



**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 20 • Sept / Oct 2018**

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

## Silver Week 1st – 8th October

**You're invited to Barnet's Silver Sunday week of activities, starting with a party**

The full week of activities and events celebrates the value and knowledge older people contribute to our communities. With opportunities to meet new people, try something new or enjoy something familiar, the celebrations also aim to combat loneliness and isolation.

Silver Sunday Afternoon Tea will be held at Woodhouse College, Woodhouse Rd, N12 9EY on 7th October, from 12.30 – 3.30pm (hosted by Barnet Council in conjunction with Barnet Seniors Assembly). Just come along to enjoy the activities, entertainment, refreshments and information stalls.

Silver Sunday is an annual day of fun and free activities for older people across the UK, led by The Sir Simon Milton Foundation. Locally, activities and events throughout the week range from sports tasters, free hairdressing, an art exhibition, coffee mornings, digital technology sessions, walks, talks and a show

case at Brent Cross Shopping Centre on Monday 2nd October.

Information on all the Silver Sunday Week events and activities in the area will be available at your local Barnet library. A full schedule of all of the events and activities planned to support Silver Sunday is available on page 5 and at [www.barnet.gov.uk/silverweek](http://www.barnet.gov.uk/silverweek)

Everyone can get involved, whether that's organising an event, spreading the word or attending an activity. Visit [www.silversunday.org](http://www.silversunday.org) to find out how you could get involved.

For further information on Silver Sunday Week please contact the Prevention and Wellbeing Team by calling 020 8359 7573 or emailing [preventionandwellbeing@barnet.gov.uk](mailto:preventionandwellbeing@barnet.gov.uk)



### IN THIS ISSUE

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- Residents Association
- Keeping you safe
- Top tips for unpaid carers
- A big thank you to Peter Cragg

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!*



**SILVER SUNDAY**  
CELEBRATING OLDER PEOPLE

**Join Us for Silver Sunday celebrations on 7th October from 12.30pm – 3.30pm**

## 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), 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 250 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. Copy will be set 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 the editor 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

Contact 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	
<b>Deadline:</b>			
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 can 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



## Volunteer Newsletter Editor needed

Barnet Seniors' Association issues this bi-monthly Newsletter which is distributed to 15,000 homes and public buildings across the borough of Barnet. We are looking for a new Editor with some experience.

The role entails:

- inviting and copy-editing contributions
- selecting content which will interest older people
- design layout and format copy in Microsoft Word
- checking and proof-reading the final text.

Phone: 020 3778 0151

Email: [nilapatel16@yahoo.co.uk](mailto:nilapatel16@yahoo.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 Holistic Health Charity

The Disability Foundation (TDF) offers complementary therapies to any disabled person or person with a chronic health condition as well as those involved in their care (paid and unpaid carers, close family members, NHS staff etc).

TDF believes that the use of holistic and natural approaches alongside conventional medicine, can:

- Improve well-being and give a general boost
- Reduce stress, tension and anxiety
- Relieve some symptoms that come with disability and illness
- Lessen some of the side effects of cancer treatments
- Aid sleep
- Provide some time out to help you cope with difficult feelings

Tel: 020 8954 7373  
Email: [info@tdf.org.uk](mailto:info@tdf.org.uk)  
Website: [www.tdf.org.uk](http://www.tdf.org.uk)

## Residents' Associations in the London borough of Barnet

Residents' associations are organisations formed by groups of people from a specific geographic community who come together to address issues within their local area and act as a voice for their local community. Many associations aim to protect, preserve and improve the amenities for the local community they represent.

**Barnet Residents' Association**  
[membership@barnetresidentsassociation.org.uk](mailto:membership@barnetresidentsassociation.org.uk)  
[www.barnetresidentsassociation.org.uk](http://www.barnetresidentsassociation.org.uk)

**East Barnet Residents' Association**  
[rob@eastbar.net](mailto:rob@eastbar.net)  
[www.eastbar.net](http://www.eastbar.net)

**Friern Barnet and Whetstone Residents' Association**  
[www.fbwra.co.uk](http://www.fbwra.co.uk)

**Hadley Residents' Association**  
[contactus@hadleyresidents.org](mailto:contactus@hadleyresidents.org)  
[www.hadleyresidents.org](http://www.hadleyresidents.org)

**Hampstead Garden Suburb Residents' Association**  
[ramembershipsec@hgs.org.uk](mailto:ramembershipsec@hgs.org.uk)  
[www.hgs.org.uk](http://www.hgs.org.uk)

**Mill Hill Residents' Association**  
[millhillresidents@gmail.com](mailto:millhillresidents@gmail.com)  
[www.millhillresidents.org.uk](http://www.millhillresidents.org.uk)

**New Barnet Community Association**  
[info@newbarnet.org.uk](mailto:info@newbarnet.org.uk)  
[www.newbarnet.org.uk](http://www.newbarnet.org.uk)

**NorthwestTWO Residents' Association**  
[northwesttwo@gmail.com](mailto:northwesttwo@gmail.com)  
[www.northwesttwo.org.uk](http://www.northwesttwo.org.uk)

**Oakleigh Park Residents' Association**  
[www.opra.me.uk](http://www.opra.me.uk)

**Totteridge Residents' Association**  
[www.totteridgeresidents.org](http://www.totteridgeresidents.org)

**Woodside Park Garden Suburb Residents' Association**  
[www.woodside-park.com](http://www.woodside-park.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'arel-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

## Keeping you safe



Street crime is often opportunistic, so making yourself less of a target, moving with purpose and being aware of your surroundings will go a long way towards keeping you safe.

Be prepared and always plan ahead:

- Prepare – consider your travel arrangements carefully and tell someone where you're going and when you expect to return.
- Look assertive - walk with confidence and be aware of your surroundings.
- Hide it -- keep your valuables including your mobile phone, other devices and jewellery, hidden. Remember, out of sight, out of mind.
- Go against the flow - when walking on the pavement, always try to face oncoming traffic, as it will make it far more difficult for thieves on two wheelers to ride up from behind and snatch your property. But still also be aware of anyone approaching in front of you.
- Be alert when using ATMs and personal electronic devices.
- Never take your safety for granted.

As much as we appreciate that these things may appear obvious and are what you may already do, they serve as a reminder to minimise the chances of an incident.

If you have any information about who is committing crime or violence in your local area please contact the police, in confidence, either by calling Crimestoppers on 0800 555 111, phoning 101 or speak to a police officer.

## Top tips for unpaid carers

### Get a carer's assessment

If you provide unpaid care for a friend or family member, you have a right to a free Carer's Assessment.

### Apply for Carer's Allowance

If you're caring for a family member or a friend for 35 hours or more a week, you may be eligible for Carer's Allowance and possibly other extra money.

### Tell your GP that you're a carer

Ask your GP to make a note on your records. They can give you advice and information about the medical condition of the person you look after. They can also put you in touch with support services provided by the NHS and other local sources of support and advice.

### Make sure the person you're looking after is getting all the help they're entitled to

If the person you're looking after hasn't already had a Care Needs Assessment ask Social Services for one to see if they qualify for council help. And check that they're getting all the benefits they're entitled to.

### Look after yourself as well

Being a carer can be emotionally and physically demanding. It's important that you take good care of yourself for your own sake but also to give you the strength to go on caring.

### Create time for yourself

Make sure you get a regular break from caring, even if it's only 10 minutes, and find out about respite (break) care.

### Don't be afraid to ask for help

Charities and carers' networks can be an invaluable source of practical and emotional support.

### Ask Social Services about aids and adaptations

Different types of equipment or home adaptations can make your life easier and help the person you're looking after to stay safe and independent.

### Make a plan for emergencies

Create an emergency plan for their care in case you become ill or are admitted to hospital, for example.

## A big thank you to Peter Cragg

A big thank you to Peter who is retiring from the committee of the Barnet Seniors' Association (BSA), and has contributed so much to it since he found himself at the helm of the Over 55 Plus and BOPA, following the death of their leading founder, Stan Davidson.

He became chairman, and recently vice-chairman, of BSA and master-minded the changes that have taken place since then, including the establishment of the two annual Assemblies – one in the spring and the other on Silver Sunday in October. The founding of this magazine, *Insider*, was largely his inspiration. Its aim is to provide useful health and well-being information for senior citizens and it is his vision for it to be delivered to every household in Barnet.

We look forward to seeing him on Silver Sunday on 7<sup>th</sup> Oct.



All these events are running during *Silver Week 1-7 October*



(All events are free with no need to book unless stated)

Update on all events available at [www.barnet.gov.uk/silverweek](http://www.barnet.gov.uk/silverweek) or your local Barnet library from Monday 24 September 2018

\*If you have a skill, talent or hobby you could share at the Showcase contact [preventionandwellbeing@barnet.gov.uk](mailto:preventionandwellbeing@barnet.gov.uk) / 020 8359 7573

#### Monday 1 October

- 10.00-12.00 **Coffee Morning**, Barnet Libraries events and activities, Childs Hill Library  
 15.00-17.00 **Online shopping**, Barnet Libraries events and activities, Finchley Church End  
 16.00-18.00 **IT taster session**, Barnet Libraries events and activities, Finchley Church End  
 11.00-17.00 **Arts Exhibition**, The artsdepot, 5 Nether St, North Finchley, N12 0GA

#### Tuesday 2 October

- 9.00-17.00 **Hairdressing** (wash, cut, blow-dry, set) Barnet and Southgate College, 7 Bristol Ave, Colindale, NW9 5ZN  
[hairandbeauty@barnetsouthgate.ac.uk](mailto:hairandbeauty@barnetsouthgate.ac.uk) / 020 3764 4750 and quote 'Silver Week' to book an appointment  
 11.00 -16.00 **\*Showcase with information and advice** Brent Cross Shopping Centre, Prince Charles Drive, NW4 3FP  
 10.00-12.00 **IT Help**, Barnet Libraries events and activities, Childs Hill Library  
 11.00-12.00 **Keep Fit for 55+**, Barnet Libraries events and activities at Chipping Barnet Library  
 14.00-15.30 **The Reader**, Shared reading promotes better health and wellbeing, Barnet Libraries events and activities  
 Chipping Barnet Library  
 14.00-16.00 **Alice in Wonderland Afternoon Tea**, Come along and enjoy tea and an array of cakes and sandwiches, music, games and  
 More. Barnet Mencap 35 Hendon Ln, Finchley, London N3 1RT, Phone: 020 8349 3842  
 14.30pm **The Trench**, First World War epic about a miner trapped in a collapsed tunnel. Not suitable for people with  
 dementia as it very visually impactful and could be frightening. The artsdepot ,5 Nether St, North Finchley,  
<https://www.artsdepot.co.uk/theatre/trench>

#### Wednesday 3 October

- 9.00-17.00 **Hairdressing** (wash, cut, blow-dry, set) Barnet and Southgate College, 7 Bristol Ave, Colindale, NW9 5ZN  
[hairandbeauty@barnetsouthgate.ac.uk](mailto:hairandbeauty@barnetsouthgate.ac.uk) / 020 3764 4750 and quote 'Silver Week' to book an appointment  
 13.00-15.00 **Skype and Social Media**, Barnet Libraries events and activities at Chipping Barnet Library  
 14.00-15.30 **The Reader**, Shared reading promotes better health and wellbeing, Barnet Libraries events and activities  
 Chipping Barnet Library  
 14.00-16.00 **Active generation**, Barnet Libraries events and activities at Mill Hill Library

#### Thursday 4 October

- 9.00-17.00 **Hairdressing** (wash, cut, blow-dry, set) Barnet and Southgate College, 7 Bristol Ave, Colindale, NW9 5ZN  
[hairandbeauty@barnetsouthgate.ac.uk](mailto:hairandbeauty@barnetsouthgate.ac.uk) / 020 3764 4750 and quote 'Silver Week' to book an appointment  
 10.00-12.00 **IT for over 55s**, Barnet Libraries events and activities at South Friern Library  
 10.30-15.30 **Complementary Therapy Treatments**; massage and hand reflexology. Light lunch and dance and exercise at Drummond  
 House (Sheltered Housing Scheme) N2 8LF. Geraldine 020 8954 7373 to book your complementary treatment  
 Jane 0208 3594352 to confirm your lunch and attendance  
 11.00-12.30 **The Reader**, Shared reading promotes better health and wellbeing, Barnet Libraries events and activities  
 Colindale Library  
 14.00- **Perfect Imperfect women**, multi-award-winning story teller comic Danyah performs at The artsdepot, 5 Nether  
 St, N12 0GA. [www.artsdepot.co.uk/theatre/perfectly-imperfect-women](http://www.artsdepot.co.uk/theatre/perfectly-imperfect-women)  
 14.30-15.30 **Afternoon Tea**, Barnet Libraries events and activities at Edgware Library  
 16.00- 19.00 **Film Afternoon/ Evening**, Pop along to spend an afternoon and evening watching an old classic whilst enjoying popcorn and  
 other cinema treats. ( Cost £3) Barnet Mencap 35 Hendon Ln, Finchley, London N3 1RT, Phone: 020 8349 3842  
 14.00-17.00 **FIN Musical Afternoon Tea**, with 3 sessions of musical performances including a brass band, violin & piano duets and  
 Classical/opera singer. Entrance £10. Ticket purchased in advance only, price including a free trial voucher\* worth up to £7  
 to attend one of FIN activities (Yoga, Tai Ji, Seated Exercise, Group Singing, Computer Class etc) \*not applicable for existing  
 clients.

#### Friday 5 October

- From 10.00 **Club Games Open Day** Taster sport sessions -Burnt Oak Leisure Centre, Watling Avenue, HA8 0NP. No booking required  
 13.00 - **Love to Dance** with Saracens Foundation. Lyonsdown Hall, 3 Lyonsdown Road, New Barnet EN5 1JB  
 14.00-16.00 **Arts & Crafts sessions exploring** memories to produce memento artwork, (cost £5) Barnet Mencap 35 Hendon Ln, Finchley,  
 London N3 1RT, Phone: 020 8349 3842

#### Sunday 7 October

- 12.30- 3.30 **Silver Sunday Afternoon Tea** – Entertainment, stalls and Afternoon Tea at Woodhouse College, Woodhouse Rd, N12 9EY  
 13.00 **Tomorrow's Warriors**, Join us for free live jazz performed by young musicians celebrating and engaging older  
 People at The artsdepot, 5 Nether St, N12 0GA.

# 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: Howard 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.
-  **Onestonegrove coffee morning** - Wednesdays 11.15am - 12.30pm. 5 Hayling Way, Edgware HA8 8BN. Contact Carolyn Ansell at [carolyn.ansell@ageukbarnet.org.uk](mailto:carolyn.ansell@ageukbarnet.org.uk) on 020 8629 0269 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
-  **Movement Matters** – Thursdays 10.15am – 11.15am at Totteridge Village Hall, Badgers Croft. Fun for mind and body. Contact Jacki on 07979 507720 cost £7.

## 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
-  **Indoor Bowls Club** – Mon-Fri 10am - 6.30pm, 2 hr sessions. Glebelands Indoor Bowls Club, Summers Lane N12 0PD. Contact Ron on 0788 500617 [glebelandsibc@gmail.com](mailto:glebelandsibc@gmail.com) £3
-  **Over 55s IT Drop IN (computers)** Thursdays 10.30am – 12noon. artsdepot, 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

-  **Social table tennis** – Mon, Tues, Thurs & Fri 10am – noon BTTC, Barnet Lane, Barnet, EN5 2DN. Call 020 8449 7845 for more information. Cost £3 or £5 for non-members
-  **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.
-  **Walking Group** - Tuesdays 2pm at St Andrews Medical Practice, Oakleigh Road North N20 9EX finishing with an optional payable drink at a local cafe. Tel: 020 8445 0475
-  **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




## 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 & free parking. Call Joan on 020 8452 2475 FREE
-  **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

# CONSTANTIA CARE



**Constantia Care offers a specialist Live-in and Respite Care Service, tailored to meet the specific needs of our Clients**

## Our Aims and Objectives

- To provide the highest quality of care to our clients and their families
- To place the client first at all times.
- To be courteous, polite and empathic in all of our affairs.
- To safeguard clients and staff from harm or abuse.
- To deliver services which fully reflect the needs, wishes & preferences of our clients.
- To promote and enhance the independence of our clients
- To provide a service which is professional and trustworthy.
- To continually improve and develop the quality of staff and best practice by robust recruitment and selection policies and training and development of staff.
- To involve and listen to clients families and representatives.
- To promote an ethos of values which respect the diverse and cultural differences of our staff, clients and the community.

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Building 3, North London Business Park,  
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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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**Care can be different!**

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- **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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