

Spring Edition 2021

Mayor's Award

South Kensington

Tube Station Update

Cyber Crimes &

Scams

Health Watch Survey

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Welcome from our CEO



Dear friends

Since our last Newsletter, there has been the most incredible vaccination push across the UK. I hope that you have had the opportunity to have the Covid-19 Vaccination, I am certainly very happy to have now had both of mine! We are offering a free cab transport service in partnership with the NHS to and from your vaccination. If you are interested, please contact Amy Shallon on email at ashallon@aukc.org.uk or by phone on 07497 188 221 and she will arrange transport for you. All costs of the transport both ways will be covered in full. T

he Vaccinations and the falling rates of Covid-19 both feel like opportunities for some cautious optimism, although the variants are always concerning. I am enjoying the lifting of the Covid-19 restrictions, starting to see friends and family again and hopefully we will start to see you again before too long! Lots of people have been asking about our plans for opening up again, and I am very happy to share them here with you:

Why not join our Walking Groups?

From the 27th May, we are starting up Walking Groups – a great way to increase your fitness levels and meet new people in a friendly environment – more details on page 25

We're having a Party in July and You're Invited!

After an incredibly tough year, we really want to have a party to celebrate being able to come together again. We would love to see you there – more details on page 22

We're Celebrating Carnival in August!

We are planning virtual and face to face events in August to celebrate the spirit of carnival – find out more on page 21

One to One Services

Most of our one to one services have been delivered remotely during the pandemic. We are now moving back to offering these where we can on a face to face basis again under the following approach:

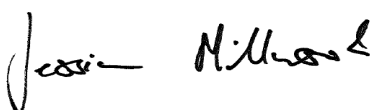
- We will try to follow what your preference is – if you would prefer a phone call or meeting over the computer rather than face to face, just let us know!
- Sometimes we may offer you a meeting over the phone because we might be able to offer support to more people that way. If that happens, and a face to face meeting is important to you, please don't hesitate to ask
- Sometimes, our staff members or volunteers may only be in a position themselves to offer support via phone or computer. Their reasons may be personal, so if we are not able to always meet your preference, we hope you will understand

Groups and Activities

I was lucky enough to meet lots of you in online focus groups recently, and got the message loud and clear that even as you are looking forward to meeting up in person again, you love our remote groups and very much want these to continue! I am happy to say that you will find a timetable with all our remote groups and activities on page 24! As restrictions lift, we will also offer more in person groups too.

See you in the Summer!

Best wishes



Valentines Celebration 2021



Valentine's Day has always been a very important time for all of us here at Age UK Kensington & Chelsea, as it allows us the opportunity to welcome everyone together, including our beloved members, to the annual Valentine's concert and party. It is an opportunity to come together, to share our love and support for each other, and to recognise that we are never, truly, on our own.

2020 has been a hard year for everyone and although we could not be together physically, we hope that you can all find solace in the thought that love is not only physical, but something that we can learn from, and develop, too.

This year on the 12th February 2021 we celebrated this special day online with special guests, The Mayor Councillor Gerard Hargreaves, MP Felicity Buchan & Lady Frederick Windsor, performances from Beato Burrito Mariachis Band, Dance West and we finished the event with a 'Virtual Disco' leading by Queen's Gate School, it was the 22nd year we celebrated Valentine's Day, and although we couldn't physically be together, these sentiments still rang true, as we wanted to let members know that "you are all in our hearts and our thoughts, not only now, but the whole year through".

To celebrate friendship, love and companionship, Age UK Kensington & Chelsea members and volunteers worked together with Opera Holland Park to write this special song for the occasion called "Listen".

Listen



Listen, Listen

Listen, listen to the sound of the city

Listen to the solitary voice

Listen to your own song

To listen deeply dissolves the sense of
isolation,

Ends the pain of separation.

Listen, listen.

Listen, listen to the sound of the earth

Listen to the sound of the wind

Listen to the solitary voice

A black bird's sweet song.

Listen, listen.

Listen to the music of the sea

The waves, rhythmic, rhythmic

Listen, listen to the sound of the sea

Listen to your own song

To listen deeply dissolves the send of
isolation

Ends the pain of separation.

To listen, deeply brings calm to a broken
world

Listen

South Kensington Tube Station works update from TFL



TFL are writing to let you know that from late-February 2021 they will be working to replace the old Piccadilly line escalators at South Kensington station. These complex and bespoke works will complete around early-spring 2022.

The five escalators serving the Piccadilly line, installed in 1973, are life expired and unreliable. As part of their commitment to improve every aspect of the customer experience TFL are replacing them with brand new escalators. These works are not connected to TFL's planned station capacity upgrade – which is currently paused but due to remobilise soon – or to Native Land's proposals for developing the area around the station.

Nearly two-thirds of customers who use the Tube to get to South Kensington travel on the District and Circle lines, and during the escalator replacement works the station will remain open and continue to be served by these lines. However, the Piccadilly line will not stop at the station.

TFL have been working closely with the Exhibition Road Cultural Group to make sure they and their customers are fully aware of this project, how it may impact them, and to develop a set of measures (such as providing more and better wayfinding in the area and maps for their e-tickets showing people where to go after they leave the museum etc.) to help lessen that impact.

For more information please go to the website, as this is the clearest way of distinguishing between all the various projects that are proposed at South Ken station (see the table near the bottom of the web page): <https://tfl.gov.uk/travel-information/improvements-and-projects/south-kensington#on-this-page-3>

Travel advice

TFL advise customers who usually travel to South Kensington on the Piccadilly line to:

- (If travelling from the west) change – by crossing a single platform – at Hammersmith or Barons Court for the District line
- (If travelling from the east) exit at Knightsbridge and walk, cycle or catch one of many buses to South Kensington

TFL will put up clear on-street signage to make it easy to find the many cultural attractions from both Gloucester Road and Knightsbridge stations, and are working with the Exhibition Road Cultural Group on this.

TFL will advise customers leaving the area to:

- Use the District and Circle lines at South Kensington as normal
- (If travelling west) take the District line and change – by crossing a single platform – to the Piccadilly line at Hammersmith or Barons Court
- (if travelling east) walk, cycle, or catch one of many buses to Knightsbridge for the Piccadilly line

As the District and Circle platforms are served by just a single staircase from the ticket hall, we may have to control entries into the station at the busiest times to keep customers safe. To help with this we may need to put a controlled queuing

system on Thurloe Street. TFL are working with Royal Borough officers on these plans to ensure they do not negatively impact residents or businesses.

TFL will publish detailed travel advice on their website nearer the time.

More information

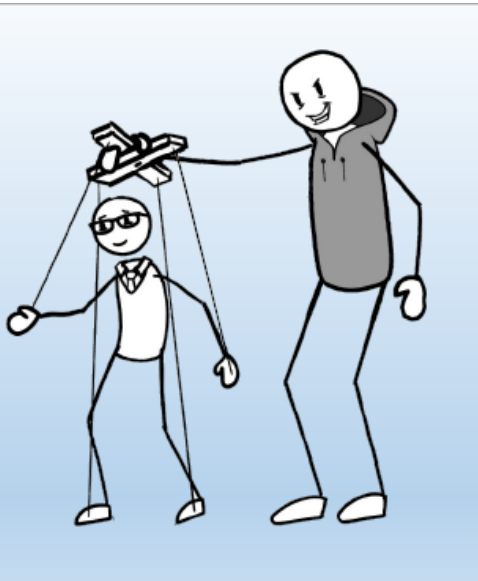
Residents are highly unlikely to hear the escalator replacement works themselves as they will take place inside the station walls. However, at various stages TFL will need to receive deliveries and remove waste from site overnight to help them keep the station open during the day. There may be some minor noise disturbance associated with this, which they will monitor closely. TFL are working with the Royal Borough's environmental officers on their work plans and following their Section 61 process. Rest assured TFL will do all they can to minimise any disruption to neighbours in the area. TFL will be sending letters to residents in the area around the station soon, when details of the works are confirmed.

For more information go to: <https://tfl.gov.uk/travel-information/improvements-and-projects/south-kensington#on-this-page-3>



Cyber Crimes & Covid Scams

Scammers tools & tactics



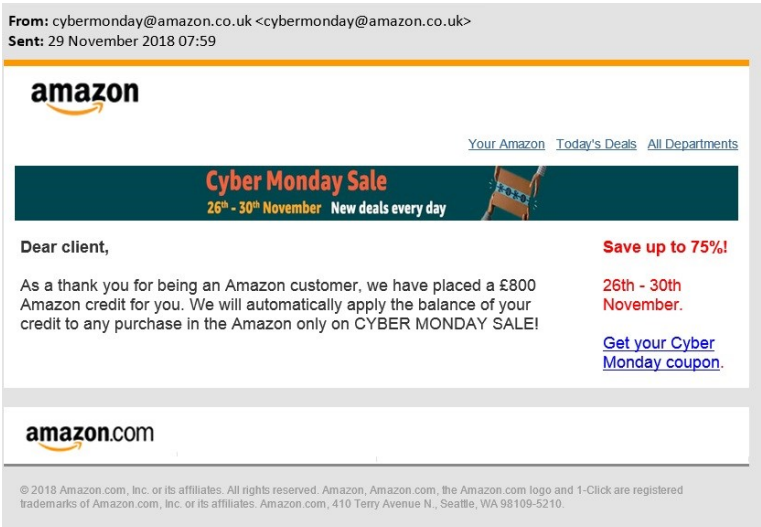
Social Engineering is “The clever manipulation of natural human tendency to trust.”

The way that scammers operate now:

1. Spoofing— masquerading as someone else
2. Phishing— fraudulent emails
3. Smishing — fraudulent texts
4. Vishing— fraudulent phone calls

Spoofing

1)



Scammers are now able to disguise their email addresses and phone numbers to look official. As you can see in picture 1, it looks like a real amazon email and probably also says amazon.co.uk on your ‘from’ tab.

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2) Received: by HEN-FIREEYE-EMPS.gfiseg.wmd (Postfix, from userid 600) id 4359Th4gnMz21kVv; Thu, 29 Nov 2018 08:16:08 +0000 (GMT)
Received: from mail4.met.police.uk (smtpgway.gfiseg.wmd [192.168.65.148]) by HEN-FIREEYE-EMPS.gfiseg.wmd (Postfix) with ESMTP id 4359MR2yWDz21lyD for <@met.pnn.police.uk>; Thu, 29 Nov 2018 08:16:03 +0000 (GMT)
Received: from mail.pnn.police.uk (cjsx1f.pnn.police.uk[51.65.225.73]) by mail4.met.police.uk id <B5bff9fc0003>; Thu, 29 Nov 2018 08:14:12 +0000
Received: from pnn-gw.pnn.police.uk ([212.62.5.171] helo=smtp.pnn.police.uk) by pnn-prl-mta-08.pnn.police.uk with esmtp (envelope-from <kemet@kemetegypt.com>) id 1gSHLQ-0001wD-F3 for @met.pnn.police.uk; Thu, 29 Nov 2018 08:06:44 +0000
Received: from p3plsmtpa12-05.prod.phx3.secureserver.net ([68.178.252.234]) by smtp.pnn.police.uk with esmtps (UNKNOWN:DHE-RSA-AES256-GCM-SHA384:256) (envelope-from <kemet@kemetegypt.com>) id 1gSHLj-0003Hm-6a for

However if you look at the coding behind the email in picture 2, it shows that in fact the real sender is the email highlighted by the red box.

Phishing

It is no longer the international Prince trying to contact you to get his funds out of the country. They have become more creative and accurate. Here are some examples of scam emails:

1) From: HM Revenue & Customs (HMRC) <no_reply@safety.com> ☆
Subject: **Automated Tax Refund Notification**
To: Recipients <no_reply@safety.com> ☆



Tax Refund Notification

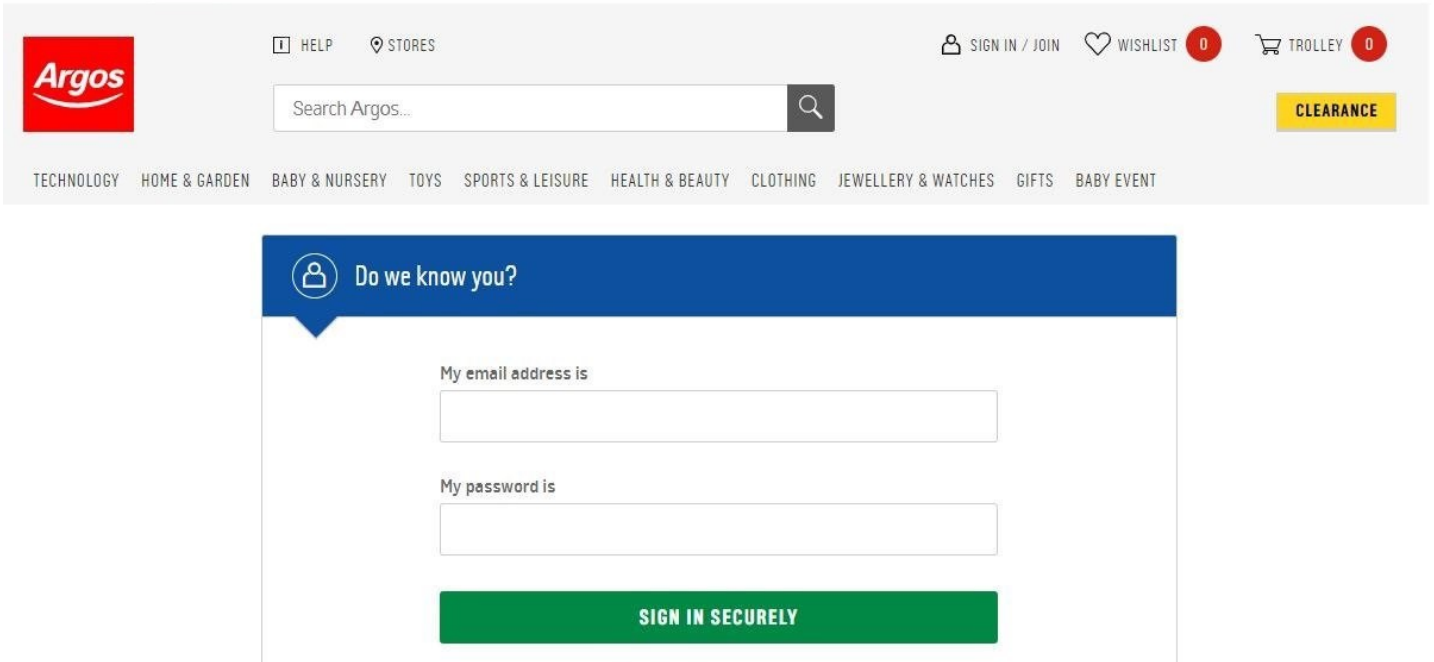
After the last annual calculations of your fiscal activity, we have determined that you are eligible to receive a tax refund of **268.50 GBP**. Please submit the tax refund request and have your tax refund sent to your bank account in due time

If you receive a message stating you've received a goodwill payment from HMRC. Do not click on the link provided as these messages are designed to steal your account details.

Forward the text to Ofcom 7726 (free of charge).

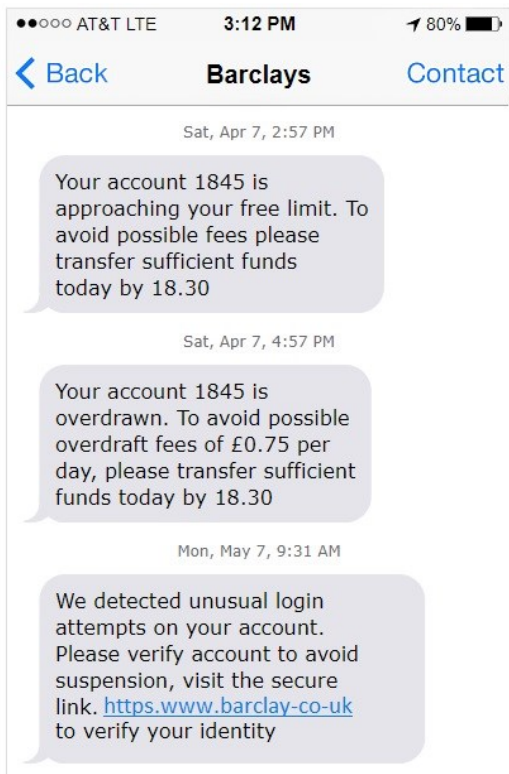
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2) <https://arg0s.co.uk/user/log/login.php>



If you look closely to the web address highlighted in image 2 by the red circle, Argos is spelled with a zero, which indicates that this is a fake website address.

Smishing



Scammers can also scam you through text messages. As they are able to hide their real phone numbers and make you and your phone think they are legitimate.

Scam text will automatically appear in legitimate conversations, alongside genuine messages. To your right is an example of this. The first 2 texts are genuine however the last text, asking for your account details to “verify your account to avoid suspension” is not.

Avoid smishing & phishing tactics

To avoid being scammed by smishing and phishing scams follow these simple rules:



1. Don't assume a text or email is genuine as phone numbers & emails are not proof of identity.
2. Never click on links or attachments in unsolicited texts or emails, instead go to their official website or app or contact the organisation directly via the phone to confirm the authenticity of such messages.
3. Also please check with your bank what their online verification process is.
4. Don't respond to requests for personal information or bank details. Contact the organisation directly to confirm authentication of the message.

Vishing

Scam phone callers may know your basic details and have background sound effects to add authenticity to the call.

They are often known to put pressure on recipients to make quick decisions.

Here are some things scammers usually say to put pressure on you:

- There has been “unusual activity on your account”.
- “Your account will be shut down” if you don't...
- “You will be arrested!” if you don't...
- “Your computer has been hacked!”

Reporting scam emails, texts and phone calls

- Scam Text messages can be forwarded to Ofcom for free on **7726 (SPAM)** on your phones keypad
- Scam emails can be forwarded to **report@phishing.gov.uk**

What to watch out for/ how to protect yourself

STOP— Taking a moment to stop and think before parting with your money or information could keep you safe.

CHALLENGE— Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

PROTECT— Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

Reporting and Further info

You can get further information from:

1. Action Fraud: **0300 123 2040** or **<https://www.actionfraud.police.uk>**
2. The Metropolitan Police: **www.met.police.uk/littlemedia**
3. Friends Against Scams: **www.friendsagainstscams.org.uk**
4. Take-five: **www.takefive-stopfraud.org.uk**
5. Cyber Aware: **www.cyberaware.gov.uk**



**METROPOLITAN
POLICE**

Contact the Cyber Crime Unite at
cyberprotect@met.police.uk for more questions.

COVID and Vaccine Scams

Criminals take advantage of any situation to try and commit fraud, and the COVID-19 Pandemic and Vaccination rollouts are no exception.

COVID-19 Scams



A stranger offering to do shopping for you

Criminals target elderly and vulnerable people and offer to do shopping on their behalf. However, they'll simply take the money and never return. Always exercise caution when accepting help from an individual or allowing them access to your home in any capacity.



HMRC goodwill payment

You receive a fake text message stating you've received a goodwill payment from the HMRC. These messages are designed to steal your account details. Do not click on the link provided.



Fake lockdown fines

You receive a fake text message stating that you have been fined for stepping outside during lockdown restrictions. Even though the text claims to be from the government, they are not true. Always take a moment to think before you part with your money or information.



Selling fake or non-existent products

Some criminals are trying to sell masks/hand sanitiser or testing kits. Only purchase these from suppliers you trust. And never buy coronavirus prevention pills. These pills do not exist.

Reporting

If you receive a suspicious email, forward it on to report@phishing.gov.uk, and forward any suspicious texts to 7726. Report any other fraud or cyber crime at www.actionfraud.police.uk, or on 0300 123 2040 (or 0300 123 2050 for deaf/hard of hearing)

COVID and Vaccine Scams

Criminals take advantage of any situation to try and commit fraud, and the COVID-19 Pandemic and Vaccination rollouts are no exception.

Vaccine Scams



In the UK, coronavirus vaccines are currently only available via the NHS. You can be contacted by the NHS, your employer or your local pharmacy or GP. If it's anyone else, it's a scam.

Vaccinations are free of charge, meaning the NHS will never:

- Ask you for your bank account or card details
- Ask you for PINS or passwords
- Ask you to provide proof of ID, like passports or utility bills
- Ask you to provide personal information, like your mother's maiden name
- Arrive at your home unannounced to administer a vaccine

If you want to know more, go to actionfraud.police.uk/vaccine

Fraud Prevention

- Do not give any personal information (name, address, bank details, email or phone number) to organisations or people before verifying their credentials.
- Do not let anyone into your home without confirming their identity. Make them wait and call their head office if you need to. Genuine callers will not mind you doing this.
- Be wary of any emails or texts that you weren't expecting. These scam messages can be very hard to spot. They are designed to get you to react without thinking. If you're not sure, then double check.

For more information, go to www.ncsc.gov.uk/guidance/suspicious-email-actions

Reporting

If you receive a suspicious email, forward it on to report@phishing.gov.uk, and forward any suspicious texts to 7726. Report any other fraud or cyber crime at www.actionfraud.police.uk, or on 0300 123 2040 (or 0300 123 2050 for deaf/hard of hearing)



Coronavirus vaccine scams

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Coronavirus vaccinations are free of charge. The NHS will never:

- ✗ ask for your bank account or card details
- ✗ ask for your PIN or banking passwords
- ✗ arrive unannounced at your home to administer the vaccine
- ✗ ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips.



Coronavirus: NHS Text Alerts



- The NHS are trialling a new mobile phone text service, making it easier and more convenient for people to book their life-saving covid vaccine.
- The text message will show as being sent from 'NHSvaccine' and will include a link to the NHS.uk website.
- The NHS will never ask you for payment or banking details. If you are unsure about a text message you have received, you can call 119 to book your appointment.

Learn more: actionfraud.police.uk/vaccine

OFFICIAL

#coronavirusfrauds

Mayor's Award



Congratulations Tim Sai Louie for receiving an award at the Mayor's Award ceremony, for all the amazing work he has been doing as a volunteer.

Tim has gone above and beyond to help by volunteering with several different charitable organisations in Kensington & Chelsea throughout the pandemic, and we are also proud to have Tim volunteer with us at Age UK Kensington & Chelsea.

Tim volunteers with the Information & Advice team offering help and support with benefit checks, pension credits and much more. He joined us in

May of last year and was quickly recruited as a Covid response volunteer. He became a regular volunteer delivering food packages for the Emergency Response during the first lockdown as well as activity packs that were a great support to our clients suffering with Dementia. In December of last year he once again answered the call to help deliver Christmas hampers in the borough and was remembered by many of our clients.

Tim continues to support the Information & Advice team and here are some words from one of our very grateful members ' *I don't really have the right words to thank you for your excellent work! Bless Age UK for having people so caring like you Tim, the best news I had.*'

Thank you for all your support Tim!

Carnival Celebration



The first Carnival party held by Age UK Kensington & Chelsea was a great success in 2019. Due to the pandemic, we hosted our second year via zoom with over 150 people of different ages came together to celebrate this occasion.

We had Soca & Samba dance lessons, Carnival music appreciation, Costumes, Caribbean Cooking lesson, Carnival Story & live Steelband performance.

This year Age UK Kensington and Chelsea are once again planning to hold different face-to-face & Virtual parties to celebrate the history and community of the Notting Hill Carnival taking place in August.

We will be following strict guidelines to ensure everyone's health and safety therefore only those who have RSVPed, will be able to attend. If you are interested, please contact our events team on event@aukc.org.uk or phone **020 8969 9105**.

Age UK Kensington & Chelsea Party!



2020 was a hard year for everybody especially for those who lived alone as often the only social contact they received was over the phone or/and on the computer.

However this year things are looking up, as more and more people are being vaccinated, it is safer to go outside and to meet people again. Therefore Age UK Kensington & Chelsea plan to take this opportunity to hold a Party.

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This Party is in celebration of all of our members, volunteers, partners and staff, as we wish to give everyone the opportunity to get together and get reacquainted with old friends and/or make new ones; to come together as a community to recognise the achievements that we have accomplished by working together; and move forwards towards the normalcy we had before the lockdowns.

We plan to hold this party in July and will be following strict government guidelines to ensure everyone's health and safety therefore only those who have RSVPed, will be able to attend.

If you are interested then please contact our events team on event@aukc.org.uk or phone **020 8969 9105**.

St Patrick's Day Celebrations

We also celebrated St. Patrick's Day, in style this year via zoom, as Age UK Kensington & Chelsea hosted great guests such as Dance West, the Irish Culture Centre and Floral Angles. Members had great fun learning Irish dancing, the history of St. Patricks as well as other interesting information regarding Irish culture. They enjoyed performances from Irish musicians who played traditional songs and we also



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held a St. Patrick's themed floral arrangement session teaching members tips and tricks on how to create their own bouquet.

Although we couldn't celebrate face to face this year, we were pleased that so many members joined us for these sessions.

The Hindu Festival of Holi

What we may have lacked in physical closeness during the Holi Festival this year, we certainly made up for in spiritual unity and joyous celebration via Zoom. Age UK Kensington & Chelsea welcomed The Bhavan: Home of Indian Arts to lead our special online event for the Hindu Festival. Members enjoyed learning traditional Indian Dance, hearing beautiful Hindustani music, and learning in depth, the history and traditions of Holi festival.



These celebrations allowed those who may not have known much about Holi or St Patrick's, the opportunity to immerse themselves in the traditions of these different cultures.

Virtual Activities & Events Programme

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am-10.15am		Pilates (Floor exercise)			
10am-11am	Half hour Yoga Half hour Meditation	French Lessons Intermediate	Chair exercises with Kate	Reiki session	Chair Exercises
11am-12pm	Italian Lessons Beginners	Music Appreciation Jazz Dance	Half Hour Meditation	Spanish Lessons Beginners	German Lessons for Beginners Film Appreciation
12pm-1pm	Half hour Boxing	Chatting with Chelsea FC	English Lessons Advance 70s Disco Fever—Dance session (NEW)	Singing Lessons with Opera Holland Park Musical Dance session (NEW)	IT workshop
1pm-2pm	French Lessons Advance	Half hour Yoga 1pm-1.30pm Half hour Meditation 1.30pm-2pm	Drama 1.30pm-2.30pm		We Love to Bake Lunchtime Concert with Opera Holland Park—Last Friday of the Month
2pm-3pm	Art Appreciation Makeup Appreciation	Creative Writing Opera Appreciation	Spanish Lessons Intermediate	English Conversation	Stretching with Ranvir
3pm-4pm	Chair exercises with Chelsea FC Italian Lessons Intermediate	Reading Club with The Reader	Poetry Flamenco Dance	Well Read with The Playground Theatre Booking essential Coffee & Chat Group for Carers	Games with Queen's Gate School
4pm-5pm	French Lessons Beginners	Qigong Drawing Class	Photography Appreciation Coffee Afternoon with Barclays Bank— Last Wednesday of the month	Contemporary Dance	Calligraphy

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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.

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!

We know that some of our service users have not been able to take part in our online activities and events, for this reason we will give priority to this group. You can email us at event@aukc.org.uk or call 020 8969 9105 to RSVP. If you do not have access to the internet we can send the new programme and updates by post.

Walking & Fitness group

Parks	Cost?	When?	Meeting Point?
Holland Park Starting on 27th May	FREE	Thursdays 2pm– 4pm	Holland Park Café

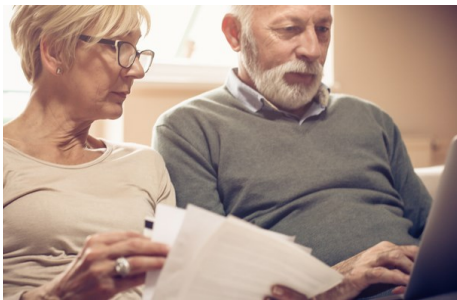
Walking & Social Group

Parks	Cost?	When?	Meeting Point?
Battersea Park	FREE	Wednesday 2nd June	Albert Bridge (Kensington and Chelsea side)
Kensington Garden	FREE	Wednesday 9th June 10am—12pm	Pret a Manger, 65 Notting Hill Gate, Kensington, London W11
Canal	FREE	Wednesday 16th June 10am-12pm	Pret a Manger, 140 Ladbroke Grove,
Battersea Park	FREE	Wednesday 23rd June	Albert Bridge (Kensington and Chelsea side)
Kensington Garden	FREE	Wednesday 30th June 10am-12pm	Pret a Manger, 65 Notting Hill Gate, Kensington, London W11

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:



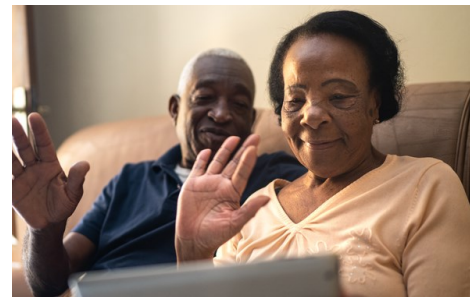
Support our Information and Advice programme to enable us to provide free and confidential information and advice service for older people, their families and carers.



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 of the most vulnerable people in our communities.



Support new activities and events to improve social connections and reduce isolation and loneliness.

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Sally: *“I had no life before, since I joined Age UK Kensington and Chelsea I feel like a bird, flying everywhere. The organisers are so caring and friendly; they really care about my wellbeing”.*

“I really value my freedom and joining Age UK Kensington and Chelsea has helped me feel less isolated and vulnerable. I suffered from anxiety as well which has lessened too.”

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.



Games

Easy

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

ANSWERS ON PAGE 31

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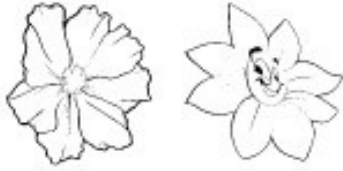
Medium

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

Hard

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

ANSWERS ON PAGE 31



Spring



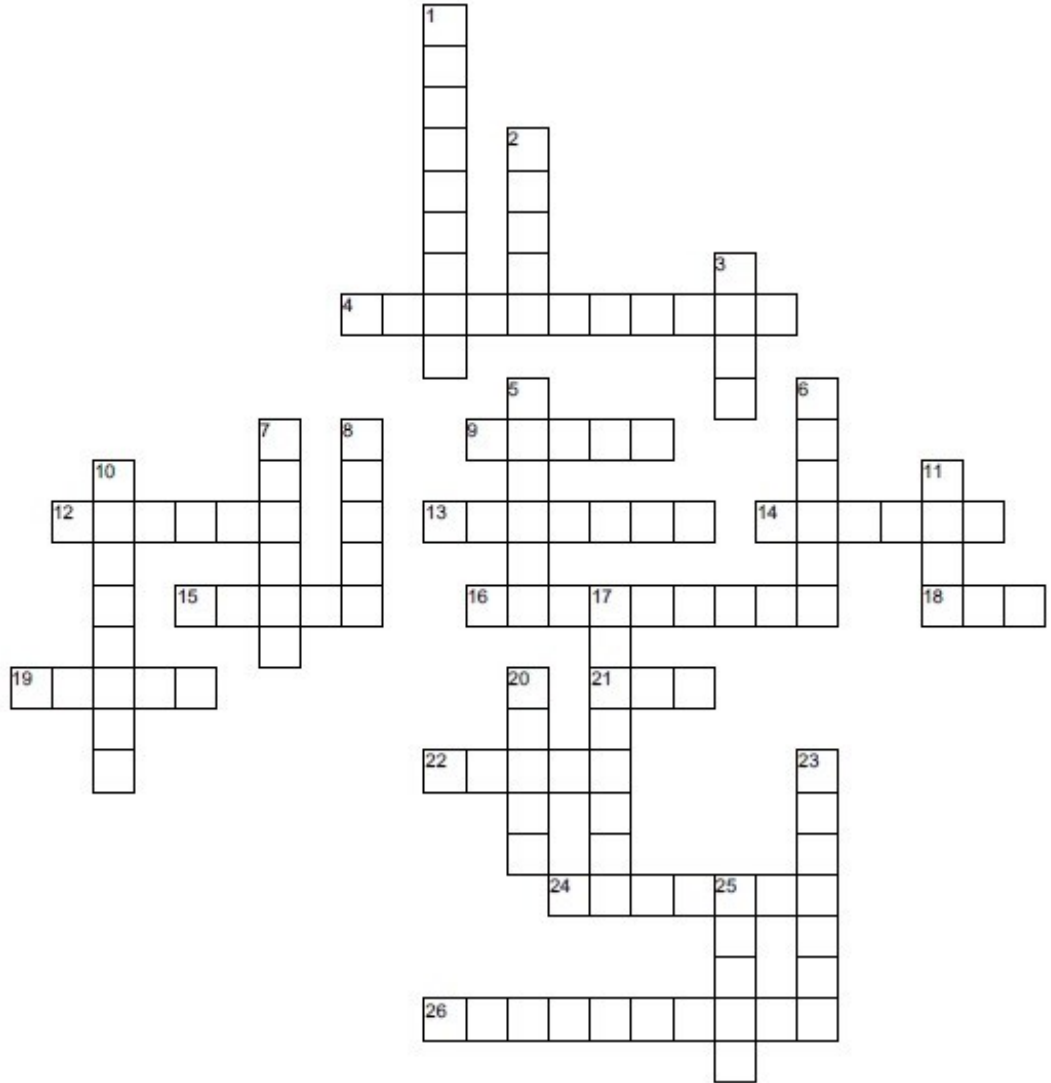
W H M Z A L K R S G U B E C H T Q I
 F T U L Y I J B E P Q N O P A S D X
 S J N I B O R H L V M C S U T L E K
 P E D W G X E K J O A Z R M C Q F B
 R C Y Q U S A V N T S I E K H R O L
 O L A M B F D T E U P S W G X T J E
 U N P H Y G Z R L K D H O V C E N R
 T B E J D W P Q I S G X L M F P A U
 V M Z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



BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM



Spring Time



Across

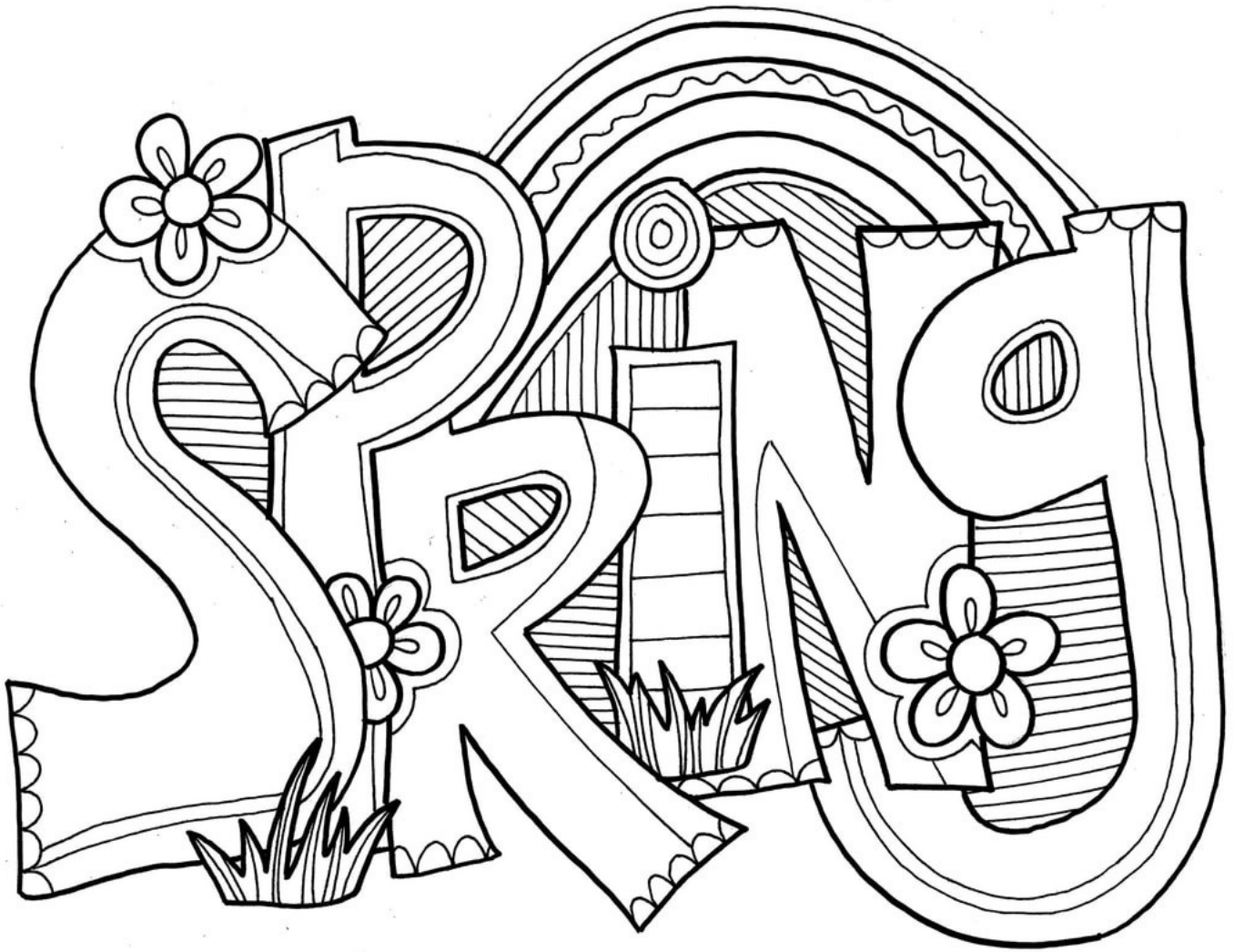
- 4. the larva of a butterfly or moth
- 9. A month in Spring
- 12. a small pool of water
- 13. small round beetles that are often red with black spots
- 14. when you bring food and a blanket to a park and sit on the grass eating
- 15. The first month of spring.
- 16. An animal that wakes up in Spring
- 18. Easter ____ .
- 19. baby chicken
- 21. bumble ____
- 22. birds that fly north in Spring; black, grey, and white
- 24. what you see sometimes after rain stops
- 26. a day for pranks

Down

- 1. shoes you wear in the rain
- 2. In spring, farmers _____ crops.
- 3. young sheep
- 5. these bugs have eight legs and spin webs
- 6. The season after Winter
- 7. _____ blossom trees.
- 8. what do eggs eventually do?
- 10. baby duck
- 11. what you can fly on a windy day
- 17. you use this to keep you dry from the rain
- 20. Spring _____; vacation.
- 23. April showers bring May _____.
- 25. flowers _____ in Spring

ANSWERS ON PAGE 32

Colouring In Pages



Easy

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

Medium

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

Hard

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



ANSWERS TO CROSSWORD:

ACROSS

- 04. CATERPILLAR
- 09. APRIL
- 12. PUDDLE
- 13. LADYBUG
- 14. PICNIC
- 15. MARCH

- 16. GROUNDHOG

- 18. EGG

- 19. CHICK

- 21. BEE

- 22. GEESE

- 24. RAINBOW

- 26. APRIL FOOLS

DOWN

- 01. RAINBOOTS

- 02. WATER

- 03. LAMB

- 05. SPIDER

- 06. SPRING

- 07. CHERRY

- 08. HATCH

- 10. DUCKLING

- 11. KITE

- 17. UMBRELLA

- 20. BREAK

- 23. FLOWERS

- 25. BLOOM



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.



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 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**