



City of Westminster

FREE

Issue 47

December 2024

WESTMINSTER PLUS

Essential Information for
Westminster's Older Residents



IT STARTS WITH A CUP OF TEA

Things are brewing at grass roots charity, In-Deep

I FOUND A WAY TO WELLBEING

Introducing our new wellbeing hub

WINTER IN THE CITY

Pension credit and staying warm this winter

WHAT'S ON

Markets, exercise classes and more!



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



We are well into the colder months now and the streets are sparkling with lights ready for the festive season. Winter also brings about challenges for health, wellbeing and the cost of living. **Pages 6 to 9** have some helpful information on getting through the season, while on **page 4** you can find out how to check if you're eligible for Pension Credit.

In this issue, we're delighted to spotlight the fantastic work grassroots charity, In-Deep is doing within our community – read all about it on **page 12**.

We also have a new recipe from one of our designers here at Westminster Plus – Vân has shared her delicious matcha cake recipe on **page 11**.

There is plenty going on in our city throughout December and into January. Turn to **page 16** for activities to get involved with during the winter months.

Finally, we'd like to take this opportunity to wish you all a Merry Christmas and a Happy New Year with plenty of community spirit, laughter and fun.

SHARE A STORY WITH US

We are always looking for community groups to visit and share your stories and activities with the wider community, get in touch to share yours by writing to us at:

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



Councillor Nafsika Butler-Thalassis
Cabinet Member for Adult Social Care, Public Health and Voluntary Sector and Lead Member SEN and Learning Disabilities Champion



Councillor Southern
Older Persons Champion

WESTMINSTER'S ADULT SOCIAL CARE SERVICE EARNS POSITIVE RECOGNITION IN CARE QUALITY REPORT

After a thorough inspection in June, where the Care Quality Commission (CQC) spoke with service users, unpaid carers, council staff and service partners.

Westminster City Council's Adult Social Care Service has received a **Good** rating from the CQC. This is testament to the important work the council does alongside staff who are committed to delivering safe and high-quality outcomes for our residents.

"ACHIEVING SUCH A HIGH SCORE IS A GREAT SOURCE OF PRIDE FOR THE COUNCIL, AND WE CAN ASSURE YOU THAT WE WILL CONTINUE TO DELIVER OUR ADULT SOCIAL CARE SERVICES WITH RESIDENTS' AND CARERS' VOICES AT THE HEART OF WHAT WE DO"

- CLLR NAFSIKA BUTLER-THALASSIS

ARE YOU ELIGIBLE FOR PENSION CREDIT?

Pension Credit gives you extra money to help with your living costs if you're over state pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges.

Pension Credit is separate from your state pension. You can get Pension Credit even if you have other income, savings or own your own home. You might get extra help if you're a carer, severely disabled, or responsible for a child or young person.

You can use the **Pension Credit calculator** to find out if you're eligible for Pension Credit and how much you could get: www.gov.uk/pension-credit-calculator or call 0800 731 0469.

COST OF LIVING SUPPORT HUB

The cost of living crisis continues to affect us all. Rising costs such as fuel, energy bills and food are having an impact. Visit our support hub online for residents:

🌐 westminster.gov.uk/cost-of-living-support
☎ 020 7641 6000





PENSION CREDIT

How do I apply?

Pension Credit could give you around **£3,900** a year, on average, to help with your living costs if you're over State Pension age and on a low income. Plus, you could get the **Winter Fuel Payment**.*

STEP 1

Check eligibility

Use the quick **online calculator** to check eligibility and how much you could get.

STEP 2

Have the following information ready

- ✓ National Insurance number
- ✓ Information about any income, savings and investments you have
- ✓ Bank details

STEP 3

Apply online

Visit **gov.uk/pension-credit** to apply online.

Alternatively, you can call the **Pension Credit claim line** on **0800 99 1234**.

STEP 4

Wait to hear from us

You will be notified by post when your claim has been assessed.



CELEBRATING SILVER SUNDAY 2024



The Chelsea Ballet performed four dances at each care home

Westminster celebrated Silver Sunday with many events taking place across the city, including afternoon teas, care home visits, arts and crafts classes, walking tours, and an amazing dog show at Paddington Recreation Ground.

The Lord Mayor of Westminster, along with Cllrs Butler-Thalassis and Southern visited care homes across the borough

meeting residents and enjoying performances from The Chelsea Ballet.

Thank you to all the volunteers and organisations that hosted events and made the day fun-filled for everyone who took part. We are looking forward to 2025 already!



The Dog show and Animal Welfare event at Paddington Recreation Ground

CLLR SOUTHERN TELLS US ABOUT HER SILVER SUNDAY...

"We had an interesting day, first joining the Nordic Walking session in Hyde Park, where we learned just how much this style of walking (based on skiing) exercises the whole body including the back and arms.

Next, we joined the art session at The Wallace Collection where we attempted to learn to draw. This was a good step-by-step

approach which gave us the confidence to have a go, even if the results showed we need more practice!

Lastly, we did the guided walk along Victoria Embankment. The theme was 'heroes' and included information about the memorial for Bazalgette, a French immigrant who designed the Embankment as we now know it."



STAY WELL THIS WINTER



KEEPING WARM

During the winter, staying warm is essential for your health, especially as we age. It is recommended you keep your home at least 18°C to reduce the risk of cold-related illnesses. Cold weather increases the risk of heart attacks, strokes and respiratory problems. If you're finding it difficult to heat your home, try to keep your living room warm during the day and your bedroom warm at night.

Layer up with warm clothing, both indoors and out, as multiple layers help trap heat. Ensure you have warm bedding and use a hot water bottle or electric blanket to stay cozy in bed (but stay safe by never using them together).

It's also important to stay active, as moving around helps you stay warm. Even light activities, such as walking around the house, can improve circulation. Eat regular, hot meals and drinks to keep your energy up, which also helps your body generate heat.



WINTER VACCINES

If you're eligible for the flu and COVID-19 vaccine, there is still time to get your free winter booster. You can book a vaccine online via the NHS website ([nhs.uk](https://www.nhs.uk)) by calling 119, or contacting your GP to check whether your local pharmacy offers it.

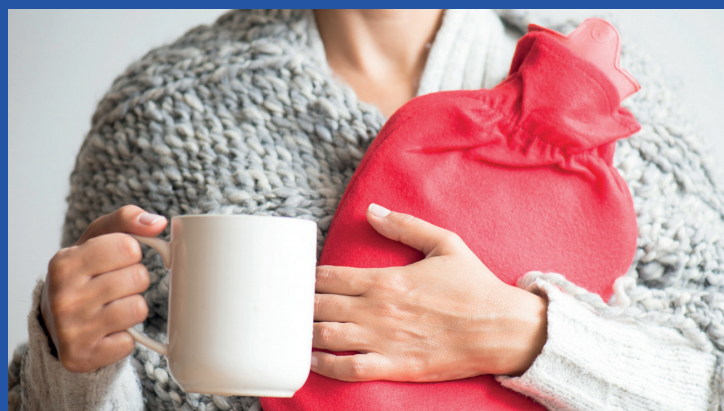
The NHS is also offering a new RSV vaccine for those aged 75 to 79. This vaccine protects against respiratory syncytial virus which can cause pneumonia. You can get vaccinated any time of year, not just in the winter.

Call your GP to find out more.

CHRISTMAS CHECKLIST

Some pharmacies and GP surgeries will close over the Christmas break, it's best to make sure you are prepared by:

- ✓ Picking up your medication in advance
- ✓ Check you are up to date with your winter vaccinations
- ✓ For urgent help that's not life threatening, call NHS 111 or use its online service (open 24/7)



I found a way

'I THINK HAVING A WELLBEING HUB WITH INFORMATION ON HOW TO GET SUPPORT FOR MENTAL HEALTH IS A WONDERFUL IDEA. I THINK MEN LIKE TO FIND INFORMATION FOR THEMSELVES, ESPECIALLY OLDER MEN'

TIM, QUEEN'S PARK RESIDENT

to wellbeing

INTRODUCING THE WELLBEING HUB

Our new **Wellbeing Hub** is an online directory designed to help you find the support you need, when you need it.

Whether you're dealing with anxiety, loneliness, or just feeling overwhelmed, the Wellbeing Hub is an online resource featuring local and national services ready to assist.

The hub includes a user-friendly quiz to guide you towards tailored support based on your specific needs. This ensures you can access the right help, whatever challenges you are facing, or simply just need someone to talk to.

You can also check out videos filmed with local services explaining how you can access their service and experiences of residents using those services.

The key message of the 'Way to Wellbeing' campaign is simple: no one should suffer in silence. If you or someone you know is feeling low, don't hesitate to speak up. Mental wellbeing is a vital part of our overall quality of life, and it's something we all need to care for, both in ourselves and in our community.

Let's make Westminster a place where everyone feels supported and no one feels alone.



YOUR BOROUGH HAS YOUR BACK

The hub explores free or low-cost mental health and emotional wellbeing support in Westminster and some UK wide services and apps.

Samaritans offer 24-hour support
☎ 116 123

Visit the Wellbeing Hub:
🌐 westminster.gov.uk/wellbeing-hub
☎ 020 7641 6000

If you need assistance to access the hub online, speak to your local library for help.

Cllr Iman Less (pictured right) Deputy Cabinet Member - Public and Mental Health and Night Time Champion, helps launch the hub





WINTER in the City



Winter in the City returns to Westminster! As the weather gets colder we have plenty of support available for you as well as activities to take part in, ways to help minimise your bills and get the most for your money this winter.

There is no deadline to apply for Pension Credit. However, you have to apply before 21 December 2024 in order to be eligible to receive a Winter Fuel Payment this winter.

AGE UK WESTMINSTER

Find out more about Age UK Westminster services including booking appointments for support with pension credit applications:

✉ enquiries@ageukwestminster.org.uk

☎ 020 3004 5610

🕒 Monday to Friday, 10am to 2pm

For urgent initial enquiries related to Information and Advice – a drop-in service is also available at the Abbey Centre. This is ticketed and first come, first served. The advisor is usually able to see eight people a day.

🕒 2pm to 4pm every Wednesdays

📍 The Abbey Centre

34 Great Smith St, SW1P 3BU

🌐 <https://shorturl.at/qvrpL>

☎ 0207 222 0303

ENERGY

Westminster residents are eligible for a free consultation and visit from the Home Energy Advise Service who can visit your home and provide some quick measures to help improve its energy efficiency as well as tips on how you can lower your overall energy bills.

The service will be hosting information sessions near you soon. You can also request a free home visit:

☎ 0300 365 3005

✉ GreenDoctorsLDN@groundwork.org.uk



Have a question about Winter in the City?

✉ winterinthecity@westminster.gov.uk

Read the full listings and check for new places being added:

🌐 westminster.gov.uk/winter-in-the-city-2024

You can also find more help and advice on our Cost of Living support hub:

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

☎ 0207 641 6000

ADVICE



We have helped to fund increased advice services across the city such as increasing the dedicated help availability from places such as the Cardinal Hume Centre, Age UK and Z2K and Paddington Law to help our residents with everything from applying for their Pension Credit and other benefits, immigration, housing, money worries and much more.

HOUSEHOLD SUPPORT FUND



We will be using the extended Household Support Fund to help low income families who are eligible for free school meals during holidays as well as low income pensioners that are in receipt of Housing Benefit or Council Tax Support and are no longer eligible for the Winter Fuel Payment. Other support will also be available for older people struggling if they are no longer eligible for the Winter Fuel Payment.



SOCIAL SPACES

Our libraries and community spaces are open this winter to anyone who wants a safe, warm and welcoming space to enjoy a free activity, a hot drink and somewhere to meet with friends and neighbours.

Coffee Morning

🕒 Wednesday 10am to 12pm
Monthly: 6 Nov, 4 Dec, 8 Jan 2025, 5 Feb, 5 Mar

📍 St Paul's Church
5 Rossmore Road
Marylebone, NW1 6NJ

Barnabas Group

🕒 Every Monday, 3pm to 5pm
📍 St Paul's Church
5 Rossmore Road
Marylebone, NW1 6NJ



FOOD



There are food banks and pantries across Westminster that are there to provide food support for anyone who needs it. Many of these venues also offer advice, activities and other support over the winter period and beyond. The council also continues to fund free school meals over school holidays this winter.

North Paddington Food Bank:

Everybody Eats - 'from the community for the community'

🕒 Every Tuesday from now to 25 March 2024

- 10am to 2pm: Everybody Eats (kitchen open from 12:30pm)
- 12pm to 2pm: Social Groups and Speakers
- 1.30pm to 3pm: Social Table Tennis

📍 57 Goldney Rd, W9 2AR

Westbourne Park Community Café:

🕒 11am to 4pm every Thursday
From 7 November to 27 March 2025 (week break on 26 December)

📍 Westbourne Park Baptist Church
Corner of Porchester Road and Westbourne Park Villas, W2 5DX

Food Cycle Marylebone at St Pauls Church:

🕒 6pm every Wednesdays from 6 November to 26 March 2025
*Closed on Wednesday 25 December but open on Thursday 26 December for Boxing Day Meal
*There will not be a session between 30 December to 1 January due to planned maintenance and repair works.

📍 St Paul's Church
5 Rossmore Road
Marylebone, NW1 6NJ

No need to book
Just drop in



Abbey Centre:

Warm meals voucher

Daily from now until 31 March 2025 (including Saturdays)

🕒 9am to 3pm

📍 The Abbey Centre
34 Great Smith St, SW1P 3BU

Giving residents a voucher for 10 meals from the Wash House Café. Each person will have access to other services available at the Abbey Centre, for example the pantry, advice service, the social club and the carers' support group.

Emmanuel Community Drop-in:

🕒 10.30am to 1.00pm every Wednesday from now to 26 March 2025

*Closed from 25 December to 1 January 2025

📍 Emmanuel Parish Church
389E Harrow Road, W9 3NA

Pimlico Angels Warm Meals:

🕒 5pm to 8pm every Tuesday from now to 31 March 2025

📍 Grosvenor Hall
Vincent Street, SW1P 4HL

Information is correct at the time of printing. Please check Winter in the City web page for the full list and most up-to-date activities and venues near you.



HELLO

Grandparents

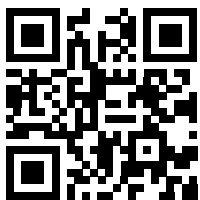
Do you care or help with caring for your grandchildren?

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



Free support includes:

- Our in person family hubs
- Childcare advice
- Health guidance
- School information
- Free and low cost activities
- And much more



westminster.gov.uk/families

☎ 07971 625 922

families@westminster.gov.uk



City of Westminster

MATCHA SPONGE CAKE

For a healthier and budget-friendly alternative to store-bought cakes, try this delightful homemade cake recipe. It's the perfect way to enjoy a cozy indoor activity this winter!



Bowl 1: mix it (not beat it)

- 5 egg yolks
- 60g of oil
- 60g of milk

Sieve 100g of flour + 8g of matcha powder
... mix slowly until there are no lumps.



Bowl 2: whisk it

- 5 egg whites
- 100g of icing sugar
- A pinch of salt

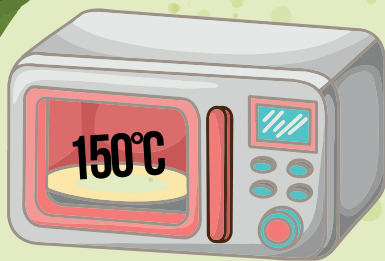
Whisk all until it can form firm peaks.



Pour bowl 1 into bowl 2

Gently mix it.

Line baking paper on a cake tin with a detachable bottom, then pour the mixture in. Gently drop the tin three times on the worktop to reduce bubbles in the mixture. Use a thin stick to swirl from the middle out.



Set oven to 150°C

Bake for 30 minutes, turn it around in the oven and bake for another 15 minutes. Take it out and rest on cool rack for two hours before adding cream.



Matcha cream

Whip 300ml of double cream, adding 20g of icing sugar and 8g of matcha powder.

IT STARTS WITH A CUP OF TEA

In-Deep is a grass roots charity that is a vital source of support and companionship for older people in Westminster.

Upon arrival at Grosvenor Hall, visitors are warmly greeted by Emma and introduced to the volunteers supporting In-Deep that day. Among them is Colin Chapman MBE (pictured far right), busy in the kitchen, chopping and prepping with enthusiasm, sending cheerful greetings to everyone who walks-in.

In-Deep was founded in 2002 by Colin. He had spent a short period of his life sleeping rough in South Westminster, during which time he became friends with many older local residents who helped him by way of kindness. Once he overcame his challenges, he saw a growing need to address isolation within the community, especially among older individuals.

Driven by a mission to foster friendship and understanding, In-Deep is committed to tackling loneliness by connecting people from all walks of life. Through a variety of programs and activities, they provide older adults with companionship, purpose, and an inclusive space.

At a recent gathering, attendees shared cups of tea, and a warm sense of community. A highlight of the day was the delivery of harvest festival bags, donated by a nearby school. The joy on each face was evident—a testament to the positive impact In-Deep continues to make in the community.



“AS LONG AS YOU ARE OVER 50, IT DOESN'T MATTER WHO YOU ARE, YOU'RE WELCOME. AND IT ALL STARTS WITH A CUP OF TEA” – COLIN

VOLUNTEER!

In-Deep, like many other charities, relies on volunteers to deliver its service and make a difference. Get in touch via email if you would like to offer to lend a hand:

✉ emma.chapman@in-deep.org.uk

☎ 0776 126 3105



Emma Chapman (pictured above left) with volunteers at Grosvenor Hall

DISCOVER IN-DEEP:

LATIN MOVES DANCE CLASS

Weekly dance classes for over-50s, taught by qualified instructor, Béthany Martínez.

- ✓ Every Wednesday, 10.30am to 11.30am.
- 📍 Grosvenor Hall, Vincent St, SW1P 4HB

OVER 50S CHOIR

Enjoy singing a range of songs from the 1950s and 60s and musicals. No audition is necessary, and everyone is welcome.

- ✓ 6.30pm to 7.30pm, every first and third Monday of the month
- 📍 St Saviour's Church, Lupus Street, SW1V 3QW

COMMUNITY DINNER

For the over 50s on a Saturday every other month. Serving a delicious three-course meal along with live music, and providing a chance for people to socialise and make new friends.

- ✓ 12pm to 3pm, one Saturday every other month (last meal is served at 1.45pm)
- 📍 Westminster Kingsway College, 76 Vincent Square, SW1P 2PD
- £ £6 per person. Booking essential.

WEEKLY COMMUNITY LUNCH CLUB

- ✓ Every Wednesday, 11.30am to 2.30pm (last meal is served at 1pm)
- 📍 Grosvenor Hall, Vincent St, SW1P 4HB
- £ £3.50 per person

To find out more and register for these events, get in touch:

- ✉ emma.chapman@in-deep.org.uk
- ☎ 0776 126 3105
- 🌐 www.in-deep.org.uk

Our cover stars Jenny and Jean have lived and worked in Westminster for many years, and now as neighbours, are regular attendees at the community lunch club.



Recycle at Christmas... it's easy!

Please only put the following in your mixed recycling bags and bins:



X no foil wrapping X no glitter cards X no non-paper gift wrap and gift bags X no polystyrene

Will my food waste, mixed recycling or rubbish collections change over Christmas and New Year?

This information is for residents who present their rubbish and recycling in bags and food waste in bins on the kerbside only.

Our crews will not be collecting on Wednesday 25 December. If you receive 1x weekly collections for rubbish, food waste or recycling and if your collection day is normally on a Wednesday, you will have a change to your regular collection day.

If your regular collection day is:	It will be changed to:
Wednesday 25 December 2024	Saturday 28 December 2024

Please do not leave your food waste, recycling or rubbish out for collection on Wednesday 25 December. If you have additional waste, you can take it to your nearest on-street bin. To find your nearest bin please visit www.westminster.gov.uk/mrc

There are no changes for any other day or bank holiday. All collections will take place as usual apart from Wednesday 25 December 2024.

Special Saturday collection

If you only receive a collection once a week on a Wednesday, our crews will collect your food waste, mixed recycling and rubbish as part of a special catch-up collection on Saturday 28 December 2024.

Please note that if your property normally receives two or more rubbish and recycling collections each week, you will not receive a special Saturday collection. Please use your other regular collections later that week.

How do I recycle my real Christmas tree in Westminster?

Westminster has over 25 recycling points for real Christmas trees. You can take your tree to a drop-off point **from the start of Thursday 26 December 2024 to the end of the day Sunday 19 January 2025**. Opening hours are 8am to 8pm unless they are in parks, which close at 4.30pm.

Please remove all decorations, stands and netting from the tree before bringing it to a recycling point. Only trees taken to recycling points will be turned into woodchip and soil improver.

For a list of tree recycling points, please go to www.westminster.gov.uk/xmas-recycling or call **020 7641 2000**



HAVE YOUR SAY ON PROPERTY LICENSING IN WESTMINSTER

We are working hard to create a fairer, safer, and greener borough, and we need your input to help shape our future.

We are proposing a new property licensing scheme to better manage private rented homes and tackle issues such as antisocial behaviour and poor housing conditions.

Selective licensing will allow us to take a proactive approach, ensuring private rental properties are safe, well-managed, and meet legal standards. This means safer homes for everyone, especially for those in vulnerable situations.

The licensing scheme will also support our efforts to reduce antisocial behaviour, which is sometimes linked to privately

rented properties. In addition to promoting safety, we are also committed to fighting climate change. Our proposals include a discount for landlords with properties that have an Energy Performance Certificate (EPC) rating of band C or above. This encourages more energy-efficient homes, helping to reduce energy use and support our environmental goals.

We believe in being transparent and listening to the voices of our community. That's why it's so important that we hear from as many residents as possible on these proposals. Whether you are a resident, tenant, landlord, managing or letting agent, organisation, student or business.

This consultation will close on

19

JANUARY 2025

You can check out our proposals on our website or at one of our libraries and share your thoughts:

 westminster.gov.uk/prs

 propertylicensing@westminster.gov.uk

 **020 7641 6161**

WHAT'S ON

SHINE BRIGHT WESTMINSTER

The West End of London transforms into a dazzling festive display with thousands of twinkling lights illuminating the crisp winter evenings, casting a festive glow over the bustling streets. Must-see streets are Oxford Street, Regent Street, Carnaby Street and Trafalgar Square.



TRAFALGAR SQUARE CHRISTMAS TREE

A Christmas tree has been given to City of Westminster by the city of Oslo every year since 1947. The tree is prominently displayed in Trafalgar Square until early January and is well worth a visit.

Buses from Westminster to the West End: 23, 38, 390, 453.



Wallace Collection ©

DEMENTIA-FRIENDLY WORKSHOP: FESTIVE DECORATIONS

STEP-FREE ACCESS

BOOKING REQUIRED

Join artist Christine Covill for a dementia-friendly workshop. Drawing inspiration

from the decorative clocks in our display Keeping Time: Clocks by Boulle, you will create your own festive decoration.

To book a free place:

- ✉ community@wallacecollection.org
- ☎ 0207 563 9577
- 📅 Tuesday 17 December
- 📍 The Wallace Collection (Learning Studio), Hertford House, Manchester Square, W1U 3BN

To book a free place:

- ✉ songhaven@songhaven.co.uk
- ☎ 0207 201 9999
- 🌐 ticketsource.co.uk/songhaven
- 📅 Saturday 21 December, 2.30pm for a 3pm concert, followed by refreshments.
- 📍 St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH

Please note: There is a ramp to the church space for wheelchairs, but the toilet facilities inside the church itself are not wheelchair accessible. There are accessible toilet facilities in the church hall across the road which we can open as required – please contact the venue with any queries or concerns.

CHESS CORNER AT CHURCH STREET LIBRARY

STEP-FREE ACCESS

The Chess Corner meets at the library every day from 10am to 6pm. All skill levels and ages are welcome.

No booking required, just come along.

- ☎ 020 7641 5490
- 📍 67 Church Street, NW8 8EU

HEALTH HACKS

STEP-FREE ACCESS

BOOKING REQUIRED

Wherever you're at with your health and wellbeing journey, Health Hacks is here to support you with free expert advice in a safe and supportive environment. Come and celebrate your achievements and pick up some useful tips and advice to lead a more healthy life.

- 📍 Rowington Close, W2 5TF
- 📅 Wednesdays, 12pm to 1pm
- ☎ 020 7266 8258
- ✉ info@grandjunction.org.uk
- 🌐 grandjunction.org.uk

COMMUNITY CHOIR

STEP-FREE ACCESS

Meet like minded people in your community.

- 📍 Rowington Close, W2 5TF
- 📅 Mondays, 6pm to 7pm
- ☎ 020 7266 8258
- ✉ info@grandjunction.org.uk
- 🌐 grandjunction.org.uk

SONGHAVEN: FREE RELAXED, PROFESSIONAL CONCERT

STEP-FREE ACCESS

BOOKING REQUIRED

Enjoy a relaxed, professional festive concert at St. Paul's Knightsbridge, one of London's most beautiful Victorian churches. Songhaven's guest artists will perform well-loved tunes from the past as well as plenty of seasonal classics. Singing along is warmly welcomed, and we promote a proudly relaxed, dementia-friendly, and joyous atmosphere! All are welcome. Tickets are free with optional donation at the end.

CHAIR BASED EXERCISE

STEP-FREE ACCESS

Looking for a fun, safe and effective way to stay fit and energised? Join a free chair-based exercise class designed for everyone, regardless of fitness level or mobility.

BOOKING REQUIRED

📍 Churchill Hall, Churchill Gardens Estate, SW1V 3AL

📅 Wednesdays 11.30am to 12.30pm

☎ 07845 655 872

✉ Rhea.Varma@theabbeycentre.org.uk

🌐 theabbeycentre.org.uk/chair-based-exercise

SEWING, KNITTING AND CROCHET CLUB

STEP-FREE ACCESS

BOOKING REQUIRED

Gain skills, knowledge and confidence at this FREE sewing, knitting and crochet club! Learn and share your skills with other like-minded people, as you repair your old clothes or create beautiful new accessories.

Refreshments provided.

📅 Fridays 12pm to 2.30pm from 6 September

📍 The Abbey Centre, 34 Great Smith Street, SW1P 3BU

For more information or to book your place, please contact Mona:

✉ mona.said@theabbeycentre.org.uk

☎ 020 7222 0303



All the information printed here was correct at the time of this issue going to press. Be sure to contact organisers of each activity listed to confirm availability prior to attending.

A SCENIC TRIP FROM RUNNYMEDE TO WINDSOR

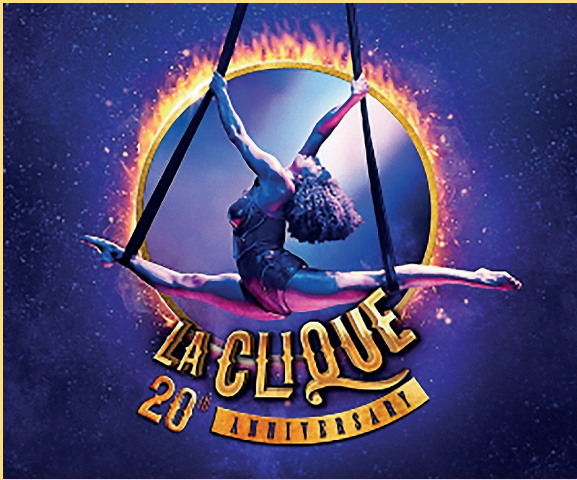
Councillors from Bayswater and Lancaster Gate wards treated residents to a delightful coach trip to Runnymede, followed by a picturesque boat ride to Windsor. The group enjoyed a delicious lunch at Toby Carvery, and the journey back to Westminster featured a fun raffle. Waitrose generously donated a bottle of Prosecco and two boxes of luxury chocolates!



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.



20% OFF LA CLIQUE IN LEICESTER SQUARE

The international Spiegeltent is taking over Christmas in Leicester Square until 5 January 2025. A multi-award winning show, La Clique features the best of circus, comedy and cabaret. **How to claim:** Promo Code: LCLOCAL valid on all price bands.

Available on all shows excluding 7pm on Friday and Saturdays. You may be asked to show your Westminster City Save card on arrival.

🌐 lacliquetheshow.com/ticket/la-clique

✉ access@underbelly.co.uk

☎ 0131 510 0395

For returning clients:

· get £5 off further consultations.

How to Claim: Quote WESTMINSTER CITY SAVE when booking on the phone or by email. You may be asked to show your card.

📍 6 Sir Simon Milton Square, SW1E 5DJ

🌐 pimlicoosteopathy.com

✉ contact@pimlicoosteopathy.com

☎ 020 7834 6229

20% OFF ONLINE AT STORM FLOWERS

An independent company run out of St Anne's Church clocktower, just off Wardour Street in Soho. It is part of Storm Flowers London, an independent florist.

Residents can receive 20% off their curated range of garden tools and home accessories made by small producers and crafts people in the UK.

How to claim: Order online using discount code SFGWEST20 at checkout and collect from St Anne's Church clocktower on Wardour Street, W1D 6AF.

🌐 stormflowersgarden.com

☎ 07786 513 106



£10 OFF FIRST HEALTH CONSULTATION WITH PIMLICO OSTEOPATHY

Pimlico Osteopathy is proud to offer a wide range of discounts for both new and returning clients for osteopathy, sports massages or paediatric osteopathy.

For new clients:

- get £10 off your first health consultation
- your first consultation will help identify issues and usually involve a full case history and treatment if appropriate, as well as advice on how to keep healthy for the future.

DON'T HAVE A WESTMINSTER CITY SAVE CARD?

Register for one at

🌐 westminster.gov.uk/westminster-city-save

✉ citysave@westminster.gov.uk

☎ 020 7641 6000

YOUR COUNCIL SERVICES



GENERAL CONTACT DETAILS

- 📞 020 7641 6000
- ✉️ responsewcc@westminster.gov.uk
- 🌐 westminster.gov.uk

ADULT SOCIAL CARE

- 📞 020 7641 2500
- ✉️ 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



City of Westminster



WESTMINSTER
ADULT
EDUCATION
SERVICE



Courses for adults starting soon...

APPLY AND ENROL NOW

Course funding available for many Westminster and Greater London residents

Visit us to find out more, or search 'WAES' online



- DIGITAL SKILLS ▶ DIGITAL MARKETING ▶ EARLY YEARS
- CLOUD COMPUTING ▶ CODING ▶ COMPUTER AIDED DESIGN
- CREATIVE MEDIA PRODUCTION ▶ CYBER SECURITY
- EMPLOYABILITY ▶ ENGLISH ▶ MEDIA MAKEUP ▶ MATHS
- APPRENTICESHIPS ▶ FLORISTRY ▶ CERAMICS ▶ CHILDCARE
- TEACHER TRAINING ▶ GRAPHIC DESIGN ▶ GREEN SKILLS
- HAIRDRESSING ▶ UAL CREATIVE ▶ WEB DESIGN ▶ ART
- FASHION ▶ TEACHING ASSISTANT ▶ WEB DEVELOPMENT
- BOOKKEEPING ▶ SOFTWARE DEVELOPMENT

www.waes.ac.uk | 020 7297 7297 | info@waes.ac.uk | @waesonline

ADVERTISEMENT