

Hackney Senior

By older people, for older people • summer 2018

**INSIDE: What's
on listings**

**Antonia discusses
lifelong learning**

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



CONNECT HACKNEY

ageing
better



**NATIONAL
LOTTERY FUNDED**



#Fairer Hackney
**hackney
CVS**



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Thanks to our contributors...

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Connect Hackney volunteer Antonia Folivi

This magazine contains stories and pictures by Hackney over 50s. Find more on our website connecthackney.org.uk

Tell your story If you are over 50, live in Hackney and would like to contribute, email 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.



Hard at work

Connect Hackney's older people's committee has started work, after its members completed a special introduction and training programme.

Committee members will feed their views and experiences – and those of other older people – into our work over the next three years. The members come from different communities across Hackney.

Connect Hackney programme director Lola Akindoyin said, "The OPC members are all really passionate and interested in reducing social isolation among local over 50s.

"They have come to the committee with a wide range of different experiences, which will help shape Connect Hackney's work.

"I'd like to thank them for volunteering their time and look forward to working with them."

OPC members include one man who highlighted how serious isolation can be, giving the example of someone on his estate who had died but whose death was not discovered for three weeks.

Other members have been very involved with activities in Hackney and are keen to help other local over 50s get involved too.

Important notice for everyone who receives Hackney Senior by post...

We will have to STOP sending you this magazine...

...unless you TELL US you want to stay on our mailing list

Dear reader

We would like to keep sending you copies of *Hackney Senior*. But new data protection laws mean we are not allowed to keep anyone on our mailing list unless they tell us directly that they want us to keep their name and address and send them the magazine.

It's easy to make sure your magazines keep coming.

But you MUST let us know you still want to receive them – just tick the "YES" box on the letter enclosed with this magazine, which shows your name and address, and send it back in the Freepost envelope provided. If you can't find the letter, just send your name and address and a note saying you want to receive *Hackney Senior* by post to: **Kim-Lien Ong, Connect Hackney, Adiaha Antigha Centre, 24-30 Dalston Lane, London E8 3AZ.** Or you can phone Kim on **020 7923 8360.**

We're sorry for the inconvenience, but we have to abide by the new law. We hope you will want to keep receiving and reading *Hackney Senior*.

New projects will find out how to help tackle loneliness and isolation among over 50s

Connect Hackney is about to launch a new set of projects for two groups of older people who research shows are at a higher risk of becoming lonely – men and people with learning disabilities.

This is part of our programme – funded by the Big Lottery Fund – aimed at improving the wellbeing of people aged over 50 by preventing loneliness and isolation.

This summer, we will launch six new projects aimed at older men and older people with learning disabilities to help them link up with others and enjoy social, creative and leisure activities.

Connector

We are also preparing to launch a "community connector" service, which will work with individuals who are already isolated because they are living alone and finding it hard to get out of the house.

All the new projects we are setting up are being chosen by panels that include local older people. We will have more details

of the new initiatives in the next issue of *Hackney Senior*.

We also know that many older people are feeling left behind by the switch to new technology – email, the internet, smartphones and other equipment. This can make it harder to keep in touch as more and more people use electronic communications. So we are also planning to fund

projects to help older people in Hackney get to grips with the new technology.

■ You could help us to finalise our ideas by completing our short survey about new technology – and enter a prize draw with the chance to win an iPad. If you would like a copy of the survey please call Kim-Lien Ong on **020 7923 8360.**



Men need to stay social as they get older, too

Hackney set for first Dementia Festival

Hackney will host its first ever Dementia Festival from Monday 21 May to Friday 25 May – the national Dementia Action Week.

The festival will include a range of mostly free events and activities for people with dementia and their families, carers and friends to enjoy.

A tea dance on Monday 21 May at Shoreditch Town Hall will launch the festival, while other activities will include board

games, sports, walks, swimming, films, singing and art exhibitions.

Around 1,300 Hackney residents have dementia, and local councillors have committed themselves to work towards making Hackney a dementia-friendly borough.

Included

Sandra Cater, Hackney's dementia friendly community coordinator, says, "I am absolutely delighted to have gained the support of

so many partner organisations in Hackney to hold our first ever Hackney Dementia Festival.

"It is really important that people with dementia feel included and involved in their community."

■ For more details of the Hackney Dementia Festival, see our listings on page 19, or phone Sandra on 020 8533 0091 or email sandra.cater@alzheimers.org.uk. The full programme is also at hackney.gov.uk/dementia-festival.

Caring's sharing

Stephen Bennett
Senior Citizens' Media Group

When I was working in my younger days I was caring for my mother, aunt and grandfather, before caring was recognised by the government.

Later on in years, when my aunt and grandfather passed away, I was an official carer recognised by the government. I was not working from the age of 44 so I could care for my mother.

I am now 71 years old and active in many activities including computers, day centre and going to cinemas and theatres. My interests are reading and taking an interest in politics.

In the day centre that I attend,

I occasionally do entertainment, which includes singing and stand-up comedy, which goes down very well with the members. This helps me keep up my self-esteem and helps me fight depression, which I suffer from.

Back when I was a carer, sons and daughters cared for their parents. Now they are more likely to send them into a nursing home.

I have noticed many siblings, when their parents are old and unable to look after themselves, send them into a home. When the parents pass away, they are only eager to find out how much was left to them in the will.

My motto for them is the Abba song, "Money, money, money in a rich man's world."



Anita's birthday



Anita, right, celebrates her birthday

Anita Ceesay
Senior Citizens' Media Group

Today is my birthday – soon I will be 80 and I still have such a zest for life. I attend the Connect Hackney computer course. I volunteer regularly for community projects.

I have been retired since I was 55 when I retired due to ill health. I am a member of the Homerton Hospital trust and Guy's and St Thomas' trust. I am a member of Hackney disabled housing forum.

I have been volunteering for over 20 years – and volunteering is incredibly important to me, giving something back to my community.

I have pushed myself to make sure that I do not become isolated by staying at home

and just sitting on the sofa. I was a midwife for many years and absolutely loved my job.

At present I volunteer for Choice in Hackney. I feel that volunteering enriches my life. I have also volunteered on the board of Citizens Advice.

Voluntary

My health conditions are not very good – I have severe arthritis and struggle with the mobility of my hands, but it's not stopping me doing voluntary work.

The lady who formed Hackney CVS, which manages Connect Hackney, was a good friend of mine, Adiaha Antigha, and I have also volunteered for them. Volunteering for your community is one of the most important things you can do.

Treat us properly

By **Rani Ogundipe**, Senior Citizens' Media group

One week recently, all over the news it stated that a care worker stabbed an elderly client she was looking after. It was not the first time that abuse by some care workers or care givers has been highlighted. Such news really frightens me. For one reason I myself am an older person and secondly I have a disabled daughter, so we use care workers.

I firmly believe that local authorities should thoroughly vet care providers when contracting out work to them. In my experience some professionals seem to cosy up to the care providers and lose sight of the support they ought to be giving. It does not happen in all cases.

Stressed

Last year I experienced a lot of problems with a care agency for my daughter. I complained to adult social care, as well as homecare complaints, but the response was unsatisfactory. This resulted in me becoming highly stressed and unwell. I felt that nobody took any notice of me. Complaints should be taken seriously and dealt with accordingly.

As a parent and carer, particularly in my later life, I strongly believe my own health issues should be recognised and addressed fully. This means not just paying lip service or patronising us by saying that carers save the country many billions of pounds.

Not just older carers but many older people are ignored, treated disrespectfully. I have personally experienced this. Hopefully, some people will understand we have feelings and emotions like everybody else. A little support, understanding, tolerance and patience goes a long way and builds our confidence to keep talking.



It's time to tackle ageism, says Margaret Smith



Answers to ageism

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

As the 21st century unfolds, there are more and more people living longer, due to medical advances and better nutrition. How can we ensure that older people make the most of their opportunities?

Besides encouraging older people to stay healthy – for example, by encouraging them to exercise, eat at least five portions of fruit and veg a day, give up smoking and limit alcohol – we need to look at other issues.

We need to tackle ageism, which sadly exists in society,

with ageism being defined as discrimination against someone because he or she is old.

All too often the problem is that older people are told the ageist narrative so much – that old age means decline and a limitation of their options – that they believe it.

We have to change the narrative that says old age is a narrowing of possibilities to one that says old age is a time when older people can really fulfil their potential and blossom.

I think that often older people are supposed to fit into a traditional role or pattern and it is important for older people to

question those traditional roles, which they can sometimes accept as a given. For example, if you are an older person and you want to do it, then go for that job, play those sports, listen to rock music, wear those younger fashions. If you are an older single person and you want to, then try dating again.

Our aim should be to make our society an age-friendly society. Here are some ideas for tackling ageism.

1) Try and get involved in a friendship with someone who is from a different generation to yourself. Intergenerational friendships can make older people feel more energised and

motivated and can give younger people positive role models.
2) Businesses should be encouraged to take on more older workers or to have age awareness training programmes. They should also make the most of the 2010 Equality Act: under that helpful legislation it is now illegal for employers to ask employees to leave when they reach the retirement age of 65.
3) People could campaign for a TV channel or radio station catering especially for older people, just as now there are several children's TV channels like CBBC or the Disney Channel.

4) The medical profession also needs to recognise that we need more gerontologists (specialists in ageing).

We also need more psychologists specialising in problems that older people may face – for example, the stress brought on by what is termed “an empty nest”, when grown-up children leave home and leave

a void in parents' lives, stress caused by retirement and stress felt because an older person has experienced bereavement when friends and family have died.

wrote of older people having the qualities of wisdom, gentleness and experience and of older people being spiritual seekers. He also wrote that because of

I think that often older people are supposed to fit into a traditional role or pattern and it is important for older people to question those traditional roles

Maybe we should copy Far Eastern countries like China, Singapore or Japan. Traditionally there the culture is to respect and value older people for their wisdom and experience, more so than in the West where the cult of youth tends to be very strong.

Maybe the American professor Theodore Rosack got it right in his book, *America the Wise: The Longevity Revolution and the True Wealth of Nations*, when he

the larger and larger numbers of older people in the population, this wisdom and gentleness would filter through and would affect the rest of the population. He called this the “survival of the gentlest” – as opposed to the survival of the fittest.

Whatever the merits of this argument, it is important to help older people make the most of the extra 30 years of life they now have.

Contact information – useful organisations

Befriending

Age UK East London is the branch of Age UK (the largest charity for older people in the UK) which covers Hackney. It offers a befriending service, a friend who will visit you in your home.
www.ageuk.org.uk/eastlondon
 0208 981 7124

Helpline and friendship

Silverline is a 24-hour, seven days a week, confidential free helpline for older people across the UK. It offers advice and regular friendship calls.
 0800 470 8090

Employment

WiseAge specialises in older workers and employment. It provides practical and emotional support to over 50s who are looking for jobs or to set up a business.
www.wiseage.org.uk

Depression

If you suffer depression or anxiety, you can get help from a psychologist. You can refer yourself, or you can use the supported online Cognitive Behavioural Therapy programme, which is called the Silver Cloud Service.
 0207 683 4278

It's easy being green!

Avril Kennedy explains how she has gained from Hackney Green Gym

By **Avril Kennedy**
Senior Citizens' Media Group

Hackney Green Gym is a conservation volunteer organisation that allows people to socialise and get some exercise – or not, as they choose.

The amount you do of either is entirely up to you – often people are just there to socialise, or just “to get out of the house”. Each session lasts about three hours.

Groups of people taking part are composed of all class, age, race, gender and disability types.

Yes, the jobs are useful. But the Hackney Green Gym, run by Ben Harris of the Conservation Volunteers (TCV), exists first and foremost to offer something to people who find it rewarding to do the physical work, find out more about green space

cultivation, get some fresh air or just spend some time around other people. The only real requirement is commonsense mutual respect.

Open

This is a very open and inclusive group and people are as communicative – or not – as they choose. Nobody is ever pressurised, not even in unspoken ways, to do particular things.

I've found it really useful as a reason to get myself up and moving when I'm depressed and helpful in easing back into socialising after a nervous breakdown almost two decades ago that led to panic attacks, depression and intensely reclusive behaviour.

None of this stuff is ever easy,

but this is the most acceptably helpful situation I've had the good fortune to encounter.

After four months of being there nearly every Friday, from 11am to 2pm, I'm still turning the ship around, but it's being done without unwanted comment in an atmosphere of tolerance and readiness to help where help is wanted.

Should anyone require the attentions of a counsellor, Mind in Hackney has a representative (called Ava) who joins the group on most occasions. She is quietly helpful, not intrusive, and very knowledgeable about all sorts of other activities in Hackney that might interest anyone who approaches her. And it's all confidential, naturally.

We tend to load all the necessary tools, along with our

tea and biscuits requirements, into three or four wheelbarrows and trundle the lot along the road to wherever we happen to be working that day.

An amazing number and variety of people, driven by curiosity, will step out of their way to ask us exactly what it is we're doing.

This group has grown by word of mouth – it's the kind of thing that sounds somewhat dry in print and so advertising its presence in local newspapers has brought only one member – but this particular group, at least, is worth investigating.

Activities

Developing skills safely, using and caring for conservation hand tools – scythes and sharpening stones, mattocks, bow saws,

loppers etc – seems to be popular with all the volunteers. No power tools are used.

The activities are various small jobs, keeping areas of local parks and green spaces safe and decorative for public use.

One example was creating a wildflower meadow by clearing brambles, tree suckers and weeds from a patch of land – leaving the very heavy clearance like tree stumps to the park authorities – then returning to sow the wildflower seeds.

Other activities include making small ponds, clearing unwanted growth out of the old filtration beds on the canal, and planting bulbs in the parks – deep enough so hungry squirrels don't dig them up.

There are opportunities for a little carpentry, if you like

building owl boxes or fitting shelves in our toolshed.

We also work with organisations with similar interests – helping various groups with their regular jobs, such as helping with the annual grass snake count and monitoring birds and wildlife.

The Green Gym is funded by Hackney Council and organised by TCV, which is a conservation charity.

TCV offers a variety of short courses to those who find their interest still engaged after a few weeks of volunteering, including first aid, safeguarding adults, safe tool use and mental health.

■ To find out more about Green Gym or get involved, phone Ben Harris from TCV on 07989 167 831, or email b.harris@tcv.org.uk or see www.tcv.org.uk.



Older people are organising their own groups, courses and trips to enjoy lifelong learning together

Learn what you like



By **Antonia Folivi**
Connect Hackney volunteer

University of the Third Age (U3A) started in France and in the beginning, in 1972, the model was a university. The model here is different – it's not based on a university.

Here, it is retired people who have experience and skills that they can give to other older people – so it's a shared learning experience. Our slogan is, "We learn for the pleasure of it. No qualifications are required and none are given."

It's an opportunity for people to meet each other and learn from each other. There's no certificate at the end of it. It's lifelong learning – there's no restriction in age.

Seaside

In Hackney it started in 2006 and we have 200 members and activities ranging from philosophy and current affairs to a science group – there's different groups. You choose what you are really interested in. Trips to the seaside are always fun.

There's languages like German or French. Or you go to a local cinema – there's a group that watches a film every month and someone from the cinema comes to give them a talk on that.

I enjoy it enormously. We have an autobiography group, badminton, bridge, cinema,

creative writing, drama... we have something for everyone.

You have to be holistic – as we feed our body, we have to feed our mind so the grey matter can continue. We hear so much about dementia – this helps make people active. You're doing exercise, you're eating good food to prolong life – you need that brain too.

We have a Scrabble group, and then for relaxation we have opera society, different types of music, whatever you like. And there is a walking group. There are two groups – a long walk and another one, exploring London.

That is so fascinating for me, because I've lived in this place almost half a century and there are places I do not know. Exploring London gives you gems of places that you never knew existed.

We go to museums and places that you might just pass on the bus but you didn't know about. That is really good – on the walks they look at landmarks.

You can join Hackney U3A to get involved. We have an annual subscription of £10. And because we are affiliated to the umbrella group, the Third Age Trust, they send literature and things like that to us. If you want to subscribe to that you pay

an added £4, so it is £14 a year, which is quite reasonable.

We are not funded by anybody. We are self-funded, and when you go on trips you pay always about £5 or £6. Most of the things that we visit, like museums, sometimes it's free or sometimes we pay but it's minimal, it's affordable.

We have a publication called *What's On*, which is bi-monthly and it tells you all the activities. Most activities take place in the library, or sometimes people's homes if they are willing to have it there.

We have a monthly meeting, which is usually at Homerton

'We have autobiography, drama, badminton, bridge, cinema, writing... something for everyone'

Library on the third Tuesday of the month at 10.30am, a get-together (but phone to confirm the venue first). There we have interesting people to visit. Recently we had someone who came to talk to us about the London Underground and the history of it.

Next time, we're going to have someone who has visited Robben Island in South Africa and the prison (where Nelson Mandela

How to get involved

You can find out about the huge range of activities and groups organised by Hackney U3A on its website, at hackneyu3a.co.uk or by phoning **07526 093695**.

There are lots of different groups up and running, so there really is something for everyone. Join in and learn what you like!



U3A often meets in libraries

was held). Different sorts of people come to speak to us.

But there are still a lot of other things to do. We want diversity, we want other people to join us. There's something for everybody. It's just interesting, it's just – I cannot describe it. You know when you enjoy something and it's giving you such pleasure you shouldn't keep it to yourself. You should let other people know.

It gives you added impetus for life, zest for life, that you can do something. And the beauty of it is that it's among your age group. There's no inhibition, it boosts your confidence and you can share. Every month we have cake and tea and we have nice times.

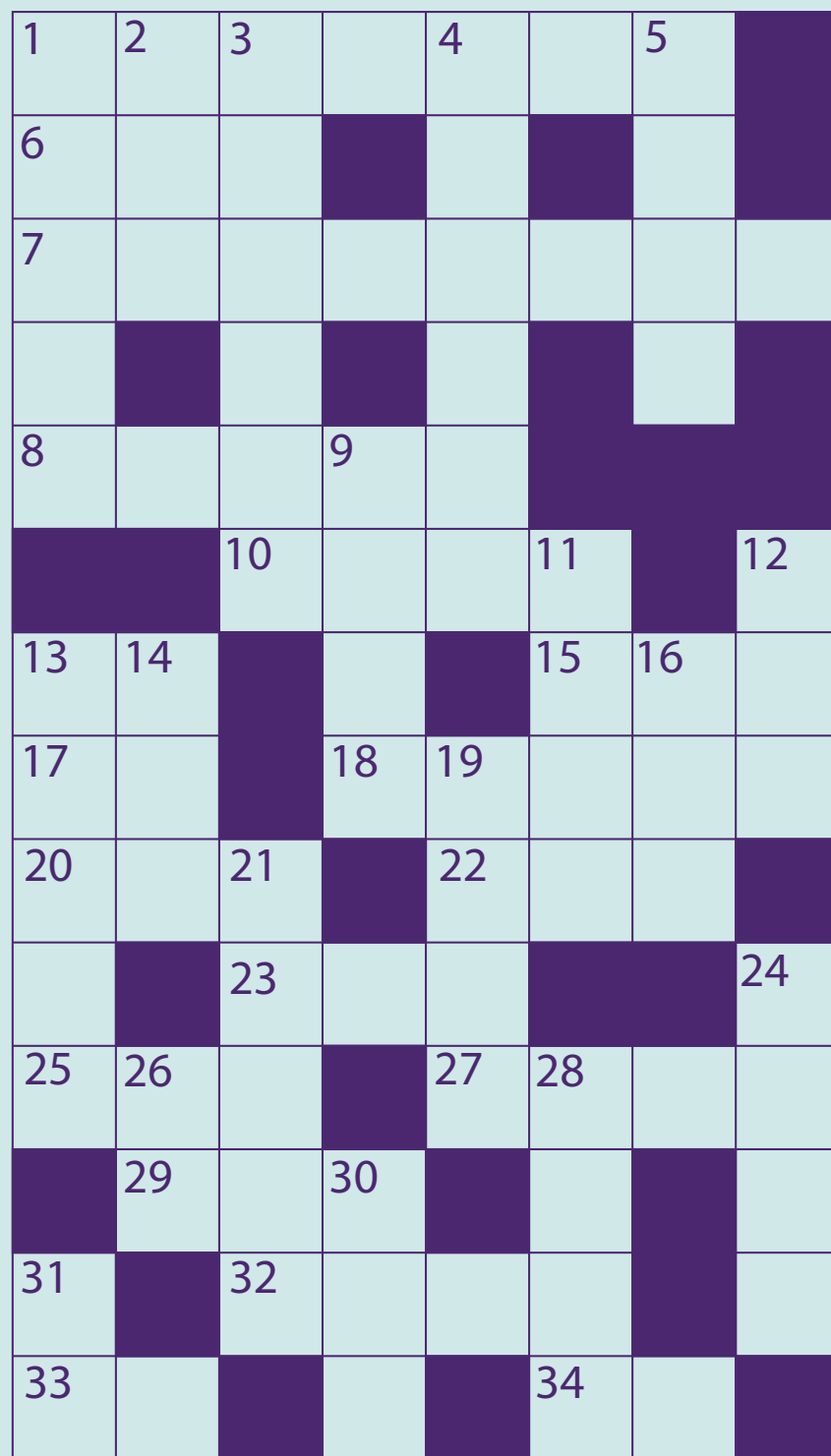
The person who is the facilitator for the folk dancing group is 80-something or 90-something. She's so energetic.

You see the beauty of it is that it's your age group teaching you something. You could be a teacher or someone facilitating a group, or going along and just enjoying something yourself. It's incredible. And it's right in the heart of Hackney. We want more people to come and join us.

Prize crossword

By Ms Lexi Conly, Senior Citizens' Media Group

Try our prize crossword – you could win one of three £20 shopping vouchers – or just do it for fun!



Across

- 1 fun loving
- 6 to allow
- 7 manner
- 8 a fault
- 10 endless time
- 13 being there
- 15 singular
- 17 to act
- 18 valued
- 20 an animal
- 22 furniture
- 23 the whole
- 25 pull
- 27 work for
- 29 writing tool
- 32 drops of water
- 33 a refusal
- 34 going there

Down

- 1 crockery
- 2 to rent out
- 3 clothing
- 4 time to come
- 5 a board game
- 9 finished
- 11 learn by heart
- 12 given food
- 13 change to suit
- 14 the highest
- 16 a name
- 19 can do
- 21 keen
- 24 cold flakes
- 26 higher
- 28 a relative
- 30 a short sleep
- 31 not out

To enter the prize draw, please send your completed crossword, with your name and contact details, to: **Kim-Lien Ong, Connect Hackney, Adiaha Antigha Centre, 24-30 Dalston Lane, London E8 3AZ.** The first three correct crosswords drawn out of a hat will win a £20 voucher.



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

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, London N4 2RQ

Phone Amanda Inniss on 0787 634 5457 or email friendsofwoodberrydown@gmail.com

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 to Victoria Park

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

Elder Friends Network

Make new pen friends, find a buddy to go dancing with, come to monthly socials. For over 60s. Organised by the Retired Caribbean Nurses Association.

62 Beechwood Road, E8 3BY
Phone 020 8520 9401 or email info@retiredcaribbeannurses.org.uk

Ride Side By Side

A sociable way to travel – on a special double bike, with a rider to get you to places in Hackney. You can cycle all or a bit of the journey or sit back and enjoy the ride.

Every Tuesday in spring and summer

Book one time slot: 9.15am – 11am, 11.15am – 1.15pm, 1.45pm – 3.45pm or 4pm – 6pm
Phone 020 7232 4384 to book.

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

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.

Mondays 11am – 12 noon

(Free trial class from 14 May – will continue if numbers are sufficient)

Fellows Court Community Centre, 86 Weymouth Terrace, London E2 8LR

Wednesdays 10am – 11am

(Free trial class from 23 May to 27 June – will continue if numbers are sufficient)

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.

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

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

Activities for Hackney over 50s. 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 10am – 11am

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

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

Sport and physical activities.

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.
Accessible parking and ramp

Phone 020 8985 2158 or email 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

Sport and physical activities. There is a small charge – see listing for Better 50+ at King's Hall for details.

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

Phone 020 7729 4485 or email 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 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 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

Hackney Dementia Festival, 21-25 May

For full festival listings, phone Sandra on 020 8533 0091 or email sandra.cater@alzheimers.org.uk or go to hackney.gov.uk/dementia-festival

Monday 21 May

A dance down memory lane

1-4pm, with a beginner's class 1-2pm, free, Shoreditch Town Hall, 380 Old St, EC1V 9LT. Call 020 7739 6176 or drop in

Information and board games

10am-4pm, free, Hackney Central Library, 1 Reading Lane, E8 1GQ

Dementia-friendly screening: An American in Paris

10.30am free refreshments, 11am film screening. £4, free for accompanying carers Hackney Picturehouse, Mare Street, E8 1HE

Dementia friends

11am-12 noon, free, St Joseph's Hospice, Mare Street E8 4SA

Find out how to become a "dementia friend"

Tuesday 22 May

Garden Art

11am-1pm, free, St Mary's Secret Garden, 50 Pearson Street, E2 8EL. Call 020 7739 2965 to book

Wednesday 23 May

Swimming for the Memory

12 noon-1pm, free

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

Healthy, Happy Walk

2pm, free, starting at City and Hackney Alzheimer's Society

Offices, Unit 1 Ground Floor, 30 Felstead Street E9 5LG

Classic matinee: Grease

A sing-a-long screening of the film classic. 2.30pm. £2 for the over 60s, carers go free. Free refreshments. Rio Cinema, 107 Kingsland High Street, E8 2PB. Phone 020 7241 9410

Thursday 24 May

Alzheimer's Society - Singing for the Brain

2-4pm, free, London Aquatics Centre, Queen Elizabeth Olympic Park, E20 2ZQ

Friday 25 May

Health walk

11am, free, starting at London Aquatic Centre, Queen Elizabeth Olympic Park, E20 2ZQ

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 to cover the cost of the meal. Some lunch clubs run for five days a week, others on particular days only. Please phone to check details.

Lunch Up

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

Tuesdays, 12 noon – 2pm

Phone Lydia on 07804 693461

Email lunchup347@gmail.com

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

Holly Street Lunch Club

331 Queensbridge Road, E8 3LA

Monday, Wednesday and Friday

Phone 020 7923 1282

Hackney Caribbean Elderly Organisation

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

Tuesday, Wednesday and Friday

Phone Hazel McKenzie on
020 7923 3536

Chatsworth Road Lunch Club

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

Lunch club run by and for local
African Caribbean people, "but
everyone is welcome here."



Hackney Cypriot Association

Thursdays, 11.30am – 3.30pm

Email Velma Bramble at
Chatslunchclub@yahoo.co.uk

Vietnam, Laos, Cambodia (VLC) Centre

151 Whiston Road, E2 8BN

Tuesday and Thursday

Phone Pierre on 020 7739 3650

North London Muslim Community Centre (NLMCC)

66-68 Cazenove Road, N16 6AA

Men's club on Wednesday
6.30pm, women's club on
Sundays 5pm

Phone Hashim Rawaf on
020 8806 1147 extension 6

Asian Elderly Club

**The Factory Community
Project, 107-109 Matthias
Road, N16 8NP**

Saturdays 11am – 2pm

Phone Abu Siddique on
020 7241 1520

Hackney Chinese Community Services

28-32 Ellingfort Road, E8 3PA

Monday, Tuesday, Friday

Phone Tom Cheung on
020 8533 5066 or 020 8986 6171

Halkevi Turkish and Kurdish Community Centre

31-33 Dalston Lane, E8 3DF

Tuesday

Phone Yashar Ismailoglu on
020 7249 6980

Beis Chana

19 Northfield Road, N16 5RL

Charedi Jewish lunch club

Tuesday afternoons

Phone Chana on 020 8800 9467

Hackney Cypriot Association

5 Balls Pond Road, N1 4AX

Open three days a week

Phone Andreas Michaelides on
020 7254 7920

African Pensioners' Club

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

Alternate Monday afternoons

Phone 020 7923 3536

An Viet Foundation

12-14 Englefield Road, N1 4LS

Vietnamese community lunch club.
Mondays, Tuesdays and Thursdays

Phone 020 7275 7780

Salvation Army Cambridge Heath

70 Mare Street, E8 4RT

Tuesday, Wednesday, Thursday

Phone Derrick Thompson on
0208 9854410

Salvation Army Hoxton

66 New North Road, N1 6TG

Open Monday to Friday

Phone Sally Spry 0207 739 3313