

Age UK Westminster Fortnightly Schedule of Activities

'Christmas Edition' Seasons Greetings



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

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.

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 25th November - Tuesday 17th December

Monday 25th November	11.00am-12.30pm Coffee Morning at Hotel 63
Tuesday 26th November	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Wednesday 27th November	10.30am-12.30pm Fit4Life Exercise in Pimlico
Wednesday 27th November	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 28th November	11.00am-1.00pm Digital Support at Pimlico Library
Thursday 28th November	11.00am-12.30pm Coffee morning at Regent Hall
Thursday 28th November	12.00pm-1.30pm Wreath Making at the Beethoven Centre
Thursday 28th November	1.00pm-3.00pm Social Group at Hope in the Community
Friday 29th November	11.00am-12.00pm Dance West at the Beethoven Centre
Tuesday 3rd December	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Wednesday 4th December	10.30am-12.30pm Fit4Life Exercise in Pimlico
Thursday 5th December	1.30pm-3.30pm Digital Support at Marylebone Library
Friday 6th December	11.00am-12.00pm Dance West at the Beethoven Centre
Monday 9th December	11.00am-12.30pm Coffee Morning at Hotel 63
Wednesday 11th December	10.30am-12.30pm Fit4Life Exercise in Pimlico
Wednesday 11th December	2.00pm-4.00pm Digital Support at Church Street Library
Thursday 12th December	11.00am-12.30pm Coffee morning at Regent Hall
Monday 16th December	11.00am-12.30pm Memory Café at Regent Hall
Tuesday 17th December	11.00am-1.00pm Digital Support at Paddington Library



Age UK Westminster are organising several Christmas Afternoon Teas and Christmas Lunches throughout Westminster. If you would like to register to attend one of our Christmas events please contact Souad, details above.



We have several events scheduled over the next few weeks which may be of interest:

- **Thursday 12th December 2.30pm-4.30pm – Afternoon Tea provided by Bain & Co at Grosvenor Hall, Vincent St, London SW1P 4HB**
- **Friday 13th December 11.30am-2.30pm – Christmas themed Afternoon Tea at the Beethoven Centre with Newton Impact. We will be accompanied by ‘Zumba’ with Andrea and there will also be digital help if anyone needs help/support with their digital device. Please bring your device with you and receive one to one support.**
- **2nd-5th December 10.00am-6.00pm - WILL AND TESTAMENT - THE RETURN OF THE OBA'S Art Exhibition. Further details below.**
- **Monday 16th December 11.00am-1.00pm – Memory Café and coffee morning at Regent Hall, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station open to all. Carol Singers from Holy Trinity CE Primary School will be performing. Further details below.**

Age UK Westminster message

As winter approaches Age UK Westminster is concerned about the wellbeing of older people in Westminster, following the Government's withdrawal of the Winter fuel allowance for those not on Pension credit or other means-tested benefits. We know that heating bills are worrying in Winter and the means-testing of the Winter Fuel allowance will leave many pensioners in Westminster struggling financially. If you would like a benefit check to check what benefits you could be entitled to, please call our enquiry line on 0203 004 5610 Monday-Friday between 10.00am-2.00pm.

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 28th November – ‘Caterpillar Hall’ by Anne Barrett – The first ever paperback edition of the 1950 novel from a children's writer much admired in her time and still highly regarded today.

Thursday 12th December – Christmas themed prize quiz.

Thursday 9th January - 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 as from 2nd July. **Last session of 2024 will be 3rd December, and we will return on 7th January.**

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. **Last session of 2024 will be 11th December, and we will return on 8th January.**

Dance West returns to the Beethoven Centre, Third Avenue, London W10 4JL

Our partnership with Dance West continues with further dance sessions

11.00am-12.00pm:

Refreshments will be provided.

Friday 29th November

Friday 6th December – **Last session of 2024**

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

These are now being held on a monthly basis.

Thursday 16th January - Guest Speaker to be arranged.

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

Monday 25th November – Social coffee morning

Monday 9th December - 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!!

Monday 6th January – Guest Speaker to be arranged.

Monday 20th January – Guest Speaker Chris Barlow 'The Arts of London' Part One.

Crafts and Wellness 5 session workshop with Learning Unlimited on the following Mondays:

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.

The last session of 2024 will be held on 11th December, and we will return on the 8th January.

Thursday 28th November 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

Thursday 28th November will be a Social Christmas Tea with Corinne.

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

2nd-5th December 10.00am-6.00pm - Art Exhibition - All is Joy Gallery/Studios, 75 Dean St, London W1D 3PU

Let's fill the city with artists! The OBA's - WILL & TESTAMENT

A collective art exhibition showcasing the inspiring works of artists over the age of 80 with a junior category for under 80s. This exhibition celebrates the voices of adult creators who channel their unique perspectives on themes such as the passage of time, isolation, mental health, sexuality, and more, through a wide range of creative mediums. From vibrant abstract pieces to intricate portraits and evocative poetry,

each artwork tells a story shaped by decades of observation, wisdom, and artistic sensibility.

The featured works have been carefully selected from entries from the Age UK Westminster community, refugee artists, and independent creatives. Among the participants are both amateur and professional artists, some of whose works may be recognisable.

A special private opening reception will be held on December 2nd, 2024, from 5pm at All is Joy Studios in the heart of Soho, offering an opportunity to view and purchase artworks. The bar will be open until midnight. If you cannot attend the private view, the exhibition is free and will run until December 5th, 2024, from 10.00am to 6.00pm. Join us as we celebrate the enduring artistry and vibrant perspectives of these creators.

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 on **Thursdays** from **11.00am to 1.00pm**. The next dates are 28th November & 23rd January

Marylebone Library

Thursdays – 5th December & 9th January - 1.30pm-3.30pm
9-11 New Cavendish Street, W1G 9UQ

Church Street Library

Wednesdays – 11th December & 15th January - 2.00pm-4.00pm
67 Church Street, NW8 8EU

Paddington Library

Tuesdays - 17th December & 21st January - 11.00am-1.00pm
Porchester Road, W2 5DU

Mayfair Library

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

OTHER EXTERNAL ACTIVITIES WITHIN WESTMINSTER

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

Last session of 2024 will be on 13th December and we will return on 10th January 2025

"Our Pimlico": A Community Film Made by Pimlico Residents Tackling Loneliness and Division - Premieres on YouTube

This summer James Broadley worked with Pimlico Residents to create a film. The movie is now complete, and an event has been organised to share the project with the community.

Residents of Pimlico are invited to attend this exciting evening celebrating the community of Pimlico! Whether you've lived here for decades or just moved in, this is your chance to connect with neighbours, share stories, and enjoy an inspiring night filled with creativity, connection, and fun.

Date & Time: Tuesday 26th November 6.00pm - 8.30pm

Location: Churchill Gardens RA (upstairs hall)

Limited spaces – booking is essential: [BOOK HERE](#) or follow the link:

<https://www.eventbrite.co.uk/e/our-pimlico-film-screening-community-dinner-tickets-1077679521459?aff=oddttdtcreator>

[Watch the trailer for Our Pimlico here!](#)

What to Expect:

Live Singing by "Sing Out! Pimlico" – plus a group singing workshop to get everyone involved!

Film Screening: Our Pimlico – a beautiful showcase of local voices and stories.

Q&A Session with the film crew to learn about the creative journey.
Community Conversations about creativity and Pimlico's future.
Fun Games exploring themes of belonging and connection.
Delicious Hot Meal: Enjoy a nutritious Hot dinner, prepared by a professional caterer.
Showcase of Local Talent: Featuring inspiring work by Pimlico's artists, writers, and filmmakers.
How to Join:
Spots are limited, so secure your place through this: [Quick link!](#)
If you're unable to donate for your ticket, don't worry – just email James Broadley and he'll make sure you're included:
Email: info@mafiaweekend.com
Tel: 07846 804143 and we'll make sure you're included.

Royal Ballet and Opera announce their Relaxed Performance Season - Royal Opera House, Covent Garden, London WC2E 9DD

If you would like to attend, you can book using the information below:

Ruination.

7th December 2024. 2:30pm. Linbury Theatre.

Dance theatre company Lost Dog reimagines the Greek myth of Medea.

Suitable for ages 14+. Mature themes.

Ticket Prices: £5.00 to £30.00

[Book now](#)

Cinderella.

14th December 2024. 12:30pm. Main Stage.

This Christmas, be transported into an ethereal world where a sprinkling of fairy dust makes dreams come true.

Suitable for all ages.

Ticket Prices: £5.00 to £30.00

[Book now](#)

Hansel and Gretel.

4th January 2025. 12:30pm. Main Stage.

A delicious treat for all the family returns this Christmas.

Suitable for all ages.

Price: £5.00 - £30.00

[Book now](#)

If you wish to discuss your accessibility requirements or experience any issues booking your tickets online, please email boxoffice@roh.org.uk or telephone; 020 7304 4000 with any questions.

Thursday 28th November - 12.30pm-2.00pm - JoJays will be hosting their COMMUNITY LUNCH CLUB - ALL ARE WELCOME at the Beethoven Centre. Third Avenue, London W10 4JL funded by the Peabody Community Fund.

Our last Lunch Club of the year will be next Thursday 28 November.

On the menu this month:

'No beef' Stew

Roast potatoes, parsnips and cauliflower

Mixed sauté vegetables

Fresh green salad

Plus a portion of fruit

Only £3.00

Various homemade, reduced sugar cakes

£1.50

FREE tea, coffee & hot chocolate

We will also have a free raffle available for all attendees.

Prizes will be healthy snack packs

Come along with your friends and neighbours and enjoy a delicious hot meal while spending time together.

There will also be a presentation at 13.30 from Westminster Council representatives who will be talking about what the Westminster City Council can do for residents, the services they provide and how to engage more in their decision making process.

Please stay to find out more from 13.30

Funded by Peabody Community Fund

Please contact JoJays to register your attendance:

jojayscommunitylunchclub@gmail.com

07308 155938

Thursday, 28th November 7.00pm – 9.00pm - Polish Themed Evening Supper provided by the WestEnd Community Trust, St Anne's Church Hall, 55 Dean Street, London, W1D 6AF

Please join us for our Polish Themed Evening Supper. We are really looking forward to a lively and enjoyable evening, with food, drink and live entertainment.

You will be invited to BOOK your place by phone or email. Places will then be allocated on a first come first serve basis, if you do not have written confirmation of a place and your name is not on the entry list then you will not be allowed ENTRY to the event. If you cannot attend, then do let me know so we can reallocate your place.

Please RSVP to reserve your place, contact:

Viola Etienne, Tel:07502106713

or Email: viola@westendcommunitytrust.org.uk

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 4th December – A History of Performance at the Royal Court, from jousting to Shakespeare, with some additional modern pantomime.

Wednesday 8th January - Robert Burns in the Royal Collection

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 29th November 1.00pm – Royal Academy of Music presents Ekaterina Grabova

Friday 6th December 1.00pm – Royal Greenwich Brass Band

Friday 13th December 1.00pm – Jingle Bell brass

Friday 13th December 3.00pm – Sing Christmas with the Salvation Army

Friday 10th January 1.00pm – Countess of Wessex's String Orchestra

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

AGE UK WESTMINSTER DEMENTIA SERVICE

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

Monday 16th December 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 – Children from the Holy Trinity CE Primary School will be Carol Singing so come along and enjoy their performance. All are welcome!

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

Last group session of 2024 will be held on 17th December and we will return on 7th January 2025

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 25th November, 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, 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 26th November and also online (via Zoom) on Tuesday 26th November. For more info, please call Shelley on 0300 030 7212 or info@resonatearts.org

Music for the Moment concert taking place in November as part of our free dementia-friendly concert series in partnership with the Royal Academy of Music:

Friday 29th November at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT from 2.30pm, with Llinos Haf Jones (mezzo soprano) & Maya Sayag (soprano) from RAM.

Other Dementia service providers

Memory Café North Wednesday 27th November, 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@candchealthcare.co.uk

Video and Tea Wednesday 27th November, 1.30pm – 4.30pm

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Watch a screening of the film 'Esio Trot' followed by a delicious tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. Call: **020 7286 5181**.

The Revellers Club – FREE monthly creative workshops at Royal Albert Hall

For: People living with dementia and their carers.

When: Monthly, 10.30am-12.15pm

What: The Revellers Club welcomes people living with dementia and their carers to take part in creative activities in a fun, welcoming and supportive environment. Taking inspiration from the Hall's eclectic and vibrant history, mischief and merrymaking will be encouraged! We welcome family members, partners, carers or friends to come along and join in! All session will follow current Dementia Friendly guidance to ensure they are accessible and welcoming for participants.

2024 Workshop Date:

- **Thursday 12th December**

If you would like to attend, please email Perdie on perditab@royalalberthall.com

Opera Holland Park Inspire Community Concerts - FREE

Relaxed, dementia-friendly concerts Join us for an hour of joy through music

Wednesday 15th January 2.00pm

St Mary Abbots Church, Kensington Church Street, W8 4LA

Doors open 1.45pm Concert 2.00pm-3.00pm

Follow the link and book here:

<https://operahollandpark.com/events/inspire-community-concert-january/>

Or telephone 020 3846 6225 to register your attendance.

INFORMATION & SERVICES

Community Resilience Assessment Consultation Promotion

This consultation will run from October 7th to December 16th, 2024

This is an opportunity to work with Westminster's Resilience Team and contribute to building a more resilient community.

This consultation aims to gain an understanding of the existing capabilities, needs and barriers to emergency preparedness, as well as what tools and resources will aid to enhance community and individual preparedness and resilience. This will allow us to develop a community resilience plan and key initiatives that are equitable, inclusive, and accessible by placing the needs of the community at the centre of our response arrangements.

Email Subject: Westminster's Community Resilience Assessment (CRA) Consultation

Survey Link: [Have Your Say Today - Community Resilience Assessment - Commonplace](#)

Overview

- This short 5-minute survey aims to understand existing emergency preparedness practices, resilience capabilities, needs and barriers to preparedness. Additionally, to gain an understanding of community and individual awareness to risks and hazards the community could face.
- This is an opportunity to work with Westminster City Council's Resilience Team co-develop a community resilience plan and key initiatives that are equitable, inclusive, and accessible by placing the needs of the community at the centre.

Who is this survey for?

- Residents
- Voluntary and Community Sector Organisations (VCS)
- Faith Organisations

About this survey

Emergencies can happen at any time and affect anyone. The Resilience Team in Westminster City Council (WCC) aims to empower individuals and communities to prepare, respond and recover from emergencies. This consultation aims to gain an understanding of the existing capabilities, needs and barriers to emergency preparedness, as well as what tools and resources will aid to enhance community and individual preparedness and resilience. This will allow us to develop a community resilience plan and key initiatives that are equitable, inclusive, and accessible by placing the needs of the community at the centre of our response arrangements.

This is an opportunity to work with Westminster's Resilience Team and contribute to building a more resilient community.

Thank you for helping us keep the community safe, secure, and prepared for future emergencies.

Questions & Assistance: For any questions or if anyone experiences difficulty filling out the online survey and would like one-to-one support, please contact **Michel Nunez Lopez**, Westminster City Council's Community Resilience Officer, at community.engagement@westminster.gov.uk

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
 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 to become a free member with regular updates and information.

RNIB

Calling All Adult Women and Men with Sight Loss

We want to hear your experiences of getting around, personal safety, employment, family, and relationships.

To help RNIB improve the support available to blind and partially sighted people across the UK and to focus on what matters to you, please complete the Autumn 2024 survey via the link below:

<https://www.surveymonkey.com/r/LWJFYHP>

The survey is open until 20th December 2024.

If you are unable to complete an online survey and have not already registered to get involved, please call RNIB Helpline on 0303 123 9999. Our advisors will complete a registration form with you, so we call you to ask survey questions about future topics.

Greening Westminster

Christmas event organised by Westminster City Council in collaboration with The Onion Garden, 5 Seaforth Place, London SW1E 6AB on Wednesday 11th December.

Greening Westminster is an annual grant funding programme designed to improve and increase Westminster's green infrastructure and open spaces. The programme seeks to continue to connect with and empower community groups across the borough to ensure fairer access to high-quality green spaces.

As part of the continued development and community outreach of the Greening Westminster programme, we are proposing to co-create community events in collaboration with three Greening Westminster project teams in the run up to Christmas 2024. The impetus behind these pilot events is threefold:

1. **Celebrate the successful delivery of Greening Westminster projects** and raise awareness of the impact and encourage applicants for the next grant funding cycle.
2. **Promote the green spaces amongst new communities** to widen their reach and impact.
3. **Target residents with protected characteristics** to participate in the event and activities to build a sense of community and belonging at a time of year when many people – particularly those with protected characteristics feel isolated and alone.

The proposed event structure will include:

- A brief introduction and tour of the space delivered by the host and Council Officer.
- An opportunity to meet and mingle with catering.
- A festive activity such as wreath making.
- Group photos.

For more information or to register your attendance please contact
Jasneet Gulshan, Place Shaping Engagement Officer
Culture & Place, Westminster City Council
Tel: 07790 387 249
Email: jgulshan@westminster.gov.uk

**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.

Phone number: 020 7641 8959 Email: hia@westminster.gov.uk

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

Age UK National Loneliness Christmas Campaign

The Campaign will focus on the critical issues of loneliness and isolation. The aim is to highlight the profound impact Age UK services have on older people across the country.

With the whole charity sector currently facing a very difficult financial environment, we want this year's campaign to be better than ever! We're specifically looking to feature local Age UK service users with strong, impactful stories who are happy to share their experiences of loneliness and how Age UK has helped them.

Older People with Compelling Stories of Loneliness and Isolation

- We need individuals who have deeply felt the effects of loneliness or isolation and can speak honestly about their experiences.

- It is crucial that they can also articulate how their Age UK Westminster has supported them, especially through befriending services or social activities.
- Stories about loneliness during the festive period are particularly impactful, as that time of year can be especially challenging.

We are eager to include voices from diverse background

If you would be interested in being involved in the Campaign and have a story to tell about the way you have been affected by loneliness and isolation and the help Age UK were able to provide, please contact Stephen Spavin for further details:

Email: stephen.spavin@ageukwestminster.org.uk

Tel: 07969 302517

Smart Meters

When it comes to energy, a **SMART METER** can make things easier in lots of ways.

SMART METERS EXPLAINED

Smart meters are being installed by energy suppliers. More than half of homes in Great Britain already have a smart meter and every home will be offered the opportunity to upgrade to a smart meter before the end of the rollout. These will replace the traditional meters in your home.

WHAT IS A SMART METER?

A smart meter is the next generation of a gas and electricity meter. Smart meters measure how much gas and electricity you're using, as well as what it's costing you in near real-time on a handy smart meter display.

HOW DO THEY WORK?

With a smart meter you can wave goodbye to estimated billing. The smart meter shows a digital meter reading and uses a secure smart data network (managed by the DCC) to automatically and wirelessly send the readings to your energy supplier at least once a month. That means you shouldn't need to check the meter anymore. You'll also get more accurate bills based on the energy you've actually used, not an estimate.

WHY SHOULD I GET A SMART METER?

Smart meters can help put you in control by tracking what you're spending on energy. That could help you budget for your energy bills and show you where you could take small steps to reduce your energy use.

According to Delta-ee, an energy research company, making small steps in your home could save customers over £50, or £100+ in households with medium to high energy consumption.

Information from smart meters can also help create a more efficient energy system that makes use of more renewable sources such as wind and solar power, reducing our reliance on expensive fossil fuels and gas imported from abroad.

If you would like further information, please contact Age UK Westminster:

Enquiries: Tel: 020 3004 5610 Email: enquiries@acwestminster.org.uk

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>