

The Love Edition!

Our General
Election Hustings

Dating, Sex and
Relationships in
Later Life

Services for Older
People
Upcoming
Activities & Events

February to March 2020

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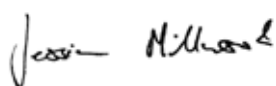
A Very Warm Welcome to the **Love Edition** of the Age UK Kensington and Chelsea Newsletter! One of the highlights of this Season is our Valentine's Concert and Party. This year's event will be held at St Cuthbert's Church on the 14th February from 2pm-4:30pm. We're really excited about the performances and look forward to seeing lots of you there! Last year we thought about how Valentine's Day is often about love on an individual basis, but how at Age UK K&C we also think of love across the community, bringing people together. This year, lots of our members have been telling us that they feel concerned about growing isolation and loneliness in younger people, and how they would like to reach out and show in tangible ways how communities can be more connected. We'll be making this the theme of our event this year.



We've been looking at lots of different aspects of Love for this edition, ranging from the experiences of an Older Gay man and how things have changed for the LGBT+ community over the last decades, to finding new love in later life and how to safely enjoy sex. I'm really grateful to our Chair, Martin Pendry and one of our other Trustees, Chris Morgan for writing this article, particularly as Sexually Transmitted Infections are on the increase in those over-65. Sex has lots of benefits for health and wellbeing but it can be hard for people to talk about or to seek help to make sure you are keeping safe. We hope that by writing so openly about this issue, it will help to overcome some of the stigma that still remains around sex and give some helpful tips about how to stay safe.

Finally, I wanted to let you know that we are starting to think about our Strategy and Plan for the next three years. It's really important to us that you are all involved in shaping that, and we'll be launching the 'Big Chat' shortly, with lots of ways for you to let us know what you think should be our priorities. I can't wait to hear all your thoughts and ideas!

Best wishes,



Jess Millwood, CEO

The Hustings



The General Election Hustings held by Age UK Kensington & Chelsea, in partnership with The Pepper Pot Centre, Musawa and Al Manaar, was a great success. It was held at the Tabernacle on the 28th of November 2019, providing a great opportunity for older people's voices to be heard.

We hosted candidates from the Conservative and Unionist Party -Felicity Buchan, the Labour Party - Emma Dent Coad, the Brexit Party - Jay Aston Colquhoun, the Liberal Democrats Party -Sam Gyimah and the Green Party - Vivien Lichtenstein. This was all chaired by Adam Payne, senior political reporter at news website Business Insider; who did an excellent job in ensuring that many questions were answered.



We had a great turnout, with over 120 people in attendance, all of whom were there to address the issues that older people in Kensington & Chelsea face and to question the candidates for Kensington on how they intend to tackle these issues. A range of topics were covered, ranging from social care, the TV licence, 5G, Brexit and much, much more.

We have had positive feedback from many people who attended the Hustings; they found the event insightful and it also helped some decide who to vote for.

Dating in Later Life



As we get older, we still have a need for closeness and companionship. Many older people find themselves newly single, or simply decide that now is the time to find a partner. Whether you're separated, bereaved, or have been single for some time, it's never too late to start a new relationship.

How do you know if you're ready to start dating?

It's not unusual to feel lonely, particularly if you've just lost a partner or decide to go your separate ways. You may have more free time and want to share that time with somebody, or you may miss having physical contact.

The thought of meeting someone new can be daunting, especially if you have spent many years in the same relationship or been on your own for a long time.

Moving on from a previous relationship

If you're newly single, it may mean coming to terms with the end of your previous relationship. Everyone responds differently to the end of a relationship, and it takes some longer than others to recover, but it's important to give yourself time and support to process your feelings.

Coping with the loss of a partner

If you've been bereaved, you may need to give yourself a chance to adjust to what has happened and the changes in your life. See Age UK's page on bereavement for more information about coping with loss at: <https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/>

Where can you meet new people?

If you feel ready to think about starting a new relationship, be assured there are many ways you can do this. Trying new activities and/or volunteering is a great way to make new friends, learn different things and have fun.

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Looking After Your Sexual Health

Written by Martin Pendry (AUKC Chair) and Chris Morgan (AUKC Trustee)

'The right to the highest attainable standard of health, including sexual health; with the possibility of pleasurable, satisfying, and safe sexual experiences.'

Everyone has the right to the highest attainable level of health and wellbeing in relation to sexuality, including the possibility of pleasurable, satisfying, and safe sexual experiences. This requires the availability, accessibility, acceptability of quality health services and access to the conditions that influence and determine health including sexual health' (World Association for Sexual Health)

This and other declarations have supported the significant albeit slow changes in attitude to sex and sexuality. However, alongside these changes is the need to ensure that there is the knowledge and information to ensure that individuals can keep themselves and their sexual partners safe.

Age UK conducted a research project and found that for those aged 65 and over, the rate of Sexually Transmitted Infections (STI) rose by 23 per cent between 2014 and 2018.

A further report from Public Health England made a case for better sexual health services and education, as virtually every age group saw a rise in most infections. In the sample studied in this report, gonorrhea and chlamydia saw the most significant proportional increase in people over 65. In this report cases of gonorrhea increased by 42% and chlamydia by 24%.

So, why are there more older people with STIs?

In short, the answer is increased divorce rates often leading to more new partners and of course bereavement. Although divorce is decreasing across the wider population as a whole, divorce rates in

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later life are doing the opposite and increasing. Following a divorce or bereavement and with the change in attitudes, more older people are entering new sexual relationships. One study showed that more than 80% of those aged 50-90 are sexually active.

It is getting easier for older people to date and find casual sex partners using social media and dating apps. For some, it may be the first time having multiple short-term partners or being able to experiment with their sexuality and sexual fantasies in a society where attitudes to sex have changed.

As much as sex has huge and proven benefits for health and well-being, it is still crucial that everybody including older people take responsibility for their health and be aware of the effects unprotected sex can have on their overall health and that of their partners. Research has shown that older people are more likely to start having sex with a new partner earlier in a relationship than their younger counterparts and this is an indicator of increased risk of STIs.

Many older people missed out on sex education as teenagers or were taught dated ideas around sex and relationships. Condoms, when they were first sexually active, were different from the ones we have today; modern versions come in various sizes, textures, thicknesses and flavours. It is unlikely that people over 65 would have been taught about LGBTQ+ sex and relationships in a school environment. Thus they may be unaware, as many young people still are, of the STI risk involved in oral and anal sex, as well as vaginal.

Much of sex education and sexual health information from the 1960s focused on pregnancy prevention, with the advent of the oral contraceptive pill bringing about a 'sexual revolution'. Moving into the 1980s, sexual health campaigns focused on HIV and AIDS, mainly targeted at gay and bisexual men, meaning that much of the general public viewed themselves as exempt from this risk. We continue to see the late diagnosis of HIV with its associated poorer outcomes among older people as they consider their risk of contracting it as minimal. With the population growing older and living longer, society and healthcare professionals need to recognise that older people remain sexually active and need to be advised and informed about sexually transmitted infections, how to recognise them and how to prevent them.

Clinical staff often do not ask older people about their sex life and so do not get a full clinical picture of older patients when assessing them. Clinicians often assume that their older patients are not sexually active, are already informed or do not feel comfortable discussing sexual health issues. The opportunity to give safe sexual health advice is therefore missed. It is important that sexual health is discussed as

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there are some health conditions that can have an impact on sexual function, and symptoms of STIs can be mistaken for other conditions. Clinicians can also help, advise and often provide treatment for other things that may sometimes cause difficulties for older people such as vaginal dryness and erectile dysfunction.

Getting tested - things have changed

Older people may feel that using sexual health clinics and services can be embarrassing. Many services are targeted at increasing the number of young people getting tested for STIs and having safe sex, which can mean that a 70-year-old may be sitting in a waiting room with a group of teenagers. They may feel judged for going to get tested, as outdated stereotypes wrongly suggest that older people shouldn't or can't have sex.

It is important that you seek help if you think you have an STI, both for your own sexual health and wellbeing and that of your sexual partners. Untreated STI can become serious over time. If you feel you cannot consult your GP you may wish to visit a sexual health or genitourinary medicine (GUM) clinic specialising in sexual health, which can provide tests and treatment for many STIs. When you go to a sexual health clinic you'll be asked for your name and some contact details, you don't have to give your real name if you don't want to although if you do, it will be kept confidential. However, it is important that you give correct contact details and permission to contact you should any test results be positive. Be assured that any information you give is completely confidential, and your GP won't be told about your visit without your permission. The clinic will ask how you want to receive your results. They can usually be given to you over the phone, by text, or in an unmarked letter.

You may wish to travel away from your local hospital to a clinic such as Sexual Health, South West London, Falcon Road Clinic, 160 Falcon Road, Wandsworth SW11 2LN. The clinic is just next door to Clapham Junction Station so close to local buses and the Overground.

Sexual Health London is a new online sexual health service for people who want a straightforward and convenient test for sexually transmitted infections without needing to visit a clinic. Patients register at <https://www.imperial.nhs.uk/our-services/sexual-health-and-hiv> .If this is the right service for the patient, a free kit will be posted out so they can collect samples and return them to the lab for testing – The patient will receive the test results within a few days. Alternatively, a self-testing kit can be picked up from sexual health clinics.

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The overall message is: enjoy your sexual relationships regardless of age but also ensure that you are protecting the health and wellbeing of you and your sexual partners.

Online Dating

Online dating is one of the most common ways to meet a partner and some dating sites are specifically aimed at older people. However it can all get a little bit overwhelming so here are a few steps to help you navigate the online dating scene.!

Step 1: Find the right website for you

There are lots of dating websites to try, however which one is the right one for you? There are plenty of specialist sites that cater to specific interests and/or backgrounds, such as faith or ethnicity. Most dating websites can be used to find a LGBTQ (lesbian, gay, bisexual, transsexual, queer) partner, but there are also specific LGBTQ websites as well.

Step 2: How to register on a website

Some dating websites let you register for free whereas others require monthly/yearly subscription fees, therefore it is a good idea to check out different websites before choosing one to try. You also have the option to register to several at once.

Step 3: How to create a profile

For most dating websites you will need to create a personal profile, which other users will be able to view. You can add photos, write about your interests and indicate what type of person you would like to meet. The more information you include the easier it is for people to see what you are like and whether you are a good match. However make sure not to include any personal/private information on your profile.

To add photos online you need a digital camera or a smartphone. If you don't have one, ask a friend or relative if they can help.

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Step 4: Sending messages to people you want to get to know

Once you have set up a profile, you'll be able to send and receive messages. It can be exciting to find people with similar interests and/or hobbies and to receive messages and emails from them.

Take the time to exchange messages with someone, to help you work out if you like them enough to arrange a phone call or face to face meeting. It's a good idea to speak to someone on the phone a few times before you meet them. This will give you a better idea of their personality and whether or not you want to get to know them more.

Just remember there's no rush—take your time to be sure it feels right before you get serious with someone.

For more advice visit the Age UK website at: <https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/dating-in-later-life/lumen-interview/>

Coping With Loss

Coping with the death of a loved one can be extremely hard. You may be dealing with lots of different emotions, finding it hard to process them and having difficulties moving on, as grief can make you feel many different things. It's important to remember that these feelings are not bad or wrong. They are a normal part of bereavement, and there are no quick answers to how you might be feeling.

Coping with fear

Feeling fearful and anxious is natural – your familiar world has been turned upside down. You may feel that you have little control over your life, your thoughts and emotions. This is likely to make you feel vulnerable and afraid. But as you get used to coping, in time, you will begin to feel more capable of dealing with your changed circumstances.

Something that might help: If you are feeling overwhelmed by fearful thoughts or anxiety, it could help to talk to someone about how you are feeling. It can take a lot of courage to admit you're struggling, but don't keep it to yourself.

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Coping with emptiness and depression

Feelings of depression and emptiness can hit you when the reality of the death begins to sink in. Although it may feel almost unbearable at the time, this seems to be a period when some inner healing takes place. Afterwards, people say they feel lighter, more in control of their lives and better able to look forward.

Sadness is a natural response to bereavement, but some people may become depressed. You don't have to try to cope on your own and help is available.

Something that might help: You can talk to your doctor at any time, in complete confidence. They won't judge you – they're there to listen and help you get back on track. Remember that you can phone Samaritans, day or night, on **08457 90 90 90**.

Coping with anger

You may feel anger at the injustice of your loss, or at the lack of understanding in others. You might be angry at yourself and at the person who died, who has left you feeling abandoned, frightened and alone. These feelings are normal.

Something that might help: Don't bottle up your feelings – try to think about the reasons for your anger. Talking about your feelings with someone who isn't emotionally involved in your loss or just writing it down your thoughts can help. It's not always easy to open up about our feelings, but there's a lot of truth in that old saying 'a problem shared is a problem halved.'

Coping with guilt

Some people experience feelings of guilt when someone dies. You may find yourself wondering if you could have done more to help, or feeling guilty about something you said or didn't say to them when they were alive.

Something that might help: Guilt is a natural emotion after bereavement, but it's important not to dwell on things in the past that you can't change. Try not to be too hard on yourself or anyone else. You can talk to a friend or an objective party to give you a different perspective.

Coping with loneliness

You may feel as though the person who died has left a big hole in your life, and this can leave you

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feeling lonely, especially if you spent a lot of your time with them.

Something that might help: Make the most of opportunities to spend time with other people and keep in touch with friends and family.

For more information go to: <https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/>

From a Different Perspective

Tony* arrived in the UK in the 1960's and has lived in Kensington & Chelsea for more than 50 years. He travelled to the London area in his early 20's due to economic reasons and an interest in learning English.

He identifies as a gay man, however he does not feel that his sexuality defines him; it is just an aspect of him, the same goes for his age, as being 70+ doesn't change the fact that he is a social

person, who enjoys going out to events, on walks, to the cinema and theatre. He is also someone who values his independence and likes to be active as he used to go swimming regularly, though due to health reasons he has had to slow down. However there are limitations bought on by age, as "you can't do the same things as you did when you are young," as your stamina for staying up late can decrease and sometimes your health can have restrictions on what you can do.

When referring to his childhood, at the age of 12-14 Tony began to notice his sexuality; he was attracted to men, however this was not socially accepted at the time. Tony had to figure out his sexuality by himself as "there was little help and information about".



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London in the 60's

After moving to Kensington & Chelsea, most of Tony's life was concentrated on work, he had very little time for himself and therefore he was less involved in the gay community; however he did make friends and has had relationships.

During the 60's being gay was not legal so people had to be careful about their sexuality and relationships. It was not something that could be openly expressed as it is now. Under law people could and would be prosecuted for being gay. They were even actively pursued by the police, who were referred to as the "agent provocateur" as they would dress in plain clothes and lure men to arrest them.

What are the differences now?

Tony noted that not a lot of things are the same - in a good way as people are more open and accepting, so you are not automatically judged by your sexuality.

The attitude of the younger gay community has also changed as they have the confidence to go any place to socialise, they do not have to go the gay pubs/clubs to feel accepted. This is due to the attitude of people in general being more accepting.

Tony went on to say that most of the gay pubs and clubs around London have closed down, especially the one in Marble Arch which was aimed at the more mature gay person.

Religion

As a Catholic Tony still regularly goes to church to pray, as he is still deeply connected to his faith as it has helped him overcome many obstacles throughout his life, this is because "the church can't dictate someone's relationships as it is more about my conversation with God that is important."

Dating

As Tony is looking for friendship and companionship more than a relationship, he has not noticed much of a difference in the dating scene. He does note that it is more convenient to meet new people due to technology, such as dating apps, that are out there.

One of Tony's friends' is actively dating and uses a dating app. They like to meet people at a neutral

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place like coffee shops to talk to them face to face and get to know them, “to see if there is chemistry,” as it’s a safe way to get to know people, without feeling pressured.

Some advice Tony gives to those who feel ready to get back into the dating scene is “don’t feel pressured, meet different people, do different things and you might find more people like you.”

He notes that one reason that older people find it hard to get back into the dating scene is because they “feel self-conscious as they are unsure if they would fit in”, however he suggests that they should not “feel pressured to form relationships, look for companionship” and “concentrate on being positive.”

***Tony is not his real name, this person wishes to stay anonymous**

Answers to the Puzzle page - no cheating!

4	3	9	2	5	7	8	6	1
8	5	6	1	4	3	2	9	7
1	2	7	9	8	6	3	5	4
7	9	1	5	2	8	4	3	6
3	4	5	7	9	6	1	2	8
9	8	2	4	3	1	6	7	5
5	1	3	8	9	2	7	4	6
2	7	4	6	1	5	9	8	3
6	9	8	3	7	4	5	1	2

J	I	L	D	W	D	M	P	T	J	F	Z	S	S	O	Z	X	N	W	P
C	I	M	A	J	J	G	I	B	H	X	E	A	I	J	V	W	L	C	P
S	E	N	I	G	H	I	S	T	H	G	I	N	K	E	S	V	T	V	A
O	G	O	A	P	I	E	W	H	I	T	E	C	H	A	P	E	L	G	S
S	N	H	X	Q	H	N	S	B	Z	B	M	H	A	I	X	H	Q	H	N
P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A
H	W	I	G	N	V	R	I	G	N	E	A	S	D	E	N	A	P	A	P
O	R	O	K	M	H	N	A	J	N	O	D	E	L	B	M	I	W	X	
X	L	J	O	E	P	W	S	I	T	B	A	Y	J	G	B	P	K	M	D
S	B	Y	L	M	R	T	O	C	K	L	K	N	Z	Y	A	E	L	E	B
S	O	H	R	X	E	O	G	R	A	Y	B	I	B	L	N	W	X	R	E
M	R	F	E	R	I	K	M	Q	R	F	G	M	A	S	K	J	H	S	K
Q	N	Z	T	U	J	O	C	N	O	T	G	N	I	D	D	A	P	M	O
I	K	S	A	V	A	F	B	A	S	E	N	L	F	M	Z	Y	I	K	S
S	Y	O	W	E	D	T	P	U	K	T	G	Z	C	P	I	Z	T	K	S
C	I	W	A	P	P	I	N	G	R	T	S	L	S	Z	C	J	O	H	K
Y	L	I	A	W	M	Y	L	B	O	P	B	I	M	N	Q	I	J	W	Y
F	C	T	L	W	E	I	N	E	H	E	V	F	U	S	X	Q	M	F	
I	B	N	I	X	M	L	X	K	A	Y	E	T	A	G	R	O	M	I	
A	C	N	M	L	T	S	O	D	M	O	N	U	M	E	N	T	R	O	N
H	U	J	V	H	R	U	J	E	Y	A	W	H	C	R	A	Q	H	I	

Cumberland Sausage / Chordonay / Fish and chips / Beef Casserole / Togliatelle / Toblerone / Watermelon

ANAGRAM Answers:

Puzzle page

WORD SEARCH - Can you find the Underground stations?

Words go up, down, forwards, backwards and diagonally!

O H U J V H R U J E Y A W H C R A Q H I
A C N M L T S O D M O N U M E N T R O N
B N I T X M L X K A Y E T A G R O O M I
Y C T L W E I N E H E V F U U S X Q M F
L I A W M Y L B O P B T I M N Q I J W Y
I W A P P I N G R T S L S Z C J O H K C
Y O W E D T P U K T G Z C P I Z F T K S
M C A A V A F B A S E N L F M Z Y I K S
N Z T U J O C N O T G N I D D A P M O Q
R F E R I K M Q R F G M A S K J H S K M
O H R X E O G R A Y B I B L N W X R E S
B Y L M R T Q C K L K N Z Y A E L E B G
L J O E P W S I T B A Y J G B P K M D X
O R O K M H N N A J Y N O D E L B M I W
H W I G Y N V R I G N E A S D E N A A P
E L P M E T B Z B M H A I X H Q X H N S
S Q X A P I E W H I T E C H A P E L G O
V T V V C E G D I R B S T H G I N K E S
P K K A J J G G I B H X E Y I J V W L C
P W N G X Z O S S Z F J T W D M P T I J

ANGEL
ARCHWAY
ARSENAL
BANK
BARBICAN
HAMMERSMITH
HAMPSTEAD
HOLBORN
KENSINGTON
KNIGHTSBRIDGE
MONUMENT
MOORGATE
NEASDEN
PADDINGTON
PIMLICO
STANMORE
TEMPLE
WAPPING
WATERLOO
WESTMINSTER
WHITECHAPEL
WIMBLEDON

Food and Drink Anagrams

use the letters to make the words that solve the clues!

SUGARED AMBULANCES - (A cylindrical meat product)

NO HANDY CAR - (a wine variety)

PINCH HIS FADS - (a British staple)

FLEECES SO BARE - (a meat stew)

A LEGAL TITLE - (Italian)

OR BET NOEL - (chocolate bar)

MEAN TROWEL - (refreshing)

All answers
on page 14

Sudoku

					8		6
						7	
			2		8	3	
	7	6		3			
8	2						4
	3						
4							1
			3	4			5
1		8		5		6	

A number may not appear twice in the same row or in the same column or in any of the 3x3 subregions

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Age UK Kensington & Chelsea is an independent, local charity working at the heart of the community to ensure older people's voices are heard, their needs are met and their independence is supported. We make a real difference to the lives of thousands of older people in our borough by providing practical and emotional support.

Services

Information & Advice

Age UK Kensington & Chelsea offers a free and confidential information and advice service for older people, their families and carers.

We can provide assistance with a number of issues including:

- Benefits and income maximisation - we can help make sure you are receiving everything you are entitled to.
- Health and disabilities
- Housing
- Social care needs
- Advice on energy efficiency and fuel poverty - we may be able to help if you are struggling to pay your energy bills
- Assistance with form filling

We provide a generalist information and advice service, as well as casework to deal with more complex enquiries. **Please note: we do not provide advice on immigration or consumer debt.**

How to access the service:

We offer appointment, telephone, outreach and home visit services.

Our Information & Advice office is based on the ground floor at 1 Thorpe Close, London, W10 5XL. Telephone advice is available Monday to Friday, 9:30am - 5pm (closed for lunch 1-2pm), depending on the availability of our advisers. Please call **020 8969 9105** and ask for the **Information & Advice team**.

Volunteering with Age UK Kensington & Chelsea

Volunteering is an excellent way to give back to your community and gain new skills. There are lots of different ways you can get involved as a volunteer. Depending on the project, we will ask for a short, medium or long term commitment. You will have the opportunity to meet new people and the pleasure of knowing you are helping others who need it.

Anyone who is over the age of 16 with time to spare is welcome to apply to be a volunteer. Our volunteers are as diverse as the community we serve, ranging in age from 16 to 92. All you need is enthusiasm and a bit of time and we will provide the rest!

Therefore if you would like to get involved or find more about it, please contact **Teresa Pope** on **020 8969 9105** or by email volunteer@aukc.org.uk.

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Dementia & Memory Loss

If you, or someone you know, are aged over 55 and a Kensington & Chelsea resident living with dementia or memory difficulties, we can offer support and advice in a range of ways, both in groups and on a one-to-one basis.

Group Support

Memory Cafes

Our Memory Cafés are monthly gatherings for people with memory difficulties and their friends and family. They provide a great opportunity to socialise and lunch is provided. It is a safe place to connect, socialize, share resources, create and support one another.

To find out more and to arrange transportation, please contact **Mandy Andrews** on **020 3181 0002** or email at mandrews@aukc.org.uk

Date	Event	Venue
4th February 2020	RIBA visiting	St Peter's Church, Kensington Park Road, W11 2PN
28th February 2020	RIBA visiting	Cremorne Club Room, Millman's Street, SW10 0BY
3rd March 2020	Chair Yoga visiting	St Peter's Church, Kensington Park Road, W11 2PN
27th March 2020	Royal Parks with Resonate Arts visiting	Cremorne Club Room, Millman's Street, SW10 0BY

Exercise for the Mind

Our Exercise for the Mind project is a twelve week group exercise course for people with dementia and memory loss. These sessions are held on a weekly basis and make up a structured programme designed to improve mobility, whilst also providing the opportunity to socialise and enjoy yourself. For more information about Exercise for the Mind, contact **Jo Reilly** on **020 3181 0002** or email jreilly@aukc.org.uk.

We are currently able to provide transport to both of these groups for those who need it.

One to One Support

Dementia Support Workers make weekly visits to people with dementia to support you to pursue your interests, maintain independence and retain social contacts.

Dementia Advisors: If you have been recently diagnosed with dementia, our Dementia Advisor can provide support to you and your carers or family to navigate local services.

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For more information on one-to-one support, contact the Dementia team on **020 3181 0002** or email dementia@aukc.org.uk.

Simple DIY service

Our Practical Help service is open to Kensington & Chelsea residents over the age of 55 who need some help with small tasks around the house. This service is free of charge, however donations are always welcome.

Which jobs can our Practical Help volunteers help with? Examples include:

- Fitting spyholes and door chains on your front door (people who live in sheltered accommodation will need to ask for permission from the housing provider before fitting a door chain)
- Hanging mirrors and pictures
- Fixing hinges in cabinets or cupboards
- Fitting curtain rails on the wall
- Taking down your curtains and putting them back again after they have been washed
- Putting up shelves
- Assembling flat pack furniture
- Simple draught proofing of doors and windows
- Packing draught proofing of doors and windows
- Replacing lightbulbs and fuses

Please note our volunteers cannot carry out any tasks for which you would need a professional electrician, plumber, decorator, carpenter or locksmith.

If you would like more information, contact **Guy Simpson** on **020 8969 9105** or email gsimpson@aukc.org.uk.

Befriending, Escorting, Exercises At Home and Walking Support.**Escorting**

If poor mobility prevents you from getting out and about, our volunteer Escorts may be able to help by lending an arm or pushing your wheelchair.

The Escorting service is open to people aged 55 and over who are residents of Kensington & Chelsea, who need a bit of help getting to a one-off appointment or visit.

Where can I go with a volunteer?

Our volunteers can help you get to a range of destinations on foot, by taxi or on public transport, including:

- Doctors' or hospital appointments
 - To the shops - for groceries, clothes etc. (please note volunteers cannot do your shopping without you)
 - The bank or Post Office
 - Other appointments e.g. hairdressers'
-

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- To activities and events, for example concerts or exhibitions

If you would like more information about our Escorting service, please contact **Will Porter** on **020 8969 9105** or email wporter@aukc.org.uk.

What is befriending?

Our Befriending volunteers help to combat loneliness and isolation by making regular visits to older people in their homes, providing companionship and a listening ear.

Who is the service for?

This service is open to residents of Kensington & Chelsea who are aged 55 and over. If you find it difficult to get out and about, and are on your own for long periods of time, a volunteer befriender could be right for you.

If you think you or someone you know would benefit from a volunteer Befriender, please contact **Will Porter** on **020 8969 9105** or email wporter@aukc.org.uk.

Exercises At Home and Walking Support

Participating in a series of chair based exercises in your own home or being accompanied on a short walk in your community with an assigned volunteer for an hour per week for ten weeks.

Seated Exercises

If you struggle to exercise on your feet due to a long-term illness, seated exercises can improve your mood and is found to be beneficial for your mental health. A series of repetitive movements while sitting down will help improve your posture and balance. You can also use resistance bands to strengthen your muscles if you feel ready.

Walking Support

Walking support can help to increase confidence and fitness levels enabling the person to move on to other physical activities. The regularity of the walks can facilitate an improved sense of wellbeing as it will provide a regular opportunity to leave their home and to socialise with other people.

Exercise improves the strength and tone of your muscles. This means you are less likely to have an accident or a fall and injure yourself. As well as these benefits, regular exercise can help:

- Your ability to continue with everyday activities and be independent
- Your brain - how well it works and your memory
- Your sense of wellbeing and self-esteem

If you feel that you would benefit from our services and are registered with a GP practice all you have to do is get in touch with your local Health and Social Care Assistant or contact Age UK Kensington & Chelsea who will register you onto the system and a member of the Age UK K&C team will be in contact to arrange an assessment date and visit.

If you would like more information, please contact **Ranvir Ryatt** or **Jo Reilly** on **020 8969 9105** or by email at rryatt@aukc.org.uk / jreilly@aukc.org.uk.

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Macular Support Group

The Kensington Macular Support Group meets second Thursday of each month between 1 and 3:00 pm at the Essex Unitarian Church, 112 Palace Gardens Terrace, W8 4RT.

February 13th: Zoe Dafnomilis from Blindaid will talk about the services the provide.

March 12th: Luke Hoare, will demonstrate the features of the Amazon Echo that can support people with low vision.

Contact **Kate Nash** on **0208 969 9105** or by email knash@aukc.org.uk for details.

Get Together for Carers

Are you caring for another person who has a long term health condition? Age UK K&C organizes events for carers. Respite care is available.

Time and location varies. Events include information workshops, visits to art galleries, guided walks and coffee meet ups. There is also a support group for male carers.

To find out more or put your name on the mailing list: Contact **Kate Nash** on **020 3181 0002** or by email knash@aukc.org.uk



Tuesday February 25th 2020, 10:30 am to 12 noon

Visit to Tate Britain with Mary Attwood, art historian and mindfulness teacher

Mary will guide us in a visit to Tate Britain to look at a small selection of inspiring works of art. We will share our reactions to them as well as hearing more about the history of each painting.

Followed by coffee.

Wednesday March 25th 2020, 2:30 pm to 4:00 pm

Guided Tour of the Being Human exhibition at the Wellcome Institute, 183 Euston Rd, London NW1 2BE, Close to Euston Square Tube on the Hammersmith and City Line

This exhibition explores what it means to be human in the 21st century. It reflects our hopes and fears about new forms of medical knowledge, and our changing relationships with ourselves, each other and the world.

The tour will last about 30 minutes. Then you are free to look at other exhibitions and/or have tea and cake in the café. If you want to travel in a group we can arrange that nearer the time.

Tuesday March 31st 2020, 11:00 am to 1:00 pm

Sunita Ahmed from Healthwatch will talk to carers about standards for long term care homes and home care.

Essex Unitarian Church, 112 Palace Gardens Terrace, W8 4RT, close to Notting Hill Tube. Bus routes 52, 452, 328, 28 and 7.

Light refreshments will be available..

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Meet-Up Groups**Peter Jones, Sloane Square in the café on the top floor**

Pop in for a cup of coffee and chat with other carers. Meet second Friday of each month between 10:30 and 12 noon. The dates in 2020 will be Friday February 14th and Friday March 13th. Meet top floor café at the table near the top of the escalator.

Men's Group

Meets first Tuesday of the month at 10:30 am in Café Nero, Ladbroke Grove. The dates in 2020 will be: Tuesday February 4th and Tuesday 3rd March.

Notting Hill

Meets third Friday of the month between 10:30 am and 12 noon at Paul Rhodes Bakery, 26 Notting Hill Gate W11 3HX (Corner of Linden Gardens). The dates in 2020 will be Friday February 21st and Friday 20th March.

If you are interested in attending any of these events, please register by calling **Kate Nash** on **0208 969 9105** or **07508 327970** or **knash@aukc.org.uk**.

Respite Care

Carers can apply for between two to four hours a week of free respite care, so they can have a break.

This service is provided for an initial three month period. Please contact the **At Home** service on **0208 960 8137** or by email at **home@aukc.org.uk** to arrange an assessment. Respite care does not include housework or personal care.

If you would like any more information about any of the events or respite care, please contact me. If you have any ideas for future events for carers let me know and I will try to arrange it.

If you no longer want to receive information about events and activities for carers please let me know and I will take you off the mailing list.

Group shopping trips**How do the group shopping trips work?**

If you cannot use public transport due to disability or frailty, you may be able to join our group shopping trips. Trips are run every Wednesday and Thursday and a minibus will pick you up from your home and take you to a local supermarket.

Who can go on the trips?

The service is open to people who are:

- 55 and over
- Residents of Kensington & Chelsea
- Unable to use public transport and find it difficult to carry heavy shopping bags

How much does it cost? The charge for each round trip is £2 as a contribution for the transport.

If you would like more information about our Shopping Service, please contact **Guy Simpson** on **020 8969 9105** or email **gsimpson@aukc.org.uk**.

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Supermarkets:

5th February	Tesco's Warwick Road
6th February	Sainsbury's Ladbroke Grove
12th February	Sainsbury's Imperial/Fulham Wharf
13th February	Tesco's Warwick Road
19th February	Tesco's Warwick Road
20th February	Sainsbury's Imperial/Fulham Wharf
26th February	Sainsbury's Ladbroke Grove
27th February	Tesco's Warwick Road

4th March	Tesco's Warwick Road
5th March	Sainsbury's Ladbroke Grove
11th March	Sainsbury's Imperial/Fulham Wharf
12th March	Tesco's Warwick Road
18th March	Tesco's Warwick Road
19th March	Sainsbury's Imperial/Fulham Wharf
25th March	Sainsbury's Ladbroke Grove
26th March	Tesco's Warwick Road

At Home Service

With our At Home services you will receive flexible, personalised care within the comfort of your own home. Whether you require short term, occasional or long term support, we can tailor a care package to suit your needs. Our aim is to help you stay as independent as possible in your home. The service is for adult residents of **Kensington & Chelsea**, **Westminster** and **Camden** aged 55 years and over, or who have physical and learning difficulties.

Our dedicated team of care assistants are trained to provide a range of support services including personal care, basic foot care, escorting to appointments, shopping, respite care, post hospital discharge care and light housework. Where possible, we aim to ensure that you receive care and support from the same carer on an ongoing basis, and our carers will always visit for at least an hour to ensure we offer a personalised service that meets all your needs.

Personal care refers to a range of tasks including but not limited to:

- Help with bathing and personal hygiene
- Help getting dressed and personal grooming
- Support moving position to avoid pressure sores
- Help getting in and out of bed
- Incontinence care and catheter/stoma care
- Medication prompting



How much does it cost?

We charge £19 per hour for Practical Support; £22 per hour for Personal Care services. We also offer a Hairdressing service for £22 per hour.

For toenail cutting we provide home appointments for £22 per hour and clinic appointments for £18 per hour. The first appointment will cost £8 extra for a toenail cutting kit, which you are to keep with you for

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future appointments. Each person is required to have their own kit for health and safety.

Who do I contact?

If you would like more information, please contact the **At Home** team on **020 8960 8137** or email home@aukc.org.uk. When you contact us, our care assessor will arrange to visit you at home for an initial assessment to discuss the type of support that would best meet your needs. The assessment will record basic details such as name, address, date of birth, GP details and the type of care needed. Taking into account your routine and preferences, a personalised care plan will be written. The assessor

Donate using Easy Fundraising

Did you know that whenever you buy anything online you could be collecting free donations for Age UK Kensington & Chelsea? There are over 3,000 shops and sites taking part, ready to make a donation and it doesn't cost you anything extra!

Just follow these easy steps:

1. Go to <https://www.easyfundraising.org.uk/causes/ageuukensingtonchelsea/>
2. Click on "support this cause"
3. Login via email or Facebook
4. Shop through the site

Each time you shop using the easy fundraising website, the retailer you shopped at makes a donation to Age UK Kensington & Chelsea, with no extra or hidden charges to you.



Age UK Kensington & Chelsea is unable to provide help in tasks that require expert skills such as plumbing, electrical, decorating (e.g. painting), carpentry, carpets maintenance or installation.

We are also unable to recommend any business in these fields, however you can go to the TrustMarks website at <https://www.trustmark.org.uk/find-a-tradesman>; it is a Government-backed national scheme. Alternatively if you do not have the internet you can contact them via phone on 0333 555 1234.

TrustMarks maintains lists of professional firms that meet the set standards of reliability and professionalism set by the government, however the firms are not necessarily low cost. For more information please contact Trustmark.

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Activities & Events

Our Activities & Events programme is an innovative programme which seeks to bring together communities to engender a sense of belonging. This project helps you to lead a full and active social life by supporting you to join group activities and connecting you with others who have similar hobbies and interests. Whether you want to meet new people, take a trip or learn a new skill, we offer a huge range of events, activities and clubs to keep you busy.

If you would like to join but you lack confidence or find it difficult to get out and about, don't worry - we might be able to help. Just have a chat with the Events team and we'll see what we can do to support you.

General Information

We will be taking **bookings** for outings and events from **Monday 3rd February at 10am**.

Please note that for events or outings which are not free you will need to **pay in advance to secure your place**. Refunds will only be given if spaces can be re-sold or they are cancelled a month before the trip. Occasionally trips can be cancelled or the venue may change the date/time.

If you have any problems on the day of the outing, you can contact us on 07508 342339 (Abi) / 07508 342205 (Ximena)

We are always open to suggestions, so if there is something you really want to do or a place you want to visit, why not let us know and we will see what we can do.

Winter Term: Monday 13th January 2020 - Friday 3rd April 2020

Valentine's Break: Monday 10th February to Friday 14th February (we will run special activities during this week)

Easter Break: Monday 6th April 2020 to Friday 17th April 2020

Group	Cost?	When?	Where?
Italian Lessons (Beginners)	FREE	Mondays, 11am - 12.30pm	Mary Smith Court (17-21 Trebovir Road, SW5 9NF)
Computer Lessons (One to One)	FREE	Mondays, 10.30am- 1pm	Evelyn Fox Court (2 Kingsbridge Road, W10 6QF)
Knitting & Crochet Club	FREE	Mondays, 1pm-3pm	Ormrod Court (71-117 Kensington Park Road, W11 1NP)
French Lessons (Beginners)	FREE	Tuesdays, 10 - 11.30am	Ormrod Court (71-117 Kensington Park Road, W11 1NP)

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Group	Cost?	When?	Where?
Chair Exercises with different Activities	FREE	Tuesdays, 10.30 - 11.30am	Big Local World's End (Unit 8, World's End Place, SW10 0HE)
Chair Exercises with different Activities	FREE	Tuesdays, 11.30 - 12.30am	Pepper Pot (1A Thorpe Close, W10 5XL)
Lunch Club (NEW)	£8.99 (2 Courses - includes a drink)	Tuesdays, 12.30 - 2.30pm	The Blackbird Pub 209, Earl's Court Road, SW5 9AN)
Lunch Club & Bingo	<u>Lunch</u> : £4 Lunch <u>Bingo</u> : 6 games for £1	Second Tuesday of the month, 12.30 - 4pm	Ormrod Court (71-117 Kensington Park Road, W11 1NP)
Chair Exercises with different Activities	FREE	Tuesdays, 2.30 - 3.30pm	Evelyn Fox Court (2 Kingsbridge Road, W10 6QF)
Knitting & Crochet Club	FREE	Wednesdays, 10am–12pm	Big Local World's End (Unit 8, World's End Place, SW10 0HE)
Painting & Drawing	FREE	Wednesdays, 11am - 1pm	Mary Smith Court (17–21 Trebovir Road, SW5 9NF)
Spanish Lessons (Beginners)	FREE	Wednesdays, 12–1.30pm	1 Thorpe Close Meeting Room, W10 5XL
Spanish Lessons (Intermediate)	FREE	Wednesdays, 2–3.30pm	1 Thorpe Close Meeting Room, W10 5XL
English Conversation Lessons (Intermediate/Advanced)	FREE	Wednesdays, 2.30–4pm	Mary Smith Court (17–21 Trebovir Road, SW5 9NF)
French Conversation (NEW) (Intermediate)	FREE	Thursdays, 10am-11am	Thomas Darby Court (133 Lancaster Road, W11 1TT)
Lunch Club (NEW) (Booking in advance)	£5 (2 Courses - includes a drink)	Last Thursday of the month, 12.30 - 1.30pm	Pepper Pot (1A Thorpe Close, W10 5XL)
Lunch Club	£3	Thursdays, 12.45 - 2pm	Queen's Gate School, (133 Queen's Gate, SW7 5LE)

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Group	Cost?	When?	Where?
French Lessons (Intermediate)	FREE	Fridays , 10am-11.30am	Thomas Darby Court (133 Lancaster Road, W11 1TT)
Walking Group	FREE	Fridays , 10am - 2.30pm (except last Friday of the month)	Different Parks
Gentle Yoga	FREE	Fridays , 11am - 12.30pm	Mary Smith Court (17–21 Trebovir Road, SW5 9NF)
Lunch Club (Booking in advance)	£11 (3 course meal & 1 drink)	Last Friday of the month, 12.30–3.30pm	Mona Lisa Cafe (417 King's Road, Chelsea, SW10 0DR)
Bingo & Afternoon Tea	Bingo : 6 games for £1	First Friday of the month , 2.30 – 4pm.	Mary Smith Court 17–21 Trebovir Road, SW5 9NF

Digital Inclusion

Have you been having problems using your laptop, mobile phone, digital camera or tablet? One to one volunteers will help show you how to use your digital device.

Digital Clinic	FREE	Second Friday of the month, 2pm—4pm	Kensington Library (Phillmore Walk, London, W8 7RX)
Digital Clinic	FREE	Last Friday of the month, 10am– 12pm	Chelsea Library (King's Road, London SW3 5EZ)
Digital Clinic	FREE	Last Friday of the month, 2pm—4pm	Ormrod Court (71-117 Kensington Park Road, W11 1NP)

IT Support

We have knowledgeable volunteers who can also provide one-off technical support and troubleshooting to assist you with installing broadband connections, printers and virus protection. For more information, you can contact us on 020 8969 9105 / email event@aukc.org.uk



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Walking Group







Whether you are walking to improve your health or simply for the pleasure of exploring new places, our walking group makes making new friends and enjoying the great outdoors easy.

It is low impact exercise, so it is easy for you to get involved - even if you are not feeling your best. In fact, walking could help you feel great again! **Advance booking essential.**








Parks	Cost?	When?	Meeting Point?
Clapham Common	FREE	Friday 7th February	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Kew gardens	FREE	Friday 21st February	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Wandsworth Common	FREE	Friday 6th March	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Kennington Park	FREE	Friday 13th March	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Peckham Rye Park & Common	FREE	Friday 20th March	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Streatham Common	FREE	Friday 3rd April	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Mitcham Common	FREE	Friday 10th April	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Dulwich Park	FREE	Friday 17th April	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Richmond Park (Isabella Plantation)	FREE	Friday 1st May	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am



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<p>Art Workshop</p> 	<p>Date: Thursday 30th January Time: 14:00 - 14:50</p> <p>Address: Queen's Gate School, 133 Queen's Gate, SW7 5LE</p> <p>Description: You are invited to an afternoon of painting. Try different techniques and learn from artists as part of our Intergenerational Project.</p> <p>Advance booking essential.</p>
<p>Bingo & Afternoon Tea</p> 	<p>Date: Friday 7th February Time: 14:30 - 16:30</p> <p>Address: Mary Smith Court, 17 -21 Trebovir Road, London SW5 9NF</p> <p>Description: Come and join our Bingo and Afternoon Tea. Bingo: 6 games for £1</p> <p>Advance booking essential.</p>
<p>Lunch Club & Bingo</p> 	<p>Date: Tuesday 11th February Time: 12:30 - 16:00</p> <p>Address: Ormrod Court, 71-117 Kensington Park Road, London W11 1NP</p> <p>Description: Come and join this lunch club for £4- From 12:30 to 14:00. Bingo: 6 games for £1 - From 14:00 to 16:30</p> <p>Advance booking essential.</p>
<p>Dance Workshop</p> 	<p>Date: Thursday 13th February Time: 12:00 - 13:00</p> <p>Address: Queen's Gate School, 133 Queen's Gate, SW7 5LE</p> <p>Description: Learn inspiring routines and choreography in a range of different dance styles.</p> <p>Advance booking essential.</p>
<p>Valentine's Concert & Afternoon Tea</p> 	<p>Date: Friday 14th February Time: 14:00 - 16:30</p> <p>Address: St Cuthbert's Church, 51 Philbeach Gardens, Earl's Court, SW5 9EB</p> <p>Description: We are pleased to invite you to an afternoon of musical entertainment and refreshments with Opera Holland Park & special guests.</p> <p>FREE - Advance booking essential.</p>
<p>Over 50's Valentines Party</p> 	<p>Date: Saturday 15th February Time: 12:30 - 16:30</p> <p>Address: Venture Centre, 103a Wornington Road, London W10 5YB</p> <p>Description: Live Music, Raffle Prizes, Dancing and Entertainment.</p> <p>Tickets in advance: £5 (includes meal - drinks - coffee/tea).</p>





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<p>The Orchid Festival</p> 	<p>Date: Friday 21st February Time: 10:30 - 16:30</p> <p>Address: Royal Botanic Gardens, Kew, Richmond, Surrey TW9 3AB</p> <p>Meeting Point: Pret a Manger, 230-232 Earls' Court Road, SW5 9RD at 10.30am</p> <p>Description: Immerse yourself in the tropics this winter by exploring the wonders of Indonesia through Kew's iconic 25th annual orchid festival. This year's festival is a celebration of the cultural and natural diversity that is scattered across the country's archipelago of 17,504 island, and the scientific discovery being made by Kew's intrepid scientists.</p> <p>FREE - Advance booking essential.</p>
<p>9 to 5</p> 	<p>Date: Monday 24th February Time: 12:00 - 13:30</p> <p>Address: The Gate Cinema, 87 Notting Hill Gate, Kensington, W11 3LZ</p> <p>Description: Hilariously tackling issues that almost 40 years later are finally being taken seriously, Jane Fonda, Lily Tomlin and Dolly Parton star as a trio of women who refuse to put up with their sexist boss's behaviour any longer.</p> <p>Tickets: £4 (includes coffee/tea and biscuits)- Advance booking essential</p>
<p>Music Workshop</p> 	<p>Date: Thursday 27th February Time: 13:50 - 14:50</p> <p>Address: Queen's Gate School, 133 Queen's Gate, SW7 5LE</p> <p>Description: It is a great opportunity to try something new or develop your playing skills in a relaxed and friendly environment. No previous musical experience is necessary.</p> <p>Advance booking essential.</p>
<p>Classical Concert with Afternoon Tea</p> 	<p>Date: Thursday 5th March Time: 15:00 - 16:45</p> <p>Address: HTB Onslow Square, London SW7 3NX</p> <p>Description: An afternoon celebration with a musical performance followed by afternoon tea.</p> <p>FREE</p>
<p>Bingo & Afternoon Tea</p> 	<p>Date: Friday 6th March Time: 14:30 - 16:30</p> <p>Address: Mary Smith Court, 17 -21 Trebovir Road, London SW5 9NF</p> <p>Description: Come and join our Bingo and Afternoon Tea. Bingo: 6 games for £1</p> <p>Advance booking essential.</p>

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<p>Lunch Club & Bingo</p> 	<p>Date: Tuesday 10th March Time: 12:30 - 16:00</p> <p>Address: Ormrod Court, 71-117 Kensington Park Road, London W11 1NP</p> <p>Description: Come and join this lunch club for £4. From 12:30 to 14:00. Bingo: 6 games for £1 - From 14:00 to 16:30</p> <p>Advance booking essential.</p>
<p>Cars: Accelerating the Modern World</p> 	<p>Date: Thursday 12th March Time: 11:00—12:00</p> <p>Address: Victoria & Albert Museum, Cromwell Road, London SW7 2RL</p> <p>Meeting point: V&A Foyer (Cromwell Road) at 11am</p> <p>Description: Over its short 130-year history, the car has become one of the most loved, contested and influential innovations in the world. It has revolutionised manufacturing, transformed how we move, forever changing our cities, environment and economies.</p> <p>FREE - Advance booking essential.</p>
<p>Dance Workshop</p> 	<p>Date: Thursday 12th March Time: 12:00 - 13:00</p> <p>Address: Queen's Gate School, 133 Queen's Gate, SW7 5LE</p> <p>Description: Learn inspiring routines and choreography in a range of different dance styles.</p> <p>Advance booking essential.</p>
<p>Kimono: Kyoto to Catwalk</p> 	<p>Date: Thursday 19th March Time: 14:00—16:00</p> <p>Address: Victoria & Albert Museum, Cromwell Road, London SW7 2RL</p> <p>Meeting point: V&A Foyer (Cromwell Road) at 2pm</p> <p>Description: This exhibition will present the kimono as a dynamic and constantly evolving icon of fashion, revealing the sartorial, aesthetic and social significance of the garment from the 1660s to the present day, both in Japan and the rest of the world.</p> <p>FREE - Advance booking essential.</p>
<p>St Patrick's Day Party</p> 	<p>Date: Saturday 21st March Time: 12:30 - 16:30</p> <p>Address: Venture Centre, 103a Wornington Road, London W10 5YB</p> <p>Description: Live Music, Raffle Prizes, Dancing, Entertainment and Fun!! Please wear your favourite costume... we are going to have a competition!!</p> <p>Tickets in advance: £5 (includes meal - drinks - coffee/tea).</p> 

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<p>Music Workshop</p> 	<p>Date: Thursday 26th March Time: 13:50 - 14:50</p> <p>Address: Queen's Gate School, 133 Queen's Gate, SW7 5LE</p> <p>Description: A great opportunity to try something new or develop your playing skills in a relaxed and friendly environment. No previous musical experience is necessary.</p> <p>Advance booking essential.</p>
<p>Little Women</p> 	<p>Date: Monday 30th March Time: 12:00 - 13:30</p> <p>Address: The Gate Cinema, 87 Notting Hill Gate, Kensington, W11 3LZ</p> <p>Description: Four young women come of age in the aftermath of the American Civil War, each determined to live life on her own terms. Saoirse Ronan is the unconventional and winsome Jo; Emma Watson is sensible Meg; Eliza Scanlon a saintly, ailing Beth; and Florence Pugh, the artistic Amy. Timothée Chalamet plays the heart-throb, floppy-haired boy next door and Meryl Streep is acerbic Aunt March. Drawing on Alcott's novel and writings, this is a timeless and timely drama about what it is for a young woman to enter an adult world.</p> <p>Tickets: £4 (includes coffee/tea and biscuits)- Advance booking essential</p>
<p>Bingo & Afternoon Tea</p> 	<p>Date: Friday 3rd April Time: 14:30 - 16:30</p> <p>Address: Mary Smith Court, 17 -21 Trebovir Road, London SW5 9NF</p> <p>Description: Come and join our Bingo and Afternoon Tea. Bingo: 6 games for £1</p> <p>Advance booking essential.</p>
<p>Portobello Orchestra</p> 	<p>Date: Saturday 4th April Time: 19:30 - 21:00</p> <p>Address: St Peter's Church, 90 Kensington Park Road, W11 2PN</p> <p>Description: The Portobello Orchestra is made up from a lively, friendly, innovative group of amateur musicians.</p> <p>Advance booking essential - First come first served basis (donations welcome).</p>

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Valentines Concert & Afternoon Tea

Age UK Kensington & Chelsea

is pleased to invite you to an afternoon of musical entertainment
and refreshments with

Opera Holland Park & Special Guests

St Cuthbert's Church, 50 Philbeach Gardens, Earl's Court, SW5 9EB

Friday, 14th February 2020, 2:00pm - 4:30pm



Let's stay connected: you can follow us on social media and keep up-to-date with what is happening at Age UK Kensington & Chelsea.

Facebook (www.facebook.com/AgeUKKandC), Twitter ([@AgeUKKandC](https://twitter.com/AgeUKKandC)) and Instagram ([@age_uk_kensington_and_chelsea](https://www.instagram.com/age_uk_kensington_and_chelsea)).

Age UK K&C website: www.aukc.org.uk

Spring is coming

We are planning the spring outings, activities and events programme. Our trip and events are a great opportunity to build friendships and enjoy new experiences with others in our local community.

We are looking for your suggestions, so please contact us by email at event@aukc.org.uk or give us a call on 020 8969 9105 with your thoughts.



Imperial College London

Chariot
register



**Dementia affects over
850,000 people in the UK
and the numbers are rising.**

**Would you like to know more
about ongoing research into
Dementia prevention?**

**If you are between 50-85 years old
and have not been diagnosed with dementia
or memory problems,
we would like to hear from you.**

**To request a sign-up pack or for
more information please call us on:**

020 7594 7371

email:

dementia.prevention@imperial.ac.uk

web:

www.chariotregister.org



**Interested
in helping
dementia
prevention
research?**



Love Later Life | February & March 2020

Activities & Events

Our Activities & Events programme is an innovative programme which seeks to bring together communities to engender a sense of belonging. This project helps you to lead a full and active social life by supporting you to join group activities and connecting you with others who have similar hobbies and interests. Whether you want to meet new people, take a trip or learn a new skill, we offer a huge range of events, activities and clubs to keep you busy.

If you would like to join but you lack confidence or find it difficult to get out and about, don't worry - we might be able to help. Just have a chat with the Events team and we'll see what we can do to support you.

General Information

We will be taking **bookings** for outings and events from **Monday 3rd February at 10am**.

Please note that for events or outings which are not free you will need to **pay in advance to secure your place**. Refunds will only be given if spaces can be re-sold or they are cancelled a month before the trip. Occasionally trips can be cancelled or the venue may change the date/time.

If you have any problems on the day of the outing, you can contact us on 07508 342339 (Abi) / 07508 342205 (Ximena)

We are always open to suggestions, so if there is something you really want to do or a place you want to visit, why not let us know and we will see what we can do.

Winter Term: Monday 13th January 2020 - Friday 3rd April 2020

Valentine's Break: Monday 10th February to Friday 14th February (we will run special activities during this week)

Easter Break: Monday 6th April 2020 to Friday 17th April 2020

Group	Cost?	When?	Where?
Italian Lessons (Beginners)	FREE	Mondays, 11am - 12.30pm	Mary Smith Court (17–21 Trebovir Road, SW5 9NF)
Computer Lessons (One to One)	FREE	Mondays, 10.30am– 1pm	Evelyn Fox Court (2 Kingsbridge Road, W10 6QF)
Knitting & Crochet Club	FREE	Mondays, 1pm–3pm	Ormrod Court (71-117 Kensington Park Road, W11 1NP)
French Lessons (Beginners)	FREE	Tuesdays, 10 - 11.30am	Ormrod Court (71-117 Kensington Park Road, W11 1NP)

Join our Friends' Group

Simply fill in the form and return it to us at the Freepost address above.

Title:	Name:	Surname:
Address:		Tel:
		Email:

Now please complete **SECTION 1** OR **SECTION 2**

SECTION 1— REGULAR DONATION VIA STANDING ORDER

☐ I would like to make a regular donation by standing order [please tick]

Bank name:	Account no:
Bank address:	Sort code:
	Name of account holder:

I authorise my bank to make a regular gift of:

☐ £10 ☐ £15 ☐ £20 ☐ £50 ☐ £100 ☐ My own amount £

Frequency: ☐ monthly ☐ quarterly ☐ six-monthly ☐ yearly

Starting on:

Signature

Date

[Bank use only]

Account to be credited: Age Concern Kensington & Chelsea

Account no: 43333280 Sort Code: 20-96-55

Address: Barclays Bank, 137 Ladbroke Grove, London, W11 1PR

SECTION 2 — ONE-OFF DONATION VIA CHEQUE OR POSTAL ORDER

☐ I enclose my initial subscription to the Friends' Group

As a Friend of Age UK K&C we'd like to contact you to acknowledge your donation[s], send you details of our events and keep you updated with our work. Please tick the boxes to let us know all the ways you'd like to hear from us:

☐ By post ☐ By email ☐ I would prefer not to be contacted

giftaid it

Gift Aid Declaration

Please add to your donations through Gift Aid. If you are a UK taxpayer, we can reclaim 25p for every £1 you donate.

☐ Yes, I want Age UK Kensington & Chelsea to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I am a UK taxpayer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

At Home Service

Our At Home Service offers a range of personally tailored packages of care and support to help you stay as independent as possible in your own home.

We can help you with:

- Personal care
- Toenail and fingernail cutting
- Hair dressing and shaving
- Meal preparation
- Light housework



**For more information, please call 020 8960 8137
or visit www.aukc.org.uk**