



Picture: 'Di's Diamond' Kathie, celebrating her birthday (More on Page 5)

## In this Issue!

Latest News (Update)	2
Redbridge Older Peoples Week Volunteering - Can You Help?	3
Di's Diamonds Celebrates 10 Years!	4
A Trio of Birthdays at Di's Diamonds The Mayor Visits Wanstead Activity Centre!	5
Falls Prevention and Awareness My Health Matters in Havering	6
<i>... plus more!</i>	

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Contact Us

## ➔ Our New Survey on Mental Health

Mental health problems have increased for a myriad of reasons in the last few years. The impact of the pandemic, social isolation, services transferring to online, the cost of living and concerns about global stability, have all contributed to some people needing mental health support or feeling stressed and not knowing where or who to turn to.

The aim of this survey is to gauge how widespread poor mental health is amongst older people in Redbridge.

The survey also looks to evaluate how far mental health services are meeting the needs of local people.



How is your mental health?

This survey closes at the end of October 2024.

We would very much like your opinion on this matter and appreciate the time you take to complete it. ➔ [More](#)

This survey is part of our very popular 'Voices of Experience' programme, giving older residents in Redbridge an opportunity to share their views, and to have confidence that we will use the evidence collected - to seek improvements.

To find out more, contact Sue Grant by phone or email. You can also visit our website. ➔ [More](#)

☎ 020 8911 2927

✉ sue.grant@ageukrbh.org.uk

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

What can we do for you?

## ➔ A Tribute to Diana Speller

The Di's Diamonds Team (Kim, Fiona, Amanda & Monica) write:

"We were very sad to announce the passing of our beloved friend and volunteer Diana Speller. Di worked tirelessly for Di's Diamonds members. Without her and Kath Tilley there would be no Di's Diamonds. She was there from the very start.



Diana Speller, an inspiration for many

We were and still are all very sad and shocked at the loss of such an amazing person who passionately believed in helping people. She was there for everyone and always put others before herself.

A truly unique character who will be sadly missed.”

“ I found out I could get additional support. ”

What can we do for you?

## ➔ Wanstead Activity Centre Book Club

For the over 55's who live in Redbridge. Come and join us, on the first Wednesday of the month 10am - 12pm, to discuss books supplied by the local library, free to join, refreshments available.

Why not stay for a freshly cooked lunch afterwards!

Upcoming dates Wednesdays 4<sup>th</sup> September, 3<sup>rd</sup> October, 7<sup>th</sup> November, 5<sup>th</sup> December.

Please phone 020 8989 6338 for more information, or pop in to Age UK Alan Burgess Centre, 2 Grove Park, Wanstead, E11 2DL.

## ➔ Redbridge Older Peoples Week

A range of events (Monday 30<sup>th</sup> September - Friday 4<sup>th</sup> October) to promote the inclusion of older people in the London borough of Redbridge.

Main event to be held in City Gates Ilford, featuring information stands of services and local organisations supporting older people (Wednesday 2<sup>nd</sup> October).

We are also hosting plenty of events!



Action packed! Check our website for full details

### Wanstead Activity Centre:

All week: Art and Memories Display.  
Monday: Special Lunch (fees and booking apply)  
Friday: Cockney 'Knees-Up' (booking required).

### Ilford Library:

Monday: Chair Based Exercise and Tai Chi (booking required).

### Fulwell Cross Library:

Monday: Arts & Crafts (booking required).

### Kenneth More Theatre:

All week: Photography Exhibition (TBC).  
Wednesday: Cream Tea and Dance (booking required).

### King George Pub:

Tuesday: Special lunch (booking required).

### Age UK RBH (Cranbrook Road);

Tuesday: Voices of Experience Meeting, Survey Launch, Digital Champions Project.  
Thursday: Digital Champions Project.

### Valentine's Park

Wednesday: Nordic Walking (booking required).

Other Redbridge based organisations are holding events throughout the week. Visit our website, nearer the time, to find out more. ➔ [More](#)

## ➔ Volunteering - Can You Help?

Sami Jobanputra, Business Development & Volunteer Coordinator writes "Do you have an hour or two a week to help? Do you have a passion for helping others? Can you contribute to our work by using your skills and experience?"

If so, we need you!

Age UK Redbridge, Barking and Havering have a wide variety of roles available for volunteers from visiting and telephone befrienders to admin and kitchen assistants.

Volunteering is a great way to meet new people, learn new skills and support the work we do in the community. Volunteers are an invaluable part of the work we endeavour to achieve and quite frankly, we couldn't do what we do without volunteers!"



Can you help? Apply today online!

For more information and to apply online, please visit the website. ➔ [More](#)

## ➔ Nail Cutting Clinics

Keeping toenails trimmed not only affects comfort but also can prevent falls & maintain good hygiene.

We now have two clinics for service users over 50 to have their nails trimmed by a qualified technician. Find out more online or get in touch. ➔ [More](#)

☎ 07943 877035

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

What can we do for you?

➔ **Di's Diamonds Celebrates 10 Years!**

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.

Amanda Jenner, Events Coordinator writes "We were pleased and proud to celebrate the 10<sup>th</sup> anniversary of Di's Diamonds with five large events across Redbridge, Barking & Dagenham and Havering for our currently active members.



Crowlands Heath - the first of five events

Our first event was at Crowlands Heath Golf Centre to thank our loyal volunteers who have been fundamental in the project's continued success.

**“Tried poetry & managed to inspire others!”**

What can we do for you?

Sadly, we lost one of our founder members Diana Speller in March so we paid tribute to her and thanked Kath Tilley the other founder member.

The next event was at Barking Football Club where we had tea and sandwiches sponsored by Co-Op, a tour of the grounds and a wonderful talk about the club and its history.

The next day at Dagenham and Redbridge Football Club we had a lively tea dance.

Our amazing singer Angie, really got the party started. West and Coe funeral Directors sponsored this event for us.

Havering Adult College hosted a Murder Mystery Event at Queens Theatre for us which had everyone wondering who the murderer was, through a series of clues. Members enjoyed a cream tea sponsored by Co-Op and Roddas while working out who done it!



The final event, at Fulwell Cross Library

Our final event was at Fullwell Cross Library where members joined in a final Roddas cream tea and dance with entertainment from local singer Mark.

Around 600 members had the opportunity to join in the celebrations.

We would like to thank all our sponsors for their contributions in making the 2 weeks of celebrations possible and such a huge success.”

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

Diamond Geezers meet every Monday, 3.00 - 5.00pm at Harrow Pub in Hornchurch. 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.

Find out more on our website, which features a schedule of events across the boroughs. ➔ [More](#)

**“Lunch at the activity centre is delicious!”**

What can we do for you?

➔ A Trio of Birthdays at Di's Diamonds

Amanda Jenner, Events Coordinator writes "Recently we celebrated three big birthdays, with the members all in the 90s club!

Herta celebrated with friends at The Pipe Major. She enjoyed a rocky road ice cream followed by bingo then cocktails later. Herta said 'I don't know what I'd do without Di's Diamonds, I've met all these lovely people who are now my friends'.



Herta, celebrating at the Pipe Major

Members Kathie (image on front cover) and Reg (back cover) also celebrated their birthdays at separate events. Much fun was had by all."

**"The volunteering has made me feel good."**

What can we do for you?

➔ The Digital Champions Programme

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!

The group sessions, initially hosted at our Ilford office, are now 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](#)

➔ 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.

Louisa Ryrie, Centre Manager writes "Events have continued with vigour in the Wanstead Activity Centre, including an Origami Workshop (hopefully more to come), The Redbridge Rhymesters returned (back in October) and talks from a local cat rescue team, plus Fraud and Scams advice from the Met Police.



The mayor (right) attends our exhibition

In April, we hosted a photography competition and exhibition, preceded with a special lunch. Attended by Thavathuray Jeyaranjan, the Mayor of Redbridge the event was well-received and a huge success.

Watch this space for news on Tea Parties, Craft Sales and more, starting with a talk from the Wanstead Community Gardeners to kick things off in July."

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](#)

**"I'm better placed to identify a scam."**

What can we do for you?

## ➔ Falls Prevention and Awareness

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. 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.



A spot of tree hugging, at the walking group

We host a range of classes and activities - which are sociable and fun, as well as informative.

One of our members says "I suffered from lower back and hip pain and my yoga class wasn't really helping. I joined the Age UK Chair Exercise class based at Ilford Library. I went along, continued and now I can walk without having to stop here and there to regain my composure. The tutor is very helpful and she concentrates on my individual needs'.

At the walking group, walk-leader Anne likes to throw in activities and games, which are always popular amongst the members.

Our members are well-informed. During Macular Week (24<sup>th</sup> - 30<sup>th</sup> June) we were joined by Ben Rendle, Regional Manager at the Macular Society, to talk about the impact of macular disease and why funding research to find a cure is so vital.

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

☎ 020 8220 6000

✉ [glenda.templeman@ageukrbh.org.uk](mailto:glenda.templeman@ageukrbh.org.uk)

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

What can we do for you?

## ➔ My Health Matters in Havering

My Health Matters is a community health project in Havering. The aim is to reduce local health inequalities by raising health awareness, encouraging positive lifestyle changes and signposting to local health services.

Recently we appointed a new Coordinator Rebecca Porter, who has taken over from long-standing staff member Sharon Adkins.

Rebecca writes "I'm the new Coordinator for the project. I'm passionate about ensuring those who live or work in Havering, have access to factual, clear health and wellbeing information, supporting people to lead healthier, happier lifestyles.



Could you be a Health Champion?

My Health Matters has helped 25 people since April gain Level 2 certificates in Understanding Health Improvement, and to become Health Champions for the project. We will be holding a Level 2 Nutrition for Health course in September.

“After discharge they got me additional support.”

What can we do for you?

The My Health Matters project will be attending all of the Summer Fun days across Havering, please do come and say hello and have a chat with us, we can tell you all about becoming a Health Champion for Havering, as well as providing information on health.

We are planning a health and wellbeing speaker day later in the year, stay posted for further details.”

Find out more about the project online. ➔ [More](#)

### ➔ Out and About at Carers Week!

Glenda Templeman, Falls Prevention Service Coordinator writes “As part of Carers Week (10<sup>th</sup> - 16<sup>th</sup> June) Sue and I attended an event, organised by Redbridge Carers Community Service at Ilford Library on Wednesday 12<sup>th</sup> June.

Volunteer Anne, also helped out on our table, as it was quite busy!

It went really well. A number of people came to our stall, both participants who attend my strength and balance classes run at the library, external public, who say, how good Age UK is and also a number of my colleagues from Redbridge Carers,

Disability charity One Place East approached our stall to compliment us on the partnership working.”



At the stall - Sue, Anne and Glenda

If you would like Glenda, or a colleague to attend your group or event, simply get in touch:

☎ 020 8220 6000

✉ glenda.templeman@ageukrbh.org.uk

### ➔ When Was Your Last Blood Pressure Check?

The NHS writes “High blood pressure is a leading cause of major health problems like heart attack and stroke, but it can be controlled. We are encouraging you to check your blood pressure, because knowing your numbers could save your life.

If you are concerned about your blood pressure, arrange a check today - it’s quick, easy and painless. If you are 40+, you should have a blood pressure check at least every five years. There are hundreds of pharmacies in North East London offering free blood pressure checks with no appointment needed. Find one now.” ➔ [More](#)

### ➔ 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.



Support a good cause, such as Age UK!

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!

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](#)

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

What can we do for you?

➔ Getting ‘Heart to Heart’ Advice

MyHealth London has launched a campaign to help people with or at risk of developing cardiovascular disease (CVD) live their lives to the full. CVD is a general term for conditions affecting the heart and blood vessels like heart disease, stroke, and high blood pressure.



Register your account and get advice!

Anyone over 18 who has been diagnosed with CVD or has a risk factor of hypertension or atrial fibrillation can sign up for a MyHealth London account. You will be able to access various programmes and learning as well as view your personalised health dashboard where you can check your blood pressure and other heart-related biometrics, cholesterol tests and results and appointments. Account holders can also sign up for various email campaigns. ➔ [More](#)

➔ Parent & Carer Workshops for ADHD and Autism

The Centre for ADHD & Autism Support writes "We're thrilled to announce that we are currently hosting workshops tailored for parents and carers of neurodivergent children and young people. These sessions are designed to provide valuable insights, support and resources.

Each workshop features exciting speakers who bring expertise and firsthand experience to the table, ensuring enriching and informative discussions. To stay updated and be the first to know about upcoming workshops, visit the website." ➔ [More](#)

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

What can we do for you?

➔ Cost of Living ‘Remains a Health Barrier’

Healthwatch England writes "The cost of living remains a barrier to health, particularly for people on low incomes, and those requiring dental care.

Last year, our polling highlighted the impact of the cost of living crisis on people’s access to health and care.

Our recent poll, conducted with 2,008 adults living in England in January this year, shows modest improvements in some areas. However, the cost of living remains a barrier to health, particularly for those under the most financial pressure and those requiring dental care.



Dentistry is an increasing issue

We found that more than one in five people (21%) avoided going to the dentist because of the cost in January 2024. This is up from one in seven, 15%, the year earlier.

“I was assisted in applying for pension credit.”

What can we do for you?

The number of people avoiding NHS appointments due to the cost of travel has declined from 11% last January to four per cent this year.

The number of people avoiding NHS appointments due to associated costs, including the cost of internet or a phone call, has declined from 11% last January to three per cent. One in 20 people had to avoid either getting an NHS prescription or the over-the-counter medication they rely on. This is down from one in 10 in January 2023”. Find out more in the full article, available now. ➔ [More](#)



## ➔ Help with the Cost of Living

If you don't have enough money to live on, you might be able to get help to afford essentials like bills and food.

This includes the Household Support Fund and cost of living payments.

You should check if you can claim benefits - you might be able to do this even if you work, have savings or own a home.

Check the Citizen's Advice Bureau website, to see what help you could get.



What support could you get?

Find out more on the 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](#)
- ➔ [NHS continues to face record demand for services, new data shows](#) ➔ [More](#)
- ➔ [Age UK on Welcoming a new Government](#) ➔ [More](#)
- ➔ [Age UK on the cost of caring](#) ➔ [More](#)
- ➔ [NHS identifies over half a million more people at risk of type 2 diabetes in a Year](#) ➔ [More](#)
- ➔ [Thousands of NHS patients to access trials of personalised cancer 'vaccines'](#) ➔ [More](#)
- ➔ [NHS England appoints first medical director for mental health and neurodiversity](#) ➔ [More](#)
- ➔ [Age UK: Clothes, careers and community: the impact of charity shops](#) ➔ [More](#)
- ➔ [Millions more GP appointments in April than before pandemic](#) ➔ [More](#)
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- ➔ [Age UK: Dr Lucy Pollock on ageing with optimism](#) ➔ [More](#)
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- ➔ [App messaging saved NHS more than £1 million in last year](#) ➔ [More](#)
- ➔ [NHS launches Dentist Recruitment Scheme](#) ➔ [More](#)
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- ➔ [NHS launches tool to improve bowel cancer screening for people with sight loss](#) ➔ [More](#)
- ➔ [Assistive technology and dementia: practice tips](#) ➔ [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](http://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](mailto: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](mailto:nailcutting@ageukrbh.org.uk)  
☎ 07943 877 035

## Nail Clinic



## Gardening



We have partnered with an experienced gardening company who will be able to offer basic services, including lawn mowing, weeding and planting. Charges apply.

*For more information, contact us:*

✉ [homesupportservices@ageukrbh.org.uk](mailto:homesupportservices@ageukrbh.org.uk)  
☎ 020 8220 6000

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

*For more information, contact us:*

✉ [homesupportservices@ageukrbh.org.uk](mailto:homesupportservices@ageukrbh.org.uk)  
☎ 020 8220 6000

## Hairdressing



# Di's Diamonds 10<sup>th</sup> Anniversary!



To celebrate, we held events across Redbridge, Barking & Dagenham and Havering.

Read more about the celebrations, and Di's Diamonds on pages 4 & 5.

Also pictured (left) Reg at a birthday event.