

NEWS

From the North Hub

July and August 2026

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello,

I hope that you are enjoying the summer. At the time of writing, the temperatures have been soaring, so with that in mind we've included some top tips on Staying Cool on page 9.

It's certainly been busy at The Hub and at our Leyton Store with activities and events including new craft activities and a special party for Windrush Day, which you can read about on page 10.

Our Information & Advice Service is one of two organisations in our Borough who hold the Advice Quality Standard and so best placed to give benefits advice. So do turn to page 11 about getting a benefit check.

I particularly would like to thank all the wonderful people who have been raising money for our work, in a variety of ways from running marathons to hosting their own events to gifts in memory. Every penny of donated income we receive is well spent in keeping The Hub open, so that our services can continue.

Thank you.

Best Wishes,

Emma Tozer
CEO Age UK Waltham Forest



Our Loved & Wanted events start this summer! See inside . . .

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Age UK Waltham Forest
Waltham Forest Resource Hub (North)
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London Legal Walk

A huge thank you to everyone who joined and supported us for this year's London Legal Walk held in June. The 10k circular route along the Thames, provided a stunning early evening walk in London, helping to raise valuable funds and awareness. We would especially like to thank Zey Ibrahim, whose fundraising total was generously match funded by her company, Barclays. We are also grateful to Arora St James, who kindly chose to split the money they raised between the London Legal Walk charity and ourselves. With the combined fundraising we have currently raised over £2,000 for our Information & Advice Service. But there is still time to make a donation! Please visit our website page <https://londonlegalsupporttrust.enthuse.com/pf/age-uk-waltham-forest-2026>



Staff and volunteers at this year's legal walk



Ralph and Sheddies fitting out the new shed

Our Mens' Shed is here!

Our Shed has now been assembled and positioned in place, formed from a shipping container which has been cladded inside. Workbenches, storage space and electrics are currently being installed. A huge thanks goes to several Sheddies who have given their time, hard work and enthusiasm to bring this project to life.

Once ready, we'll be holding open days and drop-in sessions where experienced makers or complete beginners can come along, use the facilities, work on their own projects, or simply get advice and inspiration from fellow members. We'll also have days open to men and women. So watch this space! If you would like to know more please get in touch with Ralph r.petrie@ageukwalthamforest.org.uk

Services Review

Our Independent Living Services were established five years ago and we have strived to keep our costs as affordable as possible. However in line with rising costs, we have had to take the difficult decision to increase the costs of our services from July 2026, including Footcare, Help at Home, Handyperson and Shopping. Details of the new costs are on page 14.

Since our funding for free grabrails is now finished, we are offering grabrail installation at the price of £50 for one rail, £65 for two rails. Cost includes the rails and handyperson time.

Contact

support@ageukwalthamforest.org.uk

Weekly Activities update

Pilates is back by popular demand! We hope to confirm a new weekly class soon. So please look out for our email updates.

Walking Tennis is back in Walthamstow - see page 12-13 for details.

Also, our weekly Ukulele group and Harmonies at the Hub singing group have both been on hold, but we hope to get the classes back up and running soon. So please check with us on the day to confirm if the class is running.

Full details of all our weekly activities and classes are on pages 12-13.

News

Fundraising Heros

We would like to extend our sincere thanks to some very special people who have fundraised for us.

Congratulations go to our marathon runners: Nick Taylor raised an amazing £2,020, Lisa Barham raised £1,512 and Elle Jewell raised £470 through the London Marathon in April.

Special thanks go to Nick Taylor, whose fantastic fundraising was supported by his fellow members at West Essex Golf Club and as a result we are delighted that the club has chosen us as its Charity of the Year.

Big thanks also go to Paul Leddington, who took on the challenging Chagford Two Hills Race in Devon and raised £245 in support of our work. Thank you to all of you.



Nick Taylor proudly shows his medal

Fish & Chip Quiz Night

A huge thank you to everyone who came along and supported our recent Fish & Chip Supper and Quiz Night. It was a fantastic evening with great food, plenty of laughs and some very competitive quiz teams!

Thanks to your generosity and support, we're delighted to share that we raised £488 on the night. This will go towards supporting our Veterans group and the important work they do within our community. With thanks to our wonderful volunteers, who helped make the evening such a success.



It's the 'plaice' to be!

Bingo-ing Crazy

Thanks go to everyone who supported us at the weekly Wednesday Bingo Night at The Royal Oak, Highams Park. We received a donation of £5 from each book and we also held a raffle on the night. Together, we raised an incredible £746! We're hugely grateful to all at The Royal Oak, the bingo team and everyone who bought books, raffle tickets and joined in the fun.

Could your local pub help us raise funds too?

We're looking for pubs and venues willing to support us at their karaoke, quiz, bingo, or other community nights. It's a great way to have fun, bring people together and support older people here in Waltham Forest.

If you'd like to find out more, please contact Helen at h.bigham@ageukwalthamforest.org.uk

Lovely Afternoon!

Lina Wright hosted a wonderful afternoon tea event in June at All Saints Church, Chingford and raised an amazing £1,875 for us. Guests enjoyed a lovely afternoon of tea, fantastic cakes, live music and singing and friendly conversation. We are incredibly grateful to Lina, everyone at the church and all those who attended and donated.

Could you fundraise for us?

If you have been inspired to hold your own fundraising event — whether it's an afternoon tea, quiz night, bake sale, sponsored walk, or something completely different — we would love to hear from you. Every pound raised helps us continue supporting older people here in Waltham Forest. To find out more about fundraising for us, please get in touch with the team at events@ageukwalthamforest.org.uk

News

Our Big Knitathon!

A big knitted thank you to everyone who came along to our Big Knitathon at the end of June. It was lovely to see so many people knitting, chatting and having fun together.

We're so grateful for all your support in helping us create little hats for the Innocent Smoothie Big Knit campaign.

But the knitting doesn't stop here - oh no! Please keep knitting at home and bring any hats you make into The Hub. If you need help to get started, please get in touch events@ageukwalthamforest.org.uk

Every hat raises 30p - this may not sound much, but hundreds of hats soon become thousands of hats, which brings in much needed income. Thank you.



Can you help us knit more?

McMullen Hart Trust Donation

A slightly impromptu fundraiser took place at the recent charity Karaoke night at the Royal Oak, Chingford. Thanks to the generosity of their guests, James and the team were able to raise £142 (including 10% contribution from the company's shareholders). We look forward to more event fundraising with them!

Green Fingers

Our Leyton store held a successful plant sale last month, with plants lovingly potted by our resident green-fingered expert and fantastic volunteer, Lesley Coidan.

A selection of succulents, house plants and tomato plants were on sale, as well as a selection of gardening books, macramé plant hangers and planters.

See page 5 for more Leyton store news.

Gifts In Memory



We would like to extend our heartfelt thanks to the family of Pat Harvey, a much-loved regular at our Wednesday morning social club. Her sons, Graham and Steve Harvey, kindly chose Age UK Waltham Forest as their chosen charity, requesting donations in lieu of flowers at her funeral, raising £1,050.

We are deeply grateful for their generosity and support during such a difficult time for them. Pat was a valued part of our community and will be warmly remembered by all who knew her.

If you're interested in creating a meaningful tribute to a loved one, you can set up an in-memory fundraising page through our JustGiving page. If you would like help to do this, please get in touch with Helen h.bigham@ageukwalthamforest.org.uk

By supporting Age UK Waltham Forest directly, any money raised goes straight back into helping older people here in our local community and ensures your support stays close to home. If you select Age UK more generally, donations are placed into a national fund.

Thank you for helping us make a difference in Waltham Forest.

News from our Leyton Store

NEW Repair Cafe

Our Repair Cafe is here! Join us every Friday from 2–4pm at our Leyton store. Just bring along an item of clothing from home that needs a little care and attention, and specialist mending expert and upcycler Susie Madine will be on hand to guide you through the repair process. These sessions focus on hand sewing techniques, whether you're looking to darn a hole in a favourite jumper, replace a missing button, or repair a tear in a much-loved dress. Bring your item along and we'll do our best to help you find a solution, giving your clothes a new lease of life while learning valuable mending skills.



Anyone for tennis?

Wimbledon Fever is coming to Bakers Arms!

With the Wimbledon Tennis Championships underway, we're getting into the spirit with our very own Wimbledon-themed store celebration. Look out for a special tennis-inspired window display, browse carefully curated rails featuring Wimbledon-inspired fashion and soak up the tournament atmosphere while you shop. There's also a chance to take part in our fun competition—guess the number of tennis balls in the jar and you could win your very own limited-edition Wimbledon 2026 towel. We'll definitely have some complementary strawberries on offer for customers too!



Repair Cafe in action

We are planning even more community craft workshops and in-store events in the coming months. If you're not already following the shop on social media, now is the perfect time to do so! Follow along for all the news, event updates, plant sales, workshop dates and plenty of inspiration from the team and volunteers at our Leyton Store.

NEW Social Sewing Thursdays

Building on our popular Saturdays social sewing sessions, there's now an opportunity to join us on Thursdays from 11am–1pm. Simply bring along a sewing project from home, or if you'd like to try sewing for the first time, just bring yourself! We'll provide needles, wool and a warm welcome! These relaxed workshops include crochet, knitting, sashiko and embroidery. Beginners are always welcome.

Our Leyton Store is at 857 High Road Leyton, E10 6AE. It's open seven days a week and the income it generates is used to support local people here in Waltham Forest.

For the latest news of our events and special offers, follow us

Facebook : https://www.facebook.com/AgeUKLeytonStore?locale=en_GB

Instagram: https://www.instagram.com/age_uk_leyton_store/

Diary of Events, Walks and Talks

We host a range of different events and classes in our busy activities schedule. So, why not try something new in July and August? Book up for our popular Fundraising Social events, or our monthly history walks given by local historian Joanna Moncrieff, or weekly talks by our Silver Surfer team about using new technology and also science and the arts. And you'll find all our weekly activities and classes on page 12.

Silver Surfer Talk: iPhone Photos

Thursday 2 July 10:30am - 12:00
at The Hub or via zoom

Charlie shows how to take great photos and videos with ease and how to edit them to make them even better

Silver Surfer Talk: Using Google Photos

Thursday 9 July 10:30am - 12:00
at The Hub or via zoom

How to get the best out of Google Photos, the phone app for backing up images, storing and sorting photos, putting into albums and adding information. Phil explains how to edit in various ways: cropping, adjusting colours and light values and also extracting text from photos to copy into a document.

Social Event: Loved & Wanted Togetherness Social

Tuesday 14 July 6:00pm-10:00pm

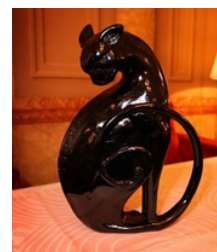
Come and meet people and share delicious food from many different cultures. Participants are asked to please bring a dish to share, representing their culture. Please get in touch with Liz Byrne if you would like to attend 020 8558 5512 or email l.byrne@ageukwalthamforest.org.uk



Silver Surfer Talk: Powerpoint & Google Slides

Thursday 16 July 10:30am - 12:00
at The Hub or via zoom

If you think these programs are just for giving lectures you may be surprised. For example, what about using them to make talking books for your grandchildren that you can read together? Books can contain their pictures and their voice speaking! You can use it to create printable birthday cards. Mike will show you the basics of each, offer some interesting unusual uses and talk about PowerPoint's free clone, Libre Impress.



History Walk: Palaces, People, Mansions & Monuments

Thursday 16 July at 2pm (2 hours)
in Central London

A riverside roam exploring the lost palaces and mansions of London's riverside, together with some of the City's lesser-known monuments. The walk wends its way west along the Thames seeking out remnants of a time when palaces and mansions lined the river – a set of steps, a water gate, the street names – these are all clues that connect us with the past and the stories of those who lived there. On our way we will take in a 16th century chapel linked with an American rock star, the incredible story of Kaspar the Cat, amongst other hidden gems. Booking is essential.

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

More Events, Walks and Talks

Silver Surfer Talk: NHS App

Thursday 23 July 10:30am - 12:00
at The Hub or via zoom

"The NHS App will become the Doctor in your Pocket" Charlie will explain how technology is being introduced into the Health Service. Apps like NHS App, Patients Know Best, eConsult and Accurx Triage service are now being used.

Special Interest Talk: Speech, Hearing and The Mind

Thursday 30 July 10:30am - 12:00
at The Hub or via zoom

'Speech' and 'Hearing' are central to everyday experience. But the 'Mind' - a physical body part and central to daily experience - is abstract and harder to put in words. Phil explores some of the ways it affects us - like how speech gets to the brain, how furies can be calmed and how not to fall over.

History Walk: From Pimp Hall to Ale House Field

Wednesday 5 August at 10.30am
in Chingford Area - 2 hours

Chingford has a very different history to its near neighbour Walthamstow less than 4 miles away. Epping Forest has played an important part in shaping that and on this walk we will see how the area has evolved and what remains from times gone past. Hidden away between the allotments and the local tip can be found the remains of Pimp Hall. Learn about the

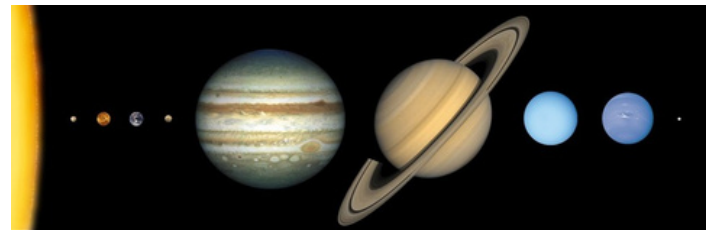


people who left their mark on Chingford, including T E Lawrence, Henry VIII, Queen Elizabeth I, Queen Victoria and Ivor Novello. We finish at Queen Elizabeth Hunting Lodge on the edge of Epping Forest, a 10 minute downhill walk back to the station. Booking is essential

Silver Surfer Talk: Video Conferencing Tools

Thursday 6 August 10:30am - 12:00
at The Hub or via zoom

In the age of Working From Home, video conferencing tools are widely being used for meetings and presentations. Neil looks at a selection of tools such as Zoom and Teams and explains their usage, as well as their comparative strong points and weaknesses.



Special Interest Talk: Where are we? The Solar System to Scale

Thursday 13 August 10:30am - 12:00
at The Hub or via zoom

"Pretty much every model or drawing of the Solar System that you've ever seen is either wrong or at best misleading!" Come along and find out why and what the Solar System "really" looks like - it's not what you might expect !" This light-hearted talk includes the building of an accurate scale model in the hall which usually surprises people and look at where the solar system fits in the whole universe. And we'll create the ultimate intergalactic postal address for The Hub, so a distant alien delivery driver could use it to deliver a parcel to us. The intention is to help answer the question: Where are we?

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

More Events, Walks and Talks

Silver Surfer Talk: New features on Apple Device

Thursday 20 August 10:30am - 12:00
at The Hub or via zoom

Charlie shows how to create and alter documents with AI, do translations of documents and speech edit photos and much more - many without an internet connection.

Silver Surfer Talk: LibreOffice

Thursday 27 August 10:30am - 12:00
at The Hub or via zoom

LibreOffice is a completely free alternative to Microsoft Office. It includes equivalents to MS Word, Excel, Powerpoint and also additional programs not included in MS Office. It is compatible with MS formats so LibreOffice users can exchange documents with MS Office users.

Mike looks at the tools in LibreOffice and how they can interoperate with MS Office.

Social Event: Loved & Wanted Garden Party

Sunday 30 August 2.00pm – 5.00pm

Come along to this social event to get to know others, share music, food and fun!

Booking is essential please contact Liz Byrne on 020 8558 5512 or email

L.byrne@ageukwalthamforest.org.uk



Elvis wowing the audience at The Hub last year

Elvis Is Back - By Popular Demand!

Thursday 10 September
at St Edmund's Hall, Chingford.

Get ready for a fantastic afternoon of music, fun, and nostalgia as Elvis (Sal Bashir) returns to entertain us once again. Tickets are now on sale at just £5, including tea and a slice of cake. Following the success of previous performances, this popular event is sure to sell quickly - so make sure you book in advance to avoid disappointment!

Tickets can be purchased at The Hub or contact events@ageukwalthamforest.org.uk

A special thank you goes to GoodOaks Homecare for kindly sponsoring this event.

We look forward to welcoming you for an enjoyable afternoon with everyone's favourite hits from The King!



Tech Support is here

Join our Weekly Tech Q&A with our Expert Tech team on Thursdays 12:00 to 12:30pm at The Hub or via zoom.

Or 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.

Call us on 020 8558 5512 or email events@ageukwalthamforest.org.uk

Staying cool



As our summers become more unpredictable, heat waves often arrive suddenly! So here are some tips for keeping cool and being prepared for the high temperatures.

Keep Hydrated

Our bodies need plenty of water to function. Water lubricates the joints and eyes, regulates blood pressure, supports our immune system and moves oxygen and nutrients around the body. It also aids digestion, flushes out waste and toxins and keeps our skin healthy.

Dehydration happens when we don't have enough fluid in the body and as we get older the body's ability to regulate its fluid balance lowers. Also our sensation of thirst can reduce as we age, so we may not realise soon enough that we become dehydrated.



So to stay hydrated have at least 6-8 drinks per day, hot or cold is fine, but alcohol and caffeinated drinks are best avoided. As well as plenty of fluids, ensure you eat regularly even if you're not feeling too hungry. Foods with lots of water content such as vegetables, salads and fruit will help to keep you hydrated. Most medication should be kept below 25°C, so it can be best to keep it in the fridge when it's really hot. Check your skin for changes every few months. If you notice that a mole has changed colour or shape or has been bleeding, talk to your doctor.

Staying Cool at Home

Keep blinds down and curtains drawn in rooms with full sun to block out the heat. Open your windows on opposite sides of your home during cooler times like early morning or late evening to create cross-ventilation. Limit using your oven or stove during the hottest parts of the day to reduce the heat indoors. If you don't have any fans, a damp cloth or a splash of water on the back of your neck can be better at cooling you down.



Check out Jelly Drops! Recommended by Alzheimers Society for supporting health and hydration, these fruit flavoured drops can be eaten as a snack or with a meal. They are 95% water, sugar free and vegan and contain vitamins. For more information visit <https://www.jellydrops.com>

When you're out and about

Keep an eye on the weather forecast to ensure you can prepare yourself. Opt for wearing light-coloured, lightweight cotton clothing and wear a sun hat.

Ensure you apply sun cream to protect your skin. You should use at least SPF 30 and apply it regularly. Make sure you don't miss any spots exposed to sun – it can be easy to forget bald patches, for instance. UV levels can still be harmful when it's cloudy out, so be careful even when it's not sunny.

Wear sunglasses to protect your eyes and ensure they have a CE mark and UV400 label. Consider prescription sunglasses if you wear glasses all the time.

Always carry a bottle of water with you and avoid spending too much time outside, keeping in the shade if you can. Avoid exercising during the hottest part of the day, between 11am and 3pm.

Remembering Windrush with musical memories

We were delighted to host a special tea party to honour our Caribbean and Black Elders community in Waltham Forest to commemorate Windrush Day in June. It was an wonderful afternoon of nostalgic music, memories of times past and a splendid afternoon tea. Local choir House of La Touche led the singing of such classics Many Rivers to Cross, One Love and My Boy Lollipop. All guests were asked to nominate a song that was significant to them. They were then asked to introduce the song and tell us what it meant to them. Bob Marley, Jim Reeves and Luther Vandross all featured!



Valerie attended with her sister and told us about her choice of songs and the memories they hold for her.

Silly Games by Janet Kay

I loved all the music when I was growing up and especially loved the female singers, many of whom I found inspirational. I learned so much from my mother and I looked after her in her latter years.



Singing led by House of La Touche Choir



Message to you Rudy by The Specials

My parents were of the Windrush generation and had come over to Britain in the 1960s when I was still a baby. My father worked as a cabinet maker and my mother was a nurse. My sister and brother were born later. My parents brought us up well, to have manners and respect for others. Also to work hard and try to build a good life and have a nice home. Education was very important and I was encouraged to work hard at school and went on to work in a bank and then studied for a degree in Social Science.

You can get it if you really want by Jimmy Cliff

I came to The Hub showing of the classic film The Harder they Come last year and really enjoyed the discussion afterward. I then found out about the weekly yoga classes that are held here. I have been attending them ever since as they keep me active and I also get to chat to others. So it's been lovely to attend this wonderful Windrush Tea Party.



Feel The Benefit

Our Information & Advice team here at Age UK Waltham Forest meet many people who tell us that they don't think they're entitled to any benefits. However, we also meet many people who agree to have a benefit check, which in turn has opened the door to much needed financial support. So it's worth considering in order to maximise your household income.

Real story

Anish was 75 and had carried on working because his state pension wasn't enough to live on. However, he was beginning to struggle with his health and was finding work a challenge. He had applied for housing benefit but had been turned down because it is means tested and his salary meant he was not eligible.

He got in touch with our Information & Advice team, as he'd heard from a friend that we might be able to help him. By this time he had stopped working and his friend had lent him some money to help pay his rent. We did a benefits calculation for him, where we asked him to tell us how much his income was, as well as his savings, rent and council tax bill. Based on this, we were able to tell him that he was entitled to claim pension credit, housing benefit and council tax support. We booked him further appointments and helped him apply for each of these benefits. He later received confirmation that he had been awarded pension credit, full housing benefit and council tax support, which totalled over £8,000 in benefits a year. This extra income was a huge relief to Anish, who was now able to plan his weekly outgoings with more ease.

Anish's story is not unusual. Many people feel they are not entitled to any benefits because they have savings or a private pension. But the calculation takes many factors into account, including if you receive a disability benefit or if you live alone. It takes about 15 minutes to run the calculation and it could open up more income for you. So it's worth considering.



What happens when you have a Benefit Check?

A benefit check is very straightforward to do and can tell you what means tested benefits you are eligible to apply for. We have an online calculator which can work out your benefit entitlement, based on your household income, your savings, details of your living situation and council tax. The information needs to be accurate in order for you to get an accurate indication.

You can use our Benefit Calculator yourself via this link <https://benefitscheck.ageuk.org.uk/Home/Start> or you can get in touch with our Information & Advice team who can do the calculation for you.

We can also help you to apply for benefits and explain the process to you. We can offer you another benefit check after you have been awarded benefits, as it can often open up other benefits and services.

Our Information & Advice Team is one of two holders of the Advice Quality Assured Standard in Waltham Forest. It is awarded to organisations that give advice to members of the public on financial and legal issues. Contact us on 020 8558 3404 or email contact@ageukwalthamforest.org.uk



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	£5
	11:25am-12:15pm	Tai Chi- The Hub	£6
	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	£6
	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	£7
	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-1:00pm	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 check on the day	£5
	4:15pm-5:15pm	Harmonies at The Hub check on the day	£4

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

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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
11:00-1:00pm	Social Sewing Thursdays - Leyton Store E10 6AE	Donations
1:45-2:30pm	Tai Chi- Zoom only	Donations
1:50-4:00pm	Book Club- The Hub (2nd Thursday of the month) please book	£4
2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations

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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
2:00-4:00pm	Repair Cafe - Leyton Store E10 6AE	Donations
2:00-3:00pm	Walking Tennis - Lloyd Park, E17 4PP	£7

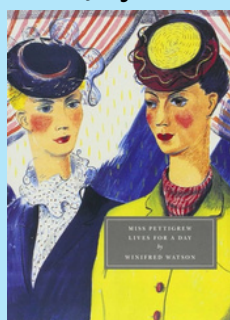
SATURDAYS

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 July and August

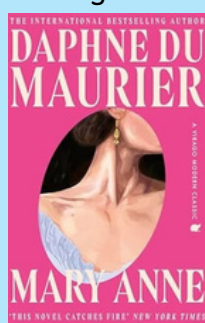
July



**Miss Pettigrew lives
for a Day**

By Winifred Watson

August



Mary Anne

By Daphne Du Maurier

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 from 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.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 £24 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 £4 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. Cost is £35 an hour. Simple gardening work is £28 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 £25 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, BSI

