



FREE

Barnet Seniors' Insider

Produced by: **BSA** BARNET SENIORS' ASSEMBLY
The Voice of Older Residents

News for senior citizens in Barnet

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

Issue 12 • May / June 2017

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

Early checks can save lives...

Local GP urges residents to take up offer of bowel cancer screening tests

Dr Clare Stephens, a local GP with a special interest in Cancer, said "Talking about what goes on in the privacy of our bathroom isn't a conversation we tend to have with our friends and family but that doesn't mean it should be out of mind. Bowel cancer is the fourth most common cancer in the UK. If it's detected at an early stage, it's easier to treat and there's a better chance of surviving it".

So what can you do? There are many reasons why people do not go to see their GP, particularly when worried about such sensitive issues. But you are the best expert on yourself and it is important that you see your GP if you feel something is wrong or different to normal.

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 pain or lump in your tummy

- A change in bowel habit lasting for three weeks or more
- Extreme tiredness and weight loss for no obvious reason

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. This test you use to collect a stool sample which is then put in the post to be tested by 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 health body weight
- Eating a high fibre diet
- Drinking less alcohol
- Not smoking.

STOP PRESS
(see back cover)
BSA Spring Event:
Wednesday 31st May
Woodhouse College, Finchley, N12 9EY

- IN THIS ISSUE**
- Become a Supporter of BSA
 - The Club in the Park
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 - Falls are NOT inevitable
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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!

A message from the Editors

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.

Will you be 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. Please support this initiative.

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 it 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. 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 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:

July/Aug edition = 26 May **Nov/Dec** edition = 22 Sept

Sept/Oct edition = 21 July

* 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



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 (subject Volunteers)



Barnet Safeguarding Adults Board Service User Forum

Barnet Council are looking for members of the public to join the forum who are interested in supporting the Safeguarding Adults Board, working towards improving services for people with care and support needs in Barnet and would be able to represent the views of others.

They are particularly keen to hear from older people or people with disabilities and people who have experience of using services who can commit to attending 4 meetings a year.

Contact: Emma Coles

Telephone: 020 8359 5741

Email: emma.coles@barnet.gov.uk



BARNET SENIORS' ASSEMBLY
The Voice of Older Residents



Join in with Barnet Seniors' Assembly

Barnet Seniors' Assembly (BSA) is a local voluntary organisation which believes that by working in partnership with others it can make Barnet a better place for all and improve the quality of life for its senior citizens. BSA works closely with Barnet Council and the NHS in order to influence policy plans and practices and it ensures that widely held concerns of older people are put to and kept before the authorities who take the decisions.

If you agree with us, please become a supporter of this expanding organisation. Joining is FREE, however a donation to support our work is always welcomed. BSA groups are working on different aspects of organising and planning and would welcome more volunteers. If you would like to help, please let us know.

A social programme of activities links up with other local clubs and organisations. Currently BSA arranges coach outings and includes cultural visits to places of interest, quizzes, social gatherings,

walks etc. Monthly meetings are held around the borough with educational or leisure activities and talks on current issues to keep members informed.

BSA holds a number of public events each year as well as two Assemblies, with speakers on topical issues, information stalls and activities.

BSA are pleased to report that since the first edition of the Insider newsletter, produced in April 2015, around 7,500 hard copies are now distributed each issue to homes, libraries, churches and other outlets including voluntary organisations throughout Barnet, with a further 4,000 copies distributed electronically.

As a voluntary organisation. BSA relies on volunteer street champions to deliver the Insider which is produced six times a year.

If you can become a street champion and deliver a few or more copies to your neighbours or friends, please contact us (details below).

Tel: 020 3778 0151
Email: BSABarnet@outlook.com
Web: www.barnetseniors.org.uk

Barnet Insider Distribution
distribution@barnetseniors.org.uk
Editor: info@barnetseniors.org.uk

The Club in the Park

Finchley Victoria Bowling Club was formed in 1928. Located on Ballards Lane in Finchley's Victoria Park, it has become a popular destination for local residents to come and enjoy playing both a game of bowls and meet with over some refreshments and socialise whist catching up with local gossip

But much has changed since those early days. In 2016, the club turned one of its greens into a Croquet Lawn and launched Barnet's first Croquet Club. Since then the warm, friendly and welcoming Bowling & Croquet Club has pursued many exciting ideas to develop the club into a community hub.

The Club is open throughout the year with the club house being utilised to create many initiatives for fun, social events and keep fit activities. So, why not visit for a social afternoon, meet new friends or play Bowls or Croquet.

Tel: 020 8346 0818 / 07956 546457
Email: garybargroff@btinternet.com

There's a dementia café or club near you

Each dementia café or club 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

- **Tuesdays 2pm – 4pm**
Activity Rooms, Finchley Memorial Hospital,
Granville Road, Finchley N12 0JE
- **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 NW7 2AE

Dementia Club UK (supported by Saracens) - Tel: 020 8445 3829

- **Wednesdays 2pm to 4pm**
Finchley Memorial Hospital, Granville Road, North Finchley, N12 0JE
- **First Monday of the month 2pm to 4pm**
North London Reform Synagogue, 120 Oakleigh Road North, N20 9EZ
- **Second Monday of the month 2pm – 4pm** (Rotary Club of Golders Green)
Stevens House & Gardens (Avenue House) 17 East End Rd, Finchley N3 3QE
- **Last Monday of the month 2pm - 4pm**
Greek Cypriot Britannia Centre, 2 Britannia Road, North Finchley. N12 9RU
- **Last Thursday of the month 2pm - 4pm**
Hendon Town Hall, The Burroughs NW4 4AX

Healthy Ageing

We cannot stop the process of ageing, but these five points will help to keep you fit and independent.

1. **Try to improve your walking speed.**
2. **Stay active or become more active.**
3. **Socialise regularly**, spend time with other people for a regular chat.
4. **Keep on top of your health**, get your eyes and ears tested, have your vaccinations and get your medicines reviewed.
5. **Look after yourself**, keep your home warm, eat well and don't put off asking for help.

Falls are NOT an inevitable part of getting older...

Here are some simple things you can do to reduce the risk.



Take exercise regularly. As well as improving general wellbeing, exercise strengthens muscles and helps you maintain flexibility and energy. An invigorating walk, dancing, gardening or tai chi will all help with balance and coordination.

Get your eyesight and your hearing checked. Having the wrong prescription in your spectacles could lead to a fall and we all know that ear/hearing problems can affect your balance. It's a good idea to visit your optician at least every two years and if you notice your hearing deteriorating, you should visit your GP.

Review your medication. Certain medicines, or illnesses such as poorly controlled diabetes, can make you feel faint or dizzy. Let your GP or pharmacist know if you ever feel like this. If you take medication, your GP should review your prescription regularly in case you no longer need it or the dose needs to be changed.

Look after your feet. Having problems with your feet can stop you getting out and about. They can also affect your balance and increase the risk of falling. So it's important to report problems such as foot pain or decreased sensation in your feet promptly to your GP or practice nurse.

Look after your bones too. You can help keep your bones strong by eating a diet rich in calcium and making sure that you get enough vitamin D. Calcium makes our bones strong and we need vitamin D to help our bodies absorb it.

Check your home for hazards. Keeping an eye out for things that could cause you to slip, trip or fall can make your home a safer place to live in. Look especially at lighting, stairs, unsecured rugs and trailing flexes.

If you have had a fall or are afraid of falling, you can refer yourself to the Falls Clinic at Finchley Memorial Hospital. Call 020 8349 7528 / 020 8349 7500

Escaping from a fire

Make an escape plan and practice it regularly

If a fire starts inside your home the most important thing to remember is to get out, stay out and call 999. If you live in a purpose-built maisonette or block of flats of any height, your escape plans will vary.

Know your escape plan

- The best route is the normal way in and out of your home
- Plan for a second route in case the first one is blocked
- Keep door and window keys where everyone you live with can find them
- Make sure the way in and out of your home is kept clear of anything that may slow down your escape
- Review your plan if your circumstances change
- Make sure everyone who lives in the house knows the escape plan.



The London Fire Brigade offers free home fire safety visits

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: hfsvwr.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.

All of us, whatever we do, have a part to play



Right now there are over 30,000 carers in Barnet, looking after older, seriously ill or disabled family or friends.

Carers Week this year is between 12-18 June and is part of an annual awareness campaign to bring caring out into the open – recognising and celebrating the contribution carers make to families and communities throughout the UK.

Many people don't identify themselves as carers, they feel they are just doing what anyone else would so they don't always know what support is available to them. The focus for Carers Week is on Building Carer Friendly Communities - places where local people and services support carers to look after their loved ones, while recognising that carers are individuals with needs of their own.

Local businesses supporting unpaid carers in Barnet

"It's Barnet's Business" is a campaign launched by Barnet Carers Centre. The Centre is working with local businesses to help identify and support more informal carers in our local community. Some local businesses will also support carers by offering discounts for their services on production of a Carers' Discount card.

Do you look after a relative, partner, friend or neighbour who is ill, frail or disabled?

The carers discount card is available to carers registered with Barnet Carers Centre. If you have not yet registered with the Centre, please call 020 8343 9698 and they will arrange an appointment to register you for their services. Once you have registered, you will be eligible for a carers discount card. Please note that only unpaid carers are eligible for a carers discount card.

For more information visit: www.barnetcarers.org/partners

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

ARE THERE DIFFERENT TYPES OF YOGA?

There are many types of yoga offering different emphasis on the physical and spiritual aspects of the practice. Here are three common styles of yoga.

Hatha Yoga is a general term that covers many of the physical aspects of yoga. Classes are relatively slow paced and gentle.

Iyengar Yoga focuses on correct body alignment and emphasizes holding poses over long periods.

Bikram Yoga is a set series of 26 poses promoting sweating to help cleanse the body of toxins and allows for the loosening of tight muscles.

Getting a Blue Badge

If you have problems with walking or other health conditions that affect your mobility, you may be able to get a Blue Badge to help you park closer to the places you want to go.



The Blue Badge scheme helps those with severe mobility problems who have difficulty using public transport to park close to where they need to go.

A Blue Badge gives you certain on-street parking concessions. If you're a Blue Badge holder travelling either as a driver or passenger, you can park for free in disabled parking bays and may be exempt from other parking restrictions. You can use your Blue Badge with any car, including taxis.

Concessions include:

- free parking at parking meters and Pay and Display bays
- parking on some single or double yellow lines for up to three hours unless there is a 'no loading' restriction sign displayed (you have to display the clock that comes with the badge where time limits apply).

You'll be able to get a Blue Badge automatically if you:

- get the higher rate of the mobility component of Disability Living Allowance (DLA)
- get Personal Independence Payment (PIP) and scored 8 points or more in the 'moving around' part of the assessment
- are registered blind or severely sight impaired
- get War Pensioner's Mobility Supplement

If you're not automatically eligible, you may still be able to get a Blue Badge, for example if you have a disability that affects your walking.

The badge and its concessions are for your use only. Someone else can use it if they are picking you up or dropping you off, but you can't lend it to someone.

You can apply for a Blue Badge online at www.gov.uk/apply-blue-badge or contact Barnet council for a paper version of the form.

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 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 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 Cost FREE

EDGWARE & STONEGROVE



Help with IT (computers) Thursdays 2pm – 3.30pm Edgware Library, Hale Lane, Edgware HA8 8NN Contact: Joanne on 020 8432 1415 or email joanne.patel@ageukbarnet.org.uk Cost FREE



Community Chorus – Fortnightly on Mondays 3pm - 4pm. St. Andrew's Church, 1 Beulah Cl, Edgware HA8 8SP Contact Godfrey after 10am on 020 8958 5113. Cost £2.50



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 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 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.



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 10.30-12noon; 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 oXA. Call Anne on 07976 440775. Cost £3



Community Choir Thursdays 5pm – 6pm. Martin School, Plane Tree Walk, N2 9JP. Contact Julie Taylor on 020 8883 1455 office@martinprimary.barnetmail.net Cost FREE



Table tennis Tuesdays 2:15-3.45pm, Thursdays 10.15 – 11.45am Green Man Community Centre, N2 9BA. Email 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 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.



Over 55s IT Drop IN (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



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 55s Power League Pitches, Bobby Moore Way, N10 1ST. Call Roger on 07817 11642 Cost £3 per hour.

HIGH BARNET & WHETSTONE



Community Kitchen – Fridays 10am – 2pm. Help cook for the community or even just come for the food. The Rainbow Centre, Dollis Valley Drive EN5 2UN. Call 020 8441 9837 £1.



Barnet Bowls Club - Mondays, Wednesdays and Fridays from 2 pm. Old Courthouse Recreation Grounds, Manor Close, Barnet EN5 4BP. Call Mick O'Reilly on 020 8449 6442



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



Monday BSA Social Group – Mondays 10.30am – 1.30pm. Manor Drive Methodist church, Manor Drive N20 0DZ Providing optional exercise session 11am to 12pm for £2 and Indian vegetarian meal for £6.



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. 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



Chairiobics 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



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 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 . 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 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





Barnet Seniors' Assembly (BSA) is a voluntary organisation that believes by working in partnership with others it can make Barnet a better place for all.

All are welcome to the BSA social programme of outings, weekly social groups and 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).

BSA groups are working on different aspects of organising and planning and would welcome more volunteers. If you would like to help, please let us know.

To become a supporter 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.

Please support BSA. A donation would be welcome.

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



invites you to our **Spring Assembly**

Ageing well in Barnet
on

Wednesday 31st May 2017
10:00am – 2:15 pm

This free event includes:

- **Talks**
- **Movement to music**
- **Stalls to browse**
- **Networking opportunities**
- **Complementary buffet lunch**

at

WOODHOUSE COLLEGE
Woodhouse Road, Finchley, London, N12 9EY

Buses 134 & 221 stop right outside Woodhouse College and no. 43 stops nearby in Friern Barnet. It's a 5minute walk from Tally Ho Corner bus station.

RSVP by telephone on 020 3778 0151
or email bsabarnet@outlook.com by 17th May

BSA is a voluntary organisation
Aided by



Charity of Valentine Poole is seeking potential Pensioners

The qualification for pensioners are: "The pensioners shall be poor persons who except in special cases to be approved by the (Charity) Commissioners have resided in the area of benefit for not less than three years" The area of benefit is defined as the former Urban Districts of Barnet and East Barnet. Spaces are limited.

Application forms are available from:
The Clerk of the Trustees, Valentine Poole Charity
Ewen Hall, Wood Street, Barnet EN5 4BW

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



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

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