

# NEWS

## From the North Hub

March and April 2026

Follow us on Social Media!



@ageuk\_wf



@ageukwf



@ageukwalthamforest

*Hello,*

Welcome to this bumper issue of our newsletter – we've got lots to tell you!

We were excited to hear that the Council has offered us a 10 year extension of our lease for The Hub, which is very reassuring for planning ahead. We're itching to get started on our new Men's Shed which you can read about on page 10, plus we have lots of new initiatives at our Leyton store and more activities planned.

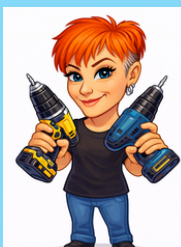
In this age where we are all expected to go digital, you can read about the NHS app on page 12, how you can access it and get help to use it.

We are also joining Age UK London's campaign to protect our Freedom pass, so I hope you will support this campaign.

You'll be used to me saying that our need to build solid income for the future is vital, so do read about the different ways you can help if you can on page 5.

*Best Wishes,*

Emma Tozer  
CEO Age UK Waltham Forest



Throwing some shapes at our Galentines tea dance

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Age UK Waltham Forest  
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# News



Jean and Arthur Bedwell at our Galentines tea dance

## All the Love - No Romance

In February we marked Galentine's Day, a celebration of friendship and community held the day before Valentine's Day — and what a joy it was to celebrate together!

Kindly sponsored by Stow Brothers Estate Agents, the afternoon featured a wonderful Latin dance performance. This inspired lots of dancing and there were tasty heart-shaped treats for everyone to enjoy.

We extend a big thank you to all who joined us and supported the event. Together we raised a heart warming £377. Look out for more events like this!

## Loved and Wanted

We are delighted that we have been successful in obtaining funding from the Mayor of London, for a two year project promoting community engagement. Loved and Wanted is a project that involves setting up an alliance with six other local organisations: Chingford Mosque, East London and Essex Liberal Synagogue, St Barnabas Church, Walthamstow, PL84U Al-Suffa foodbank, Waltham Forest Chinese Association and Waltham Forest Albanians.

We'll be organising listening circles, round tables and a range of other social events where we bring people together to make meaningful relationships across divides of race, faith, age and income.



Saira Mir (PL84U Al-Suffa), Deputy Mayor Debbie Weekes-Bernard with our Befriending manager Terry Day at the Loved & Wanted launch



## Love Bakers Arms, love our High Street

On Valentine's Day, Waltham Forest Council and Artillery Arts organised a special day to promote the Bakers Arms area and highlight some of the sustainably focussed businesses there.

Our Age UK Leyton store hosted a mending surgery and our talented volunteer Lesley Coidan made a special heart installation from waste fabrics for our window. It was wonderful to see the community come together!

Turn to page 4 for more news about our store and activities, including Social Sewing Saturdays.

# News

## Unwavering Commitment - Jean Williams RIP

All of us at Age UK Waltham Forest are deeply saddened by the loss of Jean Williams, a remarkable woman who meant so much to our organisation and to the community we serve.

Jean dedicated many years of her life to Age Concern Waltham Forest, later Age UK Waltham Forest, and her impact is still felt today especially in our Healthy Ageing and Silver Surfer Programmes which she spearheaded. She cared deeply about older people and was driven by a strong belief that everyone deserves dignity, respect and support as they age. Whether as a colleague or later as Chair of the charity, Jean brought wisdom, generosity and a calm, thoughtful presence to everything she did.



Jean was a leader who listened, encouraged and inspired. She had a genuine interest in people and always took the time to understand different perspectives. Many of us remember her kindness, her steady guidance and her unwavering commitment to the values of the organisation.

Alongside her work with us, Jean also had a distinguished career in healthcare. At St Ann's Hospital, where she served as Head of the Thalassaemia Department, she was known for her professionalism, compassion and dedication to patient care.

Jean leaves behind a legacy of service, integrity and humanity. She will be fondly remembered by staff and volunteers, past and present, and by the many people whose lives were touched by her work. She will be greatly missed.

## Protect our Freedom Pass!

You may have heard the Freedom Pass is once again under intense scrutiny, with renewed discussion about whether it should be reviewed or restricted. There will be a review by London Councils into the cost, which may recommend that the Freedom Pass is scaled back or even cut. Each time this issue resurfaces, it creates real fear and uncertainty for the people who rely on it every single day — and this time is no different. Any changes would be a backward step for London and make life much harder for older Londoners.

Age UK London is leading a campaign to protect the Freedom Pass and has spoken out on national media to voice our opposition. Whether you have a Freedom Pass, a 60+ Oyster card or no pass, you can support the campaign by co-signing our open letter to London Councils, the body which announced plans for a review. You can visit: [https://actionnetwork.org/forms/protect-the-freedom-pass?source=direct\\_link&](https://actionnetwork.org/forms/protect-the-freedom-pass?source=direct_link&)

Once you have signed the open letter, please do share it with others by WhatsApp, email or social media, so that the letter has as many co-signatories as possible. You can also pick up a paper copy of the letter from The Hub front desk.

## Hello!



We welcome three new members to the staff team.

Ralph Petrie joins us to develop our new Men's Shed group, which you can read about on page 5.



Beth Kirby joins our Information & Advice team as an Outreach Adviser. She will help to increase our capacity for making home visits and reaching people more widely across the Borough.



Robin Walton joins us as Volunteer Coordinator, who will focus on recruiting more volunteers across our organisation.

If you would like to find out more about volunteering for us, please get in touch [volunteering@ageukwalthamforest.org.uk](mailto:volunteering@ageukwalthamforest.org.uk)



# News from our Leyton Store

Our store is a hive of creativity with great styling, innovative reuse and recycling, community engagement and bargains galore! We are making a steady profit, all of which goes to supporting older people here in Waltham Forest. And have lots of plans for the future!

## We now sell Electricals

We're now able to stock electrical items. This includes computers, laptops, a range of household electrical goods and more. Adding electricals to the shop helps us offer an even wider choice for customers while supporting reuse and sustainability — so keep an eye out in store for some great finds.

## We love your Donations

We love receiving your donations to sell! Clean clothing, shoes, accessories, jewellery, homewares, bric-a-brac, books, CDs, vinyl, soft furnishings, toys, games, small electricals are all welcome.

We are unable to accept furniture or large items, prams, wheelchairs or medical equipment. If you're not sure, just speak to our team.

## Carrier Bags

We don't buy new plastic bags for the shop — simply because there is already more than enough plastic in the world! By reusing bags that are already in circulation, we take a small but meaningful action to reduce plastic waste and our impact on the environment. If you have clean, reusable plastic or paper carrier bags at home, please consider donating them to us. Bags can be dropped off at our Store or at The Hub.

## We love Volunteers

Volunteers are an integral part of the team at the Leyton store. As well as helping with the day-to-day tasks of preparing donations for the shop floor, our volunteers become firm friends and a valued part of the shop and wider customer community. We're delighted to have welcomed so many new sign-ups in January and look forward to you meeting them in-store very soon. If you'd like to volunteer at our store, you can register your interest here:

<https://www.ageuk.org.uk/walthamforest/get-involved/volunteer/>

## Social Sewing Saturdays - All Welcome

Whether you're an experienced sewer, knitter or crocheter, or you'd simply like to learn the basics, please come and join our free social sewing sessions every Saturday from 11 am–1 pm at the Leyton store.

You can bring along a project you're already working on, or we'll provide needles and wool to help you get started. If you have an item at home that needs mending and would like some friendly advice, bring it along and our regular sewers will be happy to advise.

No need to book! So come along for a chat, a stitch, tea and biscuits and a relaxed, creative morning with other friendly faces.



## We're now on Facebook!

We're excited to share that our Leyton store is now on Facebook! Follow us to keep up to date with upcoming sales, styling nights, craft and sewing workshops, and all the latest news from the shop. It's a great way to stay connected — we'd love to see you there. Follow us on Facebook here:

<https://www.facebook.com/share/16mreRgB2x/?mibextid=wwXlfr>

# Help us Grow!

As a self funded local charity, we need to fundraise continually to keep our work going and to develop new initiatives. Here Community Fundraiser Helen Bigham highlights some of our current events and ways of supporting us.



## Funding Connections wanted - Can you help?

At our AGM in February, we asked for your help in identifying potential funding opportunities for us. We're still on the lookout for anyone who: works with or knows grant-making trusts or foundations; has contacts in local businesses or sponsors, or can point us toward any fundraising opportunities. If you have a contact, lead, or idea — please let us know! Every connection helps us continue our vital work, strengthen our community programmes and helps us unlock new support. Contact Helen at [h.bigham@ageukwalthamforest.org.uk](mailto:h.bigham@ageukwalthamforest.org.uk)

## Walk on the Legal side

Come be part of our annual London Legal Walk on Tuesday 9 June, a beautiful 10K circular walk along the River Thames. We meet up at 5:00pm near Chancery Lane and set off alongside 19,000 walkers - it really is a fun event to take part in. Signing up to be part of our team couldn't be simpler, just complete this short form:

[tfaforms.com/5206264](https://tfaforms.com/5206264)

The deadline to sign up is midnight 29 May. Alternatively, please sponsor our walkers at <https://londonlegalsupporttrust.enthuse.com/pf/age-uk-waltham-forest-2026>

Many thanks for your support.



## Elle-evate Every Mile!



Elle limbers up for the big day

You can sponsor Elle on her JustGiving page (QR code right), or you can join our Hub cheering squad on the day to cheer her on.

Elle Jewell, former staff member, may have moved to Brighton, but her heart is still with us. On Sunday 26 April, she's taking on the London Marathon to raise vital funds for at Age UK Waltham Forest. Every mile she runs will help us continue the work we do - and we need your support!



Let's help Elle cross that finish line — together we can make every mile matter. Contact Helen at [h.bigham@ageukwalthamforest.org.uk](mailto:h.bigham@ageukwalthamforest.org.uk)

## Crafted items needed

In early May, we'll be holding stalls at local community fayres — and we need your handmade items to make our stall a success! Can you help? We need crafted items to sell that are sewn, knitted or home made. Hats, scarves, toys are all welcome.

You can also help us by donating spare fabric or materials, or share your skills to support our fundraising. Every item you provide helps us raise vital funds for our community. We can't do it without you — please get involved! Contact Helen, Community Fundraiser [h.bigham@ageukwalthamforest.org.uk](mailto:h.bigham@ageukwalthamforest.org.uk) or drop off items at The Hub.

# Could you join us as a Trustee?

Age UK Waltham Forest is seeking new Trustees to join our Board and bring a wider range of skills, perspectives and lived experience to our organisation. We are excited about the future of our charity and are looking for people who share our commitment to supporting older people and helping guide our continued growth.



Barry Coidan, Chair of Trustees

We welcome applications from people of all backgrounds. However, we are particularly keen to build Board expertise in HR, environmental sustainability, legal matters (e.g. contracts or leases), marketing and social media, finance and fundraising.

## What We're Looking For

We are seeking Trustees who are committed to improving the lives of older people in Waltham Forest and who can contribute skills, experience or lived insight to our Board.

In particular, we are looking for people who can demonstrate:

- A commitment to our mission and values
- Strategic thinking and a vision for the charity's future
- An ability to work collaboratively with Trustees, staff and volunteers
- An understanding of, or willingness to learn about, the legal duties and responsibilities of trusteeship.

We are especially keen to hear from people aged 60+ and from across Waltham Forest, to ensure our Board reflects the community we serve. We value diversity and warmly welcome applications from people of all backgrounds.

The Trustee Board meets every two to three months at The Hub in South Chingford. In addition, Trustees attend:

- One annual meeting with staff to review work and future strategy
- One annual meeting with our auditors

Meetings are quorate with at least three Trustees present. Papers are circulated by email approximately five days in advance. We are an active Board and Trustees are encouraged to support the Chief Executive through fundraising, service support and events where possible. Reasonable out-of-pocket expenses can be claimed in line with our expenses policy.

## How to apply

Please complete the application form available on our website:

<https://www.ageuk.org.uk/walthamforest/get-involved/volunteer-trustees/>

Shortlisted applicants will be invited to interview with two Trustees. Successful candidates will be invited to join the Board as a co-opted Trustee until the next AGM, when they may stand for election as a full Trustee.

If you require any further information or would like to have an informal conversation about becoming a trustee, please contact our Chief Executive, Emma Tozer, at [info@ageukwalthamforest.org.uk](mailto:info@ageukwalthamforest.org.uk) or phone 020 8558 5512



# Activities News

## A Blooming Lovely Morning

Wednesday 22 April from 10:00am-12:30pm

At: The Hub

Our much-loved Annual Plant Fayre returns this spring outside The Hub. Come along to browse plants, seeds, cuttings and garden treasures, enjoy the friendly atmosphere and help us raise vital funds for our community. Whether you're green-fingered or just curious, everyone is welcome so bring a friend!

We also welcome donations of plants or anything garden related for us to sell. Please contact Helen [h.bigham@ageukwalthamforest.org.uk](mailto:h.bigham@ageukwalthamforest.org.uk) or call 020 8558 5512



## Ready Steady Quiz!

There maybe a few tickets left for our Quiz & Ploughman's evening at St Edmund's Hall, Chingford, which is on Saturday 7 March from 7pm. Gather your team, sharpen your knowledge and enjoy a classic ploughman's supper alongside a great night out. Book now to avoid missing out! Contact Richard at [Richard.Freitag52@gmail.com](mailto:Richard.Freitag52@gmail.com) or ring on 07880 983913 to secure your tickets.

## Veterans' Group Evening Dinners are here

Our Veterans Group is now hosting evening events, including a monthly Curry Evening and a special evening to celebrate St George's Day on 23 April, held at the Greene Man in Chingford. To find out more contact Alistair at [veterans@ageukwalthamforest.org.uk](mailto:veterans@ageukwalthamforest.org.uk) or call 020 8558 5512.

## Fancy getting fit?

Mondays 1:30pm-2:30pm

At: Yonder 4-6 Hookers Road E17 6DP

Fitness Class - Circuits: Do you want to improve your strength at a pace that suits you? Join us for low intensity circuit training which is appropriate for varying fitness levels and the exercises will be tailored to your abilities. Cost is £7- booking is essential.

## Bollywood exercise class

Tuesdays 11.00am-12:00 noon

At: CRATE Building, St James St E17 7FY

BollyFusion is an exciting class incorporating a fusion of dance forms to develop bodily strength, correct posture, restore physical vitality, elevate the spirit and invigorate the mind! All that accompanied by vibrant and uplifting music.

Cost: £5 per class - No need to book



## Walking Tennis - give it a go!

Tuesdays 12:00-1:00pm

At: Chingford School of Tennis, Rolls Sports Ground, Hickman Avenue, Highams Park E4 9JG

Walking Tennis is a fantastic entry point to learning the sport or simply a gentle way to play. We have groups in Chingford which are suitable for all abilities and all equipment provided. Tuesdays at 12.00-1.00pm at

Cost is just £4 - Booking is essential

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

# Event Diary: Highlights, Walks & Talks

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

Thursday 5 March 10:30am-12:00

This is the first of 4 sessions for beginners covering Tablets and Smartphones. In this first session, Mike 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. In person only

## Living Well with Long Term Health Conditions

Saturday 7 March 12:00 - 3:00pm

A special free community event with talks, health checks and lots of information and ideas. See the full advert on page 13. For more information contact [Stephanie.ray3@nhs.net](mailto:Stephanie.ray3@nhs.net)

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

Thursday 12 March 10:30am-12:00

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

## History Walk: Livery Company Connections (City of London)

Friday 13 March at 2pm

Discover the history of some of the 113 Livery Companies via plaques, street names and street furniture on this walk around the City of London. Apart from passing a number of halls all with fascinating histories, we will visit former churchyards and venture down a number of 'hidden' alleyways with surprises in store.

Cost is £5, booking is essential (2 hours)



Our silver surfer tutors are ready to share their expert knowledge

## Silver Surfers Talk: Google Sheets

Thursday 19 March 10:30am-12:00

Google Sheets is a spreadsheet application which in many ways is similar to Microsoft Excel. In this presentation, Neil describes how the application works and explains its main features.

## Silver Surfers Beginners week 3 of 4: Introduction to Apple iPads & iPhones

Thursday 26 March 10:30am-12:00

Charlie shows you how to try out the Apple system of using Phones and Tablets. In person only.

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

Thursday 2 April 10:30am-12:00

Hear more about the Apple App's and try them out. Charlie explains how you can control the devices with just your voice. In person only.

All activities take place at The Hub unless stated.

To book please contact  
[events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)  
or 020 8558 5512



# Event Diary: Highlights, Walks & Talks

## Silver Surfers Talk: Chromebook 1 - Using a Chromebook

Thursday 9 April 10:30am-12:00

How does Chrome OS work? Phil explains how to move around on the screen, how to use docs, sheets and slides, and how they compare with Word, Excel, and Powerpoint.

## Silver Surfers Talk: Turning redundant Windows 10 PCs into something useful

Thursday 16 April 10:30am-12:00

Charlie will demonstrate how to turn a PC into a Chromebook or Linux Mint with the ability to go on using old windows programs.

## History Walk: Victoria's Secrets (Victoria area)

Monday 20 April 2026 at 2pm

Victoria's fascinating history will be uncovered on this walk around the area's backstreets. Discover which unfinished ecclesiastic building was built on the site of a correction house for "indolent paupers", the brewery that once stood on the site of a shopping centre and see evidence of the various charity schools and alms houses that peppered the area. Cost is £5, booking is essential (90 minutes)

### Does your computer say 'no'?

You can 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 about any tech and IT issues.

Call 020 8558 5512 or email [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)

## Annual Plant Fayre

Wednesday 22 April 10:00am - 12:30pm

At The Hub

Come along for a Blooming Lovely Morning to browse plants, seeds, cuttings and garden treasures and help us raise vital funds for our services in your community. Everyone is welcome.

## Silver Surfer Talk: Chromebook 2 - Using former windows device converted with Chrome OS Flex

Thursday 23 April 10:30am-12:00

An old windows pc may run very slow, but it can be converted into a chromebook. The windows keyboard is different from the chrome keyboard, and there are other differences to understand. Phil explains all.



## Silver Surfers Talk: Microsoft Word refresher

Thursday 30 April 10:30am-12:00

Suitable for beginners as well as experienced users looking to refresh their knowledge about this classic word processing program. Mike explains some useful features and techniques that you may have overlooked. There will be plenty of opportunity to ask questions on Word topics, including using tables, mail merge and label printing. We'll even show you free alternatives to the chargeable products.



# Men's Shed - Coming Soon!

We are excited to be developing our first Men's Shed, funded by a grant from the Big Lottery Fund. Our Shed's Co-ordinator Ralph Petrie explains more about this innovative project.

## So what is a Men's Shed?

Men's Sheds is part of a movement that began in Australia in the 1990s, in response to growing concerns about social isolation, declining mental health and loss of purpose among older men after retirement. Since then, the movement has grown rapidly and there are now over 1,000 Men's Sheds across the UK and thousands worldwide. Research has consistently shown that participation in Men's Sheds is associated with reduced loneliness, improved mental wellbeing, increased confidence and a renewed sense of purpose. This is particularly true for older men who may struggle to engage with more traditional social or support services.

Men's Sheds are much like garden sheds in that they offer a relaxed space to pursue practical interests, practise skills and enjoy making and mending. The big difference is that Men's Sheds are inherently social. It's about connecting with others, companionship and friendship, sharing skills and life experience and, maybe most importantly, having a laugh together. The



project is informal and peer-led and strongly aligns with Age UK Waltham Forest's work around reducing loneliness, supporting independence and promoting later-life wellbeing.

## Shedders get creative

Sheds are shaped by their members, or "Shedders", and despite the name, they are rarely actual sheds! They often might be empty offices, portable cabins, or other underused community spaces.

The activities can vary widely and are always driven by members' interests. While traditional woodworking and practical repairs remain popular, our Shed will be tailored to the interests and abilities of its local members in Waltham Forest. This could include 3D printing, model railways, diorama building, as well as more familiar hands-on crafts.

Most importantly, the focus is not on productivity or performance, but on joining in, learning something new and sharing experiences and expertise.



Men's Shed group at Age UK Enfield



## What's happening now?

We are aiming to have an actual Shed structure in place by the end of May, but we are already busy with preparatory work. We are collecting and dismantling pallets and sourcing new and reclaimed materials.

Our first collective project is to build a bench for users of The Hub and wider local community, which has been funded by the Drink IQ Shoulder to Shoulder project. This initiative encourages people to sit side by side, creating opportunities for informal conversation and connection.

## Join Us Now!

We are looking for around five volunteers to help design and build the bench, which will initially be installed in The Hub garden. As the weather improves, this project will naturally lead into further outdoor work, including the construction of planters and small garden structures to support and enhance The Hub's garden area.

Once the Shed is fully established, there will be a range of opportunities for Shedders to pursue their own ideas and work on shared projects. The primary focus of everything we do is social connection, mutual support and camaraderie, rather than the finished product. This principle will remain at the heart of the Shed's work.

## Can you help us out?

Do you have relevant skills, or just enthusiasm to help us build the programme? If so, please get in touch.

We would greatly appreciate donations of hand tools or small power tools and we would love donations of materials, especially natural wood, timber, pallets or offcuts.

If you can help, please get in touch.

## How to get involved?

To register your interest or to find out more, please get in touch with Ralph. Email [r.petrie@ageukwalthamforest.org.uk](mailto:r.petrie@ageukwalthamforest.org.uk) or phone 020 8558 5512 or just pop into The Hub on weekdays.

**Don't forget**  
**FRIDAY FELLAS**  
at The Hub 10:30am - 12:00  
Shoot some pool, race cars or  
just join us for a friendly chat!  
**EVERY FRIDAY**  
No need to book, just turn up





# Using NHS online



Having an NHS online account and accessing it through the NHS app, is being adopted more widely in all GP surgeries in Waltham Forest. An NHS account gives you access to health services provided by your GP and other NHS services as well as your own health information.

## What are the benefits of the NHS account?

The NHS online service is designed to make it easier and quicker for you to access key NHS services at any time, enable you to order repeat prescriptions, book GP appointments, view your health records, manage hospital appointments and get health advice.

You can access and manage your health record whenever you want and can avoid spending time phoning and waiting in a queue.



## What if I can't use a computer, tablet or smartphone?

The online NHS account does not replace existing telephone or face to face services, so you can still phone or visit your GP surgery.

## What do I need to do to get started?

You can set up an NHS account through the NHS website. Or you can download the NHS App on your smartphone from your phone's app store.



## How to get help

Age UK National has published an extensive guide to using the NHS online and NHS App. You can download both of these guides directly from the Age UK National website:

[https://www.ageuk.org.uk/siteassets/documents/information-guides/id205842-nhs-app-guide\\_digital.pdf](https://www.ageuk.org.uk/siteassets/documents/information-guides/id205842-nhs-app-guide_digital.pdf)

Or if you prefer a printed copy we can print this for you on request, for a small donation to cover our costs.



## How to get help

Age UK Waltham Forest has been running Drop-In Sessions at some GP surgeries over the last few months with a view to providing help and guidance to people with loading and using the App. More are planned, so do look out for them.



## Digi Buddies can help too!

Our friendly team of Digital Buddies are also here to help you. We can provide one to one support with loading and using the app or setting up an NHS account.

Contact our Digital Buddies team at [info@ageukwalthamforest.org.uk](mailto:info@ageukwalthamforest.org.uk) or call us on 020 8558 5512

# LIVING WELL WITH LONG TERM HEALTH CONDITIONS

**Saturday 7<sup>th</sup> March, 12-3pm**

 Age UK Waltham Forest,  
58 Hall Lane Chingford, E4 8EU

**Community health event. All welcome!**

### Stands: community support

-  • Digital inclusion: IT help
-  • Quitright: helping you to stop smoking
-  • Mental health at work support programme
-  • Diabetes peer groups
-  • Waltham Forest free activity programmes

### What's happening on the day?

- **Talks** on digestive health and wellbeing, kidney health, and patients give tips on how they manage their long-term health conditions
- **Health checks:** blood pressure, blood sugar (don't eat for 2 hrs before), kidney health
- **Lunch provided**
- **Activity demonstrations to support your wellbeing** Tai chi and more



 POON DOJO



Want to know more?  
Contact: [stephanie.ray3@nhs.net](mailto:stephanie.ray3@nhs.net)

## 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	Donations
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	Seated Tai Chi - The Hub	Donations
12:00-1:00pm	Dance Fit - North Chingford Library E4 7EN	Donations
12:00-1:00pm	Walking Tennis- Rolls Sports Ground E4 9JG	£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

9:15-9:55am	Tai-Chi - United Free Church, E11 1AY	Donations
9:30-12:30pm	I&A drop in- Priory Court E17 5NB	Donations
9:40-10:30am	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

<b>Thursday</b>	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
	1:50-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£4
	2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations
<b>Friday</b>	10:30-12:30pm	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 <b>THIS CLASS IS FULL</b>	
<b>Saturday</b>	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5
	11:00-1:00pm	Social Sewing Saturdays - Leyton Store	Donations

## Book Club

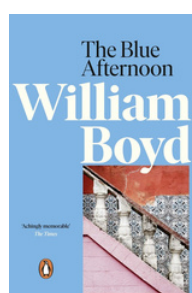
Books for March & April

**March**



**This is Going to Hurt**  
By Adam Kay

**April**



**The Blue Afternoon**  
By William Boyd

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

### 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](https://cafdonate.cafonline.org/26857#!/DonationDetails), or in person at The Hub.

If you would like to speak with us about donating or fundraising for us, please contact Helen Bigham on 020 8558 5512 or email [h.bigham@ageukwalthamforest.org.uk](mailto: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](mailto:contact@ageukwalthamforest.org.uk)

Information and Advice Drop-in service at:  
Queens Road Family Hub E17 8PJ  
Mondays 10:00am to 3:00pm  
and at  
at Priory Court, Walthamstow E17 5NB  
Wednesdays from 9:30am-1:00pm



**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 £22 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