

Hackney Senior

By older people, for older people • January 2022



INSIDE: Ageing in the future • Reflections on the pandemic • Philosophical comments • Poetry
• What's on in Hackney

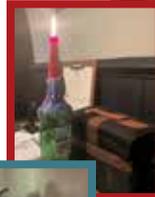
Real-life stories
and reports
by Hackney
over 50s



CONNECT
HACKNEY
ageing better

JOLLY TIMES

Christmas celebrations!



The Connect Hackney Media Group and the Older People's Committee celebrated Christmas in style this year with small social gatherings and a much-appreciated chance to catch up in person. Here's hoping 2022 allows a return to a great deal more socialising.

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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.

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.



Lunch Clubs Hackney

Hackney Lunch Clubs serve the diverse communities in Hackney by providing lunches for older people by (subject to social distancing restrictions) providing leisure and health activities, regular meeting places and opportunities to make new friends.

Whilst some Hackney Lunch Clubs are tailored to meet the needs of specific ethnically diverse communities, all lunch clubs are open to all Hackney residents aged 55 and over, irrespective of gender, sexual orientation, faith or religion, and residents are free to choose whichever club they feel best meets their individual needs.

As well as hot lunches cooked on the premises, the lunch clubs provide health and wellbeing classes and awareness sessions on a host of topics that benefit their members.

To find out about more about Hackney's lunch clubs please contact:

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THE FUTURE OF AGEING OVER THE NEXT TEN YEARS

by Margaret Smith

All around the world, people are living to a longer and longer age. This is a measure of society's progress but it also presents challenges to society. Moving on further into this decade, what do the next ten years hold for the future of ageing?

An important aspect of ageing research going forward will be to try and maintain people's quality of life as they age. Extending the time during which older adults remain healthy and are able to manage to live independently will be an increasing priority on the agenda.

Interestingly as well with an ageing population, there are more and more jobs being created that involve working with older people. A lot of these jobs are and will be in healthcare. At the moment there is an increasing demand for care workers.

In terms of employment and the work scene, the whole idea of retirement is also changing. More and more older people are and will continue working into their late 60s and into their 70s either because they want to carry on working or because they can't afford to retire. Employers used to be able to force workers to retire at age 65, this was known as the Default Retirement Age but this law was done away with in 2011. Now it is illegal for an employer to compulsorily retire an employee at age 65. People can keep working beyond 65 if they wish to. Today it is quite



usual to see 4 generations working alongside each other, a multi-generational workforce in the same company.

Abolishing the Default Retirement Age has gone a long way towards creating an age friendly society.

The Equality Act of 2010 has also made enormous strides in reducing ageism. I define ageism as discrimination against someone who is older. If because of your age you feel that you have been treated unfairly, you can bring a claim under the Equality Act.

Miriam O Reilly for example was dropped from BBC1's TV programme *Countryfile* and she brought a case for age discrimination against the BBC and she won her case in 2011.

We live in a society where unfortunately ageism still exists but over the years steady progress has been made in eliminating ageism.

There is a general idea or narrative that past a certain age say, 55 years old, everything follows a pattern of decline and goes downhill. You have to be

careful not to buy into these sorts of negative messages or what sociologists would term you have to be careful not to internalise these negative messages. Going forward more progress needs to be made on changing negative attitudes towards ageing.

What sorts of trends are we seeing now in society that, if continued, would help fight ageism?

Having more middle aged and older people in the media definitely reflects the demographic of the society that we live in and is a good step. Entertainment bosses are understanding that they need to produce films and TV programmes which depict stories of people of all ages. They are also recognising that older actresses and actors should be given lots of roles. In recent years stars like Nicole Kidman, Helen Mirren, Jennifer Aniston, the singer Madonna and the model Heidi Klum have all spoken out about ageism in Hollywood.

In the advertising world as well, people are starting to recognise that it makes sound economic sense to cater to older

consumers. Older consumers have a lot of money to spend and demographically they make up a large chunk of the sector. If they don't take the needs of the older market into proper consideration, then brands will lose out. Lots of brands are now featuring glamorous older models in their advertising.

Over the years the Internet and social media have also gone a long way to help bring different generations closer together. A 20 year old person can send a friend request to a 60 year old on Facebook. An aunt can post a comment on a photo of her niece's netball match at school. An older person for example can make a YouTube video that attracts a younger audience or goes viral.

As well, with lifelong learning on the increase I think that we find more older people studying at adult education colleges or online. You can have a situation where a young person is studying for a degree at a particular university and where you have an older person studying a course at the same university but studying online for example. This helps break down the barriers between the generations.

Also at the moment much research about aging is being carried out in colleges and universities. This research needs to be continued. Going forward because people are living to a greater age, more nurses, doctors and healthcare professionals should be

encouraged to specialise in geriatric medicine.

I hope that in this article I have given you some idea of how ageing will look over the next 10 years or so. Compared to 80 years ago, people can now look forward to an extra 20-25 years of life. Government and policy makers need to plan carefully so that we make the most of these extra 25 years.

As individuals we should also plan for how we will live these extra years. Whatever you plan, it is important to find creative solutions to ageism as well as we all have to grow old. In fighting ageism, and helping to bring about a more age friendly society, you are, as it were, looking after your future self.



In 2021, the UN published the first ever global report on ageism. It said...

Ageism is everywhere

The prejudice is so pervasive that it is entrenched in institutions (institutional ageism), in relationships (interpersonal ageism), and also ageism can be self-directed (internalised ageism).

Ageism is costly

- Discriminating on the basis of age is costly.
- It harms people's physical and mental health

and takes an economic toll on people and society.

Ageism can be combatted

- policies and legislation can address age discrimination
- educational activities can enhance empathy and dispel stereotypes

Combat ageism and build #AWorld4AllAges



Social life in later life

by Judy Harris

What Connect Hackney has learnt about reducing the social isolation of older people

Friendships, socialising and feeling part of a community are key elements to a happy and healthy life. However, in the U.K. many older people are at risk of loneliness and isolation, a situation which has only worsened with the pandemic. The barriers to older people having strong social lives are complex and include big issues including poverty, health inequalities, transport, ageism, the loss of community and how accessible someone's home and/or local area is.

Rather than try and address all these issues, Connect Hackney focused on how local voluntary and community groups can support older people to have the

social lives they want and reduce their loneliness and isolation. Since 2015 Connect Hackney has funded 50 projects for older people (including this magazine!) to support them to socialise and get out and about and over 6,000 people have taken part in project activities.

All of these projects were part of a national and local evaluation so that we can find out what works. Thanks to over 900 older people who completed our questionnaire, and others who took part in interviews with City University, we have learnt a lot about how charities and community groups can support older people to stay connected and reduce their loneliness.

The results from the evaluation showed that 52% of the older people who took part in these projects were lonely, while 54% lived alone. Many had health issues or were disabled. The results from the evaluation also showed that our projects reduced loneliness and increased wellbeing for the older people who took part. There is much work to be done to address the big issues impacting older people mentioned above. However, we can now say for sure that it's crucial that voluntary and community groups in Hackney continue to get the funds they need so that they can run fun, local and low cost activities that offer older

people the chance to explore their interests and meet new people.

How did our projects enable older people to make friends and overcome isolation?

Involving people in decision-making – involving older people in deciding what activities or services should be run and how they should be organised helps ensure that activities are interesting, enjoyable and accessible.

Offering support to the most isolated – some people need intensive support to overcome significant barriers to socialising and getting out of the house. Our Community Connectors service visited people at home and offered 1-1 support for up to 12 weeks to understand and help overcome the issues that very isolated people faced.

Offering free, or low cost, local activities – Issues with the transport system and a lack of support staff means it's important that older people can go to clubs and activities without having to travel too far.

Offering online and telephone activities – some older people can't leave home easily, either due to the health risks posed by the pandemic or other support needs. Offering telephone and online activities enables them to stay connected.

Offering interesting activities – older people want to have fun just as much as any other age group. Putting on activities including table tennis, karaoke, music clubs and trips to museums gives older people the chance to follow their interests and meet other people interested in similar things.

Publicising activities and events in newspapers, fliers, GP surgeries etc – Many older people are not online, many due to circumstances beyond their control. Therefore our projects promoted their activities in this magazine as well as through fliers and working with health services.

Understanding the value of having fun as a group – fun activities such as day trips or special events create shared memories which help people to bond with each other.

Encouraging people to socialise before or after an activity – providing a place to sit and chat with refreshments before or after an activity helps people to get to know each other. Where useful, staff helped to start conversations between people.

Making sure activities are flexible and relaxed – Having a relaxed and informal approach to delivering activities can make it easier for people who have health issues to take part.

Doing street outreach – street outreach is a good way to find older people who may not already be going to groups and activities.

Relating to people as unique individuals – actively listening and understanding where someone is coming from and why they may be experiencing isolation, as well as noticing their strengths, interests and opportunities can help them re-connect with the world.

Spending money on travel assistance – Providing support staff and/or appropriate travel options can make all the difference as to

whether someone is able to participate in an activity.

Offer diverse activities – older people from different cultures may enjoy culturally specific activities. It's important that everyone has the chance to feel at home and do what they love.

What are we doing with what we've learnt?

Members of Connect Hackney's Older People's Committee have started a new project called Listen Up! where they work with the evaluation manager to share what the programme has learnt about social isolation and what needs to be done with key people around the borough. Members from the Listen Up! project contact senior staff at the council, health services etc to present the evaluation findings and make recommendations about how to reduce and prevent social isolation.

Living in an ageist society it's too easy to accept that when you grow old the TV becomes your main form of company, you stop making friends and no longer have any fun. Society needs to change in order that older people are enabled to live well, have choices over how they spend their time and continue to make friends and have fun. Connect Hackney is proud to have worked with so many brilliant older people and community groups that are committed to making this happen.

Judy Harris

Connect Hackney Evaluation and Engagement Manager

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Philosophical comments

by C H Daniel

After a recent conversation with my friend who is a poet and philosopher. I thought it would be a good idea to put it down in the form of a general discussion. He is a great thinker and only uses logical persuasion in his conclusions. What I am about to write are my own words using a general recollection of what was said between us.

Religion and community

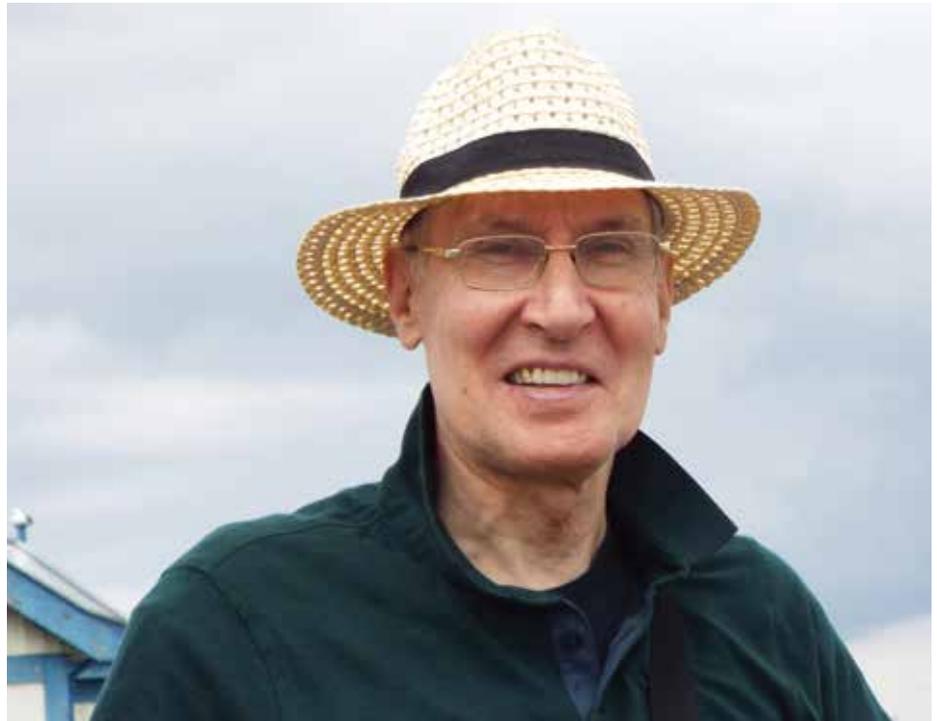
Religion in general has a way of bringing like-minded people together. A sense of community is born; where social interaction brings about many benefits, whereby old and young are looked after. There is a sense of belonging, a kind of brotherhood. There is always somewhere to go for assistance. Within this world there is a kind of security.

The age of science

Since the time of Charles Darwin, the age of science grew stronger, in the west of Europe, where once religion reigned science began to dominate. Nevertheless, even Darwin was troubled. He delayed his findings for twenty years because of his wife's faith. Since the twentieth century people have celebrated Christmas for profit, rather than God.

Disillusionment

My friend's argument is as follows. With science came the breakdown of religious faith. Whereby individuals turned their backs on religion, then they found they no longer had that sense of community. Their world was turned upside down. In some countries there came the rise of revolution and new ideologies. This set the scene for individuals to get lost in the process of dramatic change.



Falling into the abyss

What do you turn to do when you look around and see the world in turmoil? This question is real not just for me but for all of us. You eat a biscuit, you have an extra coffee, you down the last drop of whisky. Somewhere along the line someone ends up on the street. Someone also has an attack of the blues. Each one of these acts is a sign of loss. A crisis!

Finding a pathway

We come to the conclusion that the loss of any kind of community to an individual puts at risk their sense of purpose and understanding of their place in the universe. Science is a wonder to behold and is

continuing to give more answers. Yet people still struggle with it in their minds. They need more than a logical explanation. There is no love on the moon but in the heart of the individual there needs to be.

Conclusion

Society is at a crossroads in the split of science and religion. In order to move forward we need to hold onto basic values of importance. Science and technology gives us logical answers to reasonable questions. But can it solve the question of love? Religion says "Love thy neighbour as thyself". The question is how do you create love for all in a scientific community?

Age Pride Quotes for 2022

From the Connect Hackney media group

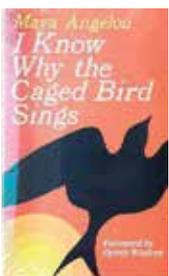


“Count your age by friends, not years. Count your life by smiles, not tears.” John Lennon

“I have absolutely no objection to growing older. I am a stroke survivor so I am extremely grateful to be ageing - I have nothing but gratitude for the passing years. I am ageing - lucky, lucky me!”

Sharon Stone

“Every year should teach you something valuable; whether you get the lesson is up to you. Every year brings you closer to expressing your whole and healed self.” Oprah Winfrey



“I love living. I love that I'm alive to love my age. There are many people who went to bed just as I did yesterday evening and didn't wake this morning. I love and feel very blessed

that I did.” Maya Angelou

“I'm baffled that anyone might not think women get more beautiful as they get older. Confidence comes with age, and looking beautiful comes from the confidence someone has in themselves.” Kate Winslet

“Anyone who keeps the ability to see beauty never grows old.”

Franz Kafka



“The secret of staying young is to live honestly, eat slowly, and lie about your age.” Lucille Ball

“We don't grow older, we grow riper.” Pablo Picasso

“A human being would certainly not grow to be 70 or 80 years old if this longevity had no meaning for the species to which he belongs. The afternoon of human life must also have a significance of its own and cannot be merely a pitiful appendage to life's morning.” Carl Jung

In conversation at Dalston Eastern Curve Garden



During the autumn, the Connect Hackney media group continued to meet outside to socialise, plan content for Hackney Senior magazine and reflect on the impact of Covid-19. Here some of our group members reflect on their experience of the pandemic.

Hyacinth Wellington: During the pandemic I felt sorry for the children, locked at home and not able to go to school. When I was growing up, I remember that there were pandemics, not as serious, but infectious diseases – polio and tuberculosis, and the children were not allowed to play together.

I feel sorry for the children who were not allowed to play in the playground during the lockdown. It's not natural for children not to play. It was like breaking their spirit during the lockdown. They need their spirit to grow emotionally. The more exercise they get, for children it's best for their brains to grow. I think that's why so many children got mentally ill during the pandemic. I feel really sorry for them.



I feel sorry for the children who were not allowed to play in the playground during the lockdown



Janet Nickie: Exercise was what I missed the most during lockdown as exercise is important to me. I used to go five days a week, to the Britannia centre. At our age we need to exercise to keep mobile and not to stiffen up. I didn't really take to Zoom or being online, so I feel I really missed out on my exercise.

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Elizabeth McGovern: The word that I would use to describe the pandemic, powerlessness. I would be aware of things that needed to be done and not be able to do anything. I would be aware of things that needed to be done and not be able to communicate that or be able to do that. But I would have to say that if you were born into a city that had bomb sites all over the place, and a whole load of housing problems people who had just come through a war... I don't think the pandemic is about being resilient as I'm not a very resilient person, but it is the worst thing I have ever been through in my life.



I don't think the pandemic is about being resilient

Ana & Alessandro Angeletti: Ana – The three words I would use to describe the pandemic are uncertainty, mayhem and isolation, the pandemic made me feel lost. The uncertainty of everything, everything being cancelled causes more anxiety during this time.

Alessandro – Frustration and isolation of not being able to see anyone or go abroad.

Ana – We still don't know if this is going to get better. We managed to go and see our family in Portugal recently when they relaxed the restrictions to fly to certain countries. But even then, the whole thing made me feel anxious. Portugal was on the green list so we went as soon as it went on that list. But, the worry and fear that even when we were there, I was scared about it going back on the red list and then scared of not being able to come home. So, the trip caused even more anxiety than being at home.

Alessandro – My daughter had also booked a holiday to Portugal but by the time she was



coming back it changed and she was on the amber list and had to quarantine.

Ana – We helped out with our local church organisation St Vincent of Paul, and they have done fantastic work visiting vulnerable people. I couldn't help as much as my daughter had a baby so we were helping her.

We helped out with our local church organisation St Vincent of Paul



Poetry with Ngoma Bishop

In November Ngoma Bishop joined the Connect Hackney media group for a poetry workshop and reading session, leading to a discussion on how to write poems, childhood, ageing and lived lives. Here we publish some of the work Ngoma read. We hope some of our group members will be inspired to write works of their own for the next Hackney Senior.

GENESIS ONWARD

I was there when the earth was
brand new

Charged with the task of the
naming of species

I was there when the air was
good

And ate with utensils carved out
of creation

I saw fire and flood and learned
to take cover

Witnessed real art and the source
of its power

I then peopled the earth with my
future tormentors

Punishment for the theft of
an apple

Now I creep thru the days with a
sense of unease

Trying to recall the little I knew

I breathe in the smell of
unspoken damnation

And cannot look at the sun

My head is on fire but my eyes
have in water

As I look for clues to the coming
of nature

Whilst acid rain falls on me and
tormentor

Poisoning the tree that bought
forth the apple

Will I be there when life has
returned?

To confront my sins and
achievements

Judged at last by one greater
than me

Judged finally by the author of
life

Will I once again be allowed to
roam Eden?

With its blooms of celestial hue

Perhaps reconnect with the one
of forever

Perhaps become a part of
the apple

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 wake 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

THE INNER CITY KITE THAT YEARNs FOR FREEDOM

What a spectacular, wondrous, awesome sight
Yuh West Indian Singing Kite
Yuh humming, zinging, singing kite yuh
Yuh rising and dipping kite yuh
Watch how yuh just climbing and diving doe
Striving to escape duh captivity of dat string
On yuh broad nose
Damn string seeking to keep yuh under even
closer control
To temper yuh very soul

Look how yuh does soar doe
Higher ever higher
Yuh wondrous potential high flyer yuh

Fly Kite fly
Display yuh kaleidoscope of colour
Across duh panoramic scope

Yuh black and red and gold and shades of green
So serene
Maybe duh most beautiful kite ever seen
Over Clissold, Springfield, Hackney Downs or
Victoria park
Prescribe yuh mathematically perfect and
wondrous arc

Over Hackney and beyond

Raise yuh voice in a song of joy and hope
Sing yuh song, do
Yuh sweet, sweet ancestral zinging song
Sweeter even than yuh namesake kite or da cuckoo
or da lark
Yet still yuh song of pain and sorrow
Of yesterdays, today and tomorrows
Reminiscent of tales and times not to be forgotten
Stories still unfolding
Ever unfolding
Mimicking muh dreams and memories
Wid yuh tail flowing proudly behind yuh
For duh children too must soar
Likewise duh grandchildren

So bruk free kite, bruk free now
Sail free over duh little river Lea
Towards duh Caribbean Sea
Bruk free kite
Bruk free and mek muh smile again
Bruk free
Bruk free nuh
Bruk free

Working as a doula during the pandemic

Carron Adams and Joanne from Shoreditch Trust, a conversation at Dalston Curve Garden

Career changes and what the pandemic has meant to me.

Carron – It really started a few years back when I retired from education, I was a headteacher, I was working with young people who were in a pupil referral unit when the schools couldn't handle them. After a few years of doing absolutely nothing and loving it, apart from going on holiday, I wanted something to do and I started to attend the media group. A lot of it was getting older people used to using technology. Prior to that I helped to set up a special needs school. A lot of it was getting people to be more familiar with iPads and smartphones that they may have been uncertain to use. I stayed on to support Natasha and the media group. I help her to support the students. I stayed for a few of the projects and produced some articles for Hackney Senior magazine that is produced by the Hackney Senior Media Group quarterly. I am very interested in genealogy, and I wrote a couple of articles, one on tracing my family and my journey. The magazine is printed and online.

What about working during the pandemic?

I was helping Natasha before the pandemic. I also had quite a lot of time away in 2019 as I was working as a volunteer helping to support pregnant women across 3 boroughs, Newham, Tower Hamlets and Waltham Forest. I became so

busy I wondered how I ever held down a full-time job. I was trained with Maternity Mates and had my first mother 6 weeks after my training finished with a lady who had a Caesarean section. It was an amazing experience as the baby was born in January and the pandemic came in March. The mother was my only face to face contact and then the pandemic came, and we had to continue supporting families as best we could which forced everything online. By using FaceTime or Zoom for those mothers who wanted our support, the organisation did support mothers to get online with instructions. I remembered that you mentioned about people that didn't have internet access and the cost of things we take so much for granted, just because someone is walking around with a smartphone doesn't mean they can afford to have the internet on it. So, we learnt to use WhatsApp and formed different groups. The difficulty was moving from a role where it depends on human connection as opposed to sitting in front of a screen. It made establishing relationships that much harder. Also because of the pandemic and lockdown we also had the uncertainty that when you were supporting a mother in labour, there was no guarantee that when you get to the hospital you would be allowed in the hospital due to restrictions and the hospital policy. This was heart-breaking as for my women I was supporting

they may not have had anyone else to support them. Thank goodness the organisation I work for have worked hard to issue letters to the hospital requesting permission to be at the bedside with mum in labour. Of the back of that I trained as a doula, which is the same thing I was doing, to offer emotional support, physical support and this is something I hope to do for many many years. I have two clients but in my heart I want to work as a doula voluntarily and want to give to someone what they may not be able to afford.

Joanne – In my head when I hear the word doula, I think of a middle class woman who has lots of money but bringing this back in the community for working class mothers is lovely. The pandemic affected your face-to-face work. But do you feel that you can see a light at the end of the tunnel?

Carron – Yes, but we still must do all the things to protect mums and if they are nervous, we can still meet on Zoom, so we are having to do a combination of things.

Joanne – Do you think people are fearful of things opening up?

Carron – There is still a lot of anxiety and even for myself in the role I play I make sure that I am doing self-testing and asking the women that I meet who they have been in contact with. But my role is to make sure we make a positive connection.

Joanne – Do you think that in your role as a doula that it is hard to build trust on a screen?

Carron – Yes, I think it is, my first mother I worked with during the pandemic I found it hard to build a connection online, it took a long time to build a connection. I even remember having to check with my coordinator whether the mother really wanted a doula as I started to feel that I'm not sure if I'm doing this very well.

Joanne – Even someone with your vast experience started to feel a bit wobbly due to the pandemic where in the past that wouldn't have happened.

Carron – Yes, all the cues that you rely on, you don't get that on a computer or phone screen. If you're speaking to someone who has lots of other issues it's hard to know how to get through. In face to face you can lighten things, use humour and read their body language.

Joanne – Yes, I agree and have faced the same difficulty, if it's online and someone has a disability or deafness or speaks another language. Face to face you can really communicate, even with barriers, with body language and facial expressions.

Carron – I have found sometimes sending a text message might just be the most appropriate thing, even if that person is resistant to you. What I have found looking back at their feedback, what keeps coming up is, *I'm really glad Carron kept in touch with me.* I think the fact of knowing that there is someone out there is so important in terms of the pandemic. I think it is so important because a lot of people have no connection to others.

Age friendly icons and images

by Piotr Klum

The Centre for Ageing Better have published an online catalogue of age friendly icons and images. The images give a more positive and realistic depiction of ageing and provide alternatives to the commonly used and often stereotypical pictures of older people.

Images in the library are free for use and cover various themes related to ageing such as health, community activity and employment. If you are a community group or charity or doing a project of your own interest you can use these to promote age pride.

<https://ageing-better.org.uk/>

Below we provide a selection of images to inspire your age proud work!





Hackney Senior to cease publication in March 2022

We are sorry to let you know that this is the penultimate edition of our magazine, with the final copy of Hackney Senior going to print in March.

Hackney Senior has been produced as part of the Connect Hackney Ageing Better programme for almost 7 years now. During that time, 100s of older Hackney residents, many aged in their 70s and 80s, have learnt computer and media skills in the Connect Hackney media group and contributed articles, photographs and poems to Hackney Senior magazine.

The members of the media group also co-produced the Windrush and Diversity Stories of a Hackney Generation commemorative booklets, alongside media group staff and freelance media professionals.

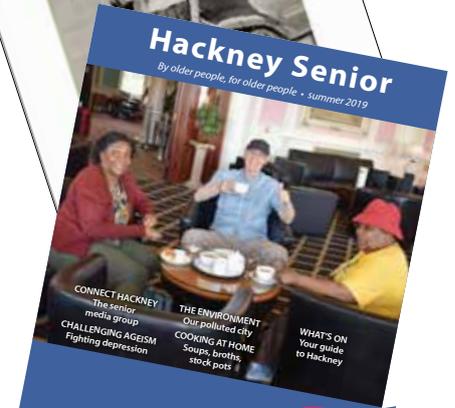
We are grateful to The National Lottery Community Fund for financing and supporting Connect Hackney including the media group, Hackney Senior magazine and the commemorative booklets.

We have sought continuation funding for Hackney Senior from other sources, but have not been

successful as yet. If there are any potential backers reading this who could help us continue Hackney Senior magazine, please do get in touch.

We have a print run of 4,000 each quarter as well as a digital version and have supported many older Hackney residents with opportunities and information relevant to them over the past 7 years, not least of all during the isolating days of the pandemic.

Get in touch: Matt Bray,
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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.



The Sharp End

Supporting people aged over fifty to be healthy and independent!

" Sometimes when you wake up in the morning with all your aches and pains, you don't feel like coming out, but when you come here you forget all about it."

Classes include: Line Dancing, Tai Chi, Chi Kung, Art for beginners to advanced, Socialising with tea/coffee, board games, Yoga, Pilates, Gentle Exercise, Vigorous aerobics, Zumba Gold, Men's only fitness classes, Women's only fitness session.

Membership is open to all residents of Hackney and The City of London aged over 50, and it costs £20 for a quarter, or £2 drop-in per class. The £20 per 3 months (renewed quarterly) is excellent value and allows unlimited usage for 3 months

Currently The Sharp End are hosting face-to-face classes. To access the classes you will need to pre-book a class you wish to try. All activities are also available to attend virtually, this is

especially useful for people with mobility issues, frail and people who are choosing to limit their travel journeys. To attend our face-to-face and Zoom classes, you can contact The Sharp End on the number below.

t: 0207 923 0350 m: 07838 813 283 (Tuesday to Thursday 9.30am - 5.30pm)

All classes are held at: Queensbridge Leisure Centre, 30 Holly Street, E8

Lunch out in South East Hackney



If you would like to meet new friends or find a new venue to meet up with old friends, why not drop in to one of the friendly regular community lunches in our area? The venues are all welcoming and fully accessible. You can get a nutritious, home-cooked meal including vegetarian and vegan options and it's all free!

Mondays, 12 noon at Frampton Park Baptist Church, Frampton Park Road E9 7PQ

Tuesdays, 1 pm at Gascoyne 1 Community Hall, Gascoyne Road E9 7FA

Wednesdays, 12 noon Gascoyne 2 Community Hall, 2 Wick Road E9 5AY

Thursdays, 12 noon, Food Cycle, New Kingshold Community Centre, 49 Ainsworth Road E9 7LP

Fridays 12 noon, St Mary of Eton Church, Eastway E9 5JA

For more information about any of these lunches contact Polly Mann, m: 07482 320992.

Spotlight on Tai Chi



Tai Chi is a Chinese movement and meditation practice that supports your health and calms and centres your mind.

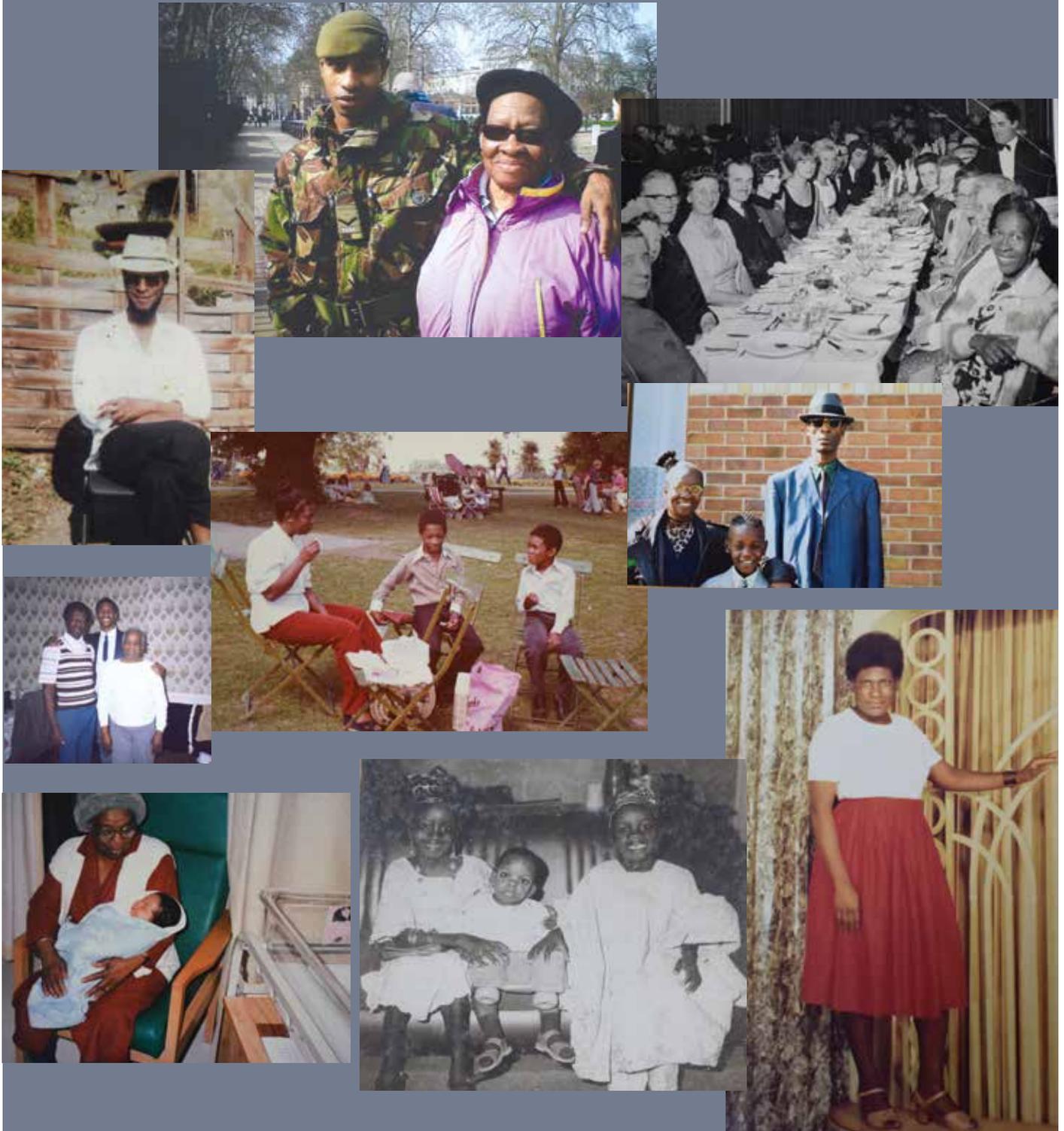
It has been proven to improve balance, bone density and lower blood pressure through gentle, low impact exercise. The style of T'ai Chi that we teach is the Yang Short Form, otherwise called the Cheng Man-ch'ing form.

There are a number of beginners classes around Hackney, please check the website for times and locations: www.betweenhmarshetaichi.com

Or contact Redmond on 07812 356 415

Tuition is £40 per month, or £30 concessions, which includes up to 3 classes per week.

Stories of a generation- your story



We are currently producing our third and final Stories of a Generation Commemorative Booklet – documenting the lives of Hackney’s elders. Our first commemorative booklet celebrated the local Windrush generation and the second championed the Diversity of our borough, documenting the lives of some of the many communities in Hackney including adults with a learning disability, LGBTQ+, Turkish and Kurdish, Vietnamese, Nigerian and American.

For information or to include your story in our final commemorative booklet, contact
Matt Bray: e: matt@connecthackney.org.uk | m: 07983 169961



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 NHS 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 and request if a volunteer can 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.