




# ACTIVITY TIMETABLE

All activities open to Westminster Residents aged 50+

1st November - 21<sup>st</sup> December

DATE AND TIME	EVENT/ACTIVITY	LOCATION
Thursday 29 <sup>th</sup> November Thursday 20 <sup>th</sup> December 2.00pm - 4.00pm	<b>iTea Party</b> <b>FREE</b> IT training in a social group setting for Westminster Residents aged 50+. Held in the innovative and inspiring buildings of WeWork Paddington to develop your digital skills and learn how to use your laptop, tablet, mobile phone more effectively. One to one support from volunteer helpers. Cakes and refreshments will be provided. Please bring your own device	WeWork Paddington 2 Eastbourne Terrace, W2 6LG   Please book in advance

To book your place phone 020 3004 5610 or visit [www.ageuk.org.uk/westminster/activities-and-events/it/](http://www.ageuk.org.uk/westminster/activities-and-events/it/)

Friday 9 <sup>th</sup> November 10.00am - 12.00pm	<b>iTea Party</b> <b>FREE</b> IT training. TWITTER are providing one-to-one support on your phone, laptop, tablet, ipad. Cakes and refreshments will be provided. These sessions are being held at the TWITTER offices in Soho Please bring your own device	TWITTER 20 Air Street Soho London W1 5AG    Please book in advance
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To book your place contact Steve Spavin  
 Phone: 079 6930 2517 Email: [stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@ageukwestminster.org.uk)

Wednesday  
14<sup>th</sup>  
November  
1.00pm -  
3.00pm

**Prince Charles The Prince of Wales 70<sup>th</sup> Birthday Celebration**  
**FREE** Afternoon Tea and games activities in honour of the Age UK patron. Come and join the celebrations!



Age UK  
Westminster  
The Beethoven  
Centre  
Third Avenue  
W10 4JL

Please book by 7<sup>th</sup> November as numbers are limited

**To book your place contact Steve Spavin**  
Phone: 079 6930 2517 Email: [stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@ageukwestminster.org.uk)

Next meeting  
Thursday 15<sup>th</sup>  
November  
10.00am -  
12.00pm  
Every 3<sup>rd</sup>  
Thursday of  
every month

**Coffee Morning**  
**FREE** entry social group  
Guest speaker will be taking part. Come along and learn about future activities/events, future guest speakers and forthcoming coffee mornings



St Marylebone  
Parish Church  
17 Marylebone  
Road, NW1 5LT

Please book in advance as numbers are set

**To book your place contact Steve Spavin**  
Phone: 079 6930 2517 Email: [stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@ageukwestminster.org.uk)

Friday 16<sup>th</sup>  
November  
2.00pm -  
4.00pm

**IT Learning** with one to one tutoring  
**FREE** IT training for senior citizens who would like to improve their digital skills. Cakes and refreshments will be provided. Please bring your own device



Marylebone Library  
9-11 New  
Cavendish Street,  
W1G 9U

Please book in advance

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Wednesday  
5<sup>th</sup> December  
12.00pm -  
4.00pm

**Christmas Lunch**  
**FREE** 3-course Christmas meal for Westminster residents aged 50+ (and their carers if applicable) kindly provided by The Alice House in Queens Park, working with Age UK Westminster



The Alice House  
53-55 Salusbury  
Road  
NW6 6NJ

Please book in advance as numbers are limited

Tuesday 11<sup>th</sup>  
December  
12.00pm -  
4.00pm

**Christmas Lunch**  
**FREE** 3-course Christmas meal for Westminster residents aged 50+ (and their carers if applicable) kindly provided by The Elgin pub in Maida Vale, working with Age UK Westminster.



The Elgin  
255 Elgin Avenue,  
Maida Vale  
W9 1NJ

Please book in advance as numbers are limited

<p><b>Christmas Day - Tuesday 25<sup>th</sup> December</b> 10.30pm - 12</p>	<p><b>Christmas Day Meal</b> <b>FREE</b> We deliver Christmas lunch on Christmas Day and visit older Westminster residents who would otherwise be alone on Christmas Day. Contact us if you know of anyone who would benefit from our Christmas Day Lunch Project</p>	<p>Delivered to client's home address</p> <p>Please book in advance by 29<sup>th</sup> November</p>
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**For more details contact Age UK Westminster:**  
Phone: 020 3004 5610 Email: [enquiries@aukwestminster.org.uk](mailto:enquiries@aukwestminster.org.uk)

<p><b>Date - to be arranged</b> 30 minutes</p>	<p><b>Cooking Workshop</b> Cook yourself a healthy, wholesome meal with guidance from a Professional Chef from L'Atelier des Chefs of Wigmore Street and dine on your creation. £12 without wine - £15 with wine</p>	<p>L'Atelier des Chefs 19 Wigmore Street Marylebone W1N 1PH</p> <p>To be booked in advance</p>
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Phone: 079 6930 2517 Email: [stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@ageukwestminster.org.uk)

If you are interested in any of our forthcoming activities and events or services and projects and if you are a keen chess, mah-jong, scrabble, or backgammon player who would like to participate in a gaming activity please contact

Steve Spavin on 079 6930 2517 Email: [Stephen.spavin@ageukwestminster.org.uk](mailto:Stephen.spavin@ageukwestminster.org.uk)

Please be assured that your contact details are kept confidential and secure. We will only contact you regarding forthcoming activities and services that are provided by Age UK Westminster. You can opt out of these newsletters at any time.

## OTHER PROJECTS AND SERVICES

### **Befriending Project**

Age UK Westminster are promoting our Befriending Project. This local project focuses on providing friendship and support for our local senior residents to ensure they do not become lonely or socially isolated.

A volunteer Befriender will visit once a week for a chat and a cup of tea; or as company for a walk or a visit to the local place of interest.

A helping hand or a listening ear can make a big difference, particularly for those who are housebound or have mobility issues.

If you would like a Befriender or wish to refer someone, or become a Befriender yourself please see the contact details below.

For more details contact Age UK Westminster:

Phone - 020 3004 5610

Email: [enquiries@aukwestminster.org.uk](mailto:enquiries@aukwestminster.org.uk)

### **Information, Advice and Advocacy**

Age UK Westminster is a delivery partner for the 'Westminster Advice Services Partnership' focusing on the delivery of services for older residents in Westminster. We provide:

- ◆ Drop-in surgeries at community locations across the borough
- ◆ Activities and Events in the community
- ◆ Home visits for residents who are housebound
- ◆ We provide welfare benefits and pensions advice for residents who are retired or near retirement, in a joint working relationship with Westminster City Council and the DWP.

### **Debt Advice**

We can help with Benefit checks, payment plans, discretionary grants, budgeting, assistance with on-line debt and money management services.

### **Volunteering**

From time to time we need volunteers to complement our small friendly team to help us with our ongoing work to make a difference to the lives of older residents in Westminster.

Roles include Information and Advice including Reception, Debt Advice, Community Events, and volunteering in our Charity Shops.

Please use the contact details below for more information or to request an application pack.

For more details contact Age UK Westminster:

Phone - 020 3004 5610

Email: [enquiries@aukwestminster.org.uk](mailto:enquiries@aukwestminster.org.uk)

**AGE UK WESTMINSTER**

**TELEPHONE: 020 3004 5610**

**EMAIL: [enquiries@aukwestminster.org.uk](mailto:enquiries@aukwestminster.org.uk)**

**WEBSITE: [ageuk.org.uk/Westminster/](http://ageuk.org.uk/Westminster/)**

**ADDRESS: [The Beethoven Centre, Third Avenue, W10 4JL](#)**