



Age UK Westminster Fortnightly Schedule of Activities

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

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

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

Email: enquiries@ageukwestminster.org.uk

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

Tel: 07903 255384

Email: souad.abdellaoui@ageukwestminster.org.uk

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

In this newsletter you will find:

Forthcoming activities, information and more.

Age UK Westminster Forthcoming Activities and Events

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

Activities Timetable – Monday 28th April- Friday 9th May	
Monday 28th April	11.00am-1.00pm Coffee Morning at Hotel 63
Monday 28th April	2.00pm-4.00pm Tea and Singalong at Curtis Brown Publishing
Tuesday 29th April	10.30am-12.00pm Coffee Morning at Lord's Cricket Ground
Tuesday 29th April	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Tuesday 29th April	2.30m-4.00pm MCST at St Marylebone Parish Church
Wednesday 30th April	10.30am-12.30pm Fit4Life Exercise in Pimlico
Wednesday 30th April	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 1st May	10.30am-12.45pm American School London visit
Thursday 1st May	1.30pm-3.30pm Digital Support at Marylebone Library
Friday 2 nd May	3.00pm-4.00pm Exercise at WECH
Monday 5th May	SPRING BANK HOLIDAY
Tuesday 6th May	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Tuesday 6th May	2.30pm-4.00pm MCST at St Marylebone Parish Church
Wednesday 7th May	2.00pm-4.00pm Afternoon event at GIC Singapore
Thursday 8th May	11.00am-12.30pm Coffee Morning at Regent Hall
Friday 9 th May	3.00pm-4.00pm Exercise at WECH

Age UK Westminster Forthcoming Activities and Events

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

Thursday 8th May - James Tarrant from Barclays Bank - Fraud and Scams

Thursday 22nd May - Age UK Westminster Residents Feedback Forum with lunch

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.

The Bridge Club will not be held on 7th and 14th May

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.

There will be no classes on the 13th May and 24th June

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.

Due to the end of funding in June we are now charging an attendance fee on the day of £3.00 for Level 1 and for Level 2.

Classes will not be held on 29th April, 6th May, 13th May or 24th June

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 (Re-Energise) our qualified instructor. These classes are FREE to join.

Refreshments from 11.30am-12.30pm.

Classes will not be held on 7th May or 14th May and our final class will be held on 21st May

Age UK Westminster Forthcoming Activities and Events

Fortnightly Coffee Morning 11.00am-12.30pm at Hotel 63, 63 Bayswater Road, London, W2 3PH

Crafts and Wellness 5 session workshop with Learning Unlimited on the following Mondays 11.00am-1.00pm:

Try out creative activities with others. Enjoy the therapeutic benefits of creativity and explore different ways of improving your well-being. Have fun learning and creating together!

- 28th April - Healthwatch with Blessing Ogunoshun
- Monday May 12th - Guest Speaker Chris Barlow presenting "The Arts of London Part 2 : From Stuarts to the Georgians" Art/Architecture/Music/Theatre
- Monday 9th June - Guest Speaker Chris Barlow presenting "Love Is All Around Us"
- Pride in London/Community Action/Friendship

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

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 for residents of Harrow Road Ward.

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

Please wear trainers or plimsols.

To register please contact Souad Abdellaoui on:

Tel: 07903 255384 or souad.abdellaoui@ageukwestminster.org.uk

Intergenerational Harmony presented by Intergenerational Music Making - 2.00pm-3.00pm on the following dates. Venue: St Jude's Community Hall, 67 Ilbert Street, W10 4OL

FREE Intergenerational programme designed to improve community health wellbeing, and cohesion. This project will leverage music, movement and the sharing of cultural heritage to address health inequalities, reduce loneliness, and build meaningful, lasting connections between generations within Westminster.

Dates:

Block 1: May: 6th, 13th & 20th | June: 3rd

Block 2: June: 10th, 17th & 24th | July: 1st, 8th & 15th Time: 2.00pm-3.00pm

Age UK Westminster Forthcoming Activities and Events

Monday 28th April 2.00pm - 4.00pm - Afternoon tea and cakes and singalong with company choir - Curtis Brown Publishing, Cunard House, 15 Regent Street, London, SW1Y 4LR

Come along and enjoy social interaction and a wonderful afternoon tea with the publishing company staff.

Wednesday 7th May 2.00pm-4.00pm Tea and Cake with Digital Support and a Prize Quiz - GIC Singapore, York House 45 Seymour Street London W1H 7LX

GIC Singapore are a great supporter of Age UK Westminster, providing Christmas Lunches so come along and enjoy a fun afternoon which will also include digital support with your digital device.

Thursday 1st May 10.30am-12.45pm 'Grandfriends' event at American School London, NW8 0NP

Meet with Grade 1 and Grade 5 pupils, refreshments provided

We recommend that you use the Loudoun Road Entrance as it offers step free access and is on the same floor and the closest to both of the listed locations. We will have some volunteers to help with arrival and departure.

Friday 6th June 2.00pm-3.30pm Portraiture Collage Workshop at 2 Temple Place, WC2R 3BD

Our community programme engages groups in the history and craftsmanship of the building. Working with artist facilitators groups are able to explore their creativity and connect with other people in a calming and mindful environment.

Portraiture Workshop

Discover the characters from literature and history carved around the Great Hall at Two Temple Place. Working with a facilitator, groups will create a portrait of a character of their choosing using collage and sketching techniques.

Monday 7th July 2.00pm-4.00pm Exercise and Tea Dance with our very own Sharon from Re energise - British Summertime in Hyde Park

British Summer Time Hyde Park (BST Hyde Park) is a music festival held once a year in London's Hyde Park. BST Hyde Park lasts for up to three weeks.

We return to provide exercise and dance in the Barn at Hyde Park with prize bingo

Age UK Westminster Forthcoming Activities and Events

Monday 16th June 2.00pm-4.00pm - Guided tour of the Royal Mews, Buckingham Palace

Come and enjoy a special afternoon tour of the Royal Mews Buckingham Palace

Age UK Westminster Residents Feedback Forums to be held at the following:

Thursday 15th May 10.30am-12.30pm at the Beethoven Centre, Third Avenue, W10 4JL

Thursday 22nd May 11.00am-12.30pm at Regent Hall, 275 Oxford Street, W1C 2DJ

Come along and 'Have Your Say' with lunch provided.

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

Thursday 15th May - Speaker to be arranged

Thursday 15th May Guest Speaker - Francesca Cerletti - Conflict transformation

Tuesday 29th April 10.30am-12.00pm Coffee Morning at Lord's Cricket Club, St. John's Wood Road, NW8 8QN

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. You should enter Lord's cricket ground by the Grace Gate main entrance in St Johns Wood Road.

Thursday 22nd May 1.00pm-3.00pm Social Group coffee afternoon - Hope in the Community held monthly at the Gordon Hospital, Bloomburg Street, London, SW1V 2RH

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

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

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

Sunday 18th May 1.10pm-3.10pm - British Museum Special Exhibition - Ancient India: Living Traditions - Great Russell Street, London WC1B 3DG

Where does the image of the beloved and playful Hindu god Ganesha, with his elephant head and rounded belly, originate? What inspired depictions of the serene Buddha and Jain enlightened teachers? Reaching back more than 2,000 years, this new exhibition explores the origins of Hindu, Jain and Buddhist sacred art in the ancient and powerful nature spirits of India, and the spread of this art beyond the subcontinent. One of the first major exhibitions in the world to look at the early devotional art of India from a multi-faith, contemporary and global perspective, it will highlight the inspiration behind now-familiar depictions of the deities and enlightened teachers of these world religions – and how they were shared across the Indian Ocean to Southeast Asia and along the Silk Roads to East Asia.

Age UK Westminster Forthcoming Activities and Events

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: 020 3004 5610

NEW! 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 foodbank 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 Forthcoming Activities and Events

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

Digital Learning

Come and join us for our FREE digital learning sessions for age 50+ held in a friendly, social group setting at libraries around Westminster. We now have dates booked through until October and this month we are launching a new monthly session at Pimlico Library! Bring along your own digital device if you have one (such as a mobile phone, tablet, iPad or laptop) and be supported by our dedicated volunteers to learn to use it and get online. The sessions are run as drop-ins so there is no need to book, and you can just turn up on the day.

However, if you have any questions, need to let us know something you need to be able to access a session, don't have your own digital device and would like to borrow one - or if you are interested in volunteering with us - get in touch with our Digital Inclusion Coordinator Sarah on [07399 301938](tel:07399301938) or at sarah.robinson@ageukwestminster.org.uk.

Pimlico Library – NEW

Lupus Street SW1V 3AT All sessions are held monthly on Thursdays from 11.00am to 1.00pm. The next dates are 22nd May & 26th June.

Marylebone Library

Thursdays – Next ones 1st May & 5th June- 1.30pm-3.30pm
9-11 New Cavendish Street, W1G 9UQ

Church Street Library

Wednesdays –Next ones 14th May & 11th June - 2.00pm-4.00pm
67 Church Street, NW8 8EU

Paddington Library

Tuesdays - 20th May & 17th June - 11.00am-1.00pm
Porchester Road, W2 5DU

Mayfair Library

Fridays - 23rd May & 27th June - 2.00pm - 3.30pm
25 South Audley Street, W1K 2PB

Age UK Westminster Forthcoming Activities and Events

OTHER EXTERNAL ACTIVITIES WITHIN WESTMINSTER

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. They will then email you the full programme once available. For more information please visit [Cultural events for older people | Westminster City Council](#)

From Wednesday 14th May to Sunday 18th May 10.30am-4.30pm - Join us for Community Open Week 2025 - Kew Gardens

Discover the wonders of Kew during Community Open Week 2025!

We invite you to come and explore the Gardens, connect with nature, enhance your wellbeing, and learn more about our important science and conservation work. All for free!

This year, we'll be exploring the theme of 'trees' through a wide range of collaborative and inclusive activities. We'll also be hosting a relaxed day on Thursday 16th May, designed specifically for those who need a calmer environment to enjoy the day.

You can browse our full programme of activities, find essential information, and register to attend now!

Please follow the link to register:

<https://kewgardens.seetickets.com/tour/community-open-week>

Age UK Westminster Forthcoming Activities and Events

Community Zooms from the Royal Collection Trust

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

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

Wednesday 7th May - The Edwardians

Wednesday 4th June - Garter Day at Windsor Castle

Wednesday 2nd July - Portraits of Queen Elizabeth II

Wednesday 6th August - St George's Chapel

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

Wednesday 1st October - The Gardens at the Palace of Holyroodhouse

Wednesday 5th November - The Royal Mews

Wednesday 3rd December - Royal Christmas Traditions

Join Zoom Meeting – camera on or off:

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

Meeting ID: 440 773 2986

Every Tuesday 2.00pm-4.00pm St Luke's Renew Wellbeing Café - At St Luke's Church, Fernhead Road, W9 3EH

A quiet shared space where it's ok to not be ok!

Talk with others or be in a quiet space. Do an activity or enjoy stillness: All in a welcoming, inclusive and non-judgmental space.

For more information:

Email: office@stlukeswestkilburn.org

Tel: [0208 960 4195](tel:02089604195)

Over 50's Group at Switchboard, the national LGBTQIA+ support line

We run a group for over 50's which meets on Mondays and Tuesdays at our London office. Attendees volunteer on our service as a listening volunteer either between 10.00am and 1.00pm or 2.00pm and 5.00pm, getting lunch together and socialising from 1.00pm to 2.00pm. It's a group we run in order for LGBTQIA+ people aged over 50 to meet, socialise and give back to the community.

If you would like to volunteer please follow the following link and find out more: [here](#).

Age UK Westminster Forthcoming Activities and Events

Sinfonia Smith Square presents 'Coffee Morning Music' sessions -Smith Square Hall – the Crypt, SW1P 3HA

The perfect start to your day – step inside Smith Square's historic vaulted crypt, grab a hot drink, and soak up inspiring chamber music from the emerging professional musicians of Sinfonia Smith Square. There'll also be the chance to chat with the musicians over a coffee and sit right amongst the music-making.

This free event is particularly suitable for older members of our community, offering a relaxed and friendly atmosphere.

Coffee Morning Music will take place on:

Wednesday 14th May, 11.00am-12.00pm

If you would like to reserve a place, please send a quick email to Martha MacBean (martha@sinfoniasmithsquare.org.uk) and she will get back in touch with you to confirm.

Over 50's Latin Moves Class

Every Wednesday with qualified instructor Béthany Martínez

Time: 10:30am-11:30am

Location: Grosvenor Hall, Vincent Street, 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.

Swim for free in Westminster

Ready to make a splash without spending a penny?

Whether you're looking to boost your fitness, unwind after a long day, or enjoy time in the water with family, there's never been a better time to dive in. This is a great way to stay active and healthy – at no cost!

Who can swim for free?

- Residents with concessions, such as those receiving certain benefits.
- Residents over 60.

Please note: accompanying adults/parents will still need to pay standard entry fees.

Free swimming session times vary by location, so check with your local centre pool before you arrive:

[Marshall Street Leisure Centre](#)

[Moberly Sports Centre](#)

[Porchester Centre](#)

[Queen Mother Sports Centre](#)

Age UK Westminster Forthcoming Activities and Events

AGE UK WESTMINSTER DEMENTIA SERVICE

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

Every Tuesday 2.30pm-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](tel:02030045610)

Monday 28th April 11.00am-1.00pm – The monthly 'Heart of Westminster' Monthly Memory Café at Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station – Huan Zhang from the Royal College of Music will be performing.

OTHER DEMENTIA GROUP-BASED SUPPORT:

Dementia Action Week 2025 Monday 19th May - 24th May

Join us in celebrating awareness, inclusion and support across Westminster & Kensington and Chelsea.

Monday 19th May

Royal Opera House

10:30am - 11:30am History Walk with tour guides

Royal Opera House Bow St, London WC2E 9DD - ground floor cafe

Tuesday 20th May

Opera Holland Park – Melodies & Memories

2:00pm – 4:30pm Interactive singing, recital, tour, and afternoon tea.

Opera Holland Park Theatre. Ilchester Place, London W8 6LU

Westminster Abbey – Westminster Abbey Wander 9:00am A special early tour with refreshments.

Meet at the West doors of Westminster Abbey

Royal Collections - The Edwardians: Age of Elegance.

1:45pm – 4:15pm Introductory talk with refreshments, followed by the exhibition. The King's Gallery, Buckingham Palace

National Army Museum – Hands-On History 2:00pm Explore artefacts and stories.

National Army Museum Royal Hospital Road London SW3 4HT

Age UK Westminster Forthcoming Activities and Events

Wednesday 21st May

Chair-Based Yoga for Wellbeing by Imperial College London

10:30am-1.00pm Focus on balance, breath, and calmness London Care 42 Westbourne Park Road, London W2 5PH

Victoria & Albert Museum – Closer Look Tour

11:00am A dementia-friendly tour to learn the stories behind some of the V&A's most fascinating objects. Digital Studio, V&A South Kensington, Cromwell Road, SW7 2RL

Thursday 22nd May

Royal Albert Hall – Dementia Aware Tour

10:00am-11.00am Welcoming and friendly tour of the Royal Albert Hall, followed by tea and cake Meet at Door 12, South Entrance

Nutrition Workshop with Imperial College London 10:30am-1.00pm Learn how food and brain health are connected.

LoveDay 2 Kensington Square, London W8 5EP

Friday 23rd May – Dementia Information Fair

The Small Hall, Kensington Town Hall, Hornton St, London W8 7NX

1:30pm – 4:30pm

Hosted by Westminster & Kensington and Chelsea Dementia Action Alliance

Your one-stop hub of dementia support and services, featuring:

- 25+ information stalls from local organisations
- Talks from Dementia UK - Admiral Nurses
- Nutrition & wellbeing sessions by the Imperial College
- Legal & financial advice from Pathways Through Dementia
- Free health checks, including blood pressure screenings

Saturday 24th May

Royal Albert Hall – Dementia Aware Tour (Repeat) 11:00am-12.00pm Welcoming and friendly tour of the Royal Albert Hall, followed by tea and cake

Meet at Door 12, South Entrance