

AUGUST UPDATE



NEWS from The Hub - August 25

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello!

I hope you are enjoying the summer and the sunshine. The heat can be unpleasant for some of us so do please remember to keep hydrated. There are some useful tips for staying cool during a heatwave on the Council website which you can find at <https://www.walthamforest.gov.uk/health-and-wellbeing/stay-well/stay-well-heat>

We are recruiting for new staff so if you or anyone you know might be interested, please do share this update with them.

I hope you enjoy reading this update.

With best wishes,

Emma Tozer
CEO Age UK Waltham Forest



Age UK Waltham Forest
Waltham Forest Resource Hub (North)
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www.ageukwalthamforest.org.uk



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

Work for us!

We are looking for dedicated staff to join our team. For a full Job Description and an Application Form for any of these posts, please visit

www.ageukwalthamforest.org.uk/about-us/work-for-us

Information & Advice Outreach Adviser

Salary: £28,644.30

Working pattern: 35 hours a week, job share considered

We are looking to recruit a dedicated and enthusiastic individual to join our Information & Advice team in providing information, advice and support to people aged 60 and over, living in Waltham Forest.

The purpose of the job is to deliver advice to those housebound or not able to travel to The Hub, so it will involve home visits throughout the Borough. It will include assisting clients to maximize their income through providing benefits calculations, help to complete forms and provide advice resources. You will have good interpersonal skills, have proficient database skills and enjoy working as part of a team. Experience of benefits advice and another language is desirable.

Project Co-ordinator Men in Sheds

Salary: £28,644.30

Working pattern: 35 hours a week, job share considered

We are looking for someone to take an active lead in setting up the new Shed and working with a team of staff and volunteers. You will be able to promote the project to encourage participation by giving talks, arranging taster sessions and using social media. You will also arrange short courses and training sessions and ensure new participants are briefed on health and safety. You will have good interpersonal skills and enjoy working a part of a team.

Handyperson

Salary: £16 per hour

Working pattern: zero hours contract. Hours are limited from Monday to Friday between 9am to 5pm

This role is to provide a reliable, friendly handyperson service with an emphasis on home maintenance and gardening. You will undertake minor tasks including: mowing lawn and garden tidying, plumbing repairs, unblocking sinks, putting up shelves, changing light fittings, small areas of painting or grouting, fitting window locks and bolts and assembling small items of furniture. Please apply ASAP. The position will close when a suitable candidate is recruited.

For a full Job Description and an Application Form for any of these posts, please visit

www.ageukwalthamforest.org.uk/about-us/work-for-us

Work for us!

Help at Home Worker

Salary: £13.85 per hour

Working pattern: zero hours contract. Hours are limited from Monday to Friday between 9am to 5pm

This role is to provide a basic housework service including: mopping and vacuuming, cleaning kitchens and bathrooms, helping with laundry and ironing and changing beds. You may also be requested to help with basic meal preparation or making telephone calls.

We are especially looking for applications from people who can work in the Leyton/Leytonstone areas. Please apply ASAP. The position will close when a suitable candidate is recruited.

Volunteer Recruitment Co-ordinator

Salary £10,800

Working pattern: 14 hours per week

Are you passionate about building communities and empowering others to make a difference? We are looking for a dynamic and organised Volunteer Recruitment Co-ordinator to join our growing team. With over 300 volunteers already supporting our vital work across the borough, your role will be central in recruiting, supporting and championing volunteers for projects such as Men-in-Sheds, Befriending, Social Groups, Information & Advice and more.

You'll take the lead on the full recruitment cycle – from outreach and interviews to DBS checks and induction – while helping us reach and engage a diverse volunteer base that reflects the vibrant communities of Waltham Forest. If you thrive on building relationships, managing systems and creating inclusive, impactful volunteer experiences, we'd love to hear from you.

For a full Job Description and an Application Form for any of these posts, please visit

[www.ageukwalthamforest.org.uk/about us/work for us](http://www.ageukwalthamforest.org.uk/about-us/work-for-us)

News

Our New Shop

We have had an amazing first few weeks since opening and we're grateful to the fabulous Baker's Arms community in Leyton for welcoming us to the area. Our aim is to offer pre-loved fashion and affordable clothing to our customers across womenswear, menswear, childrenswear, homewares, books and records. Our stock is constantly changing so do pop in for a browse.

We have some exciting upcoming plans for collaborations with local artists and preloved fashion brands. For the latest why not follow us on our Shop Instagram for the latest news [@age_uk_leyton_store](https://www.instagram.com/age_uk_leyton_store)

We welcome donated items to sell and if you'd like to volunteer, do please pop in for a shop and a chat with the shop team!

Remember all the funds we raise from our shop go towards helping elderly people right here in Waltham Forest.



MEN! Yes you! What do you want to do?

We are developing a wider range of activities with a special focus on trying to encourage more men to take part in activities, learn something new and socialise with others.

We are planning to develop a Men in Sheds programme, where you can get involved with different crafts and activities. We would love to have your ideas in order to shape the programme. So what would you like to do? Woodworking, repairing things or maybe working on a project or working outdoors?

Please let us know! events@ageukwalthamforest.org.uk

Note Change in Tai-chi Classes for August

Classes at The Hub

For the week commencing 25 August, there will be NO CLASSES at The Hub that week (so that's Monday 11:30, Tuesday 10:00 and 12:15pm.)

28 August 1:45pm - the zoom class will be covered by Ko

Monday 1 Sep - NO CLASS

From 2 September - classes all back to normal

Lea Bridge Classes

During August, the Lea Bridge class will be taken by John Poon at these new times:

6 August 1:00pm - 1:45pm
13 August - NO CLASS
20 August 1:00pm - 1:45pm
27 August - NO CLASS

The class is open to all, donations gratefully received.

Classes will resume as before in September.

Don't Miss!

August 2025

Help Us Double Our Impact with The Big Give!

We're excited to share more details about our fundraising campaign with The Big Give — a fantastic opportunity to make your support go twice as far!

The Big Give matches donations from the public with pledges from generous companies and philanthropists. Quite simply, this means every pound you help us raise will be doubled. That's double the amount to support our work! But to unlock this incredible match funding, we need to secure at least £1,000 in pledges by 29 August 2025.

How You Can Help

- Please make a Pledge by the deadline of 29 August 2025, 17:00
- Pledge Form: [Complete the quick online form here](#)
- The Minimum Pledge is £100 – we only need a pledge at this stage
- Payment Timing: You only pay us your pledged donation after the campaign ends (between 9 December 2025 and 6 January 2026)

Your support as a Pledger is absolutely vital to our success. If you know of any businesses or individuals who might also be interested in supporting us with a pledge, please do share this information with them.

Every connection helps! Thank you.

It's Now or Never!



Tickets are still available for Afternoon Tea with a Whole Lotta of Elvis - Don't miss out on an unforgettable afternoon at The Hub! Come and enjoy great live music, delicious tea and cake and a fun-filled garden party with an Elvis twist!

It's on Thursday 4 September 2:00 pm – 4:00 pm
Tickets are just £5 but must be purchased before the event.

How to Get Your Ticket:

- Pop into The Hub to buy your ticket in person, or
- email events@ageukwalthamforest.org.uk to reserve your spot

Hurry, tickets are going fast! Grab yours today and get ready to shake, rattle, and roll!

This Summer Get Your Will Written for Free

As you soak up the sunshine and enjoy the longer days, take a moment to do something truly meaningful — write your will for FREE with our trusted partners at Octopus Legacy. It's quick, easy and gives you lasting peace of mind.

Our Free will-writing service is offered Online, by phone, or home visit options. No cost, no pressure — just peace of mind.

Most people who use the service choose to leave a gift to charity, but it's completely optional if you'd like to leave a legacy to support our work.

Make this summer the one where you protect what matters most. Get Started Today : [here](#)

Every gift, no matter its size, can make a significant difference in helping older people in Waltham Forest live better lives.

Wetlands Workshop - new date

25 September (postponed from July)

The workshop will consist of an hour walk around the reserve led by Lora, who will talk about the heritage, wildlife and tree identification.

After the walk there will be a clay print workshop from leaves and materials collected during the walk. These clay prints can be made into a coaster, trinket dish or a hanging ornament. The event will be from 10.30am to 12.30pm.

This event is free, but booking is essential.

Events, Talks and Walks

Silver Surfers Talk: Turn Old PC into a Chrome Book or Linux Machine

Thursday 7 August 10:30am
at The Hub

Don't discard your old Windows PC turn it into a Chromebook or Linux Mint Device and still run some of your old Windows Apps like Office 2007.

History Walk: The Better Side of the Devil's Acre (St James Park)

Thursday 14 August at 11am

A walk around the back streets of Victoria and the area once known as the Devil's Acre. On our walk we will hear about an early woman MP whose work 70 years on still helps families, a well-known philanthropist and her local legacy, campaigners for women's suffrage and how local people saved an historic library building.

Cost £5, booking essential

Silver Surfers Talk: Scams and Internet Security

Thursday 14 August 10:30am
at The Hub

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.

Don't forget our monthly
Digital Help & Support at The Hub on
18 August 1:30pm - 3:30pm

Silver Surfers Talk: Online Storage

Thursday 21 August 10:30am
at The Hub

What is cloud storage and would I find it useful? Cloud Storage can be used to store your files (data, music, photos & video) on the internet. It's ideal for sharing between your devices and expanding their storage capacity. We also look at different providers and the costs (many are free).



Silver Surfers Talk: Beginners week 1 of 4 - Introduction to Tablets & Smartphones Tablets

Thursday 28 August 10:30am
at The Hub

This is the first of 4 sessions for beginners covering Tablets and Smartphones. This first session covers the basics and explains that there are two main classes of device (Apple devices and Android devices). Devices will be available for hands on experimentation during the session.

Booking essential for this session

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

Weekly 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	£6
	1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£7
	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	10:00-11:00am	Tai Chi- The Hub	£6
	11:15-12:15pm	Bollywood Dance- Crate E17 7FY	£5
	11:00-12:00pm	Walking Group- E17	Free
	11:15-12:15pm	Tai Chi- The Hub	£6
	12:00-1:00pm	Walking Tennis- Ridgeway Park	£4
	2:00-3:00pm	Table Tennis- The Hub	£4
	3:15-4:15pm	Table Tennis- The Hub	£4
	4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5
Wednesday	9:30-12:30pm	I&A drop in- Priory Court E17	Donations
	10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations
	10:00-1:00pm	Coffee Time- The Hub	Donations
	10:00-11:00am	Zumba- Crate E17 7FY	£5
	11:15-12:45am	Tai Chi- Mornington Hall E4 7EN	Donations
	12:00-1:00pm	Veterans Lunch Club- Leyton Orient E10 5LG (Last Wednesday of the Month)	Donations
	1:00-1:45pm	Tai Chi- Lea Bridge Library E10 7HU	Donations
	2:00-3:00pm	Seated Yoga- The Hub	£6
	3:15-2:15pm	Ukulele Group	£5
	4:15-5:15pm	Harmonies at The Hub	£4

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

Thursday	10:30-12:00pm	Silver Surfer Talks Zoom/ The Hub	Donations
	12:00-12:30pm	Weekly Tech Q&A at The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£5
	1:45-2:25pm	Tai Chi- Zoom only	Donations
	2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£4
	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
	11:30-12:15pm	Seated Yoga- Zoom only	Donations
	11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
	2:00-3:30pm	Walking Tennis- Lloyd Park	£4
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Book Club

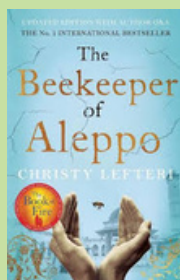
Books for August and September

14 August



Twenty one Stories
by Graham Greene

11 September



The Beekeeper of Aleppo
by Christy Lefteri

For more information about our book club, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

Need tech Support?

Book a one-to-one session with one of our digital buddies at the Hub. They can help you solve problems on your device

Thursdays from 10am- 4:30pm

Fridays from 10am- 3:30pm

To book please contact us on 020 8558 5512 or events@ageukwalthamforest.org.uk

Watch out for Scammers

We've become aware of a phishing campaign impersonating Age UK. Scammers are sending fake emails claiming to offer a "Free Age UK Health Monitoring Kit." These emails are designed to misuse Age UK's trusted name and trick recipients into clicking on links that lead to malicious websites. Age UK National has reported these emails to the National Cyber Security Centre (NCSC) and are monitoring the situation closely.

What to look out for

Be extremely vigilant for emails with these red flags:

- Sender name: May appear as "Age UK - Health Monitoring" or similar variations.
- Irresistible offers: Promises of free health kits, urgent offers, or anything that sounds too good to be true.
- Suspicious links: Hover over links (without clicking!) to check if they point to unusual or unknown domains (e.g., not ageuk.org.uk).
- Poor quality: Watch for bad grammar, misspellings, unprofessional formatting, or language that tries to pressure you into immediate action.
- Unusual contact details: Any contact information that doesn't look official.

If you receive an email of this nature:

1. DO NOT click on any links or open any attachments.
2. DO NOT forward the email to others.
3. FORWARD the original email directly to the NCSC's reporting service: report@phishing.gov.uk
4. DELETE the message from your inbox immediately after forwarding.
5. If you're unsure about an email, you can contact Age UK's Information Security team at infosec@ageuk.org.uk

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

matches volunteers with individuals over 60 who live alone for companionship and friendship. 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 £22 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



Age UK Waltham Forest has achieved the Age UK Charity Quality Standard (CQS). The CQS is externally assessed by quality assessment experts, SGS