

## Age UK Westminster Activities Schedule



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](mailto:enquiries@ageukwestminster.org.uk)

**As there are continued cases of Covid-19 and the Winter months will increase risks of flu infection please do not attend our activities if you show symptoms of Covid-19 or Influenza. If you are showing signs of either you should self-isolate in order to reduce the chances of infecting others. isolate in order to reduce the chances of infecting others.**

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

Tel: 07903 255384

Email: [souad.abdellaoui@ageukwestminster.org.uk](mailto: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 24th June - Friday 5th July**

<b>Tuesday 25th June</b>	<b>1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre</b>
<b>Wednesday 26th June</b>	<b>1.30pm-3.30pm Create Art Workshop at St Marylebone Parish Church</b>
<b>Wednesday 26th June</b>	<b>2.00pm-5.00pm Bridge Club at Mayfair Library</b>
<b>Thursday 27th June</b>	<b>11.00am-12.30pm Coffee Morning at Regent Hall</b>
<b>Thursday 27th June</b>	<b>1.00pm-3.00pm Tea and Chat at 'Hope in the Community' at the Gordon Hospital</b>
<b>Friday 28th June</b>	<b>11.00am-12.00pm Dance West at the Beethoven Centre</b>
<b>Monday 1st July</b>	<b>11.00am-12.30pm Coffee Morning at Hotel 63</b>
<b>Monday 1st July</b>	<b>1.00pm-4.00pm British Summertime in Hyde Park</b>
<b>Tuesday 2nd July</b>	<b>1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre</b>
<b>Tuesday 2nd July</b>	<b>12.00pm-4.00pm Afternoon Tea at Grosvenor Hall with TikTok</b>
<b>Wednesday 3rd July</b>	<b>11.00am-1.00pm Create Art Workshop at St Marylebone Parish Church</b>
<b>Wednesday 3rd July</b>	<b>2.00pm-5.00pm Bridge Club at Mayfair Library</b>
<b>Thursday 4th July</b>	<b>11.00am-12.00pm Flaneur Walk in Regents Park</b>
<b>Thursday 4th July</b>	<b>2.00pm-4.00pm Tea and Chat at St Marylebone Parish Church</b>
<b>Friday 5th July</b>	<b>11.00am-12.00pm Dance West at the Beethoven Centre</b>

## **Forthcoming Activities and Information**

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

**Thursday 27th June** – Guest Speaker Abdul Latif Westminster City Council – Transport Strategy discussing Road Safety, Access and Inclusion, Health and Exercise, Air Quality, Climate Change & Sustainable Economy

**Thursday 11th July** – Guest Speaker Dr Shree 'Your Health is in Your Hands'.

**Thursday 25th July** – Guest Speaker Blessing Ogunoshun – The Advcacy Project - Healthwatch

### **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 as from 2nd July.

### **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.

### **DanceWest at the Beethoven Centre, Third Avenue, London W10 4JL**

Our partnership with DanceWest continues with further dance sessions

11.00am-12.00pm:

Refreshments will be provided.

#### **Summer Classes**

28th June

5th July

12th July

There will be a short break before the Autumn season classes, dates to follow.

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

**Thursday 4th July** – Guest Speaker to be arranged

**Thursday 18th July** - Guest Speaker to be arranged

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

**Monday 1st July** – Julia McGerty – Learning Unlimited workshop ‘Pompoms and Bracelets’. **This workshop is for those that did not attend the ‘Relax with Lavender’ workshop.**

**Monday 15th July** - Chris Barlow - "Oh! I do like to be beside the seaside: A Brief History of the British Seaside"

**Monday 29th July** – To be arranged

**Monday 12th August** – Ava Thomas Sport for Confidence.

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

**Wednesdays - Create six week Art Workshop ‘Theatre and Masquerade mask making’ at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**

We have been able to organise another ‘Create’ art workshop:

“An inclusive, relaxed, silly (but-serious) drama workshop that guarantees the release of creativity through games, improvisation, gentle physical movement, breath work, mask work, and voice-based exercises.

In a safe and supportive environment, we'll be inviting you each week, for six weeks, to take part in a variety of exercises guaranteed to be fun and informative for all.

This workshop will appeal to everyone from absolute beginners to more experienced performers. Everything we will do is an invitation, with no pressure to do any more than you would like to.

And at the end of the six weeks, and depending on how the group feel, we might even have a sharing of our work to an invited audience!”

26th June 1.30pm-3.30pm

3rd July 1.30pm-3.30pm

10th July 1.30pm-3.30pm

**Those attending will also be automatically registered for the new Ceramics Art Workshop which will be held in September at Kensington Palace.**

**Thursday 27th June & 11th July 1.00pm-3.00pm and every fortnight - Hope in the Community at the Gordon Hospital, Bloomburg Street, London, SW1V 2RH**

**27th June** – Savitrie Baichoo will be speaking about Eastern practices - acupuncture pathways of the Oriental/ Chinese system often known as the Chakra system.

Social afternoon providing 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](mailto:stephen.spavin@ageukwestminster.org.uk)  
Tel: 07969 302517

**Monday 1st July 1.00pm-4.00pm British Summertime Dance Event in Hyde Park**

Afternoon tea and refreshments provided.  
Enjoy an afternoon in Hyde Park with Tango and Line Dancing.

**Tuesday 2nd July 12.30pm-3.30pm - Afternoon Tea and activity with TikTok at Grosvenor Hall, Vincent St, London SW1P 4HB**

Come along and enjoy another event organised by TikTok.

**Thursdays 4th July, 1st August, 5th September & 3rd October 11.00am-12.30pm Age UK Westminster 'Flaneur' walk**

Flâneur, a word once used to describe a wander without purpose has gotten a new meaning. Walking, even just for few minutes has been shown as beneficial for one's health and well-being. Therefore, polish your cane and join a group of flâneurs on a stroll through Regent's Park.

We will meet at St. Andrew's Gate – Regent's Park Outer Circle, walk past the English gardens, continue to the Ready Money Drinking Fountain, and finish the walk at the Broad Walk Café.

Starting point:

St. Andrew's Gate

Postcode:

NW1 4LB

Nearest Tube stations:

Great Portland Street

Regent's Park

Bus:

Euston Road Bus Stop (27, 30, 88, 453)

To register please contact: Tija Hubej - Fit4Life Coordinator

Tel: 07462 361232

Email: [tija.hubej@ageukwestminster.org.uk](mailto:tija.hubej@ageukwestminster.org.uk)

**Thursday 11th July 3.00pm 'King's Gallery' tour at Buckingham Palace - ROYAL PORTRAITS: A CENTURY OF PHOTOGRAPHY – Fully booked**

A group visit to Buckingham Palace and to view the Royal Portraits Exhibition – A Century of Photography.

For centuries, portraiture has played a vital role in shaping the public's perception of the Royal Family. This exhibition will chart the evolution of royal portrait photography from the 1920s to the present day, bringing together more than 150 photographic prints, proofs and documents from the Royal Collection and the Royal Archives.

Discover works from the most celebrated royal photographers, from Cecil Beaton and Dorothy Wilding to Annie Leibovitz and Rankin. Explore some of the close relationships between royal sitters and photographers, seen most

clearly through the lens of Antony Armstrong-Jones (later Lord Snowdon), who married Princess Margaret in 1960.

The exhibition will shed light on behind-the-scenes processes, from photographers' handwritten annotations to never-before-seen correspondence with members of the Royal Family and their staff, revealing the stories behind some of the most celebrated photographs ever taken of the Royal Family.

This exhibition is taking place at The King's Gallery, Buckingham Palace, formerly known as The Queen's Gallery.

**Friday 19th July 12.00pm-2.00pm Lunch and Bingo provided by EQT 3rd Floor, 30 Broadwick Street, London W1F 8JB - Fully booked**

Come along and have a fun afternoon with lunch and refreshments.

**Sunday 21st July – Soho Village Fete – 12.00pm-6.00pm, St Anne's Gardens, Wardour Street, Soho, London W1D 6QU**

The Soho Village Fete has been going almost half a century now. Organised by the Soho Society, it's the kind of do you'd expect to find going on in the vicar's back garden There's tea and cake, morris dancing, splat the rat, a raffle... all that parochial jazz, and very pleasant it is too.

The Soho Fete is a traditional summer fete with a Soho twist, all the fun of a village festival, with:- The French House Bar, More Tea Vicar live bands including the Red Stripe Band, 25 food and retail stalls, Tombola, Splat The Rat, Snail Racing, the Human Fruit Machine and a Drag Queen Finale! Londonist called it the best village fete anywhere!

<https://londonist.com/london/things-to-do/soho-village-fete-july>

Main events include;

12.30pm Spaghetti Eating Competition

1.00pm The Soho Dog Show

2.00pm Tug of War - Soho Police vs. Soho Fire Service

3.00pm The Soho Waiters Race from outside the French House Pub, Dean Street

Please note that for the Soho Village Fete, you need to book your place at Eventbrite: <https://www.eventbrite.co.uk/e/the-49th-soho-village-fete-2024-tickets-872426119007>

**Friday 26th July 2.30pm – Cultural walk with Chris Barlow - Serpentine Galleries North/South and Summer Pavilion**

Enjoy another entertaining walk with Chris in Hyde Park.

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

**Monday 15th July 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.

**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](mailto:dementia@ageukwestminster.org.uk)

Or contact our enquiry line: 0203 004 5610

**Monday 5th August 10.00am-12.30pm Boccia with Sport for Confidence at Lord's Cricket Ground, St John's Wood Road, London NW8 8QN – Enter by the North Gate**

Limited spaces available. Accessibility access available.

Enjoy a morning of Boccia with lunch provided.

To register please contact Stephen Spavin:

Email: [stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@ageukwestminster.org.uk)

Tel: 07969 302517

**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](mailto:enquiries@ageukwestminster.org.uk) Tel: 020 3004 5610

**WATES – support for Westminster residents**

The WATES group as a part of their commitment to Westminster and support of Age UK Westminster are offering Westminster residents a variety of volunteering. This includes, garden clearance, litter picking, dog walking and potentially minor 'DIY' works such as putting up shelves.

If you require any of the above and live in Westminster, please contact [abbie.langridge@wates.co.uk](mailto:abbie.langridge@wates.co.uk) with your request and availability for the volunteers to help.

**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](mailto:stephen.spavin@ageukwestminster.org.uk)

**NEW! Information & Advice with Age UK Westminster at Pimlico Health @ 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.**

**iTea Parties - Digital Support sessions**

Come and join us for our FREE Digital help sessions in a friendly social group with learning in mind. Bring along your own digital device (mobile phone, laptop, iPad/tablet) and receive one to one support from a committed volunteer.

**If you would like to attend any of the following please contact Sarah Robinson.**



Tel: 07399 301938 or Email: sarah.robinson@ageukwestminster.org.uk

### **Marylebone Library**

Thursdays – 11th July and 1st August - 1.30pm-3.30pm

9-11 New Cavendish Street, W1G 9UQ

The 4<sup>th</sup> July has now been updated to 11<sup>th</sup> July as the Library will be used as a Polling Station

### **Church Street Library**

Wednesdays – 10th July and 14th August - 2.00pm-4.00pm

67 Church Street, NW8 8EU

### **Paddington Library**

Tuesdays - 16th July and 20th August - 11.00am-1.00pm

Porchester Road, W2 5DU

### **Mayfair Library**

Fridays - 28th June, 26th July and 14th August - 2.00pm - 3.30pm

25 South Audley Street, W1K 2PB

### **Knit with Us, New Acre Café, Westminster Chapel, Buckingham Gate, SW1E**

#### **6BS**

A new knitting group is starting at New Acre Cafe in Buckingham Gate.

It will be held on Mondays from 1.30 pm. There is no charge to join the group and the cafe offers a discount to the knitting group members buying drinks.

- Beginners welcome
- Bring your own project or learn to knit with us
- No booking needed

### **The King's Gallery, Buckingham Palace**

£1 tickets to visit The King's Gallery, Buckingham Palace

Royal Portraits: A Century of Photography

As part of our charitable aim to ensure that as many people as possible can access and enjoy the Collection, Royal Collection Trust has launched a new £1 tickets for exhibitions at The King's Galleries in 2024, available to those receiving Universal Credit and other named benefits.

Book now to see Royal Portraits: A Century of Photography at The King's Gallery, Buckingham Palace. The exhibition charts the evolution of royal portrait photography from the 1920s to the present day, bringing together more than 150 photographic prints, proofs and documents from the Royal Collection and the Royal Archives. The photographs presented in the exhibition are vintage prints – the original works produced by the photographer, most of which have never been on public display.

£1 tickets are available to anyone in receipt of the following:

- Universal Credit
- Working Tax Credit
- Child Tax Credit
- Pension Credit
- Employment and Support Allowance
- Income Support
- Jobseeker's Allowance

You can claim £1 tickets for up to six people per household. Only one person per household needs to show supporting documents.

**Tuesday 25th June and 2nd July – 12.00pm-2.00pm – Discover and Share - Maida Vale Library, Sutherland Ave, W9 2QT**

Free project for Westminster residents

An Arts, Culture and Heritage Project. Create some amazing artwork together. Share our stories of living in the local area.

Share refreshments and good company!

25th June will be a visit to a cultural institution as part of the project.

Contact Moya O'Hara to book your place: Email [moya@urbanwise.london](mailto:moya@urbanwise.london)  
[www.urbanwise.london](http://www.urbanwise.london)

**Thursday 27th June 7.00pm-9.00pm - The West End Community Trust presents a 'Spanish Themed Evening Supper, St Anne's Church Hall, 55 Dean Street, London, W1D 6AF**

Enjoy an evening of live entertainment – Spanish Dancing, Paella and Sangria!

Please RSVP to BOOK your place, contact Viola Etienne, Tel: 07502 106713 or Email: [viola@westendcommunitytrust.org.uk](mailto:viola@westendcommunitytrust.org.uk)

**London Centre National Trust Supporters' Group**

We are a National Trust supporters' group serving the whole of London, with around 180 members. Many, but not all of us, are senior citizens. We run an interesting and varied programme of visits and tours of museums, galleries, stately homes, livery halls, fine private houses and even cemeteries in and around London and the home counties as well as a schedule of fortnightly rambles. Details of what's on offer are circulated to members in our newsletters, produced three times a year. Besides giving our members the opportunity to make friends and enjoy themselves, we donate surplus funds to projects at National Trust properties. However, you don't have to be a member of the National Trust to join us. If you are interested, please contact our Membership Secretary by phone (020 8742 2355) or by email ([ntlondoncentre@outlook.com](mailto:ntlondoncentre@outlook.com)) for a membership form and details of the current programme.

**At the Rainbow's End by Clare Summerskill - The Courtyard Theatre, 40 Pitfield Street, London N1 6EU**

A script-in-hand performance based on the lived experiences of older LGBTQ+ people in adult social care, followed by a Q&A session between the audience, the writer, the cast and invited panellists.

Homophobia – Transphobia – Prejudice – Abuse

Presented by Artemis Theatre Company and supported by Royal Victoria Hall Foundation

Sunday 30th June 3.00pm and 7.00pm

'At the Rainbow's End' is a brand new, moving, original and hard-hitting play based on interviews with older LGBTQ+ people who have experienced homophobia and transphobia in care settings or in their own home when receiving care.

Although some of the content of this piece makes for uncomfortable listening, this work is intended to raise awareness of forms of discrimination that LGBTQ+ people fear and have experienced. It shines a light on the importance of understanding the specific challenges faced by older LGBTQ+ people. The piece seeks to raise awareness of the issue amongst the LGBTQ+ population and also to engage with the social care sector and encourage dialogue to develop learning, skills and confidence to address these challenges so that older LGBTQ+ people can feel safe to be their authentic selves wherever they live or receive care, and do not have to fear going back into the closet in later life.

**Tickets:**

[www.ticketsource.co.uk/the-courtyard-theatre](http://www.ticketsource.co.uk/the-courtyard-theatre)

**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 3rd July - Royal Portraits: A Century of Photography

Wednesday 7th August - Buckingham Palace

Wednesday 4th September - Paintings at Hampton Court Palace

Wednesday 2nd October - Royal Fashion

Wednesday 6th November - Drawings in the Royal Collection

Wednesday 4th December - A History of Performance at Windsor Castle

**Join Zoom Meeting – camera on or off:**

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

Meeting ID: 440 773 2986

**London Zoo**

**Tea and Talk (Free event)**

**A Monthly activity for older people (60+) at risk of isolation** Held in our brand-new Community Space on the 2nd Tuesday of each month (from March – December).

From 10.30am-12.30pm

There will be a different activity each month, which may include making enrichment for our animals, a quiz or arts and crafts activities. Each session

you will also get an opportunity to meet a member of our team such as a keeper, scientist, or librarian.

Tea, Coffee, and Biscuits will be provided.

Please call 07966 294 022 or email: [communityengagement@zsl.org](mailto:communityengagement@zsl.org) to book a space. More information will be sent out after your booking is confirmed.

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

**5th July 1.00pm** - Royal Academy of

Music presents Paloma Camarasa mezzo soprano & Krisztina Orvos piano

**12th July 1.00pm** - The Englefield Ensemble

**19th July 1.00pm** - Patrick Hemmerte - Beethoven - Sonata no 2 in D minor Op 31

"Pastorale" Op 5 & Medtner - Sonata in G minor Op 22

**26th July 1.00pm** - Jung Eun Serverine Kim - Beethoven - Sonata in C minor Op 10 no 1 & Schurbert - Sonata in C minor D958

**2nd August 1.00pm** - Dobromir Tsenov - Beethoven, Lyubomir Pipkov & Liszt

**9th August 1.00pm** - Ophelia Gordon - Beethoven, Ravel & Kapustin

**16th August 1.00pm** - Royal Academy of Music presents "Sounds of Ukraine"

A tri-venue festival supporting Ukrainian students in London

**23rd August 1.00pm** - Aureus Trio - Haydn - Piano Trio No39 in G Major 'Gypsy' Brahms -Piano Trio No1 in B Major Op 8

**30th August 1.00pm** - Diana Gordiienko piano & friends

### **Healthwatch**

Healthwatch Westminster offers confidential support and free information about NHS health and social care services to help you understand your options and obtain the help you require. We assist with the following questions, issues, and areas: accessing adult social care, filing a complaint with a GP practice or hospital, referring to advocacy services, registering and deregistering from a GP, and informing you of your rights under the NHS Constitution to help you make informed decisions. We are based at the Stowe Centre, 258 Harrow Road W2 5ES, and are in the office every Wednesday from 10:00am to 16:00pm. Alternatively, you can reach out to us by phoning us at 0208 106 1480, or by email

at [info@healthwatchwestminster.org.uk](mailto:info@healthwatchwestminster.org.uk)

### **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.

Phone number: 020 7641 8959 Email: [hia@westminster.gov.uk](mailto:hia@westminster.gov.uk)

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

### **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**

Contact Tess Jelen:  
Email; [t.jelen@btinternet.com](mailto:t.jelen@btinternet.com)  
or text: 0794 6514380

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](http://www.breatheasywestminster.com) to become a free member with regular updates and information.

### **Free Wills Month – October 2024**

Age UK have partnered with Free Wills Month to give our supporters the opportunity to have a simple will written or updated for free.

#### **When is Free Wills Month?**

Free Wills Month takes place in March and October every year, and it will be returning in October 2024.

#### **What is Free Wills Month?**

Age UK supporters who are 55 or over can have a simple will written or updated free of charge by a participating solicitor.

If you choose to write your will through Free Wills Month we hope you'll consider leaving a gift in your will to Age UK, although there's no obligation to do so.

#### **What areas participate in Free Wills Month?**

Free Wills Month takes part in selected locations across England, Scotland and Wales.

Exact locations will be confirmed closer to the time. Contacting Free Wills Month directly is always the best way to find your local participating solicitor.

Please follow the link for further information:

<https://www.ageuk.org.uk/get-involved/donate/leave-legacy/free-wills-month/>

### **Westminster Talking Therapies**

#### **What is Westminster Talking Therapies?**

Westminster Talking Therapies is a **free** and **confidential** NHS service that supports those with mental health difficulties including stress, low mood, anxiety, and more. You can access Westminster Talking Therapies if you are over the age of 16 and live, work, or have a GP in the borough of Westminster.

#### **What support do you offer?**

We provide individual or group Cognitive Behavioural Therapy (CBT) and individual Counselling. We also work closely with other organisations within

Westminster and can signpost you where appropriate. Please see the table below for more information on what we offer.

<b>Low intensity CBT</b>	<b>High intensity CBT</b>	<b>Counselling</b>
<ul style="list-style-type: none"> <li>• One-to-one sessions with a Psychological Wellbeing Practitioner (PWP)</li> <li>• 30-minute sessions</li> <li>• Treatment typically lasts between 4 and 6 weeks</li> <li>• Guided self-help: you are supported by a PWP to understand your difficulties and use self-help materials.</li> </ul>	<ul style="list-style-type: none"> <li>• One-to-one sessions with a CBT Therapist</li> <li>• 50-minute sessions</li> <li>• Treatment typically lasts between 8 and 12 weeks</li> <li>• A CBT Therapist supports those experiencing more complicated difficulties to understand the patterns of thoughts and behaviours that can keep them stuck.</li> </ul>	<ul style="list-style-type: none"> <li>• One-to-one sessions with a Counsellor</li> <li>• 50-minute sessions</li> <li>• Treatment typically lasts between 8 and 12 weeks</li> <li>• Counselling offers more of an exploratory approach and a space to discuss your feelings, relationships, similar situations.</li> </ul>
<b>Group Courses</b>		
<ul style="list-style-type: none"> <li>• We offer both low intensity and high intensity groups delivered by PWPs or CBT Therapists</li> <li>• Courses can last between 4 and 12 weeks</li> <li>• Sessions are typically 90 minutes</li> <li>• You can meet other people who are experiencing similar difficulties</li> <li>• You can share as much or as little as you feel comfortable</li> <li>• Groups take place online and face-to-face</li> <li>• Some of our groups include: Mood Boost, Stress &amp; Worry, How to Feel Good About Yourself, Mindfulness-based Cognitive Therapy, Recovering from Depression, Walking Group.</li> </ul>		

### **What is CBT?**

CBT is a present focused talking therapy which is based on the idea that how you think, feel, and act are connected. With a therapist, you can untangle unhelpful patterns of thoughts and behaviours which can keep problems going.

### **How is therapy delivered?**

Therapy is provided over the phone, online via video call, or face-to-face at one of our offices. You will be asked at assessment which modality you prefer. If English is not your first language, you will have access to an interpreter.

### **How can I access Westminster Talking Therapies?**

You can self-refer by filling out the form on our website

<https://talkingtherapies.cnwl.nhs.uk/westminster> or scanning the QR code.

Alternatively, you can give us a call on:

030 3333 0000 or send us an email at

[Westminster.iapt@nhs.net](mailto:Westminster.iapt@nhs.net).

You can also get a referral through your GP.

Where are we based?

Our offices are at two locations in Westminster:

**North Hub:** 11 Praed Street, W2 1NJ

**South Hub:** 190 Vauxhall Bridge Road, SW1V 1DX

### **External Dementia services**

#### **Resonate Arts**

**Our weekly Creative Dance & Movement** sessions take place on Monday 24th June, 2.00pm–3.30pm at Penfold Community Hub, 60 Penfold Street, NW8 8PJ. Gentle, friendly and playful movement class, chair-based if needed. To book your free place, please call Katie on 0300 030 7212 or email: [info@resonatearts.org](mailto:info@resonatearts.org)

**Our Singing with Friends Choir** rehearsals take place in person at Wigmore Hall on Tuesday 25th June and also online (via Zoom) on Tuesday 18th June. For more info, please call Shelley on **0300 030 7212**.

**Memory Café North** Wednesday 26th June, 2.30pm–4.30pm

42 Westbourne Park Road, Bayswater, W2 5PH

Providing group-based support for people living with dementia and memory loss.

Call London Care Westminster on 020 7723 5425 or email:

[marco.sepe@candhealthcare.co.uk](mailto:marco.sepe@candhealthcare.co.uk)

### **Housing Benefit Claimants to be migrated to Universal Credit**

What everyone who receives Housing Benefit must do from June as major changes explained

Claimants will receive Migration Notice letters in the post.

Major changes are happening from June affecting people who receive Housing Benefit. People who receive Housing Benefit only will be receiving a letter from the DWP over the coming weeks outlining the changes and what they need to do.

Anyone who doesn't take action will suffer disruption to their payments as their current benefits will stop. This will happen three months from when claimants receive a Migration Notice letter in the post as part of the move to Universal Credit.

People will need to apply for Universal Credit (UC) and the process will not be automatic. The letters will tell claimants what they will have to do next and how to go about applying for UC.

Claimants are being urged not to ignore the Migration Notice letter when it arrives. Advice is available online for anyone who is worried or unsure about what is happening.

This can be found by following the link below. It is part of the long-running process to move people on benefits over to UC.

<https://www.gov.uk/guidance/tax-credits-and-some-benefits-are-ending-move-to-universal-credit>

## **BT Digital Voice**

### Switch from Analogue to Digital landline connection

The UK government is taking further action to delay the switch off of traditional landline technology amidst growing fears vulnerable Brits could be left without essential telecare services.

Phone network operators including Openreach, CityFibre and Community Fibre have joined others including Virgin Media O2 and BT in promising to protect the nearly two million customers who use personal alarm safety devices that rely on old landline technology to function.

The government said the new agreement with telecoms firms "will better protect those using personal alarms, known as telecare, which offer remote support to elderly, disabled, and vulnerable people – with many located in rural and isolated areas."

BT customers given five-word warning if you don't want your landline switched off.

### **Customers with the telecoms giant are slowly being transitioned into a new, more modern service.**

BT customers have been told they must utter five magic words to the telecoms company if they wish to keep their current landline.

The firm is 'modernising' its UK phone network, with crews converting analogue lines to digital after the former were deemed too expensive to maintain.

They are following a timetable to transition their entire network by January 27, and firms like Virgin Media and O2, among others, are expected to follow. While the change to digital is not expected to bring any connection hiccups to analogue households, their reliance on electricity will mean they don't work during power cuts or other unexpected outages.

Vulnerable Britons who require 24/7 access to their landlines will want to keep their current connections, and they can do so if they tell BT.

Anyone classed as vulnerable who wishes to remain attached to an analogue network - which can operate separately from an internet connection - must inform BT.

Vulnerable Britons are those who claim disability allowance, suffer from mental health issues, or feel confused and anxious about the digital switch. They may also be people living in isolated areas where power cuts are more commonplace or where there is limited mobile reception.

Those who fall within these criteria must call BT on 0330 1234 150 and press "one", "one", and "five" after they reach the automated response.

They must then say "I am a vulnerable customer", and explain why they don't want to switch to digital.

People will be informed beforehand whether they live in an area that is being transitioned to the digital service, usually through letter communications.

Those who choose to accept the switch will be given a date on which they can anticipate the switch and a small, palm-sized adapter in the mail that they can plug into an electricity outlet.

The outlet comes equipped with a remote signal that will enable phone calls over the internet via wifi.



## **Early Detection: Your Best Defence Against Cancer**

As we journey through life, it's an inevitable truth that our bodies change. As we age, the risk of cancer increases, making early detection crucial for effective treatment and improved outcomes. At Age UK Westminster, we understand the importance of proactive health measures, which is why we're here to empower you with information and support to live longer and better lives.

### **Why Early Detection Matters:**

The earlier cancer is detected, the easier it is to treat. This simple truth underscores the importance of regular screenings and prompt attention to any changes in your body. Here's why early detection is vital:

- **Easier Treatment:** Catching cancer in its early stages often means less aggressive treatments and a higher likelihood of successful outcomes.
- **Reduced Spread:** Early detection reduces the risk of cancer spreading to other parts of the body, improving outcome and quality of life.
- **Improved Survival Rates:** Timely detection significantly increases the chances of survival, offering hope and optimism for the future.

### **Taking Charge of Your Health:**

Empower yourself with proactive steps to safeguard your well-being:

- **Listen to Your Body:** Pay attention to any changes, such as new lumps, blood in urine or poo, or persistent coughs. These could be early warning signs of cancer.
- **Consult Your GP:** Don't hesitate to discuss any concerns with your general practitioner or other health professional. They are there to support you and provide guidance on next steps.
- **Attend Screening Appointments:** Take advantage of screening programs and tests offered to your age group. These screenings can detect cancer at its earliest, most treatable stages.
- **Open Dialogue:** Talk openly about your health concerns and fears with your healthcare provider and loved ones. Support and understanding play a crucial role in navigating health challenges.

### **Support for Screening Attendance:**

Age UK Kensington & Chelsea and Age UK Westminster are committed to ensuring that residents aged 50 and above can attend their screening appointments without barriers. We provide transportation assistance for those who would otherwise face challenges in reaching their appointments.

If you reside in Kensington & Chelsea, call **020 8969 9105**.

If you reside in Westminster, call **020 3092 9914**.

### **Did You Know?**

- **Bowel Cancer:** The fourth most common cancer, early detection through screening can significantly improve outcomes. Offered to men and women aged 52 to 74. Residents aged 75 and above can request a screening test by calling 0800 707 6060.

- **Breast Cancer:** Regular screenings every three years from ages 50 to 71 are essential for early detection. For those aged 71 and above, appointments can be requested by calling 020 3758 2024.
- **Cervical Cancer :** There is a programme for preventing this cancer by detecting and treating early abnormalities which, if left untreated, might lead to cervical cancer. Screening is offered every 5 years to women aged up to 64 at your GP practice.
- **Prostate Cancer:** Request a blood test from your GP to monitor prostate health. This is particularly important for men, with a higher risk among black ethnic communities and those with a family history.
- **Lung Cancer:** Individuals aged 55 to 74, with a history of smoking, can request a free NHS lung health check by calling 020 7351 8607. This programme is active as from April 2024

If you have any health concerns, don't hesitate to reach out to your GP or other health professional for guidance and support. Age UK Westminster and Age UK Kensington are here to support you on your health journey, providing transportation assistance for screening appointments.

### **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.

### **General Election – Thursday 4th July 2024**

#### **What you need to know:**

##### **To register to vote:**

- If you are not already registered to vote, you can check that you are eligible to vote [here](#). Broadly speaking, you need to be aged 18+ and a British, Irish or qualifying Commonwealth citizen.
- To vote in the General Election, you need to be registered to vote by midnight on Tuesday 18th June.

- You can register online [here](#). You'll need your National Insurance number.
- Alternatively, you can download the forms [here](#) and post them back to your local Electoral Registration Office.

#### **If you don't want to vote in person**

- You can also apply for a postal vote. This must be done by 5pm on Wednesday 19th June and can be done [online](#) or by [post](#). You don't need photo ID to apply for a postal vote.
- You can apply to vote by [proxy](#) (so someone can vote on your behalf) by 5pm on Wednesday 26th June, which doesn't require you to have photo ID, just your National Insurance number

#### **Check you have the right photo ID to vote in person**

- There is a wide range of accepted ID you can use, such as your driving licence, bus pass, passport and Blue Badge. You can check the full list on the [Electoral Commission's website here](#).
- These don't even need to be in date, as long as the photo on that ID still looks like you and has the same name on it that you registered to vote with.

#### **What to do if you don't have the right ID**

- If you don't have any ID on the list, don't worry! If you are already registered to vote, you can apply for a free Voter Authority Certificate.
- This can be done [online](#) or by [post](#), just make sure you do so by 5pm on Wednesday 26th June.
- Your local council can help you take a photo if you're struggling, and you can also call the Electoral Commission helpline at 0800 328 0280 for any extra support.
- The great thing about a Voter Authority Certificate is that if you got one last year or in May, you can use it again.

Lots of useful information can be found on [Age UK's website](#) too.

It's important everyone knows about these rules so they can vote easily.