NEWS

From the North Hub

November and December 2026

Follow us on Social Media!

@ageukwalthamforest @ageuk_wf @ageukwf and @ageukwalthamforestshops

Hello,

And welcome to our Christmas issue! We launch our Christmas appeal supported by the Big Give Campaign, which will match every donation we receive from 1 to7 December, effectively doubling each gift. So, please donate to us during this week if you can. See page 5 for more details.

Do look out for our Christmas stalls selling our fabulous Christmas knits and gifts, see page 12 for where and when.

We're delighted that our new Store and Sustainability Hub is open, which also has lots of ideas for Christmas gifts and party clothes. See page 4.

I'd also like to take this opportunity to thank you for your support throughout this year to keep The Hub going. Through supporting our activities, donating and giving your time, we continue to provide much needed services to older people in our Borough.

Thank you



Best Wishes,

Emma Tozer
CEO Age UK Waltham Forest



Our new Store and Sustainability Hub in Walthamstow - pop in and say Hello!

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CLOSING OVER CHRISTMAS: The Hub will be closed from Thursday 24 December and reopen Monday 4 January 2027

Age UK Waltham Forest
Waltham Forest Resource Hub (North)
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email: info@ageukwalthamforest.org.uk

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News

November and December 2026

New: Our Second Store!

Our Second Store is open! Building on the success of our Leyton Store, we are thrilled to open another outlet in Hoe Street, Walthamstow. Led by our expert team Carey, Paula, Charlie, Alice, Suzie, Helen and our team of volunteers who bring their extensive experience, the income generated at the new store will fund our work supporting people here in Waltham Forest. See page 4 for full details.



Annual Veterans Day Visit

Every year our Veterans' group take a day trip to a military related event and this year they visited The Ramsey 1940s Weekend in Cambridgeshire. It's a living history event and a warm, family-friendly celebration of wartime Britain that brings together musicians, history enthusiasts, re-enactors, vintage vehicle owners, traders and curious visitors of all ages.



Our Veterans group at The Ramsey 1940s Camp

Silver Sunday

A huge thank you to everyone who joined us for our annual Silver Sunday Vintage Afternoon Tea in October. Silver Sunday is all about celebrating older people and bringing our community together - and we did just that! We are indebted to our fantastic team of volunteers who helped make the event such a success. From baking beautiful homemade cakes and preparing sandwiches to serving tea and ensuring everyone felt welcome, their hard work made the day truly special. A special thank you also goes to the Waltham Forest Community Choir for their wonderful performance. Their songs and lively sing-along created a warm atmosphere that was uplifting and enjoyed by all.

New: Leyton Drop-In Service

We are pleased to add another Information & Advice Drop-In service, based in Leyton at the Dementia Hub. This will provide easier access to advice for people living in Leyton and Leytonstone.



The service will be available on Thursdays from 9:30am to 3pm and offers information, advice and guidance on all issues affecting older people and their carers, including money matters, health services, community care.

Funding for our Digital Services

We are delighted to be awarded £10,000 from the Robert McAlpine Foundation to whom we extend our sincere thanks. This gift will support our Digital Services programme which provides vital digital support to older people across the borough, helping them build confidence and skills to navigate an increasingly digital world. From learning how to use smartphones and tablets to accessing online services and protecting them from scams, our digital support team empowers older people to remain independent and engaged.

CARE Christmas Inn

If you are alone and would like company on Christmas Day, the CARE Christmas Inn is a welcoming space where guests can enjoy traditional Christmas lunch (vegans and special diets catered for) and great company. It's open to anyone living in the Borough who is going to be alone, it's completely free and transport is provided if needed.
For more information, contact Sue Louise CARE Christmas Inn Co-ordinator on 07535 612911 or louisesue54@gmail.com



News

Loved & Wanted Garden Party

Over 100 people joined us for our Loved & Wanted Garden Party in August. It was a wonderfully diverse gathering, including guests from Chingford Mosque, a local synagogue and more. For nearly half of the people who came it was their first visit to The Hub and people talked to someone from a different background to themselves. With amazing Albanian dancing, food and music from many different cultures, the highlight was the cake baking competition, which was won by Irena Chudzio for her delicious poppy cake. Turn to page 12 for information about more Loved & Wanted events.



Big Knit: Join Us!





A huge thank you to everyone who joined us for our Big Knitathon in October. It was a fantastic afternoon filled with plenty of knit and natter with tea and biscuits. Our target for the Innocent Big Knit campaign is confirmed at 25,000 hats, which aims to bring in £7,500 for our work.

Thanks to all our dedicated knitters and volunteers, we have now knitted over 9,000 hats. This is a fantastic achievement, but we still have some way to go!

If you'd like to get involved, we'd love you to join us and there's still plenty of time to knit our way to the target. Whether you're experienced or picking up the needles for the first time, every hat makes counts.

Another Knitathon is planned in early 2027, but until then, please keep those needles clicking and hats coming! The hat pattern is enclosed with this newsletter, or get in touch events@ageukwalthamforest.org.uk

The Shed - Busy, Creative, Growing

Our Shed has been a hive of activity and there is plenty of banter, conversation, advice and, of course, a good cup of tea! We have have been making new seating for inside and Christmas decorations soon to be available to buy at The Hub and in our Stores. 3D printing is proving very popular, as we explore how to make things for hobbies and interests. One shedder has used 3D printing to create model railway items. Another made a passive speaker for his phone, designed to amplify the sound from the phone acoustically.

Our Men's Shed is open on Monday, Tuesday and Wednesday between 9:30am -12:30pm. Our Thursdays sessions are open to men and women and are also growing. One shedder is recreating a jewellery box similar to one she made at school - a fine example of how The Shed provides opportunities to revisit old skills and interests. We also hold focused activity sessions on Tuesday and Wednesday 1:30pm - 3:30pm where you can learn to make something with Ralph.

The Shed really is for everyone, so please feel free to join and make something with us. We look forward to seeing you!



Festive Knits Are Back!

Our wonderful knitting volunteers have been busy creating a beautiful range of handmade Christmas decorations, to add a festive touch to your home this Christmas.



From traditional Santas, angels, elves and robins to quirky llamas, foxes and sheep and much more! Each is handmade with care and helps support our work at The Hub.

Come and find us at a number of festive events across the borough - turn to page 12 for details. Please do stop by our stall, say hello and add a handmade knit to your festive collection.







Our Second Store is open!

Located directly opposite the popular Soho Theatre and just a short walk from Walthamstow Central, our new store is all about bringing together pre-loved style, creativity, community and sustainability under one roof.

You'll find all the clothing you love from our Bakers Arms store, including womenswear, menswear and childrenswear, alongside some new features to discover. Look out for our shoe zone, denim wall, jewellery, bags and one-off accessories cleverly curated by our expert team and perfect for those pieces that you didn't know you were looking for.



Introducing the Repair Bar



At the heart of the store is our Repair Bar — a dedicated sewing space where we'll be hosting mending and repair workshops, as well as creating a place where people can simply sit, sew and share ideas. We're eager for our new store to be a welcoming space where the community can drop in, get creative and learn new skills. We're passionate about encouraging people to mend, repair and enjoy the clothes they already own, rather than automatically replacing them.

By giving mending a dedicated space on our high street, we hope to make it part of everyday life — a new habit that we can learn and enjoy together.

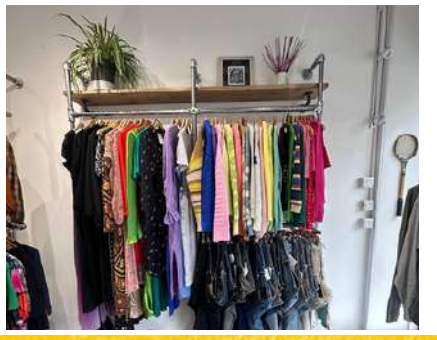
We'd love your donations too!

We're always grateful for donations of clean clothing in good condition, shoes, accessories, homewares, books, DVDs, CDs and suitable electrical items.

Donating by car? Please check the local parking arrangements as parking immediately outside Central Parade is not permitted. If you're bringing several bags or bulky items, there is limited parking on loading bays on Church Hill but please check permit restrictions.

And there's plenty more to explore . . .

It doesn't stop at clothing. You'll also find homewares, electrical items, vinyl, CDs and a book nook packed with fiction and non-fiction, including gardening, cookery, health, wellness, art and design- plus plenty of books for children.



Join Us!

Fancy becoming part of our new store? We're looking for volunteers to join our lovely team. Volunteering is a great way to gain retail experience, meet local people, learn new skills and get involved in your community. Simply pop into the store to pick up a volunteer application form and find out more. Come and see what we're creating at Central Parade — we can't wait to welcome you!

Find our Stores: Our Leyton Store is at 857 High Road Leyton, E10 7AA.
Our Walthamstow Store is at 4 Central Parade, 137 Hoe Street, Walthamstow E17 4RT

The income generated at both stores is used to support local people here in Waltham Forest. For the latest news of our events and special offers, follow us
Facebook : https://www.facebook.com/AgeUKLeytonStore?locale=en_GB
Instagram: https://www.instagram.com/ageukwalthamforestshops/
We're also on Vinted: https://www.vinted.co.uk/member/168559880-ageukwf



Please support our Christmas Appeal

Our Information & Advice team has supported hundreds of older people in Waltham Forest this year, enabling them to access thousands of pounds in much needed income. Please can you help us in continuing our service?

Josie's Story

Josie had been struggling with her health and mobility for a while, but had continued looking after herself without help. But then, her sight started to deteriorate and within a few months could barely see. Living on her own, everyday tasks became real challenges. Getting her food shopping, keeping her home clean as well as looking after herself all became difficult.

Our Information & Advice team visited her and put measures in place to help her. We arranged for our shopping service to help her with her weekly shop and our help at home team to carryout her household chores. We contacted social services and arranged for her to be assessed for care and aids to help her. We also helped her apply for a blue badge so that friends could take her out more easily and helped her apply for Attendance Allowance, so that she had some extra money to help her. Josie now feels she has some basic structures in place to help her manage and remain independent.



Helping people to maintain their independence and stay connected is fundamental to our work.

Please can you give a donation to help continue this work?

Donate 1 - 7 December and Double your Gift

From 1 to 7 December, every donation made through the Big Give Christmas Campaign will be doubled at no extra cost to you. That means your gift can go twice as far in helping local older people access the information, advice and support they need to stay independent, connected and informed. With the cost of living continuing to affect many older people across Waltham Forest, demand for our services remains high. By supporting our Big Give Christmas Campaign, you'll be helping us provide life-changing information and advice to those who need it most.

Whether you can give £10, £25 or £50, every pound will be match-funded during the campaign week, effectively doubling your gift and its impact.

Please scan the QR code or visit the link below to donate during 1 and 7 December.

https://donate.biggive.org/campaign/a05WS00000FwNhxYAF

Thank you (Name has been changed to protect identity, but this story is real).

Focus on: Prostate Health

Spotlight on Wellbeing

Prostate health is a vital but often overlooked aspect of men's overall health and well being. There has been much discussion in the news lately about the pros and cons of getting tested. So it's important to get an understanding of the importance of prevention and early detection.

As men age, the prostate, a small gland located below the bladder, can become more susceptible to health conditions. This can include an enlarged prostate, inflammation or swelling of the prostate and prostate cancer.



Who is most at risk

Age is one of the biggest risk factors for prostate related concerns. Men over 50 should be mindful of prostate health, especially those with a family history of prostate issues. Black men or have mixed black ethnicity are more at risk of prostate cancer.

Prostate Cancer UK has an online Risk Checker which you can use for assess your risk factors
https://prostatecanceruk.org/risk-checker
You should speak to your GP if you think you are at higher risk of prostate cancer.

Recognising potential symptoms

It's important to state that some prostate conditions may develop without any noticeable signs. However, these symptoms should not be ignored, and although it doesn't mean you have a serious condition, it is worth seeking medical advice to be checked out:

- Frequent or urgent need to pee
- Difficulty starting or stopping urination
- Weak urine flow
- Pain or discomfort in the pelvic area
- Blood in urine or semen

Routine Screenings

There are two main types of test to identify prostate issues, which are:

- Prostate-Specific Antigen test (PSA): this is a blood test that measures PSA levels
- Digital Rectal Exam (DRE): a physical exam to assess the prostate for abnormalities.

There are pros and cons to PSA, which you may have heard debated in recent media:

Cons: A raised PSA doesn't necessarily mean you have cancer, 3 in 4 men who have a raised PSA don't have prostate cancer, it may be due to for example a water infection. If your PSA is raised you'll need further tests (like MRI and biopsy) to confirm or rule out cancer. Unlike other cancers, you could be diagnosed with a type of slow-growing prostate cancer that won't cause problems or shorten your life. In these cases, treatment can cause more problems that the cancer itself.

Pros: If you have prostate cancer, you're unlikely to get symptoms in the early stages – but the PSA test is the first step in finding aggressive prostate cancer early. When you find cancer early, you have more treatment options.

It's best to discuss this with your GP about the potential benefits and risks.

Healthy lifestyle

Prostate health is something to consider everyday, not only when problems arise. Preventive care, awareness and informed decision-making are essential components of long-term wellness. By adopting healthy habits, men can significantly reduce their risks and improve their quality of life.

- **Eat a Balanced Diet:**
Focus on fruits, vegetables, whole grains, and lean proteins. Foods rich in antioxidants such as tomatoes (lycopene), berries, and leafy greens may support prostate health.

- **Stay Physically Active:**
Regular exercise helps maintain a healthy weight, which is associated with a lower risk of prostate issues.

- **Maintain a Healthy Weight:**
Obesity has been linked to a higher likelihood of more aggressive prostate conditions.

(Source: https://www.nhs.uk)

- **Limit Alcohol and Reduce Smoking:**
These habits can negatively impact overall health, including the prostate.

- **Stay Hydrated:**
Drinking adequate water supports urinary health and normal bodily functions.





Free Cookery Classes in Waltham Forest!

Want help with learning to cook? Fun, engaging and "hands on", practical community based cookery classes taking place across Waltham Forest from the autumn of 2026. They'll help you discover new ways to shop with confidence using affordable and widely available ingredients, and to prepare delicious tasty, healthy and affordable meals based on some brilliant internationally themed recipes.
Booking is essential so to find out more call 07914 803 530 or visit https://www.tickettailor.com/events/thebubblecommunitykitchen/2434621

Council Tax Exemption for people with dementia

Do you know that people with a mental impairment such as dementia, can get an exemption or discount on council tax?
Here we explain how you may be eligible for a discount on your Council Tax bill if you or someone you live with is severely mentally impaired.

The law states that to qualify for Severe Mentally Impaired Council Reduction, the person must be medically certified as having 'a severe impairment of intelligence and social functioning which appears to be permanent'.

This is a medical diagnosis in itself, but the underlying cause could be a condition such as dementia, mental health condition or severe learning difficulties. It's important to note that simply having an underlying condition does not automatically mean a person is severely mentally impaired (SMI).



What discounts are available?

When someone is diagnosed as SMI, they can be what is termed 'disregarded' for council tax purposes. So if you or someone you live with is diagnosed as SMI, the following discounts may be available for you to claim:

1. 100% discount:
If you're diagnosed as SMI and live alone, you shouldn't be paying any council tax at all.

2. 50% discount:
If the SMI individual lives with an adult carer who is disregarded for Council Tax purposes

3. 25% discount:
If you live with someone diagnosed with an SMI and no other adults live there, in effect you get the single person's discount. You also qualify if other adults live there if they have also been disregarded for council tax purposes. But when claiming, you will need to specify you require a discount because you are living with someone who is severely mentally impaired.

But if someone with a SMI diagnosis lives with two or more adults who are eligible to pay council tax in the household, no discount applies.

How do I qualify?

To qualify for the reduction, not only does the person have to be medically certified as being SMI, but they also must be in receipt of the qualifying disability benefit such as:

- Attendance allowance
- Disability living allowance
- Personal independence payment
- Armed forces independence payment

How to apply

To apply, the person must be diagnosed as severely mentally impaired by a registered medical practitioner.

For this you will need an SMI form, which our

Information & Advice team here at The Hub can provide you for you. Simply take the form to your GP and ask them to sign it and stamp it. The SMI form should then be sent to Waltham Forest Council, Revenues & Benefits Service, PO Box 856, E17 9PN

PLEASE NOTE:
GPs are not allowed to charge you for this certification, as stated in the British Medical Association guidelines.

You may be asked to attach some supporting evidence, such as the doctor's diagnosis or evidence of eligibility for relevant benefits such as your DWP award letter.

Back dating your claim

You can request to backdate the amount to the date the diagnosis was given as long as you were in receipt of the qualifying disability benefit at that time. If you qualified for the benefit later, you can request to backdate it to the date when the qualifying disability benefit was confirmed.

To do this write to Waltham Forest Council explaining your circumstances. You'll need to do this separately, even if you're claiming for a reduction in future as well, though you can send your letter with the claim form. You don't need to explain why you didn't apply for a reduction earlier, but you will need to prove the criteria for the discount was applicable on that date. That is, the SMI diagnosis and being in receipt of the qualifying benefit.

Appealing a decision

If the Council has rejected your application for the SMI discount, but you believe its decision was wrong and that you are eligible, then there is an appeals process. Note down any relevant timescales before you appeal, because if you leave it too late then you will probably have to start the entire SMI application process again.

You should first appeal directly to the Council itself. The Council will have two months to issue its final response. Should the Council continue to disagree or fail to respond to your appeal, you can then take your case to the Valuation Tribunal Service. This must be done within two months of the Council's final response. However, this must be done within four months of sending the initial appeal.

If you would like to find out more about applying for a reduction in your council tax due to a severe mental impairment, contact our Information & Advice Team on 020 8558 3404 or email contact@ageukwalthamforest.org.uk

Quality Advice

Our Information & Advice team hold the award for Age UK Information & Advice Quality Assured Standard, as well as the Advice Quality Standard (AQS).

The AQS is the only sector owned, independently audited standard that focuses on advice and it is awarded to organisations that give advice to members of the public on financial and legal issues.

As holders of AQS we are audited every two years and we have to demonstrate that we are accessible, effectively managed and providing a service that meets the needs of our clients.



“Doing my small part to help”

We always say that we couldn’t continue our work without our fantastic volunteers. And it’s true! Here, long standing volunteer Chris Saunders tells us about her volunteering journey with us.

“Can you knit?” This was the question asked by Age UK Waltham Forest in a local church newsletter in 2011. I thought to myself, yes I can knit and so answered the call. The rest as they say is history!

I joined a great team of staff and volunteers working at The Hub in Chingford. My job description is varied depending on what is needed. I have been involved in catering, tea and cake making as well as being a waitress for special events at The Hub. I have helped at plant fairs and local Craft Fairs stalls selling our knitted items. These stalls are great fun and a lovely way to meet people and tell them what our charity does. Currently, I have been busy knitting for our Christmas events: robins, Christmas puddings and Santas have been appearing in my house since May!

On the last Thursday of each month I run our Craft Club, hosting knitters, sewers and craft makers. The criteria for this you can bring any craft along, as long as it is portable and doesn’t make too much mess! I also help with sewing workshops at our Leyton store.

Since April 2020 I have been a Befriender to a lady living alone. During covid I rang her everyday. Thankfully she is more mobile now and able to go out and so I ring once a week for a chat.

You may ask, why I do all this? As I say, the team at The Hub are amazing. I have made some lovely friends and see my volunteering as trying to do my small part to help people in our own community. Come and join!”



Chris with fellow knitter at one of our knitting workshops



Chris with knitted blankets

There are many different volunteering opportunities here at The Hub, at our Charity Stores and supporting older people within our community. You can join our Information & Advice team to help with form filling, become a Befriender, help someone with their weekly shop, share your digital skills or join us at The Hub with the front desk or helping at events.

To find out more, speak to Robin on 020 8558 5512 or drop him a line at volunteering@ageukwalthamforest.org.uk



Chris and the team providing silver service at our recent Silver Sunday vintage tea party

What's on: Events and Classes

Join our events, workshops, classes and groups in our busy activities schedule for November and December. All at low cost or a donation of your choice.
And you'll find all our weekly activities and classes on pages 14-15.

Silver Surfer Talk: AI - Is it out to get us?

Thursday 5 November 10:30am - 12:00
at The Hub or via zoom

'AI' was just a general term. Now there are loads of AIs. Do they have feelings? Are they out to get us? Phil looks at some developments in the field like 'protein folding', LLMs and what could possibly go ~~wring~~ wrong?

Silver Surfer Talk: Video Editing

Thursday 12 November 10:30am - 12:00
at The Hub or via zoom

Ever wanted to show your holiday photos and videos as an entertaining and smooth presentation or slideshow, adding narration, soundtracks and more? John explains how with Videoproc, which is a photo and video presentation/editing program that runs on a Windows PC or Macbook

Event: Quiz Night - Tickets Still Available!

Saturday 14 November 7:30pm doors open 7pm
at St Edmunds Hall
Cost £14 per person with ploughman's supper

Gather your friends or family and join us for an enjoyable evening of friendly competition and community spirit. Booking is essential. Contact Richard on 07880 983 913 or richard.freitag52@gmail.com

Silver Surfer Talk: New AI features on Apple Devices

Thursday 19 November 10:30am - 12:00
at The Hub or via zoom

Charlie explains the new features that include advanced photo editing, get Apple to check a web page and notify you when the price drops or in stock, intelligent shortcuts etc. All controlled by your voice.



History Walk: Secrets of Mayfair

Friday 20 November at 2pm
Cost £5 Booking is essential

Almost circular 1.6 miles - 2 hours
Known for its exclusive hotels such as Claridge's, Brown's and the Connaught, Mayfair has always been the place to visit for afternoon tea. There are many more reasons to visit though – a lovely hidden garden just off an exclusive shopping street, sculptures hidden deep in back streets and the very different feel of Shepherd Market. You will also hear about the Georgians' passion for ice cream, the famous gingerbread seller Tiddy Doll and other snippets of food and drink history.



Christmas Tree Festival

From 25 November to 3 December

Come and see our own tree at the Christmas Tree Festival at St Peter-in-the-Forest Church, Walthamstow.

Enjoy the creative displays from local community groups and the wonderful cafe.

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

What's On: Events and Classes



Silver Surfer Talk: The secret world of coding

Thursday 26 November 10:30am - 12:00
at The Hub or via zoom

Ever wondered: what exactly IS programming and coding? What does a "bug" look like? What causes the "security vulnerabilities" that we're told is fixed via updates? In this light hearted session Mike will pull back the curtains and shine a light on the secretive world of "software", revealing a fascinating subject and show that it's not as difficult as you might have thought.



Loved & Wanted: Mosque Open Day

Sunday 29 November 10:00am - 1:00pm
at Chingford Mosque, 90-92 Chingford Mount Road, Chingford E4 9AA

Everyone, from every faith and background, is warmly invited. Join us for this wonderful opportunity to come together, learn about one another, build friendships and celebrate our shared values of love, respect, peace and understanding.



Loved & Wanted is an initiative led by the Mayor of London to promote inclusion and social unity within local communities.

Loved & Wanted: Diversity Afternoon Tea

Sunday 29 November 1:00pm - 3:00pm
at Stafford Hall, St Barnabas Road, Walthamstow, E17 8JZ

Join us for a lovely opportunity to meet new people, enjoy music, cakes and refreshments and celebrate the diversity of our community. Whether you come with friends or on your own, you'll find a warm welcome. All ages, all faiths or none - you are all welcome!

Christmas Fayres - please come and support us!

Saturday 28 November
Mornington Hall, Chingford E4

Sunday 6 December
Highams Park Christmas Fayre, outside Highams Park Station
11am-4pm

Sunday 13 December
Lloyd Park Christmas Fayre, Walthamstow behind William Morris Gallery
11am-4pm

Saturday 19 December
North Chingford Library
11am - 4pm



Silver Surfer Talk: Free Alternatives to MS Excel

Thursday 3 December 10:30am - 12:00
at The Hub or via zoom

A number of free alternatives to MS Excel are available online. Neil will be looking at two examples, WPS Office and Softmaker Free Office, and highlighting the similarities they have with MS Excel.

Veterans Monthly Curry Club

at Greene Man Pub, Chingford



Our Veterans Curry club can help you keep out the cold this winter! Join us for a hearty curry and a pint and meet up with others.

It's a moveable feast, but usually on a Tuesday or Wednesday night once a month.
Please get in contact if you are interested veterans@ageukwalthamforest.org.uk

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

What's On: Events and Classes

History Walk: Christmas in Spitalfields

Thursday 10 December at 2pm

Bishopsgate area - 90 minutes, approx 1.3 miles

This walk will meander around the back streets and markets in the Spitalfields area whilst discovering some of the best decorated houses and shops and hearing about the history of Christmas cards, trees, puddings and pies!



Special Interest Talk: A Quantum of Physics

Thursday 10 December 10:30am -12:00

at The Hub or via zoom

Phil explores how the strange world depicted in opera can exploit music to reveal insights into life: how we think and how we behave - on or off stage - whatever the mere 'spoken word' says.

Do they have feelings?



Silver Surfer Talk: AI - an Update

Thursday 17 December 10:30am - 12:00

at The Hub or via zoom

AI is frequently in the news, but it still remains mysterious. Mike attempts to demystify the subject: why is it different from a normal computer program? He looks under the bonnet to see where it came from, how it was created, how it works, what it can do and the latest developments.

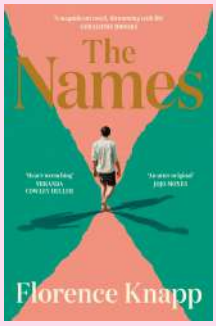
NO TALKS ON
24 AND 31 DECEMBER
AS THE HUB IS CLOSED



MONTHLY BOOK CLUB

Books for November and December

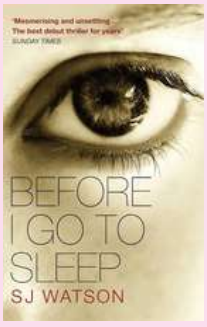
November



The Names

By Florence Knapp

December



Before I Go to Sleep

By S J Watson

To join us or to find out more, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

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

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

MONDAYS

9:30am - 12:30	Men's Shed - The Hub PLEASE REGISTER	Donations
10:00am - 3:00	I&A Drop-In - Queens Road Family Hub E17	Donations
10:30am - 11:30	Walking Football - Pastures E11 3DR	£5
11:25am - 12:15	Tai Chi- The Hub	£6
12:20pm - 1:10	Tai Chi - The Hub	£6
1:15pm - 2:15	Fitness Classes - Yonder E17 6DP	£7
1:30pm - 4:30	Bereavement Support Group - The Hub (1st Monday of the month)	Donations
1:30pm - 3:30	Veterans Coffee Club at The Hub (2nd and 4th Monday of the month)	Donations
1:30pm - 3:30	Monthly Digital Help and Support - The Hub (3rd Monday of the month)	Donations
2:15pm - 3:00	Tai Chi - Priory Court E17 5NB	Donations

TUESDAYS

9:30am - 12:30	Men's Shed - The Hub PLEASE REGISTER	Donations
10:00am - 11:00	Tai Chi- The Hub	£6
11:00am - 11:55	Tai Chi - The Hub	£6
11:00am - 12:00	Bollywood Dance - Crate E17 7FY	£5
11:00am - 12:00	Walking Group - Highams Park area	Free
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 - Ridgeway Park E4.	£7
1:30pm - 3:30	The Shed focused activity PLEASE REGISTER	cost will vary
2:00pm - 3:00	Table Tennis - The Hub	£4
3:15pm - 4:15	Table Tennis - The Hub	£4
4:30pm - 5:30	Healthy Hearts - Winchester Road E4 9JP	£5

WEDNESDAYS

9:30am - 12:30	Men's Shed - The Hub PLEASE REGISTER	Donations
9:15am - 9:55	Tai-Chi - United Free Church E11 1AY	Donations
9:30am - 1:00	I&A Drop in - Priory Court E17 5NB	Donations
9:40am - 10:30	Tai Chi - The Seddon Centre E10 5AS	Donations
10:00am - 11:00	Zumba - Crate E17 7FY	£5
10:00am - 1:00	Coffee Time - The Hub	Donations
11:15am -12:00	Tai Chi - Mornington Hall E4 7EN	Donations
11:45am - 12:30	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
1:30pm - 3:30	The Shed focused activity PLEASE REGISTER	Cost will vary
2:00pm - 3:00	Seated Yoga - The Hub	£6
3:15pm - 4:15	Ukulele Group - The Hub	£5
4:15pm - 5:15pm	Harmonies at The Hub	£5

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

THURSDAYS

9:30am - 12:30	The Shed Open Access - The Hub PLEASE REGISTER ... Donations
9:45am -10:45	Strong & Steady fitness - Priory Court E17 5NB ..... Donations
10:30am - 12:00	Silver Surfer Talks Zoom/ The Hub ..... Donations
10:30am - 11:30	Walking Football - Feel Good Centre E17 5AA £5
11:00am - 1:00	Social Sewing Thursdays - Leyton Store E10 7AA ..... Donations
12:00 - 12:30pm	Silver Surfers Weekly Tech Q&A - The Hub ..... Donations
1:45pm - 2:30	Tai Chi - Zoom only ..... Donations
1:50pm - 4:00	Book Club - The Hub ..... Donations (2nd Thursday of the month) PLEASE BOOK
2:30pm - 4:00	Craft Club - The Hub ..... Donations (Last Thursday of the month)

FRIDAYS

10:30 - 12:30pm	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 ..... THIS CLASS IS FULL
1:00 - 2:00pm	Pilates 65+ - The Hub ..... £5 donation
2:00 - 3:00pm	Pilates 65+ - The Hub ..... £5 donation
2:00 - 4:00pm	Repair Café - Leyton Store E10 7AA ..... Donations

SATURDAYS

9:00am	Veterans Breakfast Club - Greene Man E4 6RB ..... £5 (1st Saturday of the month)
11:00am - 1:00	Social Sewing Saturdays - Leyton Store E10 7AA ..... Donations

Change to classes:

Change to Tuesday Walk:
Please note the starting point for the Tuesday walk is now in Highams Park by the Millennium Clock just by the railway crossing and no longer at St James's Street



NO CLASSES 24 AND 31 DECEMBER AS THE HUB IS CLOSED

Tech Support is here!

Join our Weekly Tech Q&A with our Expert Tech team on Thursdays 12:00 to 12:30pm at The Hub or via zoom.
Or you can 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 us on 020 8558 5512 or email events@ageukwalthamforest.org.uk



Our Services



Information & 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 from10:00am to 3:00pm
- Priory Court, Walthamstow E17 5NB
  Wednesdays from 9:30am-1:00pm
- Dementia Hub, Leyton E10 5QZ
  Thursdays from 9:30am-3:00pm

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 out 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 £24 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 £4 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. Cost is £35 an hour. Simple gardening work is £28 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 £25 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, BSI