

NEWS

from the North Hub

Sept 22

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Hello!

I hope this finds you well and that you have had an enjoyable summer. In the flurry of excitement of the Platinum Jubilee activities, we omitted to mention that Age UK Waltham Forest celebrates its own milestone of its 40th year, this year! You can read about our history on page 2.

The rising cost of living is being felt by all of us, as the cost of everything has risen with the likelihood to rise more. We are striving to maintain all our current services, but small self-funded organisations like ourselves are struggling to stay financially secure.

As the costs of printing and postage of the newsletter are significant, we have decided for now to make our newsletter every 2 months. It will still contain all the news, features and activities. We may send out a shorter email version with updates in the month in between from time to time, so do sign up to that if you can.

If you are able to support our work with a small donation or able to fundraise for us, we would be very grateful for your gift, no matter how small.

Best Wishes,

Emma Tozer
CEO Age UK
Waltham Forest



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Our Ruby Anniversary!

Since 1986 we've been serving the local community in Waltham Forest and although the staff, volunteers and our service users have changed over that time, our aim to serve the older people in the borough is as strong today as it ever was!



Len Murray distributing copies of 60+ from the Age Concern Waltham Forest minibus, 1986

Crises have come and gone, from the early days of EEC food mountains, the recent Covid pandemic, to today's cost of living crisis, we look for creative ways to support and advise people. In particular, our core aim has always been to tackle loneliness and isolation and our successful Befriending programme has supported thousands of people over the years. Our many other programmes and activities have also encouraged people to join with others and try something new.

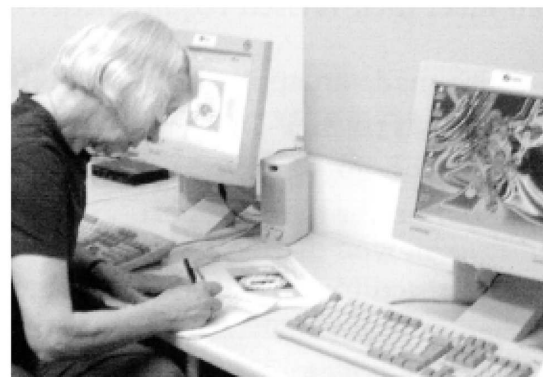


Age Concern Waltham Forest staff and volunteers distribute free butter and meat released from the EEC's 'food mountain', 1986



Telephone Conference Group Coffee Morning 6th of May 2008. Left to Right Barbara Bovingdon, Marie Lenihan, Violet Richardson, Maureen Petts, Julia Eisenthal, and Queenie Rider.

The technology revolution which has happened in this time means that while many of us have adapted our lives, many people can't and feel left behind. We've run hundreds of IT classes to guide, help and support people using new technology, as well as our Information and Advice team assisting people with online forms and our Scams programme which gives helpful guidance to safeguard ourselves against fraud. And as change never stops – neither do we! We are constantly looking of ways to improve and introduce innovative new projects and services to address the needs of older people in Waltham Forest.



A 'silver surfer' engrossed in her work, 2002

Can you help us fundraise to celebrate 40 years?

It doesn't have to involve running a marathon or putting on an event. Unless you want to! But something that you do anyway could be an opportunity to raise some funds.

Maybe if you or someone you know is having a party, they could ask for donations instead of gifts? Or in our 40th year why not do a fundraising challenge of your own around 40? Get sponsored for walking 40 laps of your garden or park, or sell 40 cupcakes in a sale, or knit 40 little hats?



Whatever you can raise for us, we will be very grateful for your help.

Platinum Star!

We were delighted that our volunteer, Marilyn Gould, was honoured this summer by receiving a Platinum Champion award, launched by RVS and its President, HRH The Duchess of Cornwall, in honour of Her Majesty The Queen, and the example she has set in her 70 years of service. Marilyn was one of 490 outstanding volunteers selected from 3,300 nominations to receive the honour.



Marilyn at our Jubilee Party this year

Marilyn has volunteered with our Befriending service since 2018. She provides a friendly, reassuring voice reaching out to isolated and lonely older people in Waltham Forest. The insightful information that she gathers about that person's life and interests means that we can then match them with a long-term befriender who will visit them every week. No matter how shy, depressed, uncommunicative – or at times suicidal – the person is, Marilyn is able to make them feel they are not alone.

When lockdown started, the demand for Befriending went through the roof, so we were so grateful that Marilyn was part of the team. She worked tirelessly making initial phone calls to worried, isolated older people many of whom were frightened and confused by the pandemic. Since then, she has continued phoning every new person referred to the service, devoting 10-12 hours every week.

Please can you help us?

Many people think because we are part of a national charity, that we are fully funded by them. But the reality is that we are entirely self-funded, which means that we have to raise money to run the Hub, pay our staff, repair and maintain the building and of course fund our programmes, services and activities. We are continually applying for grants to fund our work and, as the economy is under more pressure, the funding has become harder to obtain. Perhaps hardest of all is to get funding for our core services and Hub.

Many of our services and activities are offered to the public free of charge or at a far reduced rates, because we strongly believe that our services should be accessible to all older people in Waltham Forest. But we are now asking our participants to consider making a small donation towards our costs, of whatever they can afford, especially for the services we offer free of charge.

We will be telling you about different ways you can support us in this newsletter and we will have donation boxes around at our activities and reception

You can also donate online at www.ageuk.org.uk/walthamforest/get-involved/donate/

Recycle your old treasures!

Do you have any old, maybe broken jewellery that you no longer use? Or old banknotes now out of circulation? Why not put these things to good use by supporting our recycling appeal. By donating any gold or silver jewellery, old watches, UK or foreign banknotes. We have included a recycling envelope with the printed issue of this newsletter. Please use it to help us raise money for our core services. Any queries, please get in touch
info@ageukwalthamforest.org.uk
or call 020 8558 5512

Thank you.

On your bike!

Have you ever fancied the idea of getting back on a bike, but lacking the confidence to tackle London's busy roads? We launched our free cycling course in August in Chingford especially tailored for people 60 and over. We offer courses for complete beginners and for those needing a refresher to build their confidence on the bike. The courses are run by British Cycling qualified coaches and there are bikes available to borrow for the sessions. Places are limited so booking is essential.

We are now offering the same sessions in Walthamstow and Leyton.

Walthamstow:

At: Lloyd Park, Forest Road, Walthamstow E17 4PP

When: Monday 19th, 26th September, 3rd and 10th Oct from 10-11am (beginners)
11am-12pm (improvers).

Leyton:

At: Leyton Jubilee Park, Seymour Rd, E10 7BL

When: Monday 19th, 26th September, 3rd and 10th Oct from 2-3pm (beginners)
3-4pm (improvers)

To book your place on any of these activities please contact 020 8558 5512 or events@ageukwalthamforest.org.uk

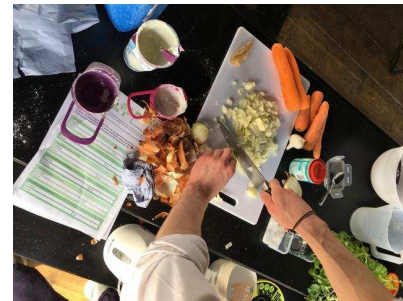
History Walks

Our series of history walks continues with...[The Better Side of the Devil's Acre](#)

When: Tuesday 4th October at 2pm
Start and finish: St James's Park Tube SW1
90 minutes, £5, booking required

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 a historic library building.

Vegetarian Cookery



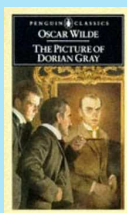
Come and join us for a vegan and vegetarian cookery demonstration at the Hub!

When: 5th September from 2pm
Cost: Free, booking required

Monthly Bookclub Renewed!

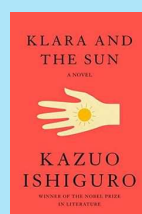
It was wonderful to return to the Hub for our first in-person bookclub since March 2020. As the weather was very warm, we sat out in our garden under the trees with tea and cake discussing our book of the month as well as other related topics. We meet on the second Thursday of the month between 2pm and 4pm at the Hub.

8th September



The Picture of Dorian Gray
By Oscar Wilde

13th October



Klara and the Sun
By Kazuo Ishiguro

10th November



The Island of Missing Trees
By Elif Shafak

8th December



How to Kill Your Family
By Bella Mackie

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

Activities Timetable

Monday	10:30-11:15am	Bollywood Dance - Zoom only	Free
	10:30-11:30am	Walking Football- Leytonstone	Free
	11:30-12:30pm	Tai Chi - The Hub	£5
	1:30-2:30pm	Fitness - Walthamstow	£4
	1:30-3:30pm	Monthly Tech Support- Zoom/ The Hub (every 3rd Monday)	Free
	1:30-4:30pm	Veteran's Coffee Club at the Hub (2nd and 4th Monday)	Free
Tuesday	10:15-11:00am	Tai Chi - The Hub	£5
	11:00-12:00pm	Walking Group - Walthamstow	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 - Chingford	£5
Wednesday	10:00-1:00pm	Coffee Time - The Hub	Free
	10:00-11:00am	Zumba - Walthamstow	£4
	10:30-11:30am	Walking Group - Chingford	Free
	2:00-3:00pm	Seated Yoga - The Hub from 14th Sept	£5
	2:30-3:30pm	Walking Football - Chingford	£4
Thursday	10:00am- 12:30pm	Silver Surfers - Zoom/ The Hub	Free
	10:30-11:30am	Walking Football - Walthamstow	£4
	1:15am-12:00pm	Tai Chi - Zoom only	Free
	2:00-4:00pm	Monthly Book Club - The Hub (every 2nd Thursday)	Free
Friday	10:00-10:45am	Tai Chi - Zoom only	Free
	11:30am-12:15pm	Seated Yoga - Zoom only	Free
	2:00-3:00pm	Walking Netball - Leytonstone	£4
Saturday	9:00am	Monthly Veterans Breakfast Club- Chingford (1st Saturday)	£4

Silver Surfer Timetable

Sept 22

In person at the hub and on zoom. For October classes, please go to our website or sign up to our email newsletter

<p>Thursday 1st September</p>	<p>10.00-11.15am Music goes Digital: Introduction and how to convert old LPs, Tapes, & CDs Please note this session is aimed at PC users (not Tablets).</p> <p>11.30-12.30pm Tech Q&A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>
<p>Thursday 8th September</p>	<p>10.00am-11.15am Podcasts and Streaming All things podcasts and 'streaming' including, how do you stream or download music? (NB this doesn't cover streaming from room to room around the house), and what are podcasts and how listen to them.</p> <p>11.30-12.30pm Tech Q&A and Open discussion - all welcome!</p>
<p>Thursday 15th September</p>	<p>10.00am-11.15am Using "Google Photos" (inc. Basic Photo Editing & Cloud storage) Show and tell session on the free software package "Google Photos". The software is free to use and works on Android and Apple Tablets & Phones plus Windows & Apple Mac PCs (Desktops and Laptops).</p> <p>11.30-12.30pm Tech Q&A and Open discussion - all welcome!</p>
<p>Monday 19th September</p>	<p>1:00-3.30pm Tech Support Ever wished you had someone to turn to when you get stuck on a technology matter? Need help/advice about computers, tablets, phones, or other technology? Want to keep up to date about technology and learn new things, or meet people like you to share experiences? Our experienced panel of volunteers will be on hand to lead the relaxed group and to answer your questions</p>
<p>Thursday 22nd September</p>	<p>10.00-11.15am Apple Mac v PC What is the difference between the two operating system, and how easy is it change.</p> <p>11.30-12.30pm Tech Q&A and Open discussion - all welcome!</p>
<p>Thursday 29th September</p>	<p>10.00-11.15am Social media - how do I choose? This session gives an overview, and examples from Instagram and Signal messenger.</p> <p>11.30-12.30pm Tech Q&A and Open discussion - all welcome!</p>

Tai Chi – “best hour of my whole week”

You may have watched ITV’s Garraway’s Good Stuff in July and seen Tai Chi instructor Ko Poon on the show, encouraging comedian Bill Bailey and writer Adam Kay to take part in Tai Chi for the first time. With around 40 years’ experience of martial arts, Ko is an enthusiastic teacher who alongside his brother John, gives regular classes at the Hub in person and via zoom. Ko explained why he loves his work.



Ko with Kate Garraway and guests

So, what are the benefits of Tai-Chi for older people?

Tai Chi is the harmony of mind, body and spirit. With the up and downs in our daily lives, Tai Chi can strengthen and settle the mind, through gentle controlled movement, improving our breathing, our posture and the way we feel. It can introduce a sense of relaxation and calmness so it’s an effective technique that helps with both physical and mental health.

Keeps us moving: As we may get stiffer and less mobile, Tai Chi can help to keep our joints moving and acts like a regular MOT for our bodies. Muscles are exercised in a relaxed way, never tensed. It’s good for our skeletal and nervous system to keep us mobile. It helps to build our immunity too as it regulates the blood flowing through our body.



Tai Chi at the Hub in 2015

Maintains balance: Tai Chi helps to maintain our equilibrium and centre of gravity and has been recommended by fall clinics.

Powers the Mind: Tai Chi can build confidence and self-esteem. During lockdown it was a powerful tool to allow a sense of space in a confined setting. People tell us they leave classes with a sense of happiness that flows into the rest of the day.

Empowering: you can practice Tai Chi anywhere, no equipment needed – just yourself.

How do you cope with the individual’s needs?

Ko told us, “Everyone in the class works to their own ability and should feel comfortable and not restricted. While John and I will encourage people towards an action, they are also encouraged to be mindful of their own capability. For example, if I instruct a repetition of 10 moves, you do what you can handle and you can sit down if you prefer.”

Continues over the page...

Tai Chi – “best hour of my whole week”

Our classes

At Age UK Waltham Forest we run five Tai Chi classes a week led by various tutors from the John Ding Academy, which draw on parallels with other exercise techniques to promote a range of exercises beneficial to maintaining movement. It includes Chi Gong which is a technique holding postures while standing and working through sequences as well as meditation and self massage.

Ko and John are two of our tutors, they were born and bred in East London and feel strongly about working in the community. And they both love seeing the positive effects it has on people! They have both seen regular attenders improve their mobility, whether it's being able to stand for longer, or gain confidence when walking or regain being able to do a hobby.

Ko told us, during tough times like lockdown, we have seen how regular classes, even those on zoom, can provide a routine that is beneficial. One man told me, "it's the best hour of my whole week!"



Regular participant, Dawood, has been attending our classes for four years. He told us...“I have been getting very unsteady on my feet and I have had a few falls. Since doing the Tai Chi classes, I have more confidence in my movement. Ko is dedicated and empathetic with seniors and gives clear instructions and encouragement. And it's so good to do with others.”

For more information about our Tai Chi classes contact us on 020 8558 5512 or events@ageukwalthamforest.org.uk

Thank You

We are very grateful to local business Harold White, who has kindly sponsored three of our Veterans Monthly Breakfasts this year. Our Veterans breakfasts are now attended by around 25 ex-service men and women in Waltham Forest, helping to keep people connected. Special thanks too to 15 year old Alex Thompson who raised money for veterans and paid for the July breakfast. Thank you so much for this support.

In the Community...

Help us spread the word!

Do you know of any sheltered/retirement housing complexes or groups working with older people in Waltham Forest who might be interested in having a free exercise class? We can provide a qualified, insured instructor to give a 45 minute class of either Tai Chi, chair based or standing yoga. Cost will be donation only.

If you know of any housing or local groups who may be interested in working with us please let us know by emailing events@ageukwalthamforest.org.uk

Puzzle Corner

Answers over the page

See if you can solve these dingbats. Dingbats are visual word puzzles from which a well known phrase or saying has to be found.

1	2	3
DAMN ?	J ^{Am} O B	TOFEE TOFFE TOPHY TOFFIE
1	2	3
Quack Quack Cluck Cluck	SHOTGU ^W	revirdtaes
4	5	6
G ^P G	HAMLET WORD WORD	PINNACLES
7	8	9
Waether	You Just Me	BOM ^{ED}
10	11	12
TO WINE THE COMMONS S	02YRROW	TEMPER ^A TURE
13	14	15
cover cop	_ondon _aris	LIBERTY
16	17	18

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 & Advice Drop-in service at Priory Court, Walthamstow Tuesdays from 10am to 1pm



Befriending team

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

Veterans Club Waltham Forest

for information 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 can 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

Puzzle Answers

1. Crossword puzzle 2. An inside job 3. Can't spell for toffee 4. Fowl language 5. Sawn off shotgun 6. Back seat driver 7. Ping Pong 8. Play on words 9. Friends in high places 10. Bad spell of weather 11. Just between you & me 12. Bowled over 13. Drinks are on the house 14. Nothing to worry about 15. A rise in temperature 16. Undercover cop 17. A tale of two cities 18. A down right liberty