



BARNET SENIORS' ASSOCIATION

A Voice for Older Residents

BSA E-Bulletin No 44 – 03/09/2018

The next e-bulletin No 45 will be sent out on the 17th Sept 2018, for inclusion please send details by 13th Sept

Barnet Seniors' Association – Please Vote for us

BSA are so pleased to have been shortlisted by The Skipton Building Society – Grassroots Giving 2018

Please can you Vote for BSA

Please Go To www.skiptongrg.co.uk
Then click on Grassroots Giving 2018 and select 2018 Shortlist Groups
Then Click on London on the Map
Then Click on Number 3 Barnet Seniors' Association
Under the BSA Logo add your email and press the vote button

BSA thanks you so much for your help and support

Barnet Seniors' Association – Hon - Volunteer Newsletter Editor needed

Barnet Seniors' Association issues this bi-monthly *Insider* Newsletter which is distributed to 10,800 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

If you would like to have a chat about this Volunteering Vacancy Please contact Nila Patel
Phone: 020 3778 0151 Email: nilapatel16@yahoo.co.uk

If you know anyone who may be interested please can you forward the above details

Diabetes-Barnet Meeting – 'Informal group meeting'

Venue: Tally Ho pub, Tally Ho Corner, High Road, Finchley N12 0BP

Date/Day: Wednesday 24th October

Time: 7.30pm to 9pm

Cost: Free

A chance to discuss with other sufferers any views / problems you have with your diabetes. No agenda, no speakers, it is up to you what is discussed. We will be across two tables, one for Type 1 sufferers and the other for Type 2. We are normally upstairs, but look for leaflets on the tables

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:

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If you would like to receive the BSA Newsletter and e-bulletin by email please

Contact Neill: Barnet Seniors' Association – Hon. Treasurer & *Insider* Newsletter Distribution Volunteer

Mobile: 07722 830397

Email: distribution@barnetseniors.org.uk Website: www.baseas.org.uk

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BSA E-Bulletin V2 – 07-03-2017



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>

Jewish Deaf Association - Lipreading Classes

Venue: JDA, Julius Newman House, Woodside Park Road, London N12 8RP

Date/Day: Course starts Mon 8th October 2018 Time: 10.30am-12.30pm or 2-4pm Cost: £120 for the year but a taster session is free

Our lipreading classes are on Mondays at our premises. The classes are relaxed, fun, informative and supportive. Why not come along to a class free-of-charge to see how you get on?

Contact: For more information contact us on 020 8446 0214

Email: gabrielle@jdeaf.org.uk

Website: www.jdeaf.org.uk

Childs Hill – Fit & Active Community Day

Venue: Hosted by The Hope of Childs Hill at Basing Hill Park, Hendon Way NW11 8TJ

Date/Day: 15th September 2018 Time: 12 - 4pm Cost: Free

Lots of Active Fun for Everyone

Contact: For more Information contact Anthony

Email: info@thoch.org.uk

Website: www.thoch.org.uk

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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

- 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:

The Sheltered Housing – Tea Dance

Venue: St Mary's Church Hall, Hendon Lane, Finchley N3 1TR

Date/Day: Thursday 20th September 2018 Time: 2-4pm Cost: Tickets £3

Live music, buffet and raffle

Contact: Jane Loizides Tel no :020 8359 4352 Email: Jane.Loizides@barnethomes.org
Susan Blackburn Tel no :020 8359 3683 Susan.Blackburn@barnethomes.org

Website:

Drop-in Surgeries for Support, Information and Advice in Childs Hill

Venue: BOOST, 184 Cricklewood Lane, NW2 2DX

Date/Day: Fridays Time: 10am – 12pm Cost: FREE

If you are a resident, business or a community group in Childs Hill, we want to support you get more involved with your community. Come along to one of the drop-in surgeries below and find out what is going on in your area.

Contact: For more information contact Steve Bell, Prevention and Wellbeing Coordinator on 020 8359 7047 Email:

Website:

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Drop-in Surgeries for Support, Information and Advice in Childs Hill

Venue: Childs Hill Library, 320 Cricklewood Lane, NW2 2QE

Date/Day: Every First and Third Tuesday of each month Time: 10am – 12pm Cost: FREE

If you are a resident, business or a community group in Childs Hill, we want to support you get more involved with your community. Come along to one of the drop-in surgeries below and find out what is going on in your area.

Contact: For more information contact Steve Bell, Prevention and Wellbeing Coordinator on 020 8359 7047 Email:

Website:

Barnet AgeUK - Memory Lane Singing Club

Venue: Ann Owens Centre, Oak Lane East Finchley, N2

Date/Day: Tuesday 25th September 2018 Time: 1.30-3pm Cost: Tickets £4.00

With songs from Guys and Dolls, West Side Story, Carole King, The Carpenters and many more

Contact: Call Howard to book 020 8432 1415 Email:

Website: www.ageukbarnet.org.uk

Chickenshed – Activities and Events for the over 55's

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

Date/Day: Details Attached Time: Details Attached Cost: Details Attached

Chickenshed have a large programme of activities and events for the over 55's
Please find attached the Activities and Events programme for the next few months
I hope you will find something interesting to you or someone you know

Contact: To Book tickets: Telephone 020 8292 9222 Email: bookings@chickenshed.org.uk

Website: www.chickenshed.org.uk

Bowls & Croquet (Only Croquet Club In Barnet)

Venue: Finchley Victoria Bowling & Croquet Club
Finchley Victoria Park, Ballards Lane, N3 2NE (Opposite Old Police Station)

Date/Day: Wednesday, Saturday or Sunday Time: 2pm - 4.30pm Cost: £5.00 per session

Free Parking

FREE Tuition & Equipment Provided

Contact: Contact Gary on 020 8346 0818 Email: garybargroff@btinternet.com

Website: www.fvbcc.com

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**Parkinson's UK, Brent/Barnet Branch**

Venue: Stephens House, East End Road, N3 3QE

Date/Day: See Details Below Time: See Details Below Cost: Varies for each activity

People with Parkinson's are also invited to join any of the following exercise classes to keep fit. Numbers are limited and on a first-come basis.

Mondays - Conductive Education - 11am – 12.15pm Edgware PD Unit

Musical Movement 13.30 – 15.00pm Edgware PD Unit

Tuesdays - Tai Chi 14.00 – 15.30pm Edgware PD Unit**Wednesdays** - Tai Chi 14.00 – 15.30pm John Keble Church**Thursdays** - Conductive Education 13.00 – 14.00pm Edgware PD UnitContact: For general enquiries: post@bonnietaylor.net Email:For the exercise classes: carolinevmonk@gmail.comWebsite: www.parkinson's.org.uk**Barnet Trinity Stroke Club**

Venue: Trinity Church Centre 15 Nether Street, N12 7NN

Date/Day: Weekly on a Thursday Time: 10.30 to 12.30 Cost: People do give a £4 donation to cover refreshments/towards hire of venue

For people who have suffered a stroke - a friendly supportive club that has been running successfully for many years in the heart of Finchley. Here you will find a warm welcome, friendship, humour, understanding and enjoy good company, chess, draughts, scrabble, rummikub, quizzes, chair yoga, conversation, tea & coffee.

WE WOULD ALSO WELCOME VOLUNTEERS to provide their help where needed.

Contact: Please Contact Alan Hardiman on 07934 968805 Email: btsg@btinternet.com

If you need further information

Website: www.stroke.org.uk/finding-support/barnettrinity-stroke-group

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PLANE WALL

An Installation by David T. Waller & John R. Waller

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

OPEN: Sat & Sun, 10–5pm CLOSED: 29th July, 5th August and Bank Holiday weekends

Plane Wall a unique collaborative art installation by twin brothers. It aims to harbour, 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 ingeniously intertwined with family memorabilia. They quietly occupy the environment enhanced with vintage furniture and mirrors, creating a private, moving and nostalgic atmosphere.

The aircraft were donated by John in response to minimizing his surroundings. I accepted his collection trusting our inventive, furtive and collective minds. The familiar family adage 'they'll be useful one day' re-orientate their function and purpose, thus fuelling our creative desires.

The aircraft span from years of a constant, systematic assembly and finishing. The process inextricably fulfils 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.

During our early 70s childhood, the assembly of model kits extended our innate dexterous skills and now unites us creatively.

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.

This Event open now, and on until Saturday 29th September 2018

Enquiries: David 07890 099432 dtwaller@hotmail.com

'Plane Wall' - Detail of Art installation (photo courtesy of the artists)



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