

Open Age Virtual Programme

Monday 8th - Friday 12th February

"Click" to make an
 Activity Donation

PLEASE NOTE

- All our classes are held on Zoom unless specified. (*i.e. Phone Group*)
- When booking a place on the *How to Use Zoom* sessions. Please state the device you will be using to access Zoom.
- Too many e-mails? Want to unsubscribe? We would encourage to think carefully before doing so. If you click unsubscribe, please understand that we will no longer be able to send you our programmes or any news. If you unsubscribed and want to join in again, please contact mail@openage.org.uk



Standing Exercise





Seated Exercise



Floor Exercise

Monday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Literature & Poetry Appreciation	bookings@openage.org.uk
10:00 - 11:00am	Ballet Fitness <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Excel for Beginners (COURSE FULL)	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Italian Beginners 1 (COURSE FULL)	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Art: Watercolour Techniques A (COURSE FULL)	bookings@openage.org.uk
10:15 - 11:15am	Tai Chi <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG) <i>(a range of topical discussions and shared stories and quizzes)</i> (WAITING LIST)	bookings@openage.org.uk

10:30 - 11:30am	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
11:00 - 12:30pm	Shared Reading on Zoom (with Ghada)	bookings@openage.org.uk
11:30 - 12:30pm	Phone Group: Monday Forum (a range of topical discussions and shared stories and quizzes)	bookings@openage.org.uk
11:30 - 12:30pm	Latin Dance <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Italian Beginners 2 (COURSE FULL)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Getting to Know Your Android Phone (COURSE FULL)	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Art: Watercolour Techniques B (COURSE FULL)	bookings@openage.org.uk
12:15 - 1:15pm	Look & Cook (Fortnightly next class 8 th February) Recipes from around the world on Zoom	bookings@openage.org.uk
12:45 - 1:45pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 3:00pm (ACL)	Drama (WAITING LIST)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	French for Absolute Beginners **NEW**	bookings@openage.org.uk
2:00 - 3:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	The DJ's Music Room: Tropical Mix Take a dive into the extensive record collection of DJ Dave Hucker	bookings@openage.org.uk
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:30 - 3:30pm	Osteo Blast: Exercise for Healthy Bones on Zoom (open for Westminster residents only)	bookings@openage.org.uk   
2:30 - 3:30pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Further Functions on Zoom for Participants	bookings@openage.org.uk



	(COURSE FULL)	
3:30 - 5:00pm	Mindfulness & Relaxation <i>Discover your calm with tutor Stephanie</i>	bookings@openage.org.uk
6:30 - 8:30pm	Time for Me Carers: Introduction to Speaking Meditation	carerstimeforme@openage.org.uk

Tuesday



<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Zumba <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Creative Writing 1 (COURSE FULL)	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Getting to Know Your iPhone (COURSE FULL)	bookings@openage.org.uk
10:00 - 11:00am	Fun with Art	bookings@openage.org.uk
10:00 - 11:00am	Open Space talks: CENSUS 2021 **NEW** <i>Join us for a talk and Q&A with the team at the Census 2021 - which is coming up on the 21st of March. Households across London will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941. Information from the digital-first census will help decide how services are planned and funded in your local area!</i>	bookings@openage.org.uk
10:30 - 11:30am	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
10:30 - 11:30am	Healthy Lungs on Zoom (Open for RBKC residents only) <i>*Enquire about eligibility</i>	bookings@openage.org.uk
11:30 - 12:30pm	Kundalini Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Fun with Art	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Improve Your Internet Skills (COURSE FULL)	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Spanish Next Step 2, Group 1 (WAITING LIST)	bookings@openage.org.uk
12:15 - 1:15pm	Men's Space Active Exercise on Zoom	bookings@openage.org.uk

12:30 - 1:30pm	Life Stories (Creative Writing)	bookings@openage.org.uk
1:00 - 2:00pm	Singing for Joy	bookings@openage.org.uk
1:15 - 2:15pm	Keep Fit <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 3:00pm (ACL)	Creative Writing 2 (COURSE FULL)	bookings@openage.org.uk
1:30 - 2:30pm	Time for Me Carers Social: Tech Support	carerstimeforme@openage.org.uk
1:45 - 2:45pm	Stretch and Tone <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:00 - 2:45pm	Steady & Stable Phone Group (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:00 - 3:30pm (ACL)	Spanish Next Step 2, Group 2 (WAITING LIST)	bookings@openage.org.uk
2:30 - 4:00pm	How to use Zoom Supportive Introductory session to get you started.	bookings@openage.org.uk
3:00 - 4:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm (ACL)	French Beginners 1 (WAITING LIST)	bookings@openage.org.uk
3:30 - 4:30	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 



Wednesday

TIME	CLASS	EMAIL FOR BOOKING
9:30 - 11:00am (ACL)	Art: Improve Your Drawing Techniques (COURSE FULL)	bookings@openage.org.uk
10:00 - 11:00am	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am	Phone Group: Keep Fit	physicalactivitybookings@openage.org.uk or call 020 4516 9974 
10:00 - 11:00am	Creative Sewing on Zoom	bookings@openage.org.uk

10:00 - 11:30am (ACL)	Lip-Reading & Managing Hearing Loss (COURSE FULL)	bookings@openage.org.uk
10:00 - 11:30am (ACL)	How to Host (BOOK NOW FOR 24 th & 31 st MARCH)	bookings@openage.org.uk
11:00 - 12:30pm	Greek Mythology on Zoom	bookings@openage.org.uk
11:30 - 12:30pm	Shared Reading on Zoom (with Ewa)	bookings@openage.org.uk
11:30 - 12:30pm	Exercise to Music <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 1:00pm (ACL)	Art: Sketching in Sculpture Parks and Outdoor Spaces (COURSE FULL)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Lip-Reading & Managing Hearing Loss	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	French Next Step 1 (WAITING LIST)	bookings@openage.org.uk
1:00 - 2:00pm	Guitar for All on Zoom	bookings@openage.org.uk
1:00 - 2:00pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 3:00pm (ACL)	Meditation and Mindfulness (COURSE FULL)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Exploring 20 th Century Design (WAITING LIST)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian for Absolute Beginners (COURSE FULL)	bookings@openage.org.uk
1:30 - 2:30pm	Time for Me Carers Social: Tech Support	carerstimeforme@openage.org.uk
2:00 - 3:00pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:00 - 4:00pm	'Troubleshooting' - Tech Drop-in **NEW** <i>(Weekly February Zoom drop-in session to help those who may have a technological issue or question with a device (could be a smart phone, a tablet or a laptop). *Small numbers.</i>	outreachbookings@openage.org.uk
2:30 - 3:30pm	Phone Group: Campden Ward Social Group (WAITING LIST)	bookings@openage.org.uk
2:30 - 3:30pm	Soca dance <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
3:00 - 4:00pm	Chi Gong <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:00 - 4:00pm	Theatre Discussion Class on Zoom	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Computer Management for Windows 10 **NEW** BOOK NOW FOR 3rd MARCH FOR 5 WEEK COURSE	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Poetry	bookings@openage.org.uk
4:00 - 5:30pm (ACL)	Meditation and Mindfulness (COURSE FULL)	bookings@openage.org.uk

Thursday




TIME	CLASS	EMAIL FOR BOOKING
9:30 - 11:00am (ACL)	French Next Step 2, Group 1 (WAITING LIST)	bookings@openage.org.uk
9:45 - 10:45am	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	IT: ON-LINE SAFETY *NEW* STARTS 25th Feb - BOOK NOW FOR 5 WEEK COURSE	bookings@openage.org.uk
10:00 - 11.30am (ACL)	Speaking English with Confidence – ESOL (WAITING LIST)	bookings@openage.org.uk
10:30 - 11:30am	Boxing Fitness <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:00 - 11:45	Jazz Dance on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:00 - 12:00pm	Italian Archaeology <i>A brief introduction to archaeology, its goals, techniques and type of information uncovered.</i>	bookings@openage.org.uk
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(for Westminster residents)</i>	bookings@openage.org.uk 

11:15 - 1:15pm (ACL)	French Next Step 2, Group 2 (WAITING LIST)	bookings@openage.org.uk
11:30 - 12:30pm	Exploring Silent Film	bookings@openage.org.uk
11:30 - 12:30pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 12:45pm	Osteo Pro Must have completed Osteo Blast	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Spanish Next Step 1 (WAITING LIST)	bookings@openage.org.uk
11:45 - 1:15pm	How to use Zoom Supportive Introductory session to get you started.	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian Next Step 1 (WAITING LIST)	bookings@openage.org.uk
1:30 - 2:30pm	Conversational French	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Nature Writing (COURSE FULL)	bookings@openage.org.uk
2:00 - 3:00pm	Spanish Conversation: Intermediate Level (CLASS RESUMES 25th FEB)	bookings@openage.org.uk
2:00 - 3:00pm	Chair Exercise Phone Group	physicalactivitybookings@openage.org.uk or call 07799 369713 
2:00 - 3:00pm	Phone Group: Shared Reading	bookings@openage.org.uk
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:45 - 3:45pm	Fit Steps <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:00 - 4:00pm	History of Art on Zoom	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Italian Next Step 2 (WAITING LIST)	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	French Beginners 2 (WAITING LIST)	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Disco Fever on Zoom (COURSE FULL)	bookings@openage.org.uk
4:00 - 5:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

4:00 - 5:00pm	Phone Group: Topical Hour	bookings@openage.org.uk
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Friday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	iPad Art (COURSE FULL)	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Spanish for Absolute Beginners (COURSE FULL)	bookings@openage.org.uk
10:00 - 11:30am (ACL)	IT - Windows 10 Beginners (COURSE FULL)	bookings@openage.org.uk
10:00 - 11:00am	Philosophy	bookings@openage.org.uk
10:30 - 11:30am	Members' Social Quiz on Zoom	bookings@openage.org.uk
10:45 - 11:45am	Healthy Lungs on Zoom <i>(Open for RBKC residents only)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(open for Westminster residents only)</i>	bookings@openage.org.uk 
11:00 - 1.00pm	Time for Me Carers: Yoga on Zoom <i>Please have a chair available for session</i> <i>(Time for Me carers only)</i>	carertimeforme@openage.org.uk 
11:00 - 12:15pm	Men's Football - Exercise & Social on Zoom *NEW* <i>(with Russell)</i>	outreachbookings@openage.org.uk
11:15 - 12:15	Beginner's Drawing on Zoom <i>(with Clare)</i>	bookings@openage.org.uk
11:30 - 12:30pm	Zumba *NEW* <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 12:45pm	Stretch and Tone <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Spanish for Beginners 1 (COURSE FULL)	bookings@openage.org.uk
11:45 - 1.15pm (ACL)	Build Your Own Website - Beginners (COURSE FULL)	bookings@openage.org.uk
11:45 - 12:45pm	Philosophy	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	iPad for Beginners (COURSE FULL)	bookings@openage.org.uk

1:00 - 1:45pm	Healthy Lungs Phone Group <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
1:00 - 2:00pm	Chi Gong <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 2:00pm	Lose Weight with One You 10-week course delivered on Zoom	To enquire, please call One You on 020 3434 2500
1:00 - 2:00pm	Singing for Joy	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Spanish for Beginners 2 (COURSE FULL)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Art: Sketching in Sculpture Parks and Outdoor Spaces (COURSE FULL)	bookings@openage.org.uk
1:30 - 2:30pm	Friday Social Phone group (With Emma)	bookings@openage.org.uk
2:00 – 3.00pm	Open Space talks: Cavatina Orchestra Joins us to discover young musicians exploring established operatic repertoire such as Wagner Siegfried Idyll and discuss the behind the scene of such a performance.	bookings@openage.org.uk
2:30 - 3:30pm	Step up from Steady <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Disco Fever *NEW* looking for some groovers to dance to 70's iconic dances BOOK NOW FOR 26th Feb	bookings@openage.org.uk

Other

<u>SERVICE</u>	<u>INFORMATION</u>	<u>EMAIL FOR BOOKING</u>
Falls Prevention	If you have recently had a fall at home and require support and guidance to stay safe at home the Specialist Falls Prevention Team are ready to help.	dbath@openage.org.uk spage@openage.org.uk
Link Up	Would you benefit from a chat about your interests and what we offer to help you explore what might be	ecohen@openage.org.uk

	<p>suitable? Or to find out a bit more about how our activities could benefit you and what they are like? You can get in touch with a member of our LinkUp team (RBKC) on the provided email.</p>	
<p>Men's Space activities</p>	<p>Have a chat with our Men's Space Activity Coordinator Russell to find out more about what we have on offer.</p>	<p>rjohn@openage.org.uk</p>
<p>YouTube</p>	<p>The following classes are now available on YouTube to do in your own time:</p> <ul style="list-style-type: none"> • Pilates • Boxing Fitness • Latin • Chair Exercise • Yoga • Fit Steps • Swing • Aerobics • Chair Exercise • Upper and Lower Body Strengthening • Ballet 	<p>physicalactivitybookings@openage.org.uk</p> <p>Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.</p>

CAF - Charities Aid Foundation

Online payments to Open Age are processed by CAF - Charities Aid Foundation - which is a charity itself that supports other charities with banking, fundraising and lots more. CAF makes it easier for us to manage our donations, processes any Gift Aid on our behalf which adds 25p to every £1 we receive. We would like to assure you that it is safe. We will also send you an immediate acknowledgement via CAF, so you are assured that we have received your gift.

RBKC COVID TESTING

Please follow the link below for COVID-19: Testing and Tracing for Coronavirus. On the website you will find information on:

- Community testing for people without Coronavirus symptoms
- Testing for people with Coronavirus symptoms

[RBKC Testing and Tracing for Coronavirus](#)

DEBUNKING VACCINATION MYTHS

As the COVID-19 vaccination programme rolls out as fast as it can, quite a few members of our staff at One Westminster have been supporting the cause by volunteering as marshals at the Lord's cricket ground vaccination centre. It's becoming increasingly apparent to those attending such places that the uptake among members of the black and Asian communities for the vaccination remains worryingly low, largely because of misleading information campaigns swirling around social media channels. So please take a look at the information we've gathered below from reputable sources as to why the vaccination is safe and effective - and share it with anyone you think may benefit.

Read the first-hand experience of our Head of Social Prescribing and Westminster resident, Concia Albert, who has just been given her first dose of the vaccine. As she says in the BME Health Forum newsletter: "Getting the vaccine means I am unlikely to get Covid19 and this has given me peace of mind."

Take a look at Covid-19: Answering the Myths where doctors from the British Islamic Medical Association debunk more than 30 myths currently doing the rounds, including such as 'The COVID-19 vaccine causes irreversible side effects' and 'COVID is caused by the 5G network'.

Available in Punjabi, Urdu and Bengali as well as English, the National Institute for Health Research's engaging COVID and Me Vaccine Stories YouTube video Tie your camel up, uses real-life stories to explore the influence that family members have on people's views.

And the Mayor of London and other celebrities have got together on YouTube as well to give sound reasons as to why we should all take the vaccine.

Finally, for those concerned about the safe development of the COVID-19 vaccine, the National Institute for Health Research explains exactly how vaccines are developed to the highest standards, even when developed quickly, in a lively YouTube animation.

ASK THE EXPERTS ABOUT THE COVID-19 VACCINATION

Another way to find out more about the vaccine is to attend this council-led Q & A session. On Wednesday, 3 February at 6.30pm, join Lord Simon Woolley CBE, founder of Operation Black Vote, Professor Kevin Fenton, regional director at Public Health England, Cllr Rachael Robathan, Leader of Westminster City Council and a panel of health experts and community representatives for an open conversation about the COVID-19 vaccination.

The event will be live-streamed on Westminster City Council's Facebook page, website and YouTube channel. It will offer an opportunity to ask questions and share any concerns you may have about the COVID-19 vaccination.

You can submit questions prior to the event on the Eventbrite registration form. There will also be an opportunity to pose your questions to the panel during the event if you are watching on the council's Facebook page.

ACTIONS BEING TAKEN TO PREVENT VACCINATION SCAMS

In a bid to prevent vulnerable people becoming the victims of vaccination scams, the NHS has teamed up with law enforcement and security agencies to warn the public not to fall victim to a con trying to exploit the coronavirus vaccine campaign.

England's top GP has joined the head of Action Fraud, the National Crime Agency (NCA) and the National Cyber Security Centre (NCSC) in issuing joint advice reminding people that the vaccine is only available for free on the NHS, and health service staff will never ask for payment to get it.

The warning comes amid a number of reports of criminals attempting, and in some cases succeeding, to steal cash or personal details from people keen to get the vaccine.

Westminster City Council is hosting an open discussion about COVID-19 vaccination. Some people have questions and concerns about the COVID-19 vaccines. We understand that for Black, Asian and minority-ethnic communities, racial inequalities and negative experiences are leading to high levels of vaccine hesitancy.

On Wednesday 3 February at 6:30pm, join Lord Simon Woolley CBE, Founder of Operation Black Vote, Professor Kevin Fenton, Regional Director at Public Health England, Cllr Rachael Robathan, Leader of Westminster City Council and a panel of health experts and community representatives for an authentic conversation about COVID-19 vaccination.

The event will be live streamed on this [page](#), the council's [Facebook page](#) and [YouTube channel](#). It will offer an opportunity to ask questions and share concerns about the COVID-19 vaccination.

[Find out more and register your interest in attending](#)

You can submit questions prior to the event on the Eventbrite registration. There will also be an opportunity to pose your questions to the panel during the event if you are watching on the council's Facebook page.

Full details are here:

<https://www.westminster.gov.uk/news/westminster-council-event-aims-save-lives-tackling-covid-vaccine-myths>

HAMMERSMITH AND FULHAM COVID TESTING

Covid continues to spread across Hammersmith & Fulham. We can all help stop it by getting a test. This helps identify cases and stop the spread in the home and in the community.

On the H&F website you will find more information on:

- Covid-19 tests for people who don't have symptoms
- Getting a test if you have symptoms of coronavirus

[H&F COVID-19 Testing](#)

NHS VACCINE SCAM TEXTS

We've been alerted that people have received scam text messages about the COVID Vaccine. These texts will redirect you (via a link in the text message) to a convincing looking website, however it will then ask you for bank details. You should **never** be asked for these personal details over a text. Please be careful and don't share your information.

WESTMINSTER COUNCIL – INFORMATION ON VACCINES

We have now a page of FAQs about the COVID-19 vaccine on our website which you can access [here](#). Getting your COVID-19 vaccine protects not only you, but also your family, friends and community. The NHS are working hard to vaccinate people against COVID-19 and will let you know when it's your turn to be vaccinated. Please ensure you take up your vaccination appointment when invited.

In the UK, there are three types of COVID-19 vaccine which have been approved for use:

- Pfizer-BioNTech vaccine
- Oxford/AstraZeneca vaccine
- Moderna vaccine

The COVID-19 vaccine is given as an injection into your upper arm. They all require two doses to provide the best protection.

The latest evidence suggests the first dose of the COVID-19 vaccine provides protection for up to 3 months for most people. As a result of this evidence, there has been a change to length of time between the first and second dose of the vaccine.

The second dose was previously 21 days after having the first dose, but this has now changed to 3 months after. <https://www.westminster.gov.uk/covidvaccine>

IMPORTANT NOTICE REGARDING TRACK AND TRACE

Please be aware of this telephone scam where callers contact residents saying they are from NHS Track & Trace, telling the resident that they have been in contact with someone suffering from Covid-19 and need to have a test sent out to them. This is then followed with a request for the resident's bank details; the caller states that the test and results cost £500.

Please do not fall for this scam. If you need a test sent out to you because you are unable to attend a test site, this is done for free, both delivery and collection, followed up by the result.

Important things to note, The NHS Test and Trace service will **NOT**:

- ask for bank details or payments
- ask for details of any other accounts, such as social media
- ask you to set up a password or PIN number over the phone
- ask you to call a premium rate number, such as those starting 09 or 087

NHS APP

The NHS COVID-19 app, available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community. The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy.

For more details visit: www.covid19.nhs.uk

CENSUS 2021

The logo for the 2021 census, featuring the word 'census' in a purple, lowercase, sans-serif font, with '2021' below it in a larger, purple, lowercase, sans-serif font.

Households across North Westminster and the rest of London will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941.

Information from the digital-first census will help decide how services are planned and funded in your local area. This could mean things like doctor's surgeries, housing or new bus routes. Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. **Census day is March 21st 2021.** Translation Guidance Booklets on how to complete the census questionnaire are available online via the census website and as a paper fulfilment via the contact centre in the above languages. This is the only document translated in all 49 languages. For more information please visit <https://www.census.gov.uk/>

We also have a special **Open Space talk** from coordinators of the Census on **Tuesday 9th of February 10-11am**, to book please email bookings@openage.org.uk to join

OVER 50's CHOIR

In Deep over 50's Choir - Online via Zoom - 6:30 - 7:30pm every 1st and 3rd Monday of the month
(Next dates: 1st & 15th Feb + 1st & 15th March)

Join their friendly community choir to sing a range of songs from the 50's, 60's, musicals and more! For the Zoom link, please email emma.chapman@in-deep.org.uk - More info [here](#)

SINGING SESSIONS WITH SHAPESHIFTER PRODUCTIONS

A performing arts charity, Shapeshifter Productions, have created a free, virtual jukebox of video songs that are keeping older and isolated people singing through the pandemic. They hope their Smiling Sessions singalongs will help support wellbeing and mental health during this difficult time. Each session comes with on-screen lyrics and is accessible to everyone via an easy to use online app: <https://www.smilingsessions.com/> the songs can be streamed or downloaded. Find out more about the sessions by visiting: <http://www.shapeshifter-productions.com/smiling-sessions-covid-19/>

If you have any issues accessing these sessions or need help with the technology required, please email: Violaine@shapeshifter-productions.com or by calling 02070 971409

OPEN AGE LOCKDOWN COOKBOOK

In March 2020 the Covid-19 restrictions meant that many of our members found themselves isolated in their homes for weeks.

During that time, the outreach and link-up team started running phone groups for our members who would normally have been meeting in person, and many of the conversations we had together involved food and cooking and the role that has played in our lives. We put this book together as a record of how our Open Age community came together to support each other through this remarkable and difficult time.

If you would like to see our recipes and get cooking yourself you can purchase a copy on Amazon [here](#).

LONDON VOCATIONAL COLLEGE

If you are looking to gain a new qualification, learn a new skill or pursue a new career, we can help, they offer a wide range of courses starting in January 2021 such as:

- Level 2 Diploma in Care

- Level 2 Diploma in Business administration
- Level 2 certificate in ESOL Skills for Life
- Entry 3 functional skills English
- Level 1 functional skills English
- & many more, check their website [here](#)

Contact: 020 8617 0065 - Mobile: 074 7993 2166 - Email: info@londonvocationalcollege.com

NOURISH & THRIVE WESTMINSTER: FREE ONLINE COOKING COURSE

Free 8-week online cookery courses for all Westminster residents via Zoom to learn how to prepare healthy and delicious meals using kitchen cupboard essentials.

The first 20 Westminster residents that sign up will receive a free "starter box" of ingredients to cook with during our sessions delivered to their door! Each session will focus on a core ingredient and its nutritional value, while promoting social inclusion and interaction. (non-Westminster residents can still register and participate in the course, we just may not be able to deliver a starter box to you).

Spaces are limited so please register ASAP to save your place.

For further information or help registering or using Zoom, please call Asha on 07889 756837 or email: asha.tomlin-kent@groundwork.org.uk



Residents will need to register through Eventbrite or through Asha on the phone and can join the classes using Zoom.

For all details and information please follow this link: <https://www.eventbrite.co.uk/e/nourish-thrive-westminster-free-online-cooking-course-tickets-127429961445>

What can your NHS dentist do for you?

The NHS provides essential treatments needed to keep your mouth, teeth and gums healthy and free of pain. Any treatment that is clinically necessary should be available. Here is some advice and details of the treatments and costs, giving you the knowledge to smile with confidence.

Finding a dentist
www.nhs.uk/dentists



Visiting your dentist during the COVID-19 pandemic

- Please only visit your practice if you have an appointment and book an appointment only if essential – dentists are currently prioritising the vulnerable or those with the most urgent need.
- Appointments for some routine treatments, such as dental check-ups, may have to be rescheduled for a later date.
- Your practice will look a little different than usual as they will be operating in a way that observes COVID-19 social distancing and hygiene rules to ensure everyone's safety.

Your first routine visit

- The dental practice will take your medical and dental history (if available) and carry out a check up; examining your mouth, teeth and gums.
- Following your check up if your dentist recommends dental treatment, you'll be given a plan. This outlines all the treatments you are having and how much they will cost. If you are not given a treatment plan, ask for one.
- Your dentist will recommend a date for your next visit. People with good oral health may need to attend once every 12 to 24 months, but those with more problems may need to visit more often.



Emergency dental care

- Anyone who needs emergency dental care should first call their dental practice.
- If you cannot contact your dentist or do not have one, patients are advised to use the NHS 111 online service: www.111.nhs.uk

Payment

You pay a contribution towards the cost of your care and are charged for treatments depending on which band they fall into. All NHS treatments are covered with a 12-month guarantee.

Band 1 (including emergency treatment) £ 23.80	Band 2 £ 65.20	Band 3 £ 282.80
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Prices correct for 2020 / 21



FREE

You don't have to pay for NHS dental treatments if you are:

- under 18, or under 19 and in full-time education
- pregnant or have had a baby in the previous 12 months
- being treated in an NHS hospital and your treatment is carried out by the hospital dentist (but you may have to pay for any dentures or bridges)
- receiving low income benefits, or you're under 20 and a dependant of someone receiving low income benefits.

Treatments

- **Band 1**
(emergency treatment) covers emergency care, such as pain relief and temporary fillings.
- **Band 1**
covers an examination, diagnosis, a scale and polish if clinically needed, preventative care (such as fluoride varnish) and advice on how to prevent future problems.
- **Band 2**
covers everything listed in Band 1, plus any further treatment such as fillings, root canal work or removal of teeth.
- **Band 3**
covers everything listed in Bands 1 and 2, plus crowns, dentures, bridges and other laboratory work.



Find out more...

The NHS website has more information about dental services

www.nhs.uk/using-the-nhs/nhs-services/dentists

Open Age's TOP PICKS!

ONLINE EVENTS

National Gallery - Creative Session and Discussions

Thursday 4th February at 4pm - Art and disability: Are we missing something? Filmmaker and artist Richard Butchins explores society's blindness to disability in art.

Click [here](#) to book

British Museum - Lectures and Discussions

Friday 5th February at 5:30pm - Bieggolmmái: Sámi National Day: Join us for a celebration of Sámi culture on 5 February, ahead of Sámi National Day, which takes place on 6 February. In this event we ask how Sámi way of life can remain strong and resilient in the face of climate change, land encroachments and other challenges, while remaining hopeful for the future.

Click [here](#) to book

The Interplay Between Environmental Exposures and Mental Health Outcomes - Join this workshop to explore emerging research on the relationship between the environment and mental health. Tuesday 2nd February at 3:30pm & Wednesday 3rd February at 8:30pm

Click [here](#) to book

Queen Victoria's Death - 120th Anniversary - This talk concentrates on the great empress's funeral and the role played by London as her body passed through on its way to lie beside Prince Albert in the Royal Mausoleum at Frogmore. Tuesday 2nd February at 2pm

Click [here](#) to book

Royal Collection Trust - Join to explore the exhibition at The Queen's Gallery in London. The exhibition showcases the masterpiece paintings that usually hang in the Picture Gallery at Buckingham Palace. Look in-depth at some of the key Old Masters and the incredible and historic works they produced.

Wednesday 3rd February at 2pm: Masterpieces from the Dutch Golden Age. This session will explore the scenes of everyday life that would have been familiar to the Dutch merchant class. The session will highlight the techniques and skills the artists employed to make the everyday look remarkable.

Join Zoom Meeting:

<https://zoom.us/j/9044769010?pwd=ZmwwdVZKdjFMVnNjWlMvbXRzOUpSdz09>

Meeting ID: 904 476 9010

Passcode: 624813

Bird Flight and Co-operative Aerodynamics - This talk is about how birds co-operate and the mechanisms they employ to save energy during flight. Thursday 4th February at 6:30pm

Click [here](#) to book

Top Level Tips: First World War Army Records - In this short expert-led webinar, which includes a live Q&A, you will find out all you need to know in order to begin your research and will come away with pointers on how to get started. Saturday 6th February at 10am

Click [here](#) to book

Valentine's Chocolate Donuts - Free Workshop - Join & learn how to make this super easy recipe. Chocolate donuts baked with a cakey texture, soft and of course delicious. Dipped in chocolate with some sprinkle of your choice. Sunday 7th February at 7pm

Click [here](#) to book

The Tubman Story: Harriet's Fight for Human Rights - Go beyond the history books on a deeper dive into the life and work of Harriet Tubman in this expert-led lecture. Monday 8th February at 7pm

Click [here](#) to book

What Collages Do: Four Lessons and a Timeline - This lecture sets out to explore several of the physical, ideological and historical extremities of collage through the prism of four artworks by Max Ernst, René Magritte, John Stezaker and Sherrie Levine. Tuesday 9th February at 5:30pm

Click [here](#) to book