



Age UK Westminster Fortnightly Schedule of Activities

We are continually finding new activities to hold which will be of interest to our members. Our activities provide social interaction and help to break the monotony of the present day and help those who may feel isolated to find new friendships which they may never have found. If you need help to install and use ZOOM for external online activities, we have a guide on our website.

A ZOOM link is provided for those attending external online activities and this will take you to the activity, shortly before it commences.

If you are not already registered to receive the Age UK Westminster weekly email Newsletter please contact Enquiries: Tel: 020 3004 5610

Email: enquiries@ageukwestminster.org.uk

To register for any of the activities please contact: Souad Abdellaoui.

Tel: 07903 255384

Email: souad.abdellaoui@ageukwestminster.org.uk

If you do register for an activity and unfortunately cannot attend, please do let us know so that your place can be reallocated.

In this newsletter you will find:

Forthcoming activities, information and more.

Age UK Westminster Forthcoming Activities and Events

If you do register for an activity and unfortunately cannot attend, please do let us know so that your place can be reallocated.

Activities Timetable – Monday 7th July- Friday 18th July	
Monday 7th July	11.00am-1.00pm Coffee Morning at Hotel 63
Monday 7th July	1.00pm-3.00pm British Summertime in Hyde Park
Tuesday 8th July	1.00pm-2.00pm Fit4Life at the Beethoven Centre/Queen's Park Gardens
Tuesday 8th July	2.30pm-4.00pm MCST at St Marylebone Parish Church
Wednesday 9th July	10.30am-11.30am Fit4Life Exercise at Lillington and Longmoore Estate Pimlico
Thursday 10th July	11.00am-12.30pm Coffee Morning at Regent Hall
Friday 11th July	3.00pm-4.00pm Fit4Life Exercise at WECH
Tuesday 15th July	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Tuesday 15th July	2.30pm-4.00pm MCST at St Marylebone Parish Church
Wednesday 16th July	10.30am-11.30am Fit4Life Exercise at Lillington and Longmoore Estate Pimlico
Wednesday 16th July	2.00pm-4.00pm Westminster Senior Citizens Forum
Thursday 17th July	2.00pm-4.00pm Tea and Chat afternoon at St Marylebone Parish Church
Thursday 17th July	2.00pm-4.00pm Group walk/visit to the 'Queen's House Greenwich'
Friday 18th July	3.00pm-4.00pm Fit4Life Exercise at WECH
Sunday 20th July	12.00pm-6.00pm Soho Fete at St Anne's Church Gardens

How to stay safe when it's hot

High temperatures and humidity can be a health risk – especially as we get older. Here are some helpful tips for staying safe during hot weather.

When you're out and about

- Avoid spending time outside or exercising during the hottest part of the day (between 11.00am and 3.00pm). Where possible, try to keep in the shade
- Wear a sun hat and carry a bottle of water with you.
- Wear light-coloured, lightweight cotton clothing.
- Keep an eye on the weather forecast.
- Apply suncream, even when it's cloudy. You should use at least SPF 30 and apply it regularly. Make sure you don't miss any spots – it can be easy to forget bald patches, for instance.
- Talk to your optician about prescription sunglasses. Make sure any sunglasses you wear have a CE mark and UV400 label.

When you're at home

- Keep blinds down and windows closed when it's cooler inside
- 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.
- Drink plenty to avoid getting dehydrated and keep eating even if you're not feeling too hungry. It can be best to avoid alcohol.

If you get too hot

- A damp cloth or a splash of water on the back of your neck can be better at cooling you down than a fan
- Watch out for signs of dehydration, such as confusion, cramps, dark urine and feeling tired. You don't have to feel thirsty to be dehydrated.
- Be careful of heat exhaustion – symptoms include headaches, dizziness, nausea and a fast pulse. If you feel ill, lie down in a cool room, drink plenty of fluids, and cool yourself with a splash of water. Call your local pharmacist or 111 for advice.
- Heat exhaustion can lead to heatstroke. Symptoms include falling unconscious and seizures. Call 999 immediately if you think you or someone else might have heatstroke.
- If you know it's going to be particularly hot, ask someone to check on you. In turn, check on others you think might need it.

Age UK Westminster Forthcoming Activities and Events

Every Tuesday 1.00pm-2.00pm & 2.30pm-3.30pm - Age UK Westminster's weekly Fit4Life exercise programme at the Beethoven Centre, Third Avenue, London W10 4JL

With our Qualified Senior Years Fitness Class Instructors.

Fit4Life Fitness Level - 1.00pm-2.00pm - An exercise class provided by our qualified instructor 'Daniela' that caters for those who are more mobile. Providing exercise to increase fitness, to work muscles and encourage movement. There will be a fee of £3.00 to attend this class.

Relaxing Chair Yoga – 2.30pm-3.30pm – Chair Yoga provided by our qualified instructor 'Jennie'.

Refreshments will be provided 2.00pm-2.30pm.

Please note that the Community Hall will not be available on Tuesday 8th July.

Clients will meet at the Beethoven Centre at 12.50pm and we will take a short walk to Queens Park Gardens where the exercise class with Daniela will be held.

There will be no Chair Yoga class with Jennie on Tuesday 8th July.
Classes will return as scheduled above from Tuesday 15th July.

Every Wednesday 10.30am-11.30am – Fit4Life exercise classes in Pimlico North - Residents Community Hall at the Lillington and Longmoore Estate, SW1V 2ED

Join our extremely successful Fit4Life exercise class with our qualified instructor. These classes are FREE to join.

Refreshments from 11.30am-12.30pm.

Fortnightly Coffee Morning Forum 11.00am-12.30pm - Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station.

Thursday 10th July – Guest Speaker to be arranged.
Thursday 24th July – Guest Speaker to be arranged.

Age UK Westminster Forthcoming Activities and Events

Fortnightly Coffee Morning 11.00am-1.00pm at Hotel 63, 63 Bayswater Road, London, W2 3PH

Monday 7th July - Guest Speaker to be arranged.

Monday 21st July - Guest Speaker to be arranged.

Monday 15th September – Guest Speaker Chris Barlow presenting Arts of London: "Victoria & Empire"

Every Friday 3.00pm-4.00pm at Walterton and Elgin Community Homes, The WECH Community Centre, Selbourne House, 36a Elgin Avenue, W9 3AZ.

Free Over 50's Exercise Class with 'David' our qualified instructor for residents of Harrow Road Ward.

All welcome, drop in and give it a try or register.

Please wear trainers or plimsols.

Intergenerational Harmony presented by Intergenerational Music Making - 2.00pm-3.00pm on the following dates. Venue: St Jude's Community Hall, 67 Ilbert Street, W1040L

FREE Intergenerational programme designed to improve community health wellbeing, and cohesion.

This project will leverage music, movement and the sharing of cultural heritage to address health inequalities, reduce loneliness, and build meaningful, lasting connections between generations within Westminster.

Dates:

July: 8th & 15th

Monday 7th July 1.00pm-4.00pm Exercise and Tea Dance - British Summertime in Hyde Park

British Summer Time Hyde Park (BST Hyde Park) is a music festival held once a year in London's Hyde Park. BST Hyde Park lasts for up to three weeks. We return to provide exercise and dance in the Barn at Hyde Park with prize bingo.

Tea and refreshments provided.

Age UK Westminster Forthcoming Activities and Events

Walks and visits with Chris Barlow

Thursday 17th July 2.00pm-4.00pm Group visit with Chris Barlow 'Queens House Greenwich'. Queen's House built between 1616 and 1635 and in its current setting it forms a central focus of the Old Royal Naval College with a grand vista leading to the River Thames, a World Heritage Site called, Maritime Greenwich.

The Queen's House architect, Inigo Jones, was commissioned by Queen Anne of Denmark in 1616 and again to finish the house in 1635 by Queen Henrietta Maria. The House was commissioned by both Anne and Henrietta as a retreat and place to display and enjoy the artworks they had accumulated and commissioned; this includes a ceiling of the Great Hall that features a work by Orazio Gentileschi titled Allegory of Peace and the Arts.

2.00pm Meet Outside Greenwich DLR station

A short walk-through Greenwich Park

Monthly Tea and Chat afternoon, 2.00pm-4.00pm at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT.

Thursday 17th July – Guest Speaker to be arranged.

Wednesday 23rd July 2.00pm- 3.30pm- Group visit to Leighton House, 12 Holland Park Road, London W14 8LZ - Fully Booked

Leighton House is the former studio and residence of Frederic, Lord Leighton, a leading Victorian painter and sculptor. Explore his artworks, the iconic Arab Hall, the De Morgan collection and more at this historic house museum.

**Wednesday 23rd July 2.00pm – 4.20pm Westminster Senior Citizens Forum
The Lord Mayor's Reception Room, 19th Floor, Westminster City Hall, 64, Victoria Street, London SW1E 6QP**

Refreshments and Raffle.

Please feel free to invite your friends. All are welcome.

Annual subscription is £5.00.

Age UK Westminster Forthcoming Activities and Events

Tuesday 29th July 2.00pm-4.00pm – Afternoon Tea, Digital Support and Trivia provided by PIMCO, 11 Baker St, London W1U 3AH

A wonderful afternoon of Trivia, digital support and afternoon tea provided by PIMCO

Thursday 31st July 1.00pm-3.00pm Social Group coffee afternoon - Hope in the Community held monthly at the Gordon Hospital, Bloomburg Street, London, SW1V 2RH

Social afternoon providing topical conversation, activities and support. Refreshments provided. Come along and let us know what activities you would like to be organised in future.

Please contact Stephen Spavin to register and to find out future dates:

Email: stephen.spavin@ageukwestminster.org.uk Tel: 07969 302517

Wednesday 6th August 2.00pm-4.00pm Creative workshop with the Kindness Studio - 'Letters & Memory' - Garrison Chapel, Chelsea Barracks, 8 Garrison Square, SW1W 8BG

Another chance to attend Ee's marvellous workshop.

In partnership with Age UK, this free session invites members of the community to reconnect with memory through handwritten letters and Chinese calligraphy. Free and No experience necessary. Just bring yourself and we'll provide the rest. All materials are provided. Spaces are limited and booking is required.

From Wednesday 3rd September 2.00pm-4.00pm for 6 sessions, 'CREATE' Drawing Art workshop with Poppy St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT

Another chance to attend a Drawing workshop with CREATE.

Those registering must be available to attend all 6 classes.

3rd September

10th September

17th September

1st October

8th October

15th October

Age UK Westminster Forthcoming Activities and Events

Thursday 11th September 1.00pm-2.00pm Building Tour of 2 Temple Place, WC2R 3BD

Two Temple Place is a dazzling neo-Tudor gem with an array of whimsical and Gothic elements on Victoria Embankment, commissioned by and built for William Waldorf Astor in the 1890s. Two Temple Place is owned by the registered charity The Bulldog Trust.

Two Temple Place, sitting on the Victoria embankment and commissioned by and built for William Waldorf Astor in the 1890s was both an ornate historical and literary fantasy and a working office. It retains that unusual public-private mode to this day. It is the home of the Bulldog Trust, a social impact charity using Two Temple Place for a key tool in its cultural, community and educational work, making it available for public and private use as a core element of what we do. We take the guardianship of this remarkable building very seriously, with conservation projects in constant development.

Monday 22nd September 2.00pm-4.00pm - Guided tour of the Royal Mews, Buckingham Palace – Fully Booked

Another chance to enjoy a special afternoon tour of the Royal Mews Buckingham Palace.

Information and Advice Surgeries

If you need Information and Advice, please contact our enquiry line on: [020 3004 5610](tel:02030045610) to book an appointment. We hold Information and Advice surgeries at the Salvation Army Regent Hall, Church Street Library and The Abbey Centre. These are by appointment only. Call: [020 3004 5610](tel:02030045610) to book an appointment.

Post-discharge Support

Age UK Westminster offers a post-discharge support service for Westminster residents aged 55+. If you, or someone you know has recently been discharged from hospital, we can help support the transition back into home life. This includes services like: light shopping, assistance with prescriptions, helping with GP contact, and a regular friendly face visiting you at home. The service is free, and we can signpost you to other Age UK Westminster services as well as useful organisations in the borough.

If you would like to find out more about our post-discharge support, please contact: Email: enquiries@ageukwestminster.org.uk Tel: [02030045610](tel:02030045610)

Age UK Westminster Forthcoming Activities and Events

Information & Advice with Age UK Westminster at Pimlico Health at the Marvern

Who these sessions are for:

Pimlico Health @ The Marvern patients aged 50+ by appointment only - weekly on Thursday afternoons.

Booking your appointment:

In person - with the Pimlico Health at The Marvern reception team Tel - 0207 834 6969, Monday to Friday, 10.00am – 6.30pm

What Age UK Westminster can support with:

Benefits - including Benefit checks, Pensions, Pension Credit, Disability Living Allowance & Attendance Allowance applications

Cost of Living concerns - including energy bills and budgeting and food bank referrals and food pantry information, charitable grants to replace broken white goods

Transport support - including guidance on Freedom Pass, Taxi Card, Dial a Ride and Blue Badge applications

Housing - including guidance on housing transfers, Council Tax and Housing Benefit

Smart Meters – information on what they are and the benefits

Gambling Harm support on where to access support if you are experiencing gambling harm or are affected by someone's gambling

This list is not exhaustive! Do ask if you are not sure and if we are not able to help you with a problem, we will do our best to signpost you to other organisations.

Please note that the Age UK Westminster Advisor does not provide information or advice related to health and medical issues or medication.

Age UK Westminster and Westminster Connects (WCC) are collaborating to provide basic gardening to residents of Westminster with help from volunteers.

This service provided by Westminster Connects (WCC) and their volunteers is for Westminster residents only and those residents who have mobility issues, are vulnerable and without the support of family/friends. You should have gardening tools available. If you have a garden and need basic assistance in its upkeep, please contact Stephen Spavin:

Tel: 07969 302517 Email: stephen.spavin@ageukwestminster.org.uk

Age UK Westminster Forthcoming Activities and Events

Digital Learning

Library digital support drop-ins

Come and join us at Age UK Westminster for our FREE digital learning sessions for age 50+ held in a friendly, social group setting at libraries around Westminster.

We now have dates booked through until August and recently launched a new monthly session at Pimlico Library.

Bring along your own digital device if you have one (such as a mobile phone, tablet, iPad or laptop) and be supported by our dedicated volunteers to learn to use it and get online. The sessions are run as drop-ins so there is no need to book, and you can just turn up on the day. However, if you have any questions, need to let us know something you need to be able to access a session, don't have your own digital device and would like to borrow one - or if you are interested in volunteering with us - get in touch with our Digital Inclusion Coordinator Sarah on 07399 301938 or at sarah.robinson@ageukwestminster.org.uk.

Upcoming dates are as follows:

Marylebone Library

9-11 New Cavendish Street W1G 9UQ

All sessions are held on Thursdays from 1.30pm to 3.30pm. The next date is 7th August.

Church Street Library

67 Church Street NW8 8EU

All sessions are held on Wednesdays from 2.00pm to 4.00pm. The next dates are 9th July and 13th August.

Paddington Library

Porchester Hall, 45 Porchester Road W2 5DU

All sessions are NOW HELD ON WEDNESDAYS from 11.00am to 1.00pm. The next dates are 16th July and 20th August.

Pimlico Library

Lupus Street SW1V 3AT

All sessions are held on Thursdays from 11.00am to 1.00pm. The next dates are 24th July and 28th August.

Age UK Westminster Forthcoming Activities and Events

Mayfair Library

25 South Audley Street W1K 2PB

All sessions are held on Fridays from 2.00pm to 3.30pm. The next dates are 25th July and 22nd August.

The dates can also be found on our website at:

<https://www.ageuk.org.uk/westminster/activities-and-events/activities-timetable>.

Learn My Way Digital Learning

Our Learn My Way sessions are FREE digital learning sessions in which learners are supported by volunteers to complete topics from the Learn My Way online learning platform. Topics cover everything from finding your way around your tablet, searching the internet and sending emails to staying in touch, shopping online and online safety and security. You choose the topics that interest you, and learning takes place at your own pace.

The sessions take place at our Sky Up Digital Hub at the Beethoven Centre, Third Avenue, Queen's Park W10 4JL. The next block of eight weekly sessions is due to begin in June (exact date still tbc) and will be held on a Friday morning or afternoon.

Bring your own digital device if you have one (such as smartphone, tablet, iPad or laptop) or just bring yourself and make use of the tablets and laptops available at our Digital Hub. To register your interest - or if you have any questions – get in touch with our Digital Inclusion Coordinator Sarah on 07399 301938 or at sarah.robinson@ageukwestminster.org.uk.

OTHER EXTERNAL ACTIVITIES WITHIN WESTMINSTER

Wednesday Wanders Every other Wednesday July, 10.15am - 11.30am British Museum, Great Russell St, London WC1B 3DG

Join us at the British Museum this summer for Wednesday Wanders, a new relaxed and friendly exploration of the Museum's galleries and our inspiring collection.

For each wander, we will explore a different gallery and a small selection of specially chosen objects. As we explore, we will talk, share, learn something new and think about how these objects relate to our own lives.

Age UK Westminster Forthcoming Activities and Events

This will be a great way to explore parts of the museum and the collection you may not have seen before as well as meet new people. Following each wander, you are free to stay and talk or explore more of the museum at your own pace.

Dates and Themes:

16/07/2025 – Japan: Life and Legends 30/07/2025 – Africa: Art and Empowerment

To book a space, email:

jgoodisonburgess@BritishMuseum.org

Each Wander has up to 10 spaces available. Places will be offered on a first- come, first-served basis.

Sunday 20th July 12.00pm-6.00pm - Soho Village Fete, St Anne's Gardens, Wardour Street, Soho, W1D 6QB

The Soho Village Fete is a traditional summer fete with a Soho twist, all the fun of a village festival. The Soho Village Fete is also the home of the famous and hugely competitive Soho Waiters' Race, where local waiters hurtle through the streets with a glass and a bottle of fizz balanced on a tray. There's also live music and entertainment all afternoon (including a West End takeover, Rocky Horror singalong with the Prince Charles Cinema and a Drag Queen finale), 28 food and market stalls and a bar from Soho stalwart The French House.

Thursday 24th July 10.00am-12.30pm - Sport for Confidence & Everyone Active present 'Westminster Community Day' at Little Venice, Everyone Active Leisure Centre, 10 Crompton Street, London W2 1ND

This is a FREE event

The community day will be an opportunity to meet different services in your area. There will be physical activity demonstrations. NHS services and different health and care professionals can talk to you about what support is on offer.

If you would like further information, please contact

Jennifer Brookland Tel: 07355 093142 or Robert Walker Tel: 07593 555708 Email: events@sportforconfidence.com

Age UK Westminster Forthcoming Activities and Events

FREE Lunchtime Concerts at Regent Hall Concert Hall, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station

July 11th

Royal Academy of Music presents

Monty Guo violin, Daniel King Smith piano

Korngold, Brahms & Hubay

Beethoven Piano Society of Europe

Regent Hall Summer Festival

July 18th

Sandro Russo piano

Bach, Bach-Busoni, Beethoven, Schumann & Busoni

August 8th

Vincent Ling piano

Beethoven, Brahms & Ravel

August 15th

Royal Academy of Music presents

Yulia Sozanska violin

Khrystyna Mykhailichenko piano

Beethoven & Ravel

August 22nd

Meraki Piano Quartet

Beethoven & Brahms

August 29th

Sophie Patterson mezzo-soprano

Siyan Xu piano

Age UK Westminster Forthcoming Activities and Events

Health & Wellbeing Project - Harrow Road Elderly African and Caribbean - WECH (Walterton and Elgin Community Homes) - The WECH Community Centre Selbourne House, 36A Elgin Ave, W9 3AZ

Every Monday - Free to join Dementia-Friendly Activities:

Social and Creative Activities:

"A Little Bit of This and a Little Bit of That" Time: 11:00am - 12:30pm

Fitness Classes:

Chair-based, gentle exercise and stretches Time: 1:00pm - 2:00pm

To register your attendance please contact: [020 8968 6940](tel:02089686940) (Pepper Pot Centre)

reception@pepperpotcentre.org.uk

Free cultural events for Westminster residents aged 65 or above

Out and About offers free tickets to attend cultural events such as concerts, exhibitions, film and theatre shows, coordinated by Westminster City Council. Previous offers have included tickets to the Turner Prize Exhibition at Tate Britain, Young Classical Artists Trust concerts at Wigmore Hall and English National Opera dress rehearsals.

You are only able to book onto these free events by becoming a member of the scheme by emailing outandabout@westminster.gov.uk with your name, age, postal address, telephone number and email address. We will then email you the full programme once available.

For more information please visit [Cultural events for older people | Westminster City Council](#)

Age UK Westminster Forthcoming Activities and Events

Community Zooms from the Royal Collection Trust

Community Zoom talks run as part of our Inclusion Programme, which aims to make the Official Residences of The King and Royal Collection as accessible as possible to visitors with disabilities, and those who wouldn't normally visit. We work with Community partners who support under-represented, disadvantaged and disabled people. Our programme of Zoom talks is for people who cannot easily visit the Official Residences of The King.

Talks take place on the first Wednesday of the month, from 2.00pm. Join us to hear about the different works in the Royal Collection and the history of the Monarchy. Talks are free and informal, and you can participate camera on or off.

Wednesday 6th August - St George's Chapel

Wednesday 3rd September - Royal Writers: Letters and diaries in the Royal Collection

Wednesday 1st October - The Gardens at the Palace of Holyrood house

Wednesday 5th November - The Royal Mews

Wednesday 3rd December - Royal Christmas Traditions

Join Zoom Meeting – camera on or off: ID: 440 773 2986

:[Apply Here: https://form.jotform.com/251273724751053](https://form.jotform.com/251273724751053)

Wednesday 24th September 3.00pm Friendship Matinee 'Symphonic Queen Relaxed Performance' at the Royal Albert Hall, Kensington Gore, South Kensington, London SW7 2AP

This relaxed performance by the Royal Philharmonic Orchestra is a tribute to Queen and is part of the Hall's Engagement programme, welcoming groups from charities and community organizations. Tickets for this event are £5.00 and include a relaxed attitude to noise and movement in the auditorium, with "chill-out" spaces available.

To book please visit the Hall's website via royalalberthall.com or phone the box office on 0207 589 8212

Contact by email: engagement@royalalberthall.com

Age UK Westminster Forthcoming Activities and Events

Drop In Chats every Monday 2.30pm-4.30pm at The Alcohol Service, 66Lupus Street Pimlico SW1V 3EQ

If you're looking for advice and guidance about alcohol use— whether it's for yourself, a friend, or a family member—we're here to help. You don't have to figure it out alone.

Drop in for a chat, and we can discuss the support options available to you and guide you on the next steps.

Contact us on [0800 014 7440](tel:08000147440) or p0671.engagement@cgl.org.uk for more information

In-Deep Over 50's Choir - St. Saviours Church, Lupus Street, London, SW1V 3QW

Join our friendly community choir and enjoy singing a range of songs from the 50's and 60's, musicals and more! No auditions necessary and everyone is welcome, regardless of experience

We meet twice a month on Monday evenings, and sessions are free to take part in Singing has been shown to support physical and mental well-being and most of all, it is fun!

Dates for September - December 2025

September: 1st, 8th and 15th

October: 6th and 20th

November: 3rd, 17th and 24th

December: 1st

Time: 6:30pm-7:30pm

(please arrive at 6:20pm)

For further information please email

emma.chapman@in-deep.org.uk or text 07761 263 105

AGE UK WESTMINSTER DEMENTIA SERVICE

Maintenance Cognitive Stimulation Therapy (MCST) workshop every Tuesday 2.30pm-4.00pm

Face to face sessions for those residing in Westminster diagnosed with early-stage dementia. Our weekly group takes place at St Marylebone Parish Church, 17 Marylebone Rd, London NW1 5LT.

Age UK Westminster Forthcoming Activities and Events

Assessment before attendance, is needed.

Please contact the Dementia Service:

Email: dementia@ageukwestminster.org.uk Or contact our enquiry line: [0203 004 5610](tel:02030045610)

Monday 21st July 11.00am-1.00pm

The monthly 'Heart of Westminster' Monthly Memory Café at Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station – Talented musician, Huan Zhang will be presenting a captivating piano recital for us. Huan is currently a student at the Royal College of Music and has years of experience in concerto performance.

Email: dementia@ageukwestminster.org.uk Or contact our enquiry line: [0203 004 5610](tel:02030045610)

Newly launched Memory Café 22nd July supported by 'Visiting Angels' 11.00am-1.00pm

Takes place on the 4th Tuesday of each month.

St Mary's Church, Bourne Street, SW1W 8JJ

The Memory Café will provide an informal, supportive environment where people with dementia and their carers can socialise and connect. It's free to attend and light refreshments will be provided. The building is fully accessible.

Activities will be organised by Visiting Angels.

For more information or to register:

Email: dementia@ageukwestminster.org.uk Or contact our enquiry line: [0203 004 5610](tel:02030045610)

EXTERNAL DEMENTIA SERVICES

Resonate Arts Events

Our Singing with Friends Choir rehearsals take place in person at Wigmore Hall, 36 Wigmore St, W1U 2BP on Tuesday 1st, 8th & 15th July and online (via Zoom) on Tuesday 15th July. You are also very welcome to join us on Tuesday 8th July at 12.15pm for the choir's Summer Sharing on the Main Stage at Wigmore Hall, plus refreshments afterwards.

Age UK Westminster Forthcoming Activities and Events

For more info, please call Shelley on: 0300 030 7212, or email: info@resonatearts.org

Music for the Moment

Our free dementia-friendly concert series in partnership with the Royal Academy of Music – takes place on Friday 4th July at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT. Hannah Runting (harp) and Penelope Cairney-Leeming (flute) from the Royal Academy of Music will be performing. Tea & cake from 2.30pm, concert starts at 3pm, more tea afterwards!

Our weekly Creative Dance & Movement sessions

Take place on Monday 7th, 14th, 21st & 28th July, 2.00pm – 3.30pm at Penfold Community Hub, 60 Penfold Street, NW8 8PJ. Gentle & playful movement class; chair-based. Call Katie on 0300 030 7212, or info@resonatearts.org

Creative Space Art sessions

Take place at the Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ. Our next session will be Monday 21st July, 2.00pm – 3.45pm. For more info and to book your free place, please contact Shelley on 0300 030 7212 or info@resonatearts.org

Other Westminster Listings

Memory Café North Wednesday 30th July, 2.30pm – 4.30pm
42 Westbourne Park Road, Bayswater, W2 5PH

Providing group-based support for people living with dementia and memory loss.
Call London Care Westminster on 020 7723 5425 or email:
marco.sepe@candchealthcare.co.uk

Singing for the Mind Thursdays, 2.00pm – 4.00pm (weekly, excluding public holidays)
The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Singing for the Mind is a stimulating, professionally-led, friendly and, above all, fun singing session for people with memory loss. Contact sfm@ljs.org or 020 7286 5181 to learn more and to register.

Age UK Westminster Forthcoming Activities and Events

Video and Tea Wednesday 23rd July, 1:30pm – 4:30pm

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Watch a screening of the film 'Breakfast at Tiffany's' followed by a delicious tea and ice-cream.

No need to book, tickets £2 on the day. Wheelchair accessible. For info, please call 020 7286 5181.

Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Grace Gate)

Music Session July date TBC, 1.30pm – 3.00pm Pop, folk & opera with singer Maciek O'Shea.

Reminiscence Session Tuesday 29th July, 1.30pm – 3.00pm Friendly chat & refreshments session. For more info, please call John on 020 7616 8604 or email: john.donegan@mcc.org.uk

Age UK National Campaign - Digitally excluded

So many older people are frustrated and feel like they are not in control of how they live their lives. Some feel like they're losing their independence.

With access to NHS appointments, council services and even paying for a car park swiftly moving online, we must stand up and prevent older people from being locked out of daily life. Simply put, those who want to remain offline should not be overlooked.

The Government is making important decisions on this issue as we speak, and I'll be handing in the petition in the coming months to let them know what impact digital exclusion has on older people's lives. The more people that sign the petition, the more the Government will have to listen. Will you sign the petition to help protect offline access - and help us get to 120,000 signatures?

Sign it at <https://campaigns.ageuk.org.uk/page/135031/petition/1?locale=en-GB>

Copies are available to sign at our activities and events.

Age UK Westminster Forthcoming Activities and Events

Public Switched Telephone Network (PSTN) migration

By January 2027, the analogue technology which has connected homes and businesses throughout the country for decades will be shut down. The network, called the Public Switched Telephone Network (PSTN), is becoming more fragile, less reliable and harder to maintain. As a result, landline providers are upgrading the old technology to modern digital services.

This transition will be seamless for most users, but vulnerable individuals who rely on telecare alarms will require special attention to help make sure telecare alarms keep working through the switchover.

The national telecare campaign launched on the 2nd June. Created through collaboration between BT, VMO2, the UK Government, TSA, and LGA, this toolkit includes resources to help residents, and their support networks take action during the digital switchover.

Landline phones across the UK are switching from old analogue technology to modern digital services. The National Telecare Campaign is helping to keep people safe and supported through the switchover by asking telecare users and their family, friends and carers to tell their landline provider they have telecare.