

Celebrating 20 Years of Fundraising from Lands

End to John O'Groats!

Carnival Fun

Upcoming Activities
& Events



NEW YORK 3147

JOHN O'GROATS 874

ISLES OF SCILLY 28
LONGSHIPS LIGHTHOUSE 1½

KEITH STIRLING

30TH AUGUST AGE UK

Have your say on
RBKC housing
strategy

Services for older
people

October-November 2019

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Welcome from our CEO, Jess Millwood



Dear all

I am delighted to welcome you to the new version of our Age UK Kensington and Chelsea Newsletter! We will be developing the Newsletter as we go along, and I very much welcome your ideas about what you would like to see included (If you have suggestions, please contact Nima on spradhanang@aukc.org.uk). The newsletter will be issued every 2 months and will showcase all our planned activities and events as well as an overview of all our services which are available for the community in Kensington and Chelsea. The previous version of the newsletter was glossier and professionally produced but unfortunately the costs of production were far too high. As you will see, the new version is less glossy but we hope you will still find it interesting and informative.

We have had exciting times recently here at Age UK Kensington and Chelsea! We were delighted that our cover star, Keith Sterling successfully completed his 20th motorbike ride from Lands End to John O'Groats! Keith has raised thousands of pounds for us over the last two decades, ensuring that we can keep delivering vital services to those who need them most. Thank you so much Keith! We will be keeping Keith's donation page open until Christmas this year in honour of his amazing achievement – if you would like to donate and support us, please go to <https://www.justgiving.com/fundraising/keith-stirling2>. We are incredibly grateful for any support you can give us, thank you!



We've also enjoyed launching our very first Carnival Celebration Event in August with funding from Westway and the Kensington and Chelsea Foundation. It was a great success, and around 250 older people attended to enjoy soca and calypso music with dancing and delicious Caribbean food! Many thanks to the Mayor and Deputy Mayor who came along to support the event. We are keen to try to get repeat funding and turn the event into an annual one...Watch this space...!

RBKC have launched a consultation on their housing strategy in the Borough. We've put together a draft response (many thanks to our Trustee Moya Denman who took the lead on this) which we have included in full in this newsletter. The deadline for the consultation is the 31st October. If you have any comments on our draft response, or any suggestions you would like to add, please do contact Nima on spradhanang@aukc.org.uk.

Best wishes!

Jess

Notting Hill Carnival Getaway Trip

By Jess Millwood, CEO

Over the August bank holiday weekend Age UK K&C took 50 older people living directly on the Notting Hill Carnival route to Eastbourne to escape the noise and crowds.

The sun shone brightly throughout and we had a brilliant time exploring the local area, making new friends and dancing the night away to the hotel entertainment.

The trip was a great success and many of the people who came told us how much they had enjoyed it, with comments including *"I would also like you to know that apart from each participant being grateful for escaping the carnival, there is a sense of Cameraderie among the groups regardless of state of health, race and any other issue that mostly tend to divide*

people. It is really beautiful!" and *"A really enjoyable weekend with no stress. Age UK staff were supportive and helpful. Met people I haven't seen for ages and chatted to new people."*

We would like to say a huge thank you to Age UK K&C team who made the trip possible, to RBKC for generously funding the trip as well as the staff at the Mansion Lions Hotel who made us feel so welcome.



Local History: Potteries and Piggeries



By Will Porter, Befriending and Escorting Co-ordinator

The ever expanding waistline of London has now largely been held in by the M25 and the Greenbelt, leading the city to climb upwards rather than outwards. It's hard to imagine a time when Notting Hill lay on its outskirts, a small hamlet which would develop in the 19th century into a notorious Victorian slum. Known as the Potteries and Piggeries, Charles Dickens would describe it as *"a plague spot scarcely equaled for its insalubrity by any other in London"*.

When the pig farmers of Marble Arch were pushed out by the expansion of city they joined the brick makers of Pottery Lane. Soon the pits dug for extraction of clay for bricks would fill with sewage, slurry and stagnant water causing serious hygiene problems; one can only imagine the stench.

An attempt to introduce horse racing, the sport of kings, to the area was quickly dethroned by the residents, who ensured the newly built Kensington Hippodrome's reputation was so poor that it would only last just five years.

London did what London does and swallowed the area into its carnivorous environs, but the stripped bones of history can still be found scattered in the area, with one remaining kiln on Walmer Road (W11) and several street names bearing testament to the city's appetite.

RBKC consultation on housing strategy:

Draft response by Age UK Kensington & Chelsea

Have your say!

The Council has published a draft Housing Strategy which sets out the Council's vision and key priorities in housing over the next 4 years. The strategy covers Council plans to deliver new homes, their work with council tenants and leaseholders to improve housing management services and work with residents who are homeless or in housing need.

The draft strategy can be found on the Council's website: <https://www.rbkc.gov.uk/housing/useful-contacts-information/draft-housing-strategy>

If you have any comments on our draft response, or any suggestions you would like to add, please do contact Nima on spradhanang@aukc.org.uk by 25th October 2019.

Our Draft Response:

1. Age UK Kensington and Chelsea (Age UK K&C) is a registered charity and company limited by guarantee whose remit is to deliver services that support older people in RBKC. Among those services is advice on housing; our response reflects issues raised by our clients.
2. The document is structured to fit the six draft strategic priorities listed by the Council, but we would emphasize that a strategy for housing older people crosses boundaries and should take account of the future requirements of an ageing population increasing numerically in the borough.
3. Because the housing needs of older people change as they age, RBKC housing strategy should be closely aligned with the delivery of adult social care.
4. We regret that reorganisation within the RBKC Housing Department means that there is no longer an officer with special responsibility for housing for older people whose needs are distinct from (for instance) homeless people. We urge the Council to use the body of expertise that it has published on the subject to inform further strategy development.

Priority 1: Supporting recovery for those affected by the Grenfell tragedy. Age UK K&C was among the first responders to the tragedy and is well aware of the trauma.

Beyond the Grenfell survivors, high-quality housing management services that help people “feel safe and secure” should be a central plank of the Council’s housing strategy, especially for older people who are more vulnerable.

Priority 2: To improve the safety, quality and security of people’s homes. We welcome the Council’s commitment to invest in refurbishment of housing stock and urge the Council to do all it can to work “with housing associations and private sector landlords to drive up standards for all” in the borough.

There should be no reduction in the number of social housing units when housing associations looking to refurbish their estates.

Older people are often private tenants with restricted security of tenure, at the mercy of landlords more interested in making a profit from their investment than from maintaining the fabric and services of the building. The Borough should use its powers and find the resources to enforce essential repairs, maintenance and adaptations to these properties.

Priority 3: Deliver more genuinely affordable housing in the borough. We welcome the Council's shift in focus from regeneration and redevelopment of existing estates to the delivery of 600 new homes on new sites, half of which will be homes at social rent. The use of planning policy to encourage developers to build more genuinely affordable homes across the borough is also welcome.

RBKC should ensure that those genuinely affordable homes are included as a geographically integrated part of any large development. They should be built to the lifetime homes standard so that they are adaptable to the requirements of residents as they alter with age or disability.

A high proportion (42%) of people over 65 live in social rented accommodation, and it is estimated that one-third of them have spare space. The Council should consider the construction of purpose-built infill accommodation on estates to be offered as attractive options to older residents who could remain attached to the communities in which they are anchored but who would, by moving, free up housing units for larger families.

Priority 4: Putting residents at the heart of our housing services. This apparently includes "improving services for residents who approach the council in housing need" and the offer of "joined-up, personalised services which support them to make informed choices about their housing options."

Local communities thrive best when housing applicants in need have the option to remain close to friends, families and facilities (the "three F's"). The family members of existing tenants on Council and housing associations' estates should be given priority over newcomers on the housing register; they will then be on hand to support older relatives and to receive support from them.

Priority 5: Supporting our borough's most vulnerable residents, especially older people, care leavers, residents with disabilities or medical needs and those who are homeless or at risk of homelessness. We welcome the recognition that housing can play a critical role and the need for close cooperation with other services to support residents remaining independently in their own homes.

But while most residents prefer to remain in their own homes, as needs change this is not always possible or practicable. An urgent review is needed of housing options for vulnerable people of all ages.

Independence at home depends on access to health and care provision; this should be a consideration of housing policy.

In 2014 Thamesbrook nursing and residential home in Chelsea was closed. The Council made a commitment to replace the facilities on an alternative site in the south of the borough, having sold the existing site for luxury extra care development. Five years later no progress has been made with the badly needed project. We urge RBKC to take it forward as a matter of urgency.

We are concerned by the limited – and reducing number – of options for older people across the Borough who need supported housing, whether retirement housing, sheltered housing or extra care housing, quite apart from nursing homes and rehabilitation units. The Council's valuable paper in 2015 on *Older People's*

Design Guidance pointed out that the “existing older people’s housing stock is not fit to meet the demands of an ageing population and the added challenges created by welfare reforms.” At the same time the numbers of vulnerable older people continue to rise: by 2030 it is projected that 18% of RBKC residents will be over 65 and there will be a 69% increase in the number of residents over 85, a high proportion of whom live with a long-term condition.

Retirement housing in the borough is mostly studio and one-bed flats. Most of it is not purpose built and is badly in need of modernisation. Disability access is a big issue. We urge the Council to work with housing associations and RSLs to upgrade and to increase the provision of socially affordable units while avoiding the trauma of dislocation for tenants.

The opportunity for older people to ‘co-design’ or co-produce’ their future housing to a standard they are comfortable with should be at the heart of any strategy.

Sheltered housing is designed for people over 55 or 60. Originally it included a common room, a communal laundry, a guest suite and garden and the attention of a warden or scheme manager on site who helped to bring people together, thereby relieving loneliness and its adverse effects on health and well-being. We urge the Council to build new sheltered housing for older people, not on separate sites but as part of wider communities. Provision of this type of housing on large development projects should be a Council priority.

Priority 6: To prevent and relieve homelessness. This must include the provision of housing designed for and supportive of older people. A recent FOI request revealed that there are over 200 residents over the age of 55 in temporary accommodation outside the borough. Nationally the number of homeless older people is rising at a faster rate than the average. In 2013 it was projected that by 2030 in the borough there would be a 29% increase in the requirement for sheltered and retirement leasehold units and almost the same number of further extra care units required (333 and 358 respectively).

The Council has a statutory duty to provide for homeless older people. Homelessness and ill-health are intrinsically linked, and this is especially evident in elderly people. For example, older people experiencing homelessness are more likely to suffer from depression or dementia, which has wider implications for social care and health services.

Linking housing and adult social care

It should be Council policy to enable older people in need of supported housing to move from the borough to establishments close to other family members in other parts of the country.

Provide more residential care units: None has been built to replace Thamesbrook; others have closed down. Current provision is not sufficient to meet demand and most needs improvement.

Provide an adequate supply of post-hospital residential re-ablement units. This will reduce the rate of re-admission to hospital following the premature return of an older person to independent living.

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Age UK Kensington & Chelsea is an independent, local charity working at the heart of the community to ensure older people's voices are heard, their needs are met and their independence is supported. We have a real difference to the lives of thousands of older people in our borough by providing practical and emotional support.

Services

Information & Advice

Age UK Kensington & Chelsea offers a free and confidential information and advice service for older people, their families and carers.

We can provide assistance with a number of issues including:

- Benefits and income maximisation - we can help make sure you are receiving everything you are entitled to.
- Health and disabilities
- Housing
- Social care needs
- Advice on energy efficiency and fuel poverty - we may be able to help if you are struggling to pay your energy bills
- Assistance with form filling

We provide a generalist information and advice service, as well as casework to deal with more complex enquiries.

Please note: we do not provide advice on immigration or consumer debt.

How to access the service:

We offer appointment, telephone, outreach and home visit services.

Our Information & Advice office is based on the ground floor at 1 Thorpe Close, London, W10 5XL

Telephone advice is available Monday to Friday, 9:30am - 5pm (closed for lunch 1-2pm) depending on the availability of our advisers. Please call 020 8969 9105 and ask for the Information & Advice team.

Volunteering with Age UK Kensington & Chelsea

Volunteering is an excellent way to give back to your community and gain new skills. There are lots of different ways you can get involved as a volunteer. Depending on the project, we will ask for a short, medium or long term commitment. You will have the opportunity to meet new people and the pleasure of knowing you are helping others who need it.

Anyone who is over the age of 16 with time to spare is welcome to apply to be a volunteer. Our volunteers are as diverse as the community we serve, ranging in age from 16 to 92. All you need is enthusiasm and a bit of time and we will provide the rest!

There If you would like to get involved or find more about it, please contact **Teresa Pope** on 020 8969 9105 or by email volunteer@aukc.org.uk.

Dementia & Memory Loss

If you, or someone you know, are aged over 55 and a Kensington & Chelsea resident living with dementia or memory difficulties, we can offer support and advice in a range of ways, both in groups and on a one-to-one basis.

Group Support

Memory Cafes

Our Memory Cafés are monthly gatherings for people with memory difficulties and their friends and family. They provide a great opportunity to socialise and lunch is provided. It is a safe place to connect, socialize, share resources, create and support one another.

To find out more and to arrange transportation, please contact **Mandy Andrews** on **020 3181 0002** or email at **mandrews@aukc.org.uk**

1st October, 1pm to 3pm	Holland Park Opera visiting	St Peter's Church, Kensington Park Road, W11 2PN
25th October, 1pm to 3pm	The Wallace Collection	Cremorne Club Room, Millman's Street, SW10 0BY
5th November, 1pm to 3pm	Leighton House Museum	St Peter's Church, Kensington Park Road, W11 2PN
29th November, 1pm to 3pm	Music Reminiscence with Resonate Arts	Cremorne Club Room, Millman's Street, SW10 0BY
3rd December, 1pm to 3pm	Christmas Party	St Peter's Church, Kensington Park Road, W11 2PN

Exercise for the Mind

Our Exercise for the Mind project is a twelve week group exercise course for people with dementia and memory loss. These sessions are held on a weekly basis and make up a structured programme designed to improve mobility, whilst also providing the opportunity to socialise and enjoy yourself.

For more information about Exercise for the Mind, contact **Jo** on **020 3181 0002** or email **jreilly@aukc.org.uk**.

We are currently able to provide transport to both of these groups for those who need it.

One to one support

Dementia Support Workers make weekly visits to people with dementia to support you to pursue your interests, maintain independence and retain social contacts.

Dementia Advisors: If you have been recently diagnosed with dementia, our Dementia Advisor can provide support to you and your carers or family to navigate local services.

For more information on one-to-one support, contact the Dementia team on **020 3181 0002** or email **dementia@aukc.org.uk**.

Simple DIY service

Our Practical Help service is open to Kensington & Chelsea residents over the age of 55 who need some help with small tasks around the house. This service is free of charge, however donations are always welcome.

Which jobs can our Practical Help volunteers help with? Examples include:

- Fitting spyholes and door chains on your front door (people who live in sheltered accommodation will need to ask for permission from the housing provider before fitting a door chain)
- Hanging mirrors and pictures
- Fixing hinges in cabinets or cupboards
- Fitting curtain rails on the wall
- Taking down your curtains and putting them back again after they have been washed
- Putting up shelves
- Assembling flat pack furniture
- Simple draught proofing of doors and windows
- Packing draught proofing of doors and windows
- Replacing lightbulbs and fuses



Please note our volunteers cannot carry out any tasks for which you would need a professional electrician, plumber, decorator, carpenter or locksmith.

If you would like more information, contact Tasio Cabello on 020 8969 9105 or email tcabello@aukc.org.uk.

Befriending, Escorting, Exercises At Home and Walking Support.

Escorting

If poor mobility prevents you from getting out and about, our volunteer Escorts may be able to help by lending an arm or pushing your wheelchair.

The Escorting service is open to people aged 55 and over who are residents of Kensington & Chelsea, who need a bit of help getting to a one-off appointment or visit.

Where can I go with a volunteer?

Our volunteers can help you get to a range of destinations on foot, by taxi or on public transport, including:

- Doctors' or hospital appointments
- To the shops - for groceries, clothes etc. (please note volunteers cannot do your shopping without you)
- The bank or Post Office
- Other appointments e.g. hairdressers'
- To activities and events, for example concerts or exhibitions

If you would like more information about our Escorting service, please contact **Will Porter** on **020 3181 0002** or email wporter@aukc.org.uk.

What is befriending?

Our Befriending volunteers help to combat loneliness and isolation by making regular visits to older people in their homes, providing companionship and a listening ear.

Who is the service for?

This service is open to residents of Kensington & Chelsea who are aged 55 and over. If you find it difficult to get out and about, and are on your own for long periods of time, a volunteer befriender could be right for you.

If you think you or someone you know would benefit from a volunteer Befriender, please contact **Will Porter** on **020 8969 9105** or by email wporter@aukc.org.uk

Exercises At Home and Walking Support

Participating in a series of chair based exercises in you own home or being accompanied on a short walk in your community with an assigned volunteer for an hour per week for ten weeks.

Seated Exercises

If you struggle to exercise on your feet due to a long-term illness, seated exercises can improve your mood and is found to be beneficial for your mental health. A series of repetitive movements while sitting down will help improve your posture and balance. You can also use resistance bands to strengthen your muscles if you feel ready.

Walking Support

Walking support can help to increase confidence and fitness levels enabling the person to move on to other physical activities. The regularity of the walks can facilitate an improved sense of wellbeing as it will provide a regular opportunity to leave their home and to socialise with other people.

Exercise improve the strength and tone of your muscles. This mean you are less likely to have an accident or a fall and injure yourself. As well as these benefits, regular exercise can help:

- Your ability to continue with everyday activities and be independent
- Your brain - how well it works and your memory
- Your sense of wellbeing and self-esteem

If you feel that you would benefit from our services and are registered with a GP practice all you have to do is get in touch with your local Health and Social Care Assistant or contact Age UK Kensington & Chelsea who will register you onto the system and a member of the Age UK K&C team will be in contact to arrange an assessment date and visit.

If you would like more information, please contact Ranvir or Jo on 020 8969 9105 or by email rryatt@aukc.org.uk / jreilly@aukc.org.uk

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Health & Strength

10 weekly sessions of support and information to help manage common aches and pains. Exercise is the best medicine, so join us for an hour of chair-based and balance exercises each week.

Thursdays 10am - 12pm, from 19th September 2019 - A light lunch will be provided.

Lancaster West Estate Community Centre, 1 Station Walk W11 1WE

For more information or to book your place, please contact: Ewa - 07961 232 431 or Kate - 020 3181 0002

Group shopping trips

How do the group shopping trips work?

If you cannot use public transport due to disability or frailty, you may be able to join our group shopping trips. Trips are run every Wednesday and Thursday and a minibus will pick you up from your home and take you to a

Who can go on the trips?

The service is open to people who are:

- Over the age of 55
- Residents of Kensington & Chelsea
- Unable to use public transport and find it difficult to carry heavy shopping bags



How much does it cost? The charge for each round trip is £2 as a contribution for the transport.

If you would like more information about our Shopping Service, please contact **Tasio** on **020 8969 9105** or email **tcabello@aukc.org.uk**.

Supermarkets:

2nd October	Tesco's Warwick Road
3rd October	Sainsbury's Ladbrooke Grove
9th October	Sainsbury's Imperial Wharf
10th October	Tesco's Warwick Road
16th October	Tesco's Warwick Road
17th October	Sainsbury's Ladbrooke Grove
23rd October	Sainsbury's Imperial Wharf
24th October	Tesco's Warwick Road
30th October	Tesco's Warwick Road
31st October	Sainsbury's Ladbrooke Grove

6th November	Sainsbury's Imperial Wharf
7th November	Tesco's Warwick Road
13th November	Tesco's Warwick Road
14th November	Sainsbury's Ladbrooke Grove
20th November	Sainsbury's Imperial Wharf
21st November	Tesco's Warwick Road
27th November	Tesco's Warwick Road
28th November	Sainsbury's Ladbrooke Grove
4th December	Sainsbury's Imperial Wharf
5th December	Tesco's Warwick Road

Get Together for Carers

Are you caring for another person who has a long term health condition? Age UK K&C organizes events for carers. Respite care is available.

Time and location varies. Events include information workshops, visits to art galleries, guided walks and coffee meet ups. There is also a support group for male carers.

To find out more or put your name on the mailing list: Contact Kate Nash on 020 3181 0002 or by email knash@aukc.org.uk



October 15th 2019 10:30- 12 noon

Visit to the Tate Britain with Mary Attwood, art historian and mindfulness teacher

Mary will guide us in a visit to Tate Britain to look at a small selection of inspiring works of art. We will share our reactions to them as well as hearing more about the history of each painting.

Tuesday November 26th 11:00 am

Visit to Dennis Severs House

Dennis Severs house at 18 Folgate Street Spitalfields is more than just a time capsule. It is both a breath-taking and an intimate portrait of the lives of a family of Huguenot silk-weavers from 1724 to the dawn of the 20th Century. As you follow their fortunes through the generations, the sights, smells and sounds of the house take you into their lives.

Meet-Up Groups

Peter Jones, Sloane Square in the café on the top floor

Pop in for a cup of coffee and chat with other carers. Second Friday of each month between 10:30 and 12 noon. Meet top floor café at the table near the top of the escalator.

Men's Group

Meets first Tuesday of the month at 10: 30 am in Café Nero, Ladbroke Grove.

Meet up Group in Kensington?

If you live in the North of the borough and would be interested in meeting up with other carers for coffee let me know and I will arrange a group.

Respite Care

Carers can apply for between two to four hours a week of free respite care, so they can have a break.

This service is provided for an initial three month period. Please contact the At Home service on 0208 960 8137 to arrange an assessment. Respite care does not include housework or personal care.

If you would like any more information about any of the events or respite care, please contact me. If you have any ideas for future events for carers let me know and I will try to arrange it.

At Home Service

With our At Home services you will receive flexible, personalised care within the comfort of your own home. Whether you require short term, occasional or long term support, we can tailor a care package to suit your needs. Our aim is to help you stay as independent as possible in your home. The service is for adult residents of **Kensington & Chelsea, Westminster** and **Camden** aged 55 years and over, or who have physical and learning difficulties.

Our dedicated team of care assistants are trained to provide a range of support services including personal care, basic foot care, escorting to appointments, shopping, respite care, post hospital discharge care and light housework. Where possible, we aim to ensure that you receive care and support from the same carer on an on-going basis, and our carers will always visit for at least an hour to ensure we offer a personalised service that meets all your needs.

Personal care refers to a range of tasks including but not limited to:

- Help with bathing and personal hygiene
- Help getting dressed and personal grooming
- Support moving position to avoid pressure sores
- Help getting in and out of bed
- Incontinence care and catheter/stoma care
- Medication prompting



How much does it cost?

We charge £19 per hour for Practical Support; £22 per hour for Personal Care services. We also offer a Hair-dressing service for £22 per hour.

For toenail cutting we provide home appointments for £22 per hour and clinic appointments for £18 per hour. The first appointment will cost £8 extra for a toenail cutting kit, which you are to keep with you for future appointments. Each person is required to have their own kit for health and safety.

Who do I contact?

If you would like more information, please contact the At Home team on **020 8960 8137** or email **home@aukc.org.uk**. When you contact us, our care assessor will arrange to visit you at home for an initial assessment to discuss the type of support that would best meet your needs. The assessment will record basic details such as name, address, date of birth, GP details and the type of care needed. Taking into account your routine and preferences, a personalised care plan will be written. The assessor will then allocate the most compatible carer(s) to visit.

Activities & Events

Our Activities & Events programme is an innovative programme which seeks to bring together communities to engender a sense of belonging. This project helps you to lead a full and active social life by supporting you to join group activities and connecting you with others who have similar hobbies and interests. Whether you want to meet new people, take a trip or learn a new skill, we offer a huge range of events, activities and clubs to keep you busy.

If you would like to join but you lack confidence or find it difficult to get out and about, don't worry - we might be able to help. Just have a chat with the Events team and we'll see what we can do to support you.

General Information

We will be taking **bookings** for outings and events from **Wednesday 2nd October at 10am**.

Please note that for events or outings which are not free you will need to **pay in advance to secure your place**. Refunds will only be given if spaces can be re-sold or they are cancelled a month before the trip. Occasionally trips can be cancelled or the venue may change the date/time.

If you have any problems on the day of the outing, you can contact us on 07503 668 360 / 07867 318575.

We are always open to suggestions, so if there is something you really want to do or a place you want to visit, why not let us know and we will see what we can do.

Autumn Term: Monday 16th September - Friday 29th November (Special Christmas Programme at end of November)

Christmas Break: Monday 2nd December 2019 to Monday 13th January 2020

Group	Cost?	When?	Where?
French Lessons (Intermediate)	FREE	Mondays, 9.30-11.30pm	Thomas Darby Court (133 Lancaster Road, W11 1TT)
Computer Lessons (One to One)	FREE	Thursdays, 10.30am– 1pm	Evelyn Fox Court (2 Kingsbridge Road, W10 6QF)
Yoga (NEW) Starting 14th October	FREE	Mondays, 11am - 12.30pm	Mary Smith Court (17–21 Trebovir Road, SW5 9NF)
Knitting & Crochet Club	FREE	Mondays, 1pm–3pm	Ormrod Court (71-117 Kensington Park Road, W11 1NP)

Group	Cost?	When?	Where?
French Lessons (Beginners)	FREE	Tuesdays, 10 - 11.30am	Ormrod Court (71-117 Kensington Park Road, W11 1NP)
Get Active Feel Great (NEW) (Chair Exercises with different Activities)	FREE	Tuesdays, 10.30 - 11.30am	Big Local World's End (Unit 8, World's End Place, SW10 0HE)
Lunch Club & Bingo	Lunch: £4 Lunch Bingo: 5 games for £1	Second Tuesday of the month, 12.30 - 4pm	Ormrod Court (71-117 Kensington Park Road, W11 1NP)
Lunch Club	£2.50	Tuesdays 12.15—3pm	St Cuthbert's Centre (51 Philbeach Gardens, SW5 9EB)
Knitting Club	FREE	Tuesdays 1—3pm	St Cuthbert's Centre (51 Philbeach Gardens, SW5 9EB)
Get Active Feel Great (NEW) (Chair Exercises with different Activities)	FREE	Tuesdays, 2.30 - 3.30pm	Evelyn Fox Court (2 Kingsbridge Road, W10 6QF)
Knitting & Crochet Club	FREE	Wednesdays, 10am—12pm	Big Local World's End (Unit 8, World's End Place, SW10 0HE)
Card Making (NEW)	FREE	Wednesdays, 10am - 11am	Mary Smith Court (17–21 Trebovir Road, SW5 9NF)
Painting & Drawing	FREE	Wednesdays, 11am - 1pm	Mary Smith Court (17–21 Trebovir Road, SW5 9NF)
Spanish Lessons (Beginners)	FREE	Wednesdays, 12–1.30pm	1 Thorpe Close Meeting Room, W10 5XL
Spanish Lessons (Intermediate)	FREE	Wednesdays, 2–3.30pm	1 Thorpe Close Meeting Room, W10 5XL
English Conversation Lessons (Intermediate/Advanced)	FREE	Wednesdays, 2.30–4pm	Mary Smith Court (17–21 Trebovir Road, SW5 9NF)

Group	Cost?	When?	Where?
Lunch Club	£3	Thursdays, 12.45 - 2pm	Queen's Gate School, For more information or bookings, call Ximena on 020 8969 9105
Walking Group	FREE	Fridays, 10am to 2.30pm (except last Friday of the month)	Different Parks
Lunch Club	£11 (3 course meal & 1 drink)	Last Friday of the month, 12.30–3.30pm	Mona Lisa Cafe (417 King's Road, Chelsea, SW10 0DR)
Bingo & Afternoon Tea	Bingo: 5 games for £1	First Friday of the month, 2.30 – 4pm.	Mary Smith Court 17–21 Trebovir Road, SW5 9NF

Digital Inclusion

Have you been having problems using your laptop, mobile phone, digital camera or tablet? One to one volunteers will help show you how to use your digital device.

Digital Clinic	FREE	Second Friday of the month, 2pm—4pm	Kensington Library (Philmore Walk, London, W8 7RX)
Digital Clinic	FREE	Last Friday of the month, 10am– 12pm	Chelsea Library (King's Road, London SW3 5EZ)
Digital Clinic	FREE	Last Friday of the month, 2pm—4pm	Ormrod Court (71-117 Kensington Park Road, W11 1NP)

IT Support

We have knowledgeable volunteers who can also provide one-off technical support and troubleshooting to assist you with installing broadband connections, printers and virus protection. For more information, you can contact us on 020 8969 9105 / email event@aukc.org.uk



Let's stay connected: you can follow us on social media and keep up-to-date with what is happening at Age UK Kensington & Chelsea.

Facebook (www.facebook.com/AgeUKKandC), Twitter ([@AgeUKKandC](https://twitter.com/AgeUKKandC)) and Instagram ([@age_uk_kensington_and_chelsea](https://www.instagram.com/age_uk_kensington_and_chelsea)).

Age UK K&C website: www.aukc.org.uk






Walking Group






Whether you are walking to improve your health or simply for the pleasure of exploring new places, our walking group makes making new friends and enjoying the great outdoors easy.



It is low impact exercise, so it is easy for you to get involved - even if you are not feeling your best. In fact, walking could help you feel great again! **Advance booking essential.**



Parks	Cost?	When?	Meeting Point?
Kenwood House and Garden	FREE	Friday 4th October	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Brockley Park	FREE	Friday 11th October	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Bushy Park	FREE	Friday 18th October	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Crystal Palace	FREE	Friday 1st November	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Osterley Park	FREE	Friday 8th November	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Ravens Court	FREE	Friday 15th November	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Regent Park	FREE	Friday 22nd November	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am
Fulham Palace	FREE	Friday 6th December	Pret a Manger, 230 - 232 Earls Ct Rd, Earl's Court, London SW5 9RD at 10.30am

<p>FOOD: Bigger than the Plate</p> 	<p>Date: Thursday 3rd October Time: 10:30 - 12:30</p> <p>Address: Victoria & Albert Museum, Cromwell Road, London SW7 2RL</p> <p>Description: From gastronomic experiments to urban farming, this exhibition brings together the politics and pleasure of food to ask how the collective choices we make can lead to a more sustainable, just and delicious food future.</p> <p>FREE - Advance booking essential</p>
<p>Classical Concert with Afternoon Tea</p> 	<p>Date: Thursday 3rd October Time: 15:00 - 16:45</p> <p>Address: HTB Onslow Square, London SW7 3NX</p> <p>Description: An afternoon celebration with a musical performance followed by afternoon tea. If you would like to attend, please do turn up on the day - there is no need to book in advance.</p> <p>FREE</p>
<p>Bingo & Afternoon Tea</p> 	<p>Date: Friday 4th October Time: 14:30 - 16:30</p> <p>Address: Mary Smith Court, 17 -21 Trebovir Road, London SW5 9NF</p> <p>Description: Come and join our Bingo and Afternoon Tea. Bingo: 6 games for £1</p> <p>Advance booking essential.</p>
<p>Lunch Club & Bingo</p> 	<p>Date: Tuesday 8th October Time: 12:30 - 15:30</p> <p>Address: Ormrod Court, 71-117 Kensington Park Road, London W11 1NP</p> <p>Description: Come and join this lunch club for £4 - From 12:30 to 14:00. Bingo: 6 games for £1 - From 14:00 to 15:30</p> <p>Advance booking essential.</p>
<p>Afternoon Tea with Opera Holland Park</p> 	<p>Date: Thursday 24th October Time: 14:00 - 16:00</p> <p>Address: Cadogan Pier, Chelsea, London (next to the Albert Bridge)</p> <p>Description: We are pleased to invite you to an afternoon of musical entertainment and refreshments with our very special guest Opera Holland Park</p> <p>FREE - Advance booking essential</p>

<p>Gentlemen Prefer Blondes</p> 	<p>Date: Monday 28th October Time: 12:00 - 14:00</p> <p>Address: The Gate Cinema, 87 Notting Hill Gate, Kensington, W11 3LZ</p> <p>Description: Lorelei Lee (Marilyn Monroe) is a beautiful showgirl engaged to be married to the wealthy Gus Esmond (Tommy Noonan), much to the disapproval of Gus' rich father, Esmond Sr., who thinks that Lorelei is just after his money. When Lorelei goes on a cruise accompanied only by her best friend, Dorothy Shaw (Jane Russell), Esmond Sr. hires Ernie Malone (Elliott Reid), a private detective, to follow her and report any questionable behaviour that would disqualify her from the marriage.</p> <p>Tickets: £4 (include coffee/tea and biscuits)- Advance booking essential</p>
<p>Earls Court Film Festival Community Matinee</p> 	<p>Date: Wednesday 30th October Time: 14:00—16:00</p> <p>Address: St Cuthbert's Church, Philbeach Gardens, SW5 9EB</p> <p>Description: A community screening of a series of respected films, all shot and created in the local area. Your opportunity to preview interesting local films.</p> <p>FREE - Advance booking essential.</p>
<p>Bingo & Afternoon Tea</p> 	<p>Date: Friday 1st November Time: 14:30 - 16:30</p> <p>Address: Mary Smith Court, 17 -21 Trebovir Road, London SW5 9NF</p> <p>Description: Come and join our Bingo and Afternoon Tea. Bingo: 6 games for £1</p> <p>Advance booking essential.</p>
<p>Earls Court Film Festival Gala & Awards Night</p> 	<p>Date: Friday 1st November Time: 18:45—21:00</p> <p>Address: St Cuthbert's Church, Philbeach Gardens, SW5 9EB</p> <p>Description: A community screening of a series of respected films, all shot and created in the local area. Your opportunity to preview interesting local films.</p> <p>FREE - Advance booking essential.</p>
<p>Lunch Club & Bingo</p> 	<p>Date: Tuesday 12th November Time: 12:30 - 15:30</p> <p>Address: Ormrod Court, 71-117 Kensington Park Road, London W11 1NP</p> <p>Description: Come and join this lunch club for £4 - From 12:30 to 14:00. Bingo: 6 games for £1 - From 14:00 to 15:30</p> <p>Advance booking essential.</p>

<p>Bingo & Afternoon Tea</p> 	<p>Date: Friday 15th November Time: 14:00 - 16:00</p> <p>Address: Cadogan Pier, Chelsea, London</p> <p>Description: Come and join our Bingo and Afternoon Tea. Bingo: 6 games for £1</p> <p>Advance booking essential.</p>
<p>Concert & Afternoon Tea With Opera Holland Park</p> 	<p>Date: Thursday 21st November Time: 14:00—16:30</p> <p>Address: St Cuthbert's Church, Philbeach Gardens, SW5 9EB</p> <p>Description: We invite you to come and listen to some wonderful music, whilst you fill your plate with scones and jam.</p> <p>Donations welcome</p>
<p>Sky Garden</p> 	<p>Date: Friday 22nd November Time: 13:30—15:30</p> <p>Address: 1 Sky Garden Walk, London EC3M 8AF</p> <p>Meeting Point: Café Nero, 120-122 Ladbroke Grove, Notting Hill, London W10 5NE</p> <p>Description: 155 metres up, the spectacular Sky Garden offers views across the capital and far beyond.</p> <p>FREE - Advance booking essential.</p>
<p>Classical Concert with Afternoon Tea</p> 	<p>Date: Thursday 5th December Time: 15:00 - 16:45</p> <p>Address: HTB Onslow Square, London SW7 3NX</p> <p>Description: An afternoon celebration with a musical performance followed by afternoon tea. If you would like to attend, please do turn up on the day - there is no need to book in advance.</p> <p>FREE</p>
<p>Bingo & Afternoon Tea</p> 	<p>Date: Friday 6th December Time: 14:30 - 16:30</p> <p>Address: Mary Smith Court, 17 -21 Trebovir Road, London SW5 9NF</p> <p>Description: Come and join our Bingo and Afternoon Tea. Bingo: 6 games for £1</p> <p>Advance booking essential.</p>





Silver Sunday 2019



Computer Lesson	Knitting & Crochet Club	Painting & Drawing
<p>Monday 7th October, 10am - 1pm Evelyn Fox Court 2 Kingsbridge Rd, W10 6QF</p> 	<p>Monday 7th October, 1pm - 3pm Ormrod Court, 71-117 Kensington Park Rd, W11 1NP</p> 	<p>Wednesday 9th October, 11am - 1pm Mary Smith Court, 17 - 21 Trebovir Rd, SW5 9NF</p> 

What's coming up...

We are going to send the new activities and events programme out in the last week of November. Please keep an eye out for important announcements!

<p>Christmas Carols at Wembley Arena</p> 	<p>Date: Sunday 15th December Time: 14:00—17:30</p> <p>Address: The SSE Arena, Arena Square, Engineers Way London HA9 0AA</p> <p>Meeting Point: Starbucks, Cineworld Cinemas London Designer Outlet, Wembley Park Blvd, Wembley HA9 0FD at 2pm</p> <p>Description: Hillsong Church London invites you to celebrate Christmas at Wembley Arena, and they are excited to spend it with you! This is the biggest Christmas Carol event in London with a spectacular creative production that we would love you, your family and friends to be part of.</p> <p>£5 - Advance booking essential.</p>
<p>Guy Barker's Big Band Christmas</p> 	<p>Date: Thursday 19th December Time: 14:30—17:00</p> <p>Address: Royal Albert Hall,</p> <p>Description: Guy Barker's inimitable mixture of jazz classics, unearthed treasures and Christmas oddities will put a swing in your step as the festive season kick off.</p> <p>With Barker's musical mastery and illustrious guest raising the roof, Guy Barker's Big Band Christmas can convert even the grumpiest bah humbugs to the joy of Christmas.</p> <p>£5 - Advance booking essential.</p>

Join our Friends' Group

Simply fill in the form and return it to us at the Freepost address above.

Title:	Name:	Surname:
Address:		Tel:
		Email:

Now please complete **SECTION 1** OR **SECTION 2**

SECTION 1— REGULAR DONATION VIA STANDING ORDER

I would like to make a regular donation by standing order [please tick]

Bank name:	Account no:	<input type="text"/>
Bank address:	Sort code:	<input type="text"/>
	Name of account holder:	<input type="text"/>

I authorise my bank to make a regular gift of:

£10 £15 £20 £50 £100 My own amount

Frequency: monthly quarterly six-monthly yearly

Starting on:

Signature

Date

[Bank use only]

Account to be credited: Age Concern Kensington & Chelsea

Account no: 43333280 Sort Code: 20-96-55

Address: Barclays Bank, 137 Ladbroke Grove, London, W11 1PR

SECTION 2 — ONE-OFF DONATION VIA CHEQUE OR POSTAL ORDER

I enclose my initial subscription to the Friends' Group

As a Friend of Age UK K&C we'd like to contact you to acknowledge your donation[s], send you details of our events and keep you updated with our work. Please tick the boxes to let us know all the ways you'd like to hear from us:

By post By email I would prefer not to be contacted

giftaid it

Gift Aid Declaration

Please add to your donations through Gift Aid. If you are a UK taxpayer, we can reclaim 25p for every £1 you donate.

Yes, I want Age UK Kensington & Chelsea to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I am a UK taxpayer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

At Home Service

Our At Home Service offers a range of personally tailored packages of care and support to help you stay as independent as possible in your own home.

We can help you with:

- Personal care
- Toenail and fingernail cutting
- Hair dressing and shaving
- Meal preparation
- Light housework



**For more information, please call 020 8960 8137
or visit www.aukc.org.uk**