



# Newsletter

## Celebrating Our 21st Birthday!

Carnival Celebrations!

Our Covid 19

Recovery Strategy

Walking Football!

Activities & Events

Online & Face to Face

Summer 2021

Age UK Kensington & Chelsea, 1 Thorpe Close, London, W10 5XL 020 8969 9105 [www.aukc.org.uk](http://www.aukc.org.uk)

Registered charity number: 1082658

# Contents Page

<b>Welcome from our CEO</b>	Page 03
<b>Age UK K&amp;C's 21st birthday!</b>	Page 05
<b>Interview with a Trustee</b>	Page 09
<b>Strategic Approach 2021-2022</b>	Page 10
<b>Carnival Celebrations</b>	Page 13
<b>Virtual London Marathon &amp; the Royal Park Half Marathon</b>	Page 15
<b>Would you like a pen pal?</b>	Page 16
<b>Let the Music Play</b>	Page 17
<b>Volunteering</b>	Page 18
<b>Sunflower lanyard</b>	Page 19
<b>Struggling with your energy bills?</b>	Page 20
<b>Escorting Service</b>	Page 21
<b>Walking Football</b>	Page 22
<b>Virtual Activities &amp; Events</b>	Page 23
<b>Walking Group</b>	Page 24
<b>Face to Face Activities &amp; Events</b>	Page 25
<b>Games</b>	Page 26
<b>Colouring in Pages</b>	Page 29
<b>Leaving a Gift in Your Will</b>	Page 33
<b>Our Friendship Group</b>	Page 34

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# Welcome from our CEO

Dear friends,

It's an exciting year for us as we celebrate our 21<sup>st</sup> Birthday and we are feeling very grown-up! We wanted to take a look back over the years at how Age UK Kensington and Chelsea has developed and pay tribute to some of those who have been instrumental in building the organisation up. We are very much standing on the shoulders of giants, and I would like to extend a very special thank you to everyone who has helped in so many different ways - as staff, volunteers, Trustees, partners, Commissioners, members, donors, fundraisers and supporters.




In many ways, this year is also proving to be another challenging one for us all as the Pandemic continues to affect all our lives. The core focus of our Strategy and Action Plan this year is 'Recovery' in relation to all the effects of Covid-19. Thank you to so many of you who contributed to developing our Strategy by filing in our survey and coming to focus groups – we've tried to reflect the key themes coming out of this in our Strategy feedback on page 10 so you can see how your thoughts and ideas are at the heart of our Plan. We will be building on these themes over the next three years and will be coming back to you later on in the year to hear your thoughts on how we should best do that.

We are proud to work closely with the NHS and have become more involved in close

partnership working this year, along with other third sector providers. We would love to get your input in two main areas – mental health and also hospital discharge. There's a letter explaining all of this along with a survey which should be included with this Newsletter and a pre-paid envelope. I really encourage you to get involved – what you say is of huge value in shaping how services are developed – thank you.

As the Pandemic restrictions are lifted, we hope to see you again at some of our events and activities – you can find out more on pages 22 to 25. We are particularly excited about the Carnival event we are holding in partnership with Venture Centre and Carnival Trust! Come and help us celebrate - more details on page 13 and 14.

Enjoy the rest of the summer!



Jess Millwood



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# Age UK K&C's 21st birthday!

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The origins of Age UK Kensington and Chelsea began with the merger of Sixty Plus and Age Concern. Age UK Kensington and Chelsea was incorporated as a charitable company in 2000 with Cynthia Dize as CEO.

This year marks the 21st year of Age UK Kensington & Chelsea's incorporation as a charitable company and so we wanted to celebrate by looking back on some of the highlights from past newsletters over the years.



We have Isidora, a long standing member and tireless volunteer, representing the charity at the **Mayors Annual Garden Party**. Next to Isidora is the Mayor and Mayoress at the time Cllr and Mrs Tim Ahern.

In 2008 we started to transform the Elkstone Road and Golborne Road sites into a **Sensory Garden** with the help of Western Riverside Environmental Fund Grant and the Waste Management Department Grant.



2013 was a eventful year for us, with many memorable events such as the annual **Tea Dance** at the Venture Centre.

Love Later Life | Summer 2021

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We also had Carole, Holly and Darren who completed a 12,000 ft skydive to fundraise for the **Dementia Support Service**.

And lets not forget **Keith Stirling** on his annual fundraising journey to Land's End to raise money for the charity. To date he has completed more than 17 fundraising trips of behalf of the charity – thank you Keith!



In 2015 the charity held a **Hustings** before the General Elections to give members an opportunity to ask questions to the Kensington candidates, with a focus on social care and housing.

We also celebrated our volunteers for **Volunteer week**. Here we have Medy (left) and Norma (right) of Ximena (centre) who have helped us in many of our Activities & Events.





In 2016 we held a festival dinner and dance event during the holiday season to bring the community together.

In 2017 we had Beth and Jon run a marathon on behalf of the charity to raise funds for projects such as escorting, befriending, information & advice and dementia services.



In 2018 we held our annual Valentines Concert to celebrate togetherness and also just to have a good time at St Cuthbert's Church.

This was also the year that Jess Millwood joined us as the Chief Executive Officer of Age UK Kensington & Chelsea.







2019 marked the launch of the first Carnival party hosted by us. The event was a great success, with fabulous food and music and over 250 attendees who danced and partied with us and our special guests, including the Mayor. We were also delighted to welcome our new Patron, Lady Frederick Windsor.

2020 marked a changing year for us in many ways as we had to adapt to a new way of life.

Although it was a difficult year, it also highlighted the amazing things working as a community could accomplish. It is thanks to the many volunteers, charitable organisations, donations and community supporting us, that we were able to from such a rapid response and provide help to those older people who needed it most.



This was also the year that we welcomed 6 new trustees who join the Age UK Kensington & Chelsea Board.

Left to right: Nikki Hill, Nicola Maguire, Ian Hill, Charlie Booth, Kate Scally, Sarah Fahy.



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# Interview with a Trustee

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As part of Age UK Kensington & Chelsea's 21<sup>st</sup> Birthday we asked Christine Vigars the Vice Chair of the Board of Trustees for Age UK Kensington and Chelsea and a long-standing Trustee to talk to us about how the charity we know today was formed.

Christine joined the Board when Age Concern Kensington & Chelsea merged with Sixty Plus. She is passionate about advocating for older people and has also been Chair of K&C and Westminster Healthwatch for 8 years; they are an independent national champion for people who use health and social care services.

On reflection Christine notes that the decision for Age Concern and Sixty Plus to merge, was due to there being overlap between the services both charities provided, and the aspiration to form together a larger charity with a greater presence in the Borough to represent older people and give them a voice.

Although both charities had similarities, they also had unique services which the other could benefit from such as the Dementia



services and the Primary Care Navigators who became the HSCA's and also the Health Fair.

As a Trustee of Age UK Kensington & Chelsea Christine is proud of the relationship we have established with the community and also how we have managed to maintain this whilst working closely with the NHS to provide health care services, and also developing paid for services through At Home.

She is also happy to note that the charity now is a more financially sustainable and well established with a good reputation so that we can better represent older people in the Borough.



# Strategic Approach 2021-2022

## Our Aims

Age UK Kensington & Chelsea will be a key contributor to the local community in which older people are valued, connected, heard and supported, their independence promoted and their quality of life enhanced.



## Our Vision

Supporting Older People to **Live a Good Life** in  
the Royal Borough of Kensington & Chelsea



## 2021-2022

Age UK Kensington & Chelsea is proud to present our strategy plan for April 2021 - March 2022. It is for one year so that initially we can respond to the unprecedented immediate challenges presented by the Covid-19 Pandemic. During the year we will develop our Strategy and Action Plan for 2022-2025. Much of the Strategy represents starting points for the longer-term direction we would like to take.

## Recovery

Our main focus is one of Recovery – supporting older people, our staff and volunteers to be able to best manage the effects of the Pandemic, ensuring stability for our organisation, and seeking sustainable growth which supports recovery, and fills gaps in support for Older People in RBKC. During this first year, much of our work will be piloting and testing new approaches. Also we will develop ways of measuring our impact for each goal, so that we can measure the effect of our work and adjust if necessary.

## How we started...

We sent a letter to 2200 older people asking ***'What makes a good life?'*** And we had hundreds of responses. We formed four focus groups with older people, and held meetings with our staff and our volunteers. In these groups we looked at what was wanted and needed, and considered what we were doing well, what was not going so well and what we needed to do to improve.

A plan has now been drawn up on how we will deliver what older people, and our staff, want and think important.





## What you wanted...

### To be independent and supported

We will

- Provide high quality services to help older people to stay independent, healthy and happy and develop our suite of paid-for services
- Support mental health and wellbeing

### For ALL to be included

We will

- Ensure our services are relevant and accessible to all older people
- Ensure our services address health inequalities
- Increase our community reach both directly and working with ethnic minority and LGBTQ+ community organisations
- Provide services for those digitally excluded
- Campaign against unfair treatment and discrimination of older people



### To be connected

We will

- Contribute to of the whole community and develop our work with younger and older people
- Make sure our services are available both digitally and face-to-face

### Support in the transition out of the pandemic

We will

- Open up services safely and securely in line with Government guidelines
- Focus on health, digital, debt-advice and create and support community connections
- Focus on mental health effects of the pandemic including grief support
- Run hybrid services with both remote and face-to-face

### To be heard

We will

- Be sure that we ask for older people's views and that we listen to them
- Ensure older people shape our service delivery and strategic direction



**venture**  
community association

**CARNIVAL  
VILLAGE**  
TRUST

THE  
**CHELSEA**  
THEATRE

Kensington  
& Chelsea  
**ageUK**

THE BOROUGH BOROUGH  
KENSINGTON  
AND CHELSEA

**Friday 20th August 2021**

# CARNIVAL COMES TO CHELSEA

Chelsea Theatre and Worlds End Piazza  
SW10 0DR

**FREE ENTRY**

Eventbrite: Carnival comes to chelsea

As part of the Kensington and Chelsea Festival join us as we celebrate Carnival Arts across RBKC  
All the culture, All the music, All the costumes, All the steelpan, All the history and Family Fun

**12PM- 5PM**

For more information please contact Venture Community Association on 0208 960 3234 or visit [www.venturecentre.org.uk](http://www.venturecentre.org.uk)

The event has been risk-assessed against the protective measures to prevent the transmission of Coronavirus.



**venture**  
community association

**CARNIVAL  
VILLAGE  
TRUST**

Kensington  
& Chelsea  
**ageUK**

**C**  
catalyst

**THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA**

**WEST  
WAY  
TRUST**

**Thursday 26th August 2021**

# COMMUNITY CARNIVAL PARTY

Portobello Canopy and Green W10 5TD

**FREE ENTRY**

Eventbrite: Community Carnival Party

As part of the Kensington and Chelsea Festival join us as we celebrate Carnival Arts across RBKC

All the culture, All the music, All the costumes, All the steelpan, All the history and Family Fun

**12PM- 5PM**

For more information please contact Venture Community Association on 0208 960 3234 or visit [www.venturecentre.org.uk](http://www.venturecentre.org.uk)

The event has been risk-assessed against the protective measures to prevent the transmission of Coronavirus.



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# Virtual London Marathon & the Royal Park Half Marathon

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This October promises to be an exciting time for the charity as Age UK Kensington and Chelsea will be taking part in both the Virgin Money Virtual London Marathon and the Royal Parks Half Marathon!

This year is the first time Age UK Kensington and Chelsea will be taking part in **the Virtual London Marathon** which hosts more than 40,000 people running the 26.2-mile (42.2km) marathon through the streets of London annually. Some to raise money for their favourite charity, and many

run in outrageous fancy dress ranging from animals to superhero's.

Were as this will be the 3rd time that Age UK Kensington and Chelsea will be taking part in **the Royal Parks Half**

**Marathon** this is due to the amazing success we have had the past 2 years.

The half marathon was set up as an annual fundraising initiative, raising sustainable funds for the Royal Parks to support London's eight Royal Parks, and enabling charities of all sizes to be involved in a major challenge event.

**There are still spaces left for runners to take part in either so if you know anyone who would be interested in running on our behalf please contact [spradhanang@aukc.org.uk](mailto:spradhanang@aukc.org.uk).**

*By Nima Pradhanang  
(Fundraising Officer)*

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# Would you like a pen pal?

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The London Letters Writing Society is a community of hundreds of keen letter-writers and pen pals from across the world put in touch to revive the art of correspondence. Take a moment from your day to relax and put humble pen to paper, and make a new friend whilst you're at it. Our pen pal club was founded in 2017 with the goal to unite those people still interested in the written word. We've now just over 400 members, who are enthusiastic about snail mail and keeping this relaxing hobby alive.



LONDON LETTERS  
*a petite atelier*

This past year or so has been an isolating and lonely time for so many of us, reaffirming the importance of connections and friendships. The simple activity of letter writing can give you that lovely sense of closeness to your friend whilst you're not able to meet in person, and it's something we're thrilled to be working with Age U.K. on. You only need a pen, paper and some stamps to join - we're always looking to welcome new members and we'd love for you to be involved!

## How It Works

Sign up by contacting [hello@thelondonletters.com](mailto:hello@thelondonletters.com) and explain you've seen this in your Age U.K. newsletter. We'll be in touch from there by email to confirm your details and find your ideal pen pal. Once we have someone, we'll exchange your email addresses and then it's down to you both to be in touch, and should you feel comfortable to do so, share your home addresses and start writing! You're then a cherished member of our writing community.

*By Jennifer  
(London Letters)*

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# Let the Music Play

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Music is such an important part of all our lives and forms the soundtrack for different life stages from when we are babes in our parent's arms listening to lullabies to teenage years of falling in love for the first time and forming lifelong relationships.

For several years it has been recognised that music plays an important role in reaching into the minds of people living with dementia and bringing memories into foreground and this has now been backed up by recent research. As Dementia Support Workers we too have



found music to be key activity we offer. From seeing the joy that Opera Holland Park bring at Memory Cafes to sharing music memories with an individual and breaking into a

spontaneous sing along. We have found that music is often the key to open the door to reminiscence and life stories. While music can spark happiness, we are also aware that it can be a reminder of sadder times. So, we always check with Clients and Family Carers if there are songs or tunes that maybe upsetting.

**Here are some resources if you would like to explore music memories:**

**BBC Music Memories Website:** <https://musicmemories.bbcrewind.co.uk/>

**Play List for Life Website:** <https://www.playlistforlife.org.uk/what-is-a-playlist/>

**Music for Dementia Website:** <https://musicfordementia.org.uk>

**M4D Radio Website:** <https://m4dradio.com/>

**BFI Player Musicals Free online musicals and also rentals Website:** <https://player.bfi.org.uk/free/collection/musicals>

**Resonate Arts Website:** <https://www.resonatearts.org>

*By Elizabeth Clarke  
(Senior Dementia Support Worker)*



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# A Volunteers Point of View

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**We asked Gerard, a volunteer who runs an online poetry session on zoom each week to share his experience of being a volunteer at Age UK Kensington & Chelsea and running sessions online.**

*"I present a Poetry class every week for Age UK, currently on Zoom. 'Class' is the wrong word, I think; it aims to be a very relaxing look at both published and unpublished poetry. Each week we read and discuss a sample of poetry - about three or four poems. This takes up a bit more than half of the one-hour class.*

*For the rest of the time we read and discuss new poems written and submitted by members of the class for which I suggest possible topics for new poetry. This is, if anything, even more interesting than the published poetry - several of our class members enjoy writing their own poetry, but there's never any pressure on participants to contribute.*

*I gather all the poetry, old and new, into a Word document and share my screen on Zoom when I'm presenting the class. I circulate the document in advance to most of the class, which many members appreciate. This works well for my Poetry class but may not be suitable for every class subject - some subjects will benefit from an element of surprise. If you're thinking of volunteering, have a go, it's great fun, and the Age UK staff are very helpful with content and technology!"*

*By Gerard  
(Volunteer)*

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# Sunflower lanyard

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By 2016, the Accessibility team at Gatwick Airport were already assisting over 500,000 passengers a year but recognised that some passengers had a non-obvious disability. How could they assist them too?

So they started to explore the idea of using a symbol to allow passengers to choose to indicate they have an invisible disability and may need some support, assistance or simply a little more time. Following this evaluation, the Sunflower was chosen to reflect the idea of confidence, growth and strength shown by people with hidden disabilities, as well as introducing happiness and positivity.



As the Sunflower organisation evolves, they to continue to work alongside organisations, charities and individuals with hidden disabilities to evolve the Hidden Disabilities Sunflower. And since its launch in 2016, it has now been adopted globally by major airports and venues and in the UK, by many supermarkets, railway and coach stations, leisure facilities, the NHS, a number of police, fire and ambulance services, and an increasing number of small and large businesses and organisations.

To find out more or to get your own lanyard got to: <https://hiddendisabilitiesstore.com/>

# Struggling with your energy bills?



## We can help

Your local energy experts - the Green Doctors - are offering phone consultations to help you save money and stay out of debt.

**This consultation is provided by a registered charity for anyone on a low income or over 65 or with a long term health condition or disability.**

Your Green Doctor will help you

- Save money on your energy bills
- Switch energy providers to save you money
- Access the Warm Homes Discounts
- Apply for grants for energy or water debt
- Get additional support

Book a phone consultation or refer someone else!



0300 365 5003



greendoctors-london.org

**There is no charge for this service**  
 Even your phone call is free!



Green Doctors are part of Groundwork London, a registered charity No. 1121105





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# Escorting Service

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Summer is here but the streets remain quiet, understandably so given our retreat behind our front doors over the last year. Well I'm pleased to say that over the last few months our escorting services has gradually opened up like a spring flower and now is in full bloom. We maintained our escorting support to Medical Appointments throughout the crisis as we understood the necessity, but more recently we become able to go for local

walks and take visits to the shops.

If you're not familiar with Escorting it's where our volunteers support our members to get to a range of places, be it by foot, cab or public transport. Obviously there are limits to everything, but as long as it's safe and reasonable we'll do our best to help. Talking of safety we are being cautious in our return to ensure your safety, but with our masks on and hands sanitised we're ready to go.

Many of our members will have missed the opportunity to stretch their legs and may have experienced some reduction in mobility or just confidence. I'm keenly aware of this and would like to emphasise that even if it just for a stroll around a park or down the street I'd be happy to hear from you. After everything that has happen these may feel like big steps, but I hope we can take them together.

*By Will Porter*

*(Escorting & Befriending Volunteer Coordinator)*

# Walking Football Club!

The walking football club is now open!  
Come join us at the Westway Sports & Fitness Centre from the 7th September at 10am to 12pm!



## Sign up now!

Phone: 020 8969 9105

Email: [event@aukc.org.uk](mailto:event@aukc.org.uk)



FOUNDATION

everyone  
ACTIVE

Promoting healthy active communities

WEST  
WAY  
SPORTS &  
FITNESS



## Virtual Activities & Events Programme

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am-10.15am				Pilates	
10am-11am	Half hour Yoga Half hour Meditation		Chair exercises with Kate	Reiki session	Chair Exercises
11am-12pm		Music Appreciation	Half Hour Meditation	Spanish Conversation <b>Beginners</b>	
12pm-1pm	Aerobic	Chatting with Chelsea FC <b>AND</b> Makeup Appreciation		Singing Lessons with OHP	IT workshop
1pm-2pm		Half hour Yoga			Lunchtime Concert with OHP
2pm-3pm	Art Appreciation	Creative Writing <b>AND</b> Opera Appreciation	Spanish Conversation <b>Intermediate</b>	Half Hour Chair Yoga	Stretching with Ranvir
3pm-4pm	Chair exercises with Chelsea FC	Reading Club with The Reader	Poetry	Coffee & Chat Group for Carers	Games
4pm-5pm		Qigong <b>AND</b> Drawing Class	Photography Appreciation <b>AND</b> Coffee with Barclays Bank—Last Wednesday of the month		

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.



# Walking Group

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

It is low impact exercise, so it is easy for you to get involved - even if you are not feeling your best. In fact, walking could help you feel great again! **Advance booking essential by email [activities@aukc.org.uk](mailto:activities@aukc.org.uk) / call 020 8969 9105**

Please arrive 5 minutes before the activity.

Parks	Cost?	When?	Meeting Point?
<b>Golders Hill Park</b>	FREE	<b>Wednesday 4th August 10am-1pm</b>	Pret a Manger, 230 - 232 Earls Ct Rd, Earls Court, SW5 9RD
<b>Chiswick Gardens</b>	FREE	<b>Wednesday 11th August 10am-1pm</b>	Pret a Manger, 230 - 232 Earls Ct Rd, Earls Court, SW5 9RD
<b>Valentines Park and Garden</b>	FREE	<b>Wednesday 18th August 10am-1pm</b>	Pret a Manger, 65 Notting Hill Gate, Kensington, W11 3JS
<b>Richmond Park</b>	FREE	<b>Wednesday 25th August 10am-1pm</b>	Pret a Manger, 230 - 232 Earls Ct Rd, Earls Court, SW5 9RD
<b>Osterley Park</b>	FREE	<b>Wednesday 1st September 10am-1pm</b>	Pret a Manger, 230 - 232 Earls Ct Rd, Earls Court, SW5 9RD
<b>Ravens Court</b>	FREE	<b>Wednesday 8th September 10am-1pm</b>	Pret a Manger, 230 - 232 Earls Ct Rd, Earls Court, SW5 9RD

You can find more dates on our website at: <https://www.ageuk.org.uk/kensingtonandchelsea/activities-and-events/>

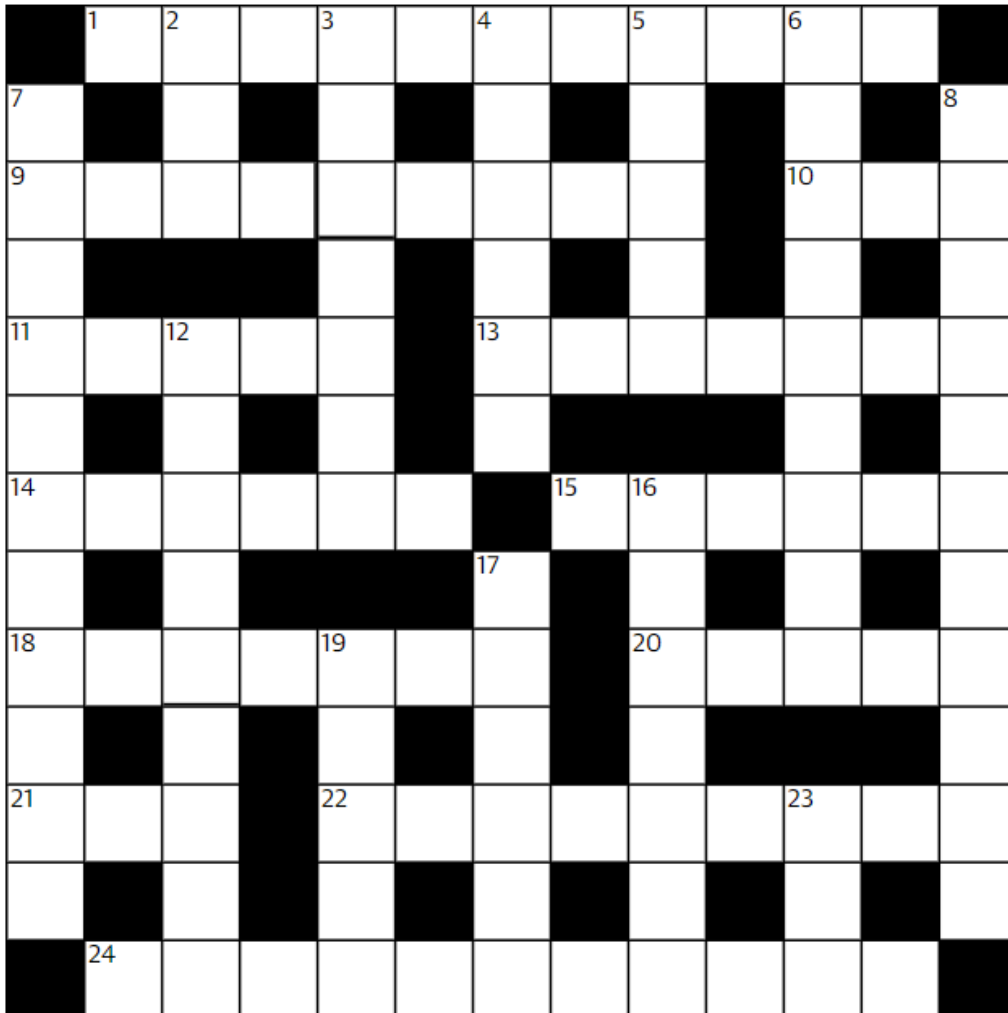
## Face to Face programme

Classes are **FREE** but you must book to secure your place. To take part please email [activities@aukc.org.uk](mailto:activities@aukc.org.uk)

Social distance measures will be in place throughout the class, participants are asked to arrive wearing a mask and to use hand sanitizer on arrival.

Activity	When?	Time?	Meeting Point?
Painting & Drawing	<b>Starting on Monday 9th August</b>	2pm-3.30pm	<b>St Cuthbert's Centre</b> , 51 Philbeach Gardens, SW5 9EB
Walking Football with Chelsea FC	<b>Starting on Tuesday 7th September</b>	10am-12pm	<b>Westway Sport &amp; Fitness Centre</b> , 1 Crowthorne Rd, W10 6RP
Lunch Club	<b>Starting on Tuesday 10th August</b>	12pm-1.30pm	<b>St Cuthbert's Centre</b> , 51 Philbeach Gardens, SW5 9EB
Well Read with Playground Theatre	<b>Starting on Tuesday 10th August</b>	2pm-3pm	<b>St Cuthbert's Centre</b> , 51 Philbeach Gardens, SW5 9EB
Walking group	<b>Wednesdays</b>	10am—1pm	<b>Different parks</b>
Knitting Club	<b>Wednesdays</b>	10am-12pm	<b>Worlds End and Lots Road Big Local</b> , Unit 8 Worlds End Place, Worlds End Estate, London SW10 0HE.
70's Disco Fever	<b>Starting on Wednesday 4th August</b>	3pm-4pm	<b>Bay20 Community Centre</b> , 71 St Marks Rd, W10 6JG
Chair Exercises	<b>Thursdays</b>	2pm-3pm	<b>Maxilla Garden</b> , 11 Westway, W10 6JG (In front of Bay20)

# Games



## Across

- 1) Instrument that records what's happening into the heart
- 9) Something most early sought or pursued
- 10) Obtain for money – accept as true
- 11) Adjust again (to zero)
- 13) Straighten out
- 14) Inessential, though desirable, item
- 15) Hound (from Kabul?)
- 18) Learned type
- 20) One of 78 in a pack of cards
- 21) To a psychoanalyst the conscious mind
- 22) Unrestricted by reservations
- 24) Little bits

## Down

- 2) Wholly
- 3) common name for Sirius (Alpha Canis Majoris)
- 4) Unclear
- 5) Fired up again
- 6) HarperCollins or Simon & Schuster, say
- 7) One of few final candidates
- 8) Science of communications
- 12) Last 2 years of school classes
- 16) Tiredness
- 17) Squirm
- 19) Abiding by the law
- 23) Moved fast

**ANSWERS ON PAGE 29**



**EASY**

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

**MEDIUM**

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

**ANSWERS ON PAGE 28**



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

BEACH	HIKE
BIKE	LAKE
CAMP	POOL
FIRE	SAND
HEAT	SUMMER

**Answers to Page 27**

**Easy**

**Medium**

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

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

## The Wizard of Oz

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

- WIZARD
- JUDY
- GARLAND
- MUNCHKINS
- DOROTHY
- GALE
- SCARECROW
- TIN MAN
- TOTO
- COWARDLY LION
- WATER
- GLINDA
- GOOD WITCH
- AUNT EM
- MELTING
- RUBY
- SLIPPERS
- NIKKO
- MONKEYS
- BALLOON

### Answers to Page 26

#### Across

- 1) Cardiograph
- 9) Holy grail
- 10) Buy
- 11) Reset
- 13) Untwine

14) Luxury

15) Afghan

18) Scholar

20) Tarot

21) Ego

22) Categorical

24) Smithereens

#### Down

- 2) All
- 3) Dog star
- 4) Opaque
- 5) Relit
- 6) Publisher

7) Short listed

8) Cybernetics

12) Sixth form

16) Fatigue

17) Writhe

19) Licit

23) Ran



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# Colouring In Pages

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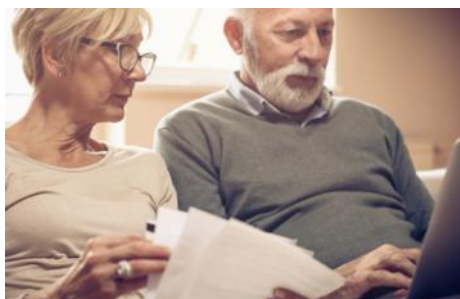
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# Leaving A Gift In Your Will

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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.

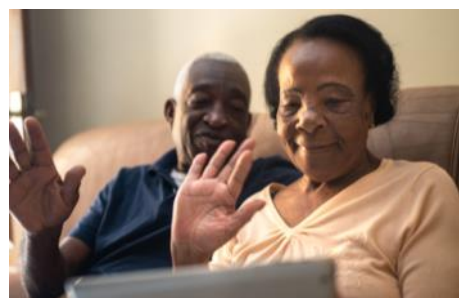
## A gift in your will could help us:



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.



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



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.

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 the page 35.

Thank you.



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