

# NEWS

## from the North Hub

May-June 23

Follow us on Social Media!  @ageuk\_wf  @ageukwf  @ageukwalthamforest

Hello!

It's so wonderful that Spring is here, especially now that the days are longer and the light is better. So, why not consider taking part in something creative? We have a range of new classes to stimulate the senses from drawing classes to ukuleles! See pages 4 & 5 to read about some of our new classes.

We are delighted to have received a generous donation towards the cost of producing this issue of the Newsletter. Local business Stow Brothers, a supporter of our work, has kindly donated towards our rising costs of printing and postage. We are very grateful for this support.

Best Wishes,

Emma Tozer  
CEO Age UK  
Waltham Forest



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[www.ageukwalthamforest.org.uk](http://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.

## Tea Dance with Soul

Our Befriending team and some of our clients attended a wonderful Caribbean style tea and dance at Leyton Great Hall in March. It was attended by 200 people and organised by the Waltham Forest Twinning Association, in conjunction with ourselves, the Afro Caribbean Elders Association, Great British Carnival, Mbilla Arts and Trodition Enterprise Initiatives.



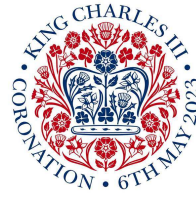
Lucy and Samia

Lucy Uzice, who is 98, attended with her befriender Samia Bessadi and she told us, "It was very nice and I enjoyed myself. Everybody was very friendly. I can't go out on my own, you see, so I hardly get out at all, so it was lovely to see so many people having such a good time."

## Grandmothers against climate change

It is hard to switch on the news these days without hearing about climate change and its catastrophic effect. There has been interest from one off our team who has eight grandchildren and one great grandchild, who worries about what kind of world they will inherit from our generation.

Are you a grandmother who feels the same and would like to meet up to and talk about taking some action on this together? If you are interested, please phone or text Terry on 07828 948993.



## Coronation of King Charles III

We are marking this special occasion at our weekly coffee morning on Friday 5 May, with tea, cake and popular tunes.

We expect this will be popular with many, so if you would like to attend, please let us know by emailing us at [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)

## Fundraising Quiz

To celebrate National Fish & Chips day on Friday 2 June, we are holding a Quiz and Chips night! A regular fun quiz with a fish & chips supper, all for £12 per person and held here at the Hub. All proceeds to Age UK Waltham Forest.

To book your 'plaiçe', contact us on 020 8558 5512 or email us at [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)

If you're unable to make our Quiz night you can still us support us by promoting the event with a display board.

Stow Brothers Estate Agents will pay us £10 per displayed board and we need a minimum of 20 boards. You don't have to be a brain 'sturgeon' to know this is a great oppor-'tuna'-ty!

# THE STOW BROTHERS

Get in contact with Helen at [h.bigham@ageukwalthamforest.org.uk](mailto:h.bigham@ageukwalthamforest.org.uk) to find out more.

## Help Age UK while you shop

We're now registered with easyfundraising, which is a digital platform helping raise money for hundreds of charities. All you need to do is sign up and select Age UK Waltham Forest as the cause you want to benefit and then remember to use easyfundraising whenever you shop online. Over 7,000 brands will donate to us when you use easyfundraising to shop with them. It's easy, completely free and the donations really mount up. To sign up visit [easyfundraising.org.uk/causes/age-uk-waltham-forest/](https://www.easyfundraising.org.uk/causes/age-uk-waltham-forest/)



## Help at Home Vacancy

We are currently recruiting for a Help at Home worker.

This role is to provide a reliable, friendly help-at-home service to carry out light household tasks. This might include jobs such as light cleaning, changing bedding, dusting, mopping floors and vacuuming.

To apply or to find out more information please visit our website.

<https://www.ageuk.org.uk/walthamforest/about-us/work-for-us/>

## Introducing Voter ID

From May 2023, you will need photo ID to vote in local and national elections. As there are no elections in London in 2023, the first time it will apply for Londoners will be at the May 2024 elections.

The requirement for the UK Parliamentary General elections will only take effect for polls after 5 October 2023.

Valid photo ID includes your passport, driving licence and concessionary travel passes and blue badge, but for a full list, please check the website below. If you do not have photo ID, you can apply for a free Voter Authority Certificate. You can do this online or contact the council for help to collect a paper form or apply in person.

For more information visit <https://www.electoralcommission.org.uk>

## Receiving our Newsletter

If you are receiving this newsletter by post, would you prefer to receive it by email instead? It would help save on our costs and you would also receive the email update in between issues. Please let us know by emailing [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk) and giving us your email address.

If you prefer a paper copy, that's fine we will continue to send it to you. Thank you.

## Storytelling Project

*We are Friends in Libraries* is an intergenerational storytelling project in Waltham Forest, bringing together older residents, children and their parents/carers. Waltham Forest council are working with national charity The Together Project, to deliver this heart-warming intergenerational project, through storytelling and singing songs and you'll get a chance to create new friendships across the generations.

There will be eight sessions held in Lea Bridge Library (Mondays 11am), Walthamstow Library (Thursday 11am), Hale End Library (Tuesdays 11am), and Chingford Library (Mondays 11am)

All welcome, just book your space by popping in to one of the libraries or go to [www.walthamforest.gov.uk/events](http://www.walthamforest.gov.uk/events)

# New Activities

All activities are drop in unless stated otherwise. Details for how to book at end of page.

## NEW: Ukulele classes!

We are delighted to have The London Ukulele Project to run this course for us with their fantastic tutor Oscar. It will all be taught through play and will include a songs from different decades and genres. Each week we will look at how to play melody and chords and will build on what we have learnt the previous week. Ukuleles will be loaned, tuned and ready to go, for the duration of the course so that you can take them home with you. Of course if you have your own ukulele at home then please feel free to bring it along we just ask that you please allow time before the lesson starts if it needs tuning.



By the end of the six weeks you will confidently know how to hold, tune and name parts of the ukulele, as well as play a handful of ukulele chords enabling you to play a number of songs.

At a recent course at Age UK Richmond, all of the attendees said that it increased their self confidence, they met new people and felt happier and more positive.

When: Wednesdays at 3-4pm, on 17, 24 and 31 May (2 week break) 14, 21, 28 June

Where: The Hub

Cost: Donations welcome

Booking Required

## Grow some sunshine!

Rise to the challenge and get growing for our 2023 Sunflower Competition. To get started, make a donation on our Just Giving page and we will post your seeds to you. Alternatively you can donate and pick up your seeds from our Reception at the Hub. The competition started in April but you still have time to get started. The last date to receive your seeds is Wednesday 31 May. Then just plant and grow!

You will need to submit your photo and final height in cm of your sunflower by 1 September 2023 by email to [h.bigham@ageukwalthamforest.org.uk](mailto:h.bigham@ageukwalthamforest.org.uk) The tallest sunflower will win! All ages are welcome!

And if the title of Best Grower alone isn't enough, you'll get the chance to win a prize and for under 11s a signed copy of 'I ate sunshine for breakfast' by local author Michael Holland.

Happy growing!



Ray with his 203cm sunflower!

To book for any of our events or activities please contact Eleanor on 020 8558 5512 or [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)

# New Activities

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## History Walk

Pubs, Penicillin, Pineapples and Plaques

A walk exploring three contrasting areas of Paddington – the former working canal area of Paddington Basin, the old village of Paddington now ‘marooned’ on the other side of the Westway and the lesser travelled streets of the tourist hub of Little Venice.

We start in the area once known derisively as ‘Stinking Paddington’ or the ‘Paddington Alps’ because of the piles of rubbish that awaited transportation out of London.

A bit of imagination is required as we walk along the canal surrounded by tall glass buildings and quirky bridges but there is still some evidence to be found of the area’s history. Names of streets and blocks of flats give more clues although not all the commemorative plaques can be taken at face value.

We will also pass a number of pubs some long gone and some still open all with a tale or two to tell.

When: Tuesday 16th May at 2pm

Cost: £5, booking required

## Tea and Cake Quiz

Join us for our popular just for fun quiz at The Hub  
Thursday 25th May, 2:00 for 2:30pm start  
Cost: Free, booking required

## Change of times

Due to popular demand we have added a new Pilates class to our schedule. We will now run a second class on Fridays from 3-4pm at the hub, starting from 12 May.

Craft club will now take place on the last Thursday of the month 2:30-4:30 at the Hub.

Book Club has a revised schedule - Please see timetable on pg 11.

## Bingo and Fish and Chip Supper

Help us celebrate National Bingo day with a Fish and Chip Supper. Join us and help make up the numbers!

When: Tuesday 25 June 5-7:30pm

Where :The Hub

Cost: £12 ticket, booking is required and tickets are limited so don't delay!



## Friday Coffee Morning Activities

No need to book, just check out what we have planned and come along from 10am. It's free, with donations welcome.

5 May - Coronation Party

12 May - Bereavement Group

19 May - Tea and Talk

26 May - Drawing Class with Sarah Mercer

2 June - Copped Hall Restorations and Gardens Talk

9 June - Bereavement Group

16 June - Tea and Talk

23 June - No Coffee Morning

30 June - Drawing Class with Sarah Mercer

For more information contact  
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# Get Creative!

We are often told that diet and exercise are good for our wellbeing. But did you know that creative hobbies such as art, writing or music can also uplift our mood and boost our mental and emotional health? Creativity and exploring our imagination is important for adults, it's not just children! It can reduce feelings of stress and isolation and it can affect how your brain works.



## Why is creativity is good for us?

Being creative can get us into a “state of flow”, which means that when we're completely focused on a task, we tend to think less about things that are worrying us. Enjoying a hobby after a busy day can help us de-stress and even give us an energy boost. It may also reduce feelings of anxiety and depression and help us express our emotions in a positive way, when it may be difficult to put into words.

Creative interests are also a great way to meet new people. For example, if you enjoy reading, you could join a book club, or if you like drawing and painting, you could join an art class. So it can be a great way to connect with others, which in turn has a positive effect on our wellbeing.

Different parts of the brain are activated when we take part in creative activities which in turn can help to improve the way our brains work. For example, simply listening to music can stimulate your brain and has been shown to improve cognitive function in people who have had a stroke.



It also stimulates our senses and helps us feel engaged. The physical act of writing something down activates areas in your brain that are involved in language and memory.

## Fun ways to get creative

Firstly, it's important to make time in our lives for creative activities and make our hobby part of our routine, if we can. Maybe start with something small and simple, before buying any specialist equipment. For example, look for drop-in art classes or singing groups to try them out and to see if you get enjoyment from the activity. Secondly, try something new. You don't have to be an expert! It's about enjoying the experience.

## Here are some ideas you can try out:

**Colour pencil drawing:** Do a small, coloured pencil drawing every day and see how your observation and drawing skills improve. Over time you will see improvements and you could try painting next.

**Bake a cake:** Baking is not only a creative outlet, but it can also be stress-relieving and fulfilling when you get to eat the end result!

**Write one short story a month:** A short story can be just a couple of pages long and start with a simple question or idea you have. Or, if you have an idea for a longer story, jot it down and see where it takes you.

**Try knitting, crochet or sewing:** The repetitive action of knitting, crochet and sewing can be relaxing, while still being creative. If you're feeling adventurous, you

# Get Creative!

could try more complex patterns as you get better with practice.

**Photography:** Taking a photo is very easy if you have a smartphone. This also encourages you to pay fresh attention to what is around you visually, which we normally have no reason to notice.

**Start a journal:** Simply writing your thoughts down on the page can be therapeutic, and it can be fun to look back on happy memories. You could include drawings too.



**Make a scrapbook:** Do you keep tickets from concerts or journeys you've gone on? Why not turn them into art and stick them in a scrapbook? You can get creative with the layout and the design, while keeping your mementos safe.

**Get green:** Looking after plants and watching them flourish is a satisfying and relaxing hobby for many people. Whether indoor plants or in the garden, being around greenery is good for your mental health.

*This article was originated by Bupa UK for full article visit [www.bupa.co.uk](http://www.bupa.co.uk)*

## Your Corner

### Ode to the Hub

I discovered the Library, looked like it was closed  
So I thought I'd go in and have a little nose  
And to my delight found an Aladdin's Cave  
There's loads of stuff, Table Tennis is my fave.

Tried Pilates, Tai Chi, strike a pose  
They cut my nails and massage my toes!  
I went to the Coffee Morn, lo & behold  
Saw friends & neighbours walk in from the cold.

Up sprouted a Piano Club for us to have a go  
As you walk into the room the music doth flow  
You're the best group of people that I've ever met  
So put your best foot forward and you're all set!

Can't wait to attend the Veggie Demonstration  
I'll learn new skills to feed the nation  
I look forward every week to stroll through your door  
For happiness laughter, and fun galore!!!

by Margaret Colocasidou

Our thanks to Margaret for this lovely poem. If you fancy sharing something creative with others why not submit a piece for 'Your Corner'.

Check out our activities from creative clay to ukulele on pg4, or why not try some of more creative activities at our Friday coffee morning, see pg5.

If you have something you would like to share please email Eleanor at [events@ageukwalthamforest.org.uk](mailto:events@ageukwalthamforest.org.uk)

# Making a Will



It's often something we put off thinking about, planning for after we have passed away. We may think of solicitors, the expense and just having to think about what we want can feel daunting. However, the process can be quite simple and once it's done, it can give you real peace of mind to know that you have provided for your loved ones and have your wishes confirmed.

Making a will is the only way to ensure your estate, that is your money, property, possessions and investments, goes to those you choose after your death. It will make your wishes clear and can avoid family disputes, which may in turn involve further legal costs. If you don't make a will before you die, the statutory rules of Intestacy will apply of how your estate is apportioned, which may leave your loved ones in difficulty.

If you don't know where to start, here's some helpful tips for what to do to prepare and save on legal costs.

## Where to start

Start with preparing your information at home, as it will help to make the meeting with your solicitor more straightforward and take less time

1. Make a list of your assets. This may include property that you own, your car, money held in bank accounts, investments and any items of special value such as jewellery and antiques. Also list any outstanding debts, such as your mortgage, loans or credit cards.

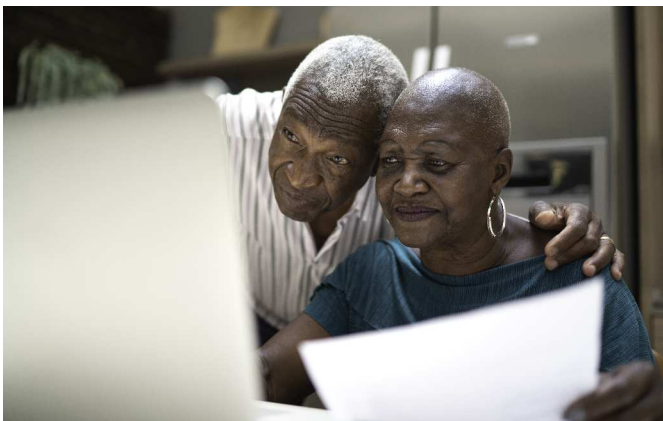
2. Get your papers together – gather relevant documents such as your property deeds, share certificates, pensions and savings documents, life insurance policies, loan agreements, as well as your passport and your drivers licence and utility bills , so that they are easy to find.



3. Make a list of your beneficiaries – that's those you want to benefit, your family, close friends and maybe a charity or cause you care about.

4. Think about what you want to leave to whom – you can leave specific possessions, you can leave a set sum of money called a pecuniary, you can divide up the residue (that's the total left over after pecuniary legacies, expenses and taxes have been paid). Also, think about who should inherit should your beneficiaries die before you.

5. Think also about your funeral arrangements and whether a burial or cremation is your wish.



Continues over the page...



# Making a Will

## Decide on who will administer your estate

1. Appoint an executor – this needs to be someone you trust to ensure your wishes are carried out who is aged 18 or over. It can be up to four people and can include a professional. It can be someone who is also benefiting from your will.
2. Get professional advice. While you can write your own will, it may cause problems if it is not written without using the correct terms. Solicitors can perceive potential legal issues with your situation, give you the advice you need and write the will with the correct legal terms.

To find a solicitor, ask a friend to recommend someone or visit the Law Society website to find a registered solicitor in your area.

[www.solicitors.lawsociety.org.uk/](http://www.solicitors.lawsociety.org.uk/)

You can also take up offers of free or discounted wills with schemes such as Will Aid or Free Wills Month. More information can be found using the links below.

<https://freewillsmonth.org.uk/>  
<https://www.willaid.org.uk/>



3. When you visit your solicitor, remember to take all the documentation, relevant lists and information with you.



## Storing your will

You should store your will securely and ensure that your executor knows where it is. Solicitors often offer this service. Do not store it in a bank safety deposit box, as the bank cannot give the executor permission to access it until they are given permission by the court, who can't give permission without the will.

## Changing your Will

It's important to review your will every five years to ensure it is still current. If you have small changes to make you can do a codicil, which is a simple document that needs to be signed and witnessed and stored with your will. For more complex changes, do seek professional advice.

For more information about Wills and Estate Planning, Age UK has a useful booklet and number of factsheets available: Making a Will, Dealing with an estate and Planning for your funeral. Simply contact us the Information & Advice team on 020 8558 3404 to receive a copy.

# Activities Timetable

May-June 23

All activities are weekly unless stated otherwise

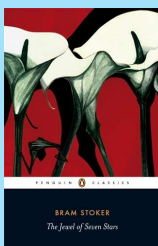
Monday	10:30-11:15am	Bollywood Dance - Zoom only	Donations
	10:30-11:30am	Walking Football- Pastures E11 3DR	Donations
	11:30-12:30pm	Tai Chi - The Hub	£5
	1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£4
	1:30-3:30pm	Monthly Digital Help and Support - The Hub (3rd Monday of the month)	Donations
	1:30-4:30pm	Veteran's Coffee Club at the Hub (2nd and 4th Monday of the month)	Donations
	2:00-4:00m	Piano Club- The Hub (1st Monday of the month)	£3
	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 - Wood Street Station	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 - Seddon Centre E10 5AS	Donations
	10:00-1:00pm	Coffee Time - The Hub	Donations
	10:00-11:00am	Zumba - Crate E17 7FY	£4
	11:00-11:45am	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 Month)	Donations
	2:00-3:00pm	Seated Yoga - The Hub	£5

Thursday	10:00- 12:30pm	Silver Surfers - Zoom/ the Hub	Donations
	10:30-11:30am	Walking Football - Feel Good Centre E17 5AA	£4
	1:45-2:35pm	Tai Chi - Zoom only	Donations
	2:00-4:00pm	Monthly 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
	10:00-10:45am	Tai Chi - Zoom only	Donations
	10:00-1:00pm	Coffee Morning- The Hub	Donations
	11:30-12:15pm	Seated Yoga - Zoom only (June onwards)	Donations
	11:30-12:15pm	Tai Chi - Leytonstone Library E11 1GH	Donations
	2:00-3:00pm	Pilates- The Hub	Donations
	3:00-4:00pm	Pilates- The Hub (starting 12th May)	Donations
Saturday	9:00am	Veterans Breakfast Club- Greene Man E4 6RB(1st Saturday of the Month)	£4

## Book Club

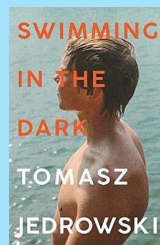
We meet on the second Thursday of the month between 2pm and 4pm at the Hub, to discuss the book of the month. Cost is just £3.

11th May



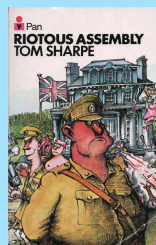
The Jewel of the Seven Stars  
By Bram Stoker

8th June



Swimming in the Dark  
By Tomasz Jedrowski

13th July



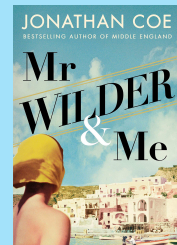
Riotous Assembly  
By Tom Sharpe

10th August



The Hungry Road  
By Marita Conlon-McKenna

14th Sept



Mr Wilder and Me  
By Jonathan Coe

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

# Silver Surfer Timetable

New format for Silver Surfers from April. Monday tech support will no longer be available on Zoom. All other classes will continue both in person and on zoom

4th May	<p>10.00-12.00pm iPads/iPhone Advanced Features The advance features of the latest update of the operating system. Multitasking Emails, Backing up, Security and Word Processing along with various hidden features that are available and how to use them.</p> <p>12.00-12.30pm Tech Q&amp;A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>
11th May	<p>10.00-12.00pm Online Maps How to get maps, take them with you anywhere, use them and find out what's happening around you (location services - like when's the next bus?) Satnav: how to use a map to navigate to your destination - on foot, or two wheels or four, or bus/train. Ordnance survey maps. Maps when you've got no signal?</p> <p>12.00-12.30pm Tech Q&amp;A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>
15th May	<p>1:30-3.30pm 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>
18th May	<p>10.00-12.00pm Smart meters (&amp; the electricity grid of the future) There's more to smart meters than just automatically sending in your meter readings. How do they work? How will they and the "smart grid" help save the planet? What's the big plan? How will the grid cope with everyone charging cars at the same time? What's the future of power?</p> <p>12.00-12.30pm Tech Q&amp;A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>
25th May	<p>10.00-12.00pm Chromebooks and boxes Do you have a new laptop - is it a Chromebook? How do you use it. This session covers setting up a google account for your Chromebook (or using an existing one) using apps on the web, and using Android apps. Do you ever use public library 'Chromebox' computers? - they use the very same system.</p> <p>12.00-12.30pm Tech Q&amp;A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>



# Silver Surfer Timetable

1st June	<p>10.00-12.00pm Turning your old laptop into a Chromebook Make use of that old PC</p> <p>12.00-12.30pm Tech Q&amp;A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>
8th June	<p>10.00-12.00pm Music goes Digital: Introduction and how to convert old LPs, Tapes, &amp; CDs Introduction to the world of digital music and MP3 players. What are the advantages? How do I get my favourite vinyl records, cassette or reel-to-reel tapes into digital format? How do I get tracks from a CD into an MP3 player? Where do I get new music in digital format? We show you how using free software. The same software also lets you manipulate music in ways that might surprise/amuse you. Please note this session is aimed at PC and Apple mac users (not Tablets/phones).</p> <p>12.00-12.30pm Tech Q&amp;A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>
15th June	<p>10.00-12.00pm Smart meters (&amp; the electricity grid of the future) There's more to smart meters than just automatically sending in your meter readings. How do they work? How will they and the "smart grid" help save the planet? What's the big plan? How will the grid cope with everyone charging cars at the same time? What's the future of power?</p> <p>12.00-12.30pm Tech Q&amp;A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>
19th June	<p>1:30-3.30pm 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>
22nd June	<p>10.00-12.00pm Connecting between Apple, Microsoft and ChromeBooks</p> <p>12.00-12.30pm Tech Q&amp;A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>
29th June	<p>10.00-12.00pm Google Earth</p> <p>12.00-12.30pm Tech Q&amp;A and Open discussion - all welcome! Join us for tech tips, breaking news and your questions answered</p>



## 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](mailto:contact@ageukwalthamforest.org.uk)

Information & Advice Drop-in service at Priory Court, Walthamstow  
Wednesday from 9.30am to 12.30pm



## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:info@ageukwalthamforest.org.uk)**  
**[www.ageukwalthamforest.org.uk](http://www.ageukwalthamforest.org.uk)**



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