

FREE

Barnet Seniors' Insider

Produced by:



Barnet Seniors' Assembly
A Voice for Older Residents

News for senior citizens in Barnet

* Keeping well

* Staying safe

* Being active

* Making friends

Issue 14 • Sept / Oct 2017

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

Silver Week 1st – 8th October

Come and join us to celebrate Silver Week 2017 - Activities and events occurring throughout the week, starting with one big party.

To celebrate Silver Week 2017 there will be a full week of activities and events occurring throughout the borough celebrating the value and knowledge older people contribute to our communities. With opportunities to meet new people, try something new or enjoy something familiar, the celebrations also aim to combat loneliness and isolation.

Silver Week will begin with an open event at Woodhouse College, Woodhouse Road, Finchley N12 9EY on Sunday 1st October, from 12.30-4pm (hosted by Barnet Council and Barnet Seniors Assembly). There's no need to book, just come along for an afternoon of activities, entertainment, refreshments and information stalls.

Silver Week aims to build upon Silver Sunday which is an annual day of fun and free activities for older people across the UK, led by The Sir Simon Milton Foundation.

Activities and events range from sports tasters, free hairdressing, an art exhibition, coffee mornings, digital technology sessions, walks, talks and information displays at Brent Cross Shopping Centre, as well as getting involved by taking a selfie using #silverselfie and posting it on Twitter. Information on all the Silver Week events and activities in your local area will be available at your local Barnet library.

A full schedule of all the events and activities can be found on page 5 of this newsletter and at www.barnet.gov.uk/silverweek. Everyone can get involved, whether that's organising an event, spreading the word or attending an activity. For further information on Silver Week please contact the Prevention and Wellbeing Team by calling 020 8359 7573 or emailing preventionandwellbeing@barnet.gov.uk.



SILVER SUNDAY
CELEBRATING OLDER PEOPLE



IN THIS ISSUE

- Lawrence Street Allotment
- Inclusion Barnet
- Stroke Association
- Barnet Stroke Services
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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!

There is so much going on for residents in the borough of Barnet - see pages 5, 6 and 7

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 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. 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 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:

Nov/Dec edition = 22 Sept

* Join our 'Street Champions

Become a 'Street Champion' and help us to distribute the *Insider* by delivering it to 20 or more neighbours!

For more information call Neill on 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. Contact Volunteer SELECT on 020 8364 8400 ext 222 on Tuesdays



Library Volunteer

Inclusion Barnet is looking for volunteers to support the library services in East Barnet and South Friern Barnet!

Typical tasks include:

- General library duties: customer service, processing book reservations and returns, booking computers, shelving/tidying
- Helping people find and use library resources

Telephone: 020 3475 1314

Email: info@inclusionbarnet.org.uk



Mentor or Peer Supporter

Volunteer Mentors and peer supporters offer support across all services to stroke survivors. In doing so they help to reduce social isolation and build the confidence and self-esteem of the people they support. You'll be supporting stroke survivors on a 1:1/face-to-face basis according to their needs to achieve personal goals and be independent. This will take place either face to face in the stroke survivor's home or out in the community, by telephone or online.

Telephone: 0207 940 1340

Email: lina.choudhury@stroke.org.uk



Lawrence Street Allotments

Lawrence Street Allotments in Mill Hill is a beautiful, friendly site with its own communal orchards and shared wheelbarrows and mowers. The composting toilet allows plot-holders to help save the planet while they spend a penny, and there is indoor and outdoor seating for those who wish to bring their lunch and make a day of it.

In addition to internal events, such as a drinks evening, Lawrence Street engages with the local community through two public events: a plant sale in May and open day in August. As well as being important fund-raisers, these two events help to cement relations with the neighbours.

Lawrence Street currently has three vacant allotments, including one half-plot and a small starter plot.

Tel: 020 7435 6762
Web: www.lawrencestreetallotments.wordpress.com

Choice and control

Inclusion Barnet are a peer-led organisation. Nearly all of their staff have personal experience of disability. They exist to promote independent living, so that disabled people can have choice and control in their lives.

Inclusion Barnet offer a free and independent support planning service delivered by a team of disabled people. Their peer support brokers (PSB) are able to support disabled residents who meet the national eligibility threshold which relates to disabled people who have a higher level of need and are often able to access adult social care funding.

In partnership with Barnet Council, Inclusion Barnet are now also running two popular local libraries, East Barnet and South Friern Barnet.

Tel: 020 8359 2444
Email: jonathan@inclusionbarnet.org.uk
Web: www.inclusionbarnet.org.uk

'Getting Back to Life' services

After a stroke, life is very different and you may need to make big adjustments and deal with daunting challenges. The Stroke Association provides a variety of services that will help you enjoy a better quality of life, return to your community and face the future.

Information, Advice and Support

Helps individuals and their family prepare for the changes that happen because of a stroke, with information about stroke, practical advice and emotional support.

Communication Support Service

Helps individuals cope with aphasia and difficulty in using language. Co-ordinators and volunteers work with stroke survivors to build their confidence and help them achieve the best possible recovery.

Tel: 0303 3033 100
Email: info@stroke.org.uk
Web: www.stroke.org.uk

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 Tuesday 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
- **Help & Advice Hub – Mon-Fri 9am – 5pm**
Barnet Dementia Hub, Salvation Army, 1-5 Brampton Grove, Hendon NW4 4AE

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
- **Second and Fourth Tuesday of the month 2pm - 4pm**
Fairway Hall, Brook Close, Borehamwood, Herts, WD6 5BT
- **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

Barnet Stroke Services

Every year about 500 people in Barnet have a stroke and it is estimated that about 5,000 stroke survivors live in the Borough.

A stroke is a serious medical emergency and urgent treatment in hospital is essential because the sooner a person receives treatment the less damage is likely to happen.

There are designated specialist units to deal with stroke: Hyper Acute Stroke Units (HASU) provide the immediate response to a stroke and Stroke Units which provide multi-therapy rehabilitation and ongoing medical supervision following treatment at the HASU. Transient Ischaemic Attack (TIA) or 'mini stroke' assessment services provide rapid diagnostic assessment. There is also a range of rehabilitation and community services, as effective rehabilitation and support can reduce the impact of disability for the stroke survivor, their family and carers.

Barnet is served by two HASUs: University College Hospital and Northwick Park Hospital. Following treatment at a HASU, the two Stroke Units in Barnet are located at the Royal Free and Barnet Hospital. TIA services are provided at both hospitals.

Central London Community Health Trust (CLCH) provides inpatient stroke rehabilitation at Edgware Community Hospital. CLCH also provides the Early Supported Discharge service. This is a multi-disciplinary team of stroke-skilled staff, which collaborates with patients, family and carers to provide a tailored rehab goal-orientated programme once the patient has left the stroke ward.

There is also a range of community services, for example, the Stroke Recovery Service provided by the Stroke Association. The service is for stroke survivors of any age, carers and family members. To contact the Barnet Stroke Recovery Service call 020 8446 4890 or email BarnetStrokeSupport@stroke.org.uk

Visit www.nhs.uk for signs and symptoms of stroke and more information.

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

IS MICROWAVE FOOD HEALTHY?

The cooking method that best retains nutrients is one that cooks quickly, heats food for the shortest amount of time, and uses as little liquid as possible. Microwaving meets those criteria. Using the microwave with a small amount of water essentially steams food from the inside out. That keeps in more vitamins and minerals than almost any other cooking method and shows microwave food can indeed be healthy.

For example, microwaved broccoli holds on to more glucosinolate (the compound that may give the vegetable its cancer-fighting properties) than boiled broccoli.

Strengths-Based Social Care

Your Conversation, Your Life

Barnet Council are applying a strengths-based approach to social care, the purpose of which is to prevent, reduce or delay a person's health and social care needs from either developing or escalating. With strengths-based practice, the practitioner works with the person to discuss and identify the outcomes they want to achieve and think about the resources available to them to achieve these outcomes. Resources may include: the person's strengths (skills, experience and expertise), as well as those of their family, friends and other social or community networks.

In Barnet there is a variety of early intervention and preventive support services available aimed at promoting independence and wellbeing. However some adults and carers with care and support needs will require social care involvement at particular points in their lives in conjunction with early intervention and prevention. If you want more information and advice about the



Your Conversation • Your Life

different preventative resources available to support you to maintain your wellbeing and maximise your independence please visit www.barnet.gov.uk/citizen-home/adult-social-care.html or contact Social Care Direct on 020 8359 5000 or email socialcaredirect@barnet.gov.uk.

Or you can visit a Care Space drop in session where people can visit for information and advice or to find out what various organisations can offer. Care Space offers:

- information and advice from the council on support services available in the local community
- a range of activities to support you to maintain your health, wellbeing and independence.

Care Space - Independent Living Centre: 1st Floor, Barnet and Southgate College, 7 Bristol Avenue (formerly Lanacre Avenue), Colindale, NW9 4BR



Events running during *Silver Week 1-7 October*



(All events are free with no need to book unless stated)

Update on all events available at www.barnet.gov.uk/silverweek or your local Barnet library from Monday 18 September 2017
 if you have a skill, talent or hobby you could share at the Showcase contact preventionandwellbeing@barnet.gov.uk /0208 359 7573

Sunday 1 October

12.30-16.00 Afternoon Tea and Art Exhibition Woodhouse College, Woodhouse Road, Finchley, N12 9EY

14.30-16.00 Kayak Taster Session Phoenix Outdoor Centre, Cool Oak Lane, NW9 7ND

£10.00 www.webcollect.org.uk/phoenixcc/event/silver-sunday to book

16.00-18.00 The Spitfire Sisters Performance, artsdepot, 5 Nether St, North Finchley, N12 0GA

£12.00 www.artsdepot.co.uk/music/spitfire-sisters to book

16.00-18.00 Swing style Event artsdepot, 5 Nether St, North Finchley, N12 0GA

19.00-21.00 Arts Workshop artsdepot, 5 Nether St, North Finchley, N12 0GA

Monday 2 October

9.00-17.00 Hairdressing (wash, cut, blow-dry, set) Barnet and Southgate College, 7 Bristol Ave, Colindale, NW9 5ZN

hairandbeauty@barnetsouthgate.ac.uk / 020 3764 4750 and quote 'Silver Week' to book an appointment

From 9.45 Relaxing Therapeutic Treatments The Disability Foundation, RNOH, Brockley Hill, Stanmore, HA7 4LP

reception@tdf.org.uk / 0208 954 7373 to book an appointment

9.30-10.30 Outdoor Fitness Class Meeting at Friary Park (Torrington Park entrance opposite Ashurst Rd) £1.50

Tuesday 3 October

9.00-17.00 Hairdressing (wash, cut, blow-dry, set) Barnet and Southgate College, 7 Bristol Ave, Colindale, NW9 5ZN

hairandbeauty@barnetsouthgate.ac.uk / 020 3764 4750 and quote 'Silver Week' to book an appointment

From 9.45 Relaxing Therapeutic Treatments The Disability Foundation, RNOH, Brockley Hill, Stanmore, HA7 4LP

reception@tdf.org.uk / 0208 954 7373 to book an appointment

10.00 18.00 Showcase with information and advice Brent Cross Shopping Centre, Prince Charles Drive, NW4 3FP

10.30-11.30 Dementia Friendly Swimming Barnet Copthall Leisure Centre, Champions Way, Hendon NW4 1PX

£2.75 for the individual with dementia and free for carers

11.00-13.00 Coffee Morning Community Café, St James' Church, St James' Lane, Muswell Hill, N10 3DB

13.30-15.30 Afternoon Tea Age UK Barnet, Ann Owens Centre, Oak Lane East Finchley, N2 8LT

Wednesday 4 October

9.00-17.00 Hairdressing (wash, cut, blow-dry, set) Barnet and Southgate College, 7 Bristol Ave, Colindale, NW9 5ZN

hairandbeauty@barnetsouthgate.ac.uk / 020 3764 4750 and quote 'Silver Week' to book an appointment

From 9.45 Relaxing Therapeutic Treatments The Disability Foundation, RNOH, Brockley Hill, Stanmore, HA7 4LP

reception@tdf.org.uk / 0208 954 7373 to book an appointment

From 10.30 Leisure Centre Open Day Copthall Leisure Centre, Champions Way, Hendon, NW4 1PX

To be confirmed Keep warm and Well Tai Chi Session The Meritage Centre, 46 Church End, Hendon, NW4 4JT

0208 359 7441 or winterwell@barnet.gov.uk to book

11.30-13.30 Wellbeing Workshop (Stress) The Green Man Community Centre, Strawberry Vale, East Finchley, N2 9BA

14.30-15.30 Teatime Social event St James' Church, St James' Lane, Muswell Hill, N10 3DB

Thursday 5 October

9.00-17.00 Hairdressing (wash, cut, blow-dry, set) Barnet and Southgate College, 7 Bristol Ave, Colindale, NW9 5ZN

hairandbeauty@barnetsouthgate.ac.uk / 020 3764 4750 and quote 'Silver Week' to book an appointment

From 9.30 Club Games Taster Day Burnt Oak Leisure Centre, Watling Avenue, HA8 0NP

From 9.45 Relaxing Therapeutic Treatments The Disability Foundation, RNOH, Brockley Hill, Stanmore, HA7 4LP

reception@tdf.org.uk / 0208 954 7373 to book an appointment

10.30-12.30 Carers Coffee Morning Barnet Carers Centre, Global House, 303 Ballards Lane, North Finchley, N12 8NP

11.00-12.00 Chair Based Yoga, Manor Drive Methodist Church, Manor Drive, Whetstone, N20 0DZ

From 14.00 Let's stop scams and frauds in Barnet Friend In Need Community Centre, Crescent Road, East Barnet, EN4 8NP

Friday 6 October

9.00-17.00 Hairdressing (wash, cut, blow-dry, set) Barnet and Southgate College, 7 Bristol Ave, Colindale, NW9 5ZN

hairandbeauty@barnetsouthgate.ac.uk / 020 3764 4750 and quote 'Silver Week' to book an appointment

From 9.45 Relaxing Therapeutic Treatments The Disability Foundation, RNOH, Brockley Hill, Stanmore, HA7 4LP

reception@tdf.org.uk / 0208 954 7373 to book an appointment

Saturday 7 October

9.30-11.00 Racket Ball Oakleigh Park Club, Oakleigh Rd North, N20 9EZ. 020 8445 7221/ office@oakleighparkclub.co.uk to book

Sunday 8 October

9.30-11.00 Racket Ball Oakleigh Park Club, Oakleigh Rd North, N20 9EZ. 020 8445 7221/ office@oakleighparkclub.co.uk to book

GET Out and About in Barnet

BURNT OAK & COLINDALE



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



Make friends with a book Thursdays 10.30am – 12noon
OneStonegrove Community Centre, 5 Hayling Way, Edgware
HA8 8BN Contact: Kate Fulton on 07801 911 481 or email
kathrynfulton@hotmail.com. Cost FREE



Community Chorus – Fortnightly on Mondays 3pm - 4pm.
St. Margaret's Church, Station Road, Edgware HA8
www.edgwarecommunitychoir.org.uk Contact Godfrey
after 10am on 020 8958 5113. Cost £2.50



Tai Chi – Tuesdays 2pm – 3.30pm and Wednesdays 10.15am
– 11.15am. Edgware Community Hospital, Burnt Oak
Broadway, HA8 8AB. Phone 020 8455 5463 Cost £4.00.



Silver Stitchers – Fortnightly on Wednesdays 10.30am–
12noon. Luchi & Ota, 62 Edgware Way, Mowbray Parade,
Edgware HA8 8JS. Call Joanne Patel on 020 8432 1415 or
email joanne.patel@ageukbarnet.org.uk Cost FREE

MILL HILL & TOTTERIDGE



Seated exercise to Music - St Paul's Church, The Ridgway
NW7 1QU Fridays 10.15am – 11.15am.
Contact: 020 8906 3793 Cost: £2 includes refreshments.



IT Drop-in sessions - Thursdays 10am – 12noon. Hartley Hall
Flower Lane, Mill Hill NW7 2JA Contact 020 8432 1415 or
email info@ageukbarnet.org.uk. Cost FREE



Lunch Club – Tuesdays 12 – 1.30pm. Wilberforce Centre,
The Ridgeway, NW7 1QU Contact 020 8906 3340. Cost £3.50



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



Stretch Yoga – Mondays and Thursdays 6pm – 7.30pm at
Sports Centre, Mill Hill School NW7 1QS. Contact Michael on
07454 497233 or email michael@stretchyoga.org Cost £5

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



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



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, Green Man Community
Centre, N2 9BA. Email michael.jobling@ntlworld.com Cost £5

FINCHLEY CENTRAL



Ballroom Dancing – Wednesdays. Beginners / Intermediate –
7.30pm – 9pm. St Mary's Church Hall, Hendon Lane Finchley N3
1RT. Call 020 8440 9364 or email cjmkdance@aol.co.uk Cost £7



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 & FRIERN BARNET



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 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 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.



Memory Way Café – Wednesdays (fortnightly) 2.30pm – 4.30pm. The Betty and Asher Loftus Centre, Asher Loftus Way, N11 3ND. For more information call 020 8203 0521

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 1.45 pm. Old Courthouse Recreation Grounds, Manor Close, Barnet EN5 4BP. Call Mick on 020 8449 6442 Cost £5



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 for more information Cost £7



Health Walk - Sundays 9-10am at Orange Tree Public House, Totteridge Lane. There's no need to book, just turn up. Cost £2.80, or 10 walks for £22.40 or £18 if aged 60 or over.

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.



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



Park Run - Saturdays at 9am at Oakhill Park East Barnet EN4 8JP. come along and join in whatever your pace! To register

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



Hampstead Heath Health Walks – Tuesdays (North End Road) and Thursdays (Hampstead Way) 9.30-10.30am. Sundays (Wildwood) 10.30am – 11.30am. There's no need to book, just turn up. Cost £2.80, or 10 walks for £22.40 or £18 if aged 60 or over.



Memory Way Café – Thursdays (fortnightly) 2.30pm – 4.30pm. Otto Schiff, Limes Avenue, NW11 9TJ. For more information call 020 8203 0521

HENDON



Make Friends With A Book Mondays 1.30-3pm. Cheshire Hall Community Centre, Fosters Street, NW4 2AA. Contact: Paul on 07815 554713. Cost FREE.



Tea and Chat – Wednesdays and Fridays 10am – 11am. Meritage Centre, Church End, NW4 4JT. Contact 8432 1423 or email christine.gilbert@ageukbarnet.org.uk Cost £1



Bridge Classes (Beginners) – Thursdays 10.15am – 12.30pm Meritage Centre, Church End, Hendon, NW4 4JT. Contact Alan on 020 8361 7639 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 annabelhay@saracens.net Cost £4.50 per session



Barnet Seniors' Assembly (BSA) is focussed mainly on older residents of the London Borough of Barnet. It is a non-political, local voluntary organisation which has no religious affiliations.

It runs activities for senior citizens and works closely with Barnet Council and the NHS in order to influence policy plans and practices. BSA believes that by working in partnership and making Barnet's decision-makers aware of the key concerns of older people, it can make Barnet a better place for all and improve the quality of life for senior residents. It is also the publisher of this bi-monthly information publication, Insider, which is circulated free throughout the borough.

The annual programme of the BSA, which developed from the 55+ Forum, includes two large public events. The emphasis of each Assembly is on an appropriate subject, information stalls, refreshments and activities suitable for over 50's. All senior residents of the borough are welcome, free of charge.

BSA's social programme of bi-monthly educational and leisure events contains links with other local clubs and organisations, coach outings and cultural visits to places of interest, quizzes, informal gatherings, walks and talks on current issues, to keep its' supporters informed.

There is currently no charge for becoming a supporter, however donations are very welcome. If you wish to join and be kept informed, please give your contact details to the Hon. Secretary (ring Sue 020 3778 0151).

Please support BSA. A donation would be welcome.

For further information phone **020 3778 0151** or email Sue at 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. Visit our website www.baseas.org.uk

Tue 7 Nov
1.45pm
Charterhouse Tour
The Charterhouse Charterhouse Square
London EC1M 6AN

Tue 12 Dec
12.30pm
Festive 3 Course Lunch (approx. £22 pp)
Booking essential. Claddagh Ring,
10 Church Road, Hendon NW4 4EA



Care can be different!

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



www.fremantletrust.org

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

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