

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

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 2nd September - Friday 13th September	
Monday 2nd September	11.00am-12.30pm Coffee Morning at Hotel 63
Tuesday 3rd September	1.00pm-3.30pm Fit4Life Exercise at the Beethoven Centre
Wednesday 4th September	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 5th September	No 'Hope in the Community' at the Gordon Hospital
Monday 9th September	12.30pm-3.30pm Afternoon Tea with TikTok at the Beethoven Centre
Tuesday 10th September	No Fit4Life at the Beethoven Centre
Wednesday 11th September	2.00pm-4.00pm Create Ceramics workshop at Kensington Palace
Wednesday 11th September	2.00pm-5.00pm Bridge Club at Mayfair Library
Thursday 12th September	11.00am-12.30pm Flaneur Walk in Regent's Park
Thursday 12th September	2.00pm-4.00pm Tea and Chat at St Marylebone Parish Church

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

There will be no Coffee mornings on Thursday 5th September.

Thursday 19th September – Guest Speaker to be arranged.

Thursday 3rd October – 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. **Please note that there will be no classes on the following dates 10th September & 29th October.**

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.

Dance West at 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.

There will be a short break before the Autumn season classes and the restart of classes from Friday 27th September.

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 12th September - Guest Speaker to be arranged.

Thursday 10th October - Guest Speaker to be arranged.

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

Monday 2nd September – Guest Speaker Chris Barlow 'Looking Up Art is All Around US'

Monday 16th September - Prize Quiz, test your knowledge and skill!

Monday 30th September – Guest Speaker Chris Barlow 'From Aria to Zarzuela' - A brief History of Opera

Monday 14th October - Guest Speaker to be arranged

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

Thursday 19th September 1.00pm-3.00pm and every fortnight - Hope in the Community at the Gordon Hospital, Bloomburg Street, London, SW1V 2RH

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

There will be no social afternoon on Thursday 5th September.

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

Email: stephen.spavin@ageukwestminster.org.uk

Tel: 07969 302517

Monday 9th September 12.30pm-3.30pm Afternoon Tea – Music and Dance provided by TikTok at the Beethoven Centre, Third Avenue, W10 4JL

Enjoy another afternoon tea with music and dance provided by TikTok.

Thursdays 12th September & 3rd October 11.00am-12.30pm Age UK Westminster 'Flaneur' walk

Flaneur, 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 flaneurs 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 Enquiries: Tel: 0203 004 5610 or Email:

enquiries@ageukwestminster.org.uk

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

Monday 16th September 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 – **The Wallace Collection will be presenting.**

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

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

Singing for the Mind Every Thursday, 2.00pm – 4.00pm (excluding public holidays)

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA
Singing for the Mind is a stimulating, professionally-led, friendly and, above all, fun singing session for people with memory loss. Contact sfm@ljs.org or **020 7286 5181** to learn more and to register.

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions return on **Monday 9th, 16th, 23rd & 30th September 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

Resonate Arts Summer Celebration! takes place at **St Peter's Church, Notting Hill** on **Thursday 12th September 2.00pm – 4.00pm**. Join us for tea, cake and lots of fun activities! **Booking essential! Please RSVP to:** info@resonatearts.org or call us on **0300 030 7212**.

Creative Space Art sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 16th September 2.00pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or info@resonatearts.org

Our **Singing with Friends Choir** rehearsals take a break in August, returning **in person at Wigmore Hall** on **Tuesday 17th & 24th September** and **online (via**

Zoom) on Tuesday 24th September. For more info, please call Shelley on **0300 030 7212** or info@resonatearts.org

Thursday 19th September Coach Trip to Runnymede and Windsor – Limited number of places

This event is only for those residents 65+ and residing in Bayswater and Lancaster Gate wards.

The Coach trip is funded by the Bayswater and Lancaster Gate ward Councils.

The coach will travel to Runnymede whereby we will board a French Brothers riverboat to Windsor and then take lunch at the Old Windsor Toby Carvery. If you meet the criteria and would like further details, please contact Souad.

'Create' Ceramics Art workshop at the Clore Learning Centre, Kensington Palace – Fully booked

This is a 6 week workshop, those registering must be available on the following dates and must be committed to attending all sessions.

At the end of the workshop an exhibition will be organised to showpiece your finished products.

explore different methods of making with clay including pinching, coiling, slab building and sculpting, taking inspiration from natural forms and contemporary/historical ceramics artists.

2.00pm-4.00pm

Wednesday 11th September

Wednesday 18th September

Wednesday 25th September

Wednesday 2nd October

Wednesday 9th October

Wednesday 16th October

Forthcoming 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.

Wednesdays 10.30am -11.30am as from 18th September with refreshments from 11.30am-12.30pm.

Sunday 22nd September 1.30pm and 1.40pm British Museum Silk Roads Community Preview - The Sainsbury Exhibitions Gallery Room 30

The British Museum Great Russell Street London WC1B 3DG - Limited tickets

Camel caravans crossing desert dunes, merchants trading silks and spices at bazaars – these are the images that come to mind when we think of the Silk Roads. But the reality goes far beyond this. Rather than a single trade route from East to West, the Silk Roads were made up of overlapping networks linking communities across Asia, Africa and Europe, from Japan to Britain, and from Scandinavia to Madagascar. This major exhibition unravels how the

journeys of people, objects and ideas that formed the Silk Roads shaped cultures and histories.

The Silk Roads were in use for millennia, but this visually stunning show focuses on a defining period in their history, from about AD 500 to 1000. This time witnessed significant leaps in connectivity and the rise of universal religions that linked communities across continents.

Monday 7th October 12.30pm-3.30pm – Silver Sunday Celebration at the Beethoven Centre, Third Avenue, W10 4JL

To celebrate Silver Sunday 2024, we will be holding an afternoon tea and a 'Get Up and Dance' dancing event.

Enjoy a fun afternoon and your feet will be guaranteed to tap to the beat!

Monday 21st October 3.00pm-5.00pm – Royal Parks - Visit to the Hyde Park Learning Centre

Our first visit to the Royal Parks learning Centre. A member of the Royal Parks Tree Management team will deliver a presentation followed by a walk on Trees of Hyde Park.

Monday 28th October 12.30pm-3.30pm Celebrating 'Black History Month' Beethoven Centre, Third Avenue, W10 4JL - [Further details to follow](#)

In the United Kingdom, Black History Month was first celebrated in October 1987.

People from African and Caribbean backgrounds have been a fundamental part of British history for centuries. However, campaigners believe their contribution to society has often been overlooked or distorted.

It gives everyone the opportunity to share, celebrate and understand the impact of black heritage and culture.

This year's theme for Black History Month is "Reclaiming Narratives," and marks a significant shift towards recognising and correcting the narratives of Black history and culture.

By emphasising "Reclaiming Narratives," we shine a brighter light on our stories, allegories, and history.

This theme underscores a commitment to correcting historical inaccuracies and showcasing the untold success stories and the full complexity of Black heritage. It's about taking control of our stories and honouring our heroes while challenging the narratives that have often overlooked the contributions and achievements of Black individuals both in the UK and globally.

Our aim is to celebrate the rich tapestry of Black history, to acknowledge and appreciate the myriad contributions of Black individuals throughout history.

If you would like to nominate an African or Caribbean that has influenced you or greater society (Politician/political activist, singer, actor, etc) please do let us know so that we can mention them in the day's event.

If you have a story to tell or experiences to share regarding life in the UK we would find this of great interest.

2nd-5th December - 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

We are delighted to announce that Age UK Westminster will be hosting an Art exhibition of our clients work in December to follow the Frieze annual art Fair. As the event has been of great interest the date of the event has been extended to December.

We have secured gallery space in Soho, and we hope to attract visitors from all walks of life and all ages. We would like to invite all of you to submit work, whether you are an established artist, Sculptor, Designer or Photographer or an amateur. As well as more traditional figurative work we are especially interested to receive works reflecting how you may feel or other impressions of your life and in all mediums including film and sound. No matter how big or how small, if you want something you have created to be seen by a wider audience do submit an entry. If you have any questions, please contact: fiona@film-unit.co.uk

Will & Testament will run from 2nd to 5th December 2024 at the 'All is Joy' Gallery in Dean Street, Soho. We want to attract both professional and amateur Artists, and you can submit as many pieces of work as you want. All submissions must be made using the form below with a photo or if your work is performance art or film, a short clip. **The closing date for submissions is FRIDAY OCTOBER 25TH and must be sent to:**

fiona@film-unit.co.uk

For those wishing to provide an exhibit please contact Stephen Spavin for the submission form for your work/works.

stephen.spavin@ageukwestminster.org.uk

If your work is selected, we would ask you deliver the completed work to our collection point by Friday 22nd November. All selected paintings, Prints or Photographs must be mounted or framed and ready to be hung.

We are particularly interested in aspects or impressions of Age, and have facilities to show film, sound or performance art as well as photographs, painting and sculpture. Due to the amount of interest, there will be a selection panel made up of working Artists,

If you are selected for the exhibition, there will also be an opportunity for you to sell your work, although it is not a requirement for entering the exhibition. This may be useful for photographers or printmakers who may want to offer limited editions of a piece of their work. In the event of a sales enquiry either the gallery or AUKW would pass on the buyer's details directly to the Artist as we are not permitted to handle sales such as this. No commission would be taken on any sale

In the meantime, if you have any questions, just contact Fiona at the address above.

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.

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 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

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 **11am to 1pm**. The next dates are 26th September and 24th October.

Marylebone Library

Thursdays – 5th September & 3rd October - 1.30pm-3.30pm
9-11 New Cavendish Street, W1G 9UQ

Church Street Library

Wednesdays – 11th September & 9th October - 2.00pm-4.00pm
67 Church Street, NW8 8EU

Paddington Library

Tuesdays - 17th September & 15th October - 11.00am-1.00pm
Porchester Road, W2 5DU

Mayfair Library

Fridays - 27th September & 25th October - 2.00pm - 3.30pm
25 South Audley Street, W1K 2PB

Learn My Way Digital Learning

Our **Learn My Way** sessions are **FREE** digital learning sessions in which learners are supported by volunteers to complete topics from the **Learn My Way** online learning platform. Topics cover everything from finding your way around your tablet, searching the internet and sending emails to staying in touch, shopping online and online safety and security. You choose the topics that interest you, and learning takes place at your own pace.

The sessions take place at our **Sky Up Digital Hub** at the Beethoven Centre, Third Avenue, Queen's Park W10 4JL. Next dates are:

Friday mornings weekly 10.00am to 12.00pm 13th September to 1st November 2024

Bring your own digital device if you have one (such as smartphone, tablet, iPad or laptop) or just bring yourself and make use of the tablets and laptops available at our Digital Hub.

To **book your place** (booking is required for these sessions) - or if you have any questions – get in touch with our Digital Inclusion Coordinator Sarah on **07399 301938** or at [**sarah.robinson@ageukwestminster.org.uk**](mailto:sarah.robinson@ageukwestminster.org.uk).

7th October - 9th December Mondays 10.30am to 12.15pm (no session on 21st October) - The Recital Hall, Royal College of Music, Prince Consort Road, London SW7 2BS

Free singing and songwriting project for people living with dementia in London

Turtle Song is a 9-week programme of free singing and songwriting sessions together with people living with dementia and all forms of memory loss and their companions and carers. Participants will work with a professional composer, director and team of student musicians to compose their own song cycle which will culminate in a performance for friends and family.

Companions and Carers are welcome.

Sign up for FREE or find out more charlotte@turtlekeyarts.org.uk 020 8964 5060

Boccia

When: Monday 9th September, 10:30-11:20am

Where: Moberly Sports Centre

25 Chamberlayne Road, Westminster NW10 3NB

First session FREE then £3.45 per session.

All abilities welcome, accessibility access available

Sport for Confidence place an Occupational Therapist and Coach into a leisure centre to make reasonable adjustments and break down barriers to enable everyone to participate in sport and physical activity and experience positive outcomes in their lives.

For further information contact the Lead Occupational Therapist: Ava Thomas email ava@sportforconfidence.com or call 07706 364225

Friday 6th September 11.00am-1.00pm Open Day – Sport for Confidence Free Taster Sessions - Sports Hall, Queen Mother Sports Centre, 223 Vauxhall Bridge Road, Victoria, SW1V 1EL

We will be delivering free taster sessions including Boccia, Racket Sports and Seated Gentle Exercise. We would like to welcome carers, health professionals, current and potential new participants, and other local organisations.

For further information email info@sportforconfidence.com

or contact Occupational Therapist Jennifer Brookland on 07355 093142

If you would like to self-refer into our service, please follow this link

<https://www.sportforconfidence.com/referral/>

It would be great to see you at the Open Day.

Opera Holland Park Inspire Community Concerts - FREE

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

Monday 16th September 12.00pm

St Peter's, Notting Hill W11 2PN

Doors open 11.45am Concert 12.00pm-1.00pm

Follow the link and book here:

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

Wednesday 16th October 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-october/>

Monday 4th November 12.00pm

St Peter's, Notting Hill W11 2PN

Doors open 11.45am Concert 12.00pm-1.00pm

Follow the link and book here:

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

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.

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 sessions will follow current Dementia Friendly guidance to ensure they are accessible and welcoming for participants.

2024 Workshop Dates:

- **Thursday 5th September**
- **Thursday 10th October**
- **Thursday 7th November**
- **Thursday 12th December**

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

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.

Membership to our Supporters' Group costs £10.00 a year (or £18.00 a year to cover postage of newsletters and notices if you don't have internet or email).

We aim to arrange talks and guided tours at the venues we visit, often enjoying private access on days when they are closed to the public. The venues, of course, make a charge which we must pass on to our members attending and this can vary depending on the circumstances

If you are interested, please contact our Membership Secretary by phone (020 8742 2355) or by email (ntlondoncentre@outlook.com) for a membership form and details of the current programme.

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 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

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

6th September 1.00pm – Elua- Percussion Duo – Heledd Gwynant & Jess Wood

7th September 5.30pm – Joyful Noises Showcase – Celebrating 140 years of young people at Regent Hall

13th September 1.00pm – West London Tuba Quartet

20th September 1.00pm – Kenny Fu - Haydn, Schumann and Rachmaninov

27th September 1.00pm – Countess of Wessex's String Orchestra – Household Division Musician of the Year Competition

28th September 3.00pm – London Central Fellowship Band of the Salvation Army presents 'Saturday Afternoon Bandstand'

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.

The Social Supermarket St Mary's Bryanston Square Church, 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@ageukwestmnsr.org.uk

Tel: 07969 302517

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/>

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.

Big Give Christmas Challenge 2024

Age UK Westminster are participating in the Big Give Christmas Challenge 2024, the UK's largest match funding campaign. This year, we are focusing our efforts on raising funds for our Digital Inclusion project, an initiative dedicated to providing older adults with the skills and resources they need to navigate the digital world confidently.

As you may know, digital inclusion is crucial in today's society, particularly for older adults who may face barriers to accessing essential services, staying connected with loved ones, and engaging in community activities. Your support can help us bridge this digital divide, ensuring that everyone, regardless of age, can fully participate in the digital age.

An important part of the campaign process is to encourage our supporters to make promises of funding, called 'Pledges', which will be used as match funds to double online donations made to our charity during the campaign. Their commitment to funding might also help us to secure additional match funds via a Champion funder (which is sourced by the Big Give).

We are aiming to raise a total of **£4,850** in pledges by **8th September 2024** to take part in the campaign.

To support the Christmas Challenge please complete the following online form before the deadline:

<https://community.biggive.org/s/pledge?campaignId=a056900002TPSSDAA5>

What is the Christmas Challenge?

The Christmas Challenge is the UK's biggest match-funded campaign. For seven days, the challenge offers supporters of participating charities the opportunity to double their donations. And in doing so, make an extraordinary difference to the world's biggest challenges.

It's a simple idea. When the public donates to a charity through a Big Give campaign, we ask funders (philanthropists, foundations, or corporates) to match that donation. So, £50 from a member of the public, becomes £100 for a good cause. **One donation, twice the impact!**

How does it work?

- The matching pots used to double donations for charities taking part in the Christmas Challenge are made up of a combination of funds. These are funds sourced by the charity ('Pledges') and funds sourced by the Big Give ('Champions'), which are available if we are successfully selected by a Champion.
- The timeline for fulfilling the pledge (i.e., transferring the funds to us) is **5.00pm, 8th September 2024.**
- The fulfilment of your pledge is conditional on us receiving the appropriate online donations during the campaign. You will only be required to pay a pro-rata amount of your pledge if we don't hit our online target - it's our guarantee to you that we are committed to raising additional donations.
- Please note that if you pledge to Age UK Westminster, you will not be able to make an online donation to us in December because your pledge will be used to match these donations.

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>

Message from the CEO of Age UK Westminster

Age UK Westminster statement in response to the racist violence taking place.

Age UK Westminster would like to express our solidarity with our staff, volunteers and service users regardless of their heritage, religious beliefs, or migration status. We are proud to be a multicultural organisation in a wonderfully diverse city, and we oppose racism and discrimination in all its forms. Like the vast majority of people in the UK, we deplore the racist and Islamophobic violence that has occurred in recent days.

If any of our service users has concerns about their safety, we would encourage you to reach out to a member of staff or our Enquiries team.