



Barnet Seniors' Insider

Produced by:



News for senior citizens in Barnet

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

Issue 10 • Jan / Feb 2017

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

Overcoming Loneliness

Loneliness is not just about spending more time alone than is comfortable. It's about all the knock-on effects too.

Loneliness can lead to depression, and with that comes ill health.

Telling someone that they need to eat more, drink less or cheer up is challenging the symptoms rather than the causes. If we want to help friends, neighbours or family members stay reasonably fit and contented, we need to address the issue of loneliness.

Make that call – our favourite tip

Why not make a five or ten-minute call to them? Calling regularly will mean shorter conversations, but it's just about making contact, and knowing that at a set point in the day they are going to talk to someone.

Getting online is a really good idea.

Even if they're not wildly internet savvy, could they learn the basics? Skype is a fantastic way to create a link across distances. Messaging and email lets us use odd moments at home or work to check in with them and help relieve feelings of isolation.

Getting out to meet people

Investigate creating a social life outside the home. The success of this approach very much depends on personality and willingness to try something new. If they've not been a mixer so far in their lives, going out to lunches and joining clubs may not do it for them.

Staying in and keeping a pet

If your friend or relative enjoys the company of animals, then keeping a pet has been shown to have all sorts of mental, emotional and physical health benefits. They're a source of interest, you can talk to them without ever getting into an argument and usually they offer unconditional love.

While we're about it, we need to think about ourselves too. Eat properly, take exercise and see friends.



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Mainly for 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 and leave a message.

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	
Full Page	210 x 297mm	£400	12 Months / 6 issues (20% discount)
1/2 Page	180 x 128mm	£220	
1/4 Page	90 x 128mm	£120	
Deadlines:		Mar/Apr edition = 23 Jan	
May/June edition = 24 Mar		July/Aug edition = 26 May	
Sept/Oct edition = 21 July		Nov/Dec edition = 22 Sept	

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)



Social Group Volunteer

Barnet Mencap are looking for social group volunteers to enable people with learning disabilities and/or Autism / Asperger's to attend various community based activities, which include a drop in service, bowling, pub and meal days and evenings, exploring London including visiting museums and national landmarks etc. Benefits include:

- Fun activities
- Learning new or additional skills engaging with adults with a learning disability
- Training opportunities available when volunteering with Barnet Mencap

Contact: Danielle Blake or Sam Gibbs

Telephone: 020 8349 3842

Email: projectsupport@barnetmencap.org.uk



Growing Healthy Communities

From Generation to Generation's mission is to create sustainable programmes to inspire and support young and older members of local communities by bringing them together to cooperate, have fun and learn from each other.

One of these programmes is 'Intergen' which brings older and younger people together to learn and have fun, sharing the untapped skills, knowledge and experience of life older people have to offer, supporting and inspiring each other.

Intergen is both a personalised programme for older people and a tailor-made programme to meet the needs of local schools to raise underperformance and aspirations of pupils using the abilities and wisdom of older people. Other programmes include 'Films Together' and 'The University Programme'.

Tel: 020 8980 0690
Email: enquiries@fromgeneration2generation.org.uk



Supporting elderly living

The Barnet Elderly Asians group caters for the welfare of older Asians in the London Borough of Barnet. It helps members to access public services as well as providing lunch, exercise and social opportunities in a culturally sensitive environment.

Other activities are aimed at improving health and enabling members to access information and support to help them stay independent.

The group also encourages participants to contribute and play a full part in the civic life of the local community, helping to keep disabled and vulnerable elderly people physically and mentally active so that they continue to enjoy independence and quality of life.

Tel: 020 8368 0892
Email: BEAGroup@btconnect.com
Web: www.bea-group.co.uk



Spotlight on local services

Healthwatch Barnet helps people to get the best out of their local health and social care services. Their vision is that Barnet residents can contribute to the development of quality health and social care services in Barnet.

Healthwatch listens to views about Barnet health and social care services. They help people of all ages from all of Barnet's communities. If there are concerns about the quality or safety of services, or there are unmet needs, they talk to the health service and Council about this to improve the service.

You can also contact them for impartial advice or information on health and social care services or if you want to find a local GP or dentist, access your medical notes or make a complaint about an NHS service.

Tel: 020 8364 8400 ext 218 or 219
Email: info@healthwatchbarnet.co.uk
Web: www.healthwatchbarnet.co.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 can provide 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

Reduce the risk of becoming a victim of distraction burglary

Not sure? Don't open the door! - If you are not expecting anyone and you don't recognise them, don't let them into your home. Try to communicate with the caller without opening the door and ask them to return at a time when you have someone you trust with you.

If you are expecting a caller - If a person you are expecting comes at the time you have arranged, ask to see their identification before you let them in.

Never keep large amounts of cash at home. Put your money in an account where it is safe. Call 999 if you suspect a crime is in progress or you believe someone is acting suspiciously around you or your neighbour's property.

Concerned family members of elderly relatives can find further ways to help loved ones keep themselves safe and secure their properties at: www.crimestoppers-uk.org/keeping-safe/burglary

Before, during and after a hospital stay...

You may not always know you'll be going into hospital, but when you do it's a good idea to plan ahead.

Deciding what you'll take with you, thinking about the information you need and knowing how the hospital should manage your return home can all make your hospital stay more manageable.

Before a hospital stay

If you have a planned admission, have a think about the things you can organise before you leave your house. For instance, you could turn your water off at the mains, cancel any deliveries, and ask a friend or relative to check on your home or collect your post.

During a hospital stay

If you will need some extra help when you leave hospital, you should be given a discharge assessment while still in hospital. This will look at what ongoing care and support you're likely to need, who will arrange it and who will pay for it. You might be eligible for free care (Intermediate care or reablement services) for up to six weeks after leaving hospital.

Leaving hospital

You shouldn't be discharged until a doctor decides you're well enough, and any care and support you need has been put in place before you return home. If you have any concerns, talk to the hospital discharge coordinator, social worker, consultant or ward manager.

Community equipment (e.g. disability aids and minor adaptations to your home) is sometimes provided after you leave hospital. Aids and minor adaptations up to £1,000 should be provided free of charge. The Disabled Living Foundation has information on available mobility equipment and aids (LivingMadeEasy.org.uk).

Hospital transport

If you have a medical need for transport, you may be able to use the Patient Transport Services from the hospital. If you are on a low income or get certain benefits, you may be able to get help with travel costs through the NHS Low Income Scheme. You can ask the NHS staff about both these options.

Kitchen Fire Safety

Over half of all house fires in the UK start in the kitchen.

Most of these fires are started by people leaving hot pans unattended whilst they answer the door or telephone, or sitting down and falling asleep.

How to prevent kitchen related fires

- DO NOT leave the kitchen while the hob is on, even for a moment. If you are called away take any pans off the heat or turn the hob off.
- Clothing and tea towels should be kept well away from cookers and hobs.
- Pan handles should not stick over the edge of the cooker. Make sure the handles are not over a hot ring or burner.
- Keep electrical leads away from the cooker and away from water.
- When deep fat frying take extra care. NEVER fill the pan more than one-third full of oil and dry the food before putting it into the oil. If the oil starts to smoke turn off the heat and leave to cool. Replace the lid if possible.
- Keep tea towels and cloths away from grills and hobs.

If there's a fire... **Get Out Stay Out and Call 999**

Top 10 tips for staying healthy this winter

**STAY WELL
THIS WINTER**

Cold and wintry conditions, combined with shorter days, can make many of us feel poorly.

With a few simple precautions, most people can be ready for the really cold weather and avoid much of the misery associated with it.

1. Have the flu jab: it's free to the over 65s, those with serious medical conditions and their carers. Contact your GP or practice nurse.
2. Heat your home to at least 18C/65F, it can help minimise health risks. If heating your whole home is a problem, heat your living room during the day and your bedroom just before you go to bed.
3. If you can, get up and move around. If your mobility is limited, do some chair exercises to help you stay warm and active.
4. Good grips: if you need to go outside wear shoes with slip resistant, good grip soles.
5. Hot food and warm drinks: Keep well fed and hydrated. Drink lots of water as well as warm drinks.
6. Stock up on basics like soup, tinned fish, long life milk and medicines such as paracetamol and ibuprofen in case you can't get out of your home for a couple of days.
7. Undertake energy efficiency improvements to your home - or encourage your landlord to do so.
8. Keep a list of useful and emergency contacts by your phone – also add local organisations and charities who support older people.
9. Look out for friends and neighbours, particularly the elderly, those with existing health conditions and young children.
10. Keep tissues with you and use them to catch coughs or sneezes - then bin them and kill the germs by washing your hands.

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

WHERE DO I GO FOR HELP WITH MY HEALTH?

Visit your local pharmacy for advice on how to treat many common health conditions.

Walk-in Centres treat a range of injuries like sprains, cuts, bites, minor burns or scalds.

For an illness that just won't go away, visit or phone your GP or practice nurse, or call the NHS on 111 for advice.

A&E is for life-threatening situations such as heart attack or stroke and for people with symptoms of serious illness or who are badly injured.

In an emergency, always dial 999.

Don't be embarrassed

Talking about what goes on in the privacy of our bathroom isn't a conversation we tend to have, but don't be embarrassed to speak to your GP.

Bowel cancer is the fourth most common cancer in the UK. If it's detected at an early stage, before symptoms appear, it's easier to treat and there's a better chance of surviving it.

Bowel cancer can be difficult to detect as you may experience no symptoms, but there are some that you can look out for and see your GP if you notice:

- Bleeding from your bottom and/or blood in your poo
- A change in bowel habit lasting for three weeks or more
- Extreme tiredness and weight loss for no obvious reason
- A pain or lump in your tummy

It is also really important that you take part in regular screening. Screening can reduce the risk of bowel cancer developing by finding pre-cancerous growths on the inner lining of the bowel. These can usually be removed easily and prevent cancer developing.

If you are aged between 60 and 74, every two years you will receive a letter inviting you to take part in bowel cancer screening. The letter will include a home testing kit called a faecal occult blood (FOB) test. You use this test to collect a stool sample which is then put in the post and tested in the screening laboratory.

You can also make some practical lifestyle changes which can help reduce your risk of developing bowel cancer. These include:

- Eating less red or processed meat
- Keeping a healthy body weight
- Eating a high fibre diet
- Drinking less alcohol
- Not smoking

So please don't be embarrassed, speak to your GP if you have any questions or concerns.



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 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.



Lunch Club – Thursdays 12noon – 1.30pm. Annunciation Church, 4 Thirleby Road, HA8 oHQ. Contact 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 The Five Bells Pub, 165-167 East End Road N2 oLZ; 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 to music. Tuesdays 3pm – 4pm, Prospect Place, East End Road, N2 oXA. Call Anne on 07976 440775. Cost £3



Tai Chi. Wednesdays 11am – 12noon. Green Man Community Centre, N2 9BA. Call 020 8629 0269. 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 oGA. 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.



Scrabble - Tuesdays 2pm – 5pm. Queens Arms pub, Great
North Road Barnet EN5 1AB Call Valerie 020 8441 5473 FREE



Computers and a Cuppa Fridays 1.30pm – 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 Ranj 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.
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
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 larger public 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

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



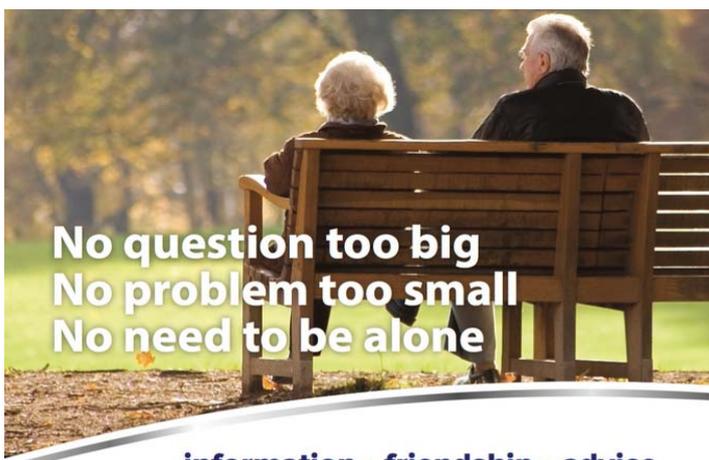
Volunteering

Whatever skills, ideas and abilities you have, we want them. We can help you put them to good use



Want to know more?

Tel: 020 8349 3842 Fax: 020 8349 2192
Email: projectsupport@barnetmencap.org.uk
Website: www.barnetmencap.org.uk



**No question too big
No problem too small
No need to be alone**

information • friendship • advice
free, confidential and open 24 hours

0800 4 70 80 90

www.thesilverline.org.uk

The Silver Line is a registered charity in the UK.
Registered Charity No. 1147330 | Company No. 8000807



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
Advice	03444 111 444	citizensadvice.org.uk
Silverline	0800 470 8090	thesilverline.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



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