

Open Age Virtual Programme

Monday 1st - Friday 5th March

“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






| <u>TIME</u> | <u>CLASS</u> | <u>EMAIL FOR BOOKING</u> |
|--------------------------|--|---|
| 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 | bookings@openage.org.uk |

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| | (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i> |  |
| 11:00 - 12:30pm | Shared Reading on Zoom <i>(with Ghada)</i> | bookings@openage.org.uk |
| 11:30 - 12:30pm | Phone Group: Monday Forum <i>(a range of topical discussions and shared stories and quizzes)</i> | 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 |
| 12:00 – 1:00pm | A Spanish Chat | bookings@openage.org.uk |
| 12:15 - 1:15pm | Look & Cook (Fortnightly next class 8th March) 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 (COURSE FULL) | 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 | 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 <i>(open for Westminster residents only)</i> | 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 (COURSE FULL) | bookings@openage.org.uk |
| 3:30 - 5:00pm | Mindfulness & Relaxation <i>Discover your calm with tutor Stephanie.</i> | bookings@openage.org.uk |

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| 6:30 - 8:30pm | Time for Me Carers: Speaking Meditation on Zoom | carerstimeforme@openage.org.uk |
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Tuesday


| TIME | CLASS | EMAIL FOR BOOKING |
|--------------------------|---|---|
| 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: *NEW* Lighthouses & The Trinity house story <i>Have you ever wondered who looks after the major lighthouses around England, Wales and the Channel Islands? How did they come to be there in the first place? Incorporated by Royal Charter by Henry VIII in 1514, Trinity House is today a vital part of Britain's maritime community. In addition they own and operate lighthouses, lightvessels, beacons, buoys and assist with wrecks, also to keep safe all mariners at sea around our shores. HAVE ANY SUGGESTIONS FOR SPEAKERS? EMAIL US AT OUR BOOKINGS EMAIL ALSO!</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 (with Russell) | bookings@openage.org.uk |
| 12:30 - 2:00pm | Life Stories (Creative Writing) | bookings@openage.org.uk |

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| 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 |
| 1:45 - 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 (COURSE FULL) | bookings@openage.org.uk |
| 2:30 - 3:30pm | Time for Me Carers Social: B&W British films. | carerstimeforme@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

| <u>TIME</u> | <u>CLASS</u> | <u>EMAIL FOR BOOKING</u> |
|---------------------------------|--|---|
| 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 | 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 (WAITING LIST) | bookings@openage.org.uk |
| 11:00 - 12:30pm | Greek Mythology on Zoom | bookings@openage.org.uk |

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| 11:30 - 12:30pm | Shared Reading on Zoom <i>(with Ewa)</i> | 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 |
| 12:00 - 13:15pm | Phone Group: Men's Cooking Group <i>(with Manju & Russell)</i> | outreachbookings@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 20th 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 - 3:30pm | Time for Me Carers: Creative Writing for Wellbeing. | 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 <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 <i>(a falls prevention class for those with concerns about their balance)</i> <i>*Enquire about eligibility</i> | bookings@openage.org.uk  |

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| 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 Windows 10 (COURSE FULL) | 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

| <u>TIME</u> | <u>CLASS</u> | <u>EMAIL FOR BOOKING</u> |
|--------------------------|--|---|
| 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 –11.00am | Open Space Talks: *NEW* Online Safety talk from Vodafone Volunteers <i>Join us for a one off session on Online Safety from volunteers at Vodafone! We'll discuss topics such as - dangerous links/attachments, password vigilance, current common scams and finish with a Q&A!</i> | bookings@openage.org.uk |
| 10:00 - 11:30am (ACL) | IT: ON-LINE SAFETY (COURSE FULL) | bookings@openage.org.uk |
| 10:00 - 11.30am (ACL) | Speaking English with Confidence – ESOL (COURSE FULL) | 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 - 12:00pm | Italian Archaeology | 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 – 12:15 | Flamenco Dance on Zoom *NEW* <i>*Bookings open from 9am one week before</i> | physicalactivitybookings@openage.org.uk  |

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| 11:30 - 12:30pm | Exploring Silent Film: Safety Last 4th March | 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 | 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 |

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: Yin yoga and Meditation / Sound Healing <i>Please have a chair available for session</i> <i>(Time for Me carers only)</i> | carerstimeforme@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 | bookings@openage.org.uk |
| 11:30 - 12:30pm | Zumba <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 | bookings@openage.org.uk |

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| | <i>(for members who were attending the programme before closure)</i> | |
| 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 <i>(with Emma)</i> | 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  |

Other

| SERVICE | INFORMATION | EMAIL FOR BOOKING |
|------------------------|---|--|
| 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 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. | ecohen@openage.org.uk |
| Men's Space activities | Have a chat with our Men's Space Activity Coordinator Russell to find | rjohn@openage.org.uk |

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| | out more about what we have on offer. | |
| YouTube | <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.

NHS VACCINE SCAM TEXTS

There has been scam text message circulating about the COVID Vaccine. These texts will redirect you (via a link in the text message) to a convincing looking website, 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.

RBKC COVID TESTING

In this link: [RBKC Testing and Tracing for Coronavirus](#) you will find information on:

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

HAMMERSMITH AND FULHAM COVID TESTING

In this link: [H&F COVID-19 Testing](#) you will find information on:

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

DEBUNKING VACCINATION MYTHS

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.

Press [here](#) to read on the BME Health Forum newsletter the first-hand experience of the Head of Social Prescribing and Westminster resident, Concia Albert, who has been given her first dose of the vaccine.

Press [here](#) to read over 30 myths being debunked by doctors from the British Islamic Medical Association.

Press [here](#) for the National Institute for Health Research's engaging COVID and Me Vaccine Stories YouTube video 'Tie your camel up'. It uses real-life stories to explore the influence that family members have on people's views.

Press [here](#) for a YouTube video where the Mayor of London and other celebrities have got together to give reasons as to why we should all take the vaccine.

Press [here](#) for a lively YouTube animation where the National Institute for Health Research explains exactly how vaccines are developed to the highest standards, even when developed quickly.

WESTMINSTER COUNCIL – INFORMATION ON VACCINES

Westminster Council have now a page of FAQs about the COVID-19 vaccine on their website. The NHS is working hard to vaccinate the most vulnerable as quickly as possible. This will take time but the NHS is committed to getting to everyone in the top four priority groups (care home residents and staff, over 70s, frontline health and care workers and those at high risk) as quickly as possible and by the middle of February. If you have received a vaccination invite from the NHS, either through your GP or the national booking system, please book and attend your appointment. You do not need to contact the NHS or your GP, they will be in touch to invite you for your vaccination.

We know many of you will have questions about the vaccine and are concerned about the safety of the vaccinations. You can find their full FAQs and information via this link: <https://www.westminster.gov.uk/vaccinations>

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



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.

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. For more information please visit <https://www.census.gov.uk/>

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: https://www.amazon.co.uk/dp/B08R8Y3QNN?ref=pe_3052080_397514860

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

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

GRENFELL RECOVERY & WELLBEING COLLEGE WORKSHOPS



Grenfell Health and Wellbeing Service

Grenfell Recovery & Wellbeing College

The Grenfell Health & Wellbeing Service is teaming up with the Recovery & Wellbeing College and Community Champions to offer a programme of free workshops that focus on wellbeing

VENUE: ONLINE VIA ZOOM

Understanding depression
Thurs 4 Mar, 1pm to 2:30pm

Developing Resilience
Thurs 11 Mar, 1pm to 2:30pm

Managing anxiety in uncertain times
Thurs 18 Mar, 1pm to 2:30pm

Discovering self-compassion
Thurs 25 Mar, 1pm to 2:30pm

Understanding me, understanding you (4 week course)

Week 1: Thurs 15 Apr, 1pm to 2:30pm
Week 2: Thurs 22 Apr, 1pm to 2:30pm

Week 3: Thurs 29 Apr, 1pm to 2:30pm
Week 4: Thurs 6 May, 1pm to 2:30pm

Open to everyone living in Kensington & Chelsea

To book your place

Call the Recovery & Wellbeing College admissions office on 020 3214 5686
Grenfell Health & Wellbeing Service on 020 8637 6279
or email recoverycollege.cnlw@nhs.net



TOP PICKS! EXTERNAL ONLINE EVENTS

Vegetable Seed Starting Webinar - In this class you will learn the basics of organic, sustainable seed starting including timing, materials, and caring for your seedlings. You will see a demonstration of seed starting so you are all ready to care for and raise seedlings of your own for planting in your garden. Monday 1st March at 8pm

Click [here](#) to book

Spring Symposium - A Virtual Gardening Series - All presentations will be online. Registration allows you access to all of the presentations. Zoom link will be sent prior to each session. Monday 1st March - Friday 5th March

Click [here](#) to book and all information

The Neuroscience of Stress & Wellness Series by Dr. Safia Debar - This series of talks aim to distil down some of the latest evidence base on stress management, positive psychology, mindfulness and neuroplasticity. We will cover relaxation techniques, the neuroscience of stress, connection, relationships, attachment theory, mindfulness, meditation and lots more. Monday 1st March at 8pm

Click [here](#) to book

History and Treasures of Guildhall Library - The first library at Guildhall was founded around 1425, when a "new house or library" was formed under the terms of the will of "the rich and pious merchant" Richard Whittington. Join Librarian Ann Martin to learn about the history of Guildhall Library and to view some of the Library's treasures. Tuesday 2nd March at 2pm

Click [here](#) to book

Drawn to Figures - Discover your inner artist in this live virtual drawing workshop. Facilitated by artist Jill Galloway, the workshop will include guided instruction on the techniques and challenges of figure drawing. Thursday 4th March at 4pm

Click [here](#) to book

Romanticism and the Museum - A roundtable which discusses the challenges facing museums and heritage institutions and organisations in 2021. It will draw on the speakers' experiences of Romantic writers' house museums and explore diversifying audiences, digital exhibitions and

communications; funding; collections: care and promotion; and the relationship between academia and museums. Thursday 4th March at 5pm

Click [here](#) to book

Poetry Lit - Online Reading Series - Poetry from all over the world has never been closer to your lazy chair! Poetry Lit! is a monthly online reading series for international poets... and their fans. Each month Poetry Lit! hosts a Zoom event where folks share in poetry. Friday 5th March at 7pm

Click [here](#) to book