

**Cancer Screening  
Activities & Events  
Programme**

**Meet the New  
Board Members**

**Invitation to Our  
Valentine's Gala!**

**Winter/Spring 2024**

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# Welcome from our CEO



Dear friends

A very happy 2024 to you all! I hope you enjoy reading our latest Newsletter which is packed full of our latest exciting projects, activities and events.

This year we are really looking forward to our Valentine's Gala event at HHB Onslow Square. This annual event is always one of the highlights of our calendar and this year promises to be even bigger and better as it is our 10<sup>th</sup> Valentine's Gala anniversary! I am delighted to invite you all for an afternoon of music, celebration, friendship and tasty refreshments – please see details on page 30. It would be so lovely to see you there!

We have just launched a new Cancer Screening Awareness project in partnership with the NHS to encourage uptake of early cancer screening. Huge strides have been made in recent years in cancer treatment, and early diagnosis can make all the difference. We can provide free taxi transport to and from screenings if you have no other way of getting there, so please call on **0208 969 9105** if you would like more information.

We are also excited to launch a new research study to better understand the experiences of people living with dementia who have been discharged from hospital – please do get in touch if you or someone you know would be interested in sharing your experiences with us.

You will find a survey along with this newsletter – we would really appreciate it if you could complete it and send it back in the pre-paid envelope. Your answers help us to

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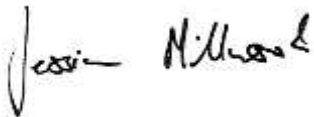
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improve and develop our services – and there is a prize draw too!

Finally, I wanted to draw your attention to some of the ways our Information and Advice team can provide support. This includes from ensuring you are getting all the benefits you are entitled to, our Winter Warmth project with support to pay gas and electricity arrears and cash perks which can provide immediate financial support in an emergency, subject to eligibility. We have set up a new phonenumber staffed every day with Information and Advice workers – please do call on 0208 969 9105 Option 2 if you would like to speak to one of them.

Please stay safe and warm in this chilly weather, and here's to warmer and brighter days ahead!

With all my very best wishes



Jess

CEO

Age UK Kensington and Chelsea

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# Meet the New Board Members

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**Pandora Wright** is a consultant geriatrician and physician at Charing Cross hospital, splitting her time between acute medical wards where she leads the older persons assessment and liaison team, acute general medicine and in the community, where she work directly with local GPs.

Her special interest is in community and integrative medicine and care of older people.

She is a recent past president of the geriatric section of the Royal Society of medicine, and still sit on the council, having been appointed to the section in 2013.

*"I am now honoured to support Age UK as a trustee."*



**Nicole Kim** joined AUKC Board in June 2023. Previously she was a Board Trustee at HEART UK (cholesterol charity) as a member of the Finance & Risk committee. Nicole is a senior business development director with over 16 years of experience in multinational financial services, data and technology companies. Currently, she leads business development efforts globally for an AI-driven biomedical knowledge discovery platform company based in the US.

Nicole is a Liveryman of the Worshipful Company of Cutlers and a member of the Charities Committee. She is a member of the British Acupuncture Council which is on the Professional Standard Authority (PSA) Accredited Register. Nicole has been working with the elderly and patients from the wider demographics in the City of London, Victoria, Chelsea and Westminster areas for over 4 years.



**Rebecca Harben** leads the public fundraising team at Fight for Sight and Vision Foundation, supporting them in delivering everything from community fundraising to high-profile special events, epic challenges, individual giving programmes and everything in between. Rebecca has led events and community fundraising for charities and not-for-profit organisations for the last 13 years and loves the buzz of event day.

Rebecca is currently on maternity leave and is enjoying spending more time with her two children and learning more about the wonderful work of Age UK KC.

**Sylvia Sinclair** is passionate about the care, views and visions of Older People! She has worked in Kensington and Chelsea as a District Nursing Sister, and has an insight of what is happening in the Community. As a retired person and having nursed her partner John day and night she has the personal experience of what older people who are carers are experiencing. Sylvia retrained from Secondary care to Primary care in the 1980's and retired in 2013 to look after John. She really enjoys doing lots of activities with Age UK Kensington and Chelsea including digital – “thanks to Age UK I can now send emails! “

## Could You Be Our New Client Trustee?

We are excited to announce that we are now recruiting for an additional client trustee role and would love to hear from you if you are interested! You don't need any Board experience but being able to represent the wider views of older people, and having time to do the role is important – around 20 hours a year.

If you would like to have a chat with Jess Millwood, CEO or Bob Empson, the Chair about the role, please get in touch by email on [jmillwood@aukc.org.uk](mailto:jmillwood@aukc.org.uk) or by calling us on 020 8969 9105. If you would like to apply, please write to Jess Millwood, CEO, Age UK Kensington and Chelsea, 1 Thorpe Close, London, W10 5XL, or by email to her

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by Monday 4<sup>th</sup> March setting out why you are interested and why you think you would be a good fit for the role.

The next stage is interviews, which we will keep as informal and friendly as possible!

## Client Trustee Role Description

### Overall responsibility:

Work as a member of the Board to contribute experience, expertise and insight and to add value to strategic development and governance of Age UK Kensington & Chelsea to ensure that it is a robust and dynamic charity which supports all elderly people in our community.

### Client Trustee Person Specification

#### Essential:

- Must be a member of AUKC who has used our services for at least six months within the last two years;
- Understands and is committed to the culture, ethos and purpose of Age UK Kensington & Chelsea;
- Understands how to represent the

wider interests of older members of AUKC as a group rather than relying solely on individual experience

- Experience of acting as a credible ambassador
- Excellent communication and listening skills – able to communicate concepts and issues effectively;
- Is able to commit, flexibly, the time and attention to learn about and contribute to Age UK Kensington & Chelsea's work;
- Able to self-manage effectively to fulfil the requirements of this role;
- Must be able to attend meetings remotely

### Trustee Terms and Conditions

#### Term of office:

Charity Trustees hold office for an initial term of two years and may be reappointed for up to two further terms of three years each.

# Meet Silvia Sinclair, Our Client Trustee

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“My name is Sylvia Sinclair and I am a client of Age UK Kensington and Chelsea and also a Trustee.

The first time I became properly involved with Age UK K&C was when Covid 19 happened. Suddenly, we were supposed to stay at home. My son was worried as he lived in Essex, and he asked if he could ring Age UK. When he called, we were taken on immediately, they didn't ask if we were registered or anything.

Age UK rang us to find out where we are and what help they can give us, especially for food as we were told not to move by the government. Every Tuesday a gentleman would knock and drop a parcel of food at the door for the week. I was happy to have it as I wanted to cook with fresh food for myself and my husband John who was very ill.

Also at Age UK, Will Porter found Georgina to call me every Thursday without fail, so I knew there was someone out there beside my son who knew my concerns and problems with John. I would tell her what my worries were and what was going on. John was very ill and I was caring for him all the time, so this was someone I could tell when I was worried about anything.

It was good to know there was somebody out there who will know if we are still alive or not. All this kindness from Age UK stayed throughout the pandemic. I am very grateful for all their support.

In 2021 John's condition got worse and he passed on 5<sup>th</sup> May 2021. He wanted to be buried in country of birth – Ghana. We took him back there and he was buried in in Accra. Before John died, he said to me – ‘I don't want you to be sitting in the house being



miserable, you must be doing things in the community’.

I had joined as a volunteer at Chelsea Theatre, recruiting people to be Community Champions and through this group and Age UK we have the happiest group of older people in the South of the Borough!

Age UK has been very good in putting on and promoting lots of activities –in chair exercises we now have over 22 people, so many that there are now 2 groups!

We do knitting on Fridays, making things for older people who will need hats and scarves. Every year in February Age UK will run a Valentines event and we all attend which is very lovely and we have over 70s discos in the North and South of the Borough, and also have activities for older people to go out to V&A museum, Kensington palace – we would not have gone if not for Age UK as we couldn’t afford the prices.

The most important thing is the digital inclusion support – this was a big problem as our GP during covid said ‘take a photo and send it to me’ and I did not know how to. But now most of our older people are getting better at digital inclusion, without it people are left behind.

For us, Age UK is a lifeline – it prevents loneliness and builds up our community conversations and brings about community cohesion and inclusion. Thank you to Age UK!”

**- Sylvia Sinclair**

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# Lasting Power of Attorney Service!

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## 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.

## 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.

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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 service is being run in conjunction with Age UK

Hillingdon, Harrow and Brent and is a paid for service.

For more information call 0208 756 3040 (option 1) or 0208 969 9105 (option 2), or email us at: [information@aukc.org.uk](mailto:information@aukc.org.uk)

## Hospital Discharge Study



How and when people are discharged from hospital matters; it probably matters even more for people living with dementia and their carers. People with dementia often experience longer hospital stays, delays in leaving hospital and reduced independent living. Therefore, Age UK Kensington and Chelsea are looking into addressing this gap and making sure the voices of those living with dementia are heard in this new research project.

The premise of the research is to find out what it is really like the first few months post-hospital discharge; identifying any gaps in care provision and collating first-hand experiences. We will then be making recommendations to hopefully contribute in making our borough more dementia-friendly.

We are currently looking to recruit study participants—If you are someone living with dementia or an informal carer who has been through the hospital discharge process we would love to hear from you. Please do get in contact with us at [hwills@aukc.org.uk](mailto:hwills@aukc.org.uk) or **07508326019** if you would like to add your voice to this important study or to find out more!

# Westway CT

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Across Kensington & Chelsea, a minibus is changing lives, one shopping trip at a time.

As we get older using mainstream transport can be a challenge, getting on and off with bags, coordinating travel and feeling confident going it alone gets harder. But there are places to go, people to visit, and staying connected to the place where we live is important.

Westway CT has been in the Borough for 30 years and makes life easier for older people with mobility issues. Its shopper bus service travels every week to the big shops, picking people up from home and dropping them back, and a volunteer car service can be booked like a taxi service but with no pressure to get in and out or struggle with bags. There are also trips further afield to garden centres and country pubs.

One passenger, Joan in her 80s describes the Shopper Bus experience as a "social club." Passengers share news about people, chat about neighbourhood changes, and local info, and a sense of community has formed among the passengers that use it each week.

Westway CT is a members organisation and if you're in Kensington and Chelsea you can join as an individual for £12 a year, this means the shopper bus is free, but the car service does have a fee based on how far you want to travel. Being a member



keeps our booking charges low. Read more about us here: [westwayct.org.uk/individuals/](https://westwayct.org.uk/individuals/)

We're passionate about community and making a difference to the lives of local residents and we also offer Group membership for local organisations too, helping you to get your members from A to B affordably and safely - find out about our Group Travel here: [westwayct.org.uk/community-groups/](https://westwayct.org.uk/community-groups/)

Find out how you can join today by giving us a call on, 0208 964 4928 or visit: [westwayct.org.uk/become-a-member/](https://westwayct.org.uk/become-a-member/)

# Information & Advice

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Do you need advice and information about benefit entitlement, utility bills, housing or adult social care enquiries or are you struggling to make ends meet?

If you are aged 55 or over and live in the Borough of Kensington and Chelsea, or are caring for somebody who lives in this Borough and who is in this age group and needs help with one of the above, then contact the Joint Assessment Team on **0208 969 9105, option 2.**

Age UK Kensington & Chelsea, is working with Age UK Hammersmith & Fulham and Age UK Hillingdon, Harrow and Brent to answer the telephone calls and help you with your enquiry. All of the Information and Advice advisers are very experienced and we will do our best to help you.

- We can identify any welfare benefits to which you are entitled. We can provide advice about the application process and if you need help, we can help you to apply. 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.
- We can provide information about 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.

- We can help you with housing and Adult Social Care enquiries.

If you are housebound, then we can visit you at home, please call **0208 969 9105 – option 2**.

### 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 2**, between 9.30 am and 5.00 pm. We are closed for one hour between 1 pm and 2 pm.

# Voter ID




The Elections Act has changed the way we vote!

Eligible voters need to show an accepted photo ID such as a passport, driving licence, Freedom Pass or Blue Badge to vote in person for future elections.

Your proxy will need to bring their accepted photo ID to vote on your behalf. Postal votes do not need photo Voter ID.

Find out more at the Greater London Authority Democracy Hub - <https://registertovote.london/>

For assistance, call Age UK Kensington and Chelsea on 0208 969 9105, option 2

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# Age Friendly Action Plan!

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## Age UK London's response to the launch of the Mayor's Age-Friendly Plan – 22 November 2023

The launch of the Mayor's Action Plan for an age-friendly London is a significant milestone in the city's age-friendly journey. The Mayor has a vital role to play and the age-friendly plan is essential to addressing the serious challenges faced by many older Londoners. We welcome the publication of this important document, which marks the start of a new chapter. We hope it is defined by tangible action to improve the lives of

older Londoners.

Age UK London has played a significant role in the development of the Action Plan.

Age UK London look forward to supporting the Mayor to deliver the plan. We will also be watching closely to see that the plan makes a real difference to older people's lives.

Our own research tells us that London can offer varied and contrasting experiences, both positive and negative, for older Londoners. It is a place where older people feel positive about living in the city. Sadly, it is also one where most people over 60 (particularly those in their early 60s) don't feel they are valued.

We also urgently need to address poverty amongst older people in London. The city has the highest levels of 'pensioner poverty' in England and action is needed to prevent the situation from getting worse.

Together with other members of the London



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Age Friendly Forum, we will be watching to see how the plan is implemented and monitoring the results. We want it to have a tangible impact and we will be the first to question any failure in results on behalf of older Londoners.

### **Older Londoners: the highs and lows of living in the capital**

In September 2023 Age UK London launched its report - Older Londoners: the highs and lows of living in the capital - following extensive research amongst over 1000 Londoners over the age of 60. It showed that whilst over 59% of older Londoners feel positive about living in the city only 20% of all older Londoners agree that 'London is a place where older people

are valued'.

In October 2023 Age UK London launched its second Poverty Report which showed that 24% of older Londoners (over the age of 50) live in poverty, compared to 19% in the rest of England.

### **About the London Age Friendly Forum**

The London Age Friendly Forum is a forum made up of organisations led by and representing older Londoners. The forum was established to develop the voluntary and community sector's contribution to making London more age-friendly. Age UK London, Civil Service Pensioners Alliance, London region of U3As, Positive Ageing in London and Wise Age are the organisations represented in the forum.

## **Health Promotion**

**Exercise class at Notting Hill Methodist Church, 240 Lancaster Road, W11 4AH**

**Tuesdays, 10:00 am to 11:30 am, from 23<sup>rd</sup> January to 26<sup>th</sup> March 2024**

This class will include chair and standing exercises depending on ability. Each week attention will be paid to a different joint with



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specific exercises included. The class will be followed by refreshments.

### Macular Support Group

This group provides support for people with Macular Degeneration, diabetic retinopathy and 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 and learn about resources and services that support people living with vision loss. There is also a monthly conference call on the second Thursday of the month between 2 and 3:00 pm

### Coffee Meet ups

These are informal drop- in sessions for carers to have a chat and share experiences. They now form part of the Activities & Events calendar.

| Venue   | Time                 | Date                                     |
|---|----------------------|--|
| Café Nero, Ladbroke Grove, W10 5XL                              | 10:30 am and 12 noon | 1 <sup>st</sup> Monday of each month.    |
| Chelsea Theatre, 7, World's End Place, Chelsea, London SW10 0DR | 2:30 and 4:00 pm     | 1 <sup>st</sup> Wednesday of each month. |

To find out more about the Coffee Meet ups please call Teresa Pope on 07508 335543 or email [tpope@aukc.org.uk](mailto:tpope@aukc.org.uk)

For more information or to register, please ask residents to contact **Kate Nash** on [knash@aukc.org.uk](mailto:knash@aukc.org.uk) or **07508 327 970**.

### Carers Support

This is a group for informal or family carers who are providing care and support for a relative or friend. Please contact **Teresa Pope** on [tpope@aukc.org.uk](mailto:tpope@aukc.org.uk) or **07508 335543** if you are interested in attending any of the events.

### Information Event: Monday March 18th from 10.30 to 12.00.

There will be an information session on Communication & Dementia at St Francis Church, Dalgarno Way.

# Digital Inclusion



The Kensington & Chelsea and Westminster (KCW) Social Isolation project is an ongoing collaborative project between Age UK Kensington and Chelsea and Age UK Westminster. This project enhances existing Older Adult Mental Health services provided by CNWL by providing targeted outreach digital support to vulnerable elderly people known to be more likely to experience social isolation and looking to learn new digital skills. Medical & health care personnel can make referrals for their existing clients to take part in this project.

Our support is entirely person centred and one on one, driven by what the service user

wants to learn. For example, someone might need support in video calling, shopping online, using email, social media, making video calls, browsing the internet, or even an online hobby.

The project has been praised by service users for its flexibility and personable approach – breaking down existing barriers and helping people to learn vital skills in a kind, non-judgemental atmosphere.

Please email us for more information. Referral forms can be requested by medical and health care personnel from:

[digital@ageukwestminster.org.uk](mailto:digital@ageukwestminster.org.uk)



# Scam Awareness

## Protecting yourself online

### Check the signs of fake online shops

If you're buying something on a site you haven't used before, spend a few minutes checking it – start by finding its terms and conditions. The company's address should have a street name, not just a post office box.

Check to see what people have said about the company. It's worth looking for reviews on different websites – don't rely on reviews the company has put on its own website.

Also, don't rely on seeing a padlock in the address bar of your browser - this doesn't guarantee you're buying from a real company.

### Don't click on or download anything you don't trust

Don't click on or download anything you don't trust - for example, if you get an email from a company with a strange email address. Doing this could infect your computer with a virus.

Make sure your antivirus software is up to date to give you more protection.



### Be careful about giving personal information away

Some scammers try to get your personal information – for example, the name of your primary school or your National Insurance number. They can use this information to hack your accounts. If you come across sites that ask for this type of information without an obvious reason, check they're legitimate.

### Check if your details have been shared online

Sometimes your log-in details can be made

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publicly available when a website is hacked. **Useful links:**

This means that someone could use your details in a scam.

### **Make your online accounts secure**

Make sure you have a strong password for your email accounts that you don't use anywhere else. If you're worried about remembering lots of different passwords, you can use a password manager.

Some websites let you add a second step when you log in to your account – this is known as 'two-factor authentication'. This makes it harder for scammers to access your accounts.

### **Pay by debit or credit card**

Pay by card to get extra protection if things go wrong.

### **Know how your bank operates**

Check your bank's website to see how your bank will and won't communicate with you. For example, find out what type of security questions they'll ask if they phone you.

1. You can search for a company's details on <https://www.gov.uk/get-information-about-a-company>. This will tell you if they're a registered company or not.

2. You can check whether your accounts have been put at risk on Have I Been Pwned on <https://haveibeenpwned.com/>

3. Find out how to set up two-factor authentication across services like Gmail, Facebook, Twitter, LinkedIn, Outlook and iTunes on <https://www.ncsc.gov.uk/guidance/setting-2-step-verification-2sv>

4. You can find information on how to check if you can get your money back if you have been scammed on:

<https://www.citizensadvice.org.uk/consumer/scams/check-if-you-can-get-your-money-back-after-a-scam/>

5. If you want to know about scams in your local area, check out the Action Fraud's website and sign up for email alerts at <https://www.actionfraud.police.uk/sign-up-for-action-fraud-alert>

# Cancer Screening

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Age UK Kensington & Chelsea and Age UK Westminster are working in partnership on this new exciting project along with other 8 organisations across the bi-borough.

The aim is to increase attendance at Early Cancer Screenings, by raising awareness among the population, focusing on Prostate, Bowel and Breast cancer screenings.

Early detection of cancer is important because:

- Detects cancer before it spreads, making treatment more simple and short.
- Improves survival rates as early detection increases chances of successful treatment.
- Reduces treatment costs, duration and minimizes the side effects of added and combined therapy.
- Avoids suffering from symptoms caused by the progression of the disease.
- Saves thousands additional lives every year in the UK, according to the NHS.



Leaflets and general information will be available at our office in Thorpe Close and translations will also be available to those most common languages spoken in the bi-borough.

Support with transport will be provided, **but only for those people who have no other options**, as resources are limited.

Thanks to extensive NHS campaigns and early diagnosis drives, 546,890 more people were referred for cancer during the above period. The NHS's ambition to diagnose 75% of cancers at stage 1 or 2 by 2028.

# 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](mailto:mandrews@aukc.org.uk).

**The North café has changed venue and is now held at The Reed Day which is next to Colville Health Centre.**

## North

| Date and Time        | Address   |
|----------------------|---|
| 7th of February 2024 | The Reed Day Centre, 28 Convent Garden, W11 1NH |
| 6th of March 2024    | The Reed Day Centre, 28 Convent Garden, W11 1NH |
| 3rd of April 2024    | The Reed Day Centre, 28 Convent Garden, W11 1NH |
| 1st of May 2024      | The Reed Day Centre, 28 Convent Garden, W11 1NH |
| 5th of June 2024     | The Reed Day Centre, 28 Convent Garden, W11 1NH |

## South

| Date and Time         | Address                                       |
|-----------------------|---|
| 28th of February 2024 | Chelsea Theatre 7 World's End Place, SW10 0DR |
| 27th of March 2024    | Chelsea Theatre 7 World's End Place, SW10 0DR |
| 24th of April 2024    | Chelsea Theatre 7 World's End Place, SW10 0DR |
| 29th of May 2024      | Chelsea Theatre 7 World's End Place, SW10 0DR |
| 26th of June 2024     | Chelsea Theatre 7 World's End Place, SW10 0DR |

For more dates and up to date information check out our website on: <https://www.ageuk.org.uk/kensingtonandchelsea/our-services/dementia--memory-loss/>

# Our Christmas Carol Concert

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In December 2023 Age UK Kensington & Chelsea held our second Carol Concert at the Royal Hospital Chelsea Chapel. We had wonderful performances by the Royal Hospital Chelsea Choir and Queens Gate School Choir. We also had readings by Lady Fredrick Windsor, our Patron; Councillor Preety Hudd the Mayor of the Royal Borough of Kensington and Chelsea; and Alan Rutter, from the Chelsea Pensioners.

We would like to thank everyone who came to this evening of festivities, it was a great afternoon of enjoyment and a great way to show support to the older people in the local community of Kensington & Chelsea. The concert was aimed at raising funds to ensure that Age UK Kensington & Chelsea could continue to provide essential support at critical points in the lives of older people when age and health may cause difficulties.



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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.



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.

## VIRTUAL ACTIVITIES & EVENTS PROGRAMME

|           | Monday   | Tuesday                    | Wednesday                   | Thursday                                 | Friday  |
|-----------|--|----------------------------|-----------------------------|--|---|
| 10am-11am | Yoga<br>10am-10:30am<br><br>Meditation<br>10:30am-11am | French Lessons<br>Advanced |                             | Yoga and<br>Meditation                   | 45 Minute<br>yoga and<br>meditation                               |
| 11am-12pm | Art<br>Appreciation                                    | Qigong                     | Meditation<br>(NEW)         | French<br>Conversation                   | Spanish<br>Lessons<br>Beginners—<br>A2                            |
| 12pm-1pm  | Half Hour<br>Boxing                                    |                            |                             | Chair<br>exercises<br>with Chelsea<br>FC | Greece and<br>Rome:<br>People,<br>Places, and<br>Society<br>(NEW) |
| 2pm-3pm   |  | Creative<br>Writing        | Photography<br>Appreciation |  |   |
| 3pm-4pm   | Italian<br>Lessons<br>Intermediate                     | Philosophy                 | Poetry                      |  |   |
| 4pm-5pm   | French<br>Lessons<br>Intermediate                      |                            |                             |  |   |

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](mailto:activities@aukc.org.uk) or by phone **020 8969 9105 ext. 3**

**Spring Term:** Monday 8th January to Friday 22nd March

**Half Term:** Monday 12th February to Friday 16th February

**Easter Holiday:** Monday 25th March to Friday 5th April

**Summer Term:** Monday 8th April to Wednesday 24th July



| Activity  | Cost? | When?                     | Time?                                | Where?   |
|---|-------|---------------------------|--------------------------------------|--|
| Coffee Morning  | FREE  | Third Monday of the month | 10.30am-12pm                         | HTB St Francis Church, Dalgarno Way, London W10 5EL      |
| Knitting Club   | FREE  | Mondays                   | 2pm - 3:30pm                         | Ormrod Court, 71-117 Kensington Park Road, W11 1NP       |
| Creative Writing  | FREE  | Mondays                   | 2pm-3pm                              | Brompton Library, 210 Old Brompton Road, SW5 0BS         |
| Get together for Carers (North)<br>Starting on 5th February |       | First Monday of the month | 10.30am-12pm                         | Café Nero, 120-122 Ladbrooke Grove, London W10 5NE       |
| Knitting Club   | FREE  | Tuesdays                  | 10am –11.30am                        | Dain Court, 114 Lexham Gardens, London W8 6JF            |
| Walking Football<br>Beginners and Intermediate              | FREE  | Tuesdays                  | 10:30am -11:30am<br>11:30am -12:30am | Westway Sport & Fitness Centre, 1 Crowthorne Rd, W10 6RP |
| Lunch Club<br>Advance booking essential                     | FREE  | Tuesdays                  | 12:30pm -1:30pm                      | St Cuthbert's Centre, 51 Philbeach Gardens, SW5 9EB      |

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| Activity  | Cost?       | When?                                  | Time?                            | Where?  |
|---|-------------|--|----------------------------------|---|
| <b>Spanish Lesson for Beginners— A2</b>                                   | <b>FREE</b> | Wednesdays                             | 2pm-3pm                          | <b>Age UK K&amp;C Office</b> , 1 Thorpe Close, W10 5XL  |
| <b>Yoga &amp; Meditation</b>  | <b>FREE</b> | Wednesdays                             | 9:30am - 10:30am                 | <b>Mary Smith Court</b> , 17-23 Trebovir Rd, Earl's Court, SW5 9NF                                |
| <b>Walking group</b>  | <b>FREE</b> | Wednesdays                             | 10am -1pm                        | <b>Different parks</b>  |
| <b>Knitting Club</b>  | <b>FREE</b> | Wednesdays                             | 10am -12pm                       | <b>Worlds End and Lots Road Big Local</b> , Unit 8 Worlds End Place, Worlds End Estate, SW10 0HE. |
| <b>Chair Exercises</b>  | <b>FREE</b> | Wednesdays                             | 10am - 10:45am<br>11am - 11:45am | <b>Chelsea Theatre</b> , 7 World's End Place, London SW10 0DR                                     |
| <b>Painting &amp; Drawing</b>   | <b>FREE</b> | Wednesdays                             | 11am - 1pm                       | <b>Mary Smith Court</b> , 17-23 Trebovir Rd, Earl's Court, SW5 9NF                                |
| <b>Origami</b>  | <b>FREE</b> | Wednesdays                             | 1.30pm - 2.30pm                  | <b>Mary Smith Court</b> , 17-23 Trebovir Rd, Earl's Court, SW5 9NF                                |
| <b>Get together for Carers (South)</b><br><b>Starting on 7th February</b> |             | <b>First Wednesday</b><br>of the month | 2pm-3.30pm                       | <b>Chelsea Theatre</b> , 7 World's End Place, London SW10 0DR                                     |
| <b>70s Line Dancing</b>   | <b>FREE</b> | Wednesdays                             | 3pm - 4pm                        | <b>Mary Smith Court</b> , 17-23 Trebovir Rd, Earl's Court, SW5 9NF                                |
| <b>Yoga &amp; Meditation</b>  | <b>FREE</b> | Thursdays                              | 10:30am -11:30am                 | <b>Evelyn Fox Court</b> , 2 Kingsbridge Rd, London W10 6PU  |
| <b>Chair Exercises</b>  | <b>FREE</b> | Thursdays                              | 10:30am -11:30am                 | <b>Mary Smith Court</b> , 17-23 Trebovir Rd, Earl's Court, SW5 9NF                                |

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| Activity  | Cost?                 | When?                       | Time?            | Where?  |
|---|-----------------------|-----------------------------|------------------|---|
| Local Walking group                               | FREE                  | Thursdays                   | 11am -12.30pm    | Different local parks   |
| Chair Exercises                                   | FREE                  | Thursdays                   | 2pm - 3pm        | Bay20 Community Centre, 71 St Marks Rd, W10 6JG                         |
| American Line Dancing                             | FREE                  | Thursdays                   | 2pm - 3pm        | CW+ Studio, 369 Fulham Road, London SW10 9NH                            |
| Digital Clinic                                    | FREE                  | Third Thursday of the month | 2pm - 4pm        | Kensington Library<br>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<br>King's Road, London SW3 5EZ                          |
| Stretching (Beginners)                            | FREE                  | Fridays                     | 12:30pm - 1:30pm | CW+ Studio, 369 Fulham Road, SW10 9NH                                   |
| Lunch Club<br>Advance booking essential           | FREE                  | Fridays                     | 12:50pm - 2pm    | Queen's Gate School, 134 Queen's Gate School, South Kensington, SW7 5LE |
| Stretching (Advance)<br>Fully booked              | FREE                  | Fridays                     | 2pm - 2:45pm     | CW+ Studio, 369 Fulham Road, SW10 9NH                                   |
| Spanish Lessons for Intermediate                  | FREE                  | Fridays                     | 2pm-3.30pm       | Kensington Library<br>Philmore Walk, London, W8 7RX                     |
| Bingo & Afternoon Tea<br>Starting on 2nd February | 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              |

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| Activity                                | Cost?        | When?                            | Time?     | Where?   |
|---|--------------|----------------------------------|-----------|--|
| Lunch Club and Bingo                    | Lunch:<br>£4 | Second<br>Friday of the<br>month | 1pm - 4pm | Ormrod Court, 71-117 Kensington Park Road, W11 1NP |
| Singing Lessons with Opera Holland Park | FREE         | Fridays                          | 3pm - 4pm | CW+ Studio, 369 Fulham Road, London SW10 9NH       |



## OUTINGS AND EVNETS

|   |   |
|---|---|
| <p><b>Bingo &amp; Afternoon Tea</b></p>  | <p><b>Date:</b> Friday 2nd February 2024</p> <p><b>Time:</b> 14:30 - 16:30</p> <p><b>Address:</b> Mary Smith Court, 17-23 Trebovir Rd, Earl's Court, SW5 9NF</p> <p><b>Description:</b> Come and join our Bingo and Afternoon Tea. Bingo: 5 games for £1</p> <p><a href="#">Advance booking essential</a></p>   |
| <p><b>Valentine's Gala Concert</b></p>   | <p><b>Date:</b> Friday 9th February 2024</p> <p><b>Time:</b> 14:30 - 16:30</p> <p><b>Address:</b> HTB Church Onslow Square, 44 Onslow Square, South Kensington, SW7 3NX</p> <p><b>Description:</b> we are delighted to invite you to our Valentine's Gala Concert 2024. You will be treated to light refreshments and musical entrainment from our amazing partner Opera Holland Park as well as special guests.</p> <p>Valentine's Day is about love and friendship, and we believe that sharing love is the best way to fight loneliness and isolation. This celebration is an expression of our organisation's heart and an opportunity to welcome everyone together, to share love and support, and strengthen our sense of community.</p> <p><b>FREE</b> - <a href="#">Advance booking essential</a></p> |

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|--|--|
| <p><b>Bingo &amp; Afternoon Tea</b></p>                     | <p><b>Date:</b> Tuesday 13th February 2024</p> <p><b>Time:</b> 14:30 - 16:30</p> <p><b>Address:</b> Cadogan Pier, Chelsea Embankment, London SW3 5RQ (Next to Albert's bridge)</p> <p><b>Description:</b> Come and join our Bingo and Afternoon Tea. Bingo: 5 games for £1</p> <p><a href="#">Advance booking essential</a></p>  |
| <p><b>Lunch Club as part of Valentine's Celebration</b></p>  | <p><b>Date:</b> Thursday 15th February 2024</p> <p><b>Time:</b> 12:30 - 16:00</p> <p><b>Address:</b> Ormrod Court, 71-117 Kensington Park Road, London W11 1NP</p> <p><b>Description:</b> Come and join our special lunch and bring your dancing shoes! This is in place of the Lunch Club &amp; Bingo originally scheduled on Thursday 9th February.</p> <p><b>Ticket: £5 - <a href="#">Advance booking essential</a></b></p> |
| <p><b>Digital Clinic</b></p>                                | <p><b>Date:</b> Thursday 15th February 2024</p> <p><b>Time:</b> 14:00 - 16:00</p> <p><b>Address:</b> Kensington Library, Phillimore Walk, London, W8 7RX</p> <p><b>Description:</b> Are you having problems with your laptop, mobile phone, digital camera or tablet? One-to-one volunteers will help show you how to use your digital device.</p> <p><b>FREE</b></p>  |
| <p><b>60's Disco Party</b></p>                            | <p><b>Date:</b> Friday 16th February 2024</p> <p><b>Time:</b> 14:30 - 16:30</p> <p><b>Address:</b> Chelsea Theatre, Worlds End Place, Kings Road, London SW10 0DR</p> <p><b>Description:</b> We are turning back time to the 60s, so get your dancing shoes on and bring your friends!</p> <p><b>FREE—<a href="#">Advance booking essential</a></b></p>  |
| <p><b>Coffee Morning</b></p>                              | <p><b>Date:</b> Monday 19th February 2024</p> <p><b>Time:</b> 10:30—12:00</p> <p><b>Address:</b> HTB St Francis Church, Dalgarno Way, London W10 5EL</p> <p><b>Description:</b> Come along and meet some new friends, grab yourself tea/coffee, find out about what's happening locally and have fun. We will have different health talks and activities.</p> <p><a href="#">Advance booking essential</a></p>                 |
| <p><b>The Charterhouse</b></p>                             | <p><b>Date:</b> Thursday 22nd February</p> <p><b>Time:</b> 10:30 - 15:30</p> <p><b>Address:</b> Charterhouse Square, Barbican, London EC1M 6AN</p> <p><b>Description:</b> The Charterhouse is a collection of historic building in London that go that to the 1300s.</p> <p><b>FREE - <a href="#">Advance booking essential</a></b></p>  |

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|   |  |
|---|--|
| <p><b>Puzzle Club</b></p>               | <p><b>Date:</b> Friday 23rd February 2024</p> <p><b>Time:</b> 14:30 - 16:30</p> <p><b>Address:</b> Evelyn Fox Court, 2 Kingsbridge Rd, London W10 6PU</p> <p><b>Description:</b> Join us for a fun and mentally stimulating afternoon of jigsaw puzzles, word searches, crosswords and boardgames. Puzzle your heart out while enjoying a cup of tea or coffee.</p> <p><b>FREE - <a href="#">Advance booking essential</a></b></p> |
| <p><b>Digital Clinic</b></p>            | <p><b>Date:</b> Thursday 29th February 2024</p> <p><b>Time:</b> 10:00 - 12:00</p> <p><b>Address:</b> Chelsea Library, King's Road, London, SW3 5EZ</p> <p><b>Description:</b> Are you having problems with your laptop, mobile phone, digital camera or tablet? One-to-one volunteers will help show you how to use your digital device.</p> <p><b>FREE</b></p>  |
| <p><b>Digital Clinic</b></p>           | <p><b>Date:</b> Thursday 29th February 2024</p> <p><b>Time:</b> 14:00 - 16:00</p> <p><b>Address:</b> Ormrod Court, 71-117 Kensington Park Road, W11 1NP</p> <p><b>Description:</b> Are you having problems with your laptop, mobile phone, digital camera or tablet? One-to-one volunteers will help show you how to use your digital device.</p> <p><b>FREE</b></p>   |
| <p><b>St Patrick's Day Party</b></p>  | <p><b>Date:</b> Friday 15th March 2024</p> <p><b>Time:</b> 13:30 - 16:00</p> <p><b>Address:</b> Maxilla Social Club, 2 Maxilla Walk, London W10 6NQ</p> <p><b>Description:</b> Live Music, Dancing, Entertainment and Fun!!</p> <p><b>FREE - <a href="#">Advance booking essential</a></b></p>   |

**General Information**

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

If you have any problems on the day of the outing, you can contact us on 07508 328 011 (Mimi) / 07508 339 098 (Danielle) / 07508 342 205 (Ximena).

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



## 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! There's usually a café stop at the end of the walk for those who would like to stay for lunch or coffee.

Please note walkers are not obliged to order at the café and you are welcome to bring your own snacks and drinks.

Please don't forget to come with appropriate walking shoes, water bottle, warm and waterproof clothing.

**Advance booking essential by email [activities@aukc.org.uk](mailto:activities@aukc.org.uk) / call 020 8969 9105**

| Park  | Price | Date                    | Meeting Point   |
|---|-------|-------------------------|---|
| Marble Arch to High Street Kensington and Japan Centre  | FREE  | Wednesday 7th February  | Earl's Court Station entrance (Earl's Court Road) next to Pret a Manger at 10am |
| Temple – Inner Temple – Law Courts – Lincolns Inn Field – John Soan                                     | FREE  | Wednesday 14th February | Earl's Court Station entrance (Earl's Court Road) next to Pret a Manger at 10am |
| Westminster - St Johns Smith Square - St John's Garden - Tate Britain - Bessborough Gardens - St George | FREE  | Wednesday 21st February | Earl's Court Station entrance (Earl's Court Road) next to Pret a Manger at 10am |
| Hoxton - Ravenscroft Park – St Mary's Secret Garden – Museum of Home                                    | FREE  | Wednesday 28th February | Earl's Court Station entrance (Earl's Court Road) next to Pret a Manger at 10am |
| Vauxhall Pleasure Gardens - Vauxhall Park - Kennington Park – Clever Square                             | FREE  | Wednesday 6th March     | Earl's Court Station entrance (Earl's Court Road) next to Pret a Manger at 10am |
| London Bridge - Bermondsey - Rotherhithe – Riverfront Walk  | FREE  | Wednesday 13th March    | Earl's Court Station entrance (Earl's Court Road) next to Pret a Manger at 10am |
| Hampstead Heath   | FREE  | Wednesday 20th March    | Earl's Court Station entrance (Earl's Court Road) next to Pret a Manger at 10am |

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# Our Friendship Group

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