

NEWS

From the North Hub

July and August 2025

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello,

It's certainly been a hot time at the Hub - and not just because of the heatwave! We've been working hard getting the shop ready, which you can read about on page 2. We've hosted some lovely events, including our Poetry Competition, on page 6. We are also looking for new staff to join us, so please do share this with anyone who might be interested in working with us.

Lastly I'd like to say a big thank you Elle who is moving out of London to new challenges. Many of you will have met Elle from our Weekly Coffee Club and the many activities she has co-ordinated, but she has also worked on producing this newsletter and active in setting up the Digital Buddies programme.

I hope you have an enjoyable summer.

Best Wishes,

Emma Tozer
CEO Age UK Waltham Forest



VE 80 Celebrations in our sunny garden on 8 May

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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



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

Our New Shop!

We are delighted that our shop is now open for business and in the first few days of opening, the results have been very promising. We are currently open from Monday to Friday but hope to be open for the full week soon, once we have more staff in place. So please drop in and pay us a visit - we'd love to see you!

All proceeds from the shop will come to Age UK Waltham Forest to fund work in supporting older people our own borough. Please help us make it a success.

Please donate goods to our shop

We would like clothes in good wearable condition. Maybe something you bought and then decided not to wear that has languished at the back of the wardrobe?

Maybe something that no longer fits or that you haven't worn for a long time could be donated to raise income for us. Men's clothes in particular would be very welcome.

Good condition bric-a-brac, books, complete jigsaws will be gratefully received. We can't accept any electrical goods. If you have something to donate and you're not sure, get in touch for a chat.

To donate goods, simply bring them to the shop during opening hours. Please don't leave them outside the shop when it is closed as we will be fined by the council. You can also bring your goods into the Hub.

You can also Gift Aid your donated items which will add a further 25% to our income. For this we will need your name and postcode.

Can you knit for our shop?

We'd love your knitted goods to sell. Simple blankets knitted or crocheted from squares and baby clothes are quick to make and will sell all year round. If you would like some inspiration to get you started, please get in touch and we'll send you a range of patterns for clothes, toys and decorations to suit different levels of knitting know-how. It's never too early to plan for Christmas! We also have wool and needles available if you need them. If you have any other craft ideas for goods to sell, do get in touch and have a chat with us.



Can you volunteer your time?

If you or anyone you know would like to volunteer for a few hours a week to help with sorting stock or helping with the display or serving customers, please do get in touch.

Check out our online fashion store for pre-loved clothes!

<https://www.vinted.co.uk/member/168559880-ageukwf>

Our shop is at 857 Leyton High Road E10 6AE (Bakers Arms end) and we are open Monday to Friday. If you would like to know more about helping our shop, please contact us on 020 8558 5512 or email info@ageukwalthamforest.org.uk

News: We are looking for staff!

Information & Advice Outreach Advisor

Salary: £28,644.30
Working pattern: 35 hours a week, job share considered

We are looking to recruit a dedicated and enthusiastic individual to join our Information & Advice team in providing information, advice and support to people aged 60 and over, living in Waltham Forest. The purpose of the job is to deliver advice to those housebound or not able to travel to The Hub, so it will involve home visits throughout the Borough. It will include assisting clients to maximize their income through providing benefits calculations, help to complete forms and provide advice resources. You will have good interpersonal skills, have proficient database skills and enjoy working as part of a team. Experience of benefits advice and another language is desirable.

Project Co-ordinator Men in Sheds

Salary: £28,644.30
Working pattern: 35 hours a week, job share considered

We are looking for someone to take an active lead in setting up the new Shed and working with a team of staff and volunteers. You will be able to promote the project to encourage participation by giving talks, arranging taster sessions and using social media. You will also arrange short courses and training sessions and ensure new participants are briefed on health and safety. You will have good interpersonal skills and enjoy working as part of a team.



Shop Manager

Salary £15.12 per hour
Working pattern: 5 out of 7 days per week
Contract: fixed until October 2026. Possibility to extend depending on lease and successful turnover
Bring your retail know-how and leadership skills to a role that makes a difference. We're looking for a dedicated Store Manager to take the lead in overseeing the daily operations of our brand new shop in Leyton - driving sales, inspiring a positive customer experience and ultimately helping to fund vital support services for older people in Waltham Forest.
In this role, you'll be at the heart of the store, guiding a fantastic team of staff and volunteers. You'll play a key role in their development, offering clear leadership to help everyone thrive. If you're an experienced retail manager with strong people skills and a desire to use your talents for a cause that really matters, we'd love to hear from you.

Deputy Shop Manager

Salary: £14 per hour
Working pattern: 3 out of 7 days per week
Contract: Fixed until October 2026. Possibility to extend depending on lease and successful turnover

Step into a rewarding role as Deputy Shop Manager and be part of something bigger. We're on the lookout for an energetic and community-focussed individual to support the day-to-day running of our brand new charity shop. You'll work alongside a welcoming team, helping to boost sales, ensure smooth operations and provide excellent customer service - all while contributing to a cause that truly makes a difference. Whether you're looking to take the next step in your retail journey or bring your people skills to a role with purpose, this could be the perfect opportunity. If you're motivated, approachable and passionate about supporting others, we'd love to hear from you.

More posts over the page

For a full job description and an application form for any of these posts, please visit
www.ageukwalthamforest.org.uk/about-us/work-for-us

News: More Jobs

Handyperson

Salary: £16 per hour

Working pattern: zero hours contract. Hours are limited from Monday to Friday between 9am to 5pm

This 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 worker

Salary: £13.85 per hour

Working pattern: zero hours contract. Hours are limited from Monday to Friday between 9am to 5pm

This role is to provide a basic housework service including: mopping and vacuuming, cleaning kitchens and bathrooms, helping with laundry and ironing and changing beds. You may 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.

For a full job description and an application form for any of these posts, please visit www.ageukwalthamforest.org.uk/about-us/work-for-us

News

80th Anniversary VE Day

This momentous anniversary on 8 May was celebrated with a special Veterans tea party held in our garden at the Hub. Attended by local MPs Stella Creasy and Sir Iain Duncan-Smith, stories and memories were shared, tea and cake was enjoyably scoffed, a live band entertained with wonderful music of the time and there was dancing and singing too!



Veteran John Chapman shares memories of the day

National Lottery Funding Success!

We are delighted to announce that we were successful in securing a National Lottery Grant to fund two exciting new areas of our work. We are developing our first 'Men in Sheds' group which will create a space for men to gather socially and get involved in crafts and woodworking. Secondly we plan to extend our outreach work in our Information & Advice service, to enable us to reach all areas of the borough. We are at the planning stage for both projects, so more information to follow soon. Please see job adverts on page 3.



The Big Give - Thank you

A big thank you to all of you that donated to our work during Small Charity Week in June, when all donations during that week were match funded by Global's Make Some Noise and The Big Give. This income will go directly to supporting our Befriending services to help combat loneliness and bring companionship to older people in Waltham Forest. Thank you so very much.

News

Thank you to our Amazing Walkers!

A huge thank you to everyone who took part in our sponsored walk in June – what a day! With the sun shining brightly, it was a hot but uplifting event, as we walked together along the beautiful River Thames in support of our Information & Advice service at The Hub.

There's still time to double your impact! If you haven't had the chance to donate yet – or know someone who might – Zey's fundraising page is still open, which are match-funded by Barclays, meaning every pound you give is worth twice as much! Once again, thank you for walking and donating to support our work.

<https://londonlegalsupporttrust.enthouse.com/pf/zeyneb-ibrahim-llw-2025>



Our staff and volunteer walkers

Quiz night in June

Huge thank you to everyone who came to our Pie & Mash Quiz night in June. Delicious food from the legendary Noted Eel and Pie House and those London-themed quiz questions definitely sorted the true Londoners from the rest! We're thrilled with raising just under £500 for our Veteran Group activities. Follow us on social media to be the first to hear about our next quiz night – you won't want to miss it!



Our Veteran team at the Pie & Mash Quiz

Big Knit Thank You

A big thank you to everyone who knitted little hats supporting our Innocent Drinks Big Knit Campaign. At the time of writing this, we are very near to reaching our target of 32,000 hats to gain income of £9,600. This income is crucial to our work to continue providing our services for older people in Waltham Forest. We are grateful to every one of you who supported this campaign. And we have been informed that the campaign will continue for 2026. So, feel free to keep knitting them!



From our knitters at Wood Street Library

News

Age without limits - A Poetry Celebration

We were very excited to host our *Age Without Limits* Poetry Competition in June. Poems were read aloud and the room was filled with laughter, a few tears and a deep sense of connection.

The winning poem chosen by our judges was *Woolly Jumper Love* by Carole Ambridge. Her poem captured hearts with its warmth, wit and quiet power — an unforgettable reflection on love never growing old.

We extend a huge thank you to everyone who entered. The competition drew over 150 poems filled with honesty, humour and insight. With thanks to Age Without Limits, Stow Brothers Estate Agency and our judges Barry Coidan and Paul McGrane.



Winner Carole Ambridge with judges Paul and Barry



Winning poem:

Woolly Jumper Love

by Carole Ambridge

Poets write of young love
Of kissing in the park love
Of dancing in the dark love
Of tumbling into bed love
Breaking each other's hearts love

But what if you are old love
Together 50 years love
We have woolly jumper love
A cosy stretchy jumper love
A warm and soft and comfy love
A love that fits just like a glove

We have woolly jumper love
An old familiar jumper love
A frayed around the edges love
Afraid when it will end my love
But it is still a strong love
A worn but constant long love

We have woolly jumper love
A massaging the back love
A helping up the stairs love
A cuddling by the fire love

A giggling like a child love
A holding hands when scared love
Now that is what you call real love

A collection of the poems is available to buy for just £5! It's available at The Hub and at our new charity shop at Bakers Arms.

Activities News

Wetlands Printing Workshop

31 July 10:30am at Walthamstow Wetlands

Join us for an afternoon of printmaking, making seed bombs to promote wildlife and other creative activities at the Walthamstow Wetlands.

This event is free, but booking is essential.



Enjoying Wimbledon?

Stay active and enjoy tennis at a relaxed pace at our weekly walking tennis group—no experience required!

Tuesdays 12:00–1:00pm at Ridgeway Park
Chingford, E4 6RS, cost is £4

Fridays, 2:00 – 3:00pm at Lloyd Park Tennis
Courts, Forest Rd, E17 4PP, cost is £4

Pilates Classes Cancelled

Unfortunately we have had to cancel our Friday Pilates classes for now.

We are in the process of looking for a new instructor and we will let you know soon when they will resume.

Make a date with the King!

It's now or never! Join us at The Hub for a special Rockin' Afternoon Tea! There'll be tea and cake and star attraction, the King of Rock and Roll! Sal Bashir aka Asian Elvis is a renowned Elvis tribute artist that will take us from the fabulous fifties, swinging sixties to the rocking seventies.

Bring your blue suede shoes or just join in with singing along to wonderful classics from the King of Rock and Roll and be 'all shook up'!

Thursday 4 September 2:00 – 4:00 pm
at: The Hub

Tickets: £5 Booking is essential



Coming soon!

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

Highlights, Events, Walks and Talks

Silver Surfers Talk: Moving my things around the PC and to and from other devices

Thursday 3 July 10:30am
at The Hub

This session looks at how photos, music, documents (and everything else) are stored on computers, tablets, phones, cameras, and other devices and then shows how you can move them from place to place, either within a device or from one device to another. Once you know the simple techniques you should be able to move and copy anything from one place to another. We'll suggest ways to organise your data (photos, music, documents etc.) so you can find what you are looking for and how to make sure they won't all be lost due to a technical problem. Although the session touches on cloud storage, its focus is on using a PC's hard disk as the main storage location

Silver Surfers Talk: Mix and Master Music

Thursday 10 July 10:30am
at The Hub

An introduction session on how to make, mix, produce and release your own music using a Mac. Jason shares his passion and know-how of music.

History Walk: Heroes & Villains of Mayfair

Thursday 10 July at 11am

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.

Cost £5, booking essential

Silver Surfers Talk: Technology, Apps and Computing – Our IT volunteers' favourite things

Thursday 17 July 10:30am
at The Hub

Our IT volunteers Mike and Charlie take it in turns to present their "Favourite Things"; those apps, websites, features and bits of technology that they are most enthusiastic about.

Silver Surfers Talk: Technology, Apps and Computing – Our IT volunteers' favourite things

Thursday 24 July 10:30am
at The Hub

Our IT volunteers Neil and Phil take it in turns to present their "Favourite Things"; those apps, websites, features and bits of technology that they are most enthusiastic about.

Silver Surfers Talk: Windows 10 - End of Support

Thursday 31 July 10:30am
at The Hub

Microsoft are withdrawing support for Windows 10 on 14 October 2025. What does this mean for users of Windows 10? What options are available? Should I move to Windows 11? What is Windows 11 like?



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

Highlights, Events, Walks and Talks

Silver Surfers Talk: Turn Old PC into a Chrome Book or Linux Machine

Thursday 7 August 10:30am
at The Hub

Don't discard your old Windows PC turn it into a Chromebook or Linux Mint Device and still run some of your old Windows Apps like Office 2007.

Silver Surfers Talk: Scams and Internet Security

Thursday 21 August 10:30am
at The Hub

How to recognise secure sites; online scams; safety; different programmes and apps and their uses. You can also bring your questions with you for discussion.

History Walk: The Better Side of the Devil's Acre (St James Park)

Thursday 14 August at 11am

A walk around the back streets of Victoria and the area once known as the Devil's Acre. On our walk we will hear about an early woman MP whose work 70 years on still helps families, a well-known philanthropist and her local legacy, campaigners for women's suffrage and how local people saved an historic library building.

Cost £5, booking essential

Silver Surfers Talk: Beginners week 1 of 4 - Introduction to Tablets & Smartphones Tablets

Thursday 28 August 10:30am
at The Hub

This is the first of 4 sessions for beginners covering Tablets and Smartphones. This first session covers the basics and explains that there are two main classes of device (Apple devices and Android devices). Devices will be available for hands on experimentation during the session.

Booking essential for this session

Silver Surfers Talk: Online Storage

Thursday 14 August 10:30am
at The Hub

What is cloud storage and would I find it useful? Cloud Storage can be used to store your files (data, music, photos & video) on the internet. It's ideal for sharing between your devices, and expanding their storage capacity. We also look at different providers and the costs (many are free).



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

Cause for Alarm?



As we get older, we can become more unsteady on our feet and more prone to stumbles and falls. This in turn can make us cautious about moving around and can stop us from doing the things we used to do, which in turn can make us more isolated. However there are some measures we can take to reduce the chance of falls. The Age UK guide, *Staying Steady*, has lots of practical suggestions about how to get help and steps you can take yourself to build your strength and keep yourself safe.

One thing we get a lot of enquiries for are personal alarms, which can give you confidence to stay active and independent in later life. There are a wide range of products on the market.

What is a personal alarm?

This is a small device that you can wear around your neck or on your wrist which will allow you to call for help if you need it. For example you may have a fall or become unwell and not be able to reach the phone. By pressing a button you can contact a 24-hour response centre, who will then call either your chosen contact – either a neighbour, relative or friend – or the emergency services if the situation is more urgent.



Age Co Personal Alarms

Age Co is the trading subsidiary of Age UK National, offering a range of products and services. They offer two types of personal alarm:

- Digital Personal Alarm – which works while you are at home or in your garden
- Taking Care Anywhere – which works while you are at home and also when you are out and about as it has a GPS location tracker.

Both include 24 hour, 7 days a week emergency contact. There is a set up cost and then you pay a set cost per month. Both are fully digital and do not rely on a telephone landline.

We are working in partnership with Age Co to offer this service, for which Age UK Waltham Forest will receive a small commission for each product or service we have referred.

For more information, visit
<https://www.ageuk.org.uk/walthamforest/buy-products/>
or call the Information & Advice team on 020 8558 3404.



Personal alarms that use landlines



Telecare users are at risk during the digital phone switchover, as some personal alarms use landline connections (analogue) for their monitoring and SOS call services. If you or someone you know uses an analogue alarm, call the landline provider. They are responsible for making sure the alarm keeps working through the switchover and that adequate support is provided. Telephone providers are working with the Government to make sure that no one who uses telecare is moved to a digital system until it's confirmed that their system is working properly.

To find out more visit
<https://digitalphoneswitchover.com/telecare/>



Digital Telephone Switchover

BT has announced that by 2027, all analogue telephone lines will be upgraded to the new 'Digital Voice' service. These digital lines will use the internet to carry telephone calls. The current analogue landline network is being replaced because it is becoming difficult to maintain and demand for faster networks and connectivity is steadily increasing.

New digital landlines use the internet to make phone calls, which offers better quality calls and paves the way for additional features such as protection from scams.

The switchover has started so you may have already been moved to the digital system. It is planned to be completed by 2027.

Waltham Forest Council Update

Waltham Forest council provide a personal alarm service via Telecare, which currently works on landlines. They have confirmed that all new installations or repairs of this service will be fitted with new hybrid devices that incorporate digital as well as existing analogue systems. New systems are fitted with a SIM which means they will work without the need for broadband or a mobile phone.

Visit <https://www.walthamforest.gov.uk/adult-social-care/help-managing-home/telecare-services-community-alarm>

For a copy of Staying Steady, pick up a copy from The Hub or visit
https://www.ageuk.org.uk/siteassets/documents/information-guides/ageukig14_staying_steady_inf.pdf or contact our Information & Advice team on
020 8558 3404 contact@ageukwalthamforest.org.uk

Spotting Scams



One of our service users was unfortunately victim to a scam, that he wanted to tell others about to be aware and not fall victim to it.

Edward was driving down Hall Lane and had stopped at the traffic lights, when a man on the street rushed over to him and told him his car had been 'flashed' whilst going through the yellow box at the junction. But he said that if he went into the Sainsburys car park and put his card in a machine within 10 mins of it happening he wouldn't get a fine. The man was very convincing and persistent so eventually Edward agreed.



Edward was clearly caught unawares. In hindsight, he realised that he was pressured to make a decision and act quickly against his best judgement. Given time to think it through he would have known that traffic violations are always notified by post and will supply evidence of any violation of the law. You are also given time to appeal if necessary.



He turned his car around and drove into the car park. In the car park another man, seemingly helpful, showed him where he needed to insert his card. However, his card got stuck and the man told him that the only way to get it out was to put another card in. Edward ended up putting in three cards in total. The man also advised him to turn off his phone alerts, which meant he wasn't getting fraud alert messages. Edward then felt very uneasy about this and felt it might be a scam, so as soon as he got home he blocked all his cards and then reported the incident to the police. In that short time, the fraudsters had managed to withdraw money from cashpoints and make several online payments.

Be Vigilant

Scammers are always on the lookout for new ways to make their scams more effective and prey on the situations when they can put you under pressure to make a bad decision in their favour. Whether it's an unexpected phone call, text or email, be vigilant and look for these signs and be suspicious if it's anything requiring you to make a payment.



Some things to remember:

Authority:

Who is telling you? Is the message claiming to be from someone official? For example, your bank, your doctor, a solicitor, the Government, even a friend or family member. Criminals often pretend to be important people or organisations to trick you into doing what they want.

Make sure you test this authority, tell them you'll call them back and contact your usual number for this person or organisation. If you think you've been scammed, stop contact immediately and contact your bank.



Emotion:

How are they making you feel? They might make you panic or be worried about losing money. Or you may feel flattered or curious by someone charming and chatty.

Not every scam looks the same, criminals can sound threatening or they might pretend to want to help you. Remember to take your time to think before acting.

Urgency:

Are they saying you have limited time to respond? They may tell you to act immediately or within 24 hours. Criminals often threaten you with fines or other negative consequences, like saying your account will be closed.

Always take the time you need to make an informed decision. Remember your bank will never phone you to make you move money or to ask for your personal information.

ActionFraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

Helpful Numbers:

Action Fraud – if you think you've been a victim of fraud, scams or cybercrime you can report it and get advice. Phone 0300 123 2040 www.actionfraud.police.uk

Contact your bank – phone 159 or the number on the back of your bank card or visit your bank's website for the number to call to report scams.

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	£6
1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£7
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	£6
11:00-12:00pm	Bollywood Dance- Crate E17 7FY	£5
11:00-12:00pm	Walking Group- E17	Free
11:15-12:15pm	Tai Chi- The Hub	£6
12:00-1:00pm	Walking Tennis- Ridgeway Park	£4
2:00-3:00pm	Table Tennis- The Hub	£4
3:15-4:15pm	Table Tennis- The Hub	£4
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	£5
10:00-1:00pm	Coffee Time- The Hub	Donations
11:15-12:00pm	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	£6
3:15-2:15pm	Ukulele Group- The Hub	£5
4:15-5:15pm	Harmonies at The Hub	£4

Weekly Activities Timetable

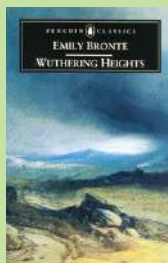
All our activities are weekly unless stated otherwise

Thursday	10:30-12:00pm	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	£5
	1:45-2:30pm	Tai Chi- Zoom only	Donations
	2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£4
	2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations
Friday	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
	2:30-3:30pm	Walking Tennis- Lloyd Park	£4
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Book Club

Books for July and August

10 July



Wuthering Heights

By Emily Brontë

14 August



Twenty-one Stories

By Graham Greene

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

Please help us keep going

All of Age UK Waltham Forest's activities are provided either free or at a low cost, as we believe in making our activities as accessible as possible. However, if you are able to support our work with a donation, please do donate to our work to help keep our services going.

You can make either a single or monthly donation to Age UK Waltham Forest cafdonate.cafonline.org/26857#!/DonationDetails, or in person at The Hub.

If you would like to speak with us about donating, please contact Helen Bigham on 020 8558 5512 or email h.bigham@ageukwalthamforest.org.uk
Thank you

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 The Hub
Mondays (only) 12:00am to 3:00pm

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 £22 an hour. For more information call us on 020 8558 5512 or email 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