

FREE

# Barnet Seniors' Insider

Produced by:



News for senior citizens in Barnet

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

Issue 19 • July / Aug 2018

If you don't need this newsletter, please pass it on to someone who might

## Staying cool in a heatwave

### Tips to keep you cool when it's very hot

We all look forward to a good summer, even though we're sometimes disappointed! But very high temperatures and humidity can present a risk to health, and older people can be particularly susceptible to heat-related illness.

#### Avoiding heat-related illness

- Although some direct sun exposure is essential for the production of vitamin D avoid spending long periods outside during the hottest time of the day, which is from 11am to 3pm.
- If you do go out, wear a broadbrimmed hat and stay in the shade as much as possible.
- If you're travelling by car or public transport, always take a bottle of water.
- Avoid strenuous activity and limit activities such as housework and gardening to the morning or evening.
- Drink lots of fluid. Aim for 6 to 8 glasses a day, more if it's very hot. If you usually rely on drinks with caffeine in them, limit these and have water or decaf drinks.

#### Heat exhaustion

Symptoms include headaches, dizziness, nausea or vomiting, intense thirst, heavy sweating and a fast pulse. If you have any of these symptoms you must:

- find a cool place to lie down
- loosen tight clothes and remove unnecessary clothing
- drink plenty of water or fruit juice
- sponge yourself with cool water or have a cool shower.

Your symptoms should improve within 30 minutes. If you have concerns, call NHS 111 or your GP.

#### What else can you do?

- If you live alone, consider asking a relative or friend to visit or phone to check you're not having difficulties during periods of extreme heat.
- Check on your neighbours
- Keep basic food items and essential medications at home so you don't have to go out during a heatwave.
- If you have breathing problems or a heart condition, your symptoms might get worse when it's very hot. Contact your GP practice in advance for advice.



#### IN THIS ISSUE

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- #BeScamAware
- Later Life Planning Service
- What to do if you have a fall

#### 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!*

What's on...

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 200 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. Please contact Stephen on 020 3778 0151.

## Advertising

Advertising in Barnet Seniors' *Insider* is welcomed and contributes towards costs, with priority given to local organisations. Advertising space is limited. 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:

Sept/Oct issue – 20 July      Nov/Dec issue – 21 Sept

## Events and Activities

There are lots of events and activities happening in Barnet some of which we have included in the *Insider* however, more events and activities can be found by visiting:

[www.vcs-database.barnet.gov.uk](http://www.vcs-database.barnet.gov.uk)  
[www.barnet.gov.uk/citizen-home/adult-social-care](http://www.barnet.gov.uk/citizen-home/adult-social-care)  
[www.ageukbarnet.org.uk](http://www.ageukbarnet.org.uk) or call 020 8629 0269

## 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



## Volunteers needed

Edgware Child Contact Centre is looking people to join their Management Committee.

Child Contact Centres are neutral places where parents can keep in touch with their children following a divorce or separation. These roles would really suit people who are retired and could spare a few hours a month to help with the running and management of the Contact Centre.

Phone: 07950 099735

Email: [edgwarecentre@hotmail.co.uk](mailto:edgwarecentre@hotmail.co.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>



THE UNIVERSITY OF THE THIRD AGE



## Hampstead Garden Suburb

HGS U3A serving Hampstead Garden Suburb and adjoining areas, holds monthly Topical Talks where non-members can attend once as a guest and thereafter, if they want to attend further talks, they can join.

Forthcoming topical talks:

27 September – Julia Pascal, playwright and theatre director

25 October – Dr Mari Takayanagi, Joint Project Manager and Co-Curator, Voice and Vote Women's Place in Parliament exhibition

29 November – Alan Dein, oral historian and BBC Radio presenter

HGS U3A is holding an Open Day for people who want to join on Tuesday 4th Sept from 10am -12noon at Alyth Synagogue, Alyth Gardens, NW11 7EN

## For the Community by the Community

The NW7hub is a charity based in Mill Hill. Created by a group of committed local residents, their aim is to create opportunities for meaningful social engagement and learning whilst supporting local organisations, businesses and developing community cohesiveness.

In April 2017 the NW7hub Charity was awarded a 10-year contract to run Mill Hill Partnership Library. They have taken the opportunity to start developing Hub activities within the library building, creating a café and offering rooms for hire.

A variety of hirers are providing activities such as dance and art classes whilst the NW7hub team run weekly community sessions.

## Later Life Planning Service

Growing older doesn't come with a manual. Age UK Barnet's Later Life Planning service is there to support older people, aged 55 and over to manage and plan for the challenges that ageing brings.

The Later Life planning team can help you with:

- Access to personal grants
- Accessing social services
- Bereavement
- Care needs assessments
- Debt
- Health
- Housing
- Lasting Powers of Attorney
- Pensions
- Welfare benefits
- Wills

You can book an appointment with an advisor to talk through your needs and plans for the future.

Tel: 07734 252045

Website: <https://hgsu3a.uk/>

Tel: 020 8906 3125

Email: [host@nw7hub.org.uk](mailto:host@nw7hub.org.uk)

Tel: 020 8432 1417

[laterlifeplanners@ageukbarnet.org.uk](mailto:laterlifeplanners@ageukbarnet.org.uk)

## Admiral Nurse Dementia Helpline

The Admiral Nurse Dementia Helpline is for anyone with a question or concern about dementia. From looking out for the first symptoms to understanding the challenges of living with someone with dementia, the Admiral Nurses have the knowledge and experience to understand the situation and suggest answers that might be hard to find elsewhere.

The people who most often contact us are families caring for someone with dementia, whether that be Alzheimer's disease, vascular dementia, or one of the rarer types. The Helpline is also available to people with a diagnosis of dementia, those worried about their memory or the memory of a loved one, and professionals working in dementia care. They are there for anyone who needs one-to-one support and practical solutions.

Admiral Nurses will listen to you and give advice and support. You can take your time. There's no time limit – many people call for more than 45 minutes – and you can call back whenever you need them. If suitable, you'll receive a tailored information pack after your call which will be sent out in the post or by email.

To contact an Admiral Nurse on the Dementia Helpline call **0800 888 6678** or email [helpline@dementiauk.org](mailto:helpline@dementiauk.org).





## Deprivation of Liberty Safeguards



If someone lacks mental capacity, for example due to having dementia, there may be times when their freedom or independence is restricted in order to keep them safe.

For example, if it is felt the risk is too high if you stay where you are and all other alternatives have been explored to assist you to stay there. The most common example is the need to be placed in a care home.

Having mental capacity means being able to understand and retain information and make a decision based on that information. A lack of mental capacity must be established before a decision can be made on your behalf. The Deprivation of Liberty Safeguards (DoLS) procedure is designed to protect your rights if you need to be detained in a hospital or care home and you lack mental capacity.

The care home or hospital where you stay must apply for and be granted a DoLS authorisation from a local authority. In other locations, your deprivation of liberty requires an application to the Court of Protection to be lawful. DoLS should not be used if you are detained under the Mental Health Act 1983.

**Action on Elder Abuse (AEA)** Helpline 080 8808 8141

**Age UK Advice** [www.ageuk.org.uk](http://www.ageuk.org.uk) Tel: 020 8432 1419

**MIND** [www.mind.org.uk](http://www.mind.org.uk) Tel: 0300 123 3393

**Solicitors for the Elderly** [www.sfe.legal](http://www.sfe.legal) T: 0844 567 6173

## Plane Wall

An Installation by  
David Waller & John Waller



OPEN: Sat & Sun, 10–5pm.  
until Saturday 29 September (closed bank holiday weekends)  
Stephens House & Gardens, East End Road, Finchley N3 2QE

Plane Wall is a unique collaborative art installation by twin brothers. It aims to harbor, provoke and express the passionate, imaginative, creative and obsessive tides within us. Visitors are invited to spend time; to wonder; to question; and to reflect. The myriad of shapes, unexpected objects, shadows and patterns embrace the visual experience. The accompanying sound-track adds its extra immersive quality.

It is literally 'walls of planes' which offer gentle, visible pathways to the 'temporary' sitting rooms and a kaleidoscopic view to the past. Suspended model aircraft are intertwined with family memorabilia. They quietly occupy the environment enhanced with vintage furniture and mirrors, creating a private, moving and nostalgic atmosphere.

The aircraft span from years of a constant, systematic assembly and finishing. The process inextricably fulfills both John's life-long passion and interest, and methods of coping with the stresses of his O.C.D and A.S.D traits.

Previously, visitors shared their attuned stories from family and friends and recalled lives tainted, touched and transformed by the presence and passing of winged machines. Please share your stories and experiences during your visit and support the mental health of military veterans to whom donations to Combat Stress will be paid.

Enquiries: David 07890 099432. [dtwaller@hotmail.com](mailto:dtwaller@hotmail.com)

## Dementia cafés and clubs near you

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
- **Second Tuesday of the month 2pm – 4pm**  
St Johns Parish Centre, Friern Barnet Road N11 3EQ
- **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
- **Barnet Dementia Hub, Mon – Fri 9am – 5pm**  
Salvation Army, 1-5 Brampton Grove, Hendon NW4 4AE

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

Second Monday of every month from 2 - 4pm  
Tavis House, 1-6 Tavistock Square, London WC1H 9NA

### Dementia Club UK (supported by Saracens) – Tel: 07956 858913

- **Every Wednesday 2pm - 4pm**  
Finchley Memorial Hospital, Granville Road, North Finchley N12 0JE
- **First Monday of the month 2pm - 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 Tuesday of the month 2pm - 4pm** (Barnet Rotary Club)  
St John's United Reformed Church, Somerset Road, New Barnet EN5 1RH
- **Third Wednesday of the month 2.30pm - 4.30pm** (Rotary Club Edgware)  
John Keble Church, Baden-Powell Centre, Deans Lane, Edgware HA8 9NT
- **Last Thursday of the month 2pm - 4pm**  
Hendon Town Hall, The Burroughs NW4 4AX

## What to do if you have a fall

Having a fall could be a sign that something isn't quite right with your health but often it's something treatable.



Talk to your GP and ask them to refer you to a falls service to find out why you fell and to get help, such as physiotherapy. Falls can have a serious impact on your health so don't ignore them.

Get a mobile phone if you don't already have one and consider installing a community alarm system. This is a pendant or wristband you wear, with a button to call for help if you fall.

You can also get telecare technology that sends an alert to a carer or call centre if you get up from a bed or chair and don't return in a set time.

### If you do fall and you're not hurt

- stay calm and take a few moments to collect yourself
- make sure you aren't hurt
- look for something stable that can support you to get up
- sit for a while and rest.

### If you are hurt or can't get up

- try to make yourself comfortable
- keep warm – reach for a blanket or cover yourself with a coat or rug
- try to keep moving
- make some noise to attract attention
- try to crawl to a telephone
- if you have a personal alarm, use it! Don't worry about bothering people

If you - or someone you are caring for - have a fall and can't get up, you can call 999. For more information [nhs.uk/Conditions/Falls/Pages/Prevention](https://www.nhs.uk/Conditions/Falls/Pages/Prevention)

## Ask Bob...!



### Have you got a question?

Bob is here to answer that question that has been bugging you - just call 020 3778 0151 or email [info@barnetseniors.org.uk](mailto:info@barnetseniors.org.uk)

### WHAT IS A LASTING POWER OF ATTORNEY (LPA)?

Registering a lasting power of attorney (LPA) is a way of giving someone you trust, known as your attorney, the legal authority to make decisions on your behalf, if either you no longer wish to make decisions for yourself, or in future you aren't able to make decisions.

No one automatically has the right to deal with your bank accounts and pensions, or to make decisions about your health and social care, if you lose the capacity to do so. You need to set up an LPA to give them this authority. There's a compulsory cost of £82 to register.

There are two types of LPA: an LPA for financial decisions and an LPA for health and care decisions.

For more information, visit [gov.uk/lasting-power-of-attorney](https://www.gov.uk/lasting-power-of-attorney)

## #BeScamAware

### July is National Scams Awareness Month

Scams are any schemes designed to con you out of money using a range of different communication channels including over the phone, by post, on email, via text message or by someone visiting your home.

What to look out for:

- If they say you've won a lottery, sweepstake or competition but you have to send money, it's too good to be true
- Police or bank staff would never ask you to withdraw or transfer cash from your account, nor would they ever ask you for your bank PIN number. Never tell anyone this number
- If callers suggest you call your local police or bank to check who they are, use another phone or ensure the line has been fully disconnected by phoning a friend or relative first, or by waiting at least three minutes. Otherwise you may be talking to the fraudsters again
- If a caller asks you to type your bank PIN number into your telephone handset do not do this as fraudsters can use technology to identify the numbers. You can also opt out of many cold calls by registering for free with the **Telephone Preference Service on 0345 070 0707.**

If you think you have been a victim of a scam or fraud contact **Action Fraud on 0300 123 2040.** If there is a crime being committed right now or if you're in danger you should call the **police on 999**






# 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** – Wednesdays 2pm – 3pm. Annunciation Church Parish Centre 4 Thirleby Road, Burnt Oak HA8 0HQ. Contact Carolyn 020 8629 0269. 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
-  **Walking Football** – Mondays 2pm – 3pm. For over 55s Burnt Oak Leisure Centre, Watling Avenue HA8 0NP. Email [annalisa.cellini@gll.org](mailto:annalisa.cellini@gll.org) Cost £2.
-  **Gentle exercise to music** – Fridays 10.30am – 11.15am. One Stonegrove Community Centre, 5 Hayling Way, HA8 8BN. Contact 020 8629 0269 Cost 3.50.
-  **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

-  **Mill Hill Bowls Club** – Monday - Saturdays 2pm – 5pm. Wise Lane, Mill Hill NW7 2BD. Call David on 020 8959 8855 or visit [www.millhillbowlingclub.net](http://www.millhillbowlingclub.net).
-  **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) £5
-  **Pilates** – Tuesdays 10.15am–11.15am and Thursdays 2.15pm–3.15pm at Mill Hill East Church, Salcombe Gardens NW7 2NT. Contact: 020 3675 7257 for cost.

## 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. or email [nila.patel@ageukbarnet.org.uk](mailto:nila.patel@ageukbarnet.org.uk) 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, Thursdays 10.15am – 11.45am, Green Man Community Centre, Strawberry Vale, N2 9BA. Email [michael.jobling@ntlworld.com](mailto:michael.jobling@ntlworld.com) Cost £4

## 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
-  **Bowls and Croquet Club** – Wednesday, Saturday and Sundays 3pm – 4.30pm. Finchley Victoria Park, Ballards Lane, N3 2NE. Call Gary on 020 8346 0818 Cost £5.
-  **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, 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.
-  **Singing for Memory** – Tuesdays 1.30pm – 3.30pm. Finchley Reform Synagogue, 101 Fallowcourt Avenue, N12 0BE. Call 020 8446 3244. Suggested donation £4



# 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



**Folk Dance Club** – alternate Mondays, 7.45pm - 10pm Parish Centre, 2 Wood Street EN5 4BW Call Gillian on 020 8360 6226. Cost £2.50 incl. refreshments.



**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.



**Gentle Exercise to music** - Wednesdays 2pm - 3pm at Open Door Centre (Christ Church), St Albans Road, EN5 4LA. Contact Carolyn 020 8629 0269. Cost £3.50



**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 £5.



**Pitch and Putt** – Wednesdays 10am – 12noon. Oakhill Parkside Gardens, East Barnet EN4 8JS. £5 to play 9 holes



**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 10.30am - 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 or 10 for £18.



**Singing for Memory** – Wednesdays 2pm – 4pm. Otto Schiff, Limes Avenue, NW11 9TJ. For more information call 020 8922 2222. Suggested donation £4.



**Make friends with a book** Wednesdays 10.30am – 12noon Golders Green Library Contact: Kate 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, Foster 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: [t.oniti@mdx.ac.uk](mailto:t.oniti@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



## 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, you will teach a weekly class in a local school or community centre.

Telephone: 020 3764 4332

Email: [amy.urry@barnetsouthgate.ac.uk](mailto:amy.urry@barnetsouthgate.ac.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
- 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)



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Thanks for your help! The BSA Team



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)



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## 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)