

**Meet the New
Board Members**

**Our First Carol
Service**

**Stay Healthy & Warm
this Winter**

**Activities & Events
Programme**

Winter/Spring 2023

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Welcome from our CEO



Dear Friend

I am delighted to welcome you to our Winter/Spring 2023 Newsletter!

Many people are struggling at the moment with both the Winter and the Cost of Living Crisis. We've included lots of information in this issue to support with this, including extra financial support available and the Warm Hubs running across the Borough which offer free, warm spaces. Our Information and Advice team is there to help with individual casework and although there is a waiting list, we have recently been able to bring some new capacity into the team to help with bringing down the waiting time.

Our Activities and Events team have been hard to work putting together a fantastic program. I hope you can find something that you like the sound of! If there is anything that you would like to do which we don't offer, please do get in touch as we always love to hear your feedback and ideas! We really enjoyed seeing so many of you at our recent '70's Disco party at Chelsea theatre and are now look forward to our Valentine's Party on the 10th February.

We were delighted to welcome our New Chair, Bob Empson and Treasurer, Henry Wrigley to our Board last year. As you will see from the letter which comes with this Newsletter, we are currently keen to hear from people who might be interested in our new Board role - Client/Volunteer Trustee. We are really excited about bringing the voice of

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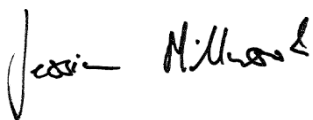
people who are close to our services directly on to the Board. You don't need Board experience to do this role, but being able to represent the views of older people and having time to do the role are two important aspects.

We were sad to say Goodbye at the end of the year to Martin Pendry. Many of you will have met Martin who was on our Board from 2009 – 2022 including a long stint as Chair of Age UK Kensington and Chelsea. We are so very grateful to Martin for all his support for us over the years. He was a very steady hand guiding us through some very challenging times, including the pandemic and was a kind and patient presence on the Board, supporting newer Trustees to settle in. We wish you the very best Martin!

We would also like to invite you to complete our new client survey which is being sent out with this newsletter. Your views are so important to us, and help to shape and improve services going forwards. Please send it back free of charge in the enclosed stamped addressed envelope.

Finally, I wanted to draw your attention to our new Lasting Power of Attorney service which we were excited to launch recently in response to feedback about a lack of good value, quality LPA services. It is a paid for service but it is very competitively priced – please do have a look if this is something you might be interested in.

With all my very best wishes



Jess

CEO

Age UK Kensington and Chelsea

Meet the New Board Members



Bob Empson is Chair of Age UK Kensington & Chelsea. He lives and works locally in Hammersmith and has had a long association with Kensington & Chelsea where his parents lived for nearly 30 years. He was previously a Trustee on the Board of the UK's Stroke Association for 9 years until October 2020 where he served on various committees including Audit & Risk and Finance & General Purposes; for a time he was also a Vice-Chair (interim) of the charity. Bob has also been a Trustee of the Foundation for Assistive Technology (a charity dedicated to ensuring that disabled

and older people have access to innovative, well-designed, and useful assistive technologies).



Henry joined the AUKC Board in September 2022 and is the Treasurer and Chair of the Finance Committee. He is a qualified accountant and Insead alumni. He worked in corporate finance and then private equity investment with entrepreneurial businesses. After this, he has been Finance Director and Trustee for a number of charities and creative businesses, including a computer games business. He has lived and worked in Nepal, India, China and Malawi.

Stay Healthy and Warm this Winter

RBKC are providing useful information and support over the winter months. This includes a list of warm and safe spaces across the borough. All residents are welcome to attend, whether you're looking to stop for a cup of tea, somewhere to relax during the day.

A list of some of the local warm winter spaces

Name	Address	Operating Times
Bay 20	71 St Marks Road, W10 6JG	Fridays, from 10am to 8pm.
Brompton Library	210 Old Brompton Rd, London SW5 0BS	<ul style="list-style-type: none"> Monday, Tuesday, and Thursday, from 9.30am to 8pm. Wednesday, from 10am to 5pm. Friday, from 9.30am to 5pm. Saturday, from 9.30am to 5pm
Chelsea Library	Chelsea Old Town Hall, King's Rd, London SW3 5EZ	<ul style="list-style-type: none"> Monday, Tuesday and Thursday, from 9.30am to 8pm. Wednesday, from 10am to 5pm. Friday, from 9.30am to 5pm. Saturday, from 9.30am to 5pm. Sunday, from 1pm to 5pm
Chelsea Theatre	7 Worlds End Place, Chelsea,	The opening hours will be based on the activities they have that day.
Dalgarno Trust	1 Webb Close London, W10 5QB	<ul style="list-style-type: none"> Monday to Friday, from 9am to 5pm. Possible additional hours with activity programs.

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Name	Address	Operating Times
Kensal Library	The Lodge, 20 Golborne Rd, London W10 5PF	<ul style="list-style-type: none"> Tuesday, from 1pm to 6pm. Friday, from 9.30am to 5pm.
Kensington Central Library	12 Phillimore Walk, London W8 7RX	<ul style="list-style-type: none"> Monday, Tuesday and Thursday, from 9.30am to 8pm. Wednesday, from 10am to 5pm. Friday, from 9.30am to 5pm. Saturday, from 9.30am to 5pm.
Latymer Christian Church	116 Bramley Road, W10 6SU	Monday, from 10am to 2pm.
North Kensington Library	108 Ladbroke Grove, London W11 1PZ	<ul style="list-style-type: none"> Monday, Tuesday, and Thursday, from 9.30am to 8pm. Wednesday, from 10am to 5pm. Friday, from 9.30am to 5pm. Saturday, from 9.30am to 5pm.
Notting Hill Gate Library	1 Pembridge Square, London W2 4EW	<ul style="list-style-type: none"> Monday, from 1pm to 8pm. Tuesday, from 1pm to 7pm. Thursday, from 9.30am to 1pm. Friday, from 9.30am to 1pm and from 2pm to 5pm. Saturday, from 9.30am to 1pm and from 2pm to 5pm.
Rugby Portobello Trust	221 Walmer Road, W11 4EY	Tuesday and Wednesday, from 12pm
Salvation Army	205 Portobello Road, W11 1LU	Friday, from 11am to 2pm.

For the full and most up to date list of Warm Hubs please go to the website at: <https://www.rbkc.gov.uk/cost-living-support-hub/stay-healthy-and-warm-winter>.

Tips to Stay Warm

For some residents, heating your home may be difficult. It's important to keep warm in winter – both indoors and out. In rooms you mostly use such as the living room or bedroom, try to heat them to at least 18°C if you can.

If you're struggling with the cost of living, please do head over to the Cost of Living Support hub at www.rbkc.gov.uk/cost-of-living where you can get money advice, access our warm winter spaces map, learn if you are eligible for Council funds, find the councils benefits calculator and access to RBKC's employment services. This will be updating regularly with new information.

Some useful tips for keeping warm

- Check to make sure you have enough food and drink, access all the help you're entitled to and any medicines you might need
- Use draught excluders to reduce heat loss in the home
- Invest in blankets and throws to wrap up whilst at home
- Ensure furniture such as sofas and

tables aren't blocking heaters

- Try to heat rooms you use in your home to at least 18 degrees if you can

Some useful tips to keep costs down

- Use insulated curtains, or add thermal liners to the curtains to reduce heat loss
- Switch appliances off at the plug if you're not using them
- Work from a cafe or public space like a library, instead of at home
- Try batch cooking to avoid turning the oven on repeatedly
- Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are working safely
- Contact your water and power suppliers to see if you can be on the Priority Services Register, a free support service that helps people in vulnerable situations. Visit: www.gassaferegister.co.uk

Health and Wellbeing advice

Booster Jab

The Covid-19 autumn booster gives you improved protection against getting seriously ill from Covid-19 or passing it on. You can get your booster vaccination at a number of pharmacies across Kensington and Chelsea, go to www.rbkc.gov.uk/coronavirus for more information.

If you have not yet had your first or second doses of the vaccine, it's not too late. Even one jab will give you some protection as it will increase your body's resistance.



Where to Get Your Covid-19 Booster Jab

K&C Vaccination Sites: You can book online at the national booking portal www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination or by calling 119.

Pharmacies

Pharmacy	Address	Contact number
Medicine Chest	413 - 415 King's Road, SW10 0LR	020 7351 1142
Hillcrest Pharmacy	106 Holland Park Ave, W11 4UA	020 7727 6350
Golborne Pharmacy	106 Golborne Road, W10 5PS	020 8969 8741
Bayswater Pharmacy	39-41 Porchester Road, W2 5DP	020 7221 6895
Zafash Pharmacy	233-235 Old Brompton Road, SW5 0EA	020 7373 2798
Benson Pharmacy	276 Harrow Road, W2 5ES	020 7286 8738

All pharmacies are also offering the flu vaccination.

- ▶ You can call 119 or use the national booking system by going to nhs.uk/coronavirus
- ▶ Get further information on vaccination locations and times by going to www.rbkc.gov.uk/coronavirus
- ▶ You can also find other vaccination sites in North West London at www.nwlondonics.nhs.uk/your-health-services/Covid-19/where-get-your-vaccine

Flu

With this year being our first winter without Covid-19 measures, it's more important than ever to receive your flu vaccine. If you are 50 or over, have a weakened immune system, at high risk, or a carer, you can get flu vaccine for free from a number of locations, including pharmacies and your GP. If you're pregnant, contact your midwife or GP to arrange a vaccine. Children aged two to three can receive their nasal spray vaccination from their GP, school aged children will be offered theirs at school with parental consent. To book your flu jab visit www.nhs.uk/conditions/vaccinations/book-flu-vaccination



Green Doctors

If you would like free home energy support and to save money on your energy bills visit www.rbkc.gov.uk/free-home-energy-service

Support with the cost of living

We know that the rising cost of living may be affecting our residents, and some may be struggling to heat their homes and get access to essential items. We want to remind you that you are not alone and there is support available.

We know that not everyone is online, so if you know someone who has limited or no access to the internet, please ask them to call 020 7361 4326, Monday to Friday from 9am to 5pm, to access information on the cost of living support.



Scan the QR code or visit www.rbkc.gov.uk/cost-of-living to find a warm space near you and pop in to see the activities and support available.





FREE

DATA, CALLS AND TEXTS

National Databank

Sign up
NOW!

Eligible users could get...



20GB of O2 Data
plus unlimited calls and texts



20GB of Vodafone Data
plus unlimited calls and texts



24GB of Three Data

**For 6 months
(with possibility to extend)**

All for free!

Venture's Partnership

As part of our aim to end digital poverty, we have partnered with Good Things Foundation to secure data packages and give to those who are digitally excluded.



@goodthingsfoundation



[https://www.good things foundation.org/databank](https://www.goodthingsfoundation.org/databank)

**TURN OVER FOR
MORE INFO**

Financial Help Available

...to tackle the High Cost of Living

Food and heating is becoming more expensive but there is help out there.

Government help for 2023/24

People receiving Pension Credit, Universal Credit, Income Based Job Seekers Allowance, Income Related Employment and Support Allowance, Income Support, Working Tax Credit and Child Tax Credit will receive £900 paid directly to their bank accounts in three payments:

- £301 during Spring 2023
- £300 during Autumn 2023
- £299 during Spring 2023

People receiving disability benefits such as:

- Attendance Allowance, Personal Independence Payments and Disability Living Allowance will receive £150 during Summer 2023.
- In addition to the Winter Fuel payments Pensioners will receive £300 during Winter 2023/4.

The Government is also going to continue



to cap energy costs.

Benefits and the State Pension will increase by over 10%.

All payments are tax free, do not count towards the benefit cap or have any impact on existing benefits.

Subsidised Transport

People living in a London borough aged 60 and over, can:

- Apply for a 60+ London Oyster photocard, which costs £20 and is free for travel within London.
- An Older Persons bus pass is for people over State Pension age and provides free travel on buses.
- A Taxicard provides cheaper taxi costs

for people who have difficulty using public transport.

- A Blue Badge for people with disabilities provides free parking in certain areas.
- Dial a Ride and the Community Transport Scheme is for people who have difficulty using public transport.



Help with the Cost of Energy

Turning your combi boiler flow temperature down to 60°C could save you up to £100 a year

The Energy Saving Trust (website: <https://energysavingtrust.org.uk/>) provides information about saving energy costs.

For example: turning down the combi boiler flow temperature, turning down radiators in rooms not being used, turning appliances

off at the socket, washing clothes at a lower temperature and using the tumble dryer less, closing all the curtains and blinds at night, switching to energy saving lightbulbs, installing smart heating controls, insulating your hot water cylinder.

Ways the Information and Advice Team can help:

- We can carry out a benefit check with you to ensure that you maximise your income and get all the welfare benefits to which you are entitled.
- There are a number of grants available to help with utility and water bills, food and other essential household items and we may be able to help you to access these.
- We can provide further information on any of the above.

Contact The Information and Advice team at Age UK Kensington and Chelsea by calling 0208 969 9105 or emailing information@aukc.org.uk.

Announcing our New Lasting Power of Attorney Service!

What Is A Power Of Attorney?

Lasting Powers of Attorneys are legal documents that enable you, while you still have mental capacity, to appoint trusted loved one(s) to make decisions around your health and financial matters, should you lose capacity to make these for yourself.

Whatever your age, it is important to consider your future and take time now to grant Power of Attorney to someone you trust.

LPA's allow people to choose someone they trust to make decisions on their behalf if something happens & they are unable to make decisions for themselves. There are 2 types – Property & Finance (for financial decisions) and Health & Wellbeing (for health & care decisions).

Age UK's Lasting Power of Attorney

Our Age UK Lasting Power of Attorney Service (LPA) service is a face to face one. There are many safeguards to consider & one of them is making sure the person setting up the LPA has mental capacity and is not being coerced or unduly influenced. Part of the process we will follow is having time alone with the person setting up the LPA, in person to ensure that the whole process is safe.

Some interesting facts for you

- Whilst an estimated 40% of the adult population has a Will, only 1% has an LPA
- One in three people over 65 will develop dementia
- Every 90 seconds someone is admitted to hospital in the UK with an acquired brain injury



3 good reasons for having an LPA

- You chose the person or people in charge of making decisions which affect you
- You make things easier for your relatives should anything happen to you
- Decisions are more likely to be made in your best interests
- Our LPA service is a paid for service and we are cheaper than most other providers.

We now offer a service to guide you through the process with a face to face visit and ensuring all paperwork is submitted correctly to the Office of the Public Guardian.

This is a paid for service, please contact us to find out more, discounts apply.

For more information please call: 0208 969 9105 (Option 0)

Or email us at: information@aukc.org.uk

Information & Advice

Are you struggling to make ends meet? Do you find everything expensive?

If you are experiencing financial difficulties and you are aged 55 or over and live in the Borough of Kensington and Chelsea, then contact the Information and Advice Team at Age UK Kensington and Chelsea (**telephone 0208 969 9105 option 0**) and we will try to help you.



- We will look at maximising your income to see if you are getting all the welfare benefits to which you are entitled and if not, help you to apply for them. If you have illnesses or disabilities which mean you struggle with caring for yourself then you may qualify for a disability benefit and we can help with this also.
- There are a number of grants available to help with utility bills, food and other essential household items and we may be able to help you to access these.
- If you have difficulty using public transport, we can give you information or help you to apply for a Taxicard, Blue Badge (if you have access to your own transport), Dial-a-Ride or the community transport scheme which will also save you money.
- In addition we can also help with your housing queries and questions about Adult Social Care.

New Winter Support Services

We are pleased to tell you about some new support services being run through the Information and Advice team which aim to support people living in Kensington and Chelsea who are struggling to pay their bills over the winter period.

Winter Warmth Campaign

This is a scheme where you can apply for a grant for help with gas and electricity arrears, up to a maximum of £1,000 in a 12 month period, or if you have a prepayment meter, to a maximum of £500.

Eligibility Criteria

To qualify for the services you must be:

- Resident of Kensington and Chelsea (or have been temporarily rehoused outside of the Borough by the Council)
- Have a maximum of £10,000 in savings if you are a single person or a couple over State Pension age and have a maximum of £8,000 if you are a single person or a couple under State Pension age.
- We would need to check your recent bank statement(s) and utility bill(s) and check your circumstances.

Cash Payments Scheme

This is a scheme for people who meet the same eligibility criteria as above, where we can pay small amounts of money to help you straight away in an emergency. The funds would be sent to an ATM and a code would be sent to your mobile phone for you to access the money. With this scheme we can help with money for food and drink or with your immediate fuel bills.

We would also offer to help you with income maximisation and check that you are in receipt of all the welfare benefits to which you are entitled.

For more information, call **0208 969 9105 – option 0**, between 9.30 am and 5.00 pm.
We are closed for one hour between 1 pm and 2 pm.

Our First Carol service



On December 15th 2022, Age UK Kensington & Chelsea held its first Christmas Carol Concert at St Philip's Church in Earls Court.

It was a fun and memorable event with beautiful performances by the Organist and Members of the Chelsea Chapel Choir.

We had powerful and entertaining readings by our patron Lady Fredrick Windsor and Deputy Mayor, Cllr Janet Evens.

Jess Millwood, CEO of Kensington & Chelsea also read a poignant poem by one of our Poetry Club members Renata Taylor titles The Precious Life.

The Precious Life

Oh, sweet and precious Life
So unpredictable and misguided
So cruel and yet magnificent.
At times raging in its anger,
Then soothing with its balm, after.

Missed opportunities,
For the unaware, blind and greedy.
Forever searching for what is not meant to be.
When all that's needed is already there, awaiting
For the humane and humble; not the proud.

Oh, sweet and precious Life
With all its sorrow and glory,
Still so amazing, perfect and plentiful.

By Renata Taylor

Health Promotion Activities

Health Talks on Zoom

For those members with access to the internet:

Topic	Date and time	Speaker
Stroke	2nd February 3pm-4pm	Barry Coppock from the Stroke Association
Kidney Disease	8th February 3pm- 4pm	Jonathan Bartley from Kidney Care
Thyroid Conditions	22nd February 11am-12pm	Julia Priestly from the British Thyroid Foundation

Zoom exercise class

This class is aimed at those who are unable to attend face to face classes because of their health or personal situation. The class is on Thursdays between 10 and 11:00 am.

Macular Support Group

This group provides support for people with Macular Degeneration or other forms of acquired vision loss. It meets on the fourth Thursday of the month between 2 and 4:00 pm at the Essex Unitarian Church, 112 Palace Gardens Terrace W8 4RT. The meetings provide an opportunity to meet other people in a similar situation. There is also a monthly conference call on the second Thursday of the month between 3 and 4:00 pm.

Carers Support

This is a group for informal or family carers who are providing care and/or support for a relative or friend. The programme from now until Easter is below. Please contact me if you are interested in attending any of the events.

Information Event: Monday February 13th between 1 and 3:00 pm

Information about health and social services to support carers and the people they are

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caring for. A light lunch will be served. The meeting will be held at The Essex Unitarian Church, 112 Palace Gardens Terrace W8 4RT.

Coffee Meet ups

These are informal drop- in sessions for carers to have a chat and share experiences.

Venue	Time	Date
Starbucks, South Kensington, 19, Old Brompton Road, SW7 3HZ.	2:30 and 4:00 pm	Wednesday February 22nd
Café Nero, Ladbroke Grove, W10 5XL	10:30 am and 12 noon	Monday February 27th
Starbucks ,South Kensington, 19, Old Brompton Road, SW7 3HZ.	2:30 and 4:00 pm	Wednesday March 22nd
Café Nero, Ladbroke Grove, W10 5XL	10:30 am and 12 noon	Monday March 27th

Telephone Groups

The telephone groups are an opportunity to discuss a subject with others from the comfort of your own home by dialling from your landline or mobile phone. The short story group meets every other Monday between 2 and 3:00 pm. The health and wellbeing group meets every other Wednesday between 2 and 3:00 pm. If you are interested, please contact me on the number below. I will send you the short stories and/or newspaper articles we are going to discuss as well as the instructions for dialling in. The telephone calls are free.

To find out more or to register for any of the Health Promotion events please call Kate Nash on 07508 327 970 or email her at knash@aukc.org.uk

Royal Parks Half Marathon

The 2022 Runners

2022 proved to be an eventful year as we had Eugenio join us to take part in his first ever half marathon, he did an amazing job; and Bob our new Chair, who is an avid runner, also represented Age UK Kensington with great success.



Eugenio



Bob

Running in the RPHM!

Learning new things about yourself really does come round when you least expect it. That is what happened with me and running. Before starting the training for the Royal Parks Half Marathon 2021, my first ever, I hated it. I was lucky because my partner was an experienced runner, her training advice was to run 3 times a week for 5 weeks - 2/3 being 5km and 1/3 being 10km (building 2km each week). Week before race day being rest. I must confess, week 1 was the hardest... not just because of the exercise but



needing to prepare the body and mind for the distance.

I did learn a lot about running and what I thought about it. First was that it is only as hard as you make it. Learning to cover longer distances meant running at a slow and steady pace, this made running like meditation as you become in the moment focusing on one breath at a time.

It truly was a privilege not only to run such a fantastic race but to also run it for Age UK K&C. No better cause out there. I'll make sure it's not my last! - *By Alex Beck*

We have been fortunate to have runners represent Age UK Kensington & Chelsea for the 4th consecutive time in the half marathon since 2019 and 2023 will be the 5th anniversary of the charity joining the event. If you would like to take part in this momentous occasion please contact us at fundraising@aukc.org.uk.

The Memory Café

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, socialise, share resources, create and support one another.

To find out more and to arrange transportation, please contact **Mandy Andrews** on **020 8 969 9105 (option 4)** or email at mandrews@aukc.org.uk

North

Date and Time	Address
1st of February 2023	St Peters Church, Kensington Park Road, W11 2PN
1st of March 2023	St Peters Church, Kensington Park Road, W11 2PN
5th of April 2023	St Peters Church, Kensington Park Road, W11 2PN
3rd of May 2023	St Peters Church, Kensington Park Road, W11 2PN
7th of June 2023	St Peters Church, Kensington Park Road, W11 2PN

South

Date and Time	Address
22nd of February 2023	Chelsea Theatre 7 World's End Place, SW10 0DR
29th of March 2023	Chelsea Theatre 7 World's End Place, SW10 0DR
26th of April 2023	Chelsea Theatre 7 World's End Place, SW10 0DR
31st of May 2023	Chelsea Theatre 7 World's End Place, SW10 0DR
28th of June 2023	Chelsea Theatre 7 World's End Place, SW10 0DR

Useful travel information:

- **St Peters Church** is opposite Stanley Gardens, take the **52** bus to get there.
- You can take **328** bus to **Chelsea Theatre**.

Football World Cup



For the first England match of the World Cup we transformed Chelsea Theatre into Qatar Stadium. As we eagerly awaited the start of the match our members were treated to performances from Opera Holland Park and were led in singing Sweet Caroline and Three Lions. For some members this was their first time watching a football match and what an incredible match it was! The atmosphere was electric as England quickly took the lead with plenty of cheering, singing and dancing from our supporters. The England team

did not disappoint and the final score was an incredible 6-2. We hope you all enjoyed the match and are feeling ready to support your team in the Women's World Cup 2023!

70's Disco Party



On 20th January we held our first party of the year! Chelsea Theatre was turned into our very own boogie wonderland with our brilliant DJ Steve providing the best of 70s disco tunes. Age UK Kensington & Chelsea members know how to party and it was brilliant to see so many dancing kings and queens showing off your best moves and most importantly, having fun! After a difficult few years, it was wonderful to start the year off with a bang and to come together

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for an afternoon of boogying. We hope you enjoyed yourselves as much as we did. Keep your dancing shoes at the ready – the next party will be here before you know it.

Walking Football

Once a week, rain or shine, the Westway Sports Centre is filled with enthusiastic and passionate Age UK members who are keen to stay active and brush up on their Walking Football skills.

Our Walking Football sessions are a non-contact sport, led by the great Blue Lions, Chelsea Football Club. If the last sentence went over your head, do not worry, these sessions could still be a great fit for you.

During the class, members take part in fun, warm up activities that teach techniques in ball control, dribbling, passing and shooting – all whilst walking. Not only are these sessions

great for getting your steps in, improving your strength and flexibility, but they also provide an opportunity to socialise and meet new members.



You do not need to have football knowledge or experience to take part. You do not need to be a fan of the sport. All we ask is that you have some enthusiasm and a willingness to learn. The passion our members have for Walking Football has seen the number of attendees increase over the last couple of months. We are very excited to continue

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welcoming new members - hopefully after reading this, you might decide to give this activity a try.

Coming Soon!

Art Classes at Saatchi Gallery

The Activities & Events Service and Dementia Service are partnering with the Saatchi Gallery to provide art classes centred around Saatchi's next major exhibition, *Beyond The Streets*. Participants will get the chance to deep dive into the most comprehensive street art and graffiti exhibition to open in the UK through a series of tours and workshops about the show. The outcome of the project will be an exhibition and a book.

We have 6 spaces available for these classes starting on the 21st February. If you are interested then please email Activities & Events on event@aukc.org.uk or call 02089699105 ext. 3.

We ask that those interested in taking part commit to attending all sessions.

Nordic Walking

Nordic walking is a specific pole walking technique which harnesses the power of the upper body to turn walking into a workout! It can be adapted for anybody and be done anywhere!

Nordic walking can be as cardiovascular as running but feels easier because the poles provide propulsion making you lighter on your feet. It tones the whole body and improves posture too, so we liken it to using a cross trainer machine in the gym - only we are in the great outdoors with fresh air and nature!

If you are interested then please email Activities & Events on event@aukc.org.uk or call 02089699105 ext. 3.

Valentine's Day Event



The invitation card features the Age UK Kensington & Chelsea logo and the Opera Holland Park logo in the top left corner. The title 'Valentine's Gala Concert' is written in a cursive font. Below the title, it states 'AGE UK KENSINGTON & CHELSEA IS PLEASED TO INVITE YOU TO AN AFTERNOON OF MUSICAL ENTERTAINMENT AND REFRESHMENTS WITH OPERA HOLLAND PARK & SPECIAL GUESTS'. The date is 'FRIDAY 10 FEBRUARY 2023' and the time is '2 TO 4PM'. The venue is 'HTB Onslow Square, 44 Onslow Square, South Kensington, London SW7 3NX'. RSVP information is provided at the bottom: 'RSVP BY TUESDAY 7TH FEBRUARY, TO EVENTS TEAM ON 020 8969 9105 (OPTION 3) OR EMAIL EVENT@AUKC.ORG.UK'. The card is decorated with floral illustrations in the corners.

Kensington
& Chelsea
ageUK

OPERA
HOLLAND
PARK

Valentine's Gala Concert

AGE UK KENSINGTON & CHELSEA
IS PLEASED TO INVITE YOU TO AN AFTERNOON OF MUSICAL ENTERTAINMENT AND REFRESHMENTS WITH

OPERA HOLLAND PARK & SPECIAL GUESTS

FEBRUARY

FRIDAY 10 2 TO 4PM

2023

HTB Onslow Square,
44 Onslow Square, South
Kensington, London SW7
3NX

RSVP BY TUESDAY 7TH FEBRUARY, TO EVENTS TEAM ON 020 8969 9105
(OPTION 3) OR EMAIL EVENT@AUKC.ORG.UK

Valentine's Day is about love and friendship and we believe that sharing love is the best way to fight loneliness and isolation. Therefore, Age UK Kensington & Chelsea are aiming to invite the most vulnerable and at risk older people in RBKC to come together at our Valentine's Concert.

We want 2023 to be the best year and wish to begin it by sharing the message of friendship and community. This concert is an opportunity to feel that we are not alone; we are going through life together and supporting each other through the good and the bad.

The Valentine's Gala Concert will be held at **HTB Onslow Square, 44 Onslow Square, South Kensington, London SW7 3NX** on Friday **10th February 2023** from **2pm to 4pm**. You will be treated to refreshments and musical entertainment from our amazing partner Opera Holland Park as well as special guests.

We ask that you RSVP by Tuesday 7th February by calling Events Team on 020 8969 9105 ext. 3 or emailing event@aukc.org.uk.

Virtual Activities & Events Programme

	Monday	Tuesday	Wednesday	Thursday	Friday
10am-11am	Yoga 10am-10.30am Meditation 10.30am-11am	French Lessons Advanced	Chair exercises with Chelsea FC	Half Hour Chair Yoga	45 Minute yoga and meditation
11am-12pm	Philosophy	Qigong	Half hour Meditation 11am-11.30am	Spanish Lessons Beginners—A2	
12pm-1pm	Half Hour Boxing		Spanish Lessons Intermediate—B1		
1pm-2pm			Italian Lessons Beginners		
2pm-3pm	Art Appreciation	Creative Writing			
3pm-4pm	Italian Lessons Intermediate	Reading Club	Poetry	German Lessons Beginners	
4pm-5pm	French Lessons Beginners		Portuguese Lessons Beginners		

If you have not been part of our online activities yet, to participate in this service you will need an email address, a reliable internet connection, a computer/laptop/tablet/smartphone. Your device will need a microphone, and preferably a camera. We can give you support over the phone to connect with ZOOM.

You simply just need to click the link that we send every afternoon by email, the laptop will do the job for you and lead you to the online meeting room.

We suggest you can get into the online meeting room 5 minutes before the lesson starts.

Face to Face programme

Classes are **FREE** but you must book to secure your place. To take part please email activities@aukc.org.uk or call **020 8969 9105 (Option 3)**

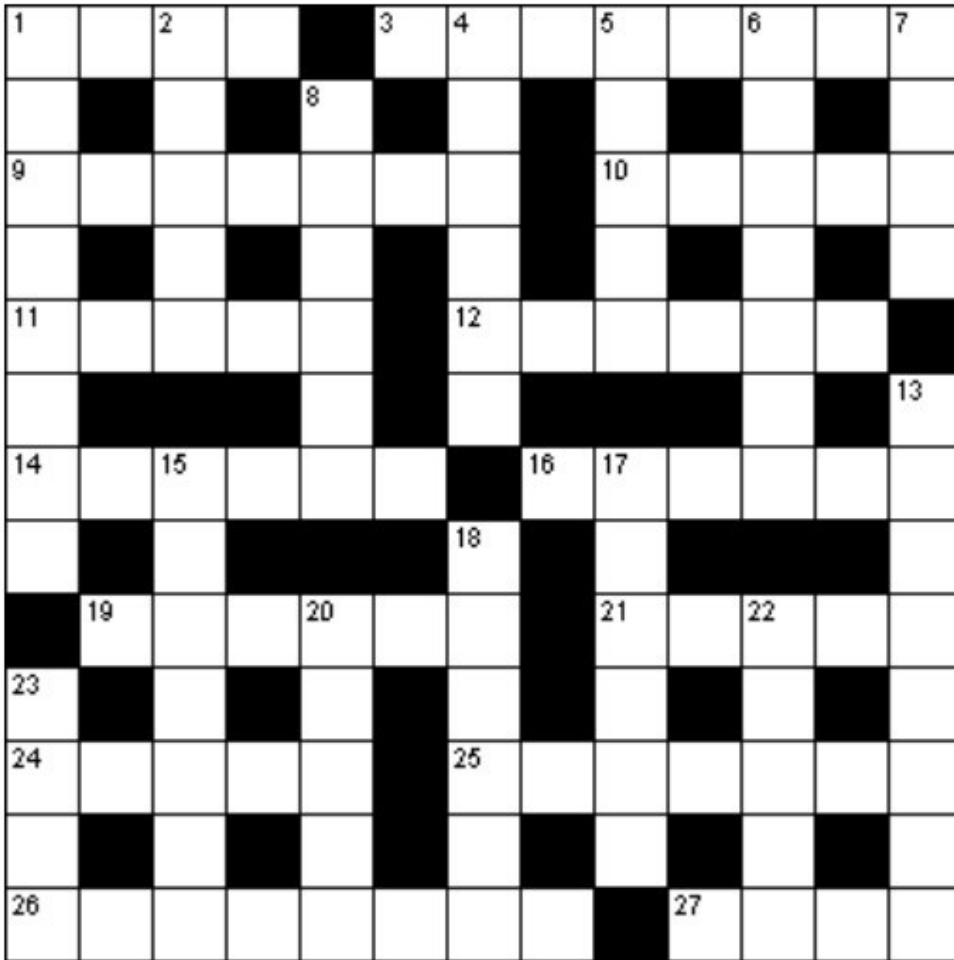
Spring Holiday: Monday 3rd April to Friday 14th April

Summer Term: Monday 17th April to Friday 21st July

Activity	Cost?	When?	Time?	Where?
Knitting Club	FREE	Mondays	2pm - 3.30pm	Age UK K&C Office, 1 Thorpe Close, W10 5XL
Walking Football Beginners and Intermediate	FREE	Tuesdays	10.30am - 11.30am	Westway Sport & Fitness Centre, 1 Crowthorne Rd, W10 6RP
Lunch Club	FREE	Tuesdays	12.30pm - 1.30pm	St Cuthbert's Centre, 51 Philbeach Gardens, SW5 9EB
Knitting Club	FREE	Tuesdays	2pm - 3.30pm	Dain Court, 114 Lexham Gardens, London W8 6JF
Yoga & Meditation	FREE	Wednesdays	9.30am - 10.30am	Mary Smith Court, 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Walking group	FREE	Wednesdays	10am - 1pm	Different parks
Knitting Club	FREE	Wednesdays	10am - 12pm	Worlds End and Lots Road Big Local, Unit 8 Worlds End Place, Worlds End Estate, SW10 0HE.
Chair Exercises	FREE	Wednesdays	10am - 10.45am 11am - 11.45am	Chelsea Theatre, 7 World's End Place, London SW10 0DR
Painting & Drawing	FREE	Wednesdays	11am - 1pm	Mary Smith Court, 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Pranayama Yoga & Meditation	FREE	Wednesdays	12pm - 2pm	The Hut, 12 Alpha Place, Chelsea, SW3 5SZ
Origami	FREE	Wednesdays	1.30pm - 2.30pm	Mary Smith Court, 17-23 Trebovir Rd, Earl's Court, SW5 9NF
English Conversation	FREE	Wednesdays	2pm - 3pm	Dain Court, 114 Lexham Gardens, London W8 6JF
Italian Lessons Beginners	FREE	Wednesdays	2pm - 3.30pm	Thomas Darby Court, 133 Lancaster Road, W11 1TT
70s Line Dancing	FREE	Wednesdays	3pm - 4pm	Mary Smith Court, 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Spanish Lesson for Intermediate	FREE	Wednesdays	3.30pm - 4.30pm	Age UK K&C Office, 1 Thorpe Close, W10 5XL
Chair Exercises	FREE	Thursdays	10.30am - 11.30am	Mary Smith Court, 17-23 Trebovir Rd, Earl's Court, SW5 9NF

Activity	Cost?	When?	Time?	Where?
Brunch Club	Lunch: £4	Second Thursday of the month	11am - 1.30pm	Ormrod Court , 71-117 Kensington Park Road, W11 1NP
Drama (NEW)	FREE	Thursdays	2pm-3.30pm	Mary Smith Court , 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Stretching	FREE	Thursdays	2.30pm - 3.30pm	CW+ Studio , 369 Fulham Road, SW10 9NH
Chair Exercises	FREE	Thursdays	2pm - 3pm	Bay20 Community Centre , 71 St Marks Rd, W10 6JG
Digital Clinic	FREE	Third Thursday of the month	2pm - 4pm	Kensington Library Philmore Walk, London, W8 7RX
Digital Clinic	FREE	Last Thursday of the month	2pm - 4pm	Ormrod Court , 71-117 Kensington Park Road, W11 1NP
Digital Clinic	FREE	Last Thursday of the month	10am - 12pm	Chelsea Library , King's Road, London SW3 5EZ
Lunch Club	FREE	Fridays	12.50pm - 2pm	Queen's Gate School , 134 Queen's Gate School, South Kensington, SW7 5LE
Bingo & Afternoon Tea	Bingo: 6 games for £1	First Friday of the Month	2.30pm - 4pm	Mary Smith Court , 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Singing Lessons with Opera Holland Park	FREE	Fridays	3pm - 4pm	CW+ Studio , 369 Fulham Road, London SW10 9NH

Games



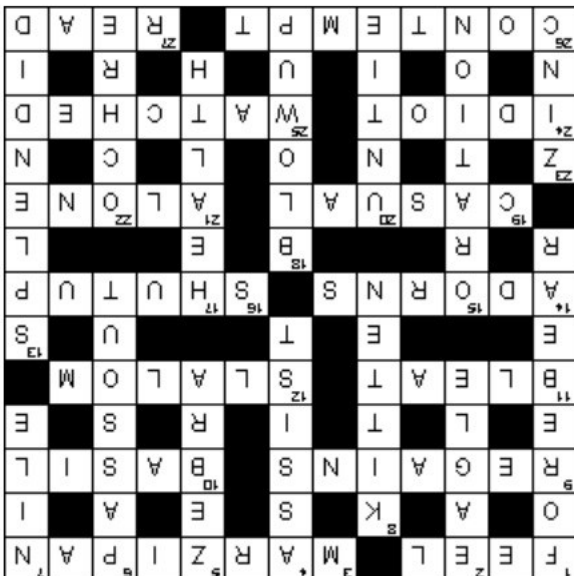
Across

- 1 Perceive by touch (4)
- 3 Sweet almond paste (8)
- 9 Gets back (7)
- 10 Kitchen herb (5)
- 11 Sheep noise (5)
- 12 Winding downhill ski race (6)
- 14 Embellishes (6)
- 16 Stop speaking (4,2)
- 19 Informal (6)
- 21 By oneself (5)
- 24 Foolish person (5)
- 25 Observed (7)
- 26 Scorn (8)
- 27 Peruse (4)

Down

- 1 Ancestor (8)
- 2 Large bird of prey (5)
- 4 Help (6)
- 5 Striped quadruped (5)
- 6 Faint (4,3)
- 7 River of Egypt (4)
- 8 Young cat (6)
- 13 Glorious (8)
- 15 Formal speech (7)
- 17 Well-being (6)
- 18 Explode (4,2)
- 20 Loosen (5)
- 22 Pigment made from clay and iron (6)
- 23 Bluish-white metal (4)

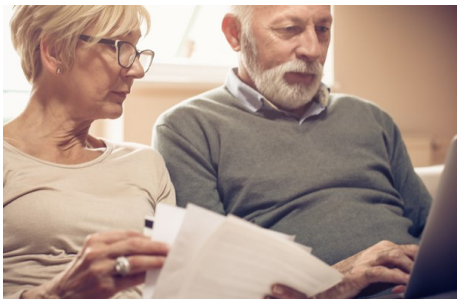
Solution



Leaving A Gift In Your Will

Age UK Kensington & Chelsea is committed to being there for older people who need us. If you decide to leave a gift in your will to us, you will be supporting us to make life better for older people in Kensington & Chelsea.

A gift in your will could help us:



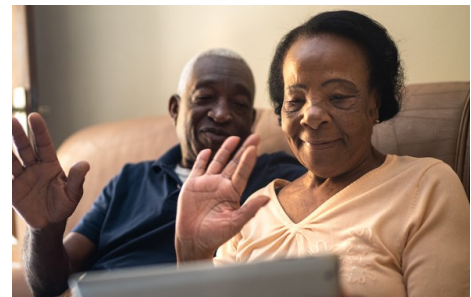
Support our Information and Advice programme to enable us to provide free and confidential information and advice service for older people, their families and carers.



Expand our Digital Library which aims to support people to have access to the online world and enable them to connect with family, friends and other services.



Support our befriending calls to some isolated older people in our communities.



Support new Activities and Events to improve social connections and reduce isolation and loneliness.

We understand that leaving a gift in your will is a big decision and is one that should be discussed with family and friends. For further details please visit our website at <https://www.ageuk.org.uk/kensingtonandchelsea/get-involved/leave-a-legacy/> or telephone us on **020 8969 9105** or further information.

Our Friendship Group



Through the support of our Friends Group we are able to continue to provide and also develop new services to support older people across RBKC.

If you would like to support us and join our Friends Group please complete and return the form on page 35.

Thank you.



Registered with
**FUNDRAISING
REGULATOR**

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:

Signature

Date

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



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 practical support to help you stay as independent as possible in your own home.

We can help you with:

- Meal preparation
- Light housework
- Shopping
- Respite care
- Companionship
- Escorting
- General support



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