up your prescription for you. To find out more, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Handyperson we can help with basic jobs like putting up a shelf, assembling flat-pack furniture, simple plumbing and electrical repairs and simple gardening work. Cost is £25 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Help at Home we can help with cleaning, laundry, ironing and other light housework. Cost is £22 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Age UK Waltham Forest has achieved the [Age UK Charity Quality Standard \(CQS\)](#). The CQS is externally assessed by quality assessment experts, SGS