



Barnet Seniors' Insider

Produced by:



News for senior citizens in Barnet

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

Issue 9 • Nov / Dec 2016

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

Don't Panic!

Planning for your future care can bring peace of mind for you and your family...

Given that death is inevitable, why is it the last great taboo subject that nobody talks about – let alone plans for?

Is it that we feel that talking about it will bring it on? If only that worked for winning the lottery!

Topics that people find most difficult to discuss are:

- Preferences for end-of-life care
- Who will care for me when I am older?
- Where I'd like to live if I can no longer live at home.

But don't panic! Planning for your future care can bring peace of mind for you and your family, and means that decisions about your wishes and choices will not have to be made in a crisis - it will not hasten your end. Honest!

Making a plan could not be easier. All you have to do is think about what is right for you; that is, where would you like to be cared for in your final days – home, hospice, nursing home?

What medical interventions would you want – or not want – if you were unlikely to survive? Who would you want to make decisions for you if you could not make them yourself? Have you ever discussed any of this with your loved ones?

A number of organisations can help you organise any necessary paperwork to help you to manage your health and financial affairs, for example a Lasting Power of Attorney (LPA).

An LPA is a legal document that lets you appoint people to make decisions on your behalf if you become unable to make decisions. There are two types: (a) health and welfare, and (b) property and financial matters. You can choose to make one type of LPA or both.

If you are 50 years or over and living in Barnet, Advocacy in Barnet has teamed up with the Postcode Lottery to help you to put your personal affairs in order free of charge. If you would like to plan your Future Care, contact Advocacy in Barnet at 020 8201 3415 or email them at admin@advocacyinbarnet.org.uk.



IN THIS ISSUE

- Unlock the power
- Help for the elderly
- Vintage Volunteering
- Are you prepared for an emergency?
- Thinking about moving...
- Love your heart
- Check you're not missing out

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 and Woodhouse.

Are you a street champion?

We have a network of volunteer deliverers and are hoping that soon every home in the borough 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 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

Deadlines: 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 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 to help a charity 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

If you are a local organisation or charity and are looking for volunteers, why not email info@barnetseniors.org.uk (subject Volunteers)



Become a future Care Planner

Advocacy in Barnet need people to train as volunteer advocates to help and support people of 50+ to plan their future care.

- Do you have time to offer?
- Can you find information and explain it?
- Can you help people speak up for themselves?
- Can you deal with sensitive conversations about the challenges families may face in older age?

Advocacy in Barnet offers free training, a recognised qualification and ongoing support.

Telephone 020 8201 3415

Email admin@advocacyinbarnet.org.uk



Charity No: 1039897



Unlock the power

Barnet Giving is an initiative to raise funds for local charitable groups and projects addressing the most pressing needs and supporting the most vulnerable people in Barnet.

It brings together local people, charities, community groups and businesses to make Barnet a better place to live and work in by giving time, skills and money.

Barnet Giving is led by Inclusion Barnet, a Deaf and Disabled People's Organisation, working in partnership with CommUNITY Barnet, which supports, promotes and co-ordinates Barnet's voluntary and community sector.

They are building a Barnet Giving fund that will make grants to local good causes

Based on successful similar projects in other London boroughs, Barnet Giving **develops local fundraising for local groups and projects, addressing the most pressing needs.**

Tel: 020 8359 2444
Email: hello@barnetgiving.org.uk
Web: www.barnetgiving.org.uk

Help for the elderly

The Puddenecks Club was formed in 1958 by a group of local businessmen to raise money and organise events and help for elderly people.

Since then the charity has flourished and continues to fulfil the aim of raising money to help the elderly in Barnet (primarily EN4 and EN5 areas). Over recent years the focus has been on helping to overcome loneliness and isolation. Events include Bingo, Fish and Chip evenings, trips to the cinema, days outings and a Christmas party.

Guests are sought from the local community, housing associations and contacts with social services. Transport can be provided for those who might not otherwise be able to make their own way.

If you know anyone who would like to come to their events or if you would like to join, then do get in touch.

Tel: 020 8441 9451
Email: bryan25@waitrose.com
Web: www.puddenecksclub.org.uk

Vintage Volunteering

RSVP has changed its name to Vintage Volunteering. Nothing else has changed about the organisation ... projects, purpose and volunteers all remain the same.

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

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) and Knitting Groups (knitted goods are distributed to the homeless, ill and needy).

Tel: 07546 388433
Email: vintagevolunteering@outlook.com

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**
Friends Meeting House, 55 Leicester Road, New Barnet EN5 5EL
- **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
- **Last Monday of the month 2pm - 4pm**
Britannia Road Community Centre,
2 Britannia Road, North Finchley. N12 9RU
- **Last Thursday of the month 2pm - 4pm**
Hendon Town Hall, The Burroughs NW4 4AX

Are you prepared for an emergency?

As we head towards the winter months, we want to make sure you're prepared for bad weather and other emergencies. Would you know what to do if there was a power cut in your area? Do you have a backup plan if surface flooding started becoming a problem locally?

Top tips

1. Always listen carefully to the advice of the emergency services – and follow their instructions.
2. Make a list of your important telephone numbers and write down your plan of action including reminders of what to take if you need to leave your home quickly.
3. Lock all doors and windows if you have to leave your home.
4. Tell someone who is close to you where you are going.
5. Keep your mobile phone and charger with you at all times.
6. Try and remain calm – it really helps in an emergency.
7. Check to see if your neighbours need help.
8. Decide what you can do to protect your pets and animals.

Thinking about moving...

If you are thinking about moving to a more suitable home, there are various housing options you could consider.

Downsizing

Moving to a smaller property can have a number of advantages, but moving costs can be expensive. Any savings and/or money left after a sale, could affect your entitlement to means-tested benefits. Before you move, consider the following questions:

- Is there enough space for your belongings and your hobbies?
- Will your friends and family be able to visit?
- What are the local facilities and transport links?

Moving to a home designed for older people

If you don't want to have adaptations made to your own home, you might want to consider moving to a property that already has what you need. You can find information about accessible housing on www.accessible-property.org.uk

Moving in with the family

Moving in with your family can be an attractive option and this often works well but it's important to be realistic and make sure that everyone shares the same expectations.

You should make sure the arrangement is right for you. Some questions to ask include:

- Will you have your own space and be able to entertain friends?
- Will you be able to get out and about independently or have to rely on your family?
- Who will look after you if you need care?
- Does the house need any adaptations?

Be clear about the financial arrangements. Moving in with the family could have implications for care home fees or means-tested benefits later. It is important to clarify:

- who pays for what
- how the arrangement will affect the wider family – for example, in terms of inheritance
- what will happen if your needs change
- what you will do if the arrangement doesn't work

Before moving in, you should get independent legal advice and consider having a formal agreement drawn up.

Smoking

The most common cause of death by fire is in the home

Fires caused by smoking materials - including cigarettes, roll-ups, cigars and pipe tobacco – result in more deaths than any other type of fire.

How to prevent smoking related fires

- Never smoke in bed
- Don't smoke if you think you may fall asleep
- Take extra care when you're tired, taking prescription drugs or if you've been drinking alcohol
- Use a proper ashtray that can't tip over and is made of a material that won't burn
- Don't leave a lit cigarette, cigar or pipe lying around



Smoking is a
LEADING
cause of
**Home
Fire Deaths**

- Stub cigarettes out properly
- Make sure smoking materials are cold before emptying ashtrays - preferably wet them before throwing away
- Keep matches and lighters out of children's reach and always buy child resistant lighters
- Never smoke if you use medical oxygen or an air flow pressure relief mattress

If you would like to quit smoking visit your local GP.

Love your heart



We should all be thinking about our heart health and what we can do to keep as healthy as possible.

Lifestyle has a big impact on our health as we grow older. People who are physically active, eat well and maintain a healthy weight are less likely to get heart disease or have a stroke. A fatty diet can raise your cholesterol, increasing your risk of heart disease and stroke. You're twice as likely to have a heart attack if you smoke. If you have family history of cardiovascular disease, make sure you tell your doctor. They may want to check your blood pressure and cholesterol.

Top 'Love your Heart' tips:

1. Get checked. Ask your doctor about having a regular health check to assess your risk of developing heart disease. 2. Stop smoking, now! 3. Get moving. 4. Lose weight if you need to. 5. Your shape matters as well as your weight, if you have excess fat around your middle (apple shape) you are at higher risk of heart attack. 6. Drinking a little alcohol regularly may be good for your heart, but make sure you stay within the recommended limits. 7. Balance your diet. 8. Cut down on salt. 9. Manage your stress.

Income Tax

Check you're not missing out on any allowances...

You will have to pay Income Tax if your income is more than a certain amount but you may be entitled to tax relief or allowance:



Married Couple's Allowance could reduce your tax bill by between £322 and £835.50 per year. You can claim if all the following apply:

- you're married or in a civil partnership
- you're living with your spouse or civil partner
- one of you was born before 6 April 1935

Marriage Allowance lets you transfer £1,100 of your Personal Allowance to your husband, wife or civil partner if they earn more than you. You can get Marriage Allowance if all the following apply:

- you're married or in a civil partnership
- you don't earn anything or you earn less than £11,000
- your partner's income is between £11,001 and £43,000

If you are registered blind or severely sight impaired, you can claim **Blind Person's Tax Allowance**, which adds £2,290 to your Personal Allowance.

Reclaim any overpaid tax - If you have paid too much tax because too much was taken or you didn't claim an allowance, make sure you claim it back. You won't receive it automatically. Call HMRC for help.

Check your tax code - Your tax code tells your employer or pension provider how much tax to take from your pay or pension. If it's wrong, it could be costing you hundreds of pounds. Call HMRC if you think your tax code is wrong.

Tax Help for Older People provides free tax advice for people on lower incomes. You can contact them on 0845 601 3321 or go to www.taxvol.org.uk. If you want to find out more about tax and how to apply for allowances, call HMRC on 0300 200 3300 or go to www.gov.uk/topic/personal-tax/income-tax

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 A STROKE

A stroke is a serious medical condition that occurs when the blood supply to part of the brain is cut off. Strokes are a medical emergency and fast treatment is essential because the sooner a person receives treatment for a stroke, the less damage is likely to happen.

Symptoms:

The Face-Arm-Speech-Time (FAST) test lists the main symptoms to look out for:

- **Face.** Has the person's face fallen on one side? Can the person smile? Has their mouth or eye drooped?
- **Arms.** Can the person raise both arms and keep them there?
- **Speech.** Is their speech slurred?
- **Time.** It's time to call 999 if you see one or more of these signs.

Prevention:

Eat a healthy diet, exercise regularly, do not smoke (or quit now) and be careful with alcohol.

Stop Smoking Support



All stop smoking services in Barnet are provided by an accredited stop smoking practitioner at registered GP surgeries and pharmacies.

The service provides free and confidential one to one support for those who want to give up smoking.

You are four times more likely to quit with specialist support.

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 oHO. 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 Cost FREE

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 Cost FREE



Community Choir – Mondays 3pm - 4pm. Truth Hall, St. Margaret's Church, 1 Station Road HA8 7JE Contact Nazra on 020 3778 0228. Donations welcomed



Tai Chi – Tuesday and Wednesdays 2.30pm – 4pm. Edgware Community Hospital, Burnt Oak Broadway, HA8 8AB. Phone 020 8455 5463 or email rsb.taichi@talktalk.net Cost £4.00.



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. Contact: 020 8906 3797 Cost: £2 including refreshments.



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 Vintage Volunteering on 020 8368 8724.



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 The Five Bells Pub, 165-167 East End Road N2 0LZ; Wednesdays 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. 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 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 entrance on High Road. Call Lisa on 020 3778 0228 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 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 Cost FREE



Men's Shed – Men get together. Mon & Tues. Freehold
Community Centre, Alexandra Road. N10 2EY Call Chris on
07935 324578 or email freeholdcms@gmail.com Cost £1



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. Cost FREE



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

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.



Love to Dance - Tuesdays 10am – 12noon. Underhill Baptist
Church Elton Avenue, Barnet EN5 2EA Call 020 3675 7246 or
email annabelhay@saracens.net Cost £4.50



Computers and a Cuppa Fridays 11.30pm – 3.30pm.
The Sebright Arms, 9 Alston Road, Barnet, EN5 4ET
Saturdays 10am - 12noon, Wesley Hall, Stapylton Rd, EN5 4JJ
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 Cost FREE



AthleFIT – Mondays 2pm – 3pm. Oakhill Park East Barnet
EN4 8JP Contact Annabel on 020 3675 7246 or email
annabelhav@saracens.net. Cost FREE



Various activities - from Yoga, Exercise to music and seated
dance. FIN Community Centre, East Barnet Baptist Church,
Crescent Road, EN4 8PS. Call 020 8449 8225. Cost £3 - £5.



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. Cheshire
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.
Contact Alan on 020 8361 7639 or email
alanshackman@btinternet.com Cost £7.



Tai Chi - Thursdays 11am–12 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 (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).

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 to:

Sue Packman, BSA Secretary, 7 St Augustine's Court, Somerset Road, EN5 1SZ.

A donation to support our work would be welcomed.

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

rainbow Sundays

Colour your Sundays at the Rainbow Centre

FOLLOWING THE WEEKLY SUNDAY BINGO, YOU CAN ENJOY

1st Sunday of the month Come and get creative with our Monthly arts n crafts session's 4:30-6:30pm

2nd Sunday of the month Sit back and relax with some of your favourite classics at our monthly movie screenings 5:00-7:00pm

3rd Sunday of the month Have fun and get fit at our monthly Salsa class 4.30-6.30pm

4th Sunday of the month Manicures with nail art will be available from an art against knives nail technician (contact Millie Henshaw-Devall to book an appointment)

The Rainbow Café will be offering freshly baked cakes, hot and cold drinks and snacks.

For more info on future events checkout

facebook
The Rainbow Centre

www.rainbowcentrebarnet.wordpress.com

Or contact
Millie Henshaw-Devall
020 8441 9837
millie@barnetcp.org.uk

The Rainbow Centre, Dollis Valley Drive, Barnet EN5 2UN

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

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

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

