

# Barnet Seniors' Insider

Produced by:



News for senior citizens in Barnet

\* Keeping well

\* Staying safe

\* Being active

\* Making friends

Issue 11 • Mar / Apr 2017

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

## Protect Your Money

### How to avoid becoming a victim of fraud and scams

Scams come in many forms and try to exploit a number of themes:

#### **Danger/Urgency**

- × Your bank account is in danger
- × Your roof or guttering is damaged
- × A tree in your garden is dangerous

#### **Offers of help:**

- × There is a problem with your computer or internet
- × Offers of dietary supplements or vitamins

#### **Requests for your help:**

- × A friend or family is stranded and needs money
- × Someone needs to use your bank account for their money

#### **A bogus official:**

- × Your bank emails to ask you to confirm your details
- × You have a parcel awaiting collection
- × You are owed a tax rebate
- × You are contacted by the Home Office or the Police

#### **A financial opportunity:**

- × You are owed a PPI refund
- × You have inherited money from a distant relative.

#### **Top tips to protect your money:**

- ✓ **Never** let an unknown person into your home
- ✓ **Don't** deal with doorstep traders
- ✓ Beware of all unexpected phone calls and emails: fraudsters may pretend to be officials
- ✓ **Don't** allow yourself to be pressurised by pushy sales techniques. Take your time – why not seek a second opinion from family or friends
- ✓ **Never** send money to anyone you don't know or pay fees to claim lottery winnings, inheritance or PPI refunds
- ✓ Credit cards offer more protection than most other payment methods
- ✓ **Avoid** cash payments, cash vouchers or money transfers
- ✓ **Never** tell anyone your bank card PIN number

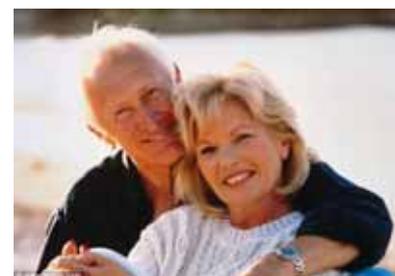
For a Trading Standards recommended tradesperson, contact Trading Standards on 08454 04 0506 or visit

[www.buywithconfidence.gov.uk](http://www.buywithconfidence.gov.uk)

Official expert advice is available at

[www.actionfraud.police.uk](http://www.actionfraud.police.uk) or

[www.GetSafeOnline.org](http://www.GetSafeOnline.org)



#### **IN THIS ISSUE**

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- Little touches and Big differences
- 4 ways the internet saves you money
- Reduce your risk of dementia
- Is your home at risk of fire?
- Equipment to help stay independent
- Renewing your driving licence

#### **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](mailto:distribution@barnetseniors.org.uk) or call 020 3778 0151 and leave a message.

### How to send in an article

Email [info@barnetseniors.org.uk](mailto: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](mailto: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 be 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:

**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](mailto:distribution@barnetseniors.org.uk)



## Now's the time to volunteer

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 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 looking for volunteers, why not email [info@barnetseniors.org.uk](mailto:info@barnetseniors.org.uk) (subject Volunteers)



## Social Group Volunteer

Volunteers have the chance to improve the lives of others by befriending a dementia patient, helping hospital visitors navigate the corridors in the hospitals, chatting with patients while serving coffee and teas, creating beautiful gardens for patients to enjoy, making patients feel better with a new look or haircut, selling sweets and treats to those who can't leave their ward...and much, much more. Current volunteer vacancies include:

Dementia Companion, Charity Admin Assistant, Lindsey's Café' volunteer, Beauty Therapy, Meet and Greet, Gardeners, A&E volunteer and Ward Assistants,

Contact: Beverley Smith

Telephone: 020 8216 4449

Email: [beverley.smith28@nhs.net](mailto:beverley.smith28@nhs.net)



## Learning helps to enrich lives

Community Focus (CF) is an inclusive multi-arts centre based in Barnet. They work to encourage members of the local community of all ages, backgrounds and abilities to participate in the arts, to gain confidence and to challenge barriers through integration and innovation.

CF actively seeks ways to extend its reach into the community, working with an unlimited variety of different groups and organisations including: Barnet Council, local resident networks, schools, special schools and higher education institutions, right through to theatre companies and national charities.

They are pioneering an approach to devising and delivering inspiring projects, whilst nurturing and encouraging mature clients to express themselves with a newly found or developed voice using the arts as the tool. Just contact them to help you find the best creative project or course to suit your needs.

Tel: 020 3743 2326  
 Email: [admin@communityfocus.co.uk](mailto:admin@communityfocus.co.uk)  
 Web: [www.communityfocus.co.uk](http://www.communityfocus.co.uk)

## Friend in Need Community Centre

Friend in Need Community Centre (FIN) was founded for the purpose of serving the needs of the local community.

FIN offers a series of different activities from the Activity Centre (for older adults) and Active Adults Health and Social Club. Through the East Barnet Good Neighbour Scheme, FIN also provide services such as Information & Advice, Community Support, Befriending Scheme, Shopping Bus and Gardening scheme for older adults enabling them to live independently for as long as possible.

Helping Hands is another popular service that aims to promote independent living through providing help in shopping, banking, paying bills, collecting pensions, collecting prescriptions, managing documents and other similar tasks.

Tel: 020 8449 8225  
 Email: [fin@fin-eastbarnet.org.uk](mailto:fin@fin-eastbarnet.org.uk)  
 Web: [www.fin-eastbarnet.org.uk](http://www.fin-eastbarnet.org.uk)

## Little Touches & Big Differences

The Barnet Hospital Charity was launched in June 2015 to make the hospital a nicer environment for patients, volunteers and staff. Projects include providing free massage therapy to patients and care packs to those who have been admitted through A&E and have brought nothing with them. All money raised will go to Barnet Hospital.

Some other things they do include managing the hospital volunteers and providing the little touches like toys and DVD's to keep children entertained while they are waiting in A&E. They provide and look after the art work that brightens up the walls and fundraise to purchase specialist medical equipment and improvements to the hospital.

The charity currently has a real need for more volunteers with many different roles both within and outside of the hospital as well as office based tasks.

Email: [carla.bispham@nhs.net](mailto:carla.bispham@nhs.net)  
 Web: [royalfreecharity.org/charities/barnet](http://royalfreecharity.org/charities/barnet)

## 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 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. If you would like to volunteer at a café near you, please get in contact.

### 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

## Top four ways broadband internet saves you money...

### 1. Shopping Around

It's really easy to check online to see which shop has the item you want at the best price. And it works for holidays too! And utilities!

### 2. Long Distance Calls

Programs such as Skype or Viber make it free and easy to stay in touch with our loved ones far away.

### 3. You Switch

It's easy to set up a diary and switch gas, electricity, broadband and mobile phone deals when we're online.

### 4. You Benefit

It's so much easier to apply for benefits, and check which ones you should be getting.

## Dementia: Reduce your risk in 5 steps...

It's never too early or too late to take steps to reduce your risk of dementia.

Dementia is a term used to describe a progressive loss of the powers of the brain. The most common kinds of dementia are Alzheimer's disease and Vascular Dementia (caused by reduced blood flow to the brain). These conditions damage brain cells causing memory, communication and thinking problems.

It's never too early or too late to start following the five steps to reduce your risk of dementia. By taking these steps, you will not only feel better and reduce your risk of developing dementia, but will also help protect yourself from other health risks such as cancer, heart disease, stroke and diabetes.

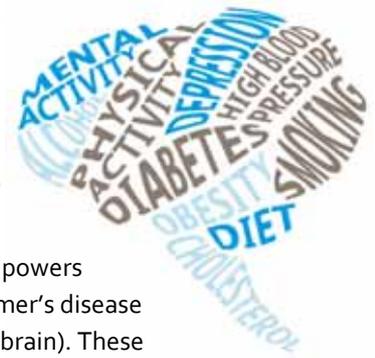
**Step 1: Be physically active** - The number one thing you can do to reduce your risk of getting dementia is to be physically active. You don't have to be an Olympian to do this. Walk often or join a class at the local leisure centre. It is recommended that you should do 150 minutes of exercise each week.

**Step 2: Maintain a healthy weight** - Dementia is more common in people with raised blood pressure, diabetes and being overweight, can contribute to these and a number of other health problems. It is important that you have a varied diet that has plenty of fruit and vegetables. Eat more fibre, such as wholegrain cereals and bread.

**Step 3: Be socially and mentally active** - Spend time with your friends and make an effort to talk to your neighbours. Challenge yourself, do something new like learning a foreign language or do a day or evening class. Puzzles and reading are good for you as are mind-stretching games.

**Step 4: Avoid drinking too much alcohol** - There is no need to stop drinking alcohol, but you do need to stick within the guidelines. Men are advised to drink no more than three to four units of alcohol a day and women no more than two to three units a day. A unit of alcohol is equal to about half a pint of normal strength lager, a glass of wine (125ml) or of spirits (25ml).

**Step 5: Stop smoking** - Smoking affects your circulation and may increase your risk of dementia. Smoking also raises your risk of coronary heart disease and a range of cancers as well as other health problems.



## Is your home at risk of fire?

The London Fire Brigade offers free home fire safety visits



### What is a home fire safety visit?

The London Fire Brigade will visit you at home to offer advice on how to make your home safe and where appropriate fit a smoke alarm for free. Strobe light and vibrating-pad smoke alarms are available for those who are deaf or hard of hearing.

### Who is eligible?

The London Fire Brigade can only provide visits to a limited range of people and places, including older people, especially those living alone, those with mobility, vision and hearing impairment, mental health services users and those liable to intoxication through alcohol/drug use. A combination of these factors will significantly increase the risk from fire.

### Why request a visit?

If you are concerned that your home may be at risk of fire or know someone who you think needs LFB help, then please arrange a visit.

### How do I arrange a free home fire safety visit?

Contact the Home Fire Safety Unit call centre on Freephone 08000 28 44 28 or visit the London Fire Brigade Website and complete the online form at: [hfsivr.london-fire.gov.uk](https://hfsivr.london-fire.gov.uk). Please quote "BARNET P1 10", when asked by the telephone operator or type it in the "additional information" box on the London Fire Brigades web page.

## Equipment to help you Stay independent

Aids and equipment can help you stay independent and safe at home and in the community.

You may need a mobility scooter, a riser recliner chair or something much smaller, such as a gadget to open bottles and cans or a kettle tipper. Make sure you do your research and try the items out to see what would be best for you before you buy.

If you think you could benefit from some equipment or help at home, start by requesting a free Care Needs Assessment from Barnet council's Social Care Direct on 020 8359 5000 or email [socialcaredirect@barnet.gov.uk](mailto:socialcaredirect@barnet.gov.uk).

Don't be put off by the idea of an assessment – it's an opportunity to discuss your needs and any difficulties you have. You should be in the driving seat and the assessor will listen to your opinions and wishes. You can ask for the assessment to take place at your home. You can also ask for an occupational therapist to be involved. An occupational therapist works with people who are ill, recovering from an illness, have health problems or have a disability. They'll use the assessment to identify what tasks you can do, what you have difficulty with and what you're unable to do.

Get an assessment even if you may be buying equipment privately. It's a good way to find out about different products and get expert advice from an occupational therapist on what would be best for you. They can also give you tips and show you how to carry out tasks without expensive equipment. This might save you time and money in the long run.

If your needs are high enough to qualify for council help and the council will be paying for some of this help, a care and support plan will be drawn up, describing how your needs will be met. The help or equipment that's suggested will depend on your individual needs.



## 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](mailto:info@barnetseniors.org.uk)

### WHAT IS THE BEST EXERCISE FOR OLDER ADULTS?

There is no single best exercise that works for all older persons. Some people can run marathons or compete in triathlons, whereas others may be more comfortable walking, gardening or doing tai chi. Still others will get their exercise in a chair or in bed!

The most important thing to do regardless of your age is to avoid inactivity. The specific type of physical activity will always vary from person to person.

It is a good idea to select activities you enjoy. If possible, mix up activities that promote stamina, strength, flexibility and balance.

## Renewing your driving licence at 70

Driving Licences expire when you reach the age of 70 and you will need to renew it.

Driving licences expire at 70 years of age, so when you reach 70, you need to renew your driving licence if you wish to continue driving. You then need to renew it every three years. The DVLA will send you a D46P application form 90 days before your 70th birthday.

It's free to renew your licence, which you can either do it online or by post.

**Online** - You can renew your licence by going online at [www.gov.uk/renew-driving-licence-at-70](http://www.gov.uk/renew-driving-licence-at-70). You'll be given a user ID code and instructions on how to proceed.

**By post** - The DVLA will send you a D46P application form 90 days before your 70th birthday, and then every three years afterwards. Complete the form and return it to the DVLA. If you

haven't got the D46P form, you can use a 'D1 application for a driving licence form', which you can pick up from a Post Office or by calling the DVLA form ordering service on 0300 790 6801

**Medical Declaration** - When completing the form to renew your licence you will be asked to declare any medical conditions you have and confirm that you meet the eyesight standards for driving. You must answer these questions honestly. It is a serious offence not to declare a condition or disability that might affect your driving: you can be fined up to £1,000, and if you are involved in a crash, you may be prosecuted.

It is a very good idea to have a medical check before renewing your licence when you reach 70 years of age, and again each time your licence is renewed.



# GET Out and About in Barnet

## BURNT OAK & COLINDALE



**Talk & Walk** - walking group meets on Tuesday mornings 10am – 11am at Watling Park. Cost FREE



**Yoga and Meditation** – Thursdays 10.30am – 12noon Woodcourt, South Road, HA8 OBF. 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](mailto:Deborah.cura@ageukbarnet.org.uk) for details. Cost £3.50



**Activity Afternoon** - An afternoon of fun and games every Friday at 2pm at Woodcourt, South Road, HA8 OBF. Email [roland.handley@chg.org.uk](mailto:roland.handley@chg.org.uk) Cost FREE



**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](mailto: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](mailto:helen.newman@ageukbarnet.org.uk) Cost FREE



**Community Choir** – Fortnightly on Mondays 3pm - 4pm. Truth Hall, St. Margaret's Church, 1 Station Road HA8 7JE Contact Godfrey on 020 8958 5113. Donations welcomed



**Tai Chi** – Tuesdays and Wednesdays 2.30pm – 4pm. Edgware Community Hospital, Burnt Oak Broadway, HA8 8AB. Phone 020 8455 5463 or email [rsb.taichi@talktalk.net](mailto: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](mailto: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. Contact: 020 8906 3797 Cost: £2 includes 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](mailto: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](mailto: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 10.30-12noon; Seasons Café, 205 High Road, N2 8AN. Cost FREE



**Coffee and Craft** – Thursdays 2.30 – 4pm, Clissold Arms 105 Fortis Green, N2 9HR. Contact Mariana on 07908 29453. Cost £3 includes refreshments and equipment.



**Exercise to music** Tuesdays 3pm – 4pm, Prospect Place, East End Road, N2 0XA. Call Anne on 07976 440775. Cost £3



**Movement to music** Wednesdays 11.30am – 12.30. Green Man Community Centre, N2 9BA. Call 020 8629 0269. Cost £3.50



**Table tennis** Tuesdays 2:15-3.45pm, Thursdays 10.15 – 11.45am Green Man Community Centre, N2 9BA. Email [michael.jobling@ntlworld.com](mailto:michael.jobling@ntlworld.com) Cost £4

## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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



**Mah Jong** – Monday, Tuesday and Wednesdays 2.30pm  
North Road Barnet EN5 1AB Call Pauline 020 8444 3777



**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  
Cost FREE

## NEW AND EAST BARNET



**Coffee Morning** – Wednesdays 10am – 12noon. St James's,  
New Barnet. 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](mailto: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.



**Tai Chi** – Tuesdays, 10am. Subud Hall, 97 East Barnet Road  
Contact Flavia on 020 8449 7927. Cost £3.25 per session.

## 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. For more information contact the  
centre on 020 8922 2900 or email [sobell@jcare.org](mailto: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](mailto: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 Cost £7.



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



**Walk It In Football** – Mondays 10-11am.  
Middlesex University, The Burroughs, NW4 4BT.  
Contact [j.moyinwin@mdx.ac.uk](mailto:j.moyinwin@mdx.ac.uk) . Cost £1



**Saracens** – get fitter, feel better. Activities available include  
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](mailto:annabelhav@saracens.net) Cost £4.50 per session

## EVERY 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



## Join Us to Combat Loneliness in Barnet Every Week



**FREE**

From Monday 16th January 2017; Every Monday afternoon and Thursday mornings

Friern Barnet Royal British Legion, 1 St John's Building, Friern Barnet Road, London N11 3DP

**FRIENDSHIP**

**ENTERTAINMENT**

**JOIN IN**

**BINGO**

**REMINISCE**

Monday timetable:  
2.30pm – 3.30pm Music;  
  
3.30 – 4.00pm Refreshments;  
  
4.00 – 5.00pm Bingo;  
  
Why not come for lunch at 1pm and stay on? 2 courses for £6.

Thursday timetable:  
10.30am – 11.30am Music;  
  
11.30am – 12 noon Refreshments;  
  
12 noon – 1.00pm Bingo;  
  
Why not stay for lunch afterwards? 2 courses for £6.

- For You
- Come out and Join Us at anytime on a Monday afternoon or Thursday morning
- Socialise, Relax, Reminisce
- Be Entertained
- Drinks and Refreshments provided
- You DO NOT need to be a member of the Royal British Legion!

Bus routes: 43, 221 & 382 alight at St John's Church at Bus Stop FZ or FB in the direction of North Finchley, Finchley Central, Edgware, Southgate or Muswell Hill.

Helping those In Need in Barnet and kindly Supported by



For enquiries, please contact Community Focus on 0203 743 2326 or email [admin@communityfocus.co.uk](mailto:admin@communityfocus.co.uk)



**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 practice. 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](mailto:bsabarnet@outlook.com)



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](mailto: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
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

### 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](mailto:info@barnetseniors.org.uk)

