



Registered with
**FUNDRAISING
REGULATOR**



Age UK

Westminster Newsletter & Activities Timetable



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.

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

As there are continued cases of Covid-19 and the Winter months will increase risks of flu infection please do not attend our activities if you show symptoms of Covid-19 or Influenza. If you are showing signs of either, you should self-isolate in order to reduce the chances of infecting others.

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.

Activities Timetable – Monday 10th November – Friday 5th December	
Monday 10th November	11.00am-12.30pm Coffee Morning at Hotel 63
Tuesday 11th November	1.00pm-3.30pm Fit4Life Fitness Level & Chair Yoga at the Beethoven Centre
Tuesday 11th November	2.30pm-4.00pm MCST at St Marylebone Parish Church
Wednesday 12th November	10.30am-12.30pm Fit4Life at Pimlico – Lillington and Longmoore Estate
Wednesday 12th November	11.00am-12.00pm Group Tour of 2 Temple Place
Wednesday 12th November	1.30pm-3.30pm 'CREATE' Collage workshop at St Marylebone Parish Church
Wednesday 12th November	2.00pm-4.00pm Digital support at Church Street Library
Thursday 13th November	10.30am-12.30pm Group visit to the Archive Store in Hackney Wick
Monday 17th November	11.00am-1.00pm Memory Café at Regent Hall
Monday 17th November	7.30pm-9.30pm Royal College of Music – Brass Ensemble
Tuesday 18th November	1.00pm-3.30pm Fit4Life Fitness Level & Chair Yoga at the Beethoven Centre

Tuesday 18th November	2.30pm-4.00pm MCST at St Marylebone Parish Church
Wednesday 19th November	10.30am-12.30pm Fit4Life at Pimlico – Lillington and Longmoore Estate
Wednesday 19th November	11.00am-1.00pm Digital support at Paddington Library
Wednesday 19th November	1.30pm-3.30pm ‘CREATE’ Collage workshop at St Marylebone Parish Church
Wednesday 19th November	2.00pm-4.00pm Westminster Senior Citizens Forum at City Hall
Thursday 20th November	2.00pm-4.00pm Tea and Chat ‘Social’ at St Marylebone Parish Church
Thursday 20th November	2.00pm-4.00pm Digital support at St John’s Wood Library
Monday 24th November	11.00am-12.30pm Coffee Morning at Hotel 63
Tuesday 25th November	11.00am-1.00pm Memory Café at St Mary’s Church Bourne Street
Tuesday 25th November	1.00pm-3.30pm Fit4Life Fitness Level & Chair Yoga at the Beethoven Centre
Tuesday 25th November	2.30pm-4.00pm MCST at St Marylebone Parish Church
Wednesday 26th November	10.30am-12.30pm Fit4Life at Pimlico – Lillington and Longmoore Estate
Wednesday 26th November	1.30pm-3.30pm ‘CREATE’ Collage workshop at St Marylebone Parish Church
Thursday 27th November	11.00am-1.00pm Regent Hall Coffee Morning
Thursday 27th November	11.00am-1.00pm Digital Support Pimlico Library
Thursday 27th November	1.00pm-3.30pm Social Group coffee afternoon - the Gordon Hospital
Thursday 27th November	6.00pm-7.00pm Royal College of Music – New Prospectives
Friday 28th November	2.00pm-3.30pm Digital support at Mayfair Library
Tuesday 2nd December	10.30am-12.35pm Another chance to visit American School London and meet the pupils
Tuesday 2nd December	1.00pm-3.30pm Fit4Life Fitness Level & Chair Yoga at the Beethoven Centre
Wednesday 3rd December	10.30am-12.30pm Fit4Life at Pimlico – Lillington and Longmoore Estate
Wednesday	12.30pm-2.30pm

3rd December	‘CREATE’ Collage workshop at St Marylebone Parish Church
Thursday 4th December	1.30pm-3.30pm Digital support at Marylebone Library
Friday 5th December	6.00pm-7.00pm Royal College of Music – Percussion Showcase

We’re thrilled to share that Age UK Westminster has been chosen as one of three charities in the Waitrose Green Token Scheme at the Edgware Road branch

When you shop at Waitrose Edgware Road, you’ll receive a green token at the checkout — please pop it into the box labelled Age UK Westminster to help us support older people in our community.

The more tokens we receive, the greater our share of Waitrose’s donation! 🙌

Every vote counts, so please spread the word to friends, family, and colleagues — a simple token can make a big difference.

📍 Waitrose Edgware Road, W2 2DX

No one should feel alone on Christmas Day

Age UK Westminster is once again delivering Christmas lunches to older residents who might otherwise spend the day by themselves.

If you or an older person you know would enjoy a freshly prepared Christmas lunch delivered on Christmas Day, we’d love to hear from you.

This service is **free of charge** and available for older Westminster residents who:

- Live alone
- Are on a low income
- Are isolated or don’t have family or friends to spend Christmas with

Each meal is prepared with care and delivered by our friendly volunteers, spreading a little warmth, conversation, and festive spirit right to your door.

 **Request deadline: ASAP**

 **Contact:** Hannah Parrish

 **Email:** hannah.parrish@ageukwestminster.org.uk

 **Phone:** 020 3004 5610

Please get in touch early to ensure we can include you in this year's delivery list.
Let's make sure everyone in Westminster feels remembered this Christmas.

Forthcoming Activities

We are preparing for the Festive Season and if you would like to register for one of our Christmas events: Afternoon Teas or Christmas Lunches at several different venues please do contact Souad.

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 'Sharon' our qualified instructor 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'. FREE to attend.

Refreshments will be provided 2.00pm-2.30pm.

Final class of 2025 will be held on 9th December

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 'Sharon' our qualified instructor. There is a £3.00 fee to attend this class.

Refreshments provided from 11.30am-12.30pm.

Final class of 2025 will be held on 3rd December

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

Thursday 27th November – 'Savills' will be attending

This will be the final coffee morning of 2025

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

Monday 10th November – Guest Speaker to be arranged.

Monday 24th November – Guest Speaker to be arranged.

Monday 8th December – Guest Speaker Manuela de Groot – Medici and Michelangelo.

This will be the final coffee morning of 2025

Hotel 63 was built between 1865 and 1870. It was first known as 2 Marlborough Gate and amongst its residents, it housed the Royal Consul for Italy, his wife and son. It was renamed 63 Bayswater Road in 1938. The Hotel is close to The Swan Public House on Bayswater Road. Close to Lancaster Gate tube station (Central Line) Buses 274, 94 & 148

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

Thursday 20th November – Guest Speaker to be arranged.

This will be the final Tea and Chat of 2025

Wednesdays for 6 sessions, 'CREATE' Collage art workshop at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT

12th November - 1.30pm-3.30pm

19th November - 1.30pm-3.30pm

26th November - 1.30pm-3.30pm

3rd December - 12.30pm-2.30pm

10th December - 12.30pm-2.30pm

Those registering must be available to attend all 6 classes.

Wednesday 12th November 11.00am-12.00pm 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.

Royal College of Music – Free tickets

Monday 17th November 7.30pm-9.30pm – 'RCM Brass Ensemble': French Suites and Songs- Royal College of Music, Prince Consort Road, London SW7 2BS

Amaryllis Fleming Concert Hall

The season's thread of French inspiration continues in this concert of brass suites, songs and fanfares, in exciting arrangements performed by the Royal College of Music Brass Ensemble.

Take a trip through time from Baroque composer Rameau's exquisite music from his opera based on mythological twin brothers Castor and Pollux, to Milhaud's lyrical and lively score in which each movement represents a French region, the Île-de-France.

Also on the programme are works by post-Romantic composer Lili Boulanger, as well as Tailleferre's quirky and effervescent *Suite burlesque*.

Royal College of Music – Free tickets

Monday 27th November 6.00pm-7.00pm – ‘New Prospectives’ - Royal College of Music, Prince Consort Road, London SW7 2BS

Amaryllis Fleming Concert Hall

New Perspectives: Celebrating Colin Matthews

Anticipating the 80th birthday of RCM Prince Consort Professor of Music Colin Matthews, Timothy Lines directs a concert that celebrates this legendary composer.

Royal College of Music – Free tickets

Friday 5th December – 6.00pm- 7:00pm – ‘Percussion Showcase’ - Royal College of Music, Prince Consort Road, London SW7 2BS

Amaryllis Fleming Concert Hall

Get lost in an evening of invigorating percussion works, with performances on a range of instruments from Royal College of Music ensembles including the renowned PERC’M. This concert includes specially written works and arrangements of popular classics by RCM percussionists, and a world premiere by the winner of the Percussion Composition Competition.

Thursday 27th November 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](mailto:stephen.spavin@ageukwestminster.org.uk) Tel: 07969 302517

Tuesday 2nd December 10.30am-12.35pm American School London, One Waverley Place, London, NW8 0NP

Another chance to visit the American School London and meet the pupils.

Schedule	Agenda	Location
10:30 - 11:00	Arrival and refreshments	LS reception
11:00 - 11:30	Meet with Grade 1	LS Library and media lab
11:45 - 12:30	Meet with grade 5	Grade 6 pod
12:35	Departure	LS reception

Tuesday 16th December 2.00pm-4.00pm Afternoon Tea and ‘Board Games’ at The Hilton London Metropole 225 Edgware Rd, London W2 1JU

Enjoy a fun pre-Christmas afternoon.

**Thursday 18th December 2.00pm-4.00pm Creative workshop with the Kindness Studio –
'Resin Jewellery Making for Beginners' - Garrison Chapel, Chelsea Barracks, 8 Garrison Square
SW1W 8BG**

Another chance to attend Ee's marvellous workshop.

Resin Necklace Workshop

Unleash your creativity in this hands-on resin workshop! Learn the basics of working with resin, including mixing, colouring, and pouring techniques. Craft a jewellery while exploring your unique style. Perfect for beginners and enthusiasts alike, this workshop provides all materials and expert guidance to help you create your one-of-a-kind masterpiece.

**From 26th Jan 2026 Until 23rd March 2026 11.00am-1.00pm - Crafts and Wellness Course
with Learning Unlimited, Hotel 63, 63 Bayswater Road, London, W2 3PH**

FREE practical 5-session course for adults

Try out creative activities with others

Enjoy the therapeutic benefits of creativity Explore different ways of improving your well-being

Have fun learning and creating together!

Those registering must be able to attend all fortnightly classes:

- 26th January
- 9th February
- 23rd February
- 9th March
- 23rd March

Information and Advice Surgeries

If you need Information and Advice, please contact our enquiry line on: 020 3004 5610 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 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

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 - Complex Needs Advice, Advocacy & Support

We provide Information, Advice, Advocacy & Support to older people and their carers in Westminster on and around a range of complex issues they are facing in their lives. This includes but is not limited to welfare benefits, housing & social care, health care, bereavement, family life and loneliness.

Going through a significant life event can be daunting and lonely. Sometimes you may just need someone to talk it through with and sometimes you may need more support to actually get to the bottom of what is going on.

Help available can be by going through complex forms and paperwork. Help to fill them in and/or understand what is being asked.

If you are struggling financially, we can help to maximise benefits and source any grants and charitable payments that may be available to you.

We will aim to advocate on your behalf with organisations and professionals, with you as the decision-maker, and at all times we will be guided by your views and wishes in order to help you make the right choices. We can, if necessary and with your permission, make referrals to other services and organisations if they are better placed to meet your needs.

The aim of the service is to ensure you have maximum control over the decisions and choices you make about your life while having the support to navigate around life's complex issues.

For more information call: 0203 004 5610 or [email: odette.messiah@ageukwestminster.org.uk](mailto:odette.messiah@ageukwestminster.org.uk)
or visit: [www.ageukwestminster](http://www.ageukwestminster.org.uk)

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

'A Treat for the Community' - Luncheon offer from Park Lane Hilton, 22 Park Lane, London W1K 1BE

We're excited to offer 20% off, every Monday from midday to 3:30pm as part of our ongoing mission to support and celebrate people in our community! Step into a buzzing British brasserie that champions bold, local flavours and the very best of our national larder. T&Cs Apply
Enjoy 20% off at Park Corner Brasserie – Quote 'AGE UK to redeem.

Please follow the link below through which all the guests from Age UK Westminster can make their reservations.

<https://www.sevenrooms.com/reservations/parkcornerbrasserie>

Digital Learning

New library digital support drop-in dates plus learn how to use the NHS app!

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

We now have library drop-in dates booked through until October and are working with Healthcare Central London to provide support to learn to use the NHS app at our drop-in sessions Church Street and Pimlico libraries in August. Learn how to book GP appointments online, order repeat prescriptions, view your medical records safely and get health advice anytime. If you are attending one of these sessions, you should bring your smartphone or tablet and – if you don't have the app and want support to set it up – photo ID (e.g. passport or driving licence) and proof of address (e.g. utility bill). There is no need to book, and you can just turn up on the day, but if you can let us know if you are planning to attend it will help us to know how many to expect. Call or message our Digital Inclusion Coordinator Sarah on 07399 301938 or email sarah.robinson@ageukwestminster.org.uk.

Our usual upcoming library drop-in dates are as follows. Please note that the session at Paddington Library now usually takes place on the third WEDNESDAY of the month.

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.

Marylebone Library (9-11 New Cavendish Street, W1G 9UQ)

All sessions are held on Thursdays from 1:30 to 3:30pm. Next dates: 4th December.

Church Street Library (67 Church Street, NW8 8EU)

All sessions are held on Wednesdays from 2.00pm to 4.00pm. Next dates: 12th November, 10th December & 14th January.

Paddington Library (Porchester Hall, 45 Porchester Road, W2 5DU)

All sessions are NOW HELD ON WEDNESDAYS from 11.00am to 1.00pm. Next dates: 19th November, 17th December and 21st January.

Pimlico Library (Lupus Street, SW1V 3AT)

All sessions are held on Thursdays from 11.00am to 1.00pm. Next dates: 27th November and 22nd January.

Mayfair Library (25 South Audley Street, W1K 2PB)

All sessions are held on Fridays from 2.00pm to 3:30pm. Next dates: 28th November and 23rd January.

St John's Wood Library (20 Circus Rd, NW8 6PD)

All sessions are held on Thursdays from 2.00pm-4.00pm. Next date: 20th November.

OTHER EXTERNAL ACTIVITIES WITHIN WESTMINSTER

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

Free Over 50's Exercise Class with 'David' a qualified instructor for residents of Harrow Road Ward. Final class 21st November unless extended.

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

Please wear trainers or plimsols.

Wednesday 19th November 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.

Tuesdays 2.00pm – 3.00pm - Ballet classes for the over-55s from Royal Academy of Dance trained teachers - Paddington Recreation Ground, The Pavilion, Randolph Avenue, W9 (Studio inside the Everyone Active gym building)

Silver Swans is a ballet class led by Celia Purcell who is a Royal Academy of Dance teacher, and this session is focused on gaining strength and flexibility as well as co-ordination and balance.

These Ballet classes are for people aged over 55.

Feel good together. Dance for joy. £12.00 per session.

Gain strength and flexibility as well as co-ordination and balance.

Contact Celia Purcell to register or to obtain further information:

Email: celiarosepurcell@gmail.com

Tel: 07956 528632

We Swim - Moberly Leisure Centre, 25 Chamberlayne Road, London, NW10 3NB

WeSwim is a volunteer-led community organisation supporting disabled adults to be active in the water. Our sessions focus on building confidence, community and wellbeing, all in a safe and inclusive environment.

Come and swim with WeSwim!

WeSwim is starting a new disability swimming club at **Moberly Leisure**

Centre, Queen's Park from **Monday 22nd September (6:15pm–7:45pm)**. Sessions are for disabled adults, they are safe, social, and supported by friendly volunteers. No waiting list at this new club — everyone is welcome.

Find out more: weswim.club/location/queens-park

Impact from our other clubs shows just how valuable this is:

- 91% of our swimmer's physical fitness has improved
- 100% improved confidence & happiness

Every Thursday from 5.00pm 'Games Club' at Victoria Library, 160 Buckingham Palace Road Victoria SW1W 9UD

In recent years, studies have shown that engaging in social activities such as playing board games and card games can positively impact cognitive function and potentially lower the risk of developing cognitive impairment.

We have array of card games, chess, checkers, mah-jong and many others.

No need to book and everyone welcome.

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

1.00pm 14th November

Royal Academy of Music presents - Five by 5 Trumpet Ensemble

1.00pm 20th November

The Duchess of Edinburgh's String Orchestra

1.00pm 21st November

Royal Academy of Music presents - RAM Harp Department

3.00pm November

The Cory Band Trombones with The International Staff Band Trombones - Brett Baker director

1.00pm 28th November

Royal Academy of Music presents - Natalie Lo harp

3.00pm 28th November

The Band of the Irish Guards Wind Ensemble

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 (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](#)

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 3rd December - Royal Christmas Traditions

Join Zoom Meeting – camera on or off:

:<https://us02web.zoom.us/j/4407...> ID: 440 773 2986

Drop In Chats every Monday 2.30pm-4.30pm at The Alcohol Service, 66 Lupus 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 or p0671.engagement@cgl.org.uk for more information

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.

Assessment before attendance, is needed.

Please contact the Dementia Service:

Email: dementia@ageukwestminster.org.uk Or contact our enquiry line: 0203 004 5610

Heart of Westminster Memory Café Monday 17th November 11.00am-1.00pm – Takes place every 3rd Monday of the month at Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station.

Jenneba Sie-Jalloh will be providing a nostalgic presentation entitled 'Queensway People's Story' project about the original 'Whiteleys' department store and the Queensway/Bayswater area.

Heart of Westminster Memory Café Monday 15th December 11.00am-1.00pm – Another chance to hear the pupils at Holy Trinity C of E Primary School singing Christmas Carols in time for Christmas.

Newly launched Memory Café Supported by 'Visiting Angels' 25th November 11.00am-1.00pm - St Mary's Church, Bourne Street, SW1W 8JJ

Takes place on the 4th Tuesday of each month.

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

EXTERNAL DEMENTIA SERVICES

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions are on Monday 10th, 17th & 24th November, 2pm – 3.30pm at Penfold Community Hub, 60 Penfold Street, NW8 8PJ. Gentle & playful movement class; chair based. Call Katie on 0300 030 7212; info@resonatearts.org

Our weekly **Singing with Friends** Choir rehearsals take place in person at Wigmore Hall, 36 Wigmore Street, W1U 2BP on Tuesday 11th, 18th & 25th November and online (via Zoom) on Tuesday 11th & 25th November. For info and timings, please call Shelley on 0300 030 7212, or email: info@resonatearts.org

Our monthly **Creative Space Art sessions** take place at the Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ. Our next session will be Monday 17th November, 2pm – 3.45pm. To book a place, please call Shelley on: 0300 030 7212 or email: info@resonatearts.org

Other Listings:

Music for the Moment – our free dementia-friendly concert series in partnership with the Royal Academy of Music – takes place on Friday 21st November at Wigmore Hall, 36 Wigmore Street, W1U 2BP. Woolf Quartet (strings) from the Royal Academy of Music will be performing. Join us for tea & cake from 2.30pm, concert starts at 3.00pm. (Note venue!)

Creative Workshop: Watercolour Painting Tuesday 18th November, 2.00pm – 4.00pm (free) Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN. Join artist Marie-Thérèse Ross to create your own watercolour painting inspired by the shapes, colours and patterns found in Sèvres porcelain. Dementia friendly, carers welcome. Booking is essential! Contact: 020 7563 9577, or email: community@wallacecollection.org

Memory Café North Wednesday 26th November, 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.

Songhaven Concerts

Saturday 8th November 3.00pm Conway Hall, 25 Red Lion Square, WC1R 4RL. Tel. 020 7405 1818
Saturday 15th Nov 3.00pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. 020 7201 9999
Further info at: <https://songhaven.co.uk/liveconcerts/> or email: songhaven@songhaven.co.uk

The Lord Mayor's Office – Trafalgar Square Christmas Tree

The Lord Mayor's Office is busy planning for this year's Trafalgar Square Christmas tree and are keen to hear from people who may have stories or photos from years gone by – perhaps even from the very first tree in 1947.

They wondered whether we have any service users who may have fond memories of the tree from their childhood. If so, they would love the chance to speak with them.

Their aim is to share some of these stories on their communications channels to celebrate the history of this tradition.

If you have any fond memories that you would like to share, please contact Stephen Spavin:

Tel: 07969 302517

Email: Stephen.spavin@ageukwestminster.org.uk

What is the reality of 'AGEISM' in London? – Complete the survey!

Age UK London are preparing their new campaign on ageism in London. They want to hear from as many people as possible, from a diverse range of background, about their experiences of ageism in London.

The responses received will help the team at Age UK London develop a campaign for action, to be launched in the new year.

Ageism may become a more visible issue in London, the UK's fastest ageing city, and this is a really important issue that affects thousands of older Londoners. The more we understand about ageism the better we can work towards addressing this complicated and significant challenge

Please take the time to complete their survey here: bit.ly/SurveyAgeism or if you require a print version, please email campaigns@ageuklondon.org.uk

Or contact: Dee Byrne to request a printed copy: 07986 378358