From the North Hub

November and December 23

Follow us on Social Media!



@ageuk_wf O





@ageukwf f @ageukwalthamforest

Hello!

Welcome to the Christmas Issue of our Newsletter, with news of all our activities and services over the next two months. We also launch our Christmas Appeal for this year, on page 5. As in previous years, we aim to reach those in Waltham Forest who most need support. Please do consider supporting our work with a donation. We will be very grateful for whatever you can afford.

Now the mini-heatwave is over and we don our woollies, thoughts turn to energy saving and paying the bills. We share some useful advice on page 9.

Lastly, we were delighted and honoured to be nominated for a Pride of Waltham Forest Award. Thanks go out to those who nominated us.

Rest Wishes

Emma Tozer CEO Age UK Waltham Forest



Age UK Waltham Forest Waltham Forest Resource Hub (North) 58 Hall Lane, Chingford E4 8EU

Tel: 020 8558 5512 email: info@ageukwalthamforest.org.uk www.ageukwalthamforest.org.uk



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News

South Chingford Jumble Trail

A big thank you to all who supported our first South Chingford Jumble Trail in September. We had lots of new visitors to the Hub coming in for a browse, cup of tea and to pick up a map of the trail. A special thank you goes to French Connection who provided us with a pallet of clothes to sell and Aston Group who deliv-



ered them to us. We raised just under £900 and 15 houses signed up for the event all over the Borough.

Birthday Round the Bends!

In October, Frances Pick decided to mark her 70th birthday with a walking challenge along the Thames, from Marlow to the Thames Barrier. Her aim was to walk 70 miles in 7 days, but actually did it in four days, with two days rest midway.

Frances told us, "Having lived for over 40 years near the Thames, walking along the river seemed fitting and I enjoy walking. Other advantages were the flatness of the Thames path - no taxing uphills! and the route is well marked which for someone with little sense of direction is important! It was a wonderful experience largely because the weather was perfect - warm and sunny and still - and the reflections on the water were beautiful with the leaves just beginning to turn. The walk passes so many iconic buildings and sights and the many bridges are very varied as is the nature of the river bank from rural to industrial and very touristy in between. And to cap it all, thanks to the great generosity of friends and family we managed to raise over £1,500 for Age UK Waltham Forest, an amount beyond my wildest hopes."



We are very grateful to Frances for using this opportunity to raise money for us and she would like to thank all who donated and

her husband and children for their support.

Winging it!

Befriender and Veteran John Finn took to the skies for his 75th birthday by completing a Wing Walking experience. John is a member of our Armed Forces Veterans Breakfast Club who served in the Royal Navy on a frigate and then on a nuclear Polaris submarine. The flight was on a Boeing Stearman bi-plane, designed in the 1930s and built in the 1940s. Strapped to the seat on the top wing, John had a great time whizzing around the skies and he loved every minute. He also raised money for Waltham Forest Sea Cadets. What an inspiration!

Tea with the Mayor

The Mayor of Waltham Forest, Roy Berg, is a Veteran and an active supporter of our Veterans' group. He invited our group on a special tour of the Town Hall. Starting in the History Room, they were given a brief history of the building and how the Chingford, Walthamstow and Leyton were merged into the newly named Waltham Forest. Then to the council chamber where the council meetings are conducted, along with some amusing stories. To finish the day, they were greeted by the Mayoress and treated to tea and cake in the sumptuous surroundings of the Mayor's parlour.

Sunflower Competition

Congratulations to Kevin Marshall! His sunflower grew to the blooming great height of 304cm. Kevin received A Jungle In Your Living Room, A Guide to creating your own houseplant collection. The under 11 prize was won jointly by Harry and Charley who received I ate Sunshine for Breakfast,



Michael signing his book

A celebration of plants around the world for the sunflower reaching 280cm. Thank you to local author Michael Holland who kindly donated signed copies of both his nature books to our winners.



Black History Month

October is Black History Month, which forms an important part of our work with local people. Here's how we commemorated and celebrated Black History in Waltham Forest.

Lunch and Stories

We hosted a special day for black elders who use our services, which was attended by over 40 people. The day started with tea and chat with background music of songs of the time and then a delicious Caribbean lunch was served by Just Nyam, including the favourites jerk chicken, rice and peas, curried goat and vegetable curries



After lunch, local historian Peter Ashan who leads local walks gave us an insight into black history in Waltham Forest. Elaine Griffiths talked about Black Trauma, how families coped with upheaval and separation.



Then an open mic session followed, where attendees could share their own stories. One person led the singing of a hymn and was spontaneously joined by others joining in. It was truly a celebration of everybody's contributions

to Waltham Forest and a wonderful way to learn about our collective history.



On another day, a special Black History quiz and bingo was hosted by The Skills Within group which also included artwork themed on Black History Month from local schools.

'Unheard Stories' Exhibition

At this year's Windrush Celebrations we created 15 profiles of Waltham Forest residents to honour and recognise their contributions and tell their stories. These stories were on show at our event and later were exhibited at Fellowship Square outside the Town Hall.

The exhibition has now moved to the Town Hall. We encourage you to visit and have a read of these fascinating stories of people living in Waltham Forest.





New Campaigns

Christmas Cards and knits

Our Christmas cards are on sale at the Hub plus lots of hand knitted toys, wreaths, xmas decorations and other knitted goods on sale for you to purchase with cash or card. We will also be holding stalls at Christmas fairs in the Borough, so do support us if you can.



Find us at the following stalls

Saturday 25 November Waltham Forest Community Hub, Orford Road E17

Saturday 9 December William Morris Big Local Christmas Fayre at Priory Court E17 and E4 Pop Up Christmas Market Mornington Hall E4

Sunday 10 December - Highams Park E4 Christmas Market.



Our Ukulele Group will also be busking at Kings Cross on 9 December, to raise money for us, so do give them your support!

Mind the Digital Gap: Please sign this petition!

Here at Age UK Waltham Forest, we are enthusiastic for helping people with accessing all things digital and online. However we also feel strongly that online shouldn't be the only option and that people should have choice of other alternatives, especially when accessing essential council services. The gap between those with and without access to the internet is widening and we are at risk of excluding many older people because they can't access online systems. So we are delighted that Age UK London has launched a campaign to make public services available to all, especially those who are not online.

Please sign this petition. If you are online, you can go to:

https://campaigns.ageuk.org.uk/page/135031/petition/1?ea.tracking.id=AUKLndn

Please share this with your contacts so that we get as many signatures as possible.

We have included a paper copy on page 15, which you can sign yourself and get others to sign if you can. Then send the sheet to FREEPOST AGE UK CAMPAIGNS (no other address line). NO stamp is required.

We will also have a paper version at The Hub for visitors to sign.

Yorkshire Building Society Call out

Have you a friend or family member connected to the Yorkshire Building Society? We can apply for funding of up to £2,000 to support our work and they will give priority to causes that are recommended by the Society members and their staff. So, if you or anyone you know who can recommend us for this funding, please contact h.bigham@ageukwalthamforest.org.uk by end of November.

Thank you!



Christmas Appeal

We are launching our Christmas appeal for this year, to raise funds for reaching out to older people in Waltham Forest who are on low income and struggling alone to make ends meet. Please consider helping us by making a donation to our work, with whatever you can afford.

Our Christmas Campaign will deliver two very important projects: Winter Warmer packs and a range of Christmas Hampers.

While many of us are affected by the rise in heating costs, many older people with health issues may feel the cold more and need to keep extremities warm. Our Winter Warmer packs contain handy items such as a blanket (handmade by our volunteers), a fleece jersey, woolly hat, gloves and scarf and ice grippers for shoes.

There are a range of different hampers that we are providing to help make Christmas special, ranging from a traditional Christmas food hamper with fresh, tinned and packet items, to chocolatey Christmas treats and lovely bath toiletries. We are supported in



this by pupils from Hillyfield Primary Academy, Walthamstow, who will help collate donated items and St Mary's C of E Primary Walthamstow who are making Christmas cards.

And our hampers do help people feel connected at this time of year when many older people feel isolated. Mary, 83, was delighted to receive her hamper last year. She told us, "It was lovely to receive the food hamper and it kept me going for the week. It's difficult for me to travel and stay with family over Christmas due to my health needs, so I usually spend it alone. But this hamper



Our winter warmth pack

made Christmas day extra special. The card drawn by a child who doesn't even know me brought a smile to my face and reminded me of happy times when my children were young."

Please help us reach as many people as we can. We need to raise £1,000 to cover the costs of the items of both Winter Warmer and Hampers. Our trusty Volunteer team will help to put the packs together and where necessary, will deliver the packs.

Please will you give a donation to our Christmas appeal?

You can donate online at https://www.justgiving.com/campaign/christmashamper23 or donate when you visit the Hub, just tell us that you want to donate to our Christmas Appeal. You can also send us a cheque, made payable to "Age UK Waltham Forest, and post it to us at 58 Hall Lane, Chingford E4 8EU. Whatever you give, we will be very grateful for your gift.

Thank you.



New Activities

Christmas Activities



Make your own Cracker!



Thursday 30 November at the Hub 2:30-4pm

Join our Craft Club for a special Christmas activity. Learn to make Christmas Crackers, perfect as a table decoration or to fill with your own prizes!

£3, Booking is essential



Christmas Quiz



Friday 1 December at the Hub from 7:00pm

Our quizzes have become really popular, so please book early so you don't miss out! We are raising money for this year's Christmas Appeal, so please come and join us here at The Hub. Booking is essential and tickets are just £5 which include tea, coffee and mince pies. Doors open at 6.30 and quiz commences at 7.00pm. Tickets are £5 and include tea or coffee and mince pies.

History Walk: Christmas Food and Traditions

Monday 11 December at 2pm

The walk starts outside a cosy Marylebone pub then meanders through the back streets of the West End, through Mayfair and



into Soho. The walk includes hidden passages, superbly decorated posh shops and lots of historical snippets along the way!

2 hours, £5 and Booking is essential

NEW Bridge Beginners Class

Starts Friday 5 January 2024 10:30am-12:30pm at The Hub

Have you ever wanted to learn how to play bridge? We are starting a new course to learn this fascinating game in January 2024 in 5-week blocks, for beginners who are either new to the game or for those who want to improve their game. Using the ACOL system, beginners will be able to bid and play most hands at the end of the course and the aim is to enjoy playing the game.

Cost is £50 for 5 weeks, Booking is essential.



History Walk: Hidden Fitzrovia

Tuesday 21 November at 2pm

This area north of Soho has a very different history and feel to its near neighbours. Discover the many famous literary giants who frequented the pubs, see a chapel saved from the Middlesex Hospital and hear about the workhouse that may have inspired Dickens who was living close by.

90 minutes, £5 and booking is essential.

What a Racket!

A multi-sport club for people 60+ meets on Mondays from 9-11am at Waltham Forest Feel Good Centre. It includes badminton and new sport pickleball. Non-members can attend for £3.30 and payment is by card only.

Please note this is not run by Age UK. Please contact Better on 020 3859 1055 for more information.

To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512.



Talking Toes

This month we focus on Footcare with our Nail Care Technician Beverley Raison



Why is footcare so important?

Your feet are one of the most important parts of the body and healthy feet are essential for mobility and therefore your independence. Keeping your toenails nice and trim helps to avoid other problems and makes walking easier and safer and less likely to fall. Good feet means good balance!

What have you enjoyed the most while working with us?

I've been with Age UK Waltham Forest a year now and what I've loved in this job is meeting so many people of all different backgrounds and with different life experiences. It's such a great feeling knowing that I have made a difference and usually they leave the treatment room feeling happy. Some commented that having their toenails cut, followed by a soothing foot rub, makes them feel like they're walking on air!





Beverley in our Footcare Treatment Room at the Hub

What is your professional background?

I worked as a district nurse in North London for many years. During that time I looked after many patients with foot and leg problems, including leg ulcers, wounds and various skin complaints. Following that I was a dementia adviser in Waltham Forest, which involved home visits to people with a new dementia diagnosis, offering advice and support to them and their families.

What do people enjoy the most about their footcare appointment with you?

It's a quiet half an hour with no disturbance and most people find it a relaxing time. For those who

Continues over the page...



Talking Toes Continued



have caring responsibilities, it is precious time just for themselves. People know that everything they say to me is confidential - and sometimes it's good to share!

What are your top tips for looking after your feet?

Check them regularly. Keep them as clean and dry as possible to avoid infections. Use a moisturiser and keep your nails trim. Wear properly fitting footwear including non-slip slippers around the home. If you can't manage any of these things, get professional advice. If you're diabetic, you should check with your GP if there are any special services available.



About Our Footcare service:

When

We run the toenail cutting service in our treatment room at the Hub, every Tuesday and Wednesday from 10am-3.30pm. We are unable to do home visits.

Cost

Each treatment is £21, which can be paid by card or cash.

How to book

Phone us on 020 8558 5512. For each new person we do a quick telephone assessment to check out some basic details including health and medication.

How often

We recommend getting your toenails trimmed every 6-8 weeks



Our treatment room

Protect yourself this winter

If you're 65 or over or a carer, you can get your free flu jab and covid-19 booster this winter. You can also check which other vaccines your are eligible for, including shingles and pneumococcal vaccine.

Speak to your GP or Pharmacist for more information.



Paying Energy Bills this Winter

As the winter approaches, many of us may be anxious about staying warm and being able to pay our energy bills. While we may try different ways to save energy, it is important to keep your home at a steady, comfortable temperature, especially for those who have health conditions. But what help is available with the costs?



What if I can't pay my energy bill?

The first thing to do is to speak with your energy provider as soon as possible to explain your situation and discuss ways to pay what you owe them. They are obliged to help you come to a solution and you should try to



negotiate a plan that is based on what you can afford. Do tell them if you are in receipt of disability benefits. Try to pay something every month, even if it's less than the amount due. It means your arrears will be slower to mount up and your supplier will be aware you are trying paying something which may reduce their concern of your debt. If you don't agree a payment plan with your supplier, they might try to get you to have prepayment meter installed, or they may switch an existing smart meter to prepayment mode.

In some cases, if you haven't paid a bill after 28 days, you might be threatened with disconnection of your energy supply, but it can't be cut off without notice so the energy company must send you a warning letter to enable you time to take action. If you are of state pension age and live alone or everyone in your home are of state pension age, the energy supplier can't cut off your energy supply between 1 October and 31 March. However, they may pass your details on to a debt collection agency, so try to get help and advice sooner rather than later.

Free Energy Advice

The HEET Project is a not-for-profit organisation working in Waltham Forest which can help with saving money on fuel bills, help with choosing the right tariff and energy saving measures. Contact them o 020 8520 1900 or visit www.theheetproject.org.uk



Continues over the page...

The Priority Services Register (PSR) is a free UK wide service which provides extra advice and support, including when there's an interruption to your electricity, gas or water supply. You are eligible if you are of state pension age, have a disability or chronic illness, have a sight or hearing impairment, have mental health issues. Being on the register doesn't cancel your arrears, but it does show that you are vulnerable, which your energy supplier should take into account. To register, contact your energy supplier.



Paying Energy Bills this Winter (continued)



Government financial help available

Check your eligibility for this Government support:

Winter Fuel Payment – the Government will make a payment of between £250 and £600 to those who qualify and it is paid to you automatically.

To qualify you must be of state pension age. You should receive a letter in October or November informing you of what you will receive. If you live alone, you may receive between £500 and £600 dependent on your age. If you live with someone you may be entitled to between £250 and £300, dependent on your age. For more information visit https://www.gov.uk/winter-fuel-payment

Warm Home Discount— if you receive the Guarantee Credit part of Pension Credit, or certain other means—tested benefits you may be entitled to a discount of £150 off your electricity bill, usually made between October and March.

If you have a prepayment electricity meter, you can receive the discount as a voucher to top up your meter. Not all energy companies participate in the scheme, so check with your supplier.

If you think you are eligible and you don't receive a letter by early January, contact the Warm Home Discount Scheme helpline before 29 February 2024, on 0800 030 9322 Monday to Friday or visit

https://www.gov.uk/the-warm-home-discount-scheme

Help with Debt

Citizens Advice Waltham Forest can advise on debt and paying energy bills, call their helpline on 0808 223 1133

StepChange give free advice on debt, call their helpline 0800 138 1111 or visit www.stepchange.org/debt-info/grants-funding-for-energy-bills

You can apply for Local Welfare Assistance from Waltham Forest Council, which provides grants relating to food and energy.

Apply online at:

https://www.walthamforest.gov.uk/benefits-and-money-advice/help-and-advice/local-welfare-assistance-household-support-fund-lwa



For further advice on accessing benefits or to have a benefits check, contact the Information & Advice team on 020 8558 3404 or email us at contact@ageukwalthamforest.org.uk



Activities Timetable

All our activities are weekly unless stated otherwise

Monday	10:30-11:30am	Walking Football-Pastures E11 3DR	Donations	
	11:30-12:30pm	Tai Chi- The Hub	£5	
	1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£4	
	1:30-3:30pm	Monthly Digital Help and Support- The Hub (3rd Monday of the month)	Donations	
	1:30-4:30pm	Veteran's Coffee Club at the Hub- (2nd and 4th Monday of the month)	Donations	
	2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations	
	10:15 11:00cm	Tai Chi- The Hub	CE	
Tuesday	10:15-11:00am		£5	
	11:00-12:00pm	Bollywood Dance- Crate E17 7FY	£4	
	11:00-12:00pm	Walking Group- E17	Free £5	
	11:15-12:15pm	Tai Chi- The Hub		
2:00-3:00pm 3:15-4:15pm		Table Tennis- The Hub	£3	
		Table Tennis- The Hub	£3	
	4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5	
Wednesday	10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations	
	10:00-11:00am	Zumba- Crate E17 7FY	£4	
	10:00-1:00pm	Coffee Time- The Hub	Donations	
	11:15-12:45am	Tai Chi- Mornington Hall E4 7EN	Donations	
	11:45-12:00pm	Tai Chi- Lea Bridge Library E10 7HU	Donations	
	12:00-1:00pm	Veterans Lunch Club- Leyton Orient E10 5LG (Last Wednesday of the Month)	Donations	
	2:00-3:00pm	Seated Yoga- The Hub	£5	
	3:15-4:15pm	Ukulele Improvers- The Hub	£5	





Activities Timetable

All our activities are weekly unless stated otherwise

Thu	rsday	10:00-12:30pm	Silver Surfers Zoom/ The Hub	Donations	
ma	Juay	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4	
		2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£3	
		2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations	
Friday		9:30-10:15am	Tai Chi- Leyton Library E10 5QH	Donations	
	10:00-10:45pm	Tai Chi- Zoom only	Donations		
110	uay	11:00am-1:00pm	Bereavement Support Group- The Hub (Second Friday of the month)	Donations	
		11:30-12:15pm	Seated Yoga- Zoom only	Donations	
		11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations	
		2:00-3:00pm	Pilates- The Hub	Donations	
		2:00-3:00pm	Pilates- The Hub	Donations	
Satuı	rday	9:00am	Veteran's Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£4	

Book Club

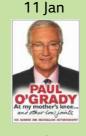
We meet on the second Thursday of the month between 2pm and 4pm at The Hub, to discuss the book of the month. Cost is just £3.



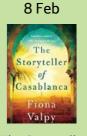
The Girls by Emma Cline



After You'd Gone by Maggie O'Farrell



At My Mothers Knee and Other Low Joints by Paul O'Grady



The Storyteller of Casablanca by Fiona Valpy



14 March

Trouble With Lichen By John Wyndham

For more information or if you would like to attend, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512





Silver Surfer Timetable

New format for Silver Surfers. Monday tech support will no longer be available on Zoom.

All other classes will continue both in person and on zoom

2 Nov 10:00am-12:00pm

Migrating from one system to another

This includes preparing your computer for sale and going from Apple to Windows or Chromebook.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

9 Nov

10:00am-12:00pm

Creating and Editing videos for Beginners

Would you like to show your holiday photos and videos as an entertaining and smooth presentation/slideshow, adding narration, soundtracks and more? Join this session to find out how. Videoproc is a photo and video presentation and editing program that runs on a Windows PC or Macbook.

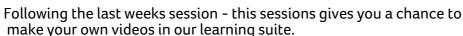
12:00-12:30pm

Tech Q&A and open discussion- all welcome!

16 Nov

10:00am-12:00pm





At the Hub only. Limited places. Essential to book in advance.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

16 Nov

10:00am-12:00pm

Guide to Google

For many people 'google' just means 'search for', but it's a US company (owned by another company called Alphabet) and provides many tech services - like gmail, google drive, google docs, chrome etc - and of course google search. This session looks at some of the most widely used google products and how they help or hinder your efforts to get things done online.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!

20 Nov

1:30pm-3:30pm

In person

only

Digital Help and Support Session

Need some one-to-one support? Stuck on an app? Microsoft word problems? Need to know how to send a text message on your phone? Come along and our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you.

23 Nov

10:00am-12:00pm

Al: ChatGPT

Is a 'chatbot' the same as a 'searchbot', or an 'assistant' like Alexa or Siri? What is a 'large language model'? Do these things replace wikipedia? This session looks at what AI (artificial intelligence) resources are available, what's free, what costs, and what we should watch out for.

12:00-12:30pm

Tech Q&A and open discussion- all welcome!



Silver Surfer Timetable

November/ December 23

New format for Silver Surfers. Monday tech support will no longer be available on Zoom.

All other classes will continue both in person and on zoom

30 Nov 10:00am-12:00pm The Internet & Searching - A refresher Suitable both for beginners and experienced users looking to refresh their knowledge about using the internet and searching for things on it. Suitable for users of Windows PCs, Android Tablets and Apple iPads. 12:00-12:30pm Tech Q&A and open discussion- all welcome! 7 Dec 10:00am-12:00pm Scams and Internet Security How to recognise secure sites; online scams; safety; different programmes and apps and their uses. You can also bring your questions with you for discussion. 12:00-12:30pm Tech Q&A and open discussion- all welcome! Join us for tech tips, breaking news and your questions answered 10:00am-12:00pm 14 Dec Finding your 'Stuff' - in the cloud or your computer I just saved a file / I downloaded a document weeks ago. Where are they now? In the cloud, on my phone, or tablet, or somewhere in my computer and if so how on earth do I find them there? How do I move or copy files from other devices like cameras or memory sticks? What is the cloud anyway? 12:00-12:30pm Tech Q&A and open discussion- all welcome! 18 Dec 1:30pm-3:30pm In person Digital Help and Support Session only Need some one-to-one support? Stuck on an app? Microsoft word problems? Need to know how to send a text message on your phone? Come along and our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you. 10:00am-12:00pm 21 Dec Mastering your Passwords Do you find looking after your passwords a tedious task? Are they in a bit of a muddle? Do you struggle to remember some? Do you dread creating yet another one? We'll show you some easy methods which will put you back in charge. We'll build in "good practice" and explain why it works. Our aim is to help you be much safer and less stressed 12:00-12:30pm

Tech Q&A and open discussion- all welcome!

28 Dec

No Class

Page 14

Sign the petition:

Stop online being the only option

Everyone should have fair and equal access to services. But older people are being overlooked. For those who aren't or choose not to be online it's becoming impossible to do basic things like booking a medical appointment or paying for parking

Join our call for all public services to always offer a post, phone or face to face option!

ageuk

#offlineandoverlooked

- 1					
because I couldn't do it offline (please tick)					
If you nave an emait aggress please use block CAPITALS Please provide if you're happy to be emailed about Age UK's campaigns'					
Postcode					
Surname					
First name					8

Please send back to **Freepost, Age UK Campaigns**

*We will never sell your data and we promise to keep your details safe and secure. You can change your mind at any time by writing to the address above, phoning **0800 169 8787**, or emailing **contact@ageuk.org.uk**

AGE UK WALTHAM FOREST



Our Services

Information and Advice team

can help with benefits advice, benefit calculations, form filling, as well as advice on housing issues, energy saving, care and support, social prescribing, health and wellbeing.

Call us on 020 8558 3404 or email contact@ageukwalthamforest.org.uk

Information and Advice Drop-in service at Priory Court, Walthamstow Wednesday from 9:30am-12:30pm



Befriending team

can match you with a volunteer for companionship and friendship. Due to high demand, we can only offer this to people who are over 60 and live alone in Waltham Forest. For more information call us on 020 8558 8716 or email info@ageukwalthamforest.org.uk

Veterans Club Waltham Forest

for information about out activities or to join call us on 020 8558 5512 or email veterans@ageukwalthamforest.org.uk



Footcare

every Tuesday and Wednesday, with appointments from 10am to 4pm at The Hub. Cost is £21 for toenail cutting. A telephone assessment is required before your first appointment. To book an appointment, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Shopping Service

we can take your shopping order by phone and it will be delivered to you, with an admin fee of £2 per shop. To find out how it works, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Prescriptions

we pick up your prescription for you. To find out more, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



X

Handyperson

we can help with basic jobs like putting up a shelf, assembling flat-pack furniture, simple plumbing and electrical repairs and simple gardening work. Cost is £25 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Help at Home

we can help with cleaning, laundry, ironing and other light housework. Cost is £21 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Age UK Waltham Forest Waltham Forest Resource Hub (North) 58 Hall Lane, Chingford E4 8EU

Tel: 020 8558 5512 email: info@ageukwalthamforest.org.uk www.ageukwalthamforest.org.uk

