



City of Westminster

FREE Issue 45 Winter 2023/24

WESTMINSTER PLUS

Essential Information for
Westminster's Older Residents



MEMORY LAB

Saving life's precious moments, forever!

WINTER IN THE CITY

Things to do during the colder months

SILVER SUNDAY SUCCESS

See you next year!



SILVER SUNDAY
CELEBRATING OLDER PEOPLE
www.silver-sunday.org.uk



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

As we sit and write this on a wet November day, we reminisce on the many events of the summer, including Notting Hill Carnival, West End Live, the Westminster Mile and of course in early October, Silver Sunday.

Looking to the festive period, there will be many seasonal markets happening across the city and, of course, the usual glittering array of Christmas lights shining brightly throughout Westminster. In the last few weeks, we have seen the arrival of the traditional Trafalgar Square tree, all the way from Norway. Whatever you have planned this December, we have put together some helpful information on getting around our city – turn to page 11.

As we head into the colder months, we have listed a selection of warm spaces available across Westminster in our 'Winter in the City' pages (see pages 14 and 15) and some advice on staying warm at home on page 7.

We'd like to wish those that celebrate a very merry Christmas and to all our residents, a wonderful new year and all the best for 2024.



We are always looking for local stories to feature in this magazine, 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

Councillor Southern
Older Persons Champion



Councillor Nafsika Butler-Thalassis

Cabinet Member for Adult Social Care, Public Health and Voluntary Sector and Lead Member SEN and Learning Disabilities Champion

SILVER SUNDAY 2023

October saw another fantastic Silver Sunday celebrated here in Westminster. Thank you to all those who organised events. We hope you enjoyed it as much as we did. We were delighted to hear feedback from Christine and Trevor, who are already looking forward to next year's events:

"We discovered many new things, learnt a lot and met up with people from last year's Silver Sunday, as well as making new friends this year" - Christine



I know that there must be a lot of great work that goes into organising this wonderful series of events for us elderly folk in Westminster and we'd like you all to know how very much we appreciate it. In fact, we are already looking forward to next year's Silver Sunday!" – Trevor



FLU AND COVID-19 PROTECTION

The winter vaccines are the best way to protect yourself and those around you from the Flu and Covid-19 viruses. Contact your local GP to book your appointment or visit:

🌐 westminster.gov.uk/vaccinations

GLAMOUR AND SPARKLES AT THE TEA DANCE

The annual Tea Dance, hosted by the Sir Simon Milton Foundation is in its 15th year, and is now a festive tradition for over a thousand older people who enjoy an afternoon of live music, entertainment and dancing at the Grosvenor House Hotel. Matthew Sykes, Chief Executive of the Sir Simon Milton Foundation, says: "This event is just one of the ways in which we seek to relieve loneliness and isolation amongst older people in Westminster. It is always wonderful to see so many happy faces."

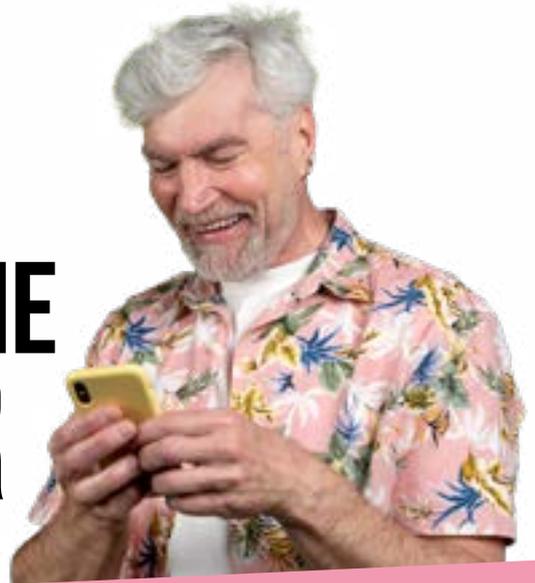
Discover more about the foundation:

🌐 sirsimonmiltonfoundation.com





THE DIGITAL PHONE SWITCHOVER



The UK's telephone network is changing - what you need to know.

Your telecoms provider should contact you before the switchover to let you know if you'll be affected.



What is the phone switchover?

Between now and 2025 most telephone providers will be moving their customers from old analogue landlines to new upgraded landline services using digital technology.

How will it affect me/what do I need to do?

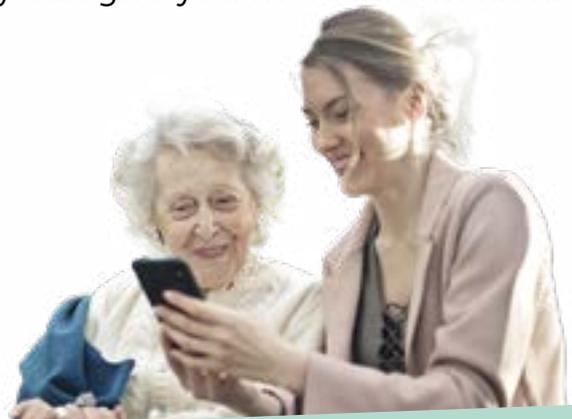
The good news is – your landline isn't going anywhere and for most consumers, this change will be straightforward. In fact, many customers are already making the switch when they upgrade to full-fibre broadband.

Your telecoms provider such as Virgin Media O2 or BT, should contact you before the switchover to check in and discuss what you need to do to make sure your service isn't affected. However, we're encouraging everyone to know what to expect.

People who use personal alarms or health monitoring devices should check if the switchover will affect how they work.

If you or someone you know depends on their landline or uses a telecare device connected to a phone line (such as a fall monitor, lifeline or personal alarm) you should notify your communication provider so they can advise you.

If you're worried about your devices, please contact the supplier, provider or company who provide them so they can give you more information.



Useful contact information:

BT Customer Service:

☎ 0808 100 2440 available 24/7

Virgin Media O2:

☎ 0345 454 1111

🌐 [virginmedia.com/help/digital-voice-switchover](https://www.virginmedia.com/help/digital-voice-switchover)



City of Westminster

DIGITAL WESTMINSTER

MEMORY LAB

Converting old photos to digital files is an excellent way to preserve your family history for generations to come.



Saving life's precious moments, forever

Simply bring in your old photographs or newspaper cuttings to one of the drop-in sessions.

This free service is available from the Westminster Libraries and Archives and your photographs could become part of Westminster's history.

FREE

Drop-in sessions available from
21 Sept – 16 Jan 2024

Every Tuesday
10am – 1pm

Every Thursday
2pm – 5pm



Church Street Library

67 Church Street, NW8 8EU
Call: 020 7641 5490

Find out more:



www.westminster.gov.uk/memory-lab

BLACK HISTORY MONTH

IN CELEBRATION OF OUR SISTERS

In October we celebrated Black History Month, an annual celebration of the lives and achievements of Black people in Britain. The theme for this year was 'In Celebration of our Sisters' and aspired to highlight the role that Black women have played in inspiring change, shaping history and building communities. To reflect this, the celebrations shone a spotlight on Black women as members of the community.

We asked some of our younger community to share their inspirational figures with us.

"Francisca Nneke Okeke is an inspiring role model because she was a pioneer in the field of space science in Nigeria and Africa. Her efforts helped to establish Nigeria as a key player in space science and technology. Also, she broke through barriers by becoming Nigeria's first indigenous woman who became a professor in the faculty of act and engineering of the UNN." - Victor Adegoke – Youth Council member

Local teacher, Julie, shared thoughts on her inspirational female role model, Pamela Williams:

"Pam is a teacher at College Park School in Westminster, who teaches young people age 16 and over who live with special educational needs. We are very proud of our longstanding staff member. She's also published her debut novel in 2023, entitled *A Trace of Sun*, published by Legend Publishers."



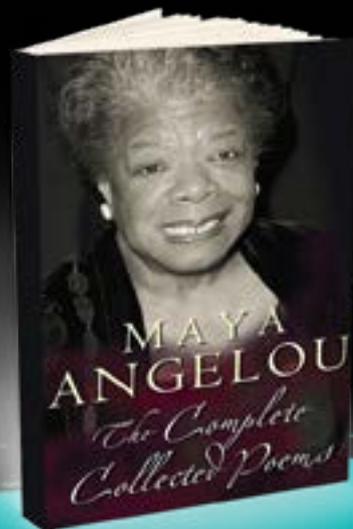
Throughout the month there were many events including African Drumming Workshops led by the inspiring Seneke Sillah from Mbilla Arts, history events, afro hair care sessions, talks and an exhibition.

Suggested read:

THE COMPLETE COLLECTED POEMS OF MAYA ANGELOU

A selection of poetry and works by the amazing activist, author and poet, Maya Angelou.

Her poetry has been described as lyrical and dramatic while being exuberant and playful.



**BLACK
HISTORY
MONTH**

STAYING WARM

STAYING WARM THIS WINTER



As the dark nights and colder days are here for the next three months, there is support available to help you stay warm and cosy until spring.

While prices are falling, they are still higher than they were in the past, and there is help and support available.

WESTMINSTER HOME ENERGY ADVICE SERVICE (in partnership with the Green Doctors) provide free home visits from an independent energy advisor who will:

- Review your energy bills, property and circumstances
- Fit energy-saving devices such as energy-efficient lightbulbs and radiator panels
- Give energy-saving tips and advice to control heating and cooling settings
- Provide support with energy-related debts including applying for grants
- Give guidance on home retrofit schemes you may be eligible for.

To arrange a telephone consultation or home visit:

☎ 0300 365 3005

🌐 www.westminster.gov.uk/home-energy-savings

ENERGY ADVICE LONDON

has practical tips for lowering energy usage and costs.

☎ 0808 196 8260

🌐 energyadvice.london/use-less-energy

CITIZENS ADVICE WESTMINSTER

offers specialist energy advice to Westminster residents as part of the Big Energy Saving Network. They can provide tips to help you check, switch and save on your energy bills, advice on how to resolve issues with your energy supplier, and support applying for energy grants, if eligible. They offer energy-saving workshops and one-to-one appointments.

Find out more:

☎ 0808 278 7834

🌐 westminstercab.org.uk



STAY WELL THIS WINTER

During the winter months, when it is cold, wet and sometimes frosty outside, it can be harder to get out to exercise.

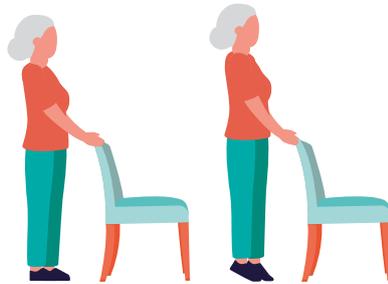
The Falls Programme has put together six exercises for you to try at home to manage balance and reduce the risks of falls.



1

EXERCISE SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forward slightly and stand up slowly – using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair – using your hands if needed. Repeat the exercise up to 10 times.



2

EXERCISE HEEL RAISES

Stand tall with your feet hip-width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of three and lower for a slow count of five each time. Repeat the exercise up to 10 times.



3

EXERCISE TOE RAISES

Stand tall with your feet hip-width apart. Hold your support, slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly.

Aim to lift for a slow count of three and lower for a slow count of five each time. Repeat the exercise up to 10 times.



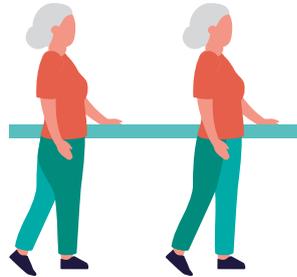
SAFETY CHECK:

- Use a sturdy, stable chair or something solid
- Wear supportive and comfortable shoes
- If any exercise causes pain in your joints or muscles stop, check you are doing it correctly, and try it again. If pain continues, seek advice from a physiotherapist
- Try not to hold your breath – breathe normally throughout
- Feeling slight muscle soreness the next day after new exercises is normal
- If you experience chest pain, severe shortness of breath or dizziness STOP IMMEDIATELY and call 111



EXERCISE 4 HEEL TOE STAND

Stand tall, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – taking your hand off if possible. Take the feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.



EXERCISE 5 HEEL TOE WALKING

Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support. Repeat the steps in the other direction.



EXERCISE 6 ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg.



WINTER WARMERS



Autumn recipes
to feed
the whole family



CHILLI CON CARNE

Method

1. Finely chop all the vegetables and peel and crush the garlic cloves.
2. Heat your pan to medium heat with the oil and fry the onion and the mince together until the onion is soft and the mince is brown.
3. Add the garlic, red pepper, chilli powder, paprika and cumin to the pan and keep stirring.
4. Dissolve the stock cube into 300ml of hot water, then add to the pan and stir for 2 minutes.
5. Add the tomato puree, chopped tomatoes and season with salt and pepper.
6. Turn the heat down to simmer gently for 20 minutes until the sauce becomes thick and juicy.
7. Drain the kidney beans in a sieve then add them to the pot, turning the head back up and let the mix bubble for a further 10 minutes.
8. Do a taste test and add more seasoning/chilli for personal taste.
9. Turn off the heat and let the flavours mingle for 10 minutes and serve with rice.

Ingredients

1tbsp olive oil
1 large onion
1 red pepper
2 cloves of garlic
1 heaped tsp mild/hot chilli powder (or more!)
1tsp paprika
1 tsp ground cumin
2 tbsp tomato puree
1 beef stock cube
500g minced beef (or vegetarian alternative)
400g tin of red kidney beans
400g can of chopped tomatoes
Long grain rice (1/2 cup per person)

Serving suggestion: make a larger batch and for dinner the next night instead of rice, you can add the chilli mix and some cheese to a wrap to make a Burrito!



FOOD SUPPORT SERVICES

Westminster provides several food support services across the city.

- North Paddington Food Bank
☎ 0793 2623 443
🕒 Monday to Friday, 11am to 4pm
- Westbourne Park Food Pantry
☎ 0207 7276 019
🕒 Thursdays: 10am-1pm and 3.30pm-5.30pm
Fridays: 10am to 1pm



FIND TRAVEL SUPPORT AND EXPLORE WESTMINSTER

We live in a fantastic city, and everyone should be able to enjoy everything it has to offer. If you struggle with travel, read on for some helpful advice for getting around our city.

TRAVELLING BY TUBE OR BUS

If you plan to travel on a Transport for London (TfL) method of travel and find standing on moving transport a bit of a struggle, you can apply for a badge and card to let other passengers know that you need a seat. The free 'Please offer me a seat' badge can be used on all London Underground, London Overground, Elizabeth Line, Buses, DLR, Trams and River Services.

To find out more and apply for one:

🌐 tfl.gov.uk/transport-accessibility/please-offer-me-a-seat

☎ 0343 222 1234

Please remember the badge and card doesn't guarantee you a seat.



- The Abbey Centre Pantry
☎ 0207 2220 303
🕒 Wednesday: 9am to 5pm
Friday: 9am to 4pm

To find a full list visit: 

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



DIAL-A-RIDE

Join Dial-a-Ride, a membership for door-to-door service for people with long-term disabilities. At the time of publishing, this service was currently operating from 7am – 10pm, seven days a week. Find out more, including tips for booking, timing and travelling:

🌐 tfl.gov.uk/modes/dial-a-ride/

To enquire about this service:

☎ 0343 222 7777

✉ dar@tfl.gov.uk

✉ PO Box 68799 London SE1P 4RD

TAXICARD

If you're disabled or blind and need to be picked up at your door, the Taxicard scheme can be a great help. This service is available for people with serious mobility difficulties. It allows you to travel in licensed London taxis at a reduced rate.

☎ 0207 934 9791

🌐 westminster.gov.uk/taxicard



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 receive kerbside collections only.

Yes, this year if your collection day is normally on a Monday you will have a change to your regular collection day. These changes are as follows:

If your regular collection day is:	It will be changed to:
Monday 25 December 2023 – Christmas Day	You will receive a special collection on Wednesday 27 December 2023
Tuesday 26 December 2023 – Boxing Day	No change
Wednesday 27 December 2023	No change
Thursday 28 December 2023	No change
Friday 29 December 2023	No change
Saturday 30 December 2023	No change
Monday 1 January 2024 – New Year's Day	You will receive a special collection on Wednesday 3 January 2024

If your regular kerbside collection day is a Monday, our crews will not collect your waste that day over the festive season. Please do not leave your food waste, mixed recycling or rubbish out for collection.

Special Wednesday collections

If your regular collection day is a Monday, our crews will collect your food waste, mixed recycling and rubbish as part of a special catch-up collection on Wednesday 27 December 2023 and Wednesday 3 January 2024.

Please note if your property normally receives two or more rubbish collections a week, you will not receive a special Wednesday collection. Please use your other regular collections later in the 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 Wednesday 27 December 2023 to the end of the day Wednesday 10 January 2024**. 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



WHAT'S ON

December is a very busy month for many, and not so busy for others. There is plenty to get involved with across Westminster throughout the whole year.

LUNCHTIME CONCERT AT WESTMINSTER MUSIC LIBRARY

Join us at Westminster Music Library every Wednesday. Concerts include instrumental and voice recitals, chamber music, jazz sessions, and more. There's no need to book a place, just turn up.

- ✓ Every Wednesday from 12.30pm
- 📍 35 St Martin's Street, WC2H 7HP
- ☎ 020 7641 6200

SATURDAY KNITTING MEET-UP AT MAIDA VALE LIBRARY

Join us every month at the library for our knitting, crocheting and yarn meet-up. No need to book, just turn up - Refreshments are provided.

- ✓ Every Saturday from 2.30pm
- 📍 Sutherland Avenue, W9 2QT
- ☎ 020 7641 6200

IT HELP SESSIONS AT CHURCH STREET LIBRARY

Do you need help using Microsoft Word, searching the internet and sending emails? Then come along to our weekly IT help sessions. You can also get help with practising the Life in the UK and driving theory tests. Our friendly and supportive volunteers can speak Arabic, Farsi and Kurdish as well as English. There's no need to book place, just turn up.

- ✓ Every Monday at 1.30pm
- 📍 67 Church Street, NW8 8EU
- ☎ 020 7641 5490

SHARED READING GROUP AT PADDINGTON LIBRARY

Shared reading groups bring people together through great literature to talk, laugh and share. Just drop in and enjoy listening to a story or poem – there's no pressure to talk or read.

- ✓ Every Thursday at 6pm
- 📍 Porchester Road, W2 5DU
- ☎ 020 7641 6200



SKY FULL OF STARS

Visit Oxford Street to see their iconic Christmas lights display up until 5 January 2024.

Other must-see festive lights in London include:

- ★ Regent Street
- ★ Carnaby Street
- ★ Trafalgar Square Christmas Tree
- ★ Covent Garden

A great way to do this is on a Christmas Lights open-top Routemaster Bus Tour – prices start from £19 with The Classic Tours.

- 🌐 theclassictour.com
- ☎ 0844 318 7655 (Call costs 5p per minute from a BT landline)

 Hop on the following bus routes with your freedom pass: 23, 38, 390, 453

For a full list of events, visit:

🌐 westminster.gov.uk/events

This winter, Westminster has a variety of free community and cultural activities for residents to enjoy. All will take place in warm and safe locations around the city.

This directory will help you to find things to do over the colder months, from your local library to the National Gallery, and some will have free hot meals.

WIN in



CENTRAL

1 THE NATIONAL PORTRAIT GALLERY is free to attend and is host to the world's greatest collection of portraits.

☎ 0207 3060 055
 🌐 www.npg.org.uk

2 THE ROYAL OPERA HOUSE have regular, free lunchtime performances across the winter months.

☎ 0207 3044 000
 🌐 www.roh.org.uk

3 THE SUPREME COURT There are tours and exhibitions viewable in the court and a café is situated at the foot of a light well at the heart of the court building.

📍 Parliament Square, SW1P 3BD
 ☎ 0207 9601 500
 🌐 supremecourt.uk

5 GRAND JUNCTION

Based in St Mary Magdalene Church in Paddington, Grand Junction is a community, arts, and cultural venue. They have a programme of music, art and performance. There is also a cafe that serves food and drinks, overlooking the canal.

📍 Rowington Close W2 5TF
 ☎ 0207 2668 258
 🌐 grandjunction.org.uk

NORTHWEST

4 EMMANUEL CHURCH offers games, craft activities as well as hot soup and cakes

🕒 Every Wednesday, 10am - 1pm
 📍 Fernhead Road, W9 3EH
 ☎ 0208 9604 195
 ✉ stlukeswestkilburn.org/Emmanuel



WINTER

the City

NORTHEAST

6 THE HELLENIC CENTRE

Offering a rich programme of lectures, exhibitions, concerts, social events, and Greek language courses to promote awareness of Hellenic culture and nurture UK relations with the Hellenic world.

📍 16-18 Paddington Street, W1U 5AS
☎ 0207 4875 060
🌐 helleniccentre.org

7 CHURCH STREET LIBRARY

Open Monday to Saturday and hosts events for adults and children such as homework clubs, IT help sessions and men's mental health workshops. There are computers for use as well as study areas.

📍 67 Church St, NW8 8EU
☎ 020 7641 6200
🌐 westminster.gov.uk/libraries

All libraries in Westminster are warm spaces and have regular events. Visit your local library to see what's on offers.

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-2023

SOUTH

8 TATE BRITAIN

Free to visit seven days a week, their new collection explores 500 years of British art and its many stories and voices.

📍 Millbank, SW1P 4RG
☎ 0207 8878 888
🌐 tate.org.uk/visit/tate-britain

9 THE ABBEY CENTRE runs a wide range of free and low-cost classes and community activities to promote healthy and cohesive communities in south Westminster.

They are also offering hot meals every Monday to Friday between 9am and 2pm, until March 2024.

📍 Great Smith Street, SW1P 3BU
☎ 0207 2220 303
🌐 theabbeycentre.org.uk

10 SOUTH WESTMINSTER COMMUNITY CHOIR.

The choir meets in a beautiful venue with great acoustics. New members are welcome, come along if you love to sing, or come even if you think you can't.

📍 St James the Less Church
📍 Thorndike Street, SW1V 2PS
🌐 southwestminstercommunitychoir@gmail.com



VOLUNTEER WITH



Volunteers carry out various acts of kindness, such as shopping, walking companionship, dog walking, gardening and events.

Volunteering is a wonderfully rewarding act of kindness and it is beneficial for all involved. It is a great way to meet new people, see new things and make a difference in your community.

“I FIRST VOLUNTEERED WITH WESTMINSTER CONNECTS, WITH REFUGEES FROM AFGHANISTAN, AND THAT WAS VERY MOVING. REALLY NICE, IMPORTANT VOLUNTEERING ROLES THAT ARE GOING TO STAY IN MY MEMORY FOREVER.”

Liliana
Westminster resident

For volunteer opportunities in Westminster, visit: www.westminster.gov.uk/westminster-connects

There are many organisations that need and thrive because of the people that volunteer. Some other organisations to consider are:

- Citizens Advice Westminster - volunteering@westminstercab.org.uk
- Age UK - volunteering@ageukwestminster.org.uk
- Open Age - openage.org.uk
- Door Step Library - olivia@doorsteplibrary.org.uk
- Or visit your local library in person.

GARDENING VOLUNTEERING



Westminster Connects have been running a gardening service to help support residents in Westminster who need help with their garden upkeep. As a volunteer, you can support with basic gardening tasks i.e. weeding, clearing and tidying up, pruning, replanting and watering.

✉ westminsterconnectsreferrals@westminster.gov.uk

COMMUNITY PANTRY PERSONAL SHOPPER



The Abbey Centre offers a broad range of services and activities for all ages and backgrounds including health and fitness promotion, language classes, employment support, homeless welfare services, advice and information. Volunteers are needed to support the Community Pantry as Personal Shoppers on Wednesdays and/or Fridays, 8.30am - 5pm, shorter shifts are available. Contact Caroline:

✉ volunteerinfo@theabbeycentre.org.uk
☎ 0207 227 0650

BECOME A COMMUNITY VOLUNTEER WITH CHILDREN'S BOOK PROJECT



If you have a couple of hours to spare, the Children's Book Project welcome Community Volunteer's at their Book HQ on Golborne Road, W10. Volunteers assist with quality control, organise, sort and box books for delivery. Volunteering is during School term-time on Mondays, Wednesdays and Thursdays for a two-hour slot from 10am - 12pm.

✉ clare@childrensbookproject.co.uk



WESTMINSTER city save

WESTMINSTER CITY SAVER 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 WILE BY TART

A unique restaurant housed in a former power station.

How to claim: Use the code LOCAL15 when making a reservation and show your Westminster City Save card when you visit.

📍 3-4 Eccleston Yards, SW1W 9AZ

🌐 www.wildbytart.com

☎ 020 3848 6240

SAVE 15% OFF FUL HAIRCARE IN THEIR ONLINE STORE

FUL is high-performing haircare crafted by a team of hair professionals and packed with incredible ingredients for gorgeous hair.

How to claim: Use code WEST15 for 15% off your next FUL purchase online

🌐 fullondon.com

☎ 020 4531 4743

15% OFF AT AMIE WINE STUDIO BEFORE 5PM

amie wine studio is a space for friends to enjoy the beautiful integration of wine and art. It also serves as an art gallery in partnership with Art for Charity Collective.

How to claim: Please show your Westminster City Save card. Reservations for groups over six only.

📍 13 Eccleston Yards

Belgravia, SW1W 9AZ

🌐 drinkamie.com

✉ studio@drinkamie.com

☎ 020 7930 3070

£10 OFF YOUR FIRST HEALTH CONSULTATION WITH PIMLICO OSTEOPATHY AND £5 OFF FURTHER APPOINTMENTS

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

How to claim: Quote WESTMINSTER CITY SAVE when booking and show your card at your appointment.

📍 1st Floor, Millbank Tower, SW1P 4QP

🌐 pimlicoosteopathy.com

☎ 020 7834 6229

Discover all offers available:
[westminster.gov.uk/
westminster-city-save](http://westminster.gov.uk/westminster-city-save)

DON'T HAVE A WESTMINSTER CITY SAVE CARD?

Register now: [westminster.gov.uk/
westminster-city-save/register](http://westminster.gov.uk/westminster-city-save/register)

🌐 citysave@westminster.gov.uk

☎ 020 7641 6000

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

- ✉ 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
- 🌐 waes.ac.uk



WESTMINSTER CONNECTS

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



#NoVoteNoVoice

Voter registration and Voter ID

The Elections Act (2022) has changed the way we vote.

You now need to show an accepted form of photo ID to vote in person in all local, Mayoral, London Assembly and general elections.

UK, Channel Islands
or
EEA driving licence

UK, Commonwealth
or
EEA Passport

Blue Badge
Scheme Card

National Identity Card
issued by
an EEA state

60+ Oyster Card
or
a Freedom pass

Pass Card issued by
the National Proof
of Age Standards
Scheme bearing
the Pass Hologram

Biometric
Immigration
Document

If you do not have any of these accepted forms of photo ID to vote, you can apply for a free Voter Authority Certificate via the QR code:
www.gov.uk/apply-for-photo-id-voter-authority-certificate



Scan me
with your
phone
camera

Need support registering to vote and aged 50+?
Call us on **020 3004 5610**, we can help.