



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 8 • Sept / Oct 2016

Silver Sunday Week 2 - 8 Oct

You're invited to Barnet's Silver Sunday week of activities, starting with a party

The full week of activities and events celebrates the value and knowledge older people contribute to our communities. With opportunities to meet new people, try something new or enjoy something familiar, the celebrations also aim to combat loneliness and isolation.

Silver Sunday Week will begin with an open event at Hendon Town Hall, The Burroughs, NW4 4AX on Sunday 2 October, from 12.30 - 4pm (hosted by Barnet Council in conjunction with Barnet Seniors Assembly). There's no need to book, just come along for a day of activities, entertainment, refreshments and information stalls.

Silver Sunday is an annual day of fun and free activities for older people across the UK, led by The Sir Simon Milton Foundation. Activities and events range from sports tasters, free hairdressing, trying your hand at simulating a hip replacement, an art exhibition, coffee mornings, digital technology sessions, walks, talks and

getting involved with #silverselfie by taking a selfie with an older person and posing it on Twitter.

Information on all the Silver Sunday Week events and activities in your local area will be available at your local Barnet library. A full schedule of all of the events and activities planned to support Silver Sunday is available on page 3 and at www.barnet.gov.uk/silver-sunday

Everyone can get involved, whether that's organising an event, spreading the word, attending an activity. Visit www.silversunday.org to find out how you could get involved.

For further information on Silver Sunday Week please contact the Prevention and Wellbeing Team by calling 020 8359 7573 or emailing preventionandwellbeing@barnet.gov.uk



SILVER SUNDAY
CELEBRATING OLDER PEOPLE



IN THIS ISSUE

- Silver Sunday Activities and Events
- Difficult Conversations
- Energy Grants
- Thoughts, feelings and physical symptoms
- Retired & Senior Volunteer Programme
- Out & About in Barnet

Mainly for those people aged 55 or over

Welcome to this 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 clear 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

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.

Please call 020 3778 0151 or email info@barnetseniors.org.uk to discuss.

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 detailed below.

Ad Size	Approx. mm	Cost per issue	12 Months / 6 issues (10% discount)
1/2 Page	180 x 128mm	£220	£1,188
1/4 Page	90 x 128mm	£120	£648
Out & About	90 x 15mm	£25	£135

Deadlines: 27 Sept for Nov/Dec issue & 14 Nov for Jan/Feb 17 issue

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



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) or call 020 3778 0151.

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

If you can spare a few hours or a day or two a week, you can have fun whilst making a positive difference.

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.

BEFRIENDERS NEEDED!

The High Barnet Good Neighbour Scheme needs more Befriending volunteers to perform neighbourly services for our (mostly elderly) lonely and isolated clients.

A befriender would need to be warm, friendly and happy to have a natter over a cup of tea and listen and perhaps take the person for a walk around the garden to stretch their legs or have a game of cards. The delight on a client's face is so evident and some have extraordinary stories and experiences to share with you. It is most rewarding.

One hour every other week or one hour per month, more if you prefer. Expenses paid.

The High Barnet Good Neighbour Scheme has been helping the people of High Barnet for over thirty years. They are a registered charity open to all local residents in the EN5 area.

If you are interested, you can email Liz or Diane at HBGNS@greenbee.net or pop into their office between 10am and 1pm, Monday – Friday at Church House, 2 Wood Street, Barnet EN5 4BW

Or Call
020 8441 5678



Events running during **Silver Sunday Week 2 - 8 October**



All events are **free** with no need to book unless stated

Update on all events available at www.barnet.gov.uk/silver-sunday or your local Barnet library from Monday 26 September 2016

Sunday 2 October

- 9.30-11.00 **Racket Ball**, Oakleigh Park Club, Oakleigh Rd North, N20 9EZ. 020 8445 7221 / office@oakleighparkclub.co.uk to book
 12.30-16.00 **Afternoon Tea** at Hendon Town Hall, The Burroughs, NW4 4AX

Monday 3 – Friday 7 October

- Art exhibition** of work by residents of care homes/supported living. Hartley Hall, 1 Flower Lane, Mill Hill, NW7 2JA
 9.00-17.00 **Hairdressing** (wash, cut, blow-dry, set) Barnet and Southgate College, Lanacre Avenue, Colindale, NW9 5ZN
 020 8266 4080 / thesalon@barnetsouthgate.ac.uk and quote 'Silver Sunday' to book
 10.30-15.00 **Footgolf taster session** for groups of 4 or more Tudor Park Golf Club, Clifford Road, East Barnet, EN5 5NY
tudorparkfootgolf@gmail.com and quote 'Silver Sunday' to book

Monday 3 October

- 9.30 **Big Health walks**, Woodside Park/Totteridge; Cherry Tree Wood; Watling Park, Burnt Oak also Allianz Park
 11.00–12.00 & 14.00–15.00 **Talk on the RAF history of Colindale/Hendon area**
 12.00–13.00 & 15.00–16.00 **Talk on the history of Asian RAF staff**
 Both at RAF museum, Grahame Park Way, NW9 5LL. www.royalairforcemuseum.digitickets.co.uk to book
 12.30–14.30 **Love to Dance** with Saracens Foundation. No partner needed! Eversfield Centre, Mill Hill, NW7 2AE

Tuesday 4 October

- 10.00-11.00 **Pilates** at Vita et Pax Church, Peace Close, 29 Bramley Rd, Oakwood, N14 4HE. Call Tali on 07931 748 490 to book
 10.00-12.00 **Love to Dance** with Saracens Foundation. No partner needed! Underhill Baptist Church, Elton Ave, EN5 2EA
 10.00-15.00 **Job seeking** with BOOST / I love Burnt Oak. 020 8359 5600 / BOOST@barnet.gov.uk to book
 10.00-15.00 **Health MOT** drop in
 Both at Community Resource and Support HUB (CRESH), 102A Watling Avenue, Burnt Oak, HA8 0LN
 11.00-13.30 **Computer and Cuppa Afternoon Tea** with Altogether Better at The Sebright Arms, 9 Alston Road, Barnet, EN5 4ET
 14.00-16.00 **Computer and Cuppa Afternoon Tea** with Altogether Better at Homefield Gdns Community Hall, Stanley Rd, N2 0XL

Wednesday 5 October

- 10.30 **Leisure Centre Open Day**, Cophall Leisure Centre, Champions Way, Hendon, NW4 1PX
 13.00-14.00 **Belly dancing** at Mill Hill Music Complex, Bunns Lane Works, Bunns Ln, NW7 2AJ. Call 07961 214 596 to book
 14.00-16.00 **Computer and Cuppa Afternoon Tea** with Altogether Better at Wilmot Close Community Hall, Tarling Road, N2 8HP

Thursday 6 October

- 10.00-12.00 **Computer and Cuppa Afternoon Tea** with Altogether Better at Season Cafe, 205 High Road (opposite library), N2 8AN
 10.30-12.00 **Informal social IT group** hosted by Age UK Barnet at the Artsdepot, 5 Nether Street, North Finchley, N12 0GA
 11.00-15.00 **Barnet Elderly Asian Group health day** Friary House, Friary Park, N20 0NR. 020 8368 0892 to book
 13.00-15.00 **Love to Dance** with Saracens Foundation. No partner needed! At Lyonsdown Hall, New Barnet, EN5 1JB
 17.00-18.00 **50+ Fitness**, suitable for all abilities at Mill Hill East Church, Salcome Gardens, NW7 2NT
 9.00-22.00 **Swimming** at Aspire Leisure Centre, Wood Lane, Stanmore, HA7 4AP
 10.30-20.30 **Therapeutic treatments** by The Disability Foundation. 020 8954 7373 / reception@tdf.org.uk quote 'SS16' to book
 13.00-15.00 **Hip Surgery Simulation** research@rnoh.nhs.uk quote 'Silver week' to book
 Both at RNOH, Brockley Hill, Stanmore, HA7 4LP.

Friday 7 October

- 9.30-11.00 **Racket Ball**, Oakleigh Park Club, Oakleigh Rd North, N20 9EZ. 020 8445 7221/office@oakleighparkclub.co.uk to book
 9.30 **Sport taster sessions** at Burnt Oak Leisure Centre, Watling Avenue, HA8 0NP. To book email Jalpa.assani@gll.org
 AM **Film screening** at The Phoenix Cinema, 52 High Rd, East Finchley, N2 9PJ. £1.00, to book call 020 8444 6789
 13.30-15.30 **Come dance with us, Afternoon tea and ballroom dancing**. Meritage Centre, Church End, Hendon, NW4 4JT

Why not Join in with the Barnet General Knowledge Quiz...

1. What began on April 14th, 1471?
2. Andrew 'Beef' Johnston belongs to which Barnet golf club?
3. Which Cricklewood born woman presents BBC 2's Only Connect?
4. Which of the Spice Girls attended St Theresa's Catholic Primary School in Finchley?
5. In the award-winning film The King's Speech, which Finchley born actress took the part of Queen Mary?
6. In which decade was the London Borough of Barnet officially formed?
7. Which famous architect designed St Jude's Church in Hampstead Garden Suburb?
8. The Queen opened which popular Barnet attraction in November 1972?

Answers to preventionandwellbeing@barnet.gov.uk or Prevention Team, A&C, LBB, 7th floor, Barnet House, 1255 High Rd, Whetstone, N20 0EJ. Please include your name and contact details. **Closing date is Monday 19 September 2016.**

Winners will be announced on Sunday 2 October. All prizes will be paid as a gift voucher of your choice: 1st £30, 2nd £20, 3rd £10.

Difficult Conversations

Talking to your elderly relative about what might happen in the future can be daunting but by talking early you can find out what your relative wants, help them make decisions and have the peace of mind of knowing that arrangements are in place.



Why it's good to talk

You may have noticed your relative could do with some extra help at home or may need to move into more suitable housing. Or perhaps you want to know about their wishes for the end of their life so you can be sure any decisions made on their behalf would be what they wanted. This can feel very difficult but there are lots of good reasons for starting a conversation about sensitive subjects:

- it can give you and your relative peace of mind for the future
- you can get arrangements in place ahead of time
- knowing your relative's wishes means they are more likely to be met if the relative becomes unable to communicate a decision
- you can find out what's important to them and avoid any family arguments
- decisions won't have to be made in a rush later – you can take your time and think them over now.

It's much easier to have the conversation ahead of time, before your relative needs any extra help and you're talking about possible options rather than something that needs to happen soon. Start small and talk often.

Conversation strategies – some practical advice

- *When to talk* - There will never be a perfect time for these conversations. You should arrange to talk when you and your relative both have enough time.
- *Where* - Make sure you are somewhere quiet and private where you won't be disturbed, especially if the subject is likely to be emotional. Try to do it in person.
- *Who should be there* - You may need to think about whether you are the right person to have the conversation with your relative. They might feel more comfortable talking with another family member or there may be some topics that are better dealt with by a professional, such as a GP or a social worker.

There is help available. Useful organisations for support in 'starting a conversation', include:

Carers Direct (NHS) on 0300 123 1053, Carers UK on 0808 808 7777, Independent Age on 0800 319 6789.

Energy Grants



Are you eligible for up-to £300 Winter Fuel Payment for 2016/2017?

Winter Fuel Payment

If you were born on or before 5 May 1953, you may qualify for a tax-free Winter Fuel Payment of up to £300 from the Government. The money is usually paid before Christmas every year, and it doesn't affect any other benefits you get, but exactly how much you'll receive depends on your circumstances.

Who's eligible? You receive it automatically if you are in receipt of the state pension or other social security benefit, such as Pension Credit. Visit www.gov.uk/winter-fuel-payment/eligibility to see the full eligibility criteria.

How to apply? If you've not had it before and don't receive benefits or a State Pension, or only get Housing Benefit or Council Tax Reduction, then you'll have to claim it. To claim it, you'll have to apply by 31 March 2017.

Cold weather payment if temperatures hit zero

The Cold Weather Payment is a separate grant paid by the Government to older people, and others on certain benefits, to help cover costs when temperatures hit zero in your area. It applies if the average temperature is – or is forecast to be – 0°C or below for seven days in a row between 1 November 2016 and 31 March 2017.

You'll get £25 for every seven consecutive days of cold weather, payable into the same account your benefits are paid into, within 14 working days of the cold spell.

Who's eligible? All those who get Pension Credit qualify or who receive some other social security benefits. To see the full criteria visit www.gov.uk/winter-fuel-payment/eligibility.

How to apply? You should automatically get your rebate 14 working days after the seven-days of freezing weather.

Thoughts, feelings and physical symptoms



As we get older, changes in our lives, such as bereavement, illness or retirement, can make us more vulnerable to depression or anxiety.

A low mood that doesn't lift may be a sign of depression. However, depression isn't just about low mood, and there are a number of other thoughts, feelings or physical symptoms that could indicate depression. These include:

- Loss of interest in life, including things you previously enjoyed
- Feeling hopeless
- Worrying or feeling anxious
- Feeling irritable or angry
- Difficulty concentrating
- Feeling restless
- Being irritable with other people, or avoiding them
- Being very tearful
- Thoughts of self-harm or wanting to end your life
- Feeling you've let yourself or others down
- Feeling guilty
- Trouble sleeping or sleeping too much
- Over- and under-eating; loss of appetite
- Having no energy and feeling tired for no reason

Depression isn't an inevitable part of ageing – there is help available.

If you do experience depression, you're not alone. Depression affects around one in five older people, and two in five people living in care homes. It's important to talk to others about how you feel and seek help. Treatments – such as medication or talking therapies – can be very effective, even if you've been feeling low for a long time, and there are lots of different options available.

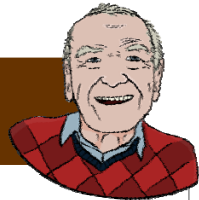
If your feelings of depression are particularly strong or last for more than two weeks, you might want to consider seeing your GP, calling NHS 111, the Samaritans on 116 123 or the Silver Line on 0800 470 8090. The NHS website has a depression self-assessment tool, which you might find useful: www.nhs.uk/Tools/Pages/depression.aspx

Retired & Senior Volunteer Programme

RSVP Barnet is a volunteer programme for mature individuals (50+) who have built up skills and experience and would like to offer some of it back to their community. It is run entirely by volunteers and the project areas are determined by areas in which individuals wish to become involved.

Some current projects include INSPIRE+ (visits to sheltered accommodation and care homes to interact with residents), Keeping in Touch (a telephone befriending service), WWII Memories (a travelling WWII reminiscence project), Knitting Groups (knitted goods are distributed to the homeless, ill and needy). If you have an interest and have some time available, either regularly or occasionally, please be in touch at rsvpbarnet2010@hotmail.co.uk or Jody Hyland on 07546 388433.

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 DEMENTIA?

The word dementia describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language. These changes are often small to start with. A person with dementia may also experience changes in their mood or behaviour.

Dementia is caused when the brain is damaged by diseases, such as Alzheimer's disease or a series of strokes. Alzheimer's disease is the most common cause but not all dementia is due to Alzheimer's.

Each person is unique and will experience dementia in their own way. How others respond to the person, and how supportive or enabling the person's surroundings are, also greatly affect how well someone can live with dementia.

Dementia is progressive, which means the symptoms get worse over time. How quickly dementia progresses varies greatly from person to person. As dementia progresses, the person may develop behaviours that seem unusual or out of character. These behaviours may include repetitive questioning, pacing, disturbed sleep patterns or agitation.

It is very important to get a proper assessment of problems with memory or thinking. It is common practice for a GP to make an initial assessment and then refer the person to a memory clinic or other specialist service for more detailed assessment.

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. St. Margaret's Church, 1 Station Road, HA8 7JE Contact Godfrey on 020 8958 5113.



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 Ridgway 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.



Lunch Club – Thursdays 12noon – 1.30pm. Annunciation Church, 4 Thirleby Road, HA8 OHQ. The Good Neighbour Scheme for Mill Hill and Burnt Oak on 020 8906 3340



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 11am-12noon all 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 £4-£5



Talk & Walk – walking group that meets on Mondays at 9.30am starting from Cherry Tree Wood (opposite East Finchley Station). Email samsonel@btinternet.com or ring Lisa on 020 3778 0228 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



Social Group – If you have a visual impairment, Barnet Borough Sight Impaired (BSI) is for you. First Tuesday of the month 1.30pm – 3.30pm. St Mary's Church Hall, Hendon Lane Finchley N3 1RT. Call Lis on 020 8349 4705



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 (free), 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 annabelhav@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



ARE YOU FEMALE, OVER 50 AND LOOKING FOR A PLACE TO LIVE?

Unfurnished affordable accommodation for ladies over 50, in housing need and capable of independent living.

Applicants should be residing in the **Borough of Barnet**. The low cost accommodation comprises living-room, bedroom, kitchen and bathroom or bed sits which are lower in rent.

Application forms. Please call.

020 8440 4374
or visit our web site.

www.jesushospitalcharity.org.uk



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 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 events per year (admission free).

Membership is just £5 per family 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 family (cheques payable to BSA) to: Sue Packman, BSA Secretary, 7 St Augustine's Court, Somerset Road, EN5 1SZ.

For further information phone **020 3778 0151** or email: bsabarnet@outlook.com

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



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



Make a difference - join our amazing team!

Call **0208-446-7044**

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

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



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Barnet Seniors' Insider is a non-profit making free newspaper published regularly by Barnet Seniors' Assembly. Tel 020 3778 0151 or email: bsabarnet@outlook.com