



Picture: 30th August in Valentine's Park (More on Page 6)

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... *plus more!*

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Contact Us

➡ Our Report on Exercise & Physical Activity

During July - September 2025, 145 older people in Redbridge completed our survey on exercise and physical activity.

We found that most respondents (84%) engage weekly in exercise or physical activity, while for 16% this is more occasional.



We heard from 145 local people

Of those not currently exercising or undertaking physical activity, half (49%) say they would like to, and an additional 35% might consider it. Just 6% say they would not.

Walking is clearly the most popular activity, with three quarters of respondents (74%) regular walkers. The next most-popular is exercise or dance classes (42%) with Zumba, Yoga, Tai-Chi and Pilates cited.

By some margin, social interaction is the greatest motivation to stay active (72%). Weight management (47%) and stress relief (46%) are also key factors.

On barriers to exercise and physical activity, the biggest issue, by far is health - with over half of respondents (56%) citing this.

Transport and cost are also significant issues (25%) along with a lack of motivation (23%).

The likelihood of a fall also significantly rises with both older age, and poor health, we found.

Read more now in the full report. ➡ [More](#)

“Thanks to yoga I feel in much better shape!”

What can we do for you?

➡ Age UK Legend Retires!

In July, we bid farewell to one of the stalwarts of Age UK Redbridge, Barking and Havering. Nikki Gardener, Co-Ordinator of the Forget Me Not Telephone Befriending Service has retired after 27 years of dedication to the organisation.

We had the opportunity to hold a little farewell for her where staff and volunteers (old and new) came together to wish her a happy and long retirement. Stories were shared and pictures of volunteer days out and staff social gatherings were pored over eliciting laughter and yes, some tears.



Recent retiree, Nikki Gardener

We were very privileged to work with Nikki whose professionalism, knowledge and compassion for the older people she helped inspired all of us. From us all Nikki, thank you.

She is now spending time with her husband and many friends, taking some holidays and breaks and enjoying her beautiful garden.

“I found out I could get additional support.”

What can we do for you?

The befriending service is a volunteer based scheme for older people who are isolated. It is available to local residents.

The telephone service is Monday to Friday during morning hours. The weekly visiting service is for people living alone and subject to certain criteria.

Find out more on the website. ➡ [More](#)

➡ Staying Warm and Well at Home

Rebecca Porter, Energy Doctors Coordinator writes “At Age UK, we understand the serious impact that living in a cold, damp, or draughty home can have on your health and wellbeing.

Worrying about the cost of gas and electricity can cause significant anxiety, affecting your mood and leading to feelings of depression, sadness, and frustration. For some, the difficult choice between ‘heating or eating’ means there’s little money left for social activities, which can increase feelings of isolation and loneliness.

Research shows that being in a cold environment for long periods can raise the risk of strokes and heart attacks. Cold temperatures, combined with damp and mould, can also worsen health conditions such as COPD, asthma, and other respiratory issues.



Keeping warm and well at home

Additionally, winter increases the risk of falls and fractures, often leading to hospital stays, especially among older adults.

That’s why it’s so important to stay warm and comfortable in your home.

If you're feeling worried or need advice, please don't hesitate to contact us.”

Age UK has outlined things you can do, to stay warm and well, and to prepare yourself and your home for the winter period. ➡ [More](#)

“The lovely lady gives me a call once a week.”

What can we do for you?

➡ Havering Energy Doctors

Age UK RBH and Age UK East London, in partnership with the London Borough of Havering, have been proudly delivering a FREE energy-saving scheme to residents across the borough.

Through the Havering Energy Doctors initiative, over 400 households have already benefited from home visits, plus advice and information.



Get help, advice and top tips!

We can install energy-saving lightbulbs, radiator foils, and draught proofing for windows and doors.

We provide night lights, timers, and other energy-efficient tools.

“I learned so much at the talk on diabetes.”

What can we do for you?

Also, get practical advice on reducing energy bills, staying warm, and preventing mould and damp.

But the support doesn't stop there. Residents also receive personalised guidance, including signposting to local services and organisations that can offer further help - ensuring a person-centred, holistic approach with real social value.

Together, we're helping to make homes warmer, bills lower, and lives better across Havering.

To access the service, please use the online referral form. Visit the website or get in touch. ➡ [More](#)

☎ 07943 877099 ✉ energydoctor@ageukrbh.org.uk

➡ Digital Support Classes

Our digital support classes assist and educate those struggling with digital devices.

If you need assistance with your devices, or access to tablets or other support, then this service is for you.

Our 'Digital Champion' volunteers have many years of experience in assisting older people and are very knowledgeable about all things digital.



Leaning to use email and the internet

We run class-based sessions and depending on criteria can visit you at home.

An attendee writes "I would like to thank Vivienne for this initiative. She has selflessly coordinated the programme - to engage with me, and others.

Thanks also to our tutor Harvey. His understanding, patience and knowledge really is excellent.

Technology has and will take us into the future. I think, I speak for all the other participants, when I say that we felt left out or left behind. However, the Digital Champions Programme has allowed us to become functionally computer literate.

I can now engage with friends and family, while navigating my way through my emails with little or no errors. Although, I haven't become a computer genius, I can safely say that I no longer feel left out or left behind. I would like to say a heartfelt thank you to all those involved in making this a reality."

To find out more about the programme, or to sign up as a volunteer Digital Champion, please get in touch or visit the website. ➡ [More](#)

☎ 07946 032332

✉ Vivienne.Greengrass@ageukrbh.org.uk

➡ Falls Prevention - Classes and Much More!

Falls are the biggest cause of accidents in the home and one in three people over the age of 65 fall each year. This increases to one in two for people aged over 80. The good news is that falls are not an inevitable part of ageing, many can be prevented and our Falls Prevention service is here to help.

We host a range of classes and activities - which are sociable and fun, as well as informative.

Case Study: Aged 81, Chloe has one leg longer than the other and wears a large boot to facilitate her walking. She also uses two crutches, these place a large strain on her hands and shoulders.

Since attending our class she has more mobility in her shoulders and more strength in her arms. Because the trainer works hard on core strength she is now able to stand upright. Both her posture and balance have significantly improved.



Members of the Nordic Walking group

What can we do for you? Almost nine in ten of our attendees (86%) have not had a fall, since joining our exercise programme.

Almost all (97%) feel that their mobility, stamina and balance has improved, since attending.

For more, visit the website or get in touch. ➡ [More](#)

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✉ amber.mirza@ageukrbh.org.uk

**"I couldn't fill in the form
and Age UK helped."**

What can we do for you?

➔ Join the Befriending Week Campaign!

Befriending Week, 1st - 7th November is the annual campaign to raise awareness about befriending and highlight the power of social connection in reducing loneliness and social isolation.



Could you be a volunteer befriender?

It's a chance for communities to raise awareness about befriending, celebrate the contributions of befriending volunteers and the staff who support them, and advocate for befriending to local and national decision-makers. ➔ [More](#)

Do you volunteer for a befriending project? Befriending Networks is running a special online event on Thursday 6th November to say thank you to befrienders. Connect with other volunteers, share your experiences and celebrate the power of befriending - sign up for free. ➔ [More](#)

“Tried poetry & managed to inspire others!”

What can we do for you?

➔ Introducing ScotsCare

ScotsCare is a London charity supporting first and second-generation Scots resident in London.

They offer a range of financial, practical and emotional support, through services including grant giving for essential household items, and education and training for adults.

ScotsCare also provide sheltered housing for those over 55, or 50 living with a disability (waiting lists apply). ➔ [More](#)

➔ Redbridge Dementia Strategy Survey

The Healthy Redbridge Borough Partnership are writing a Dementia Strategy for our local area.

This will talk about what we can do to make our community in Redbridge more supportive for people living with dementia, helping them and their families get the right care, support, and understanding when they need it.

It will cover the things we plan to do over the next five years.



What is important to you?

We would be extremely grateful for a few minutes of your time to complete the survey. The closing date is Friday 31st October. ➔ [More](#)

➔ Are You Linked In?

Colin Edwardson, Befriending Service Coordinator writes "We're excited to announce that Age UK RBH is now on LinkedIn!

This is an important step in connecting with our community, partners & supporters on a professional platform. We'd love for you to follow our page-likes, comments, and share our posts to help spread the word about the amazing work we're doing.

From community activities to service promotions, there's something for everyone. Let's stay connected and make an even bigger impact together!" ➔ [More](#)

“I got one-to-one support, to use my smartphone.”

What can we do for you?

➡ Voices of Experience (VOE)

Our exercise and physical activity survey (Page 2) was conducted as part of our very popular 'Voices of Experience' programme, giving older residents in Redbridge an opportunity to share their views, and to have confidence that we will use the evidence collected - to seek improvements.

Recently, we have run comprehensive surveys on the cost of living, digital skills, transport, social care, and social isolation & loneliness.

Collectively, over 1,000 residents have taken part.

New Survey - Crime and Safety in Redbridge

A report has shown that out of 32 London Boroughs, Redbridge is among the top 20 safest. The overall crime rate in Redbridge for 2025 was 72 crimes per 1,000 people. This compares to the overall London rate of 78 crimes per 1,000 people.



What's your view on crime and policing?

The most common crimes in Redbridge are violence and sexual offences, with 8,438 offences during 2025. Redbridge's least common crimes are possession of weapons, with 107 offences recorded in 2025.

What is your experience of local crime and policing? What changes would you like to see, if any, in Redbridge?

The survey closes on 31st December 2025. ➡ [More](#)

“Lunch at the activity centre is delicious!”

What can we do for you?

➡ Out and About with VOE!

Sue Grant, VOE Coordinator writes “I took a group of 6 people to take part in a marbling workshop run by Colours of Redbridge, which was held at the Central Library. We were given a demonstration of how to make a marbling picture and then we all had some practice attempts with small pieces of paper.



A vibrant Street Parade event, 30th August

Everyone made a big marbling pattern on a large sheet of paper, placed in a paddling pool. These large pieces were then sent off once they had dried to be turned into fans.

The fans were displayed as part of a Street Parade which Colours of Redbridge held on Saturday 30th August in Valentines Park, ending outside the Ilford Exchange. Some of us took part in the Street Parade too, displaying the fans which we had made.

“After discharge they got me additional support.”

What can we do for you?

We also took part in the Golden Hour Food Stories Project run by Colours of Redbridge. Imogen Patel attended the VOE Panel meeting on 8th July and asked panel members to write about a food recipe which incited a happy memory.

These recipe cards are all going to be collated to make an installation which will be presented on the roof of the Ilford Exchange Car park. Pauline, a panel member, has had her recipe card chosen to be published in a booklet comprising some of the best examples.”

Find out more about VOE on the website. ➡ [More](#)

➡ Wanstead Activity Centre

We run a diverse range of activities at Wanstead, Monday to Friday! We can help you keep fit, discover your creative side, and to make new friends.

Activities are just £4 per session.

There is also a daily booked lunch - just £8 for two courses, and an extra 50p on a Friday for that all important Yorkshire Pud on our famous Friday Roast. The proceeds are ploughed back into the centre.



A themed summer lunch

Every now-and-then, we host craft sales, and other themed events, so stay tuned to find out more.

Did you know, there is a dedicated toe nail cutting service at the centre (separate charges apply) and it's available at other venues as well. ➡ [More](#)

To find out more about the activity centre, drop in, Monday to Friday 10am - 2pm at The Allan Burgess Centre, 2 Grove Park, Wanstead, E11 2D.

You can also give us a call on 020 8989 6338, or visit the website for the latest information. ➡ [More](#)

➡ Big Knit Hats - Now on Sale!

The Big Knit is Age UK's partnership with innocent drinks. We've been working together since 2003, asking the country's crafters to knit little hats for the tops of innocent smoothie bottles. Every hat knitted raises 30p to help Age UK provide much-needed services and support to older people.

In the latest campaign, knitters across the country made an incredible 1,362,956 hats, and you can now spot them on innocent smoothies in Sainsbury's and Co-op. For every hat sold, Age UK receives 30p to help provide vital services and support to older people. Pick one up in store! ➡ [More](#)

➡ Introducing Di's Diamonds

Di's Diamonds is a free group for single or partnered men & women age 50+ living in Havering, Redbridge, Barking & Dagenham. Suitable for those who want to meet new people, make friends and get out and about, enjoy events and combat loneliness.

We also have Diamond Geezers, a group, which offers activities for men.

We host coffee mornings and meals, bowling, tea dances, talks, cinema and theatre trips, museum and exhibition outings, creative art classes and events, and more!

Recently, we made 'Hearts for Hospitals' to connect patients with their loved ones. We also celebrated birthdays - in style!



Recently at the Kenneth More Theatre

We do not provide transport to and from events and unfortunately we are unable to offer physical or mental health support. Members are advised to bring a carer or family member if additional support is needed.

All Di's Diamonds members can join our dedicated Facebook page where they will find all the latest Di's Diamonds updates, reminiscence posts, jokes, share thoughts and great ideas with volunteers and members.

For more, get in touch or visit the website. ➡ [More](#)

✉ disdiamonds@ageukrbh.org.uk

“I'm better placed to identify a scam.”

What can we do for you?

➡ Age UK Responds to Digital ID Scheme

Recently, the Government has announced plans to introduce a digital ID scheme.

Caroline Abrahams CBE, Charity Director at Age UK said “Many other similar countries already have ID cards so it's no surprise that the UK is considering following suit, but if this initiative is to be successful and fair the Government must also step up and be more intentional about digital inclusion.

It's not just the millions of older people who aren't internet savvy or online at all who are losing out from the rush towards digital everything, it's also the estimated 8.5 million adults of working age who struggle with reading and writing and who are unlikely to thrive in a digital world.



Online services are ‘increasingly the norm’

This announcement about ID Cards arguably signals that we've reached a tipping point so far as the shift towards digital is concerned, though even without it that moment was drawing near.

From the NHS to parking, government services to banking, computer enabled approaches are increasingly the norm and there's no turning back. However, rather than an orderly transition to a new digital world we're seeing something more like the Gold Rush, with technical design that varies from the excellent to the risible and with no serious or joined up efforts to help those being cut adrift.”

Read more in the full article. ➡ [More](#)

“With their home support
I can do much more.”

What can we do for you?

➡ Healthcare and Older People - New Report

Age UK has launched the tenth anniversary of its State of Health and Care of Older People report, revealing a troubling picture of declining health among an ageing population, unequal access to services, and growing pressures on unpaid carers and frontline staff.



There are now fewer GPs, per person

The report shows that while the number of older people in the UK continues to rise, healthy life expectancy at age 65 has dropped to 11.2 years for females and 10.1 years for males. However, these declines are not shared equally: the more deprived an area, the shorter the period of life spent in good health, on average.

“I was assisted in applying
for pension credit.”

What can we do for you?

Older people with more advantages often age well, while others face worsening health, limited support and fewer opportunities to live independently.

In the face of a rapidly ageing population, the growth in the number of full-time equivalent GPs has not been keeping pace and there are fewer older people receiving social care support compared to a decade ago.

Most services are over-stretched and unpaid carers and staff alike are under intense pressure. Many older people who need help from the NHS or social care cannot access it quickly - and sometimes not at all.

Read more in the full report. ➡ [More](#)

➔ Think Pharmacy First!

Pharmacists can offer advice on a range of illnesses, such as coughs, colds, sore throats, ear infections and aches and pains.

They can also give advice about medicines.

This includes how to use your medicine, worries about side effects or any other questions you have.

Most pharmacies can offer prescription medicine for some conditions, without you needing to see a GP, this is known as 'Pharmacy First'.



What can your pharmacist do for you?

Ask a pharmacist to find out what they can offer. You can also read more online. ➔ [More](#)

Latest Newsletters

- ➔ Age UK - Health and Wellbeing Newsletters (Sign Up!) ➔ [More](#)
- ➔ Alzheimer's Society - Dementia Together Magazines ➔ [More](#)

Please send us a link to your latest newsletter!

Health & Wellbeing Roundup

- ➔ The latest news, campaigns and events from Age UK ➔ [More](#)
- ➔ The latest news from Barts Health NHS Trust ➔ [More](#)
- ➔ The latest news from Barking, Havering and Redbridge University Hospitals NHS Trust ➔ [More](#)
- ➔ The latest news from North East London NHS Foundation Trust ➔ [More](#)
- ➔ Debt and mental illness: how to spot if someone is struggling ➔ [More](#)
- ➔ Age UK responds to possible eye tests for motorists over 70 ➔ [More](#)
- ➔ Age UK reveals the nation's most hated and loved exercises ➔ [More](#)
- ➔ Age UK: Older people are at risk of being 'left behind; ➔ [More](#)
- ➔ Adult social care picking up tab for NHS continuing healthcare squeeze, report directors ➔ [More](#)
- ➔ Hundreds of thousands use 'Amazon-style' prescription tracker in NHS App ➔ [More](#)
- ➔ National strategy to define what constitutes good-quality adult social care ➔ [More](#)
- ➔ Volunteers support the NHS for 6 million hours this year ➔ [More](#)
- ➔ NHS to fast-track patients with head and neck cancer into cancer vaccine trial ➔ [More](#)
- ➔ Social care practitioners to form part of neighbourhood health teams ➔ [More](#)
- ➔ Older people's access to social care based on 'unjust' postcode lottery, finds analysis ➔ [More](#)
- ➔ Millions more GP appointments delivered in record year ➔ [More](#)
- ➔ Mental Health Bill: how legislation has changed under MPs' scrutiny ➔ [More](#)
- ➔ NHS launches first ever review to tackle LGBT+ health inequalities ➔ [More](#)
- ➔ The assisted dying bill explained ➔ [More](#)
- ➔ Hundreds of thousands of people urged to get lifesaving cancer vaccine ➔ [More](#)
- ➔ Age UK responds to Government's 10 year NHS plan and neighbourhood services ➔ [More](#)
- ➔ NHS publishes waiting list breakdowns to tackle health inequalities ➔ [More](#)
- ➔ Targeted breast cancer treatment approved for routine NHS use ➔ [More](#)
- ➔ First NHS round-the-clock mental health unit opens under 10 Year Health Plan ➔ [More](#)
- ➔ New GP drive to find undiagnosed infected blood patients ➔ [More](#)
- ➔ NHS to bring 'sponge-on-a-string' cancer test to the high street ➔ [More](#)
- ➔ NHS approves new IT system for GPs to help transform care ➔ [More](#)



**Be the reason
someone smiles
today.**

**Volunteer with
us. Start making
a difference!**

Volunteer with Age UK Redbridge, Barking & Havering!

You will:

Help your community.

Gain valuable experience.

Learn new skills.

**And, meet great people
along the way!**

**We are a community
driven organisation,
committed to supporting
older people.**

**Volunteers play a vital
role in helping us achieve
our goals, and making a
difference in the lives of
others.**

 **020 8911 2936**

 **volunteer@ageukrbh.org.uk**

 **[Visit Website](#)**