



Picture: An Autumnal Nordic Walking session

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Contact Us

➔ Our New Report on Mental Health

During August - September 2024, 101 older people in Redbridge completed our survey on mental health.

A majority of respondents (71%) currently have 'good or excellent' mental health, while around a quarter (23%) describe it to be 'fair'. 6% consider their mental health to be 'poor' or 'very bad'

Just over half of respondents (58%) say they know what has triggered their condition. The main causes highlighted are physical health conditions (42%), feeling lonely or isolated (also 42%), and family issues such as bereavement or breakup (32%).



Support should be there, when we need it

Of those identifying with a mental health condition in the last year, two thirds (67%) have experienced anxiety, with 42% citing depression and a quarter (26%) insomnia.

When seeking support, experiences of services vary. We heard that GPs can be 'too health focused' and are more likely to offer support in acute cases - such as having suicidal thoughts. Sometimes, conditions have been dismissed as 'old age', we heard.

Signposting to community groups (such as Age UK) has been helpful.

Those accessing talking therapies say the service is largely effective. However long waiting lists are reported and more sessions, would be helpful.

Read more in the full report. ➔ [More](#)

“Thanks to yoga I feel in much better shape!”

What can we do for you?

➔ How Can We Help You?

Our dedicated staff are out and about all year round across the three boroughs.

We deliver talks, raise awareness of support and entitlements, signpost to services and generally look-out for the welfare of local people.



Staff at a Carers Event

We may be able to come to your group or event, to highlight the range of services on offer, give tips, information and advice, and to listen to the views and experiences of your members.

To find out more, contact us. You can also view a range of information on our website. ➔ [More](#)

“ I found out I could get additional support. ”

What can we do for you?

➔ Recruitment - Home Support Workers

High quality Home Support Workers are required to work in older people's own homes across Redbridge, Barking & Dagenham and Havering.

Home Support Workers help older people to live independently, safely and happily at home by assisting them with a variety of practical tasks such as shopping, cleaning, cooking and running errands.

Home Support Workers also provide companionship and accompany clients to appointments or take them on outings. There is no personal care involved. Travel time will be paid. Core training provided. DBS checks apply. The closing date for applications is Monday 16th December. ➔ [More](#)

➔ Falls Prevention & Awareness - New Classes!

Falls are the biggest cause of accidents in the home and one in three people over the age of 65 fall each year. This increases to one in two for people aged over 80.



Nordic Walking in Valentines Park

The good news is that falls are not an inevitable part of ageing, many can be prevented and our Falls Prevention service is here to help. Our service offer includes a wide range of activities, such as Tai-Chi and Nordic Walking.

New Classes: We have a new Tai-Chi class for beginners commencing Wednesday 15th January at Ilford Library, 11.00am weekly. We also have a new Tai-Chi class commencing Friday 17th January at St Chads Church (Barking), 12.30pm weekly.

“The lovely lady gives me a call once a week.”

What can we do for you?

In addition to our comprehensive support service, we also visit local groups and organisations to raise awareness and to give practical advice.

Recently we attended an Older People’s Event at City Gates Centre, Ilford. As well as giving a presentation, information and advice, we offered free chair-based exercise sessions. We also spoke at a recent Carers Forum, attended by over 200 people.

To find out more about our Falls Prevention service, visit the website or get in touch. ➔ [More](#)

☎ 020 8220 6000

✉ glenda.templeman@ageukrbh.org.uk

➔ Our Volunteer Befrienders

We provide a befriending service to older people who are isolated. The telephone service is Monday to Friday during morning hours. The weekly visiting service is for people living alone and subject to certain criteria.

In addition to providing companionship it also acts as a welfare monitoring service.

New staff member! Colin Edwardson has now joined the team as the Befriending Officer for Redbridge.



New staff member, Colin Edwardson

Colin writes “I’m the new Befriending Officer for Redbridge. I am working with the Forget Me Not team to raise our profile, encourage volunteers to come forward and partner in supporting our wonderful clients.

I’ve previously worked for a charity supporting the visually impaired and run projects giving a voice to vulnerable children. I also have a long career in music so steer clear of that topic if you’re contacting me and looking for a short conversation!

I’m overwhelmed by the supportive nature of the organisation so far and can’t wait to meet even more of you! Please do not hesitate to contact me if you have any promotion ideas, events or simply know someone who would be happy to sit with one of our clients and have a chat over a cuppa.”

Find out more about our befriending service on the website. ➔ [More](#)

“I learned so much at the talk on diabetes.”

What can we do for you?

➔ Winter Fuel Payment & Pension Credit

Are you getting all of your entitlements? Please check our latest information.

Winter Fuel Payment

Is designed to help you cover your heating costs over the winter months. It is an annual tax-free payment for households that include someone born on or before 22 September 1958 (for 2024-25) and, from 2024 onwards, receive Pension Credit, Universal Credit, Income Support, income-based Jobseeker's Allowance or income-related Employment and Support Allowance, or an award of Child/Working Tax Credit of at least £26 for the tax year 2024-25.

How much Winter Fuel Payment can you get? If you are over State Pension age and receive a qualifying benefit, you could get £200 towards your bills. If you are over 80, you could get £300 to help with your bills in winter this year.



Claim Pension Credit now, if you're entitled

Payments are made to the person claiming the benefit and are for the household.

Recent Changes...

With the recent changes to Winter Fuel Payment entitlement which means that Pensioners have to be in receipt of Pension Credit to qualify we have put together some information as an overview of who's eligible for Pension Credit and how to claim. If you're eligible, it's particularly important to claim Pension Credit now, as it means you can get the Winter Fuel Payment. Visit our website for more. ➔ [More](#)

“I need to shop around these days.”

Join us today and have your say!

What is Pension Credit?

Pension Credit is a means-tested benefit for older people.

There are 2 parts and you can be entitled to both. Guarantee Credit - which brings a household's income up to a guaranteed minimum and Savings Credit - can provide extra money to some people who already have higher savings or income.



For Winter Fuel Payment, claim by 20 December

To claim Pension Credit, go to www.gov.uk/pension-credit/how-to-claim to apply online or call the Pension Credit claim line on 0800 99 1234 (lines are open Monday to Friday, 8am-6pm). You can request a paper form by calling the number above - or print a copy ([click here](#)).

Deadlines: Pension Credit claims must be made by 21 December 2024 to unlock the Winter Fuel Payment in winter 2024-25. If you want to apply by phone, you need to call to apply by 20 December.

“My freedom pass is a real lifeline.”

Join us today and have your say!

➔ Cold Weather Payments

A Cold Weather Payment is £25 a week for each 7-day period - or forecasted 7-day period - of cold weather. This only applies between 1 November and 31 March each year.

To be eligible for Cold Weather Payments the average temperature in your area needs to have been, or be forecasted to be, 0°C or less for 7 days in a row. Visit our website for more. ➔ [More](#)

➔ Havering Energy Doctors

The Havering Energy Doctors is a council funded service delivered in partnership with Age UK East London and Age UK Redbridge, Barking & Havering which is available to all Havering Residents age 18 and over free of charge.

It aims to support people who may be struggling with rising energy bills or living in homes that are difficult to keep warm. One of the energy experts from Age UK East London will visit the home to assess its energy efficiency and provide advice on how to use energy more effectively. The service is **NOT MEANS TESTED** and is available to all residents regardless of their age. This means that all clients living in Havering would benefit from a referral to the Energy Doctors Service.



Helping you to keep warm, this winter

In addition to giving advice, the Energy Doctors can complete small tasks during their visit to improve home energy efficiency. This could include draft proofing doors and windows, installing radiator foils and energy efficient light bulbs, and making other simple adjustments to help your home retain heat more efficiently.

To access the service, please use the online referral form. Alternatively you can use the QR Code below.



Scan for online referral form

For more, visit the website or get in touch. ➔ [More](#)

☎ 07943 877099

✉ energydoctor@ageukrbh.org.uk

➔ Digital Support Classes

If you need assistance with your devices, or access to tablets and other support, then this service is for you.

We run class based sessions, and also (depending on criteria) may be able to visit you at home.

Our 'Digital Champion' volunteers have many years of experience in assisting older people - and are very knowledgeable about all things digital!



A session at Romford Baptist Church

The group sessions, initially hosted at our Ilford office, are also available in Wanstead, Dagenham and Havering.

To find out more about the programme, or to sign up as a volunteer Digital Champion, please get in touch or visit the website. ➔ [More](#)

➔ Getting Prepared for Winter

The winter is approaching, and there are lots of practical things you can do to look after yourself.

Age UK has compiled an online resource, containing information, advice and tips - on topics including maintaining your mental and emotional wellbeing, managing your money, how to access booster jabs, looking after each other and staying well in colder weather.

The page includes videos and downloads. ➔ [More](#)

“After discharge they got me additional support.”

What can we do for you?

➔ Am I Seeing a Physician Associate or a Doctor?

Healthwatch England writes “In recent years, the NHS has expanded the use of 'medical associate' roles to help tackle staff shortages and improve access to care. One of these roles is the Physician Associate.

What is a physician associate?

Physician associates are healthcare professionals who work under the supervision of a senior doctor and can assess, diagnose, and treat patients within certain limits.

They don't prescribe medication or request X-rays, and they are supposed to supplement - and not substitute - fully qualified doctors.

Physician Associates are not a new role - they have worked in England since the early 2000s, but the number employed in the NHS has grown significantly in recent years.



Associates can help to improve access

The Faculty of Physician Associates found that 2,833 were working in England in October 2022, more than double the number recorded three years earlier.

With plans to employ 10,000 Physician Associates by 2037, we looked at how aware patients are of the role and how NHS staff and medical regulators can improve their understanding and experience.

In polling, around half of respondents (52%) were aware of the role.”

Find out more, in the full article. ➔ [More](#)

“I couldn't fill in the form and Age UK helped.”

What can we do for you?

➔ Public Transport Survey 2024

During April - July, 198 older people in Redbridge completed our survey about public transport. The survey recorded experiences of various forms of public transport - buses, the underground, dial-a-ride and other local services.

We explored how often the services are used, what they are used for, and asked about any difficulties or challenges, in general use or access.



Reliable, accessible transport is important

Buses: Most respondents (89%) use local bus services - 52% frequently and 37% less often. A majority of bus trips are for shopping (82%) with half (48%) for leisure - outings or socialising. The services are widely praised, and greatly appreciated.

On issues, around a quarter of respondents (27%) have problems getting to or from bus stops. Almost half (46%) have problems getting on or off the bus. Of those experiencing problems, 43% say the bus stops too far from the kerb, 40% cite difficulties with either the ramp or steps, and 36% have more general mobility issues. Driving is an issue for 8%, who complain they don't have adequate time to take a seat.

Underground: A broad majority of respondents (79%) use underground services - 15% frequently and 64% less often. Most trips (69%) are for leisure - with outings into central London very popular. Stratford is also a well-visited destination.

On issues, around a quarter of respondents (28%) have problems getting to or from underground stations. A third (35%) have problems getting down to the platform. On this, clearly the main issue is with stairs or escalators (68%) with lifts (30%) and general mobility and access (18%) also challenges.

We also surveyed Dial-a-Ride and other local services. Read more now, in the full report. ➔ [More](#)

➔ What is Courier Fraud?

The Metropolitan Police writes “Courier fraud is a type of fraud where a criminal contacts the victim pretending to be a police officer, bank official or other professional.

To substantiate this, the caller may sometimes be able to confirm the victim’s name or address.



Take care - fraudsters are operating

The caller may also offer a telephone number for the victim to call or ask the victim to call the number on the back of their bank card to check that they are genuine.

In these circumstances, either the number offered will not be genuine or, where a genuine number is suggested, the fraudster will stay on the line and pass the victim to a different individual.

After some trust has been established, the fraudster will then, for example, suggest:

- Some money has been removed from a victim’s bank account and staff at their local bank branch are responsible.
- Suspects have already been arrested but the ‘police’ need money for evidence.
- A business such as a jewellers or currency exchange is operating fraudulently and they require assistance to help secure evidence.

Victims are then asked to co-operate in an investigation by attending their bank and withdrawing money, withdrawing foreign currency from an exchange or buying an expensive item to hand over to a courier for examination who will also be a criminal.

At the time of handover, unsuspecting victims are promised the money they’ve handed over will be reimbursed but in reality there is no further contact and the money is never seen again. This crime type predominantly impacts older victims with the average age of victims in London being 79 years old.

To stay safe: Your bank or the police will never call you to ask you to verify your personal details or PIN by phone or offer to pick up your card by courier. Hang up if you get a call like this.



Don’t let anyone take your debit or credit card

If you need to call your bank back to check if a call is genuine, wait five minutes as criminals may stay on the line after you hang up. Alternatively, use a different line altogether to call your bank.

Your debit or credit card is yours - don’t let anyone take it off you. You should only ever have to hand it in at your bank. If it’s cancelled, destroy it yourself. Be wary of anyone claiming to be from your bank or local police force, who calls you to tell you about fraudulent activity but is asking you for personal information or even your PIN to verify who you are.

Watch out if they’re offering you to call back so you can be sure they’re genuine, but when you try to return the call there’s no dial tone.”

Fraud & Digital Asset Crime Prevention, Metropolitan Police Service can be contacted at:

✉ FraudPrevention@met.police.uk

Or members of the public can call the Action Fraud organisation:

☎ 0300 123 2040 (Monday to Friday, 8am to 8pm)

“Local services are much more convenient.”

Join us today and have your say!

➔ Havering Local Lottery

Hazel McKenzie, Senior Manager writes “We are really pleased to share with you that we have signed up to the Havering Local Lottery which is being coordinated by another registered charity - Havering Volunteer Centre.

The Local Lottery is a great way for people who want to support our group who may not always have the time to get involved.



By helping us, you are helping others

What we love about the Lottery is that everyone who buys a ticket gets the chance to win some fantastic prizes including a £25k jackpot!

Plus we directly receive 50p of your £1 ticket, which is amazing and helps us to keep our services going and achieving fantastic things!

“ I got one-to-one support, to use my smartphone. ”

What can we do for you?

We hope you are as excited about this opportunity as we are!

Thank you for your continued support, without people like you, we couldn't do what we do!”

Gift Vouchers Available!

A gift voucher from Havering Local Lottery gives your loved ones the chance to win a cash prize whilst also helping to raise money for good causes. The gift vouchers start from just £5 and include your choice of colour and a personal message.

To find out more, visit the website. ➔ [More](#)

➔ Introducing the Big Knit!

Every year, an army of woolly warriors take up their knitting needles and crochet hooks as part of the Big Knit.

The Big Knit is Age UK's partnership with innocent drinks. We've been working together since 2003, asking the country's crafters to knit little hats for the tops of innocent smoothie bottles.

Every hat knitted raises 30p.

The money helps Age UK be there for older people, nationally and locally, providing vital information, support and friendship to those who need us most.

Since 2003, the innocent Big Knit has raised an incredible £3.2 million for Age UK.



Little hats, knitted by Di's Diamonds (Page 9)

The hats will appear on top of innocent smoothie bottles, available in shops starting October 2025.

Getting Involved...

You can find knitting and crochet patterns at both of our Age UK offices. There are also links to patterns on our website.

Once knitted, simply drop your little hats off to us, at our Ilford office or Wanstead Activity Centre.

The project runs until 1st July 2025. ➔ [More](#)

“ Lunch at the activity centre is delicious! ”

What can we do for you?

➔ **Wanstead Activity Centre**

We run a diverse range of activities at Wanstead Activity Centre, for local people aged 55 or over.

We can help you get fit with chair exercises and yoga, or if you prefer something livelier, Zumba at the nearby Cherry Tree. If you fancy something more intellectual, why not join us for a game of bridge, read along at the book club, or learn how to get the most of your smart phone, tablet or computer. Creative? Then arts, crafts & knitting may be for you.

An Action-Packed December!

A lot is happening this December - why not get involved?



Members enjoying a tea party

On Monday 2nd (1.30pm - 3pm) make a wreath decoration, on Tuesday 3rd (10am - 2.30pm) there is a Christmas craft sale, and on Friday 6th (1.30pm - 3pm) we're hosting a session of Bingo - with cash and other prizes. For some sessions, booking & fees apply.

“The volunteering has made me feel good.”

What can we do for you?

Don't forget - book a place for our marvellous Christmas Dinner!

To find out more about us, drop in, Monday to Friday 10am - 2pm at The Allan Burgess Centre, 2 Grove Park. Wanstead, E11 2D.

You can also give us a call on 020 8989 6338, or visit the website for the latest information. ➔ [More](#)

➔ **Introducing Di's Diamonds**

Di's Diamonds are a group of men and women living in Havering, Redbridge and Barking & Dagenham, from all walks of life and backgrounds, single or partnered, aged 50+, who want to meet people and make friends, get out and about, enjoy activities and events, discover opportunities and take on new challenges.

Di's Diamonds & Diamond Geezers enjoy a variety of social activities.



A recent walk at Fairlop Waters

Diamond Geezers meet every Monday, 3.00 - 5.00pm. Di's Diamonds meet regularly for coffee mornings and meals across the three boroughs in coffee bars, at libraries and pubs.

We also meet for regular tea dances, bowling, talks, and trips to the cinema, museums and theatres. On Zoom we have Tai-Chi, watercolour art and poetry.

Recent activities include a Halloween Party at Pipe Major, an Autumn Walk around Fairlop Waters and visits to the Illuminarium in Barking, St Edward the Confessor Church in Romford, Bedford Park and Hainault Country Park.

At Harold Wood Hub, much fun was had making Christmas cards, decorations and lights.

We have also been busy knitting little hats, as part of the Big Knit to raise money for Age UK.

Find out more on the website. ➔ [More](#)

“I'm better placed to identify a scam.”

What can we do for you?

➔ We Care for Our Air (Redbridge)

We all know how bad air pollution can be for our health, so Redbridge Council has been working with local community groups, GP surgeries and schools to launch 'We Care for Our Air Redbridge' - a range of initiatives, free activities and learning resources designed to raise awareness and empower local people to help in the battle to improve the air.



We're all on-side, for cleaner air

Most air pollution comes from car emissions, and although on average levels have started to come down, there are still many hot spots with levels that exceed safe limits set by the government. Did you know that there are also many indoor sources of air pollution?

Air pollution affects some people more than others unfortunately, particularly the very young, the elderly and those with existing health conditions, such as asthma and heart disease.

Research has found it can even increase your risk of developing type 2 diabetes and brain conditions, such as dementia and depression.

Find out how you can protect yourself and your family from the harmful effects of air pollution - download a Healthy Lung Habits information pack.

Go to the We Care for Our Air webpage, to find out where air pollution levels are highest and, to find low pollution routes for your journeys. ➔ [More](#)

“With their home support I can do much more.”

What can we do for you?

➔ Havering - Training to Identify 'Hidden Carers'

The London Borough of Havering in partnership with Havering Carers Hub invite partners across the Council, Health, Community and Voluntary sector to help identify 'hidden' carers and understand how to support them.

Around 23,000 people identify themselves as carers in Havering with only a small proportion known to services. These 'hidden' carers, also known as 'informal' or 'unpaid' carers often do not have any help or support.



Sign-up now, for free awareness training

Training offered will cover definition of an informal carer and how to identify them, carer assessments, legislation, carer tacit knowledge/expertise and referral pathways into Havering Carers Centre for support. Book your place now for 2025! ➔ [More](#)

“I was assisted in applying for pension credit.”

What can we do for you?

➔ The 'Love Your Liver' Campaign

9 in 10 cases of liver disease could be prevented. Love Your Liver is a national awareness campaign, by the British Liver Trust devoted to liver health.

Around 1 in 10 people receiving a free liver scan on the roadshow have signs of possible liver damage.

As part of the Love Your Liver campaign, they offer help and information for looking after your liver. The national roadshow and free online screener let you check on your liver health. ➔ [More](#)

➔ Menopause Awareness Month

The month of October was Menopause Awareness Month, and World Menopause Day is held annually on 18th October. It aims to break taboo and improve women's health and wellbeing by raising awareness about the symptoms and the support available.

National organisation Wellbeing of Women says "Women make up nearly half of the UK workforce, yet many feel forced to reduce their hours, pass up promotions, or even leave their jobs due to lack of menopause support.



Helping employers to be 'menopause aware'

This is why we are calling on employers to sign the Menopause Workplace Pledge and take positive action to make sure everyone going through the menopause is supported.

Small and medium sized enterprises face particular challenges in supporting women at this life stage.

We've launched a toolkit of resources tailored for staff to create menopause positive workplaces. All workplaces whatever their size could benefit from the tips and guidance.

After signing the pledge, employers are encouraged to take at least one positive action a year towards becoming a menopause positive workplace.

Since the campaign launched, more than 3,100 employers have signed the pledge, including Bupa, BSI, BBC, Tesco and Royal Mail." [➔ More](#)

“They saved me money with a travel tip.”

Join us today and have your say!

➔ Cancer: Women 'Not Acting' on Symptoms

Charity Eve Appeal writes "Abnormal bleeding is a very literal 'red-flag' for three out of the five gynae cancers - womb, cervical and vaginal. Yet our Get Lippy survey (YouGov, April 2024) found that although abnormal bleeding might be easy to spot, too few women would act on their symptoms and get bleeding checked.

Less than half of the women we surveyed would get bleeding after the menopause or between their periods immediately checked by a doctor (44%). Only one third of women also would go to the doctor if they experienced pain during sex (35%) and under half (47%) would call their doctor if they bled during or after sex - often one of the first tell-tale signs of cervical and vaginal cancer.



Encouraging women to 'act fast'

Between them, womb, cervical and vaginal cancer affect around 13,150 women and people with gynae organs each year in the UK, and like with most cancers, detecting them early can make all the difference in giving women the best possible chance of successful treatment.

“I had a game of bowls, delighted to win!”

Join us today and have your say!

Abnormal bleeding is often the first symptom to arise with these cancers, and getting it checked out can help you either get your mind put at rest and your symptoms eased, or if you do have a cancer, get started on treatment as soon as possible.

It really is important to act fast once you have spotted red!" [➔ More](#)

➔ What is Pension Credit?

Pension Credit is a means-tested benefit for people over State Pension age who have a low income. It comes in 2 parts - Guarantee Credit and Savings Credit. It's separate from your State Pension.

Guarantee Credit tops up your weekly income to a guaranteed minimum level. Savings Credit is extra money if you've got some savings or if your income is higher than the basic State Pension.

By claiming Pension Credit, you might become eligible for other benefits too, such as help with health and housing costs



Are you eligible for Pension Credit?

Find out more on the Age UK website. ➔ [More](#)

Latest Newsletters

➔ [Age UK - Health and Wellbeing Newsletters \(Sign Up!\)](#) ➔ [More](#)

➔ [Alzheimer's Society - Dementia Together Magazines](#) ➔ [More](#)

Please send us a link to your latest newsletter!

Health & Wellbeing Roundup

- ➔ [The latest news, campaigns and events from Age UK](#) ➔ [More](#)
- ➔ [The latest news from Barts Health NHS Trust](#) ➔ [More](#)
- ➔ [The latest news from Barking, Havering and Redbridge University Hospitals NHS Trust](#) ➔ [More](#)
- ➔ [The latest news from North East London NHS Foundation Trust](#) ➔ [More](#)
- ➔ [Age UK calls for a radical 'sea change' in how we think about older people and ageing](#) ➔ [More](#)
- ➔ [Age UK's statement in response to the Autumn Budget](#) ➔ [More](#)
- ➔ [2 million older people now have some unmet need for social care](#) ➔ [More](#)
- ➔ [There's never been a more important time to claim Pension Credit than now, says Age UK](#) ➔ [More](#)
- ➔ [Age UK statement on the Ofgem Energy Price Cap increasing by 10 per cent](#) ➔ [More](#)
- ➔ [NHS diagnoses thousands more cancers as cases rise by 5%](#) ➔ [More](#)
- ➔ [Renewed call for millions to take up NHS breast screening invites](#) ➔ [More](#)
- ➔ [Learning hub on supporting people with executive dysfunction launched](#) ➔ [More](#)
- ➔ [Review of carer's allowance overpayments announced](#) ➔ [More](#)
- ➔ [England's NHS mental health services treat record 3.8 million people last year](#) ➔ [More](#)
- ➔ [Pressure on A&E continues with 1.2 million extra attendances so far this year](#) ➔ [More](#)
- ➔ [NHS announces plans to prepare for busy winter period](#) ➔ [More](#)
- ➔ [NHS kicks off COVID and flu jabs to protect against 'triple-demic'](#) ➔ [More](#)
- ➔ [Government to create body to set adult social care pay and conditions](#) ➔ [More](#)
- ➔ [Thousands more people with type 1 diabetes to get artificial pancreas in NHS roll out](#) ➔ [More](#)
- ➔ [Overdue £22m adult social care innovation funding 'risks disappearing', warns charity](#) ➔ [More](#)
- ➔ [NHS cancer advice page sees a visit every 16 seconds following Jamie Theakston's diagnosis](#) ➔ [More](#)
- ➔ [Mirrors in leisure centres across the country to reflect important NHS reminder](#) ➔ [More](#)
- ➔ [NHS England fast-tracks new life-extending blood cancer treatment](#) ➔ [More](#)
- ➔ [National shortlist of exceptional NHS staff announced](#) ➔ [More](#)
- ➔ [NHS announces plans to prepare for busy winter period](#) ➔ [More](#)
- ➔ [Landmark moment as NHS kicks off first ever RSV jab rollout](#) ➔ [More](#)

HOME SUPPORT SERVICES

Our Home Support Services are available to residents aged over 50. For information about all the services, including online referral forms, please visit our website:

www.ageukrbh.org.uk/redbridgebarkinghavering

Home Support



We offer a variety of support services including domestic cleaning, shopping and bathing/showering. Charges apply.

For more information, contact us:

✉ homesupportservices@ageukrbh.org.uk
☎ 0208 220 6000

Nail cutting clinics are run at our Ilford Age UK Office and at Wanstead Activity Centre. For a fee, we offer a basic service of nail trimming.

For more information, contact us:

✉ nailcutting@ageukrbh.org.uk
☎ 07943 877 035

Nail Clinic



We have partnered with two hairdressers who offer mobile appointments in your home. Charges apply.

For more information, contact us:

✉ homesupportservices@ageukrbh.org.uk
☎ 020 8220 6000

Hairdressing



Age UK Business Directory

The Age UK Business Directory is designed to protect older people from rogue traders by connecting them with local reputable traders and businesses that have been checked by Age UK staff. Many different types of tradespeople and businesses are members.

www.aubdlondon.co.uk