

NEWS

From the North Hub

January and February 2025

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello,

We would like to start the year by saying a big thank you to everyone who has supported our Christmas fundraising activities. You can read more about this on page 2.

As a self-funded charity, we are always seeking to raise income to fund our services from a range of sources. On page 5 you can read about our new Friends regular giving scheme. Your contributions, whether through donating, shopping, or volunteering, make a huge difference. Thank you so much.

We are also very grateful to GoodOaks Homecare, who has kindly covered the costs of producing and sending out this issue of our newsletter. Please see their full advert on page 9.

A Happy New Year to you all!

Best Wishes,

Emma Tozer
CEO Age UK
Waltham Forest



Helen, our community fundraiser, receiving hamper donations

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Age UK Waltham Forest
Waltham Forest Resource Hub (North)
58 Hall Lane, Chingford E4 8EU Tel: 020 8558 5512
email: info@ageukwalthamforest.org.uk



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His Majesty says Hello!

As you will have heard, Their Majesties The King and Queen made a visit to Waltham Forest in December, because they wanted to recognise the strong community. Our chief executive Emma Tozer was invited to attend the reception at the Town Hall, representing Age UK Waltham Forest, as one of the organisations actively supporting the community.

Emma was introduced to the King who congratulated Age UK for the important work we do. In particular he was interested in tackling isolation and loneliness. Emma was proud to say how our small team, together with 300 volunteers helped over 6,000 older people in this last year. "Do you do tea dances and other exercise things?" the King asked her. "We are a bit more lively!" Emma replied "we do Bollywood dancing and Zumba but also Tai chi and Pilates" The King laughed and said "This is wonderful, wonderful, please say hello to all the older people for me."



Christmas Hamper Appeal

Our thanks go to everyone who donated to our Christmas Hamper Appeal. Thanks to your generosity, we were able to provide festive cheer to 120 people who spend Christmas alone. We are very grateful to The Hill Group and Hillyfield Primary School for their generous delivery of donated items that helped fill the hampers. Most essentially, we are indebted to our loyal volunteers who helped deliver the hampers throughout the borough. Their time and effort in making sure each hamper reached its destination made all the difference. We say a big Thank You to you all!

Coffee and Carols

We held a wonderful Christmas party for Coffee club regulars with games, seasonal music and festive snacks. We extend our thanks to Helen Corrigan for providing a delicious cake, Aston Group for hosting the game and arranging for Santa to visit, the Waltham Forest Community Choir for their rousing carols and to pupils from St Mary's Primary School for their handmade Christmas cards.

Our Coffee mornings continue every Wednesday morning from 10am to 12.00. It provides a warm place to have a cuppa, meet with others and often includes a talk or an activity. It is free with the request for donations towards our costs.



Malcolm, winner of the cake weight competition, with Helen and his prize!

FREE Energy Saving Project Keeping you Warm this winter

After the devastating impact of the withdrawal of the Winter Fuel Payment local councillors in the Endlebury ward have partnered with the local Dragons Den Inventor to fit a ground breaking chimney blocking device, the Chimella, to close off open chimneys, and save energy.

With the biggest sources of heat loss in the home being blocked off in only a few seconds, it can save up to 30% of your energy bills. The Chimella can also easily be removed if you still need to use your fireplace.

The project is aimed to help older people and is offered free of charge, so if you are interested or know of anyone within the Endlebury Ward please contact Simon on 020 8533 3888 or 07887 955 639 or info@chimella.com

News

Double thanks!

Thank you to everyone who made pledges and subsequently donated to our Big Give Christmas Challenge. As each gift was matched by The Monday Charitable Trust, the sum raised was doubled bringing in £6,000! We were grateful to be part of the campaign and we would like to thank everyone who took part in donating.



Keep calm and carry yarn

Braving the wintry weather, we had stalls at Christmas fairs across the borough, selling our handmade knitted gifts, clothes, decorations and toys. Big thanks go to our fantastic knitters for creating the wonderful range of items. And thanks to all who supported us through purchasing gifts and giving donations, helping us to raise over £3,300!



Winter Warmth Campaign

Our Winter Warmth Campaign is well underway and packs have started going out to those most in need in Waltham Forest, who haven't had a pack in the last three years. Each pack contains essential items to help individuals to stay warm and comfortable during the colder winter months. Once again, we thank our volunteers for delivering the Winter Warmth packs throughout the borough.

The Winter Warmer Campaign is supported by Charles S French Charitable Trust and Cadent Gas via Groundwork.

Christmas at the Connaught Club

Fifty two of our Befrienders and their Befriendees were treated to an excellent Christmas meal at the Connaught Club. It was a lovely afternoon full of Christmas cheer and yummy food. A huge thank you to the Connaught Club for having us!



Thank you

We are very grateful to The Grace Trust for their kind donation of £1,000 towards the running of our Veterans Group. Now in its third year, the Veterans group hold regular lunch, breakfast and coffee clubs, for veterans to meet with others. Led by veterans David and Alistair, the group has grown to around 80 members and also arranges other outings to places of interest.

Friendly Competition

In November, we held a Quiz and Ploughman's Evening at St Edmund's Church Hall, led by our trustee and treasurer, Richard Freitag. The event brought together friends and supporters for a night of brain-teasing questions posed by our volunteer quiz master Keith Cooper, plus delicious food and great company. The evening included a raffle and raised £700!

We extend a huge thank you to our amazing volunteers, who helped with serving food and setting up and clearing up.

Thank you to everyone who came along and supported us — we're already looking forward to the next one to be held in February, details to follow soon!

Can We Help You?

Our Digi-Buddies are here!

Do you have difficulties with getting to grips with all things digital? More and more these days, we are told to 'go online', or 'use the app' which can be off-putting if you are unfamiliar or not confident with new technology.

While we believe there should always be an alternative, our Digital Team are here to help you to get started and provide friendly and accessible support. Whether it's advice on dealing with a sticky problem, or making an online booking or finding the right device for you, we are here to help you. Both Jason and Tyler, as well as our volunteer digi-buddies, can identify the issue and provide one to one coaching or suggest what to do.



Special free offer

If you don't have a device and don't know where to start, how would you like to try out using a tablet, laptop, smart phone or smart speaker for free? We can lend you a device for 8 weeks, give you training and support with using it.

For more information, contact Jason or Tyler by quoting 'tech support' in the subject line via events@ageukwalthamforest.org.uk or call on 020 8558 5512

Do you need a hand?

Do you need a small repair done at home or something that needs fixing? Our Handyman service can help with small, practical jobs like a shelf or curtain rail putting up, a dripping tap fixed, a toilet seat replacing or some flat-pack furniture putting together. We can help you feel safer in your home by installing key safes, door chains and window locks - and grab rails around the home so you can move around more confidently.

Problems solved

Here are a few people who have used the service!

Beryl had struggled with her bathroom tap that she couldn't use, meaning that she had to bring cold water from the kitchen to use her bath. She got in touch and our handyman went round. He replaced the tap washer meaning that Beryl can have a bath with ease. "It was such a relief to have the taps working again and he was very polite."

Charles told us, "My house was in need of re-decorating, but I didn't know where to start to find someone trustworthy. My family got in touch with the team at Age UK and my home has been transformed. He started with anti mould paint and has done the bathroom, kitchen, hallway and stairway. He also does regular gardening to keep everything tidy. It's great value for money."

Our Handyman service costs £25 per hour. All our workers are experienced, passed security checks and carry ID cards so you can be confident you're in good hands.



To find out more about our Handyman service, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk. Please note we are unable to do any work related to heating, gas appliances, roofing or extensive building work.

Will you be our Friend?

Age UK Waltham Forest is proud to be able to offer our services and activities either free of charge or at a low cost, to enable more people to take part. We also meet the level for the London Living Wage, to ensure all our staff are paid fairly. This does mean that many of our services and activities run at cost or at a loss and we need to cover the shortfall from fundraised income. Our work is not automatically funded by Age UK National, so we are grateful for every donation, every sale of merchandise and every person who supports us.

Could you consider giving us a regular gift through your bank?

Many charities are able to sustain income in the longer term from the donations they receive from regular giving. That is, asking supporters to give a regular donation by direct debit.

By pledging to give just a few pounds a month, you can help us plan ahead in the knowledge that we can fund our activities in the long term. As there are some bank costs with this type of giving, we ask that you give at least £3 pounds a month and no less than £25 a year.

And if you are a tax payer, we can collect Gift Aid on your donation, making it worth even more!

How to donate

We offer a choice of three easy ways to set up your safe monthly donation:

1. Pick up a paper form from the Hub, complete and return it to us; OR
2. Visit our website link cafdonate.cafonline.org/26829 ;OR
3. Scan the QR code



How it helps

Our weekly coffee club is a vital part of the week for many people that attend. It's a chance to meet with friends and make new friends for a chat and a cuppa. Sometimes it includes an activity or a talk, sometimes we celebrate special birthdays. For those who may live alone it's social contact which is vital to help combat loneliness. We offer this free of charge so that it's open to anyone regardless of their income.

A gift of £4 a month covers the cost of one person to attend coffee club and so connect with their community.

Thank you

For further information, contact our fundraiser Helen on 020 8558 5512
or email h.bigham@ageukwalthamforest.org.uk

Activities News

Change in Silver Surfer Time

From January our weekly Thursday Silver Surfer classes at the Hub will start at the new time of 10:30am. The class will continue to run until 12:30pm.

New Music group

Building on the success of last year's music group, Soundcastle return to inspire us to play and make music. Whether you have some knowledge of music or never picked up an instrument but dying to have a go, come along!

Everyone is welcome from complete beginners to experienced players. Soundcastle facilitators will take care to include all abilities.

Location: The Hub
Time: 10am - 12pm
Dates: Fridays
January: 24, 31
February: 7, 14, 28
(Break 21 Feb)
March: 7, 14, 21

Booking is essential. To register your interest contact Gail: gail@soundcastle.co.uk or call 07859 951971



Soundcastle performing at our summer party

Learn the Ukulele!

Looking to pick up a new hobby in 2025? Why not join our 6 week beginners Ukulele class starting 22 January!

The class runs on Wednesdays from 4:15-5:15pm at The Hub, and costs £30 for the full course. Booking is essential

Our Improvers group will also continue on Wednesdays 3:15-4:15pm from 22 January, cost £5 a class



Oscar our Ukulele teacher showing our Improvers group the ropes!

This is the Plaiice!

Date for your diary! Pop the evening of Saturday 22 March in your diary for our ever-popular Quiz night with Fish and Chip supper.

More details to follow soon!

Anyone for Badders?

Are you looking to play badminton regularly at low intermediate level?

A small friendly group is looking for another one or two players to join them.

They play on Wednesday evenings from 8pm-10pm at the Waltham Forest Feelgood Centre.

If you are interested or would like further information then please contact Russel on 07411 379030.

Highlights, Events, Walks and Talks

Silver Surfers Talk: Guide to Google

Thursday 9 January 10:30am

For many people 'google' just means 'search for', but it's a US company (owned by another company called Alphabet) and provides many tech services - like gmail, google drive, google docs, chrome etc - and of course google search. This session looks at some of the most widely used google products and how they help or hinder your efforts to get things done online.

Silver Surfers Talk: Scams and Internet Security

Thursday 16 January 10:30am

How to recognise secure sites; online scams; safety; different programmes and apps and their uses. You can also bring your questions with you for discussion.

Digital Help and Support Session

Monday 20 January 1:30-3:30pm

Need some one-to-one support? Stuck on an app? Microsoft word problems? Need to know how to send a text message on your phone? Come along and 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.

History Walk: A Drinking History of Clerkenwell

Monday 20 January 2pm

This walk explores Clerkenwell, historically a place of gin and beer production. Hear how the abundance of fresh water nearby shaped the area firstly with the religious settlements and later with distilleries and breweries.

With Smithfield Market on its doorstep Clerkenwell was once full of pubs along St John Street; many of the pubs may have gone but the buildings and stories remain.

Apart from the well-known story of the pub that has a pawnbroker's licence we will also hear about the pub landlord who moonlighted as a highwayman, the pub where both inquests and dog shows took place and the pub that became a notorious theatre. We will hear about the connection between gin and cricket and the squalid conditions that prompted a large consumption of gin by the inhabitants. Part of Clerkenwell's history is reflected in one pub name that has been repeated at various establishments throughout the centuries. Hear why the last pub with this name was not quite what it seemed.

Cost is £5 and booking is essential



Silver Surfers Talk: Finding your 'Stuff' - in the cloud or your computer

Thursday 23 January 10:30am

I just saved a file / I downloaded a document weeks ago. Where are they now? In the cloud, on my phone, or tablet, or somewhere in my computer and if so how on earth do I find them there? How do I move or copy files from other devices like cameras or memory sticks? What is the cloud anyway? We will help you find and manage your 'stuff'.

Highlights, Events, Walks and Talks

Silver Surfers Talk: Mastering your Passwords

Thursday 30 January 10:30am

Do you find looking after your passwords a tedious task? Are they in a bit of a muddle? Do you struggle to remember some? Do you dread creating yet another one? We'll show you some easy methods which will put you back in charge. We'll build in "good practice" and explain why it works. Our aim is to help you be much safer and less stressed

Special Interest Talk: Starting Over At Sixty

Monday 10 February 1:30pm

We are delighted that author Jay Morgan Hyrons will be giving a talk about her book, *Starting over at Sixty*.

Jay is a war widow and a military family researcher. She has had an unusual career path including counselling terminally ill people for the NHS, dancer, personal trainer, champion bodybuilder, podcaster, author, and public speaker. Described by many as an extraordinary woman, Jay herself feels she has had an extraordinary life journey marked by both triumph and tragedy.

Her first book *And She Danced* was published in 2019, followed by *The Falklands Widow* in 2021. She currently does voluntary work recording the Chelsea Pensioners on the Oral History Project at the Royal Hospital Chelsea. She has recently published *The Falklands Fallen*, royalties from which are donated to the Royal Hospital.

Cost is free, but booking is essential.



History Walk: Gingerbread and Tea (Mayfair)

Wednesday 26 February 2pm

Known for its exclusive hotels such as Claridge's, Brown's and the Connaught, Mayfair has always been the place to visit for afternoon tea. Hear how this tradition came about together with the surprising histories of some of the world's most famous hotels. You will also hear about the Georgians' passion for ice cream, the famous gingerbread seller Tiddy Doll and other snippets of food and drink history.

Cost is £5, and booking is essential



Book Club

January and February

9 January

13 February



The Hand That First Held Mine

The Mating Season

Maggie O'Farrell

P G Wodehouse

For more information please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

Homecare you can rely on



With our help, clients are able to stay in their familiar surroundings that they have spent their lives shaping. Our visiting and live-in care professionals adapt and work to support you in your own home, so you can keep your independence, possessions, family and pets around you regardless of your situation.

From 30-minute visits to round-the-clock live-in care, GoodOaks' care professionals help people in their own homes with:

- Personal care
- Preparing meals
- Medication administration
- Companionship
- Housework
- Shopping and escorting to appointments
- And much more!

To find out more call or visit:

- 📞 020 4586 7510
- @ woodford@goodoakshomecare.co.uk
- 🌐 goodoakshomecare.co.uk/woodford-green



GoodOaks
Quality Care at Home

Winter Wellness



Now that the shortest day is out of the way, we look forward to the daylight hours becoming longer. But it also gets colder and Spring can still seem a long way away, so it's not unusual to feel out of sorts during the winter months. So here are a few things you can do to feel better and maintain your physical and mental health.

Keep to a daily routine

Shorter, colder days, can make it harder to keep up with our usual activities, but sticking to a routine can provide structure to our day. Try to keep to a regular time to get up and write out a simple plan of tasks for the day.

Stay connected

We tend to go out less in winter, which can mean we see others less. But connecting with others is important to keep loneliness at bay and feel part of everyday life. Diarise weekly calls with friends and family to keep connected. Or join a local group like a coffee morning or walking club or a class. You can also ring a helpline or befriending service.



Get outside for some sunlight and exercise

Even in winter, it's essential to get fresh air as well as making the most of natural light. Vitamin D is important in winter so make the most of any winter sunshine. Try to get outside for at least 20 minutes each day. Even opening a window for a few minutes or sitting by it will help brighten your mood.



Our Tai Chi class at Lea Bridge Library

Do things you enjoy

If you're stuck indoors, try something you enjoy - maybe a hobby you haven't done in a while or try something new to do. This could be something creative like crafts or puzzles or reading or learning something new. Try and set aside 30 minutes or so every day.



Look after your physical health

Staying physically healthy supports your mental wellbeing. Make sure you keep warm, eat healthy hot food with lots of vegetables. Drink lots of fluids, but moderate alcohol. Move around regularly which may be going for a walk or yoga, but even doing light housework can help you stay active. Make time for sleep and maintain your personal hygiene. Don't forget to get your flu and Covid jabs.



Why not join our Zumba class at Crate St James Street ?



Write it down

Keeping a diary or journal can be a great way to explore and organise our thoughts and feelings. It can help with things like planning our day, understanding emotions and remembering what we're grateful for.



Relax and unwind

Take few minutes every day to relax. Find a quiet space and try some simple breathing exercises. Or go for a walk. Even watering your houseplants can be beneficial to your wellbeing, or dancing to your favourite tunes in the house!

Ask for help

If you're struggling, you're not alone. It's okay to ask for help if you need to and there's always someone to talk to.

If you are experiencing something that makes you feel unsafe, distressed, or worried about your mental health, call NHS 111 and select the mental health option.

You can also call if you're worried about a family member or someone you care for.

Age UK National has a telephone friendship service, providing regular telephone chats. Call 0800 434 6105 to find out more about how to join, or visit <https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>

Best Laid Plans



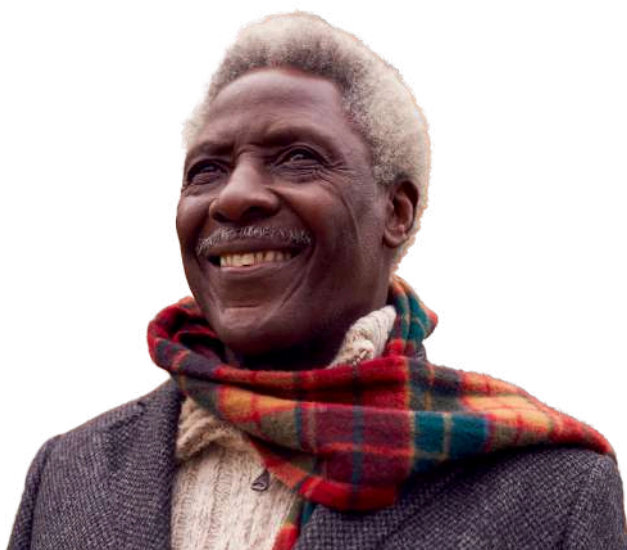
Where do you keep all your important information? Whether it's financial, legal, contacts or just personal information, it may be put away in various places or often kept in our heads. So while we can usually track down what we need, how easy would it be for our loved ones to find after our death?

For those who will deal with your funeral, paperwork and settling your affairs, it can be difficult to find all the information. Even if you have left a will, it's important to be able to find out where it is and include other wishes you may have for your memorial.

Roxanne told us of her experience:

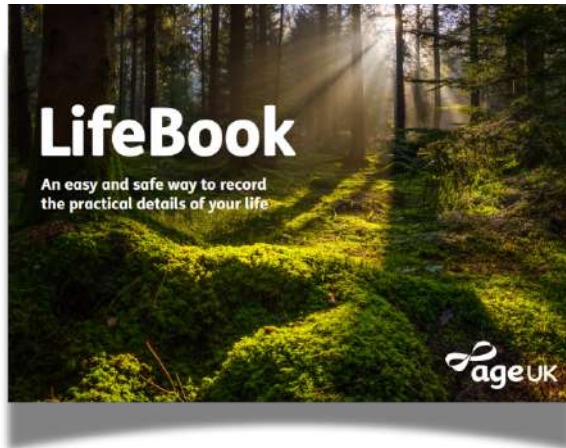
"After my mother died, I needed to deal with the death certificate and funeral, as well as informing the bank, the pension service and the council. I knew there would be a lot to sort out, but I didn't know that she had several bank accounts or where she kept her records. I had to go through all her cupboards and drawers to find them and I kept finding new stuff she'd squirreled away!

She didn't make a will but I knew that she would want us to ensure all her savings were accessed, so that my father would be able to manage without her pension. She wasn't religious but she would have wanted a funeral, but what music to have? Who to inform? We never talked about this sort of thing, I wish we had. But most of all, being able to sort out access to her bank accounts without all the hassle would have meant less stress for my father who was really struggling to cope with it all."



"When I go I want Always Look on the Bright Side of Life playing". George

Roxanne was clearly struggling to cope with her own grief, support her loved ones as well as deal with financial and legal paperwork. Having everything in one place can make the process easier and help reduce stress. Age UK Waltham Forest now offers a free Lifebook, which can help make this easier.



The Lifebook

A practical reference guide can be a good useful aid when one may need to find your core information quickly. Age UK Waltham Forest has produced the *Lifebook* in which you can record all the key information and references in one place. You can list your bank accounts, savings and investments, your insurance policies, household information and legal documentation, and state where the records are kept. You can state if you have a will and where it is located. You can make a list of your closest friends, your chosen music and poems and state your preferences for care of your pets.



“If this can help reduce the stress for my family, it’s worth doing” Esmee

The Lifebook will be available from February 2025. For your free copy, please contact info@ageukwalthamforest.org.uk or 020 8558 5512

FREE Will Offer

In addition to the lifebook making your will is the best way to make sure your wishes are carried out after you die. It’s something that we often put off because we don’t want to think about it and it may feel like a lot to organise. But, it may also be simpler than you think.

We have partnered with will writing experts Octopus Legacy, to make the process of making your will easier and **free of charge**. This offer is free for a simple will. If your will is more

complicated, Octopus legacy will advise you of what additional cost will apply.

You will have the option of writing your will online where you can follow an easy step by step process, which legal experts will check for you and give you on-hand support. Or, you can book to do this by phone, or a face to face meeting at your home.

To take part visit ageuk.org.uk/walthamforest/about-us/free-wills, or phone 020 4525 3605 and quote **AUK Waltham Forest** to make your will by phone for free, or to set up a face to face appointment.

Activities Timetable

All our activities are weekly unless stated otherwise

Monday	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
Tuesday	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- E17	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
Wednesday	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
	11:15-12:45am	Tai Chi- Mornington Hall E4 7EN	Donations
	11:45-12:00pm	Tai Chi- Lea Bridge Library E10 7HU	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

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

Day	Time	Activity	Cost
Thursday	10:30-12:00pm	Silver Surfer Talks Zoom/ The Hub	Donations
	12:00-12:30pm	Weekly Tech Q&A at The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4
	1:45-2:25pm	Tai Chi- Zoom only	Donations
	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
Friday	10:00-10:45pm	Tai Chi- Zoom only	Donations
	11:30-12:15pm	Seated Yoga- Zoom only	Donations
	11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
	1:30-2:30pm	Pilates- The Hub	Donations
	2:45-3:45pm	Pilates- The Hub	Donations
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Need tech Support?

Book a one-to-one session with one of our digital buddies at the Hub. They can help you solve problems on your device

Thursdays from 10am- 4:30pm

Fridays from 10am- 3:30pm

To book please contact us on 020 8558 5512 or events@ageukwalthamforest.org.uk

Information & Advice Drop-in services

Mondays (only) at the Hub from 12:00am to 3:00pm

Wednesday at Priory Court from 9:30am to 1:00pm



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

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



Befriending team

matches volunteers with individuals over 60 who live alone for companionship and friendship. For more information call us on 020 8558 8716 or email 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



Footcare

every Tuesday and Wednesday, with appointments from 10am to 4pm at The Hub. Cost is £22 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

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



Prescriptions

we pick up your prescription for you. To find out more, call us on 020 8558 5512 or email 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

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



Age UK Waltham Forest has achieved the Age UK Charity Quality Standard (CQS). The CQS is externally assessed by quality assessment experts, SGS