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REGULATOR**



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.

Activities Timetable – Monday 13th January - Tuesday 28th January	
Tuesday 14th January	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Tuesday 14th January	2.30pm-4.00pm MCST Group at St Marylebone Parish Church
Wednesday 15th January	10.30am-12.30pm Fit4Life Exercise in Pimlico
Wednesday 15th January	1.30pm-3.30pm CREATE Art workshop at St Marylebone Parish Church
Wednesday 15th January	2.00pm-4.00pm Digital Support at Church Street Library
Wednesday 15th January	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 16th January	2.00pm-4.00pm Tea and Chat Afternoon at St Marylebone Parish Church
Friday 17th January	3.00pm-4.00pm Exercise at WECH
Monday 20th January	11.00am-12.30pm Coffee Morning at Hotel 63
Monday 20th January	11.00am-1.00pm Memory Café at Regent Hall
Monday 20th January	11.00am-1.00pm Breathe Easy Group meeting at Aida Court
Tuesday 21st January	11.00am-1.00pm Digital Support at Paddington Library
Tuesday 21st January	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Tuesday 21st January	2.30pm-4.00pm MCST Group at St Marylebone Parish Church
Wednesday 22nd January	10.30am-12.30pm Fit4Life Exercise in Pimlico
Wednesday 22nd January	1.30pm-3.30pm CREATE Art workshop at St Marylebone Parish Church

Wednesday 22nd January	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 23rd January	11.00am-1.00pm Digital Support at Pimlico Library
Thursday 23rd January	11.00am-12.30pm Coffee morning at Regent Hall
Friday 24th January	2.00pm-3.30pm Digital Support at Mayfair Library
Friday 24th January	3.00pm-4.00pm Exercise at WECH
Tuesday 28th January	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Tuesday 28th January	2.30pm-4.00pm MCST Group at St Marylebone Parish Church

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 23rd January – Guest Speaker - Esther from Excellent care 1st Podiatry.

Thursday 6th February - Guest Speaker Manuela de Groot – Manuela will embark with you on a journey of history, beautiful scenery and Impressionism. Meet Vincent van Gogh who was so inspired by the light and beauty of one of the most beautiful areas in Southern France. Come and join us and learn about his life and see his paintings, his way of thinking and experience whilst living in Provence!!

Thursday 27th February – Guest Speaker to be arranged.

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 will be charging an attendance fee of £3.00 for Level 1 and for Level 2.

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.

CREATE Drawing Art Workshop - 4 weekly sessions – 1.30pm-3.30pm at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT

Wednesday 15th January

Wednesday 22nd January

Wednesday 29th January

Please contact Souad if you would like to attend.

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

Monday 20th January – Guest Speaker to be arranged.

Monday 3rd February – Guest Speaker Chris Barlow "The Music of Love"

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

A wonderful new Coffee Morning venue which has an extremely interesting history.

Hotel 63 was built between 1865 and 1870 and for most of its first seven decades of existence, it was a private address. 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 as part of London County Council's standardisation and clarification of street names in London.

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 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.

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

Thursday 16th January - Guest Speaker to be arranged.

Thursday 20th February - Guest Speaker to be arranged.

Wednesday 29th January 2.00pm-4.00pm The Kindness Studio presents a Batik & Bliss Festive Workshop at The Garrison Chapel, 8 Garrison Square, Chelsea Barracks, SW1W 8BG

See once again presents an amazing Art workshop.

Immerse yourself in the festive spirit with our creative Batik & Chunlian Workshop, where participants will explore the vibrant tradition of batik painting and the timeless elegance of crafting chunlian (春联)—the red couplets that symbolize luck and prosperity for Chinese New Year. This hands-on experience is perfect for celebrating cultural heritage while expressing your unique artistic flair!

Wednesday 29th January 12.30pm-3.30pm Afternoon Tea provided by Effectable at the Beethoven Centre, Third Avenue, W10 4JL.

Afternoon tea with Zumba, Dance and raffle prizes.

Thursday 30th January & 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

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

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, making it available for public and private use as a core element of what we do. We take the guardianship of this remarkable building very seriously, with conservation projects in constant development. On this page, we summarise the Astors' back story of how they came by their remarkable fortune, the biography of William Waldorf Astor and how that helped create the building, Two Temple Place's rise from the ashes of WWII bombing and its modern history culminating in its current vital charity role.

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 now 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 our Wellbeing & Connections Coordinator can help 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
- 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** 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 23rd January & 27th February

Marylebone Library

Thursdays – 6th February - 1.30pm-3.30pm
9-11 New Cavendish Street, W1G 9UQ

Church Street Library

Wednesdays – 15th January & 12th February - 2.00pm-4.00pm
67 Church Street, NW8 8EU

Paddington Library

Tuesdays - 21st January & 18th February - 11.00am-1.00pm
Porchester Road, W2 5DU

Mayfair Library

Fridays - 24th January & 28th February - 2.00pm - 3.30pm
25 South Audley Street, W1K 2PB

OTHER EXTERNAL ACTIVITIES WITHIN WESTMINSTER

Community Art and Coffee Morning at Tate Britain, Millbank, W1P 4RG

Join us on **Saturday January 25th** for our community art and coffee morning at [Tate Britain](#), from **10.00am to 1.00pm**. We're calling on our local communities to join us for a morning filled with coffee and tea, conversations, a community archive workshop and sessions at our Library and Archive at Tate Britain. On the day you are also welcome to join us for a wider event called [Flashbacks](#), which will include talks, readings, and workshops in response to [The 80s: Photographing Britain](#) exhibition.

Welcome coffee, tea and pastries

10.00am-11.00am

Taylor Digital Studio

Join us for a coffee, tea and a chat as we welcome you to Tate Britain

Community archive workshop

11.00am -1.00pm

Clore Studio

Join Eleni Parousi from [Four Corners](#) for a workshop exploring community archives. We will confirm and send you details for this in the new year.

Library and Archive Show and Share

11.15 am -11.45 am

12.15pm - 12.45pm

Please book your place by emailing local@tate.org.uk asap.

Dance Westminster Competition

Following on from last year's Dance Westminster competition, Westminster City Council are delighted to confirm their Dance Westminster Legacy programme for disabled people which will start on January 19th January 2025 and run for 41 weeks, managed again by our brilliant DW partners [Step Change Studios](#) .

You can find further information and registration details by following the link: <https://forms.gle/Rbwwfg3MjZTopTkQ6>

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 out andabout@westminster.gov.uk with your name, age, postal address, telephone number and email address. We will then email you the full programme once available.

For more information please visit [Cultural events for older people | Westminster City Council](#)

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 February - The King and Commonwealth

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

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

FREE Concerts at Regent Hall Concert Hall, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station

Friday 17th January 1.00pm – Royal Academy of Music – Rachmaninoff & Brahms

Friday 24th January 1.00pm – Stephanie Draughon on Piano

Friday 31st January 1.00pm – The Band of the Grenadier Guards

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

AGE UK WESTMINSTER DEMENTIA SERVICE

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

Monday 20th January 11.00am-1.00pm – The monthly 'Heart of Westminster' Monthly Memory Café at Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station – Your 'Favourite Songs' and what they mean to you.

Every Tuesday from 14th January 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

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/>

EXTERNAL DEMENTIA SERVICES

Resonate Arts

Our weekly **Creative Dance & Movement** sessions take place on **Monday 13th, 20th & 27th January 2.00pm – 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 Street, W1U 2BP** on **Tuesday 14th, 21st & 28th January** and also **online (via Zoom) on Tuesday 21st January**. For more info, please call Shelley on **0300 030 7212** or info@resonatearts.org

Music for the Moment – our **free** dementia-friendly concert series in partnership with the Royal Academy of Music – takes place on **Friday 17th January** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. Percussionist **Meadow Brooks** from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3.00pm.**

Creative Space Art sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 20th January 2.00pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or info@resonatearts.org

The Revellers Club at the Royal Albert Hall Thursday 16th January 10.30am – 12.15pm North Circle Bar, Royal Albert Hall, Kensington Gore, SW7 2AP
Free multi-arts project inspired by the Hall's eclectic and vibrant history. Mischief and merrymaking will be encouraged in a fun environment where music is key. For people living with dementia and their carers/supporters. **Booking essential!** Please call **020 7959 0540** or email: engagement@royalalberthall.com

Creative Workshop: Collage in Bloom Tuesday 21st January 2.00pm – 4.00pm
Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN (**Free**)

Join artist Grace Holliday to create your own mixed-media collage, drawing inspiration from Jan van Huysum's *Flowers in a Vase*. Dementia-friendly workshop, carers & family welcome. **Booking essential!** Please call **020 7563 9577** or email: community@wallacecollection.org

Closer Look Tours at the V&A Monday 27th January 2.00pm – 3.30pm (Jan – April available) Art Studio, Learning Centre, V&A South Kensington, Cromwell Road, SW7 2RL (**Free**)

Explore a wide range of objects and artworks from different collections at the V&A with an expert guide. Tours last 45-60 minutes with refreshments on arrival. For people living with early-stage dementia, their family and friends. To book, please call **020 7942 2000** or go to:

<https://www.vam.ac.uk/event/XJbnWo1ELO/dementia-friendly-closer-look-tour-2025>

Drawing the Italian Renaissance Tuesday 11th February 10.00am – 12.30pm The King's Gallery, Buckingham Palace, London SW1A 1AA (**Free**)

Dementia-friendly guided tour of the Italian Renaissance exhibition while the Gallery is closed to the public. Chat about the different styles, techniques and materials used in the exhibition over tea & coffee. For info, email access@rct.uk; **to book**, call **0303 123 7324** or go to: www.rct.uk/event/dementia-friendly-event-drawing-the-italian-renaissance-02-2025

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

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.

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>

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 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.

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>

Latest Lloyds and Halifax branch closures

Lloyds - 185 Baker Street, England, NW1 6XB - January 6th, 2025

Halifax - 200 Edgware Road, W2 2DW - January 6th, 2025

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
- Route 205 runs between Bow Church and Paddington. Double-deck buses are used. It is served by a bus every 8 to 12 minutes Monday to Friday daytimes and evenings and every 9 to 13 minutes Saturdays daytimes and evenings, Sundays every 11 to 13 minutes daytimes and evenings
- Route 27 runs between Hammersmith Grove and Chalk Farm. Double-deck buses are used. It is served by on average a bus every 8 to 11 minutes Monday to Friday daytimes and 9-12 minutes Monday to Thursday evenings, with every 10 to 12 minutes Friday evenings, Saturdays is a bus every 8 to 12 minutes daytime and evening, with Sundays having a bus every 10 to 13 minutes daytime and evening

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

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>