

# NEWS

## From the North Hub

November and December 24

Follow us on Social Media!



@ageuk\_wf



@ageukwf



@ageukwalthamforest

*Hello,*

Welcome to our Christmas issue of our newsletter! Inside you can read the exciting news that we are opening our first charity shop, with profits going directly to Age UK Waltham Forest.

Our Christmas appeal will help to provide companionship for older people living on their own, as well as a range of tasty Christmas hampers. Please turn to page 4 and support our campaign if you can. You can also read about other ways to support us on page 2.

We've all been hearing lots in the media about the withdrawal of the Winter Fuel Payment, unless you are in receipt of means tested benefits such as Pension Credit. If you don't know if you are eligible, for pension credit, don't miss out but turn to page 11 to find out more.

I'd like to take this opportunity to say a big thank you to all our volunteers, supporters and donors who have supported our work during this tough year. It's great to have your support.

*Best Wishes,*

Emma Tozer  
CEO Age UK  
Waltham Forest



See page 4 to read about our veteran's day out

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**CLOSING OVER CHISRMAS:** The Hub will be closed from Tuesday 24th December and reopen on Thursday 2nd January

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Waltham Forest Resource Hub (North)  
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# Shop for Christmas

## We're opening a shop!

We are delighted to announce that we will be opening our first charity shop with all the proceeds supporting older people in Waltham Forest! Our shop will open soon in the Bakers Arms area, near Tesco. We'll be selling clothes, books and bric-a-bric, Christmas cards and gifts, as well as our seasonal knitted toys, decorations, hats, scarves and more. Please visit us and help us make it a success! Keep your eyes peeled for updates!

## Cards and gifts

We have lots of wonderful handmade knitted gifts, clothes, gloves, hats, doggie coats, toys and decorations for sale – perfect for Christmas gifts or maybe just to treat yourself! We also have our Christmas cards featuring new designs. You can buy these directly from us at the Hub, at Christmas fairs or visit [www.etsy.com/uk/shop/AgeUKWF](http://www.etsy.com/uk/shop/AgeUKWF)



## Not sending cards this year?

If you'd rather skip writing and posting cards this year, you can donate the amount you would have spent to Age UK Waltham Forest via #DontSendMeACard! Simply visit the link below, make your donation, and then you can send up to 100 Christmas e-cards to friends and family while supporting our work! Every donation we receive will go towards providing festive hampers for local older people in need this Christmas.

[www.dontsendmeacard.com/fundraiser/age-uk-waltham-forest/christmas-hamper-appeal-2024](http://www.dontsendmeacard.com/fundraiser/age-uk-waltham-forest/christmas-hamper-appeal-2024)

## Christmas fairs in Waltham Forest



We'll be present at lots of Christmas fairs this year, so do visit our stall and explore our collection of festive, handmade gifts:

Saturday 23 November - Mornington Hall Christmas Fayre

Saturday 7 December - South Chingford Fayre, St Edmund's Hall

Sunday 8 December - Highams Park Christmas Fayre

Saturday 21 December - Crate St James Street, Walthamstow

For a full updated list of our Christmas stalls, follow us on Facebook. [www.facebook.com/ageukwalthamforest](http://www.facebook.com/ageukwalthamforest)

## The Big Knit is back!

Calling all knitters and crocheters! The little knitted hats for Innocent smoothie bottles returns, to raise money to support older people here in Waltham Forest. Innocent will donate 30p for every be-hatted smoothie sold and our target is 16,000 hats to generate £4,800 towards our work. So why not grab your knitting needles and join this fun campaign!

Prolific knitter Emma Tozer says, "If you can knit or crochet, please dust your knitting needles or hooks and help us make our partnership with Innocent the best year yet. Every hat will help us reach our target, and that helps fund our work in keeping our services and activities going."

The basic hat is very simple to knit and instructions are below, or for more information and a range of fun versions to knit visit [www.ageuk.org.uk/walthamforest/about-us/news-and-events/articles/the-big-knit-2024/](http://www.ageuk.org.uk/walthamforest/about-us/news-and-events/articles/the-big-knit-2024/). You can pick up wool to get you started from the Hub!



## Basic pattern:

You will need any double knit (DK) wool, some 4mm (or 10) needles, a large sewing needle and some scissors.

To start, cast on 28 stitches (sts) and knit two rows. Then for the next 12 rows, continue in stocking stitch, (which is one row knit, next row purl).

For the next row, to make the hat narrower at the top, knit two together to the end of the row (giving you 14 stitches) and then on the next row purl together to the end of the row (giving you 7 stitches).

Cut the wool leaving about 10cm length. Thread this through with a sewing needle and bring through the remaining 7 stitches and pull up to tighten. Then simply sew to join side seams.

Then turn it inside out. You can then add a pompom and sew securely to top of the hat. Or send the hats in to us without and we'll add them.

**Happy knitting!**

## Silver Sunday Celebration

Age UK's Silver Sunday is a national day when we can all come together to celebrate older people, through free activities and events across the country. We hosted a fun-filled silver themed quiz afternoon on the day, complete with delicious cake, to raise a glass for older

people in our community. Thanks to the generosity of everyone who attended, we raised over £500! A special thank you goes to our amazing volunteers, including council staff who kindly gave their time to help make this event a success.



## Jumble Trail Raises Over £1,200!

We are thrilled to announce that the South Chingford Jumble Trail in September raised over £1,200! A heartfelt thank you goes out to our fantastic volunteers whose hard work made it possible and to everyone who participated and supported this event. Special thanks to Stow Brothers Estate Agency for their support in providing flyers and promotional signs and to French Connection for their generous donation of clothes to sell.

## Free Will Offer

We have been getting lots of response to our Free Will Offer in partnership with Octopus Legacy, launched this autumn. Do consider taking up this offer if you don't have a will. The process is straightforward and you will get expert support along the way.

We asked Josie to tell us about her experience of making her will this way. She told us: "It was very good. An appointment was made quite quickly and I was sent a photo of the estate planner, who was going to write the will with me. He arrived at my home exactly on time. He was very informative and patient. All was saved on his laptop within the hour. A few days later I received a copy by email to check and confirm. It was then sent by email for me to print out and get signed. I did question one of my decisions and found it was easy to communicate with him. They can also send the will in the post already printed and stapled for £10, so you don't have to have access to a computer."

Our Free Will Offer is still open. To find out more, visit [ageuk.org.uk/walthamforest/](https://ageuk.org.uk/walthamforest/) where you can write it online which will be checked by an expert, or for a phone or face to face appointment, phone: 020 4525 3605.

## It's all at the Co-op

We're very excited that Age UK Waltham Forest has again been chosen as a Co-op charity for 2024 into 2025! We are honoured to be part of the next round of the Co-op Local Community Fund. The funding round begins on 20 October 2024 and runs until 19 October 2025. During this time, Co-op Members can choose us as their cause. The more members that support us, the more funds we'll receive to help continue our important work in the community. For the past year October 2023–2024, we received : £5,348.86 from this programme. We say a big thank you to all that have supported this.

## Veterans Day Out

Our Veterans team had a enjoyable day out in September, setting out from our office to visit Stow Maries Great War Aerodrome, in Essex. One of the veterans, John Dix, tells us about the day.



John Dix (second from right) with the rest of the group

"The party went first to the Aerodrome to see a whole range of buildings, constructed during the 1914-18 war and by good fortune, not demolished after that war. There are hangers, workshops, accommodation, ammo-dump and mess hall for ordinary ranks – all built to defend London from the forthcoming raids of enemy airships. The flyers themselves were immensely brave, because equipment was greatly unreliable and most of them were killed in accidents. Never before had this kind of warfare taken place and training was basic. It was said that 'if you can ride a horse you are able to fly a plane'. Lunch in the officers' mess was pleasant and tasty. The party then travelled on to Maldon to see the combined military services museum, where there is a comprehensive collection for civil war arms, modern warfare firearms, small arms, special forces equipment, uniforms, badges, spy collection, knives, hand equipment, mines and all sorts of bits and pieces. The day was most interesting for all three services organised smoothly in true military fashion! Thank you." If you would like to join our Veterans Group, please contact [a.martin@ageukwalthamforest.org.uk](mailto:a.martin@ageukwalthamforest.org.uk) or phone us on 020 8558 5512.

# Please Donate to our Christmas Appeal

The core aim of our work is always to create a world where older people can love and enjoy later life. And many take part in our range of activities, learn new things and meet with others. But there are those who are unable to go out on their own and who rely on others to support them. At this time of year, we do our utmost to reach those who don't have anyone, by providing companionship as well as our more practical services. In particular, we offer a Christmas Hamper with a few treats to those who are struggling with making ends meet.

**So for this year's Christmas appeal, please can you give a donation to help bring a bit of joy and comfort to an older person living alone?**

Billy is 79 and lives alone. "I'm on my own most of the time and don't see my son very often as he lives quite far away. So when my befriender Ally visits, it's like the sun coming out! It's so nice to have a chit-chat over a cuppa."



Pauline is 82 and unable to leave the house. "It was a wonderful surprise to be offered a hamper of Christmas goodies. All those little treats were wonderful and made me feel Christmassy! Thank you so much"

## Double the value!

This year we are part of the national Big Give Christmas Challenge, which means that if you **make your donation to us between 3 and 10 December, your gift will be matched by Big Give.** This means it will be worth double to us! So for example, your gift of £20 donated during this week will mean we will receive an additional £20 from Big Give, making your donation worth £40! Visit [donate.biggive.org/campaign/a056900002TPVj1AAH?c=70154](https://donate.biggive.org/campaign/a056900002TPVj1AAH?c=70154) to donate.

If you donate after this period we will still be grateful to receive your donation.

Please give what ever amount you can afford. We can assure you that it will be used to provide Christmas Hampers and support to those alone this Christmas.

To donate, visit our Just Giving page [www.justgiving.com/campaign/ageukwfchristmas2024](https://www.justgiving.com/campaign/ageukwfchristmas2024), send us a cheque, or make your donation in person at the Hub.

Thank you so much.

# We want you!

Can you spare us some time? We are looking for more volunteers to join our team help us with our activities and services. Can you or maybe someone you know help us out? We have a variety of different roles and you can tell us which days and how many hours suit you. All roles are all invaluable in helping us to run our services.

## Shop Volunteers

Can you spare a few hours a week? We need people who can help out in our new shop for a few hours a week. You can help with serving customers, where we will show you how to use the till. We also need helpers to sort through the stock, price the items and restock the items on display.

## Meet and Greeters

Do you enjoy meeting people? Join our cheerful team who greet visitors to the Hub, help people with basic information and register people for our activities and classes.

## Form Fillers

Are you a good listener and have basic keyboard skills? If so you could help an older person fill out an application form for welfare benefits and more. We will give you training and you can join our Information & Advice team to support older people in Waltham Forest.

## Digital buddies

Do you or someone you know have technical knowledge to help people solve their technology issues? Many older people need a bit of help to gain confidence with using new technology to do basic things like shopping online, booking a blood test or finding information.



Keith, one of our meet and greet volunteers said “I really enjoy meeting the people arriving at the Hub and it’s great to be part of the team”

Training will be given, tailored to all the roles, and you’ll be working in a team with staff and other volunteers. If you would like to give us your time to help out, have a chat with our volunteer co-ordinator to discuss what role might suit you.

**Please visit [www.ageuk.org.uk/walthamforest/get-involved/volunteer/](http://www.ageuk.org.uk/walthamforest/get-involved/volunteer/) or contact us at [volunteering@ageukwalthamforest.org.uk](mailto:volunteering@ageukwalthamforest.org.uk) or 020 8558 5512.**

# Activities News



## Ukulele is back on Wednesdays

We start a new six week **Beginners course** on Wednesdays from 6 November. Cost is £30 for the course which needs to be paid in advance. Loan of a ukulele is included or bring your own! Booking is essential

The **Ukulele Improvers group** for those who know the basics, resumes on 6 November also and will meet Wednesdays at 3:15pm. Cost is £5 per class, no need to book.

Beginners 4:15pm – 5:15pm

Improvers 3:15pm – 4:15pm

## Change in Pilates times

From November our Friday Pilates classes will be at the new time of 1:30pm - 2:30pm and 2:45pm - 3:45pm

## NEW Chair Massage- Fridays

Lead by one of our Tai-Chi instructors, Joe, our chair massage is perfect for relieving back and neck tension. Sessions are held on Fridays between 1:30pm – 4pm and booking is essential.

You can book either 10, 15 or 20 minutes and cost is £10, £15 or £20 respectively. To book, contact [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk) leaving your name and contact number.



## Techy Tea Party

**Monday 18 November 10am-12pm**

Do you need one to one support with using your device or software? Whether it's a laptop, tablet or new phone we can help. Our experienced tech volunteers will be on hand to help you, with tea and cake at hand! Please bring your portable device with you.

Held on 18 November between 10:00am – 12:00 at Juniper House (University of Portsmouth London) 221 Hoe St, London E17 9QG

Free of charge but Booking is essential



Our last Techy Tea party at Priory Court

## Upcoming Quiz Night

**Saturday 16 November**

Put your thinking caps on and join us for a night of quizzical fun at St. Edmund's Church Hall, 216 Chingford Mount Road, E4 8JL. Doors open at 7:00pm, with the quiz kicking off at 7:30pm. Tickets are £12, which includes a tasty Ploughman's supper.

Booking is essential, so to reserve your spot, call Richard on 020 8529 1591. Get ready to put your knowledge to the test and enjoy a brain-teasing evening!

To book for any of our activities, please contact [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk) or 020 8558 5512.

# Highlights: Events, Talks and Walks

## Silver Surfer Talk: Microsoft Word refresher

7 November 10am at the Hub

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. There will be plenty of opportunity to ask questions on Word topics of specific interest. Includes using tables, mail merge and label printing. We'll even show you free alternatives to the chargeable products.

## Silver Surfer Talk: Making Music with your PC, Mac or iPad

14 November 10am at the Hub

You might be surprised how your computer can help you make music whether you have a musical ability or even if you don't. For example you can simply place notes on the screen with a mouse and hear them play. Or you can play on a real piano keyboard, see the notes appear on the screen, and then edit them to correct mistakes or improve the performance. The PC can play the piece back to you and you can play further parts into it to layer on more instruments. Or download the work of someone else and change or add to it to create something new. And lots more. . .



What lies behind this sign?

## History Walk: Pepys, Pubs, Graves & a Grotto (Marylebone)

20 November at 2pm

In May 1668 Pepys wrote in his diary that he went 'abroad to Marrowbone', as he called it then, a coach ride from the City. Although Marylebone has changed just a bit in the intervening centuries, there are still remnants of the past to be found which remind us of its rich history. We will be reminded of the shell grotto in modern day Grotto Passage and then walk along alleyways which once housed dreadful slums towards a street formerly known as Burying Ground Passage. We will also see monuments to some of its illustrious residents and pass pubs which have stories of their own.

2 hours, cost is £5, booking is essential

## Silver Surfer Talk: Migrating from one system to another including preparing your computer for sale.

21 November 10am at the Hub

Go from Apple to Windows or Chromebook. Prepare your older device for Sale

## Silver Surfer Talk: Creating and Editing videos for Beginners

28 November 10am at the Hub

Would you like to show your holiday photos and videos as an entertaining and smooth presentation/slideshow, adding narration, soundtracks and more? Videoproc is a photo and video presentation/editing program that runs on a Windows PC or Macbook. Join this session to find out how!

### Need tech Support?

Book a one-to-one session with one of our digital buddies at the Hub. They can help you solve problems on your device. Thursdays from 10am- 4:30pm and Fridays from 10am- 3:30pm. Booking is essential

# Highlights: Events, Talks and Walks

## Special Interest talk: The Land of Fire and ice

5 December 10am at the Hub

Explore the wonder of the Arctic Circle! Charlie shares his adventures of his Scandinavian cruise

## History Walk: Christmas Food and Traditions Walk

11 December 2pm

The walk starts outside a cosy Marylebone pub then meanders through the back streets of the West End, through Mayfair and into Soho. The walk includes hidden passages, superbly decorated posh shops and lots of historical snippets along the way.

2 hours, cost is £5, booking is essential



## Silver Surfer Talk: AI: CHATGPT

12 December 10am at the Hub

Want to learn all things AI? This talk will explain everything you need to know about popular AI platform ChatGPT.

## Silver Surfer Talk: The Internet & Searching - A refresher

19 December 10am at the Hub

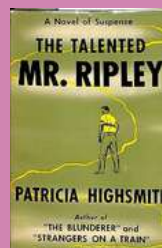
Suitable both for beginners and experienced users looking to refresh their knowledge about using the internet and searching for things on it. Maybe hear some useful features and techniques that you may have overlooked. There will be plenty of opportunity to ask questions on topics of specific interest. Suitable for users of Windows PCs, Android Tablets and Apple iPads.

**Silver Surfer Sessions will break for Christmas and will resume again on 9 January**

## Book Club

November and December

14 November



**The Talented  
Mr Ripley**

Patricia Highsmith

12 December



**Eden Close**

Anita Shreve

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

To book for any of our activities,  
please contact [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)  
or 020 8558 5512



# Preparing for Winter

Now that the clocks have gone back and the autumn is well and truly here, we need to ensure that we prepare for the months ahead to stay well, warm and safe. Ensuring that your home is warm while trying to keep your energy costs to a minimum is even more of a challenge this year. So do what you can to save energy and retain heat in your home. In this issue, we highlight the work of The HEET Project, who can help you with energy saving and keeping warm this winter.



The HEET Project is a community not-for-profit organisation supporting elderly, disabled and low income residents of Waltham Forest, with keeping warm in their homes, saving energy and reducing their energy bills. They can visit your home and their services include:

- Fitting energy saving measures - such as loft insulation, draught-proofing, heating repairs, low energy bulbs;
- Explaining energy bills, help resolve fuel debt and metering problems;
- Advising on energy saving, how to benefit most from your heating system and reduce costs;
- Reporting to landlords about repairs and improvements they should be doing for tenants around damp, cold homes, heating;
- Referring clients to grant schemes for larger improvements like wall, loft and floor insulation, boiler replacement, heating upgrades, solar panels and advising on each stage of the process.



Their service is free of charge and available to those on low income or receiving means tested or disability benefits. Home owners, private and social housing tenants are all welcome.

You can contact them by phoning 020 8520 1900 or emailing [info@theheetproject.org.uk](mailto:info@theheetproject.org.uk). For more information visit [www.theheetproject.org.uk](http://www.theheetproject.org.uk)

**Please note: The HEET Project are currently experiencing a high level of enquiries and are dealing with most urgent cases as priority. However, they will answer every enquiry as soon as they can.**

## Watch out for cold callers!

We have been advised by HEET that there have been instances of companies cold-calling households in Waltham Forest to offer energy saving measures under the Government's ECO grant scheme. As a result, people have committed to home improvements and then been turned down for the grant, meaning they have to pay out a hefty bill. If you receive a call or visit of this nature, please contact HEET before arranging for any work to be done or committing to paying anything. HEET can confirm whether you are actually eligible for a grant.

# Preparing for Winter

With our weather becoming more unpredictable, it's important to think about getting things ready for the colder months well in advance.

## Check that everything's working

It's a good idea to get your heating system serviced every year in the run-up to winter to make sure it's running safely and efficiently. Make sure gas heating is serviced by a qualified Gas Safe registered engineer. If you rent, your landlord should check that your gas heating system and appliances are safe at least once a year. If you own your home and you're on means-tested benefits, you might qualify for a free annual safety check from your gas supplier.

## Top Tips:

- Try to heat your home to a steady and comfortable temperature throughout the day in the rooms you use most, such as the living room and bedroom, around 18°C is ideal. If there are rooms you don't use like a spare bedroom, turn off the radiators in that room and close the doors. This will help you save on energy costs while keeping warm.
- Keep curtains open during the day to allow warmth into your home.
- Close all the curtains when it gets dark and keep the windows closed to block out draughts and help keep heat in. Also keep internal doors closed to stop draughts and use a draught excluder by external doors.
- Wrap up! Several thin layers of clothing keep you warmer than one thick layer, as the layers trap warm air between them. Start with thermal underwear, warm tights and woollen socks. If you are sitting down, wrap a shawl or blanket around you.
- Eat well- Hot food and drinks can help to keep you warm, so try and have at least one hot meal a day



## Could your home do with a lick of paint?

Our Handyperson service can help with painting and decorating. Cost is £25 an hour, but do call us to discuss the work you need on 020 8558 5512.

For more advice on staying warm this winter, check out our guide **Winter Wrapped Up**, available from our website, email [contact@ageukwalthamforest.org.uk](mailto:contact@ageukwalthamforest.org.uk) or pop in to the Hub to pick up a copy.



# Can I Get Pension Credit?



There has been much in the news about the changes in how the Winter Fuel Payment (WFP) will be paid this year, and that you need to be in receipt of means tested benefits like Pension Credit to be eligible for it. The qualifying week for this year's WFP was 16-22 September. However, if you are eligible for Pension Credit and apply before 21 December, you may still qualify for the WFP this year as it can be back dated by three months. So it's worth finding out now if you are eligible and apply without delay. It can take between six and eight weeks to process new Pension Credit claims, due to high volumes of applications. But as long as you apply by 21 December and your claim is successful you will get Winter Fuel Payment.

## How do I know if I am eligible for Pension Credit?

Eligibility for Pension Credit is based on several factors to do with your income, other benefits and savings and can be complex to work out. The best way is to get a benefits check which will tell you what means tested benefits you are eligible for. If you have access to the internet, you can do your own benefits check by using the Age UK Benefits Calculator. Simply visit [benefitscheck.ageuk.org.uk/Home/Start](https://benefitscheck.ageuk.org.uk/Home/Start) If not, our Information & Advice team can help you by doing a benefits check for you. The online calculator works this out based on household income, you would need to provide the details of your income, that is pensions, benefits, salaries and any other source of income, for you and anyone else that lives in your home. We would also need to know details of your savings, details of your housing costs including how much rent you pay and how much council tax you pay for the year.



## Applying for pension credit

Once you know that you are eligible, you can apply for Pension Credit by contacting the Pension Service. You will need to have the following information ready:

- Your National Insurance number;
- Information about any income, savings and investments you have, for the date you apply and also for the date to which you want to backdate your application;
- Your bank account details.

If you can do this online, visit [www.gov.uk/pension-credit/how-to-claim](https://www.gov.uk/pension-credit/how-to-claim) and use the online form. Or you can do this by phoning 0800 99 1234, Monday to Friday between 8am and 6pm. You can get a relative or friend to help you with the call if this is difficult. You can also download a paper form from this website to complete and send in the post.

**If you need help to apply, our Information & Advice team can help you. Call us on 020 8558 3404 or email [contact@ageukwalthamforest.org.uk](mailto:contact@ageukwalthamforest.org.uk)**

Waltham Forest Council is also running drop-in sessions at Walthamstow Library to help you with applying for pension credit. The sessions are every Monday up to Christmas between 1:00pm and 3:00pm.

If you receive the Guarantee Credit part of Pension Credit, or other means-tested benefits, you may be entitled to Warm Home Discount. It is a one-off payment of £150 deducted from your electricity bill by your electricity supplier, usually made between October and March. To find out if you are eligible, visit <https://www.gov.uk/check-if-youre-eligible-for-warm-home-discount>

# Weekly Activities Timetable

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
12:00-1:00pm	Walking Tennis- Ridgeway Park	£4
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

9:30-12:30pm	I&A drop in- Priory Court E17	Donations
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
11:45-12:30pm	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

# Weekly Activities Timetable

All our activities are weekly unless stated otherwise

<b>Thursday</b>	10:00-12:00pm	Silver Surfer Talks 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
	1:45-2:25pm	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
<b>Friday</b>	10:00-10:45pm	Tai Chi- Zoom only	Donations
	11:30-12:15pm	Seated Yoga- Zoom only	Donations
	11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
	1:30-2:30pm	Pilates- The Hub	Donations
	2:00-3:30pm	Walking Tennis- Lloyd Park	£4
	2:45-3:45pm	Pilates- The Hub	Donations
<b>Saturday</b>	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

## Keep healthy this winter

- ❄️ Make sure you have your annual flu jab. It's free if you're aged 65 and over, you're a carer or you have certain long-term health conditions – just ask your doctor, local pharmacy or community hub.
- ❄️ Order your repeat prescriptions in plenty of time, particularly if the weather might stop you getting out to pick them up.
- ❄️ Keep simple cold, flu and sore throat remedies at home
- ❄️ Follow simple hygiene measures to avoid germs, such as regularly washing your hands and keeping your distance from anyone with any symptoms of a bug or illness.

## New Information & Advice Drop-in services

From 28 October : Mondays at Walthamstow Library, High St E17 7JN from 1:00-3:00pm

From 4 November: Mondays (only) at the Hub from 11:00am to 3:00pm

From 25 November: Mondays at the SCORE, Oliver Road, Leyton E10 5UN from 9:30am – 1:00pm

# 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:support@ageukwalthamforest.org.uk)



Age UK Waltham Forest has achieved the Age UK Charity Quality Standard (CQS). The CQS is externally assessed by quality assessment experts, SGS