

HLIN  
Almshouse Round Table  
January 2021

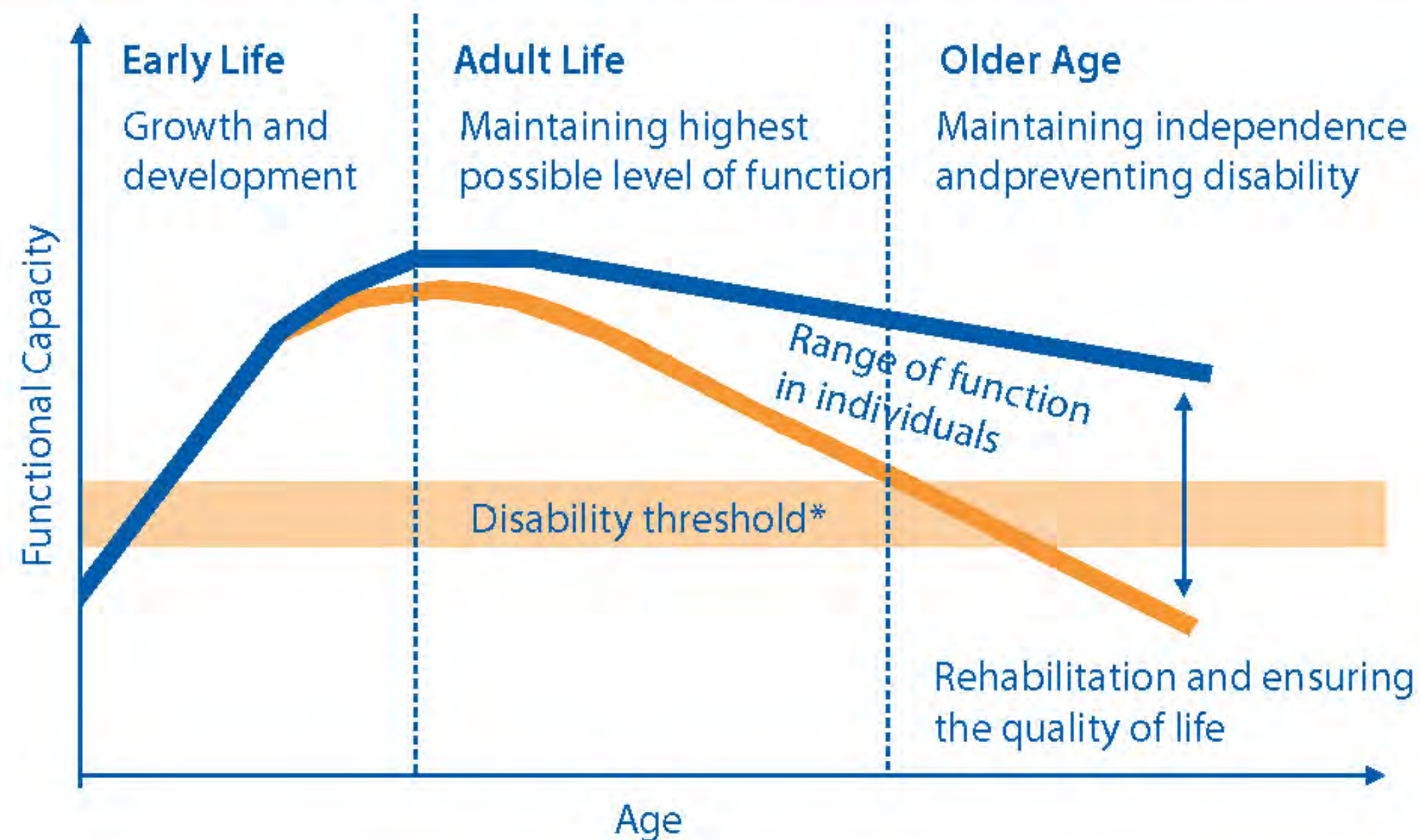
Pollard  
Thomas  
Edwards





# The Third Age of Life

Figure 4. Maintaining functional capacity over the life course



Source: Kalache & Kickbusch (12).



Security, privacy, your own front door



Pollard  
Thomas  
Edwards



Inviting the neighbourhood in



**COOK** *better than  
the takeaway*

Sheek Kebabs · Vegetable Fried Noodles · Jambalaya · Soya Sauce Chicken  
Indonesian Veg Curry · Special Fried Rice · Chicken a la King · Veggie Pajitas  
Chicken Caesar Salad · French Onion Soup · Beef & Mushrooms in Oyster Sauce  
Ginger Fish & Stir Fried Beans · Cottage Pie · Chili Sin Carne · Salmon Fishcakes  
Xinjiang Cumin Chicken · Thai Noodle Salad · Broccoli Pasta · Fish Curry · Ribollita

**FREE  
FUN  
EASY**  
*lessons*

**COOKING  
ON A £1  
BUDGET**



[www.bagsoftaste.org](http://www.bagsoftaste.org)

**JOIN US ON**

**Fridays 11.00 - 1.30**

**20<sup>th</sup> Sept – 11<sup>th</sup> Oct**

**Colby Lodge**

**1c The Drive,**

**Walthamstow**

**E17 3BN**

**Including a free lunch!**

To register: text/call **079 14 80 35 30**

email: [wforest@bagsoftaste.org](mailto:wforest@bagsoftaste.org)

**Buy a Bag of Taste!**

Take-home ingredients bags



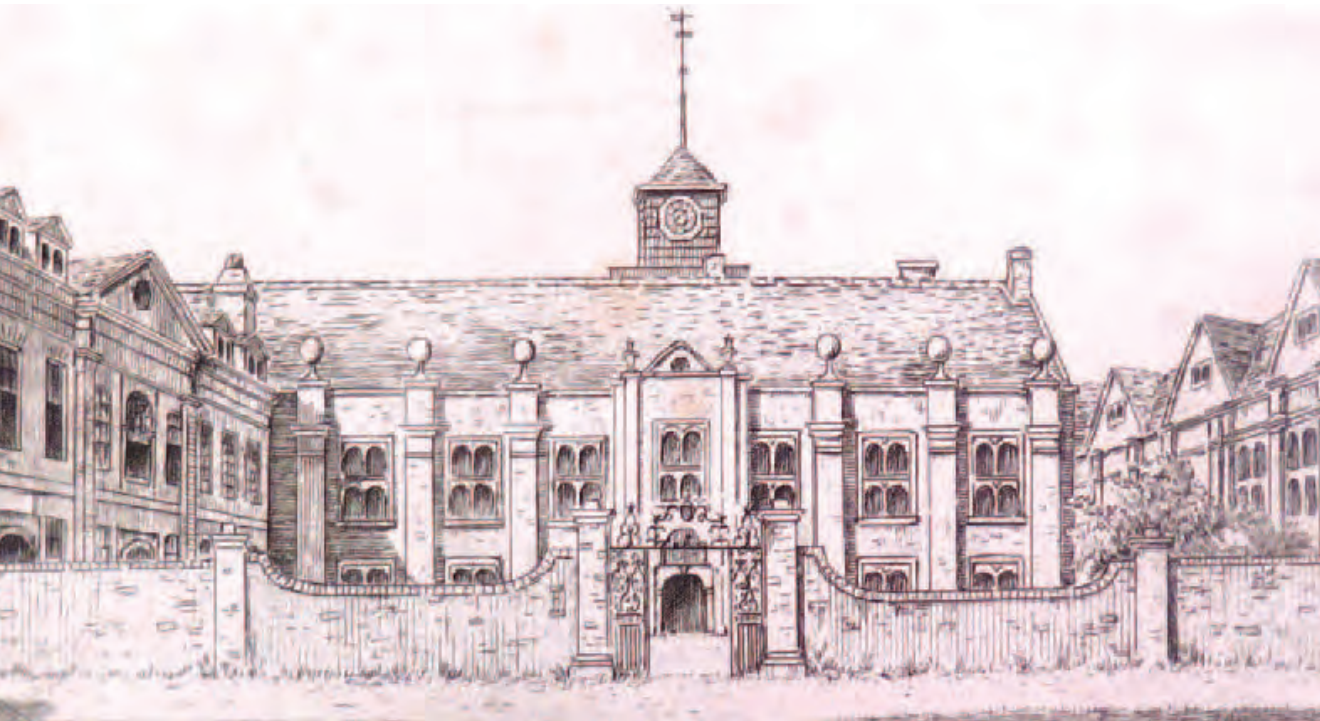
**WCAC**

for 4 meals cost only £3

**Pollard  
Thomas  
Edwards**



Building in quality



character

quality

life cycle cost