

Age UK Redbridge, Barking & Havering Newsletter

Welcome to the latest edition of our newsletter!

As we once again go into lockdown, the news that a vaccine is at least on the horizon is indeed something to celebrate. However, in the meantime we are now following the lockdown guidelines imposed by the Government which means that you must stay home (except for specific purposes), avoid meeting people you don't live with (except for specific purposes), certain businesses must close. Our Organisation is still providing Advice and Information, befriending, dementia support, care navigation and falls prevention advice, either over the phone or on line and our Home Support service is still supporting people at home.

We are contactable via our office number: 020 8220 6000 or via email: admin@ageukrbh.org.uk

You can find out more about our services at: www.ageuk.org.uk/redbridgebarkinghavering/

We have had to close our Wanstead Activity Centre once again, until the Government allows us to open, even though we only re-opened on 5th October! We will be prepared to re open as soon as it is safe to do so.

You can leave home to buy food and essentials, withdraw money from your bank or post office, or to visit people in your support bubble. Full information is available at: www.gov.uk/coronavirus

For local support via the council: www.redbridge.gov.uk/corona-virus-information-hub/



Produced during the 'Making in Isolation' project with SPACE studios, this beautiful Batik art is now hanging on the wall in our reception area. There is another which will be displayed at our Wanstead Activity Centre, and a third at a different location at our offices.

Making in Isolation, Together was an artist-led programme of workshops that provided opportunities for Redbridge residents over the age of 65 to make art, learn new skills and socialise remotely from their homes during the COVID-19 lockdown, March – July 2020.

A huge thanks to SPACE studios for giving people this opportunity and a huge *Well Done* to all the students who took part.



Redbridge services you value

LBR is conducting a survey to find out which of their services you value most. Age UK RBH sent out 500 questionnaires to our clients to get their views.

Our User Involvement Service 'Voices of Experience' regularly seeks the opinions of older people about the things that matter most to them.

We received over 90 responses to the survey and below is the ranking, from 1 – 10.

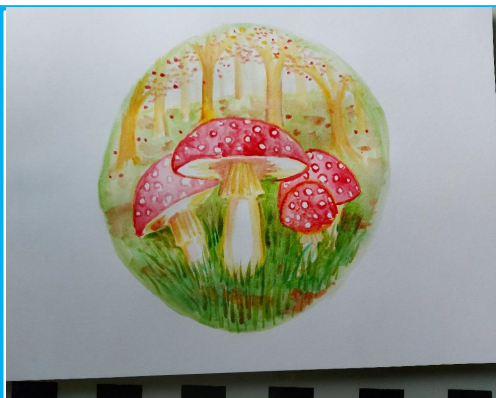
1. Adult Social Care
2. Community Protection
3. Street Cleansing
4. Waste Collection and Recycling
5. Libraries, Parks and Leisure Services
6. Roads and Pavements
7. Housing
8. Planning and Building Control
9. Children's Services
10. Regeneration and Growth

Redbridge needs this information to decide where to make savings in the next five years.



Forget-me-Not Befriending Service

Our befriending service has been supporting almost 800 people by telephone every week since the start of the pandemic. As people have become isolated due to shielding and self isolation, loneliness has affected so many people. Our amazing volunteers and staff make daily phone calls from our office or from their homes, for a friendly chat, to check up on their welfare, put them in touch with services they need and help to sort out any worries they have. It also gives us the opportunity to inform them about the range of ever growing on line services we are providing to keep them motivated and to give them opportunity to chat with others on line. For a full list of the services we offer on line, take a look at our website at: www.ageuk.org.uk/redbridgebarkinghaver/activities-and-events/on-line-activities If you know someone who would benefit from our befriending service, please call us on: 020 8220 6000



In our popular on line art classes, run by Ioana Macovei, students learnt how to produce a lovely image of wild mushrooms. Ioana presents a step by step tutorial on how to produce a painting like the one shown here. If you have on line access, you can download the newsletter on our website: www.ageuk.org.uk/redbridgebarkinghaver If you don't have on line access, call us for a copy on: 020 8220 6000.

Di's Diamonds are now offering a new Drawing class on Friday mornings. The class is full but there is a wait list email: disdiamonds@ageukrbh.org.uk or call us on: 020 8220 6000 to be added.