



Barnet Seniors' Insider

Produced by:



News for senior citizens in Barnet

- Keeping well
- Keeping safe
- Staying active
- Making friends

IF YOU FEEL YOU DON'T NEED THIS NEWSLETTER, PLEASE PASS IT ON TO SOMEONE

Issue 6 • May / June 2016

The State Pension is changing

If you reached the State Pension age after the 5 April 2016, you'll receive the new State Pension

The old State Pension, which had different categories and varying additional amounts, was replaced with a new single-tier pension with effect from 5th April. This applies to everyone, if they have at least 35 years of National Insurance (NI) contributions.

Does the new State Pension apply to me?

The new State Pension rules apply to people who reached State Pension age after 5 April 2016. If you are a woman born before 6 April 1953 or a man born before 6 April 1951, you won't be affected even if you have deferred claiming your State Pension. Your pension will be paid under the old system.

Find a lost pension

If you have paid into a workplace pension but have lost the details of the pension provider, contact the Pension Tracing Service on 0345 6002 537 or visit www.gov.uk/find-pension-contact-details

What will I get?

If you've got 35 or more qualifying years, you'll get a full State Pension of £155.65 a week in 2016. If you've got between 10 and 35 qualifying years, you'll get a proportion of full State Pension. For more information, go to www.gov.uk/new-state-pension/how-its-calculated.

If you don't have enough qualifying years to receive the full State Pension you may be able to increase your entitlement by paying voluntary NI contributions. Contact the Pension Service on 0800 731 7898 for more information.

Get an estimate of your State Pension

If you're over 55, you can get a personalised estimate of your State Pension from the Future Pension Centre on 0345 3000 168 or visit www.gov.uk/check-state-pension

Make a claim for Pension Credit

Call the Pension Service on 0800 99 1234 to make a claim over the phone. If you're eligible you'll not only get extra money each week, but you may not have to pay rent or Council Tax.



IN THIS ISSUE

- Carers Week
- Outreach Barnet
- Dementia Awareness
- Barnet Shared Lives
- Out and About – Personal Theft!
- Top Tips from a GP
- Out & About in Barnet

Mainly for those people aged 55 or over

Welcome to the sixth issue of Barnet Seniors' Assembly newsletter for those people mainly over the age of 55 in the London borough of Barnet. This newsletter aims to give people practical information about local services, support, events, places to go and things to do that could interest and help them to:

- enjoy good health and wellbeing
- help themselves
- stay safe
- maintain their independence
- stay active
- have fun
- meet people

...Hoping to see you out and about in Barnet!

Who we are

Barnet Seniors' Insider is a non-profit making free newspaper published six times a year by Barnet Seniors' Assembly. Barnet Seniors' Insider welcomes contributions for publication from individuals and community groups. The views expressed are not necessarily those of the editorial team.

Where we go

Delivered every two months in some streets in the following wards: Brunswick Park, Burnt Oak, Childs Hill, Colindale, Coppetts, East Barnet, East Finchley, Edgware, Finchley Church End, Garden Suburb, Golders Green, Hale, Hendon, High Barnet, Mill Hill, Oakleigh, Totteridge, Underhill, West Finchley, West Hendon, Woodhouse.

Are you a street champion?

We have a network of volunteer deliverers and are hoping that soon every home in your area receive a copy. If you do not get a copy delivered, or if you would like to help delivering in your area, or you get two copies, please contact distribution@barnetseniors.org.uk or call Rahul on 020 3778 0151.

How to send in an article

Email info@barnetseniors.org.uk. Please keep articles to around 300 words or less, bearing in mind that past events are not likely to be of general interest. The editors reserve the right to edit material (reduce the length of an article) and rewrite or otherwise modify if they deem it necessary. Material might be reformatted to suit our house style. Please use plain text Word or email, but plainly handwritten or typed articles are also acceptable. Photos, logos etc: send as a tif, bmp, gif or jpg file or copy to a memory stick or CD. Please contact Stephen on 020 3778 0151.

Advertising

in Barnet Seniors' INSIDER is welcomed, with priority given to local businesses. Advertising is limited and will contribute towards costs only. Barnet Seniors' INSIDER is a not-for-profit enterprise

90mm x 128mm

£120

How to supply adverts

Call us to book a space, remember there may be a waiting list. Any artwork must be submitted in pdf or jpg format and correctly sized for the space required as this illustration shows.

90mm x 96mm

£100

Discounts available for annual advertising - please call 020 3778 0151 to discuss

64mm x 90mm

£70

64mm x 45mm

£40

Barnet Senior Insider Deadline

1 June for July/August issue. 2 August for September/October issue
27 September for November/December issue. 14 November for Jan/Feb 2017 issue

Interested in volunteering?

Ever thought of giving some of your time to help others in the community? If you are a local organisation or charity and are looking for volunteers or looking for items for your group, why not email info@barnetseniors.org.uk (subject Volunteers)

If you can spare a few hours or a day or two a week, you can have fun whilst making a positive difference to your local community. Volunteers can help in many different ways. They volunteer directly with individuals or groups, in charity shops, or raise vital funds for a charity to continue its work. Whatever your background and skills, there will be a volunteering opportunity for you.

Why do people volunteer?

- To help support a good cause
- To meet new people
- To learn new skills
- To have fun whilst making a positive difference

SweetTree Farm
is looking for you!



SweetTree Fields Farm is a new care farm site currently being developed on 14 acres of beautiful land in Mill Hill. SweetTree Farming for All is a not-for-profit organisation aiming to make a positive difference to the lives of people of all ages, with a variety of care and support needs, through outdoor projects such as farming, horticulture, forestry and animal care.

The opportunities offered are varied and include:

- Assisting with practical tasks such as fencing, preparing animal shelters, etc
- Assisting with the upkeep of the garden and allotment areas
- Helping with countryside management – pruning, clearing etc
- Helping to care for the animals once they are on site
- Supporting the creation of a welcoming environment by planting flowers

Please contact SweetTree on: 020 7644 9554 email info@sweettree.co.uk or visit www.sweettree.co.uk

Join our 'Street Champions'



Become a 'Street Champion' and help us to distribute this newsletter by delivering it to 20 or more neighbours! For more information call Rahul on 020 3778 0151 or email distribution@barnetseniors.org.uk



Carers Week 6-12 June 2016

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that carers face and recognise the contribution they make to families and communities throughout the UK. The theme for Carers Week this year is Carer Friendly Communities.

Barnet Carers Centre will be running a number of events and activities during the week, including:

- **Monday 6 June** - carers conference at St Pauls, Finchley, looking at the first year of the Care Act. Lunch and refreshments provided.
- **Tuesday 7 and Thursday 9 June** - Carers Centre Roadshow will be travelling in a bus to various places across the London Borough of Barnet to raise awareness of Carers.
- **Wednesday 8 June** - Launch of "Changes", the Carers Centre's new project for young adult carers.
- **Friday 10 June** - Health and Wellbeing event for adult carers.

Tel: 020 8343 9698
Email: adultcarers@barnetcarers.org
Web: www.barnetcarers.org



Celebrating Differences

Outreach Barnet is a short-term support service that works with people who have housing related support needs.

The service is free of charge and helps people maintain their accommodation by offering help, including:

- practical and/or emotional support in dealing with everyday matters
- liaison with or referrals to other agencies
- help with accessing and maximising welfare benefits
- advice on budgeting, managing debt and dealing with utility bills
- advice on accessing alternative housing
- resettlement advice when moving to a new home, including getting furniture

Outreach Barnet is also offering a number of workshops which are open to anyone in the Borough who would find them useful. You don't have to be receiving support from them - so why not visit www.outreachbarnet.org.uk/calendar to see if anything interests you.

Tel: 020 3115 1185
Address: 36B Woodhouse Road, N12 0RG



Dementia Awareness

Dementia mainly affects people over the age of 65 (one in 14 people), and the likelihood of developing dementia increases significantly with age. However, dementia is not an inevitable sign of getting old. It is caused by changes to the structure and chemistry of the brain.

You might already know that memory loss can be one symptom. Other symptoms may include difficulties with planning, solving problems, or struggling to find the right word at the right time. Dementia affects daily life and is progressive, which means the symptoms will gradually get worse.

If you're concerned about someone close to you, encourage them to visit their GP. It's important to remember that it might not be dementia, but even if it is, after a diagnosis, there's lots that can be done help people to live well with the condition.

Tel: 020 8937 7171 / 0300 222 1122
Email: barnet@alzheimers.org.uk
Web: www.alzheimers.org.uk

There are dementia café and clubs near you

If you have dementia, or are caring for someone living with dementia, you'll be welcomed at any of the dementia cafés or clubs. Each Dementia Cafe provides information about living with dementia and other services available locally in an informal and comfortable environment. It is also a place to relax, socialise and meet other people with dementia and their carers.

Alzheimer's Society - Tel: 020 8937 7171

- **First and third Mondays of the month 2pm – 4pm**
Lyonsdown Hall, 3 Lyonsdown Road, New Barnet EN5 1JB
- **Last Friday of the month 10.30am – 12.30pm**
Eversfield Centre, 11 Eversfield Gardens, Mill Hill, London NW7 2AE
- **Second Wednesday of the month 2pm – 4pm**
Activity Rooms, Finchley Memorial Hospital, Granville Road, Finchley N12 0JE

Saracens Dementia Club - Tel: 020 8445 3829

- **Every Wednesday (except second Wednesday of the month) 2pm – 4pm**
Activity Rooms, Finchley Memorial Hospital, Granville Road, Finchley N12 0JE

Dementia Club UK - Tel: 020 8445 3829

- **First Monday of the month 2pm to 4pm**
Sha'arei Tzedek North London Reform Synagogue
120 Oakleigh Road North, London N20 9EZ
- **Third Thursday of the month 2pm - 4pm**
North Road Community Centre,
230 Burnt Oak Broadway, Edgware HA8 0AP
- **Last Monday of the month 2pm - 4pm**
Britannia Road Community Centre,
2 Britannia Road, North Finchley. N12 9RU

Out and About – personal theft

Busy places like shopping centres can provide opportunities for thieves to take property without being noticed. Here are some ways to deter would-be thieves:

- Use a bag that can be closed properly with a zip so that it is more difficult for someone to open it and reach in.
- If you use a bag with a strap, wear it across your body rather than over one shoulder.
- Don't leave your bag tucked under your chair or table where someone can snatch it. Perhaps consider carrying a bag clip, which attaches your bag to a restaurant or café table, making it much harder to snatch.
- Look into having a lanyard which attaches your phone or purse/wallet to your bag or clothes.
- If you do keep your purse or wallet in a bag, put your purse at the bottom and not near the top, and use a bag that can be closed.

Barnet Shared Lives

Shared Lives provides care and help to vulnerable adults



The scheme recruits, trains and assesses individuals and families who can provide help within their own homes to support adults with care needs to remain in their local community.

Barnet Shared Lives assists

- Adults who may have a learning disability or physical disability
- Adults with mental health issues
- Frail older people who may be socially isolated and/or unable to care for themselves effectively.

Shared Lives recruits members of the public as carers who host an adult for long or short periods of time in their own home. Shared Lives carers can be from any background or any type of family. They could be working or non-working, retired or semiretired, but they must be over 18.

Many of the people who use the service would otherwise live in residential settings and instead are able to live with a family within a community setting.

Carers are vetted, trained and carefully matched with a suitable adult. Many of the people who use the service might otherwise be living in a residential setting. There is no age limit for carers, who receive a weekly payment up to £500.00 per week in return for supporting and sharing their lives with a vulnerable adult.

There are a number of Shared Lives schemes all over the country, used by 12,000 people. The Barnet service is run jointly by Harrow Council.

For more information contact [020 8736 6070](tel:02087366070) or email shared.lives@harrow.gov.uk

Carbon Monoxide Poisoning

Carbon monoxide is sometimes referred to as the "silent killer"

Carbon monoxide is a highly poisonous substance produced by the incomplete burning of gas and Liquid Petroleum Gas. This happens when a gas appliance has been incorrectly fitted, badly repaired or poorly maintained. It can also occur if flues, chimneys or vents are blocked. Oil and solid fuels such as coal, wood, petrol and oil can also produce carbon monoxide.

To be safe install a carbon monoxide (CO) alarm, as this will detect a leak in your home and give out a high-pitched noise when gas levels are high.

When buying an alarm make sure it meets current British Standards or European safety standards. Alarms are available from DIY or hardware stores.

Carbon monoxide (CO) poisoning symptoms

Carbon monoxide poisoning can kill quickly. You cannot taste, see or smell CO but the symptoms include:

- Headaches
- Dizziness
- Nausea
- Breathlessness
- Collapse
- Loss of consciousness



If your carbon monoxide alarm sounds or you suspect a leak:

- **stop using all appliances and evacuate the property immediately** - stay calm and avoid raising your heart rate
- **call the gas emergency number on 0800 111 999 to report the incident** - or Health and Safety Executive Gas Safety Advice Line on 0800 300 363
- **do not go back into the property** - wait for advice from the emergency services
- **get immediate medical help** - you may not realise if you're badly affected by the carbon monoxide and going outside into fresh air won't treat any exposure by itself.

Some tips from a GP

Did you know...90% of all the work done by the NHS is done in GP surgeries



Your general practice is your first port of call for NHS care. It's your route into other specialist services. If you're struggling to cope with everyday tasks such as washing, dressing or going to the toilet, your GP may refer you to your local Social Services department to see if you're eligible for care at home. Or you can contact Barnet's Social Care Direct department yourself on 020 8359 5000 and ask for a care needs assessment.

Your appointment

To get the most out of your appointment, prepare what you are going to tell your GP. They will want to know: what your symptoms are, when they first started, how long you have had them and whether you think anything may have caused your health problem or made it worse, such as an injury or recent fall.

- Most surgeries give 8-10 minutes for a GP appointment. If you have a complicated problem and think you will need more time with your GP, ask the receptionist for more than one appointment.
- If you have a list of concerns, prioritise them in advance – your GP may not be able to deal with them all in one appointment.
- If English is not your first language, bring someone with you or book a translator via reception.

Five top tips from a GP

1. Bring all your medication with you and be honest about what you are/aren't taking
2. If you refer to any recent letters from the hospital, bring them with you.
3. Ask someone to go with you for complicated things – they can listen, ask questions and take notes for you.
4. Be prepared to talk about different conditions in separate appointments. It's better to deal with one thing properly than rush through several things.
5. Remember to wear your hearing aid if you use one.

Sit Ups for the brain

Futurelearn.com is an online site where there are all types of courses to enrol in, write notes, listen to lectures, correspond with other applicants and it's all for free. However, if you want a certificate there is a charge.

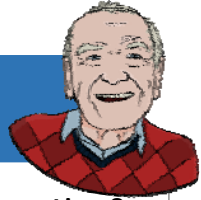


You can choose from hundreds of free online courses, including, music, literature and health from top universities and specialist organisations - it's informative, interesting and you learn something in the process.

Courses are divided into weeks and vary in length - most are six to ten weeks long but they also have some shorter two and three week courses. Each week the course contains various activities that you aim to complete within the week, each one built from a sequence of steps, to help you learn. You can learn by watching videos, listening to audio and reading articles. Many of these steps are followed by short quizzes to help you check that you have understood.

For more information visit www.futurelearn.com/courses

Ask Bob...!



Have you got a question?

Ask Bob is here to answer that question that has been bugging you. Bob answers as many questions as he can. To ask Bob a question, just call 020 3778 0151 or email info@barnetseniors.org.uk

WHAT IS DIAGNOSTIC IMAGING?

Diagnostic imaging lets doctors look inside your body for clues about a medical condition. A variety of machines and techniques can create pictures of the structures and activities inside your body. The type of imaging your doctor uses depends on your symptoms and the part of your body being examined.

Many imaging tests are painless and easy. Certain tests involve exposure to a small amount of radiation. For some imaging tests, doctors insert a tiny camera attached to a long, thin tube into your body.

A **PET scan** is an imaging test that helps reveal how your tissues and organs are functioning. A PET scan uses a radioactive drug (tracer) to show this activity. The tracer may be injected, swallowed or inhaled, depending on which organ or tissue is being studied by the PET scan.

Diagnostic ultrasound, also called sonography, is an imaging method that uses high-frequency sound waves to produce images of structures within your body. Most ultrasound examinations are done using a sonar device outside your body, though some ultrasound examinations may involve placing a device inside your body.

Magnetic resonance imaging (MRI) is a technique that uses a magnetic field and radio waves to produce 3D images of the organs and tissues within your body.

GET UP OUT *Out and About in Barnet*

BURNT OAK & COLINDALE



Talk & Walk - walking group that meets on Tuesday mornings at 9.30am and Saturday mornings at 10am at Watling Park. For more information phone 020 3778 0228 or email us@betterburntoak.org.uk Cost FREE



Make friends with a book - reading group meets every Tuesday at 10.30am at Burnt Oak Library. Call 07815 554713.



Tai Chi (gentle) - Wednesdays 2pm - 3pm at Annunciation Church Parish Centre, 4 Thirleby Road, Burnt Oak HA8 0HQ. 020 8432 1420 or email Deborah.cura@ageukbarnet.org.uk for details. Cost £3



Activity Afternoon - An afternoon of fun and games every Tuesday at 2pm at Woodcourt, South Road, HA8 0BF. Phone 020 3778 0228 or email us@betterburntoak.org.uk



Help with IT (computers) Mondays 10.30am—12pm Burnt Oak Library, Watling Avenue, Burnt Oak HA8 0UB Contact: Helen on 020 8432 1415 or email helen.newman@ageukbarnet.org.uk

EDGWARE & STONEGROVE



Help with IT (computers) Thursdays 10.30am—12pm Edgware Library, Hale Lane, Edgware HA8 8NN Contact: Helen on 020 8432 1415 or email helen.newman@ageukbarnet.org.uk



Community Choir - Mondays 3pm - 4pm. Truth Hall, St. Margaret's Church Contact Nazra on 020 3778 0228.



Zumba Gold - Thursdays. Edgware Reform Synagogue, 118 Stonegrove, HA8 8AB. Phone 020 8238 1000 for time and cost of classes.



Hear to Meet - second Wednesday of every month 2pm - 4pm. Edgware Library, Hale Lane, HA8 8NN. Free for people affected by hearing loss. Phone Sumita on 020 8369 5325 or email sumita.patel@hearingloss.org.uk

MILL HILL & TOTTERIDGE



Seated exercise to Music. St Paul' Church, The Ridgway NW7 1QU Fridays 10.15am - 11.15am. Cost: £2 including refreshments. Contact: 020 8906 3797



Tai Chi - Tuesdays 11am - noon. Eversfield Centre, 11 Eversfield Gardens, NW7 2AW. Cost £3 Contact Deborah on 020 8432 1420



Coffee Morning - Thursdays 10.30am - 12noon. Mill Hill Library, Hartley Avenue, NW7 2HX. Phone 020 8432 1415



Arts Group - Tuesdays 10am - 1pm. Frith Grange Scout Camp, Frith Lane, NW7 1PT. Open to artists of all abilities ranging from beginners to more experienced. Contact Brian Lacey on 07957 352732 or email brianlacey36@yahoo.co.uk

EAST FINCHLEY



Computers and a Cuppa. Help to use the internet or improve your computer skills. Tuesdays 2 - 4pm at Homefield Gardens Wednesday 2 - 4pm at Wilmot Close, Thursdays 10-12noon, Seasons Café, 205 High Road, N2 8AN. Call 020 3778 0228 or email us@efab.org.uk for details. Cost FREE



Exercise - gentle exercise to music. Mondays 2pm - 3pm, Low impact exercise for the more active, Wednesdays 2.15pm - 3.15pm and Exercise Class, Thursdays 11am-12 noon at Age UK, Ann Owens Centre, N2 8LT Cost £3



Table tennis. Come and play table tennis - all ages and abilities welcome. Tuesdays 2:30-4.00pm Green Man Community Centre, N2 9BA. Call: 020 3778 0228 or email us@efab.org.uk for details. Cost £5



Talk & Walk - walking group that meets on Mondays at 12.30pm starting from The Clissold Arms, 105 Fortis Green, East Finchley N2 9HR. Call Tony on 07958 334665 or email us@efab.org.uk for details. Cost FREE

FINCHLEY CENTRAL



Ballroom Dancing - Wednesdays. Beginners / Intermediate - 7.30pm - 8.30pm Advanced 8.30pm - 9.30pm. St Mary's Church Hall, Hendon Lane Finchley N3 1RT. Call 020 8440 9364 or email cjmkdance@aol.co.uk Cost £5



Memory Lane Singing Club - Fridays 11.30am - 1.30pm. St Mary's Church Hall, Hendon Lane Finchley N3 1RT. Call 020 8458 4508 or email v.cowan@hotmail.co.uk Cost £10.



Watercolour Painting Tuition - Wednesdays 12.30 - 3.30pm St Mary's Church Hall, 26 Hendon Lane, Finchley N3 Contact Colin at colincbc@btinternet.com Cost £1.50

NORTH FINCHLEY



Outdoor Fitness Class - Mondays 9.30am-10.30am. Friary Park, (opposite Ashurst Road) North Finchley N12 9PD. Contact Karen on 020 8150 0967 or email eatwell@ageukbarnet.org.uk Cost £1.50



The Wednesday Club - Tea, cakes, friendship and fun on Wednesdays during term time 2.15 - 4pm St. Barnabas Church, Holden Road, N12 7DN (close to Woodside Park tube). It's free, all welcome! Contact Chris on 020 8888 1786.



Instructor-led health walks - Wednesdays 9.30am - 10.30am. Friary Park. Contact 020 8359 2397 and ask for health walks. Cost £2.80 on the day or £18 to buy 10 walks in advance.



IT & Cake (computers) Thursdays 10.30am - 12noon. Arts Depot, 5 Nether Street, North Finchley N12 0GA. Contact 020 8432 1415 for more information.

Out and About in Barnet

FRIERN BARNET & BRUNSWICK PARK



Help with IT (computers) Thursdays 10.30am – 12pm.
South Friern Library, Colney Hatch Lane, N10 1HD
Contact: Helen on 020 8432 1415 or email
helen.newman@ageukbarnet.org.uk



Men's Shed – Men get together to do woodwork, gardening or bike repairs. Freehold Community Centre, Alexandra Road. N10 2EY Call Chris on 07935 324578 or email freeholdcms@gmail.com



Love to Dance – Wednesdays 10am – 12noon. St John's Parish Centre, Friern Barnet Road, N11 3EQ. For the cost contact 020 3675 7246 or email annabelhav@saracens.net.



Knit and Natter - Wednesdays 10am – 12noon.
Osidge Library, Brunswick Park Road, N11 1EY. Free.



Walking Football – Thursdays 11am – noon. For over 55s Power League Pitches, Bobby Moore Way, N10 1ST.
Cost £3 per hour. Call Roger on 07817 11642

HIGH BARNET & WHETSTONE



Movement & Creative Dance – Thursdays 4.30pm – 5.30pm.
The Bull Theatre, 68 High Street, Barnet EN5 5SJ. Cost £3.
Contact Jane on 020 8441 5010 for more information.



Tai Chi – various days and times at Chipping Barnet Library.
For details call Richard on 020 8455 5463.



Computers and a Cuppa. Help to use the internet or improve your computer skills. Tuesdays 11.30am – 1.30pm.
The Sebright Arms, 9 Alston Road, Barnet, EN5 4ET
Call 020 3778 0228 or email us@hiab.org.uk. Cost FREE

NEW AND EAST BARNET



Coffee Morning – Wednesdays 10am – 12noon. St James's, New Barnet (near Sainsbury's). Tea, coffee, homemade cakes. Contact Rosemary on 020 8440 6258



AthleFIT – Mondays 2pm – 3pm. Free adults athletics fitness sessions for the over 55s. Contact Annabel on 020 3675 7246 or email annabelhav@saracens.net. Cost FREE



Seated Dance – Fridays 10.30am – 11.30am. FIN Community Centre, East Barnet Baptist Church, Crescent Road, EN4 8PS.
For more information call Petra on 07398 129853. Cost £3.



Family History Society – Third Thursday of the month
7.30pm – 10pm. Lyonsdown Hall, 3 Lyonsdown Road, EN5
Contact Elizabeth on 020 8449 3235

CHILD'S HILL & CRICKLEWOOD



Games Afternoon - Alternate Tuesdays 2-4pm. Cricklewood Trades Hall, 134 Cricklewood Lane, NW2 2DP. Come along and make new friends. Refreshments and free parking available.
Contact Joan on 020 8452 2475



Gentle exercise to music group - Mondays 10.30am – 11.30am at Cricklewood Trades Hall, 134 Cricklewood Lane, N W2 2DP. Contact Rang on 07957 185367 Cost £3



Chairobics for everyone – Wednesdays 10am -11am.
Whitefield School, Claremont Road, NW2 1TR.
Contact Joanne on 020 8432 1415. Cost FREE

GOLDERS GREEN & TEMPLE FORTUNE



Michael Sobell Jewish Community Centre offers a wide range of programmes and activities from health and wellbeing, learning and culture, social and support groups as well as their Get Creative programme. To view their full brochure online go to www.jewishcare.org/sobell-centre. For more information or to request a brochure contact the centre on 020 8922 2900 or email sobell@jcare.org



HENDON



Make Friends With A Book Mondays 1.30-3pm. Cheshir Hall Community Centre, Fosters Street, NW4 2AA. Contact: Paul on 07815 554713. Free.



Tea and Chat – Wednesdays and Fridays 10am – 11am (£1). Meritage Centre, Church End, Hendon, NW4 4JT. Contact 020 8432 1423 or email christine.gilbert@ageukbarnet.org.uk



Bridge Classes (Beginners) – Thursdays 10.15am – 12.30pm Meritage Centre, Church End, Hendon, NW4 4JT. Cost £7.
Contact Alan on 020 8361 7639 or email alanshackman@btinternet.com



Tai Chi - Thursdays 11am–12pm Barnet Multicultural Centre, Algernon Road, NW4 3TA Contact 020 8432 1415



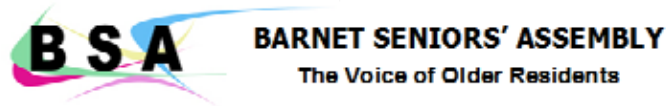
The Better Club – get fitter, feel better. Activities available include badminton, darts, dominoes, bowls, short tennis plus more. Barnet Cophall Leisure Centre, Champions Way, Hendon NW4 1PX. For information contact Greenwich Leisure on 020 8317 5000 or join at www.better.org.uk/club
Cost £25.30 per month



TUESDAY LUNCH FOR ONLY £6

Silver Service takes place in Burnt Oak, Edgware, East Finchley and High Barnet every Tuesday with many local cafés and restaurants offering £6 set meal deals to customers over 60 years of age, and their guest. Look out for the Silver Service logo on participating restaurant and café windows





Barnet Seniors' Assembly (BSA) is a voluntary organisation that works closely with Barnet Council, the NHS and other public sector organisations in order to influence policy plans and practices. BSA ensures that widely held concerns of older people are put to and kept before the authorities who take the decisions. BSA believes that by working in partnership with others it can make Barnet a better place for all. BSA has a social programme of outings, monthly meetings with speakers in various parts of the borough, in addition to holding two main Assemblies per year. The next Assembly will be held on Sunday 2nd October (see below for details). For information on our successful spring event, please visit www.barnetseniors.org.uk

Membership is just £5 per person per year. To become a member of this expanding organisation and to ensure that you receive regular copies of this magazine please send your name and address together with £5 per person (cheques payable to BSA) to: Sue Packman, BSA Secretary, 7 St Augustine's Court, Somerset Road, EN5 1SZ.

BSA are currently looking into Hospital Discharge services. If you have had recent experience of the service (either positive or problematic) please do let us know. For further information phone **020 3778 0151** or email: bsabarnet@outlook.com

TEA DANCE

Saturday 4 June and Saturday 2 July
2.30pm - 4.30pm (doors open 2.00pm)

Admission £4.00 (refreshments and raffle)

At Parish Hall of Catholic Church of Mary Immaculate & Gregory the Great, 82 Union Street, High Barnet, EN5 4HZ

Proceeds for Barnet YSVP (Youth Vincent de Paul) and KSC (Knights of St. Columba Council 560) and other charities.

Join us for a **FREE 6-week IT course** in Barnet Libraries using our tablets

Come and join our **FREE** six week IT course in Barnet Libraries. Tel: 020 8359 7490
Email: libraryevents@barnet.gov.uk

SILVER SUNDAY BARNET

Afternoon Tea Party Drop-in Event
Sunday 2nd October 12.30pm - 4.30pm
Hendon Town Hall

A free afternoon tea will be available, as well as entertainment, activities and information stalls. Silver Sunday 2016 will precede a week of events and activities taking place throughout the borough for all senior residents. Further details will soon be available.
Contact **020 3778 0151** or email bsabarnet@outlook.com

Contact Us

If you have material you would like to offer for future issues of this newsletter, please email:
info@barnetseniors.org.uk



Useful Contacts

Police	Non-emergency 101 Emergency 999	Textphone 18001 101 Textphone 18000
NHS 111	111 (national number)	Textphone 18001 111
Council	020 8359 2000	barnet.gov.uk
Debtline	0808 808 4000	nationaldebtline.org
Childline	0800 1111	childline.org.uk
Crime Stoppers	0800 555 111 (Anonymous Line)	crimestoppers-uk.org
Citizens Advice	03444 111 444	citizensadvice.org.uk
Samaritans	116 123	samaritans.org
Utilities (Emergency numbers)		
Gas	0800 111 999	nationalgrid.com
Electricity	0800 028 0247	ukpowernetworks.co.uk