



BARNET SENIORS' ASSOCIATION

A Voice for Older Residents

BSA E-Bulletin No 43 – 20/08/2018

The next e-bulletin No 44 will be sent out on the 3rd Sept 2018, for inclusion please send details by 29th Aug

Barnet Seniors' Association - Silver Sunday Afternoon Tea

Venue: Woodhouse College, Woodhouse Road, N12 9EY

Date/Day: Sunday 7th October Time: 12:30 pm – 3:30 pm Cost: Free

Senior citizens in Barnet, London's largest borough, are once again invited to bring their family or come along and make new friends at Barnet's fourth annual Silver Sunday afternoon tea party drop-in event on Sunday 7th Oct. 2018.

There will be a variety of entertainment to join in or simply sit back and enjoy, as well as lots of information on things to do and services and facilities available. And all this is free, organised by Barnet Seniors' Association (BSA) in tandem with the London Borough of Barnet. It is not necessary to book for the event: however, it would be helpful for catering purposes to let us know if you plan to attend. Please could you email Neill at distribution@barnetseniors.org.uk or leave a message on 0203 778 0151 and we will get back to you.

Barnet's Silver Sunday agenda is part of a nationwide programme led by The Sir Simon Milton Foundation to celebrate the value and knowledge that older citizens contribute to their communities. Everyone can get involved, whether it's spreading the word, helping to organise an event or simply attending an activity.

Silver Week activities will be taking place throughout the borough for the week beginning 1st October.

If you want to know what will be on in Barnet during this special week, visit your local Barnet library, go online to www.barnet.gov.uk/silverweek or view the Sept/Oct issue 20 of the BSA newsletter Insider. (Due out first week of September)

If you would like to contribute by running an event, please contact the Prevention and Wellbeing team on 020 8359 2519 or email preventionandwellbeing@barnet.gov.uk

Contact: For catering purposes contact Neill

Email: distribution@barnetseniors.org.uk

Website: <http://www.baseas.org.uk>

National Fitness Day -Adult Beginner Ballet Workshop

Venue: Burnt Oak Leisure Centre, Watling Avenue, Edgware HA8 ONP

Date/Day: Wednesday 26th September Time: 1.30 to 2.15pm Cost: FREE to Attend

Experience the benefits an adult ballet class can provide including:

- Core strengthening
- Coordination
- Posture
- Flexibility

Contact: For more information please contact Annalisa on 020 8457 9900

Email: annalisa.cellini@gll.org

Website:

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Mobile: 07722 830397

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BSA E-Bulletin V2 – 07-03-2017



MacMillan Fundraising Day

Venue: Finchley Lido, Chaplin Square, Great North Leisure Park, London N12 0GL

Date/Day: Saturday 29th September Time: 1 to 4pm Cost: £3.00 for each activity

- Salsa Workshop, 1.00 to 1.45pm
- With Therapist Saeid Motali From 1.00pm with therapist £3.00 for 10 minutes.
- Manicure with the senior therapist Riba Gholhaki From 2pm

Contact: For more information please contact Annalisa on 020 8457 9900 Email: annalisa.cellini@gll.org

Website:

Silver Week Seminar

Venue: Copthall Leisure Centre Champions Way NW4 1PX

Date/Day: Wednesday 3rd October Time: From 10.45am Cost: Free to attend and free parking

Age UK Barnet - Ageing Well: 11am -11.30am with Prof Catherine Loveday

Life Coach - Making the most of the second half of your life: 11.30am – 12pm with Lesley Trenner

Action on Hearing Loss - Hearing screening with information:
12pm – 1pm with Richard Turner - Barnet Community Support Officer

Contact: For more information please contact Annalisa on 020 8457 9900 Email: annalisa.cellini@gll.org

Website:

Diabetes-Barnet Meeting - 'Weighty Matters'

Venue: Stephens House & Gardens 17 East End Road, Finchley N3 2QE

Date/Day: Wednesday 12 September Time: 7.15pm to 9pm Cost: Free

Sara Gilbert, a Clinical Psychologist will be discussing eating problems, managing your weight etc. After the talk, she will answer any of your questions on the subject

Tea and coffee provided (a donation is requested), but the meeting is free!

At all our meetings, everyone is welcome, even if you are a friend /relative and come to give support or want to find out more.

Contact: For further info please contact Martin on 020 8205 0668 Email: martin@diabetes-barnet.org.uk

Website:

Chickenshed - An Evening with Anthony Daniels

Venue: Chickenshed Chase Side, Southgate, London N14 4PE

Date/Day: Saturday 8 September Time: 7.30pm Cost: £17.50 (£12.50 Gallery and concs)

Anthony is an English actor and mime artist. He is best known for playing C-3PO in the Star Wars film series. He is the only actor to have appeared in all of the major films in the series as well as its many spin-offs including TV shows and video games. Daniels was also the voice of Legolas in the Ralph Bakshi animated adaptation of The Lord of the Rings He has appeared intermittently on British television in various dramas, including playing a pathologist in Prime Suspect starring Helen Mirren. We are inviting our audience to join in a conversation with the human inside our favourite droid - and if you like, why not wear your special Star Wars costume? NO BLASTERS!!

Contact: Box Office 020 8292 9222 | 07736 956662 Email: bookings@chickenshed.org.uk

Website: www.chickenshed.org.uk

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Carers Information and Support Programme (CrISP)

Venue: The Eversfield Centre, 11 Eversfield Gardens, Mill Hill, London NW7 2AE

Date/Day: 5th, 12th, 19th, 26th September 2018 Time: 10:30am-1:30pm Cost: FREE

What is CrISP?

Our Carers Information and Support Programme (CrISP) provides free support and up-to-date, relevant information for family, friends and Carers of people living with dementia in Barnet. Held in a group environment, where carers can find out about local and national services that can offer support.

The Programme is run in a series of sessions which offers carers the opportunity to share experiences in a confidential and friendly environment with others in a similar situation.

4 Essential Sessions

The programme consists of four essential sessions each lasting 3 hours and is run by skilled, compassionate and experienced staff.

Session 1: Understanding dementia

Session 2: Providing support and care

Session 3: Legal and money matters

Session 4: Coping day-to-day

The Programme, plus refreshments and information booklets is free. Participants are expected to attend all four sessions to complete the Programme. The Programme is ideally suited to carers (family and friends, not paid care workers) of people who have been recently or fairly recently diagnosed with dementia.

Contact: contact the Barnet Dementia Hub to book a place on 0203 725 3001 Email: barnet@alzheimers.org.uk

Website: www.alzheimers.org.uk

Chickenshed Community Choir

Venue: Chickenshed Chase Side, Southgate, London N14 4PE

Date/Day: Wednesdays: 5 Sep - 17 Oct Time: 6.30pm (2hrs) Cost: £7.50 per session
(excluding Wednesday 19 Sept)

The Chickenshed Community Choir is a uniquely inclusive environment to develop your singing skills as part of an ensemble through a fantastic series of vocal sessions.

During the workshop you will learn and help to develop vocal arrangements for a wonderful mix of songs arranged with a Chickenshed twist! Each week choir members have the opportunity to gain skills, confidence and a deeper understanding of how different voices can work together. To put your new found skills into practise, there will be ample opportunities to perform throughout the year!

No previous participation, experience or an ability to read music is required - all you need is an interest in singing and plenty of enthusiasm!

Contact: Box Office 020 8292 9222 Email: bookings@chickenshed.org.uk

Website: www.chickenshed.org.uk

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BSA E-Bulletin V2 – 07-03-2017

**Hampstead Garden Suburb U3A and surrounding areas - Open Day for New Members**

Venue: Alyth, Alyth Gardens, London NW11 7EN

Date/Day: Tuesday 4 September Time: 10 am to 12 noon Cost: FREE

Hampstead Garden Suburb University of the Third Age (HGS U3A) welcomes new members.

There are over 60 interest groups covering a wide range of topics. Ideal for retired and semi-retired people

Contact: Daphne Berkovi 07734 252 045

Email:

Website: <https://hgsu3a.uk>**Good Neighbour Scheme for Mill Hill and Burnt Oak**

Venue: Trinity Church on Mill Hill Broadway London NW7 3TB

Date/Day: Wednesday's Time: Start Time 2.15pm Cost: FREE but a box for donations is available

List of films being shown over the next 12 months.

The Broadway is accessible by several buses including 251, 113, 186, 221, 240. There is no fee

29th August - GUYS AND DOLLS

26th September - THE PROPOSAL

24th October - THE ODD COUPLE

28th November - OKLAHOMA

23rd January 2019 - FOUR WEDDINGS AND A FUNERAL

27th February 2019 - BREAKFAST AT TIFFANY'S

27th March 2019 - WHEN HARRY MET SALLY

17th April 2019- PLANES, TRAINS AND AUTOMOBILES

22nd May 2019 - OH! WHAT A LOVELY WAR

26th June 2019 - THE LION KING

Contact: Email:

Website:

Mill Hill Garden & Allotment Society - 70th Annual Show

Venue: St Michael and All Angels Church in Flower Lane London NW7 2JA

Date/Day: September 1st, 2018 Time: From 2.15 to 5pm Cost: Entry for adults is £1.50

Do come and enjoy displays of our produce, gorgeous flowers, photos, home cooked food and preserves plus refreshments, the chance to buy our fruit and veg. and a raffle too

If you would care to actually participate, you can pay a Show membership of £3.50 to receive all details and entry forms

Contact: Further information contact Sonia on 020 8959 4989

Email: mhgas@outlook.comWebsite: Mhgas.btck.co.uk

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"Patient ENGAGE '18 - developing patient participation in Barnet"

Venue: Hartley Hall, Mill Hill Broadway, NW7 2JA

Date/Day: Wednesday 12th September Time: 10 am to 1 pm Cost: Free

You are invited to attend this annual opportunity for patients and health professionals to meet and learn how they can contribute to increasing the role of patient engagement in local GP services.

Presentations: including Barnet CCG, Barnet LMC (representing local GPs), Barnet GP Federation and the CQC
Questions and Answers: your opportunity to ask questions!
Round table discussion: the opportunity for everyone to get involved

You will need to book a place

Please book your place: <http://bit.ly/PatientENGAGE18>

Contact:

Email:

Website:

British College of Osteopathic Medicine
Lief House, Finchley Road, London NW3 5HR

What is Osteopathy?

Osteopaths are regulated healthcare professionals who practice a holistic system of healthcare for a wide range of conditions.

Osteopathy is based on the principle that the good health of our muscles and joints is crucial to our overall well-being.

Osteopaths aim to identify the underlying cause/s of a problem, rather than just treating the symptoms. BCOM adopts a holistic approach to healthcare. This lays the emphasis on health promotion and prevention of disease by taking into account physical make-up, diet and other lifestyle factors. Patients receive a tailor-made package of care. This may include advice on diet, relaxation, posture, hydrotherapy and exercise.

BCOM Osteopathic Clinic

The British College of Osteopathic Medicine (BCOM) is an osteopathic education and research institution, and is the only UK osteopathic education institution to have been twice awarded the landmark "approval without conditions" recognition by the General Osteopathic Council. It has a busy and well-established out-patient osteopathic teaching clinic in Netherhall Gardens, Hampstead NW3. The clinic offers dedicated osteopathic care under the supervision of experienced Registered Osteopaths.

What services does BCOM Clinic offer to the over 65s?

BCOM Clinic offers concessions to all patients over 65 and those on benefits. We also run a free clinic for all patients over 65 receiving pension credit. Annually we provide nearly 4500 free or concessionary treatment sessions, so 30% of our patients receive free or concessionary treatment.

BCOM's Charitable Status
BCOM is a registered charity.

For further information, please visit there website at www.bcom.ac.uk or Tel: 020 7435 6464

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