

# Hackney Senior

*By older people, for older people • March 2022*



**INSIDE:** Ageing Better – the legacy of Connect Hackney, Gloria Collins remembered, a tour of Emirates Stadium, Hackney Lunch Clubs, Woodcraft Club for men

Real-life stories  
and reports  
by Hackney  
over 50s

# HACKNEY SENIOR 2015-2022



Since 2015 *Hackney Senior* has been produced by the Connect Hackney media group – local older residents learning and utilising computer and digital skills to produce content for *Hackney Senior*. Sadly, this is the last *Hackney Senior* for now as the Connect Hackney programme comes to an end. We are grateful for the support of the National Lottery Community Fund for the past seven years.

We will continue to look for support from other funding streams that would allow us to re-start *Hackney Senior* in the future.

# Contents

<b>Connect Hackney Legacy</b>	<b>4</b>
<b>A Stormy Sea</b>	<b>6</b>
<b>Childcare, a love of children</b>	<b>8</b>
<b>Arsenal day out</b>	<b>10</b>
<b>Recipes</b>	<b>12</b>
<b>Isolation</b>	<b>14</b>
<b>What's on</b>	<b>16</b>
<b>Hackney's Lunch Clubs</b>	<b>18</b>

## 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](mailto: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](mailto:matt@connecthackney.org.uk) or send by post to

Matt Bray  
Connect Hackney  
The 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.



## 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.

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. Read more on page 18. Contact: Rachel King, e: [rachel@hcv.org.uk](mailto:rachel@hcv.org.uk) t: 020 7923 1962

# Legacy

by Judy Harris



**Social isolation is a serious issue. Feeling connected to others is, for most people, key to their health and happiness. In the modern world people of all ages face barriers to making social connections and being part of a community. While some of the issues are the same across age groups, there are particular barriers faced by older people and it is these issues, and the ways to overcome them, that the Connect Hackney programme has focused on.**

Between 2015-2022 Connect Hackney funded 50 projects aimed at reducing the social isolation of Hackney residents aged 50 and over. Each project was evaluated by a team from City University and the University of East London. Older people taking part in the projects completed surveys and took part in interviews to help us understand the impact of the programme.

Some of the evaluation findings are in areas that there was little research on previously – like how to create projects that attract men. This is an important area of learning since men are

traditionally less likely to go to community activities. Other findings, like the need to do home visits if you want to reach the most isolated people, or the importance of free, local leisure activities for older people are things we already knew. However, even with these ‘common sense’ findings, the programme evaluation has deepened our understanding of these issues and given us an evidence base that can support our arguments for change.

The programme has impacted many people’s lives, with over 6,000 older people taking part in Connect Hackney between

2015-2022. We know from the questionnaires that many of these people lived alone, were already lonely and were disabled or had long term health conditions. The reach of the programme is something we are very proud of and is the result of the hard work of our projects. From creating trusting relationships within the communities they work with to creating partnerships with health services working with older people, the organisations we funded made it their priority to reach and engage lonely older people. Older people themselves also took a chance in taking part. Joining a new group or opening up to a support worker can take real courage, and it says a lot about Hackney’s older population that so many people decided to get involved.

While the programme is ending, one older people’s project remains – the Listen Up! group,

who will be making sure that everything the programme has learnt about reducing isolation is shared and, hopefully, acted on. The group has already been sharing recommendations with senior decision makers around the borough, including the Mayor of Hackney and the Health and Wellbeing Board. Some of the things we are arguing for are listed below.

### Connect Hackney recommendations

1. Older people should have the opportunity to go to local, free (or very low cost), accessible leisure activities designed by and for them.
2. Older people should be offered support to gain and use digital skills.
3. It's important to fund community organisations working with minoritised ethnic groups since they offer something unique to their participants.
4. To reach very isolated older people council and public health 'social prescribing' services should offer home visits.\*
5. Social prescribing services should be offered in community languages as well as in English.
6. Social prescribing services should have a good understanding of the different community activities available.
7. Social prescribing services should use a 'person centred' approach, listening to older people and treating each of them as a unique individual with their own needs, strengths and interests.

8. The council learning disabilities service should be more connected to local charities and community groups.
9. Older people with learning disabilities should be able to get the support they need to attend community activities.
10. Staff doing outreach should be trained in Ageing Better Camden's street outreach toolkit.
11. Staff working with older people should be trained in using Ageing Better Camden's warm welcome toolkit..
12. Libraries should be used as venues to publicise what's on locally.
13. Council funded community activities should be asked to offer people the chance to make social connections.
14. Council funded community activities should use learning from the Connect Hackney programme on how to support people to make social connections.

### What did the programme achieve?

Questionnaires completed by people when they started attending a project and again midway through showed:

- A 12% reduction in the proportion of participants classified as lonely.
- 22% of participants lifted out of loneliness.
- A 16% reduction in the proportion of participants saying that had low mental wellbeing.
- An increase in the average health related quality of

life score and average self-reported health score.

As well as funding activities for older people the Connect Hackney programme has invested time and money in learning what works to reduce social isolation. We are now using this learning to argue for the changes that need to be made both locally and nationally to enable older people to have a social life in later life.

We would like to thank all the older people who took part in our projects, including those who took part in the evaluation, as well as the fantastic organisations that delivered Connect Hackney projects. The programme made a real difference in the lives of the older people that took part and we are very proud of that.

- Social prescribing services are where health services like GPs refer patients to a link worker who helps them find out about community activities.

It's not easy to attend a new group or activity when you're feeling isolated but the next time you see a leaflet or poster or hear about a local activity that interests you we encourage you to give it a try!

There are still lots of great activities on for older people in Hackney.

If you are feeling isolated and would like to know more about what's on locally you can call the Hackney social prescribing service on 0203 846 6777.

# Journey through the Eye of a Stormy Sea

By C H Daniel

This is the last Hackney Senior magazine as at the end of March the funding stops. Since 2015 what a rollercoaster seven year period we have had. As a member of the media group I have written a number of articles for each edition. I remember the first time I was asked to write for the magazine. I said I did not think I could write a thousand words in one go. Then they replied it is not the quantity but the quality of the article and 250 words could do it. Their answer encouraged me to start writing. I soon found I could write more words than I thought I could.

## The pandemic and changing circumstances

When we hit 2020 and the pandemic started our articles changed to the new circumstances around us. I wrote a poem supporting the NHS and also about my own experience of mental health. Both these topics are still in the headlines and causing great concern. It is probably a fact that every one of us has experienced extreme stress at sometime during this pandemic. This is why our health service is so important to us. The NHS has coped so well under so much pressure despite having been underfunded for so long and understaffed.

## The hand of terror

Now after so much suffering, by so many people, not just in the UK, but around the world, just as we thought things were getting back to normal we are faced now with the hand of terror causing misery and death in the Ukraine.

The people of Ukraine have risen up and are fighting valiantly. We in the west are holding our breath in admiration. Yet we cannot officially act as NATO has to hold its fire hoping for diplomacy with an enraged

Russian leader. All Ukraine can do is to ask for volunteers from our many countries to join them in their struggle for self determination and acknowledgement of their country's freedom.

Now that we have all come through so much together we need to take stock. There is only so much that each one of us can do. We must carry on with our lives as best we can in the normal way.

## Work and leisure

Keep our young safe and well – routine for them is essential.



Support issues that concern us locally, nationally and in the world.

Whatever tomorrow may bring to challenge our minds and our strength, our will to succeed with the pen will quell the aggressor's intent. Send an air balloon over Russia with falling leaflets of words.



# Gloria Collins remembered

**A compassionate woman with a generous heart. By Tony Wong**

**It is with sadness that we inform you of the death of Gloria Collins. Gloria was a valued member of the Connect Hackney Older People's Committee, playing a leading role in helping to shape the direction of Hackney CVS' work tackling loneliness amongst older people.**

Gloria was passionate about older people having the opportunity to live active and fulfilling lives, and in 2019 was recruited as a peer facilitator to support the consultation activities in the development of the Hackney Council Ageing Well strategy.

In 2020, during the re-awakening of the global Black Lives Matter movement, during an intergenerational meeting with some of our young leaders, Gloria shared her early experiences of racism from her time as a nurse when she arrived in the UK from Trinidad.

Her experiences were upsetting to hear, but what stood out for me, was Gloria's determination, even in the face of discrimination. Gloria maintained her commitment to care and never wavered, even when that meant providing care to those harbouring prejudice towards her.

It was that strength of character that has continued to inspire me and others in our fight against discrimination.

Gloria was a compassionate woman, who was generous with her heart. I will always remember



Gloria for her warm smile, cheeky sense of humour, a lady who was dedicated and compassionate.

She will be dearly missed by all that knew her within the Connect Hackney family.



## **A poem by Peter Allum**

In times gone by you made us smile  
To boldly go the extra mile  
Seasons came without much bliss  
To see your face we'll sorely miss

A new dawn breaks the birds do sing  
To think of you is a wonderful thing  
As hills and mountains filled with heather  
Our memories of you will last forever.

# Childcare, a profession based on a love of children

by Ana Alessandro

**“Nowadays childcare professionals work under a lot of pressure to gather the evidence required for the Ofsted inspections, which has become their main priority, and as a consequence of this the children lose out.”**

I worked with under-five children for over 30 years. My first job in childcare was with City and Islington College which offered me a part-time position in the crèche of the Finsbury Park branch twice a week after I gained a childcare qualification.

In those days jobs in childcare, especially in part-time childcare provision, were very informal, relaxing and not so demanding. We catered, and still cater for parents who wanted to return to study after having had children so that they could find employment. The fees were very low, and still are for parents who are entitled to concessionary fees.

Many of our parents did not have A levels, and therefore they were advised to enrol on an access course, which enabled them to go to university and embark on the degree of their choice. Quite a few of our students went on to gain further qualifications including nursing degrees, special needs teaching degrees, midwifery degrees etc.

## A safe and caring environment

We were inspected by the local authority under-fives officer and as long as we provided a safe, caring, stimulating and inclusive



environment for our children we were doing a very good job.

She would also note if the activities, staff and materials we provided reflected the community we served and made recommendations. We were not required to write long, formal settling in and end of academic year reports but just tick a few boxes or write a few sentences on the different areas of the children's learning.

While I was working for City and Islington college part-time, I was also employed by Seven Sisters Playgroup/Nursery in Tottenham, St Paul's Playgroup on the Marquess Estate and the City of London Cooperation adult learning department.

The last position I held before I retired was as Early Years Practitioner for City and Islington college/Camden Nursery. For this position you need a level 3 qualification in childcare.

## Ofsted inspections

Presently inspections of childcare settings are carried out by Ofsted

inspectors from the Education Department and they are extremely rigorous. They look at all the policies of the nursery; qualifications of staff; appraisals; staff training; enhanced DBS checks and so on. They also check the admission form of the children; their academic reports; medical forms; accident books; children's profile books; etc.

They pay particular attention to policies and measures put in place to safeguard the children in our care. Ofsted inspectors also engage in playing with the children and in asking them questions, to ensure the playgroup has been planning activities for their individual needs and likes and that they are developing and reaching their milestones. Ofsted inspectors normally stay for the whole day. Ofsted inspectors also interact with staff; observe them in their work; take notes; look at the plans of activities for their key children and ensure that the plans comply with the under-fives curriculum, which is compulsory.

They will also ask questions about the safeguarding of the

children in our care. At the end of the day they write a report, grade the provision and make recommendations which must be carried out within a certain time. If the Ofsted report is neither outstanding nor good, their inspections will be carried out more often. If the playgroup or nursery fails to carry out their recommendations; especially if the provision was found inadequate in the key areas; the Ofsted inspectors have the power to suspend or cancel the playgroup/ registration.

Nowadays childcare professionals work under a lot of pressure to gather the evidence required for the Ofsted inspections which has become their main priority

and as a consequence of this the children lose out. Now childcare professionals spend a great deal of their time on paperwork. This includes: observing children; writing down their observations; taking photos; printing them; writing captions under them; helping the children to compile their profile books; planning; delivering and evaluating activities for their key children. All these extra roles taken by the staff reduce the valuable time they have to interact with the children.

### High costs, low salaries

Often we hear parents complaining about the cost of childcare. They say it is not affordable and I agree entirely

with them. Childcare staff are paid low salaries; some private nurseries pay less than £20k per annum to staff working more than 40 hours a week. The bulk of the nursery expenses are the overhead costs of running a nursery. The overheads include costs such as the premises; council tax; which is very high in London; heating; toys and other learning materials.

Providers and childcare staff embark on this profession not to make riches but for their love of children; the opportunity to make a difference in their lives and for the happy and entertaining environment they provide.

## Hackney Libraries

Telephone Renewals: 020 8356 2539 General: 020 8356 3000 Email: [info@hackney.gov.uk](mailto:info@hackney.gov.uk)

Book a computer at the library of your choice. To book a one-hour slot pop in or call or email: [libraries@hackney.gov.uk](mailto:libraries@hackney.gov.uk)

You must hold a library account with Hackney or another authority of The Libraries Consortium.

### Clapton

Mondays, Tuesdays and Thursdays 10am-8pm, Wednesdays 1pm-6pm, Fridays 10am-6pm and Saturdays 10am-5pm.

### Dalston C.L.R James

Monday to Thursday 9am-8pm, Fridays 9am-6pm, Saturdays 9am-5pm and Sundays 1-5 – call 020 8356 8935. Free online archives and resources: Dalston CLR James library provides access to a huge and varied range of online archives and resources.

### Hackney Central

Monday to Thursday 10am-8pm, Fridays 10am-6pm, Saturdays 9am-5pm. call 020 8356 2513

### Homerton

Mondays, Tuesdays and Thursdays 10am-8pm, Wednesdays 1pm-6pm, Fridays 10am-6pm, Saturdays 10am-5pm call 020 8356 1066.

### Shoreditch

Monday to Thursday 10am to 8pm, Fridays 10am to 6pm, Saturdays 10am to 5pm – call 020 8356 4351

### Stamford Hill

Monday to Thursday 9am-8pm, Fridays 9am-6pm, Saturdays 9am-5pm, Sundays 1-5pm – call 020 8356 1708

### Stoke Newington

Monday to Thursday 10am-8pm, Fridays 10am-6pm, Saturdays 10am-5pm, Sundays 1-5pm – call 020 8356 5235

### Woodberry Down

Monday closed, Tuesday 10am-6pm, Wednesday 10am-6pm, Thursday 9am-5pm, Friday 10am-6pm. Closed for lunch 1-2pm.

# Arsenal day out

The Connect Hackney media group recently enjoyed a tour of Emirates Stadium. With thanks to Samir Singh and colleagues at Arsenal for an excellent day.



## STADIUM FACTS

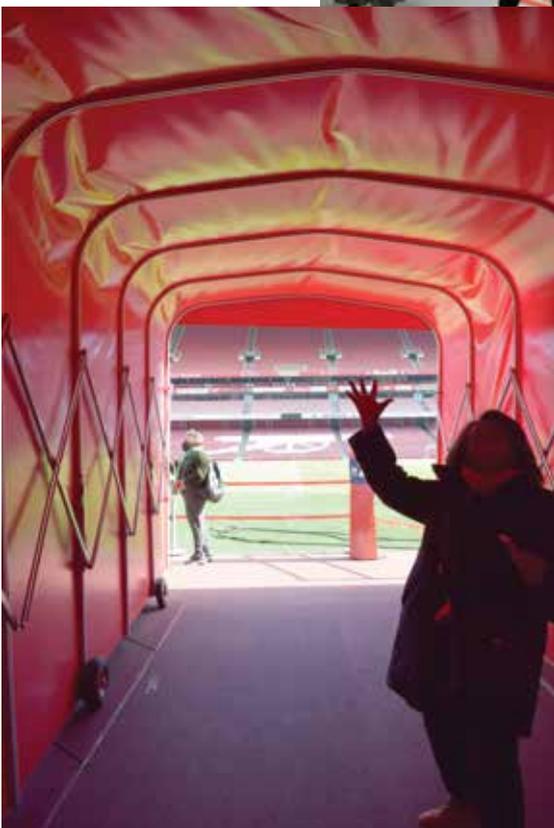
The capacity of Emirates Stadium is 60,361

Arsenal played at their former home in Highbury for 93 years

On May 7, 2006, Arsenal played their final game at Highbury and beat Wigan 4-2

The famous Arsenal clock changed home from Highbury to Emirates and is positioned high up on the outside of the stadium

The Emirates Stadium opened on 23 July 2006, the first game was Dennis Bergkamp's testimonial.



# Recipes by Anna and Alessandro

## Dolmathakia: Stuffed grapes vine leaves

Makes 6 dozen

Cooking time 1 and a quarter hours

### Ingredients

One pound preserved vine leaves or seven dozen fresh young vine leaves

Two large onions finely chopped

Three quarters cup olive oil

One cup short grain rice

Three tablespoons pine nuts (or other nuts)

Three tablespoons of chopped parsley

Two tablespoons of chopped dill

Three tablespoons currants

Salt, pepper, two cups of water and juice of one lemon



### Method

- 1 Blanch vine leaves in boiling water for about 2 minutes a few at a time
- 2 Remove to a bowl of cold water and drain
- 3 Cut off any stems
- 4 Gently fry onion in oil until transparent, add rice and pine nuts and stir over heat for two minutes
- 5 Stir in herbs, currants, seasoning to taste and one cup of water. Cover tightly and cook over low heat for fifteen minutes until water is absorbed
- 6 To shape rolls, place a leaf, smooth side down, on work surface and put a heaped teaspoon of stuffing in the centre. Fold stem end and sides over stuffing and roll up
- 7 Line a heavy-based saucepan with a few vine leaves and pack rolls in close together, seam side down
- 8 Sprinkle each layer with remaining oil and lemon juice
- 9 Add remaining cup of water and cover top of rolls with leaves
- 10 Put a plate upside down on top of the pan to keep rolls in shape during cooking
- 11 Cover saucepan tightly, bring to the boil then simmer gently for one hour
- 12 Remove from heat and leave for 1-2 until liquid is absorbed
- 13 Lift rolls out carefully into a dish and chill for several hours, before serving
- 14 Garnish with lemon slices and serve with a bowl of chilled yoghurt

**Note:** Dolmathakia freeze well – pack into freezer container, seal and freeze. When required allow 24 hours thawing in refrigerator before serving.

If fresh vine leaves are unavailable, use preserved vine leaves in preference to canned vine leaves; preserved vine leaves are usually available in bulk from Greek food speciality shops.

## Really Easy Muffins

To make a batch, all you do is combine almond flour, baking powder, sugar, and eggs in a large bowl and stir. That's it! No butter, no chilling the dough. You just need four ingredients and a little elbow grease. After about 10 minutes of baking, you're rewarded with delicious muffins.

**Preheat oven to 180c**

### The Four Ingredients You Need

250g Almond Flour

1 Teaspoon Baking Powder

220g Sugar

6 Eggs

Mix all together and bake in muffin tin for 25 minutes.



## Food & nutrition, resources in Hackney

### Hackney Foodbank

Is aiming to achieve no less than a hunger-free Hackney, where everyone can afford to eat. They support people who are in crisis or trapped in poverty with compassion and dignity.

Get help: the foodbank works using a voucher scheme. Contact the foodbank for more information: telephone 020 7254 2464 (Mon-Fri 9:00-15:00)

Give help: Fundraise, donate or volunteer. See [hackney.foodbank.org.uk](http://hackney.foodbank.org.uk) or phone the office

### Made in Hackney: Community Cookery School

Opened its doors in 2012 as the UK's first fully vegan community cookery school and charity.

They run a range of cookery classes, both online and in person. Community classes are free to attend/pay by donation whilst our courses/masterclasses are paid for.

Visit <https://madeinhackney.org> or telephone: 02084 424266

### Refugee Community Kitchen

Supports people in need with highly nutritious food cooked by loving professional cooks and chefs, working with local communities, using surplus food to serve meals to people irrespective of their situation and needs.

In London they cook at Ridley Road Social Club in Hackney & Brixton Soup Kitchen in Brixton. Get in touch: [info@refugeecommunitykitchen.org](mailto:info@refugeecommunitykitchen.org)

### The Community Fridge

Save food from going to waste and get FREE shopping. Help yourself to fresh fruits and veggies, bakery goods, tins and more.

Every Monday, 12noon-5pm (can help yourself other days if anything left)

At the Redmond Community Centre, 4 Kayani Ave, Woodberry Down N4 2HF. Ask reception where the community fridge is and they will show you.

# Isolation

by Veronica White

I can feel your sorrow in mind, body and soul sitting  
there in the silence of your room.

Slumbering in your loneliness and isolated from the world.

Only your mind-eye for companionship.

Looking within yourself and see only darkness and grief asking WHY?

Are you not aware that loneliness and isolation are fears and fears can  
be destroyed.

Take the time to re-evaluate yourself and look within.

Loneliness is only a state of mind.

Isolation can only consume you if you allow it.

Only you can set yourself free, only you can turn the darkness into light.

Never give upon yourself, you are all you have, keep your chin up and  
say I'm still ALIVE.



# National Spirit over National Pride

by C H Daniel

**It is time now as a nation to speak as we have never done before about Black Lives Matter. This reluctance to admit there is a problem goes back to the C19th, whereby so called gentlemen closed ranks even to the point of hiding criminals.**

This culture of closed ranks is endemic in our society. Unless we bring it out into the open for all to see we cannot move forward in a just and honest way.

I am man who believes in humane justice, and that one should follow the law and all its codes of conduct at all times, especially in times of trouble and trying circumstances.

By following the law I mean protecting all human and civil rights and treating everybody just and fairly. All human life should be sacred, not a single drop of blood should be lost in hatred or anger.

When the mocking bird sings who hears its song? Not the man full of laughter at his guilty lies.



It's the child in its innocence that always sings along Then death comes along and innocence says goodbye.

# How do you make friends?

by Veronica White

**The question 'How do you make friends?' was recently posed to a group of older and younger members known as the Intergenerational Group at Hackney CVS.**

The younger members aged from 18 to 27 years old are part of the Young Children and Families team and come from different racial backgrounds and professions. The older members are members of the over 50's Connect Hackney Older People's Committee who refuse to be cemented or defined by age.

The group was created to look at whether the older and younger generations are able to form friendships and relationships that can be used to solve problems that affect both generations in today's society. "We should make the initial first move so they feel they can approach us," one young person commented.

As a group we discussed how we made friends and these are the comments:

- Be approachable/approach people
- Join activities and clubs such as walking groups, football etc
- Get involved in the local community e.g., a Church
- Through the use of social media such as Snapchat and Instagram
- Through WhatsApp and phone calls
- Through friends
- Being out in the local community, i.e., on runs, walks or at local shops etc.
- I just speak to people according to their energy
- If you are on the right path, you will attract the right friends.

As we continued discussing this

topic it was evident that we were bonding as we laughed and talked freely with each other.

The conversation quickly turned to our Intergenerational Group as one young person said: "I feel younger people need to make the older lot feel like they can talk to us about anything."

The conversation continued about what makes a long lasting friendship but making friends is not easy especially as not all people that you meet are potential friends. Some become acquaintances who we meet occasionally, but true friends will have certain qualities that you appreciate such as:

- A common interest or hobby
- Memories that were created together
- Trust and reliability
- Someone you are comfortable around
- Someone family and friends approve of
- Someone with the same energy
- *Whenever something happens, it is supposed to happen.*
- *In a situation like this it is better not to force a friendship but wait until the right person with the right energy comes along.*

As we laughed and chatted the next point of discussion focused on how we access services in the borough. How easy or difficult is it for us to gain access to health and other services?

Accessing services is an important part in making friends and not being able to access the



needed services is detrimental to one's mental health as it elevates loneliness and isolation.

Both parties agreed that it was now very difficult to get an appointment with services like the dentist and with doctors. It was also agreed that:

- Access to GP's is an issue as consultations are booked over the phone or online instead
- Many no longer visit their doctor and instead self-diagnose and use natural remedies
- Visits to GPs abandoned and hospital emergency services used instead
- Waiting lists for surgery and to access services now longer than usual
- Visiting the job centre is very traumatic
- Career services are very poor in providing advice to young people unless they ask for help
- Support and access to benefit services are very limited and there is no place to go to collect benefits now.

As our intergenerational session ended friendships had formed and we had planned walking trips before our next meeting – we all agreed this one was a success. This proves that making friends can happen in all areas of society as long as all parties are willing.

As one young person said, "I like making friends with older people in order to learn from them."



## Chippy's & Chips Wood Craft Club



### What:

A social, supported volunteering club, where you can join other like-minded men, be creative, learn new wood crafting skills (no experience necessary) whilst giving back to the community. Then enjoy a free Chip Butty Lunch together!

**Who:** Aimed for men over 70 living in Hackney but if there is room, over 65's would be welcome, so please get in touch.

**When:** 11.30am to - 2pm

**Every other Wednesday starting on the 23rd Feb 2022**

You can drop by for one session or join all of them, it's up to you, the next sessions are...

20 Apr	22 June	17 August	12 Oct
4 May	6 July	31 August	26 Oct
18 May	27 July	14 Sept	9 Nov
8 June	3 August	28 Sept	23 Nov

**Where:** **Trowbridge Senior Citizen Club**, 15 Lavington Close, Trowbridge Estate, Hackney Wick, E9 5HF (see map on back)

**How:** Please contact Ben to register your interest  
Tel: **07726 694 535**  
Email: **ben.dwyer@groundwork.org.uk**

# Complementary Therapies

**Hoxton Health is a charity offering subsidised complementary therapies to local residents of Hackney and City**

Pricing: treatments for residents aged 70+ are subsidised at 40% of true cost and for residents aged 60-69 treatments subsidised at 30% of true cost. Details of treatments can be found in the table below. For more information please call: 0207 739 2533 Email: [office@hoxtonhealth.org](mailto:office@hoxtonhealth.org)



Treatment	Reflex-ology	Aroma-therapy Massage		*Acu-puncture	Manual Lymphatic	*Osteo pathy	Indian Head	Postural reducation	Toe nail cutting
Age	45 mins	45 min	60 min	45 min	75 min	30 min	45 min	60 min	
Under 60	£40	£36	£45	£36	£45	£30	£36	£40	£15 per treatment  (plus £8.50 reusable nail kit)
60-69	£30	£30	£35	£30	£40	£22	£30	£35	
70 plus	£25	£25	£30	£25	£35	£18	£25	£30	

\* Initial assessment £36

## Better is a charitable social enterprise delivering fitness and leisure activities

As well as membership prices for over 50s, at Kings Hall and Britannia Leisure Centres, Better run a 50+ Club which is £2 entry per day and includes lots of different sessions.

### 50+ Club Activity Programme at Kings Hall includes

<b>MONDAY</b>	12.30pm - 1.30pm	Chair Based Exercise
<b>TUESDAY</b>	11.15am - 12.15pm	Aerobics
<b>WEDNESDAY</b>	2.30pm - 3.30pm	Swimming Lessons
<b>WEDNESDAY</b>	3.00pm - 4.00pm	Sauna in the health suite
<b>THURSDAY</b>	11.00am - 1.30pm	Refreshments (Term Time) in social area
<b>FRIDAY</b>	2.00pm - 4.00pm	Table Tennis
<b>FRIDAY</b>	1.00pm - 2.00pm	Gym Session



For any questions please email: [rosaleenlyns@gll.org](mailto:rosaleenlyns@gll.org) or telephone: 020 8985 2158



# Is it lunch yet?

**Hackney's lunch clubs provide healthy and nutritious meals for just a small fee. They also run social activities such as playing cards, mahjong and dominoes as well as local outings and summer day trips. 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  
e: 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, Friday  
t: 020 7923 1282

---

### **Salvation Army Hoxton**

66 New North Road, N1 6TG

Tuesdays, Wednesdays and  
Thursdays 9:30am – 3:00pm.

Phone Sally Spry 020 7739 3313

---

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

151 Whiston Road, E2 8BN

Wednesday and Saturday

Phone Pierre on 020 7739 3650

---

### **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

Thursdays, 11.30am – 3.30pm

Email Velma Bramble at  
Chatslunchclub@yahoo.co.uk

---

### **North London Muslim Community Centre (NLMCC)**

66-68 Cazenove Road, N16 6AA

Men: Wednesday 6.30pm,

women: Sundays 5pm

Phone Hashim Rawaf on  
020 8806 1147 extension 6

---

### **Hackney Chinese Community Services**

28-32 Ellingfort Road, E8 3PA

Monday, Tuesday, Friday

Phone Yvonne Tse on 020 8533  
5066 or 020 8986 6171

---

### **Halkevi Turkish and Kurdish Community Centre**

31-33 Dalston Lane, E8 3DF

Tuesdays

Phone Yashar Ismailoglu on  
020 7249 6980

---

### **Hackney Cypriot Association**

5 Balls Pond Road, N1 4AX

Open three days a week

Phone Cemile Göksan on  
020 7254 7920

---

### **An Viet Foundation**

12-14 Englefield Road, N1 4LS

Vietnamese community lunch  
club.

Mondays, Tuesdays and  
Thursdays

t: 020 7275 7780

---

### **Salvation Army Cambridge Heath**

70 Mare Street, E8 4RT

Tuesday, Wednesday, Thursday

Phone Dawn Johnson on  
020 8985 4410



RN  
I:D

**DO YOU  
WEAR  
HEARING AIDS?**

If you have NHS hearing aids provided by  
**The Outside Clinic, InHealth, Scrivens, or Specsavers**  
then you can come along to our FREE hearing aid clinics. We offer:

Advice on how to use and  
clean your hearing aids

New batteries and  
earmold tubing

Information on hearing  
loss and helpful services

**Where and when**

	Barton House Group Practice 233 Albion Road, Stoke Newington N16 9JT Every Friday 2pm -4pm
Shoreditch Trust Healthy Living Centre 170 Pitfield Street London, N1 6JP 1st Tuesday of the month 2pm -4pm	Stamford Hill Estate Community Centre Stamford Hill London, N16 6RS 2nd Tuesday of the month 1pm -3pm
Connect @ Stamford Hill Ajex House 3-5 East Bank, Hackney, London, N16 5RT 3rd Tuesday of the month 11am - 1pm	Well Street Surgery 28 Shore Road , London, E9 7TA 4th Tuesday of the month 2pm -4pm
Nightingale Practice 10 Kenninhall Road, Lower Clapton, E5 8BY 1st Wednesday of the month 2pm -4pm	Neaman Practice 15 Halfmoon Court Barbican, London EC1A 7HF 3rd Wednesday of the month 2pm -4pm

To book an appointment contact Sharon James

☎ 0203 227 6044 📞 07551 063 742 ✉ sharon.james@rnid.org.uk



RNID is the trading name of The Royal National Institute for Deaf People.  
A registered charity in England and Wales (207720) and Scotland (SC038926). A21111D/0222

[rnid.org.uk](http://rnid.org.uk)



### 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**.

### HACKNEY CARIBBEAN ELDERLY ORGANISATION

HCEO provides activities and services for elders; promotes their interests and assists them to access services for independent living. We are a central part of Hackney's diverse community and new members are always welcome.

T: **020 7923 3536** or

E: [info@hackneycaribbean.org.uk](mailto:info@hackneycaribbean.org.uk)

### 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.

### 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 free confidential information, friendship and advice Open 24 hours a day, every day of the year.