

Hackney Senior

By older people, for older people | winter 2019

THE WILLINGNESS
TO LIVE: Fighting
back from Guillain
Barré syndrome

100 YEARS UNHEARD
Poetry & prose of WW1
Afrikan women

CYCLING AT 70
From freestyle
to pro!

AGEING IN THE
21ST CENTURY
Is retirement a
time of joy?

WHAT'S ON
Your guide to Hackney

Real-life stories
and reports
by Hackney
over 50s



CONNECT
HACKNEY
ageing better



Get involved!

Phase 2 of Connect Hackney has now started with lots of fun social activities and services under way or coming soon. This page shows local residents aged 50+ at St Mary's Secret Garden, in the Connect Hackney Senior Media group and at Peter Bedford Housing Association. Read more on pages 15-16.

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About us

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

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

Find more at: www.connecthackney.org.uk

The Senior Media Group

This magazine is produced with the Senior Media Group. The group is facilitated by Natasha Julien at Kingsland Hub. To get involved, e: zelina@connecthackney.org.uk With thanks to everyone who contributed to this winter edition of *Hackney Senior*.

Tell your story

If you have a story to tell, e: matt@connecthackney.org.uk or send by post to Matt Bray, Connect Hackney, The Adiaha Antigha Centre, 24 - 30 Dalston Lane, London, E8 3AZ.

Advertise with us

With a print run of 3,500 we can help you reach Hackney's local older residents. To advertise with us, e: matt@connecthackney.org.uk

In the next issue

Concerns for our local environment, ageing better in Poland, new hobbies for Spring...

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



If you have a dilemma, send a brief email with subject line **FAO Lily Baby** to media@connecthackney.org.uk or by post to Lily Baby, Hackney Senior Magazine, c/o Hackney CVS, The Adiaha Antigha Centre, 24 - 30 Dalston Lane, E8 3AZ

Lily Baby, our agony aunt, offers words of support.

Dear Lily,

I don't know if you can help me with this. I've got problems understanding what people are saying to me. I don't like to keep on saying "Eh? What?" It's embarrassing. I start guessing what answer to give them. If I say "Yes" – sometimes they look at me as if I'm crazy, so I say, "Sorry, I mean no."

Some people think you're going senile. Others think that you're not really listening to them. What do you think I should do?

Anonymous.

P.S. I don't fancy wearing a hearing aid.

Dear A,

Thank you for your letter. I do understand your dilemma – this is not uncommon as we get older. You should not feel embarrassed if you cannot understand what is being said to you because you cannot hear properly.

There are very cute and insignificant hearing aids that can be worn on your person and will help in dealing with everyday answers that you find difficult to answer. Sometimes we think that certain things are stigmas, but the reality is that we need to adapt to certain methods to make our lives better.

Get in touch with Action on Hearing Loss who are working with men aged 50+ . They provide access to hearing screening checks and follow up support. Contact Torinda: torinda.hammond@hearingloss.org.uk or phone 07442 538 939.

I hope this will give you the confidence to make your life better.

Yours truly, Lily Baby

Welcome to Tony Wong

- our new Programme Director

Tony joined the Connect Hackney team as Programme Director in November 2018. We asked Tony about current activities for Hackney's older residents and about plans for an ageing better future.

What attracted you to Connect Hackney?

TW: Being isolated and feeling lonely can have a massive impact on someone's quality of life. Although we know some of the factors that put someone at risk of becoming isolated, such as bereavement or retirement, we are less sure what activities help older people develop new friendships and networks.

Connect Hackney provides an opportunity to increase our understanding and transform the lives of older people, now and in the future – that attracted me to the programme.

What are you currently working on?

TW: Hackney is a diverse borough, with large Black African, Black Caribbean and Turkish and Kurdish communities. Hackney has the largest group of Charedi Jewish people in Europe and also has other significant communities including Chinese and Vietnamese.

However, we haven't been able to reach some of these communities, e.g. Asian, (Indian, Bangladeshi, Chinese

and Vietnamese), Turkish and Kurdish, and some Black African communities. We are now looking at ways to increase our reach, to ensure that the evidence we gather through Connect Hackney, which will be used to influence future services, will take into account the full range and needs of older people in Hackney.

How does Connect Hackney help older people to age better?

TW: Staying mobile, maintaining friendships and learning new things all help people age better. Through the activities we fund, we help older people to develop new skills.

We know from older people that there are a lack of activities in the borough that allow them to have fun! Our next round of activities will be about people coming together to enjoy a fun activity.

What have been the programme's biggest successes so far?

TW: This year marked the 70th anniversary of the Windrush generation migrating to England to help rebuild the country



following the Second World War. To mark this momentous anniversary, we produced a commemorative booklet and audio podcasts – Hackney, Stories of a Windrush generation – which we launched at the Caribbean Tea party at Hackney's Assembly Rooms (see p.19). Next year, we'll be looking to replicate this success, and focus on another issue important to the older people of Hackney.

Connect Hackney plans for 2019?

TW: We are about half way through the six year Connect Hackney programme, and we are now starting to think about what happens after. It's important that the successes we are achieving continues and that older people continue to access activities where they can try new and exciting things, learn new skills, meet people and have fun. We'll be working hard with members of our Older People's Committee, and our statutory partners, to make sure we achieve this.

Elizabeth's view

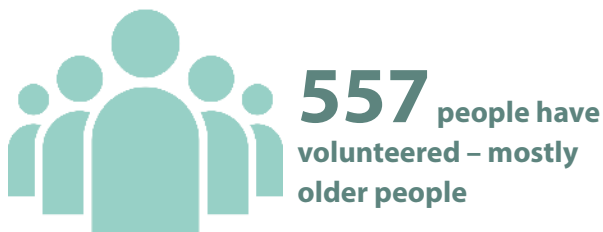
There was a recent story in the news about an 88 year-old NHS medical secretary who hadn't had a sick day for 10 years. After being sacked from her job, she decided to sue for ageism. For us women it's difficult to get a job, but for older

professional men it is easier to retain their jobs. I think there are jobs that are for younger people, but some employers are recruiting older people now and not considering them a liability, like some of the big supermarkets.

CONNECT HACKNEY INFOGRAPHICS

2015 – 2018

During phase 1 of Connect Hackney we ran a range of social activities and projects for local residents aged 50+. What have we achieved?



Impact

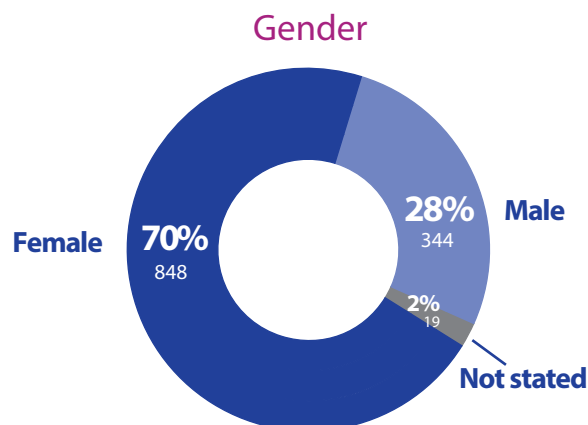
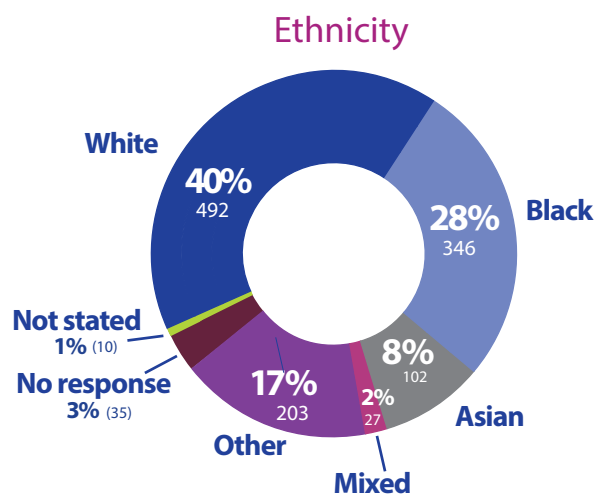
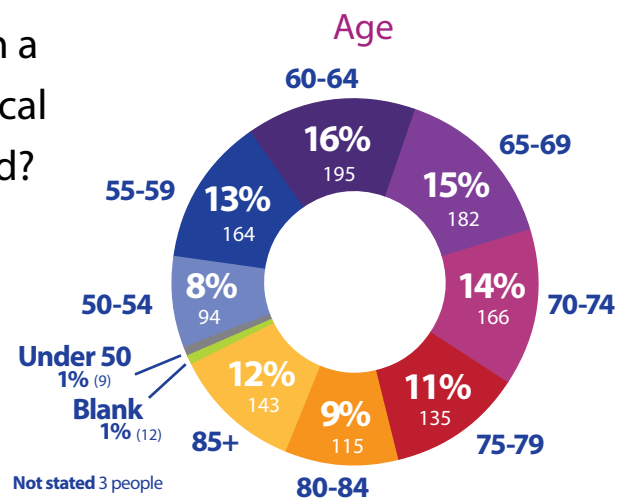
Local residents aged 50+ who have taken part tell us that:

- Their quality of life has improved
- Their health and wellbeing has improved
- They are more involved in the community.

“It really makes me feel very good to go somewhere and be with people.”

We are now in phase 2 of Connect Hackney and have new activities and services for residents aged 50+. Find out more on pages 15-16.

Who got involved?



Eugenia's view

A lot of people don't see age as a barrier to them taking up new sports or having a fitness regime, I enjoy going to the gym for Soca Aerobics. For others, chair based exercises maintain health and quality of life.

It's also a good idea to learn the computer, smartphone and tablet – you can also do WhatsApp and text. I feel like keeping up with new technology gives me more time. I am a slow learner, but that's OK as I want to learn.

Ageing in the 21st century – work and older people

by Margaret Smith



Retirement – pros and cons

For many people retirement is a time of joy. They can look forward to having more time on their hands and retirement can be a chance to do things that they did not have time to do when they were working – for example, travel a bit or enrol on an adult education course.

For others though retirement can be a very difficult time as they make the transition from the world of work to a life of leisure.

Often people miss the social life of mixing with work colleagues and friends, and then there is boredom as people find that there are not enough things to do to fill the day. The loss of a work role leads to people feeling they are no longer useful, especially if a lot of their identity has been tied up with work. As well, if people have not made adequate

financial planning for their retirement, they all too often find themselves unable to manage as the State Pension is not enough.

I think that sometimes it is worth carrying on working instead of retiring; whether that is staying on in your present job, retraining to take up a new job or coming out of retirement altogether to join the world of work again.

Age friendly work policies

The way that we think about working and retirement is changing. More and more companies now have an age friendly policy – Barclays recently introduced an apprenticeship scheme for the over 50s. Also, many companies offer flexible working as older workers have caring responsibilities, looking after a spouse or partner, elderly relatives or grandchildren.

The Government is planning further increases to the State Pension age. The Equality Act 2010 makes it illegal to discriminate against employees because of their age. People are now living longer and the Government's Department of Work and Pensions has a target of getting 1 million older workers aged 50 - 69 into work by 2022. You can also work now for as long as you want to. The Government abolished the Default Retirement Age in 2011. Before that employees were forced to retire at age 65, now employers can no longer ask their employees to leave when they have reached a certain age.

The Government has created a climate whereby it is easier for older workers to remain in employment. So, if you feel healthy enough, maybe it is worth considering working for a few more years when you get older.



Elizabeth Galloway – Everyone has to start somewhere!

On learning to ride a bike in later life.

I came to London from the Caribbean when I was 13 years old and I was unable to ride a bike. The children on my street were helping me with learning to ride a bike – I was very embarrassed as I kept falling off and all the five and six year olds could ride a bike!

Last year (aged 70 years) I saw an advert in the Hackney Today about free cycling lessons for everyone in Hackney. I realised in that moment that this was something that I had wanted to do all my life, and also as a diabetic who was walking for exercise I thought it would be a more interesting way of exercising and getting around.

I applied for what I thought would be group lessons as this would give me an opportunity to hide. I bought a helmet, gloves, knee and elbow pads. However, when I turned up it was just me and my instructor! I laughed at myself as I would be unable to hide.

Lesson 1 My instructor took me to the bike shed to find a bike and then I pushed it to the basketball court. Then he adjusted it to the right height for me. Next he showed me how to get on and off the bike safely. He also said I would not need all of my safety gear, just the helmet and gloves. He then took off the pedals and I went off freestyling like a youngster. After 40 minutes he fitted the pedals and told me to try it with the pedals on. Off I went with lots of getting on and off, stopping and starting till the end of the lesson.

Lesson 2 We started with no pedals again and I enjoyed freestyling again – it was a bit like having no responsibility. Then he put the pedals on and it was stop and start, on and off all over again.

Lesson 3 This was very similar to lesson 2 – a mixture of pedals on and pedals off, and lots of frustration from getting nowhere fast and my bottom getting very sore. A cyclist friend told me there are padded pants you can buy,

so I bought some and continued with my pedalling practice!

Lesson 4 I had been thinking about why I was unable to stay on the bike for any sustained amount of time. I had concerns – if I stopped quickly I might fly over the handle bars or I wouldn't be able to stop in time.

I spoke to my instructor about my fears and he reassured me that I was in control and could judge for myself when to slow down or stop. So off I went freestyling and then it was pedals on.

I found I was now staying on for longer and longer. Then suddenly I was pedalling and riding around the basketball court. I was riding a bike. YippeeEEEEEEE!!!

Has Elizabeth's story inspired you to cycle?

Hackney Council is partnering with Cycle Confident to offer FREE cycling sessions. Visit www.hackney.gov.uk/cycle-training or call 020 3031 6730.

Vicky's view

The first thing I like about retirement – I wake up in my own time. No alarm clocks going off at 5am! I can now take life at a slower pace. No boss showing their authority, and not always in nice manner. I can now spend with my grandchildren

and have lunch with friends. Also, visiting places I never had time for while working, more time on the balcony sorting my plants, enjoying an afternoon matinee. Sometimes I feel there are not enough hours in a day!

100 Years Unheard – from the Afrikan Heritage Writers

A new publication gives voice through poetry and prose to the Afrikan Diasporan woman. We spoke to Ngoma Bishop from House of Amau to find out more.

Please tell us about the work.

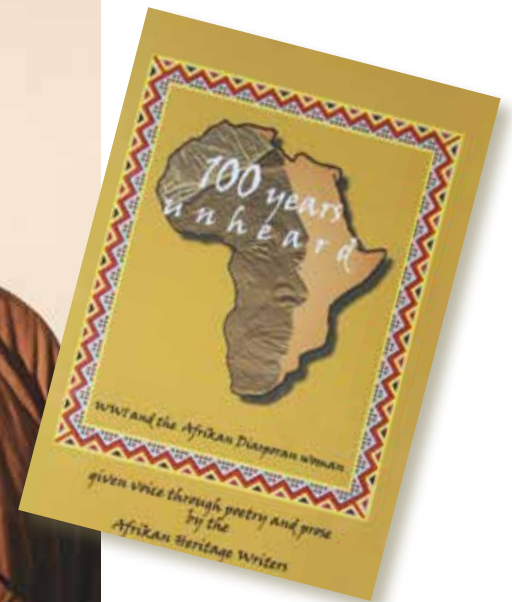
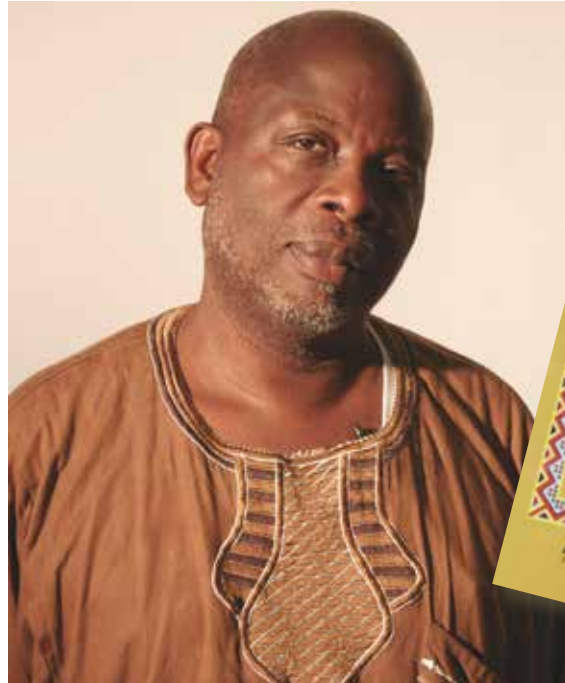
NB: The publication is from House of Amau, a voluntary Afrikan heritage arts organisation where we do creative writing and other art forms.

This year was significant for many reasons, including the commemorations to mark 100 years since the end of World War 1 – so we decided to write an anthology from the Afrikan perspective.

It's been acknowledged that past recollections of the war ignored the huge role that women played. Over the past 20 years or so, women started to focus on that and publications started to appear about women and World War 1. However, this was from the white women's perspective.

At that same point in time, about 20 years ago, the black Afrikan Heritage community started rolling – you had the same process, there was a lot of information about the war, but it excluded people from the Commonwealth.

When attempts were made to start writing about the Commonwealth's part in WW1, it was only from the male perspective. So that's essentially how we came to this point, to produce an anthology about Afrikan women and WW1. We called the publication *100 Years Unheard* which tells the story of how it might likely have impacted



on the women, when their men went off to fight in the war.

As it was 100 years ago and none of use was around at the time, creative writing was the only option open to us. The individual writers in the group put themselves in the place of the women who would have lived at that time and their own imaginations told the stories of those women.

Could you give us an example of a story?

NB: There is sad story of a young girl who kept a diary like Anne Frank. It records the political dynamics which played into the hands of the Europeans – how you ended up getting people that were neighbours or from neighbouring Afrikan villages to go off and fight against each other on behalf of the European

enemies. The anthology looks at how this impacted on women, some of them lost their husbands, they lost their children, they were left with men who had fallen apart and were dehumanised.

What impact do you hope the anthology will have?

NB: The book is written by people who take different approaches to the war, including those who feel the Afrikans fought in good faith – it's important for that to be remembered.

We hope that our small contribution to the telling of our stories as they might have been will provoke discussion and debate and encourage further work, creative or otherwise.

Contact:

e: houseofamau@gmail.com

twitter: @TheHouseofAMAU4

Spotlight on Hoxton Health – for better health in later life

If you have an open mind, Hoxton Health is the place for you.

Hoxton Health specialises in low cost complementary wellbeing services for the over 50s. Treatments at the St Leonard's Clinic include osteopathy, acupuncture, aromatherapy massage, homeopathy, herbal medicine, foot clinic, reflexology, craniosacral therapy and shiatsu. They also run classes in Tai Chi, chair-based exercise and slow line dancing at venues across Hackney.

Hoxton Health are dedicated to helping everyone as they age to make choices that will lead to improved health and wellbeing, whether through pain management, improved mobility, or small changes to help relaxation and better sleep.

Celebrating 30 years

Hoxton Health was set up as a charity over 30 years ago

by older people who wanted to offer other older people in Hoxton access to low-cost complementary therapies. Since then the charity has grown into a major provider of complementary health care and specialised exercise classes.

Over 700 people receive treatment each year at the St Leonard's site, and more in outreach sessions around Hackney. Some patients go for a short series of treatments to deal with a particular issue, and others are regular patients who use the services to maintain their health and wellbeing.

Contact Hoxton Health

t: 0207 739 2533 or e: office@hoxtonhealth.org
Hoxton Health, St Leonard's Hospital, Nuttall Street, N1 5LZ
www.hoxtonhealth.org

Magic of the Rhine by Vicky Cooper

My name is Vicky and with my friend Lyn, we are planning our cruise along the river Rhine in Germany. Lyn and I have done this trip before, as it brings us such a lot of pleasure, sailing along looking at the lovely views, and listening to the documentary of the history of the river and the towns we pass.

I've developed osteoarthritis in the last 10 years and I also had a

bad fall. I used to go on holidays which involved a lot of walking around interesting towns and cities in Europe, but walking is difficult now. Now it's better for me to take boat holiday cruises around Europe, mainly on the Rhine and the River Moselle. I still see interesting places.

The boat moors up late afternoons in different towns, giving you the opportunity to have a walk around should you want to. The Rhine is a busy river 365 days a year, with pleasure



Janet Cobill, Hoxton Health Manager (r) cutting the anniversary cake

A typical comment from someone taking an exercise class is that they felt stretched and strengthened, a little wearied but exhilarated!

"I think this place is unique. I go to the Dr less often since I've started to come here."

"I can't believe the difference. I thought I was going to be in pain forever. Now I hardly ever touch a painkiller."



Vicky (r) with friend Lyn

cruise boats and barges carrying different cargos.

On New Year's Eve a lot of pleasure boats moor up in Koblenz, to let us watch the amazing firework display. Lyn and I are always on the top deck with a mug of hot chocolate and warm clothing!



Audrey Donaldson – The Willingness to Live

**Interview and introduction by Elizabeth Galloway,
Connect Hackney Senior Media Group**

Audrey was a healthy 35-year old mum when she began experiencing weakness in her body, which her doctor diagnosed as rheumatism. Within 48 hours she was unable to move her body or to breathe on her own. She had contracted Guillain-Barré syndrome, a very rare and serious condition that affects the nerves.

Listening to Audrey's story, of the illness and her two-year fight back to health, was very inspiring and moving. I wanted to share this with everyone, especially anyone who is thinking of giving up today.

What were the signs that something was wrong?

AD: I went on holiday and a week after I came back I felt weak. I didn't take any notice of it. My hand was getting tired, but still not taking any notice. I got in touch with my doctor – he said that I had rheumatism in my arms and legs and he gave me some tablets. I could not even go and pick them up. I asked my friend to go pick up the tablets.

The evening I was just sitting, but I had no pain. My son was sitting with me. I got up to make myself a cup a tea. I got in the kitchen – I couldn't lift the kettle

up. I had to use both hands to use the kettle.

I went to the bathroom, I sat at the side of the bath and I fell on the floor. I called my son to help me – he came and helped me into my bedroom. I laid down and went to sleep.

Early in the morning, I woke up and tried to get up. I tried to move my legs, my legs would not move. I tried to move my hand, it did not move. My head neither – I could not get it off the pillow. So, I called my son. He came and said, "Mum, what's wrong?" I said, "Can you move my legs and hands?" As he tried to move them, they dropped back onto the bed. I said, "Can you call mum." She came

“Have a goal and think positive – every day is a different day.”

around, she lifted my hands and head – they dropped back. She called the ambulance.

When you went into hospital did you realise what was happening?

AD: I didn't know anything. Most that happened around me, I could not remember. I remember now that when I was in Guy's one of my sisters came to see me, by this time I couldn't talk, but I could see she was there. I remember the nurses said to her, "She's going to be here a long time."

I don't remember when I left Guy's but I remember being back at the Homerton in the intensive care unit. My mum used to come visit me, but I couldn't talk. One day mum said, "All right, we are going to talk! This is what we are going to do – if I ask you a question and the answer is yes, you will blink twice, if it's no, you will blink once." So, I did that, every day I had her come in and we would communicate. From there, the nurses started to do the same. The only thing I could move was my eyes.

I don't know if I had a body, arms, anything. This carried on for months. I did not know what day of the week it was, I didn't have a clue. They said to me, "You have now been in hospital for 100 days."

Still I could not talk, but by this time I'm having physio and slowly things are getting better. They get me up and slowly try to take me off the machine so that I breathe on my own.

Please tell us about your rehabilitation.

AD: Once I was at rehab, things started getting better. I never



said, "Why did this happen to me?" I met two other patients at rehab, two girls that I became close friends with. They gave me a frame and showed me how to use it. They would say, "You have to walk from here to where you get your lunch." I can tell you, that was not easy. I fell so many times, saw so many stars! It's just crazy but I would not give up. Slowly, I stopped using the frame. They said, "You can start using crutches." I thought – "OK, I'm on the mend."

Slowly I can start going home for weekend, but at the same time I still could not do anything myself. I think the first time it really hit me was when my sister had to lift me and feed me. That day I had a breakdown. She asked me, "What's the matter?" I said, "I can't feed myself." I was really down for a few days. I remember one morning when the doctor came to see me and I asked, "Will I ever use my hands again?" He said, "I can't say, I don't know." I started crying and cried all day.

The following morning someone said, "Why are you crying? You are going to do it, you will use



your hands". By this time, I didn't think about my legs, all I was thinking about was using my hands. In the following days, I got up and thought, "I'm going to use my hands". From then, I never looked back.

What advice would you give to somebody who has Guillain-Barré syndrome?

It's hard, but don't think "Why me?" It could be anybody. Just think positive. The more you push the better you get each day. Have a goal and think positive – every day is a different day.

Any final thoughts?

I would like to finish by thanking family and friends who have helped me get this far.

My mother's dementia

by Patricia Sanders

My mother began developing the signs of dementia seven years ago, shortly after my father died. My family all dismissed it as something minor, but I wished we hadn't. If we had noticed it earlier and treated it more seriously, things would have been much better. The experience showed me how important it was that I take my health more seriously as I get older.

Diagnosis

My mother had mood swings, memory loss and did not know the difference between day and night. She was very restless, spending all night awake and walking around the house, constantly refusing help from anyone. All my family thought it was a thyroid problem, it was only when she went into hospital after an accident that we were told she had dementia. It was

while my mother was in hospital that doctors began arranging for social services and district nurses to give her the assistance she needed until she went into permanent care.

Lack of awareness

My mother's dementia was extremely difficult for me because of my lack of awareness about the condition. I wasn't prepared for her to start forgetting me and my brother when we went to visit her and as a result I became extremely distressed and started blaming myself for not noticing the signs sooner. If I'd had a greater awareness of the condition before my mother developed it, I would have coped better and been more of a comfort to her in her final years.

Dementia caused a lot of stress and anxiety in the family with

"I wasn't prepared for her to start forgetting me and my brother."

arguments about how best to help her. While my mother was cared for in homes until she died, our family didn't receive much support about how to cope with a family member suffering with dementia and I think we really suffered because of this.

The need for support beyond family

By the time we had a decent understanding about how to cope with my mother's condition she was in her final days and we had spent a year feeling uncertain and afraid of what was happening. It was this lack of support that encouraged me to consider my health more seriously and made me realise how much more bearable the experience may have been if we'd had wider support beyond just family and friends.

Windrush, Stories of a Hackney Generation

"I come with the sunshine in my bones still, so I wasn't feeling cold you know." Janet Nickie, from St Vincent

The Windrush generation arrived in the UK between the late 1940s and the early 1970s, invited by the government to help rebuild Britain after the Second World War.

Recording stories from Hackney's Windrush generation was one of the highlights for the Connect Hackney Senior Media group in 2018. The stories are available as a commemorative booklet and audio podcasts on our website: www.connecthackney.org.uk

"I got the life I wanted in London, very much so. London is just London. And Hackney, more than all, is lovely. I love Hackney so much – it's the people" Olive Johnson, from St Ann's, Jamaica

We have a limited number of the booklets remaining.

To receive your FREE copy, please contact Zelina

t: 020 7923 1962. e: zelina@connecthackney.org.uk





Winnie Roach – Intergenerational Gardening

When I was young in Guyana all our fruit and vegetables came from our garden and fish from the stream. We only had to buy oil, flour and other essentials. I grew up with nature. The community looked out for the children, making sure they were safe and not misbehaving.

I travelled to London, worked with young people and had children of my own. There are so many pressures and demands in London. My children always wanted the branded trainers, PlayStations and other things their friends had, which we couldn't afford. Instead of 'things' they got love and structure in their lives.

I joined the gardening group at the Concorde because I love to teach children gardening skills, about living things and

learn things from them in return. Everybody should learn something new every day. Many live in flats and don't have a garden, so this is a new experience for them. I love the way they react to worms and insects!

It can be difficult to keep the children focussed; they will do gardening for fifteen minutes, then run off to play. This can be frustrating but it means we get to work with more children.

I hope the children start learning patience from gardening. Everything is wanted immediately nowadays and gardening is something that takes time. We have cleared the beds and started planning what we will plant; but then we will have to wait for the plants to grow, flower and fruit before

"I am looking forward to growing food with the children, picking and cooking it and then eating it together."

we can pick and eat them. I am looking forward to growing food with the children, picking and cooking it and then eating it together because in some ways it takes me back to my childhood.

Get involved!

If you would like to get involved with the gardening group please contact Martin Sadler on 07384 511701. e: martin.sadler@ageukeastlondon.org.uk

“Getting out of the house and meeting new people in the same situation is very important”

Ivy Powell – Recovery from a stroke is a slow process, but never give up.

Recently I have wondered about getting a mobility scooter. If I want to go to the shops I have to book a cab or Dial-a-Ride as I had a stroke a few years ago. Even to get to the dentist which is close by, it would be an advantage to have a scooter as I can't walk far.

I am an independent person who previously drove a car and would drive all around. Since my stroke I have been concerned that I wouldn't be able to drive as I can't really use my left arm. I attend the stroke project who are very helpful for physio and chair-based exercising. They have also been helping me get in touch with a mobility scheme.

I have just found out that if I got a scooter I would also need to arrange some kind of storage for it because of health and safety. I didn't realise I would have so many obstacles trying to get a mobility scooter, but it is something that I feel will enhance my life. The children do not seem so keen but I have to do everything on the phone and it can be frustrating with the level of security with telephone banking and so many questions. I would like to be able to go to the bank on my own scooter and pay my bills.

I attend the mobility gym which is helping to strengthen my



legs and enabling me to move around more safely. After being very ill and coping with the after effects of my stroke I was told that I would have to go to sheltered housing. I am a very independent person and I really didn't want to do this. I was lucky enough that my son agreed to come and live with me so that I have remained in my own home. I was also told by the nurse that I would never walk again, but I have pushed myself and now walk with a stick.

To someone who has just had a stroke I would like to say, "Never give up." It's important to keep going – use free services like Dial-a-Ride so that you can get out to places like The Stroke Project and attend chair-based exercises and physio. My physio at the Ability Bow in St Stephens Road has been very inspiring and has made a massive change to my life. It's a slow process but

getting out of the house and meeting new people in the same situation is very important.

Dial-a-Ride

Dial-a-Ride is run by Transport for London. It's a free door to door service.

You have to become a member to use Dial-a-Ride. To become a member you must have a permanent or long-term disability which means you are unable to use public transport some or all of the time.

<https://tfl.gov.uk/modes/dial-a-ride/>

t: 0343 222 7777
(Tfl call charges)

e: dar@tfl.gov.uk

Or send a letter to:

PO Box 68799
London SE1P 4RD

NEW CONNECT HACKNEY PROJECTS > GET INVOLVED!

Connect Hackney provides social activities and services for local residents aged 50 and over. Meet people, access support, learn new skills, and have fun! Our new activities are...

HACKNEY BROCALLS

What is Hackney Brocalls?

We're a bunch of older bro's based in Hackney. We use driver training, minibus trips and buddying to have a laugh and get out and about.

How can people get involved?

It's easy to get in touch: give us a bell on 202 8533 0951; or visit the website at www.broccalls.org

What events do you have coming up?

We take the minibus for a spin at least once a month: future trips include a drive to Southend-on-Sea, a tour of Kew Gardens and a day out in Hastings. We also like to explore closer to home and will be visiting the Brunel Museum in Rotherhithe and will be touring the London Fields Brewery.



THE @ONLINE NETWORK

What is the @Online Network?

We provide free training to browse online using iPads. We aim to give over 60s the confidence to go online, connect with the wider world and maintain social connections.

In 2019 we are running free six-week programmes of practical activities around Hackney. A typical programme covers sessions on how to use an iPad, taking photos/videos, searching and downloading apps or books, setting up an email account, using Skype and much more.

We take into account the needs and interests of participants and activities take place in small friendly groups.

How can people get involved?

Attend a free taster session on Friday 11 or 18 January, from 10.30am-12.30pm at Dalston CLR James Library to find out more.

Spaces are limited so register soon to avoid missing out.

Call 0207 366 6343 or e: onlinehackney@newhamndp.co.uk to register.



MORE CONNECT HACKNEY ACTIVITIES...



Action on Hearing Loss (with deafPLUS) are working with men aged 50+ who have confirmed or unidentified hearing loss. They provide access to hearing screening checks, with follow-up support and hearing aid maintenance support groups.

Contact Todorina Hammond on 07442 538 939.
e: todorina.hammond@hearingloss.org.uk



Friends of Woodberry Down. A new service delivering weekly community events for older people called The FOWD Community Project. It will allow older and younger people to come together, share food and enjoy a programme of activities at community venues in their local area.

Contact Amanda Inniss on 0787 634 5457 /
0785 232 8993.



Hackney Co-operative Developments is delivering activities for men aged 50+ that use Gillett Square in Dalston area as a place to gather and socialise. Activities involve the men as session leaders or volunteers. There are also opportunities to organise small-scale community events and get involved with the Gillett Square Action Group.

Contact Anja Beinroth on 020 3875 9352.
e: GS2@hcd.coop



MRS Independent Living are delivering two projects. The first is a community project to increase older men's confidence in engaging with services and activities that promote wellbeing. The second is a digital project showing people how

to find information about services, support and leisure activities online.

Contact Stephen Gardner or Natalie Pink on 0330 380 1013.
e: stephen.gardner@mrsindependentliving.org
e: natalie.pink@mrsindependentliving.org



Peter Bedford Housing Association is working with people with learning disabilities aged 50+ on a range of activities to improve skills, confidence, health and socialising. Activities are run from their hubs at Clissold Gardens, Hoxton and Kingsland Road.

Contact Kamy Miessen or Anjum Ahmed on 020 3815 4100.

e: kamy.miessen@peterbedford.org.uk
e: anjum.ahmed@peterbedford.org.uk



Shoreditch Trust's Community Coordinators offer one-to-one sessions for Hackney residents aged 50+. Build your confidence and motivation and get involved with social activities, including meeting new people, discovering local places, learning new skills and improving wellbeing.

Contact Teresa Buckland on 020 7033 8587.
e: teresa@shoreditchtrust.org.uk



The Garden Social at St Mary's Secret Garden is a weekly club for people with learning disabilities aged 50+. The Club brings people together to work on shared gardening and maintenance activities. There are also opportunities for the 'Garden Socialisers' to plan and develop the club's social activities. Contact Siobhan MacMahon on 020 7739 2965.

e: siobhan@stmarysgarden.org.uk

What's on in Hackney for over 50s?

Activities and events are free, unless otherwise stated. Listings are correct at the time of going to press.

DeafPLUS is delivering six-week courses for men over 50 who have hearing loss.

Course 1 starts Tuesday 5 Feb.
Course 2 starts Tuesday 4 June

For venue details and course registration contact

Geraldine O'Halloran at
geraldine.o'halloran@deafplus.org or call 020 7791 0105

Dementia Friendly Film Screenings

Hackney Picturehouse run dementia friendly film screenings throughout the year. On Friday January 25 at 11.00am they are showing *Singing in the Rain* and on Friday 22 February at 11.00am there is a special Sing-a-Long screening of the Abba hit *Mama Mia*. For info and to book tickets call 0871 902 5747 (13p per minute). Cinema tickets for these events are £4.

Hoxton Health exercise classes

Fun, social exercise classes, run on a drop-in basis, so you can come along without booking. There is a £2 per session charge for classes, unless otherwise stated. All venues are accessible. For details call Hoxton Health on 020 7739 2533

Chair-based exercise

Gentle but challenging exercise class to music

Wednesdays 10am – 11am

Arden Estate Community Hall,
Regan Way, N1 6PH

Free of charge

Thursdays 11.30am – 12.30pm

Regents Estate Pensioners' Hall,
Brougham Road, E8 4PD

Slow line dancing

Great for improving balance and general fitness and very sociable.

Wednesdays 1pm – 2pm

Regents Estate Pensioners' Hall,
Brougham Road, E8 4PD

Wednesday 10 – 11am

Britannia Leisure Centre, N1 5JU
Free of charge

Tai chi

Tai chi is a gentle form of exercise. You can join in standing up or seated if you prefer.

Tuesdays 2pm–3pm

John Scott Health Centre,
220 Green Lanes, N4 2NU

Fridays 11.30am - 12.30pm

Regents Estate Pensioners' Hall,
Brougham Road, E8 4PD

Hoxton Health treatments

Health and wellbeing treatments.

Please get in touch with Hoxton Health to book your session.

All sessions are at Hoxton Health, St Leonard's Hospital, Nuttall Street, N1 5LZ unless otherwise stated. All fully accessible.

t: 020 7739 2533 or

e: reception@hoxtonhealth.org
for details of all treatments.

Costs on a sliding scale by age – for example, a 45-minute treatment is £24 for over 70s.

The Posh Club

A weekly glamorous performance and social club for older people. Each three-hour event is styled as a tongue-in-cheek 'posh' 1940's afternoon tea with three live show business

turns, volunteer waiters in black tie, vintage crockery and an in-house pianist.

Posh Club Hackney is running in the hall of St Paul's Church, West Hackney N16, weekly on Wednesdays, 12-3pm.

Cost: Tickets £5

Booking: 07938 985 644

The Sharp End

Activities for Hackney over 50s.

There is a membership charge of £20 a term or £65 for a year in advance. Contact the Sharp End to try out a couple of classes for free.

All classes are at Queensbridge Leisure Centre, 30 Holly Street, E8 3XW unless otherwise stated. Classes include the following, but call the Sharp End on 020 7923 0350 for the complete timetable.

Mondays

Yoga rise 'n' shine

9.30am – 11am

Art 11am – 1pm

Chi Kung 12 noon – 1pm

Singing group 1pm – 2.30pm

Tuesdays

Keep fit 10am – 11am

Wednesdays

Zumba gold 10am – 11am

Women's only fitness

2pm – 3pm

Thursdays

Pilates

9.45am – 10.45am

Art (painting and drawing)

10am – 12 noon

Carnival fit

11am – 12 noon

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

Tuesday and Thursday

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

Our Windrush media project launched at The Assembly Rooms in October 2018

Celebrating Hackney's Windrush generation





The Silver Line

**Need help?
Call ANYTIME on:
0800 4 70 80 90**

“It’s so comforting to know you can phone and talk to somebody.”

Helpline for older people providing free confidential information, friendship and advice. Open 24 hours a day, every day of the year.

Charity no: 1147330 (founded by Esther Rantzen DBE).

NHS 111

If you’re worried about an urgent medical concern, call 111

NHS 111 is staffed 24 hours a day, 7 days a week by a team of fully trained advisers.

If you have difficulties communicating or hearing, you can use the NHS 111 service through a textphone by calling 18001 111. For less urgent health needs, contact your GP or local pharmacist.

FREE SWIMMING FOR HACKNEY OVER 60s

Under 18s, over 60s, disabled people and their carers can swim for free in Hackney, all year round at Britannia Leisure Centre, Clissold Leisure Centre and Kings Hall Leisure Centre. Disabled people and their carers can also swim for free at London Fields Lido.

Britannia Leisure Centre

40 Hyde Road N1 5JU
t: 020 7729 4485

Clissold Leisure Centre

63 Clissold Road N16 9EX
t: 020 7254 5574

Kings Hall Leisure Centre

39 Lower Clapton Road E5 0NU
t: 020 8985 2158

London Fields Lido

London Fields Westside E8 3EU
t: 020 7254 9038

JOIN THE CONNECT HACKNEY SENIOR MEDIA GROUP

FREE computer and media training for Hackney’s over 50s.

Learn how to use computers, smartphones, tablets and digital cameras.

Everyone is welcome at our friendly group. Suitable for complete beginners and those with some experience. You will

also have the opportunity to create content for this magazine! Accessible premises, full training and support provided. Learn new skills and have fun!

**Next courses start
March 2019.**



To find out more and register please contact Zelina

t: 020 7923 1962

e: zelina@connecthackney.org.uk

