

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 15 • Nov / Dec 2017

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

Protect your Pension

Our pensions are usually one of our most valuable assets, offering financial support throughout our later lives

Pensions can however become the target for illegal activities, scams or inappropriate, high-risk investments. Police data shows that pension and investment scam victims often experience the largest financial losses.

The Pensions Advisory Service (TPAS) www.thepensionsadvisoryservice.org.uk provides independent, impartial information and guidance about pensions, free of charge, to members of the public. Helping with all pension matters covering workplace, personal and stakeholder schemes, TPAS can answer general questions, help with specific queries and offer guidance for people with complaints about their private pensions scheme.

If you are contacted out of the blue with offers of free pension reviews, 'government initiatives', mentions of 'guaranteed rates of return', 'couriers' who will help you complete forms, then please beware, as these are common signs of a scam.

If you transfer your pension into a scam you run the real risk of losing much, if not all, of your pension savings. If you access and transfer your pension before age 55 (only allowed in certain circumstances e.g. ill health), this can also result in significant tax penalties of up to 55% of the value of your pension.

Once you've transferred your pension into a scam, it's often too late.

To find out more about how to protect your pension, visit The Pension's Regulator's website, which contains links to a video, a list of top tips and a downloadable booklet.

www.thepensionsregulator.gov.uk/individuals/dangers-of-pension-scams.aspx

If you'd like to talk to TPAS about an offer you have received or think you may already be being scammed call 0300 1231047. Remember, TPAS is there to help with any pension related query you may have.



IN THIS ISSUE

- Saracens – Love to Move
- Heartlinks
- Timebanking – Time and Talents
- Behind the wheel
- Going home from hospital

Mainly for people aged 55 or over

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 and
- have fun
- meet people

...Hoping to see you out and about in Barnet!

See pages 6 and 7 for
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 or call 020 3778 0151 and leave a message.

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:		Jan/Feb edition = 1 Dec	
Mar/Apr edition = 22 Jan		May/June edition = 23 Mar	

* 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 for you 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 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



Family Activities Volunteer

Noah's Ark Children's Hospice provides regular Family Activities during weekends and school holidays, designed to provide fun and free days out for children and families to meet others in similar situations and to take part in new activities in an accessible environment. Becoming a Family Activities Volunteer provides a rewarding opportunity to directly support children with life-limiting or life-threatening conditions and their families.

Telephone: 020 8449 88774

Email: volunteering@noahsarkhospice.org.uk



Volunteer to teach English language

Teach English to people with little or no English language skills. You will get free training and practical teaching experience whilst making a real difference to people in your community with ongoing support from teacher trainers while you teach a weekly class in a local school or community centre.

Telephone: 020 3764 4332

Email: amy.urry@barnetsouthgate.ac.uk



Love to Move

The Love to Move Programme operates in Barnet and provides activity for older people in their local setting.

Funded by City Bridge and working with local community partners including Age UK, Saracens have established a multi-activity project to ensure a range of opportunities exist to attract participants from the local population. Classes are open to men and women over 50 and provide a relaxed and social environment in local community and church halls, as well as at Allianz Park.

Saracens have a number of sessions running, including; Pilates, Nordic Walking and Dance in a social environment. A chance for a drink and a chat. Participants can also attend performance and social events.

Tel: 020 3675 7246
Email: annabelhay@saracens.net



Living with a heart condition

When you've been diagnosed with a heart condition it's natural to need time to come to terms with what has happened to you and how your everyday life may be affected.

The HeartLinks Support Group (which is affiliated to the British Heart Foundation) is for people (including partners and carers) who have a heart condition, or who have had heart surgery. The group meets once a month, when a talk is given on an area of interest, and a cardiac rehabilitation specialist nurse is present to give advice.

Meetings from 7.30pm on the 3rd Thursday of each month at Barnet Hospital, Education Centre, Wellhouse Lane, Barnet EN5 3DJ. Parking is free adjacent to the centre.

Tel: 020 8440 4151
Email: barnet.heartlinks@yahoo.co.uk



Timebanking UK

Time and talents

Timebanking is the way of spending one hour of time helping someone out and earning one time-credit in return where everyone's time is equal.

For every hour participants 'deposit' in a timebank, perhaps by giving practical help and support to others, they are able to 'withdraw' equivalent support in time when they themselves are in need. In each case the participant decides what they can offer. For example, cooking for an elderly neighbour and receiving Spanish lessons in return. You could learn something new or share a skill you already have. How you chose to spend or earn time credits is only limited by your imagination. Group activities are also lot of fun and a great way to meet others.

Tel: 07887 249910
Email: barnet@timebanks.co.uk
Web: www.barnet.timebanking.org

There are now lots dementia cafés and clubs in Barnet

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 3725 3001

- **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
- **Second Tuesday of the month 2pm – 4pm**
St Johns Parish Centre, Friern Barnet Road, N11 3EQ
- **Barnet Dementia Hub, Mon – Fri 9am – 5pm**
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

Chimney Fire Safety

Statistics show that there are approximately 6,000 chimney fires a year in England, but most of these are preventable

An open fire is an ideal way to keep warm in the winter, but without proper maintenance a chimney can become dangerous.

To keep you and your family safe from fire you should take care to have your chimney swept regularly, depending upon what fuel you burn, before the colder winter months set in and you begin to use your fire and chimneys again. If the worst should happen, a smoke alarm can give you the extra time you need to escape in a house fire – make sure you test yours regularly.

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 www.hfsvwr.london-fire.gov.uk and complete the online form. Please quote "BARNET P1 10" when asked by the telephone operator or type it in the "additional information" box on the form.

Behind the wheel

Driving gives you the freedom to go where you want to, at the time of your choosing

Driving is very important for many of us. It gives us the freedom and independence to get out and about, keep in contact with family and friends and maintain our quality of life.



One of the best ways of making sure we are able to keep driving for as long as possible is keep our driving skills and knowledge up to date. For example, make sure that you are familiar with the latest edition of The Highway Code - it's probably changed since you last read it.

If you have developed a medical condition or disability that could affect your ability to drive safely, you must tell the DVLA even if you are not yet due to renew your licence. This also applies if your condition has worsened since your licence was issued. For a full list of medical conditions and disabilities you must declare, visit www.gov.uk/health-conditions-and-driving.

Boosting your confidence - If you're still able to drive but simply want to feel more confident on the roads, or if you would like an honest and independent assessment of your driving skills, you can book an experienced driver assessment. You shouldn't see this assessment as a test – it's an opportunity to get advice on how to improve your driving. You can search for schemes on www.olderdrivers.org.uk, IAM RoadSmart (www.iamroadsmart.com) or the Royal Society for the Prevention of Accidents (www.rosopa.com) for details.

Adapting your car - If you have a medical condition or disability that makes it difficult to drive or get in and out of your car, a mobility centre should be able to help you decide on adaptations that are right for you. Having the right car can make a big difference. Contact Driving Mobility who can offer advice on suitable vehicles and adaptations, and help you return to driving after an illness. You can contact the local centre on 01707 384263 or driving@hadnet.org.uk

Going home from hospital

If you go into hospital, you may be worried about whether you'll cope when you leave

You shouldn't be discharged from hospital until:

- You are medically fit (this can only be decided by the consultant or someone the consultant has said can make the decision on their behalf).
- You have had an assessment to look at the support you need to be discharged safely.
- You have been given a written care plan that sets out the support you'll get to meet your assessed needs.
- The support described in your care plan has been put in place and it's safe for you to be discharged.

Completing your treatment at home - If you need to complete your treatment at home, follow-up support services available include:

Post-acute care enablement (PACE): The aim of PACE is to make the early discharge of patients from hospital possible, and provide some care and support in the home for a few days.

District nurse support: District nurses are qualified nurses who have additional training to nurse you at home. They work closely with GPs to support care at home.

Community matron support: If you have a chronic condition, a community matron may visit you to co-ordinate your care.

If you have recently left hospital, we want to hear from you about your experience. Please call us on 020 3778 0151 or email bsabarnet@outlook.com.



Two new centres for people with long-term conditions



Two Support Hubs are opening in Hampstead and Barnet.

Run by the Royal Free Charity, the newly named Support Hubs will provide information and support to people affected by long-term health conditions, including carers and families. The first Support Hub will open at the end of this year within Hampstead's Royal Free Hospital, on its Lower Ground Floor. The Charity will open its second Hub on Barnet High Street in early 2018. This centre will be located on the ground floor of Graseby House, opposite Barnet Police Station.

The Support Hubs will offer welfare and benefits advice, information on local and national services, and a programme of wellbeing talks and workshops. Topics will range from physical activity and healthy eating to relaxation and budgeting. Each centre will also run a drop-in service, facilitated by the charity's trained volunteers. The volunteers will offer those affected by long-term health conditions a friendly ear to talk about whatever's on their mind and provide up-to-date information on further support if needed. These new services were co-developed with people who are affected by long-term health conditions.

Both Hubs will be staffed Monday to Friday with volunteers alongside a full-time welfare benefits advisor and centre manager. If you are interested in volunteering at the Support Hubs please contact the charity directly.

For more information, including our launch dates, opening times and programmes of events, please email the project lead, Alison Bowman at alison.bowman@nhs.net or call 020 7472 6677.

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

HOW I SWITCH ENERGY SUPPLIER?

The best way to compare prices and deals is by using online price comparison websites. You should check two or three. Some price comparison websites have been accredited by Ofgem. You could also use the comparison tool on the Citizens Advice website - energycompare.citizensadvice.org.uk If you find the deals on offer confusing, you can get help from your local Citizens Advice office.

You can switch online or over the phone. You just tell the new supplier you want to switch and they will contact your current supplier to organise the change. It shouldn't take longer than 21 days.

Help in cold weather

Fuel bills can be a worry in winter, but it's important for your health that your home stays warm. Find out if you're eligible for extra money to help with the cost of heating your home when the weather gets colder.



Winter Fuel Payment: Who can claim it?

You're eligible for Winter Fuel Payment if you are over Pension Credit age. For winter 2017/2018, this is if you were born before 5 August 1953. Payments are based on households rather than individuals, so if you live with someone else who is eligible, the payment is split between you.

How much is it worth? - Winter Fuel Payment is made every year between November and December. You'll get between £100 and £300, depending on your age and circumstances. Go to www.gov.uk for a list of the different payment rates.

How do I claim? - If you're receiving State Pension or certain other benefits such as Pension Credit, you should get a Winter Fuel Payment automatically. If not, contact the Winter Fuel Payment Helpline to make a claim on 0345 915 1515. You only need to claim once - after this, you'll receive payments automatically every year.

Cold Weather Payment: Who can claim it?

Cold Weather Payments are made when the temperature falls below 0°C for seven days in a row. It helps people on a low income with their fuel costs, so you might be eligible if you're getting Pension Credit or certain other benefits. You won't be eligible if you're living in a care home.

How much is it worth?

You'll receive £25 each time the average temperature falls below 0°C for seven days in a row.

How do I claim?

If you're eligible for Cold Weather Payments, you should receive them automatically. If you think you should have received a payment but haven't, contact 0800 99 1234.

GET Out and About in Barnet

BURNT OAK & COLINDALE



Lunch Club – Thursdays 12 – 2.30pm. The Church of the Annunciation Thirleby Road, HA8 oHQ. Booking requested Contact 020 8906 3340. Cost £4



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.edgwarecommunitychorus.org.uk Contact Godfrey after 10am on 020 8958 5113. Cost £2



Free Weekly Get-together – Tuesdays 2pm – 4.30pm Grahame Park Community Centre, The Concourse NW9 5XB Phone Jan on 020 8200 3014 Cost FREE.



Silver Stitches – Fortnightly on Wednesdays 10.30am—12noon. Luchi & Ota, 62 Edgware Way, Mowbray Parade, Edgware HA8 8JS. Call Howard on 020 8432 1415 or email howard.chapman@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 £4



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 55 Power League Pitches, Bobby Moore Way, N10 1ST. Call Martin on 07951 813677 Cost £4 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



Art Classes - Wednesdays 9.30am – 12noon. The Rainbow Centre, Dollis Valley Drive, Barnet EN5 2UN. Contact the Rainbow centre 0208 442 9837 Cost FREE



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.



Movement and Creative Dance - Thursdays 4.30-5.30 pm at The Bull Theatre, 68 High Street, Barnet EN5 5SJ. Contact Jane on 020 8441 5010 for more information. Cost £3



Social table tennis – Monday, Tuesday, Thursday & Fridays 10am – noon at Barnet Lane, Barnet, EN5 2DN. There's no need to book, just turn up. Cost £3 or £5 for non-members

NEW AND EAST BARNET



Lunch and Social Group – Tuesdays and Fridays 11.30am – 2pm. New Barnet Community Centre, 48-50 Victoria Road, EN4 9PF. Contact newbarnetca@gmail.com Cost £4



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 £4 - £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 visit www.parkrun.org.uk/register/form Cost FREE



Older lesbian, gay, bisexual and transgender (LGBT) – Opening Doors London hosts a variety of social activities including film nights, speakers events, walking groups, lunch clubs and day trips. Contact: 020 7239 0400 or email info@openingdoorslondon.org.uk

CHILD'S HILL & CRICKLEWOOD



Games Afternoon - Alternate Tuesdays 2-4pm. St Agnes Centre, Gillingham Road (off Cricklewood Lane) NW2 1RL. Come along and make new friends. Refreshments and free parking available. Contact Joan on 020 8452 2475



Keep Fit - All levels, Mondays 10.30 a.m. - 11.30 a.m. St Agnes Church Hall, 35 Cricklewood Lane, NW2 1HR Contact Ranj on 07957 185367 Cost £3.50



Chairobics 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 learning, social 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.



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. Cheshir Hall Community Centre, Fosters Street, NW4 2AA. Contact: Kate on 07801 911481. 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 – 12noon Barnet Multicultural Centre, Algernon Road, NW4 3TA Contact 020 8432 1415. Cost £3.50.



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





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 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 member, however donations are very welcome. If you wish to join as a registered supporter 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.

- **Apthorp 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 registered charity and not for profit organization (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

