



Barnet Seniors' Insider

Produced by:



Barnet Seniors' Association
A Voice for Older Residents

News for senior citizens in Barnet

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

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

Issue 23 • SUMMER 2019

BSA Invites you to our Spring Assembly 2019

Theme

SOCIAL ACTIVITIES FOR HEALTH

On: Wednesday 29th May 2019
10am to 2:15pm
Speakers from 11am

This free event includes:

- *Guest Speakers**
- *Net working opportunities**
- *Complementary buffet lunch**
- *Raffle**

At: Woodhouse College
Woodhouse Road, North Finchley,
London N12 9EY

How to get there: Bus 134 & 221
stop right outside the college and
43 stops at Friern Barnet. Its a 5 min
walk from Tally Ho Corner bus
station. Parking available on site.

**For more information or to book a
place or a stall call Tania on
07786966153 or email
bsabarnet@outlook.com**

So what is Social Prescribing?

Social prescribing is identified as one of the ten high impact changes for primary care. It's a means of enabling GPs and other frontline healthcare professionals to refer patients to non-medical support which will improve their health and wellbeing, often through services provided by the voluntary and community sector and social enterprise.

Social prescribing potentially provides primary care with a more holistic approach to improving health and well-being. It also aims to encourage individuals to take greater control of their own health.

Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

Find out more at our Spring Assembly from our guest speaker Dr Charlotte Benjamin. See our activities on page 5, 6 and 7.

Silver Sunday Assembly October 2018



IN THIS ISSUE

- **BSA Spring Assembly**
- **Message from the Editor**
- **Health & Well-Being**
- **Seasonal events**
- **Get Out & About in Barnet**

What's on...

**See pages 6 and 7 for
Out and About in Barnet**

Mainly for people aged 55 or over

This newsletter aims to give people practical information about local services, events, places to go and things to do that could interest and help readers to:

- enjoy good health & well-being
- help themselves
- stay safe
- maintain their independence
- stay active and have fun
- meet people

*...Hoping to see you
out and about in Barnet!*

Message from the Editor

Welcome to Barnet Seniors' Insider.

This is a free newsletter published by a local voluntary organisation, Barnet Seniors' Association (BSA). 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.

Prize draw winners

Congratulations to our winners who each receive a £10 LOVE2SHOP voucher

- Alec, NW9
- Sheila, NW4
- Moshe, NW11

Thank you

Helena Green, N12, for donating £10 to BSA to help us continue our work. This donation will contribute to our next print run of this issue of the *Insider*.

Will you be a Street Champion?

We have a network of volunteer deliverers and are hoping that in due course 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 email to circulation@barnetseniors.org.uk or call **020 3778 0151** and leave a message. Please note we are currently recruiting a new circulation manager, see the next column for details.

How to send in an article

Email to info@barnetseniors.org.uk. Please keep articles to around 200 words or less. The editor reserves the right to select and edit material if deemed necessary. Please use plain text, Word or email. Send photos, logos etc as a tif, bmp, gif or jpg file.

Please contact us on **020 3778 0151**.

Regards

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 info@barnetseniors.org.uk.

How to supply advertisements Call us to book space: Artwork must be submitted in pdf or jpg format and be correctly sized for the space required.

Volunteers Needed

The Barnet Seniors' Association (BSA) are looking to find two key people to join our voluntary organisation,

The BSA is an independent voluntary organisation. It is non-political and has no religious affiliations. Our aim is to improve the health and well-being of Barnet borough's senior citizens.

Voluntary Events Co-ordinator

BSA is looking for a voluntary Events Co-ordinator with suitable experience who would like to join. You will be a key member of this well established local group. The BSA works in liaison with the Council and local voluntary organisations. The role involves:

- Coordinating each of the two well-attended annual Assemblies.
- The next one is on 29th May 2019.
- Each Assembly has a theme, is free to the borough's senior citizens, and includes refreshments, some entertainment and helpful information on health and well being.

Hon. Circulation Manager

The BSA works to improve the lives of Barnet borough's senior citizens in liaison with the Council and local voluntary organisations.

BSA produces a full-colour Newsletter quarterly and is looking for a new Circulation Volunteer with a car and some experience.

The role involves:

- Maintaining and building the BSA Excel Database
- Arranging the delivery of the *Insider* to drop off points in the borough
- Communicating with BSA's Street Champions who do door-to-door deliveries.
- Travel expenses will be reimbursed.

If you would like to know more about it, please call 020 3778 0151 or email bsabarnet@outlook.com

Useful / emergency contacts

Police		
Non emergency	101	Textphone 18001 101
Emergency	999	Textphone 18000
NHS 111	111	Textphone 18001 111
Council	020 8359 2000	barnet.gov.uk
Debtline	0808 808 4000	nationaldebtline.org
Childline	0800 1111	childline.org.uk
Crime Stoppers	0800 555 111	crimestoppers-uk.org
Advice	03444 111 444	citizensadvice.org.uk
Silverline	0800 470 8090	thesilverline.org.uk
Samaritans	116 123	samaritans.org
Gas	0800 111 999	nationalgrid.com
Electricity	0800 028 0247	ukpowernetworks.co.uk
Water	0800 316 9800	thameswater.co.uk

MENS HEALTH MATTERS!

Mens Health Week 2019 10 - 16 June 2019

As it's Men's Health Week soon we thought we would talk about one of the major risk factors. THE HEART!

It's time to look after your heart and combat the things we all know that affect it the most:

- A fatty diet
- Lack of exercise
- Smoking
- Family history of heart health issues
- High cholesterol
- High blood pressure
- Diabetes
- Being over weight



Lifestyle changes are a major factor to help reduce your risk. Take some simple steps to get you on track.

- Stop smoking. You know it makes sense but we also recognise it is difficult too. It will have an immediate positive affect on your heart health.
- Reduce your salt intake. Use an alternative like herbs and spices.
- Reduce your waist size. Men with a waist size of over 37" have increased health risks. Over 40" can lead to serious health risks
- Cut down on your drink intake. Just look at the calories!

Just how heavy is your drinking?

Large glass of wine (175 millilitres) 15%	3 units	120 to 170 calories
Small glass of wine (125 millilitres) 12%	1½ units	85 to 120 calories
Bottle of wine (750 millilitres) 12%	9 units	510 to 720 calories
Pint of beer 5%	3 units	180 calories
Pint of beer 3.5%	2 units	160 to 170 calories
Single measure of spirits (25 millilitres) 40%	1 unit	60 to 75 calories

For more information go to www.drinkaware.co.uk or call 0800 917 8282

For further topics aimed at supporting men and their health, visit:

Men's Health Forum at: www.menshealthforum.org.uk/

Mens Shed Association: menssheds.org.uk

NHS Well Man Clinic: www.nhs.uk/common-health-



'Did you know?' Useful info!

Here is some information that is beneficial to share.

GET ACTIVE

Being active can help you prevent and/or manage over 20 medical conditions, including:

- coronary heart disease
- type 2 diabetes
- cancer
- obesity
- back pain
- osteoarthritis
- depression.

Make sure you read our Health & Well Being page and attend our Assembly on 29th May 2019 for further advice and support.

EYE TESTS AT HOME

If you qualify for NHS funded eye tests and struggle to get out unaccompanied, you may be eligible to have your sight tested at home. This service is funded by the NHS and carried out by an independent optician. They will carry out several different tests to check on the health of your eyes and are able to discuss any findings with you as well as provide you with your prescription.

For more information, visit: outsideclinic.co.uk or call 0800 60 50 40

CHANGING PLACES TOILETS

What are Changing Places Toilets?

Standard accessible toilets are not suitable for some people with a disability and therefore the 'Changing Places' options are designed for people with continence, profound and multiple learning disabilities, as well people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis who may need extra equipment and space to allow them to use the toilets safely and comfortably. These facilities are available in Barnet and can be found at both **Finchley Memorial** and **Chase Farm Hospitals**. Finchley Memorial also provides special shower facilities with a hoist.

For a full list of these facilities in the borough visit:

www.changing-places.org/find_a_toilet.aspx



YOUR HEALTH AND WELL-BEING

We all know there are some simple steps we can take to ensure we look after our 'health and well-being'.

- **Be active both socially and physically**
- **Follow a healthy nutritious diet and keep HYDRATED.**

As we get older these key factors become more important but do we truly understand why?

THIRSTY WORK

Did you know that as we get older we start to suffer from age-related changes including a reduced sensation of thirst? This may be more pronounced in those with Alzheimer's disease or in those who have suffered a stroke. This indicates that **thirst** in older people may not be relied on as an indicator of dehydration.

Even mild dehydration adversely affects mental performance and increases feelings of tiredness. Mental functions affected include memory, attention, concentration and reaction time.

Common complications associated with dehydration also include low blood pressure, weakness, dizziness and increased risk of falls.

Poorly hydrated individuals are more likely to develop pressure sores and skin conditions.

There are a variety of potential ways to help older people reduce their risk of dehydration.

- Introduce new hot and cold drinks/fluids
- Offer a drinking aid
- Offer assistance and drinks regularly
- Jelly, pureed fruit, soup and yogurt are good options.



For more information on nutrition and hydration visit: nutritionandhydrationweek.co.uk & nutrition.org.uk

LOVE ACTIVITY, HATE EXERCISE

Sometimes it is hard to get motivated and know what constitutes exercise. Often it's as simple as the stuff we do daily like gardening, cleaning the car, carrying the shopping and doing the housework. It's really important to find something you really enjoy.

How much should I be doing?

Studies show we lose 3-5% of muscle every year from the age of 30 if we do not take steps to maintain it. Losing our strength puts us at greater risk of falls and other health issues so it is vitally important to make sure we take regular exercise as part of our every day lives.

The official guidelines tell us to do activities that strengthen our muscles and bones **twice a week**.

We really need to maintain strength as we age.

If you can achieve that then you will help prevent falls, improve your mood, help your sleeping patterns and benefit your overall health and well-being.

Finding something you love to do is the perfect way to help remain active and strong as you age, while having fun at the same time. www.csp.org.uk/public-patient/keeping-active-and-healthy/love-activity-hate-exercise-campaign

BE MORE SOCIAL

Studies show that seniors who stay socially active and engaged experience a variety of benefits, including:

Better cognitive function. Social activities keep us sharp and mentally engaged. This is important and can help to prevent the onset of dementia or Alzheimer's disease.

Maintaining good emotional health. Connecting with others helps keep you in a positive mood, which in turn wards off depression and loneliness.

Improving physical health. Socially active seniors tend to be more physically active, too. Plus, you tend to eat more and make better food choices when you eat with others.

Enjoying restful sleep. If you have difficulty sleeping at night, it could be that you're feeling isolated and lonely.

'GET OUT AND JOIN THE MANY ACTIVITIES IN BARNET!!'
See page 6 and 7 for more information!

STRENGTH & BALANCE

Here are a few simple exercises that physios recommend to help maintain bone strength as well as improve coordination and balance. Get on your feet and try them daily - or at least twice a week! For more exercises and information go to: www.csp.org.uk

SIT TO STAND

Sit at the front of the chair, lean forward to standing. Use your hands if needed. Step back to the chair and then lower yourself

Repeat 10 times



ONE LEG STAND

Stand close to your support and hold with one hand. Balance on one leg, keeping the supporting knee soft and your posture upright. Hold for 10 seconds

Repeat on the other leg.



HEEL-TOE WALKING

Stand tall with one hand on support, and walk 10 steps forward, placing one foot directly in front of the other to form straight line. Keep a steady pace

Turn around and repeat in the opposite direction



Events & Days Out

Free Entry

Games & Raffle

JOY JOINING OLD AND YOUNG

A day of fun for all generations

Free activities including...

- Arts & Crafts
- Miss Ballooniverse
- Singing | Animal Farm
- Enjoy-a-Ball | Face Painting
- Chickenshed Theatre

2pm to 5pm

Sunday 2nd June

Tea & Cake

Register at
www.joiningoldandyoung.org.uk

Doors open 1:30pm, Woodhouse College, N12 9EY

Events and Activities

More events and activities can be found by visiting:

- www.vcs-database.barnet.gov.uk
- www.barnet.gov.uk/citizen-home/adult-social-care
- www.ageukbarnet.org.uk or call 020 8629 0269

AGE UK BARNET QUIZ NIGHT

Thursday, May 2, 2019

Ann Owens Centre, Oak Lane,
East Finchley N2 8LT

Price: £15 per person – includes
two course supper. Enter a team
of up to 8 or come join an Age UK
Barnet team

Doors open: 6.45pm

Quiz starts: 7:15pm

Bar available serving wine, beer and soft drinks

Raffle with fantastic prizes!

For tickets and information call: **0208 203 5040** or email
wendy.nutman@ageukbarnet.org.uk. Booking essential.



STEPHENS HOUSE

Garden Summer Fete. Date for your diary. The annual garden fete is being held on Sunday 21st July.

Visit the website to see some exciting
events happening at Stephens House & Garden:

www.stephenshouseandgardens.com/events

collectif9 - Montreal's cutting-edge classical string band performing at the Arts Depot

Friday 17th May 2019 at 7.30 with tickets
from £12. In the Pentland Theatre at the
Arts Depot, BOX OFFICE 020 8369 5454



Montreal's cutting-edge string band **collectif9** has been gathering steam since its 2011 debut, combining the power of an orchestra with the crispness of a chamber ensemble. For more information visit: www.artsdepot.co.uk/canada-season-music/

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.

Dementia Club UK (supported by Saracens)

Tel: 07956 858913 Web: dementiaclubuk.org.uk

- **Second Tuesday of the month 2pm – 4pm**
St Johns Parish Centre, Friern Barnet Road N11 3EQ
- **Last Friday of the month 10.30am – 12.30pm**
Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE
- **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
- **First Tuesday 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
- **Last Friday of the month 10.30am – 12.30pm**
Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE
- **Opening Doors London – Tel: 020 7239 0446. Second Monday of every month from 2 - 4pm.** Tavis House, 1-6 Tavistock Square, London WC1H 9NA



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



Gentle Exercise to Music– Tuesday 10.30 – 11.30am. Colindale Library, 7 Bristol Avenue NW9 4BR. 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 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 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. Cost FREE



Community Chorus – Fortnightly on Mondays 3pm - 4pm. St. Margaret's Church, Station Road, Edgware HA8 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 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 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.



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 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 £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



Singing for the Brain When: Every Thursday- 12 week terms. Address: the Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE. Tel: 0203 725 3001. Email: barnet@alzheimers.org.uk

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 Wilmoat 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. Cost £3.



Exercise to music - Tuesdays 3pm – 4pm, Prospect Place, East End Road, N2 0XA. Call Anne on 07976 440775 Cost £3



Gentle keep fit/social group – Thursdays 12.30pm – 2.30pm. Green Man Community Centre N2 9BA. Call 020 3828 4834 or email Nina.Gentry@peabody.org.uk Cost £2



Community Choir - Thursdays 5pm – 6pm. Martin School, Plane Tree Walk, N2 9JP. Contact Julie on 020 8883 1455 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 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 Cost £7



Bowls and Croquet Club – Wednesday, Saturday and Sundays 2pm – 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 Cost £1.50

NORTH FINCHLEY & FRIERN BARNET



Outdoor Fitness Class – Mondays 9.30am-10.30am. Friary Park, N12 9PD. Email 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, 913 The High Road, N12 8QJ 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. Call Ron on 07880 500617 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



Wednesday Brunch morning-free - 10.30 to 12.00 Stephens Memorial Hall, 620 High Road, N12 0NU. Free parking for brunch members on site

* BSA as a voluntary group which produces

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 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



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



Tai Chi – Thursdays 1.45pm – 2.45pm. Sha'arei-Tsedek North London Reform Synagogue, 120 Oakleigh Road North, N20 9EZ Contact 020 8445 3400 Cost £7

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 Cost £4



AthleFIT – Mondays 2pm – 3pm. Oakhill Park East Barnet EN4 8JP Contact 020 3675 7257 or email 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 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

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



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. Cost FREE

HENDON



Dementia Friendly Swimming Tuesdays 10.30am - 11.30am Copthall 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 Copthall Leisure Centre, Champions Way, NW4 1PX Call 020 8457 9900 or email 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.



Walk It In Football – Mondays 10am - 11am Middlesex University, The Burroughs, NW4 4BT. Email: 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 Cost £4.50



Gentle Yoga : Mondays 11am - 12.30pm. Starts Jan 14th 2019 at St Mary's at Finchley, 26 Hendon Lane, N3 1TR. cost £10. Free taster session Breathe stretch and relax. Contact Elizabeth elizayoga@aol.com or 0203 609 0109.



Barnet Dementia Hub is a day service offering a range of activities; cognitive, physical and social for people with Dementia: Mon-Fri 10am-3:30pm. Address: Barnet Dementia Hub, 1-5 Brampton Grove, Hendon, NW4 4AE. Tel:0203 725 3001. Email: barnet@alzheimers.org.uk



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



www.fremantletrust.org

A registered charity and not for profit organisation. (Registration No. 1014986)

Contact Us



Enjoy our new FaceBook page.

Make sure you 'like' and follow us for the latest BSA updates including keeping well, getting out and about, staying safe and making friends. We also find the latest interesting news from our partners in Barnet, as well as other organisations that we are sure you will enjoy, with great places to go as well as fun things to do.

Find us at **@BarnetSeniorsAssociation**

As a voluntary group which produces *Insider* and 2 annual assemblies, BSA greatly welcomes all donations to help continue this work. You can also sign up to:

easyfundraising.org.uk/causes/barnetsa/ and help us continue our good work. It doesn't cost you anything!



Web: baseas@org.uk



Email: bsabarnet@outlook.com



Tel: 020 3778 0151



BARNET SENIORS' ASSEMBLY
The Voice of Older Residents

BSA Invites you to our Spring Assembly 2019

Theme
SOCIAL ACTIVITIES FOR HEALTH

On: Wednesday 29th May 2019
10am to 2:15pm
Speakers from 11am

This free event includes:

- *Guest Speakers
- *Net working opportunities
- *Complementary buffet lunch
- *Raffle

At: Woodhouse College
Woodhouse Road, North Finchley, London N12 9EY

For more information or to book a place or a stall call Tania on
07786966153 or email bsabarnet@outlook.com



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

Visit our website: www.thefinchleycharities.org



The Finchley Charities

More than housing since 1488

Registered Charity No. 206621



Barnet Seniors' Association
A Voice for Older Residents

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