

NEWS

from the North Hub

June 22

Hello!

This month we are excited to introduce brand new services, events and activities, which you can read more about in this new look newsletter. We celebrate the first year of our Veterans programme, which now forms an important part of our work to tackle social isolation in Waltham Forest. You can read about this on page 7.

We're also looking at resuming more activities at the Hub, but are taking a cautious approach to ensure we are keeping our service users, volunteers and staff safe, while also continuing to include zoom access for those not able to attend in person. We will keep you informed of the changes once they are agreed.

We continue to work hard to provide all our ongoing services of Information & Advice, Befriending and our regular Activities. We hope you enjoy reading this newsletter. If you have any questions about our work, do drop us a line and let us know.

Best Wishes,

Emma Tozer
CEO Age UK
Waltham Forest



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New Services at the Hub

We are delighted to launch our new Handyperson and Help at Home services this month for people over 60 living in Waltham Forest and we are already taking bookings.

Trained and experienced staff have been recruited for both services who are DBS checked (which identifies any criminal record they may have) and they will all carry ID. We have aimed for the costs to be more affordable than other services in the borough.

Handyperson Service

We can handle those basic jobs that you can't do yourself but struggle to get a professional to do without paying a high price. Jobs like putting up a shelf, fixing a stiff door, changing a lock, or assembly of flatpack furniture. We can deal with easy plumbing and electrical repairs and simple gardening work like mowing the lawn. Our service doesn't cover roofing, guttering and larger electrical and plumbing work, but we can provide a list of local suppliers. Cost is £25 an hour.



Help at Home Service



We can help with light housework such as cleaning, laundry, ironing, changing the bed linen or cleaning windows (if accessible). We can also assist with simple phone calls or accompanying you to the bank.
Cost is £21 an hour.

To find out more, give us a call on 020 8558 5512
or email support@ageukwalthamforest.org.uk

We continue to provide our Home Shopping service,
Prescription Pick-up service and our Footcare service.

For more information, please call us on 020 8558 5512.

History Walks

Following our two successful history walks around Walthamstow, our resident history guide Joanna Moncrieff will be leading more Age UK Waltham Forest walks across London. If you want to learn about London's rich history while meeting new people, then the walks may just be for you!

First in the series 'Pubs, Penicillin, Pineapples and Plaques' explores the three contrasting areas of Paddington - the former working canal area of Paddington Basin, the old village of Paddington now 'marooned' on the other side of the Westway and the lesser travelled streets of the tourist hub of Little Venice.

It's on Monday 6th June at 11am starts from Edgware Road Tube and lasts 2 hours, cost £5, pre booking is required

Call 020 8558 5512 or email events@ageukwalthamforest.org.uk

IT Classes are Coming Home!

We have been cautious about resuming all of our activities at the Hub too soon, as ensuring the safety of all our service users, volunteers and staff is paramount. So we are excited about re-starting our IT classes in person at the Hub. We know that many people may still wish to attend via zoom, so our fantastic volunteer experts are currently testing a hybrid model which would make classes available both in-person and via zoom. So more info on that soon.

The recent Techy Tea Party was very well received and we had 13 people attending and getting answers to a wide range of IT issues. So, look out for the next one which will be coming up soon.

Our Last Walk



From Monoux to Beer and Bacon Jam history walk where we travelled through time from the 15th century in Walthamstow village to the present day at God's Own Junk Yard

Energy tips

In these times of economic and energy crisis, you may find it helpful to understand more about saving money on your electricity bill. The Centre for Sustainable Energy has produced a guide What uses watt? which is included at the end of this newsletter. They also produce advice leaflets on a range of topics, do visit their website www.cse.org.uk/advice-leaflets

New Walking Netball

Following our successful bid to Sports England Jubilee Fund we are excited to be starting new walking netball sessions in Leytonstone! These sessions are perfect for anyone who used to play but struggles to keep up with their old-selves, for someone who is just starting and looking for a new hobby, or to increase their physical activity. The sessions aim to teach netball at a slower pace in a friendly and judgement free environment. It's perfect for all abilities.

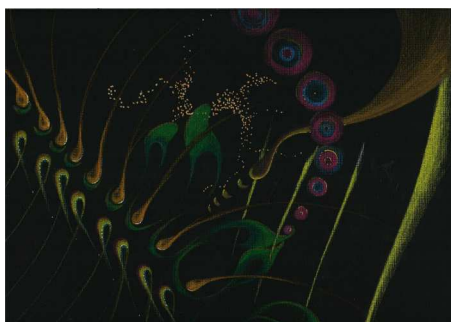
The sessions will take place at Pastures Youth Centre, 15 Davies Lane E11 3DR – on Fridays at 2:00-3:00pm, starting from 17th June 2022 and costs £4 per session.

New Fitness Classes

Starting mid-June, these classes will mainly be weights based and focus on improving strength. Improving strength is essential to living independently for longer and developing better fitness levels. Although weights based, these classes will be low intensity and the instructor will be able to adapt exercises for a range of fitness levels. No previous experience or fitness level required.

The classes will take place at Yonder 6 Hooker's Rd, E17 6DP. Exact time and date TBC. Sessions will cost £4. Please contact us to register your interest.

Fancy a Fribble?



New FREE art class for those who have been told they are not arty!

Come and join us to learn to create your own fantastic fribble with artist Genevieve Tester.

Three week course at the Hub on Wednesday 21st June, 27th June and 5th July from 10:30am-12:30pm. Booking is required

Contact us on 020 8558 5512 or events@ageukwalthamforest.org.uk

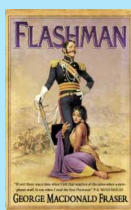
Monthly Book Club

9th June



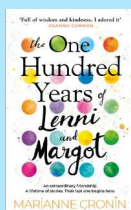
The Rosie Project
By Graeme Simsion

14th July



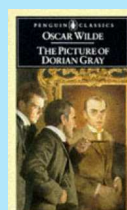
Flashman
By George Macdonald Fraser

11th August



The One Hundred Years of Lenni and Margot
by Marianne Cronin

8th September



The Picture of Dorian Gray
By Oscar Wilde

13th October



Klara and the Sun
By Kazuo Ishiguro

If you would like to join, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk

Activities Timetable

Monday	10:30-11:15am	Bollywood Dance -Zoom	Free
	10:30-11:30am	Walking Football- Leytonstone	Free
	11:30-12:30pm	Tai Chi- The Hub	£5
	1:30-3:30pm	Monthly Tech Support- Zoom (every 3rd Monday)	Free
	1:30-4:30pm	Veteran's Coffee Club (2nd and 4th Monday)	Free
Tuesday	10:00-11:00am	Tai Chi- The Hub	£5
	11:00-12:00pm	Walking Group- Walthamstow	Free
	11:15-12:15	Tai Chi- The Hub	£5
	2:00-3:00pm	Table Tennis- The Hub	£3
	3:15-4:15pm	Table Tennis- The Hub	£3
Wednesday	10:00-11:00am	Zumba- Walthamstow	£4
	10:30-11:30am	Walking Group- Chingford	Free
	2:00-3:00pm	Seated Yoga- The Hub	£5
	2:30-3:30pm	Walking Football- Chingford	£4
	3:15-4:15pm	Standing/ Floor Yoga- The Hub	£5
Thursday	10:00am- 12:30pm	Silver Surfers Computer Classes- Zoom	Free
	10:30-11:30am	Walking Football- Walthamstow	£4
	1:15am-12:00pm	Tai Chi- Zoom	Free
	2:00-4:00pm	Monthly Book Club- Zoom (every 2nd Thursday)	Free
Friday	10:00-10:45am	Tai Chi- Zoom	Free
	11:30am-12:15pm	Seated Yoga- Zoom	Free
	2:00-3:00pm	Walking Netball- Leytonstone	£4
Saturday	9:00am	Monthly Veterans Breakfast Club (1st Saturday)	£4

Silver Surfer Timetable

June 22

9th June	<p>10.00-11.15am</p> <p>Smart Homes</p> <p>Control your home with your voice, improve your security, save energy</p> <p>11.30-12.30pm</p> <p>Tech Q&A and Open discussion - all welcome!</p> <p>Join us for tech tips, breaking news and your questions answered</p>
16th June	<p>10.00am-11.15am</p> <p>Windows "System Restore"</p> <p>The "System Restore" feature is a simple solution to many Windows problems. With just a few clicks it takes a malfunctioning PC back in time to a point where it was working fine. Learn how it works and what you need to do now to make sure its there, ready and waiting, as a safety net to save you if your computer goes wrong</p> <p>11.30-12.30pm</p> <p>Tech Q&A and Open discussion - all welcome!</p> <p>Join us for tech tips, breaking news and your questions answered</p>
20th June	<p>1:00-3.30pm</p> <p>Tech Support</p> <p>Ever wished you had someone to turn to when you get stuck on a technology matter? Need help/advice about computers, tablets, phones, or other technology? Want to keep up to date about technology and learn new things? Want to meet people like you to share experiences? Our experienced panel of volunteers will be on hand to lead the relaxed group and to answer your questions</p>
23rd June	<p>10.00-11.15am</p> <p>Redundancy in the tech world</p> <p>Most tables have 4 legs, some have 3, but they can't balance on 2. Anything more than 3 could be considered unnecessary - or 'redundant'. But redundancy is often vital in case something essential fails. How does this apply to tech? Various examples will be considered, including the redundancy (or not) of networks.</p> <p>11.30-12.30pm</p> <p>Tech Q&A and Open discussion - all welcome!</p> <p>Join us for tech tips, breaking news and your questions answered</p>
30th June	<p>10.00-11.15am</p> <p>Migrating from one system to another including preparing your computer for sale</p> <p>11.30-12.30pm</p> <p>Tech Q&A and Open discussion - all welcome!</p> <p>Join us for tech tips, breaking news and your questions answered</p>

For more information contact us on

020 8558 5512 or events@ageukwalthamforest.org.uk

Social Groups and Engagement

Veterans Group- the first year

This month, we are proud to mark a year since our Veteran programme started, as the group is well established and continues to grow. The group is made up from a range of people living in Waltham Forest who served in the Royal Navy, the Army, the Royal Marines, the Royal Airforce and the Merchant Navy, as well as widows of ex-service personnel. We have members who have served in almost every conflict from World War two to Afghanistan.

We kicked off the programme with a Saturday morning breakfast club at a pub in Chingford with 16 veterans in attendance. This is now a monthly event at the Greene Man Pub in Chingford with around 25 people attending.



We then started a Veterans coffee club that meets twice a month, on Monday afternoons at the Hub. This has become a firm regular for members to meet and connect with others. Here friendships have been made and stories shared over tea and coffee and the odd game of darts. We are also grateful to some members who came together to tackle our overgrown garden, which is now looking good and safe to use.

There have also been events organised including a trip to the RAF Hendon Museum Open Day, Remembrance Day related events and a trip to the Tower of London.



Our co-ordinators Alistair and David, who are both veterans themselves, have also offered one to one support for those in need. One example is Steve, who had PTSD after active service. He was in unsuitable housing, struggling with health issues and was at risk of becoming homeless. We put him in touch with Veteran's Aid who helped to find him a flat where he is now settled and able to get on with his life.

If you are a Veteran and would like to join the group, please contact us on 020 8558 5512 or email veterans@ageukwalthamforest.org.uk

Age UK Waltham Forest has a range of activities to tackle social isolation and loneliness. If you would like to know about how to join social activities in Waltham Forest, please contact us on 020 8558 3404

South Chingford Library is back!

The library has reopened after a long Covid enforced break and they are keen to resume their activities and events. They are a friendly group and urgently need volunteers for three hours a week. If you can help or would like more information, you can email southchingfordlibrary@gmail.com or pop in on Saturday morning or visit the volunteer page on www.southchingfordlibrary.or.uk

South Chingford Community Library, 265 Chingford Mount Road, Chingford, London, E4 8LP Telephone: 020 8529 3035 (answerphone when library is not open)

Help Age UK Waltham Forest while you shop!



When you visit smile.amazon.co.uk to do your shopping Amazon can donate 0.5% of eligible purchases to Age UK Waltham Forest—no fees, no extra cost.

These donations will go towards helping us continue to provide vital services to older people in the borough of Waltham Forest.

How to help

1. Visit <https://smile.amazon.co.uk>
2. Click the get started button
3. Sign in using your existing Amazon details
4. Search for Age UK Waltham Forest once you have signed in
5. Shop away while Amazon donates 0.5% of the price of your eligible purchases to Age UK Waltham Forest

Get started

Can we help you?

Information and advice

Our team are here to help you with any questions you have about just about any issue affecting older people in Waltham Forest. This includes advice about benefits and money matters, form filling, health care and support, community care, family and personal matters and information about local services.

We also hold our weekly drop-in service in Walthamstow on Wednesday 9.30am – 1pm at Priory Court, 11 Priory Court, Walthamstow E17 5NB.

Our service is free and we have trained staff and volunteers here to help you.

Call us on 020 8558 3404 or email

contact@ageukwalthamforest.org.uk

Tuesday Discount at Iceland

To help tackle the cost of living, Iceland Supermarket is giving people over 60 a discount of 10 percent off their grocery shop on Tuesdays. There's no minimum spend and it applies across all their product lines, throughout the country.

Iceland said it was the first UK supermarket to introduce such a discount and decided to do so after research by Age UK found threequarters of older people in the UK were worried about the rising cost of living.

To claim the offer, eligible shoppers need to show a proof of age, such as a driving licence, passport or senior bus pass, at the checkout.

For more information, see <https://www.thisismoney.co.uk/money/markets/article-10833857/Iceland-giving-60s-10-groceries-Tuesdays>
<https://www.bbc.co.uk/news/business-61512945>

What uses watt?

How much electricity am I using?

If you want to save electricity (and why wouldn't you?) it helps to focus on the things that use the most, and so cost you most money.

Some electrical items use a lot of electricity; others don't. As a rule, those which produce heat or refrigeration, and those with moving parts use much more than those that produce light or sound. So to save electricity and money, there's no point worrying about a digital clock or a broadband router since these use so little power you would hardly notice the difference. The big savings lie elsewhere.

Every electrical appliance has a power rating which tells you how much electricity it needs to work. This is usually given in watts (W) or kilowatts (kW) ($1000\text{W} = 1\text{kW}$). Of course, the **amount** of electricity it uses depends on how long it's on for, and this is measured in kilowatt-hours (kWh).

An item like a fridge has a low wattage, but because it's on all the time it'll use a lot of electricity. Whereas an iron, even though it is only used now and again, uses a lot of electricity over a short period of time; so the quicker you do your ironing the better.

Electricity is sold by the kilowatt-hour (kWh) – usually referred to as 'units' on your electricity bill. We've done some of the work for you, but if you're feeling mathematical you can work out how much your own appliances cost to run by multiplying their wattage by

A household's electricity bill is mostly for appliances like toasters, dishwashers etc



the amount of time they're on and then by the cost of electricity per kWh. So let's say you have a 500W (0.5 kW) dehumidifier and you run it for a whole day (24 hours). It will use 12kWh of electricity (e.g. half a kilowatt every hour). If your electricity costs 25p per unit, then multiply 12kWh by 25p and you get a grand total of 300p, or £3.00. This is what it costs to run the dehumidifier all day, and you can see how appliances can add a lot to your bills.

But – and sorry if this is complicated – sometimes a higher-wattage appliance will actually use less power overall than a lower-wattage one. This is because it is well designed and does its job quicker. An energy efficient dish washer, for example, may have a power rating of 2kW – the same

Electric shower
£2/hour



Tumble drier
From 50p-75p/hour



Hair drier
50p/hour



Oil-fired radiator
From 38p/hour



Electric mower
From 13p/hour



Vacuum cleaner
From 13p/hour



Phone charger
Almost nothing at all!



Average power rating of common appliances

(These are 'typical' figures. Actual power rating can vary a lot depending on size and model)

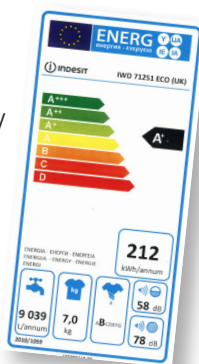
Appliance	Average power rating (Watts)	Cost to use per hour (pence)*	Cost to use per 10 mins (pence)*	Appliance	Average power rating (Watts)	Cost to use per hour (pence)*	Cost to use per 10 mins (pence)*
Electric shower	7000–10500	175–262	29–44	Towel rail	250–500	6.0–12.5	1.0–2.2
Immersion heater	3000	75	12.5	Fridge-freezer	200–400	5–10	0.8–1.6
Kettle	3000	75	12.5	Freezer	150	4	0.6
Tumble Dryer	2000–3000	50–75	8.0–12.5	Heating blanket	130–200	3–5	0.5–0.8
Electric fire	2000–3000	50–75	8.0–12.5	LCD TV	125–200	3–5	0.5–0.8
Oven	2000–2200	50–55	8.0–9.0	Desktop computer	80–200	2–5	0.3–0.8
Hairdryer	2000	50	8	Games console	45–190	1–5	0.2–0.8
Oil-filled radiator	1500–2500	37–62	6–10	Fridge	40–120	1–3	~ 0.3
Washing machine	1200–3000	30–75	5.0–12.5	TV box	30–40	0.7–1.0	~ 0.1
Dishwasher	1050–1500	26–37	4.5–6.0	Laptop	20–65	0.5–1.6	~ 0.1
Grill/hob	1000–2000	25–50	4.0–8.5	Video/DVD/CD	20–60	0.5–1.6	~ 0.1
Iron	1000–1800	25–45	4.0–4.5	Tablet (charge)	10	0.2	<0.1
Electric drill	900–1000	22.5–25.0	3.7–4.0	Broadband router	7–10	0.2	<0.1
Toaster	800–1500	20–37.5	3.3–6.2	Extractor fan	5–36	0.2–0.9	<0.1
Microwave	600–1500	15.0–37.5	2.5–6.2	Smart phone (charge)	2.5–5.0	<0.2	<0.1
Electric mower	500–1800	12.5–45.0	2.1–7.5				
Vacuum cleaner	500–1200	12.5–30.0	2.0–5.0				
Dehumidifier	300–700	7.5–17.5	1.2–2.8				
Plasma TV	280–450	7.0–11.0	1.2–1.8				

*All calculations are based on an assumed unit rate of £0.25p per kWh (at the upper-end of normal range in Jan 2022) and rounded up or down to the nearest 0.5p or 0.1p as appropriate



(or higher) as a non-energy efficient one. But what makes it energy efficient is that it completes its cycle quicker. So while it may use the same (or more) electricity per hour, it's working for less time so uses less energy overall. In other words, don't judge the energy efficiency of a device only by its given power rating, particularly if it is controlled with thermostat or operates on a timed cycle.

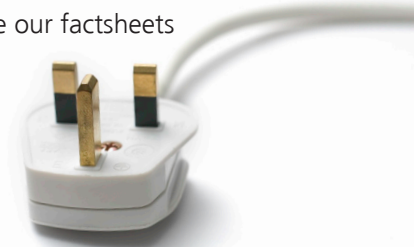
Instead, if you're buying a new fridge or TV or other appliance, the best way to judge its energy efficiency is the label (right). Those rated 'A' or above are the most efficient for their size. To compare between differently sized appliances, energy labels also now print suggested kWh usage per annum for each appliance.



Energy monitors

These are wireless devices that can tell you useful things like what your current energy use is costing you. The display can show much electricity is being used at that moment, as well as how much was used last week or last month. Your energy supplier should provide an energy monitor (also called in-home display) if you have a smart meter, or you can buy a separate energy monitor.

For further help you can use our factsheets that cover using an energy monitor, money saving tips, and low energy lighting.



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Charity: 298740
Founded: 1979

The Centre for Sustainable Energy is a national charity that helps people change the way they think and act on energy.

Our Home Energy Team offers free advice on domestic energy use to people in Bristol, Somerset, Wiltshire, South Gloucestershire and Dorset.



Contact us:

PHONE 0800 082 2234

EMAIL home.energy@cse.org.uk

WEB www.cse.org.uk/loveyourhome

FACEBOOK EnergySavingAdvice

TWITTER @cse_homeenergy