

# Hackney Senior

By older people, for older people • autumn 2018

**INSIDE: What's  
on listings**

**Ann discusses  
love in later life**

**When Michael  
touched the sky**

**Real-life stories and reports  
by Hackney over 50s**



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Ann discusses  
love in later life



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## Thanks to our contributors...

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This magazine contains stories and pictures by Hackney over 50s. Find more on our website [connecthackney.org.uk](http://connecthackney.org.uk)

**Tell your story** If you are over 50, live in Hackney and would like to contribute, email [matt@connecthackney.org.uk](mailto:matt@connecthackney.org.uk) or send by post to: Matt Bray, Connect Hackney, Adiaha Antigha Centre, 24-30 Dalston Lane, London E8 3AZ.

All articles represent the views of their authors and not necessarily those of Connect Hackney or its partners. Listings are correct at the time of going to press – please contact event organisers to confirm details.



## ...the day we went to Clacton

By **Margaret Smith**,  
Senior Citizens' Media Group

A group of us from the Connect Hackney Senior Citizens' Media Group went on a day trip to Clacton-on-Sea in July. Modern-day Clacton was established as a resort by Peter Bruff in 1871. The town has a modern ambience.

The beaches are clean and sandy and have been awarded a Blue Flag environmental award. Attractions include a pier with fun rides, amusement arcades, lots of cafes, a nice shopping area and beautiful gardens where you can sit and relax.

A £4m programme of modernisation of the pier area is ongoing with a view to creating a huge entertainment centre and attracting more tourists, especially in the colder months.

There is a wind farm about 7km off the coast. The coastal air is also beneficial to health – for example, it can help problems like hayfever and asthma.

Beautiful Clacton-on-Sea is a lovely holiday destination.

# Didn't we have a lovely time...





Michael, with the Shard



The Chaps in the cafe

Michael and friends went up in the world with a trip to the fabulous Sky Garden



# A garden in the sky

Photo essay by **Michael March**, Senior Citizens' Media Group

**W**e met at the foot of the monument to the Great Fire of London. We were a group of eight men – the “Chaps” – who go to the Abbey Community Centre, in Kilburn, and take part in the Made Men trips around London as part of the Capital Age Art Project.

When the Chaps were fully gathered we walked to 20 Fenchurch Street and entered the building also known as “the Walkie-Talkie”. We had tickets pre-booked for a 1.30pm entry slot.

We took the express lift to the 35th floor. On leaving the lift we seemed to walk into another world – a cafe, plants to the left and right and, straight ahead, an amazing observation level with views of the Tower of London, Canary Wharf in the distance, the River Thames and, upriver, the Tate Modern.

## Tropical

Taking the stairs to the next level there were tropical plants and another smart open air cafe-bar, surrounded by yet more tropical plants. I was reminded of my recent visit to Kew Gardens. From this level and the level below

there is a 360-degree view of the City and surrounding areas.

We wandered around appreciating the amazing view as it was a clear sunny day. We met up later as a group at the upper level cafe for a coffee and chat about our amazing experience of the venue known as the Sky Garden.

We retraced our steps, taking the express lift to the ground floor, saying our farewells and going our own ways. That was London’s garden in the sky.

■ Visits to the Sky Garden are free but you must book a time slot. Go to the [skygarden.london](http://skygarden.london) website or phone 020 7337 2344.



## New projects for Hackney older people

New projects for local older people are coming soon from Connect Hackney. They will focus on specific groups of older people – men and older people with learning disabilities – who are more likely to be at risk of loneliness and isolation.

Also starting soon will be “community connectors”, who will provide one to one support to help people who have become isolated or cut off to rebuild their social activity and links with others.

Connect Hackney – which publishes this magazine – is a £5.8m programme to improve the wellbeing of people aged over 50 by preventing loneliness and isolation. It is one of 14 schemes funded through the Big Lottery Fund’s Ageing Better programme across the country.

We will have full details of the new projects in the next issue of *Hackney Senior*.

A few of our new projects are expecting to get under way very soon – see our listings on page 14 for more details about their activities and how you can take part.

Connect Hackney is also inviting bids from organisations that want to get involved in a further wave of new developments. These will include “digital inclusion” projects – ensuring older people are not left behind by new technology like computers and the internet – and schemes that can bring the generations together in local community spaces.

■ For more information, see [connecthackney.org.uk](http://connecthackney.org.uk).



## Reservoir campaigners set to tell their story

Tony Arrigan, Senior Citizens’ Media Group

Last year the Woodberry Down Community Organisation (WDCO) was awarded £10,000 by the Heritage Lottery Fund to tell the story of the Save the Reservoirs Campaign.

The owners of the East and West reservoirs had threatened to drain them and build luxury houses on the site some 30 years ago. The local residents of Woodberry Down estate and the surrounding area organised the Save the Reservoirs Campaign.

WDCO has undertaken extensive research and has filmed four Save the Reservoir activists. Geoff Bell, chair of WDCO said, “This is a story that needs to be told. The campaigners were active at a time when green issues were not as well understood as they are today.

“Everyone who lives in Woodberry Down now should be enormously grateful for what these activists did. That is why we want to tell their story.”

■ You can enjoy the Woodberry Wetlands area around the reservoirs yourself. It is open every day from 9am to 4.30pm, free of charge. You can enter via the West & Coal House entrance at New River Path via Lordship Road, N16 5HQ, or via the East & New River Studio entrance at 1 Newton Close, N4 2RH.

## Our wordy winners were...

Congratulations to the winners of our prize crossword from the spring issue of *Hackney Senior*. Jean Stanley, Angela Simpson and Grace Davis have each won a £20 shopping voucher.

# Talking about our generations

## Older and younger people can become friends

Margaret Smith,  
Senior Citizens’ Media Group

We meet people who are in quite a different age group to us all the time, at work, in adult colleges, during our leisure activities and in places of worship. But have you ever considered intergenerational friendship?

Sometimes people do not find it easy to form a friendship with someone of a different generation. We do tend to make friendships with people who are similar to ourselves in age.

Older people sometimes want a quiet life and do not want to waste time and effort getting involved in friendships with much younger people. They often feel they can talk to their own age group about things they have grown up with and all share.

Younger people, in turn, like

to have their circle of younger friends and often like to fix generational boundaries. But with more people living to a much older age, younger and older people will come into contact more than ever.

A younger person making friends with an older person can get a better sense of perspective, a view of where old age fits into the life span and can prepare better for their own old age as a result. A younger person can also see an older friend as a role model.

An older person befriending a younger person can gain fresh motivation and a sense of direction – and could even be encouraged to realise unfulfilled dreams.

Here are my tips for forming intergenerational friendships.

- 1) Focus on what you have in common, which often can be much more than you think.
- 2) Learn from each other. The

young can pass on IT skills, like how to watch a YouTube video, keep in touch with family and friends on Skype or post a message on Twitter.

Older people with their wisdom and lifetime of experiences may be able to teach a younger friend things they may be years away from learning about themselves.

- 3) Share ideas of how you would like the future to be.
- 4) Share photos.

## Memories

5) I would advise older people to talk about their memories. Talk about how you feel life is different now from when you were young. The chance to share memories can be an emotional experience for so many older people.

6) Combine the wisdom of the older person with the enthusiasm of the younger person. Why not discuss social issues, like protecting the environment, work-life balance or how to avoid being addicted to the internet.

So next time you meet someone in person or online who you would like to be friends with, do not hesitate to take that first step and ask them to go for a coffee. You never know where it could lead.

■ Safety tips: If you arrange to meet a person you only know online, meet somewhere public and, if possible, let someone else know where you are going. Don’t give out your address online.



Younger and older people can have fun together



Ann: 'I would say, take a chance'

# Love in later life

Love, sex and romance are not just for young people. Ann started a new relationship in her sixties

An interview with **Ann Canai**, Senior Citizens' Media Group

## How did the relationship start between you and your partner?

I wasn't looking to be in a relationship because just the week before I met him I had sworn to myself not to have any more relationships – but he

turned up. I was running a pub in Woolwich, south London, and the week before Easter on a Sunday he turned up with his son and, being a plasterer, he did some building work.

So I asked him if he would come and do some work for me and he turned up the following weekend, which was Easter Sunday, and all my staff had

taken the day off. It went from there. He said to me, stay in bed – he will open up for me. I was quite impressed when I woke up. He'd cleaned the whole pub and opened up and he'd actually served some customers.

I didn't know he had this trait about him – and the rest is history. We've been together now – it was 2006 – 12 years. I was in my sixties.

Being with somebody now – it's a lot nicer in that we're both older and the things that used to annoy me don't now. I think it's the same with him. I can look the other way towards a lot of things.

I think in later life you have a lot more patience and understanding and then it's a matter of give and take.

So my relationship with him is very calm, not volatile and everything's on an even keel and we get on very well – we share the jobs. We share what has to be done – we do it together, we go out together.

## Is this relationship more a companionship?

No, because it's not companionship. We blend together, we look almost alike. He's a snap dresser and when we go out we make a nice couple, we're quite compatible in things. It's not really companionship.

## Is it a physical relationship?

Yeah it is, it's physical. We have a good relationship. We have a physical relationship.

It doesn't compare with any of the marriages I've had before. I've had three marriages. The first one was very volatile. It was in the 1960s and men used to carry on like animals... it was totally different. My second husband was very boring but we never quarrelled. Eventually I got bored with him really but we're still friends now. We remained friends because we have a son.

## What about the children on both sides of your relationship now?

Well my son, my eldest son, he never took to anyone. At first with my present partner, again he had moments but eventually he said to me, "Oh he's a good man," and

'A lot of older people write themselves off and they really shouldn't – those are the twilight years and you can embrace whatever moment you get'

he's come round to liking him. So with this relationship all the kids get on. All his baby mothers, I get on well with them.

## Some people think this sort of thing is in the past when you reach a certain age...

Why is it past you? If you have a life, where there's life there's hope. I think a lot of people who have lived their life with a partner, maybe they've not been happy, there are things that have gone on in their relationship – especially older people.

When it comes to older men, a lot of women didn't have support from the men so they were lumbered and caught in a marriage where all the responsibility fell on their shoulders.

Because if you notice now, men are pushing their children in buggies. You never see that in the time that I had children. Men are playing a more active role now in the marriage.

But before, especially, you were mother and father and marriage counsellor and everything, because the man was never around.

So from when you wake up in the morning and he goes to work... If you work, then you go to work, you come home, you cook the dinner, blah blah blah. He's sitting there, you know he would not do a thing – you had to do all of that.

So I think a lot of women who

were caught in those times say, "Why should I go down that road again?"

And they haven't had the confidence to say they would actually take another partner in their lives. I think a lot of women they'd say, "I'm on my own, I don't need the hassle. I can do what I like, I can go where I like, I don't need that baggage."

## Have you got any advice for other people looking for love in later life?

What I would say is if you really want a partner, don't shy away from it, go for it. Until you really try out you won't know what the person is like. I would say take a chance – if it's not for you, or doesn't work out you can always end it.

A lot of older people write themselves off and I think they really shouldn't because, you know, those are the twilight years and you can really embrace whatever moment you get to do something.

I look at my partner now, I don't tell him but I think, oh he's really nice, I really do love him.

When the nights are cold it's nice to have a warm hand around you. It's nice if somebody can say, "There's a cup of tea, would you like a bit of toast? Or let's watch this movie together or do things together."

I'm glad I met my partner because we do quite a lot together.

# There's goodness in the garden

By **Beulah Watts**,  
Senior Citizens' Media Group

**T**his photo shows how vegetables are growing and producing bountifully, although they are planted in the front garden of my home in Hackney, in a space that is no bigger than six feet by six feet. It is proof that one does not need a large area of land to produce vegetables. I hasten to say that there is no use of pesticides or fertilisers.

It is all organic. You may ask how the produce is so plentiful and the vegetables so large. The reason for this is that I have buried all sorts of organic matter in the soil over the previous months and as this has degraded, the soil has been enriched.

A well enriched soil produces A-grade products. We all can utilise our little spaces in our surroundings and produce top class vegetables that are tasty and free of any artificial elements.



Beulah in her garden

# Future will bring us transports of delight

By **Irene Facer Lucas**, Senior Citizens' Media Group

**I**n cities today car ownership is declining. There are many factors in this, including the high cost of owning a house or renting leaving people with less money for cars. And, especially in the cities, there is a choice of many forms of transport, including bikes – there are now at least three companies providing bikes you can pick up and use in the street using a mobile phone app that unlocks the bikes.

Taxi company Uber will be bringing in an electric bike very soon, which will transform longer and hillier journeys. Uber and other “disruptors” will continue to bring in different kinds of transport – from cars to minibuses – challenging the status quo.

## Drive and drop cars

The Tube will expand with Crossrail 1 and, hopefully, Crossrail 2, if the politicians ever get their act together. The London Overground has been a success in opening up unused railway lines and many councils are bringing in “drive and drop” cars. One of the new services boasts all-electric cars and the number of boroughs taking part is expanding – it should encompass them all. New building developments are also including restrictions on car ownership.

Looking further into the future the race is on for fleets of driverless cars that will be run on an app. These will always obey the speed limit and have sensors that continually transmit data. The insurance industry has been having talks about how this will affect them. Even the politicians have woken up to the fact that discussions need to be had with all the parties concerned.

In the not so distant future, Dubai Expo 2020 will feature Uber flying cars and a hyperloop that will cut a car journey from Dubai to Abu Dhabi from 90 to 12 minutes. Self-driving autonomous cars will mean less noise and air pollution. As with all eras of change some jobs will be lost but new types of jobs will pick up the slack. We should look forward to the future – it will be exciting. ●



Photo: Fin Fahey / flickr.com



Michael drove long-distance lorries

# Ferrying food: the long distance lorry driver's tale

By **Michael Melvin**, Senior  
Citizens' Media Group

**I**n my job as a long-distance lorry driver I learned many things about food – from seeing it growing, to being taken from the farms to be washed and packed and sent to countries in the EU.

When I first started driving abroad, mainly to Holland and Belgium, we had no problems with customs at the borders.

But going into the EU gave customs and police a licence to demand money or cigarettes or some of the goods you were carrying to continue with your journey.

So if the paperwork was made out correctly you had no problems or delays, therefore making it quicker to get the goods to market fresher.

Fruits that come from a long way away normally come by ship, from countries like Chile or South Africa, and are put onto refrigerated lorries and taken to fruit markets in England, Ireland, Scotland and Wales.

But sometimes it was stored in chilled sheds for months at a time to reach a better price on the markets at a later date.

So when you go shopping, look for local foods that should be fresher and may be cheaper.

There's nothing like a bit of freshly harvested cinnamon from your home island. Eugenia explains

# Spices in St Lucia

By **Eugenia Frederick**, Senior Citizens' Media Group

I took a holiday in St Lucia, in the Caribbean, in 2017 and enjoyed it very much. Although it was hurricane season the weather was good and it had been five years since my last visit.

I stayed alone in my mother's house. It was great to be there because I did not have to cook, wash dishes or wash clothes for the family, only for myself.

The holiday was quiet and I had a peaceful three months which gave me the time to relax and reflect about myself. I don't think we get enough time to reflect on life and where we are going.

## Hurricanes

The weather stayed beautiful all through my three months there – apart from hurricanes Irma and Maria, which were not too bad to stop me from having a wonderful time. Things were not so lucky for the neighbouring island of Dominica, which was flattened.

It was a change for me to be

there so I could remember the old days, when I was growing up looking at the mango and coconut trees and other tropical fruits.

The area where the house is built is surrounded by trees with edible fruits and products, including cinnamon trees, cashew trees, breadfruit trees, pineapple and orange trees, star apple, plum trees, lime trees, papaw, guava and banana.

There are also avocados, sour sop, tamarind trees, pumpkin plants, cocoa and coffee growing

there. We are spoilt with nature in St Lucia.

I left St Lucia in 1961 with my sister to join my mum and dad and brother in Hackney. When I was growing up there were no dwarf coconut trees – now there are plenty of them and you can pick the coconuts off the ground. There is also passion fruit which I did not know about.

I harvested some cinnamon while I was there. I use the cinnamon I harvest to make my mix spice, along with the spice I have from Grenada. I use tonka

beans, mace, nutmeg and cloves. I use fresh cinnamon which I grind down and mix with the other spices and add half a teaspoon to porridge or cakes. Cinnamon is loaded with antioxidants and has anti-inflammatory properties

A lot of people use tonka beans in St Lucia. You can buy this bean in London in the exclusive Borough market, but we are lucky to have it growing to hand in St Lucia. I use it because of the lovely vanilla flavour in porridge or smoothies – and it's all natural.

In London, health shops are in big business selling all kinds of potions and lotions but the best has to be sourcing natural ingredients and I am blessed to come from such a beautiful natural island full of natural medicine.

Everyone remarked that I looked so much better and relaxed when I came back to London.



## Never too late at the Tate

By **Michael March**, Senior Citizens' Media Group

You can't teach an old dog new tricks. Do you remember hearing that saying? Well, we don't believe that's really true, in the 21st century. Some of these senior lads and lasses are full of adventure. For example they are out there learning new tricks, going to college and volunteering. Learning new tricks? Oh excuse me, I mean learning new skills and using their free time in a positive way for the good of the community and of course for their own enjoyment of life.

I decided to take retirement a year after what would have been the normal date. At that time I had a sense of release and freedom. However, I also had a sense of loss of purpose and without being fully conscious of it, I realised that I was looking for a new direction. I did enrol for some educational courses, but did not feel fulfilled.

## Volunteer host

One activity I chose was being a volunteer host at the Tate Britain. This happened more by accident or coincidence. I was involved in a pre-GCSE English course and part of an exercise we were assigned was to present a subject to the class. My idea was to talk about a picture at the Tate Britain gallery, *Ophelia* by John Everett Millais.

So there I was, visiting the Tate Britain to research this painting, and at the top of the stairs was a woman of mature years with a brightly coloured shoulder bag with the wording, "Ask me".

I asked the lady about the painting that I was interested in and her role. This provoked my interest in being a volunteer visitor host at the Tate Britain myself.

I can really recommend being a volunteer, in the arts or whatever area interests you in your personal life. There are endless opportunities for people like us with time on their hands. Just to get some ideas, try visiting the Do-it Trust at [do-it.org](http://do-it.org) or Volunteer Centre Hackney at [vchackney.org](http://vchackney.org) or by phoning 020 7241 4443.

Photos: Goodharbor / flickr.com (left) and Peter Barker, Senior Citizens' Media Group (main)



St Lucia



Fresh spices

Photo: Stu Smith / flickr.com



Hackney over 50s joined in the Big Lunch, a national community event run by the Eden Project, in June

# What's on for over 50s?

Activities and events are free, unless otherwise stated. Listings are correct at the time of going to press

## Regular events

### Hackney Brocals coach trips

A multi-generational men's project based on minibus and coach trips, plus home-based peer support for men who have recently been discharged from hospital. Phone for accessibility details. Cost of trips: approximately £10 – £15. [Connect Hackney project](#)

Based at Ment House, 1C Mentmore Terrace, E8 3DQ

Phone City and Hackney Carers Centre on 020 8533 0951. More info at [www.brocals.org](http://www.brocals.org)

### Creative Crafts Group

Free weekly activities for Hackney over 50s who have a learning

disability. You can enjoy a range of creative workshops, learn new skills and make new friends. Limited accessibility. [Connect Hackney project](#)

**Coming soon on Tuesdays, 10.30am – 3.30pm** (phone to check start date)

**The Workshop, Geffrye Street, E2 8JA**

Phone Peter Bedford Housing Association on 020 3815 4100

### Plot 2 Plate

Free weekly activities for Hackney over 50s who have a learning disability. Learn about gardening, grow fresh products, cook and eat what we grow! Limited accessibility. [Connect Hackney project](#)

**Coming soon on Wednesdays,**

**10.30am – 3.30pm** (phone to check start date)

**Clissold Hub Gardens, 23A Clissold Road, N16 9EX**

Phone Peter Bedford Housing Association on 020 3815 4100

### The Garden Social

Free social club in a garden for people aged over 50 who have a learning disability. Come along and experience bee-keeping, flower arranging and healthy cooking. Accessible venue. [Connect Hackney project](#)

**Coming soon on Tuesdays** (phone to check start date)

**50 Pearson Street, E2 8EL**

Phone St Mary's Secret Garden on 020 7739 2965

### Friends of Woodberry Down coffee and activity morning

Coffee and activities for older people, with group exercise, dominoes, sing-a-long, summer seaside trips and refreshments. £1. Just pop in. Wheelchair access.

**Every Tuesday and Friday (except the last Friday of the month), 10am – 2pm**

Newnton Close sheltered accommodation, Woodberry Down Estate, N4 2RQ

Phone Amanda Inniss on 0787 634 5457 or email [friendsofwoodberrydown@gmail.com](mailto:friendsofwoodberrydown@gmail.com)

### Friends of Woodberry Down meet and greet

Regular monthly get-together. £1. Just pop in and join the fun.

**Last Friday of every month, 10am to 2pm**

**Woodberry Down Community Club, Woodberry Grove, N4 1SN**

Phone Amanda Inniss on 07876 345457 or Tracey Boothe on 07852 328993

### Health coach health walks

Low to moderate intensity walk through the delights of Victoria Park. Open to all ages from 18 upwards. Wheelchair accessible.

**Thursdays, 2pm – 3pm**

**Departs from New Kingshold Community Centre, 49 Ainsworth Road, E9 7LP then walk to Victoria Park**

Phone Teresa Buckland (health coach coordinator) on 07584 598086 or 020 7033 8587 or email [teresa@shoreditchtrust.org.uk](mailto:teresa@shoreditchtrust.org.uk)

### Silver Linings: craft for a cause

Meet others regularly and lend a hand in Hackney. Crafts to repurpose items for the home and garden. Refresh your skills or learn new ones. We give everything we make to others.

**Thursdays, 11am to 1pm**

**"The Loop", at the garages opposite 16 Tolsford Road, Pembury Estate, E5 8HH**

NB venues may change for craft activities. Check details and book a place: phone 020 8510 5403 or 07913 604364

### IT classes

Over 50s Silver Surfers group. People who wish to learn to use computers, laptops, tablets or mobiles are taught on a one to one basis. Free, including tea and biscuits. Wheelchair accessible

**Every other Monday, 11am – 1pm**

**Trowbridge Senior Citizens Club, 15 Lavington Close, E9 5HF**

Contact Alison 07958 060947 or Gordon 07544 592666

### Not-So-Still Life: nostalgia drawing

Bringing together older and younger people through shared creativity. Sociable sketching of nostalgic objects, a cuppa and a chat. Cost: £3 for age 65+, £6.50 for younger people. All materials, tea and coffee are provided.

**Sunday 7 October, 11am – 1pm**

**Core Clapton, 161 Northwold Road, E5 8RL**

Contact: Jenny Urwin on 0300 561 0161 or email [jenny.urwin@gmail.com](mailto:jenny.urwin@gmail.com)

### Made in Hackney

Cooking and food-related community classes. Cost: by donation. Please book your place. No wheelchair access.

**3 Cazenove Road, N16 6PA**

Phone 020 8442 4266 or email [info@madeinhackney.org](mailto:info@madeinhackney.org). More info at [www.madeinhackney.org](http://www.madeinhackney.org)

**Wednesday 5 September, 6pm – 8.30pm**

Learn how to make chutneys, jams and pickles

**Sunday 9 September, 12.30pm – 3pm**

Healthy desserts

**Wednesday 19 September, 5.30pm – 7.30pm**

Foraging walk – find wild food

**Sunday 23 September, 12.30pm – 3pm**

Healthy Polish food

**Wednesday 3 October, 6pm – 8.30pm**

Lunches: there's more to lunch than sandwiches

**Sunday 7 October, 12.30pm – 3pm**

Healthy takeaway

**Wednesday 10 October, 6pm – 8.30pm**

Bread-making

**Wednesday 17 October, 6pm – 8.30pm**

One-pot wonders

**Sunday 21 October, 12.30pm – 3pm**

Healthy Ethiopian food



## Free walk-in hearing aid clinics

Run by Action on Hearing Loss.

Locations in Hackney including EC1, E5, E9, N1 and N16

Phone Sharon James on 07442 538944 or email [heartohelp.cityandhackney@hearingloss.org.uk](mailto:heartohelp.cityandhackney@hearingloss.org.uk) for details

## Intergenerational coffee morning with tai chi

Coffee morning with tai chi and other activities to bring together people of different ages. Pop in for a free coffee.

**Thursdays, 10am – 12.30pm**  
(with tai chi at 11am)

161 Northwold Road, Upper Clapton, E5 8RL

To book for tai chi, call 0300 561 0161. Cost: "pay what you feel".

## Compassionate Neighbours coffee morning

Drop in for coffee, tea, biscuits and conversation. Our volunteers provide practical and emotional support for people living with a long-term or terminal illness.

**Thursdays, 10am – 11.30am**

St Joseph's Hospice Community Hub, Mare Street, E8 4SA  
(wheelchair accessible)

Phone Joy on 020 8525 3206

## IT and computer drop-in

**Wednesdays, 10am – 12.30pm**

Having problems with your phone or computer? Come along to our drop-in IT help sessions for tea, coffee and a chat.

Whitmore Centre, 2 Phillipp Street, N1 5NU

Phone Sallie at City and Hackney

Carers' Centre on 020 8510 1966

## Join BuddyHub

BuddyHub matches over 55s with buddies in your local area with shared interests. Together you decide what to do. Join our club!

Membership fee: £7 a week, paid monthly, or £2 a week if on means-tested benefits.

Phone 0203 642 6871 or email [hello@buddyhub.co.uk](mailto:hello@buddyhub.co.uk)

## Hoxton Health exercise classes

Fun, social exercise classes, run on a drop-in basis.

There is a £2 per session charge for classes, unless otherwise stated. All venues are accessible. For details phone Hoxton Health 020 7739 2533

### Chair-based exercise

Gentle but challenging exercise class to music.

**Wednesdays 10am – 11am**

Arden Estate Community Hall, Regan Way, N1 6PH

Free of charge

**Thursdays 11.30am – 12.30pm**

Regents Estate Pensioners' Hall, Brougham Road, E8 4PD

### Slow line dancing

Great for improving balance and general fitness and very sociable.

**Wednesdays 10am – 11am**

Britannia Leisure Centre, 40 Hyde Rd, N1 5JU

**Wednesdays 1pm – 2pm**

Regents Estate Pensioners' Hall, Brougham Road, E8 4PD

## Tai chi

Tai chi is a gentle form of exercise. You can join in standing up or seated if you prefer. **NB no classes in August.**

**Tuesdays 2pm–3pm**

John Scott Health Centre, 220 Green Lanes, N4 2NU

**Fridays 11.30am - 12.30pm**

Regents Estate Pensioners' Hall, Brougham Road, E8 4PD

## New Age Games

Free fitness and leisure activities for over 50s. No classes on bank holidays. There will be a summer break from 23 July to 2 September. Contact Darren on 020 8356 4897 or email [darren.english@hackney.gov.uk](mailto:darren.english@hackney.gov.uk)

### Mondays

**Brazilian dance** 11am – 12 noon

Britannia Leisure Centre, 40 Hyde Road, N1 5JU

**Yoga** 12 noon – 1pm

Britannia Leisure Centre

**Chair-based activity** 11.30am – 12.30pm

Frampton Park Baptist Church, Frampton Park Road, E9 7PQ

**Archery** 2.15pm – 3.45pm

Queensbridge Sports and Community Centre, 30 Holly Street, E8 3XW

(no session 27 November)

### Tuesdays

**Yoga** 9am – 10am

Britannia Leisure Centre

**Badminton** 10.30am – 12 noon

Britannia Leisure Centre

**Fit to tone** 12.30pm – 1.15pm

Britannia Leisure Centre

**Table tennis** 2pm – 3.30pm

New Kingshold Community Centre

### Wednesdays

**Tennis** 10.30am – 12 noon

Clissold Park tennis courts, Stoke Newington Church Street, N16 9HJ

(until 29 November)

### Swimming for beginners

12 noon – 1pm

Britannia Leisure Centre

### Soca aerobics

10.45am – 11.45am

King's Hall Leisure Centre, 39 Lower Clapton Road, E5 0NU

### Thursdays

**Aerobic and tone** 9.45am – 10.45am

King's Hall Leisure Centre

**Pilates** 12 noon – 1pm

Britannia Leisure Centre

**Indoor tennis** 10.30am – 12 noon

Lee Valley Tennis Centre, Leadmill Lane, E20 3AD

### Chair-based activity

2.15pm – 3.15pm

Salvation Army, 70 Mare Street, E8 4RT

**Move-ability** 3.30pm – 4.30pm

Clissold Leisure Centre, 63 Clissold Road, N16 9EX

For people with mobility issues

### Fridays

**Water aerobics** 9.45am – 10.30am

Clissold Leisure Centre,

63 Clissold Road, N16 9EX

**Tennis** 10.30am – 12 noon

Hackney Downs tennis courts, Downs Park Road, E5 8NP

### Cycling and learn to cycle

11.00am – 12.30pm (not on the road, bike provided)

Leaside Trust, border of Springfield Park, Spring Lane, off Big Hill, E5 9HQ

**Yoga** 1pm – 2pm

King's Hall Leisure Centre

### Saturdays

**Gym** 9.30am – 10.30am

King's Hall Leisure Centre

## The Sharp End

There is a membership charge of £20 a term or £65 for a year in advance. Contact the Sharp End to try out a couple of classes for free.

All classes are at Queensbridge Leisure Centre, 30 Holly Street, E8 3XW unless otherwise stated

Phone 020 7923 0350

### Mondays

**Yoga rise 'n' shine** 9.30am – 11am

**Art** 11am – 1pm

**Chi Kung** 12 noon – 1pm

**Singing group** 1pm – 2.30pm

**Line dancing** 1.30pm – 2.30pm

### Tuesdays

**Keep fit** 10am – 11am

**Social tea and chat** 10am – 12 noon

**Movement and stretching** 11am – 12 noon

**Latin dance** 12.15pm – 1.15pm

**Crochet and knit** 1.30pm – 3.30pm

**Gentle movement (chair-based)** 2.30pm – 3.30pm

**Yoga (challenging)** 4pm – 5pm

### Wednesdays

**Zumba gold** 9.45am – 10.45am

**Hatha yoga** 10am – 11.15am

**Hatha yoga** 11.20am – 12.35pm  
(You can only attend one of these yoga sessions, not both)

**Social tea and chat** 12am – 3pm

**Exercise for frail men**

12.45am – 1.45pm



Photo: wannaBEEfarmer Jeff / flickr.com

**Women only fitness** 2pm – 3pm

**Movement exploration**  
3.15pm – 4.15pm

#### Thursdays

**Pilates** 9.45am – 10.45am

**Art (painting and drawing)**  
10am – 12 noon

**Carnival fit** 11am – 12 noon

**Balance and back care** 12.20pm  
– 1.30pm

**Men's circuit exercise**  
2pm – 3.15pm

**Gentle exercise and socialising**  
2pm – 3.30pm

**Yoga afternoon** 3.45pm – 5pm

#### Fridays

**Exercise to music** 10am – 11am  
(Contact the Sharp End to check  
venue)

**Tai Chi** 11.45am – 12.45pm

### Better 50+ programme at King's Hall Leisure Centre

Cost £1.85 a day for as many  
sessions as you like. You will need a  
"pay and play" membership costing  
£1.25 a year to take part. Contact  
the leisure centre for details.

King's Hall Leisure Centre, 39  
Lower Clapton Rd, E5 0NU

Phone 020 8985 2158 or email  
[KingsHall@gll.org](mailto:KingsHall@gll.org)

#### Mondays

**Chair-based exercise**  
12.15pm – 1.15pm

**Short mat bowls**  
12.30pm – 2.30pm

**Pilates** 1.30pm – 2.30pm

**Gym** (coached) 1pm – 2pm

**Gym** 9am – 5pm

**Swim** 12 noon – 1.30pm and  
3.30pm – 5pm

#### Tuesdays

**Short mat bowls**  
10am – 12 noon

**Gym** 9am – 5pm

**Swim** 9am – 1.30pm and  
3.30pm – 5pm

#### Wednesdays

**Dementia-friendly swimming**  
(FREE session) 12 noon – 12.45pm

**Swimming lessons** (please  
check details with leisure centre)  
2.30pm – 3.30pm

**Gym** 9am – 5pm

**Swim** 12 noon – 1.30pm and  
3.30pm – 5pm

#### Thursdays

**Badminton** 11am – 1pm

**Aerobics** 11.30am – 12.15pm

**Swimming lessons**  
11.30am – 12.30pm

**Refreshments** 12 noon – 1pm

**Gym** (coached) 1pm – 2pm

**Gym** 9am – 5pm

**Swim** 9am – 1.30pm, 3.30pm – 5pm

#### Fridays

**Spa** (women only)  
12.00 noon – 4pm

**Table tennis** (coached)  
2pm – 4pm

**Racquet sport** 2pm – 4pm

**Gym** 9am – 5pm

**Swim** 12 noon –  
1.30pm and 3.30pm – 5pm

### Better 50+ programme at Britannia Leisure Centre

Cost £1.85 a day for as many  
sessions as you like – see listing for  
Better 50+ at King's Hall.

Britannia Leisure Centre, 40  
Hyde Rd, N1 5JU. Accessible  
parking and ramp access

Phone 020 7729 4485 or email  
[Britannia@gll.org](mailto:Britannia@gll.org) for details

#### Mondays

**Spa day** (women only)  
12pm – 4pm

**Badminton** (coached) 2pm – 3pm

**Gym** 9am – 5pm

**Swim** 12pm – 1.30pm and  
3.30pm – 5pm

#### Tuesdays

**Gym** 9am – 5pm

**Swim** 12pm – 1.30pm and  
3.30pm – 5pm

#### Thursdays

**Sauna** 12pm to 4pm

**Aerobics** 1pm to 2pm

**Water workout** 2pm to 3pm

**Gym** 9am to 5pm

**Swim** 9am to 12pm

### Complementing your health day

Free massage sessions, gentle  
exercise classes, wellbeing talks.

**Twice a month on Thursdays 24  
May, 14 June, 28 June**

**12.30pm – 2.30pm**

Core Clapton, 161 Northwold  
Road, London, E5 8RL

### Hoxton Health treatments

A range of health and wellbeing  
treatments. Please get in touch  
with Hoxton Health for details  
of the different treatments or to  
book your session.

**All sessions are at Hoxton Health,  
St Leonard's Hospital, Nuttall  
Street, N1 5LZ unless otherwise  
stated. Fully accessible**

Phone 020 7739 2533 or email  
[reception@hoxtonhealth.org](mailto:reception@hoxtonhealth.org) for  
details of all treatments.

#### Foot Clinic

Toenail cutting and foot health –  
a 20-minute treatment for £10.

#### Alternate Monday mornings

Hoxton Health, St Leonard's  
Hospital

#### First Thursday of the month

St Mary's community hall,  
Kent Street, E2 8PH

#### Acupuncture

Costs on a sliding scale by age  
– for example, a 30-minute  
treatment is £17 for over 70s.

**Wednesday mornings and all  
day Fridays**

#### Osteopathy

Costs on a sliding scale by age  
– for example, a 30-minute

treatment is £17 for over 70s.

### Tuesday mornings and Thursday afternoons

#### Reflexology

Costs on a sliding scale by age  
– for example, a 45-minute  
treatment is £24 for over 70s.

#### Alternate Thursday mornings

#### Aromatherapy massage

Costs on a sliding scale by age  
– for example, a 45-minute  
treatment is £24 for over 70s.

### Tuesdays, Wednesday afternoons and Thursday afternoons

#### Herbal medicine

Costs on a sliding scale by  
age – for example, a 30 minute  
treatment is £17.00 for over 70's

### Tuesday and Wednesday afternoons

#### Homeopathy

Costs on a sliding scale by  
age – for example a 30-minute  
treatment is £17 for over 70s

#### Alternate Thursday afternoons

#### Shiatsu Massage

Costs on a sliding scale by  
age – for example a 45 minute  
treatment is £24 for over 70s.

#### Alternate Mondays

#### Nutritional therapy

Costs on a sliding scale by  
age – for example a 30-minute  
treatment is £17.00 for over 70s.

#### Alternate Thursday afternoons

#### Cranialsacro therapy

Costs on a sliding scale by age  
– for example, a 45-minute  
treatment is £24 for over 70s

#### Alternate Monday mornings

# Get ready for Older People's Day and Silver Sunday in October

Two events celebrating older  
people will take place in  
October, each focusing  
on different ways that older  
people make a positive impact  
on society. The UN International  
Day of Older Persons is on 1  
October and this year the theme  
is celebrating older human rights  
champions.

## Inspiring

Stories of older people standing  
up for equality and justice are  
inspiring and also challenge the  
view of older people as passive  
and vulnerable.

Silver Sunday, a UK celebration  
of older people, is on 7 October.

It aims to encourage age-friendly  
communities.

Different localities across the  
country will host fun and free  
activities for older people to  
socialise and have fun.

Members of the Connect  
Hackney older people's  
committee are planning what we  
can do in Hackney to mark these  
two special days this year. We  
are considering writing articles,  
making films and taking part in  
other events in the borough.

■ If you would like to be kept up  
to date with news about these  
two dates or would like to be  
involved, please contact Kim-Lien  
Ong on **020 7923 1962**.



Nelson Mandela fought for  
human rights in South Africa

## Lunch clubs

A number of community groups run lunch clubs, where you can meet people, eat together and enjoy other activities. You will be asked to pay a small charge for the meal. Please phone to check days, times and details.

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### Lunch Up

**Redmond Community Centre,  
Kayani Avenue, Woodberry  
Down N4 2HF**

Tuesdays, 12 noon – 2pm

Phone Lydia on 07804 693461

Email [lunchup347@gmail.com](mailto:lunchup347@gmail.com)

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### Nightingale Lunch Club

**19 Olympus Way, Nightingale  
Estate, E5 8ND**

Lunch is served five days a week,  
Monday to Friday at 12pm

Phone Alice Burke on  
020 8985 1309

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### Holly Street Lunch Club

**331 Queensbridge Road, E8 3LA**

Monday, Wednesday and Friday

Phone 020 7923 1282

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### Hackney Caribbean Elderly Organisation

**39 Leswin Road, Stoke  
Newington, N16 7NX**

Tuesday, Wednesday and Friday

Phone Hazel McKenzie on  
020 7923 3536

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### Chatsworth Road Lunch Club

**Clapton Park Methodist Church,  
99 Chatsworth Road, E5 0LH**

Lunch club run by and for local  
African Caribbean people

Thursdays, 11.30am – 3.30pm

Email Velma Bramble at  
[Chatslunchclub@yahoo.co.uk](mailto:Chatslunchclub@yahoo.co.uk)



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### Vietnam, Laos, Cambodia (VLC) Centre

**151 Whiston Road, E2 8BN**

Tuesday and Thursday

Phone Pierre on 020 7739 3650

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### North London Muslim Community Centre (NLMCC)

**66-68 Cazenove Road, N16 6AA**

Men: Wednesday 6.30pm,  
women: Sundays 5pm

Phone Hashim Rawaf on  
020 8806 1147 extension 6

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### Hackney Chinese Community Services

**28-32 Ellingfort Road, E8 3PA**

Monday, Tuesday, Friday

Phone Tom Cheung on  
020 8533 5066 or 020 8986 6171

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### Halkevi Turkish and Kurdish Community Centre

**31-33 Dalston Lane, E8 3DF**

Tuesday

Phone Yashar Ismailoglu on  
020 7249 6980

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### Beis Chana

**19 Northfield Road, N16 5RL**

Charedi Jewish lunch club

Tuesday afternoons

Phone Chana on 020 8800 9467

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### Hackney Cypriot Association

**5 Balls Pond Road, N1 4AX**

Open three days a week

Phone Andreas Michaelides on  
020 7254 7920

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### African Pensioners' Club

**c/o HCEO, 39 Leswin Road,  
Stoke Newington N16 7NX**

Alternate Monday afternoons

Phone 020 7923 3536

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### An Viet Foundation

**12-14 Englefield Road, N1 4LS**

Vietnamese community lunch club.  
Mondays, Tuesdays and Thursdays

Phone 020 7275 7780

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### Salvation Army Cambridge Heath

**70 Mare Street, E8 4RT**

Tuesday, Wednesday, Thursday

Phone Derrick Thompson on  
020 8985 4410

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### Salvation Army Hoxton

**66 New North Road, N1 6TG**

Open Monday to Friday

Phone Sally Spry 020 7739 3313