

# Newsletter

## Covid-19 Response

Beware Of  
Coronavirus Scams

Digital Skills

Games & Puzzles

Message from the  
NHS

Activities & Events  
Online

June to July 2020

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Dear Friend

I do hope that you are staying safe and well in this most unusual and difficult of times! The whole of Age UK Kensington and Chelsea has been working really hard as part of our Emergency Covid-19 Response and I'm incredibly proud of the team.

### **Here's a little snapshot of what we've been up to:**

- Over 800 food and essentials Care Packages out each week to older people without other support
- Daily fresh meals for those who struggle with cooking
- Weekly phone-based check in and chat for hundreds of older people self-isolating
- Moved our activities and groups online, ranging from exercise to art and poetry appreciation, supporting wellbeing, languages, cooking and much more!
- Continuing our Information and Advice service remotely
- Supporting hundreds of older people living with dementia with regular phone check ins, and individualised activity packs
- Continuing to safely support older people with Personal Care in their own homes
- Working as part of the Integrated Health Teams across the Borough to ensure that those who are shielding, and vulnerable in the pandemic are fully supported and linked in with their GP and surrounding Health teams



### **And much more!**

As the Crisis passes, we will start to get back to our normal services and groups, but we will continue to do some things differently where needed. And the most important thing to say is that we will always be here for you. We always love to hear from you, so please do continue to give us feedback on how we are doing! We use this to make changes, or to do new things where we can. For example, we changed the contents of our Care Packages to include fresh fruit and vegetables as a result of feedback and sent out activity packs to people living with Dementia.



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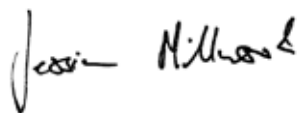
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If you are feeling creative, do have a look at the article on the new King Lear prizes. This has been launched to encourage people over 70 with no professional experience in the arts to create new works of writing, poetry, drama, music and arts during the time they are in Covid-19 quarantine.

There are prizes of £1,000 in each category: short stories, poetry, solo musical compositions, short plays and art. We know how talented you are, so why not give it a go? We can't wait to see what you come up with!

With all my very best wishes.



Jess

CEO Age UK Kensington and Chelsea

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# Making the Most of Later Life During the Pandemic – Who Says We're Vulnerable??



Community  
LivingWell

Working together for your wellbeing

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We are all individuals and the longer we live, the more individual we become. We all have differing levels of health and resources in later life; along with varying styles of coping with adverse events.

It therefore makes sense that we have a range of reactions to the current pandemic; based on our individual situations. Some might feel angry that we are labelled as “vulnerable” just because we are older; even though we may be in good health and very active. We might feel a sense of unfairness that others get to go as they please and we can't, just because we're older.

On the other hand, others might feel frailer and more vulnerable than ever; isolated from loved ones and not knowing who to turn to if we need help. They might feel that this just proves how terrible they thought older age might be.

It is normal to have these different reactions, given this situation is new and unpredictable and one that

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we are unable to control. For most of us, this will have given rise to anxiety, feeling worried or being low in mood at some point since this pandemic started – no matter who we are (age, sex, health or our wealth).

It is important to note that some anxiety is helpful, for example in the current situation it might lead us to be knowledgeable about the risks and to act accordingly by following government advice. However, if we feel the anxiety is taking over and getting in the way of us doing the things that we used to enjoy, this might be something we need to reflect on.

Worry has a habit of keeping us stuck because we are trying to solve something out of our hands –for example we might be thinking ‘what if I can’t see my family/friends this summer....’ It can be more useful to think about what we CAN do. For example, in the above situation, we could put our energy into making sure those people who are important to us, still remain in our lives – just maybe in a different way than we would choose! Different ways of staying in touch can include using video calls, or we may take up more ‘traditional’ methods like talking more over the phone or even letter writing. Or we could let someone know we are thinking about them by making a photo collage or painting a picture for them.



More than ever it’s important to find ways to keep contact with our loved ones and remain active in the home; ensuring we have a meaningful routine that gives us fulfillment. Asking for help may also help others; who need to be of use for their own wellbeing.

It is important to remember that we build up resilience over our lives through the challenges life has thrown at us. Resilience is the ability to bend but not break, bounce back, and perhaps even grow in the face of adverse life experiences. As a result we have a pool of internal resources we can use, in order to keep well during this difficult time. In fact recent surveys have suggested that younger people are struggling with the lockdown more – perhaps they have something to learn from those with more experience in older age.

Are you someone who is good at putting their feelings aside and focusing on what can be problem solved, keeping a practical focus on things? Or are you someone who is good at reaching out to support networks in times of distress; in order to process what is going on and bolster your resolve? How could these strengths serve you now?



It might be that we are resilient, but it’s hard to know how we can apply our strengths so we keep well during the pandemic. Equally we might find ourselves pre-occupied with the uncertain threat of COVID, to the point where we are unable to connect with

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what is important to us. This is where services like Community Living Well can help.

Community Living Well are a free NHS talking therapy service, who are currently offering quick access, brief talking therapy support for the community during the pandemic. They are offering both video and telephone appointments to give you space to air your concerns about life in the pandemic and think about what you need during this time.

This can involve signposting to local organisations for practical support, discussion about some useful strategies you can use to boost your wellbeing or discussion about how you can apply your current skill set to life in lockdown. They also host a number of webinars that people can join (either online or by dialing in) that focus on key concerns in the pandemic (whether that's living well in older age, managing anxiety and stress or maintaining wellbeing in isolation).

If you would like to speak to someone from this service, you can either call us on 02033174200, go to our website at <https://communitylivingwell.co.uk/contact/> or speak to your GP.

**Top Tips for coping during Covid-19**

- Don't believe everything you read! There's a lot of fake news in the media.
- Check where the information comes from and only look at reputable sources. It can also be helpful to limit the time you spend reading the news.
- Focus on facts and try to catch yourself if your brain jumps to the worst case scenario. Even if you catch Covid-19, most people recover (yes, even if they are older) thanks to supportive care.
- Know what the guidance is and follow the advice given by the government.
- Focus your time on things and people that matter the most to you.
- Keep to a regular routine and make a plan for your time
- Look after yourself – keep a regular sleep pattern and meal times, keep active, do things you enjoy, rest when you need to.
- It's ok not to be ok – it's normal to feel worried or stressed – accept these feelings, but then try and focus on the things you can control, rather than worrying about the ones you can't.
- Ask for help when you need it – we all need help sometimes, and giving others the chance to help can be good for them – But think about who you can trust and what you can trust them with.

# Important Message

## About The NHS

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The NHS is safe to use – whether you have symptoms of coronavirus or any other illness – the NHS is here to help you

Don't ignore your symptoms, please continue to call your GP or 111, and in an emergency call 999.

The NHS is open, and here to help - all you need to do is pick up the phone.

One of the most important things you can do to help the NHS is to continue to use our services when you need them.

A lot of people may worry that they shouldn't burden the NHS with health matters that aren't related to Covid-19 - our message to you is that you should seek help when you need it.

### Medical help

Local doctors and nurses are working in a slightly different way since the coronavirus outbreak, but are still here for you:

#### GPs

If you, or a family member feels unwell please call your GP

GPs are now doing more appointments over the phone and online

After the receptionist or GP speaks to you, if they think you need to see a doctor or nurse in person they will make you an appointment. But please call first.

#### 111

You can call 111, or use the online service [www.111.nhs.net](http://www.111.nhs.net) - especially if you need help in the evening or at the weekend.

111 will ask you a few questions about your symptoms and then share guidance on what to do next.

You can also ask for an interpreter if English isn't your first language

# Message From The Royal Borough of Kensington & Chelsea Council

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THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

The Council's COVID-19 Hub is supporting vulnerable residents who have been affected by the pandemic. The hub is part of the Government's Local Support Scheme to support the 1.5 million people identified by the NHS nationally as being at highest risk of severe illness and for whom self-isolation is most critical.

Alongside this, Kensington and Chelsea Council is also working with our partners, including the Government, the NHS and the voluntary and community sector, to support other potentially vulnerable residents, including those who are not on the NHS list but who do not have families or friends to support them.

Council services are reaching out to potentially vulnerable service users to check they have the support they need.

If you or someone you know is vulnerable and needs urgent support, you can contact the Covid-19 Hub by email at [C19Hub@rbkc.gov.uk](mailto:C19Hub@rbkc.gov.uk) or call our dedicated line on **020 7361 4326**. You can also find more information about the support available from the Council and its partners at [www.rbkc.gov.uk/coronavirus](http://www.rbkc.gov.uk/coronavirus)



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# Beware of Coronavirus Scams

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Residents in Kensington and Chelsea are being reminded to be vigilant against fraudsters looking to take advantage of the COVID-19 pandemic.

Trading Standards officers are aware of several scams currently circulating which claim to provide information or advice related to the pandemic or claiming to have charitable aims.

Some bogus online suppliers have been offering products in high demand such as hand sanitiser without delivering the goods. Trading Standards officers are aware of price inflation and unclear price marking within some businesses.

Cllr Cem Kemahli, lead member for trading standards, said:

*“It’s disgraceful and morally reprehensible that opportunists are trying to take advantage of the coronavirus pandemic. I’m urging all our residents to be vigilant against scams including fraudsters claiming to be from government or health authorities. Remember if it looks too good to be true, it probably is.*

*“Most of our essential shops have been working hard to stock the goods people need but we are aware of the risk of inflated pricing and unclear price marking. It is disappointing to see a minority of businesses breaking the law and trying to profiteer from this pandemic. Our residents won’t forget their behaviour. We will strictly enforce against misleading pricing in our borough.”*

So far we are aware of the following COVID-19 related scams:

- An email scam claims to be from the government offering a tax rebate in light of the recent coronavirus pandemic and asking you to enter bank details. Genuine emails from government will never ask for your bank details.
- An email scam claims to be from the World Health Organisation (WHO). The email, which claims to hold crucial coronavirus safety advice, has an attachment which downloads a keylogger, allowing scammers to follow the online movements of the user, and gain access to their device and personal details.
- Fraudsters sending investment scheme and trading advice encouraging people to take advantage of

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the coronavirus downturn.

- An email claiming to be from a research group that mimics the Centre for Disease Control and Prevention (CDC) and World Health Organisation (WHO). They claim to provide the victim with a list of active infections in their area but to access this information the victim needs to either: click on a link which redirects them to a credential-stealing page; or make a donation of support in the form of a payment into a Bitcoin account.
- A flyer circulating through doors requesting food donations for YMCA foodbanks. The YMCA has not been involved in this initiative.
- People knocking at your door claiming to be from a charity and offering to shop on your behalf. Ask to see their ID and call the charity to double check if you are uncertain.

Residents should ignore suspicious communications and report anything unusual

to [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call **0300 123 2040**.

Trading Standards can enforce against misleading pricing and is looking at legislation to determine how to address price inflation.

If you would like to report an issue with pricing please email [trading.standards@rbkc.gov.uk](mailto:trading.standards@rbkc.gov.uk) or call **03454 040506**.

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## Test and Trace Scams – How to stay safe!

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Unfortunately, criminals will exploit every opportunity they can to defraud innocent people of their money, or steal their personal details.

This government service is extremely important in the fight against coronavirus and it's vital the public get on board with it. However, we understand the concerns people have about the opportunity for criminals to commit scams and we are aware from media reports that some scam texts are already in circulation.

It's important to remember that NHS Test and Trace will never ask you for financial details, PINs or passwords. They will also never visit your home.

Contact tracers will **never**:

- Ask you to dial a premium rate number to speak to us (for example, those starting 09 or 087).
- Ask you to make any form of payment.
- Ask for any details about your bank account.
- Ask for your social media identities or login details, or those of your contacts.

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- Ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone.
- Ask you to purchase a product.
- Ask you to download any software to your device or ask you to hand over control of your PC, smartphone or tablet.
- Ask you to access any website that does not belong to the Government or NHS.

Whilst it is possible for criminals to fake official phone numbers, they cannot fake official website addresses. We would encourage anyone with concerns about a phone call, text message or email they have received, in relation to Test and Trace, to check the website address being provided to you carefully.

If possible, type the official address, which will be <https://contact-tracing.phe.gov.uk> followed by unique characters given to you, directly into your browser.

If you think you have been sent a scam message, please report it to Action Fraud on **0300 123 2040** or via <https://www.actionfraud.police.uk/>

# Activities & Events Online

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10am to 11am</b>		French Lessons Beginners	Chair Exercises	Reiki Session	Meditation & Gentle Yoga  Coffee & Chat for Carers
<b>11am to 12pm</b>	Italian Lessons Beginners		Meditation (New)	Spanish Lessons Beginners	
<b>12pm to 1pm</b>	Half hour Boxing with Chris	Half hour Yoga with Ciara	English Lessons Intermediate	Singing Lessons with Opera Holland Park	Come dine with me!
<b>2pm to 3pm</b>	Memories in K&C	French Lessons Intermediate  Pilates (New)	Spanish Lessons Intermediate	Papa Jack's Tea Party	Zumba with Sian
<b>3pm to 4pm</b>	Chair Exercises with Chelsea Football Club	Coffee Afternoon with Chelsea Physic Garden	Poetry	Read Well With the Playground Theatre <b>Booking is Essential</b>	Games

If you would like to join our online Activities & Events then please contact our team at [event@aukc.org.uk](mailto:event@aukc.org.uk). Also to find more up to date information go to our website on <https://www.ageuk.org.uk/kensingtonandchelsea/activities-and-events/>

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# Delicious Recipes

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Here at Age UK K&C, we know it can sometimes be a struggle at the moment to find the motivation to cook and bake, even if you've previously always loved this pastime! But now is a great opportunity to rekindle those passions, blow the dust off the top-shelf cookbooks, and for newbies, a chance to try something different. Below you will find a couple of heart-warming, homely recipes straight from the Great British Bake Off. And if you find yourself totally invested, then there are loads more easy, intermediate and professional recipes to try at: <https://thegreatbritishbakeoff.co.uk>. And when things in the world start to get a little normal again, you'll have something to share with friends, neighbours, and even new faces.



## PARKIN

Parkin is a sticky cake flavoured with syrupy molasses, oatmeal and ginger, traditionally enjoyed on Bonfire Night in the north of England. Like a fine wine, parkin improves with age, so bake it up to a week before you want to eat it.

Serves: **16**

Difficulty: **Easy**

Hands-On Time: **15 mins**

Baking Time: **1 hr**



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## INGREDIENTS

1 large egg, beaten

4 tbsp whole milk

200g unsalted butter

100g molasses or treacle

200g golden syrup

50g dark brown soft sugar

100g medium oatmeal

250g self-raising flour, sifted

1 tbsp ground ginger

## EQUIPMENT

You will need:

20cm square cake tin, greased, then lined (base and sides) with baking paper

## METHOD

### Step 1

Heat the oven to 160°C/140°C fan/315°F/Gas 2–3.

### Step 2

Beat the egg and milk together in a jug.

### Step 3

Place the butter in a large pan with the molasses or treacle, golden syrup and sugar. Melt everything together over a low heat, stirring occasionally.

### Step 4

Remove the pan from the heat and stir in the oatmeal, flour, ginger and mixed spice. Add the egg and milk mixture and stir until well combined.

### Step 5

Pour the mixture into the prepared tin and bake for 50 minutes to 1 hour, until the sponge is firm to the touch, but not dry. Leave the sponge in the tin until completely cold, then wrap it (still in the tin) in baking paper and foil. Store for a week, then turn out and cut into 16 squares. Eat within 2 weeks.



## CARAMELISED RED ONION & CHEESE TART

The 'freeform tart' is a great introduction to making and rolling out shortcrust pastry for a large tart. The onions slowly caramelise, creating a tantalising smell.

Serves: **4 slices**

Difficulty: **Easy**

Hands-On Time: **35–40 mins, plus chilling**

### INGREDIENTS

#### For the filling:

450g red onions (about 2–3 large)

2 tbsp olive oil

small knob of butter

1 medium egg

100g crème fraîche

1 tsp Dijon mustard

5 thin slices taleggio, Brie or Camembert, about

50g total weight

3 slices prosciutto

a handful of rocket leaves, for scattering

salt and freshly ground black pepper

#### For the shortcrust pastry:

200g plain flour

115g chilled butter, diced

milk, for brushing

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## EQUIPMENT

Large baking sheet

## METHOD

### Step 1

Start with the filling. Halve the onions lengthways, then cut them into thin, irregular slices. Heat the oil and butter in a large, deep frying pan. As the butter starts to sizzle, tip in the onions and stir to coat well. Fry over a medium heat for about 20–25 minutes, stirring only occasionally. When the onions are sticky and caramelised, remove them from the heat and season with salt and pepper.

### Step 2

To make the pastry, put the flour, butter and a pinch of salt in a large bowl. Rub in until the mixture looks like fine breadcrumbs. Gradually pour in just enough cold water (2–3 tablespoons) so the dough comes together and stir with a round-bladed knife to form a dough. Gently work together into a smooth ball with your hands, being careful not to over-handle it. (Or make the pastry in a food-processor.) Shape the dough into a thick disc, wrap in clingfilm and chill in the fridge for 15–20 minutes, until firm but not hard. Preheat the oven to 200°C/180°C fan/400°F/Gas 6. Line a large baking sheet with baking paper.

### Step 3

Roll out the pastry on a lightly floured surface to a 25cm circle, about the thickness of a £1 coin. Transfer to the baking sheet by draping it over a rolling pin. Brush all round the edge with water and fold over the edge to create a rough rim that will contain the filling. Your freeform circle should now be about 23cm.

### Step 4

Now fill your tart. Spread the cooled onions over the bottom of the pastry right up to the rim. Beat the egg in a bowl, stir in the crème fraîche, Dijon mustard and season with pepper and a little salt. Tear the taleggio (or other cheese) slices in half and lay them over the onions. Pour the egg and crème fraîche mixture over the top. Tear the prosciutto slices into pieces and scatter them over the tart. Brush the pastry rim with a little milk.

### Step 5

Bake for about 25 minutes, or until the pastry is cooked and pale golden and the prosciutto crisp. Serve warm or at room temperature sprinkled with a few rocket leaves.

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## Interview with John Corbet-Singleton

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Mr. John Corbet-Singleton has lived in London for most of his life, especially Kensington & Chelsea. This Borough is his home. He became a Councillor for the Borough in his 20's for Chelsea and then later the Mayor of the Royal Borough of Kensington & Chelsea in his 60's. During his tenure he advised the government on trade abroad; this was before the Mayor of London was established. He has been Councillor for 42 years over a 54 year period.

John has lived an exciting life traveling all over the world as part of his work, especially the Far East, New Zealand and Australia. He joined the Merchant Navy when he was 18 years old, then went on to join P&O Shipping Group, after graduating from Cambridge

University, where he was promoted to Director.

He became involved with Age UK Kensington & Chelsea's At Home service through a referral by the Share & Care Homecare service. He needs help in the mornings to get ready for the day due to his deteriorating eyesight as he has Macular Degeneration and decline in hearing. He has been using the service for more than 5 years.

Due to the help that At Home, Share & Care and Helping Hands provide, John is able to live in his house, which he has lived in more than 50 years, rather than move to a nursing/care home. He is really appreciative of having the choice to do so as he has many good memories attached to his home.

John told us that he is happy with the service that At Home provides as it supports his independence and means that he can live a comfortable life in his own home. He enjoys going out on walks and exploring the Borough which he is proud to call home!



# Interviews With Our Members...

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**We have been lucky enough to interview some of our members to listen to how they are getting on and hear their valuable opinions. These interviews reflect the different perspectives and experiences we are all having during this time. Thank you for the contribution of these members who have been anonymised, so the names have been changed in order to protect their confidentiality.**

## **Tell me a bit about yourself and what you have been doing during this time.**

**Lucy:** I am 85, originally a nurse and I became part of the civil service. Once I retired, I wanted to move from old Windsor which was in the middle of nowhere to London. I got in contact with the housing which I live in now. In terms of my interests I am a Christian and I did what I could within the Church, it was like a second home to me. I have also joined drama groups and when I retired when I was 60 I still loved theatre, I first went when I was 5 years old. I became a friend of the RADA after seeing a play there with my friend. I used to go to the production by final year students and would recommend anyone to join RADA.

I try to be sensible about it (*what I'm doing now*), I get up early about 7ish, I go downstairs where there is a couple of newspapers that come in, one is for a lady opposite me, I dress myself with my mask, coat, and gloves and go to the lift, I get her paper, bring it up and have a quick look for all sorts of things, sort of checking where we are at, then I put her paper through her letter box, I come back and take my mask and gloves off. Then I get my breakfast, cornflakes with milk and a cup of coffee, its round about 9oclock and I watch the television. The television is on from about 8am till 9 at night. For about the first half of the day I really am listening to what is happening.

I gave all my books to charity as I told a friend that I wanted to give them away, one or 2 I've kept. 1 set of 12 books about a village I kept and about every 6-7 month I read them starting at number 1 going through the end, that's what I am doing at the moment. I can't not read- I've always been like that, I used to hide in the house so nobody can stop me reading, I used to hear 'does anybody know where she is?!'.

So that's about it really it's a case of waiting.

**Mary:** I am 87 years old, and I live in a small flat facing a little courtyard, and a brick wall. To the side of the courtyard there is a distant view of an old church, where King Henry the 8<sup>th</sup> married one of his wives, and a glimpse of the river beyond. I was a journalist, but I also loved painting and still do, especially portraits. Although I live alone, I have a couple of good neighbours, also confined to barracks. We keep in touch with each other, drop things through each other's letter box or outside the door, and chat on the telephone.

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**Andrew:** I am 84 years old and live with my sister who is bedbound in my house in North Kensington. Most of my family live in America and go to see them as often as I can. Since the lockdown started, I have always stayed at home, my son who lives abroad had brought when he visited a lot of antibacterial sprays and soaps, but that's all gone now. So I said all right, I tried to get a hand gel, you know a simple hand gel, but couldn't so now I am using a tablet, you know a bar of soap. That works well.

**What do you think about how the government has dealt with the situation?**

**Lucy:** I think the problem with the government was they didn't act soon enough, they were slow, they really really were, I know its not easy but they should have been quicker off the mark- its accepted they were slow. I think life would have been easier if the government had acted immediately. Every day they are there to answer questions and bring people up to date- I'm very impressed with that. Well they are trying to do their best now, obviously they are doing the best they can, and obviously they are helping. And now it is down to everybody else, the government just has to make sure they support people like those who own small shops. For example on the news this morning they were talking to a young woman who had her own shop for bridal gowns but no one is buying them at the moment.

**Mary:** I only been hearing from the radio and newspapers that leading politicians did not take the danger seriously enough, so they started avoidance preparation too slowly. Like everyone I know who has hit the age of 70, I don't feel at all old, but as fit and energetic as ever... So do most of my friends. Although I have some pain when walking due to a slipped disc, I expect that can be dealt with when this crisis is over. A generation ago, 70 was "old" but health standards and life expectancy have improved so much. Seventy isn't "old" anymore.

**Andrew:** They are doing wonderfully well, you can't do anything better, but the problem is with the resources, it's not there you see...not only its not there but it all costs a lot of money. They are lacking all this PPE for the Nurses....what the government should have done straight away, they should have thought of this long ago and get prepared for it! We need effective leadership to deal with this pandemic.. I think we need to think about it well and maybe send some ministers back to school!!

**Does this situation remind you of anything the world faced in the past?**

**Lucy:** I'm aware of things that have happened before like the Spanish flu- I wasn't born then but my mother told me about it, the Spanish flu came after the first world war, I don't know much about it, that may not have been as difficult, but an awful lot of people died, and then there was something else called SARS, I don't think it actually got to us but it was out there somewhere.

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I suppose the war also. I was born in the 1934- the war officially was 1939, I was just about 5 when the war started, I remember it was my 5<sup>th</sup> birthday, I was given a beautiful watch from my father, I must have heard my mother saying “it’s a bit extravagant” and my father said “I want her to have it now...”

There have been other things that we at home haven’t been involved in but if you think about it there has been things happening elsewhere in other places. You kind of wonder whether there has ever been something that’s not going on, its mankind isn’t it.

**Mary:** This epidemic is a new one but I heard my parents speak of the awful flu epidemic after the First World War which killed so many, old and young. Coming so soon after such a bloody combat it was terrible. In the area where I lived and my father was the local GP there was some potentially lethal epidemic (such as Diphtheria) and once, even smallpox. Our neighbouring doctor who perhaps did not take it seriously caught it and died. Being a journalist, my father inoculated me. I also remember Tuberculosis (TB). It was a big killer!

**Andrew:** This is happening for the very first time, we haven’t seen something like this before! It’s a major problem, people don’t know how to deal with it....It never happened before. When I was young, it was out of the war we had rationing you know, and when I say we had rationing, I had my own ration book, I am going now back in the 50s, in my childhood, and I remember a grocer who was very friendly to our family, he used to bring us some extra sugar, we were so very grateful for that.

### **Have you got any tips you have been using to cope with the lockdown?**

**Lucy:** I think I would recommend watching the news a lot but also watching the tv as there is a lot of things on, it’s very exciting. I think today there is going to be detective stuff on the television, and films. I have watched things before, of old footage that hasn’t been destroyed, it’s absolutely fascinating...

...If they’ve got music or a radio. They could practice dancing, I don’t have any control of my balance, but those that do should practice dancing. Husband and wife could dance. There is lots of daft things you could do. Use your imagination...

**Mary:** Well, one thing I do, my car is parked across the road and - when the sun shines I sit in it, and read my newspaper and watch people pass by. A friend sent me a wonderful bunch of flowers by post which brightens up the room. I would say for people is get some flowers – flowers can cheer people up!

**Andrew:** Well, what I hear from the carers (his sister’s) is that the other people, some of them, live on their own and they don’t have a computer or anything to communicate with the world. They have to be

**Love Later Life | June & July 2020**

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on their own at home, you see, and this plays a big part on their mental health...definitely! At this time people should calm down as there are no resources or people to visit them right now. I am very grateful to Age UK who deliver still food packages and hot meals. I am grateful I am able to eat this, the food is good and we should be grateful we got something. Another advice when people are alone they can always listen to the radio, but you see the other thing it's that the media keep showing all this violence, it affects people...the news is all about people dying, very scary! Anytime the radio is on I listen to classic FM, its quite nice...well if you have all the time classical music it can become a bit boring though!

## How to cope better during the crisis

**We want to thank one of our members for their contribution to this newsletter for writing these helpful tips:**

- You might come across old letters, and that can make you sad thinking that these people are not here anymore...you should live for today and not in the past... Use this time to do some clearing out!
- In the morning put some make up as if it is an ordinary day and dress properly as much as you can!
- There so much miserable news on TV – Switch over to the radio! - But do keep up to date with the news!
- Keep in touch with friends and family over the phone.
- Do try something new, painting or drawing...you can sit in front of a mirror and you can draw yourself or your vas of flowers...its best to start with watercolours if its painting....have a go in other words!
- Television is only for the evenings with a glass of wine!
- Every morning stand up and stretch, and do some physical exercise...being stuck physically has an effect in your mental health.

If you feel alone, try not to think about the past, it's about today and not yesterday!



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# Your Top Free Film Guide!

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Now is the perfect time to catch up on that film you've been meaning to watch for months, wouldn't you agree? With plenty to choose from on the web, here's a list of the top picks available to watch right now. However, if you're craving more variety, now might also be a great time to download Netflix (you know, that streaming website your grandkids are constantly glued to on their iPads). Have a look at the top free film picks below, and if you think you want to download Netflix for £5.99 per month, a handy step-by-step guide on how to start using this service is provided on the following pages.

## On topic



### Twelve Monkeys

**Available to watch on iPlayer** for the next 8 months, Twelve Monkeys is about a convict from 2035 travelling back in time to find the cause of a catastrophic virus. To watch, type the link below into your browser, or search for Twelve Monkeys on the BBC iPlayer website.

<https://www.bbc.co.uk/iplayer/episode/b01fhfjy/twelve-monkeys>

## Drama

### Broken

**Available to watch on Snag Films**, follow the story of 11-year-old Skunk, who finds solace in the love of the family that surrounds her, when she discovers that not all upbringings are as loving as her own.

To watch, type the link below into your browser, or search for Broken on the Snag Films website.

<http://www.snagfilms.com/videos/filmmovement-broken-mezzanine>



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### Comedy

For your daily dose of comedy, we would recommend the hundreds of free clips of Laurel & Hardy available on YouTube! Just go to YouTube and type in Laurel and Hardy. Some favourites of ours can be found below!

### Helpmates



#### Helpmates - #Laurel & #Hardy (1932)

Mohammed Abbasi • 840K views • 2 years ago

(Remember to hit SUBSCRIBE) Ollie's house is a mess after a wild party from the previous night. Ollie receives a telegram from ...



#### Pardon Us - #Laurel & #Hardy (1931)

Mohammed Abbasi • 1.2M views • 3 years ago

Thanks for your great support & Hit the Subscribe so you will know when the next Laurel & Hardy youtube is up :) Pardon Us is a ...



#### Laurel And Hardy - Our Relations

JODEC • 15K views • 1 year ago

Comedy duo Laurel And Hardy in Our Relations Stan and Ollie meet their twins

### Pardon Us

### Our Relations

### Adventure

### Tomb Raider

**Available to watch on iPlayer for the next 8 months,** Lara Croft, an adventurer, embarks on a journey to find an artefact that possesses the ability to control time. A secret society wants to lay its hands on the relic for its own immoral purposes. To watch, type the link below into your browser, or search for Twelve Monkeys on the BBC iPlayer website.



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## Short Film

### A Dog's Life



**Available to watch on Snag Films**, Chaplin plays opposite co-star. "Scraps" (the dog), who is the friendly four-legged hero in this film, as he helps Charlie and Edna towards a better life.

To watch, type the link below into your browser, or search for A Dog's Life on Snag Films.

[http://www.snagfilms.com/films/title/a\\_dogs\\_life](http://www.snagfilms.com/films/title/a_dogs_life)

# Netflix

Netflix gives you unlimited watching of over 1,000 of films, documentaries, stand-up, cartoons and dramas available for £5.99.

Simply type in <https://www.netflix.com/gb/> into your browser, enter your email address in the text box, and press the button that says TRY IT NOW.

You will then be asked to choose your plan. Choose "Basic" and click "Continue". Once on the next page, click "Continue" again and you will be asked to add your email address and set up a password. Once this is completed, click "Continue" and set up your payment method. Once you have added your payment details, click on the button which says, "Start Paid Membership", and that's it! You're all signed up and can start watching films, dramas, comedy and more! Please look at the step by step below to see what the sign-up process will look like on your computer screen.

1.



STEP 1 OF 3

### Choose your plan.

- ✓ No commitments, cancel at any time.
- ✓ Everything on Netflix for one low price.
- ✓ Unlimited viewing on all your devices.

SEE THE PLANS

2.


	Basic	Standard	Premium
Screens you can watch on at the same time	1	2	4
Watch on your laptop, TV, phone and tablet	✓	✓	✓
Unlimited films and TV programmes	✓	✓	✓
Cancel at any time	✓	✓	✓

HD and Ultra HD availability subject to your internet service and device capabilities. Not all content available in HD or Ultra HD. See [Terms of Use](#) for more details.

CONTINUE

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3.



STEP 2 OF 3

### Finish setting up your account.

Netflix is personalised for you. Create a password to watch Netflix on any device at any time.

**CONTINUE**

4.

STEP 2 OF 3

### Create a password to start your membership.

Just two more steps and you're finished!  
We hate paperwork, too.


Email  
aratcliff@aukc.org.uk

Add a password

☐ Please do not email me Netflix special offers.

**CONTINUE**

5.







STEP 3 OF 3


### Set up your payment.


Your membership starts as soon as you set up payment.

No commitments.  
Cancel online at any time.

Secure Server 

Credit or Debit Card   



Gift Code 

6.

FIRST 30 DAYS	<b>Standard Plan</b>	<del>£8.99</del> £5.99
AFTER 30 DAYS	<b>Basic Plan</b>	£5.99/mo <a href="#">Change</a>

By clicking the "Start Paid Membership" button below, you agree to our [Terms of Use](#), and that you are over 18 and acknowledge the [Privacy Statement](#). You agree that your membership will begin immediately, and that you will not be able to withdraw from the contract and receive a refund. You can still cancel at any time. Netflix will automatically continue your membership and charge the membership fee (currently £5.99) to your payment method on a monthly basis until you cancel.

**START PAID MEMBERSHIP**

## Our Top 10 Picks on Netflix right now:

1. Vicky Christina Barcelona
2. The Lord of the Rings
3. Marriage Story
4. Eat Pray Love
5. Goodfellas
6. Wonder Woman
7. La La Land
8. Thelma and Louise
9. Lion
10. Wild



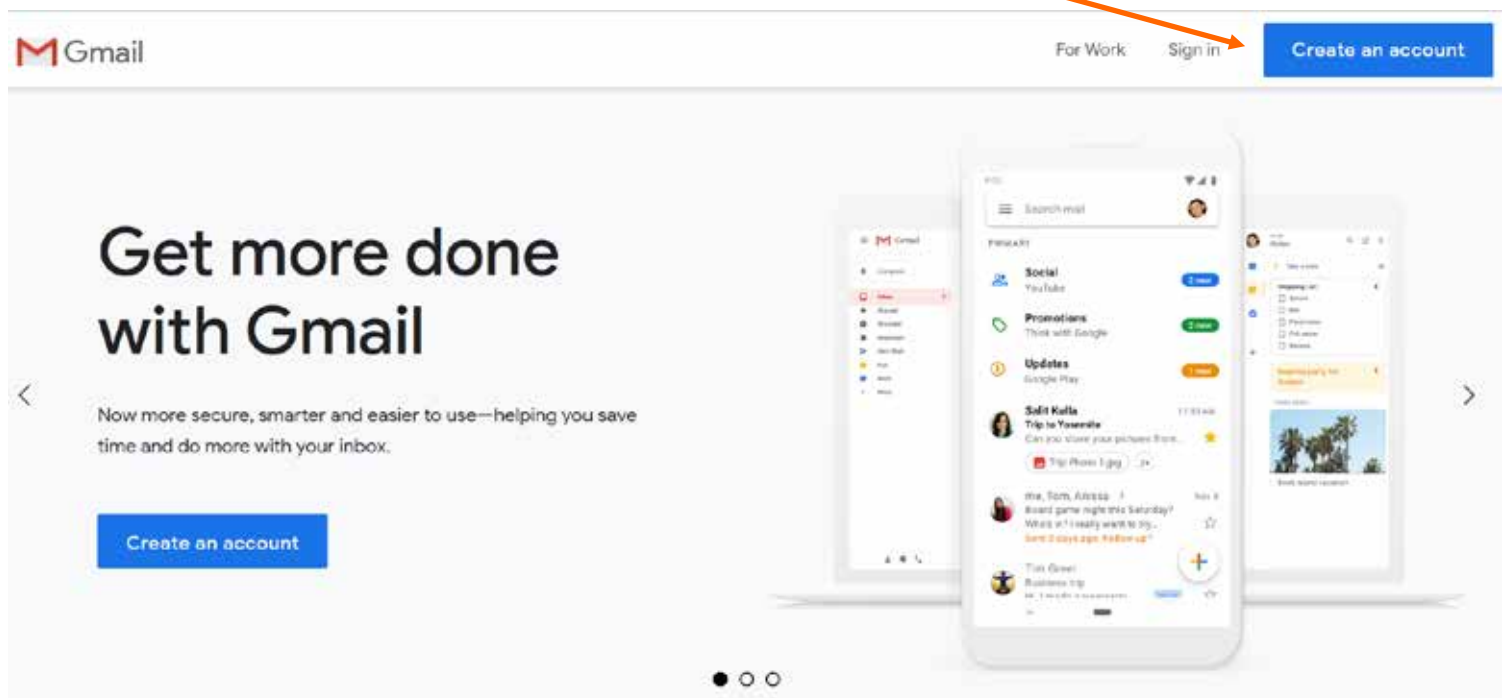


# How To Set Up Your Own Email

Due to the recent state of affairs, Age UK Kensington & Chelsea are doing our best to keep in touch with all our members. As we have temporarily suspended most of our services except for the essential ones, we are doing our best to set up alternatives as we understand that many members need the services that we provide. This is why we suggest setting up an email account for those who do not have one already as it can be a more effective method of staying in contact. It also reduces physical contact, allows for faster responses and regular updates on what is going on with the organisation and the Borough as a whole.

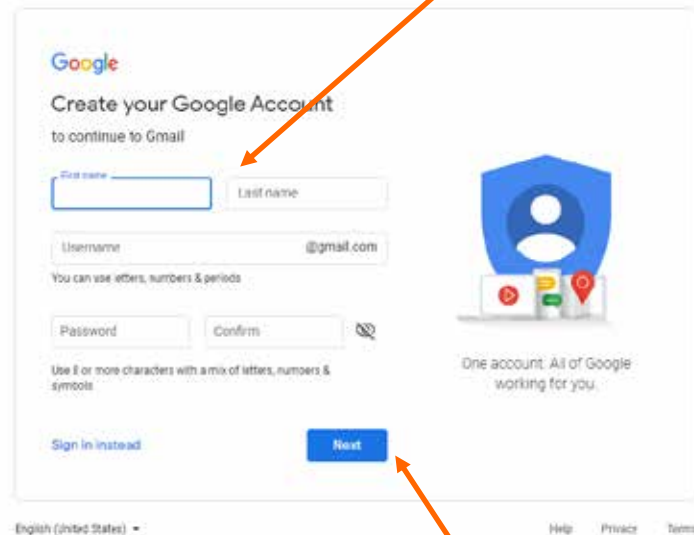
## Setting up Gmail

1. Go to [www.google.com/mail/](http://www.google.com/mail/) to create a gmail account.



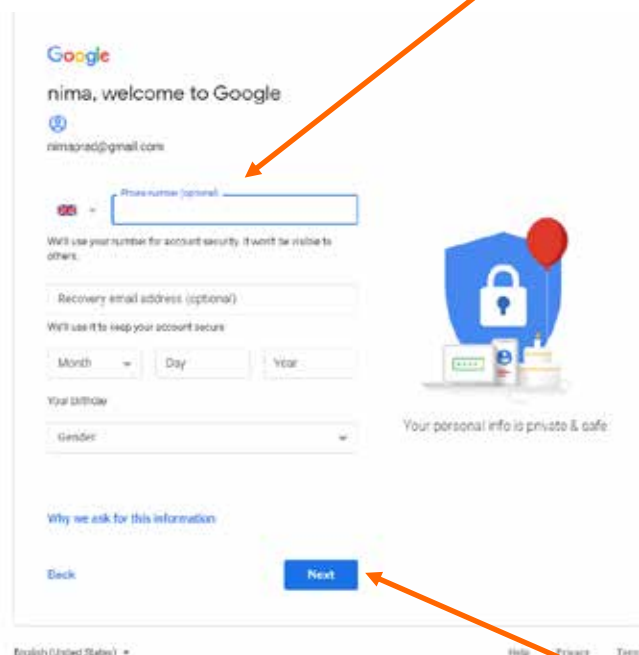
## Love Later Life | June & July 2020

3. Fill in your information and create a password that is at least 8 characters long. It is a good idea to include capital letters, numbers and/or symbols e.g. Hap!y123



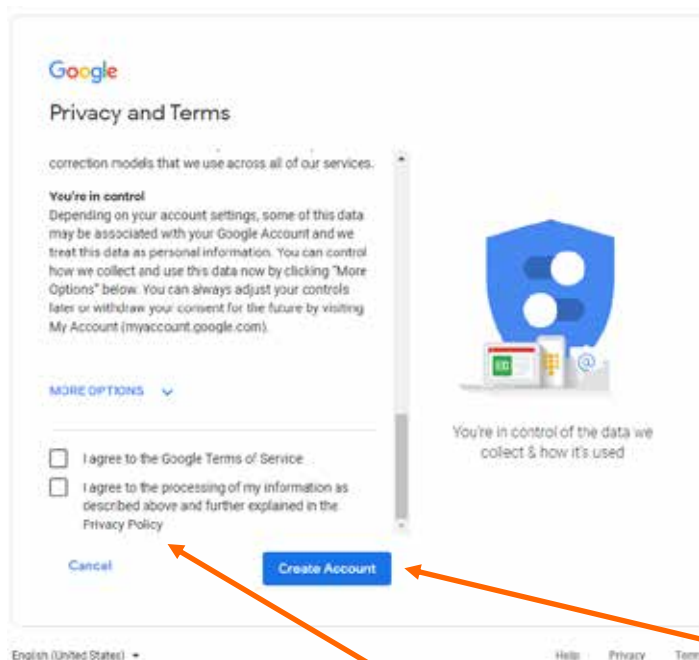
4. Click “next” after you have filled in all relevant information.

5. You do not have to add your number and another email as these are optional.



6. You do need to fill in your date of birth and gender before clicking the “next” button.

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A screenshot of the Google Account creation 'Privacy and Terms' screen. The screen is white with a light blue header. It contains text about data collection and control, a 'MORE OPTIONS' link, and two checkboxes for agreeing to terms. At the bottom, there are 'Cancel' and 'Create Account' buttons. Two orange arrows point from the 'Create Account' button to the checkboxes, indicating the user should read the terms before clicking.

7. Please read the terms and conditions before you tick each box and then click on the “create account” button.

### Just to confirm...

This Google Account is set up to include personalization features like **recommendations** and **personalized ads**, which are based on personal information saved to your account.

You can choose “More Options” to change your personalization settings and the information saved to your account.

[More options](#)

[Confirm](#)

8. Next click on the “confirm” button.

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# How To Access Zoom

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An additional way for you to connect with us, friends and family, as well as using email, is ZOOM. We have had to temporarily suspend many of our activities, and we know that this is disappointing for our members. It is also disappointing for us, who want to make sure that we can provide as many fun and engaging activities as possible. With that in mind, we would like to introduce you to ZOOM. ZOOM is an online platform where our members, activities team and volunteers can interact in group sessions via video on either your computer or your phone. We will be using this platform over the next few weeks to keep activities going within the comfort of your own home! Please see below for a step by step guide of

## How to use ZOOM to take part in activities: For computer/ laptop

1. At the allocated time of each activity, make sure that you have your email inbox open. You will be sent an email from X Chiesa asking you to [“Please join Zoom meeting in progress”](#). In the email, it will say [“Join Zoom Meeting”](#), and there will be a blue link that you can click on directly below this. Click on the link, and you will be directed to a new page.
2. Once you are on the new page, you will be asked to provide your name- please put your full name so that we know who we are talking to once you enter the activity.
3. Once you have done this and continued to the next step, you will be asked if you want to connect audio and video, please accept these options so that we can see and hear you.
4. If you do not get prompted to add audio and video, once you have joined the activity, there is a camera icon and a microphone icon on the bottom left of the activity screen. Click on both in turn and activate them.

## How to use ZOOM to take part in activities: For Iphone/Ipad

1. If you are using any of the devices listed in the title, you will first need to download the ZOOM app. If you have an apple product (iPhone/iPad) you will need to download this from the App store. For other phones and tablets, such as Samsung, you will need to go to the Google Play store to download this app. Type in ZOOM, and the first option on the store should be ZOOM Cloud Meetings- this is the app you need to download.
2. Once you have downloaded this app, make sure that you have your email inbox open. You will be sent an email from X Chiesa asking you to [“Please join Zoom meeting in progress”](#). In the email, it will say [“Join Zoom Meeting”](#), and there will be a blue link that you can click on directly below this. Click on the link, and you will be redirected to your ZOOM app.
3. Once you are redirected to your ZOOM app, you will be asked to provide your full name. This is needed so that we know who we are

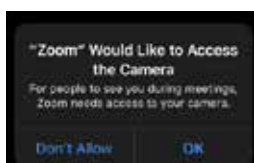


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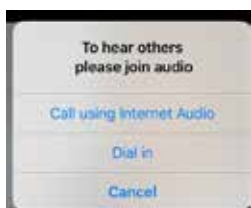
talking to once you join the activity. Once you have typed in your name, click on “Continue”



4. You will then be asked if you agree to the Terms of Service, click on “I Agree”
5. After this, you will see a notification saying “ZOOM would like to access your camera”- click on “OK”.



6. A notification will then ask you “Zoom would like to access the microphone”, click “OK” again.
7. Finally, you will be asked if you want to “Call using Internet Audio” or “Dial In”. Please click on “Call using Internet Audio”.



8. And that's it! You are now connected to the activity.

### How to use ZOOM to take part in activities: For Android

The pictures provided here are from an iPhone, if you are using an android, such as a Samsung, or a tablet, the screen may look slightly different. Please see below if you do not have an iPhone or iPad.

1. Once you have clicked on the link in the email, you will be asked if you want to open the link with ZOOM or chrome, open with ZOOM. Click on “Always” rather than “Just Once”.
2. After this, you will be asked to enter your name. Enter your full name so that we know who we are talking to when you enter the activity. Then click on “OK”.
3. You will then be asked if you agree with Terms of Service, click on “I Agree”.
4. The next notification will say, “Please allow Zoom access permission”, this means you are allowing the app to use your camera and microphone. Click on “Got It”.
5. Then it will ask “Allow Zoom to record Audio?”- click on “Allow”
6. You will then be able to see everyone else's faces on the screen who has joined the activity, if you can't hear them and you can't see your face, at the bottom of your screen there is camera icon with a line in it, click on this to “Start Video”. You will be asked, “Allow Zoom to take pictures and record Video?” Click on “Allow”
7. There is also an icon at the bottom left of the screen that says, “Join Audio”, click on this, and then click on “Call via Device Audio”, DO NOT click on “Dial in”.

### 8. Now you're all set!

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# Check in and Chat

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Social isolation can be a risk at the best of time for our members, so with the impending threat of a lockdown on the horizon, it became obvious that we would need to provide support to the community and the scale of this task would be formidable.



The solution, the Check in and Chat project, a weekly call from one of our volunteers to those members who have identified themselves as concerned about being possibly isolated. Our incredible volunteers rose to the occasion as always, with over 60 volunteers now contacting over 250 socially isolated members a week by phone.

With feedback from our volunteers streaming in about the wellbeing of our members and any issues that we might be able to help them with, it has been busy but a gratifying experience. This may only be a temporary project; however I believe it will have lasting positive effects on everyone involved.



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# The King Lear Prizes

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The *King Lear Prizes* were launched to encourage ordinary people, who have never been published before and are not professional writers, musicians or artists, to create new works of literature, poetry, music, drama and art during the time they are quarantined. You can go to <https://www.kinglearprizes.org.uk/> where you can request an information pack.

## Eligibility Rules

- The King Lear Prizes are open to any UK resident or British citizen overseas.
- Entrants must not have had their work published before in a 'paid for' book, magazine or other format, or be a professional in the category that they are entering. People who have self-published but have not been published as above are eligible to enter.
- Age categories (e.g. over 70s) are based on age of the entrant at the time of the submission deadline for that particular category.

## Submission Rules

- The closing date of the competition is **midnight (UK time), Friday 19th June 2020**. Postal entries with a postmark on or before **Wednesday 17th June 2020** will be accepted.
- There is no limit on the number of entries a single entrant can make.
- All entries must be the entrant's original work.
- Entries must not have been published, broadcast or featured among the winners in another competition before 31 July 2020.
- Postal entries will only be accepted when accompanied by an entry form (forms may be photocopied). One entry form is needed for each entry.
- Under no circumstances can alterations be made to submissions once entered.

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- If you would like confirmation that your postal entry has been received, please include a stamped addressed envelope/postcard with your entry.
- Email entries made via the website will receive automatic confirmation at the time of submission.
- Telephone or email confirmation of receipt is not available. The King Lear Prize team are unable to confirm the content of documents submitted online, so please ensure you send the correct version.
- Entries will not be returned for the Short Story, Poetry and Solo Musical Composition categories, so please keep a copy. For the Art category, we will return original works of art which are submitted, if you provide a stamped self-addressed envelope or package. We cannot be held responsible for any damage to original works of art submitted.
- If due to exceptional circumstances you are unable to print the application form or to print your entry due to the current COVID-19 restrictions, we will accept legible handwritten entries. Please provide all the details which would have been provided on the application form.
- The copyright of each submission remains with the entrant. However, by entering the competition, entrants grant the King Lear Prize Committee the right in perpetuity to publish and/or broadcast their submitted work.

## Judging Rules

- All entries are judged anonymously and the creator's name must not appear on the work itself.
- The competition organisers reserve the right to change the judging team without notice and not to award prizes if, in the judges' opinion, such an action is justified.
- The judging team will read all the entries; their decision is final. Neither the judging team nor the King Lear Prize team will enter into any correspondence.
- Shortlisted entries may be asked to provide their identification and date of birth. We reserve the right to disqualify entrants who cannot provide sufficient proof of identification.
- Prizewinners will be notified as soon as possible. All winners will be expected to provide a biography and photograph.



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- All entrants who provide a valid email address will be notified about the outcome of their entry.

**Over 70s - Short Story**

- All short stories must have a title, and must be between 2,000 and 10,000 words long (including the title). Entries can be on any subject.
- Postal entries should be typed and printed in black ink on A4 paper at a minimum type size of 12pt. Short stories may span multiple pages but pages must not be double sided. Entries can be double or single spaced. Please do not staple pages.
- Entries must be written in English.

**Over 70s – Poetry**

- All poems must have a title and must not exceed 40 lines in length (excluding title). Entries can be on any subject.
- Postal entries should be typed and printed in black ink on A4 paper at a minimum type size of 12pt. Poems may span multiple pages but pages must not be double sided. Entries can be double or single spaced. Please do not staple pages.
- Entries must be written in English.

**Over 70s - Solo Musical Composition**

- All musical compositions or songs must have a title and must not exceed 4 minutes in length.
- Compositions should be for a single player (i.e. with no accompaniment), and can be for any instrument or voice.
- Entrants should submit a musical manuscript and / or an audio recording of the composition. Entrants must submit one or the other, but do not need to submit both (though they can submit both if they wish).
- Postal entries: manuscript should be printed in black ink on A4 paper or handwritten on manuscript paper. Compositions may span multiple pages but pages must not be double sided. Please do not

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staple pages. Audio recordings should be submitted on a CD only.

- Email entries: manuscript should be submitted as a PDF file, and audio recordings should be submitted as a commonly used audio or video file (e.g. MP3, MPEG-4, WAV, AVI, MP4, MOV)

## Over 70s - Short Drama

- All plays or screenplays or other dramas must have a title and must not exceed 15 minutes in running time. (Which would typically be around 15 pages of script). Entries can be on any theme.
- Dramas must be able to be performed by four people or fewer.
- Postal entries should be typed and printed in black ink on A4 paper at a minimum type size of 12pt. Entries should be double spaced. Please do not staple pages.
- Entries must be written in English.

## Over 70s - Art

- All submitted works of art must have a title.
- Entries can be in any artistic medium, so long as it can be photographed adequately in one or two photographs. Therefore entries can be painting, drawing, collage, photography, sculpture, pottery, prints, fabric, knitting, textiles, crafts or any other artistic medium.
- Please try to photograph your work of art against a neutral background, for example a painted wall or a curtain.
- Postal entries: **Do not** send your original work of art to us in the post. The originals will not be accepted as postal entries. Please send one or two photographs of your entry which will be accepted as postal entries.
- Email entries: works of art should be submitted as one or two high-definition photograph(s) of their submission as a commonly used image file (e.g. JPEG, GIF, PNG, TIFF, file size less than 20MB)

***(With acknowledgement and thanks to the Poetry Society for the adaptation of their competition rules)***

# Games

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## The Fame Name Game

Do you know the movie star names of these actors who found fame in the golden age of Hollywood from the 1930s to the 1960s? (answers on page 36)

- 1) Norma Jean Mortenson
- 2) Issur Danielovitch Demsky
- 3) Frances Ethel Gumm
- 4) Archibald Leach
- 5) Lucille Fay LeSueur
- 6) Roy Scherer Jr.
- 7) Audrey Kathleen Ruston
- 8) Maurice Mickelwhite
- 9) Audrey Kathleen Ruston
- 10) Frederick Austerlitz

## Riddles

Riddles are a great play on words and make you look at things from another perspective. (answers on page 36)

- 1) What can travel around the world while staying in a corner?
- 2) What has to be broken before you can use it?
- 3) I'm tall when I'm young, and I'm short when I'm old. What am I?
- 4) What is full of holes but still holds water?
- 5) There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What colour are the stairs?
- 6) I have branches, but no fruit, trunk or leaves. What am I?
- 7) I am an odd number. Take away a letter and I become even.
- 8) What is so fragile that saying its name breaks it?
- 9) Speaking of rivers, a man calls his dog from the opposite side of the river. The dog crosses the river without getting wet, and without using a bridge or boat. How?

## Word

## Search

### Spring Flowers

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

LAVENDAR  
SWEET WILLIAM  
HYACINTH  
LILLY  
PANSY  
BABY'S BREATH  
DAHLIA  
FORSYTHIA  
PETUNIA  
DAISYS  
CREPE MERTLE  
JONQUILS  
LILAC  
TULIPS  
IRIS  
WYSTERIA  
CROCUS

Play this puzzle online at : <http://thewordsearch.com/puzzle/1732/>

### Answers to the Riddles:

- 1) A stamp
- 2) An Egg
- 3) A Candle
- 4) A Sponge
- 5) There aren't any—it's a one-story house.
- 6) A Bank
- 7) Seven
- 8) Silence
- 9) The river was frozen.

### Answers to the Fame Name Game:

- 1) Marilyn Monroe
- 2) Kirk Douglas
- 3) Judy Garland
- 4) Cary Grant
- 5) Joan Crawford
- 6) Rock Hudson
- 7) Audrey Hepburn
- 8) Michael Caine
- 9) Audrey Hepburn
- 10) Fred Astaire



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## Colouring for mindfulness



# Ethereal Theatre: Isolated Live Theatre

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Isolated Live Theatre was created by Ethereal Theatre to deliver theatre for those in isolation, by those in isolation. With theatres across the country going dark, Isolated Live Theatre provides everyone with a daily escape from life, allowing them to tune into free livestreams to bring some joy and entertainment during time spent at home. Ethereal Theatre are thrilled to be partnering with *Age UK Kensington and Chelsea*, working with the charity to bring Isolated Live Theatre to the community of 55's and over!



Every Tuesday, Wednesday, Thursday, Friday and Saturday, performers will go live on Ethereal Theatre's YouTube Channel. The performances vary nightly from Open Mic Nights and Monologue Slams to exercise workouts and special guest performances. Keep your eyes peeled on Age UK Kensington & Chelsea's social media, and your email inboxes, to receive the line-up each week!

**To connect to any Ethereal Theatre performances and activities, type in the address below:**

<https://www.youtube.com/channel/UCZlghEmQ1uL0JzBvC2u49zA>

**Or simply type YOUTUBE into your internet search bar, and then write Ethereal Theatre in the Youtube search bar.**

**For more information, get in touch with [event@aukc.org.uk](mailto:event@aukc.org.uk)**



## Join Our Friends' Group

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

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

### Please complete Section 1 or Section 2

#### SECTION 1-REGULAR DONATIONS VIA STANDING ORDER

☐ I would like to make regular donations by standing order (Please tick)

Bank Name:	Account number:
Bank Address:	Short 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

Start on: D D M M Y Y Y Y

Signature

Date D D M M Y Y Y Y

#### Bank use only

**Account to be credited:** Age Concern Kensington & Chelsea

**Account number:** 4333 3280 **Short Code:** 20-96-55

**Address:** Barclays Bank, 137Ladbroke 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 Kensington & Chelsea we would like to contact you to acknowledge your donation(s), send you details of our event and keep you updated with our work. Please tick the boxes to let us know all the ways you would like to hear from us:

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

#### Gift Aid Declaration

*giftaid it*

**Please add 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](http://www.aukc.org.uk)**