

# NEWS UPDATE



*From the North Hub*

October 23

Follow us on Social Media!



@ageuk\_wf



@ageukwf



@ageukwalthamforest

*Hello!*

I hope this update finds you well. As the evenings start to draw in and we say our farewells to summer, maybe it's time to try a new class or learn something new? Our Activities Schedule is full with a range of classes and social groups to suit all tastes. From table tennis and Bollywood dancing to gentle exercise, crafts and book clubs to computer classes and from music groups to coffee mornings, activities are a great way to meet with others. Our full schedule is on pages 5 & 6.

As ever, we endeavour to bring these events to you at a low cost or for free. So if you are able to make a donation to our work, we would be very grateful. You can either go online to donate [here](#) or donate in person when you visit us. Many thanks!

*Best Wishes,*

Emma Tozer  
CEO Age UK  
Waltham Forest



Age UK Waltham Forest  
Waltham Forest Resource Hub (North)  
58 Hall Lane, Chingford E4 8EU

Tel: 020 8558 5512 email: [info@ageukwalthamforest.org.uk](mailto:info@ageukwalthamforest.org.uk)  
[www.ageukwalthamforest.org.uk](http://www.ageukwalthamforest.org.uk)



Registered with  
**FUNDRAISING  
REGULATOR**

Age UK Waltham Forest is a registered charity No: 1048212 and company limited by guarantee.  
Registered in England and Wales No: 2334459.

# Activity News

## Monthly Quiz

Thursday 19 October 2.30am – 4.30pm  
at The Hub

Put your general knowledge to the test in our fun Quiz. Covering a wide range of subjects, you can join a team and share your knowledge with others over tea and cake.

Booking is essential, see details below.



## Celebrate Black History with this Fun-Filled Quiz!

Sunday 22 October 12:00 for 12:30pm start,  
finishes 2pm at The Hub

Get ready for an exciting, interactive, and enlightening experience celebrating Black History like never before! The Quiz is hosted by local grassroots organisation The Skills Within in collaboration with Waltham Forest Council, and local Black Historian Peter Ashan. Their mission is to foster cultural integration, shared understanding and have a whole lot of fun, while celebrating the incredible contributions of the Black community in the UK and Waltham Forest. Let's come together, learn together, and have a blast celebrating our shared history! And there are prizes!

It's free to take part, snacks and drinks will be available to purchase.

For enquiries, contact The [Skills Within](https://www.theskillswithin.com) 07985 122654 [information@theskillswithin.com](mailto:information@theskillswithin.com)

## Scams Awareness Event

Friday 13 October 10.30am – 12.30pm  
at The Hub

There's still time to sign up for our FREE event to find out more about how to avoid scams and learn more about scams carried out with online banking, in-person and cryptocurrency. The event is collaboration with Barclays Bank, Metropolitan Police and Local Police.

Booking is essential, see details below.



## NEW Bridge Beginners class

Starts Friday 6 January 2024 10:30am-12:30pm  
at The Hub

Have you ever wanted to learn how to play bridge? We are starting a new course to learn this fascinating game in January 2024 in 5-week blocks, for beginners who are either new to the game or for those who want to improve their game, with the aim in enjoying playing. Using the ACOL system, beginners should be able to bid and play most hands at the end of the course.

Cost is £50 for 5 weeks.

Booking is essential, see below.

To book for any of our activities, please contact [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)  
or 020 8558 5512.

# Activity News

## Come and join the band!

From Friday 3rd Nov for 6 weeks at the Hub  
11:00am-12:30pm

Would you like to learn how to play a musical instrument? We are running a 6 week music course with music charity Soundcastle, which is for anyone wanting to discover how learning to play an instrument and singing can improve their mental health.

Everyone is welcome from complete beginners to experienced players. Soundcastle facilitators will take care to include all abilities on a range of instruments.

The musical instruments, including keyboards, drums and ukuleles, will be provided.

Cost free, booking is essential

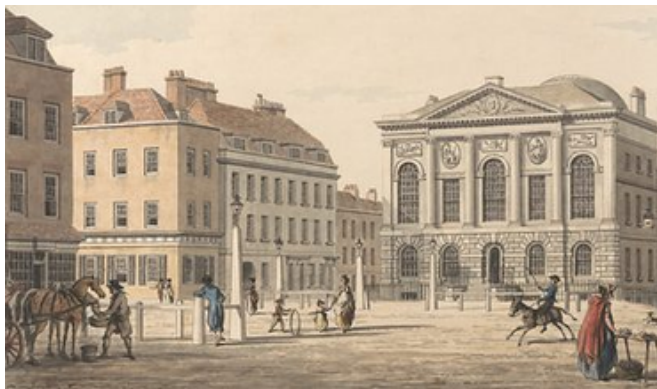
## History Walk: Criminal in Clerkenwell

Tuesday 17 October 2:00-4:00pm

Discover Clerkenwell's many links to the criminal underworld plus some of its more gory history in this fascinating walk with our experienced and entertaining guide Joanna Moncrieff.

Meeting point: outside Barbican tube station, Aldersgate Street, London EC1A 4JA. Finishes at Chancery Lane/Farringdon tube

Cost is just £5. Booking is essential, see below



## Techy Tea Party

Friday 27 October 10.30am – 12.30pm  
at The Hub

Do you need support with using your device or software? Whether it's a laptop, tablet or new phone we can help. Our experienced tech volunteers will be on hand to help you, with tea and cake at hand! Please bring your portable device with you.

Booking is essential, see details below.



## Intergenerational Storytelling

Are you 65+ and would like to brighten your week? Do you want to be more involved in your local community? How about contributing to a young child's development?

it is hosted by 'We are Friends' in local libraries. More information on flyer included at the end of the newsletter.

To book for any of our activities, please contact [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)  
or 020 8558 5512.

# News

## We are Hiring!



We are looking for a Befriending Administrator (14 hours per week) and an Information and Advice Advisor Home Visiting (35 hours per week or Job share where possible), both roles are funded until the end of March 2024.

### Befriending Administrator

Join our busy Befriending Team to provide the admin support to enable our 200+ volunteers to visit isolated older people once a week. You will keep records up to date, enter data onto our database and spreadsheets, deal with new referrals and queries, and organise volunteer training and other events. You will need previous experience of working in an administrative role, using the main Microsoft Office applications and of working with people of diverse backgrounds.

Closing date is 16 October

### Information and Advice Advisor Home Visiting

We are looking for an experienced advisor to join our Information and Advice Team delivering a welfare benefits information and advice and form filling service. You will be visiting older people in their homes across the borough to help them to access a range of Welfare Benefits. You will need previous experience of advice and form filling. The role is full time but we are happy to consider job shares.

Closing date is 28 October.

Please go to our website to find more details and download an application form  
<https://www.ageuk.org.uk/walthamforest/about-us/work-for-us/>

## October is Free Wills month

If you have yet to make a Will, do consider making one. An up to date Will written by a solicitor ensures your wishes are respected. It also avoids difficult decisions and legal complications for your family and loved ones. And, this October, why not take advantage of Free Wills Month to help you to make a will or change your existing will?

Free Wills Month is a scheme offering people over 55 the opportunity to have simple wills written or updated.

It works in partnership with a group of national charities and the participating solicitors are based in selected locations across England and Scotland. To find out more follow this [link](#).

## Mind the Digital Gap: Please sign this petition!

Here at Age UK Waltham Forest, we are enthusiastic for helping people with all things digital and online. However, we also feel strongly that online shouldn't be the only option and that people have choice of other alternatives, especially when accessing essential council services. So, we are delighted that Age UK National has launched a national petition to make public services available to all, especially those who are not online.

Please sign this petition. You can use this link <https://campaigns.ageuk.org.uk/page/135031/petition/1?ea.tracking.id=AUKLndn>

Please share this with your contacts so that we get as many signatures as possible. We will have a paper version at The Hub for visitors to sign.

Thank you so much.

# Activities Timetable

October 2023

All activities are weekly unless stated otherwise

Day	Time	Activity	Cost
<b>Monday</b>	10:30-11:30am	Walking Football-Pastures E11 3DR	Donations
	11:30-12:30pm	Tai Chi- The Hub	£5
	1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£4
	1:30-3:30pm	Monthly Digital Help and Support- The Hub (3rd Monday of the month)	Donations
	1:30-4:30pm	Veteran's Coffee Club at the Hub- (2nd and 4th Monday of the month)	Donations
	2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations
<b>Tuesday</b>	10:15-11:00am	Tai Chi- The Hub	£5
	11:00-12:00pm	Bollywood Dance- Crate E17 7FY	£4
	11:00-12:00pm	Walking Group- Wood Street Station	Free
	11:15-12:15pm	Tai Chi- The Hub	£5
	2:00-3:00pm	Table Tennis- The Hub	£3
	3:15-4:15pm	Table Tennis- The Hub	£3
	4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5
<b>Wednesday</b>	10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations
	10:00-11:00am	Zumba- Crate E17 7FY	£4
	10:00-1:00pm	Coffee Time- The Hub	Donations
	11:00-11:45am	Tai Chi- Mornington Hall E4 7EN (beginners)	Donations
	11:45-12:00pm	Tai Chi- Lea Bridge Library E10 7HU	Donations
	12:00-12:45pm	Tai Chi- Mornington Hall E4 7EN (improvers)	Donations
	12:00-1:00pm	Veterans Lunch Club- Leyton Orient E10 5LG (Last Wednesday of the Month)	Donations
	2:00-3:00pm	Seated Yoga- The Hub	£5
	3:15-4:15pm	Ukulele Improvers- The Hub	£5

# Activities Timetable

All activities are weekly unless stated otherwise

<b>Thursday</b>	10:00-12:30pm	Silver Surfers Zoom/ The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4
	2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£3
	2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations
<b>Friday</b>	9:30-10:15am	Tai Chi- Leyton Library E10 5QH	Donations
	10:00-10:45pm	Tai Chi- Zoom only	Donations
	10:00-1:00pm	Coffee Morning and Wellbeing Activities -The Hub	Donations
	11:00am-1:00pm	Bereavement Support Group- The Hub (Second Friday of the month)	Donations
	11:30-12:15pm	Seated Yoga- Zoom only	Donations
	11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
	2:00-3:00pm	Pilates- The Hub	Donations
	2:00-3:00pm	Pilates- The Hub	Donations
<b>Saturday</b>	9:00am	Veteran's Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£4

## Book Club

We meet on the second Thursday of the month between 2pm and 4pm at The Hub, to discuss the book of the month. Cost is just £3.

12 Oct



Disobedience

by Naomi Alderman

9 Nov



The Girls

by Emma Cline

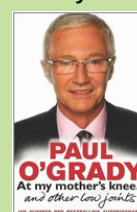
14 Dec



After You'd Gone

by Maggie O'Farrell

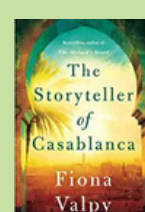
11 Jan



At My Mother's Knee and Other Low Joints

by Paul O'Grady

8 Feb



The Storyteller of Casablanca

by Fiona Valpy

For more information or if you would like to attend, please email Ingrid at [i.ambrose@ageukwalthamforest.org.uk](mailto:i.ambrose@ageukwalthamforest.org.uk) or call 020 8558 5512

New format for Silver Surfers. Monday tech support will no longer be available on Zoom.  
All other classes will continue both in person and on zoom

At the hub only. Limited places. Essential to book in advance.

In person only

5 Oct	<p>10:00am-12:00pm Microsoft Word refresher</p> <p>Suitable both for beginners and experienced users looking to refresh their knowledge about the classic word processing program from Microsoft. Hear about some useful features and techniques that you may have overlooked.</p> <p>12:00-12:30pm Tech Q&amp;A and open discussion- all welcome!</p>
12 Oct	<p>10:00am-12:00pm  Hands-on with Microsoft Word</p> <p>This course gives the opportunity to try some of the basic functions of Microsoft word such as adding and formatting text, inserting, editing, and manipulating images in the document, and using tables. This session can be attended stand alone but it also makes an ideal follow on to our Microsoft Word Refresher session to gain hands on experience of the subjects demonstrated there.</p> <p>12:00-12:30pm Tech Q&amp;A and open discussion- all welcome!</p>
12 Oct	<p>10:00am-12:00pm How to book a blood test online, and other important tasks</p> <p>Booking your blood test online means very short waiting time at the centre, and is now the easiest way. This session shows how to book it. Also covered are: how to renew your EHIC, or passport, or pay your council tax, or get parking permits, or order groceries online, or sign up for 'patient access'</p> <p>12:00-12:30pm Tech Q&amp;A and open discussion- all welcome!</p>
16 Oct	<p>1:30pm-3:30pm Digital Help and Support Session</p> <p>Our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you.</p>
19 Oct	<p>10:00am-12:00pm Using Technology for your health and well being (including using the NHS app)</p> <p>We will be showing you round the NHS App to be able to see your GP notes and tests order prescription etc. As well as a look at the swift queue app to book your blood test and setting up an emergency app.</p> <p>12:00-12:30pm Tech Q&amp;A and open discussion- all welcome!</p>
26 Oct	<p>10:00am-12:00pm Making Music with your PC, Mac or iPad</p> <p>12:00-12:30pm Tech Q&amp;A and open discussion- all welcome!</p>

# Our Services

## Information and Advice team

can help with benefits advice, benefit calculations, form filling, as well as advice on housing issues, energy saving, care and support, social prescribing, health and wellbeing.

Call us on 020 8558 3404 or email [contact@ageukwalthamforest.org.uk](mailto:contact@ageukwalthamforest.org.uk)

Information and Advice Drop-in service at Priory Court, Walthamstow  
Wednesday from 9:30am-12:30pm



## Befriending team

can match you with a volunteer for companionship and friendship. Due to high demand, we can only offer this to people who are over 60 and live alone in Waltham Forest. For more information call us on 020 8558 8716 or email [info@ageukwalthamforest.org.uk](mailto:info@ageukwalthamforest.org.uk)

## Veterans Club Waltham Forest

for information about our activities or to join call us on 020 8558 5512 or email [veterans@ageukwalthamforest.org.uk](mailto:veterans@ageukwalthamforest.org.uk)



## Footcare

every Tuesday and Wednesday, with appointments from 10am to 4pm at The Hub. Cost is £21 for toenail cutting. A telephone assessment is required before your first appointment. To book an appointment, call us on 020 8558 5512 or email [support@ageukwalthamforest.org.uk](mailto:support@ageukwalthamforest.org.uk)

## Shopping Service

we can take your shopping order by phone and it will be delivered to you, with an admin fee of £2 per shop. To find out how it works, call us on 020 8558 5512 or email [support@ageukwalthamforest.org.uk](mailto:support@ageukwalthamforest.org.uk)



## Prescriptions

we pick up your prescription for you. To find out more, call us on 020 8558 5512 or email [support@ageukwalthamforest.org.uk](mailto:support@ageukwalthamforest.org.uk)



## Handyperson

we can help with basic jobs like putting up a shelf, assembling flat-pack furniture, simple plumbing and electrical repairs and simple gardening work. Cost is £25 an hour. For more information call us on 020 8558 5512 or email [support@ageukwalthamforest.org.uk](mailto:support@ageukwalthamforest.org.uk)

## Help at Home

we can help with cleaning, laundry, ironing and other light housework. Cost is £21 an hour. For more information call us on 020 8558 5512 or email [support@ageukwalthamforest.org.uk](mailto:support@ageukwalthamforest.org.uk)



**Age UK Waltham Forest**  
**Waltham Forest Resource Hub (North)**  
**58 Hall Lane, Chingford E4 8EU**

**Tel: 020 8558 5512 email: [info@ageukwalthamforest.org.uk](mailto:info@ageukwalthamforest.org.uk)**  
**[www.ageukwalthamforest.org.uk](http://www.ageukwalthamforest.org.uk)**



Registered with  
**FUNDRAISING**  
**REGULATOR**



# We are Friends



Stories and Rhymes sessions  
for Under 5's and older people

Are you 65+ and would like to brighten your week?

Do you want to be more involved in your local community?

How about contributing to a young child's development?

## Join us at 'We are Friends' in Libraries

An 8 week intergenerational storytelling programme bringing older residents, under 5's and their parents/guardians **together** through storytelling and singing songs.

There'll be puppets, instruments, colourful scarves and bubbles, and you'll *all* get a chance to create new friendships across the generations.

*If you'd like to read a story please let us know.*

Book your **FREE** space  
Choose from 4 libraries:  
[qrco.de/wearefriends](http://qrco.de/wearefriends)

**We'd love to see you there!**



# Book your FREE space now

## Have fun and make new friends

**Join us on Mondays at 11am-12pm from 25th September at:**

**Higham Hill Library**

North Countess Road

London

E17 5HS

Book now: [qrco.de/wearefriends](https://qrco.de/wearefriends)

---

**Join us on Tuesdays at 11am-12pm from 3rd October at:**

**Leytonstone Library**

6 Church Lane

Bushwood

London

E11 1HG

Book now: [qrco.de/wearefriends](https://qrco.de/wearefriends)

---

**Join us on Wednesdays at 11am-12pm from 11th October at:**

**Wood Street Library**

1 Troubridge Square

Wood Street

London E17 3HB

Book now: [qrco.de/wearefriends](https://qrco.de/wearefriends)

---

**Join us on Thursdays at 11am-12pm from 19th October at:**

**Leyton Library**

High Road

London

E10 5QH

Book now: [qrco.de/wearefriends](https://qrco.de/wearefriends)

Email [Libraries.Support@walthamforest.gov.uk](mailto:Libraries.Support@walthamforest.gov.uk)  
for more information