

NEWS

From the North Hub

July and August 23

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello!

In this issue, we focus on all things digital. We are now offering a range of different forms of digital advice, support and training, at the Hub or remotely via zoom or in your home. We cover a range of different topics, including Twitter, Ebay and so much more-do take a look at the feature on page 8. We have also included a feature on safeguarding yourself from online fraud on page 12. However, we also continue to request local services offer alternative options for people who don't have access to digital means.

I hope you are enjoying the summer and are able to take part in some of our classes and group activities. If there is an activity or service you'd like to see, please do contact our events team and let them know.

Best Wishes,

Emma Tozer
CEO Age UK
Waltham Forest



A big thank you to the council volunteers who tidied up our garden for summer!

Contents

2-3	News
4	New Activities
5-6	Activity Timetable
8-9	Silver Surfers Digital Special
10-11	Silver Surfers Timetable
12-13	Money Matters: Email and Online Scams
14-15	Spotlight on Wellbeing
16	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
www.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.



Registered with
**FUNDRAISING
REGULATOR**

Blooming marvellous

Thank you to all who entered our Blooming Lovely Tallest Sunflower competition. Although all the sunflowers are still growing to victory, we've raised £105 in donations so far. This has been match funded to a total of £210 by the Ahmadiyya Muslim Elders Association.

on 2nd June we celebrated National Fish & Chips Day with a Quiz evening including a delicious fish & chip supper. With questions devised by quiz master (and trustee) Pauline Martindale, it was a fun evening which raised just over £900! Many thanks to all who made the evening a success.

Fellow trustee Richard Freitag also held his own quiz in March, which raised £490!



Mayor of Waltham Forest Roy Berg at our Quiz night

Celebrating older workers

We greatly value our staff team, who are diverse in backgrounds and age. We recently signed up at Ageing Better, a scheme to improve the recruitment, retention and development of older workers. By signing up to this pledge, we join more than 140 other organisations in committing to improve work for people in their 50s, 60s and beyond. Age UK Waltham Forest also pays staff the London Living Wage as a minimum, which, unlike the Government National Living Wage, is a higher voluntary rate of pay.



Thank you!

As part of National Volunteer Week, we celebrated our valued volunteers on social media, sharing some of their stories and experiences of volunteering for us. We have over 300 volunteers who support our work week in and week out and we are so grateful for all that they do. From befriending someone unable to go out, to getting someone's shopping, to running activity classes, to helping people fill in forms, as well as our volunteers at the Hub who look after reception, help with admin and send out packs! Without them we would simply not be able to provide the services we do for older people in Waltham Forest. So, from everyone at Age UK Waltham Forest thank you!

Well done Miles

Volunteer befriender Miles Probyn formed a close bond with the late Joseph Power, who was 90, an RAF veteran and all round gentlemen. When Joseph sadly passed away earlier this year, Miles decided to run Leeds Marathon to raise money for Age UK Waltham Forest in his memory. Miles told us, "It was hilly, hot and required all my stamina to complete it." Miles completed it in just over 5 hours and raised over £1,000 for us! Thank you Miles!



Miles completing the Leeds Marathon

News

Charity Walk

We attended the Charity Walk for Peace in June, which is an initiative of the Ahmadiyya Muslim Elders Association to promote peace, understanding and goodwill and is supported by many charities. They have agreed to match fund the donations we raise, for which we are very grateful.



Our last walk for peace back in 2017!

Summer Garden Tea Party

Come join us at our Summer Tea Party fundraiser in The Hub garden on Friday 11 August from 10.00am – 1.00pm. There will be fun for all the family as well as a baking competition.

Don't be afraid to take a whisk - enter our Bake Off Cake competition, £2.50 to enter.

Always remember, life is what you bake it!

If you would like to join us for some summer fun please contact us on 020 8558 5512 or events@ageukwalthamforest.org.uk

Veterans Lunchclub with the Os

Earlier this year, we approached Leyton Orient FC with a view to setting up a lunch club for Veterans, which the club were delighted to do as they have a long term interest with supporting Armed Forces charities. Since then, we have held the Veterans Lunch Club in the directors lounge at Leyton Orient every month with sandwiches and hot drinks. Despite the Orient's winning season with many of the games being sold out, the club kindly offered our Lunch Club attendees free tickets for that final game. If you are a veteran or a war widow or have any association with the armed forces, you are welcome to join us, just turn to page 5 for details.



Veterans Lunch Club at Leyton Orient

Newsletter Sponsorship

We are grateful to receive a donation of £550 from Bluebird Care services, towards the costs of producing and sending this issue of the Newsletter and we are pleased to include their advert on page 7. However in keeping with our terms of business, Age UK Waltham Forest does not endorse or promote this service above other services.

Activities coming up

South Chingford Jumble trail

Sunday 24 September from 10.30am – 3.00pm.
This is a trail of home jumble sales which are mapped out for people to follow and shop from. If you live in the South Chingford area, you can host a sale in your front garden to sell clothes, books, bric-a-brac etc.

To book a stall, all we ask is that you make a minimum £5 donation. This will ensure that you are put on to the online Google Jumble Trail Map. For more information and to register visit <https://www.justgiving.com/page/south-chingford-jumble-trail>.

Then send us an e-mail events@ageukwalthamforest.org.uk to confirm you've made a donation with your full address including postcode and we'll get your stall on the map!

You can also support us with a Stow Brothers Estate Agent board to help publicise the Jumble trail. Age UK Waltham Forest will receive £10 for every board displayed. Please email events@ageukwalthamforest.org.uk if you would like to help out.



Tea and Cake Quiz

Join us for our fun monthly quiz at the Hub!

When: 27 July, please arrive at 2pm for a 2:30pm start.

Booking is required



Everyone with their final creations on our pottery course in May

History Walk in Marylebone Pepys, Pubs, Graves & a Grotto

Monday 17 July at 11am

2 hours, £5, booking is required

In May 1668 Pepys wrote in his diary that he went 'abroad to Marrowbone' as he called it then, a coach ride from the City.

Although Marylebone has changed just a bit in the intervening centuries there are still remnants of the past to be found which remind us of its rich history.

We will be reminded of the shell grotto in modern day Grotto Passage and then walk along alleyways which once housed dreadful slums towards a street formerly known as Burying Ground Passage. We will also see monuments to some of its illustrious residents and pass pubs which have stories of their own.

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

Activities Timetable

July-August 23

All activities are weekly unless stated otherwise

Monday

10:30-11:15am	Bollywood Dance- Zoom only	Donations
10:30-11:30am	Walking Football-Pastures E11 3DR	Donations
11:30-12:30pm	Tai Chi- The Hub	£5
1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£4
1:30-3:30pm	Monthly Digital Help and Support- The Hub (3rd Monday of the month)	Donations
1:30-4:30pm	Veteran's Coffee Club at the Hub- (2nd and 4th Monday of the month)	Donations
2:00-4:00pm	Piano Club at the Hub-(1st Monday of the month)	£3
2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations

Tuesday

10:15-11:00am	Tai Chi- The Hub	£5
11:00-12:00pm	Bollywood Dance- Crate E17 7FY	£4
11:00-12:00pm	Walking Group- Wood Street Station	Free
11:15-12:15pm	Tai Chi- The Hub	£5
2:00-3:00pm	Table Tennis- The Hub	£3
3:15-4:15pm	Table Tennis- The Hub	£3
4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5

Wednesday

10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations
10:00-11:00am	Zumba- Crate E17 7FY	£4
10:00-1:00pm	Coffee Time- The Hub	Donations
11:00-11:45am	Tai Chi- Mornington Hall E4 7EN (beginners)	Donations
11:45-12:00pm	Tai Chi- Lea Bridge Library E10 7HU	Donations
12:00-12:45pm	Tai Chi- Mornington Hall E4 7EN (improvers)	Donations
12:00-1:00pm	Veterans Lunch Club- Leyton Orient E10 5LG (Last Wednesday of the Month)	Donations
2:00-3:00pm	Seated Yoga- The Hub	£5

Activities Timetable

July-August 23

All activities are weekly unless stated otherwise

Thursday

10:00-12:30pm	Silver Surfers Zoom/ The Hub	Donations
10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4
1:45-2:35pm	Silver Surfers Zoom/ The Hub	Donations
2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£3
2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations

Friday

9:30-10:15am	Tai Chi- Leyton Library E10 5QH	Donations
10:00-10:45pm	Tai Chi- Zoom only	Donations
10:00-1:00pm	Coffee Morning and Wellbeing Activities -The Hub (page 14 to see what's on)	Donations
11:30-12:15pm	Seated Yoga- Zoom only	Donations
11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
2:00-3:00pm	Pilates- The Hub	Donations
2:00-3:00pm	Pilates- The Hub	Donations

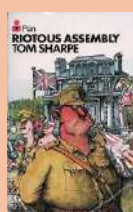
Saturday

9:00am	Veteran's Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£4
--------	--	----

Book Club

We meet on the second Thursday of the month between 2pm and 4pm at The Hub, to discuss the book of the month. Cost is just £3.

13 July



Riotous Assembly
By Tom Sharpe

10 August



The Hungry Road
By Marita Conlon-McKenna

14 Sept



Mr Wilder and Me
By Jonathan Coe

12 Oct



Disobedience
by Naomi Alderman

9 Nov



The Girls
by Emma Cline

For more information or if you would like to attend, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

“

She's my lovely
blue angel

”



Care in your home, just as you like it.

You love your home and you feel safe there. Needing additional care and support shouldn't change that.

With our well-trusted care service, you can remain at home surrounded by loved ones and beloved pets and still enjoy your home, garden and community.

You may be in a situation where you need an extra pair of hands to help with daily chores, or you may have complex needs that require more dedicated care. We build our care packages around you and your individual needs which means that you and your family can rest assured you'll receive care and support exactly as you need. Our care ranges from a 30-minute daily visit through to full Live-in care.

More detailed information on live-in care can be found at: bluebirdcare.co.uk/live-in-care

Call our friendly team today to see how we can tailor a care package for you.

Bluebird Care Waltham Forest

0203 490 6030

bluebirdcare.co.uk/waltham-forest

walthamforest@bluebirdcare.co.uk



Home

is where the heart is

Let's keep it there



For many of us who grew up with three channels on the TV, a landline and using a post office to send anything, we have experienced a massive revolution in how we communicate and receive information, as well as shop, bank, book appointments and more. While we adapt to the new technology, it can be hard to keep up with new systems and equipment. And more and more now, we often don't have the choice other than to go online.



We at Age UK Waltham Forest are passionate about providing help with technology, which everyone can access and be supported to use.

We are very fortunate to have a group of volunteers with a range of expert IT knowledge, all too willing to share their know-how on all things tech. Because of their expertise, we are able to provide a wide range of classes, talks and support.



Hands on Classes

We are delighted to reinstate our IT Learning Suite to enable up to six people to attend classes with use of a computer. Here you will be able to learn step by step how to use a range of different programmes such as Microsoft Word, Excel, Facebook and using videos. You can ask those questions that may seem obvious but will be answered and explained. You will also receive handouts that you can refer to at home. Due to limited space, booking will be required for these classes. Please look for this symbol in the timetable for our hands on classes. 

Upcoming Classes

20 July, 10am-12pm [Hands on with Excel](#)

Excel is a powerful tool for it works really well for simple calculations and tracking almost any kind of information. You will learn the basic steps to get you started such as creating a workbook, entering data, using Autosum and creating a simple formula and using cell borders and shading.

This session can be attended stand alone but it also makes an ideal follow on to our "Excel is interesting" session to gain hands on experience of the subjects demonstrated there.

14 Sept, 10am-12pm [Hands on with Facebook](#)

Would you like to set-up your own Facebook account? Learn how to post, find friends and join groups? This hands on step-by-step session will guide you through the basics and get you up and running. This session can be attended stand alone but it also makes an ideal follow on to our First Steps with Facebook session to gain hands on experience of the subjects demonstrated there.

Due to limited space booking is required. Please contact us on 020 558 5512 or events@ageukwalthamforest.org.uk



Silver Surfers Weekly Classes

Our team lead a class every week on a different theme, such as how to get the most out of your iPad or iPhone, how to use cloud storage, social media, storing your photos, how to use smart meters, using online maps, just to name a few. The schedule is listed in each Newsletter and the most popular ones are repeated.

Classes are held at the Hub, which are free are available via Zoom.

See our timetable to check out what is coming up!



Weekly Tech Q&A

Ever wished you had someone to turn to when you get stuck on a technology matter? Need help or advice about computers, tablets, smart phones or other technology? Every Thursday between 12.00am – 12.30pm, our experience team are here at the Hub to answer your questions. booking is not required.

NB this session is for questions only, please do not bring devices in to be looked at as this is a group session.



One-to-one Support

Monthly Digital Support Session

Need some one-to-one support? Stuck on an app? Microsoft word problems? Need to know how to send a text message on your phone? Come along and our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you.

We run these sessions on the 3rd Monday of the month at the Hub, 1:30-3:30pm. There is no need to book just turn up with your device!

Next sessions: 17th July and 21st August at the Hub



Digital Buddies

If you are not able to come to the Hub, we can visit you at home.

Our Digital Buddies are volunteers, screened by us, who can assist you with learning to use your new device, advise on linking to a printer, help with how to do an online shop, as long as it's on your own device. They cannot fix broken devices.

If you would like a Digital Buddy to help you, please contact us on 0208 558 5512 or events@ageukwalthamforest.org.uk

Free SIM card data offer

We have some free SIM cards to give away for people on low income. The cards will last for six months and your mobile phone number may change (unless you are able to manage the PAC code transfer)

To qualify, you need to be over 60 and be in receipt of means tested benefits (such as pension credit or universal credit), and we will need to see proof of this in the form of your bank statement or your DWP benefit letter. To apply please contact us on 020 8558 5512 or events@ageukwalthamforest.org.uk

Silver Surfer Timetable

June 23

New format for Silver Surfers. Monday tech support will no longer be available on Zoom.
All other classes will continue both in person and on zoom

6 July

10:00am-12:00pm

Apple Mac v PC

What is the difference between the two operating system and how easy is it change. What are the Advantages and Disadvantages of an Apple Mac Computer? The way that iPads and iPhones interact with the Mac, and how the Mac can interface with Microsoft Windows. All will be explained!

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

Join us for tech tips, breaking news and your questions answered

13 July

10:00am-12:00pm

Excel is interesting! (honest)

Excel mistakenly has the reputation of being "just for accountants and people who work with figures". There are lots of uses that don't have any numbers or calculations at all. Come along to this beginner's session and see how it could be of use to you. You might be surprised. We'll even show you free alternatives to the chargeable products.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

Join us for tech tips, breaking news and your questions answered

17 July

1:30pm-3:30pm

Digital Help and Support Session

Need some one-to-one support? Stuck on an app? Microsoft word problems? Need to know how to send a text message on your phone? Come along and our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you.

In person only

20 July

10:00am-12:00pm

Hands-on with Excel



Excel is a powerful tool for it works really well for simple calculations and tracking almost any kind of information. You will learn the basic steps to get you started such as creating a workbook, entering data, using Autosum and creating a simple formula and using cell borders and shading. This session can be attended stand alone but it also makes an ideal follow on to our "Excel is interesting" session to gain hands on experience of the subjects demonstrated there.

At the hub only.
Limited places.
Essential to
book in advance.

20 July

10:00am-12:00pm

Using Whatsapp and Youtube

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

Join us for tech tips, breaking news and your questions answered

27 July

10:00am-12:00pm

The Secret World of Coding

This session is aimed at novices. We'll pull back the curtains and shine a light on the hidden world of "software".

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

Join us for tech tips, breaking news and your questions answered

New format for Silver Surfers. Monday tech support will no longer be available on Zoom.
All other classes will continue both in person and on zoom

3 August	10:00am-12:00pm Smart Homes Control your home with your voice, improve your security, save energy 12:00-12:30pm Tech Q&A and open discussion- all welcome! Join us for tech tips, breaking news and your questions answered
10 August	10:00am-12:00pm Powerpoint & Google Slides (More interesting and useful in everyday life than you might think) If you think PowerPoint and Google Slides are only for giving lectures you may be surprised. We'll show you the basics of each and offer some interesting unusual uses. We'll give an overview of both Microsoft PowerPoint and (free) Google Slides. We'll also mention PowerPoint's free clone, Libre Impress. 12:00-12:30pm Tech Q&A and open discussion- all welcome! Join us for tech tips, breaking news and your questions answered
17 August	10:00am-12:00pm Starting with Twitter This session looks at how Twitter can work for you, how you get started, how to tweet, & retweet, how to attach pictures and links, how to follow, and unfollow, and how to control your privacy. 12:00-12:30pm Tech Q&A and open discussion- all welcome! Join us for tech tips, breaking news and your questions answered
21 August	1:30pm-3:30pm Digital Help and Support Session Need some one-to-one support? Stuck on an app? Microsoft word problems? Need to know how to send a text message on your phone? Come along and our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you.
24 August	10:00am-12:00pm Ebay basics Want to learn about buying or selling on eBay? Learn the basics, such as creating an account; listing an item; eBay fees; getting paid; shipping and feedback. 12:00-12:30pm Tech Q&A and open discussion- all welcome! Join us for tech tips, breaking news and your questions answered
31 August	10:00am-12:00pm Recording and editing sounds and music on your Desktop or Laptop This session is all about a free program called Audacity which runs on both Windows and Apple Mac computers 12:00-12:30pm Tech Q&A and open discussion- all welcome! Join us for tech tips, breaking news and your questions answered

In person
only

Money Matters: Email and Online Scams



It seems more and more people are falling victim to scams, being cheated out of their own money. Anyone can fall victim, including people who are normally able to manage their own affairs, as well as vulnerable people who are at risk. This can happen online, on the phone, by post or on your doorstep. And as technology becomes more sophisticated, so do the tactics that fraudsters use.

What to watch out for:

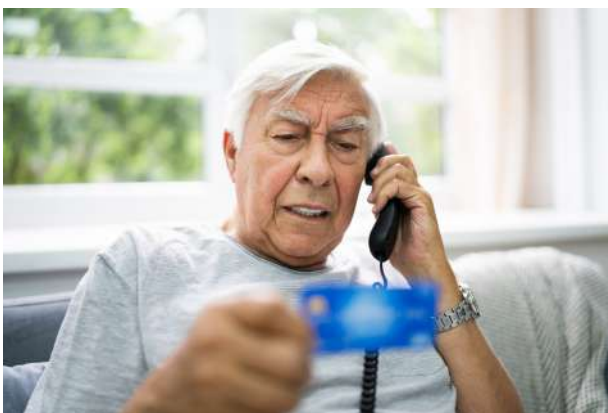
Fake websites – these often look like a trusted organisation's real site, in order to get you to give personal information. For example, you could get an email claiming to be from your bank, which directs you to a fake website and asks you to enter your account details.

A screenshot of a web browser's address bar. It shows a padlock icon on the left, followed by the text "ageuk.org.uk/walthamforest/".

A lock on the left hand side of the address bar indicates a secure website (like the one shown above). But a red lock may suggest the website you are on is fake. If you are not sure, don't click on the link, but find the website yourself.

Any emails from abroad asking for money

– this may appear to be a stranded friend or relative asking for help, but is actually a scammer who has hacked into that person's email address. Or it could be an email asking you to transfer a sum of money abroad in return for a larger reward later.



Emails with attachments – some attachments contain viruses that 'infect' your computer. These could appear to be from someone you know, but their account may have been hacked.



Tax refund emails – an email claiming to be from HM Revenue and Customs (HMRC) offering you a tax refund if you enter your details. The real HMRC would never email to give you a tax refund. This is a common scam and many people have fallen victim to it.

Invoice emails – these appear to be from companies that you deal with regularly, or even a solicitor, and can seem genuine.

But don't worry there are steps you can take to protect yourself...more information over the page.

Money Matters: Email and Online Scams



What to do

- **Strong password:** Always create a strong password for any online accounts, as this will help prevent your account being hacked. Your email account is a gateway to lots of other accounts, so always use a password you don't use for anything else.
- **Ignore attachments:** Don't open any attachments to an email unless you know they're safe.
- **Leave the links:** Don't click on any links within emails that claim to direct you to your bank, utility company or HMRC. Always search for the website yourself instead.
- **Report and delete:** Report scam emails to the Government's Suspicious Email Reporting Service at report@phishing.gov.uk and then make sure you delete them.
- **Don't reply:** Never reply to scam emails, even to say 'No'. This will let the scammer know that your email address is active and they'll send you more emails.
- **Double-check:** If you get an unexpected request for payment from someone claiming to be a trusted company or your solicitor, look up their phone number and give them a call to double-check.
- **Filter junk:** Check your email account is set up to filter junk (or spam) mail. This may help remove some suspicious emails from your inbox automatically.
- **Stay virus-free:** Make sure you have anti-virus software installed on your computer to protect it from viruses.
- **Check your preferences:** When shopping online, you may be asked if you want to receive mail or emails from the company. Make sure you tick or untick the correct box. You can also unsubscribe from any mailing lists you have signed up to.

Good to know

To make a strong password, try using three random words, such as SkyChairYellow and use a special character such as ! * % – but don't copy our one! Don't include any words that include personal information, such as your name.

Who to contact

To report scam emails or get advice on preventing fraud, contact Action Fraud on 0300 123 2040 www.actionfraud.police.uk

Get more advice on how to deal with scam emails from www.getsafeonline.org or look at the 'Help' pages of your email account provider.

Scams awareness event

We are currently working with Barclays and the Local Police and will be hosting a Scams Awareness event at the Hub on 18th August from 11am.

Please book your place by contacting us on 020 8558 5512 or events@ageukwalthamforest.org.uk



Our last scams awareness event was fully booked!

Spotlight on Wellbeing

With Summer at its height, something easy to cook and healthy to eat is on the menu. Here are a few ideas . .



Courgette Fritters (by Rachel Phipps)

Serves 2 - You will need:

120g/4½oz courgette, coarsely grated
 50g/2 oz frozen peas, thawed
 1 large free-range egg
 3 tbsp plain flour
 ½ tsp sea salt
 ½ tsp baking powder
 1½ tsp ground cumin
 vegetable oil, for frying
 freshly ground black pepper



To make:

1. Season the courgette with sea salt and set aside.
2. Whisk together the egg, baking powder, flour and cumin in a large bowl and season with black pepper.
3. Squeeze the excess water out of the courgette over the sink, then add the courgette and peas to the batter.
4. Heat enough oil to just cover the bottom of a large frying pan, over a medium-high heat. When the oil just shimmers, drop in heaped tablespoons of the courgette mixture, flattening them with the back of the spoon to make fritters. Fry each one for 1–2 minutes, or until golden-brown on each side. If you need to cook in batches in a smaller pan, set the fritters to drain on a plate lined with kitchen paper.

Beetroot Salad (From The Hairy Bikers)



Serves 2-3 - You will need:

2 medium beetroot
 1 red eating apple, cut into 2cm/1in cubes
 1 green eating apple, cut into 2cm/1in cubes
 ½ small red onion, sliced
 20g/1oz blanched almonds
 ½ tsp cumin seeds
 handful fresh herbs
 salt and freshly ground black pepper
 dash olive oil, for drizzling

For the dressing:

150g/5½oz plain yoghurt
 1 lime, zest and juice
 2 tsp honey

To make:

1. Pre-heat the oven to 200C/180C Fan/Gas 6.
2. Line a baking tray with kitchen foil and place the beetroots in the middle. Season with salt and pepper and drizzle with oil. Wrap the foil up around the beetroots, seal and bake for 1 hour.
3. Place a small frying pan over a low heat and toast the nuts and cumin seeds for 2 minutes. Remove from the heat and allow to cool in the pan.
4. Peel and cut the beetroot into 2cm/1in cubes and place in a large, glass bowl. Stir in the apple, nuts, seeds and herbs.
5. To make the dressing, mix the ingredients together in a bowl. Just before serving, dress the salad and mix well.

Spotlight on Wellbeing



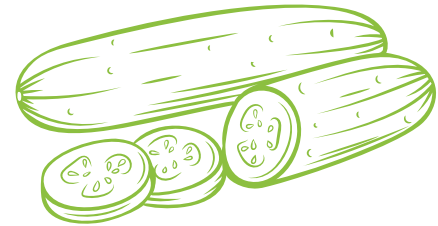
Thai Cucumber Salad (by Nadiya Hussain)

Serves 4 - You will need:

- 100g/3½oz green beans, cut into 2–3cm/¾–1¼in pieces
- 2 cucumbers, peeled, core removed and sliced into thin strips
- 2 medium-large tomatoes, cut in half, seeds removed and thinly sliced
- 1 large carrot, peeled and thinly sliced
- 1 red onion, thinly sliced
- 150g/5½oz cooked prawns
- 60g/2¼oz roasted salted peanuts, plus 25g/1oz extra for serving

For the dressing:

- 2-3 bird's-eye chillies
- 3 garlic cloves
- 1½ tbsp brown sugar
- 2 limes, juice only
- 3 tbsp fish sauce



To make:

1. Start by blanching the green beans in boiling water for 4 minutes. Drain, run under cold water and leave to cool.
2. Combine the cucumbers, tomatoes, carrots and red onion in a large bowl. Mix by hand. Add the prawns and peanuts and mix through.
3. Now put the chillies in a pestle and mortar and crush them, followed by the garlic. Add the brown sugar, lime juice and fish sauce and mix through.
4. Add the sauce to the salad and mix everything together. Serve with a sprinkling of nuts.

Your Corner



Some beautiful pottery made on our recent 5 week pottery course. The course was a fantastic opportunity to let our creativity flourish. There was a great variety of creations from egg holders, coasters, vases and animals!

Call for more courses! Is there a craft you would like to learn, please let us know on events@ageukwalthamforest.org.uk

Friday Coffee Morning Activities

- 7 July - Learn the Art of Sugar Craft
- 14 July - Bereavement Support Group
- 21 July - Tea and Talk
- 28 July - Drawing Class
- 4 August- Tea and Talk
- 11 August- Garden Tea Party
- 18 August- Scams Awareness
- 25 August- Drawing Class



Copped Hall talk at one of our coffee mornings

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 Priory Court, Walthamstow
Wednesday from 9:30am-12:30pm



Befriending team

can match you with a volunteer for companionship and friendship. Due to high demand, we can only offer this to people who are over 60 and live alone in Waltham Forest. 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 £21 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 £21 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Age UK Waltham Forest
Waltham Forest Resource Hub (North)
58 Hall Lane, Chingford E4 8EU

Tel: 020 8558 5512 email: info@ageukwalthamforest.org.uk
www.ageukwalthamforest.org.uk



Registered with
FUNDRAISING
REGULATOR