

NEWS

From the North Hub

November and December 2025

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello,

We were very excited to launch the opening of our first charity store last month. As well as raising income for our services, it is also engaging with the local community in Leyton. You can read about this on page 5.

We also launch our Christmas appeal for this year on page 3, which we have focused on delivering our core services. I do hope you will support this appeal. We also have lots of Christmas merchandise on sale, so I hope you can support us if you can.

Included also in this bumper issue are useful steps for keeping yourself and your home warm this winter on pages 10 - 13.

And of course a host of activities for you to join!



Best Wishes,

Emma Tozer
CEO Age UK Waltham Forest



We launch our new Store!

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Age UK Waltham Forest
Waltham Forest Resource Hub (North)
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Christmas News

Christmas fayres

This festive season, Age UK Waltham Forest will have a stand at many local Christmas fayres – and we'd love to see you there! We'll have a beautiful range of NEW handmade Christmas gifts and knitted goods, perfect for stocking fillers or something extra special for your loved ones. Every purchase helps us support older people in Waltham Forest.

Where to find us:

- Saturday 29 November
E4 Pop Up Christmas Market, Mornington Hall, E4 7EP
From 1.00pm - 6.00pm
- Saturday 6 December
Christmas Fayre, St Edmund's Community Hall, Chingford Mount Road E4 8JL
from 12.00 – 5.00pm
- Sunday 7 December
Highams Park Christmas Fayre, Signal Walk and station car park E4 9BW
From 11.00am – 5.00pm



And there are more to be confirmed! Follow us on Facebook to see the full list of fayres and stay up to date.

Christmas Cards for Sale

We have a selection of new Christmas cards on sale for this year. Pop into The Hub to make your purchase. Cost is £3.50 for a pack of ten.



Christmas Tree Festival

Come and experience a festive celebration at St Peter-in-the-Forest, Walthamstow! Age UK Waltham Forest is proudly sponsoring a Christmas tree as part of the beautiful Christmas Tree Festival at St Peter's and everyone is invited to visit. The festival runs from 27 November to 4 December at St Peter-in-the-Forest Church, 18 Woodford New Road, E17 3PP. Admire our own beautifully decorated tree alongside lots of other wonderfully decorated trees crafted by local groups.

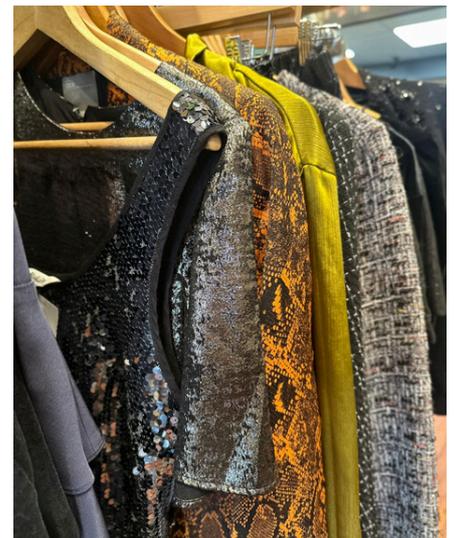


Fancy a new outfit for the Christmas party season?

Our Leyton store has you covered with our new partywear rails! From sparkly dresses to men's suits and dress shirts to one-off accessories to complete your party look, pop in to find yourself something unique from our pre-loved selection.

And if you'd like any personal styling advice for a party you have coming up, just ask at the till and we're always happy to help!

Check out our online fashion store for pre-loved clothes!
<https://www.vinted.co.uk/member/168559880-ageukwf>



Easy Labels for Xmas Cards

Join our Silver Surfers talk and see how a simple App can do all your Christmas card labels for easy mailing. Turn to page 8 for details.



Please Support our Christmas Appeal

This year has been a tough one for many of us. And this Christmas, too many older people in Waltham Forest will face hardship, loneliness and isolation.

Age UK Waltham Forest's core services have always focused on addressing these needs. But this year we too have had to adapt after our key funding streams have ended. This has meant that some of our services supporting those in need are no longer receiving the funding which has been vital in keeping them going.

But despite the cut in our funding earlier this year, we strive to continue providing the services that are vital to many older people. Our Befriending Service, our Information & Advice Service, our Independent Living Services and all our Activities all rely on our own fundraising efforts to continue. Many of you generously support our work with a monthly gift or a single gift from time to time, which we are hugely grateful to receive.

This Christmas we will continue to reach out to older people in Waltham Forest who need it most, to help them live their lives with independence and support they need.

Please will you help us to continue our work with a donation?

Big Give Christmas Challenge- double your gift

This year we are again part of the national Big Give Christmas Challenge. This means that if you make your donation to us between 2 and 9 December, your gift will be matched by Big Give. Quite simply, this means any gift you make during this time will be doubled! So, if you give £20, we will receive £40 in total.

To make your gift during Big Give week, you can scan the QR code below, visit our Just Giving page <https://donate.biggive.org/campaign/a05WS000006FhFWYAS> or send us a cheque, or make your donation in person at The Hub.

Please do consider making a gift to us this Christmas. It means that your donation can go twice as far to provide warmth, support and connection for local older people who need us most and reach even more older people with the care and companionship they deserve.

Our match funding opportunity is only available for one week, so why not mark this week in your diary, 2 to 9 December, to remind you to make your donation?

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

Thank you so very much.



“Your adviser was so nice and helped me get help with paying my rent. I now have a bit more more to spend on my food and things are a bit easier to manage.”

Wilfred, 79, who was helped by our I&A service



Silver Sunday with Songs

We want to say a huge thank you to everyone who joined us to celebrate Silver Sunday last month — it was such a joyful afternoon! We're especially grateful to all our wonderful volunteers who helped make the event possible, to Ralph Meanley for his fantastic performance and to our amazing ukulele group for surprising us with their lively flash-mob performance.

Thanks to your support, we raised £925, which will go directly towards our community activities.

And good news! We'll be hosting another special afternoon in the spring — date to be confirmed soon. Keep an eye out for details!



Bowled Over by Generosity!

Connaught Bowling Club in Chingford has knocked it out of the park! Age UK Waltham Forest was named their Charity of the Year and they have succeeded in raising £2,100 for our work! The cheque was proudly presented at the club's Triple Bowling Competition last month by Steve Francis, Singles Champion and Men's Captain, during the competition dinner. We extend a huge thank you to everyone at Connaught Bowling Club and also members of Woodford, Buckhurst Hill, Loughton and Bowling Clubs, who also supported this effort.

Support for Coffee Time

We were delighted to welcome the Home Instead Waltham Forest team to our Wednesday morning social club recently. They kindly presented a £500 donation towards the continued running of the club. We're so grateful for their generosity and commitment to helping older people in our community stay connected and enjoy time together.

User Survey

Many thanks to everyone who has taken time to complete our Annual User Survey.

It's really important for us to know what you think of our services, so that our work can continue to be driven by the needs of local people. If you haven't completed it yet, please visit <https://forms.office.com/e/YqLYmSaURh> as soon as you can.

The results will be out in January 2026.



News from our Store

A Night to Remember!

Last month, we officially marked the opening of our new fashion and homewares store in Leyton - and what a celebration it was! A big thank you goes to all who attended. The shop buzzed with excitement as guests enjoyed discount shopping previews, with a complementary glass of fizz, delicious snacks supplied by Vizyon Patisserie, with live acoustic music from local musician Tom Peacock. The craft table was also in full swing with a lively mending workshop led by Susie Madine from Make Do and Wonder and volunteer Lesley Coidan hosted a fun Halloween - themed craft corner for children, where they could take home their very own ghost style decorations.

Community Focus

Engaging with our local community is a key focus of what we are planning, so we also invited guests to submit their own ideas for the future of the shop and the response has been incredible: from styling workshops to collaborations with local artists. We'll work on making these ideas happen! Watch this space!



Come and join the team!

If you have a few hours to spare why not come and volunteer your time at our store? We'd love your help with serving customers, helping with displays, sorting stock and helping at workshops. To find out more, contact us at volunteering@ageukwalthamforest.org.uk or phone 020 8558 5512



Our store team: Paula, Carey, Alice and Charlie

Collaborations

We are committed to reducing waste and encouraging innovative reuse, so we are pleased to form a new partnership with Leyton Sixth Form College. We've been setting aside white shirts that we can't sell to be used by textiles students to explore upcycling and repair techniques. Carey and Paula from the store team met with their community manager Richard Hodgkiss and had a tour of the amazing arts facilities at the college. We look forward to exhibiting the results of the project in our shop window display early next year!

Black History Month

To celebrate Black History month in October, we teamed up with Kala Paul-Worika, a local fashion designer based at Leyton Green studios. Kala regularly sources denim pieces from our store to upcycle using offcuts of African print fabrics for her designs, so we were delighted to exhibit her finished designs in our store window!

Kala will also be hosting a patch making workshop at the store on Thursday 4 November at 4pm. If you'd like to attend pop into the store to sign up.

**Social Sewing
Saturdays
are here! Turn to
page 7 for details**

Activities News

Walking Football

Mondays 10:30am-11:30am
at Pastures E11 3DR
Thursdays 10:30am-11:30am
at Feel Good Centre E17 5AA



Join us for our friendly walking football sessions — a great way to get back into the game at your own pace, meet new people and stay active. And we are delighted that Sport England are supporting this activity with a grant of £1,250!
All abilities are welcome — all you need is enthusiasm and to be aged 55 or over. We run sessions in Walthamstow and Leytonstone — check our timetable on page 14-15 to find out more and come along!

NEW! Strong & Steady - Fitness for Life

Thursdays from 6 November
9.45am-10.45am
at: Priory Court Community Centre E17 5NB

This gentle exercise class is designed especially for older adults who want to improve their strength, balance and confidence in everyday movement. Using simple, low-impact exercises and light resistance training, participants work at their own pace to build muscle tone, enhance coordination and reduce the risk of falls.
With a friendly atmosphere and guidance from experienced instructor, Joe McPhoy, Strong & Steady can help you stay active and independent.
Free to attend, Donations welcome

NEW! Social Sewing Saturday sessions at our Store!

Saturdays 11:00am - 1:00pm
At: Our Leyton Store

Our Leyton store is hosting social sewing workshops. Bring along your sewing, knitting, or crochet projects from home and join us every week for a relaxed morning of making, chatting and sharing ideas. Whether you're a seasoned crafter or just starting out, it's a lovely way to connect with others who love creating as much as you do. Tea and coffee are provided.

Our Store is at 857 Leyton High Road E10 6AE. All are welcome.



NEW! Dancefit for Over 60s

Tuesdays 12:00 - 1:00pm
At: North Chingford Library E4 7EN

Boost your fitness, lift your mood and have fun moving to great music in a friendly atmosphere. No experience needed – just bring water, energy and a smile. You can bring a friend or neighbour too – the more, the merrier!
Free to attend - donations are welcome

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

Activities News

Quiz & Ploughman's - last chance!

Saturday 8 November
Time: Doors open at 7:00 PM
At: St Edmunds Hall, Chingford E4

We have a few tickets remaining for our fun Quiz night! To reserve your seat, please contact Richard on 020 8529 1591. Cost is £13 per person, which includes a delicious Ploughman's supper. Please bring your own drinks.

Raffle Prizes

We're always excited to receive donated raffle prizes! If you have anything you'd like to donate, we'd be more than happy to put it to good use. Please contact our community fundraiser Helen at h.bigham@ageukwalthamforest.org.uk or drop them off at The Hub.

Friday Fellas - Join us!

Fridays at The Hub
10:30 - 12:00

Come and join our men's social group on Fridays. Have a game or two of table tennis, take part in a board game, race Scalextric, or just have a cuppa and a chat in a friendly atmosphere. Free, donations are welcome.



Christmas Lunch for Veterans

Saturday 13 December

Our Veterans Group will hold their Christmas Lunch at the Greene Man in Chingford. To book your place or for more details about joining our Veterans group, contact Dave Hale at veterans@ageukwalthamforest.org.uk or call 020 8558 5512

Our Veterans Group will be attending this year's Chingford Remembrance Day Parade on Sunday 9 November.



Our Veteran team at Remembrance Sunday 2024

Free Swimming for Veterans

If you have a Veterans Card you can get free swimming membership at any Better pool in Waltham Forest. Go to any Better pool reception to find out more.

Last month we learned of the death of actor Dame Patricia Routledge at the age of 96. Since the announcement was made, there has been much interest with young and old on social media, of a letter she wrote on her 95th birthday, reflecting on her latter years. So we thought this would be of interest to you and may give you food for thought. You'll find this on page 9.



Highlights, Events, Walks and Talks

Silver Surfers Talk: Labels for Xmas Cards

Thursday 6 November 10:30am - 12:00

See how a simple App can do all your Christmas card labels for easy mailing.



Special Interest Talk: Tales from Down Under

Thursday 20 November 10:30am - 12:00



Australia's a big place! Our Trustee Chair Barry Coidan spent a month travelling the continent by air, sea and road. His talk will include his insights and highlights of his journey with stunning scenery.

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

Thursday 13 November 10:30am - 12:00

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.

Silver Surfers Beginners week 2 of 4: More on Android Tablets and Smartphones

Thursday 20 November 10:30am - 12:00

Having dealt with the basics last week, this week looks in more detail at Android tablets and smartphones.

History Walk: Covent Garden off the beaten track

Monday 24 November at 2:00pm (90 minutes)

Explore an unknown Covent Garden on this interesting walk and take in the site of a medieval burial ground, a leper hospital and a notorious rookery. Hunt for the mysterious Mercers' Maidens hidden across the area and hear tales of pubs once connected by underground cellars. Spot "ghost signs" revealing Covent Garden's lost trades and wander down an alley unchanged for 300 years – still lit by gas lamps! And visit a historic court once known as Flicker Alley, now a treasure trove of second-hand bookshops.

Booking is essential – cost is £5



One of the many Mercer Maidens

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: Understanding and Controlling your energy bills

Thursday 27 November 10:30am - 12:00

Can you make your energy bills cheaper? What do “variable”, “fixed” and “price cap” mean? How much electricity do different appliances use? The session will include some interesting demonstrations.



Silver Surfers Beginners week 3 of 4: Introduction to Apple iPads and iPhone

Thursday 4 December 10:30am – 12:00

Try out the Apple system of using Phones and Tablets.

Silver Surfers Beginners week 4 of 4: More on Apple iPads and iPhones

Thursday 11 December 10:30am – 12:00

Talk about the Apple Apps and try them out. How you can control the devices with just your voice.

Silver Surfers Tech Q&A and Open discussion

Every Thursday 12.00pm-12.30pm

All are welcome! Join us for tech tips, breaking news and your techy questions answered

No Silver Surfers Sessions on
18 December - back in January 2026!



History Walk: Christmas in Spitalfields

Friday 19 December at 2:00pm (90 minutes)

New for Christmas 2025! This walk will meander around the back streets and markets in the Spitalfields area whilst discovering some of the best decorated houses and shops and hearing about the history of Christmas cards, Christmas trees, puddings and pies!

Booking is essential - cost is £5



Staying well over winter

As the weather gets colder, older people's bodies can respond differently to the cold. This can leave us more vulnerable to falling ill and more prone to falling over. Keeping warm can help reduce our risk of serious health problems. So here are a few things that you can do to stay as healthy as possible over the winter months.

Get your seasonal flu jab

As flu viruses are always changing, so it's important to get your jab every year. It's free of charge if you're aged 65 or over, or a carer, or have certain health conditions.

Check you're up to date on your other jabs

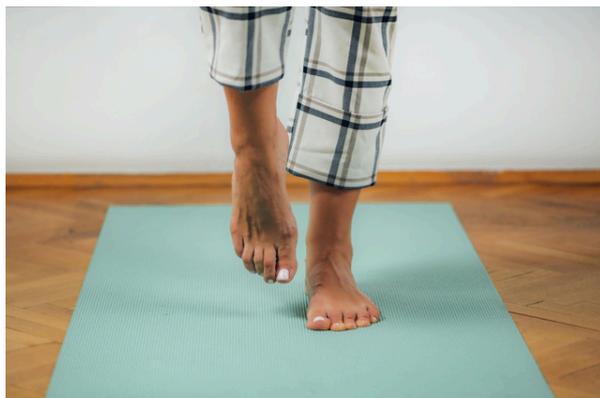
While you're getting your flu jab, ask about the 'pneumo' (pneumococcal) jab. It's a one-off vaccination offered to people aged 65 or over that helps protect against pneumonia, meningitis and septicaemia.



You should be invited for a free shingles vaccination if you're turning 65 or aged 70-79. If you have a condition that affects your immune system, you may be invited sooner.

If you're aged 75-79, you should be offered a free vaccine to protect you from respiratory syncytial virus (RSV). This is a common virus that feels like a cold – but it can lead to more serious lung infections.

If you're eligible for a COVID-19 booster jab this winter, you should be contacted by the NHS. It's being offered to people aged 75 and over, people with weakened immune systems and care home residents.



Keep moving

Staying active is great for your general wellbeing and fitness – but it also generates heat and helps to keep you warm. When you're indoors, try to move about every hour or so. Chair-based exercises while sitting or even moving your arms and legs and wiggling your toes can help you keep warm and well.

Keep your hands clean

Good hand hygiene is a simple way to help you avoid catching and spreading germs. Wash your hands regularly with soap and water. It's also a good idea clean your phone, door handles and counter tops regularly.

Eat well

Hot food and drinks help you keep warm, so try to have at least one hot meal a day. A hot drink before going to bed can help you keep warm in the night. Becoming underweight is bad for your health, especially in winter as it makes it harder for you to keep warm and fight infections. So, while a balanced diet is ideal, eating anything is better than eating nothing.

Wrap up

Chilblains are red, itchy swellings you can get when your skin gets cold and then warms up too quickly. To help prevent them, keep yourself warm and wrap up well when you're going outside.

Letter to Life as I approach my 95th birthday By Dame Patricia Routledge

Some things bloom late—but they still bloom beautifully.

At 55, I became known to many as Hyacinth Bucket — a character I believed would be a small role in a little sitcom (Keeping Up Appearances on British TV).
Instead, she carried me into millions of living rooms, and oddly enough . . . into my own heart.
She was loud, proud, impossible to ignore.
And somehow, she helped me embrace parts of myself I'd kept hidden for decades.
That role didn't make me famous.
It made me whole.

At 65, I stopped waiting for permission.
I began learning Italian — not for work, but so I could feel opera in its native tongue.
I discovered I rather liked my own company.
I read poetry aloud to no one in particular, simply because it softened the day.
I learned how to be alone . . . without being lonely.

At 75, I returned to the Shakespearean stage — a place I once feared I had aged out of.
But this time, I carried no fear of critics or applause.
I stood in stillness.
And I let the words move through me — not because I had something to prove,
but because they still had something to offer.
It wasn't a performance.
It was presence.

At 85, I picked up a watercolour brush with unsure hands.
I painted what I remembered:
roses from my garden, old hats from the 60s, faces once seen on the London Underground.
Not to exhibit. Not to impress.
Just to preserve memory — one soft stroke at a time.
Each painting was a small act of remembering.

And now, at 95,
I write letters by hand.
I bake rye bread.
I breathe deeply in the mornings and whisper thanks to the sky.
I listen more than I speak.
I laugh often, but no longer try to be the one who makes others laugh.
I have nothing left to prove — and so much left to feel.

So I'm writing this not as a farewell,
but as a gentle reminder:
Growing older isn't a fading.
It can be a radiant unfolding.
A blooming — not back to youth,
but back to yourself.
Let these years ahead be your treasure years.
You don't need fame.
You don't need perfection.
You only need a presence.
Show up. Gently. Fully. Authentically.
And life — if you let it — will always meet you halfway.

Dame Patricia Routledge



If you would like to share an inspirational thought with other readers, please let us know events@ageukwalthamforest.org.uk

Is your home warm enough?



While many of us may welcome the change of the seasons, Winter can be a difficult time in trying to keep ourselves and our homes warm, as well as be able to cope with the rising costs of energy. So it's important to do whatever we can to prepare for when the weather gets colder.

Older people are more exposed to the cold and more affected by respiratory and cardiovascular illnesses. We spend more time at home, so homes that are difficult and expensive to heat can impact on our being able to stay warm. In many cases simple actions and energy efficiency equipment could avoid many of the illnesses and deaths associated with the cold.

Age UK has launched its annual programme for this year Warm Homes, which can help you to ensure your home is warm and energy efficient to save you much needed cash.

What is Age UK Warm Homes?

The Warm Homes programme aims to help older people who are living in, or at risk of, fuel poverty, which means not being able to afford to heat your home adequately. The programme does this by improving the energy efficiency of your home through introducing small measures of energy and thermal efficiency, which can be installed in your home to help you reduce what you spend on heating. We can also maximise your income through doing a Benefit Entitlement check and help you apply for related benefits. We will also provide useful tips of keeping warm and well in winter and saving energy.

We are working with local partner HEET to deliver the Home Energy Check.



What happens during a Home Energy Check?

One of HEET's experienced handypersons will visit your home to:

- Discuss and assess your heating patterns, health needs and home environment
- Install simple energy efficiency equipment, such as draught excluders around doors and windows, radiator panels and foils
- Give some key tips and advice and distribute useful information guides on how to keep warm and save energy
- Provide information on other support services, depending on your needs.



Who is eligible for Warm Homes Service?

This service is free and is available to anyone aged 60 and over who is finding it difficult to keep their homes warm and are therefore at risk of cold-related illnesses. This could include people who are struggling to pay their bills, who are in fuel debt, who have no heating, or don't know how to work their heating controls.

So if you are worried about making ends meet to keep your home warm, please do get in touch with us.

In 2024/25, Age UK National benefit entitlement sessions identified over £70 million in unclaimed benefits. On average, each older person supported through the Warm Homes programme received an average of £4,000 per year.



How can I find out more?

For more information about our Warm Homes programme and to book a Home Energy Check and Benefits Entitlements check, please contact us on 020 8558 3404 or contact@ageukwalthamforest.org.uk quoting HEET Home Energy and we will get back to you as soon as possible.

Quick and easy savings

Get an annual service

By getting your heating system serviced once a year you can ensure it's running safely and efficiently.

Save water

Fix any dripping taps, turn off taps when brushing your teeth and using a water meter to pay for what you use are good ways to save water and keep your water bill to a minimum.

Keep your rooms warm

Keep the rooms you use most at a comfortable temperature, around 18°C (64°F) and turn it up only when you need to. Close curtains and keep doors shut.

Keep draughts out

Use draught excluders around doors and seal gaps around window frames.

Get your lighting right

Change from traditional light bulbs to LED bulbs and look for energy efficiency rating on the packaging.

Priority Service Register

If you are of state pension age, have a long term health condition or disability you can register for extra support with everyday energy matters like bills and also in the unlikely event of a power cut, gas or water supply interruption.

To register visit <https://www.thepsr.co.uk/>

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

Monday	10:00-3:00pm	I&A Drop-In - Queens Road Family Hub E17	Donation
	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
	11:00-11:55am	Tai Chi- The Hub	£6
	12:00-12:45pm	Chair Based Tai Chi - The Hub	Donations
	12:00-1:00pm	Dance Fit - North Chingford Library E4 7EN	Donations
	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 5NB	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

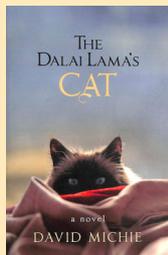
All our activities are weekly unless stated otherwise

Thursday	9:45-10:45am	Strong & Steady fitness class - Priory Court E17 5NB	Donations
	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	10:30-12:00	Friday Fellas - The Hub	Donations
	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 E17	£4
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Book Club

Books for November and December

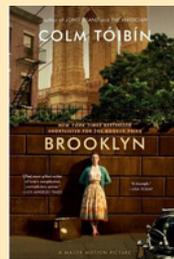
13 November



The Dalai Lama's Cat

By David Michie

11 December



Brooklyn

By Colm Tóibín

If you would like to join us, 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#!/Donation [Details](#), 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:
Queens Road Family Hub E17 8PJ
Mondays 10:00am to 3:00pm
and at
at Priory Court, Walthamstow E17 5NB
Wednesdays 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