

# NEWS

## From the North Hub

March and April 2025

Follow us on Social Media!



@ageuk\_wf



@ageukwf



@ageukwalthamforest

*Hello,*

With Spring in the air we are ramping up our fundraising initiatives to raise income for our services, so in this issue we invite you to support our work if you can. We have a host of events to take part in as well as our new Friends scheme to join. Please turn to page 4 to find out how you can help.

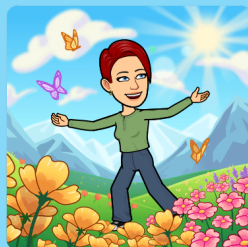
As you may know, we aim to keep the costs of our classes and activities as low as we can, but we have had to take the difficult decision to make a small increase the cost from March 2025. It means that most paid classes will now cost between £5 and £6 a session, which I hope you will agree is still great value for money. And our classes and groups are a wonderful way to connect with others, you can read more about this on page 10.

If you would like to support our work with a donation, you can donate by this link [cafdonate.cafonline.org/26857](https://cafdonate.cafonline.org/26857)

We're grateful for whatever you can contribute. Thank you.

*Best Wishes,*

Emma Tozer  
CEO Age UK  
Waltham Forest



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# Waltham Forest Council Withdraws Support for Our Befriending

For over 20 years, Age UK Waltham Forest has run a very successful and well loved Befriending service for isolated and housebound older people in our borough. So we were devastated to hear that the Council has withdrawn its funding for our project from April 2025.

The contract was awarded to an organisation based in Dagenham and the new service will no longer be specifically for older people. It will be for adults aged 18 and over and specifies that befriending sessions for housebound older people will be delivered via technology. It will be time-limited, lasting initially 6 months, with any extension of up to one year subject to a formal review. Those being befriended will be expected to attend events outside their homes, participating in new activities and learning life skills.

We know that just 2% of our existing service users use the internet, a quarter struggle to communicate by phone and over a third have poor memory. Our own Befriending service offers befriending for as long as the older person would like. We know only too well that cutting off befriending just as trust has started to build only exacerbates loneliness and potentially pushes people into deep distress. The average age of our service users is 82 and 75% have poor mobility with 3% bed bound. Therefore they will be unable to engage in these events without extensive support and thus unable to meet this requirement.

Clearly the new programme will exclude almost all the older people we currently befriend, because they don't use the internet or smart phones and because they can't get out of their homes. So in effect, the Council has made little or no provision for older people who are among the most isolated, most vulnerable and lonely in Waltham Forest.



Beryl and her Befriender Cassie



Shirley and his Befriender Zahoor

Our Trustee Chair, Barry Coidan has written to the council to raise the urgent concern in the lack of provision of services for housebound older people in our Borough and asking them questions to which older people in Waltham Forest deserve to have answers.

## We are not stopping!

But Age UK Waltham Forest know that older people matter and feel strongly that older people shouldn't be abandoned. Because we talk to our service users we know that it's the company and human contact they enjoy. Having a conversation, sharing a joke, keeping up to date with the younger generation, sharing stories about their lives and feeling part of a community.

**So we are determined to fight to continue providing our Befriending Service, which is designed for those that we support.**



Hassan and his Befriender Andrea

We continue to strive to provide services that we know older people in Waltham Forest want and need. Our Trustees have approved our plan to run our Befriending service, from our reserves for the time being but, we will need to increase our fundraising to generate the income to keep the service going in the longer term. This will be a big challenge, so we need to seize every opportunity to increase our income.

Therefore, if you currently have a Befriender this will be unaffected, so rest assured that it can continue as usual. However, we do need to cut our running costs of the Befriending programme, which means in turn that we will need to reduce the number of new service users we take on until secure funding is established.



One of the many events organised by our befriending team for those on the service

## Can you help us?

In this newsletter, you will see a range of ways that you can support us to increase our income and fund vital services for older people in our Borough. You can become a Friend by regular donation, join in our fundraising activities, leave a gift in your will – whatever way you choose, we will be very grateful.



Our supporters at the townhall campaigning to save the service

Details for how to support our services, if you can, over the page. Thank you.

# Please Help us out!

We are grateful to many of you who have signed up to our Friends of Age UK Waltham Forest. If you haven't please consider joining, to help keep our income to help us build sustainable income to fund our core services. All our core services – our Information & Advice team, our Befriending programme, our Digital Inclusion programme, our Independent living services and all our activities and classes, rely on steady level of income to keep them going and growing.

## Jim's story

"After my wife died, I was completely at a loss and I as she had looked after all the household stuff, I wasn't aware of all the bills to pay. One day I got a scary letter telling me I owed money. I didn't know what to do. A neighbour told me to get in touch with Age UK, so I did and a nice lady spoke to me on the phone and I went into their office and she helped me make a phone call and agree a payment plan to get me straight. She helped me put my mind at rest and encouraged me to join in some of the activities there."



## Penny's story

Penny had recently lost her sister and having no other family was feeling lonely and isolated. Even though she is mobile and able to go out, she really needed some one-to-one company, someone to have a good chat with. Since Penny was matched with befriender Bonnie, things have improved greatly for Penny. Bonnie visits every week for a cuppa and a chat about their shared interests. Penny has found Bonnie's presence reassuring, especially during times of stress. Her confidence has increased and helped her feel part of society again. Bonnie in turn has found this rewarding too. Bonnie has been befriending Penny for a year and a half and they have become firm friends.



Just £5 a month can help keep our services going, providing advice and guidance to hundreds of people in Waltham Forest every year, providing Befriending to isolated people at home, or helping the housebound get shopping, prescription and foodbank deliveries.

There is a Friends Form enclosed with this issue, but if you haven't got one, here's how to donate:

2. Visit our website link  
[cafdonate.cafonline.org/26829](https://cafdonate.cafonline.org/26829) ;OR

3. Scan the QR code



## On the Run

We're very excited that John Byrne will be running the London Marathon on 27 April to raise funds for Age UK Waltham Forest

If you can please donate to John's marathon campaign:

[justgiving.com/page/john-byrne-age-uk-walthamforest](https://www.justgiving.com/page/john-byrne-age-uk-walthamforest)



## Join Us for the London Legal Walk!

We're calling out to volunteers—will you be part of the London Legal Walk on Tuesday 17 June. The walk launches at 4.30pm but you can start the walk up to 7.30pm. Last year, our own team of volunteers joined 18,000 people taking part in this incredible 10K walk, through the parks or along the river in Central London.

We already have a Barclays staff member signed up, and Barclays is match funding her efforts! This is a fantastic opportunity for team building with colleagues or simply enjoying a walk through London while supporting a great cause.

If you're working, could this be something to take to your colleagues? Get a team together and make it a meaningful and fun experience!

Let us know if you'd like to join us—we'd love to have you on board!

To register: [londonlegalsupporttrust.enthuse.com/pf/age-uk-waltham-forest-2025](https://londonlegalsupporttrust.enthuse.com/pf/age-uk-waltham-forest-2025)

## Join us for the 2025 Sunflower Growing Competition!

Ready to rise to the challenge? Whether you're a seasoned gardener or just starting out, everyone's invited to participate in our sunflower growing competition!

To enter simply make a donation and pick up your sunflower seeds and top tips for growing sunflowers from the front desk at The Hub. Or, make a donation via



[www.justgiving.com/page/sunflower-growing](https://www.justgiving.com/page/sunflower-growing) and we'll send the seeds and top tips to you in the post.

Then plant your seeds and watch them grow! Measure the height of your sunflower in centimetres by 1 September and send us a photo of your sunflower along with its height to [h.bigham@ageukwalthamforest.org.uk](mailto:h.bigham@ageukwalthamforest.org.uk).

End date for Seed Requests: Thursday 31 May.  
Growing Period: Until 1 September.

Why not get some friends involved? Please spread the word and let's make this year's competition blooming marvellous!

## Spread Easter joy with Chicks and Bunnies!

Handmade Chicks, Bunnies and Sheep will be on sale, all containing a chocolate egg for just £2.50. They will be available to buy at the Hub so pop in to buy some for friends and family, or take some to your workplace or school to sell on our behalf!

And we'd love your help knitting more! We have patterns ready, so if you can pick up your needles and help us create more, we'd be so grateful. Get in touch [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk) or visit the Hub.

Got an idea to help raise money for us? Whether it's a bake sale, quiz night, or something entirely different, your creativity can make a huge impact. Let's work together to make it happen!

For ideas and help to get started get in touch with Helen on 020 8558 5512 or email [h.bigham@ageukwalthamforest.org.uk](mailto:h.bigham@ageukwalthamforest.org.uk)

# News

## Knitathon and on and on!

A huge thank you to everyone who took part in our Knitathon in February! It was an afternoon filled with speed, skill and plenty of woolly fun and great to see people picking up needles for the first time.



Zey learning to knit her first hat!

Our talented knitters raced against the clock to create as many bobble hats as possible – and the results were amazing! We're now 1500 hats closer to reaching our goal of 32,000 hats by June for the Innocent Big Knit and reaching our target to raise £9,600 for our work.



Special thanks to our winner, Joan who knitted a hat in only 19 minutes, you truly stitched up the competition!

If you would like to help us raise money from knitting please contact Helen  
h.bigham@ageukwalthamforest.org.uk

## Celebrate International Perfume Day

This is your chance to win a luxurious fragrance worth £140 from Miller Harris, a prestigious British fragrance house renowned for its artistry and the finest natural ingredients. And of course help raise money for our work.

Just buy your draw ticket from our front desk at The Hub. The draw will be on Friday 21 March and tickets are just £1 each.

## Returning Unused Health Equipment

Waltham Forest Council is asking for people to return unused health equipment, so that they can give it to someone else in need. this can include walking sticks, bath hoists, commodes or other specialist health equipment.

You can arrange a free collection by calling NRS Healthcare on 0300 100 0253 or emailing: enquiries@london.nrs-uk.net.

Please do not bring your health equipment to us at Age UK Waltham Forest, as we are not able to rehome or dispose of this equipment.

## Celebrating Our Volunteers

We would like to thank all the volunteers who came to our volunteer party in January, and those who couldn't make it.

It was a lovely evening spent celebrating all your hard work!



# Activities News

## Annual Plant Fayre

Wednesday 23 April 10:00am to 1:00pm at The Hub

Calling all plant lovers! Our Plant Fayre is just around the corner, offering a fantastic selection of indoor and outdoor plants at unbe-leaf-able prices! We're accepting donations of any gardening-related items, from plants and pots to tools and seeds. If you have anything to contribute, please bring it along—we'd love to give it a new home!

For more information or to arrange a donation, contact [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk).



## Don't miss out: Quiz Night and Ploughman Supper

Saturday 22 March 7pm St Edmunds Hall

There are still a few tickets remaining for our fun-filled Quiz night at St Edmund's Hall, E4! Tickets are £13 per person which includes a delicious Ploughman Supper. So gather your team and test your trivia skills!

Doors open at 7:00pm and Quiz starts at 7.00pm. To book, contact Richard on 020 8529 1591 to reserve your space.

## 80th Anniversary VE Day

8 May 1:30-5:00pm at The Hub

We are holding a garden party at the Hub to honour this important anniversary. Tea will be served alongside of musical entertainment 40s style.

Capacity is limited so booking is essential.

## NEW: FREE Introduction to Tablets and Smart Phones Course

Want to get online but don't know where to start? A good starting point is learning to use a tablet or smartphone. Learning to use one of these devices will help you access council services, use the NHS app and much more!

This course at The Hub, specifically designed for beginners, consists of four 2 hour sessions at fortnightly intervals. It starts from the basics (e.g. how do I turn it on) and progresses to more sophisticated use. Each session consists of a mixture of tutorials and hands on practice using inhouse equipment or your own. All types of tablets and phones are covered.

As a part of the course we can loan you a device, so you can practice at home before you commit to buying anything!

17 April 10:30  
Week One - Introduction

1 May 10:30  
Week Two - Android Devices

15 May 10:30  
Week Three- Apple Devices

29 May 10:30  
Week Four- Apps

Limited spaces booking is essential



To book for any of our activities, please contact  
[events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)  
or 020 8558 5512

# Highlights, Events, Walks and Talks

## Silver Surfers Talk: Understanding and Controlling your energy bills

Thursday 6 March 10:30am  
at The Hub

Understand the makeup of your gas and electricity bills and get them under control. What can you change to make them cheaper? What do “variable”, “fixed” and “price cap” mean? How much electricity do different appliances use? The session will include some interesting demonstrations.

## Silver Surfers Talk: Smart Homes

Thursday 13 March 10:30am  
at The Hub

Control your home with your voice, improve your security, save energy, control those out of the way switches with ease.

## History Walk: A walk around St Luke's

Wednesday 19 March 2025 at 2pm

The back streets between Moorgate and Old Street are full of interesting links with the past, many of which we will see on this walk around the area known as St Luke's.

Hear about the marketing genius who transformed a perilous pond into a popular bathing location and see how this place is remembered today. We will visit the site of one of London's oldest street markets where we will hear about the infamous Moll Cutpurse and the notorious Priss Fotheringham.

We will visit the area which gained its name from the cartloads of bone once dumped there and see the burial places of three famous people plus a rather odd grave inscription.

£5, booking essential

Thursday 20 March

No Silver Surfers Talk

## Silver Surfers Talk: How to book a blood test online and other important tasks

Thursday 27 March 10:30am  
at The Hub

Booking your blood test online means very short waiting time at the centre, and is now the easiest way. This session shows how to book it. Also covered are: how to get help with hearing loss, using the NHS website and other health apps like patient access, and understanding ULEZ



## Silver Surfers Talk: Creating and Editing videos for Beginners

Thursday 3 April 10:30am  
at The Hub

Would you like to show your holiday photos and videos as an entertaining and smooth presentation/slideshow, adding narration, soundtracks and more. Join this session to find out how. Videoproc is a photo and video presentation/editing program that runs on a Windows PC or Macbook



# Highlights, Events, Walks and Talks

## Silver Surfers Talk: Scams and Internet Security

Thursday 10 April 10:30am  
at The Hub

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

## Silver Surfers Talk: Introduction to Tablets & Smart Phones – Week 1 of 4

Thursday 10 April 10:30am- 12:30pm  
at The Hub

This course consists of 4 x 2 hour sessions at fortnightly intervals. It starts from the basics (e.g. how do I turn it on) and progresses to more sophisticated use. Each session consists of a mixture of tutorials and hands on practice using inhouse equipment or your own. All types of tablets and phones are covered. Equipment is available to borrow if you would like to take it away to practice between sessions.

Week 1 introduces the whole subject and sets the scene for the remaining sessions.

Booking is essential, this course is in person only

## History Walk: From Monoux and Morris to Beer and Bacon Jam (Walthamstow)

Friday 11 April at 2pm

There's so much more to Walthamstow than just its famous mile-long Market. Its history is not what you might think either but the grand tombs in St Mary's Churchyard offer a bit of a clue.

We start our walk at the teenage home of William Morris which was later home to publisher Edward Lloyd who brought to us the tale of Sweeney Todd and so much more. Today Water House is home to the William Morris Gallery, Art Fund Museum of the Year 2013.

Our walk takes in a set of mews built by a local butcher and property developer, the theatre hidden within a school and a remnant from Robert Smirke's General Post Office. We will visit the real and original Walthamstow Village with its Ancient House, almshouses, workhouse and church and hear how Lord Mayor of London George Monoux was a great benefactor to the area.

Our walk finishes in 21st century Walthamstow in an industrial park which is home to the jaw dropping God's Own Junkyard.

Cost is £5, and booking is essential



## Silver Surfers Talk: Computing before the PC

Thursday 24 April 10:30am  
at The Hub

In an era when computers in different forms such as laptops, tablets and smartphones are widely available for everyday use, it is difficult to imagine an age when computers were not household objects but were rather huge machines located in remote computer centres, where they would be operated by teams of highly skilled computer engineers. This age of early computing which lasted several decades, until the arrival of the PC, now tends to be largely forgotten. This session therefore looks at the mode of computing that prevailed before the emergence of the PC.

# Join our Club!



Now that the days are getting longer, maybe we feel more like getting out and trying something new, but also to make connection with others. Whether you live alone or not, it's good for us to meet with friends and also meeting new people. In Michael Mosley's *Just One Thing*, research shows that social contact can boost our immune system and our brain power.

So, why not join one of our activities at the Hub?

## History Walking Group Tuesdays 11:00am

Our weekly walking group meets in Walthamstow, led by local historian Joanna Moncrieff. Walk is at a gentle pace with plenty of time for stopping to look and ask questions. It's a good way to meet new people while learning about your local history and the group sometimes meet up for lunch.

And of course it helps to keep you fit! The group walk a circular route that varies from week to week for approximately 1 hour. Free of charge, no need to book, simply join the group at the meeting point and enjoy a gentle walk with new friends! For details of the current meeting point contact [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk) or 020 8558 5512



Our walking group in Walthamstow

### Books coming up...

13 March



**A Week in December**

Sebastian Faulks

10 April



**Small things Like These**

Claire Keegan

## Bookclub – monthly Thursdays

Our monthly Bookclub has about 10-12 people attending at a time and we discuss the book of the month and its related issues. We take it in turns to choose the books and we read a wide variety. One member told us, "It's a great way to discuss ideas and gain different insights too. Many a time we come away with a new perspective of the book."

For more information contact [i.ambrose@ageukwalthamforest.org.uk](mailto:i.ambrose@ageukwalthamforest.org.uk) or call us on 020 8558 5512. Cost is £4.

## Coffee Club Wednesdays

Our weekly Coffee Club meets every Wednesday from 10:00am to 12:00. It's a chance to meet with friends and make new friends for a chat and a cuppa, but sometimes there's also an activity or a talk. It's free to attend but we do ask for a donation towards our costs. No need to book! Just drop in.

## Veterans Groups

And if you or your partner have served in the armed forces, why not join our Veterans group? We hold a monthly breakfast club, lunch club and host a range of other activities and outings. To join call us on 020 8558 5512 or email [veterans@ageukwalthamforest.org.uk](mailto:veterans@ageukwalthamforest.org.uk)

## Craft Club – Thursdays one a month

Knitting is good for you! But then so is sewing and making things and being creative. Our own Craft club meets monthly and you can bring your own projects or if you are a beginner, there will be others on hand to help you out. All are welcome, just come along!



Our crafters knitting away!



## Calling all Men!

We are planning a social group for men on Friday mornings starting in April. So we'd love you get in touch and let us know your suggestions and ideas of what you would like to do. Just pop into the Hub and have a chat with Keith on Thursdays or Fridays or contact us on 020 8558 5512 or [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)

## Want to Sing?

Are you interested in joining a singing group or joining a new choir? Please let us know if you are interested.

### Start a new club – what would you like to do?

We are all ears to starting new activity groups, as long as we have enough interest from people and it is feasible to arrange. So what would you like to do? Please get in touch to let us know [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)

# I Get Around!



As we reach state pension age, it's wonderful to be eligible for free travel in London, possibly after years of paying costly rail and bus fares! However, if you have a problem with walking and getting around, you may need a bit of extra help. The Blue Badge scheme enables you or your driver to park a bit closer to your destination and there are other disability travel schemes around which can assist you with getting about.

## What is a Blue Badge?

A Blue Badge lets you park closer to your destination than you might otherwise be able to and you are exempt from certain parking restrictions.

If you are awarded a Blue Badge, only you can use it. This means if someone else is taking you in their car it will be valid for them to use, but only if you are with them.



## Where can I park with a Blue Badge?

- Free of charge at on-street parking meters and in Pay and Display bays
- On single or double yellow lines for up to 3 hours, except where there's a ban on loading or unloading
- You can also use disabled parking spaces

Some local councils put additional restrictions on Blue Badge holders, so always check with the council to find out what their rules are

## Who can get a Blue Badge?

You can automatically qualify for a Blue Badge if one or more of these criteria apply to you:

- You get the higher rate of the mobility component of Disability Living Allowance
- You get the higher rate of the mobility component of Personal Independence Payment
- You are registered blind
- You use a motor vehicle supplied by the Department for Work & Pensions
- You receive War Pensioners Mobility Supplement

But if you don't qualify automatically, you may still be able to get a Blue Badge if you:

- Have problems walking or standing – including problems caused by hidden conditions such as dementia or mental health problems
- Have a severe disability in both arms which means you have considerable difficulty using parking meters
- Often become extremely anxious or fearful of public or open spaces.

You will need to have medical evidence to support your case in order to qualify.

## How to Apply

If you can, visit Waltham Forest council website and complete the online form at [walthamforest.gov.uk/parking-roads-and-travel/blue-badges-and-disabled-bays/apply-blue-badge-parking-permit](https://walthamforest.gov.uk/parking-roads-and-travel/blue-badges-and-disabled-bays/apply-blue-badge-parking-permit)

Or, you can pick up a paper form to complete from the main libraries in Waltham Forest, who will also process the completed form for you.

Before you apply, make sure you have:

- A recent passport photo
- Proof of identity – passport, birth certificate, driver's licence
- Proof of address – council tax bill, utility bill within last 3 months
- Proof of any disability benefits you're receiving
- Your National Insurance number
- Copies of medical notes relating to your health condition. The council may also ask to carry out further assessments to decide if you're eligible.

You will also need to make a payment of £10 which you can do online or at the Library.



If you have a long-term or permanent disability which means you can't use public transport, you can apply to join [Dial-A-Ride](#) which is a free door-to-door minibus service run by Transport for London. You can qualify if you are in receipt of certain disability benefits, but if not you can still apply and undergo an assessment. For more information visit [tfl.gov.uk/modes/dial-a-ride/membership](https://tfl.gov.uk/modes/dial-a-ride/membership)



Likewise you may be able to get subsidised taxi and minicab travel in London via the [London Taxi-Card](#) service, run by Transport for London. Using accessible black cab, this service offers a discount on your journey so is better suited to for longer journeys, rather than popping down to the shops. For more information visit [londoncouncils.gov.uk/services/taxicard](https://londoncouncils.gov.uk/services/taxicard)

If you are of state pension age, you qualify for your [Freedom Pass](#) which enables you to travel for free on buses, trains, tubes and trams all over London, after 9am daily. To apply visit [londoncouncils.gov.uk/services/freedom-pass/apply-freedom-pass/apply-older-persons-freedom-pass](https://londoncouncils.gov.uk/services/freedom-pass/apply-freedom-pass/apply-older-persons-freedom-pass)

If you are over 60 but not reached state pension age, you can apply for [60+ Oyster card](#), which gives you free travel in London, until you are eligible for the Freedom Pass. For more information <https://tfl.gov.uk/fares/free-and-discounted-travel/60-plus-oyster-photocard>

If you have a disability and aged under 60, you can apply for a [Disabled Travel Pass](#). To apply visit: [walthamforest.gov.uk/adult-social-care/help-getting-around/freedom-pass-disabled-people](https://walthamforest.gov.uk/adult-social-care/help-getting-around/freedom-pass-disabled-people)

If you would like advice on applying or need help to complete the forms, contact our Information & Advice team on 020 8558 3404. We are currently experiencing a high amount of calls, so please leave a message if we don't pick up the phone so that we can call you back.

# Weekly Activities Timetable

All our activities are weekly unless stated otherwise

## Monday

10:30-11:30am	Walking Football-Pastures E11 3DR	Donations
11:30-12:30pm	Tai Chi- The Hub	£6
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	£6
11:00-12:00pm	Bollywood Dance- Crate E17 7FY	£5
11:00-12:00pm	Walking Group- E17	Free
11:15-12:15pm	Tai Chi- The Hub	£6
12:30-1:30pm	Walking Tennis- Peter May Centre	£4
2:00-3:00pm	Table Tennis- The Hub	£4
3:15-4:15pm	Table Tennis- The Hub	£4
4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5

## Wednesday

9:30-12:30pm	I&A drop in- Priory Court E17	Donations
10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations
10:00-11:00am	Zumba- Crate E17 7FY	£5
10:00-1:00pm	Coffee Time- The Hub	Donations
11:15-12:00pm	Tai Chi- Mornington Hall E4 7EN	Donations
11:45-12:30pm	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	£6

# Weekly Activities Timetable

All our activities are weekly unless stated otherwise

<b>Thursday</b>	10:30-12:00pm	Silver Surfer Talks Zoom/ The Hub	Donations
	12:00-12:30pm	Weekly Tech Q&A at The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£5
	1:45-2:30pm	Tai Chi- Zoom only	Donations
	2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£4
	2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations
<b>Friday</b>	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
	3:15-4:15pm	Pilates- The Hub	Donations
<b>Saturday</b>	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

## Need tech Support?

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

Thursdays from 10am- 4:30pm

Fridays from 10am- 3:30pm

To book please contact us on  
020 8558 5512 or  
[events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)

## Information & Advice Drop-in services

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

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



# Our Services

**Information and Advice team** can help with benefits advice, benefit calculations, form filling, as well as advice on housing issues, energy saving, care and support, social prescribing, health and wellbeing. Call us on 020 8558 3404 or email [contact@ageukwalthamforest.org.uk](mailto:contact@ageukwalthamforest.org.uk)

Information and Advice Drop-in service:  
at The Hub  
Mondays (only) 12:00am to 3:00pm

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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:support@ageukwalthamforest.org.uk)



**Help at Home** we can help with cleaning, laundry, ironing and other light housework. Cost is £22 an hour. For more information call us on 020 8558 5512 or email [support@ageukwalthamforest.org.uk](mailto:support@ageukwalthamforest.org.uk)



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