



Barnet Seniors' Insider

Produced by:



News for senior citizens in Barnet

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

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

Issue 7 • July / Aug 2016

Are you a Carer?

If you care for your spouse, partner, family member or friend, find what support is available

You may not know you're a carer but if you have stepped in to support a spouse or partner, or an older relative or friend, who needs your help so that they can continue living in their own home, you may well be. A carer is defined as 'someone who helps another person, usually a relative or friend, in their day-to-day life'. This is not the same as someone who provides care as their job, or through a voluntary organisation.

You may find that your own life is affected by if you need some practical support or regular breaks, you are affected financially, or you have had to adjust your lifestyle and see less of other friends and family. It is important to recognise how you are feeling, for example maybe guilt for feeling upset or resentful about the situation. You are entitled to help and support, and you shouldn't feel worried about asking for it. Barnet Council provides information about support services available for carers. You can get this information from Social Services (020 8359 5000), your local library or GP surgery.

Carer's Assessment

You can also ask social services for a free carer's assessment. It doesn't matter how little care you provide to someone – if you feel that you could benefit from some support, you are entitled to an assessment. The council will look at whether you're able to get support from them such as help around the home, benefits advice or support to improve your wellbeing like a gym membership or training to feel more confident as a carer. becoming a carer; for example, you fee

Support Plan and Personal Budget

The council will help you to prepare a Carers Support Plan, to show how your needs are going to be met. When your Support Plan is created, you should be told how much money the council has calculated to meet your needs. This is called your Personal Budget. You should be involved in deciding how this is spent.

For more information or advice contact Barnet Carers Centre on 020 8343 9698, www.barnetcarers.org or Carers UK on 0808 808 7777, www.carersuk.org



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Mainly for those people aged 55 or over

Welcome to the seventh 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 (see page 8) which is delivered by volunteers. 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 will receive a copy. If it is not delivered to you, or if you would like to help delivering in your area, or if you get two copies, please contact distribution@barnetseniors.org.uk or call 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 space is limited and will contribute towards costs only. Barnet Seniors' INSIDER is a not-for-profit enterprise

90mm x 128mm

£120

How to supply advertisements

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

64mm x 90mm

£70

64mm x 45mm

£40

Barnet Senior Insider Deadlines

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, 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 help 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

Retired & Senior Volunteer Programme

RSVP is a volunteer programme for mature people (age 50+) who would like to offer their skills and time back to their community via a variety of projects.

RSVP are seeking mature volunteers (50+) who are interested in sharing their skills and experiences with the community. The INSPIRE+ programme is suitable for individuals who have an interest in, or experience with, working with elderly individuals.

Volunteers for the INSPIRE+ project will engage with elderly, lonely, isolated and/or frail people on a regular basis at a variety of sheltered housing locations in Barnet & Finchley. RSVP visit these facilities on a weekly, fortnightly or monthly basis to provide engagement and interaction with a range of clients. Activities range from discussions, quizzes, games, entertainment, keep fit activities and sing-a-longs to just chatting one-on-one with a lonely individual.

If you are interested, please contact RSVP on 07546 388433 or email rsvpbarnet2010@hotmail.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 020 3778 0151 or email distribution@barnetseniors.org.uk





Mental Health

The Multilingual Wellbeing Services (MWS) work to promote mental health and wellbeing in linguistic and culturally appropriate ways to all ethnic groups across the borough of Barnet. MWS is a consortium of independent voluntary sector providers of black, minority and ethnic mental health services.

Services provided in a range of community languages include:

- Advocacy
- Counselling
- Mental Health Awareness (HappyLife) Workshops

Services are provided in Arabic, Cantonese, Dari, Farsi / Persian, French, Hindi, Mandarin, Panjabi, Pashto, Turkish and Urdu. MWS can also help anyone who would like to get more information about mental health and wellbeing; or who is currently using mental health services or is looking after someone with mental health challenges.



Timebanking UK

Give and Take

Timebanking is the way of spending one hour of time helping someone out and earning one time credit in return where everyone's time is equal.

For example cooking for a neighbour and receiving Spanish lessons in return. You can spend time credits on things like theatre or cinema tickets (if available). You could learn something new or share a skill you have. How you choose to spend or earn time credits is only limited by your imagination.

No money is exchanged in timebanking and there is no membership fee. If your request does require money such as a lift in a car you would be expected to offer reasonable petrol money to the driver.

If you are interested in joining, contact Timebanking UK and they will arrange a time and place that is convenient for you to talk about what you would like to get from the timebank and what you would like to receive.

Tel: 020 8732 6655
Email: info@multilingualwellbeing.org.uk
Web: www.multilingualwellbeing.org.uk

Tel: 07887 249910
Email: barnet@timebanks.co.uk
Web: www.barnet.timebanking.org



Bright Futures

Barnet Mencap provides a range of services and campaigns with people with learning disabilities and people with autism or Aspergers and their families.

Barnet Mencap's services include:

- Advice and Information for adults
- Leisure and Learning activities
- Supported Accommodations and Outreach Support
- Short Breaks
- Volunteering
- General advice

The Award Winning Fit2gether Project

The Fit2gether project provides lots of chances to try new sports and physical activities. The Fit2gether Project has weekly sports sessions in lots of different sports. All activities are fun and you can do them at your own pace! They also have a regular Art Group for over-50s. The Art produced has been displayed and made into greetings cards.

Tel: 020 8349 3842
Web: www.barnetmencap.org.uk

There's a dementia café or club 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 Tsedek 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

Visbuzz



Calling for lonely people

As part of Barnet Council's commitment to combat loneliness, they are able to provide a limited number of a simple piece of technology, Visbuzz tablets, to qualifying individuals free of charge for a period of one year. After this time, usage will be assessed and options for the future will be discussed.

The Visbuzz user sees a picture frame containing up to four photographs of the people they have chosen to keep in touch with. A single touch of a photograph connects them for a face-to-face video call, or to accept an incoming call.

Qualifying users are:

- People who are uncomfortable with technology
- People who are isolated

Further information:

If you or someone you know of would benefit from a Visbuzz unit, please contact:

Zoë Garbett at Barnet Council on [020 8359 3478](tel:02083593478) or for more information about Visbuzz visit: www.visbuzz.com

Finding Help at Home

Most of us want to live independently in our own homes for as long as possible, but as we get older we may need some support and assistance.



If you can't manage tasks like washing, dressing and feeding yourself, contact Social Services. They can provide home carers and other support. Depending on your income and any assets you may have, you may be expected to make a contribution towards the cost of your care at home. *But don't let this put you off asking in the first place.*

Arranging a 'care needs assessment'

Make a list of your difficulties and the help you need, being as specific as possible, for example: I need help to shower, I'm struggling to dress myself, I can no longer safely cook for myself.

Then phone adult Social Services on [020 8359 5000](tel:02083595000) and ask for a FREE community care needs assessment. A professional will come to your home and assess what help you need. It's important you are clear with them about the difficulties you have – don't 'gloss over' them. Even if you plan to arrange and pay for care independently, you should still get an assessment. The social worker may have suggestions and solutions you hadn't thought of, plus good local contacts.

If you're entitled to care from Social Services

Some people find the home carers provided by social services excellent. Others end up never seeing the same person twice, carers arriving late or people they don't like. You can choose to receive a Personal Budget instead. Social Services tell you how much money you can have to meet your assessed needs, and you spend your personal budget on carers you choose yourself. Did you know – just as you can use a travel agent to find the best holiday, so you can use a support broker to seek out the best carer for you. Contact Barnet Centre for Independent Living on [020 8359 6450](tel:02083596450) for more info.

Personal Budgets and Direct Payments – what's the difference?

Direct Payments are one way of receiving a personal budget. Your Personal Budget is the amount of money that the council has worked out is needed to meet your care needs. You can decide how to spend the budget as long as it meets your assessed needs in your Care and Support Plan. You can ask the council to manage the money for you, or you can take Direct Payments. There are other options too, so it's best to get in touch with Social Services to find out more.

Candles and naked flames

One of the biggest causes of fire within homes

Always keep an eye on candles, incense and oil burners to keep you and your home safe.

Arrange a home fire safety visit

If you are concerned that your home may be at risk of fire, or know someone who you think needs help, then please arrange a free home fire safety visit by contacting the Home Fire Safety on Freephone [08000 284 428](tel:08000284428) (quoting "BARNET P110") or visit the London Fire Brigade website and complete the online form at www.london-fire.gov.uk



Advice to keep you safe

- Always use a heat resistant holder on a stable surface, which won't be knocked over. Tea lights can melt through plastic surfaces like a TV or bath
- Keep these items away from materials that may catch fire such as curtains, furniture, clothes and hair
- Keep out of reach of children and pets
- Make sure you put out the flame on candles, incense and oil burners when you leave the room, especially at night.

Making small changes to keep active



Exercise protects your joints by keeping muscles strong, and improves balance, confidence and mood.

There are lots of ways to keep healthy through physical activity not just exercise, it can be anything that makes you feel warm and slightly out of breath. Small changes to your everyday life can help build up to the recommend 30 active minutes a day. It could be gardening, taking the stairs, walking to the shops or getting off the bus one stop earlier. It doesn't matter what you do to be active, it all counts. For more information about how you can keep active visit www.nhs.uk/change4life

Severe pain can curb your desire to keep active or go out and socialise. If you can't cope with the pain, ask your GP to assess your condition, review your tablets or refer you to a pain clinic. Or ask the British Pain Society (020 7269 7840, www.britishpainsociety.org) for information on pain clinics. If your pain is from arthritis, the charities Arthritis Care (0800 800 4050, www.arthritiscare.org.uk) and the National Rheumatoid Arthritis Society (0800 298 7650, www.nras.org.uk) can offer helpful advice.

Eat little and often, drink plenty of fluids and get 'five portions of fruit and veg a day'. Arthritis Care's free booklet *Healthy Eating* has great advice – contact details above.

Did you know...smokers are at increased risk of age-related macular degeneration (eye disease). You're twice as likely to give up smoking for good if you use nicotine replacement therapy like patches or tablets, and four times as likely if you use NHS support with stop-smoking medicine. Contact NHS smokefree on 0300 123 1044, www.nhs.uk/smokefree, your GP or the charity Quit on 020 7553 2100, www.quit.org.uk

Trusted Traders

The Trusted Traders scheme provides a list of local traders who can be used knowing they've been checked and assessed before being accepted.

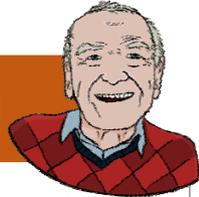
To be accepted, a business must apply for a Which? assessment, which comprises a set of tailored background checks, including criminal records, creditworthiness, any county court judgments and maintenance of insurance. References are required from previous customers and applicants must agree to abide by the scheme's code of conduct. Only if all the requirements are met, will a business be able to join as an endorsed trader. The business will then be monitored and reassessed every year.

Any business which fails to comply with the code of conduct can be suspended or removed. If something does go wrong, consumers also have the reassurance of an independent Alternative Dispute Resolution service.

Traders who have been accepted can use the Which? Trusted trader endorsement logo, and a profile of the trader can be found at: www.whichtrustedtraders.co.uk



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 DIABETES?

The symptoms of diabetes occur because the lack of insulin means that glucose stays in the blood and isn't used as fuel for energy. Your body tries to reduce blood glucose levels by getting rid of the excess glucose in your urine.

Typical symptoms include:

- feeling very thirsty
- passing urine more often than usual, particularly at night
- feeling very tired
- weight loss and loss of muscle bulk

There are two main types of diabetes:

Type 1

Type 1 diabetes can develop at any age, but usually appears before the age of 40, particularly in childhood. Around 10% of all diabetes is type 1. In type 1 diabetes, the pancreas (a small gland behind the stomach) doesn't produce any insulin – the hormone that regulates blood glucose levels. This is why it's also sometimes called insulin-dependent diabetes.

Type 2

In type 2 diabetes, the body either doesn't produce enough insulin to function properly, or the body's cells don't react to insulin. This means that glucose stays in the blood and isn't used as fuel for energy. Around 90% of adults with diabetes have type 2, and it tends to develop later in life than type 1.

Untreated diabetes can damage your organs, so it's important that it's diagnosed as early as possible.

GET Out and About in Barnet

BURNT OAK & COLINDALE



Talk & Walk - walking group that meets on Tuesday mornings 12noon – 1pm at Watling Park. Call 020 3778 0228 or email us@betterburntoak.org.uk Cost FREE



Yoga and Meditation – Thursdays 10.30am – 11.30am Woodcourt, South Road, HA8 OBF. Phone 020 3778 0228 or email us@betterburntoak.org.uk Cost £5 incl. refreshments



Tai Chi (gentle) – Wednesdays 2pm - 3pm at Annunciation Church Parish Centre, 4 Thirleby Road, Burnt Oak HA8 oHQ. 020 8432 1420 or email Deborah.cura@ageukbarnet.org.uk for details. Cost £3.50



Activity Afternoon - An afternoon of fun and games every Tuesday at 2pm at Woodcourt, South Road, HA8 OBF. 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 OUB 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's Church, The Ridgeway NW7 1QU Fridays 10.15am – 11.15am. Cost: £2 including refreshments. Contact: 020 8906 3797



Aqua Aerobics for over 55s - Tuesdays 3.30pm – 4.30pm. Mill Hill School, The Ridgeway, Mill Hill NW7 1QS Cost £3.50 Contact 020 8432 1415 or email info@ageukbarnet.org.uk.



Coffee Morning & Bingo – last Thursday of each month 10.30am – 12noon. Mill Hill East Church, Salcombe Gardens, NW7 2NT. Contact RSVP on 020 8446 4620



Arts Group – Tuesdays 10am – 1pm. Frith Grange Scout Camp, Frith Lane, NW7 1PT. 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 10.30am-11.30am at Age UK, Ann Owens Centre, N2 8LT Cost £3.50



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.

GET 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. 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. Cost £5



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
Saturdays 10am - 12noon, Wesley Hall, Stapylton Rd, EN5 4JJ
from 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, NW2 2DP. Contact Rang on 07957 185367 Cost £3.50



Chairbics 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. Cost FREE.



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



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 . Cost £3.



Saracens – get fitter, feel better. Activities available include walking football, Pilates, touch rugby, Nordic walking and Love to Dance (various dance styles). Saracens Stadium, Allianz Park, Greenlands Lane, Hendon NW4 1RL.



Contact 020 3675 7246 or email annabelhay@saracens.net Cost £4.50 per session



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
The Voice of Older Residents

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 producing this newsletter and holding two main FREE 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 still looking into Hospital Discharge services. If you have had recent experience of the discharge procedures (either positive or problematic) please do let us know. For further information phone **020 3778 0151** or email: bsabarnet@outlook.com

Just retired? Semi-retired?
But not ready to stop?



Why not continue to be involved in your community with an incredibly rewarding second career at Home Instead Senior Care as a part-time CAREGiver?



Our care and support is unique. We believe dignity, compassion and empathy is what makes us the most trusted name in care at home. Our minimum visit time is one hour, often more - we believe it's only right.



Don't worry about experience, if you have worked and/or raised a family you are already experienced. Our professional training program will give you the additional skills you need to become a great CAREGiver.

Make a difference - join our amazing team!

Call **0208-446-7044**

Or apply online at www.homeinstead.co.uk/barnet

Contact Us

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



DATE FOR YOUR DIARY



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

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 activities, entertainment and information stalls. Activities and events will take place throughout the borough during Silver Sunday week. Further details will soon be available.

Call **020 3778 0151** or email bsabarnet@outlook.com

Useful / Emergency 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
Gas	0800 111 999	nationalgrid.com
Electricity	0800 028 0247	ukpowernetworks.co.uk
Water	0800 316 9800	thameswater.co.uk