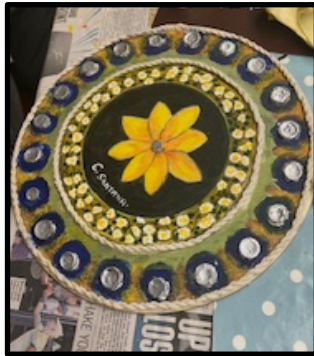


Age UK Westminster Activities Schedule



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

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. 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 18th March – Friday 29th March	
Monday 18th March	11.00am-12.30pm Coffee Morning at Hotel63
Tuesday 19th March	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Tuesday 19th March	7.00pm-9.55pm ENO 'Magic Flute' performance at the Coliseum
Wednesday 20th March	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 21st March	11.00am-12.30pm Coffee Morning at Regent Hall
Friday 22nd March	10.00am-12.00pm ENO Singing on stage performance at the Coliseum
Friday 22nd March	11.00am-12.00pm DanceWest at the Beethoven Centre
Tuesday 26th March	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Wednesday 27th March	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 28th March	2.00pm-4.00pm Tea and Chat Afternoon at St Marylebone Parish Church
Friday 29th March	GOOD FRIDAY

Forthcoming Activities and Information

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

Thursday 21st March 11.00am – 12.30pm

Guest Speaker Alison Fraser, Community Dental Service - Oral Health Awareness

Thursday 4th April 11.00am - 12.30pm

CREATE Art Workshop exhibition of participants creations from the Create Art Workshop.

Thursday 18th April 11.00am - 12.30pm

Guest Speaker Sukhneet Badwal from AgeUK speaking about LPA's – Lasting Power of Attorney.

Every Tuesday 1.00pm-2.00pm & 2.30pm-3.30pm - Age UK Westminster's weekly FIT4LIFE levels 1 & 2 exercise programme at the Beethoven Centre, Third Avenue, London W10 4JL

With Sharon our Qualified Senior Years Fitness Class Instructor.

Level 1 - 1.00pm-2.00pm - A chair to standing exercise class for those people who are less mobile. Combined movement helping to build strength and stronger bones, increase flexibility and balance.

Level 2 - 2.30pm-3.30pm - An exercise class that caters for those who are more mobile. Providing exercise to increase fitness, to work muscles and encourage movement.

Every Wednesday 2.00pm-5.00pm Bridge Club at Mayfair Library, 25 South Audley Street, W1K 2PB

If you are an experienced Bridge player and would like to join the group or have friends who would like to attend, please do join us. There is now an agreed attendance fee of £3.00 per session.

DanceWest will be returning to the Beethoven Centre, Third Avenue, London W10 4JL

Our partnership with DanceWest continues with further dance sessions 11.00am-12.00pm:

Refreshments will be provided.

Friday 15th March

Friday 22nd March

There will be no class on the 29th March - Good Friday.

Friday 5th April

There will be a short break before the Summer classes begin.

Summer Classes

26th April

3rd May

10th May

17th May

24th May

There will be no class on the 31st May - Spring half term

7th June

14th June

21st June

28th June

5th July

12th July

Fortnightly Tea and Chat afternoon at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT

Thursday 28th March – Free Health Checks -provided by Crawford Street Surgery.

Thursday 11th April – Manmeet Rana presentation on Romanticism.

Thursday 25th April – Guest speaker TBC.

Coffee Morning 11.00am-12.30pm and every fortnight at Hotel63, 63

Bayswater Road, London, W2 3PH

18th March – Chris Barlow – ‘Michelangelo’ presentation – Lives of the great artists.

15th April - Art workshop with Julie McGerty – ‘Relax with Lavender’. Learn some simple exercises for relaxing. Explore ideas for de-stressing. Make lavender bags to take home.

29th April - Chris Barlow – ‘Picasso’ presentation.

13th May – Chris Barlow – ‘David Hockney’ presentation.

A wonderful new Coffee Morning venue which has an extremely interesting history.

Hotel 63 was built between 1865 and 1870 and for most of its first seven decades of existence, it was a private address. 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 as part of London County Council's standardisation and clarification of street names in London.

The Hotel is close to The Swan Public House on Bayswater Road

Close to Lancaster Gate tube station (Central Line)

Buses 274, 94 & 148

Thursdays 1.00pm-3.00pm and every fortnight - Hope in the Community the Gordon Hospital, Bloomburg Street, London, SW1V 2RH

Tea and Chat afternoon with activities and Guest Speakers from Age UK Westminster. Come along and let us know what activities you would like to be organised.

Please contact Stephen Spavin regarding dates:

Email: stephen.spavin@ageukwestminster.org.uk

Tel: 07969 302517

Friday 22nd March 10.00am-12.00pm English National Opera at the London Coliseum, St Martin's Lane, London WC2N 4ES

The Magic Flute singing activities

Singing sessions with the English National Opera

Sing with professional artists and chorus members from the English National Opera and explore the wonderful production of The Magic Flute!

The English National Opera is inviting everyone from Age UK to take part in singing sessions, exploring the themes and music of Mozart's The Magic Flute.

Those who attended on the 22nd February at Regent Hall are invited to attend the London Coliseum. This session will involve other community groups and will be an opportunity for you to sing on the Coliseum stage!

Tuesday 2nd April 10.30am-12.00pm Coffee Morning at Lord's Cricket Club, St. John's Wood Road, NW8 8QN - You should enter Lord's cricket ground by the North Gate in Wellington Place (off Wellington Road).

Lord's Cricket Ground, commonly known as Lord's, is a cricket venue in St John's Wood, London. Named after its founder, Thomas Lord, it is owned

by Marylebone Cricket Club (MCC) and is the home of Middlesex County Cricket Club, the England and Wales Cricket Board (ICC). Lord's is referred to as the Home of Cricket and is home to the world's oldest sporting museum.

Monday 8th April 10.30am Boccia and lunch with Sport for Confidence at Lord's Cricket Ground, St John's Wood Road, London NW8 8QN

Limited spaces available. Accessibility access available.

Enjoy a morning of Boccia with lunch provided.

To register please contact Stephen Spavin:

Email: stephen.spavin@ageukwestminster.org.uk

Tel: 07969 302517

Wednesday 17th April 2.00pm-4.30pm Westminster Senior Citizens Forum - Lord Mayor's Reception Room, 19th Floor, Westminster City Hall, 64, Victoria Street, London SW1E 6QP

A Strong Voice for older people in Westminster

Healthy refreshments will be available.

Nearest Tube Stations are Westminster, Victoria, St. James's Park

Buses 11, 24, 148, 211. Bus Stop: "Westminster City Hall"

(Between New Scotland Yard and Westminster Cathedral)

Thursday 18th April 3.00pm - Cultural Walk and Visit with Chris Barlow

Join Chris "1001 Days in London" at the OXO tower gallery.

Age UK Westminster Dementia Service for those residing in Westminster and diagnosed with early stages of memory loss:

Monday 18th March 11.00am-1.00pm

'Heart of Westminster' Monthly Memory Café at Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station.

Every Tuesday 2.00pm-4.00pm

Maintenance Cognitive Stimulation Therapy (MCST) workshop - 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

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 April - Queen Mary's Dolls' House

Wednesday 1st May - Queen Elizabeth II's Life at Windsor Castle

Wednesday 5th June - The Royal Collection and LGBTQ+

Wednesday 3rd July - Royal Photographs

Wednesday 7th August - Buckingham Palace

Wednesday 4th September - Paintings at Hampton Court Palace

Wednesday 2nd October - Royal Fashion

Wednesday 6th November - Drawings in the Royal Collection

Wednesday 4th December - A History of Performance at Windsor Castle

Join Zoom Meeting – camera on or off:

<https://us02web.zoom.us/j/4407732986>

Meeting ID: 440 773 2986

Activities organised by In-Deep

Over 50's Lunch Club

Join our weekly lunch club every Wednesday and enjoy a delicious jacket potato with a choice of gammon, chicken, tuna, beans, cheese, beans and cheese, or an alternative hot meal option throughout the winter.

All lunches include a side salad and either a soft drink or unlimited tea or coffee.

Location: Grosvenor Hall, Vincent Street, SW1 4HB

Cost: £3.50 per person

Please email Emma Chapman for further details:

emma.chapman@in-deep.org.uk

or text 07761 263105.

Over 50's Community Dinner

Enjoy a delicious three-course roast meal, live music and the chance to socialise with friendly local people, hosted by In-Deep on Saturday afternoon, every other month.

Upcoming Dates!

2024: April 27th, June 15th

PLACES MUST BE BOOKED!

To reserve your space, please email Emma Chapman:

emma.chapman@in-deep.org.uk

or text 07761 263105.

People will not be admitted without a booking.

ALL OVER 50'S WELCOME!

Location: Westminster Kingsway College, 76 Vincent Square,
London, SW1P 2PD

Cost: £6 per person

Over 50's Latin Moves Class

Every Wednesday with qualified instructor Béthany Martínez Time: 10:30am-11:30am

Location: Grosvenor Hall, Vincent St, SW1P 4HB

Come ready to move, groove, and embrace the joy of dance in our new free weekly dance classes! No prior experience required, and steps can be adapted to suit needs.

For more information or to book your place please email Emma Chapman:

emma.chapman@in-deep.org.uk

or text 07761 263105.

Over 50's Choir

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.

Singing has been shown to support physical and mental well-being and most of all, it is fun!

Future dates:

18th March

15th and 29th April

3rd, 17th and 24th June

1st and 8th July

(Mondays)

Time:

6:30pm-7:30pm

(please arrive at 6:20pm)

Location: St. Saviours Church, Lupus Street, London, SW1V 3QW

For further information please email Emma Chapman:

emma.chapman@in-deep.org.uk

or text 07761 263105.

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 now 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 our Wellbeing & Connections Coordinator can help 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: 020 3004 5610

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

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

iTea Parties - Digital Support sessions

Come and join us for our FREE Digital help sessions in a friendly social group with learning in mind. Bring along your own digital device (mobile phone, laptop, iPad/tablet) and receive one to one support from a committed volunteer.

If you would like to attend any of the following please contact

Sarah Robinson.

Tel: 07399 301938 or Email: sarah.robinson@ageukwestminster.org.uk

Marylebone Library

Thursdays – 4th April 1.30pm-3.30pm

9-11 New Cavendish Street, W1G 9UQ

Church Street Library

Wednesdays – 10th April 2.00pm-4.00pm

67 Church Street, NW8 8EU

Paddington Library

Tuesdays - 19th March & 16th April - 11.00am-1.00pm

Porchester Road, W2 5DU

Mayfair Library

Fridays - 22nd March & 26th April - 2.00pm - 3.30pm

25 South Audley Street, W1K 2PB

Drama with the Dende Collective

Come along and have an enjoyable, fun time with a friendly group.

At the Church Street Library: Wednesdays until 27th March - 4.30pm to 6.30pm

The sessions will be be our usual mixture of games, improv, storytelling, drama skills and a bit of devising.

No previous experience is necessary and the classes remain drop-in, so you can join at any moment.

Please enrol for the sessions by clicking this link (only needed doing once and if you have done it for the last batch of classes no need to do it again): <https://forms.gle/QXxEoAZ9s8dKg1aM8>

Or contact Andre Pink - Artistic Director - Dende Collective: 07984 451 796

External Dementia services

Resonate Arts

Our Singing with Friends Choir rehearsals take place in person at Wigmore Hall on Tuesday 19th & 26th March and also online via Zoom on Tuesday 19th March. For more info, please call Shelley on 0300 030 7212.

Memory Café North Wednesday 21st March, 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

**Thursday 21st March 1.00pm-2.30pm and every 3rd Thursday of the month -
Dementia Café Hinde Street Methodist Church, 19 Thayer Street, London W1U
2QT provided by 'Right At Home'**

If you or a family member lives with Dementia or you are friends with someone living with Dementia, come along to our Dementia Café and say Hello!
It is absolutely free and no prior booking is needed.

Every Monday and Tuesday until 26th March 2024 Warm Space at the Clore Learning Centre at Kensington Palace, London W8 4PX

The Warm Space at Kensington Palace reopens on Monday 8th January, 10:00am-3:00pm

The Warm Space, taking place in the Clore Learning Centre, is open to anyone in need of warmth and community this winter.

Every Monday and Tuesday until 26th March 2024* local people can 'drop-in' from 10:00am-3:00pm. There will be warm drinks, snacks and a friendly atmosphere in which people can connect with each other whilst learning or doing something new.

These Warm Spaces are only suitable for people aged 18+.

There are board games, cards, puzzles and art materials available for everyone to use throughout the Warm Space Day. You are welcome to take part in activities or bring your own.

There is free WiFi in the Clore Learning Centre.

Transport: Underground to Queensway tube station (Central line)

Buses: 70, 94, 148 to Bayswater Road/Queensway.

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

From 1.00pm

19th March – 'Two Bands in Concert' – Regent Hall Band and 'Thundersley Band'.

20th March – Royal Academy of Music presents 'The Outsiders' – music for trombone quartet.

The Abbey Centre, 34 Great Smith Street, SW1P 3BU

For those residents in South Westminster The Abbey Centre have a wide range of activities and opportunities. Please follow the link to their website:

www.theabbeycentre.org.uk

Get your Flu and COVID vaccinations

With both coronavirus and flu circulating this winter getting a flu jab is especially important. The flu vaccine is available for free to those most at risk – if you are pregnant, aged 65 or over, if you have a long-term health condition or are a carer. If you are eligible for a free flu vaccination, your GP practice will contact you directly by letter or text to arrange it. Book your vaccination at your GP practice or local pharmacy as soon as you are contacted.

Freedom Pass (ALL DAY) on Fridays.

As you may have seen, the Mayor has launched a 3-month pilot for Freedom Pass and 60+ Oyster Card use BEFORE 9.00am on Fridays. This is part of the ['Let's Do Friday's' initiative](#). If this increases passenger numbers, the Mayor will be under much more pressure to make this permanent.

We would like the next Mayor to make the trial a permanent change and to do the same on Mondays to Thursdays. Many of you will be aware that this is an issue Age UK campaigned for, so although this is a positive step in the right direction we would like to see more done.

Handyperson Service - Westminster Council

Westminster residents aged over 60, or in receipt of disability benefit, can request free help from a

handyperson. The service covers minor works to a home such as replacing light bulbs and other small DIY jobs. It does not cover gardening, plumbing or decorating, and it is not an emergency service, however they are able to support people with essential jobs. Handyperson Service

Phone number: 020 7641 8959 Email: hia@westminster.gov.uk

Online referral form: <https://www.westminster.gov.uk/handyperson>

Asthma and Lung Conditions

Asthma + Lung UK's Westminster Support Group for respiratory conditions

<https://www.asthmaandlung.org.uk/>

helpline@asthmaandlung.org.uk

0737 8606728 for questions on asthma.

Westminster Breathe Easy support group

Contact Tess Jelen:

Email; t.jelen@btinternet.com

or text: 0794 6514380

We support people with respiratory conditions, their friends, family and carers, helping with information and companionship.

A 4-page printed newsletter is for non-digital members. But if you use email, why not receive the full multi-page newsletter direct to your in-box by registering with www.breatheasywestminster.com to become a free member with regular updates and information.

North Paddington Canalside

Westminster City Council have launched a new programme in the North Paddington area and they would really appreciate your views.

The North Paddington Canalside Programme encompasses the canal towpath and public spaces from Ladbroke Grove to Little Venice, and the ambition is to create a greener, cleaner, healthier and more accessible public space for the local community. Please follow the link to the project website and complete the survey offering your views to the proposals:

[Have Your Say Today - North Paddington Canalside - Commonplace](#)

Improving same day access to primary care

A plan to improve same day access to general practice (GP) services for patients is being proposed by NHS North West London. This involves the use of same day access hubs, which will bring together teams of staff to assess patients and refer them to the right service for their needs. This could be an urgent or routine appointment with their GP, an appointment with a pharmacist, or guidance on how best to treat their condition at home. Where people need to see a GP, they absolutely still will, and no clinical decisions will be made without a senior clinical decision maker. To find out more, and hear from NHS North West London's Director of Primary Care, visit: nwlondonicb.nhs.uk/same-day-gp-access

There has been opposition to this plan and concerns raised by Patient Participation Groups, local residents and GPs. This includes concerns that there has been a lack of engagement with local residents, GPs and patient participation groups. Find out more [here](#).

Age UK Westminster would like to hear your thoughts on an ambitious plan to improve same day access to primary care for patients being introduced by NHS North West London.

Please contact Stephen Sopavin with your comments:

Email: stephen.spavin@ageukwestminster.org.uk

King's College London Research Team

The Community Ageing Research, across Ethnicities Network (CARE Network) research team at King's College London, are exploring the impacts and key issues relating to mental health and wellbeing in older adults across all ethnic communities and faith groups. This online survey will help to shape future research areas addressing key needs of all our diverse communities and will be exploring key factors related to older adults' responses post the COVID-19 pandemic. There is also the opportunity for participants to hear about and discuss ongoing dementia research at King's College London. The survey only takes twenty minutes to complete and can be completed from the comfort of home. You can join at:

<https://app.onlinesurveys.jisc.ac.uk/s/kings/care-network-baseline-study-survey-v3>

Early Detection: Your Best Defence Against Cancer

As we journey through life, it's an inevitable truth that our bodies change. As we age, the risk of cancer increases, making early detection crucial for effective treatment and improved outcomes. At Age UK Westminster, we understand the importance of proactive health measures, which is why we're here to empower you with information and support to live longer and better lives.

Why Early Detection Matters:

The earlier cancer is detected, the easier it is to treat. This simple truth underscores the importance of regular screenings and prompt attention to any changes in your body. Here's why early detection is vital:

1. **Easier Treatment:** Catching cancer in its early stages often means less aggressive treatments and a higher likelihood of successful outcomes.
2. **Reduced Spread:** Early detection reduces the risk of cancer spreading to other parts of the body, improving outcome and quality of life.
3. **Improved Survival Rates:** Timely detection significantly increases the chances of survival, offering hope and optimism for the future.

Taking Charge of Your Health:

Empower yourself with proactive steps to safeguard your well-being:

- **Listen to Your Body:** Pay attention to any changes, such as new lumps, blood in urine or poo, or persistent coughs. These could be early warning signs of cancer.
- **Consult Your GP:** Don't hesitate to discuss any concerns with your general practitioner or other health professional. They are there to support you and provide guidance on next steps.
- **Attend Screening Appointments:** Take advantage of screening programs and tests offered to your age group. These screenings can detect cancer at its earliest, most treatable stages.
- **Open Dialogue:** Talk openly about your health concerns and fears with your healthcare provider and loved ones. Support and understanding play a crucial role in navigating health challenges.

Support for Screening Attendance:

Age UK Kensington & Chelsea and Age UK Westminster are committed to ensuring that residents aged 50 and above can attend their screening appointments without barriers. We provide transportation assistance for those who would otherwise face challenges in reaching their appointments.

If you reside in Kensington & Chelsea, call **020 8969 9105**.

If you reside in Westminster, call **020 3092 9914**.

Did You Know?

- **Bowel Cancer:** The fourth most common cancer, early detection through screening can significantly improve outcomes. Offered to men and women aged 52 to 74. Residents aged 75 and above can request a screening test by calling 0800 707 6060.

- **Breast Cancer:** Regular screenings every three years from ages 50 to 71 are essential for early detection. For those aged 71 and above, appointments can be requested by calling 020 3758 2024.
- **Cervical Cancer :** There is a programme for preventing this cancer by detecting and treating early abnormalities which, if left untreated, might lead to cervical cancer. Screening is offered every 5 years to women aged up to 64 at your GP practice.
- **Prostate Cancer:** Request a blood test from your GP to monitor prostate health. This is particularly important for men, with a higher risk among black ethnic communities and those with a family history.
- **Lung Cancer:** Individuals aged 55 to 74, with a history of smoking, can request a free NHS lung health check by calling 020 7351 8607. This programme is active as from April 2024

If you have any health concerns, don't hesitate to reach out to your GP or other health professional for guidance and support. Age UK Westminster and Age UK Kensington are here to support you on your health journey, providing transportation assistance for screening appointments.