



**November 2018**

**Greeting to all BSA Supporters/Street Champions and Stakeholders**

The new issue of *Insider*, leads with a report on our recent Silver Sunday tea party. The whole occasion had a buzz about it, which we hope to repeat at the spring BSA Assembly. Details will be announced soon and all are welcome.

This issue of *Insider* is on-line only so if you know anyone else who might like to read it, please pass it on. It is full of useful advice and things to do, including a page on seasonal activities.

BSA has had a long local history, having developed from 55 Plus. It is run by a team of keen volunteers, and you will see on pages 2 and 8 that the BSA is now seeking to fill two key roles to take us forward.

As you probably know, the BSA exists to help all senior citizens in the borough of Barnet. It organises two annual Assemblies and publishes the *Insider* – all free of charge – and does not charge for membership, asking only that people register as Supporters.

Due to lack of funds, the current issue is on-line only and, for the time being, future issues will be produced quarterly. We hope to revert to printed copies again next year.

Donations are most welcome and should be sent to Barry Benveniste, Hon. Treasurer at 9 Chilton Road, Edgware, HA8 7NJ. Please make cheques payable to BSA.

**Nila Patel, Chair Barnet Seniors' Association**

**Barnet Seniors' Association seeks Distribution Volunteer**

Barnet Seniors' Association, a not-for-profit local group for senior citizens, publishes a free bi-monthly newsletter *Insider*, which is distributed to 10,000 homes and public buildings across the borough of Barnet.

BSA is looking for a new Distribution Volunteer with a car and some experience.

The role involves:

- Maintaining the Distribution Excel Database
- Arranging and delivering batches of the *Insider* to 80 points in the borough
- Communicating with BSA's Volunteer Street Champions who do door-to-door delivery
  - Promoting BSA News on various Websites

This is a voluntary position and so not remunerated, although travel expenses will be reimbursed.

For an informal and confidential discussion about the role, please contact Nila Patel

Phone: 020 3778 0151 Email: [nilapatel16@yahoo.co.uk](mailto:nilapatel16@yahoo.co.uk)

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

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

Contact Neill: Barnet Seniors' Association – *Insider* Newsletter Distribution Volunteer

Email: [distribution@barnetseniors.org.uk](mailto:distribution@barnetseniors.org.uk) Website: [www.baseas.org.uk](http://www.baseas.org.uk)

FREE Donations for BSA when you buy online [www.easyfundraising.org.uk/causes/barnetsa/](http://www.easyfundraising.org.uk/causes/barnetsa/)

BSA E-Bulletin V2 – 07-03-2017



**Barnet Seniors' Association, seeks Hon. Secretary/Administrator**

If you have suitable experience, can spare about 12 hours per week and would like to join the small team of keen volunteers working to improve the well-being of Barnet borough's senior citizens, the BSA would love to hear from you.

The BSA, the power behind the two annual Assemblies and the Insider publication, is an independent voluntary organisation for all Barnet's older adults. It is non-political and has no religious affiliations.

The role involves providing background support for the Chair, Hon. Treasurer, Hon. Editor and other committee members; managing BSA email, records and phone communication; organising and minute-taking of monthly executive committee meetings and AGM; drafting documents as required; helping to coordinate the two Assemblies which are in partnership with other organisations.

Interested? Please call 020 8202 7821 or email [bsabarnet@outlook.com](mailto:bsabarnet@outlook.com)

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

**REIKI HEALING**

Hi My name is Dee and I have been working with "energy" in the local area for over 8 years, teaching Tai Chi; helping my classes improve physically with e.g. balance and co-ordination, etc. as well as helping them relax.

I completed my Reiki 1 course roundabout the same time, and **I am now a certified Reiki Practitioner.**

**Reiki is a safe form of energy or "hands-on" Healing. It is very gentle, soothing and un-intrusive.** It is a wonderful enhancement to western medical treatments as it has no side effects and promotes a relaxed, positive mind-set essential to healing.

Pollutants that interfere with the free flow of the life force energy, and cause "dis-ease" are emotions like anger, jealousy, feelings of unworthiness, depression, guilt, insecurity and resentment.

Reiki Healing works holistically on the mind, body and the emotions to clear these pollutants and remove blockages, enhancing the free flow of energy and promoting a Healthy mind and body.

**If you would like a Reiki Healing Treatment please contact Dee on 0788 228 1670**

**Amateur Geological Society (Finchley) – Annual Mineral, Gem & Fossil Show**

Venue: Trinity Church, Nether Street, North Finchley N12 7NN

Date/Day:	Saturday 24th November	Time:	10am – 4pm	Cost:	Adults £2.00 Accompanied Children under 12 Free
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Annual 'Mineral, Gem & Fossil Show' + Jewellery, Raffle, Lucky Dip & Refreshments.

Local car parking; Disabled parking; West Finchley + Woodside Park underground stations; Buses 13, 125, 460 from Finchley Central underground and southbound to North Finchley shopping centre.

Contact:	For more information please contact Richard Furminger	Email:	<a href="mailto:amgeosoc@btinternet.com">amgeosoc@btinternet.com</a>
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Website: [amgeosoc.wordpress.com](http://amgeosoc.wordpress.com)

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FREE Donations for BSA when you buy online [www.easyfundraising.org.uk/causes/barnetsa/](http://www.easyfundraising.org.uk/causes/barnetsa/)



**Amateur Geological Society (Finchley) – Monthly Meet Up**

Venue:	Finchley Baptist Church, 5 East End Road, N3 3QL. On the corner of Stanhope Ave. opposite Avenue House		
Date/Day:	2nd Tuesday each month	Time:	07.30pm for 08.00pm
Cost:	Free to members, £2 non-members. Visitors welcome.		

A monthly talk on a geological topic by a Dr./Prof/qualified geologist for one hour followed by tea/coffee/biscuits and a chat.

Free local parking; 10mins walk Finchley central; Ballards Lane buses 13 + 460 and 653 from East Finchley & Fortis Green.

Please see website for up-to-date information on talks.

Contact:	Julia Daniels - Secretary	Email:	starfields@tiscali.co.uk
Website:	<a href="http://amgeosoc.wordpress.com">amgeosoc.wordpress.com</a>		

**Coffee Morning for Carers of Adults in Childs Hill**

Venue:	Childs Hill Park Café, Granville Road, NW2 2AT		
Date/Day:	Tuesday 6th November 2018	Time:	10:30am-12pm
Cost:	FREE		

Coffee Morning for Carers of Adults in Childs Hill Find out about the support and services available and meet other local carers

\*Individuals will need to pay for their own refreshments

Contact:	For more information contact Steve Bell, Prevention and Wellbeing Coordinator on 020 8359 7047	Email:	<a href="mailto:Stephen.Bell@Barnet.gov.uk">Stephen.Bell@Barnet.gov.uk</a>
Website:			

**Barnet Age UK – Quiz Night**

Venue:	Ann Owens Centre Oak Lane, East Finchley N2 8LT		
Date/Day:	Thursday 15 <sup>th</sup> November 2018	Time:	from 6:45 pm – 10 pm
Cost:	Tickets are £15 each and include a 2 course supper (vegetarian option available)		

Enter a team of up to 8 or come join an Age UK Barnet team.

Bar available serving wine, beer, & soft drinks.

There will be a RAFFLE too with loads of prizes to be won!

Please join us for a great evening!

Test your knowledge raising money to help support older people in Barnet

Contact:	For tickets and information call 0208 432 1415	Email:	<a href="mailto:community@ageukbarnet.org.uk">community@ageukbarnet.org.uk</a>
Website:	<a href="http://www.ageukbarnet.org.uk">www.ageukbarnet.org.uk</a>		

**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:	<a href="mailto:garybargroff@btinternet.com">garybargroff@btinternet.com</a>
Website:	<a href="http://www.fvbcc.com">www.fvbcc.com</a>		

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