

# AgeMatters

**FREE**  
PLEASE TAKE ONE

**Avoiding  
scams**

**Keep warm  
this winter**



**News & Events**

FUNDRAISING + WHAT'S ON + INFORMATION AND ADVICE + MUCH MORE



CALL TODAY 0808 278 2513

THE  
DAY CLUB  
AT  
CHELSEA  
COURT PLACE

LIVE LIFE TO THE FULL  
Senior Day Club in the Heart of London



**Chelsea Court Place introduces The Day Club,  
the UK's first seniors' day club specialising in  
early dementia therapy and senior care needs.**

Every day is different at The Day Club, with a mix of innovative inhouse activities and excursions, tailored around the member's hobbies, interests and care needs.

**Services:**

- Beauty & holistic therapies • Bespoke nutrition plans
- Personalised care plan • Physical therapy • 3 course fine dining lunch

Open 7 days a week 9-5pm -Flexible daily basis

**CHELSEA  
COURT PLACE**

PERSONALISED SENIOR CARE  
FROM INNOVATIVE AGED CARE

The Day Club programme includes:

**Mind & Memory**

Puzzles & quizzes, Bridge club, politics debates, daily paper review, language classes

**Arts & Culture**

Art making & painting, piano lessons, singing and excursions to the ballet, opera, museums & galleries

**Senses & Sensory**

Pet therapy, textile sensory and story telling

**Eldergym**

Chair Zumba, yoga, tai chi and indoor bowls

**Culinary Masters**

Baking classes, bread making, wine tasting and cocktail mixing

Chelsea Court Place, King's Road, SW3 5UA | 0808 278 2513 | [WWW.CHELSEACOURTPPLACE.COM](http://WWW.CHELSEACOURTPPLACE.COM)

**Beth & Jon go the extra mile** .....04  
Support Age UK K&C staff in their marathon fundraising efforts

**Age UK & innocent's Big Knit campaign** .....04  
Age UK K&C members June & Eleonore are this year's stars!

**Christmas dates for your diary** .....05  
Find out what's on over the festive period

**Notting Hill Carnival Getaway** .....05  
Our trip to Eastbourne was a roaring success!

**Meet the Trustees** .....06  
Say hello to our new Treasurer, Tim Nicholls

**Notting Hill Police Station** .....06  
Police Station at Notting Hill to close

**Health Fair 2017** .....08  
Celebrating 20 years of the Age UK K&C Health Fair

**TfL's 'Please offer me a seat' badge and card** ..08  
An update on how to get a badge and card

**Health Fair therapists** ..09  
Contact details for all the therapists at this year's event

**The Art of Growing Old** ..... 10  
Donald Zec's brilliant exhibition and auction in aid of Age UK K&C

**Friends & Neighbours Project** ..... 12  
An update from Ximena

**Healthwise Groups** .... 14  
Details of our regular support groups

**Looking after your Brain** ..... 14  
Table tennis - a fun way to exercise your mind and body

**Annie's View** ..... 15  
Age UK K&C member Annie shares her story of ageing

**Support after Grenfell** .. 16  
Find out where you can go for emotional support

**Age UK's Painful Journeys Campaign** .... 18  
We're asking the government to improve hospital transport

**Transport Mobility Forum** ..... 18  
Jon reports back on the forum's activities

**Choosing between heating or eating?** ..... 19  
Kensington & Chelsea Foundation's Winter Warmth Campaign can help

**Trading Standards' Friends Against Scams Campaign** .....20  
Top tips for avoiding scams

**Open Age** ..... 22  
Keep active and healthy with Open Age's programme of activities.

## Foreword from the Chief Executive



As the days draw in and getting out and about becomes a little harder, loneliness can become an increasing issue. Throughout all our work in Kensington & Chelsea the golden thread is reducing isolation. Isolation that comes as families move further apart and bodies get less strong. Avoiding isolation means finding ways of staying in touch with the world, continuing to find place, purpose and value as well as being able to access the practical support that we will all increasingly need.

Many of our members set a high bar in how to tackle that challenge. As you will see on page 10 Donald Zec, now 98, started painting at 87 years young and the sale of his paintings has raised a considerable sum for Age UK Kensington & Chelsea!

We will be using this money to reinvigorate our intergenerational work because this is good for old and young alike. Research demonstrates that children and young people do

better in life when in meaningful relationships with older people. But our context today is one where opportunities for such interaction are fast disappearing, where young people are adrift from their roots and their cultures; the stuff of identity and sense of security and place in the world. We can't bring disparate families together but we can devise opportunities for other ways to bridge the generations – and your ideas on this are welcomed. Over the next few months we will be looking to build a local campaign to help support this work as a lasting legacy of the inspiration we have drawn from Donald's work.

In addition we will be doing some overall planning for the next few years and will be seeking your views about the services we provide and what you feel our priorities should be going forward. This will be discussed at the various meetings we hold with our members over the next few months, but do feel free to write in to let us know your views.

From all of us at Age UK Kensington & Chelsea I wish all our readers a very **Merry Christmas** and a **Happy New Year**.

*Sue Baker*

This magazine is produced on behalf of Age UK Kensington & Chelsea by Lance Publishing Ltd. All rights are reserved by the charity and no part of this publication may be reproduced in whole or in part without the written permission of the charity. Age UK Kensington & Chelsea will accept no responsibility for, or necessarily agree with, any claims made or views expressed in this publication, nor does the mention of any product, service or advertisement imply a recommendation by Age UK Kensington & Chelsea. Age UK Kensington & Chelsea, Registered Charity No: 1086258, Limited Company No: 03926026

### Meet the Team...

#### Editor

Brooke Kerr  
Tel: 020 8969 9105  
Email: bkerr@aukc.org.uk

#### Age UK Kensington & Chelsea

1 Thorpe Close, London, W10 5XL  
Tel: 020 8969 9105  
Fax: 020 8206 6589  
Email: administration@aukc.org.uk

#### Designer

Laura Lang  
Email: laura@lanceprint.co.uk

#### Advertising Sales

Laurence Rowe  
Tel: 01536 526 678  
Email: laurence@lancepublishing.co.uk

#### Publisher

Lance Publishing Ltd  
1st Floor Tailby House  
Bath Road, Kettering, NN16 8NL  
Tel: 01536 512624  
Fax: 01536 515481  
Email: mike@lancepublishing.co.uk  
www.lancepublishing.co.uk

#### Printer

Lance Print Ltd  
Tel: (01733) 390564



# Beth & Jon

## go the extra mile for Age UK K&C

**A**n extra 26 miles, in fact. On **Saturday 28th April 2018** Age UK K&C employees Beth Colquhoun and Jon Fryer will attempt to run a marathon around the streets of the Royal Borough of Kensington & Chelsea. This brave, if a little foolhardy, event is to raise money for our very own Age UK K&C.

We always need more funds for projects such as escorting, befriending, information & advice and dementia services. Though many of these projects are volunteer-led and supported by funds from RBKC and the NHS, costs and demand continue to increase and we

need extra funds to maintain the services and hopefully expand them to reach more people.

Our route and timings for the run will be published in the Spring edition of Age Matters, but rest assured that, with just over 26 miles to cover, we will be jogging (hopefully) along and wheezing (probably) somewhere close to you.

There will be a number of ways to make a donation and we ask that anyone who has benefitted from Age UK K&C services in the past, and would like these essential community services and activities to continue for the years to come, to please give generously.



Also please think of us with sympathy during the dark winter mornings and evenings as we plod along in an attempt to get enough miles in our legs. The training has already started.

If you would like to donate you can do so by **sending a cheque** made out to Age UK K&C in the post (to 1 Thorpe Close, London, W10 5XL) or alternatively you can visit our BT MyDonate page: [www.mydonate.bt.com/fundraisers/aukc-extramile](http://www.mydonate.bt.com/fundraisers/aukc-extramile)

## Age UK and innocent

**T**his year's Big Knit campaign with Age UK and innocent has been the biggest ever, with nearly 1.7 million hats knitted nationwide. The little woolly hats appeared on innocent smoothie bottles in stores across the UK throughout October, and

for every one sold Age UK will receive 25p to help older people during the cold winter months.

The money raised through the Big Knit helps to fund a variety of activities and services which combat loneliness in later life and, to demonstrate the difference

the campaign makes, innocent asked if our members would be prepared to tell their stories. Age UK national and innocent came to our knitting club and our own members Eleonore and June, (pictured below) were chosen to feature on billboards and cinema and TV screens across the country.



a little woolly hat  
helps fight loneliness





# Christmas Events 2017

WHEN	WHO	WHERE	WHAT	COST	DETAILS
Every day from 18th December to 22nd December	New Horizons	New Horizons Café Guinness Trust, Cadogan Street, Chelsea, London, SW3 2PF	Communal Festive Roast Lunch	£7.50 for 3 courses or £5.50 for 2 courses	Limited spaces – Please book on 020 7590 8972 Service starts at 12.30pm sharp, so everyone must be seated by then
Sunday 17th December 12:30pm	St Cuthbert's Centre	The Philbeach Hall, 51 Philbeach Gardens, Earl's Court, London, SW5 9EB	Christmas lunch with entertainment	FREE - first come, first served	For more information, contact the Centre on 020 7835 1389
Monday 25th December 12:30-3:30pm	Holy Trinity Brompton	HTB Onslow Square, London, SW7 3NX	Varied lunch including a vegetarian option. The lunch will finish with the Queen's speech	FREE	Please call 0845 644 7533 or email events@htb.org if you would like to attend

## Date for your Diary

Join us on Friday 23rd March, 2-4pm, for our **Ordinary General Meeting** at St Peter's Church (Kensington Park Road, W11 2PN) followed by our **AGM** at 4pm. For more information and to RSVP, please call us on 020 8969 9105.

## Notting Hill Carnival Getaway

by Suman Kumar

Over the August bank holiday weekend Age UK K&C took 40 of the most vulnerable older adults living directly on the Notting Hill Carnival route to Eastbourne to give them some relief from the noise and crowds. This was the first time we had organised the trip which is funded by Kensington & Chelsea Council. Although we left the carnival atmosphere in Notting Hill, we had our own mini-carnival by the sea. Days were spent on the seafront eating fish and

chips, browsing in the charity shops and dancing the nights away to the hotel entertainment. We hope to host the event again next year, so watch this space!



## Meet the Trustees

Few people realise that our dedicated trustees are actually volunteers who give up their time for free to play a vital role in making important decisions about the Charity. This feature gives you the opportunity to 'Meet the Trustees', and in this issue we'd like to introduce you to our new Treasurer, Tim Nicholls.

Tim is a Fellow of The Chartered Institute of Management Accountants with over 20 years' experience across the NHS, charity and third sector. He is currently The Director of Finance and Resources at The Arts Society which is the exciting new name of The

National Association of Decorative and Fine Arts Societies (NADFAS). Tim has a long standing passion for the charity sector and has previously sat on the Trustee Boards of Canterbury Oast Trust and Dartford Citizen's Advice Bureau. Currently he holds the Treasurer role on the Board of Haringey Advisory Group on Alcohol and is an elected Council Member at the Association of Accounting Technicians.



## Notting Hill Police Station to close

In the last month Mayor of London Sadiq Khan has confirmed that more than half of London's 73 remaining police front counters are to close. This includes Notting Hill police station – despite strong opposition from local councillors, residents, businesses and organisations during the 12 week consultation process. A petition to keep it open was signed by over 2,000 people.

According to The Mayor's Office for Policing and Crime (MOPAC), who are responsible for the decision, the Met Police budget has been cut by £600million since 2010, and a further £400million of savings need to be found by 2021. MOPAC argue that the only way to protect front line policing is to close police stations which they describe as expensive to run and underused.

Other than the closure of the station, details are as yet unconfirmed. Mr Khan has reassured residents that there will still be at least one 24 hour front counter service in the borough (likely to be at Kensington Police Station on Earl's Court Road) and that dedicated neighbourhood officers will be based at new hubs closer to communities. In response to local concerns, there are also plans to open an additional front counter near Grenfell Tower from early 2018 which will remain open for at least two years.

Thanks to the Kensington Society, the Council and local residents, the station has been listed as an Asset of Community Value (ACV) meaning the community will have the chance to bid on the property if it is put up for sale.

We will endeavour to provide more information in the Spring edition of Age Matters.

## DO YOU NEED TO MAKE A WILL?



If you die without a will the "Rules of Intestacy" will apply and any money or property or possessions you have may not go to the people you would like.

A will can sometimes reduce the amount of tax payable on your estate.

Trying to make your own will can lead to mistakes and could mean your will is invalid.

Don't take any chances. Have your will prepared by a professionally trained local solicitor.

We can also help with Lasting Powers of Attorney, Living Wills, Inheritance Tax Planning, Nursing Home Fees and more. We can visit you at home if required.

Supporters of the Cancer Research Wills Scheme

## David Tagg & Co Solicitors

119 Harwood Road, London, SW6 4QL  
www.davidtagg.co.uk Telephone: 020 7736 0999

Regulated by the Law Society



# FREE Hearing Tests

**At your local Hidden Hearing Centre**

248-250 High Street Kensington,  
London, W8 6ND

For a **FREE** Hearing  
Health Check visit the  
state-of-the-art facilities  
at our **Kensington  
Hearing Centre**

Call now on  
**0207 3489810**  
to book your  
appointment



[www.hiddenhearing.co.uk](http://www.hiddenhearing.co.uk)



**HIDDEN HEARING**  
WE LISTEN, YOU HEAR

## The Age UK K&C Health Fair is much more than an event for older people in Kensington & Chelsea.

We bring together community groups, statutory organisations and local businesses to create a 'one stop shop' designed to ensure over 55s get all the information they need about what the borough has to offer in support of older people. On Friday 20th October over 700 people came to Kensington Town Hall for the Health Fair – now in its 20th year – and had a great time whilst learning about healthy aging including staying active, keeping independent and mobile, eating well, emotional wellbeing and managing your health.

This year the event was opened by the Mayor of Kensington & Chelsea, Councillor Marie Therese Rossi. Highlights included live music, cookery tasters, health checks, beauty treatments, dances classes and, of course, the free lunch! As part of the celebration, we also formed a choir with Opera Holland Park made up of visitors, volunteers and staff which culminated in a fantastic performance at the end of the day.



## Age UK K&C's 20th Health Fair

We would like to say a huge thank you to all the stallholders, volunteers and staff who worked so hard to make the day a success, as well as to the Department for Work & Pensions, Age UK national and University College London for providing such fantastic helpers on the day. In addition to this, we would like to express our gratitude to our main sponsors: **The Royal Borough of Kensington & Chelsea, West London Clinical Commissioning Group, Re:Cognition Health**

**and Hidden Hearing.** Without their support the event would not be possible.



## Please offer me a seat campaign - Update

In the summer issue of Age Matters we included an article about Transport for London's (TfL) 'Please offer me a seat' badge and card which are designed to help customers who are less able to stand get a seat when they need one.

Overall the badge and card have been well received. However, a few of you have been in touch to let us know that when you called

TfL's customer services number (0343 222 1234) to apply, the automated options were not clear.

We have clarified this with TfL and they have told us that to request a badge and card you should select **option 6 - "Make a complaint or suggestion about any TfL service"**.

This option will put you through to an advisor who can help you. Alternatively you can visit [www.tfl.gov.uk](http://www.tfl.gov.uk).

[gov.uk/transport-accessibility/please-offer-me-a-seat](http://gov.uk/transport-accessibility/please-offer-me-a-seat) to apply online.

The badge and card can be used across the TfL network on London Underground, London Overground, buses, Docklands Light Railway, TfL Rail, trams and River Services. There are no qualifying criteria for the scheme – applicants do not need to provide a GP's note or their medical history.





We are incredibly grateful to the therapists featured here who all provided their services for free at this year's Health Fair.

## MAUREEN CHANG

Reiki Practitioner

Canary Wharf, London  
maureenchang.reiki@gmail.com  
+44 (0) 7479 838 018  
CNHC Registration: 000015 - A16



**Rupert French Reflexology**  
07779 789 939

rupert@rf-reflexology.co.uk  
www.rf-reflexology.co.uk

Reflexology ●  
Facial Reflexology Sorensensistem ●  
Japanese Facial Lifting Massage ●

## POISED AND BALANCED

Nicholas Brandon

Teacher of the Alexander Technique

44 Lansdowne Crescent, Notting Hill, London W11 2NN

Tel: 020 7792 1347 Mobile: 07540442769  
email: nickbrandon67@gmail.com

[www.poisedandbalanced.com](http://www.poisedandbalanced.com)

## THE LONDON SCHOOL OF BEAUTY & MAKE-UP

The London School of Beauty & Make-up is one of Europe's largest independent education providers in the beauty sector. Established in 1995, the Schools offers internationally recognised qualifications in both beauty and make-up to students across the globe.

18-19 Long Lane, London, EC1A 9PL.  
Tel. 020 7776 9766



**True Traditions**  
CHINESE HOLISTIC HEALING

**Dr Yan Li 李彦綱 (TCM)**  
ATCM, MFTCM (UK)

07786964866  
dr.li@truetraditions.co.uk  
www.acupuncture-drl.co.uk  
7 Newcourt Street  
London NW8 7AA

Neal's Yard Remedies  
124b King's Road  
London SW3 4TR  
65 London Wall  
London EC2M 5TU



**munro health**  
supporting good health for all

Munro Health supported the Health Fair by providing aromatherapy, sports massage and shiatsu to people from Westminster, Kensington & Chelsea, Ealing, Hammersmith & Fulham and Richmond.

We provide complementary health care to support health and wellbeing of those who otherwise have no access to such services, including acupuncture, shiatsu, reflexology, massage, Alexander Technique and aromatherapy.

To find out more, call us on 07422 972142 or visit  
[www.munrohealth.com](http://www.munrohealth.com)

We are also looking for trustees, so if you would like to help our charity, please contact our office on the number above.



**JAN MURPHY MRSS**

Shiatsu Therapist /  
Ear & Facial Acupuncturist

mobile +44 (0) 7886 655 705

email Jan@Zenki.co.uk  
web Zenki.co.uk

clinics South Kensington  
Chelsea  
Berkhamsted

# The Art of Growing Old

**On Wednesday 4th October Age UK K&C member Donald Zec held an exhibition and auction of his art in aid of Age UK Kensington & Chelsea. This fabulous event at Chelsea Old Town Hall, generously hosted by EON Productions, culminated in an auction of all the works displayed which raised over £22,000 for Age UK K&C's intergenerational work. We would like to say a huge thank you to the following people for organising, sponsoring and supporting this amazing event: Donald Zec, Robert Boniske, Meg Simmonds & the team at EON Productions, Barbara Broccoli, Bollinger, Tom Best, Nicolette Tomkinson and Aimee White.**

## An introduction by Donald Zec



I am 98 years old, sound in mind if not limb, and savvy enough to crack into a boiled egg if not the Enigma Code. I enjoy bad health and I am on first name terms with my urologist, cardiologist and ophthalmologist, all of whom work hand-in-glove for my survival. So affable have been our relationships, anaesthetists for example, will tell you that I eagerly start counting from ten downwards long before the apparatus is ready to zap me. If this suggests an unusually sanguine attitude to the Grim Reaper my explanation is simple; I don't give the old rascal a thought. I am inspired by the words of the great actor/comedian George Burns who said "You can't help getting older, but you don't have to get old." (He continued to spread his wisdom, his warmth,

and his wisecracks almost until he reached a hundred). To those who envied him, saying they could never hope to emulate that kind of spirit, his answer, as you would expect, was

**"You won't know until you try".**

Age is no impediment to striving for those splendid clichés, the half-full cup, the light at the end of the tunnel. Or shouldn't be. With people living far beyond the conventional sell-by date, how we old-uns meet the test is a crucial challenge of our times.

Obviously we all differ in terms of our particular infirmities, our circumstances, and our capacities. Losing a beloved partner induces a grief which is hard to bear. And with that grieving comes the loneliness, despair, and very often a sense of 'what's left, why should I bother?' Well maybe this modest exhibition may go some way to answer that question.

It is dedicated to my late brother, Philip Zec. He was the artist in the family, widely regarded as the most popular and influential political cartoonist of the Second World War. In the last two years of his life he was

blind-particularly cruel for a man who loved all the visual arts. Yet with an extraordinary renewal of his energies he worked tirelessly for what is now called the European Union.

It is eleven years since my wife died. We had been married for sixty-six years. She was a wonderful wife. A splendidly resilient war bride. A great mother and an irreplaceable companion. So the measure of my grief can be imagined. I could have surrendered to it, grateful for the life I'd been given; pulled the shutters down and let happy memories fill the darker hours. Admittedly I was lucky; a wise and attentive son, and an equally affectionate grand-daughter are a splendid antidote to sadness.

Moreover a long career in journalism as a reporter, film correspondent and biographer, produced a rich harvest of anecdotal treasures; sailing in the Pacific with the memorable Humphrey Bogart; tea and empathy with the dazzling Marilyn Monroe, then the most famous woman in the world; verbal jousting with Marlon Brando; awe-stricken by Orson Welles, and royally put down by Frank Sinatra in a much-cherished telegram; 'I thought you were my friend but as of this morning you blew it.' Prime Minister Harold Wilson and President Reagan trigger some fascinating recollections. And then there was the serial murderer, John George Haigh who managed to squeeze in an afternoon of tea and buttered scones with me not long before he was hanged.

Yes, memories are a useful bromide. But they tend, by definition to dwell on the past. I didn't want to



linger down that route. I still had a pulse, an insatiable curiosity, and a nagging inner voice which insisted

**'stop mooching around,  
get off your backside and  
do something new!'**

I was young then. Only eighty seven. An irresistible doodler, I decided to start drawing. First with a pencil. Then with charcoal, and the drug kicking in, I put on an apron, pinned on an imagined 'L' plate and discovered the tactile thrill of splashing paint on canvas. But oil took too long to dry. Well when you're pushing ninety you can't hang about. I moved into the fast lane with acrylics. But then I didn't have the puff to wash the brushes, or clean the palette. I was ready for the iPad. This offered an app on which you could sketch or paint with an index finger alone. It was not taken seriously until the incomparable David Hockney produced a range of digital masterpieces in a triumphant exhibition at the Royal Academy. Against which, of course, this modest display can be seen as an impertinence explained by the onset of senility or an unpardonable arrogance. In other words, chutzpah (which translates roughly as 'outrageous audacity'), but then people assured me that just handling the miracle and the miseries of iPad Pro was a quantum leap in itself. 'If you can do it in your late nineties, then *anybody* can.'



## 'The Art of Growing Old'

By Holly Walsh, Media Student



Donald Zec. What an outstanding man. What a life he has lived. Donald himself says he feels "98 years young", which just shows that you are only as old as you feel.

Following a long career in journalism as a reporter, film correspondent and biographer, Donald took up drawing and painting at the age of 87. This exhibition, 'The Art of Growing Old', celebrated Donald's recently-discovered artistic talents, with works in acrylic, bronze and charcoal, as well as a variety of digital prints done on his iPad. What was learnt at this exhibition is that each and every piece of art has a story behind it, a meaning, a purpose. This shows the encouragement, motivation and influence his life and thoughts can bring to the young and the old.

Having got to know their volunteers and staff, Donald chose Age UK Kensington & Chelsea to be the recipient of funds raised on the night. Donald said during his speech "Age UK make people who are old in years feel young in heart." These kind words are one of the reasons why Age UK K&C do their job; for everyone to feel loved, no matter their age.

All round the room there were groups of individuals discussing which paintings they liked and what they meant to them. One gentleman said "I love the painting of the shoes as it reminds me of my childhood; you see as a child we never had many shoes and would have holes in the ones we had, so that has a sentimental value to me." Another lady in the group said "I like the painting which says "I left

*with my head held high"* and shows a man with his head on a stick. This is my favourite as it shows you to never give up your morals or ethics and to always remain true to yourself".

The auction went ahead and all 37 lots sold for between £65 and a staggering £4,200. With more than 25 successful bidders from all walks of life, the universal appeal of Donald's art is clear. To see so many people, complete strangers, bonding over one man's work was fascinating. I think Donald himself would be thrilled at the thought of the amount of love and communication between others in the room. Donald really is living proof that, whatever your age, you can accomplish what you want if you put your heart, mind and soul into it.



# FRIENDS & NEIGHBOURS PROJECT

Our Friends & Neighbours Project can help you to lead a full and active social life by connecting you with others with similar skills and interests. Whether you want to meet new people, try a new hobby or take a trip, we offer a huge range of events, activities and clubs to keep you busy. With the help of our dedicated volunteers, more than 380 people are involved in this project.

Some outings or events may have to be booked in advance. If you would like to find out more about the Friends & Neighbours Project, or would like to receive the programme of events, call Ximena or Jack on 020 8969 9105

## Thank you!

I want to say a genuine thank you to everyone who has taken part in the Friends & Neighbours project this year, especially our amazing team of volunteers and partner organisations who helped make it truly special. Next year promises to be even better with new activities, events and projects, and we will continue to work tirelessly to reduce loneliness and isolation in Kensington & Chelsea.

So from me and everyone at Age UK Kensington & Chelsea, I extend the biggest, warmest and most heartfelt Merry Christmas!

Ximena

## Update from Ximena

What a busy summer we have had! There have been day trips to Brighton and Eastbourne, visits to the Horniman Museum, Kew Gardens, Mayfield Lavender Farm, Ham Polo Club and Sky Gardens and performances such as Opera Holland Park in Holland Park, Friendship Matinee at Royal Albert Hall and An American in Paris at the Dominion Theatre.

Particular highlights included our Summer Party at Mary Smith Court, our barbecue at Evelyn Fox Court, coffee afternoon at the Royal Albert



Hall, Halloween Party at Venture Centre, Portobello Orchestra at St Peter's Church, Walking Cricket at Holland Park and the Foodies Festival at Alexandra Palace.



## What's ahead?

We have a whole host of exciting things coming up over the next few months, including the Houses of Parliament, Kenwood House and Kensington Palace, as well as celebrating St Patrick's Day and International Women's Day. A highlight will be our **annual Valentine's Concert on Thursday 15th February 2018**

**at St Cuthbert's Centre and Valentine's Party on Saturday 17th February 2018 at Venture Community Centre.** It is a perfect opportunity to invite your friends.

If you would like more information or can help us as a volunteer, please contact me on 020 8969 9105 or email [xchiesa@aukc.org.uk](mailto:xchiesa@aukc.org.uk)



**Why not try something new? Here are just some of the groups and activities we run. If you'd like to take part, just call Ximena or Jack on 020 8969 9105**

Group	When?	Where?
<b>Italian Lessons</b> Beginners	<b>Mondays, 3.30–5pm</b>	<b>Meeting Room, 1 Thorpe Close, W10 5XL</b>
<b>French Lessons</b> Beginners	<b>Mondays, 3:30-5pm</b>	<b>Ormrod Court</b> 71-117 Kensington Park Road, W11 1NP
<b>French Lessons</b> Intermediate	<b>Mondays, 3:30-5pm</b>	<b>Thomas Darby Court, 133 Lancaster Rd,</b> W11 1TT
<b>Spanish Lessons</b> Beginners (Intermediate also available)	<b>Wednesdays, 12–1.30pm</b>	<b>Meeting Room, 1 Thorpe Close, W10 5XL</b>
<b>English Conversation Lessons</b>	<b>Wednesdays, 2:30-4pm</b>	<b>Mary Smith Court</b> 17–21 Trebovir Road, SW5 9NF
<b>Spanish Speakers' Group</b> Native speakers	<b>Fridays, 12.30–3.30pm</b>	<b>Chelsea Theatre</b> 7 World's End Place, King's Road, SW10 0DR
<b>Coffee Morning</b>	<b>Tuesdays, 10.30-12pm</b>	<b>St Cuthbert's Centre</b> 51 Philbeach Gardens, SW5 9EB
<b>Lunch Club</b>	<b>Wednesdays, 12.30-2.30pm</b>	<b>St Cuthbert's Centre</b> 51 Philbeach Gardens, SW5 9EB
<b>Lunch Club</b>	<b>Second Tuesday</b> of the month, 12.30-1.30pm	<b>Ormrod Court</b> 71-117 Kensington Park Road, W11 1NP
<b>Lunch Club</b>	<b>Last Wednesday</b> of the month, 12.30–1.30pm	<b>Evelyn Fox Court</b> 2 Kingsbridge Road, W10 6QF
<b>Bingo</b>	<b>Second Tuesday</b> of the month, 2-4pm	<b>Ormrod Court</b> 71-117 Kensington Park Road, W11 1NP
<b>Afternoon Tea &amp; Bingo</b>	<b>First Friday</b> of the month, 2-4.30pm	<b>Mary Smith Court</b> 17–21 Trebovir Road, SW5 9NF
<b>Knitting Club</b>	<b>Thursdays, 10.30–12.30pm</b>	<b>Evelyn Fox Court</b> 2 Kingsbridge Road, W10 6QF
<b>Computer lessons</b> One to one tuition	<b>Mondays, 10–1pm</b>	<b>Evelyn Fox Court</b> 2 Kingsbridge Road, W10 6QF
<b>Computer lessons</b> One to one tuition	<b>Tuesdays, 3-4pm</b>	<b>Holland Park School</b> Campden Hill Road, W8 7AF
<b>Digital Clinic</b>	<b>Last Friday</b> of the month, 2-4pm	<b>Ormrod Court</b> 71-117 Kensington Park Road, W11 1NP
<b>Digital Clinic</b>	<b>Second Friday</b> of the month 2-5pm	<b>Kensington Library</b> Philmore Walk, W8 7RX
<b>Concert &amp; Afternoon Tea</b>	<b>Third Thursday</b> every month, 2.30–4.30pm	<b>St Cuthbert's Church</b> (50 Philbeach Gardens, SW5 9EB)
<b>Older LGBT* Group</b>	<b>Second Sunday</b> of every month, 12.30–2.30pm	For more information, call Tasio Cabello on 020 8969 9105

# Healthwise Groups

Keeping you connected

For more  
information and to  
join any of the groups,  
call Kate Nash on  
020 3181 0002.

WHAT	WHEN	WHERE
Macular Support Group	2nd Tuesday of each month, 2-4pm	Earls Court Health & Wellbeing Centre, 2b Hogarth Road, SW5 0PT
	1st Friday of every quarter, 10-12pm	New Horizons, Guinness Trust, Cadogan St, Chelsea, SW3 2PF
Diabetes Support Group	2nd Monday of each month, 6-7:45pm.	Earls Court Health & Wellbeing Centre, 2b Hogarth Road, SW5 0PT
Carers' Get Togethers	Once a month	Outings, workshops and walks in a variety of locations

## Looking after your brain health

By Cristina Donaldson,  
Age UK K&C Member & Volunteer



In the first series of How to Stay Young which aired on BBC1 last year, Angela Rippon explained how, after walking (which I happen to hate), the second best sport for the brain is Table Tennis. I have never liked sport, and as a famous film star once said "the exercise I have always most liked is what I do with my mouth: talking and eating"!

After hearing Angela Rippon's recommendation, I looked up table tennis clubs near me and discovered there was one at Edward Woods Community Centre (60-70

Norland Road, W11 4TX, 020 7603 2324). The details are as follows:

- **Advanced level:**  
**Mondays 6.30-8pm.**
  - **Intermediate level:**  
**Fridays, 10am-12.30pm.**
  - **All levels, including beginners:**  
**Saturdays, 10.30am-2.30pm.**
- Each session costs £2 and it's 20p for tea or coffee and biscuits.**

When I joined I was 72 and had never played before. I presented myself on a Saturday morning and everyone was so welcoming and friendly. I went every week and slowly began to learn to hit the ball and then return it and now 16 months later I even play on a Friday as well. It is such fun and for a person who hates even walking, you can imagine what a delight it is

to have fun and know I am looking after my precious brain. One of the players is 90, there are three in their 80s and quite a few of us in our 70s. Table tennis bats and balls are provided.

There is also a badminton session on a Tuesday with the same organisation between 10-12pm. Everyone is welcome, beginners included, and I have been going to that too, so now from a total couch potato I have become a three times a week exercise enthusiast. The badminton sessions cost £1 and rackets and shuttlecocks are provided.

I do feel more alert and more supple and am so pleased to discover how much I can actually enjoy a physical activity at such a tender age, as well as the new friendships I have formed.



# Annie's View

*"My message is simple, do not underestimate your pharmacist or your practice nurse - they can be invaluable."*

Writer and Age UK K&C member Annie Redmile shares her 'story of ageing' and some of the discoveries she has made along the way.

**I**t would be hard to deny that 'health' becomes more important the older we get. If not more important, at least more of a focus. I know that I see more of the medical profession these days than I do some of my friends!

But something I have become aware of more recently is the importance of my pharmacist and my practice nurse. And, I wonder whether that message has got through to everyone.

We all know that our doctors are busy people. I have worked out new ways of managing my health and it has given me more peace of mind.

Let me take the pharmacist first. I have been prescribed medication by several different people – my consultants and GP. There have been times when I have wondered 'am I taking more than I need to? What happens if I keep on taking this specific drug long term?' Pharmacists are the experts when it comes to medication.

I have found my pharmacist brilliant about reviewing my medication regularly, explaining certain things to me and outlining the possible side effects of something new that

has been added to my increasingly long list! It reassures me and gives me the ammunition to talk to my doctor. I have developed a trusting relationship with my pharmacist – and I can see them usually immediately.

And then I come to my brilliant practice nurse. She knows a great deal and is very easy to talk to. I don't feel such an idiot when I say things like 'I have been feeling like this, am I imagining it?' It is easier to get an appointment with her than perhaps my GP. And, she rules out things that I need not worry too much about. On the other hand, if it is something that is more significant then she can discuss it with my doctor and get me quickly booked in.

A good example of this: recently I had gone to the surgery for one of my regular blood tests, to see if, or how, my Warfarin dosage needed changing. I happen to have a heart condition and have had to take it to prevent strokes. She told me that my tests had shown a lack of control for some time and asked how I would feel about taking a different type of medication - just one a day and I wouldn't need to have the regular blood checks. Well that was a simple question – and the answer a tick in the 'yes' box.

She made sure I had the relevant tests, talked to my GP who was more than happy for me to have it and then 'freedom' for me! No more of what had become virtually weekly blood tests.

It gave me a boost psychologically. No more weekly visits – although I told her I would miss not seeing her as regularly! As she said, a practice nurse can often sort the smaller things out leaving the 'tough stuff' to the GP.

My message is simple, do not underestimate your pharmacist or your practice nurse – they can be invaluable.





# Emotional support for adults following Grenfell

## AGE UK KENSINGTON & CHELSEA

We can support you in a range of ways. Examples include:

- Providing volunteers to help you get out and about, for example to appointments, the shops or just for a walk.
- Inviting you to join social activities, groups and events in your area to help you connect with your community
- Specialist information and advice, including help with replacing documents and filling in application forms.
- Helping you find more specialist support if you need it

**Just give us a call on 020 8969 9105**

## HESTIA

Hestia is a well-established local service offering outreach support, drop ins, counselling, alternative therapies, social activities and support groups which can be accessed by anyone in the community.

This is provided via two community centres Monday to Friday from 10-4pm:

### Grove Resource Centre

1-9 St Marks Road,  
W11 1RG -  
020 7221 0052

### The Oremi Centre

Unit 3, Trellick Tower,  
W10 5PA -  
020 8964 0033

## LATIMER COMMUNITY ART THERAPY TRUST

Art Therapy is a psychological therapy that uses art media as its primary form of communication. It is not dependent on spoken language and can therefore help anyone who finds it hard to express their thoughts and feelings verbally. The sessions provide a private, confidential and non-judgmental space in which people can safely explore their experiences.

No previous knowledge or expertise in art is required.

### Latimer Community Art Therapy (LCAT)

evolved following an immediate response to the tragedy at Grenfell Tower. Art Therapy has since been set up across the borough by Susan Rudnik, a local resident on Henry Dickens estate and Art Psychotherapist. This support has focused on children, adolescents and families and has since developed into adults' services.

The service is community led and networked with other services to ensure safe and consistent delivery. The use of art to contain the things so hard to make sense of has been of fundamental importance to the community throughout.

All the Art Psychotherapists in the team are fully qualified at MA level, HCPC (Health Care Professional Council) registered, and DBS vetted.



The effects of the fire at Grenfell Tower are likely to be felt by the community for many weeks, months and years to come. We know that there are still many people who are in need of support but don't know where to turn. The good news is there are a wide range of services available who can offer emotional support, without the need for a GP referral.

Long term Individual sessions for adults or young people available at all community sites and schools on request. Family or peer groups can also be referred.

For more information contact Susan Rudnik on 07932 054 834 / [s.rudnik@gold.ac.uk](mailto:s.rudnik@gold.ac.uk) or Aisling Fegan on 07527 156 037 / [ashfegan@yahoo.co.uk](mailto:ashfegan@yahoo.co.uk)

## THE LISTENING PLACE

Face to face support for those who no longer think life is worth living, offering a warm and welcoming environment; somewhere individuals can talk openly about their feelings, without being judged or being given advice.

More information can be found at [www.listeningplace.org.uk](http://www.listeningplace.org.uk) or by calling 020 3906 7676.



## AL-HASANIYA MOROCCAN WOMEN'S CENTRE

Al-Hasaniya Moroccan Women's Centre is providing support to the survivors and their families, as well as those affected within the community, with emotional, practical and psychological support. They also have an Arabic speaking psychotherapist, Imane Bouzir, specially dedicated to working with those affected by Grenfell.

For more information, call 020 8969 2292 or contact [al-hasaniya.org.uk](mailto:al-hasaniya.org.uk)

## MIDAYE SOMALI DEVELOPMENT NETWORK

Practical and emotional support for families and community members affected. This is an outreach service which operates on the ground and in partnership with support centres.

Contact Filsan Ali on 020 8969 7456 or [filsan@midaye.org.uk](mailto:filsan@midaye.org.uk)

## AL MANAAR MUSLIM CULTURAL HERITAGE CENTRE

Relief and support to meet the needs of all families and victims of the fire, regardless of their faith. This includes provision of therapists, translation and counselling. The centre is open from 10am-10pm. Counsellor Nasima Khanom provides therapeutic counselling at the centre from 9am-5pm three days per week, as well as volunteer Amina Thomson on Tuesdays.

Contact Al Manaar on 020 8964 1496 or visit [www.almanaar.org.uk](http://www.almanaar.org.uk)

## MOTHER TONGUE COUNSELLING SERVICE

Free one-to-one counselling sessions in Arabic and Farsi languages for management of symptoms of psychological trauma and other common mental health difficulties.

Contact Muskaan Khurana, Community Development Worker, on 07715 636626 or [mothertongue@wwmind.org.uk](mailto:mothertongue@wwmind.org.uk)

## TELEPHONE SERVICES

### THE SAMARITANS

Samaritans offers emotional support round the clock. Anyone can contact Samaritans in confidence at any time for free from any phone on 116 123.

To someone face to face, visit [www.samaritans.org](http://www.samaritans.org) to find your nearest branch.



## IF YOU THINK YOU NEED MORE SUPPORT...

If you think you or someone else you know is in need of more support than can be provided by the services listed above, you can call the **dedicated NHS response service number** where your needs will be assessed and appropriate mental health support services, as well as information and advice, will be provided. This is available 24 hours a day. Please let the operator know you are calling as a result of the fire at Grenfell Tower. The number to call is **0800 0234 650** or email [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net).



## Painful Journeys Campaign

**One of the key roles of the national Age UK is to campaign to influence government and other decision-makers to help make later life better for older people today and tomorrow.**

Their most recent campaign, Painful Journeys, looks at the difficulties millions of older people in the UK face when travelling to hospital appointments. Their survey of 1,342 people aged 65 and over found that there are **three key problems** that people say they face when trying to get to routine hospital appointments. These are:

**1)** Long and uncomfortable public transport journeys, which are often made worse by inaccessible and irregular bus services and bus stops located too far away from hospital entrances.

**2)** Variable quality of patient transport services including long waiting times, unsuitable vehicles, changes in eligibility criteria and the fact that often patients are unable to travel with a companion or carer.

**3)** Extra costs to patients and their families - many people have to rely on expensive taxis or family/friends to drive them and parking is often difficult and very expensive.

Age UK is calling on the Government to review transport services to ensure every older person can get to their hospital appointments within a reasonable time, in a comfortable, dignified and affordable way.

If you would like to join the campaign, you can write to your local MP raising your concerns and asking them to write to Philip Dunne MP, the Health Minister responsible for patient transport. You can write to them at the addresses below:

**Ms Emma Dent Coad MP  
(MP for Kensington)  
House of Commons  
London SW1A 0AA  
[emma.dentcoad.mp@parliament.uk](mailto:emma.dentcoad.mp@parliament.uk)**

**Mr Greg Hands MP (MP  
for Chelsea & Fulham)  
House of Commons  
London SW1A 0AA  
[handsg@parliament.uk](mailto:handsg@parliament.uk)**

### Age UK K&C at the Town Hall – representing our members

*By Jon Fryer*

I have the pleasure of attending the Transport Mobility Forum at Kensington Town Hall on a quarterly basis. The meeting is chaired by the transport Policy Manager at Kensington & Chelsea Council.

This forum aims to give a voice to groups who have specific requirements when using public transport, and who often find their needs are not adequately met. For example, I often find myself talking about the good and the bad of the London Taxicard scheme, complaining about poor drop kerbs (bad for wheelchairs) and the importance of the Council stopping cyclists from using pavements.

We can have an impact too; late last year Age UK K&C played a part in getting temporary seating installed at the bus stops on Kensington High Street whilst bus users waited for the installation of the new shelters.

At the most recent meeting in September, the following topics were discussed:

- The Mayor of London's new transport strategy
- Disability training for black cab and minicab drivers.
- Accessibility on the new Elizabeth Line.
- Concerns about the Council's new bus stops.

**If you would like any particular issues brought to the attention of the Council at these meetings, please let me know by calling me on 020 8969 9105 or emailing [jfryer@aukc.org.uk](mailto:jfryer@aukc.org.uk).**



# Heating or Eating?

2 in 5 older people in Kensington & Chelsea will cut back on food to pay for heating this winter

The K&C Foundation is an independent local charity. Their campaign, Winter Warmth, runs during winter to raise funds to help older people who are struggling to cope, and may be forced to choose between heating and eating. Last year over £40,000 was raised to help those in need and this year they hope to raise even more. You can make a big difference to those who face real hardship during the winter months by giving to the appeal. Here's how:

## Could you donate your Winter Fuel Payment?

The Winter Fuel Payment of £200-£300 is given to all older people and some need it more than others. If you receive the Winter Fuel Payment, and are able to, you can donate all or part of it to a neighbour in need.

The K&C foundation works closely with Age UK K&C, as well as the local Citizens Advice and Nucleus Legal Advice Centre,

who not only help with referrals, but also offer wider care and expert advice to those in need. Every single penny raised is redistributed to vulnerable older people in the Borough to help them cope with their winter fuel bills.

## Removing fear of fuel costs

Mrs A is recovering from cancer and suffers from pain and exhaustion. She is vulnerable in the winter when it is cold and damp. Through Winter Warmth Mrs A has received a grant of £300 allowing her to feel confident about turning on her heating to keep warm. Please help people like Mrs A by supporting our Winter Warmth Campaign.

## Your gift will:

- Help older people deal with the impact of high energy bills over the winter period.
- Reduce the need for people living in our Borough to choose between heating and eating.

- Help provide people with advice on energy efficiency and other areas of concern.

To find out more or make a donation, please contact:  
The K&C Foundation, 111-117 Lancaster Road, London, W11 1QT. Telephone: 0207 229 5499.  
[www.thekandcfoundation.com](http://www.thekandcfoundation.com)

## Need help?

**If you are struggling or worried about paying your own fuel bills, please contact one of the K&C Foundation's Winter Warmth partners for advice:**

**Age UK Kensington & Chelsea**  
[information@aukc.org.uk](mailto:information@aukc.org.uk)  
Telephone: 020 8969 9105

**Nucleus Legal Advice Centre**  
[advice@nucleus.org.uk](mailto:advice@nucleus.org.uk)  
Telephone: 020 7373 4005

**Citizens Advice**  
[winterwarmth@kensingtoncab.org.uk](mailto:winterwarmth@kensingtoncab.org.uk)  
Telephone: 020 8962 3491

# Friends Against Scams Campaign

The national Trading Standards' Friends Against Scams campaign aims to make scams a local, regional and national topic by increasing knowledge and awareness to help communities protect themselves and others. In October this year the campaign celebrated its first anniversary.

**O**n Friday 22nd September Marcella and Valerie from Trading Standards in Kensington & Chelsea came to our Ordinary General Meeting to deliver a Friends Against Scams session which showed our members how to spot a scam and how to support someone who has been a victim.

## Who are the Friend Against Scams (FAS)?

**Friends** are council officers, residents, and other members of the community who have completed the FAS free online or face-to-face training and made a pledge to share their knowledge of scams with their colleagues, clients, neighbours, friends and family.



## How do I become a Friend?

Becoming a Friend is free and easy. You will learn how to spot a scam and how to identify the psychological and marketing tactics used by scammers to influence decision making.

- Free online training is available on the FAS website: [www.friendsagainstscams.org.uk](http://www.friendsagainstscams.org.uk)
- To book free face-to-face training with the Trading Standards Team **please contact Trading Standards at [trading.standards@rbkc.gov.uk](mailto:trading.standards@rbkc.gov.uk) or on 020 7361 3002.**



## What's all the fuss about?

Rogue trading and scams are nothing new to the capital.

Consumers lose £5-10 billion each year to scams, with about half of UK adults being targeted every year.

Loneliness and social isolation can put vulnerable and older people at greater risk from these crimes, but we are all at risk and only 5% of people report being scammed.

## Top Tips

- **Don't give out personal or financial details** - a genuine bank or organisation will never contact you asking for your PIN, full password or to move money to a safe account.
- **Never automatically click on a link in an unexpected email or text** - don't be tricked into giving a fraudster access to your personal or financial details.
- **Challenge** any sudden or unexpected work at an older person's property - honest traders will not be offended by neighbours or family members asking questions.
- **Talk** to family, friends and neighbours, about any concerns and ask them for a second opinion on any doorstep callers.
- **Don't be rushed** - a genuine organisation won't mind waiting
- **Listen to your instincts** - you know if something doesn't feel right
- **Stay in control** - don't panic and make a decision you'll regret

## Where can I report scams?

If you believe that you have been a victim of a **doorstep, postal or telephone scam** you can contact the Trading Standards Team for advice by calling **020 7361 3002** or emailing [trading.standards@rbkc.gov.uk](mailto:trading.standards@rbkc.gov.uk)

If you believe that you have been a victim of an **online scam** you should report it to Action Fraud. **Action Fraud** is the UK's national reporting centre for fraud and cyber-crime. You can report and get advice about fraud or cyber-crime by calling **0300 123 2040** or visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk).



“

My life  
My home  
My cup of tea,  
just the way I like it

Home care from  
Bluebird Care

020 7603 9575

kensingtonandchelsea@  
bluebirdcare.co.uk



The Key Safe Company  
allows access at the  
point of need

The Key Safe Company is the market leader of mechanical security access products, having revolutionised the way in which people can access properties safely and securely.

Its leading Supra C500 key safe is a locked metal box, which provides a secure method of externally storing keys to the exterior of a property. The Supra C500 can hold up to five keys and is regularly used by carers, relatives, healthcare and telecare professionals to gain access to a home.

As the UK's only Police accredited mechanical key safe tested on outside walls, the Supra C500 has an LPS 1175: Issue 6, security rating 1 certification from The Loss Prevention Certification Board (LPCB), the leading international Certification Body in the fields of security and fire protection. Recognised by Secured By Design, as well as leading home insurance companies, the product has undergone rigorous tests devised by security experts to demonstrate a comparable attack resistance to a front door.



For more information  
about the C500 visit  
[www.keysafe.co.uk](http://www.keysafe.co.uk) or call  
The Key Safe Company  
direct on 01905 770333



## Worried about memory loss?

Kensington's Bupa Cromwell  
hospital offers:

- Assessment and early diagnosis of dementia and other memory related conditions
- Same-day diagnostic tests
- Service available to everyone, whether using health insurance or self funding



For further information contact:  
020 7460 5773

or email [memoryclinic@  
cromwellhospital.com](mailto:memoryclinic@cromwellhospital.com)

[bupacromwellhospital.com/  
memoryclinic](http://bupacromwellhospital.com/memoryclinic)



## Dare to be different...



of  
**Oliver  
Fisher  
Solicitors**

Property Litigation  
Conveyancing  
Landlord & Tenant  
Commercial Property  
Employment Law  
Family Law & Divorce  
Family Mediation  
Commissioners for Oaths  
Will, Probate and Estate Administration

2nd floor, Astley House, 33 Notting Hill Gate, London W11 3JQ  
020 3219 0145 | [advice@oliverfisher.co.uk](mailto:advice@oliverfisher.co.uk) | [www.oliverfisher.co.uk](http://www.oliverfisher.co.uk)

...not all law firms are the same

Oliver Fisher is authorised and regulated by the Solicitors Regulation Authority (SRA) | SRA no. 00048312

**GinSen**

Promoting health and wellbeing  
for the over 55s since 2002

- Acupuncture
- Therapeutic Massage
- Herbal Medicines

Contact us for more information on:

📞 Chelsea: 0207 751 5606

📞 Kensington: 0207 937 7968

✉ Email: [info@ginsen-london.com](mailto:info@ginsen-london.com)



# THE MAN WITH THE VAN

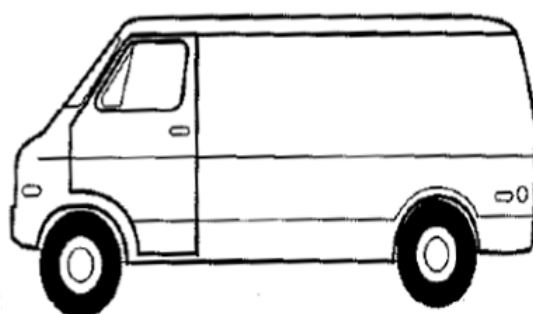
Light Removals & Deliveries

Seven days a week

Fully Insured

Local or Long Distance

CALL **07960 987 769**







# We're Open Age

We know life doesn't have to stop when you get older. That's why we work with you and others over 50 to create chances to work, learn, take part, and stay healthy in body and mind.

IT courses, socials, trips, lunches, and much more.

Join us by becoming an Open Age member - it's completely free. Call us on **020 8962 4141** or go to **www.openage.org.uk**

We provide around 400 activities every week, including creative and performing arts, employment support, physical activities,



## Get back into a healthy, active life

**Would you like to take part in leisure activities whilst making new friends, but are not sure how to?**

Whatever's holding you back, we're here to give you support on getting started with our exercise groups, arts, language and computer courses, social groups, lunches, trips and much more.

**Would you like to go to a choice of low cost/free activities near where you live, but don't feel ready?**

Whatever the difficulty, big or small, call **Catrin** or **Donna** on **020 8962 5584** or email **cevans@openage.org.uk**.

Open Age's LINK UP service is especially for you, if you are finding it difficult to get to one of our activities.



## Healthy Lungs Exercise Class

Open Age offers structured exercise classes for people who have a diagnosed lung condition and difficulties breathing. They are suitable for beginners, with chair based exercises available.

**Timetable:**  
**Westway Sports Centre**, 1 Crowthorne Road, W10 6RP Tuesdays 10:30am - 11:30am

**Earls Court Health & Wellbeing Centre**, 2b Hogarth Road, SW5 0PT Fridays 10:45am - 11:45am

For more information and to book a place, please contact Hansa on **hbhodia@openage.org.uk** or call Open Age on **020 8962 4141**

**Second Half Centre, St Charles Hospital**, Exmoor St, W10 6DZ Fridays 2:00pm - 3:00pm





**'Fascinating...a treat' -  
Sunday Express  
'Endlessly insightful' -  
Time Out**

Combine with a delicious  
two-course lunch or  
afternoon tea for a  
fantastic day out at the Hall

**Call: 020 7959 0558  
royalalberthall.com**



**Royal Albert Hall**



**TOURS**  
GUIDED GROUP TOURS

## Managing Your Festive Finance

**28% of consumers who responded to a consumer confidence survey in September 2017, said they felt that they were worse off than they were a year ago.**

*Mintel's Consumer Confidence tracker [www.mintel.com](http://www.mintel.com)*

In the current climate of austerity, it's not surprising that people feel they have less spare cash. As the festive season approaches, we all know how additional spends can really stretch the family purse.

Helen Mason, CEO of Your Credit Union comments, "Christmas is an expensive time for most people; irrespective of their income or circumstances. The desire to make things special for children and relatives, with presents, celebratory food and drink, added to travel costs to meet up with friends and relatives can easily blow the budget. She added, "Many people we come across at our outreach sessions admit that their solution is to max out the credit cards; knowing that they will face higher repayment charges in the New Year. Other people we meet think that their only alternative is a payday loan or worse, an illegal money lender."

The staff team at Your Credit Union are here to help. Your Credit Union offers a credible alternative to help families manage their money better and in particular to survive the Christmas budgeting period. As one of over 300 credit unions in England, Scotland and Wales, Your Credit Union is your local

community bank, providing affordable loans and regular savings options to anyone living or working in Kensington and Chelsea, Hammersmith and Fulham, Westminster, the City and the rest of Greater London.

The credit union offers a number of affordable alternatives to support people to plan their festive spending.

Your Credit Union offers loans to both new customers and exiting members from £100 to £7,500, (depending on affordability and personal circumstances).

With decisions generally within 2 working days, interest charged only on the outstanding balance of the loan and a repayment period of up to 5 years, a credit union loan is often more affordable than you might think. A credit union loan is a good way to spread the cost of Christmas or New Year outgoings.

For example, a credit union loan of £1,050 could be paid back over 24 months at just £14.18 a week or £62 a month. The total repaid, including interest would be £1,487 over 2 years. Repayments can be made from your wages or by benefits transfer.



Alternatively, new and existing credit union members can open a 'Christmas account' and put away a small amount each week or month running up to Christmas, when they can withdraw the funds. All money saved in a credit union is protected by the Financial Services Compensation Scheme up to the value of £75,000 per person.

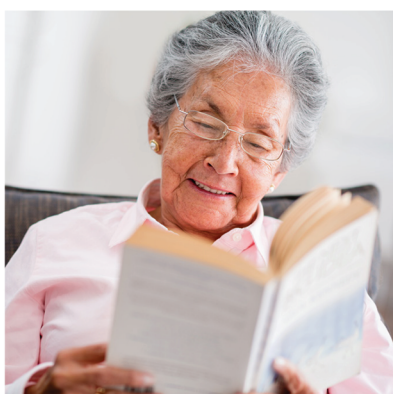
This is exactly the same level of protection as savings in a bank or building society.



**To find out more about credit union savings and loan options call or email the team to make a loan appointment or request application details or drop into one of their regular pop-ups across the borough for an informal chat.**

Your Credit Union is the trading name of K&C Credit Union Ltd - authorised and regulated by the Financial Conduct (FCA) and Prudential Regulatory Authority (PRA) - Firm no 564084.  
T: 020 7605 6341 E: [info@yourcu.co.uk](mailto:info@yourcu.co.uk) Web: [yourcu.co.uk](http://yourcu.co.uk)

## Your home from home



The Chiswick Nursing Centre offers a welcoming and caring environment for older people and for those who are now too frail or ill to continue living in their own home. Our dedicated, fully qualified staff offer the highest standards of person-centred, residential and nursing care.

Our experienced staff appreciate that no-one's needs remain the same over time, so we tailor our care to your changing requirements. You can rest assured that you or your loved one are in the safest hands and will be treated professionally, with dignity and compassion.

We are registered and inspected by the Care Quality Commission (CQC). Referrals can be made personally or by GPs, consultants or by your Health and Social Services team.

In addition we can help with a range of other care needs:

- ✓ Long-term care
- ✓ Short-term respite care
- ✓ Palliative care
- ✓ Care for younger people with disabilities
- ✓ Outpatient physiotherapy

The Chiswick Nursing Centre is a dynamic environment with many events and activities arranged each week. Mealtimes are important, social occasions and we pay great attention to ensuring that our food is both nutritious and delicious.

In addition, we have an on-site physio gymnasium, internet café, occupational therapy kitchen, snoezelen therapy room and hairdressing salon.

To arrange a visit or to find out more information call **020 8222 7800**

or email [enquiries@chiswicknursingcentre.co.uk](mailto:enquiries@chiswicknursingcentre.co.uk)