



Age UK Westminster Fortnightly Schedule of Activities

We are continually finding new activities to hold which will be of interest to our members. Our activities provide social interaction and help to break the monotony of the present day and help those who may feel isolated to find new friendships which they may never have found. If you need help to install and use ZOOM for external online activities, we have a guide on our website.

A ZOOM link is provided for those attending external online activities and this will take you to the activity, shortly before it commences.

If you are not already registered to receive the Age UK Westminster weekly email Newsletter please contact Enquiries: Tel: 020 3004 5610

Email: enquiries@ageukwestminster.org.uk

To register for any of the activities please contact: Souad Abdellaoui.

Tel: 07903 255384

Email: souad.abdellaoui@ageukwestminster.org.uk

If you do register for an activity and unfortunately cannot attend, please do let us know so that your place can be reallocated.



In this newsletter you will find:

Forthcoming activities, information and more.

Age UK Westminster Forthcoming Activities and Events

If you do register for an activity and unfortunately cannot attend, please do let us know so that your place can be reallocated.

Activities Timetable – Monday 17th February - Friday 28th February	
Monday 17th February	11.00am-12.30pm Coffee Morning at Hotel 63
Monday 17th February	11.00am-12.30pm Memory Café at Regent Hall
Monday 17th February	11.00am-12.30pm Breathe Easy at Ada Court
Tuesday 18th February	11.00am-1.00pm Digital Support Group at Paddington
Tuesday 18th February	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Tuesday 18th February	2.30pm-4.00pm MCST Group at St Marylebone Parish Church
Wednesday 19th February	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 20th February	2.00pm-4.00pm Tea and Chat afternoon at St Marylebone Parish Church
Friday 21st February	3.00pm-4.00pm Exercise at WECH
Tuesday 25th February	10.30am-12.00pm Coffee Morning at Lord's Cricket Club
Tuesday 25th February	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Wednesday 26th February	10.30am-12.30pm Fit4Life Exercise in Pimlico
Wednesday 26th February	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 27th February	11.00am-12.30pm Coffee Morning at Regent Hall
Thursday 27th February	1.00pm-3.00pm Social Forum at Hope in the Community
Friday 28th February	2.00pm-3.30pm Digital Support group at Mayfair Library
Friday 28th February	3.00pm-4.00pm Exercise at WECH

Age UK Westminster Forthcoming Activities and Events

Fortnightly Coffee Morning Forum 11.00am-12.30pm - Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station.

Thursday 27th February – Guest Speaker Alison Fraser - Oral Health

Thursday 13th March - Guest Speaker - Silvertime Legal - 'Tax, Care and The New Guy'

Topics covered: Wills, Trusts, Powers of attorney Inheritance Tax, Care fees, Sideways disinheritance

An informative talk tailored to our community group. A talk with a touch of humour alongside crucial insights of Estate Planning.

Every Wednesday 2.00pm-5.00pm Bridge Club at Mayfair Library, 25 South Audley Street, W1K 2PB

If you are an experienced Bridge player and would like to join the group or have friends who would like to attend, please do join us. There is now an agreed attendance fee of £3.00 per session.

Every Friday 3.00pm-4.00pm at Waltherton and Elgin Community Homes, The WECH Community Centre, Selbourne House, 36a Elgin Avenue, W9 3AZ.

Free Over 50's Exercise Class for residents of Harrow Road Ward.

All welcome drop in and give it a try or register.

Please wear trainers or plimsols.

To register please contact Souad Abdellaoui on:

Tel: 07903 255384 or souad.abdellaoui@ageukwestminster.org.uk

Every Tuesday 1.00pm-2.00pm & 2.30pm-3.30pm - Age UK Westminster's weekly FIT4LIFE levels 1 & 2 exercise programme at the Beethoven Centre, Third Avenue, London W10 4JL

With Sharon our Qualified Senior Years Fitness Class Instructor.

Level 1 - 1.00pm-2.00pm - A chair to standing exercise class for those people who are less mobile.

Combined movement helping to build strength and stronger bones, increase flexibility and balance.

Level 2 - 2.30pm-3.30pm - An exercise class that caters for those who are more mobile. Providing exercise to increase fitness, to work muscles and encourage movement.

Due to the end of funding in June we are now charging an attendance fee on the day of £3.00 for Level 1 and for Level 2.

Age UK Westminster Forthcoming Activities and Events

Every Wednesday 10.30am-11.30am Fit4Life exercise classes in Pimlico North, Residents Community Hall at the Lillington and Longmoore Estate, SW1V 2ED

Join our extremely successful Fit4Life exercise class with Sharon (Re-Energise) our qualified instructor. These classes are FREE to join.

Refreshments from 11.30am-12.30pm.

Fortnightly Coffee Morning 11.00am-12.30pm at Hotel 63, 63 Bayswater Road, London, W2 3PH

Crafts and Wellness 5 session workshop with Learning Unlimited on the following Mondays 11.00am-1.00pm:

Try out creative activities with others. Enjoy the therapeutic benefits of creativity and explore different ways of improving your well-being. Have fun learning and creating together!

17th February , 3rd March, 17th March, 31st March

14th April

Hotel 63 was built between 1865 and 1870. It was first known as 2 Marlborough Gate and amongst its residents, it housed the Royal Consul for Italy, his wife and son. It was renamed 63 Bayswater Road in 1938. The Hotel is close to The Swan Public House on Bayswater Road. Close to Lancaster Gate tube station (Central Line) Buses 274, 94 & 148

Every Friday 3.00pm-4.00pm at Waltherton and Elgin Community Homes, The WECH Community Centre, Selbourne House, 36a Elgin Avenue, W9 3AZ.

Free Over 50's Exercise Class for residents of Harrow Road Ward.

All welcome drop in and give it a try or register.

Please wear trainers or plimsols.

To register please contact Souad Abdellaoui on:

Tel: 07903 255384 or souad.abdellaoui@ageukwestminster.org.uk

Monthly Tea and Chat afternoon 2.00pm-4.00pm at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT

Thursday 20th February – Prize Quiz.

Thursday 20th March – Prize Quiz

Age UK Westminster Forthcoming Activities and Events

Tuesday 25th February 10.30am-12.00pm Coffee Morning at Lord's Cricket Club, St. John's Wood Road, NW8 8QN

Lord's Cricket Ground, commonly known as Lord's, is a cricket venue in St John's Wood, London. Named after its founder, Thomas Lord, it is owned by Marylebone Cricket Club (MCC) and is the home of Middlesex County Cricket Club, the England and Wales Cricket Board (ICC). Lord's is referred to as the Home of Cricket and is home to the world's oldest sporting museum. You should enter Lord's cricket ground by the North Gate in Wellington Place (off Wellington Road).

27th February 1.00pm-3.00pm Social Group coffee afternoon - Hope in the Community held monthly at the Gordon Hospital, Bloomburg Street, London, SW1V 2RH

Social afternoon providing topical conversation, activities and support. Refreshments provided. Come along and let us know what activities you would like to be organised in future.

Please contact Stephen Spavin to register and to find out future dates: Email:

stephen.spavin@ageukwestminster.org.uk

Tel: 07969 302517

Wednesday 2nd April 1.00pm Dress Codes: Decoding the Royal Ceremonial Dress Collection.

Dress Codes: Decoding the Royal Ceremonial Dress Collection which explores the codes and conventions of royal fashion, showcasing both recognisable and never-before-seen treasures. The exhibition includes pieces worn by a young Queen Elizabeth II, Diana, Princess of Wales, Dame Vivienne Westwood, Princess Margaret and Queen Victoria, as well as new designs by Young Producers aged 14-17 exploring how dress codes can be reset and re-made for today.

Thursday 13th March 2.00pm-4.00pm Guided walk with Chris Barlow - The Mithraeum/Guildhall Art Gallery [Roman Amphitheatre].

Another amazing walk with Chris.

Friday 28th March 2.00pm-4.00pm – Building tour of the remarkable 2 Temple Place, London WC2R 3BD

Two Temple Place, sitting on the Victoria embankment and commissioned by and built for William Waldorf Astor in the 1890s was both an ornate historical and literary fantasy and a working office. It retains that unusual public-private mode to this day. It is the home of the Bulldog Trust, a social impact charity using Two Temple Place for a key tool in its cultural, community and educational work.

Age UK Westminster Forthcoming Activities and Events

Information and Advice Surgeries

If you need Information and Advice, please contact our enquiry line on:

020 3004 5610 to book an appointment

We hold Information and Advice surgeries at the Salvation Army Regent Hall, Church Street Library and The Abbey Centre. These are by appointment only. Call: 020 3004 5610 to book an appointment.

Post-discharge Support

Age UK Westminster offers a post-discharge support service for Westminster residents aged 55+. If you, or someone you know has recently been discharged from hospital, we can help support the transition back into home life.

This includes services like: light shopping, assistance with prescriptions, helping with GP contact, and a regular friendly face visiting you at home. The service is free, and we can signpost you to other Age UK Westminster services as well as useful organisations in the borough.

If you would like to find out more about our post-discharge support, please contact: Email: enquiries@ageukwestminster.org.uk Tel: 020 3004 5610

NEW! Information & Advice with Age UK Westminster at Pimlico Health at the Marvern

Who these sessions are for:

Pimlico Health @ The Marvern patients aged 50+ by appointment only - weekly on Thursday afternoons.

Booking your appointment:

- In person - with the Pimlico Health at The Marvern reception team
- Tel - 0207 834 6969, Monday to Friday, 10.00am – 6.30pm

What Age UK Westminster can support with:

- Benefits - including Benefit checks, Pensions, Pension Credit, Disability Living Allowance & Attendance Allowance applications
- Cost of Living concerns - including energy bills and budgeting and foodbank referrals and food pantry information, charitable grants to replace broken white goods
- Transport support - including guidance on Freedom Pass, Taxi Card, Dial a Ride and Blue Badge applications
- Housing - including guidance on housing transfers, Council Tax and Housing Benefit

Age UK Westminster Forthcoming Activities and Events

- Smart Meters – information on what they are and the benefits
- Gambling Harm support on where to access support if you are experiencing gambling harm or are affected by someone's gambling

This list is not exhaustive! Do ask if you are not sure and if we are not able to help you with a problem, we will do our best to signpost you to other organisations.

Please note that the Age UK Westminster Advisor does not provide information or advice related to health and medical issues or medication.

Age UK Westminster and Westminster Connects (WCC) are collaborating to provide basic gardening to residents of Westminster with help from volunteers.

This service provided by Westminster Connects (WCC) and their volunteers is for Westminster residents only and those residents who have mobility issues, are vulnerable and without the support of family/friends. You should have gardening tools available. If you have a garden and need basic assistance in its upkeep, please contact Stephen Spavin:

Tel: 07969 302517

Email: stephen.spavin@ageukwestminster.org.uk

Digital Learning

Library Digital Learning Drop-In Sessions

Come and join us for our FREE digital learning sessions for age 50+ held in a friendly, social group setting at libraries around Westminster. We now have dates booked through until October and this month we are launching a new monthly session at Pimlico Library!

Bring along your own digital device if you have one (such as a mobile phone, tablet, iPad or laptop) and be supported by our dedicated volunteers to learn to use it and get online.

The sessions are run as drop-ins so there is no need to book, and you can just turn up on the day.

However, if you have any questions, need to let us know something you need to be able to access a session, don't have your own digital device and would like to borrow one - or if you are interested in volunteering with us - get in touch with our Digital Inclusion Coordinator Sarah on [07399 301938](tel:07399301938) or at sarah.robinson@ageukwestminster.org.uk.

Pimlico Library – NEW

Lupus Street SW1V 3AT All sessions are held monthly on Thursdays from 11.00am to 1.00pm. The next dates are 27th March and 24th April

Age UK Westminster Forthcoming Activities and Events

Marylebone Library

Thursdays – 6th March & 3rd April - 1.30pm-3.30pm
9-11 New Cavendish Street, W1G 9UQ

Church Street Library

Wednesdays – 12th March & 9th April - 2.00pm-4.00pm
67 Church Street, NW8 8EU

Paddington Library

Tuesdays - 18th February, 18th March & 15th April - 11.00am-1.00pm
Porchester Road, W2 5DU

Mayfair Library

Fridays - 28th February, 28th March & 25th April - 2.00pm - 3.30pm
25 South Audley Street, W1K 2PB

OTHER EXTERNAL ACTIVITIES WITHIN WESTMINSTER

Health & Wellbeing Project - Harrow Road Elderly African and Caribbean - WECH (Walterton and Elgin Community Homes) - The Wech Community Centre Selbourne House, 36A Elgin Ave, W9 3AZ

Every Monday - Free to join Dementia-Friendly Activities:

Social and Creative Activities:

"A Little Bit of This and a Little Bit of That" Time: 11:00am - 12:30pm

Fitness Classes:

Chair-based, gentle exercise and stretches Time: 1:00pm - 2:00pm

To register your attendance please contact: 020 8968 6940 (Pepper Pot Centre)
reception@pepperpotcentre.org.uk

Soho Poly - 16 Riding House St, London, W1W 7DT

Mondays 12.00pm-1.30pm from 3rd February to 17th March

Come and join us for a range of gigs, music lessons, workshops and more with our host, musician Ian Bennett.

Book your FREE tickets here: tinyurl.com/polyphonic2025

Age UK Westminster Forthcoming Activities and Events

Wednesdays 12.00pm-1.30pm From 5th February to 12th March

Fancy a crafty utopian hangout? Drop by one of our Badge Cafe lunchtimes for some free, easy, friendly creative fun, reusing old pics, books and mags to make unique badges. Hosted by Ben Walters. See more at: badgecafe.com and [@badgecafe](https://www.instagram.com/badgecafe) on Insta. Book your FREE tickets here: tinyurl.com/badgecafe2025

Free cultural events for Westminster residents aged 65 or above

Out and About offers free tickets to attend cultural events such as concerts, exhibitions, film and theatre shows, coordinated by Westminster City Council. Previous offers have included tickets to the Turner Prize Exhibition at Tate Britain, Young Classical Artists Trust concerts at Wigmore Hall and English National Opera dress rehearsals.

You are only able to book onto these free events by becoming a member of the scheme by emailing outandabout@westminster.gov.uk with your name, age, postal address, telephone number and email address. They will then email you the full programme once available. For more information please visit [Cultural events for older people | Westminster City Council](#)

Healthy Generations – Bringing People Together – Guildhall Library, Aldermanbury, City of London, London EC2V 5AF

Manmeet Rana presents the classes and has invited guest speakers from the Tate, Leighton House Museum and the British Museum and keeps everyone up to date with online and live lectures at The Royal Collection, Guildhall and the Wallace Collection. If you want to know what is going on in Art in London and learn about painting ... join now!

We are delighted to inform you that the Guildhall Library is hosting a series of exciting art lectures this quarter, which are free and open to all! The art lectures generally take place on Tuesdays at 2.00pm. Please see below for a selection of lectures, which we thought you might find interesting:

- The Colourful World of David Hockney (Tuesday 18th March, 2.00pm): Arts Society Lecturer Frank Woodgate discusses David Hockney, and his use of different media.
- Greek Myths and Legends in Art (Tuesday 8th April, 2.00pm): Arts Society Lecturer Val Woodgate discusses the stories and unravels the classical meaning behind many beautiful works of art.

Booking is essential! If you are interested in attending these free lectures, either in person or online, please sign up at: <https://www.eventbrite.co.uk/o/guildhall-library-3623855655>.

Any Questions?

Ring Sam on 0798 114 2376 or email office@healthygenerations.org.uk

Age UK Westminster Forthcoming Activities and Events

Tuesday 18th February 2.00pm-3.30pm Music & Wellbeing Workshops with SongPath & London Handel Festival, Victoria Library, 160 Buckingham Palace Road, SW1W 9UD

Join SongPath for relaxed and friendly workshops led by our professional musicians. We'll explore mindful breathing, deep listening and group music-making, as we explore how creativity can help foster mental wellbeing and a sense of connection to the world around us.

All are welcome to join us (no musical experience required!)

Future dates:

Tuesday 18th February

Tuesday 25th February

Tuesday 4th March

2.00pm-3:30pm

Workshop participants are also invited to join us for our special outdoor musical walking trails at the Royal College of Physicians' gardens on Sunday 9th March.

Free

To book your place, please sign up at www.london-handel-festival.com (click "What's On") or email boxoffice@londonhandelfestival.org.uk

Accessibility

The venue is accessible for wheelchair users – however, there is no specific disabled toilet. Please let us know when booking if you have any accessibility requests or questions by boxoffice@londonhandelfestival.org.uk

Questions?

Get in touch at songpathuk@gmail.com or take a look at our [Frequently Asked Questions](#)

Community Zooms from the Royal Collection Trust

Community Zoom talks run as part of our Inclusion Programme, which aims to make the Official Residences of The King and Royal Collection as accessible as possible to visitors with disabilities, and those who wouldn't normally visit. We work with Community partners who support under-represented, disadvantaged and disabled people.

Our programme of Zoom talks is for people who cannot easily visit the Official Residences of The King.

Talks take place on the first Wednesday of the month, from 2.00pm. Join us to hear about the different works in the Royal Collection and the history of the Monarchy. Talks are free and informal, and you can participate camera on or off.

Wednesday 5th March - International Women's Day: Royal Women

Age UK Westminster Forthcoming Activities and Events

Wednesday 2nd April - Photographs in the Royal Collection

Wednesday 7th May - The Edwardians

Wednesday 4th June - Garter Day at Windsor Castle

Wednesday 2nd July - Portraits of Queen Elizabeth II

Wednesday 6th August - St George's Chapel

Wednesday 3rd September - Royal Writers: Letters and diaries in the Royal Collection

Wednesday 1st October - The Gardens at the Palace of Holyroodhouse

Wednesday 5th November - The Royal Mews

Wednesday 3rd December - Royal Christmas Traditions

Join Zoom Meeting – camera on or off:

<https://us02web.zoom.us/j/4407732986>

Meeting ID: 440 773 2986

**Every Tuesday 2.00pm-4.00pm St Luke's Renew Wellbeing Café - At St Luke's Church,
Fernhead Road, W9 3EH**

A quiet shared space where it's ok to not be ok!

Talk with others or be in a quiet space. Do an activity or enjoy stillness: All in a welcoming, inclusive and non-judgmental space.

For more information:

Email: office@stlukeswestkilburn.org

Tel: [0208 960 4195](tel:02089604195)

**In-Deep Elderly Peoples Project
Over 50's Choir**

Join our friendly community choir! Sessions are free and everyone is welcome, regardless of experience

Mondays

3rd and 17th March

Where: St Saviours Church, Lupus Street, SW1V 3QW

Time: 6:30pm - 7:30 pm

Wednesday 19th February 11.00am-12.00pm Sinfonia Smith Square presents a 'Coffee Morning Music' sessions - Smith Square Hall – the Crypt, SW1P 3HA

The morning will begin with players sat amongst the audience at tables to chat with them, followed by an informal improvisation piece from the players within the audience and will end with a short concert of chamber music. This event will be free to attend.

Future dates:

12th March, 16th April and 14th May.

Age UK Westminster Forthcoming Activities and Events

Over 50's Latin Moves Class

Every Wednesday with qualified instructor Béthany Martínez

Time: 10:30am-11:30am

Location: Grosvenor Hall, Vincent Street, SW1P 4HB

Come ready to move, groove, and embrace the joy of dance in our new free weekly dance classes! No prior experience required, and steps can be adapted to suit needs.

AGE UK WESTMINSTER DEMENTIA SERVICE

Age UK Westminster Dementia Service for those residing in Westminster and diagnosed with early stages of memory loss:

Every Tuesday 2.30pm-4.00pm

Maintenance Cognitive Stimulation Therapy (MCST) workshop - face to face sessions for those residing in Westminster diagnosed with early-stage dementia. Our weekly group takes place at St Marylebone Parish Church, 17 Marylebone Rd, London NW1 5LT. Assessment before attendance, is needed.

Please contact the Dementia Service:

Email: dementia@ageukwestminster.org.uk

Or contact our enquiry line: [0203 004 5610](tel:02030045610)

Dementia Roadmap

About the Dementia Roadmap

The Dementia Roadmap is a web-based platform that provides high quality information about the dementia journey alongside local information about services, support groups and care pathways to assist primary care staff and others to more effectively support people with dementia, their families and carers.

The platform supports the creation of local Dementia Roadmaps pre-populated with a wide range of nationally relevant resources and groups, organised across the main topics reflecting the dementia journey.

The Dementia Roadmap has been developed in a partnership between the [Royal College of General Practitioners](#) and the [Department of Health](#) and is proudly hosted by [Dementia Pathfinders](#).

Please follow the link to access the roadmap:

<https://dementiaroadmap.co.uk/>

Age UK Westminster Forthcoming Activities and Events

EXTERNAL DEMENTIA SERVICES

Resonate Arts

Our weekly Creative Dance & Movement sessions take place on Monday 17th & 24th February, 2pm – 3.30pm at Penfold Community Hub, 60 Penfold Street, NW8 8PJ. Gentle, friendly and playful movement class, chair-based if needed. Please call Katie on 0300 030 7212, or email: info@resonatearts.org

Our Singing with Friends Choir rehearsals take place in person at Wigmore Hall, 36 Wigmore St, W1U 2BP on Tuesday 25th February and also online (via Zoom) on 25th February. For more info, call: 0300 030 7212 or info@resonatearts.org

Tea & cake from 2.30pm, concert starts at 3pm, more refreshments afterwards.

Creative Space Art sessions take place at the Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ. To book your free place, please contact Shelley on 0300 030 7212 or info@resonatearts.org

Arts for Dementia

Art School with Central Saint Martins

Who: For people living with early-stage dementia and their companions

When: Mondays at 2.00pm - 4.00pm, 3rd March, 10th March, *17th March and 24th March

Where: Central Saint Martins, 1 Granary Square, N1C 4AA, *17th - The Living Centre, 2 Ossulston Street, NW1 1DF

What: A 4-week intergenerational programme will be taught by Fine Art Students from Central Saint Martins and their brilliant tutor Shepard Manyika. There will be a chance to experience contemporary art techniques and practices such as sound, sculpture and visual art forms.

How to register: Please call Christina on 020 3633 9954 or email christina@artsfordementia.org, spaces tend to fill up quite quickly so please get in touch sooner rather than later.

Art Wednesdays

Who: For people living with dementia and their companions

When: Every Wednesday at 2.00pm - 3.00pm

Where: Online, via Zoom

What: Art Wednesdays is an outstanding opportunity for people with memory challenges and their companions to socialise, engage creatively, learn new art techniques, discover fascinating art and heritage collections and improve their brain health in a friendly online video workshop via Zoom.

Age UK Westminster Forthcoming Activities and Events

How to sign up: To register, please contact us via calling 020 3633 8209 or emailing jasmine-karis@artsfordementia.org.

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Art at Kings Gallery.

Who: For people living with dementia and their companions

When: Every Tuesday, 15th April - 20th May, at 10:30am-1.00pm

Where: The King's Gallery, Buckingham Palace, Buckingham Palace, London SW1A 1AA.

What: More information to follow shortly

How to sign up: To register, please contact us via calling 020 3633 8209 or emailing jasmine-karis@artsfordementia.org.

INFORMATION & SERVICES

Asthma and Lung Conditions

Asthma + Lung UK's Westminster Support Group for respiratory conditions

<https://www.asthmaandlung.org.uk/> helpline@asthmaandlung.org.uk 0737 8606728 for questions on asthma.

Westminster Breathe Easy support group - Supported by Age UK Westminster

Contact Stephen Spavin

Mob: [07969 302517](tel:07969302517)

Email: Stephen.spavin@ageukwestminster.org.uk

Monthly meetings held at Ada Court, 10-16 Maida Vale, Maida Vale, London, W9 1TD. (The 3rd Monday of each month 11.00am-1.00pm)

We support people with respiratory conditions, their friends, family and carers, helping with information and companionship.

A 4-page printed newsletter is for non-digital members. But if you use email, why not receive the full multi-page newsletter direct to your in-box by registering with www.breatheasywestminster.com to become a free member with regular updates and information.

Age UK Westminster Forthcoming Activities and Events

The Social Supermarket St Mary's Bryanston Square Church, Wyndham Pl, York St, London W1H 1PQ.

The Social Supermarket is part of the Love Marylebone Project at St Mary's Bryanston Square Church (W1H 1PQ). It provides a community centred place where any local, Westminster, resident who is having financial difficulties is able to shop at the church for a £3.00 donation.

It began after Covid as a response to the changing income of people in our neighbourhood and parish school. The cost-of-living crisis has expanded the need and many families find it hard to provide for their households especially if they are single parents, care givers, pensioners or have health issues.

We offer the basic provisions of a weekly shop to people every Wednesday morning from 9.30am to 10.30am. These products include basic groceries such as rice, pasta, cereals, tuna, vegetables, long life milk, tinned fruit, fish, meat, beans, pulses, biscuits and bread as well as household cleaning/sanitary products, toiletries, nappies, baby food, and wipes. If you are finding it difficult to meet your essential needs please join us to shop and have tea, coffee and there is even sometimes some cake.

We also welcome donations and volunteers.

Handyperson Service – Westminster Council

Westminster residents aged over 60, or in receipt of disability benefit, can request free help from a handyperson. The service covers minor works to a home such as replacing light bulbs and other small DIY jobs. It does not cover gardening, plumbing or decorating, and it is not an emergency service, however they are able to support people with essential jobs.

Call the following phone number on Tuesdays and Thursdays 10.00am-12.00pm 020 7641 8959 or Email: hia@westminster.gov.uk

Online referral form: <https://www.westminster.gov.uk/handyperson>

Tax Help for Older People

Tax Help for Older People is a charity service providing free, independent and expert help and advice for older people on lower incomes who cannot afford to pay for professional tax advice. With over 420 volunteers and a national call centre, we can help you, wherever you are in the UK.

Simply call the Tax Help number [01308 488066](tel:01308488066). Unfortunately, our email inbox is closed at the moment due to a high volume of enquiries. Call our helpline and we will help you resolve your tax problem.

We are a charity providing FREE, expert help and advice to older people with tax problems.

Age UK Westminster Forthcoming Activities and Events

If you have an annual income of less than £20,000

If you are aged over 60

We can help!

How to protect yourself from Fraud!

1. Know the fraud signs: Common tactics can include impersonating an authority or 'trusted' voice or using language that evokes powerful emotions such as fear or even hope, promising you great financial gains if you 'act now'.
2. Protect yourself: While you can't stop a criminal attempting to defraud you, you can make yourself a harder target. If you feel at risk, break contact by closing a text, email or conversation. You could also try changing your online passwords.
3. Report it: If you believe you have been a victim of fraud, you should always report it. If you live in England, Wales or Northern Ireland and have been defrauded report it to Action Fraud online or by calling 0300 123 2040. In Scotland, all reports of fraud should be reported to Police Scotland by calling 101.
4. Don't be afraid to seek help: If you've been affected by fraud, remember support is available. It's important that we all feel empowered to ask for help when we are a victim of fraud, as it's by calling it out that we ultimately take back control.

Important Warning: Winter Heating Subsidy Scam Targeting Vulnerable Residents

Age UK Westminster is warning clients to stay vigilant after reports of a scam message offering fake "Winter Heating Subsidy" benefits. The message claims that recipients are eligible for heating subsidies, but it directs them to click a link to apply. This is a scam and is not affiliated with the UK Government or any legitimate subsidy program.

Key Details to Look Out For:

- The message comes from an unverified number and includes a link to a non-governmental website.
- It includes misleading language, implying scarcity by stating "Once the number of applicants is enough, we will stop issuing winter heating subsidy benefits."

Please do not click any links or provide personal information. If you have received this message, report it to Action Fraud at 0300 123 2040 or via their website.

At Age UK Westminster, your safety is our priority. Share this alert with friends and family to prevent them from falling victim to this scam.

Age UK Westminster Forthcoming Activities and Events

The Radio Teleswitch Service switch-off: What you need to know

By 30th June 2025, the Radio Teleswitch Service (RTS) will end as it is reaching the end of its operational life. RTS is also known as Dynamic Teleswitch Service (DTS). The switch off will affect energy customers that have an RTS meter in their home, and may mean that their heating and hot water supply stops functioning as normal.

Ofgem, the energy regulator for Great Britain, expects energy suppliers to replace all RTS meters before the service ends in June 2025

Don't worry, if you have an RTS or DTS meter, you can upgrade to a smart meter. Smart meters are the only technical replacement for RTS meters because they can be programmed to deliver a similar service. Get in contact with your electricity supplier to find out when they can install your new meter.

What is the Radio Teleswitch Service, and what is it used for?

The Radio Teleswitch Service (RTS) uses a radio signal to tell some older electricity meters when to switch between peak and off-peak rates. There are just over 900,000 RTS meters in Great Britain. RTS is used for some traditional multi-rate meters and was designed to support those who use electricity for their heating and hot water. This may include those who use electric storage systems, panel heaters or immersion heaters in water tanks – some of which typically charge up overnight.

RTS allows energy suppliers to offer different tariff rates; so that consumers can make use of cheaper off-peak tariffs to charge their heating and/or hot water systems up overnight.

RTS was introduced in the 1980s, and is now reaching the end of its natural operational life. This means that the equipment that produces the radio signal can't be adequately maintained anymore.

The 2025 deadline

RTS is an industry-wide service. All electricity suppliers are contacting impacted customers to offer them a smart meter upgrade before the RTS service ends on 30 June 2025.

How to find out if you've got an RTS meter

If you're not sure whether you have an RTS meter, there are a few things you can look out for:

- there may be a separate switch box near your meter with a radio teleswitch label on it
- your property is heated using electricity or storage heaters
- there is no gas supply to your area. This includes households in rural areas and high-rise flats
- you get cheaper energy at different times of day. Your tariff might be: Economy 7, Economy 10 or Total Heat Total Control

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If you're unsure if you have RTS equipment, contact your electricity supplier who will be able to confirm for you.

Will I be able to stay on the same tariff I am on now?

Your supplier will be able to tell you which tariffs are available to you. They should offer a tariff that is suitable for the hot water and/or heating set up in your home.

If you think you have RTS equipment in your home or business, or you're unsure, contact your electricity supplier. They will let you know whether you have an RTS meter, and when you can get your smart meter upgrade.

What happens if I don't upgrade to smart meters

If you decide not to upgrade, the heating and/or hot water provisions in your home or business could be affected. You may find that your heating and/or hot water is continually left on or off, or the charging-up happens at the wrong time of day. Your electricity supplier won't be able to confirm how much electricity you have used during peak or off-peak times, which means your electricity costs could be much higher than before.

A smart meter will give you a similar service to your RTS meter. You should speak to your supplier to find out more.

Age UK Petition to Save the Winter Fuel Payment for struggling pensioners

At the end of July, the Government announced that the Winter Fuel Payment will become means-tested in England and Wales.

Only those receiving Pension Credit or other means-tested benefits will receive Winter Fuel Payment this year and beyond. In Scotland and Northern Ireland decisions about the payment are devolved and are not yet clear, but it's likely that the UK Government will no longer provide the money to cover the cost of what pensioners in those nations receive now.

Help us save the Winter Fuel Payment for struggling pensioners.

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We strongly oppose the means-testing of the Winter Fuel Payment because it means as many as 2 million pensioners who badly need the money to stay warm this winter will not receive it and will be in serious trouble as a result.

Means-testing the Winter Fuel Payment, with no notice and no compensatory measures to protect poor and vulnerable pensioners, is the wrong policy choice, and one that will potentially jeopardise the health as well as the finances of millions of older people this winter – the last thing either they or the NHS needs.

Please follow the link to sign the petition:

<https://campaigns.ageuk.org.uk/page/154268/petition/1?ea.tracking.id=Website>

Post Offices facing possible closure

Baker Street - 111 Baker Street

Great Portland Street - 173 Great Portland Street

Paddington Quay - 4 Praed Street

Eccleston Street - 6 Eccleston Street

Proposed changes to bus routes 30 and 205

TFL's consultation closed on the 10th January

Proposals

At present:

- Route 30 runs between Marble Arch and Hackney Wick, Chapman Road. Double-deck buses are used. It is served by a bus every 10 minutes Monday to Saturday daytimes and every 12 minutes Sundays and evenings

The proposals include changes to these local bus routes:

- Withdraw route 30 between Marble Arch and Euston Bus Station
- Withdraw route 205 between Paddington and Baker Street station and extend to Marble Arch via Baker Street
- Additional journeys for route 27

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To make sure the frequency of buses in service between Paddington and Baker Street is sufficient to meet demand, we think extra journeys will be required on route 27 in the early mornings and/or late evenings to compensate for the journeys provided by the route 205 currently between Paddington and Hampstead Road as follows:

- Monday to Fridays: Two extra early AM journeys towards Chalk Farm
- Monday to Fridays: Three extra late PM journeys towards Hammersmith

- Saturdays: Two extra early AM journeys towards Hammersmith
- Saturdays: Four extra late PM journeys towards Hammersmith
- Sundays: Three extra late PM journeys towards Hammersmith

All three routes currently operate at a high frequency of five or more buses per hour, and are routes where passengers tend not to look at the timetable before arriving at the stop.

We are proposing that route 30 would no longer run between Euston Bus Station and Marble Arch. Route 205 would be withdrawn between Baker Street and Paddington.

Route 27 that covers the Paddington to Baker Street section of the route 205 would get extra early morning and late evening journeys to compensate for the loss of the route 205 journeys that serve this section at present.

For more information, please follow the link:

<https://haveyoursay.tfl.gov.uk/30-205-bus-proposals>