

FREE

# Barnet Seniors' Insider

Produced by:



**Barnet Seniors' Association**  
A Voice for Older Residents

**News for senior citizens in Barnet**

\* Keeping well

\* Staying safe

\* Being active

\* Making friends

**Issue 17 • Mar / Apr 2018**

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

## The Space Between Us

**What would you say to your younger self if you had the chance?**

In autumn 2017, creative producer Rachel Yates started a new project at Chickenshed called *The Space Between Us*. The project was created to bring together a group of participants and collaborators all over the age of 50 with a group of young people to share and celebrate their differences, commonalities and all the space in between.

Below Rachel reflects on the first phase of the project - It was just over a year ago, when I read an article about students in the Netherlands being given free accommodation in an old people's home. The only rent to pay was in the form of a few hours each week socialising with the older generation. The outcome had been transforming for all the residents, young and older, and the friendships that developed were deep and real and full of laughter, the benefits immeasurable and the impact- life changing.

A concept seemingly so straightforward, practical and humane but is this something we could imagine happening here in our country one day? Most would say the gap between the generations is increasingly widening creating loneliness and isolation on all sides, and in recent times it has certainly been an issue highlighted during the post Brexit fall out.

The *Space Between Us* project was created for young people at Chickenshed to address this generation gap, to work creatively with another much older group of people with the hope that in doing so both generations would learn from one another, forge new relationships, artistic collaborations, and ultimately become performing partners.

*"My mind has been opened to how people of different ages can work well together, an important understanding for everyday life not just theatre."*

E-mail [rachely@chickenshed.org.uk](mailto:rachely@chickenshed.org.uk) if you would like to get involved.



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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 newsletter 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. BSA takes no responsibility for the services promoted or advertised in this newsletter.

### Where we go

15,000 copies are being delivered every two months to residents 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](mailto: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](mailto:info@barnetseniors.org.uk). Please keep articles to around 300 words or less, bearing in mind that past events are not likely to be of general interest. The editors reserve the right to 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](mailto: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:

May/Jun 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](mailto:distribution@barnetseniors.org.uk)



## Now's the time for you to volunteer

If you have ever thought of giving some of your time to help others in the community, act now!

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



### Advisor and Admin Volunteers needed

Volunteering with Citizens Advice is a great way to contribute to the community, use and gain skills, make friends and feel part of an enthusiastic team.

If you're looking for a worthwhile experience and excellent training, there may be a suitable volunteering role waiting for you at Citizens Advice Barnet.

Telephone: 0300 456 8365

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

### 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	<a href="http://barnet.gov.uk">barnet.gov.uk</a>
Debtline	0808 808 4000	<a href="http://nationaldebtline.org">nationaldebtline.org</a>
Childline	0800 1111	<a href="http://childline.org.uk">childline.org.uk</a>
Crime Stoppers	0800 555 111 (Anonymous Line)	<a href="http://crimestoppers-uk.org">crimestoppers-uk.org</a>
Advice	03444 111 444	<a href="http://citizensadvice.org.uk">citizensadvice.org.uk</a>
Silverline	0800 470 8090	<a href="http://thesilverline.org.uk">thesilverline.org.uk</a>
Samaritans	116 123	<a href="http://samaritans.org">samaritans.org</a>
Gas	0800 111 999	<a href="http://nationalgrid.com">nationalgrid.com</a>
Electricity	0800 028 0247	<a href="http://ukpowernetworks.co.uk">ukpowernetworks.co.uk</a>
Water	0800 316 9800	<a href="http://thameswater.co.uk">thameswater.co.uk</a>



## Diabetes UK Barnet Group

The aim of the Barnet Group is to provide support, companionship and information for people and their families living with both Type I and/or type II Diabetes in and around the Borough. They hold a bi-monthly meeting on a Wednesday at Stephens House, East End Road, Finchley where medical professionals speak on issues relating to all aspects of Diabetes care and support. You will be assured of a warm welcome - and a warm drink.

Group discussion and fun are encouraged at every meeting.

The group also meets informally every alternate month (booking not required) on a Wednesday, at the Tally Ho pub in North Finchley. The meetings start at 7.30pm

Tel. 020 8205 0668  
email: [info@diabetes-barnet.org.uk](mailto:info@diabetes-barnet.org.uk)

## Over 60s programme

With support from the City Bridge Trust & Mayor of London, the artsdepot has worked for over three years to establish a broad activity programme engaging older people. Their core offer now includes weekly contemporary dance classes for the over 60's, bi-monthly arts classes for the over 60's where participants do creative writing or visual arts, and a Matinee Lunch Club which targets socially isolated people aged 75 and over.

artsdepot's wider offer includes a broad variety of events for all ages including free music events in the atrium, and over 35 different weekly courses and classes including an adult acting group, yoga, pilates, and sewing. Over 100 different shows are presented every year including comedy, theatre, music, circus and dance.

[www.artsdepot.co.uk](http://www.artsdepot.co.uk)

## Inky's Place

2018 sees the 100th anniversary of Henry "Inky" Stephens bequest of the House & Gardens "*for the use and enjoyment always of the public*".

The Stephens Collection aims to show the development of the famous blue-black writing fluid and the growth of the Company and the life and work of Henry 'Inky' Stephens.

- Do You have memories of the House and Gardens?
- Do you have photos you would like to share?

Throughout the year Inky's Place will be collecting memories of your visits. If you have memories to share, please let them know.

You can pop in to the House or Visitor Centre or contact:  
[vlo@stephenshouseandgardens.com](mailto:vlo@stephenshouseandgardens.com)  
[www.stephenshouseandgardens.com](http://www.stephenshouseandgardens.com)

## Prevention and Wellbeing Co-ordination Service



Barnet Council have launched a Prevention and Wellbeing Co-ordination Service. They are looking at how they can build on the positive aspects of peoples' lives and the communities around them in order to prevent, reduce or delay a person's health and social care needs from developing or escalating.

The service currently has four Prevention and Wellbeing Co-ordinators who are working with people in the Child's Hill, Edgware and Oakleigh Wards to –

- Plan the outcomes people want for their lives and how they can be achieved
- Find sustainable community-based solutions and help people to plan ahead
- Identify their strengths, skills and passions and consider how these could be used in their community
- Access and find information
- Develop relationships, community links, meet new people and become involved in their communities

If you are interested in finding out more or meeting Co-ordinators please come along to a drop-in session which are initially being held every Wednesday and Thursday 9.30am to 4.00pm at The Independent Living Centre (Barnet and Southgate College), 1<sup>st</sup> floor, Bristol Avenue (formerly Lanacre Avenue) Colindale NW9 4BR. Email – [preventionandwellbeing@barnet.gov.uk](mailto:preventionandwellbeing@barnet.gov.uk) or call 020 8359 7573.

## Candles and naked flames

Always keep an eye on candles, incense and oil burners to keep you and your home safe.

### Arrange a free home fire safety visit

If you are concerned that your home may be at risk of fire, or know someone who you think needs advice, then please arrange a free home fire safety visit by contacting the Home Fire Safety on Freephone 08000 284 428 (quoting "BARNET P110") or visit the London Fire Brigade website and complete the online form at [www.london-fire.gov.uk](http://www.london-fire.gov.uk)

### Advice to keep you safe

- Always use a heat resistant holder on a stable surface, which won't be knocked over. Tea lights can melt through plastic surfaces like a TV or bath
- Keep these items away from materials that may catch fire such as curtains, furniture, clothes and hair
- Keep out of reach of children and pets
- Make sure you put out the flame on candles, incense and oil burners when you leave the room.

## Spotting common scams



There is a simple way to protect yourself from fraud. This starts by remembering a simple memorable phrase: 'My money? My info? I don't think so'.

### Requests to move money

A genuine bank or organisation will never contact you out of the blue to ask for your PIN, full password or to move money to another account. Only ever give your personal or financial details to use a service that you have consented to, that you trust and that you are expecting to be contacted by.

### Clicking on dodgy links in emails or texts

Don't be tricked into giving a fraudster access to your personal or financial details. Never automatically click on a link in an unexpected email or text.

### Personal information

Always question uninvited approaches in case it's a scam. Instead of responding, contact the company directly using a known email or phone number.

## OWL - Online Watch Link Launched

Barnet Neighbourhood Watch in conjunction with Barnet Police and The Council have launched OWL.



OWL - Online Watch Link, assists communities to feel safer, help reduce crime and keep people informed of what's going on locally. It's a shared, secure platform for the public and local authorities to maximise the potential of Neighbourhood Watch, Rural Watch, Business Watch, CCTV Watch and dozens of other schemes. OWL sends the latest local crime alerts and provides management tools for maintaining and expanding local watch areas. So far, 19,002 have residents signed up. Would you like to know more? Visit [www.owl.co.uk](http://www.owl.co.uk).

## 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 House, 55 Leicester Road, New Barnet EN5 5EL
- **Fourth Tuesday of the month 2pm – 4pm**  
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

- **Every Wednesday 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
- **Last Tuesday of the month 2pm – 4pm** (supported by Barnet Rotary Club)  
St John's United Reformed Church, Somerset Road, New Barnet, EN5 1RH

### Opening Doors London – Tel: 020 7239 0446

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



## Have you got a mobile phone?

**Mobile devices attract thieves. Keep them concealed when possible and don't leave them unattended.**



Also, record the IMEI number and install a tracking app.

Put a PIN on your device – it's the first line of defence against unauthorised use if lost, stolen, or falling into little hands. It should be straight-forward to do. Losing precious photos or contact details can be devastating. Ensure everything on your device is backed up online.

Download and install a reputable security app and keep it updated, to avoid malware like spyware.

Don't store passwords or other confidential information in notes or documents on your device. Lose it, and your information may no longer be private.

Take care when using your phone in public; someone may look over your shoulder. When doing something personal or entering confidential details, don't use Wi-Fi in public places like cafés or hotel rooms, they may be insecure.

Use only app sources like Google Play, App Store or Microsoft Store. Never download apps from random sites.

See printable online safety factsheets by visiting [www.getsafeonline.org](http://www.getsafeonline.org)

## 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](mailto:info@barnetseniors.org.uk)

### HOW DO I ACCESS TELECARE?

Barnet Council contracted Argenti to provide an enhanced Telecare service.

The service uses a combination of alarms and sensors. A central telephone control centre alerts relatives and friends or the emergency service if necessary. The aim of the service is mainly to help frail people living alone.

Adults can access the service by contacting Barnet Council Adult and Community Service on 020 8359 3055 to see if they are eligible for financial assistance. Those who do not qualify can apply directly by contacting Argenti on 0345 460 8000.

## Do you wear NHS hearing aids?

### FREE clinics across Barnet

If you wear hearing aids, or think you might need them, Action on Hearing Loss hold FREE walk-in hearing aid clinics for:

- New batteries and new earmold tubing
- Advice on how to use and clean your hearing aids
- Information on hearing loss and all the services that can help

Just pop in to one of these locations at the times shown, all welcome:

#### **Ann Owens Centre, Oak Lane, East Finchley N2 8LT**

Last Thursday of every month, 1:00pm – 3:00pm

#### **Hartley Hall, 1 Flower Lane, Mill Hill NW7 2JA**

Fourth Tuesday of every month, 1:30pm – 3:30pm

#### **Hope Corner Community Centre, 185 Mays Lane, Barnet EN5 2DY**

Fourth Friday of every month, 1:30pm – 3:30pm

#### **Julius Newman House, Woodside Park Road, North Finchley N12 8RP**

First Thursday of every month, 10:00am – 12:00pm

#### **Meritage Centre, Church End, Hendon NW4 4JT**

First Friday of every month, 1:30pm – 3:30pm

For more information contact Action on Hearing Loss on 020 8369 5325 or email [heartohelp.NWLondon@hearingloss.org.uk](mailto:heartohelp.NWLondon@hearingloss.org.uk)

## Are you claiming all the money due to you?


There are a number of benefits available to older people, yet many people are not claiming the money they're due. It's worth checking whether you might be entitled to anything you're claiming at the moment.


To find out what benefits are available or if you're eligible to make a claim, visit [www.independentage.org/information/money](http://www.independentage.org/information/money)


If you would like to speak with an adviser, call Independent Age freephone Helpline on 0800 319 6789 to arrange an appointment.


# GET Out and About in Barnet

## BURNT OAK AND 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](mailto: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](mailto: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 [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@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](mailto:kathrynfulton@hotmail.com). Cost FREE


 **Community Chorus** – Fortnightly on Mondays 3pm - 4pm. St. Margaret's Church, Station Road, Edgware HA8 [www.edgwarecommunitychorus.org.uk](http://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](mailto: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.


 **Active Generations** – Wednesdays 2.15pm – 4.15pm. NW7hub, Mill Hill Library, Hartley Ave, NW7 2HX Call 020 8906 3125 or visit [www.nw7hub.org.uk](http://www.nw7hub.org.uk) Cost £3


 **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](mailto: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](mailto: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. 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 [colinbc@btinternet.com](mailto:colinbc@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](mailto: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](mailto: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, email [HealthandWellBeing@saracens.net](mailto:HealthandWellBeing@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 Club** - Wednesdays 2pm – 4pm. Sha'arei-Tsedek North London Reform Synagogue, 120 Oakleigh Road North, N20 9EZ Contact 020 8445 3400 Cost £3.50
-  **Tai Chi** – Fridays, 12noon – 1.30pm (beginners) 2pm – 3.30pm (intermediate). Chipping Barnet Library, Stapylton Road, EN5 4QT Call 020 8455 5463. Cost £6.
-  **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. Call 020 8449 7845 for more information. 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](mailto:newbarnetca@gmail.com) Cost £4
-  **AthleFIT** – Mondays 2pm – 3pm. Oakhill Park East Barnet EN4 8JP Contact 020 3675 7257 or email [HealthandWellBeing@saracens.net](mailto:HealthandWellBeing@saracens.net). Cost FREE
-  **Various activities** - Yoga, Exercise to music, seated dance & Craft. 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](mailto: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](http://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](mailto: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
-  **Social morning with computer help.** Tuesdays 11am – 12.30pm. Child's Hill Library, NW2 2QE. Cost FREE

## GOLDERS GREEN & TEMPLE FORTUNE

-  **Michael Sobell Jewish Community Centre** offers a variety of activities. For more information contact the centre on 020 8922 2900 or email [sobell@jcare.org](mailto: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. For more information call 0208 359 6314. Cost £2.80.
-  **Memory Way Café** – Thursdays (fortnightly) 2.30pm – 4.30pm. Otto Schiff, Limes Avenue, NW11 9TJ. For more information call 020 8203 0521
-  **Make friends with a book** Wednesdays 10.30am – 12noon Golders Green Library Contact: Kate Fulton on 07801 911481 or email [kathrynfulton@hotmail.com](mailto:kathrynfulton@hotmail.com). Cost FREE

## HENDON

-  **Dementia Friendly Swimming** Tuesdays 10.30am - 11.30am Cophthall Leisure Centre, Champions Way NW4 1PX £2.75
-  **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 Cophthall Leisure Centre, Champions Way, NW4 1PX Call 020 8457 9900 or email [annalisa.cellini@gll.org](mailto:annalisa.cellini@gll.org) Cost £3.50
-  **Bridge Classes (Beginners)** - Thursdays 10am – 12.30pm Meritage Centre, Church End, Hendon, NW4 4JT. Contact Alan on 020 8361 7639 Cost £7.
-  **Tai Chi** – Mondays at 10.30am or Thursdays at 11am 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](mailto: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. Call 020 3675 7246, [HealthandWellBeing@saracens.net](mailto:HealthandWellBeing@saracens.net) Cost £4.50





**Invites you to our Spring Assembly  
Bridging the Age Gap**

*Old and young coming together to make friends,  
share interests and overcome loneliness*



### Woodhouse College

Woodhouse Rd, Finchley, London N12 9EY

Buses 134 & 221 stop right outside Woodhouse College

No. 54 bus stops nearby in Friern Barnet.

It's a 5-minute walk from Tally Ho Corner bus station.

**Wednesday 30<sup>th</sup> May**

**10:30am – 2.30pm**

**Complementary buffet lunch included**

**Please let us know if you have any dietary requirements**

**All welcome**

Early booking is advised to guarantee a place

**For more information or to book a place call Sue on  
020 3778 0151 or email on [bsabarnet@outlook.com](mailto:bsabarnet@outlook.com)**

[www.baseas.org.uk](http://www.baseas.org.uk)

BSA is a Voluntary Organisation

Aided by BARNET



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
- Homefield Gardens, East Finchley
- Pewterers Court, Finchley Central

For an application form, how to apply or further information, please contact us:

Tel: 020 8346 9464

Email: [info.thefinchleycharities.org](mailto:info.thefinchleycharities.org)

Visit our website: [www.thefinchleycharities.org](http://www.thefinchleycharities.org)



More than housing since 1488

Registered Charity No. 200621



**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.

There is currently no charge for membership and becoming a Regular Supporter. If you wish to be a Registered Supporter and be kept informed, please give your contact details to the Hon. Secretary (ring Sue 020 3778 0151).

Please support BSA: donations are very welcome.

For further information phone **020 3778 0151** or email Sue at [bsabarnet@outlook.com](mailto:bsabarnet@outlook.com)

## Contact Us

If you have information or ideas that you would like to offer for future issues of this newsletter, please email:

[info@barnetseniors.org.uk](mailto:info@barnetseniors.org.uk)



Barnet Seniors' Insider is a non-profit making free newsletter published regularly by Barnet Seniors' Association. Tel 020 3778 0151 or email: [bsabarnet@outlook.com](mailto:bsabarnet@outlook.com)



**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](mailto:enquiries@fremantletrust.org)



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

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