

FREE



Barnet Seniors' Insider

Produced by: **BSA** Barnet Seniors' Association
A Voice for Older Residents

News for senior citizens in Barnet

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

Issue 16 • Jan / Feb 2018

If You Don't Need This Newsletter, Please Pass It On To Someone Who Might

Getting help for forgetfulness

Forgetfulness is common, particularly as we get older. Often this is nothing to worry about.

Regardless of your age, frequent memory lapses could be a sign of physical illness, stress or dementia.

Dementia is usually caused by a disease in the brain. It is a physical illness like diabetes or arthritis that affects people of all ethnicities.

It is more common as you age but it is not a natural part of ageing and most elderly people are not affected.

Usually, dementia gradually gets worse, causing problems with:

- Memory
- Carrying out everyday tasks, like handling money and finding directions
- Communication – difficulties finding the right word
- Paying attention and concentrating
- Changes in personality and mood

There are many types of dementia such as Alzheimer's disease and vascular dementia. Currently most cannot be cured, but there are

treatments available that can help maintain independence and choices.

The earlier you see your doctor the sooner you can get help if you need it, or be reassured if nothing is wrong.

GP appointments are short, but you can ask to be referred to memory services. Memory services have more time to listen and discuss options with you. They can provide:

- Support groups and treatments to improve your memory
- Strategies for caring for a relative
- Help planning for the future
- Information about local services and facilities to help you and your family.

Some people think that families should do everything, but memory services can help families care better for an older relative.

The Barnet Dementia Adviser service offers information about all aspects of living with dementia and supports access to services. See page 4 for more information or call 020 3725 3001.



IN THIS ISSUE

- Adult Learning Within Reach
- Weekday Walks
- Learning for pleasure
- About Dementia
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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 & 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' Association (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. You are urged to seek competent professional advice before doing anything based on its contents. BSA takes no responsibility for any of the services provided by any advertisement in our newsletter.

Where we go

15,000 copies are being delivered every two months to many households across the London borough of Barnet.

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 select and edit material (reduce the length of an article) and rewrite or otherwise modify it if they deem it necessary. Material will be formatted to suit our house style. Please use plain text Word or email, but clear handwritten or typed articles are acceptable. Send photos, logos etc 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. To discuss, please call 020 3778 0151 or email Stephen at info@barnetseniors.org.uk.

How to supply advertisements

Call us to book space: there may be a waiting list. 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	12 Months / 6 issues
Full Page	210 x 297mm	£400	10% discount
1/2 Page	180 x 128mm	£220	
1/4 Page	90 x 128mm	£120	
Deadlines:			
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 to help individuals or groups, in charity shops or raise 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



GP and Hospital Outreach Volunteers

Are you friendly, outgoing and committed to improving services for carers?

Barnet Carers Centre is looking for GP/Hospital Outreach Volunteers who can commit to attending regularly on agreed days and times in a GP Surgery or Hospital. The aim is to provide information on services, identifying informal carers and signposting them to Barnet Carers Centre.

Telephone: 020 8343 9698

Email: volunteer.coordinator@barnetcarers.org

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



Workers' Educational Association

Adult Learning is Within Reach

The WEA way is friendly, accessible education on your doorstep. You do not need any previous knowledge or qualifications to join their courses, only a willingness to share with others your curiosity, ideas and experience.

All tutors are professional teachers and specialists in their field. Students enjoy the social side, as well as the educational side, of the WEA getting together for events such as the annual lunch and the annual quiz.

Ten-week courses start in September and January and enrolment can be online www.wea.org.uk or phone 0300 303 3464.

Barnet Branch

Tel: 020 8368 0159 or 020 8445 1709

Finchley & Golders Green Branch

Tel: 020 8346 8576 or 020 8202 9500

Mill Hill and Edgware Branch

Tel: 020 8959 1230 or 020 8954 1450

Discover Walks...
SEE MORE

Weekday Walks in natural surroundings

Walking is easy, free and accessible to nearly everyone, no matter what their physical ability or health. Even better, walking in a group provides not only the physical benefits of walking, but also the opportunity for social contact and the support of others.

Weekday walks generally take place twice a week, typically on Tuesdays and Thursdays, some for half a day and some for most of the day being between 5 and 10 miles in length.

All the walks are in scenic locations mostly in natural locations too, half of which heavily feature lakes, canals, rivers or the coast, as developed for several years in sister group Walks by Water, either in London or within an hour and half by train from London.

The walks are good fun, carefully planned and well organised.

www.meetup.com/Weekday-Walks



THE UNIVERSITY OF THE THIRD AGE

Learning for Pleasure

U3A stands for the University of the Third Age. Each U3A is different, as the activities on offer depend on the skills of the members.

Activities are organised mainly in small groups that meet regularly, often in each other's homes.

Below are some examples – Art, Books, Bridge, Choir, Computing, Crafts, Photography, Film, Genealogy, Golf, Keep fit, Lunch Club, Poetry, Scrabble, Walking and more ... For further information contact a U3A below.

Barnet U3A

www.barnetu3a.org.uk

Hampstead Garden Suburb U3A

www.hgsu3a.uk

Mill Hill U3A

www.millhillu3a.co.uk

North London U3A

www.nlu3a.org.uk



Come and join the conversation – Join People Bank!



Each of you offer something unique with your knowledge and experience. Barnet Council and Barnet Clinical Commissioning Group are looking for motivated, interested people who can give feedback about health and social care and help to make real changes to improve services for everyone.

Over 160 people are already involved with People Bank, taking part in different ways. When you join, you can decide how you want to get involved, including:

- Being part of working groups to improve areas of health and social care. For example, looking at care homes, information and advice services and carers' services.
- Attending events like the Annual Engagement Summit
- Representing the community on the Involvement Board

Your travel expenses covered plus a voucher to say *thank you* and extra support can be provided if needed, for example interpreters or information in a different format.

Interested? Contact Ella Goschalk, Engagement Lead for Adults and Communities, Barnet Council on engage.adults@barnet.gov.uk or 020 8359 4712.

You can also see www.barnet.gov.uk/citizen-home/adult-social-care/have-your-say for more information.

I Wish I Could Snatch That Monster Away

By James Hale

I wish I could snatch that monster away
It seems to spoil almost every day
That monster Alzheimer's is to blame
It lurks within my dear wife's brain
Oh how I yearn for those years gone by
When I could laugh and never cry.

I feel guilty now of what I have done
To the girl I married who gave me fun
Dementia made me throw in the towel
She is safe within a care home now
I love her dearly but she doesn't know
My heart sinks when I leave her and go.

Mobility regression now comes into play
It's a crushing reality I see every day
Our happy life is a thing of the past
Mollie's mental regression is oh so fast
Too late for my dear wife now, but pray
A cure for dementia will be found one day.

Dementia Friendly Swimming

Swimming is a great all-round activity
that is beneficial to everyone.



Swimming is particularly helpful for people living with dementia as the sensation of being in the water can provide a calming and soothing effect. Swimming sessions can allow you to continue doing something you enjoy, or even give you the chance to try something new with specially trained staff on hand to support you.

Tuesdays 10.30am – 11.30am at Barnet Copthall Leisure Centre,
Champions Way, Hendon, NW4 1PX
£2.80p for the individual with dementia, free for carers.

Find out more at www.better.org.uk/dementia-friendly-london

Cinememories @ the Phoenix Cinema

Dementia friendly screenings are free for anyone over 60 and two guests of any age, such as friends, family or carers. The screenings will be shown with brighter lighting, quieter sound and an interval in the middle of the film for a sing-a-long and comfort break.

Find out more at www.phoenixcinema.co.uk or Tel 020 8444 6789

Protecting consumers with Dementia

The Department of Culture Media & Sport provided funding to the National Trading Standards Scams Team for call blockers to tackle the issue of nuisance calls. The current focus is on protection of consumers with dementia.

Free call blockers are available to any person living with dementia that is currently receiving scam or nuisance calls.

To get a FREE call blocking device YES should be answered to the following
Do you or the person you are applying for receive nuisance and scam calls?
Does the person who would like the call blocker have dementia?

If you answered yes to the above then please apply at www.friendsagainstscams.org.uk/callblocker

The units available are trueCall Secure units and more information about them can be found at www.truecall.co.uk/product-p/tcs.htm



Dementia cafés and clubs

Dementia cafés and clubs can provide information about living with dementia and services available locally, in an informal and comfortable environment. They are also places 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**
Sha'arei-Tsedek Reform Synagogue, 120 Oakleigh Road North, N20 9EZ
- **Second Monday of the month 2pm – 4pm** Rotary Club Golders Green
Stephens House (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

Opening Doors London – Tel: 020 7239 0446

Second Monday of every month from 2-4pm Tavis House, 1-6 Tavistock Square, London WC1H9NA

Reducing Inheritance Tax



If you are worried about your Inheritance tax liability you can reduce the value of your estate by making gifts to your loved ones

The general principle of reducing your Inheritance tax liability (tax to be paid after your death) is to reduce the value of your estate.

The Annual Gift Exemption is currently £3,000. This means you can transfer this amount in total to immediately reduce your estate. You can also go back to the previous tax year and use up any unused allowance. In which case, you can gift up to £6,000 if you didn't make any gifts in the previous tax year.

If you are a couple, assuming you have not made any previous gifts, you could therefore make a gift of £12,000 to immediately reduce your inheritance tax liability. This amounts to an instant saving of £4,800 as this will not be classed as a Potentially Exempt Transfer which takes seven years to be disregarded from your estate for inheritance tax mitigation.

To be clear, the total you can gift for instant reduction of inheritance tax is £3,000 in each tax year. If you have more than one child, you cannot gift £3,000 to each child. If there were three children for example you could make a gift of £1,000 to each child to total £3,000.

In addition, there is the Small Gift Exemption which stands at £250. This means you can make small gifts of up to £250 to as many people as you like but not to the same person in any tax year. The limit is simply £250 for each recipient. This cannot be combined with other exemptions. Therefore, you cannot make a gift of £3,250 to one person as this will be a combination of the two exemptions.

For very large gifts a popular way to retain some control of the gift is to transfer to a Trust.

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

WHY DID I PAY TOO MUCH TAX ON MY PENSION DRAWDOWN?

What happens is that when people take out their first slice of drawdown income, they are usually taxed on an emergency code which results in an overpayment. This is because HMRC assumes that the initial withdrawal will be followed by similar withdrawals in each of the following 11 months. But in many cases it is one-off withdrawal.

Those who have been overcharged can claim back via the form HMRC P53Z, which can be submitted on paper or on-line.

Purse Dipping or Pickpocketing

Purse dipping/pickpocketing offences are possibly the highest ever. This increase may be due to the attractiveness of stolen contactless cards, which can now be used for up to £30 five times a day, so, if a victim has a couple of those in their purse plus £100 cash the criminal gets £400.



If an offender steals 2 purses a day at £400 a time, 6 days a week, 4 weeks a month that's £400 x2, x6, x4 = £19,200. £19,200 a month for 12 months makes £230,400.

Why would they stop doing this?

The other disturbing statistic is that most of the victims are elderly females. That's a lot of our mums, grans, aunts and next-door neighbours.

Here is some general advice:

- **Don't Get Dipped, Keep Your Handbag Zipped.**
- Use a handbag that can be closed properly, make sure it is zipped up, so that it is more difficult for someone to open it and reach in to get your purse.
- Never leave it unattended or leave it in a shopping trolley.
- Be aware of people around you.

Is Someone Watching You?

Always look after your Bank Card, never let it out of your sight.

Always shield your PIN number when paying for items in shops or at cash machines.

Never tell anyone your PIN number, it is only for you to use at Bank or Payment machines. Ensure your PIN number is not written down near your card.

If you have any information about Crime please contact the Police Non-Emergency number **101**, or you can report Crime on this link:

www.met.police.uk/report/how-to-report-a-crime

In emergencies please Ring 999.

GET Out and About in Barnet

BURNT OAK & COLINDALE

 **Lunch Club** – Thursdays 12 – 2.30pm. The Church of the Annunciation Thirleby Road, HA8 0HQ. Booking requested. Contact 020 8906 3340. Cost £4

 **Tai Chi (gentle)** – Wednesdays 2pm - 3pm. Annunciation Church Parish Centre, 4 Thirleby Road, HA8 0HQ. Call 020 8432 1420 or email deborah.cura@ageukbarnet.org.uk Cost £3.50

 **Activity Afternoon** - An afternoon of fun and games every Friday at 2pm at Woodcourt, South Road, HA8 0BF. Email roland.handley@chg.org.uk Cost FREE

 **Help with IT (computers)** Mondays 10.30am—12pm Burnt Oak Library, Watling Avenue, Burnt Oak HA8 0UB 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 Stonegrove 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 020 8432 1415 or email howard.chapman@ageukbarnet.org.uk Cost FREE

MILL HILL & TOTTERIDGE

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

 **IT Drop-in sessions** - Thursdays 10am – 12noon. Hartley Hall Flower Lane, Mill Hill NW7 2JA Call 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. Call 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

 **Art and Craft** – Thursdays 10am – 12noon, Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Call 020 8432 1418 or email howard.chapman@ageukbarnet.org.uk. Cost £3.

 **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 on 020 8883 1455 office@martinprimary.barnetmail.net Cost FREE

 **Table tennis** Tuesdays 2:15-3.45pm, Green Man Community Centre, Strawberry Vale, N2 9BA. Email michael.jobling@ntlworld.com Cost £5

FINCHLEY CENTRAL

 **Ballroom Dancing** – Wednesdays 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. Email v.cowan@hotmail.co.uk or call 020 8458 4508 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, (opp. Ashurst Road) North Finchley N12 9PD. Email eatwell@ageukbarnet.org.uk or call 020 8150 0967. Cost £1.50

 **The Wednesday Club** – Wednesdays during term time 2.15pm – 4pm St. Barnabas Church, Holden Road, N12 7DN Call Chris on 020 8888 1786. Cost FREE

 **Instructor-led health walks** - Wednesdays 9.30am - 10.30am Friary Park. Call 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, 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 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. 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 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



Bridge and Card Club - Wednesdays 2pm – 4pm. Sha'arei-Tsedek Reform Synagogue, 120 Oakleigh Road North, N20 9EZ Contact 020 8445 3400 Cost £3.50



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 Exercise session 11am for £2 and Indian 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. Cost £3



Social table tennis – Mon, Tues, Thurs & Fri 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 – Tues and Fri 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, Crescent Road, East Barnet, 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. 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 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. Call 020 7239 0400 or email info@openingdoorslondon.org.uk

CHILDS HILL & CRICKLEWOOD



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



Gentle exercise to music - Mondays 10am - 11.30am 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 variety of 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@icare.org



Hampstead Heath Health Walks – Tuesdays (North End Road) and Thursdays (Hampstead Way) 9.30-10.30am. Sundays (Wildwood) 10.30am – 11.30am. 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.



Dance Class – Thursdays 12.45pm – 1.45pm. Barnet Copthall Leisure Centre, Champions Way, NW4 1PX Call 020 8457 9900 or email annalisa.cellini@gll.org Cost £3.50



Tea and Chat - Wednesdays and Fridays 10am – 11am. Meritage Centre, Church End, NW4 4JT. Call 020 8432 1423 or email christine.gilbert@ageukbarnet.org.uk Cost £1



Bridge Classes (Beginners) - Thursdays 10am – 12.30pm Meritage Centre, Church End, Hendon, NW4 4JT. Contact Alan on 020 8361 7639 Cost £7.



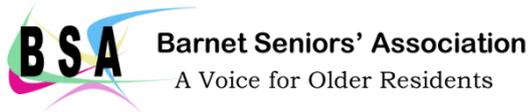
Tai Chi - Thursdays 11am – 12noon Barnet Multicultural Centre, Algernon Road, NW4 3TA Contact 020 8432 1415. Cost £3.50.



Walk It In Football – Mondays 10am - 11am Middlesex University, The Burroughs, NW4 4BT. Email: j.moyinwin@mdx.ac.uk Cost £1



Saracens - Activities available include Pilates, Touch Rugby, Nordic walking and Love to Dance. Saracens Stadium, Allianz Park, Greenlands Lane, NW4 1RL. Email annabelhav@saracens.net or call 020 3675 7246 Cost £4.50



Barnet Seniors' Association (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

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



The Finchley Charities has provided sheltered housing in the London Borough of Barnet since 1488. We provide high quality accommodation of self-contained studio's and one bedroom flats in a supportive community environment and promoting independence for older people across three sites:

- Wilmot Close/Thackrah Close, East Finchley
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- Pewterers Court, Finchley Central

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Tel: **020 8346 9464**

Email: info.thefinchleycharities.org

Visit our website: www.thefinchleycharities.org



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www.fremantletrust.org

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