

NEWS UPDATE



From the North Hub

February 24

Follow us on Social Media!



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@ageukwf



@ageukwalthamforest

Hello!

Welcome to your News Update for February and I hope this finds you well.

This month includes reminders to take part in our survey, invite you to our AGM and to join in with our new and existing activities.

Best Wishes,

Emma Tozer
CEO Age UK
Waltham Forest



Some of our volunteers enjoying post Christmas cheer at our Volunteer Party in January



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



Registered with
**FUNDRAISING
REGULATOR**

Age UK Waltham Forest is a registered charity No: 1048212 and company limited by guarantee.
Registered in England and Wales No: 2334459.

AGM reminder

We are holding our Annual General Meeting on Thursday 29 February at 10:00am, to which you are invited. If you would like to attend, please email info@ageukwalthamforest.org.uk and give us your name and address and tell us if you would like to receive the paperwork beforehand.

Tell us what you think

There is still time to complete our Annual Survey, to let us know what you think of our services and what else you'd like to see. Please use this link to complete the survey
<https://forms.office.com/e/caH05Ly00j>.

Please support Lucas

Fundraiser Lucas Kelly is taking on the Spartan Race in Reading on May 10-11, tackling 45 gruelling obstacles over two days for us. Please support his race for Age UK Waltham Forest by following the link to donate now!

<https://www.justgiving.com/page/lucas-kelly>.



Plant fayre

Sprout your generosity and help our Plant Fayre bloom! We're rooting for green-fingered supporters to share any spare seedlings or plants for our fundraiser on **Friday, March 22, 2024**. Your contribution will turn our event into a blooming success.

Contact Helen, community fundraiser at h.bigham@ageukwalthamforest.org.uk.

Calling all knitters

Can you help us with knitting some charming Easter chicks to sell? We will supply the wool and the pattern. And they are really easy and fun to make and don't take long to knit, so please give it a go if you can, to raise money for our funds. Cheep cheep!

Please contact Helen on h.bigham@ageukwalthamforest.org.uk



Veterans activities

Are you or someone you know an ex-service person? If you'd like to join with others for a chat, social activities and to meet new friends, do think about joining one of our regular events this month.

- 3 February – Monthly Breakfast Club at Greene Man Hungry Horse Pub E4 6RB, 9:00-11:00am, £4 for a full breakfast
- 12 February – Veterans Coffee Club at the Hub, 1:30pm-4:30pm Free
- 26 February - Veterans Coffee Club at the Hub, 1:30pm-4:30pm Free
- 28 February – Monthly Lunch Club at Leyton Orient E10 5LG from 12:00 midday, Free

For full details see the Activities schedule below or contact the Veterans team on 020 8558 5512 or email veterans@ageukwalthamforest.org.uk

Ukulele New Classes!

We are running another block of classes for complete beginners and for those who know the basics, taught by our lovely teacher Oscar. This year's ukulele learners joined the Mass Busk at Kings Cross Station – you can see them here!



Ukulele Beginners – six classes in the course and cost is just £30, to be paid in advance. Ukulele is provided for the duration of the course. Time is 4.15 – 5.15pm. Booking is essential

Ukulele Improvers – this is a drop in class for anyone with ukulele experience to learn new turns and meet other ukulele players. Cost is just £5 a time. Time is 3pm – 4pm

Both take place at the Hub

Quiz and Ploughman Night

17 February at 7pm

Our popular quiz is back at St Edmunds Hall, 216 Chingford Mount Road E4 8JL.

Cost is £12 which includes a delicious ploughman's supper and refreshments. Teams of up to 8 people or come on your own and we'll find you a team to join. Doors open 7pm and booking is essential to reserve your place.

Tickets are available at the Hub.

History Walk: Scandals and Secrets of Soho

Monday 19 February at 11am

“Better a seedy Soho than a tarted up tourist attraction like Covent Garden” so said jazz legend George Melly in 1987.

We start our walk by discovering some of the secrets of the buildings just off Oxford Street and then venture into deepest Soho to find out more about its scandalous history.

90 minutes, £5 and booking is essential.

History Walks: Livery Company Connections (City of London)

Tuesday 19th March at 2pm

Discover the history of some of the 110 Livery Companies via plaques, street names and street furniture on this walk around the City of London. Apart from passing a number of halls all with fascinating histories we will visit former churchyards and venture down a number of 'hidden' alleyways with surprises in store.

2 hours, £5 and booking is essential.



Bereavement Group

5 February at 2pm

The group now meets on the first Monday afternoon of the month at 2pm. Meetings are held at the Hub and led by Bridge Bereavement Support Group, formerly of the Margaret Centre. New attendees are welcome.

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

Activities Timetable

February 24

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	Veterans Coffee Club at the Hub- (2nd and 4th Monday of the month)	Donations
	1:30-4:30pm	Bereavement Support Group- The Hub (1st Monday of the month)	Donations
	2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations
Tuesday	10:15-11:00am	Tai Chi- The Hub	£5
	11:00-12:00pm	Bollywood Dance- Crate E17 7FY	£4
	11:00-12:00pm	Walking Group- E17	Free
	11:15-12:15pm	Tai Chi- The Hub	£5
	2:00-3:00pm	Table Tennis- The Hub	£3
	3:15-4:15pm	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
	3:00-4:00pm	Ukulele Improvers- The Hub (starting in Feb)	£5
	4:15-5:15pm	Ukulele Beginners- The Hub (starting in Feb)	£30 course fee

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February 24

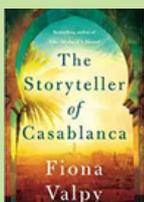
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Thursday	10:00-12:30pm	Silver Surfers Zoom/ The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4
	1:45-2:15pm	Tai Chi- Zoom only	Donations
	2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£3
	2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations
Friday	10:00-10:45pm	Tai Chi- Zoom only	Donations
	10:30am-12:30pm	Bridge Beginners Class	£10
	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
	3:15-4:15pm	Pilates- The Hub	Donations
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Book Club

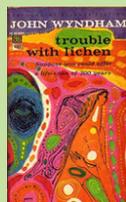
We meet on the second Thursday of the month between 2pm and 4pm at The Hub, to discuss the book of the month. Cost is just £3.

8 Feb



The Storyteller of Casablanca
by Fiona Valpy

14 March



Trouble With Lichen
By John Wyndham

11 April



An Italian Girl in Brooklyn
By Santa Montefiore

9 May



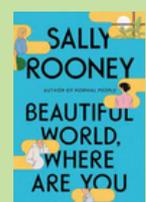
Someday, Maybe
By Onyi Nwabineli

13 June



My Brilliant Friend
By Elena Ferrante

11 July



Beautiful World, Where are You
By Sally Rooney

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

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

1 Feb	<p>10:00am-12:00pm Technology, Apps and Computing – Our IT volunteers favourite things Our IT volunteers take it in turns to present their "Favourite Things"; those apps, websites, features and bits of technology that they are most enthusiastic about. Find out what's on their list. Is it the same as yours? They'll probably be some surprises and things you may not be aware of – this week's sessions include basic photo editing on tablets and phones using a free app and using google slides</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>	
8 Feb	<p>10:00am-12:00pm Scams and Internet Security Our IT volunteers take it in turns to present their "Favourite Things"; those apps, websites, features and bits of technology that they are most enthusiastic about. Find out what's on their list. Is it the same as yours? They'll probably be some surprises and things you may not be aware of – this week's sessions include creating articles from the web on an ipad and a random selection of things Mike thinks are interesting and hopes you will think so too</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome! Join us for tech tips, breaking news and your questions answered</p>	
15 Feb	<p>10:00am-12:00pm iPad and iPhones – Getting the most out of your camera and photos Learn how to get the most out of your iPad or iPhone Camera, edit, and then share your photos</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>	
19 Feb	<p>1:30pm-3:30pm 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.</p>	
22 Feb	<p>10:00am-12:00pm Using "Google Photos" (incl. Basic Photo Editing & Cloud storage) 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</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>	
29 Feb	No Class	

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 our 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



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



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