

NEWS

From the North Hub

May and June 24

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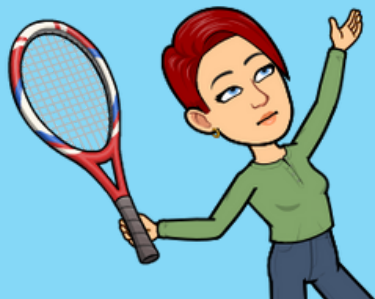
Hello!

With summer on the horizon, we have a focus on walking for this issue. We are keen for people to sign up to the Sponsored 10K walk in central London to raise funds, see page 3 for more and we have a range of walking activities to exercise, stay fit and meet others. Also along the same theme we celebrate the local author Charlotte Osho's book *The Jagged Path* on page 13.

We are particularly delighted and proud to announce that our Information & Advice team has been awarded the Age UK Quality of Advice Standard. This is a Quality Mark that signifies that the quality of our advice on welfare benefits and social care is of the required standard, which is regulated. While it is great that our work has been acknowledged in this way, it also means that we are able to apply for more secure, long term funding for our service in the future. 🟢

Best Wishes,

Emma Tozer
CEO Age UK
Waltham Forest



Show us your sunflowers- see page 3

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Age UK Waltham Forest
Waltham Forest Resource Hub (North)
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www.ageukwalthamforest.org.uk



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Age UK Waltham Forest is a registered charity No: 1048212 and company limited by guarantee.
Registered in England and Wales No: 2334459.

Bonus Boilers

Energy company EON came to our weekly Coffee Club in March, where they gave people advice on energy efficiency and gave out free helpful aids such as draft excluders and heat reflectors. As a result, eight people were given a free gas boiler replacement! So, do look out for more events like this!

Update on Parking Permits

You may have seen the local press coverage about the change in parking permits, which has caused considerable concern with older and vulnerable residents who are unable to access the online system. Following this backlash, Waltham Forest council has now agreed that we can use paper permits indefinitely until supplies run out, but we can no longer purchase them.



Age UK Waltham Forest, together with other local charities emphatically state that the move online will exclude the less able, reduce independence and increase loneliness. We believe it is wrong to ignore the needs of the most vulnerable residents.

However we have proposed an alternative visitors' badge for disabled and older residents, which could be displayed similarly to a Blue Badge thus removing the need to go online. Waltham Forest Council has confirmed they are looking into this.

Diabetes Awareness Day

There is a free event for people with type 2 diabetes on Wednesday 12 June from 10am to 2:30pm at South Chingford Congregational Church. It is hosted by Diabetes UK and you can learn more about your type 2 diabetes and the care you're entitled to, plus information about support available from Diabetes UK and in your local community. Spaces are limited so booking is required. To find out more and book your place visit

WFT2awareness.eventbrite.co.uk or phone: 01372 720148.

Windrush Celebrations

Building on the success of last year's 75th anniversary celebrations, we are again partnering with the Council and other community groups to honour our 25,000 Afro-Caribbean residents in June.

The Waltham Forest Windrush Festival will be held in Fellowship Square at the Town Hall on Windrush Day, Saturday 22 June from 11am to 6pm. It will showcase the best in Afro-Caribbean music and dance, food stalls, art and crafts, history, workshops and family friendly activities. We will have a stall so do look out for us!



Visit walthamforest.gov.uk/windrush for more information on the festival

Our own *Unheard Stories* exhibition will be in Higham Hill Library 3 – 16 June and in Walthamstow Central Library 17 – 30 June and then touring all libraries in Waltham Forest. We will also be holding our own Windrush Garden Party for isolated housebound Black elders who use our Befriending Service, supported by teachers and pupils from Lammas School, later in the year. News of that soon.



Show us your Sunflowers!

The 2024 Sunflower Growing Competition is here! Whether you're a seasoned gardener or just starting out, everyone's invited to participate in our sunflower growing competition.

To enter either pop into The Hub to make a donation and pick up your sunflower seeds and sunflower top tips, OR make a donation via our JustGiving page and we'll mail the seeds and top tips directly to you. Closing date for seed requests is 31 May.

Then plant your seeds and watch them grow! Measure the height of your sunflower in centimetres by 1 September and then send us a photo of it along with its height to h.bigham@ageukwalthamforest.org.uk. Why not get friends to join you - blooming marvellous!

Have your say on Walthamstow High Street

Waltham Forest Council and Project Centre are working to deliver Levelling Up-funded improvements to Walthamstow High Street. They plan to create a safer, greener, and more inclusive high street for everyone, and need your help to achieve that. On Friday 10 May, they will be hosting an inclusive design visit with local older, disabled, and neurodivergent people to understand their experiences and help create a more inclusive high street for all to enjoy.

During the session, the project team will guide attendees on a route of the high street, stopping at key areas to discuss how accessibility can be improved through designs. At the end of the route, there will be a debriefing session at a local café to discuss key findings.

Details for the walk are as follows:

Date: Friday 10 May 2024

Time: 14:00-15:30

Meeting point: Walthamstow High Street at junction of Mission Grove (outside Cakes & Bakes), 107 High St, London E17 7DB

RSVP by: Wednesday 8 May 2024

If you would like to join or have any questions about the scheme, please get in touch via consultation@projectcentre.co.uk or 02045021643

Sponsored Walk for I&A

Join us in taking part in the annual charity sponsored walk hosted by London Legal Support Trust on Tuesday 18 June. We are raising funds for our own life changing Information & Advice service, here at the Hub. The walk is in its 20th year and includes around 12,000 participants from London law firms and voluntary groups. It starts and ends near Holborn and the routes are through London parks or the River, and is 10km, about 6 miles, but there are shorter routes available.

For more information email Helen h.bigham@ageukwalthamforest.org.uk

If you're joining us on the walk please register on our Enthuse page www.tfaforms.com/5099367

Bloomin' lovely Gardening Service!

As we recover from the deluge of rain from the last few weeks and wonder 'Where's the sunshine?', we welcome Spring with hope - and realise that the garden needs some urgent TLC. Even if it's a small patch of grass or a patio with flowerpots, it's time to make the most of it. But doing your own gardening can be energy draining and, when it's more difficult to bend down, where's the fun in that?

Here's how we can step in to help. As part of our Handyman service, we offer help with gardening, whether mowing your lawn, weeding flower beds, trimming shrubs or a general tidy up - even if it's overgrown. While we can't promise an Alan Titchmarsh-like makeover, we can definitely help bring out the best in your garden. Make the most of your outside space and enjoy the summer!

The cost: £25 per hour payable by card onto his cardreader; you'll both sign a timesheet when the job is finished.

How to book: Phone us on 020 8558 5512 and we'll take your details and book you in as soon as we can
What tools do I need: The handyman can bring tools if you don't have any, and if you live in E4 he can bring a lawnmower

What else does the handyman service offer?
For £25 per hour our handyman can help putting up shelves, assembling flatpack furniture, fixing a dripping tap, small areas of painting and decorating - and plenty more.

Work for us

Age UK Waltham Forest is a great place to work.

Could you bring your skills to our team?



Outreach Worker (Digital Inclusion)

Hours: Part-time, 28 hours per week

Fixed term Contract to November 2025

Salary: £21,767.20 pro rata for 28 hour week (£27,209 FTE)

Deadline to apply: 24 May



To deliver Age UK Waltham Forest's new Digital Champion Programme Project including assisting to identify older people who would benefit from support to get online and use technology. To play an active role in promoting digital inclusion services across the borough and directly support older people with their digital skills development, in person and remotely.

Handyperson

Salary: £16 per hour

Hours: Monday - Friday, 9 - 5; zero hours contract

Age UK Waltham Forest is developing a range of high quality, paid-for services to help older people live safely in their own homes, enabling them to remain independent as much as possible.

Your role is to provide a reliable, friendly handyperson service with an emphasis on home maintenance and gardening. You will undertake minor tasks including: mowing lawn and garden tidying; plumbing repairs, unblocking sinks, putting up shelves, changing light fittings, small areas of painting or grouting, fitting window locks and bolts, and assembling small items of furniture.



Please apply ASAP. The position will close when a suitable candidate is recruited.

Help At Home Staff

Salary: £13.15 per hour

Hours: Monday - Friday, 9 - 5; zero hours contract

Age UK Waltham Forest is developing a range of high-quality, paid-for services to help older people live safely in their own homes, enabling them to remain independent as much as possible.

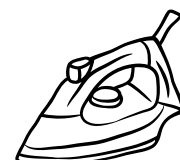
Your role is to provide a basic housework service - including mopping and vacuuming, cleaning kitchens and bathrooms, helping with laundry and ironing, changing beds, etc. You might also be requested to help with basic meal preparation, or making telephone calls.

We are especially looking for applications from people who can work in the Leyton/Leytonstone areas.

Please apply ASAP. The position will close when a suitable candidate is recruited.

Further information for all to be found on our website Age UK Waltham Forest

<https://www.ageuk.org.uk/walthamforest/about-us/work-for-us/>

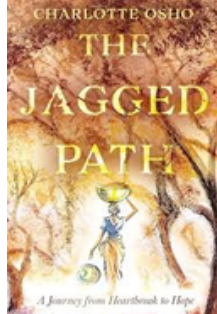


The Jagged Path by Charlotte Osho

Thursday 6 June – 2pm @ the Hub

We are excited to hold a talk given by local writer and friend to the Hub, Charlotte Osho, talking about her recently released memoir *The Jagged Path*. Please see feature on page 13.

Charlotte's artwork will also be on display and she will be pleased to sign books.



This event is free but donations welcome.
Booking is essential.

Let the music play!

Friday 10:00-11:30 @ St Edmunds Church

Would you like to learn how to play a musical instrument? In partnership with Soundcastle music charity, we are running a 5 week music course starting on 14th June, with a celebratory garden party session on Wednesday 17th July at the Hub.

The course is for anyone wanting to discover how learning to play an instrument and singing can improve their mental health. Everyone is welcome from complete beginners to experienced players. Soundcastle facilitators will take care to include all abilities on a range on instruments. All musical instruments, including keyboards, drums and ukuleles, will be provided.

For more information please contact Gail on gail@soundcastle.co.uk or 07859 951971

This course is free, but booking is essential.



Oscar and our weekly Ukulele group

Quiz & Chips!

Thursday 6 June – 6pm @ the Hub

Our ever popular general knowledge Quiz Night is back, to raise money to fund our Veterans Group activities. Held here at the Hub on Thursday 6 June, at 6pm, tickets are £12.50, which includes a delicious fish and chips supper. Bring your friends or join a team of 8 people on the night.

Don't miss this fin-tastic night of fun, food and fundraising!

Booking is essential

Ukulele Improvers

Ukulele with Oscar is now meeting on Wednesdays at 3.15pm for an hour at the Hub, cost is £5. This is for those who know basic cords and want to learn more, play along with others and learn new tunes! Class is drop in, no need to book.

Cycling for over 60s – Coming Soon

We will be starting a 6 week cycling course for over 60s this summer, in Chingford and Walthamstow.

If you would like further information please email events@ageukwalthamforest.org.uk and let us know which location you would prefer. As soon as we have all the details we will be in touch.



To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512.

Embracing the Digital World

Our team of digital experts, Mike, John, Phil and Charlie regularly share their knowledge on a wide range of topics to suit all levels.

NB there will be no talks held on the 2nd or 20th May as the hub is in use for other events

Turning your old laptop into a Chromebook

16 May 10:00am-12:00pm

Make use of that old PC and turn it into something useful



Redundancy in the tech world

23 May 10:00am-12:00pm

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.

Music goes Digital

30 May 10:00am-12:00pm

Introduction to the world of digital music and MP3 players. What are the advantages? How do I get my favourite vinyl records, cassette or reel-to-reel tapes into digital format? How do I get tracks off a CD into an MP3 player? Where do I get new music in digital format? We show you how using free software. The same software also lets you manipulate music in ways that might surprise you. Please note this session is aimed at PC and Apple mac users (not Tablets/phones).



The (scientific) history of everything

6 June 10:00am-12:00pm



Science says that all of us, and everything around us, arose from a sequence of events that started 14 Billion years ago in an event known as the Big Bang. Prior to the Big Bang there was absolutely nothing. And now, 14 Billion Years later we have ourselves sitting in Waltham Forest. Is it possible to explain the steps along the way? Can we join the dots? How much do we know for sure and how much is guesswork? Mike uses his background in Chemistry and Physics to help us explore the last 14 Billion years and see if we can, together, make sense of it. We hope you'll find the session fun, interesting and perhaps a little thought provoking.



Podcast and Streaming

13 June 10:00am-12:00pm

What is 'streaming' and why do it? What streaming services are there and how do they differ? Is it expensive? How do you stream or download music? How can I stream my own music? What are podcasts? Can you get them on your phone, or computer? How do you find them, and subscribe to get weekly episodes? Do you stream or download them? Do they expire? All to be revealed!

Google Earth

27 June 10:00am-12:00pm



Google Earth is often confused with the more familiar Google Maps. Although there are overlaps, Google Earth contains lots of unique and interesting features. We'll see how to explore the planet in detail from your back garden to mysterious islands. We can even explore Mars (the planet not the chocolate factory). Works on any make of computer (desktop, laptop, tablet, phone) although the more sophisticated features only work on desktops & laptops.

To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512.

Walk This Way!



Walking is one of the easiest ways to get more active, lose weight and become healthier. A brisk 10 minute walk can help build your stamina, burn excess calories and help improve your circulation. But even a slow walk at your own pace is good for relaxation, maintaining your mobility and good for your mental health. Walking in a group is a great way to start walking regularly, make new friends and stay motivated. And we have a range of walking activities for you to join!

Before you start

Do wear comfortable footwear, any shoes, boots or trainers that provide adequate support and do not cause blisters will do.

For longer walks, do take some water, healthy snacks, a waterproof jacket, sunscreen and a sun hat.



Our Walking Activities

Monthly History Walks

Led by our knowledgeable and entertaining guide Joanna, uncover and learn about the hidden histories of Central London while getting walking. Booking is essential, cost is £5 a walk.

The Secrets of Spitalfields

Monday 20 May, 11am

A circular walk exploring the many layers of history in the streets surrounding Spitalfields Market, a market having been on this site in one form or another since 1682. We will see a number of amazing survivals and rescued buildings including a mediaeval charnel house only discovered in 1999 and several Huguenot silk weavers' houses saved from dereliction. We will also walk through a hidden garden, walk down streets evoking residents of the past plus see evidence of the artillery grounds that used to stand nearby.



Covent Garden off the beaten track

Monday 24 June 2pm

Meet the real West End! A walk exploring the lesser known streets and alleyways of Covent Garden from the site of a burial ground and workhouse to the site of a leper hospital and rookery. We will go on a search for Mercers' Maidens, hear about pubs allegedly linked by their cellars and spot ghost signs recalling a long forgotten trade the area was once famous for. Our walk includes an alley where the buildings have hardly changed in 300 years and still lit with gas lights and a court once known as Flicker Alley and now full of second-hand bookshops.

Weekly Walthamstow Walking group

Tuesdays 11am

Meet at Wood Street station. This is a gentle 40 min walk to meet new people and learn a bit about Walthamstow.

This walk is free, but donations welcome. No need to book just pop along to the meeting point.

Walk This Way



Walking sports are also a great way to play your favourite sports at a slower pace. Not only will you feel the health benefits of walking, but it is a great way to socialise and try your hand at a new hobby. We offer both walking football and walking tennis. Why not give them a go?

Walking Football

It's football but played at walking pace with no running allowed! We run two groups which are open to all abilities, men and women. It's a great way to socialise, get back into football and of course, keep active.

Mondays 10:30-11:30 Pastures Youth Centre E11 3DR, donations

Thursdays 10:30-11:30 Feel Good Centre E17 7AA, £4



Our walking football team in action against Leyton Orient



Coming Soon Walking Tennis!

Walking tennis is a slower, gentler form of tennis and played on a smaller court. It's open to any level – from those who used to play and those who have never played before. It's safe, fun way to stay active!

There will be two groups:

Ridgeway Park E4, Tuesday 12pm (starting 4/06)

Lloyds Park E17, Fridays 2pm (starting 7/06)

Please let us know if you are interested by emailing events@ageukwalthamforest.org.uk and let us know which location you prefer, so we can let you know as soon as timing is confirmed.

The course will be run in 5 week blocks with a cost of £20 for each block.

To book for any of our activities,
please contact
events@ageukwalthamforest.org.uk
or 020 8558 5512.

Join our Sponsored Walk

Do consider joining us on this fundraising walk for our Information and Advice service. See page 3 for more details.

Can I get Carers Allowance?

You may not think of yourself as a carer, but if you look after your partner, relative or friend who'd find it difficult to manage without your support, then you are a carer. And if you're a carer you may be entitled to Carer's Allowance, which is currently a payment of £81.90 a week.



Do I qualify?

Carer's Allowance is paid to people when the following conditions apply:

- You spend at least 35 hours a week caring for someone, whether you live with them or not.
- The person you care for must be in receipt of a disability benefit, which includes Disability Living Allowance (care component), Personal Independence Payment or Attendance Allowance and Armed Forces Independence Payment
- You can be working but not earning more than £151 a week after tax.
- You can't be in full time education.



The 35 hours of care should include physically helping the person with their daily tasks, doing practical tasks like shopping and cooking and helping them to stay well, including for example help with their medication or dressings and aids.

What if I'm getting my state pension?

If you are in receipt of state pension the rule is slightly different, as you will be only receive Carer's Allowance if the amount of your weekly state pension is less than £81.90 and, if it is, you will receive the balance to top it up to that level.

If your state pension is more than £81.90 a week, then you will not qualify for Carer's Allowance.

BUT it's important to know that even if your state pension is more than £81.90 a week, you should still make a claim. This is because, you

may be awarded an 'underlying entitlement' to it in the form of a carer premium or carer addition. This is extra money added to any means tested benefits you may be claiming such as pension credit or housing benefit.

Will it affect the benefits of the person I care for ?

Yes, it could. If they receive a severe disability premium added to one of their benefits, that extra money stops if you start receiving Carer's Allowance. However, if you only have an underlying entitlement to Carers Allowance, that won't affect their benefits.

For more information and advice, contact the Information & Advice team on
020 8558 3404 or contact@ageukwalthamforest.org.uk

Weekly Activities Timetable

May/ June 24

All our activities are weekly unless stated otherwise

Monday	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	Veterans Coffee Club at the Hub- (2nd and 4th Monday of the month)	Donations
	1:30-4:30pm	Bereavement Support Group- The Hub (1st Monday of the month)	Donations
	2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations
Tuesday	10:00-11:00am	Tai Chi- The Hub	£5
	11:15-12:15pm	Bollywood Dance- Crate E17 7FY	£4
	11:00-12:00pm	Walking Group- E17	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
	11:15-12:45am	Tai Chi- Mornington Hall E4 7EN	Donations
	11:45-12:00pm	Tai Chi- Lea Bridge Library E10 7HU	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
	3:00-4:00pm	Ukulele Improvers- The Hub	£5
	4:15-5:15pm	Ukulele Beginners- The Hub	£30 course fee

Weekly Activities Timetable

May/ June 24

All our activities are weekly unless stated otherwise

Thursday	10:00-12:00pm	Silver Surfers Zoom/ The Hub	Donations
	12:00-12:30pm	Weekly Tech Q&A at The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4
	1:45-2:15pm	Tai Chi- Zoom only	Donations
	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
	10:30am-12:30pm	Bridge Beginners Class	£10
	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
	3:15-4:15pm	Pilates- The Hub	Donations
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Book Club

Books for May and June

9 May



Someday, Maybe
Onyi Nwabinelli

13 June



My Brilliant Friend
Elena Ferrante

For more information about our book club, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

Lets Get Digital

We have been running computer training for older people in Waltham Forest for more than a decade. We host a range of classes, help sessions and talks which are relaxed and friendly and led by our fantastic team of expert volunteers Mike, Charlie, John and Phil. We believe that technology should be available to all to learn and shouldn't be a barrier, but can be exciting, interesting, useful and fun. So, don't miss out!

Our digital support ranges from absolute beginners to more advanced topics for those with some knowledge. We cover all manner of technology for PCs laptops, tablets and phones.

Silver Surfers Weekly Classes

Our team lead a class every week on a different theme. See page 6 to check out what is coming up!

Classes are held at the Hub, which are free and are available via Zoom.

Weekly Tech Q&A

Need help or advice about computers, tablets, smart phones or other technology? Every Thursday between 12.00am – 12.30pm, our expert team are here at the Hub to answer your questions. booking is not required.

NB this session is for questions only, Please do not bring devices in to be looked at.



One-to-one Support

Monthly Drop-in Digital Support Session

Need some one-to-one support? Stuck on an app? Microsoft word problems? Need to know how to send a text message on your phone? Come along and 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.

We run these drop-in sessions on the 3rd Monday of the month at the Hub, 1:30-3:30pm. There is no need to book just turn up with your device!

Digital Buddies

We offer bookable 2 hour 1-2-1 sessions on Thursday and Fridays with our digital buddy volunteers.

If you housebound or are not able to bring your device to the Hub, we can visit you at home.

Our Digital Buddies are volunteers, screened by us, who can assist you with learning to use your new device, advise on linking to a printer, help with how to do an online shop, as long as it's on your own device. They cannot fix broken devices.

Free SIM card data offer

We have some free SIM cards to give away for people on low income. The cards will last for six months and your mobile phone number may change (unless you request a PAC code transfer) To qualify, you need to be over 60 and be in receipt of means tested benefits (such as pension credit or universal credit), and we will need to see proof in the form of your bank statement or your DWP benefit letter.

Arts and Minds

The Jagged Path

We are very pleased to hold a talk in June given by local writer Charlotte Osho, talking about her recently released memoir *The Jagged Path*. It is a story of faith, hope and triumph, recounting Charlotte's early life growing up in rural Nigeria, her experience of coming to live in 1960s Britain, working as a nurse in the NHS and over-coming an abusive partner but finding hope and happiness.

Charlotte said, "I hope the book empowers those who may feel lost or can't see a way out of a difficult situation and that, through my story, they are able to triumph over adversities they may be facing."

Her book, *The Jagged Edge*, has been featured on BBC Radio 4's *Woman's Hour* and Premier Radio. Charlotte is also an artist and her own artwork will be on display.



Tai Chi and Me

The support offered by Age UK span many
Yet here today I talk about Tai-Chi
Which is offered in our local community
To us recycled teenagers - not considered elderly.

Our sessions bring a bright start to our day
As with guidance we move and we sway
We forget the world and just be
As we focus on the art of Tai-Chi.

Our instructor Ko is good, plus he's funny
We're all like one big family
We leave standing taller than when we came
Looking forward to next week when we'll do the
same.

Thank you Age UK for all that you do
And for our Tai-Chi offered a special thank you
Your contribution is gratefully received and we say
We're glad the Organisation still stands firm today.

by Sonia Dormer

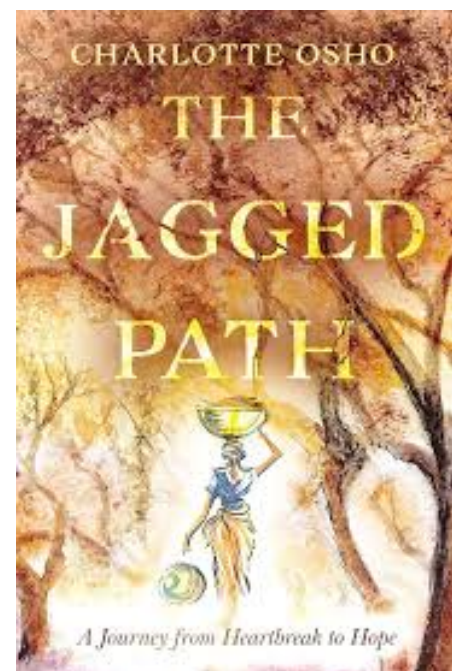
We're delighted to include this poem from Sonia Dormer, inspired by attending our Tai-Chi classes.

If you would like to send us your poem, please email events@ageukwalthamforest.org.uk

You can purchase Charlotte's book from Troubador.com and Amazon.co.uk or visit Charlotte's website <https://charlotteosho.com>

Talk will be held at The Hub on Thursday 6 June at 2pm – 4pm.

To book please email events@ageukwalthamforest.org.uk or call 020 8558 5512



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

matches volunteers with individuals over 60 who live alone for companionship and friendship. 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 £22 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

