

Happy New Year!

Transport for London
Update

Exciting New Evidence
Based Treatment for
Dementia

Tablet Loan Scheme

Latest Activities &
Events

Spring 2022

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Welcome from our CEO

Dear friend

Wishing you a Happy 2022! As you will see in this edition, lots of things are happening at Age UK Kensington and Chelsea including a winter heating support scheme, a new cash first project for people in crisis, a tablet loan service for anyone wishing to try out the internet, a party in March for St Patrick's Day and lots of brilliant groups, classes and events to name just a few! We are particularly excited about a new evidence-based treatment for people living with dementia called Maintenance Cognitive Stimulation Therapy for which we have won some funding so we can offer it. If you are interested, you can find out more about it in the Newsletter on page 16. Many people are really worried about the cost of living increases, and rising energy bills. We can help, so please do contact us using the details on page 22 and we will be delighted to assist you. No-one should be in a situation of worrying about whether they can afford to be warm, and we have some very practical financial support we can quickly offer if needed.

We were very sad to learn that one of our long-standing ex-Trustees, Barbara Ilias passed away last September. Barbara was a dedicated Trustee and champion of Age UK K&C, and loved to attend our events, particularly the Valentine's parties to show her support. We have been in contact with Barbara's family to offer our condolences and our Chair, Martin Pendry, and Trustee, Chris Morgan attended Barbara's funeral. We are very grateful to Barbara's friends and her book club who have sent donations in her name. We love this beautiful photo



of Barbara with the flowers we sent when she stepped down from the Board.

As you may know, we have very limited space to run groups and events in at Thorpe Close and so we try to find any suitable space we can around the Borough. Lots of you have told us that you would really like us to have dedicated space in one place for our memory cafes, classes, groups, events, advice session, health promotion events, parties and everything else that we run. You've also let us know that ideally you would like this space to be open to the whole community but designed in a way which was accessible for older people, including a strong dementia friendly element. We've been listening carefully, and as a result we are now actively looking for a new home in the Borough. You may know that Notting Hill Police Station is currently being sold by the London Mayor's office, and we are in conversation to see if we might be able to use some of that space for community purpose in partnership. The space has good transport links and lots of potential. I'll keep you updated on how we get on, and if that isn't successful, we will keep looking!

The last year has really flown by and its time for us to start thinking about our new three year strategy, building on the one year strategy which ends this year. The process starts with you as we want to ensure that we respond to your priorities and thoughts about what is important and what you would like us to focus on. We really appreciate your responses and if you could complete the strategy survey which is sent out with this newsletter and return it in the freepost envelope we would be very grateful. Thank you! I do hope that you enjoy reading the Newsletter – as always, if there is anything that you would like to see in the Newsletter, or if you would like to send in an article, letter, drawing, recipe, gardening advice or any item for inclusion in the next issues, please do email it to us at administration@aukc.org.uk or to Jess Millwood, Age UK Kensington and Chelsea, 1 Thorpe Close, London, W10 5XL. You could always pop it into the freepost envelope along with your strategy survey!

All best wishes

Jess

Updates from TFL

Older Person's Freedom Pass and 60+ cards



As you may know, Transport for London (TfL) has made temporary changes affecting users of the Older Person's Freedom Pass in London as part of the response to the Coronavirus pandemic. Free travel for Older Person's Freedom Pass has been temporarily suspended during morning peak hours (04.30am – 09.00am Monday to Friday). The changes are in accordance with the funding and finance agreement between TfL and Government and will help conserve space on public transport for people who have to use it to return to work.

However, if you had previously held a disabled pass and was moved over to the

older person pass, and your disability is still relevant, then the borough could revert your eligibility back.

It is also possible to issue disabled persons passes to people that had previously not had one however, it should be noted that unless the pass holder could demonstrate that they meet the eligibility criteria, it would not be advisable to apply. The statutory criteria for eligibility are clear, and you would need to be evidence to back up why the disabled pass was issued.

How to apply

1. **If you have never had a disabled pass:**

Email your name and address to ATS@rbkc.gov.uk and they will send you an application form.

2. **If you have had a disabled pass in the past (but it was switched to elderly on reaching eligibility age):**

Please put the request for a disabled pass in writing by post or email

ATS@rbkc.gov.uk – the request must include:

- o full name
- o date of birth

o current address

o older freedom pass number, which is the long number on the front of the card.

Please note, applicants will be asked to provide proof of continued eligibility where needed (i.e. DLA, PIP, or

Step Free Access

Since 2016, 21 Tube stations have been made step-free, bringing the total to 89 - around 33% of the network. The most recent Tube stations to become step-free are Osterley, Battersea Power Station, Nine Elms, Wimbledon Park, Ickenham, Debden and Amersham.

In addition to this, Ealing Broadway was made step-free in May 2021 in preparation for the Elizabeth line and Whitechapel went step-free when the original station entrance on Whitechapel Road reopened in August 2021.

Our current plans will make around 34% of the network step-free by the end of 2022, with upgraded stations including Harrow-on-the-Hill, Sudbury Hill, Knightsbridge and Moorgate.



TFL also intend to restart on the paused step-free improvements at Burnt Oak, Hanger Lane and Northolt later this year to allow them to be completed in the coming years. This work would take the total to 35%.

Additional step-free schemes being explored beyond 2022 are subject to appropriate funding being secured.

Have your say about the next step-free tube stations

TfL wants to find out what people think is important to make a Tube Station Step-Free.

They want to find out about:

1. The journeys you make on the Tube now.

2. The journeys you would like to make on the Tube in the future.
3. If you can change to another line in a step-free Tube station.
4. If a step-free Tube station is close to a bus station.
5. If a step-free station is close to a town centre.
6. If a step-free station is close to a hospital.

Contact TfL at Haveyoursay@tfl.gov.uk to take part in the survey.

St Patrick's Day 2022

We are pleased to invite you to celebrate St. Patrick's Day, in style this year, at Venture Centre on the 18th of March 2022 from 12pm to 4pm.

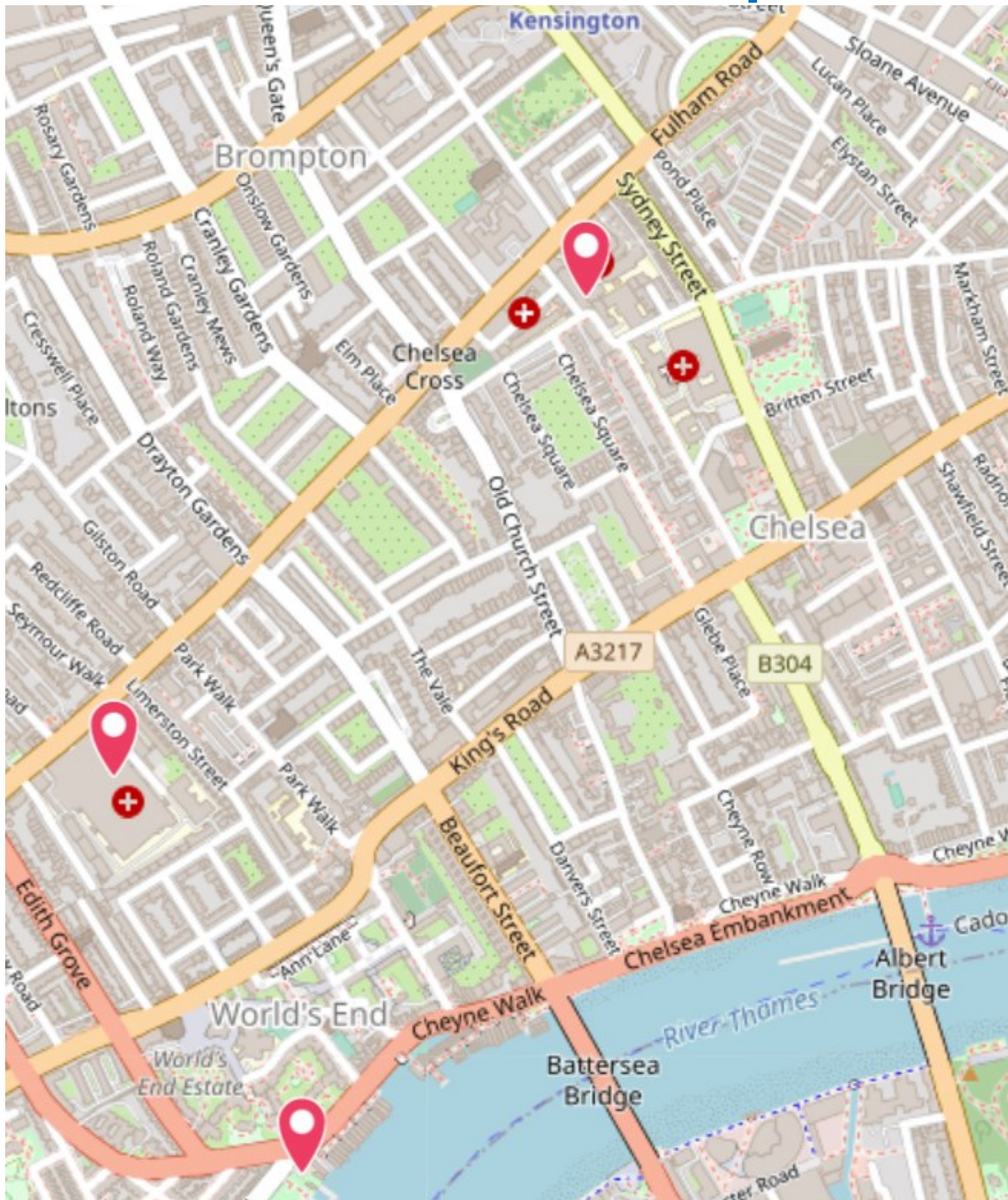
It's a great chance to get to know more people or meet up with your friends and put on your dancing shoes as we will have great music to get into the groove.

Refreshments will also be provided.

For more information contact our Activities & Events team at activities@aukc.org.uk or **020 8969 9105 (option 3)**.

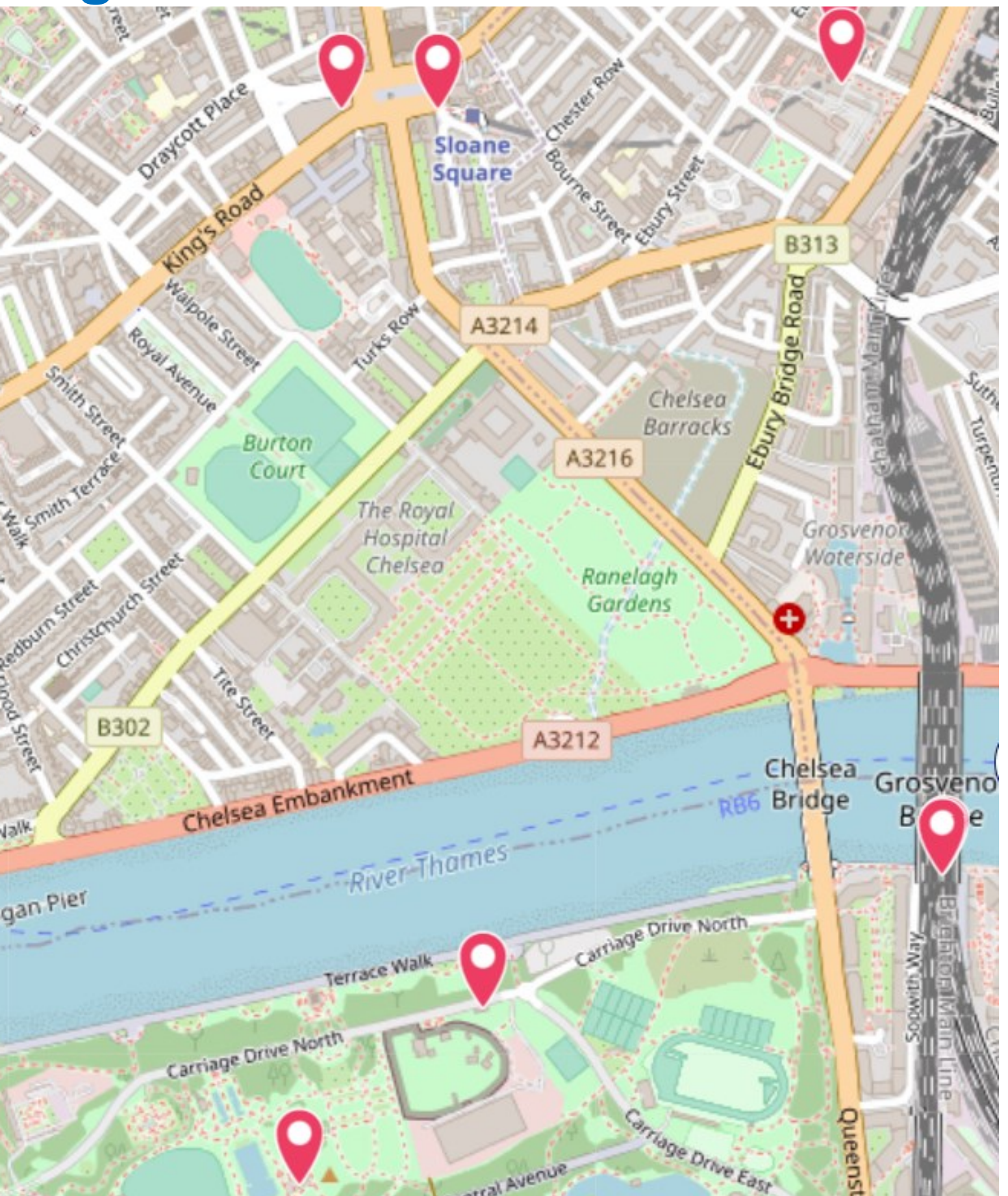


Toilet Map of Kens



<https://www.toiletmap.org.uk> is a website helping people find toilets across the UK and there are over 1,500 entries for London. Age UK London are also

Sington & Chelsea



launching a volunteer drive for more people to add new toilets and keep the information up to date.

Basic Foot Care Service by Age UK Kensington and Chelsea

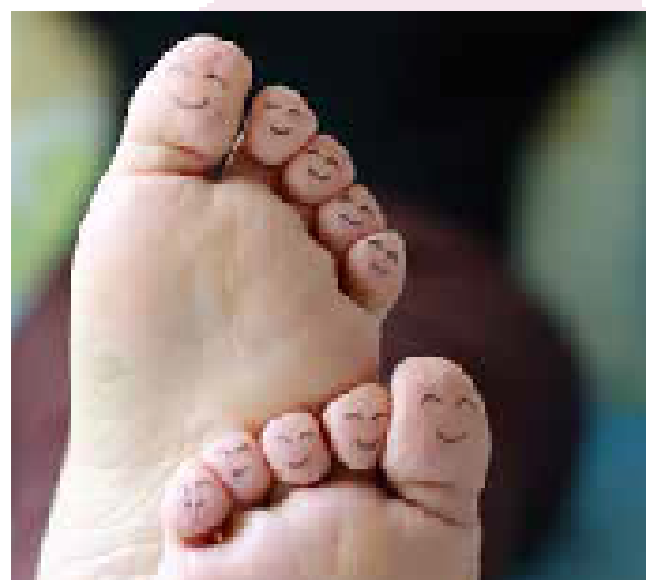
What does the service offer?

Our footcare service is run by trained footcare practitioners. They can clip toe nails and check your feet for any problems.

Who is it for?

The service is for adults aged 55 years and over.

"The practitioner is so professional, does an amazing job and is so knowledgeable. She obviously takes a lot of interest and enjoys her job."



How to book your appointment?

Please contact your GP who will send us a referral via our email ageuk.basicfootcare@nhs.net. You can also email us directly.

For more information about the service including rates, please call us at 020 8960 8137.

Basic Foot Care Service is now available at:

- **St. Charles Hospital**
Exmoor Street, North Kensington, London W10 6DZ
- **Ada Court**
10-16 Maida Vale, London W9 1TD
- **Stanhope Mews Surgery**
7 Stanhope Mews W, South Kensington SW7 5RB
- **Age UK Hammersmith and Fulham**
105 Greyhound Rd, London W6 8NJ

More venues to come in other areas.

A close-up photograph of an elderly woman with white hair, wearing a beige knit beanie and a thick, light-colored knitted scarf. She is smiling warmly at the camera. The background is blurred, suggesting an outdoor setting.

No one wants to
live in a **cold home**

**Help older people stay
warm and well this winter**

A guide for making a
referral to Age UK's
free home energy
check service.

The effects of cold weather on health

Exposure to the cold can have devastating impacts on the health of older people. Every winter 24,000 older people die in the UK as a result of cold weather.

The number of excess winter deaths is much greater in the UK than in other colder climates. Research indicates that this may be a result of thermally inefficient houses that are difficult to heat. Older people are therefore particularly susceptible as they spend a higher proportion of their time indoors.

Older people are also largely unaware of the impact that the cold weather has on their health. This is exacerbated by engrained behavioural patterns such as sleeping with the windows open at night, and the beliefs about the value of fresh air.

Age UK's free home energy check

This year, Age UK's handyperson services are available in the home but also via telephone or video-link to older people who are finding it difficult to keep their homes warm.

What happens during the home energy check?



A thorough conversation assessing the older person's heating patterns, health needs and home environment.



Installing simple energy efficiency equipment, such as draught excluders around doors and windows, and radiator panels when it is safe to do so.



Giving some key tips and advice and distributing relevant information guides on how to keep warm and save energy.



Providing information on other support services, depending on their needs.

Who is eligible?

The service is free and is available for older people who are finding it difficult to keep their homes warm and are therefore at risk of cold related illnesses. This could include people who are struggling to pay their bills, who are in fuel debt, who have no heating, or don't know how to work their heating controls.

How you can help:

Help Age UK to identify older people in your community who are struggling to keep their home warm.

What to look out for when you come into contact with an older person:

- Do they find it difficult to keep their homes warm? If you are in the home, check the temperature. This should be 21°C in the living room and 18°C in the bedroom.
- Are there any signs of damp in the home?
- Do they wear multiple layers indoors?
- Are they on a prepaid meter? If so, they may not always be able to top it up when it gets cold.
- Do they have central heating? If not, then they may spend more on other means of heating their home.

Join us on our social media today for up to date information about Age UK Kensington & Chelsea. We also post useful tips and links.

You can also go to our website at www.aukc.org.uk for more information on our services!

 @AgeUKKandC

 @AgeUKKandC

 @AgeUKKandC

Tablet Loan Scheme

Since the beginning of the pandemic, we have had to adapt our Activities and Events program by moving online. This move has meant that a lot of our members have had to adapt with us, by learning new digital skills such as Zoom.

For those people who do not have the means to connect digitally, we have partnered with Age UK National to offer a

tablet loan scheme for a fixed period (usually 6–8 weeks). Not only is this a great chance to access our digital program but it's a great chance to discover the benefits that can be made to your lives through being online, learn how to use a tablet and make a more informed decision at the end of the loan period as to whether you would like to purchase your own device.

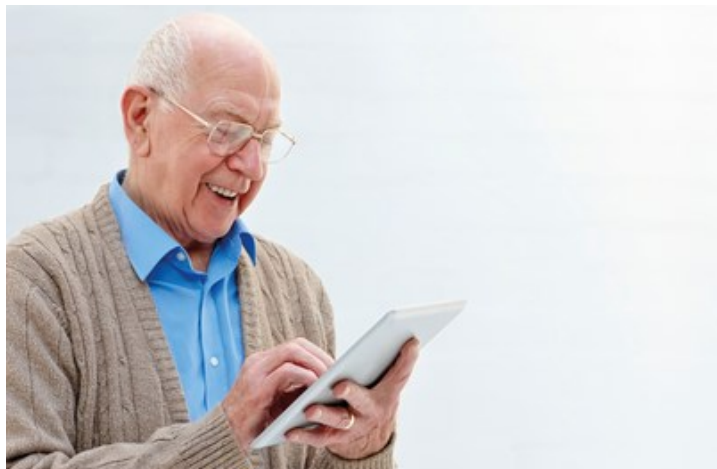


The Age UK Tablet Loan Scheme is applicable for people aged 50+ who:

- do not own a device or have an out of date device, and/or;
- have no or low-level digital skills and confidence, and/or;
- have a clear need or desire to get online.

Contact digital@aukc.org.uk more information.

This is six-month project that started in November 2021 until May 2022.



Digital Support

We understand that not everyone is used to being online, and that's ok. We offer face-to-face digital clinics once a month at our Ladbroke Grove office. These sessions are designed for members to come along with any devices and ask any questions they have. We will try our best to answer those questions and teach you how to use your device!

Activities & Events Online

Our Digital Activities and Events program gives our members the opportunity to explore and enjoy a range of activities from their own home. Many of the classes we once offered face-to-face have now been moved online. Zoom makes our activities more accessible by allowing our members

to connect to numerous activities throughout the day without having to leave their home. Whilst also getting the community together and engaging over mutual interests and desires to learn and have fun!

We want our online activities to mean people can still stay physically active, offering exercises and classes which can be done from one's home in a safe way, catering to all abilities. In addition to our exercise-based activities we offer a variety of language lessons such as French, Italian, Spanish and German at all different levels, with extra opportunity to practice these languages in our conversation classes. As well appreciation for the arts including film, opera, photography, poetry, and other engaging activities.

Check out our
Virtual
Activities &
Events
Programme on
page 19.

Exciting New Evidence Based Treatment for Dementia

Age UK Kensington and Chelsea is encouraging older people living with dementia in the Royal Borough of Kensington and Chelsea to join its specialist group to help provide support and improve their wellbeing through a range of activities.



The group sessions are designed for older people with mild to moderate dementia and involve a range of fun and interactive activities such as games, music, art, cooking and exercise classes. As well as helping with memory and mental activity, such as thoughts, emotions and behaviour, the sessions also give older people the chance to meet and socialise with people who are also living with dementia.

The sessions, which are also known as Maintenance Cognitive Stimulation Therapy, is the only non-drug treatment recommended to improve memory and thought processes, independence and well-being by the National Institute for Health and Care Excellence (NICE).

To find out more, contact Mandy Andrews at MAndrew@aukc.org.uk or call **020 8 969 9105 (option 4)**.

A Volunteers Point of View

'I teach a Mindfulness Meditation practice and proudly offer that to Age UK Kensington and Chelsea members online. I have, already a vast experience in teaching groups and individuals but the Age UK group is one of my favourites.

I have been volunteering with Age UK Kensington and Chelsea for many years now and have had the greatest time every single time while working with their members.

It's a great honour to provide support, together with other employees and volunteers of the charity, to the elderly of this borough.'



By Lina

(Volunteer)

Take Part in Kings College London's Research

King's College London is carrying out a series of interviews to gather common worry topics amongst older adults. The information gathered from the interviews will be kept anonymous and confidential, and you will not be identified. The content gathered will help us shape training scenarios for our later research study, which will test an online intervention that seeks to reduce negative thinking in older adults.

If you wish to participate, please follow the link at: https://qualtrics.kcl.ac.uk/jfe/form/SV_6Wf0SEXF0avN1CS.

If eligible, you will be contacted to conduct a short phone interview, in which you will also be reimbursed for through an Amazon voucher. We hope that you will be interested in participating!

The Cost of Cold Campaign

With the cold weather setting in, an estimated 150,000 older households have already been plunged into fuel poverty this winter because of soaring energy prices. Age UK issued a stark warning that the number of fuel poor older households could reach **over 1.1 MILLION** by the spring unless the Government takes urgent action.

Age UK have launched the new “Cost of Cold” campaign to persuade the Government to provide extra support to those who will struggle with energy bills over the coming months.

Extra support such as Cold Weather Payments and the Warm Home Discount Scheme are vital tools in the fuel poverty armoury for those on a low income, yet they fail to reach many of those who need them the most because they are not claiming Pension Credit.



To safeguard the most vulnerable this winter and beyond, Age UK is campaigning for the Government to:

- Provide a one-off £50 payment to all those eligible for Cold Weather Payments and expedite existing payments so they arrive no later than seven days after a period of cold weather.
- Double the Household Support Fund to £1 billion to help safeguard all those on low incomes this winter.
- Take urgent action to get Pension Credit – a vital benefit and passport to a package of extra financial support – into the pockets

of all those who are eligible.

- Ensure the energy price cap is enshrined in law in the shorter term, and then move to re-introduce a social tariff into the energy market to offer protection against high energy costs in the medium term.

As part of Age UK's ***The Cost of Cold*** campaign 25,681 people have contacted the Charity to express anxiety about their energy bills and over 6,500 people have written to their local MP to raise concerns about escalating prices and their fears for the months ahead.

Peter, aged 75, told Age UK: *"It's a simple choice, heat or eat. I already confine myself to one room and stay in bed as long as possible. If I cut down any further there won't be any point in living."*

Geraldine, aged 77, said: *"I have arthritis which is worse when it is cold. I will have to keep my heating low now. Already I wear gloves on my hands and a heat pack inside my leggings to help my back."*

Age UK is urging older people to call its free national advice line on 0800 678 1602, BEFORE turning the heating off or down, to check they are receiving the full package of financial support available to them, including key benefits such as Pension Credit and Attendance Allowance.

In addition, energy suppliers have a duty to offer support if people are struggling with bills or debt, so contact your supplier directly to ask about available support including an affordable repayment plan.

Information and advice is also available on www.ageuk.org.uk or via a local Age UK.

Sign our letter to the
Prime Minister at:
[https://
www.ageuk.org.uk/
our-impact/
campaigning/the-
cost-of-cold/](https://www.ageuk.org.uk/our-impact/campaigning/the-cost-of-cold/)

Get Excited and Get Active!



At Age UK Kensington & Chelsea, we believe that exercise is not only beneficial to physical health but that it also has a positive impact in other aspects of life whatever your age. We also believe that exercise can be fun and exciting therefore the Activities & Events team are always encouraging members to try new and different types of exercises and always adding/changing what's on offer to provide variety.

“These sessions are a great way to meet new and old friends and learn new things together.”

Regular exercise can:

- Lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers and lower your risk of early death by up to 30%.
- Boost self-esteem, mood, and reduce feelings of anxiety and depression.
- Improve sleep quality and energy.
- Improve your memory and brain function.
- Increase mobility and flexibility.

Get excited as Age UK Kensington and Chelsea have partnered up with several organisations to host a range of new face to face exercise and dance lessons such as:

- Walking Football with Chelsea FC at Westway Gym;
- Chair exercises in different K&C venues;
- Walking Groups;
- Dance Sessions;
- Boxing;
- Tai Chi;
- Yoga

Love Later Life | Spring 2022

...and many more.

If you would like to have more information about our physical activities in person and online please contact us by email

activities@aukc.org.uk or by phone **020 8969 9105 (option 3)**.

The Memory Café

Our Memory Cafés are monthly gatherings for people with memory difficulties and their friends and family. They provide a great opportunity to socialise and lunch is provided. It is a safe place to connect, socialise, share resources, create and support one another.

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

North

Date and Time	Address
Wednesday March 2nd at 1pm to 3pm	St Peters Church, Kensington Park Road, W11 2PN
Wednesday April 6th 1pm to 3pm	St Peters Church, Kensington Park Road, W11 2PN
Wednesday May 4th 1pm to 3pm	St Peters Church, Kensington Park Road, W11 2PN
Wednesday June 1st 1pm to 3pm	St Peters Church, Kensington Park Road, W11 2PN
Wednesday July 6th 1pm to 3pm	St Peters Church, Kensington Park Road, W11 2PN

South

Date and Time	Address
Wednesday March 30th at 1pm to 3pm	Chelsea Theatre 7 World's End Place, SW10 0DR
Wednesday April 27th at 1pm to 3pm	Chelsea Theatre 7 World's End Place, SW10 0DR
Wednesday May 25th at 1pm to 3pm	Chelsea Theatre 7 World's End Place, SW10 0DR
Wednesday June 29th at 1pm to 3pm	Chelsea Theatre 7 World's End Place, SW10 0DR
Wednesday July 27th at 1pm to 3pm	Chelsea Theatre 7 World's End Place, SW10 0DR

Useful travel information:

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

Information & Advice

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

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



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

New Winter Support Services

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

Winter Warmth Campaign

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

Eligibility Criteria

To qualify for the services you must be:

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

Cash Payments Scheme

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

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

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

Big Knit 2022

Once again Innocent are teaming up with local Age UKs across the country to put little woolly hats on their smoothie bottles, and this year the target is **2 million**! This year Age UK K&C's target is **1,000 hats**, and for each one sold we will receive 25 pence.

Loneliness can be a big problem in later life. As many as 200,000 older people say they haven't spoken to friends or family for over a month. The campaign helps to raise vital funds to support local and national winter projects to help older people keep warm and well through befriending visits, emergency cold weather support, warm meals and other vital services.

Knitters can contact us by email event@aukc.org.uk or call **020 8 969 9105 (option 3)** further information and also for supplies.



Virtual Activities & Events Programme

	Monday	Tuesday	Wednesday	Thursday	Friday
10am-11am	Half hour yoga 10am-10.30am Half hour Meditation 10.30-11am	Tai Chi Starting on 15th February (NEW)	Chair exercises with Chelsea FC French Lessons Advanced	Reiki First Thursday of the month Half Hour Chair Yoga	45 Minute yoga and meditation
11am-12pm	Philosophy German Lessons Beginners		Half hour Meditation 11.30-12pm	Spanish Lessons Beginners—A2	IT workshop
12pm-1pm	Half Hour Boxing	Spanish Lessons Intermediate—B1	French Lessons Intermediate		
1pm-2pm		Half hour Yoga 1pm-1.30pm			
2pm-3pm	Art Appreciation	Creative Writing Opera Appreciation with Opera Holland Park Third Tuesday each month	English Lessons	English Conversation	Stretching with Ranvir
3pm-4pm	Italian Lessons Intermediate Online Dance Class by DanceWest (NEW)	Reading Club with The Reader	Poetry French Conversation	Origami	Games with Queen's Gate School and Chelsea FC
4pm-5pm	French Lessons Beginners		Film Appreciation	Singing lessons with Opera Holland Park	Drawing Class

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! **Advance booking essential by email activities@aukc.org.uk / call 020 8969 9105 (option 3).**

Please arrive 5 minutes before the activity.

Parks	Cost?	When?	Meeting Point?
Regent's Park	FREE	Wednesday 2nd February 10am-1pm	Pret a Manger, 65 Notting Hill Gate, Kensington, London
Hyde Park	FREE	Wednesday 9th	Pret a Manger, 230 - 232 Earls
Kensington Garden	FREE	Wednesday 16th February 10am-1pm	Pret a Manger, 230 - 232 Earls Ct Rd, Earls Court, SW5 9RD
Holland Park	FREE	Wednesday 23rd February 10am-1pm	Pret a Manger, 65 Notting Hill Gate, Kensington, London
Greenwich Park	FREE	Wednesday 2nd	Pret a Manger, 230 - 232 Earls
Hampstead Heath	FREE	Wednesday 9th March 10am-1pm	Pret a Manger, 230 - 232 Earls Ct Rd, Earls Court, SW5 9RD
Primrose Hill	FREE	Wednesday 16th March 10am-1pm	Pret a Manger, 230 - 232 Earls Ct Rd, Earls Court, SW5 9RD
Bushy Park	FREE	Wednesday 23rd March 10am-1pm	Pret a Manger, 230 - 232 Earls Ct Rd, Earls Court, SW5 9RD
Isabella Plantation	FREE	Wednesday 30th March 10am-1pm	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

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	Cost?	When?	Time?	Meeting Point?
Lunch Club	£7.50 includes a drink	Mondays	12pm - 1.30pm	The Blackbird Pub , 209, Earl's Court Road, SW5 9AN
Digital Clinic	FREE	Third Monday of the month	12pm—2pm	Age UK K&C Office , 1 Thorpe Close, W10 5XL
Painting & Drawing	FREE	Mondays	1.30pm-3pm	St Cuthbert's Centre , 51 Philbeach Gardens, SW5 9EB
Knitting Club NEW	FREE	Mondays	2pm-3.30pm	Age UK K&C Office , 1 Thorpe Close, W10 5XL
Walking Football with Chelsea FC	FREE	Tuesdays	10.30am-11.30pm	Westway Sport & Fitness Centre , 1 Crowthorne Rd, W10 6RP
Lunch Club	FREE	Tuesdays	12.30pm-1.30pm	St Cuthbert's Centre , 51 Philbeach Gardens, SW5 9EB
Spanish Lessons for Beginners	FREE	Tuesdays	2pm-3.30pm	Mary Smith Court , 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Walking group	FREE	Wednesdays	10am—1pm	Different parks
Knitting Club	FREE	Wednesdays	10am-12pm	Worlds End and Lots Road Big Local , Unit 8 Worlds End Place, Worlds End Estate, London SW10 0HE.
Painting & Drawing	FREE	Wednesdays	11am-1pm	Mary Smith Court , 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Tai Chi Starting: 26/01/2022 NEW	FREE	Wednesdays	1.45am-2.45pm	Bay20 Community Centre , 71 St Marks Rd, W10 6JG
Italian Lessons for Beginners	FREE	Wednesdays	2pm-3.30pm	Thomas Darby Court , 133 Lancaster Road, W11 1TT
70s Disco Fever—Dance session	FREE	Wednesdays	3pm-4pm	Mary Smith Court , 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Chair Exercises	FREE	Thursdays	10.30am-11.30am	Mary Smith Court , 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Chair Exercises	FREE	Thursdays	2pm-3pm	Bay20 Community Centre , 71 St Marks Rd, W10 6JG
Bingo & Afternoon Tea	6 games for £1	First Friday of the Month	2pm-4pm	Mary Smith Court , 17-23 Trebovir Rd, Earl's Court, SW5 9NF
Lunch Club & Bingo NEW	Lunch : £4 Bingo : 6 games for £1	Last Friday of the month	12pm-3pm	Bay20 Community Centre , 71 St Marks Rd, W10 6JG

Games

Music Word Search

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

METRONOME
SHARP
REST
TIE
MEASURE
TEMPO

EIGHTH
STACCATO
QUARTER
WHOLE
TREBLE
LEDGER LINE

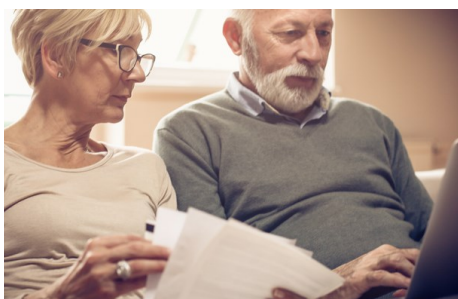
FORTE
PITCH
STAFF
PIANO
BAR
DOTTED HALF

HARP
FACE
FLAT
BASS
PRESTO
REPEAT

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.

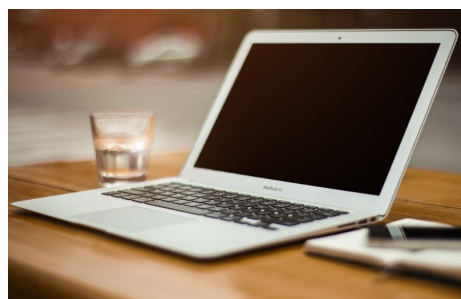
A gift in your will could help us:



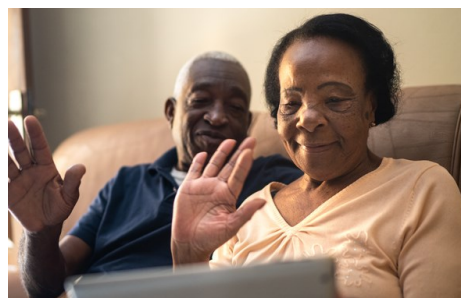
Support our Information and Advice programme to enable us to provide free and confidential information and advice service for older people, their families and carers.



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.



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

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

Our Friendship Group



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

If you would like to support us and join our Friends Group please complete and return the form on page 31.

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

giftaid it

Please add your donations through Gift Aid. If you are a UK taxpayer, we can reclaim 25p for every £1 you donate.

☐ Yes, I want Age UK Kensington & Chelsea to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I am a UK taxpayer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

At Home Service

Our At Home Service offers a range of personally tailored packages of 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**