

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

Activities Timetable – Monday 13th October - Friday 24th October	
Monday 13th October	11.00am-12.30pm Coffee Morning at Hotel 63
Monday 13th October	11.00am-1.00pm Memory Café at Regent Hall
Tuesday 14th October	1.00pm-3.30pm Fit4Life Fitness Level & Chair Yoga at the Beethoven Centre
Tuesday 14th October	2.30pm-4.00pm MCST at St Marylebone Parish Church
Wednesday 15th October	10.30am-12.30pm Fit4Life at Pimlico – Lillington and Longmoore Estate
Wednesday 15th October	1.30pm-3.30pm Final CREATE Art Workshop at St Marylebone Parish Church
Wednesday 15th October	7.30pm-9.30pm Jazz Orchestra at the Royal College of Music
Thursday 16th October	2.00pm-4.00pm Tae and Chat at St Marylebone Parish Church
Monday 20th October	11.00am-1.00pm Monthly Memory Café at Regent Hall
Tuesday 21st October	1.00pm-3.30pm Fit4Life Fitness Level & Chair Yoga at the Beethoven Centre
Tuesday 21st October	2.30pm-4.00pm MCST at St Marylebone Parish Church
Wednesday 22nd October	10.30am-12.30pm Fit4Life at Pimlico – Lillington and Longmoore Estate
Thursday 23rd October	11.00am-12.30pm Coffee Morning at Regent Hall
Friday 24th October	10.30am-12.35pm Group visit to the American School London

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

Forthcoming Activities

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.

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.

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

Thursday 23rd October – 'Savills' will be attending
Thursday 6th November – 'Savills' will be attending
Thursday 27th November – 'Savills' will be attending

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

Monday 13th October – Guest Speaker Chris Barlow 'Buildings of Memory & Loss'
Monday 27th October – Guest Speaker Jenneba Sie-Jalloh – nostalgic presentation about 'Whiteleys' Department Store and Queensway.
Monday 10th November – Guest Speaker Manuela de Groot – Medici and Michelangelo.
Monday 24th November – Guest Speaker to be arranged
Monday 8th December – Guest Speaker Manuela de Groot – Christmas theme

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 16th October – Guest Speaker Gina Casserly from Talking Therapies
Thursday 20th November – Guest Speaker to be arranged.

Wednesday 15th October 7.30pm-9.30pm – Britten Theatre, Royal College of Music, Prince Consort Road, London SW7 2BS

A wonderful event for Music Lovers

The Royal College of Music welcomes award-winning jazz arranger and composer Ed Puddick, who makes his debut with the RCM Jazz Orchestra this season.

Hear a selection of Ed's unique arrangements and intricate originals, influenced by the rich tradition of big bands but with a modern twist. Throughout the concert, musical styles from around the world unite to create boundless opportunities for creative exploration.

Friday 24th October and 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

Wednesdays 1.30pm-3.30pm 'CREATE' Drawing Art workshop with Poppy St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT -

Final class for those already registered - 15th October

Another opportunity to attend a CREATE Art workshop in November & December.

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

5th November - 1.30pm-3.30pm

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.

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 or visit: 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. For future dates from November please contact Sarah Robinson – details above.

Church Street Library (67 Church Street NW8 8EU)

All sessions are held on Wednesdays from 2.00pm to 4.00pm. For future dates from November please contact Sarah Robinson – details above.

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

All sessions are NOW HELD ON WEDNESDAYS from 11.00am to 1.00pm. The next date is 15th October.

Pimlico Library (Lupus Street SW1V 3AT)

All sessions are held on Thursdays from 11.00am to 1.00pm. The next date is 23rd October.

Mayfair Library (25 South Audley Street W1K 2PB)

All sessions are held on Fridays from 2.00pm to 3:30pm. The next date is 24th October.

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.

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 swimmers 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

7.30pm October 14th

Regent Hall Band of the Salvation Army

1.00pm October 17th

Berkeley Brass

3.00pm October 17th

Royal Academy of Music – Wigfield Brass

7.00pm October 17th

Regent Brass

7.00pm October 18th

Band of the Coldstream Guards

1.00pm October 24th

RAF Music Services

7.30pm October 24th

Amersham Band

2.00pm October 27th

British Trombone Society

1.00pm October 31st

Royal Academy of Music – RAM student Artists

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 5th November - The Royal Mews

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

Monday 20th October 11.00am-1.00pm –The monthly 'Heart of Westminster' Memory Café takes place every 3rd Monday of the month at Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station.

Youngmin Lee from the Royal Academy of Music will be performing at today's Memory Café with Violin and Piano.

Monday 17th November 11.00am-1.00pm - Jenneba Sie-Jalloh will be providing a nostalgic presentation about 'Whiteleys' Department Store and Queensway.

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' 28th October 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 take place on Mondays 13th, 20th & 27th October, 2.00pm – 3.30pm at Penfold Community Hub, 60 Penfold Street, NW8 8PJ.

Gentle & playful movement class; chair-based. For more information, please call Katie on 0300 030 7212, or email: info@resonatearts.org

Our weekly Singing with Friends Choir rehearsals take place in person at Wigmore Hall, 36 Wigmore Street, W1U 2BP on Tuesdays 14th & 21st October and online (via Zoom) on Tuesday 7th & 21st October. Please note: there is no session on Tuesday 28th October. For info & timings, 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 17th October at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT. Cellist Yena Gook from the Royal Academy of Music will be performing. Come join us for tea & cake from 2.30pm, concert starts at 3.00pm.

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 20th October 2.00pm – 3.45pm. For more info and to book a place, please call Shelley on: 0300 030 7212 or email: info@resonatearts.org

Other Westminster Listings

Memory Café North Wednesday 29th October, 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.

Video and Tea Wednesday 22nd October 1.30pm – 4.30pm The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Watch a screening of the film 'Monsieur Hulot's Holiday' 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.

Opera Holland Park - Inspire Community Concerts - Relaxed, dementia-friendly concerts
Join us for an hour of joy through music this Autumn.

Totally accessible and free of charge.

Wednesday 22nd October 2.00pm

St Mary the Boltons, SW10 9TB

Doors open 1.45pm Concert 2.00pm-3.00pm

Thursday 13th November 2.00pm

St Barnabas, Kensington, W14 8LH

Doors open 1.45pm Concert 2.00pm-3.00pm

Book online or walk-in on the day

Book at: www.operahollandpark.com/news/free-community-concert 020 3846 6225

inspire@operahollandpark.com

Your Will, Your Wishes – Written for Free

This month, Age UK Westminster is offering *free will writing* so you can protect the people and causes you care about most.

Having a will gives you peace of mind knowing that your wishes will be respected and your loved ones will be looked after. It's one of the most important steps you can take for your future – and it doesn't have to cost a thing this October.

Leave a Gift That Lasts

While writing your will, you can also choose to leave a gift to Age UK Westminster. Your legacy will help us be there with a friendly call or visit for someone who feels alone, specialist support for those living with dementia, trusted advice for people struggling to make ends meet, and welcoming spaces where older residents can laugh, learn, and feel part of a community. With your support, we can make sure that every older person in Westminster has the chance to live well, connected, and with hope for the future.

Even a small percentage of your estate can make a big difference to someone's life.

Write your will for free

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

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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

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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. For future dates from November please contact Sarah Robinson – details above.

Church Street Library (67 Church Street NW8 8EU)

All sessions are held on Wednesdays from 2.00pm to 4.00pm. For future dates from November please contact Sarah Robinson – details above.

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

All sessions are NOW HELD ON WEDNESDAYS from 11.00am to 1.00pm. The next date is 15th October.

Pimlico Library (Lupus Street SW1V 3AT)

All sessions are held on Thursdays from 11.00am to 1.00pm. The next date is 23rd October.

Mayfair Library (25 South Audley Street W1K 2PB)

All sessions are held on Fridays from 2.00pm to 3:30pm. The next date is 24th October.

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.

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 swimmers 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

7.30pm October 14th

Regent Hall Band of the Salvation Army

1.00pm October 17th

Berkeley Brass

3.00pm October 17th

Royal Academy of Music – Wigfield Brass

7.00pm October 17th

Regent Brass

7.00pm October 18th

Band of the Coldstream Guards

1.00pm October 24th

RAF Music Services

7.30pm October 24th

Amersham Band

2.00pm October 27th

British Trombone Society

1.00pm October 31st

Royal Academy of Music – RAM student Artists

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 5th November - The Royal Mews

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

Monday 20th October 11.00am-1.00pm –The monthly 'Heart of Westminster' Memory Café takes place every 3rd Monday of the month at Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station.

Youngmin Lee from the Royal Academy of Music will be performing at today's Memory Café with Violin and Piano.

Monday 17th November 11.00am-1.00pm - Jenneba Sie-Jalloh will be providing a nostalgic presentation about 'Whiteleys' Department Store and Queensway.

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' 28th October 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 take place on Mondays 13th, 20th & 27th October, 2.00pm – 3.30pm at Penfold Community Hub, 60 Penfold Street, NW8 8PJ. Gentle & playful movement class; chair-based. For more information, please call Katie on 0300 030 7212, or email: info@resonatearts.org

Our weekly Singing with Friends Choir rehearsals take place in person at Wigmore Hall, 36 Wigmore Street, W1U 2BP on Tuesdays 14th & 21st October and online (via Zoom) on Tuesday 7th & 21st October. Please note: there is no session on Tuesday 28th October. For info & timings, 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 17th October at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT. Cellist Yena Gook from the Royal Academy of Music will be performing. Come join us for tea & cake from 2.30pm, concert starts at 3.00pm.

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 20th October 2.00pm – 3.45pm. For more info and to book a place, please call Shelley on: 0300 030 7212 or email: info@resonatearts.org

Other Westminster Listings

Memory Café North Wednesday 29th October, 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.

Video and Tea Wednesday 22nd October 1.30pm – 4.30pm The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Watch a screening of the film 'Monsieur Hulot's Holiday' 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.

Opera Holland Park - Inspire Community Concerts - Relaxed, dementia-friendly concerts

Join us for an hour of joy through music this Autumn.

Totally accessible and free of charge.

Wednesday 22nd October 2.00pm

St Mary the Boltons, SW10 9TB

Doors open 1.45pm Concert 2.00pm-3.00pm

Thursday 13th November 2.00pm

St Barnabas, Kensington, W14 8LH

Doors open 1.45pm Concert 2.00pm-3.00pm

Book online or walk-in on the day

Book at: www.operahollandpark.com/news/free-community-concert 020 3846 6225
inspire@operahollandpark.com

Free Wills Month – October 2025

Age UK have partnered with Free Wills Month to give our supporters the opportunity to have a simple will written or updated for free.

When is Free Wills Month?

Free Wills Month takes place in March and October every year, and it will be returning in October 2024.

What is Free Wills Month?

Age UK supporters who are 55 or over can have a simple will written or updated free of charge by a participating solicitor.

If you choose to write your will through Free Wills Month we hope you'll consider leaving a gift in your will to Age UK, although there's no obligation to do so.

What areas participate in Free Wills Month?

Free Wills Month takes part in selected locations across England, Scotland and Wales. Exact locations will be confirmed closer to the time. Contacting Free Wills Month directly is always the best way to find your local participating solicitor.

How do I take part?

- Visit the [Free Wills Month website](#) and type in your postcode – or give them a call on 0333 022 0396 – to find out which solicitors are taking part in your local area.
- Book an appointment directly with a Free Wills Month solicitor during October.
- Consider leaving a gift in your Will to Age 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