

NEWS



From the North Hub

September and October 2026

Follow us on Social Media!



@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello,

I hope you have coped well during the hot weather. The Hub was still as busy as ever, despite the heat, and it was good to see many of you attending our regular groups and activities.

As the nights draw in, I hope you will feel like taking part in some of the activities we have been working hard to bring you. Our Shed is now open, which you can read about on page 3. We have a range of workshops for print making, sewing and making things from reclaimed wood. And don't forget our special tea party for Silver Sunday and our ever popular Quiz Night, both of which raise money for our work.

Many of you have responded generously to our Friends monthly donor campaign, for which we are extremely grateful. This ongoing support coming in each month gives us the assurance to plan ahead. If you would like to become a monthly donor, you can pick up a leaflet from The Hub, or call us on 020 8558 5512 or donate at <https://cafdonate.cafonline.org/26857#!/DonationDetails>

Thank you

Best Wishes,

Emma Tozer
CEO Age UK Waltham Forest



The Shed is open for business! See inside to find out more

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Age UK Waltham Forest
Waltham Forest Resource Hub (North)
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Showing solidarity

Following the shocking attack in July on a worshipper outside the Noor Ul Islam mosque in Leyton, our Loved & Wanted Alliance joined over 100 people outside the mosque. Our befriending manager, Terry Day said, "We wanted to show solidarity with the congregation of the mosque, and to communicate the message "Whoever you are, wherever you are from, you are loved and wanted in London". Rabbi Richard Jacobi added, "We know, from bitter experience, that attacks on one faith community or racial group often lead to similar attacks on other faith groups or communities. We must sustain a zero tolerance of any and all such attacks." Averil Pooten of St Barnabas Church, Walthamstow told us, "A week after one person was met with hate, our community chose to answer with love. Kindness is stronger when it's shared. When we stand together, we send a powerful message: everyone belongs, everyone matters, everyone is loved and wanted." Saira Begum Mir of PL84U Al-Suffa foodbank added, "Hate is usually born from ignorance. Collective resilience defeats division, it honours shared strength, it outlines the needs, the importance to continue to work together. The responsibility lies with each and every one of us to build an inclusive future."

Loved & Wanted is an initiative from the Mayor of London to support community groups, showing that London remains a welcoming place for everyone. It forms part of a broader campaign to combat rising hate and division, both online and on the streets, by celebrating London's diversity and strengthening local networks. The goal is to ensure every Londoner feels seen, supported and proud to belong.

Age UK Waltham Forest, in an alliance with other community organisations, has been granted funding to create community spaces where Londoners can connect, get support and take part in their local community. Look out for Loved & Wanted events throughout the year.



Loved & Wanted Alliance and friends show support

Our Second Shop!

We are delighted to announce that we will be opening our second charity shop! Like our Leyton Store, all the profits will go towards funding our core services supporting older people here in Waltham Forest.

Led by our expert store team, we plan to replicate the success of our Leyton store, with good quality stock, fun workshops, community activities and groups. Work is underway to fit out the interior, so watch this space for more news as it comes.

Turn to page 5 for the latest news from our Leyton Store.

Thank you

We are delighted to hear that the Stow Roses, the Women's Institute in Walthamstow, has nominated Age UK Waltham Forest as their chosen charity for 2026-27, with the funds going towards supporting our Befriending programme. We thank them with all our heart.



New: Workshops helping local nature

In partnership with North London Waste Authority, we are delighted to announce two workshops in October here at The Hub. You can learn to make a bird feeder or an insect home which helps to promote biodiversity of plants and animals, all using natural and repurposed materials. Or learn to draw with nature and make your own print. For information on how to book for this and our other events and classes, see page 6.

News: The Shed is Open!

We are delighted to announce the official opening of our Shed workshop at The Hub from Tuesday 1 September. The Shed will hopefully encourage local people to take part in social activities, especially those with time on their hands and maybe in need of company and to make something. Our Shed is a welcoming place where people can learn new skills, make practical items and enjoy a chat, a laugh and a cup of tea in good company.

You'll have the opportunity to make projects for yourself, whether it's something useful for your home or a gift for family and friends. You can get involved in projects that benefit the wider community, making items for The Hub, building benches, planters and wildlife habitats. Together, we hope to make a lasting difference in our local area. Ralph and some men keen to get started have already been making bat boxes for Ching Action community group and we're continuing to create useful items for the local community, with many of our projects making use of recycled timber.

Men's Shed

Men's Shed opening times will be Monday, Tuesday and Wednesday from 9.30am to 12.30pm. If you're interested in joining our Men's Shed, please get in touch events@ageukwalthamforest.org.uk or phone 020 8558 5512. We ask everyone to register before attending for the first time. After that you're free to drop in whenever you like during our regular opening hours.

Women Welcome

On Thursday mornings from 9.30am to 12.30pm, the Shed workshop becomes our Open Access Shed, open to men and women. Again, you will need to register beforehand. It's a chance to work on your own project, develop new ideas, or simply enjoy using the workshop with others.

Workshops for All

Alongside our regular Shed sessions, we'll also be running focused activity workshops on Tuesday and Wednesday afternoons from 1.30pm – 3.30pm for anyone to take part in. Our activity for September will be making a hallway key holder with a small shelf made from recycled timber for which we will charge £10. Birdbox making is planned for October. Places are limited due to limited space in the Shed, so please register your interest in advance to secure a place.

To register your interest or to find out more, please contact events@ageukwalthamforest.org.uk or call 020 8558 5512



Batboxes presented to Ching Action group

Got any spare timber?

We're always grateful for donations of recycled timber. Our projects currently rely on the generosity of the local community, so if you have any unwanted wood that's suitable for reuse, please get in touch. Your donations will help us create projects for individuals and the wider community while giving materials a new lease of life. Thank you.



Make your own key shelf by registering for our workshop!

New Events - Get Involved

Celebrate Silver Sunday

Silver Sunday is a national day dedicated to celebrating older people. Join us at The Hub for our annual celebration on Sunday 4 October, from 2pm to 4pm for a delightful afternoon - featuring live entertainment, a traditional vintage cream tea and time spent with friends old and new. Tickets are £15 per person. We encourage you to book early to avoid disappointment. Contact events@ageukwalthamforest.org.uk or pop into The Hub to purchase your ticket.



Raffle Prizes Needed!

Our upcoming events include raffles, so we're always looking for exciting prizes to help make it a success. Can you help? Do you know a local business that may be willing to donate a prize? Do you have an unwanted gift, voucher, bottle, or other item suitable for a raffle? Every donation, large or small, helps us raise valuable funds for our work. Prize donations can be dropped off at The Hub. If you have any questions or would like to discuss a donation, please get in touch with Helen, Community Fundraiser, h.bigham@ageukwalthamforest.org.uk Thank you.

Book Now for November Quiz Night!

Gather your friends and put your knowledge to the test at our popular Quiz Night! It's on Saturday 14 November, from 7.00pm at St Edmund's Church Hall, E4 8JL. Tickets are just £14.00 per person and includes a delicious Ploughman's Supper. To reserve your place, please contact Richard on 07880 983 913. Spaces fill quickly, so book early!

Marathon anyone?

If you or anyone you know fancies running the London Marathon to raise money for us but can't get a place, you can register with MyWay, to run, jog or walk it in 24 hours in any location you choose. From £40, to find out more visit <https://www.tcslondonmarathon.com/enter/how-to-enter/myway>. If you or someone you know has a place, please consider running for Age UK Waltham Forest.

Knitters wanted!

We know, it's only September, but Christmas has a crafty foxy way of arriving before we know it! Can you join our Christmas knitting team and help us raise funds for our work? Whether you're an experienced knitter or can do the basics, we'd love you to get involved. You can knit small tree decorations or bigger toys, all will help us. Please get in touch and we'll provide everything you need to get started.



Join Our Big Knit!

If you're a novice knitter or would prefer something a little simpler, why not help us knit our famous Innocent Smoothie Hats? Every little hat you knit helps raise 30p for our work. It might not sound like much, but those little hats certainly add up and raise a good sum for us. Our next Big Knitathon is Thursday 29 October from 2pm at The Hub. All welcome - experience or newbie. We'll have refreshments, plenty of friendly faces and lots of encouragement - it's always great fun! Please do bring a friend or share this invitation with anyone who enjoys knitting. The more, the merrier! Contact Helen h.bigham@ageukwalthamforest.org.uk

News from our Leyton Store

Discover the Art of Sashiko Mending

Join us for this workshop led by Japanese textile artist and designer Mika Sembongi, where you'll learn how to repair clothing creatively using this beautiful traditional Japanese mending technique. The word Sashiko translates as "little stabs", a reference to the small running stitches that have been used for centuries to strengthen, repair and decorate textiles. Today, it's a wonderful way to give well-loved clothes a new lease of life, adding beautiful textures and character to a garment in your own unique style. Bring along a denim garment from home that needs mending, or simply come and learn a new skill—we'll provide all the materials you need! It's on Sunday 13 September, 12–2pm at our Leyton Store, donations welcome.

Advance booking is essential.

To reserve your place, send us a direct message (see below) or pop into our Store.



Small furniture items

We are now accepting donations of small items of furniture, including cupboards, chairs, tables and cabinets. As our storage space is limited, items need to be within these dimensions:

100 cm Width X 60cm Depth X 200cm Height

Please bring your donations to our Leyton Store.

Repair Café - on Tour!

Look out for our special Repair Workshop on Tour at this year's Highams Park Fair on Sunday 6 September from 11:30am - 4:30pm. Learn lifelong skills from our creative up-cycler Suzie Madine and couture beading specialist Lesley Coidan. We hope to see you there!

Our weekly Repair Café continues on Fridays at our Leyton store. There's no need to book, sessions are free to attend with donations welcome.

Join the Leyton Sewing Bee!

Calling all makers, menders and creative stitchers! We're planning an exciting community upcycling challenge where you'll receive a mystery bag of unsold clothing from our shop and transform it into something completely new. This will be a fun chance to experiment with fabrics and colour to create a statement piece or simply reinvent a favourite garment. We can't wait to see your imagination at work! The final outfits will be showcased at a special in-store fashion show.

As dates are still to be finalised, keep an eye on our social media for announcements of more details or pop into our Store to register your interest.

Green Halloween

Don't forget to check out our Store for Halloween costumes and decorations, to save you cash and help cut waste. Pop in to seek out those spooky bargains, before they disappear...



If you would like to join our team of volunteers at our Leyton store, email shop@ageukwalthamforest.org.uk or pop in to store to register your interest with a member of our team!

Our Leyton Store is at 857 High Road Leyton, E10 7AA. It's open seven days a week and the income it generates is used to support local people here in Waltham Forest.

For the latest news of our events and special offers, follow us

Facebook : https://www.facebook.com/AgeUKLeytonStore?locale=en_GB

Instagram: https://www.instagram.com/age_uk_leyton_store/

My Autumn Almanac!



Autumn is the time for starting something new! Now that the summer is drawing to a close and the nights draw in, it's a good time to start a new activity or learn something new. And there are new classes and activities here at The Hub.

Body Clocks

The reduced daylight hours as the nights draw in, can affect our body clock and alter the body's chemicals that regulate our mood and levels of sleep. While many of us can shrug this away, it can affect our mood and lead to feeling low, lethargic and over-sleepy. Ways to avoid this are to try to get as much natural light as you can, stay active and have a simple routine in place to give structure to your day. Try to get up around the same time and keep to the same sleep and meal times if you can.

Natural Light

Natural daylight sets your internal clock, helping you feel to awake during the day and sleep better at night. If you can, go outside everyday for at least 10-15 minutes and ideally go for a walk. If you can't do this, spend time in rooms with windows and let in natural light.

Try Something New

Why not try something you've not done before? Taking an interest in something new is great for stimulating your thinking and can boost your mood.

Art, crafts, singing, special interest talks and discussion, history walks, gentle exercise, fitness, sports and dance, as well as weekly social clubs and special events. We have lots going on here at The Hub and at other venues around Waltham Forest at low cost or for a small donation.



Singing is good for you

Do you often feel good after singing along to the radio? In fact singing activates the feel good chemicals in the brain. It can also help support cognitive alertness and memory, as well as regulate breathing and reduce stress. Why not join a singing group or choir and feel the benefit!

Get Arty get crafty

There's lots of evidence that confirms that mental wellbeing is boosted as a result of doing arts and crafts, as well as visiting museums and galleries. It raises levels of happiness as well as giving a sense of achievement and a meaningful route to self expression.

“If the arts were a pill, we would be taking it every single day”

Professor Daisy Fancourt UCL



Stay Active

Moving around regularly has a direct and positive affect on your mood. Physical activity releases feel-good brain chemicals like endorphins and serotonin, which lower stress, ease anxiety and can lift feelings of depression. Going out for a walk or doing gentle exercise as part of your regular routine will help to keep you active.

Table tennis, dance exercise or walking sports like walking football or tennis are great for maintaining coordination and also provide valuable social interaction with others.

Tai Chi, yoga and pilates help to build strength to your core muscles which in turn help to maintain your balance.

If you're not able to get out, consider online classes and exercises you can do safely at home.

Now turn the page to find out more about all the classes, events and groups we are hosting in October and November as well as weekly classes here at The Hub and around the Borough

Only Connect

Connecting with others regularly is an important way of staying upbeat. Arranging a regular time to catch up with family and friends is a good way of ensuring we stay in touch. But it's also good to speak with people we don't know, especially of different age groups and backgrounds, as it keeps the brain active and maintains our social skills.

So why not join a social activity or group. It can form a regular date in the week or month where you can take part in an activity you like, maybe learn something new and make connection with with others.



Tech Support is here

Join our Weekly Tech Q&A with our Expert Tech team on Thursdays 12:00 to 12:30pm at The Hub or via zoom. Or you can book a one-to-one session with one of our digital buddies at The Hub. They can help you solve problems on your device or give general advice. Call us on 020 8558 5512 or email events@ageukwalthamforest.org.uk



What's on: Events and Classes

We host a range of different events, workshops, classes and groups in our busy activities schedule. So, why not try something new in September and October? Book up for our popular Fundraising Social events, our monthly history walks given by local historian Joanna Moncrieff, or weekly talks by our Silver Surfer team about using new technology and also science and the arts. And you'll find all our weekly activities and classes on page 12.



Learn the Art of Sashiko

Silver Surfer Talk: Cloud Storage

Thursday 3 September 10:30am - 12:00
at The Hub or via zoom

Cloud storage is now widely used for storing files, back-ups and for sharing documents amongst designated groups of users. Neil reviews cloud storage facilities provided by the major manufacturers like Microsoft, Google and Apple.

History Walk: Secret Islington

Thursday 17 September at 2pm - 2 hours
Highbury and Canonbury area

Join us for a tour of historic Canonbury, which has a history that really should be explored. We will hear about the house that was listed even before it was built, see a Tudor tower that gave the area its name and has many stories and mysteries associated with it and see the former summerhouses of this tower now hidden within residential streets. We will also stroll along part of the 400 year old New River which is neither new nor a river. This is George Orwell's old stomping ground and as well as seeing where he used to live, we will pass by one of the pubs that was the inspiration for his perfect pub the Moon under Water. Booking is essential.

Repair Shop on Tour: Highams Park

Sunday 6 September 11:30am - 4:30pm
at Highams Park IG8 9RB

Visit our Leyton Store expert repair and upcycling team at Picnic in the Park, see page 5 for more details.

Tea with Elvis - SOLD OUT

Thursday 10 September 1:30pm
At: St Edmunds Hall, Chingford

Sorry but this event is now sold out. If you have a ticket but can no longer attend, please let us know so we can offer it to those on our waiting list.

Craft Class: Sashiko Embroidery Workshop

Sunday 13 September 12:00-2:00pm
at: Age UK Leyton Store

Discover the art of Sashiko, where you'll learn how to repair clothing creatively using this beautiful traditional Japanese mending technique. See feature on page 5. Donations welcome



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

What's On: Events and Classes

Special Interest Talk: Is Opera Daft?

Thursday 24 September
10:30am - 12:00
at The Hub or via zoom

Phil explores how the strange world depicted in opera can exploit music to reveal insights into life: how we think and how we behave - on or off stage - whatever the mere 'spoken word' says.

Silver Surfer Talk: Passkeys are replacing Passwords

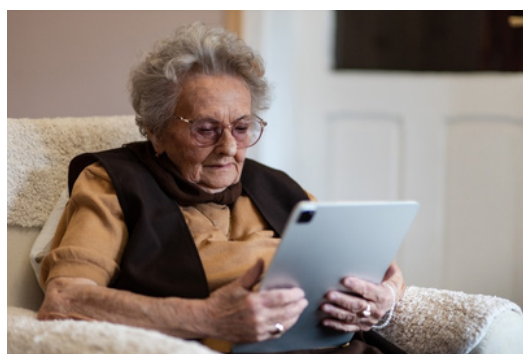
Thursday 1 October 10:30am - 12:00
at The Hub or via zoom

The big tech players are "encouraging" us to move from passwords to passkeys. What's this all about? What are the pros and cons? Is it a good idea? Mike explains more.

Event: Silver Sunday Tea

Sunday 4 October 2:00-4:00pm
at The Hub

Sunday afternoon tea - booking recommended. See page 3 for details.



Silver Surfer Talk: The Smart Home

Thursday 8 October 10:30am - 12:00
at The Hub or via zoom

Charlie examines how technology can help older or disabled people to turn on those awkward, out of the way switches - by just using their voice.



Who is this
handsome chap?

History Walk: Secrets of Belgravia

Thursday 15 October 2pm - 2 hours
in Central London - approx 1.5 miles

Belgravia is one of London's most exclusive areas but away from the grand squares can be found some surprising things - picturesque and unusual pubs, amazing art work and a hidden mansion amongst other things.

On our way we will see places connected to the disappearance of Lord Lucan, a pub where it is said the Great Train Robbery was planned and an exclusive dining club located in a converted church. Booking is essential.

NEW: Make a Bird Feeder Workshop

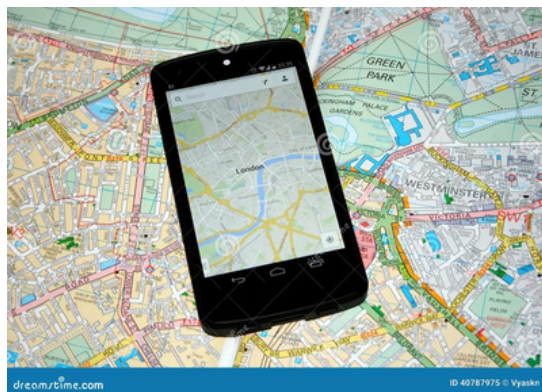
Thursday 15 October 2:00pm - 4:00pm
at The Hub

Feel more connected to nature by making a simple bird feeder and insect hotel using natural and recycled things. Both are great for helping local nature thrive. Booking is essential

Silver Surfer Talk: Maps & Navigation

Thursday 15 October 10:30am - 12:00
at The Hub or via zoom

Phil takes a look at using maps - on paper and on laptops - to see where you are, how to get from A to B, how to tell someone else where you are and how to see what's around you.



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

What's On: Events and Classes

Silver Surfer Talk: Repurpose your old PC

Thursday 22 October 10:30am - 12:00
at The Hub or via zoom

You can turn your old Microsoft PC into something useful and current. Charlie explains how to overcome Microsoft's restrictions make a Chrome Book, Linux PC and a 'Hachintosh'.

NEW: Drawing with Nature

Thursday 22 October 2:00pm-4:00pm
at The Hub

Learn the art of drawing and printing with nature to make your own print. We will find natural things together to make the designs. You can also bring flowers and leaves to use.



Silver Surfers Talk: System Restore

Thursday 29 October 10:30am - 12:00
at The Hub or via zoom

If your Windows (10 or 11) system is misbehaving, the solution may be to perform a "System Restore". Like time travel, this automated process takes the system back to a time when it was working properly and all the problems simply go away, retaining your personal files. Mike explains how it at this session.

MONTHLY BOOK CLUB

Books for September and October

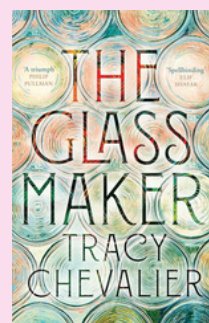
September



A Kind of Loving

By Stan Barstow

October



The Glass Maker

By Tracy Chevalier

To join us or to find out more, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

Event: Big Knitathon

Thursday 29 October from 2:00pm
at The Hub

Join our Knitathon to raise vital funds for our work. All welcome, see page 3 for details



Event: Quiz Night

Saturday 14 November 7:00pm
at St Edmunds' Church Hall E4 8JL

Coming up in November - book now for this popular event. Details on page 3. Contact Richard on 07880 983 913 to book.

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

Connected support: Dennis's story

Many of our service users have found support from different teams here at The Hub. Where we can, we try to connect people to our other services and activities.

Dennis Grange lives in Leytonstone where he was born and raised. He was carer for his wife for many years, but she moved to a care home in Norfolk where his daughter lives. Due to Dennis's own health needs, it's difficult for him to visit frequently, so he spent much time on his own. He was referred to us and we matched him with a volunteer Befriender. Dennis said this really boosted his spirits. They spend lots of time chatting and visiting places together. He told us, "we always find something interesting to talk about." We realised that Dennis is a former Royal Engineer who served operationally during the 1952 Suez crisis. After completing his national service, he had a 40 year long career working for the Post Office. So, we also put him in touch with our Veteran Team.



Dennis with Befriender Chris

Joining the Vets

Dennis was welcomed along to our Veterans' monthly lunch club at Leyton Orient Football Club, just a short ride on the mobility scooter for Dennis. Shortly afterwards Dennis also started to attend the monthly Veterans' breakfast club at the Greene Man in Chingford, of which he is now a regular attendee. After getting to know Dennis, he told us that Waltham Forest Council owed him a substantial amount of money for respite fees for his wife's care, an issue that had been ongoing for almost two years. Our Veteran co-ordinator Alistair



Veteran coordinators Alistair and Dave with Dennis (centre)

raised the issue with the then Armed Forces Lead at the Council, Rosalind Dore. Rosalind stepped in and ensured that Dennis was fully refunded in time for Christmas 2025.

Extra Support

It became clear that Dennis was struggling with some basic daily tasks and so Alistair referred him to our Information & Advice team to see if he was entitled to any benefits. After contacting Dennis, the team arranged a home visit and helped him apply for Attendance Allowance. He had previously excluded himself from applying because he thought that his Royal Mail pension meant that he wasn't entitled to anything. But as Attendance Allowance is not means tested but based on his level of need, his claim was accepted and he was successfully awarded this benefit, giving him a bit of extra income each week.

Dennis now feels more engaged with others. He and his volunteer befriender Chris like nothing more than going out to the local pie and mash shop and thanks to regular Veteran activities at Leyton Orient and the Greene Man pub, Dennis has made many new friends.

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

M O N D A Y S	9:30am - 12:30	Men's Shed - The Hub REGISTER TO ATTEND	Donations
	10:00am - 3:00	I&A Drop-In - Queens Road Family Hub E17	Donations
	10:30am - 11:30	Walking Football - Pastures E11 3DR	£5
	11:25am - 12:15	Tai Chi- The Hub	£6
	12:20pm - 1:10	Tai Chi - The Hub	£6
	1:15pm - 2:15	Fitness Classes - Yonder E17 6DP	£7
	1:30pm - 4:30	Bereavement Support Group - The Hub	Donations (1st Monday of the month)
	1:30pm - 3:30	Veterans Coffee Club at The Hub	Donations (2nd and 4th Monday of the month)
	1:30pm - 3:30	Monthly Digital Help and Support - The Hub	Donations (3rd Monday of the month)
	2:15pm - 3:00	Tai Chi - Priory Court E17 5NB - see note below	Donations
T U E S D A Y S	9:30am - 12:30	Men's Shed - The Hub REGISTER TO ATTEND	Donations
	10:00am - 11:00	Tai Chi- The Hub	£6
	11:00am - 11:55	Tai Chi - The Hub	£6
	11:00am - 12:00	Bollywood Dance - Crate E17 7FY	£5
	11:00am - 12:00	Walking Group - E17 area	Free
	12:00 - 12:45pm	Seated Tai Chi - The Hub	Donations
	12:00 - 1:00pm	Dance Fit - North Chingford Library E4 7EN see below ...	Donations
	12:00 - 1:00pm	Walking Tennis - Rolls Sports Ground E4 9JG	£7
	1:30pm - 3:30	Men's Shed focused activity REGISTER TO ATTEND	cost will vary
	2:00pm - 3:00	Table Tennis - The Hub	£4
	3:15pm - 4:15	Table Tennis - The Hub	£4
	4:30pm - 5:30	Healthy Hearts - Winchester Road E4 9JP	£5
W E D N E S D A Y S	9:30am - 12:30	Men's Shed - The Hub REGISTER TO ATTEND	Donations
	9:15am - 9:55	Tai-Chi - United Free Church E11 1AY	Donations
	9:30am - 1:00	I&A Drop in - Priory Court E17 5NB	Donations
	9:40am - 10:30	Tai Chi - The Seddon Centre E10 5AS	Donations
	10:00am - 11:00	Zumba - Crate E17 7FY - see below	£5
	10:00am - 1:00	Coffee Time - The Hub	Donations
	11:15am - 12:00	Tai Chi - Mornington Hall E4 7EN	Donations
	11:45am - 12:30	Tai Chi - Lea Bridge Library E10 7HU	Donations
	12:00 - 1:00pm	Veterans Lunch Club - Leyton Orient E10 5LG	Donations (Last Wednesday of the Month)
	1:30pm - 3:30	Men's Shed focused activity REGISTER TO ATTEND	Cost will vary
	2:00pm - 3:00	Seated Yoga - The Hub	£6
	3:15pm - 4:15	Ukulele Group - The Hub	£5
	4:15pm - 5:15pm	Harmonies at The Hub	£5

Weekly Activities Timetable

All our activities are weekly unless stated otherwise

T H U R S D A Y S

9:30am - 12:30	Open Access Shed - The Hub REGISTER TO ATTEND Donations
9:45am - 10:45	Strong & Steady fitness - Priory Court E17 5NB see below Donations
10:30am - 12:00	Silver Surfer Talks Zoom/ The Hub Donations
10:30am - 11:30	Walking Football - Feel Good Centre E17 5AA £5
11:00am - 1:00	Social Sewing Thursdays - Leyton Store E10 6AE Donations
12:00 - 12:30pm	Silver Surfers Weekly Tech Q&A - The Hub Donations
1:45pm - 2:30	Tai Chi - Zoom only Donations
1:50pm - 4:00	Book Club - The Hub Donations (2nd Thursday of the month) PLEASE BOOK
2:30pm - 4:00	Craft Club - The Hub Donations (Last Thursday of the month)

F R I D A Y S

10:30 - 12:30pm	Friday Fellas - The Hub 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 THIS CLASS IS FULL
2:00 - 3:00pm	Walking Tennis - Lloyd Park, E17 4PP £7
2:00 - 3:00pm	Pilates 65+ - The Hub from 18 September £5 suggested donation
2:00 - 4:00pm	Repair Café - Leyton Store E10 6AE Donations

SATURDAYS

9:00am	Veterans Breakfast Club - Greene Man E4 6RB £5 (1st Saturday of the month)
11:00am - 1:00	Social Sewing Saturdays - Leyton Store E10 6AE Donations

Please note changes in Weekly Classes!

Our fitness teacher Joe will be away 7 - 14 September, so the following classes won't take place:

- Monday 7 and 14 Sep Tai Chi at Priory Court;
- Tuesday 8 Sep Dancefit at North Chingford library;
- Wednesday 9 Sep Zumba at Crate, and
- Thursday 10 Sep Strong and Steady at Priory Court.

Classes will resume on the set day onwards.

Pilates

will start from Friday 18 September - we're asking for suggested donation or £5 or more

Please help us keep going

You can see above that Age UK Waltham Forest's activities are provided either FREE or at a LOW COST, as we believe in making our activities as accessible as possible. However, if you are able to support our work with a donation, please do donate to our work to help keep our services going.

You can make either a single or monthly donation to Age UK Waltham Forest cafdonate.cafonline.org/26857#!/DonationDetails, or in person at The Hub.

If you would like to speak with us about donating or fundraising for us, please contact Helen Bigham on 020 8558 5512 or email h.bigham@ageukwalthamforest.org.uk

Thank you

Our Services

Information & 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 :

- Queens Road Family Hub E17 8PJ
Mondays from 10:00am to 3:00pm
and at
- Priory Court, Walthamstow E17 5NB
Wednesdays from 9:30am-1:00pm



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 £24 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 £4 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. Cost is £35 an hour. Simple gardening work is £28 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 £25 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, BSI

