

NEWS

From the North Hub

September and October 23

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@ageukwalthamforest

Hello!

I hope you have enjoyed the summer. Despite the mixed weather, we've struck lucky with the sunshine as both events we've hosted in our garden have been well attended and good fun. You can read more about them inside.

As many of you know, we rely on our wonderful team of volunteers in order to keep our programmes going and activities running. You can read a bit more about what they get out of it on page 6 & 7. And if you know anyone who would be interested in getting involved, please do get in contact.

We are always looking for ways to keep you engaged with our work, either by joining an activity or staying in touch with what we do. If there is anything you would like to read about in this newsletter, please do drop us a line and let us know.

Best Wishes,

Emma Tozer
CEO Age UK
Waltham Forest



The winning cake at our Summer Garden Party

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Age UK Waltham Forest
Waltham Forest Resource Hub (North)
58 Hall Lane, Chingford E4 8EU

Tel: 020 8558 5512 email: info@ageukwalthamforest.org.uk
www.ageukwalthamforest.org.uk

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Windrush 75 Day

We were delighted to host a special Windrush 75th Anniversary Event in June, in our shady garden at the Hub. With a tasty Caribbean lunch, music provided by a steel band and drumming group and then afternoon tea and cakes provided by South Chingford Foundation School, the day was enjoyable and memorable.



Everybody enjoying the garden at our Windrush 75 Event

We invited black elders in Waltham Forest who are part of our befriending network, which supports people who are isolated or housebound. For some people attending, this was the first time leaving their house this year. Our team arranged transport and liaised with their family and carers to make it possible for them to attend. The event was funded by Waltham Forest Council and National Lottery funding.

We created 15 profiles of Waltham Forest residents to honour and recognise their contributions and tell their stories, which were on show at the event and later were exhibited at Fellowship Square outside the Town Hall. They are also being displayed at the Hub. We encourage you to come down and have a read of their 'Unheard Stories'.

Gloria's Story

Gloria Boyce was born in 1939 in Barbados. She went to various schools until she was 16. In the late 1950s the British Government were seeking people to come to the UK to train as nurses. She arrived in the UK in October 1960 and began her nurse training.

Life was hard, with the gloomy weather. One patient refused to be treated by Gloria because of

her colour and Gloria remembers "doing more cleaning than nursing" under a particular ward sister.

In 1963 Gloria came to London. She got married and had two children. Her nursing career continued in the St Peter's group of hospitals until she took redundancy in 1991. Gloria loved her job and meeting new people.

Gloria moved to Waltham Forest to be near her parents who had also emigrated and she eventually bought her own house. Gloria is most proud of "being me, coming to a strange land and persevering."



Gloria with her profile at the Windrush 75 Event

Change in Trustees

The Chair of our Trustee Board, Debbie Ladds, is moving on after seven years. Debbie brought a wealth of charity and local community experience and she has been instrumental to the success of all we've been able to achieve in this time and played a vital role in supporting us during difficult times, with accessing vital funding, as well as running stalls at weekends raising money for us. Debbie is leaving London to be nearer to family, but we hope she will stay in touch. We send her our love and best wishes for the future. Thank you so much Debbie.



Barry Coidan will take over as chair, with Richard Freitag taking over as treasurer until formal elections at the AGM in February. We also welcome the new co-opted trustees Andy Barrick, Joe Gowdridge, Leo Van Der Borgh, Tanya Wilkinson and Layo Oludare to our board.

Visiting History

Our Veterans group have enjoyed a 'political spring', having paid visits to the home of democracy and also the place where the Government would relocate to, in the event of them getting things catastrophically wrong.

In April we took a minibus out into the Essex countryside to visit the secret nuclear bunker at Kelvedon Hatch. Underneath what appears to be a country cottage in the middle of a forest, is a facility housing the apparatus to re-establish civil government in the aftermath of a nuclear strike. The subterranean labyrinth was designed to house and sustain 600 people and has recently been turned into a museum. The bunker now provides a fascinating insight into the Cold War, historical videos and an excellent guided tour made for an intriguing afternoon out.

In June we went to visit the Houses of Parliament. Sir Iain Duncan Smith invited our veterans for a guided tour of both houses and 23 of our group took up the invitation. There probably isn't anywhere on the planet where so much history was made and is still on view. Even though you may have seen both houses on television, to actually see it all in person gives a different perspective and in almost every nook and cranny of the place there's a dollop of history. It makes for an intriguing morning and we'd highly recommend a visit.



The Veterans group with Iain Duncan Smith in Parliament

Thank you B&Q

We are very grateful to the B & Q Foundation, who has funded much needed and overdue repairs to our Hub building. They awarded £6,260 to repair our walls and ceiling which was damaged by water and also replacement of some carpet tiles. While we are not extravagant, we feel it's important to ensure our Hub looks as welcoming as it can be for our visitors.

Summer Garden Tea Party

Thank you to everyone that joined us at our fundraising Summer Tea Party held in The Hub garden. Finally the sun shone and fab guitarist Glen entertained us with some great tunes – good enough for some guests to get up and dance. The Cake Baking competition was won by Helen Lowther and although this was a difficult judging decision by Barry Coidan, Chair of Trustees and his taster companion David Bigham, Helen was a worthy winner.

Our enormous and heartfelt thank yous to all the volunteers who helped make the day such a great success raising £687!



Enjoying the music at our Summer Garden Party

Changes to Landline Phones

The UK analogue network is being replaced by digital technology. If your home does not have broadband, the telephone provider will need to supply a system to support the new telephone system.

BT, who has the majority of 'landline only' customers, will start to contact a limited number of its customers about the change. However, they are not currently switching certain groups, including people aged 70 and over and other groups with additional needs. Age UK National is monitoring the changes and part of a group of representative organisations advising BT on the switchover.

For more information visit ageuk.org.uk/information-advice/money-legal/consumer-issues/changes-to-landline-telephones/

New Activities

NEW Ukulele Class at the Hub

Our new Ukulele Improvers class is perfect for those who have already taken our six week course or those who have played before. Led by our wonderful teacher Oscar, the class is a drop-in with a charge of £5 a time.

Our current six week Beginners course is due to finish in September. If you are interested in joining a Beginners class please let us know and we will arrange another course if we have enough people.

Improvers class: Wednesdays at 3.15-4.15pm, £5 per session Drop-in

We have a limited number of Ukuleles to borrow, but if you have your own please bring it along! If you previously attended and found that it wasn't for you but still have one of our ukuleles, please return it to us so we can pass this on to someone else.



Scams Awarenesss Event

Our scams awareness event with Barclays, the Metropolitan Police and local police has been rescheduled to Friday 13th October from 10:30am-12:30pm

Join us to learn about the latest online banking, Cryptocurrency and in-person scams and how to avoid them.

Book is required

Techy Tea Party

Do you need tech support...we can help!

Join us for a techy tea party where one of our volunteers will work through anything you may need help with on your devices, all while we tuck into some delicious tea and cake!

Friday 22nd September or 27th October 10am-12:30pm at the Hub.

Please bring along any portable device and we will match you with a volunteer who can help. Due to matching process booking is essential.

History Walk: Heroes & Villains of Mayfair

Monday 11 September at 2pm
2 hours, £5

Sort the heroic from the horrific on this walk around the streets, in and around Park Lane. Hear about the notorious Jack Sheppard, the murder where the butler really did do it and the site of a famous scandal. We will hear about some real heroes too including some that you may not expect to be memorialised. This walk finishes close to Bond Street tube at a deconsecrated church now transformed into a food and drink emporia.

Booking is required



For full activities timetable please see page 11-12. To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512

New Activities

Jumble Trail

24 September from 10.30am – 3.00pm

Take part in the first South Chingford Jumble Trail, a fundraising initiative open for the whole community raising money for Age UK Waltham Forest.

If you live in the South Chingford area, you can register for a stall in your garden for just £5, which will put your house on the Jumble Trail Google map. Simply register at <https://www.justgiving.com/page/south-chingford-jumble-trail> Then email events@ageukwalthamforest.org.uk to confirm with your full address including postcode and we'll get your stall on the map!

This promises to be a great community event, fun way to get to know each other, clear your house of unwanted items, find a bargain and raise money to support local people.

Do you have items that we could sell at our stall at The Hub?

Sorry we can't accept electrical items, CDs, DVDs or anything damaged and no clothes as we have enough.

If you do, please bring your items to The Hub during Tuesday 19 or Wednesday 20 September - no earlier as we don't have the space.

If you don't have transport, please phone us as we may be able to arrange pick up.



Do you have time to volunteer on the day at The Hub?

Setting up	08.00 – 10.00am
Staffing stalls	10.00am – 12.00pm
	12.00pm – 2.00pm
	2.00pm – 3.00pm
Clearing away	3.00 – 4.00pm

Please also let us know what you can do or if you can pick up donated items or help us sort through donated items on Thursday 21 September at The Hub.

Please contact events@ageukwalthamforest.org.uk, or pop into The Hub and fill in our quick and easy form letting us know what you're able to do to help. Thank you so much.

Bridge Beginners Class

Starts Friday January 6th, 10.30am - 12.30pm

20 week course – split into 5 week blocks to paid on booking. £50 for 5 weeks booked in advance

Bridge is the most fascinating card game in the world. The object of these lessons is for you to learn or improve but also for you to ENJOY THE GAME. The course sticks to basic ACOL. At the end of the course the beginner should be able to bid and play most hands.

Booking is required



For full activities timetable please see page 11-12. To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512

Spotlight on Wellbeing: Sense of Community



Here at Age UK, we greatly depend upon the support we get from our volunteers, without whom we simply couldn't function. These are people who befriend people who are isolated at home, people who help people with getting their shopping or prescriptions, people who help lead classes and activities, people who help with information and advice, as well people who help at the Hub with reception and administration. While we know how volunteers help our work, there's also lots of evidence that it can help wellbeing and mental health of the volunteer.

How does volunteering help your mental health?

- Reduces Stress - Making a meaningful connection with others can take our mind off our own worries. We divert our attention which helps improve our mood and feel less stressed.
- Provides a Sense of Purpose - Volunteering can provide meaning and purpose, beyond our normal day to day activity. It can help us appreciate what we have and develop a sense of compassion for others.
- Prevents Feelings of Isolation - We can extend our social network by meeting people from different walks of life that we would ordinarily never meet. If we pick an activity that we like and are interested in, we are likely to meet likeminded people who we have the same interests.



Chris, one of our craft club volunteers, running a wreath making workshop



Our Big Volunteer Thank You Party 2021

- Increases Confidence - We may learn new skills and learn about a different or new environment. This can help with improving our confidence.
- Helps Combats Depression - Volunteering increases motivation and provides a sense of accomplishment. It distracts us from being critical, particularly of ourselves.
- Ignites Passion - Volunteering can offer something different to our day-to-day activity and provide a worthwhile escape from our daily routine.
- It Makes You Happy - Research shows that 'feel good' hormones and brain activity spike during volunteer activities. We are social animals and are designed to be part of a wider community. Volunteering helps you make the world a better place.

Source: everyonehealth.co.uk

Spotlight on Wellbeing



Here, some of our own volunteers tell us why they volunteer for us:



“My main role is to meet and greet anyone that rings our doorbell, which can be people attending our activities, getting support from the I&A team or deliveries. I enjoy the fact that I never know what’s coming next. I gave up my business four years ago to care for my wife, who sadly passed away last year. I spent months like a lost soul until I came across an Instagram post from Age UK. Volunteering here gives me the opportunity to help and talk to people as well as learn new skills and challenges – I never thought I’d be a Quiz Master!”

Keith is a Meet and Greet volunteer, on the front door

“I used to be a midwife and when I retired, I needed to keep busy and keep my brain working. A friend of mine was a volunteer at Age UK as an IT tutor and suggested I get involved. I attended the induction session 12 years ago and never looked back! It’s really important to take the older person as they come and have patience and understanding. I love giving something back to the community. I have also seen lots of people are lonely and that people need to talk.”

Coreen is a Befriender, visiting older people in their homes for companionship



If you would like to volunteer at Age UK Waltham Forest, visit www.ageuk.org.uk/walthamforest/get-involved/volunteer/, email volunteering@ageukwalthamforest.org.uk or phone us on 020 8558 5512

Money Matters: Inheritance Tax



“Nothing in the world can be said to be certain, except death and taxes”, so said American statesman Benjamin Franklin. While end of life planning may be something we prefer not to think about, it is worth some consideration. So in this issue we look at Inheritance Tax.

Inheritance tax (IHT) is a duty charged to your estate, when it is being administered after your death. Currently, this is only paid if your estate is over £325,000, this is called the nil-rate band'. Therefore, if your estate value is less than this, you shouldn't need to pay it. However, IHT is paid at a rate of 40% on the proportion of your estate valued above the nil-rate band.



You may consider giving money or property to your loved ones before you die. But it's important to note that gifts made while you're alive can be liable to IHT, depending on their value and when they were given. In addition, if you die within seven years of making such a gift that exceeds the value of £3,000 in any one year, these gifts use up your nil-rate band, so not all of the £325,000 is available when you die. It's best to seek advice before making lifetime gifts.

This is a complicated area, so you should seek specialist advice from your solicitor or independent financial advisor.

Gifts to charity

Gifts to charity are completely exempt from IHT, so by making charitable gifts in your will, you can reduce your IHT bill. This is because the gift in your will reduces the net value of the estate and the IHT due, therefore the donation would be deducted from the net estate before the Inheritance Tax payable has been calculated.



There's no IHT to pay if you leave your whole estate to your spouse or civil partner. If you don't use all of your nil-rate band, when your spouse or civil partner then dies, their estate can add your unused portion to their own nil-rate band. In the same way, if your spouse or civil partner dies before you and their estate doesn't use all their nil-rate band, any unused allowance can be transferred to your estate.

If you leave your home or other property you lived in to your child or grandchild, you can gain an additional nil-rate band of up to £175,000. This is called the residence nil-rate band.

Money Matters: Inheritance Tax



Please remember us

Most of you will know that we are affiliated with Age UK National and hold the respected quality mark. But did you know that Age UK Waltham Forest is a totally independent and self-financed charity? We need to raise £500,000 a year in order to ensure we can keep delivering our services, programmes and activities throughout the year.

So a small gift in your will to us would really help our work. Frankly, we find this a difficult subject. But as legacies form a significant part of UK charity income, we feel that we must highlight it with our supporters from time to time.

If you do decide to leave a gift in your will, please make sure to use our full name, **Age UK Waltham Forest**, with our address **58 Hall Lane, Chingford E4 8EU** with our **charity number 1048212**, so that your gift will be used to support local people in Waltham Forest, rather than the national charity. You could also request that donations be made to us instead of flowers at your funeral.

We are always grateful to receive whatever you can give us. Thank you



Age UK Waltham Forest
Information & Advice team – ring us
on 020 8558 3404 for advice and
guidance on end of life planning

October is Free Wills month

If you have yet to make a Will, do consider making one. An up to date Will written by a solicitor ensures your wishes are respected. It also avoids difficult decisions and legal complications for your family and loved ones. And, this October, why not take advantage of Free Wills Month to help you to make a will or change your existing will?

Free Wills Month is a scheme offering people over 55 the opportunity to have simple wills written or updated. It works in partnership with a group of national charities and the participating solicitors are based in selected locations across England and Scotland. To find out more <https://www.ageuk.org.uk/get-involved/donate/leave-legacy/free-wills-month/>

Death Café

The words Death Café may sound like the title of a horror movie, but in fact it is becoming an increasingly popular event with people wanting to talk about and explore different aspects of death. In a safe, confidential and friendly space, people from different ages can come together and speak openly about death, dying, grief – and life! Some people may want to find out how to broach the subject of death and dying with someone close to them, like parents, children or grandchildren. Or it might be a fear of death or dying that prompts someone to attend. For some, it is just a desire to be more open or a curiosity about the subject.

It is a place to share and listen to ideas, rather than a grief support group or a counselling session.

North East London Death Café on
Saturday 16 September & 4 November 2023
2.45pm – 5.00pm
at East of Eden, 14 Hatherley Mews, E17 4QP

The session is free but you need to book.
Call: 07592 908134 Or email
debbie@creatingconversations.uk

Activities Timetable

Sept-Oct 2023

All activities are weekly unless stated otherwise

Monday

10:30-11:15am	Bollywood Dance- Zoom only	Donations
10:30-11:30am	Walking Football-Pastures E11 3DR	Donations
11:30-12:30pm	Tai Chi- The Hub	£5
1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£4
1:30-3:30pm	Monthly Digital Help and Support- The Hub (3rd Monday of the month)	Donations
1:30-4:30pm	Veteran's Coffee Club at the Hub- (2nd and 4th Monday of the month)	Donations
2:00-4:00pm	Piano Club at the Hub-(1st Monday of the month)	£3
2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations

Tuesday

10:15-11:00am	Tai Chi- The Hub	£5
11:00-12:00pm	Bollywood Dance- Crate E17 7FY	£4
11:00-12:00pm	Walking Group- Wood Street Station	Free
11:15-12:15pm	Tai Chi- The Hub	£5
2:00-3:00pm	Table Tennis- The Hub	£3
3:15-4:15pm	Table Tennis- The Hub	£3
4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5

Wednesday

10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations
10:00-11:00am	Zumba- Crate E17 7FY	£4
10:00-1:00pm	Coffee Time- The Hub	Donations
11:00-11:45am	Tai Chi- Mornington Hall E4 7EN (beginners)	Donations
11:45-12:00pm	Tai Chi- Lea Bridge Library E10 7HU	Donations
12:00-12:45pm	Tai Chi- Mornington Hall E4 7EN (improvers)	Donations
12:00-1:00pm	Veterans Lunch Club- Leyton Orient E10 5LG (Last Wednesday of the Month)	Donations
2:00-3:00pm	Seated Yoga- The Hub	£5
3:15-4:15pm	Ukulele (Improvers)- The Hub	£5
4:15-5:15pm	Ukulele (Beginners)- The Hub	£5

Activities Timetable

All activities are weekly unless stated otherwise

Thursday

10:00-12:30pm	Silver Surfers Zoom/ The Hub	Donations
10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4
2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£3
2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations

Friday

9:30-10:15am	Tai Chi- Leyton Library E10 5QH	Donations
10:00-10:45pm	Tai Chi- Zoom only	Donations
10:00-1:00pm	Coffee Morning and Wellbeing Activities -The Hub	Donations
11:30-12:15pm	Seated Yoga- Zoom only	Donations
11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
2:00-3:00pm	Pilates- The Hub	Donations
2:00-3:00pm	Pilates- The Hub	Donations

Saturday

9:00am	Veteran's Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£4
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Book Club

We meet on the second Thursday of the month between 2pm and 4pm at The Hub, to discuss the book of the month. Cost is just £3.

14 Sept



Mr Wilder and Me
by Jonathan Coe

12 Oct



Disobedience
by Naomi Alderman

9 Nov



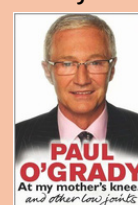
The Girls
by Emma Cline

14 Dec



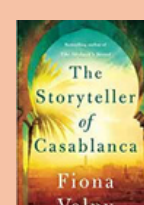
After You'd Gone
by Maggie O'Farrell

11 Jan



At My Mother's Knee and Other Low Joints
by Paul O'Grady

8 Feb



The Storyteller of Casablanca
by Fiona Valpy

For more information or if you would like to attend, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

Silver Surfer Timetable

New format for Silver Surfers. Monday tech support will no longer be available on Zoom.
 All other classes will continue both in person and on zoom

7 Sept

10:00am-12:00pm

First steps with Facebook

Learn how to create a Facebook account, add or remove Friends, check your Account settings and Privacy Preferences, upload and tag Photos from the computer.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

Join us for tech tips, breaking news and your questions answered

14 Sept

10:00am-12:00pm

Hands-on with Facebook



Would you like to set-up your own facebook account? Learn how to post, find friends and join groups? This hands on step-by-step session will guide you through the basics and get you up and running. This session can be attended stand alone but it also makes an ideal follow on to our First Steps with Facebook session to gain hands on experience of the subjects demonstrated there.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

At the hub only. Limited places. Essential to book in advance.

14 Sept

10:00am-12:00pm

Windows "System Restore"

This session looks at how Twitter can work for you, how you get started, how to tweet, & retweet, how to attach pictures and links, how to follow, and unfollow, and how to control your privacy.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

18 Sept

1:30pm-3:30pm

Digital Help and Support Session

Our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you.

In person only

21 Sept

10:00am-12:00pm

New Features on Apple Devices. See the latest features

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

28 Sept

10:00am-12:00pm

Data Backup Workshop - Get yourself sorted in one session!

If you don't backup your valuable data items (photos, documents, videos, music, emails, etc.) then it's probably not a case of whether they will be lost, it's when! You need a separate copy (a backup) to protect against virus, theft, fire, mechanical failure and accidental deletion.

Bring in your laptop Windows PC and your proposed backup device (e.g. external hard drive or memory sticks) and our volunteers will set you up with an easy, fast, backup routine, customised to your specific needs.

At the hub only. Limited places. Essential to book in advance.

In person only

This session is only for Windows PC users (any type) who store their important data on their PC's local hard disk. This session is not suitable for phones, tablets, Apple Macs or Chrome Books.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

5 Oct

10:00am-12:00pm

Microsoft Word refresher

Suitable both for beginners and experienced users looking to refresh their knowledge about the classic word processing program from Microsoft. Hear about some useful features and techniques that you may have overlooked.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

12 Oct

10:00am-12:00pm

Hands-on with Microsoft Word 

This course gives the opportunity to try some of the basic functions of Microsoft word such as adding and formatting text, inserting, editing, and manipulating images in the document, and using tables. This session can be attended stand alone but it also makes an ideal follow on to our Microsoft Word Refresher session to gain hands on experience of the subjects demonstrated there.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

12 Oct

10:00am-12:00pm

How to book a blood test online, and other important tasks

Booking your blood test online means very short waiting time at the centre, and is now the easiest way. This session shows how to book it. Also covered are: how to renew your EHIC, or passport, or pay your council tax, or get parking permits, or order groceries online, or sign up for 'patient access'

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

16 Oct

1:30pm-3:30pm

Digital Help and Support Session

Our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you.

19 Oct

10:00am-12:00pm

Using Technology for your health and well being (including using the NHS app)

We will be showing you round the NHS App to be able to see your GP notes and tests order prescription etc. As well as a look at the swift queue app to book your blood test and setting up an emergency app.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

26 Oct

10:00am-12:00pm

Making Music with your PC, Mac or iPad

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

Our Services

Information and Advice team

can help with benefits advice, benefit calculations, form filling, as well as advice on housing issues, energy saving, care and support, social prescribing, health and wellbeing.

Call us on 020 8558 3404 or email contact@ageukwalthamforest.org.uk

Information and Advice Drop-in service at Priory Court, Walthamstow
Wednesday from 9:30am-12:30pm



Befriending team

can match you with a volunteer for companionship and friendship. Due to high demand, we can only offer this to people who are over 60 and live alone in Waltham Forest. For more information call us on 020 8558 8716 or email info@ageukwalthamforest.org.uk

Veterans Club Waltham Forest

for information about our activities or to join call us on 020 8558 5512 or email veterans@ageukwalthamforest.org.uk



Footcare

every Tuesday and Wednesday, with appointments from 10am to 4pm at The Hub. Cost is £21 for toenail cutting. A telephone assessment is required before your first appointment. To book an appointment, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Shopping Service

we can take your shopping order by phone and it will be delivered to you, with an admin fee of £2 per shop. To find out how it works, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Prescriptions

we pick up your prescription for you. To find out more, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Handyperson

we can help with basic jobs like putting up a shelf, assembling flat-pack furniture, simple plumbing and electrical repairs and simple gardening work. Cost is £25 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Help at Home

we can help with cleaning, laundry, ironing and other light housework. Cost is £21 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



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