

NEWS

From the North Hub

May & June 2026

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello,

How wonderful to see the sun at last and be able to enjoy some activities outside! Our Men's Shed 'shedders' have been working in The Hub garden and completed their first project, which you can read about on page 2.

We have a range of new fun events coming up and initiatives you can get involved in, all of which raise valuable income for our work, which you can read about on page 5 and 6.

In our Money Matters feature, we put the spotlight on Pension Credit, as many people who are struggling to make ends meet are eligible for this benefit, but unaware of how to claim.

We also continue to provide a range of activities, classes and help with all things digital, which you can read more about.

Best Wishes,

Emma Tozer
CEO Age UK Waltham Forest



Fun, games and lots of chocolate, courtesy of the Easter Bunny

Contents

2-3	News
4	News from our Store
5	Events and fundraising
6	Get Involved
7	Volunteer story
8-9	Events, Walks and Talks
10-11	Focus on Pension Credit
12-13	Weekly Activity Timetable
14	Our Services

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.

Men's Shed goes ahead!

Planning permission has been approved for our Men's Shed workshop to be constructed in The Hub garden. So installation work is currently underway, which is planned to be ready by the end of May. So watch this space!

However, our Men's Shed has already kicked off its first project — creating a community bench using only recycled wood from discarded pallets. It was designed and built by our first five Men's Shed members, whose enthusiasm, skills and good humour have really brought the project to life. The bench was sponsored by Mission: Shoulder to Shoulder, a national campaign led by UK Men's Sheds to encourage conversation and connection.

A big thank you goes to everyone who has contributed tools, materials and support with getting started. We're always on the lookout for reclaimed timber to use — whether from old building projects or unused pallets — so please let us know if you can help. We'd love to hear from you! r.petrie@ageukwalthamforest.org.uk

Unbe-leaf-able !

The sun shone on us this April for our Annual Plant Fayre - and it was a blooming success! Lots of people came along to buy herbs, garden and indoor plants and garden ornaments, as well as get plant advice from our expert volunteers. We say a huge thank you to all our wonderful volunteers, to everyone who came along on the day and those who kindly donated plants and items to sell — we couldn't have 'grown' such a great event without you. Thanks to your generosity, we raised £374.90 to support our vital work. If you are interested in joining our Gardening group, please do get in touch.



Our Shedders proudly present their hand-made bench

Welcome

We are pleased to welcome Dani Connolly, who has joined our Community Fundraising team. Dani brings enthusiasm, energy and a fresh perspective to the role. She says, "I'm really excited to be part of such a passionate team and I'm looking forward to working within our community to support fundraising efforts and raise money for our work." Please get in touch if you'd like to fundraise for us or volunteer for the Fundraising team h.bigham@ageukwalthamforest.org.uk



Thank You

We extend our heartfelt thanks to Dick Hartley and everyone at Woodford Spiritualist Church for choosing Age UK Waltham Forest as their charity and for raising an incredible £1,000 for our work. We are delighted to receive this generous contribution towards our services and truly grateful for their kindness and ongoing support.

We are very grateful to Kinglea Court Care Home for choosing us as their charity at their opening launch. Through their support, they have raised £171.50 for Age UK Waltham Forest as part of their charity initiative.

News

Egg-ceptional Knitters

A huge thank you goes to all our talented knitters who made adorable chicks and bunnies filled with Easter eggs. Your time, creativity, and generosity helped us raise £750 — a fantastic effort!

If you enjoy knitting and would like to get involved, we'd love to hear from you. We have patterns, plenty of ideas and wool available. And we warmly welcome any wool donations as well. For an easy project to get started, turn to page 5.



Check out our new knitted goods! See page 6

Cracking Coffee Morning

Easter came to our Wednesday Coffee morning, bringing plenty of smiles and sweet treats! A big thank you goes to the Aston Group for organising a special visit from the Easter Bunny, who delighted everyone by handing out chocolate eggs. Members also enjoyed a range of Easter-themed games, along with plenty of tea and, of course, lots of delicious cake. It was a lovely morning filled with laughter, community spirit and seasonal cheer — a wonderful way to celebrate together.

Local Election Day 7 May

Please note there will be no classes at The Hub, since we will be a Polling Station for the day. Please remember when voting to take photo identity with you, as this is now a requirement in order to cast your vote.

Coming soon: New Repair & Re-Use Hub

Age UK Waltham Forest has been awarded a grant to establish a new community-led Repair & Re-Use hub, based at our Leyton Store. It will host repair cafés, upcycling and training sessions, alongside workshops for repairing textiles, small electrical items and furniture. Regular social sewing sessions and sustainable wardrobe events will also bring people together, helping to reduce waste, share skills and give pre-loved items a new lease of life. We are grateful to the North West London Waste Authority for this grant, through the North Community Fund 2026/27.

Coming in June: Cycling for Beginners

New cycling classes for beginners will be starting in the first week of June. It will consist of 5-week courses at Leyton Jubilee Park, Lloyds Park in Walthamstow and Hawkswood Primary School in Chingford. Start dates and times are to be finalised, so please email us if you are interested and we'll give you details as soon as they are confirmed.

events@ageukwalthamforest.org.uk

More Tai Chi!

Due to popular demand, we are hosting an additional Tai Chi class on Monday mornings from from Monday 11 May. There will be two classes, one at the new time of 11.25am-12.15pm which is currently full, with an additional class at 12.20pm-1.10pm with available space for new attendees. See page 12 for full details of all our classes.



News from our Leyton Store

New Designer Vintage offers!

Our Leyton Store has launched a dedicated vintage rail, featuring unique consignment pieces from the 1960s through the early 1990s. You can shop from iconic designers including Ralph Lauren, Moschino, Zandra Rhodes and Balmain — with prices starting from just £30. Available in-store now.

The Re-Loved Club

We were thrilled to take part in the first event hosted by The Re-Loved Club at the beautifully restored Soho Theatre, Walthamstow. Alongside 35 other curated rails of pre-loved fashion, our assistant store manager Charlie Panapa handpicked his selection of womenswear and menswear from our own Leyton store.

Founded by friends Vicky Simmons and Paula O'Connor, The Re-Loved Club champions sustainable, affordable fashion while bringing communities together through thoughtfully curated events and so we plan to join them at future sales. To find out more visit <https://www.there lovedclub.co.uk/about>



Re-loved club at the Soho Theatre

Clothing Transformation

We had a number of plain white shirts donated to us that we were unable to sell due to minor stains or damage, so we gave them to the textile department at Leyton Sixth Form College. Students there have been exploring creative upcycling, transforming the garments into new designs while learning about the challenges and possibilities of working with waste textiles. And the results were stunning!

We look forward to showcasing a special exhibition of their work in-store very soon. So do look out for it.

Join our Team!

Do you have a few hours to spare to help us out at the Store? We welcome new volunteers to join us in helping to sort through donations, display our stock and serve customers. For more information please contact volunteering@ageukwalthamforest.org.uk



Our Leyton Store is open seven days a week and the income it generates is used to support local people here in Waltham Forest.

857 High Road Leyton, E10 6AE

For the latest news of our events and special offers, follow us https://www.instagram.com/age_uk_leyton_store/

Fundraising and Events



Quiz Night with Fish & Chips

Friday 5 June 6:00pm
at The Hub

Reckon you're a quiz whizz? Ready to prove it? Join us for a fin-tastic evening of fun, food and fundraising and celebrate National Fish & Chips Day and D-Day all in one place — it's going to be off the scale! Doors open at 6:00pm, Quiz starts at 6:30pm Tickets £15 each, with Fish supper included. Entry is by ticket only, up to eight people per table. Reserve your seat at The Hub or email: events@ageukwalthamforest.org.uk All proceeds support our Veterans Group activities. Don't be shellfish (!), bring your friends and make a night of it!

We're out and about!

Monday 4 May: Lloyd Park Fair, Walthamstow
Sunday 17 May: Highams Park Fair, Highams Park Lake

Come and visit us at our stalls at both these events! We'll be selling a range of newly knitted toys, clothes and gifts. So please come and say hello and find out more about what we do.

Join Us for the London Legal Walk

Tuesday 9 June - evening
in Central London

We're taking part in the London Legal Walk — a 10k evening walk along the River Thames — and we'd love you to join us! There's still time to sign up, so if you'd like to raise money and walk with us, please contact our Community Fundraiser, Helen, at h.bigham@ageukwalthamforest.org.uk to register before the deadline.

We are delighted that once again our wonderful volunteer, Zey, is taking part. Her employer, Barclays, will be match-funding her sponsorship money. So if walking is not for you, please consider sponsoring Zey and double your gift to our work!

To support Zey visit [Londonlegalsupporttrust.enthuse.com/pf/zeyneb-ibrahim-2026](https://londonlegalsupporttrust.enthuse.com/pf/zeyneb-ibrahim-2026)



Bingo at the Royal Oak

Wednesday 27 May 8:00pm-10:00pm
At: The Royal Oak, 320 Hale End Road, IG8 9LN

A special Bingo Night is being held to raise funds for Age UK Waltham Forest, with fun, community spirit and the chance to win big cash prizes!

This is a popular event, run by The Royal Oak, and always draws a great crowd. And remember, the more people who take part, the bigger the prizes!

It's £25 per book, with £5 from every sale donated to Age UK Waltham Forest. Spaces are limited, so booking is essential. Be sure to reserve your place in advance by emailing events@ageukwalthamforest.org.uk

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

Get Involved

Waste not want not!

You may have noticed our increased range of recycling boxes at The Hub. If you have clutter at home that you've been meaning to clear out, please consider using these boxes to donate your unwanted items to us. All of this will help us to save money, as well as raise money for our work - and help us work towards reducing waste.

- PLASTIC CARRIER BAGS, usable and clean: we are re-using these at our Leyton Store to save money and cut use of plastics.
- Old or broken GOLD AND SILVER OR COSTUME JEWELLERY, watches, or old banknotes and coins UK or foreign.
- SMALL ELECTRICAL ITEMS, such as old mobile phones, game consoles and cameras.
- BRAS old and new: unworn bras will be donated to women and girls' refuge, older will be recycled.
- USED STAMPS UK or foreign
- USED INK CARTRIDGES



More Crafters wanted!

If you're a sewer, knitter, or crafter, we'd love to hear from you! Please get in touch for a chat about how we can work together to create items to sell. Why not help us with our Innocent Big Knit campaign? We need to knit 32,000 hats and every little hat counts to raise £9600!

Here is the basic pattern to get you started. For more information, please contact Helen h.bigham@ageukwalthamforest.org.uk



Will you be our Friend?

Last year Age UK Waltham Forest helped over 6,000 older people and their families and we continue to reach as many people as we can. Supporting people to access benefits they're entitled to, helping people to access online and digital services, providing help with home tasks and hosting a range of activities and befriending to keep people connected.

But Age UK Waltham Forest also faces a challenging climate as service costs are increasing.

Can you help us continue to support our community with a regular donation?

A monthly donation of just £5 a month can help us continue to provide our services, help us plan ahead and keep our admin costs to a minimum.

To support us visit <https://cafdonate.cafonline.org/26857> or pick up a leaflet from The Hub

Thank you.

Simple Bobble Hat pattern

Yarn: Any double knit wool
Needles: 4mm

To make:

1. Cast on 31 sts and then knit two rows.
2. Beginning with a knit row work 12 rows in stocking stitch (knit one row, purl the next and repeat)
3. Next row: knit 2 stitches together to last the stitch, then knit 1 (16sts)
4. Next row: purl
5. Next row: knit 2 stitches together to the end (8sts) Cut the yarn leaving approx 10cm length.
6. Thread this through a sewing needle, bring through stitches and pull up to tighten.

Making up:

Use a sewing needle to join side seams. Make or add a pompom and sew to top of the hat.

This is the basic pattern. Feel free to add stripes and patterns. Visit this site for more ideas: <https://www.innocentdrinks.co.uk/big-knit/knitting-patterns>



Volunteering: Try it - you might like it!

The first week of June is National Volunteers' Week and we're delighted to share the experience of one of our much valued Volunteer Befrienders, with the hope that it will inspire others to get involved.

Our Befriending service supports older people who may be feeling lonely or isolated, by matching them with a volunteer who provides regular companionship through visits to their home. We are incredibly grateful to all of our Befrienders, for the time, care and commitment they give. It truly makes a difference to the lives of those they befriend.

Amanda, a retired travel agent from Woodford Green, tells us why she became a Volunteer Befriender.

“ I decided to become a Befriender after the death of my 91 year old father, who lived abroad. I saw how lonely and isolated he became in his later years and I wanted to do something to help another person who was in a similar predicament.

After I saw an Age UK Waltham Forest advert I got in touch and they provided a couple of hours of really valuable training. They have an amazing team of truly outstanding and caring people, who work hard to try to match people together who could be a good fit.

I was introduced to a lovely 83 year old lady, who I've been visiting every week since. Learning about her life, watching how she copes daily with becoming totally blind ten years ago, whilst continuing to live totally independently every week is truly fascinating and rewarding - as much for me as it is for her. We have quite a giggle together too!

I would thoroughly recommend giving Befriending a try. That hour or couple of hours every week can make a huge difference to a lonely elderly person, who might not see anyone for days on end.

As I used to say to my daughter as she was growing up "Try it, you might like it!" You could well, like I have, make a lifelong friend in the process.



Amanda

We are always looking for more volunteers to support our Befriending service, as there are many older people in Waltham Forest who live alone and would welcome company and friendship. So if you, or anyone you know, might be interested, please do get in touch.

We also have a range of other projects and activities where we welcome volunteer support, so if you are interested in volunteering and would like more information, please contact Robin at volunteering@ageukwalthamforest.org.uk

Events, Walks and Talks

*** It's Local Election Day
on Thursday 7 May so
No Classes at The Hub ***

Westminster Highlights & Hidden Places

Wednesday 13 May at 2:00pm

This circular walk takes in the highlights of the Whitehall area, including hearing about the Cromwellian spy whose name is given to the most famous street in the world and that street's connection with a Mr Chicken. You will hear the story behind the pelicans in St James's Park and the story of Duck Cottage amongst other more famous sights. Cost is £5, booking is essential. (2 hours)



Palace of Whitehall in late 16th century

Silver Surfers Talk: Apple Intelligence

Thursday 14 May 10:30am - 12:00

The AI from Apple translates on the fly, rewriting emails or documents. Charlie explains how to stop spam calls and many more features, all in a very secure way.



Our Silver Surfer tutors are ready to answer your questions

Silver Surfers Talk: Recording & editing sounds and music on your desktop or laptop

Thursday 21 May 10:30am - 12:00

In this session, Mike talks about a free program called Audacity which runs on both Windows and Apple Mac computers. If you want to experiment with sound recording, whether simple or complicated, it can turn your computer into a recording studio. Make recordings, manipulate and improve recordings, layer recordings on top of each other and create MP3s to play on any device. It can even clean up old poorly made recordings.

Silver Surfers Talk: Jason's Music Session

Thursday 28 May 10:30am - 12:00

How easy is it to make music? Let's find out together! Jason explains how to create basic music via digital means. No musical experience is needed in this fun and informative - and possibly interactive - session.

All Silver Surfer classes take place at the Hub and on zoom. To book for any of our activities,

please contact events@ageukwalthamforest.org.uk
or 020 8558 5512

Silver Surfers Talk: Chromebook 3 - Using Android apps on Chromebook

Thursday 4 June 10:30am-12:00

Chromebooks run on chrome OS, but they also include Android. And thousands of the same apps on Android phones can also be used on Chromebooks, though they look different on the larger screen. Phil explains how you can use this.



Silver Surfers Talk: Excel is Interesting! (honest!)

Thursday 11 June 10:30am-12:00

Excel mistakenly has the reputation of being “just for accountants and people who work with figures”. As a result, many are missing out on something really useful as there are lots of uses that don’t involve numbers or calculations. Come along to this beginner’s session and Mike explains how it could be of use to you. You might be surprised! We’ll also show you free alternatives to the chargeable products.

Need Tech Support?

You can book a one-to-one session with one of our digital buddies at the Hub. They can help you solve problems with your device or give general advice
Call 020 8558 5512 or email
events@ageukwalthamforest.org.uk

Silver Surfers Talk: Internet Security

Thursday 18 June 10:30am-12:00

Charlie explains how to protect yourself and recognise scams in the digital world.

Pepys, Pubs, Graves & A Grotto

Friday 19 June 2026 at 2:00pm

In May 1668, Pepys wrote in his diary that he went ‘abroad to Marrowbone’ as he called it, then a coach ride from the City. Although Marylebone has changed just a bit in the intervening centuries, there are still remnants of the past to be found which remind us of its rich history. We will hear about the shell grotto in modern day Grotto Passage and then walk towards a street formerly known as Burying Ground Passage and hear about the notorious antics of its residents. We will also hear about some of the fascinating pubs in the area including one with drinking boxes.
Cost is £5, booking is essential (2 hours)



Silver Surfers Talk: Google Docs

Thursday 25 June 10:30am-12:00

Google Docs is a word processing application that might be regarded as the Google equivalent of Microsoft Word, as it has many features that are similar to MS Word. Neil explains how these features are used to produce good quality documents.

Focus on Pension Credit



Pension Credit is a means-tested benefit for people of State Pension age who are on a low income. Many people are eligible for this benefit but don't know this or how to apply. It's worth finding out if you are eligible by getting a Benefits Check as, as well as topping up your income, Pension Credit can also be your passport to other benefits.

There are two parts to Pension Credit:

Guarantee Credit

– this is to top up your weekly income to a minimum State Pension level set each tax year by the Government.

Savings Credit

– this is a bit of extra money awarded by looking at the level of retirement provision you have made. This is only paid to new claimants if you reached state pension age before 6 April 2016.

You may be eligible for one or both parts.

How can I tell if I am eligible?

You need to have reached State Pension age. This is currently 66 years old for both men and women. As pension credit is means tested, your income and your savings will be taken into account when you apply.

You can call our Information & Advice Team who can arrange a benefits calculation for you and advise further. If you discover that you are only eligible for a small amount, it is still worth claiming it. This is because by claiming pension credit, you may become eligible for other benefits, such as Housing Benefit or Council Tax Support.

If you're a mixed-aged couple (meaning only one of you is of State Pension age), you normally have to claim Universal Credit until you've both reached State Pension age, at which time you can claim Pension Credit.

When you apply for Pension Credit your income and any savings you have is calculated together. If you have a partner, your income is combined and calculated together.



How much is it worth?

Guarantee Credit tops up your weekly income to a minimum State Pension level set each tax year by the Government. From 6 April 2026 it is:

- £238 if you're single
- £363.25 if you have a partner

If your income is higher than this amount, you may still be eligible for Pension Credit if you have a disability, you care for someone, you have savings or you have housing costs.

Savings Credit pays a weekly extra of:

- £17.96 if you're single
- £20.10 if you have a partner



What counts as income?

Any regular source of income

This includes your State Pension, any work or private pensions, earnings from employment (including self employment) and most social security benefits, including carers allowance all count as income. If you have a private or work pension that is unclaimed, or if you have deferred your state pension, this will count as income.

It does not include disability benefits (Attendance Allowance, PIP or DLA), Child Benefit, Housing Benefit or Council Tax Support.

Your savings and investments

There's no savings limit for Pension Credit but if you have more than £10,000 in savings, it will affect how much you get.



What are the other benefits of receiving Pension Credit?

- If you are claiming a disability benefit (DLA, PIP or Attendance Allowance), you may get an extra amount known as Severe Disability Premium. This may be up to £86.05 a week.
- You may be entitled to help with costs of NHS dental treatment, glasses and transport to hospital.
- Free TV licence if you are over 75
- If you rent your home, you may qualify for Housing Benefit towards paying your rent. If you own your home, you may be eligible for help with housing costs.
- If you care for someone, you may get an extra amount known as Carer Addition. This may be up to £48.15 a week.

For full information visit <https://www.gov.uk/pension-credit>

How do I claim?

Contact the Pension Service by calling the Pension Credit claim line 0800 99 1234 or visit <https://apply-for-pension-credit.service.gov.uk/start>

You'll need to have the following details to hand when you call:

- your National Insurance number
- your bank account details
- details of your income, savings and investments
- details of your pensions
- details of your housing costs (such as mortgage, interest payments, service charges)
- your partner's details (if you have a partner).

If you need help making a claim, contact the Information & Advice team on 020 8558 3404 or email contact@ageukwalthamforest.org.uk

Age UK Waltham Forest Information & Advice Team is proud to hold the Advice Quality Assured Standard as well as the Advice Quality Standard, which is awarded to organisations that give advice to members of the public on financial and legal issues.

Holders of AQS are audited every two years and have to demonstrate that they are accessible, effectively managed and providing a service that meets the needs of their clients.



Weekly Activities Timetable

All our activities are weekly unless stated otherwise

**M
O
N
D
A
Y
S**

10:00am-3:00pm	I&A Drop-In - Queens Road Family Hub E17	Donations
10:30am-11:30am	Walking Football - Pastures E11 3DR	Donations
11:25am-12:15pm	Tai Chi- The Hub	THIS CLASS IS FULL
12:20pm-1:10pm	Tai Chi - The Hub	£6
1:15pm-2:15pm	Fitness Classes - Yonder E17 6DP	£7
1:30pm-3:30pm	Monthly Digital Help and Support - The Hub (3rd Monday of the month)	Donations
1:30pm-4:30pm	Veterans Coffee Club at The Hub (2nd and 4th Monday of the month)	Donations
1:30pm-4:30pm	Bereavement Support Group - The Hub (1st Monday of the month)	Donations
2:15pm-3:00pm	Tai Chi - Priory Court E17 5NB	Donations

**T
U
E
S
D
A
Y
S**

10:00am-11:00am	Tai Chi- The Hub	£6
11:00am-11:55am	Tai Chi - The Hub	THIS CLASS IS FULL
11:00am-12:00	Bollywood Dance - Crate E17 7FY	£5
11:00am-12:00	Walking Group - E17 area	Free
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
2:00pm-3:00pm	Table Tennis - The Hub	£4
3:15pm-4:15pm	Table Tennis - The Hub	£4
4:30pm-5:30pm	Healthy Hearts - Winchester Road E4 9JP	£5

**W
E
D
N
E
S
D
A
Y
S**

9:15am-9:55am	Tai-Chi - United Free Church E11 1AY	Donations
9:30am-12:30pm	I&A Drop in - Priory Court E17 5NB	Donations
9:40am-10:30am	Tai Chi - The Seddon Centre E10 5AS	Donations
10:00am-11:00am	Zumba - Crate E17 7FY	£5
10:00am-1:00pm	Coffee Time - The Hub	Donations
11:15am-12:00	Tai Chi - Mornington Hall E4 7EN	Donations
11:45am-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
2:00pm-3:00pm	Seated Yoga - The Hub	£6
3:15pm-2:15pm	Ukulele Group - The Hub	£5
4:15pm-5:15pm	Harmonies at The Hub	£4

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

T H U R S D A Y S	9:45-10:45am	Strong & Steady fitness class - Priory Court E17 5NB	Donations
	10:30-12:00	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
F R I D A Y S	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	THIS CLASS IS FULL

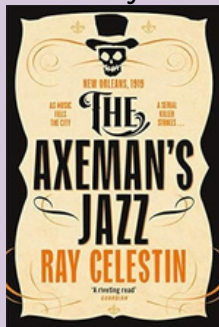
SATURDAYS

9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5
11:00am-1:00pm	Social Sewing Saturdays - Leyton Store E10 6AE	Donations

BOOK CLUB

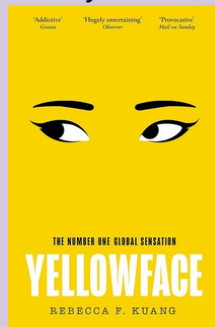
Books for May and June

May



The Axeman's Jazz
By Ray Celestin

June



Yellowface
By Rebecca F Kuang

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

You can see above that 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 or fundraising for us, 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:
Queens Road Family Hub E17 8PJ
Mondays 10:00am to 3:00pm
and 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

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