

SILVER SUNDAY EDITION



City of Westminster

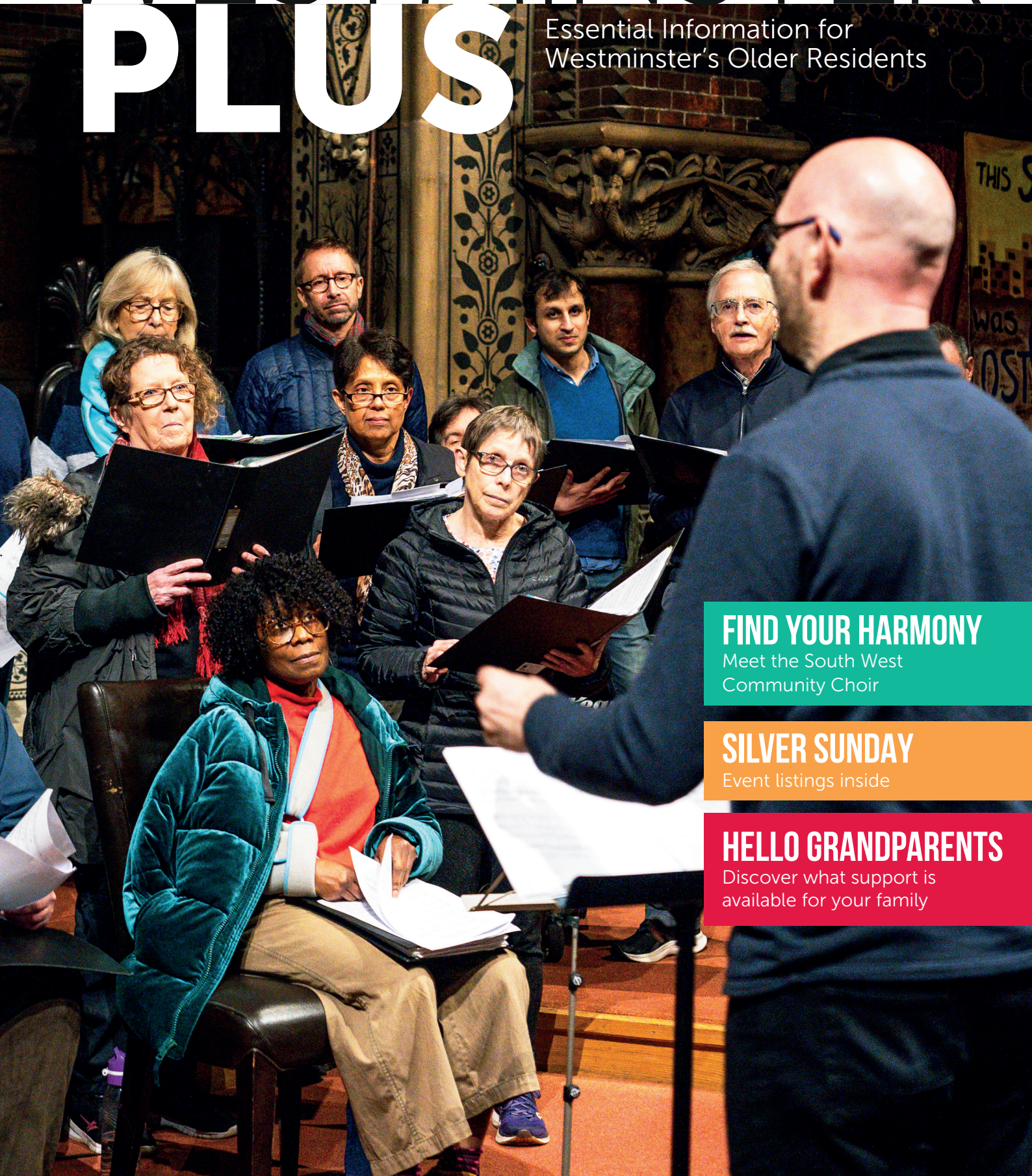
FREE

Issue 46

Summer 2024

WESTMINSTER PLUS

Essential Information for
Westminster's Older Residents



FIND YOUR HARMONY

Meet the South West
Community Choir

SILVER SUNDAY

Event listings inside

HELLO GRANDPARENTS

Discover what support is
available for your family



To the latest edition of Westminster Plus magazine, bringing you news, events and activities from across Westminster

Since the last issue, we have welcomed a new Lord Mayor of Westminster, Councillor Robert Rigby. Aged 63, he has lived in St John's Wood for more than 35 years. A keen runner, The Lord Mayor is a trustee of the London Marathon Foundation and regularly runs 10k and cross-country races as a member of the Shaftesbury Barnet Harriers. We hope to bring you a full interview with him next issue.

Meanwhile, in this issue, we're delighted to spotlight the transformative power of music with our special feature on the South

Westminster Choir. Discover the joy of harmonising with like-minded individuals and the myriad of benefits of joining a choir, no matter your level of experience. Read all about it on **pages 6 and 7**.

Plenty is going on in our bustling city with **Silver Sunday**. Turn to **page 12** for a list of the many great activities you can enjoy in Westminster this year.

We'd like to wish you all a fantastic end to the summer as we head into autumn, with plenty of community spirit and fun.

**TELL US
WHAT
YOU
THINK**

We are always looking for local stories to feature in this magazine and for your feedback on this issue, please share your ideas with us, by writing to:

- ✉ Westminster Plus
17th Floor Westminster City Hall
64 Victoria Street, SW1E 6QP
- 📧 westminsterplus@westminster.gov.uk
- ☎ 020 7641 6000



The 2023 Dance Westminster Champion

DANCE WESTMINSTER IS BACK

Now celebrating its fifth anniversary, our annual, free pan-disability competition encourages disabled people to be active through dance. Organised by Westminster City Council and **Step Change Studios**, it is open to people with disabilities aged 11 and over in the borough.

From 30 August to 18 September, participants join one of three, free workshops to learn a dance routine before showing off their moves in an audition. Ten finalists will receive 1-2-1 coaching for the grand final on 15 October at Porchester Hall, competing for the 2024 Dance Westminster title and The People's Choice Champion.

Join us to celebrate their achievements!

- 15 October 2024
 - Doors open at 12.30pm for a 1pm start
 - Porchester Hall, Porchester Road, W2 5HS
 - Ticket details are on the Active Westminster Dance Westminster website:
- 🌐 active.westminster.gov.uk/dance-westminster

☎ 020 7641 6000

STAY WELL THIS WINTER BY GETTING THE FLU VACCINE

Top up your protection against flu by getting vaccinated this autumn if you're eligible. Those at increased risk from severe illness can get the vaccine, including those aged 65 or over, those with a weakened immune system or who live in an older adult care home.

If eligible, you can call your GP or wait for them to get in touch.

🌐 www.nhs.uk/vaccinations/flu-vaccine

📞 If you need help now, but it's not an emergency, call 111



COST OF LIVING SUPPORT HUB



The cost of living crisis is affecting us all. Rising costs, such as fuel, energy bills and food is having an impact. We have a support hub online for Westminster residents:

🌐 westminster.gov.uk/cost-of-living-support

☎ 020 7641 6000



Thank you for recycling your food waste!

We want to thank all our residents for recycling their food waste – since March 2022 we have collected nearly 3,400 tonnes of food waste to be recycled. This is a great achievement, and we want to encourage as many residents as possible to recycle in Westminster.

Around 90% of residential properties now have access to our food waste recycling service. If you aren't sure how to start recycling your food waste, or don't have access to the service yet, please contact us via:



- ✉ Recycling Team: foodwaste@westminster.gov.uk
- ☎ Call centre: **020 7641 2000**
- 🌐 www.westminster.gov.uk/food-waste-recycling

Remember that all food waste from chicken bones to banana skins to coffee grounds can be put in your food waste bin. If you need food waste liners, kitchen bins or outdoor bins, please do get in touch.

All the food waste we collect is recycled at an anaerobic digestion facility outside London.

Why are we doing this?

Wasting less

Food waste generates harmful greenhouse gas emissions. Using this service will help reduce waste and tackle climate change.



Renewable energy

Your food waste will be used to create renewable energy used to generate electricity to power the national grid and heat for homes.



Biofertiliser

Food waste will also be transformed into a biofertiliser, which will be used on farmland to grow more food.



ADVERTISEMENT



WESTMINSTER city save




WESTMINSTER CITY SAVE OFFERS

Westminster City Save is a membership scheme for Westminster residents. It's free to join and offers you local discounts and savings

15% OFF WEEKDAY LUNCHES AT WILD BY TART.

Wild by Tart is a neighbourhood restaurant in Eccleston Yards. Housed in a former power station the site combines a restaurant, bar, retail store, events space and photography studio.

How to claim: Use the code LOCAL15 when making a reservation and show your Westminster City Save card when you visit. Weekday lunchtimes only – max 4 guests.

-  3-4 Eccleston Yards, London, SW1W 9AZ
-  www.wildbytart.com
-  reservations@wildbytart.com
-  020 3848 6240

25% OFF BOUQUETS AT APPELYARD LONDON

A luxury flower boutique born out of a passion for floral design. Each bouquet is lovingly hand-selected, and attention is paid to cutting-edge floral design, including new and rare breed flowers.



How to claim: For online purchases or telephone orders use discount code AWEST25.

-  www.appleyardflowers.com/flowers/all-flowers
-  0843 886 9422

Discover all offers available: westminster.gov.uk/westminster-city-save

DON'T HAVE A WESTMINSTER CITY SAVE CARD?

Register for one at westminster.gov.uk/westminster-city-save/register

-  citysave@westminster.gov.uk
-  020 7641 6000

2 FOR 1 BRIT MOVIE WALKING TOURS

Visit TV and movie locations featured in your favourite TV and film productions including, *Love Actually*, *Downton Abbey*, *James Bond*, *Mary Poppins* and more.

How to Claim: Advance booking is required. Book online using code: 2FOR1 or when calling to book.

-  Head Office: Brit Movie Tours, Suite 1376, Golden Cross House, 8 Duncannon Street, WC2N 4JF
-  www.britmovietours.com
-  0844 2471 007



25% OFF FOOD, DRINKS AND SOCIAL DARTS AT FLIGHT CLUB

Enjoy 25% off lunch while playing a sociable game of darts with friends.

How to Claim: Available Monday – Friday, 12- 6pm, for groups of 2 – 12 people at Flight Club Victoria. Advance booking is required. Book online and show your City Save card at the venue. Offer ends 29 November 2024.

-  6 Sir Simon Milton Square, SW1E 5DJ
-  www.lightclubdarts.com/location-victoria
-  Call 020 3019 3093

Earlier in the year, on a crisp evening, after a day filled with the cacophony of sounds of our working city, we headed south from Westminster City Hall towards Pimlico to a place where voices create melodies and laughter rings loud – a practice session of the South Westminster Community Choir



FIND YOUR HARMONY

Welcomed by the choirmaster, Owen, we took a seat a few pews back, admired the beautiful Church, and soaked up the atmosphere as they sang a rendition of 'Only You'.

Choir member, Peter, joined after a stroke which placed him in hospital for over three months and left him with limited speech during his recovery. As an experienced choralist, he sought a choir to join on a mission to find his voice again, which he did and 12 years later he is still hitting the notes with his fellow members.

There are many benefits of singing in a choir, research has shown that belting out a tune in a group, or a good ol' sing-song in the shower, can

"I CAME TO FIND A RELAXED, INFORMAL CHOIR WHERE I FELT AT HOME. I FOUND THAT HERE."

PHYLLIS



have a profound impact on both physical and mental wellbeing. Aside from physically improving posture and lung function,

the release of endorphins during singing sessions with friends can alleviate stress and anxiety, leaving you feeling uplifted and rejuvenated while bringing a sense of belonging through members forging lasting friendships. So far we aren't seeing any reason to not get our pipes warmed up!

Owen and his gang are always looking for new members, they say:

"Come if you love to sing, or come even if you think you can't."

🕒 Monday evenings from 6.30pm

📍 St James the Less Church, Thorndike Street (off Moreton Street), Pimlico, SW1V 2PS

✉️ southwestminstercommunitychoir@gmail.com

Find them on Facebook by searching: 'South Westminster CommunityChoir'



"I DO IT BECAUSE I ENJOY IT, I LIVE IN THE NORTH OF THE BOROUGH AND IT IS WORTH THE JOURNEY TO THE SOUTH TO ATTEND CHOIR"

MALCOLM



JOIN A CHOIR NEAR YOU!

Westminster have choirs in all corners of the borough, find your nearest: [westminster.gov.uk/community-choirs](https://www.westminster.gov.uk/community-choirs)
Or call **020 7641 6000** for assistance.

HELLO

Grandparents

Do you care or help with caring for your grandchildren?

Find out about all the support available to you on our family information website



Free support includes:

- Our in person family hubs
- Childcare Advice
- Health Guidance
- School Information
- Free and low cost activities
- And much more



SCAN ME

or visit: westminster.gov.uk/fis
or call: 07971 625 922



City of Westminster



"WE ARE THRILLED THAT AGE UK WANTS TO EMBRACE SILVER SUNDAY. ONLY A NATIONAL CHARITY WITH AGE UK'S RESOURCES AND IMPRESSIVE NATIONAL FOOTPRINT ACROSS THE UK CAN ACHIEVE THE FULL POTENTIAL OF SILVER SUNDAY."

- Matthew Sykes, Chief Executive,
Sir Simon Milton Foundation

Silver Sunday Tea Dance 2023

SILVER SUNDAY JOINS FORCES WITH AGE UK

Age UK, the UK's leading charity for older people, is the new home for Silver Sunday.

Silver Sunday is the national day for older people which takes place every October. It was founded 12 years ago in Westminster by one of the Sir Simon Milton Foundation's Trustees, The Lady Christabel Flight.

Christabel was also the Older People's Champion for Westminster City Council and she saw first-hand how the Westminster Tea Dance was able to lift the spirits of older people, introduce them to new people and help them to try something active.

Silver Sunday is now a successful national initiative and last year more than 2,000 fun and free events for older people were held across the UK, more than 70 of which took place in Westminster.

The day regularly includes a wealth of activities organised by generous local organisations, including The King's Gallery, Lord's Cricket Ground, and Westminster Abbey, to name but a few.

■ Turn the page for a list of events taking place in Westminster, or visit:

www.silversunday.org.uk

email info@silversunday.org.uk

or call **07775 413 447**

■ For more information call the Age UK Advice Line on **0800 678 1602**

■ If social media is your thing, follow along:
Facebook: facebook.com/silversundayUK
Instagram: instagram.com/SilverSundayUK



SILVER SUNDAY EVENTS



PLEASE NOTE:

All the information printed here is correct at the time of this issue going to press. Be sure to contact the event organisers listed below for precise details of each event prior to attending.

Please visit silversunday.org.uk or call **07775 413 447** for a full, up-to-date list of events. All circumstances may be subject to change.



HALF-PRICE ENTRY AT THE MUSEUM OF BRANDS

BOOKING REQUIRED

STEP-FREE ACCESS

✔ Sundays throughout October, 11am-5pm
📍 Museum of Brands, 111 – 117 Lancaster Road, Notting Hill, W11 1QT

Every Sunday in October 2024, visitors (aged 60 plus) to the Museum of Brands can purchase a half-price ticket. Use the code 'SILSUNDAY' in person or online to experience 200 years of consumer culture for only £3.75 per person. Tickets can either be bought online in advance, or at the desk on arrival.

🌐 museumofbrands.com

✉ info@museumofbrands.com

☎ 020 7243 9611



Half-price entry at the Museum of Brands

SOCIAL SING KARAOKE

BOOKING REQUIRED

STEP-FREE ACCESS

✔ Monday 30 September, 11.15am-12.15pm

📍 St Margaret's Activity Centre, 1 Carey Place, Pimlico, SW1V 2RT

A social singing Karaoke workshop to explore the joy of singing in a relaxed, supportive environment. Unlike formal singing lessons, these workshops focus on enjoyment, community and the shared experience of singing together as well as promoting healthy lungs.

🌐 hmunns@openage.org.uk

☎ Hannah at Open Age on 020 4516 9969

LANGUAGE CAFÉ

BOOKING REQUIRED

STEP-FREE ACCESS

✔ Mondays, 11.45am-12.45pm

📍 Grand Junction at St Mary Magdalene Church, Rowington Close, W2 5TF

A friendly and welcoming session to meet with local people, improve your English and gain confidence. A different topic will be discussed each week.

🌐 enrolment@grandjunction.org.uk

☎ 07541 477 677 or 07907 855 467

CREATIVE WRITING TASTER CLASS

✓ Monday 30 September,
2.30pm-4.30pm

📍 St Margaret's Activity Centre,
1 Carey Place, Pimlico,
SW1V 2RT

BOOKING
REQUIRED

STEP-FREE
ACCESS

LIMITED
SPACES

An engaging and supportive workshop for both seasoned writers and beginners. Whether you're looking to pen your memoirs, dabble in poetry, or create captivating fiction, our sessions offer a joyful and stimulating environment to explore your creativity. Through guided exercises, inspiring prompts and lively group discussions, you'll rediscover your unique voice and bring your stories to life.

🌐 hmunns@openage.org.uk

☎ Hannah at Open Age on 020 4516 9969

GAMES AFTERNOON

✓ Monday 30 September,
2.30pm-4.30pm

📍 New Horizons, Guinness
Trust Estate, Cadogan Street,
SW3 2PF

BOOKING
REQUIRED

STEP-FREE
ACCESS

LIMITED
SPACES

Join our Games Afternoon including Scrabble, Cluedo and Dominoes as well as light refreshments.

☎ Fiolla on 020 4516 9970

COMMUNITY CHOIR

✓ Mondays, 6pm-7pm

📍 Grand Junction at St Mary
Magdalene Church, Rowington Close,
W2 5TF

BOOKING
REQUIRED

STEP-FREE
ACCESS

Sing some great music and meet other people in your community every Monday. Led by experienced choir leader Kim Hawthorn, we explore a wide variety of music. No singing experience is needed, everyone is welcome!

🌐 enrolment@grandjunction.org.uk

☎ 07541 477 677 or 07907 855 467

ROYAL PORTRAITS: A CENTURY OF PHOTOGRAPHY

✓ Tuesday 1 October,
10am-12.30pm

BOOKING
REQUIRED

STEP-FREE
ACCESS



Royal Collection Trust © H.M. The King 2024

📍 The King's Gallery,

Buckingham Palace Road, SW1A 1AA

An interactive guided tour will look at the styles and techniques of Cecil Beaton and Annie Leibovitz, amongst other renowned photographers. You will be encouraged to think about pose, style and view while using drama to create your own compositions.

🌐 communitylearning@rct.uk

☎ 0303 123 7301

TEA, TALK AND WALK AT CHELSEA PHYSIC GARDEN




BOOKING
REQUIRED

STEP-FREE
ACCESS

✓ Tuesday 1 October, 10am-12pm

📍 Chelsea Physic Garden, 66 Royal Hospital
Road, SW3 4HS

Since January 2023, Chelsea Physic Garden has been hosting a free monthly drop-in session for people in the local community to connect with others and green spaces. Enjoy light refreshments and a walk around. (cont.)


 Please complete a booking form at
 chelseaphysicgarden.co.uk/tea-talk-and-walk
 learning@chelseaphysicgarden.co.uk
020 7349 6474

If you need help planning your visit to the garden, talk to us about access by calling 020 7352 5646

WELLBEING WALK

 Wednesday 2 October, 12.30pm-1.30pm
Meet at Porchester Leisure Centre,
Queensway, W2 5HS

Join the Westminster Ramblers and Everyone Active for a gentle walk to explore Bayswater. A rest stop is available.

 020 7221 6118

 everyoneactive.com

TAI CHI AT PADDINGTON RECREATION GROUND

BOOKING REQUIRED

STEP-FREE ACCESS

LIMITED SPACES

 Tuesday 1 October, 1pm-2pm
 Paddington Recreation
Ground, Randolph Avenue, W9 1PD

Join an outdoor martial arts class with the Everyone Active team.

 020 7644 6880


FASHION COLLAGING WORKSHOP WITH THE SAATCHI GALLERY

BOOKING REQUIRED

STEP-FREE ACCESS

LIMITED SPACES

 Tuesday 1 October, 1.30pm-3pm

 New Horizons, Guinness Trust Estate,
Cadogan Street, SW3 2PF

An exciting fashion collaging workshop, hosted by the Education Department at The Saatchi Gallery in response to their Beyond Fashion exhibition. A rewarding chance to practice your art skills and meet others.



 020 4516 9970


TABLE TENNIS AND BOARD GAME AFTERNOON

BOOKING REQUIRED

STEP-FREE ACCESS

LIMITED SPACES

 1 October, 1.30pm-3.30pm

 New Avenues, 3-7 Third
Avenue, W10 4RS

Enjoy a friendly game of table tennis, as well as enjoy some tea, coffee, and a variety of

board games, including Monopoly, Cluedo, Scrabble and Dominoes while chatting with like-minded people.

 bookings@openage.org.uk

 Marinne Laurent on 020 3713 8737

PEPPER POT DAY CENTRE – A DAY OF COMMUNITY FUN AND CELEBRATION

BOOKING REQUIRED


STEP-FREE ACCESS

 Wednesday 2 October, 2pm-5pm

 Pepper Pot Day Centre,
1A Thorpe Close, W10 5XL

Take part in a day of fun and celebration bringing the community together through music, dance, food, card games, dominoes and friendship. Be part of this vibrant celebration to create memories that will last a lifetime. Pepper Pot Day Centre serves the over-55s in the African, Caribbean and local community.

 Sandra at sandrastanbury@gmail.com

 020 8968 6940

AFTERNOON BINGO AT CADOGAN PIER


BOOKING REQUIRED

LIMITED SPACES

 Wednesday 2 October, 2pm-4pm

 Cadogan Pier, Chelsea Embankment,
SW3 5RQ

Celebrating our local community by inviting you to Cadogan Pier for an afternoon of bingo, tea, coffee and cake. An opportunity to relax, meet new people and enjoy the wonderful river around you. Please note, Cadogan Pier has limited access with steps.


 imogen.bather@cadoganpier.com by 27 September including your name and contact number to register


 Imogen or Sally on 020 7439 6400

HEALTH HACKS

BOOKING REQUIRED

STEP-FREE ACCESS

 Wednesdays, 2.15pm-3.15pm

 Grand Junction at St Mary
Magdalene Church, Rowington Close,
W2 5TF

Do you want to start walking 20 minutes each day, join a local keep fit class or sign up to do a couch to 5K? Wherever you're at with your health journey, Health Hacks is

here to support your physical activity goals in a safe and supportive way. Come and celebrate your achievements and pick up some useful tips and advice to lead a healthy life.

✉ Enrolment@grandjunction.org.uk
☎ 07541 477 677 or 07907 855 467

QUIZ

✓ Wednesday 2 October,
2.15pm-4.15pm

📍 New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF
Join a fun social trivia quiz, hosted by Open Age.

☎ Call Fiola on 020 4516 9970

BOOKING
REQUIRED

STEP-FREE
ACCESS

LIMITED
SPACES

SINGING

✓ Wednesday 2 October,
2.30pm-4.30pm

📍 New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF

Tutor-led class where all abilities are welcome. Popular music and some classics; a real variety of singing accompanied by guitar.

☎ Fiolla on 020 4516 9970

BOOKING
REQUIRED

STEP-FREE
ACCESS

LIMITED
SPACES

TENNIS AT PADDINGTON RECREATION GROUND

✓ Thursday 3 October,
10am-12pm

📍 Paddington Recreation Ground, Randolph Avenue, W9 1PD

Enjoy a game or coaching session on the outdoor courts at Paddington Recreation Ground.

✉ volunteerwithwestmin@everyoneactive.com
☎ 020 7644 6880

BOOKING
REQUIRED

STEP-FREE
ACCESS

THE CHELSEA THEATRE DANCE-A-THON!

✓ Thursday 3 October, 10am-4pm
📍 7 World's End Place, SW10 0DR

Grab your dancing shoes and participate in five fabulous hours of dance classes with the best instructors and fantastic music! Dances include disco, line-dancing and musical theatre. All abilities welcome.

☎ Olivia at Open Age on 07799 369741

BOOKING
REQUIRED

STEP-FREE
ACCESS



HEALTHY MIND AND BODY - PART OF THE CHINESE STORY

✓ Thursday 3 October,
10.30am-2pm

📍 Chinese Community Centre,
2 Leicester Court, WC2H 7DW

Tai Chi and calligraphy sessions followed by authentic Cantonese food.

✓ Tai Chi and Tai Fan: 10.30am - 11.30am
Tai Chi is a mind-body exercise that combines movements, meditation and deep breathing. Developed in China in the 12th century, Tai Chi Fan is a Chinese martial arts weapon form that teaches connected movements, hidden intent, deception and dexterity with fine hand motions.

✓ Calligraphy: 11.45am - 12.45pm
An artistic and stylistic writing of Chinese characters.

✓ Cantonese food: 1pm
An opportunity to enjoy authentic Cantonese food in a social setting.

🌐 www.ccc.org.uk

✉ info@ccc.org.uk

☎ 020 7439 3822

BOOKING
REQUIRED

STEP-FREE
ACCESS



Songhaven at St Paul's, Knightsbridge
- Photo by Nick Siepmann

SONGHAVEN: FREE RELAXED, PROFESSIONAL CONCERT AND TEA

BOOKING REQUIRED

STEP-FREE ACCESS

📅 Thursday 3 October, 12pm-2pm
📍 Holy Sepulchre London, The National Musicians' Church, Holborn Viaduct, EC1A 2DQ
Favourite songs and singalongs performed by three professional artists in a joyous, relaxed atmosphere followed by afternoon tea and a talk from an expert city guide. The concert takes place from 12.15pm until 1pm.
🌐 www.songhaven.co.uk/liveconcerts
✉ songhaven@songhaven.co.uk
☎ 020 7236 1145

BEGINNER'S ORIGAMI WORKSHOP

BOOKING REQUIRED

STEP-FREE ACCESS

LIMITED SPACES

📅 Thursday 3 October, 1pm-2pm
📍 New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF
Come along to join in a fun and social beginner's origami session.
☎ Fiolla at Open Age on 020 4516 9970

GIFT CARD MAKING

BOOKING REQUIRED

STEP-FREE ACCESS

LIMITED SPACES

📅 Thursday 3 October, 1pm-3pm
📍 New Avenues, 3-7 Third Avenue, W10 4RS
Join us for a two-hour, mixed-media, card-making workshop

and create a variety of unique cards using drawing, painting, or collage.

✉ bookings@openage.org.uk
☎ 020 3713 8737

GROUP CYCLE

BOOKING REQUIRED

LIMITED SPACES

📅 Thursday 3 October, 2pm-2.30pm
📍 Queen Mother Sports Centre, 223 Vauxhall Bridge Road, Pimlico, SW1V 1EL
A gentle group cycle class in the fitness studio. Suitable for beginners and all levels.
✉ volunteerwithwestmin@everyoneactive.com
☎ 020 7798 2040

AFTERNOON QUIZ AT CADOGAN PIER

BOOKING REQUIRED

LIMITED SPACES

📅 Thursday 3 October, 2pm-4pm
📍 Cadogan Pier, Chelsea Embankment, SW3 5RQ
A fun and interactive quiz accompanied by tea, coffee and cake and the opportunity to relax and meet new people whilst enjoying the wonderful river around you. Cadogan Pier sits next to Albert Bridge, in the heart of Chelsea. Cadogan Pier has limited access with steps.
✉ imogen.bather@cadoganpier.com by 27 September including your name and contact number to register
☎ Imogen or Sally on 020 7439 6400

DANCE-A-THON!

BOOKING REQUIRED

STEP-FREE ACCESS

📅 Friday 4 October, 10am-3.30pm
📍 3-7 Third Avenue, W10 4RS
Grab your dancing shoes and join in for five fabulous hours of dance classes with the best instructors and fantastic music! Dances include Disco, line-dancing and musical theatre. All abilities welcome!
☎ Olivia at Open Age on 07799 369741

INTRODUCTION TO CLIMBING

BOOKING REQUIRED

LIMITED SPACES

📅 Friday 4 October, 1pm-3pm
📍 Westway Sports and Fitness Centre, 1 Crowthorne Road, W10 6RP
Try something new this Silver Sunday with this introductory session to climbing at the UK's best indoor climbing walls. Fantastic fun and an adventure for everyone, regardless

of age or experience, climbing offers cardiovascular fitness, boosts strength, flexibility and range of motion.

✉ volunteerwithwestmin@everyoneactive.com
☎ 020 8969 0992

GUIDED TOUR AND HISTORY OF THE CORONET THEATRE

BOOKING REQUIRED

LIMITED SPACES

✓ Friday 4 October, tours at 2pm and 3.30pm
📍 The Coronet Theatre, 103 Notting Hill Gate, W8 7TA

The Coronet Theatre is a jewel to be discovered, combining a rich heritage with unique décor to create memorable experiences. The theatre was designed by WGR Sprague, architect of many of the West End's most beautiful theatres. Edward VII often visited, Ellen Terry and Sarah Bernhardt trod its boards, and it was where John Gielgud saw his first Shakespeare play. Please wear comfortable shoes and bring minimal bags.

☎ Andrea Carrington or India Deiana at Open Age on 020 4516 9971

HAIKU WORKSHOP

BOOKING REQUIRED

STEP-FREE ACCESS

LIMITED SPACES

✓ Friday 4 October, 2.30pm-4.30pm
📍 New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF

Join us for a one-off haiku workshop with a nature theme. A haiku is a Japanese poetic form that consists of three lines, with five syllables in the first line, seven in the second and five in the third. It's a chance to share and explore ideas in a playful environment.

☎ 020 4516 9970 to book or Fiolla on 020 4516 9970 for queries

ABBEY AFTERNOON: SEE AND SCRIBBLE

BOOKING REQUIRED

STEP-FREE ACCESS

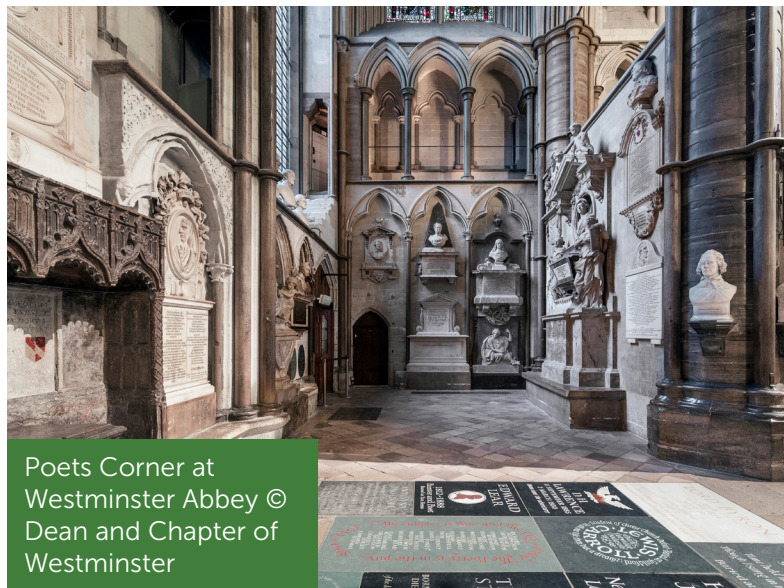
LIMITED SPACES

✓ Friday 4 October, 2pm-4pm
📍 Westminster Abbey, 20 Dean's Yard, SW1P 3PA

Take a guided walk-through Westminster Abbey and discover the poets of Poet's

Corner. Meet new people and work together to create your own reflective poem about the Abbey, as well as sharing poetry that matters to you.

✉ communities@westminster-abbey.org
☎ 020 7654 4913



Poets Corner at Westminster Abbey © Dean and Chapter of Westminster

BINGO BONANZA

STEP-FREE ACCESS

✓ Saturday 5 October, 2pm-3.30pm
📍 North Kensington Library, 108 Ladbroke Grove, W11 1PZ

Come on over for a jolly game of bingo! Win great prizes, sip some tea, nibble on cake, and have a grand old chat in our community room.

☎ 020 7361 3010

SONGHAVEN: RELAXED, PROFESSIONAL CONCERT AND TEA

BOOKING REQUIRED

STEP-FREE ACCESS

✓ Saturday 5 October, 3pm-4.30pm
📍 St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH

Favourite songs and singalongs performed by three professional artists in a joyous, relaxed atmosphere followed by afternoon tea in one of London's most beautiful Victorian churches.

🌐 www.songhaven.co.uk/liveconcerts
✉ songhaven@songhaven.co.uk
☎ 020 7201 9999



PRIZE DRAW

WIN TWO PAIRS OF FREE TICKETS TO SEE FAWLTY TOWERS

✓ Saturday 5 October, 2.30pm matinee
 📍 Apollo Theatre, Shaftesbury Avenue, W1D 7EZ

STEP-FREE ACCESS

Nimax Theatres is offering two pairs of tickets to see this brand-new stage play featuring your favourite scenes from the sitcom's unforgettable 12 episodes. Tickets will be allocated in a prize draw and you will be notified by Nimax Theatres on Friday 20 September if you have won.

How to enter:

Email events@nimaxtheatres.com by Thursday 12 September quoting Silver Sunday and the name of the show, your full name, any access requirements, and whether you would like one or two tickets. Tickets will be emailed to the winners – please confirm receipt of email.

SILVER SUNDAY HISTORY TOURS AT LONDON ZOO

BOOKING REQUIRED
STEP-FREE ACCESS

✓ Sunday 6 October and Wednesday 9 October, various times
 📍 Regent's Park, NW1 4RY
 Guests will be guided through the zoo's Royal history and most famous animals, as well as visiting some of the iconic architecture including the Grade I listed Lubetkin Penguin Pool. With lots of beautiful rest spots along the way and refreshments in the Zoo's Community Centre.
 ✉ communityengagement@zsl.org
 ☎ 07966 294022

WALKING TOUR - LOCAL HEROES IN WESTMINSTER

BOOKING REQUIRED

✓ Sunday 6 October, hourly walks from 10am to 2pm
 📍 Starting point is Embankment North, Villier Street side, finishing at Temple tube station
 A gentle walk with a qualified Westminster Guide through Victoria Embankment Gardens, once considered the finest thoroughfare in Europe. In this peaceful pocket of Westminster, a few steps from bustling Trafalgar Square, we can explore the statues and memorials of past and present heroes.
 🌐 westminsterguides.org.uk
 ✉ silversunday@westminsterguides.org.uk
 ☎ 020 7641 6000

FREE ENTRY AND MEET MISS NIGHTINGALE PERFORMANCES AT FLORENCE NIGHTINGALE MUSEUM

STEP-FREE ACCESS

✓ Sunday 6 October, 10am-5pm (last entry is 4.30pm)
 📍 The Florence Nightingale Museum, 2 Lambeth Palace Road, SE1 7EP
 Free entry when quoting 'Silver Sunday' on Sunday 6 October for up to 100 people. Special performances will take place at 11.30am, 1.30pm and 3.30pm by the museum's own Florence Nightingale.
 🌐 florence-nightingale.co.uk
 ✉ info@florence-nightingale.co.uk
 ☎ 020 7188 4400



The Lady with the Lamp: Meet Miss Nightingale

LIFE DRAWING AT THE WALLACE COLLECTION

✓ Sunday 6 October, 10.30am-12.30pm

📍 Hertford House, Manchester Square, W1U 3BN

Join artist Marie-Therese Ross to explore the art of life drawing from a nude model. This fun and informal session is open to beginners and confident artists alike.

🌐 wallacecollection.org/learn/adults/older-adults

✉ community@wallacecollection.org

☎ 020 7563 9577

BOOKING REQUIRED

STEP-FREE ACCESS

LIMITED SPACES

SOHO FIRE STATION TOUR

✓ Sunday 6 October, 11am-1pm

📍 Soho Fire Station, 126 Shaftsbury Avenue, W1D 5ET

Visit Europe's busiest fire station in the heart of Chinatown and London's Theatre district where you will gain an insight into the role of a London firefighter. You will have a tour of the station and see the equipment used by the firefighters followed by a Q&A and refreshments with the crew.

✉ stephen.holden2@london-fire.gov.uk

☎ 020 8555 1200

BOOKING REQUIRED

LIMITED SPACES

PILATES

✓ Sunday 6 October, 11.15am-12.15pm

📍 Westway Portobello Fitness Club, 3-5 Thorpe Close, W10 5XL

Join Everyone Active for a Pilates session.

✉ volunteerwithwestmin@everyoneactive.com

☎ 020 8960 2221

BOOKING REQUIRED

ONLINE SILVER SWANS® BALLET CLASS

BOOKING REQUIRED

ONLINE ONLY

✓ Sunday 6 October, 11.30am-12.30pm (for beginners or anyone wishing to refresh the basics or 1pm-2pm (for those with previous experience)

📍 Online via Zoom

Join us for an online Silver Swans® ballet class, especially for the over-55s, including repertoire from a famous ballet. Suitable for complete beginners to those with previous ballet experience.

✉ info@janetlomasdance.co.uk for a registration form

✉ janetlomasdance.co.uk

☎ 0161 280 6234

FUN DAY AT JAMES HILL HOUSE

BOOKING REQUIRED

STEP-FREE ACCESS

✓ Sunday 6 October, 12.30pm-4.15pm

📍 196-200 Kensal Road, W10 5BN

Enjoy a Silver Sunday lunch with finger food followed by bingo and a raffle at 1.30pm, live entertainment from 2.30pm and tea and cake at 3.45pm.

Hosted by Octavia Housing.

✉ pooja.gosavi@octavia.org.uk

☎ James Hill House on 020 8354 5676 or Pooja Gosavi on 07949 434 021

FUN DAY AT LEONORA HOUSE

BOOKING REQUIRED

STEP-FREE ACCESS

✓ Sunday 6 October, 12.30pm-4.15pm

📍 49 Lanark Road, W9 1AP

Enjoy a Silver Sunday lunch with finger food followed by bingo and a raffle at 1.30pm, live entertainment from 2.30pm and tea and cake at 4pm.

Hosted by Octavia Housing.

✉ pooja.gosavi@octavia.org.uk

☎ Leonora House on 020 7286 9226 or Pooja Gosavi on 07949 434 021



SILVER SUNDAY MATINÉE: SOME LIKE IT HOT

BOOKING
REQUIRED

STEP-FREE
ACCESS

- ✓ Sunday 6 October, 12pm
- 📍 Regent Street Cinema, 307 Regent Street, W1B 2HW

Enjoy an afternoon matinee screening of Billy Wilder's 1959 classic *Some Like It Hot* with free tea and coffee at Regent Street Cinema.

- 🌐 regentstreetcinema.com/checkout/showing/some-like-it-hot/170396
- ✉ enquiries@regentstreetcinema.com
- ☎ 020 7911 5050

MAMMA MIA! SING-ALONG AT THE BANDSTAND

STEP-FREE
ACCESS

- ✓ Sunday 6 October, 2pm-4.30pm
- 📍 Regent's Park Bandstand (Holme Green), NW1 4NT (enter the park via Clarence Gate)

To celebrate our open-air season, join us at the Bandstand, where there will be a large screen showing the original film *Mamma*

Mia. Following live entertainment with Mr Meredith from 2pm, guests will be invited to join in singing the ABBA songs as loud as you can. Popcorn, ice cream and other refreshments will be available to purchase.

Bring a blanket or your own chair, and deckchairs will be available to hire. Please dress for the weather, as this is an outdoor event. Thanks to the generous sponsorship of Wallacea Living Ltd, a luxury retirement living operator. All paths are flat and paved and the bandstand is 100 metres from Inner Circle.

- ✉ events@friendsofregentspark.org
- ☎ regentsparkmusicfestival.org.uk

SING OUT! IN SMITH SQUARE HALL WITH THE PIMLICO MUSICAL FOUNDATION

BOOKING
REQUIRED

STEP-FREE
ACCESS

- ✓ Sunday 6 October, 2pm-5pm
- 📍 Smith Square Hall, SW1P 3HA

To celebrate Silver Sunday, join the Pimlico Musical Foundation for a Sunday singing workshop at Smith Square Hall, exploring well known show tunes from across the decades. All taught by ear, no need to read music or to have had any previous singing experience.

- 🌐 sinfoniasmithsquare.org.uk/whats-on
- ✉ boxoffice@sinfoniasmithsquare.org.uk
- ☎ Box office on 020 7222 1061



savills

BOOKING
REQUIRED

EXPLORING SMITHFIELD MEAT, MEDICINE, MONKS AND MARTYRS

- ✓ Sunday 6 October, 2.30pm-4.30pm
 - Meet at Farringdon Station forecourt,
 - 📍 Cowcross Street, EC1M 6BY
- Braveheart, peasant rebels, grave-snatchers, martyrs, plague pits, hangings, London's raunchiest and most outrageous fairground



Singing Workshop at Smith Square Hall © Amy Ryan

and her most ancient hospital. Smithfield gives us a vivid glimpse of the sufferings and pleasures of old London. The walk takes in the Charterhouse, Smithfield Market, St Bartholomew the Great, Bart's Hospital, St. Sepulchre and the Old Bailey and ends at Hatton Garden in Holborn.

✉ richard.cohen2@btinternet.com
☎ 07852 141 425

EATON SQUARE GARDEN TEA PARTY

BOOKING REQUIRED

STEP-FREE ACCESS

📅 Sunday 6 October, 2.30pm-5pm
📍 Eaton Square Gardens, Belgravia, SW1W 9BQ
Enjoy afternoon tea in Eaton Square Gardens. The event is hosted by local resident Marina Kaloghirou in memory of her mother, Galatea and supported by Open Age.

✉ hmunns@openage.org.uk
✉ Hannah Munns on 020 4516 9969 or
☎ 07530 734 489

ONLINE INTRODUCTION TO MINDFULNESS

BOOKING REQUIRED

ONLINE ONLY

📅 Sunday 6 October, 3pm-4pm
📍 Online event
Ever wondered what Mindfulness is? Here's a golden opportunity to find out what it is and why it is so valuable.

✉ bookings@openage.org.uk
☎ Vivienne Mitchell at Open Age on 07824 484984

SILVER SUNDAY FILM AND AFTERNOON TEA

BOOKING REQUIRED

STEP-FREE ACCESS

📅 Sunday 6 October, 1pm-6pm
📍 Film screening at St. James The Less

Church, off Thorndike Street, Moreton Street, SW1V 2PS

📍 Afternoon tea at The Community Centre (Under Morgan House), Lillington Gardens, 57 Vauxhall Bridge Road, SW1V 2LF

The afternoon begins with a film screening followed by a sumptuous Silver Sunday afternoon tea and raffle. Hosted by Lillington and Longmoore Gardens Residents' Association.

✉ lalgra551@gmail.com
☎ 020 7245 2620



WIN

BOOKING REQUIRED

STEP-FREE ACCESS

FIVE PAIRS OF FREE TICKETS FOR THE PLAY THAT GOES WRONG

📅 Sunday 6 October, 3pm matinee
📍 Duchess Theatre, 3-5 Catherine Street, WC2B 5LA

A special Silver Sunday offer to win five pairs of free tickets to see this award-winning international smash-hit comedy live on stage.

How to enter: email events@nimaxtheatres.com by Thursday 12 September quoting Silver Sunday and the name of the show, your full name, any access requirements and whether you would like one or two tickets. Tickets will be allocated in a draw and emailed to the winners by 20 September – please confirm receipt of email. Tickets courtesy of Nimax Theatres and Kenny Wax Productions.

SILVER SUNDAY IN HYDE PARK

✓ Sunday 6 October, 10am for a 10.15am start and 11.30am for a 11.45am start

📍 Meet at Park Sports Cafe, South Carriage Drive, W2 2UH

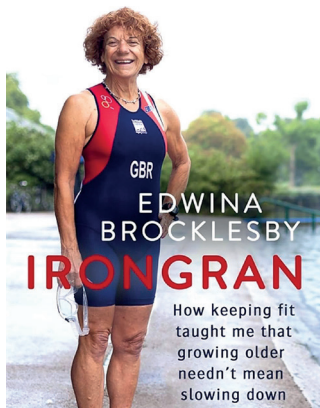
Try Nordic walking in Hyde Park, a fun and social pole walking activity to work out your upper body as well as your legs.

Beginners are welcome for this low impact, high results total body exercise. Poles can be supplied on request. Hosted by Silverfit, founded by Eddie Brocklesby, the UK's oldest female Ironman triathlete.

✉ edwina@silverfit.org.uk

🌐 silverfit.org.uk

☎ 0208 123 7879



Book cover of Irongran by Edwina Brocklesby, shot at Serpentine Lido

BOOKING REQUIRED

STEP-FREE ACCESS

DO YOU NEED HELP GETTING ONLINE?

✓ Monday 7 October, 10am-1pm

📍 Open Age at the Avenues Youth Project, 3-7 Third Avenue, W10 4RS

Get help with your tech questions from Westminster City Council's Digital Inclusion Team. Please bring your own device – phone, tablet or laptop and we will support you with questions around emails, texting, staying safe online, online forms, WhatsApp, social media and anything else you need. Appointments are 45 minutes long.

✉ bookings@openage.org.uk

☎ Marinne Laurent on 020 3713 8737

🌐 westminster.gov.uk/digitall-helping-you-get-online

BOOKING REQUIRED

STEP-FREE ACCESS



POST SILVER SUNDAY

REFLEXOLOGY TASTER SESSIONS AND TALK

✓ Monday 7 October, 10am-1.30pm

📍 The Reed Centre, 28 Convent Gardens, W11 1NH

Short Reflexology taster sessions with Reflexologist Rita Taylor who will answer questions about Reflexology and Shiatsu.

Reflexology and Shiatsu sessions are available during the week at the Reed Centre at a discounted rate of £35 per hour for Open Age members.

☎ Rita – 07865 080969

✉ shiatsuwestlondon.weebly.com

BOOKING REQUIRED

STEP-FREE ACCESS

AFTERNOON TEA IN HELIOT STEAK HOUSE AT THE HIPPODROME CASINO

✓ Monday 7 October, 1pm-3pm

📍 The Hippodrome, Leicester Square, WC2H 7JH

Enjoy a luxurious afternoon tea in the beautiful Heliot Steak House at the historic Hippodrome. Bookings by 2 October.

✉ events@hippodromecasino.com

☎ 020 7769 8888

BOOKING REQUIRED

STEP-FREE ACCESS

ONLINE LOCAL HISTORY TALK

✓ Monday 7 October, 2pm-3pm

📍 Online via Zoom

BOOKING REQUIRED

ONLINE ONLY

Learn about the interesting history of North Kensington and the stories behind the streets.

✉ Andrea – Acarrington@openage.org.uk

☎ 0204 516 978

BOW STREET POLICE MUSEUM TOUR

BOOKING REQUIRED

STEP-FREE ACCESS

📅 Tuesday 8 October, 11am-12.30pm

📍 28 Bow Street (Martlett Court entrance), WC2E 7AW

Step free access is via NoMad Hotel entrance

The Museum tells the story of the Bow Street Runners and the Metropolitan Police Officers who patrolled the streets of Covent Garden in their footsteps.

✉ info@bowstreetpolicemuseum.org.uk

🌐 www.bowstreetpolicemuseum.org.uk



BSPM Lamp © Bow Street Police Museum

BADMINTON COACHING SESSION

BOOKING REQUIRED

📅 Tuesday 8 October, 12pm-2pm

📍 Queen Mother Sports Centre,
223 Vauxhall Bridge Road, Pimlico, SW1V 1EL

A coaching session suitable for all levels including beginners.

✉ volunteerwithwestmin@everyoneactive.com

☎ 020 7798 2040

SILVER TUESDAY AT THE SCIENCE MUSEUM

BOOKING REQUIRED

STEP-FREE ACCESS

📅 Tuesday 8 October, 2pm-4pm

📍 Science Museum, Exhibition Road, South Kensington, SW7 2DD

Join us for light refreshments, and a theme of creativity as we celebrate National Poetry Day and share winning entries from our poetry competition.

✉ SCMcommunity@sciencemuseum.ac.uk
to register your interest and book a free visit.

☎ 033 0058 0058



OPEN AGE MAKE AND BAKE CUPCAKE WORKSHOP

BOOKING REQUIRED

STEP-FREE ACCESS

📅 Tuesday 8 October, 2pm-4pm

📍 St. Margaret's Activity Centre,
1 Carey Place, SW1V 2RT

☎ Hannah at Open Age on 020 4516 9969

MORLEY COLLEGE CLASSIC FILMS: IT'S A WONDERFUL LIFE

BOOKING REQUIRED

STEP-FREE ACCESS

📅 Tuesday 8 October, 2pm-4.30pm

📍 Morley College London, Wornington Road, W10 5QQ

Come along to our Open Age and Morley College classic film screening of *It's a Wonderful Life*. Refreshments will be served.

☎ Andrea or India on 020 451 669

OPEN AGE PAINTING AND DRAWING

BOOKING REQUIRED

STEP-FREE ACCESS

📅 Wednesday 9 October, 10am-11.30am

📍 Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ

Learn how to paint in various mediums and styles. Suitable for all abilities.

☎ Andrea or India on 020 4516 9971

TOUR AND AFTERNOON TEA AT LORD'S CRICKET GROUND

BOOKING REQUIRED

LIMITED SPACES

📅 Sunday 13 October, 11.30am-2.30pm

📍 Lord's Cricket Ground, St John's Wood Road, NW8 8QN

Enjoy a tour of Lord's, the home of cricket followed by afternoon tea.

✉ community@mcc.org.uk

☎ 020 7616 8604

YOUR COUNCIL SERVICES



GENERAL CONTACT DETAILS

- 📞 020 7641 7000
- ✉️ responsewcc@westminster.gov.uk
- 🌐 westminster.gov.uk

ADULT SOCIAL CARE

- 📞 020 7641 1444 or 020 7641 1175
- ✉️ adultsocialcare@westminster.gov.uk
- 🌐 peoplefirstinfo.org.uk

ANIMAL WELFARE

- 📞 020 7641 6000
- ✉️ awarden@westminster.gov.uk
- 🌐 westminster.gov.uk/animal-welfare



ANTI-SOCIAL BEHAVIOUR

- 📞 0800 358 3783 **FREEPHONE**
- ✉️ housing.enquiries@westminster.gov.uk
- 🌐 westminster.gov.uk/housing

ARCHIVES

- 📞 020 7641 6200
- ✉️ archives@westminster.gov.uk
- 🌐 westminster.gov.uk/archives

BENEFITS



- 📞 0800 072 0042 **FREEPHONE**
- ✉️ westminster.benefits@secure.capita.co.uk
- 🌐 westminster.gov.uk/benefits

BIRTHS, DEATHS AND MARRIAGES

- 📞 020 7641 7500
- ✉️ registeroffice@westminster.gov.uk
- 🌐 westminster.gov.uk/birth-and-death-certificates-marriages-and-citizenship

CEMETERIES

- 📞 020 8567 0913
- ✉️ parks@westminster.gov.uk

HEALTH & WELLBEING

- 📞 020 7641 7000
- 🌐 westminster.gov.uk/health-and-social-care



HOUSING SERVICES

- 📞 0800 358 3783 **FREEPHONE**
- ✉️ housing.enquiries@westminster.gov.uk
- 🌐 westminster.gov.uk/housing

LEISURE CENTRES

- ✉️ active@westminster.gov.uk
- 🌐 active.westminster.gov.uk

LIBRARIES

- 📞 020 7361 3993 or 020 7641 6200
- ✉️ libraries@westminster.gov.uk
- 🌐 westminster.gov.uk/libraries

PARKING

- 📞 020 7823 4567
- ✉️ parkingservices@westminster.gov.uk
- 🌐 westminster.gov.uk/parking



PEST CONTROL

- 📞 0800 358 0514 **FREEPHONE**
- ✉️ pestcontrol@westminster.gov.uk
- 🌐 westminster.gov.uk/pest-control

RECYCLING/RUBBISH

- 📞 020 7641 2000
- 🌐 westminster.gov.uk/recycling

REPORT IT

- 🌐 westminster.gov.uk/report-it

STREET MARKETS

- 📞 020 7641 8549 or 020 7641 7010
- ✉️ streettradinglicensing@westminster.gov.uk
- 🌐 westminster.gov.uk/markets


WESTMINSTER ADULT EDUCATION SERVICE

- 📞 020 7297 7297
- ✉️ info@waes.co.uk



WESTMINSTER CONNECTS

- 📞 020 7641 1222
- 🌐 westminster.gov.uk/westminster-connects



Discover the benefits of a smart meter

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020 3004 5610



enquiries@ageukwestminster.org.uk



*Eligibility may vary