



FREE

# Barnet Seniors' Insider

Produced by:



**Barnet Seniors' Assembly**  
A Voice of Older Residents

News for senior citizens in Barnet

\* Keeping well

\* Staying safe

\* Being active

\* Making friends

Issue 13 • July / Aug 2017

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

## All together now

### Singing has health benefits - but it's also fun

There has been so much publicity recently about the health benefits of choral singing that it has almost become the vocal equivalent of jogging – we should all be doing it because it's good for us.

There's certainly evidence that singing improves lung capacity in people suffering from pulmonary disease, and it has been shown to help people suffering from depression and other mental health problems.

But the stress on the fact that 'singing is good for you' emphasises its' health benefits, yet rather ignores the fact that it's actually good fun and what's more, you don't have to aim for virtuoso -performance to enjoy it.

#### **Intergenerational Community Choir**

Organizers welcome children, their parents or carers and members of the wider community.

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

**The Big Choir** is a community fundraising choir that was formed in 2016 to raise money for Cancer Research UK. They are a modern choir singing many different styles from a capella to pop, from Beatles to Bob Marley. Their members range in age from 20's to 80's. They have one daytime session and one evening. Full details of sessions can be found on [www.thebigchoir.org](http://www.thebigchoir.org) A free taster session will be offered to anyone who would like to think about joining.

Contact Sharon Czapnik Down

Mobile: 07971 957188

Email: [thebigchoir.org@gmail.com](mailto:thebigchoir.org@gmail.com)

**Edgware Community Chorus** is of mixed ability, absolute beginners as well as more experienced singers. You don't have to be able to read music. Any range of voice is accepted. There's no performance, no auditions, it's not a choral society. Meet fortnightly on Mondays usually at St Margaret's Church, Edgware, 3pm start for one hour. Get there a little early and we'll even make you a cup of tea! Costs £2.50 towards the cost of the venue hire.  
Contact Godfrey 020 8958 5113 after 10am. Please avoid Sunday mornings.



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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 readers 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 (BSA), see page 8, which is delivered by volunteers. The *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\*, please contact Neill at [distribution@barnetseniors.org.uk](mailto:distribution@barnetseniors.org.uk) or call 020 3778 0151 and leave a message. Please support this initiative.

### How to send in an article

Email Stephen at [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 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 organisations. Advertising space is limited and contributes towards costs. Please call 020 3778 0151 or email Stephen at [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:

**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 Neill on 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. Contact Volunteer SELECT on 020 8364 8400 ext 222 on Tuesdays

### Why volunteer?

- To help support a good cause
- To meet new people
- To learn new skills
- To have fun whilst making a positive difference

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



## Allotment / Garden Helper

TouchBase South East works with deafblind adults of all ages and individuals who have sensory impairments with additional learning and other associated disabilities. This role is designed to ensure that the allotment in High Barnet is maintained and accessible and that deafblind people are able to take on gardening tasks.

### Typical tasks include:

- Maintain the allotments
- Ensure equipment is kept in good working condition
- Ensure that deafblind people are able to access the allotment and provide support for them to take on gardening tasks.

Telephone: 0300 330 9250

Email: [volunteer@sense.org.uk](mailto:volunteer@sense.org.uk)



## Serious study in later life

The Ransackers Project was originally set up to enable people over 55 who have not previously had the opportunity of higher education, to go to college to study and to research a topic of their own choosing, and write up a report.

A team of "older researchers", all over 55, have recently completed a 12-month project investigating the value of serious study in later life. They were mentored by experts in the study of ageing, and funded by British Society of Gerontology.

Topics studied ranged from history and literature to engineering and social issues. The project asks how best can we campaign for better educational opportunities for seniors in this era of austerity? Degrees are still available via loans (low income pensioners don't have to pay back)

Tel: 020 8341 0023  
Email: hfarnworth@gmail.com  
Web: www.ransackersassociation.org

## Barnet Hear to Meet

Action on Hearing Loss, formerly RNID, hold Hear to Meet groups in Barnet to bring people who have hearing loss together to share their experiences. They also provide a range of information on ear health, hearing aid care, tinnitus and equipment over a cuppa.

The groups are tailored by the members who attend, which include inviting guest speakers, or holding discussion and activity sessions. The service also provides tubing and battery replacement for Barnet residents who received their hearing aids from Barnet, Royal Free and Chase Farm hospitals.

For information on any aspect of deafness, hearing loss or tinnitus call 0808 808 0123

Tel: 0208 369 5325  
Email: heartohelp.NWLondon@hearingloss.org.uk

## Bringing people together

Founded in 1992, The Fremantle Trust is a registered charity and not-for-profit business providing care and support services for older people and adults with a learning disability.

The Fremantle Trust offers specialist expertise across all its services, with care teams who work closely with individuals and families to help people to live well with dementia.

The Trust works to ensure the people it supports are able to maintain their independence and are encouraged to benefit from involvement in activities within their local community. Each centre provides a range of activities on a weekly basis; from singing clubs to book groups, gardening events, quizzes, arts and crafts and cooking.

Tel: 01296 393000  
Email: anne.duggan@fremantletrust.org  
Web: www.fremantletrust.org

## 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

- **Third Monday of the month 2pm – 4pm**  
Friends Meeting House, 55 Leicester Road,  
New Barnet EN5 5EL
- **Fourth Tuesdays of the month 2pm – 4pm**  
The Open Door Centre, St Albans Road,  
Barnet EN5 4LA
- **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)  
Stephens 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

## Electrical Safety

Many people use plastic 13A electrical socket inserts (sold as safety accessories) to prevent small children poking things into a 13A socket outlet. In fact, these devices are inherently dangerous and so should be withdrawn and responsibly disposed of.

This is a known issue but one that, has not been widely publicised until now as can be seen from the Department of Health's Estates and Facilities Alert ref: EFA/2016/002.

The underlying issue is that UK socket outlets to BS1363 (the standard 13A ones that we all have in our homes) employ an interlocking shutter system that prevents random objects from being inserted.

Socket covers are not constructed to any electrical or other safety standard. The pins on the socket covers may be larger than the socket tubes which can cause damage to the socket and defeat the safety design of BS 1363. In certain circumstances the insertion of socket covers, or their breakage whilst in use, can allow foreign objects to be inserted directly onto live parts within the socket, thus presenting a high risk of electric shock.

## Some people have perfect eyes



To help keep them that way it is a good idea to have a regular checkup.

The NHS still covers the cost of your appointment if you are over 60 (and some people under 60 too). People who receive Pension Credit get extra help with the cost of spectacles (or contact lenses) so that sometimes they are free to the patient.

To see more and better is easy. Each prescription is custom-made and unique, tailored to the needs and requirements of the individual, quickly made at about the same price as, say, a jacket or a pair of shoes, and probably used much more.

People who need specs to drive, work, recognise friends, read comfortably, or – so many things! - should have at least one pair in decent condition to wear. Household surveys reveal that spectacle wearers in other European countries usually own a few pairs, for different purposes or looks.

You have only one pair of eyes and they work long hours. The retina, the light-sensitive film at the back of the eye, is the hardest-working place in the body. It uses more energy than any other part of us, converting light from the world ahead into signals of sight sent to the brain.

Like anything that works hard for many years, eyesight can become less good, suddenly or gradually. The good news is that vision can often be made better again, and some potential problems with it can be foreseen and avoided. A regular checkup will maintain and preserve this most precious of our senses, and can be achieved by simply booking an appointment.

How do we value our vision? See the optician!

David Hillel, optometrist on East Finchley High Road is happy to answer general questions about eyesight, at 119 High Road N2, telephone 020 8444 2233.

## Electrical fires are common

Many electrical fires can be avoided by following some simple actions:

- Don't use imitation electrical chargers as they may be unsafe. Look for a manufacturer's brand name or logo, model and batch number and check for a CE mark
- Keep electrical appliances clean and in good working order
- Unplug appliances and chargers when you are not using them or when you go to bed
- Always switch hair straighteners off and leave them to cool on a heatproof surface
- Keep to one plug per socket
- For plugs that do not come fitted to the appliance, always check you're using the right fuse
- If you use an adaptor, use one that is fused. The adaptor or extension lead will have a limit of how much power it can safely provide so be careful not to overload sockets

**Remember:** scorch marks, flickering lights, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reasons could be signs of loose or dangerous wiring.

### 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 by contacting the Home Fire Safety Unit 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.





## If it sounds too good to be true, it is too good to be true



**Rogue Traders are conmen who usually call door to door seeking elderly or vulnerable residents.**

They often say something like "We were doing some work on a neighbour's roof further down the road and we could see that there is a loose ridge tile on yours" etc. They offer to fix the problem at a very cheap price "as they are in the area". When they go up on the roof to do the work they 'discover' other problems. They negotiate with the householder to do this work. The cost balloons. The householder is often encouraged to accompany them to the bank to withdraw the money in cash. It's not just roofing but this is one of the most common scenarios.

Trading Standards advice is never to have work done by anyone who cold calls. No reputable trader ever approaches a customer in this way. If you think your home or garden needs work, please use a recommendation from friends/neighbours. You should also obtain three quotes to check if the price is competitive and if the work really needs doing - never rely on the word of a single trader.

Any contracts over £42 that are agreed in a consumer's home are subject to a 14 day cooling off period. The homeowner must be given written information about their right to cancel, about the identity of the trader who is doing the work and the total cost of the work to be carried out. Just having a statement on a flyer or business card that there is a 14 day cooling off period is not enough.

Please keep an eye out for any vulnerable neighbours who may be approached by cold callers. If someone has agreed to work from a cold call and there is no paperwork, it is likely that there will be a problem. If you need further help or advice please contact the Citizen's Advice Consumer Service on Telephone 03454 040506.

## 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](tel:02037780151) or email [info@bametseniors.org.uk](mailto:info@bametseniors.org.uk)

### WHY DO I SOMETIMES FIND IT HARD TO SWALLOW FOOD?

If food seems to get stuck in your throat, it might be that less saliva in your mouth is making it hard for you to swallow your food. Drinking plenty of liquids with your meal might help.

There may be other reasons why you are having trouble swallowing your food, including problems with the muscles or nerves in your throat, problems with your oesophagus, or gastroesophageal reflux disease (GERD).

Talk to your doctor about what might be causing the problem.

## Pension Credit

**Despite around four million people being entitled to Pension Credit, a third of pensioners still don't claim it. Therefore, it's essential to check whether you qualify.**



Claiming pension credit doesn't only offer an instant monetary reward, but can open the doorway to other benefits too.

Pension Credit comes in two forms; Savings Credit and Guarantee Credit. Whilst the former offers extra cash if your income is above the basic state pension and/or savings threshold, the latter tops up weekly income to a minimum amount. Guarantee Credit will top a weekly pension income up to £159.35 if you're single, and £243.25 for a couple. Meanwhile, you could get £13.20 extra per week with Savings Credit if you're single. For couples this rises slightly to £14.90.

### Claiming Guarantee Credit

To qualify you need to meet at least one requirement. These include being severely disabled, being a carer, having to pay housing costs like mortgage repayments, or earning less than the minimum thresholds for single or couple allowances.

### Claiming Savings Credit

If you're 65 or more, you could be eligible for Savings Credit. Though there's no limit on savings, if you have more than £10,000, any payment is likely to decrease.

As mentioned, claiming Pension Credit can open the doors to many other savings. For example, if you receive credit, it's unlikely you'll have to pay council tax. If you rent your accommodation, then Housing Benefit might cover the costs, whilst there's also the potential to get help paying off the interest on mortgage debt. In addition, you could benefit from free NHS dental treatment, as well as money towards glasses and travelling to and from hospital.

The quickest way to apply for Pension Credit is by phone on 0800 99 1234. If you're unable to make a claim by phone contact Citizens Advice or AgeUK - or get a friend or family member to call the helpline to ask for a paper application.

# 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 2pm – 3.30pm St. Margaret's Church, Station Road, Edgware HA8 Contact: Joanne on 020 8432 1415 or email [joanne.patel@ageukbarnet.org.uk](mailto:joanne.patel@ageukbarnet.org.uk) Cost £1 donation



**Community Chorus** – Fortnightly on Mondays 3pm - 4pm. St. Margaret's Church, Station Road, Edgware HA8 [www.edgwarecommunitychoir.org.uk](http://www.edgwarecommunitychoir.org.uk) 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 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. Call 020 8369 5325 or email [Heartohelp.NWlondon@hearingloss.org.uk](mailto:Heartohelp.NWlondon@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](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 N2 8HP. 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



**Community Choir** Thursdays 5pm – 6pm. Martin School, Plane Tree Walk, N2 9JP. Contact Julie Taylor on 020 8883 1455 [office@martinprimary.barnetmail.net](mailto: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](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.



**Over 55s IT Drop IN (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



**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 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



**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.



**Tai Chi** - Tuesdays 2-3 pm at Church House 2 Wood Street High Barnet EN5 4BW Contact Dee on 020 8445 6715 or e-mail [cdee@tesco.net](mailto:cdee@tesco.net) for more information Cost £7

## 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.



**Ladies Choir** – Tuesdays 1.30pm – 3.30pm. Brookside Methodist Church, 2 Cat Hill, Barnet EN4 8JB Contact Jacqui at [jacquimace6@gmail.com](mailto:jacquimace6@gmail.com) for more details. Cost £5

## 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](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







**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's 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 Sue at [bsabarnet@outlook.com](mailto:bsabarnet@outlook.com)

## BSA Events Programme

For more information or to book a place call **020 3778 0051** and leave a message (we will call you back) or email [bsabarnet@outlook.com](mailto:bsabarnet@outlook.com). Visit our website [www.baseas.org.uk](http://www.baseas.org.uk)

Tue 15 Aug 2pm	<b>'Hearing is a much-neglected sense'</b> Andrew Goodwin, Hearing Connect Julius Newman House, Woodside Park Rd London N12 8RP
Sun 17 Sept 2pm	<b>The Dancing Years</b> – a cabaret style event (£11.00) + optional Afternoon Tea (£6.50) Free Parking. Booking essential Wyllyotts Centre, Wyllyotts Place, Darkes Lane, Potters Bar EN6 2HN.
Sun 1 Oct 12.30 – 4pm	<b>Silver Sunday</b> - FREE Afternoon Tea Party. Fun and Informal Drop In Event Information - Activities – Entertainment Middlesex University, The Burroughs, Hendon, NW4 4BT
Tue 7 Nov 1.45pm	<b>Charterhouse Tour</b> The Charterhouse Charterhouse Square London EC1M 6AN
Tue 12 Dec 12.30pm	<b>Festive 3 Course Lunch</b> (approx. £22 pp.) Booking essential. Claddagh Ring, 10 Church Road, Hendon NW4 4EA



Care and kindness are at the heart of all we do and we strive to support older people to live their lives to the full through our specialist residential, dementia and day care services.

- **Aphorp Care Centre:** New Southgate
- **Dell Field Court:** Finchley
- **Meadowside:** North Finchley

To find out what makes us different, call us on: **020 8242 9443 / 07721 128 885**

or email us at: [enquiries@fremantletrust.org](mailto:enquiries@fremantletrust.org)



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

A registered charity and not for profit organisation. (Registration No. 1014986)

### Useful / Emergency Contacts

<b>Police</b>	Non-emergency <b>101</b> Emergency <b>999</b>	Textphone <b>18001 101</b> Textphone <b>18000</b>
<b>NHS 111</b>	<b>111</b> (national number)	Textphone <b>18001 111</b>
<b>Council</b>	<b>020 8359 2000</b>	<a href="http://barnet.gov.uk">barnet.gov.uk</a>
<b>Debtline</b>	<b>0808 808 4000</b>	<a href="http://nationaldebtline.org">nationaldebtline.org</a>
<b>Childline</b>	<b>0800 1111</b>	<a href="http://childline.org.uk">childline.org.uk</a>
<b>Crime Stoppers</b>	<b>0800 555 111</b> (Anonymous Line)	<a href="http://crimestoppers-uk.org">crimestoppers-uk.org</a>
<b>Advice</b>	<b>03444 111 444</b>	<a href="http://citizensadvice.org.uk">citizensadvice.org.uk</a>
<b>Silverline</b>	<b>0800 470 8090</b>	<a href="http://thesilverline.org.uk">thesilverline.org.uk</a>
<b>Samaritans</b>	<b>116 123</b>	<a href="http://samaritans.org">samaritans.org</a>
<b>Gas</b>	<b>0800 111 999</b>	<a href="http://nationalgrid.com">nationalgrid.com</a>
<b>Electricity</b>	<b>0800 028 0247</b>	<a href="http://ukpowernetworks.co.uk">ukpowernetworks.co.uk</a>
<b>Water</b>	<b>0800 316 9800</b>	<a href="http://thameswater.co.uk">thameswater.co.uk</a>

### 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)

