



# SAFETY FIRST!

## Quarterly Newsletter

KEEP THIS SPECIAL ISSUE BY YOU FOR FUTURE REFERENCE



## LET US KNOW YOUR TIPS FOR STAYING WELL!

See **our** tips for staying well in the following pages...

*The OPRG Team would like to hear your tips for how to stay well!*

*What do you do to keep yourself in tip-top shape?*

*Let us know by*

**Post** – Freepost FPN8705, OPRG Team, 22 Dalston Lane, E8 3AZ

**Email** at

[Sophie.ibotson@ageukeastlondon.org.uk](mailto:Sophie.ibotson@ageukeastlondon.org.uk)

**Phone** at 07384 511 701

*See back page for more ways to get involved!*



## ***My Dear Friends...***

*Here we are, still having to meet courtesy of Royal Mail. But what a difference from April 2020. **The light in the tunnel is definitely getting brighter!** We are cautiously but steadily starting to leave 'prison' and re-engage with the world. But we're not by any means picking up where we left off. Too much has happened: things are different - and are likely to be for some time.*

*We have changed, too. Each one of us has been affected, and we all need to think carefully about what will put us on the right road to 'normal'. Some of us well remember post-war reconstruction after 1945. We need some of that spirit now.*

***But what should we do to keep going and stay as safe and well as possible in the coming days?** We've called this our OPRG "Safety First Newsletter" and packed it with a mix of ideas and suggestions of our own as well as advice from health and care professionals. **We'd love to hear your thoughts, too. Do contact Sophie to add your 'pearls of wisdom'.***

*"Safety First" in the current context hinges on getting everyone "jabbed" – **no one is safe until everyone is safe** – and following up with the Autumn 'booster' alongside our flu' jabs. It's also about keeping track of changing 'rules' about **wearing masks and social distancing** to stop the virus (or new versions of it) surging back. But equally, it means catching up with missed medical checks, routine appointments, deferred treatment, and making a point of letting our GP know about any new symptoms we have. And what about the things we'd rather not mention like **putting on weight** during lockdown, **smoking (and maybe drinking)** a bit more, and taking less exercise? All of those can affect our health. Do you, like me, feel you've **lost a bit of confidence** being cut off from normal social life, and the lack of company really gets you down? Many people do, and there's lots we can do about it. Read on!*

*Another important aspect of safety is avoiding falls and accidents both at home and when out and about. Statistically, we're now more likely to be admitted to hospital for losing our balance than from catching Covid-19. So, getting your feet attended to, choosing lace-up shoes, dealing with that slippery rug, or having a dodgy plug made safe are "musts" in anyone's safety plan. And don't get me started about cyclists and scooterists mowing us down on pavements! Then there are the criminals trying to 'scam' us out of our savings, often with devastating consequences.... There's an awful lot to keep one's eye on, and to speak up about. That's what being an OPRG member means.*

*Our services rely on feedback from you. So please keep it coming. Older people have been through hard times and we know how to get by. We have a fund of precious, practical and morale-boosting experience to share - it has never been needed more than right now. And remember, helping others helps us, too, whether it's by getting the 'jab' or setting an example in what we know is good, doesn't cost a lot – and works! How about starting with those good old stand-bys, like “A stitch in time..” (otherwise known in Healthcare as the cost-saving “Prevention Agenda”!) or “Look before you leap”. (A& E would endorse that!)*

**My very warm wishes for healthier, happier days ahead. Do keep safe and well.**

***Cynthia***

To ask the OPRG Team a question, ask for support or to share your experiences, then please contact Sophie at Age UK East London (OPRG Coordinator):  
Post – Freepost FPN8705, OPRG Team, 22 Dalston Lane, E8 3AZ  
Email at [Sophie.ibotson@ageukeastlondon.org.uk](mailto:Sophie.ibotson@ageukeastlondon.org.uk)  
Phone at 07384 511 701

**BREAKING  
NEWS!**

By the time you receive this, not only will we be able to meet again... we shall be hugging again! We will be able to have friends and family visiting indoors and even staying over.



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# GETTING IN TIP-TOP SHAPE!



**12 Tips for Losing Weight Healthily** - We've all been less active over lockdown and may have put on a bit of extra weight. We've pulled together some tips for getting back into tip-top shape.

1

## Don't skip breakfast

You could miss out on essential nutrients and you may end up snacking more throughout the day because you feel hungry

2

## Eat regular meals

Eating at regular times during the day helps burn calories at a faster rate. It also reduces the temptation to snack on foods high in fat and sugar

3

## Eat plenty of fruit and vegetables

Fruit and veg are low in calories and fat, and high in fibre – 3 essential ingredients for successful weight loss. They also contain plenty of vitamins and minerals

4

## Get more active

Being active is key to losing weight and keeping it off. As well as providing lots of health benefits, exercise can help. Get a bit more active, a bit more often. Walking briskly enough to raise your heart beat is ideal! Even if it's around your home

5

## Drink plenty of water

At least 6 - 8 cups of liquid a day, including tea and coffee! People sometimes confuse thirst with hunger

6

## Read food labels

Using the traffic light system can help you choose healthier options

7

## Don't stock junk food

Instead, opt for healthy snacks, such as fruit, unsalted rice cakes, oat cakes, unsalted or unsweetened popcorn and fruit juice

**8**

**Use a smaller plate**

By using smaller plates and bowls, you may be able to gradually get used to eating smaller portions without going hungry. It takes about 20 minutes for the stomach to tell the brain it's full, so eat slowly and stop eating before you feel full



**9**

**Don't ban foods**

Especially the ones you like! Banning foods will only make you crave them more. There's no reason you cannot enjoy the occasional treat as long as you stay within your daily calorie allowance

**11**

**Plan your meals**

Try to plan your breakfast, lunch, dinner and snacks for the week, making sure you stick to your calorie allowance. You may find it helpful to make a weekly shopping list

**10**

**Cut down on alcohol**

A standard glass of wine can contain as many calories as a piece of chocolate. Over time, drinking too much can easily contribute to weight gain

**12**

**Eat high-fibre foods**

Foods containing lots of fibre can help keep you feeling full, which is perfect for losing weight. Fibre is only found in food from plants, such as fruit and veg, oats, wholegrain bread, brown rice and pasta, and beans, peas and lentils

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**If you've tried and failed to lose weight, a visit to your GP surgery could help - they can**

- Assess your general health
- Help identify the cause of your weight gain
- Work out if there are any health issues causing you to put on weight
- Discuss a plan to help you lose weight that suits you

## Get help to quit smoking today!

IF YOU WOULD LIKE HELP TO QUIT SMOKING THEN THERE IS PLENTY OF SUPPORT OUT THERE THAT YOU CAN ACCESS FOR FREE.

The first step is to **talk to your GP** – they will be able to enroll you onto a local ‘stop smoking’ clinic and prescribe nicotine replacement therapy e.g. gum or patches. Studies show that in order to control your cravings, you will need to **combine ‘stop smoking’ medication and behavioural changes**. You should consider avoiding triggers, be more physically active and be prepared for cravings at particular events.

To join your local stop smoking service – call the **Smokefree National Helpline on 0300 123 1044** to speak to a trained adviser or to find out more - Monday to Friday (9am to 8pm) and Saturdays and Sundays (11am to 4pm).



## Preventing Falls

### The Do's and Don'ts

Falls bring people of all ages to A&E - in fact they're more likely to take you there than getting Covid! Falling as we get older is quite common, and although most falls don't cause serious injury they can shake us up and dent our confidence. The good news is there are lots of things you can do to reduce the risk of falling, whether at home or when out and about.

### Improving Your Balance

- ▶ **Stay active** – Exercises designed to improve muscle strength can reduce your risk of a fall by improving your posture, coordination and balance.
- ▶ **Eat well** – If your appetite is poor it's always better to eat something, even if it is small snacks throughout the day instead of 3 main meals. Getting enough energy is important in keeping up strength and preventing falls.
- ▶ **Keep hydrated** – If you don't drink enough it's likely that you'll start to feel light-headed which will increase your risk of a fall. Try to drink about six to eight glasses of fluid a day
- ▶ **Take care of your eyes** – Get your eyes and glasses checked regularly – at least every 2 years

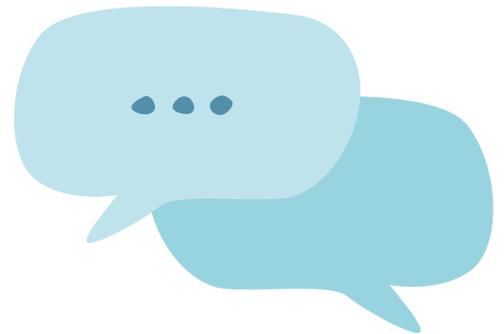


- ▶ **Check for hearing problems** – Talk to your doctor as soon as you think your hearing has deteriorated, as a problem with your ears can severely affect your balance. The problem may be something easily treated, such as a build-up of ear wax or an ear infection, or it may be that you need a hearing aid.
- ▶ **Manage your medicines** – Certain medications can make you feel faint or dizzy and affect your balance. Let your doctor know if you experience side effects like these after taking any medication – they may need to check the dose or look at alternatives
- ▶ **Keep your bones healthy and strong** - You can eat calcium-rich foods and do some weight-bearing exercises. Lots of us in the UK lack vitamin D because we lack sunshine. So ask your GP to test your vitamin D levels and prescribe you a supplement if you need it. If you have weaker bones, they're more likely to break if you fall. So stronger bones could make any injury you have much less serious.
- ▶ **Choose the right shoes** – Problems with your feet or shoes can affect your balance and increase your risk of tripping or falling. Talk to your doctor about any foot issues and wear well-fitted shoes with non-slip soles

## Avoid Trip Hazards

Many falls are simply due to slipping and tripping – ask Cynthia! She and her husband have had a dozen falls between them, all of them due to trips. Here's what she says:

*"Outside, I've slipped on polythene bags, pigeon droppings, builder's waste, spilt food and ice. And I've caught my foot in raised manhole covers and gratings, uneven pavements and tree roots, ending up in A&E on several occasions - as recently as last September with a broken arm! I've also lost my footing on stairs, and my balance due to collapsing footwear. (I've now changed to sturdy, lace-up footwear with non-slip soles.)"*



*"At home, my husband was always warning about loose rugs, clutter on the floor or things left out in unexpected places, restricting movement. He would also take his time when answering the door bell or the phone (having seen my Mum fall and break her wrist when rushing to answer a call (It must be inherited!). And we learned to be very careful about spillages on the kitchen floor, or water making the bathroom tiles slippery. One bad fall happened after an overnight gale unbalanced the decking on our balcony and upended Gerald when he walked on it. So many falls happen in the home that, with care and attention, are avoidable."*



## What you can do

*Note:* Cynthia also reports having had a really helpful visit from an occupational therapist who taught them both **how to get up from the floor after a fall**. They also attended two Falls Prevention sessions organised in Hackney by Community Voice. **If you would like support to join a Falls Prevention Programme then you should contact your GP Practice.** They will be able to assess your risk of falls.

For home modifications to support your mobility and disability needs and to reduce the risk of falls at home you will need to undergo an Occupational Therapy Assessment (this will be a 12/15 week wait).

*For Hackney residents – call 0208 356 6262 or email [info@hackney.gov.uk](mailto:info@hackney.gov.uk)*

*For City of London residents – call 020 7332 1224*

*If you need support or have any issues, then contact Age UK East London – 020 8981 7124. They will be very happy to assist you.*

## SERVICES THAT YOU CAN TRUST...

# AGE UK BUSINESS DIRECTORY

The Age UK London Boroughs Business Directory has been running in London since 2012. It was designed to protect older people from rogue traders by connecting them with local reputable traders and businesses that have been checked by Business Directory staff.

Many different types of tradespeople and businesses are members of the scheme, including: builders, plumbers, tree surgeons, cleaners and solicitors.



Website: [www.aubdlondon.co.uk](http://www.aubdlondon.co.uk)

Phone: 0800 334 5056



# Scams Awareness

## Scamming over the phone



**Don't reveal personal details.** Never give out personal or financial information (such as your bank account details or your PIN) over the phone, even if the caller claims to be from your bank.



**Hang up.** If you feel harassed or intimidated, or if the caller talks over you without giving you a chance to speak, end the call. It may feel rude to hang up on someone, but you have the right not to be pressurised into anything.



**Ring the organisation.** If you're unsure whether the caller is genuine, you can always ring the company or bank they claim to be from. Make sure you find the number yourself - don't use the one provided by the caller - and wait 5 minutes to clear the line and ensure the scammer isn't still on it.



**Don't be rushed.** Scammers will try to rush you into providing your personal details. They may say they have time-limited offer or claim your bank account is at risk if you don't give them the information they need right away.



**You can block or prevent some cold calls.** Try these simple things:

- **Register with the Telephone Preference Service** – it's free and it allows you to opt out of any unsolicited live telesales calls. This should reduce the number of cold calls you receive but may not block scammers – 0345 070 0707.
- Talk to your phone provider to see what other privacy services and call-blocking services are available, although you may need to pay for some of these services.



## Scams in the post



False and misleading claims may be made about medical-related products, such as miracle health cures or vaccines by post, online or by phone. **The Covid-19 vaccine is free to all, so speak to your GP directly to book.** Fake online pharmacies may offer medicines cheaply – it's best to speak to your local service over the phone or in person.



You may receive post claiming that you've won a competition you never entered - remember the rule of thumb - 'if it looks too good to be true, it probably is!'

## Staying safe online



Look out for the following –

- errors in the spelling or grammar, or an unusual style of writing.
- requests for personal information, such as your username, full password or bank details – genuine organisations will never ask this.
- threats that unless you act now, a deal will expire or your account closed.
- don't reply with your details or open any links or documents - or visit the website directly



Use anti-virus and anti-spyware to protect your computer from viruses - seek expert advice or contact Age UK East London for help



Keep your passwords strong – Avoid passwords made up of common words, numbers or keyboard patterns and don't include personal information

## Reporting a scam

If you've been a victim of a scam – contact the police on 101

To report a scam – contact Action Fraud on 0300 123 2040 or go to [www.actionfraud.police.uk](http://www.actionfraud.police.uk). The information you give to Action Fraud can help track down the scammer.

If you got a scam email – Forward the email to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). It will go to the National Cyber Security Centre – they might be able to stop other people being scammed.

If you've been scammed through the post – You can send post that you think is a scam to the Royal Mail at 'Freepost Scam Mail'. Include the envelope it came in and a completed scam mail report. You can download a scam mail report from Royal Mail or call them and ask for a form and pre-paid envelope. Email them at [scam.mail@royalmail.com](mailto:scam.mail@royalmail.com) or call them on 0800 011 3466

Report a financial scam – at the Financial Conduct Authority by phone 0800 111 6768 (freephone) or by email: [consumer.queries@fca.org.uk](mailto:consumer.queries@fca.org.uk)





# *The Latest Updates*

## **GETTING VACCINATED**

After clean water, vaccines are the most effective Public Health intervention ever and have saved countless lives around the world over the past centuries. Getting your vaccine as soon as you can will give you and your family 97% protection against Covid-19. The vaccine will help reduce the rates of serious illness nationally, save lives and limit the pressure on the NHS and social care services. The vaccine will reduce the chance of you becoming seriously ill or dying from Covid-19; it will minimise your risk of going to hospital, having long-term effects and transmitting the virus to other people.

### **The vaccines are safe - the evidence!**

All of the available Covid-19 vaccines, although they have been developed exceptionally quickly, have been rigorously assessed by the independent medicines regulation authority (MHRA) as being both safe and effective. Side effects are unusual and normally very mild (e.g. a slightly sore arm for a day or two). They can vary with age and be less troublesome in older people. If you have a pre-existing condition or allergy, and you're concerned about taking the vaccine, then speak to your GP who will be able to advise you. People under the age of 40 are being advised to avoid the Astra-Zeneca vaccine because of the very slight risk of a blood clot.

### **They are also safe for Black and Asian people**

There is particular concern about our Black and Asian communities, who have a much higher risk of catching Covid and sadly of dying from it. The vaccines have been in clinical trials across a number of countries with hundreds of thousands of people taking part.

Our Advisory Group member, Saleem Siddiqui says *"As someone from an ethnic minority group, I have to add my voice to this drive... I really want to avoid a double whammy affect - being disproportionately affected by the virus and then additionally exposed due to a low vaccine take up. We all need to play our part."*

### **Are vaccines kosher and halal?**

Yes, they are, and they don't contain any meat derivatives, pork products or material of foetal or animal origin. To confirm this, check with your faith leader.

### **Do I need to get my second dose?**

Yes - It is equally important to get your second dose of the vaccine! It takes two full doses of the vaccine to keep you safe. The first dose gives you partial immunity. The second dose maximises your protection.

## **Getting your Covid Vaccine**

### Your first and second dose

1. You will receive a text, call or letter from the NHS inviting you to book an appointment - if you are unsure, you can **defer your vaccine**
2. Alternatively – when you become eligible you can **book your appointment by calling 119 or online via the national portal [nhs.uk/coronavirus](https://nhs.uk/coronavirus)**
3. **Attend your appointment** and remember to bring your NHS number if you have it
4. When you receive your first dose, you will be given a vaccine card. Keep this safely at home and take it with you when you attend your second dose. **It is an important document that proves you have been vaccinated**
5. You should **book your second dose at around 10 or 11 weeks** after your first dose
  - a. If you booked your first dose through your GP, you will be contacted by phone, text or a letter to book the second dose.
  - b. If you booked your first dose by calling 119, then you should have booked your second dose at the same time - if not, call 119 again to book your second dose.
  - c. If you attended a walk in, then you can call 119 to book.
  - d. If you had your first dose at a pop-up outreach clinic, then you will get a phone call/text.
6. **If it's been more than 77 days since your first dose** phone 020 7729 7236 or email [cahccg.gpccovid-19@nhs.net](mailto:cahccg.gpccovid-19@nhs.net) with your name, date of birth and site you attended.
  - Please continue to follow the national guidelines on social distancing after you have had your first and second dose
  - If you need support to attend your appointment you can **book transport** with Age UK East London – please contact 020 8981 7124 once you have the date confirmation.

## **Changes to the CCG**

### **THE OLD ORDER CHANGETH, YIELDING PLACE TO NEW...**

A big change is underway in how our local Healthcare Services are created and funded. Since 2013, this has been done by the City & Hackney Clinical Commissioning Group, our “CCG” based in St. Leonard’s Hospital in Nuffield Street. The CCG also has also funded a number of community organisations including the OPRG, through which it has consulted residents and patients and received regular feedback on how well they are meeting our needs.

On 1 April this year, a much larger group was formed bringing together 7 CCGs from across North East London. This has meant that our own CCG, with its Board of Governors and sub-committees, has ceased to function as a separate body.

Don't panic!! Most of the colleagues we've known and happily worked with over 8 years are still there – albeit working from home to be Covid-safe. They are still overseeing and delivering our local services, are still in control of the bulk of the allocated funds, and are responding to our local needs. But they are doing this through an enlarged partnership which the government believes will help streamline Healthcare and run it more economically.

The next 6 months will be a transition period whilst new committee structures including those for public and patient involvement (PPI) are worked out. The OPRG are pressing strongly for our Members to have their say in these decisions to keep our “PPI” strong and effective in maintaining high quality services.

Meanwhile, the local system of **eight Neighbourhoods** is also taking shape. It's designed to make sure Healthcare reflects local needs with continually improving access. Although the Neighbourhoods have much in common, each has its own special characteristics and requirements, and the aim is to match provision more closely to these. The OPRG, within its overall City & Hackney brief, **wants to work more closely with you at Neighbourhood level. Please let us know if you would like to help us do this. We urgently need more volunteers to represent us in the eight different areas.** It's an ideal place in the new structures for our Members to get involved.

The other big development is the drive to join up Social Care with Healthcare. Without good Social Care to back it up, Healthcare doesn't – can't! – work. We discover that when we leave hospital, are “home alone” and need ongoing support to make a full recovery - or require continuing homecare to cope with long-term conditions to supplement what our GP provides. New arrangements are now being made so that the Hackney and City of London Local Authorities responsible for Social Care can actually sit down at meetings with Healthcare representatives to jointly plan and deliver services. It's called the Integrated Care Partnership, and there's a new prospectus being published soon to tell everyone how it works, what it does and who is running it. Look out for it, and for opportunities to give your reactions and help develop it further.

There's lots to keep track of these days and the OPRG is here to help with any questions you may have. Just call Sophie on 07384 511 701/ 020 89817124. Together we can use these new opportunities to channel our own knowledge and experience of life under Covid and do our bit to support the Post-Covid Recovery Programme.

Above all, let's try to stay positive - it really is the key to building back health and strength, and (so the research tells us) to living longer! In times like these, it can be hard to do it, but if we make a habit of looking for the silver lining in those clouds, we may be pleasantly surprised by what's hiding there .... and be happy to share the good news!

# HEALTH RISKS

## Do not attempt resuscitation (DNAR) order

The Care Quality Commission (CQC) (England's Care watchdog) has found that more than 500 people in the United Kingdom were put on do-not-resuscitate orders without their consent or their carers' consent during the coronavirus pandemic.

A do not attempt resuscitate (DNAR) order is a medical order that tells health care professionals not to perform CPR if a patient stops breathing or their heart stops beating. It's an agreement that a doctor will write after discussion with a patient who agrees that this is what they want. If the patient isn't able to have such a discussion, the patient's family can make that choice.

If you're concerned that you have been given a DNAR without your consent then please contact your GP.

If you would like to know more about DNAR or other end-of-life planning arrangements, then please contact Compassion in Dying at 0800 999 2434 11am to 3pm Monday to Friday.



## Medicine Shortages

There are a variety of different reasons that there might be a medicine shortage and this is well managed by the Dept. of Health and Social Care (DHSC). The DHSC communicate these into local medicine management team (MMT) pharmacists including those in City and Hackney.

The MMT work with practices and community pharmacists to support general practices and pharmacies with agreeing how to manage those shortages that will have an impact on patients in the community. For example, you may be recommended an alternative drug from your GP Practice and this will be communicated to you. Most shortages do not translate into a need for you to be given a substitute medication because most shortages are short-term and so there will often be residual stock in the supply chain to give to the patient.



To avoid medication shortages, you should put in your medication order with your GP or your pharmacy in good time, about 7-10 days before you run out. However, please do not order your medication too early, and do not ask your GP for a larger quantity than you usually receive as ordering prescriptions too early and for larger quantities also adds pressure on the supply chain and potentially cause shortages.

# *Raising your voice and being heard*

## Engagement Opportunities

### TRAVEL CONCESSIONS



Write to your MPs and Councillors today and ask them to commit to retaining the Freedom Pass and 60+ Oyster Card! These essential concessionary travel schemes are vital for older Londoners to maintain their independence. There are many petitions online (such as the 38 degrees) and you can write to your elected representatives to get them to commit on this issue.

### HACKNEY'S AGEING WELL STRATEGY

The Older People's Reference Group has been deeply involved in influencing the London Borough of Hackney's Ageing Well Strategy for a number of years. At the end of last year, the strategy was finalised and signed off by the Cabinet.

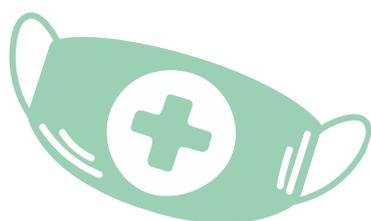
Older residents in Hackney will be given ongoing opportunities to be involved in Co-Producing and overseeing the implementation of the Strategy. Currently 45 residents (including our own Advisory Group members Paula and Shirley) have signed up to be part of the Hackney Older Citizens Group (name to be confirmed) involved in oversight, advice and action.

*If you would like to receive weekly email updates from the OPRG Team, including opportunities to be involved in Hackney's Ageing Well Strategy, then please email [sophie.ibotson@ageukeastlondon.org.uk](mailto:sophie.ibotson@ageukeastlondon.org.uk) to be added to the mailing list.*



### KEEP OUR NHS PUBLIC (KONP)

Hackney and City is one of KONP's 80 local campaign groups of volunteer campaigners. National KONP has a small office (in Hackney) with part time staff who support our national work and local groups. National KONP relies on subscriptions from thousands of individuals to keep the office and campaign running. It costs only £7.50 low/unwaged or £20 waged for one year to join KONP (extra one-off or regular donations are of course very welcome!) You will receive regular newsletters and can attend national KONP meetings. Please join to support our campaign!



**Usual meeting** – 6: 30pm fourth Tuesday of each month, Well St Surgery, 28 Shore Rd, E9 7TA.

**Current meeting** – they are not meeting regularly during the corona lockdown - but are organising virtual meetings. Please contact [marion.macalpine@blueyonder.co.uk](mailto:marion.macalpine@blueyonder.co.uk) for more information.

# ***Getting involved in your local community***

## **Digital support from Age UK East London**

*Would you like to learn how to use the internet?*

*Having problems with that mobile phone or other gadget?*

*Want to know how you can book appointments and pay for things online?*

*Want to join online meetings on Zoom?*

*We can offer you one-to-one support and pair you with a digital buddy to have regular support sessions with.*

For more information or to sign up, contact **Age UK East London** at 020 89817124 or email at [info@ageukeastlondon.org.uk](mailto:info@ageukeastlondon.org.uk).



Or contact **Sophie Ibotson (OPRG Coordinator)**

By email – [Sophie.ibotson@ageukeastlondon.org.uk](mailto:Sophie.ibotson@ageukeastlondon.org.uk)

By phone – 07384 511 701

## **Volunteering**

There is so much that you can do for your community - even from your own home. Being involved in volunteering can be a fulfilling way to spend your time and a great way to meet new people.

### **Compassionate Neighbours (St Joseph's Hospice)**

Is a free, community-led social movement offering friendship and support for anyone who is lonely, at risk of isolation and nearing the end of their life through age or illness -

**0208 525 6000 or [CN@stjh.org.uk](mailto:CN@stjh.org.uk)**

### **Age UK East London (Telephone Befriending)**

As a befriender you can provide company for a lonely older person in East London

**020 8981 7124 or [info@ageukeastlondon.org.uk](mailto:info@ageukeastlondon.org.uk)**

### **Healthwatch**

There are ways that you can help make a real difference to local people and services, e.g. by doing telephone outreach or community based research

**City of London: 020 3745 9563 or [info@healthwatchcityoflondon.org.uk](mailto:info@healthwatchcityoflondon.org.uk)**

**Hackney: 0808 164 7664 or [info@healthwatchhackney.co.uk](mailto:info@healthwatchhackney.co.uk)**

## LUNCH CLUBS AND SOCIAL GROUPS

There are a number of lunch clubs and social groups in City and Hackney which are open for residents aged 55+. They decrease social isolation and promote the health and wellbeing of older people.

Currently the lunch clubs are providing food to take away/food parcels and they will be opening up fully from 17 May as advised by public health.

Please contact the relevant lunch club directly if you are interested in joining.

### St Luke's Community Centre

General  
St Luke's Community Centre,  
90 Central St, EC1v 8AJ  
Monday – Friday  
020 7549 8181

### An Viet Foundation c/o Hackney Chinese Community Services

Vietnamese  
287-32 Ellingfort Road, London E8 3PA  
Monday, Wednesday, Friday  
020 8986 6171

### Centre 151

Vietnamese, Laos, Cambodian  
151 Whiston Road, London E2 8BN  
Wednesday, Saturday  
020 7739 3650

### Halkevi

Turkish, Kurdish  
31-33 Dalston Lane, London, E8 3DF  
Monday, Tuesday  
020 7249 6980



### Chatsworth Road Methodist Church

General  
99 Chatsworth Road, London E5 0LH  
Thursday  
020 8985 2230

### Hackney Caribbean Elderly Organisation

Caribbean  
39 Leswin Road, London N16 7NX  
Tuesday, Wednesday, Thursday  
020 7923 3536

### Hackney Chinese Community Services

Chinese  
287-32 Ellingfort Road, London E8 3PA  
Monday, Wednesday, Friday  
020 8986 6171

### Hackney Cypriots Association

Cypriot  
5 Balls Pond Road, London, N1 4AX  
Tuesday, Wednesday, Thursday  
0207 254 7920

### Holly Street

General  
331 Queensbridge Road, London E8 3LA  
Monday, Wednesday, Friday  
020 7923 1282

### North London Muslim Community Centre

Muslin, South Asian  
66-68 Cazenove Road, London N16 6AA  
Wednesday  
020 8806 1147

### Salvation Army Hoxton

General  
66 New North Road, London N1 6TG  
Tuesday, Wednesday, Thursday  
020 7739 3313

### Hotline Meals

Jewish  
12e Manor Road, London N16 5SA  
Sunday – Thursday  
020 8800 0414

### Nightingale

General  
19 Olympus Square, Nightingale Estate,  
London E5 8DS  
Monday – Friday  
020 8985 1309

### Salvation Army Cambridge Heath

General  
70 Mare Street, London E8 4RT  
Monday – Friday  
020 8985 4410

### Woodberry Down – Lunch up

General  
Kayani Ave, Woodberry Down,  
London N4 2HF  
Tuesday, Saturday  
020 8802 7580, 07804693461



## HACKNEY SOCIAL RADIO

Hackney Social Radio is a community radio show made for and by people over 50 about the borough of Hackney. Each week they interview guests about their efforts to improve lives of Hackney Residents and bring Art and Culture to their neighbourhood.

They have a regular Production Club which enables people to suggest ideas for the show and get involved through interviewing people and making short features. They are always happy to hear from people who would like to contribute in anyway - be it with ideas, song requests or coming onto the production team.

For more information, or to get involved!

Email: [hsr@immediate-theatre.com](mailto:hsr@immediate-theatre.com)

Website: <https://www.immediate-theatre.com/work/hackney-social-radio>

Listen to the show on  
Resonance 104.4 FM or online at  
[www.resonancefm.com](http://www.resonancefm.com) every  
Wednesday at 11am



# The Older People's Reference Group

## ABOUT OUR NEWSLETTER

### A bit about us...

The Older People's Reference Group (OPRG) is a forum for older people to raise their voices, resist ageism and assert their dignity. We are the largest older people group in City and Hackney and led by the Advisory Group. The Advisory Group is made up of older residents from a variety of different backgrounds, ethnicities and ages. The OPRG is funded by the Clinical Commissioning Group (CCG) and supported by Age UK East London. OPRG members receive regular updates, news and information and invitations to our events.

### How you can be involved...

We would love to hear your feedback about our quarterly newsletter!

*What did you like?*

*What didn't you like?*

*What would you like more of?*

We would love to hear your experiences of banking during the lockdown!

*Do you have difficulty getting banking done or paying bills?*

*Have you been able to speak to somebody over the phone when you've needed to?*

What are your tips for staying well?

*What do you do to keep yourself in tip top shape?*

Please contact the OPRG team using the details below

### Help build our OPRG membership...

If you're not already a member, or you know of someone who'd like to be more involved with us, then **please contact Sophie** at Age UK East London (OPRG Coordinator) on 07384 511 701 or [Sophie.ibotson@ageukeastlondon.org.uk](mailto:Sophie.ibotson@ageukeastlondon.org.uk).

Membership is free and we welcome new faces and voices!