



The Albany Echo

Age Concern Hounslow Newsletter

May – June 2010

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JUNE FESTIVAL 2010

Welcome to the June 50+ Festival for 2010! Once again the organisers have succeeded in putting together a varied programme of events, outings and activities, as well as increasing the range of local venues at which they are to be delivered. Hounslow Council is to be congratulated on its decision - despite the economic downturn - to fund the Festival again this year and for endorsing the role that the Festival plays in improving the health and well being of older people in Hounslow. I am sure you will find much to interest and amuse you during the month and I am pleased that Age Concern Hounslow is once again making a contribution. Our staff and volunteers look forward to greeting new faces and meeting old friends!

Stephen Hawkins, Chief Officer, Age Concern Hounslow

TUESDAY 1 JUNE : OPENING CEREMONY 2pm, Paul Robeson Theatre, £4 An exciting afternoon of music, dance and fun from around the world with a cream tea this is a good way to launch the Festival 2010.

WEDNESDAY 2 JUNE : COMPUTERS - MOBILES - MP3 PLAYERS 11am - 2pm to book in for a 15 minute session contact Age Concern Hounslow 020 8560 6969. Free Demonstrations on how to get the best use out of your mobile phone including sending text messages, picture messages and using the internet on your phone. Do you have an MP3 player and need advice on how to use it to download music?

FUSION LIFESTYLE 10am - 1pm every Wednesday during June. Free Lampton Sports Centre is offering one free induction to the gym (normally £15) when presenting this brochure. 0845 456 6675.

BRENTFORD OVER 50'S SOCIAL CLUB 1pm - 3pm every Wednesday, St. Paul's Parish Centre. Free Free taster sessions during the Older People's Festival for first visit. Enjoy Bingo, indoor games, dancing, refreshments and weekly raffle. All welcome. For more information contact Audrey Welland 020 8579 3517

IF I WERE YOU 2.30pm £13 Richmond Theatre Meet in the theatre foyer at 2.15pm. Written by Alan Ayckbourn this gentle comedy shows how a change of perspective can bring about a change of heart.

OUTDOOR BOWLS @ ISLEWORTH BOWLS CLUB 6pm every Wednesday just turn up, Redlees Park, Isleworth. Free Get tuition for 6 sessions free then join the Club for half price for the first year, if you want to.

THURSDAY 3 JUNE WALK & TALK 11am - 2pm, Lampton Park. Free Meet at the Civic Centre entrance to the Park. Walk and Talk with a group of friendly people and experience Nordic Walking. You will also be able to get advice on falls prevention and strength and balance checks. Picnic provided.

FUSION LIFESTYLE 10am - 11.30am every Thursday during June. Free Southville Community Centre is offering an exercise class for people aged 50+. For information please contact Noveen Phillips on 020 8844 2328.

FRIDAY 4 JUNE BRENTFORD OVER 50'S INDOOR CARPET BOWLING CLUB 10am - 12 noon every Friday, St. Paul's Parish Centre. Free taster sessions during the Older People's Festival for first visit. All welcome.

For more information contact Ruby Gray 020 8843 0775.

SATURDAY 5 JUNE MARY POPPINS FOR YOU AND YOUR FAMILY Prelude on the Mighty Wurlitzer. 3pm, £4, Musical Museum Join the 'practically perfect' Mary Poppins (Julie Andrews) as she magically turns every chore into a game and every day into a whimsical adventure.

SUNDAY 6 JUNE ISLEWORTH RIVERSIDE WALK 2.30pm, £2, meet at All Saints Church, Church Isleworth 90 minute walk exploring Isleworth's history with a Hounslow Heritage Guide. Teas available at All Saints Church at the end. Pay on the day.

Remember to log onto our website www.ageconcernhounslow.org.uk for information, events & more.

The views and articles in the Albany Echo are not necessarily those of Age Concern Hounslow. Whilst every care is taken to ensure the good faith of advertisers Age Concern Hounslow cannot accept responsibility for the content.

MONDAY 7 JUNE SQUIRES GARDEN CENTRE 3pm, meet at the entrance of Squires Garden Centre, Free Visit Squires Garden Centre where you will be able to learn more about plants that may be suitable for your garden or window box.

FUSION LIFESTYLE 9am - 12 noon every Monday during June. Free New Chiswick Pool & Lampton Sports Centre is offering one free induction to the gym (normally £15) when presenting this brochure. Please book your place on 0845 456 6675. **TUESDAY 8 JUNE THAMES BOAT TRIP ACTIVITY 1pm, £12, meet on Kew Green opposite ASK Pizza Restaurant** At 1pm we will meet on Kew Green for a picnic lunch that is provided as part of the outing. We will then walk down to the river to board our privately chartered river boat to start our trip towards Westminster. Return to Kew Green by 6pm approximately.

WEDNESDAY 9 JUNE TENPIN BOWLING 1.30pm - 3.30pm, £3, Tenpin Feltham, Leisure West If you would like to bowl just come along, you don't need a partner. Booking essential.

ASIAN WOMEN 'S READING GROUP 1pm - 3pm, the Green Room, Hounslow Library. Free Do you enjoy reading? Come to our informal session, meet other readers and join in the discussions about literature and share your stories and poetry with other keen readers. For information contact Gulshan at Hounslow Library on 0845 456 2800.

THURSDAY CLUB 2pm - 4pm, £3 including tea and free raffle, Isleworth Public Hall

Thursday Club is organised by The Friends of Isleworth Public Hall and meets on the 2nd Thursday of each month. Ian Day will present 'Paul Robeson The Man and His Music' songs & screen snippets from one of America's greatest stars.

ASHMOLEAN MUSEUM AND OXFORD 9.45am, £15, meet at the Junction of Lampton Road and the High Street Explore the Ashmolean Museum of art and archaeology with a guide. Discover the Museum's 21st century architecture and visit the collections on a journey through time and across cultures. In the afternoon spend some time in Oxford soaking in the history of the city.

TEA DANCE 2pm-5pm, £3 Age Concern Chiswick Music, dancing, tea & raffle. Booking essential 020 8742 7007.

SATURDAY 12 JUNE DRAGON BOAT FESTIVAL 1.30pm - 4pm, £5, United Reform Church, Hounslow Hosted by Hounslow Chinese Association. Enjoy an authentic Chinese meal, music, entertainment and karaoke. To reserve a place phone Kitty on 078 0126 9786 or to buy a ticket go to the UR Church on Saturdays between 1pm & 4pm.

THORRI DAIR THHAIR JAA 3pm, Paul Robeson Theatre, £6 A play about duty, love, betrayal and above all fate. Thorri Dair Thhair Jaa is written, produced and directed by Arjun Rayat. This play is in Pubjabi.

REDLEES ARTISTS OPEN STUDIOS 11am - 6pm, Redlees Studios, Redlees Park. Free Come and meet the artists in their studios, wander round and enjoy their beautiful work.

MONDAY 14 JUNE AGE CONCERN HOUNSLOW GAMES DAY 1.30 - 3.30pm, Age Concern Hounslow. Free Come along to Age Concern for an afternoon of games including chess, cards, WiiFit, jenga and much more, join in those you know and learn new ones. Refreshments will be served during the afternoon.

AGE CONCERN FELTHAM MAKE OVER DAY 1.30 - 4pm, Age Concern Feltham. Free Do you need a new hairdo? Is your make up looking tired? How about a new nail colour! Come to Age Concern Feltham and discover the new you. Men won't be left out there will be handy male grooming tips too.

TUESDAY 15 JUNE KEW GARDENS DISCOVERY BUS £4, meet the Age Concern bus at the junction of Lampton Road and the High Street. An hour long guided tour of the Gardens for people with mobility problems. Meet at 1.30pm for the 2.00pm tour or 3.00pm for the 3.30pm tour. There is limited transport for wheelchair users, but they will be given priority.

WEDNESDAY 16 JUNE AGE CONCERN HOUNSLOW CELEBRATION DAY 10.30am - 3.00pm, £3.50 including light lunch, Paul Robeson Theatre Celebrate the achievements of older people showcasing their talents with music, dance, drumming, fashion show, launch of the new chair dance, Fit as a Fiddle performances and lots more. A day full of talent, fun, entertainment and socialising. **Booking through the Box Office essential.**

LUNCHTIME ORGAN RECITAL with Rachel Pickering 1.15pm - suggested donation £3. Open House Café Lunch in Open House Café available from 12 noon, afternoon teas available after the concert.

THURSDAY 17 JUNE FULLERS BREWERY 1.30pm, £5, meet the Age Concern bus at the junction of Lampton Road and the High Street One and a half hour tour of Fuller's Griffin Brewery with beer tasting.

THURSDAY 17 JUNE VISIT TO PLACES OF WORSHIP 9.15am leave promptly, £11 including a £1 donation to the Places of Worship, meet at the junction of Lampton Road and the High Street In the morning we will visit Jordans Quaker Meeting House and The Coptic Cathedral in Stevenage where we will have a cup of tea on arrival. Followed by a visit to The Dutch Nursery Garden Centre where lunch will be available at your own expense. In the afternoon we will visit the Jain Temple at Potters Bar.

FRIDAY 18 JUNE SHELTERED HOUSING OPEN DAY 2pm - 5pm, Edward Pauling House, Free Come and see what Sheltered Housing has to offer older people. Enjoy tea and a chat with residents and Sheltered Scheme Managers.

TOUR AND EXHIBITION 5pm - 8pm, £4, Musical Museum The evening starts with a short guided tour of the Musical Museum including instrument demonstrations, followed by the opening of the exhibition A Curious Collector.

SATURDAY 19 JUNE FELTHAM AND BEDFONT OPEN HOUSE This is the 3rd year that the Feltham History Group have organised the Feltham and Bedfont Open House Day, when churches and a number of other buildings will be open for visits. For the first time Feltham Lodge, the home of Age Concern, will receive visitors, and following last year's successful short tour of David Henry Waring Lodge at Bedfont, this will be repeated. Please see separate brochure for details. The brochure is available from your local library.

1940'S EVENT 11am-5.30pm, £5, Musical Museum Step back in time the programme includes guided tours, 1940's songs & Wurlitzer sessions, 1940's dancers in period dress, an exhibition and food tastings.

SUNDAY 20 JUNE FELTHAM VILLAGE HERITAGE WALK 2.30pm meet at Feltham Hill School, Ashford Road, TW 13 4QP. Free Eddie Menday and Alan Rice will lead a walk round Feltham Village and Cemetery.

MULTI-FAITH WALK OF PEACE AND FRIENDSHIP with Hounslow Friends of Faith. Meet at St Paul's Church, Brentford at 12 noon where lunch will be available (donations towards the cost appreciated). Free The annual visit to places of worship will cover the Brentford area. Venues will include the Hindu Yoga Centre in Beech Avenue, the Quaker Meeting House in Quakers Lane, London Road at Busch Corner and St. Paul's Church, St. Paul's Road, Brentford. For details contact 020 8560 5887. There will be transport for people with mobility problems. Book transport through the Box Office. To do the walk only just turn up.

MONDAY 21 JUNE NATIONAL FALLS WEEK 9am - 3pm, Feltham Assembly Hall. Free Find out more about trips, slips and falls and how to avoid them. Get a FREE health MOT, information that will help to keep you healthy and active and join in a yoga or exercise class. Repeated on 22nd June at Montague Hall & Chiswick Town Hall on 25th June.

TUESDAY 22 JUNE KEW GARDENS DISCOVERY BUS £4, meet the Age Concern bus at the junction of Lampton Road and the High Street An hour long guided tour of the Gardens for people with mobility problems.

Meet at 1.30pm for the 2.00pm tour or 3.00pm for the 3.30pm tour. There is limited transport for wheelchair users.

WEDNESDAY 23 JUNE CARIBBEAN LUNCH AND ENTERTAINMENT 1pm doors open, lunch at 1.45pm, £6.50, Feltham Assembly Hall Hosted by CAA - Caribbean African Association. Good food and lots of fun.

Booking through the Box Office essential.

AGE CONCERN HOUNSLOW - FREE HAIR CONSULTATIONS 1pm - 3pm, Age Concern Hounslow. Free

Do you need a new hairstyle, been stuck with the same one for years? How about a new hair colour? Come along to Age Concern Hounslow's Hair Salon and you'll be in for a treat.

SONGS OF PRAISE 1pm, St. Paul's Parish Centre. Free Enjoy your favourite hymns followed by afternoon tea.

THURSDAY 24 JUNE BRIGHTON £16, for pick up points and to book call Barbara at Age Concern

Hounslow on 020 8326 6230. Booking essential.

GOLDEN AGE GUJARATI GALA 12.30 - 5.00pm, £6, Feltham Assembly Hall Enjoy an afternoon with Golden Age. Join a sari wearing workshop, learn a stick dance, and much more. There will be a traditional Gujarati meal served at 4.00pm. Tickets for the Gala to be booked through the Box Office.

FRIDAY 25 JUNE TEA DANCE 1.30pm - 4pm, £4, Civic Centre, Hounslow Come and dance or just tap your toes to Harry's every popular music while you enjoy refreshments. Booking essential.

SATURDAY 26 JUNE BLETCHLEY PARK 9.45am, £18, meet at the Junction of Lampton Road and the High Street A guide will give you a tour of this historic site. This day out involves a lot of walking. Booking essential.

SUNDAY 27 JUNE BRENTFORD 2.30pm, £2, meet at the Junction of Half Acre/Brentford High Street Explore Brentford - a guided walk approximately 90min.

OSTERLEY DAY 12pm - 5pm, Osterley House and Park. Free (car park charge £3.50)

The Park, House and Garden are open free today and there will be lots of interesting and fun events. Come and explore your heritage. Members of Fun and Fitness will be performing a chair dance and Golden Age will present a Bollywood Dance with great rhythm. House closes at 4.30pm with last entry at 4pm. Entry will be with timed tickets.

MONDAY 28 JUNE SING-A-LONG 2pm - 4pm, £2.50 pay at the door, Wynne Court, Hartland Road, Isleworth Come and join in a medley of songs. Raise your voices! Lift your hearts! Tea and cake will be served.

TUESDAY 29 JUNE IMPERIAL WAR MUSEUM 1pm, £12, meet at the Junction of Lampton Road and the High Street A guided tour through exhibitions covering the First and Second World Wars including the Trench Experience, a recreation of a front line trench in 1916 and the acclaimed Holocaust Exhibition. Booking essential.

WEDNESDAY 30 JUNE CLOSING EVENT 2pm, £4, Chiswick Town Hall To mark the end of the Festival take this opportunity to relax with friends old and new at our final afternoon of entertainment compered by the ever popular Eddie Menday. Enjoy the beautifully costumed artistes from Connaught Opera with a wonderful repertoire of songs and music from Anglo-American musicals and operettas, and medleys from around the world. Then dance away the afternoon to celebrate a fun and action packed June 2010.

Falls Awareness Week

Falls Awareness Week runs from **Monday 21st June – Friday 25th June 2010.**

Various information points across the borough include **Monday 21st June** at Assembly Rooms Feltham, Hounslow Road Feltham Tw14 9DN from 11.00 to 3.00.

Tuesday 22nd June at Montague Hall Montague Road Hounslow TW3 1LD from 11.00 to 3.00

Friday 25th June at Chiswick Town Hall Heathfield Terrace Turnham Green Chiswick W4 4JN from 12.00 to 5.00

There will be health MOTs – you will have the chance to get your blood pressure checked, medicines advice, strength and balance tested, footwear checked, advice on equipment. If you get all 5 checked you will be entered for a prize draw.

There will be stalls with information about all the things which can help with a healthy independent lifestyle and avoiding falls. There will be a demonstration of yoga at 1.00 on the Monday and 11.00 on the Tuesday and a chair/aerobics class at 3.00 on the Friday.

For further information in the above events please contact Jacky Lynch
Jacky.Lynch@hounslow.gov.uk

Stroke/Falls Co-ordinator, Civic Centre, Lampton Road, Hounslow TW3 4DN 0208 583 6217



FOOTSTEPS



FALLS AWARENESS WEEK SPECIAL OFFER

(1st appointment must be booked by 12th July)
Free Nail cutting pack and NO £10 Registration fee if you book and attend 2 toe nail cutting / foot care appointments with Footsteps

Clinic appointments	£10
Home Visit	£15

NB: Home Visits are only available for those who are housebound and their carer's

For Further information and to book call Ann Condron on 020 8326 6232

Special Offer for Falls Awareness Week

All Exercise and Dance Classes at Age Concern Hounslow during **Falls Awareness Week 21st June – 25th June** will be **FREE** for everyone.

We want to encourage people to join in have fun, make new friends and see the value of attending a class that can contribute to increasing your strength, stamina, and general wellbeing. Have a look at our classes on page 7 and just turn up on the day.

Insurance News for new and existing and new Age Concern Policy holders

As Seema Bhogal will be off on maternity leave from May 2010 Carla Newell will be taking over renewing your premiums and taking on new business. Carla will be here at Age Concern Hounslow every **Tuesday from 10am – 3pm** so you can book in to see her regarding Home, Travel, Car, Energy and Funeral Plans.

Carla will also be able to renew you existing policies every Tuesday so please call reception to book in a time with her on **020 8560 6969.**

Carer's Vouchers

Are you in Receipt of Carers Vouchers? Did you know you could use them to pay for services at Age Concern Hounslow such as for the Footsteps Service?

Also if you have vouchers that are coming to an expiry date or have already expired we can still make use of them as a donation so please drop off or post in to Age Concern Hounslow.

If you need any Information or Advice on any issues around Care – whether for yourself or a family member you can contact our **Information and Advice Team Cathy Parry or Yvonne Baxtrem on 020 8326 6238**



MAYOR OF LONDON

The Big Dance Micro Grant



Age Concern Hounslow has been successful in obtaining £1,000 funding towards the Big Chair Dance 2010.

The Big Chair Dance is an innovative and creative way to keep fit, exercise and develop skills; especially important for those with limited mobility or a disability. The Chair Dance will be performed at the Age Concern Hounslow's Entertainment Day on **Wednesday 16th June** at the Paul Robeson Theatre and at the Big Chair Dance Event at 2pm on **Thursday 8th July** at Age Concern Hounslow.

The diversity of the group - including people from all community backgrounds - showcases the talents and customs of people from all over the world. Participants find ways of expressing their emotions and life experience through the medium of dance. This Chair dance will make a lasting difference, not only to all those involved, but to all those for whom it is performed. The dancers encourage the audiences to participate in the dance and learn the routine often encouraging people to join in and participate in the dance when it is often presented as a road show at various venues.

Tickets for the Age Concern Entertainment Day £3.50 are available from the Magical Museum Box Office from the 4th of May.

The Big Chair Dance event at Age Concern Hounslow is free but places must be booked for Refreshments purposes and there is a limit of 60 seats for further information please contact Janet Thompson on 020 326 6236.

Over 50's Job Search Club



Following a successful grant to the NLDC fund in partnership with LBH, Hounslow CVS and Hounslow Adult Community Education (HACE) the 50+ job search club date has been confirmed. The **Free** 4 week course will be run by Alison Shuttle and Helen Swain who have lots of experience in the field. The course will commence on **Friday 28th May from 12 – 3.30pm** at Age Concern Hounslow and will run for 4 weeks at the same time.

Week 1 : Assessing your skills for applications

Week 2 : Writing CV's

Week 3 : Job Searching including the Hidden Job Market

Week 4 : Interview Preparation and skills

You do need to book in for this course so please call Age Concern Reception 020 8560 6969 as soon as possible to book in. The course is free and can benefit you in a number of ways including confidence building, revamping your CV and getting better access to the job market.

During Seema's Maternity Leave Janet Thompson has been seconded from Age Concern Richmond and she will be working with us 3 days a week from May onwards. Any information on events at Age Concern Hounslow can be obtained through Janet. If you would like to advertise any events in the Albany Echo please contact Janet directly on janetthompson@ageconcernhounslow.org.uk or 020 8326 6236.



Age UK is the new force combining Age Concern and Help the Aged. The Age UK family includes Age Scotland, Age Cymru and Age NI. We work to improve the lives of people in later life. We celebrate ageing and believe it presents unprecedented opportunities and challenges at home and abroad. We challenge ageist prejudice in society: We help people enjoy a better later life – here and in 70 other countries – by providing life-enhancing services and vital support.

Our practical services help people stay independent at home and carry on doing the things they love most. We also work to tackle isolation and sustain good health. We will keep developing products that are specifically designed for people in later life. We provide services that address market failures, and support the public and private sectors to design age-friendly products and services.

Our network of over 500 shops will act as a focal point for the local community, providing information and help with local services. We provide advice and information through our helplines, publications and online.

Our Information and Advice service will offer millions of people support on a wide range of issues - from claiming benefits, to staying fit and healthy. We fund pioneering research into all aspects of getting older. Age UK will fund biomedical research that helps tackle the ill health and poor quality of life that are too common as people age. We work across the globe as well as in the UK, championing older people's rights and needs. The charity will operate in the UK and globally, and will campaign alongside older people for changes in legislation, policy and practice that will bring a better later life.

By joining forces, we will ensure more of our funds go where they're needed. We are now one of the most powerful and influential organisations in the UK.

Age needs one voice. Now it has: Age UK is the new force combining Age Concern and Help the Aged

For further information contact **0800 00 99 66** the Age UK website will be launched in May 2010

www.ageuk.org.uk



Fire Safety in your Homes

Staffordshire Fire and Rescue Service (SFRS), on behalf of the Chief Fire Officer's Association (CFOA), is leading on the development of a new national strategy to keep older people safer from the risk of death and injury as a result of fire in their homes.

Under the guidance of Peter Dartford, Chief Fire Officer and Chief Executive of Staffordshire Fire and Rescue Service a group has been brought together from across the full spectrum of caring agencies, including representatives from Age Concern to develop the strategy so that Fire & Rescue Services across the UK can benefit from guidance designed to assist them in preparing to meet the changing needs of the people they serve.

The result of the work will be a strategy to assist Fire & Rescue Services to prevent older people falling victim to fire, by directing efforts towards earlier and targeted intervention methods, providing information and advice, improving and maintaining the awareness of the dangers that fire poses; particularly to those with a mental or physical disability or sensory impairment and those who care for them. It is anticipated that a draft strategy will be produced by late summer 2010.

Further information will be made available to you in upcoming editions of the Albany Echo. Remember you can contact Heston Fire Service to provide a free Home Fire Safety Visit where they can provide you with and fit free smoke alarms on 020 7587 4413 or go online and to request a visit on

<https://www.london-fire.gov.uk/HomeFireSafetyVisit.asp>



Interact and Energy Awareness Free Session

Young people from different backgrounds across London have been trained by City and Guilds to become Energy Awareness Advisers and are running workshops to advise local communities about energy saving methods, especially in relation to tackling fuel poverty. These workshops will be very practical and advisory with a consideration about why these steps are important to take on a global and community level as well as a personal one. The **free** session which can help you save money and the Environment will be held at Age Concern Hounslow on Monday 28th June from 11.30 – 12.00 with some time for questions at from 12.15 – 12.30. For further information please call Age Concern Hounslow on 020 8560 6969.



Better Together

Hounslow Homes invites our tenants and leaseholders to join us for our free 'Better Together' event supporting our vibrant communities

This is an opportunity to discuss your housing services and meet your officers



Twickenham Rugby Stadium
Friday 21 May 2010
11am – 2pm

Free food tasting, entertainment, information stalls, prize draw, free crèche

Everyone is welcome from our community including different ethnic backgrounds, age, gender, faith, sexuality and disability

For more information and to book your free place contact Sarah Berry on 020 8583 4046 or beinvolved@hounslowhomes.org.uk

Some help with transport may be available and places are limited. Free parking is available



Passion for Singing

For likeminded people who have an interest in music. Share this session with Shaukat! Our first meet up will be on Tuesday 8th June 2010 at 3.00 pm.

I have had a great passion for singing since I was a child. Unfortunately I didn't get a chance fulfil this desire because of my studies and later full time job. After I retired in 2002 I began to learn classical Indian music and the Harmonium.

Now I would like to share this skill of singing and playing Harmonium with others. I would like to invite people to this group who would like to sing individually and listen to others with patience.

For the activities I will invite guest singers time to time who specialise in Bhajan, Ghazal and old Indian film songs. Share DVDs to watch performances together of old singers which will take us down memory lane. We will have sessions of Antakshri and showcase our singing on special occasions.

ACTIVITIES at Age Concern Hounslow

MONDAYS :Keep fit: with Jackie (Chair Exercises)

10am – 11am (£1.50) **Line Dancing:** with

Rosemary Pacey 11am – 12 noon (£2.00) **IT:** for Beginners with Nada 1.00 – 3.00 (donation)

Monday Club: Every Monday 2.00 -4.00pm 50p

TUESDAYS : Papier-Mache 10.00 –12(£1.50)

IT: for Beginners with Allan 10.00–12.00(donation)

Bingo: from 1.30 – 3.00pm **Singing Group** with Shaukat 3.00pm – 4.00pm

WEDNESDAYS : Mosaic Workshop: with Mrs Bhasin 10.00–12 (£2.00) **Free Wii Fit** 11.00-1.00pm

IT: for Beginners with Alan 10.00–12.00(donation)

Mamta: Social Group 12.00–3.00pm (50p) **Indian Dance Classes:** with Rachel 2-3pm (£2.00)

THURSDAYS : Fun and Fitness in Retirement Group - 12-3pm (50p) **IT :** for beginners with

Barbara 1.30 – 3.00pm (donations) **Pilates :** with Wendy 2.30 – 3.30pm (£1.50)

FRIDAYS IT : for Beginners with Alan 10.00–12.00 (donation) **Yoga :** with Hansa 10.00 – 11.00am

(£2.00) **Kuch Yadien –Memories singing group** with Geeta 2.00- 3.30pm 50p

For further information on transport, outings & events please contact Barbara Paul on 0208 560 6969.

STAFF CONTACT DETAILS

- **Chief Executive** Stephen Hawkins 020 8326 6242
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- **Advice & Information Workers**
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ianda@ageconcernhounslow.org.uk
- **Footcare Support Worker**
Ann Condron 020 8326 6232
AnnCondron@ageconcernhounslow.org.uk
- **Be Safe Be Well Coordinator / Administrator**
Dinita Moore 020 8560 6969/020 8326 6246
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Have you enjoyed reading The Albany Echo? Would you like to receive a copy by post? You can for only £6 a year just fill in the attached slip and send to 'Age Concern Hounslow Albany Echo' Alexandra House, Albany Road, Brentford, Middlesex, TW8 ONE.

Please make all cheques payable to

Age Concern Hounslow Name:

Address :

Telephone :

Age Concern Member : y/n

Would you like to become a member for £5 yearly for an individual or £7.50 for couples?
(contact for further details).

ADVERTISING RATES FOR THE ALBANY ECHO

Do you want to Advertise in The Albany Echo? Do you have an exciting event or piece of information you want to get out to older people in the borough? Our prices start from just £5. Our distribution is over 1400 copies every edition. Call Janet to discuss on 020 8326 6236.

Wheelchair Hire



Do you need to hire a wheelchair for a day, a couple of weeks or a month?

Then look no further - you can rent one from Age Concern Hounslow :

Daily Charge £2.50 1 week £10, 2 weeks £15, 3 weeks £20, and 1 month £25.

To book please call Barbara on 020 8560 6969.

Age Concern Hounslow does not assume liability or responsibility for any complications with wheelchairs hired out. Although wheelchairs have been tested by members of staff, it is important to note wheelchairs to hire have been donated to Age Concern Hounslow and are only suitable for short periods of hire.



Tesco Shopping Trips

- Wednesday 12th May
- Wednesday 26th May
- Wednesday 9th June
- Wednesday 23rd June

This is a door-to-door service costing only **£3.50** per person for a return journey.

For further details and to book please contact Barbara on 020 8560 6969.

Albany Echo 2010 Issues

July/August – week commencing 5th July
September/October – week commencing 6th September
November/December – week commencing 8th November

Dates are subject to change remember we can email you a copy!