

EMAIL UPDATE



June 24

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello!

In this update, you'll see we have a range of new events and summer activities starting this month. Our Unheard Stories exhibition is doing a tour of local libraries in Waltham Forest over the summer, so do visit it if you can. Also, our Independent Living Service will be launching a new Window Cleaning service later this year. So, we are currently recruiting staff and will let you know as soon as we are ready.

With best wishes,

Emma



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

Tel: 020 8558 5512 email: info@ageukwalthamforest.org.uk
www.ageukwalthamforest.org.uk



Registered with
**FUNDRAISING
REGULATOR**

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

Work for us – Job Vacancies at Age UK Waltham Forest

Window Cleaner

Salary: £13.15 per home
Hours: Monday - Friday, 9 - 5; zero hours contract

Age UK Waltham Forest is starting new a window cleaning service. This is added to our services to help people be as happy, safe and comfortable as possible in their own homes.

The right person will provide a reliable, friendly service to clean windows – only the front of their home. You won't be using ladders but will have your own extendable pole/hose to be able to reach the upper floors, which will use filtered water for a perfect finish. You'll also wipe the frames/sills of the ground-floor windows. You be using all your own equipment and will require your own vehicle for transporting. Payment will be taken via our card reader.

Please apply ASAP. The position will close when a suitable candidate is recruited.

Help At Home Staff

Salary: £13.15 per hour
Hours: Monday - Friday, 9 - 5; zero hours contract

Age UK Waltham Forest is developing a range of high-quality, paid-for services to help older people live safely in their own homes, enabling them to remain independent as much as possible. Your role is to provide a basic housework service - including mopping and vacuuming, cleaning kitchens and bathrooms, helping with laundry and ironing, changing beds, etc. You might also be requested to help with basic meal preparation, or making telephone calls.

To apply for any of these roles please visit our website to find full job descriptions and details for how apply.

ageuk.org.uk/walthamforest/about-us/work-for-us/

Handyperson

Salary: £16 per hour
Hours: Monday - Friday, 9 - 5; zero hours contract

Age UK Waltham Forest is developing a range of high quality, paid-for services to help older people live safely in their own homes, enabling them to remain independent as much as possible.

Your role is to provide a reliable, friendly handyperson service with an emphasis on home maintenance and gardening. You will undertake minor tasks including: mowing lawn and garden tidying; plumbing repairs, unblocking sinks, putting up shelves, changing light fittings, small areas of painting or grouting, fitting window locks and bolts, and assembling small items of furniture.

Please apply ASAP. The position will close when a suitable candidate is recruited.

London Sponsored Walk

Our team of fantastic walkers are taking on 10km in the London Legal Walk. They are walking in aid of Age UK Waltham Forest's Information & Advice service, which provides independent and practical advice on all issues affecting older people and their carers, including: money matters, health and disability services, community care and well being. Please support us if you can by donating via the following link londonlegalsupporttrust.enthuse.com/age-uk-waltham-forest-2024

Highlights: Events, Talks and Walks

Walking Tennis is here!

Starts first week of June

Walking tennis is a slower, gentler form of tennis and played on a smaller court with modified equipment. It's open to any level – from those who used to play and those who have never played before. It's safe, fun way to stay active!

There will be two groups: one on Tuesdays 12pm at Ridgeway Park E4, the other on Fridays 2pm at Lloyds Park E17 both £4 a session.

Booking is essential

Silver Surfers Talk: Podcast and Streaming

Thursday 13 June – 10am

What is streaming and why do it? What streaming services are there and how do they differ? Is it expensive? How do you stream or download music? How can I stream my own music? What are podcasts? Can you get them on your phone or computer? How do you find them and subscribe to get weekly episodes? Do you stream or download them? Do they expire? All to be revealed!

Special Interest talk – The (scientific) history of everything by Mike Payne

Thursday 6 June 10am at the Hub

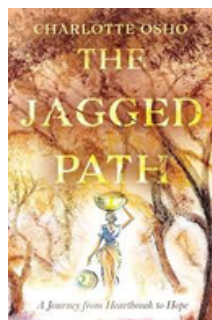
From the Big Bang 14 billion years ago to sitting in Waltham Forest today – is it possible to join the dots? What do we know for sure and what is guesswork? A fun, interesting and thought-provoking talk, exploring and explaining the science and trying to make sense of it.

Special Interest talk – The Jagged Path by Charlotte Osho

Thursday 6 June – 2pm at the Hub

We are excited to hold a talk given by local writer and friend to the Hub, Charlotte Osho, talking about her recently released memoir *The Jagged Path*.

Charlotte's artwork will also be on display and she will be pleased to sign books.



This event is free but booking is essential.

Cycling for over 60s

Starts w/c 10 June

We will be starting a 6 week cycling course for over 60s this summer, in Chingford and Walthamstow.

- 10-11am at Lloyd Park, Walthamstow
- 1-2pm at Hawkswood Primary School, Chingford, E4 7RT
- 2-3pm at Hawkswood Primary School, Chingford, E4 7RT

If you would like further information please email events@ageukwalthamforest.org.uk and let us know which location you would prefer.



To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512.

Highlights: Events, Talks and Walks

Let the music play! Join our Music Course

Starts Friday 14 June at
St Edmunds Church, Chingford

Would you like to learn how to play a musical instrument? We are running a 5 week music course with music charity Soundcastle, which is for anyone wanting to discover how learning to play an instrument and singing can improve their mental health. Everyone is welcome from complete beginners to experienced players.

Soundcastle facilitators will take care to include all abilities on a range on instruments. All musical instruments, including keyboards, drums and ukuleles, will be provided. Free but booking essential

For more information contact Gail on 07859 951971 or gail@soundcastle.co.uk

History Walk: Covent Garden - off the beaten track

Monday 24 June 2pm

Meet the real West End! A walk exploring the lesser known streets and alleyways of Covent Garden from the site of a burial ground and workhouse to the site of a leper hospital and rookery. We will go on a search for Mercers' Maidens, hear about pubs allegedly linked by their cellars and spot ghost signs recalling a long forgotten trade the area was once famous for.

Our walk includes an alley where the buildings have hardly changed in 300 years and still lit with gas lights and a court once known as Flicker Alley and now full of second-hand bookshops.

Our guide is Joanne Moncrieff Cost £5 Booking essential

Silver Surfers talk: Google Earth

27 June 10am

Google Earth is often confused with the more familiar Google Maps. Although there are overlaps, Google Earth contains lots of unique and interesting features. We'll see how to explore our planet in details from your back garden to mysterious islands. We can even explore Mars (the planet not the chocolate factory). Works on any make of computer tablet or phone.

Coming up in July: Summer Sounds Showcase

17 July at the Hub in the garden 11am to 3pm

Join us for celebration of music and community with tea and cake. Including a variety of musical acts including local band Loose Change, performance of the Soundcastle group song and a sing-a-long with local chior.

Cost is just £5 booking is essential.



To book for any of our activities, please contact events@ageukwalthamforest.org.uk
or 020 8558 5512.

Unheard Stories Exhibition- Brief life stories of Black Elders in Waltham Forest



Compiled by the Befriending Team at Age UK
Waltham Forest



Walthamstow Library
19th June- 30th June

Wood Street Library
1st July- 14th July

Lea Bridge Library
15th July- 28th July

Leytonstone Library
29th July- 11th August

Leyton Library
12th August- 23rd August

North Chingford Library
23rd August- 5th September

Hale End Library
6th September- 25th September

General Election 2024

The deadline for registering to vote in Walthamstow is **Tuesday 18 June** - and for applying for a postal vote is **Wednesday 19 June**.

Please click the link below for further information.

[Click here for postal vote](#)

Don't forget you need ID to vote in the general election. If you do not have a valid form of ID you can apply for a free Voter Authority Certificate.

You'll need to apply by **5pm on 26 June 2024** in order to use the certificate in the election on 4 July 2024.

Applications can be made online or via post. More information can be found using the link below.

[Click here for Voter ID](#)

Weekly Activities Timetable

June 24

All our activities are weekly unless stated otherwise

Monday

10:30-11:30am	Walking Football-Pastures E11 3DR	Donations
11:30-12:30pm	Tai Chi- The Hub	£5
1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£4
1:30-3:30pm	Monthly Digital Help and Support- The Hub (3rd Monday of the month)	Donations
1:30-4:30pm	Veterans Coffee Club at the Hub- (2nd and 4th Monday of the month)	Donations
1:30-4:30pm	Bereavement Support Group- The Hub (1st Monday of the month)	Donations
2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations

Tuesday

10:00-11:00am	Tai Chi- The Hub	£5
11:15-12:15pm	Bollywood Dance- Crate E17 7FY	£4
11:00-12:00pm	Walking Group- E17	Free
11:15-12:15pm	Tai Chi- The Hub	£5
12:00-1:00pm	Walking Tennis- Ridgeway Park	£4
2:00-3:00pm	Table Tennis- The Hub	£3
3:15-4:15pm	Table Tennis- The Hub	£3
4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5

Wednesday

10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations
10:00-11:00am	Zumba- Crate E17 7FY	£4
10:00-1:00pm	Coffee Time- The Hub	Donations
11:15-12:45am	Tai Chi- Mornington Hall E4 7EN	Donations
11:45-12:00pm	Tai Chi- Lea Bridge Library E10 7HU	Donations
12:00-1:00pm	Veterans Lunch Club- Leyton Orient E10 5LG (Last Wednesday of the Month)	Donations
2:00-3:00pm	Seated Yoga- The Hub	£5
3:00-4:00pm	Ukulele Improvers- The Hub	£5

Weekly Activities Timetable

June 24

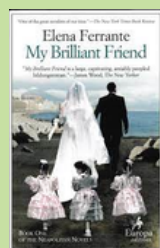
All our activities are weekly unless stated otherwise

Thursday	10:00-12:00pm	Silver Surfers Zoom/ The Hub	Donations
	12:00-12:30pm	Weekly Tech Q&A at The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4
	1:45-2:15pm	Tai Chi- Zoom only	Donations
	2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£3
	2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations
Friday	9:30-10:15am	Tai Chi- Leyton Library E10 5QH	Donations
	10:00-10:45pm	Tai Chi- Zoom only	Donations
	11:30-12:15pm	Seated Yoga- Zoom only	Donations
	11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
	2:00-3:00pm	Pilates- The Hub	Donations
	2:00-3:30pm	Walking Tennis- Lloyd Park	Donations
	3:15-4:15pm	Pilates- The Hub	Donations
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Book Club

Books for June and July

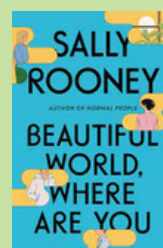
13 June



My Brilliant Friend

Elena Ferrante

11 July



Beautiful World, Where are You

Sally Rooney

For more information about our book club, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

Information and Advice team

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

Call us on 020 8558 3404 or email contact@ageukwalthamforest.org.uk

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



Befriending team

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

Veterans Club Waltham Forest

for information about our activities or to join call us on 020 8558 5512 or email veterans@ageukwalthamforest.org.uk



Footcare

every Tuesday and Wednesday, with appointments from 10am to 4pm at The Hub. Cost is £22 for toenail cutting. A telephone assessment is required before your first appointment. To book an appointment, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Shopping Service

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



Prescriptions

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



Handyperson

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

Help at Home

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

