

Hackney Senior

By older people, for older people • December 2020



INSIDE: LONDON CITY • A CHRISTMAS PAST
NEW YEAR'S RESOLUTION • PROTECTING
OUR PLANET • WHAT'S ON

Real-life stories
and reports
by Hackney
over 50s



CONNECT
HACKNEY
ageing better

Wishing you a Merry Christmas 2020 and best wishes for 2021

Since 2015, Connect Hackney has been providing social activities for local older residents. Coffee mornings, gardening clubs, exercise classes and summer away days have all featured in the yearly calendar. And of course, there have been Christmas celebrations. Our photos here take a look back at Connect Hackney Christmases past.

Whilst this Christmas may feel different, we wish you all the very best and look forward catching up with you in 2021.



Contents

Freedom pass restrictions	4
Connect Hackney update	5
A Christmas past	6
The magic of Santa Claus	7
The media group	8
New Year's resolution	9
What's cooking?	10
Two weeks in another place	12
The Commonwealth fair	14
Protecting our planet	15
Connect Hackney round up	16
What's on	18

About us

Hackney Senior is produced as part of Connect Hackney – one of 14 programmes in England funded through the National Lottery Community Fund's Ageing Better programme.

Connect Hackney commissions services and social activities from local charities and community organisations for residents aged 50+. The services and activities are provided to help older people stay connected and active and lead fulfilling lives.

Find out more at: www.connecthackney.org.uk

Thank you! With thanks to everyone who contributed to this edition of Hackney Senior.

If you, or someone you know, would like to be added to our mailing list to receive Hackney Senior for FREE, please email your name and address to: zelina@connecthackney.org.uk or call her on 07958 168 893.

Tell your story

If you have a story to tell, e: matt@connecthackney.org.uk or send by post to

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All articles represent the views of their authors and not necessarily those of Connect Hackney or its partners.



In October we were pleased to be joined by Ngoma Bishop in a Connect Hackney media group discussion. As ever, we enjoyed Ngoma's poems, one of which you can read below. Read more about the media group on p.8

LONDON CITY

You say the pressure is too much
And a break would save your sanity
That you'll be OK in a while
Just need to rest not looking pity
How if you could chill out in the hills
You know that you can make it still

It's a slap you want – a slap and pity
There are no hills in London City

This is the Capital – London Town
Breathe its air long and deep
It's rich in lead my boy – and dust
And it will help you sleep
Then you can dream of hills and clouds
And a break away from the noisy crowds

But a nightmare will end your rhapsody
You'll make once more in a heartless city
You say it's hard and I agree
But you've know that many years
Your only salvation son
Is a box across the ears

I know I don't sound sympathetic
Yet perhaps one day you'll thank me for it
You have the choice to rise and shine
Or search for hills you will not find

Ngoma Bishop



Freedom pass restrictions: a dream that should not be allowed to pass

by Florence Ogunji-Amusan

Should we in our own time see London classified as a city no longer for the elderly! The government recently imposed restrictions on the Freedom Pass for residents aged 60+ in the city. They can no more travel free on London buses between 04.30am and 09.00am on weekdays.

The 60+ are citizens who have contributed immensely during their working lives to the economy of the country. One would consider that the elderly are struggling with others to cope with the consequences of the pandemic. In fact, they are more vulnerable, especially those with underlying health conditions.

Imposing restrictions on them would bring additional inconveniences. This would bear on the families. Many parents have lost their jobs, and grandparents are providing succour by stepping in, for example to take their grandchildren to schools. Not

all 60+ are on pension credit. Where does the government place their day to day efforts at financial sustenance? It might be worthwhile to mention that many 60+ still have to work in order to augment their financial positions.

The work won't be worth it as remuneration, it would be peanuts, if they have to pay normal transport fares. Is there any thought on the effects of the restriction on their abilities to give their families support? Was there any consultation to show due respect for these vulnerable citizens before imposing the obnoxious restriction? Although one notices exceptions in support of disabled people, they are not enough to deny the fact that the restriction was not well thought of.

As if the restriction is not bad enough, there seems to be a plan to scrap the Freedom Pass advantage altogether in the near future. According to Nigel Morris in inews Uk 2020, Mr Khan, the

Mayor of London, is reported to be seeking £5.7bn more to keep the London transport system going for the next 18 months, but is facing demands to raise cash by other means and scale back free travel.

All efforts should be made to secure necessary cooperation between the Mayor and the Government to ensure the sustenance of the Freedom Pass Policy in such a way that the 60+ citizens and the children are in no way disadvantaged.

Getting a freedom pass

To be eligible for an older person's Freedom Pass:

Your sole or principal residence must be in London.

You must meet the age requirement. The eligibility age is rising in line with the women's state pension age. For more information call the dedicated Freedom Pass helpline on 0300 330 1433.

Connect Hackney: Ageing Better

The importance of social contact

by Tony Wong

2020, what a year! As the pandemic hit, our Connect Hackney providers quickly adapted their projects, either to an online offer or on the telephone, from online yoga to group telephone chats.

When the first lockdown was eventually lifted in July, many providers started re-opening their doors to socially distanced in-person activities, but still maintained some form of remote online and telephone based activities for those who were continuing to shield, or simply didn't feel comfortable to return to group activities.

We spoke to a number of local older Hackney residents to see how the pandemic had impacted on their lives. They told us that belonging to a project was a 'life saver' during the height of the pandemic, and being able to keep connected, even if just through regular telephone calls, was really important.

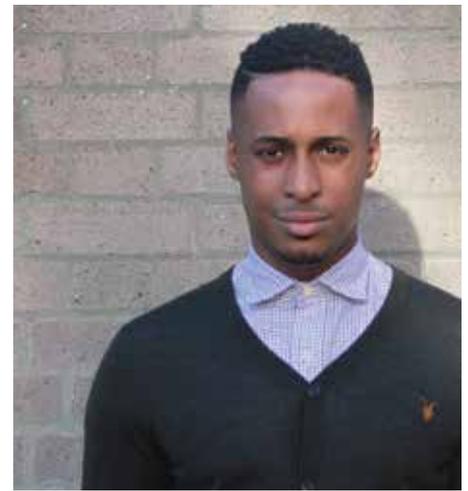
For some people, the pandemic acted as catalyst to get online, with many getting online for the very first time, using video conferencing tools such as 'Zoom' and text messaging services such as 'WhatsApp', which allowed them to have live face-to-face calls, or take part in group chats and activities from the comfort of their own home.

For others, the pandemic afforded more time to think, and reflect, and they appreciated the slower pace of life.

However, we also know that for others getting online is still not possible, either because they don't have the basic skills, don't own or can't afford a suitable device, or don't have access to the internet. Connect Hackney remains mindful that whilst the pandemic will have moved society ever more towards digital technology as a way to routinely connect with others, we can't leave behind those that aren't online, for whatever reason, and will continue to champion the needs of those people.

None of us know what Christmas will look like this year, but for most of us, it's likely to feel very different than previous years. Unfortunately however, it may not feel that different at all for those used to spending Christmas alone. So, I truly hope the community spirit that we've witnessed in Hackney, as neighbours checked in on each other, and did shopping runs for those who couldn't, extends into the festive season and beyond.

I hope those that have managed to get online, who may not be able to see family in person, are able to use their new skills to stay connected.



We all need to continue to make sure we reach out, so that everybody feels in some way, shape or form, connected over the festive season.

So, as we close the door on 2020, my hope for 2021 is that we will once again be able to connect with friends and family as we have done so before, and through the challenges of this year, we've learnt the importance of social contact.

From all of us at Connect Hackney, we wish you a very Merry Christmas.

For more on programme learning, visit <https://www.connecthackney.org.uk/evaluation-and-learning/>

Tony Wong

Programme Director – Connect Hackney, Hackney CVS





A Christmas past

by Alex Ross

As I write, it will soon be Christmas 2020. I think back to Christmas in East London in the early 1950's. It was a time of post war shortages.

People in the East End didn't have much money, and there was a shortage of food, clothing and items which would seem everyday to people now.

However, this was a time when families still lived close to each other. This was before the so-called slums were knocked down, and vast blocks of flats on housing estates replaced them. They were impersonal little boxes. Many others were dispersed to "distant lands" such as Milton Keynes, Welwyn Garden City and Royston.

In 1950, Christmas was a time for families to get together. Local traders ran Christmas clubs, where people could deposit a few shillings each week, saving enough to buy what was needed over the holiday period.

We didn't have refrigerators or freezers. People coped by only buying what was needed for

a day or two in advance. Dairy produce was kept in a "meat safe". A small aerated box placed in the coolest part of the house. I think our immune systems were more robust then. Very few had TV sets, and if a family managed to buy one it had a small screen with blurred black and white pictures. There were no washing machines and clothes were dried on lines in the garden, weather permitting. Few families had a car. We used public transport, bicycle or simply walked.

Children were considered much safer then, and were allowed to play for hours in the streets and parks. I can remember playing on the many bombed sites, which were our adventure playgrounds, despite being forbidden by parents. I used to leave the house after breakfast at weekends, and not come home until teatime. We were free to roam the neighborhood without parental anxiety.

This was the time of the Festival of Britain in 1951, and I had been given the gift of a commemorative crown, worth five shillings.

In my family, Christmas day was spent at home. We would gather round the radio and listen to the Queen's speech. On Boxing Day, the extended family got together at Grandma's house for a big celebration. We lived within walking distance of each other, and there was still a sense of community in East London.

The pubs opened on Boxing Day and were filled with rowdy men. Our menfolk left early in the evening for the pub, and women and children had to stay home, to the dismay of the wives, who had to look after noisy children. We would play party games until the men came home. Then we would gather round the piano and sing. One aunt sang selections from Ivor Novello musicals. Many houses had an upright piano and quite a few people could play it.

Christmas 2020 is looking to be very different. However, it is still a time to celebrate the wonderful gift of a baby born to be the Saviour of the world.

Happy Christmas to all.

The magic of Santa Claus

by Elizabeth Galloway



I was born in Montserrat in the Caribbean. It is a tiny Island. As a small child I can remember putting out my stocking or whatever the alternative was and wondering why Santa Claus never visited. I made up excuses for him like – “It really is a lot for him to fly around the world in one night” or “He ran out of presents” or “Maybe he just did not visit hot countries” or “Maybe he will get here next time”.

I know that Santa not coming did not spoil Christmas completely for me. I loved Christmas. There was always a lot of activity, food and colours. We would get new clothes and, if we were lucky, a new toy.

What I loved is that from after fireworks night various bands and individual people would come around singing Christmas carols and songs to remind you they would be around on Christmas Eve to start celebrating Christmas with you. If you like the singing you would give them some money and/ or cake or something to drink –

ginger beer or sorrel, which may or may not contain alcohol, or alcohol itself.

On Christmas Day there just seemed to be food on tap; roast meats, black pudding, fish, salt fish, cakes, coconut tart and sweet potato puddings. Various bands and dancers came around to provide the entertainment. Christmas was definitely a community event.

I came to live in England when I was 13 years old and what I found out is that Santa Claus was equally missing in some children’s lives. I remember my first Christmas waiting around

and looking out of the window for when the singers and dancers would arrive and being very disappointed.

What I enjoy about Christmas now is that we still have the food and family get together. And what is really enjoyable is when we have very young people who still believe in the magic of Santa Claus. I am a Mum, Grandma and Great Grandma. I have watched and enjoyed the excitement of Christmas Day with 3 generations of children opening presents and the joy of Santa Claus visits.



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Join the Connect Hackney media group in 2021

Many of the articles in this magazine are produced by members of the Connect Hackney media group – local residents aged over 50, with many aged in their 70s and 80s, who are learning and practising computer, digital, photography and writing skills.

Until the pandemic began, we met weekly in a computer suite at Haggerston.

Our plans to recruit new members this autumn were put on hold as we still cannot meet face to face. However, we are recruiting new members to join us online or by phone in 2021.

You will need to have a smartphone, a tablet or a computer and be able to use

some basic tools like email and WhatsApp.

If you know how to use zoom too, that would be a help.

The online media group

Join us to:

- listen to online talks
- chat with other local residents online
- learn new computer and digital skills
- contribute to Hackney Senior magazine
- join a book club

The telephone social group

Alternatively, if you only have a telephone – a mobile or



landline is fine, you could join our telephone social. Also, if you would like to contribute articles for the magazine, you could post them to us or ask a friend or family member to scan the article and email it to us. And you can join our book club too.

Our friendly group is here for you. If you would like to join, please get in touch – our next group will start in mid January 2021.

For more information and to join please contact :

Zelina, tel: 020 7923 1962 / email: zelina@connecthackney.org.uk





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New Year's Resolution: To find your Creative Inner Self

People are asking, I am asking, we all are asking. Why do the swallows fly so high, is it to catch the insects in the sky, or is it the thrill of their flight, that makes their heartbeats sigh. Then why cannot we also, hold our hopes up high and say. I am the master of my fate so, "Why am I not creative? What is my goal? How do I start?"

It is within us all to grasp, to catch a floating shadow we call a mask that hides our inner self. We, each one of us holds the key, to unlock that special doorway to our souls. Give breath to all the uncertainties and breathe them out and let them go. Write down what are your five

essential hobbies. What you are passionate for? Craving for? The love and joy and resolve this puzzle.

Concentrate now, put them in order of preference and begin your journey of discovery. Fit all your chosen hobbies into a routine and work through them slowly, one by one, building the structure of each one of them.

Why then, truly the ones that grow in strength and vigour; will fulfil your heart as well as your mind, but look not just to profit to sell what you find. Because this is your heart talking, this hobby is your passion and your soul. For once you have a

foundation built on love; like a breath of fresh air then you can breathe life into your workplace anywhere, while the passion of your craft is nurturing in your heart, as you create your own art, fulfilling your spiritual goal.

Remember every hobby has its own reward. For what you create for yourself will fulfil all your expectations. How then will you feel? Now what is speaking in your heart? Why look any further? You are the instrument of your own desires. Choose your craft carefully and follow it to the end.

C. H. Daniel 29-10-20



Jollof rice recipe

by Abigail Omalde

Ingredients

4 cups of easy cook long grain rice

For the sauce

5 tomatoes

2 sweet peppers

1 bell pepper

1 small sized onion

2 scotch bonnets

Seasoning

1 tablespoon of mixed herbs,

1 tablespoon of curry powder,

1 tablespoon of turmeric

2 cups of assorted meat liquid stock

3 tablespoons of tomato puree

1/3 cup of sunflower oil
(2 cooking spoons)

1 small sized onion

2 Knorr chicken cubes

3 bay leaves

Sea salt.

1. Blend the sauce until smooth by mixing the sauce ingredients in a processor – put the tomatoes in first so the juice helps the blending.
2. Put a pan on a medium heat, add sunflower oil, add a chopped onion, then the herbs and spices, followed by chicken cubes and the puree. Keep mixing, then leave for two mins to heat. Add the sauce you made in step 1. Cover with a lid and leave for 5 minutes. Add the bay leaves, salt and the meat liquid stock. Leave to cook for 15 minutes.
3. Rinse the rice with warm water to remove the starch.
4. Pour the rice into the sauce and mix gently. Cover the pan with a saucepan lid and cook for 20-25 minutes.
5. Mix. Check you are happy with the texture. Add a small amount of water and cook longer if required.

Serve with vegetables, fish or meat.

Enjoy!

Watch online:

Video for making jollof rice <https://youtu.be/E0o65LkxJV8>



Eugenia's carrot cake

Ingredients

Cake

250g self raising flour
2 teaspoons ground cinnamon
400g caster sugar
350ml vegetable oil
4 eggs
350g grated carrots
120g chopped walnuts

Cream cheese icing

225g cream cheese
110g margarine, softened
450g icing sugar
1 teaspoon vanilla extract

Instructions

1. Preheat the oven to 180c/gas 4
Grease two 23cm round cake tins
2. In a medium bowl, stir together the flour, cinnamon and sugar. Add the oil and eggs, mix until blended
3. Stir in the carrots and nuts
4. Divide the cake mixture evenly between the two prepared tins
5. Bake for 25 to 30 minutes in the preheated oven
6. A skewer inserted into the cake should come out clean when it's cooked
7. Cool cake on wire racks before removing from tins.



© Sharon Chen, Unsplash

To make the icing

8. In a medium bowl cream together the margarine and cream cheese
9. Add the icing sugar and cream well
10. Stir in the nuts and vanilla
11. Use to fill and to ice the cooled cake layers.



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TWO WEEKS IN ANOTHER PLACE

The other place was the Royal London Hospital. I have been a patient there before. This time I was rushed there in an ambulance after suffering pains in my stomach. Foolishly, I had endured these pains for three days as I believed it was food poisoning.

Very rapidly I was seen to, tested and examined. A very friendly young doctor was to spend a considerable time with my examination and questioning. He was surprised that my appearance, vitality and attitude was to deny my age, 93 years. Even in this environment and with the agonising pain I managed to stay lucid and even keep my sense of humour. After my long session of probing, he decided I was a safe candidate for surgery and might tolerate the anaesthetic, that dread of the aged. I was prepared for immediate surgery and that was the last I recall until I was awakened in a ward with three other male patients.

Later I learned that my stomach operation had taken four and one half hours. I felt weak and fortunately little pain from the surgery. My extreme discomfort and problem was the catheter for another ailment, a benign enlarged prostate. I was attached to several drips and cannula and saved that first week from hospital food as I had an intravenous drip feeding me. I was permitted unlimited water. A great bit of luck happened the first day, a friend who is a resident worker came by to visit the man on my right and recognised me. We chatted and



she followed this with daily visits. She brought newspapers, magazines and books and when I was allowed food, she added nice snacks. I can endure a great deal if I can distract myself and read. I find even in normal circumstances I need reading matter almost as much as food. As a compulsive reader I read very quickly and devour whatever is before me. During my two weeks the total pages of books was more than 1500, plus all the papers and magazines.

I will not dwell on hospital food, so many others have tried this with little effect on its qualities. I add that it is shockingly costly to the NHS as most of it is from huge catering companies.

As a journalist I am accustomed to interviewing and questioning

people. The huge and varied staff that were to become familiar are from many countries. They are dedicated people, low paid, hard working and poorly supported by the demands of the National Health Service. Their working shift hours are twelve, but frequently will last longer. They can be called to work on days when they are required beyond their normal shifts. There is no time off for leisure or even getting meals during those hours. Even if they bring food for themselves there is neither a place nor time to consume it. I am describing the nursing staff and the aides. The medical staff (the doctors) can work even longer hours and suffer the same conditions.

I was shocked to learn from the staff of their conditions

- HAROLD WERNER RUBIN, September 2020

but more impressed by how kindly they acted towards even the most demanding patients. They are issued three uniforms a year and must launder these. I realise that sterile conditions must be maintained in hospitals, even more so due to Covid-19, but the amazing use of masks, rubber gloves, paper products and so much more, all of which are disposed of immediately and the staff must launder their uniforms, shocking. I was not near the wards of pandemic patients and their staff with the protective clothing they are given, another story.

We all do the same unless something personal draws our attention, we take for granted those who serve us. Presently we may have become aware of the bus driver or a cashier in a supermarket. Do we wonder at their lives? The pandemic has made us aware of those who serve, but compulsory masks have robbed them of possible recognition and do we think of their living conditions?

There is no sign of an ending to the Coronavirus plague. More people will be added to the huge roster of the NHS. More usual or normal hospital procedures, now delayed, will need to be re-started. These people have sought work, but what I found was dedication and frightful conditions, many I questioned had been employed for many years, some had medical conditions of their own.

A very helpful to me and friendly older nurse, Ray, was in his sixties, had a heart condition and was contracted for two days a week. Often he was called upon to serve

a full week. Those all twelve hour (or longer) shifts.

I have worked in theatre. I was offered the post of running the Green Room of a theatre many years ago. I turned it down and took other work. I was shown how it worked. Most every theatre has a "Green Room", a space for all staff in which to spend their leisure moments. Tea, coffee, soft drinks on tap, snacks and sometimes (during rehearsal periods) light meals provided and subsidised. The workers in theatre (now alas, mostly unemployed) are another group dedicated and giving of themselves beyond usual working conditions. The Green Rooms show an expression of concern for these persons. I suggest something similar be given to the hospital environment for those dedicatees.

No, not another charity will be the cry!! Is there an individual or family

who is not dependent on some part of the NHS? A tiny payment via contribution or crowdfunding and the sort of funds (in part) like the millions "Captain Tom" raised, this time dedicated to what I call, "The Green Room Project". The hospitals would give a space or room and furnish it with chairs and tables from the store they already have. The new funds would purchase the catering equipment or find it. Staffing, a combination of employed and volunteers. As hospitals are twenty four hour operations, so should the "Green Rooms" be available. During the long night hours, these spaces would be more required.

The Green Room Project is for those dedicated and sacrificing for the good of the NHS. I hope if this comes to fruition, it will operate using persons with similar intentions.



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PLEASE, IF YOU HAVE READ THIS, STATE YOUR OPINION

ABOUT THE GREEN ROOM PROJECT GOING FORWARD AND

SEND AN EMAIL TO: haroldwernerrubin@gmail.com



The Commonwealth Fair

By Patricia Rodgers

There are 54 Countries in the Commonwealth, in Africa, Asia, The Americas, Europe, and the Pacific.

The Commonwealth Fair is held annually on the second Saturday of November, at Kensington Town Hall. The fair is held to raise money for the Commonwealth Girl's Education Fund. It starts at 11.30am and finishes at 6pm. To go costs £5 for adults and £3 for children.

I like to go with my family – I would queue up for 20 minutes. My family will arrive later because they have to travel from outside London. We don't know what the weather would be like. You just have to dress up warm!

It can be warm, once you are in the Town Hall, but there is a cloakroom on the ground floor.

When you arrive inside, the organiser will put a band on

your wrist. You would also be given a programme to let you know what is taking place on the main stage.

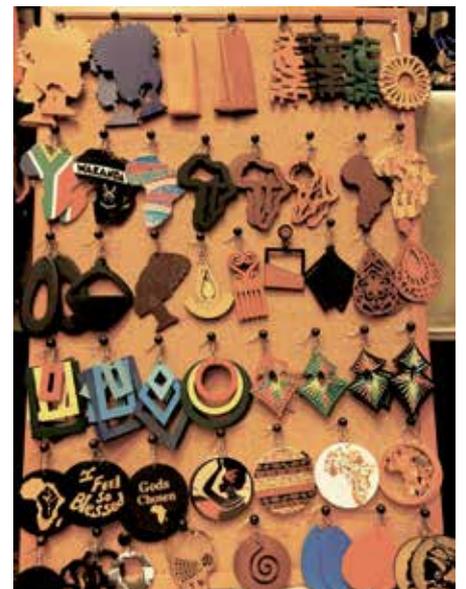
The town hall has 3 floors. The ground floor is for craft and many other things to see and purchase. The middle floor is where the main hall is and that is where the main events take place.

Singing and dancing

It is very lively and colourful. The main hall sells many craft as well.

The middle floor is where I would buy most of my craft, it can range from spices, homemade bread, jewellery and many more. A few years ago, I bought a bottle of wine from Cyprus, it was very enjoyable. I also bought myself a bright yellow CD case from Canada and I still use it.

The top floor is the food hall, where there is many different variety from the Commonwealth countries. There is seating on



the top floor where you'll have a lovely view of the stage. There is a lift as well.

The Commonwealth Fair is a great place to visit in November. I love going there every year. The entertainment on the main stage is different every year, and there is so much to see.

It is a lovely day out for everyone.



“Help save planet Earth and create a better future”

PROTECTING OUR PLANET

by Margaret Smith

Over the past decade environmental awareness has increased significantly. If we don't look after planet Earth, environmental problems will accumulate – for example the air, rivers and oceans will become increasingly polluted and more plants and animals will become extinct. Climate change will have a greater negative impact and global warming will intensify.

Environmental awareness is often viewed as a young person's crusade – 17 year old Swedish environmental activist Greta Thunberg has achieved global fame following her work on climate change and we often see school children going on strike in protest at government responses to global warming.

But what about older people? Research shows that older people are now getting involved and active in taking steps to care for the planet. Protecting the environment is something people of all ages can become engaged in.

I would really like to inspire over 50s to take part in helping the environmental cause. Whatever you do, whether it is something small or something big it can make a difference. Maybe you already do a bit of recycling or

maybe you give your old clothes and bric a brac to charity shops and buy goods from them too.

In a recent Youtube video the veteran broadcaster David Attenborough was in discussion with Greta Thunberg. When asked how people can help individually in their personal lives to help save the planet, Sir David Attenborough answers:

“I think in a sentence I would say don't waste in your personal life, don't waste electricity, don't waste gas, don't waste power in any form, don't waste food. We are surrounded by luxury, anything you want, we are encouraged to indulge ourselves. ... We are encouraged to want things, we should want less and less and less, above all don't waste time, let's get on with this particular problem”.

I would like to add to this list.

- If you're going on a short journey, why not leave the car at home and walk. Use public transport and cycle whenever you can.
- Support companies who place great importance on caring for the environment. Check out whether they have an eco friendly company policy.
- Take holidays close to home so you don't fly so often. Use trains to travel across Europe

instead of planes to reduce your carbon footprint.

- Can you buy Fairtrade or organic?
- Use both sides of a sheet of paper.

With older people living increasingly longer, more and more of the Earth's resources are being used up and it is important to protect the planet. I think that older people as well as wanting a healthy planet would want to do their best to help improve the environment for their children, grandchildren and for future generations.

My mum told me a few days ago that she wanted to grow more vegetables. This would reduce the amount of veg she buys at the supermarket – making a reduction in the use of plastic packaging and transportation of produce to the shops.

Helping the environment is also an opportunity for older people to give something back. Have you considered volunteering for a wildlife or environmental organisation like Friends of the Earth or Royal Society of Birds?

It is important to educate ourselves on green issues. Help save planet Earth and create a better future. Let's all try and do what we can. The time to act is now.

Connect Hackney Round up

Connect Hackney partners have been adapting their services to the current situation. Get in touch with them for the latest updates.

African Health Policy Network

'Santé Sage (Wise Health)' project is for Hackney's African Francophone communities aged 50 and over.

Contact Maureen: 07960 857 286

Bring The Outside In at Anchor Hanover Housing

Supports the wellbeing of its residents.

Contact: 0775 310 0322

City and Hackney Carers

Current support includes telephone befriending, practical & emotional support, and online zoom dance exercise classes for carers.

Contact: 020 8533 0951

<https://twitter.com/HackneyCarers>

Coffee Afrik 'Somali Elders Project

Are continuing to support their community elders with a range of projects.

Contact Coffee Afrik on 07984 526 489

Friends of Woodberry Down (FOWD)

Finding alternative ways to contact & include over 50s including those who have no access to a computer with chair based exercise via video call and birthday sing alongs for members by phone.

They are also running a food surplus project for local older people.

Contact Amanda Inniss on 0787 634 5457 / Tracey Boothe on 0785 232 8993

Hackney Brocals

Online classes for men including seated yoga and boxing and mindfulness

www.brocals.org

Hackney Chinese Community Services

Community activities at their centre and support services to the Chinese and Vietnamese communities.

If you need support getting food or essentials

or if you need advice, telephone HCCS on: 020 8986 6171

Hackney Community Transport

Free minibus loan for Hackney community groups. Any member organisation who wants to use a minibus to transport food, medicines and other supplies to vulnerable people in the community can do so – free of charge.

Also, HCT would love to speak to anyone interested in signing up with them as a volunteer to drive vehicles to help out those in need.

Contact: 020 7275 2414

Hackney Co-operative Developments

Support men aged over 50 that use Gillett Square. Unable to organise face to face activity currently due to the pandemic.

Contact HCD for updates: Anja Beinroth on 020 3875 9352

Newham New Deal Partnership

Continue to provide dementia support services and the @online club in Hackney.

Phone 0203 383 0111 / 020 7366 6343

Peter Bedford Housing Association

Work with vulnerable & excluded adults in North East London.

Contact them for updates of current services www.peterbedford.org.uk

Contact: 020 3815 4100

Mind in the City, Hackney & Waltham Forest

Run an infoline where you can discuss mental health problems, where to get help near you, treatment options and advocacy services.

Contact: 0300 123 3393 (Monday-Friday, 9am-6pm)

MRS Independent Living

Hackney Dudes: we are hosting virtual drop-ins using Zoom, please contact Vicky Harrison to find out how to join.

Vicky.Harrison@mrsindependentliving.org or

phone 0330 380 1013

Shoreditch Trust

Call for details of Christmas events and markets.

e: info@shoreditchtrust.org.uk

Contact: 020 7033 8501 or 020 7033 8587

St Mary's Secret Garden

St Mary's Secret Garden is currently closed to all but booked appointments apart from on Tuesday

mornings. Open for socially distanced plant sales on Tuesdays and Fridays 10am – 1pm.

Contact: 020 7739 2965

Turkish Cypriot Cultural Association

Support for Turkish and Kurdish elders – the association has adapted their services to support elders during the pandemic.

Contact: 020 7249 7410

Hackney support services

Beersheba – Living Well

Peer support for vulnerable adults and older people from African, Caribbean and mixed heritage communities living with underlying health needs. Beersheba are delivering 1:1 mentoring by telephone, group learning workshops and gentle exercise sessions online. Tel: 07972 603 026

Core Arts/CoreSport

Online zoom sessions in physical activity: yoga, dance, boxfit, circuit training, chair based aerobics, plus creative classes in music, art and textiles. All classes are free to those who have been referred. Contact Laura-Jane Connolly on 07881228009

Choice in Hackney

Advocacy and independent living services for disabled people, from disability and hate crime advocacy, to volunteering and active lifestyle activities. Tel: 020 7613 8130

Engage Hackney

Supporting people over the age of 18 who are in need of temporary accommodation and/or have housing related support needs. Tel: 0800 953 4044

Hackney Foodbank

Providing nutritionally balanced emergency food and support to local people who need it. Tel: 020 7254 2464

LIST YOUR SERVICE HERE

To list your service in Hackney

Senior, please phone

07958 168 893 and ask for

Zelina or email:

zelina@connecthackney.org.uk

RNID

RNID Hearing loss

Hear 2 Help are still here and currently supporting people remotely through providing batteries, tubing and advice on hearing aids, hearing loss and tinnitus. We are able to communicate to people via phone, email, WhatsApp and zoom.

For more information, contact Sharon James:

✉ Sharon.James@RNID.org.uk ☎ 0755 106 742

🌐 RNID.org.uk

What's on in Hackney for over 50s?

Activities and events are free unless otherwise stated. Listings are correct at the time of going to press. Many groups have more activities than we can list so call them for more info.

IMECE Women

IMECE 55+ Women's Workshops

are free online awareness sessions targeting Turkish speaking women who are over the age of 55 and residents of Hackney. These workshops aim to offer a platform for women to share experiences and socialise with their peers whilst learning self-help and self-care techniques.

The dates and themes of the next workshops are:

12.01.2021

Communication Skills 11:30am

09.02.2021

Time Management 11:30am

We have no limit for attendance however we kindly ask you to register for the events by calling our Advice and Information Line 020 7354 1359 or by emailing ece@imece.org.uk

Hackney People First

Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to re-start our Better Together project online, via Zoom, for adults with learning disabilities in Hackney. We meet weekly on Fridays from 3-5pm.

All events are free.

Please contact John at peoplefirsthackney@btconnect.com, or call 07824 364 203.

Hoxton Health

Low cost foot health, osteopathy and acupuncture at St Leonard's. Call 020 7739 2533 to book. We've opened up initially to provide the treatments that particularly help with pain.

Home visits foot health for people who can't get out. £15.00. Ask your GP to refer you.

This is for people who don't have complex foot problems and can't use the Podiatry service but still need help getting their feet looked after.

Newham New Deal Partnersip

Online telephone hotline for over 50s with smartphone or tablet problems, it is free.

Tuesdays, 10.00 a.m. - 3.00 p.m.

Telephone advice line for over 50s residents staffed by a friendly digital inclusion worker.

Older people who want to know more can ring the number Telephone number 020 3383 0111.

Hackney Cypriot Association

Currently we have a lunch club but we do only take away. From 16 November the freshly cooked meals are going to be available from Monday to Friday. The cost of a meal is £5.00.

We also have advice sessions by appointment. More info: tel: 0207 254 7920 or 07971374724 or email: hackneycypriotassoc@gmail.com

Immediate Theatre

i) Hackney Social Radio – for the young at heart – live on Resonance 104.4FM Wednesdays 11am - 12pm until July 2021.

Also available online. If you would like to be included in our electronic mailing list please contact: HSR@immediate-theatre.com

ii) Theatre Exchange Join our core group who are developing ideas and content for Hackney Social Radio. Mondays 5.30 - 7.15pm – currently on Zoom.

For further information or to share song requests and stories please contact jo@immediate-theatre.com or call Hackney Social Radio on 0207 923 8362

Core Arts/CoreSport

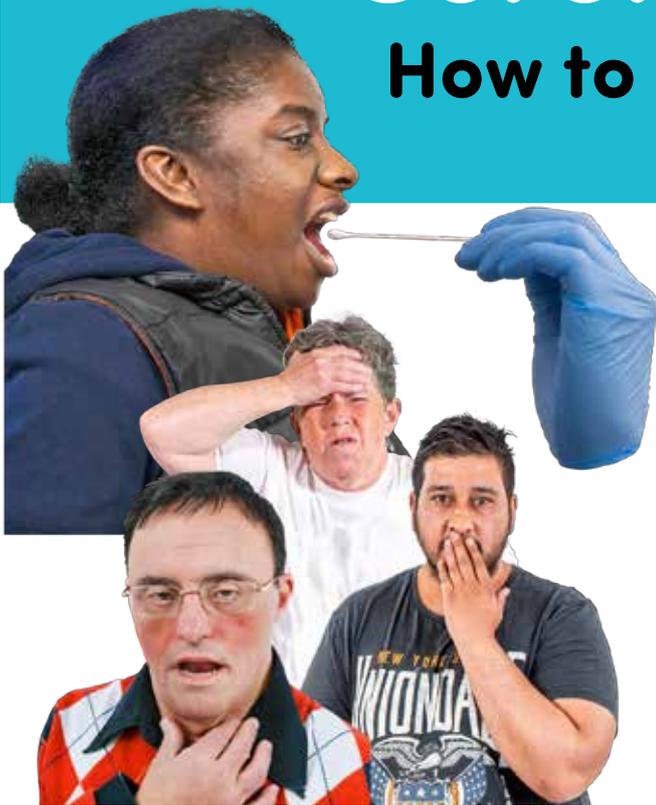
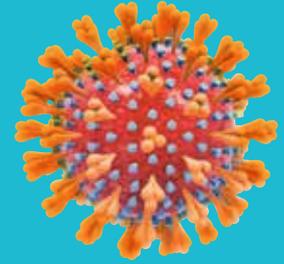
We are currently providing physical activity classes a six days a week (yoga, dance, boxfit, cycling, walking groups, circuit training, chair-based aerobics etc) and creative classes in music, art and textiles.

All classes are free to those who have been GP referred and can be accessed either in person face-to-face or online.

For more information please visit www.corearts.co.uk or call contact Laura-Jane Connolly, Head of Sport on 07881228009 for further details.

Coronavirus

How to get a test



If you get **symptoms of coronavirus** you can now get tested.

Book a test as soon as possible. There is a new NHS website and **119** phone number you can call.

What happens?



You can ask for a test to do at home - a carer can help



Or you can ask to go to a local testing centre



An NHS worker will explain more on the phone or at the testing centre



If you have symptoms
Stay home for 7 days
Phone 119 to book a test
In an emergency call 999

See more at <https://hackney.gov.uk/coronavirus-vulnerable>



DIRECTORY

AGE UK EAST LONDON

The Age UK phone line **020 89817124** is now open from 9am – 6pm 7 days a week.

If you need advice or support, Age UK will help you or signpost you to a relevant person or organisation.

BIKUR CHOLIM

Provides talking therapies for the Charedi community. Call **020 8800 7575**

CITIZENS ADVICE FREEPHONE NUMBER / FOODBANK 0808 2082138

If you can't afford food, you can call **0808 2082138** for free to speak to a trained and independent Citizens Advice agent.

The freephone helpline is open Monday to Friday, 10am to 5pm. You'll be able to talk to an agent confidentially about your circumstances and if needed they'll issue you with a food bank voucher.

CITY OF LONDON SOCIAL SERVICES

Call **0207 606 3030** and ask for Adult Social Care.

DEMENTIA SUPPORT SERVICES

Alzheimer's Society City and Hackney
020 8533 0091

City and Hackney Carers Service **020 8533 0951**
Homerton Hospital Lead Nurse Dementia Care
020 8510 5555

DERMAN

Provides talking therapies for the Turkish-speaking community. Call **020 7613 5944**

DOMESTIC ABUSE – HOW TO GET HELP

In an emergency, call **999**. If it's not safe for you to speak aloud, you can make silent phone calls to the police by dialling 999 and pressing 55 when prompted.

Deaf, hard of hearing or speech impaired. In case of an emergency, call the **999** textphone on **18000**.

If you aren't in immediate danger, but wish to report domestic abuse to the police, telephone **101**.

SISTAH SPACE

Works with African heritage women and girls who have experienced domestic or sexual abuse. Call **07951 826 878**

National Domestic Abuse Helpline

Freephone 24 hour Helpline number is:
0808 2000 247

NHS 111

If you have an urgent medical problem and you're not sure what to do, call **111**. NHS 111 is available 24 hours a day, 7 days a week.

If you have difficulties hearing or communicating, you can use the HNS 111 service through a textphone by calling 18001 111.

PHARMACIES

help accessing prescriptions

If you need prescriptions or medications, ask family, friends or trusted neighbours who are able to collect your medicines from the pharmacy and bring them to you.

If you don't have support, contact your local pharmacy to arrange for your prescription to be delivered.

If you are unable to get through to the pharmacy, call **020 8356 3111** to speak to Volunteer Centre Hackney who will arrange a volunteer to collect and deliver your prescription.

THE SAMARITANS

If you need urgent help, you can call The Samaritans – they offer a safe place for you to talk at any time. They will listen to you and talk through your anxieties and concerns

Tel: **116 123** (Free call)

THE SILVER LINE

**Need help? Call ANYTIME ON:
0800 470 80 90**

For older people providing fee confidential information, friendship and advice Open 24 hours a day, every day of the year.