



SILVER SUNDAY

CELEBRATING OLDER PEOPLE

BARNET
LONDON BOROUGH

SUNDAY 4th OCTOBER 2020



Join Our Celebration of Older People in Barnet

Come and join us during Barnet Silver Week as we celebrate the contribution older people make to communities.

Silver Sunday on 4th October is a special day in the national calendar when everyone can come together to celebrate older people and 1st October sees the International Day of the Older Person recognised across the world.

Barnet Silver Week provides an opportunity to keep minds and bodies active, learn new skills, make new friends and connect with communities.

Community organisations, LB Barnet, charities and partners want to highlight all sorts of varied activities such as intergenerational networking between young people and older people by sending postcards, online wellbeing courses, support to people living with dementia and their carers and many more.

We hope you find something you enjoy.

AIMS OF SILVER SUNDAY

1

TACKLE LONELINESS

To reach isolated, vulnerable older people through activities and events which celebrate the contribution of older people and help connect them with other people and services

2

INCREASE AWARENESS

To use Silver Sunday to increase the awareness of elderly isolation and celebrate the knowledge and contribution of older people

3

BUILD COMMUNITY CONNECTIONS

To develop a partnership model across the country where charities, local authorities and businesses work together to support communities

4

ENCOURAGE INTER-GENERATIONAL RELATIONSHIPS

To make Silver Sunday inter-generational, with participation from schools and youth movements

5

CHALLENGE MINDSETS

To establish Silver Sunday as a national day on a par with Father's Day and Mothering Sunday

SILVER WEEK EVENTS PROGRAMME

Silver Sunday 4th October

Barnet Senior's Association 2pm

Join BSA in this years 'virtual' Silver Sunday Event in conjunction with Barnet Council by hosting a Zoom meeting. We can't offer you our usual stunning afternoon tea and refreshments, so make sure you join us with a cuppa in hand and a little treat to enjoy during this live chat with our special host and guest speakers. Get ready to exercise in your seat and learn about the benefits of healthy eating. Make sure you register in advance for this meeting



[REGISTER HERE FOR SILVER SUNDAY EVENT](#)

Step Change Studios & Open Age Silver Sunday Seated Dance Challenge Montage

Silver Sunday Dance Challenge: [#SilverShowbiz](#).

Taking inspiration from the classic 'Singing in the Rain', Step Change Studios have created this dance routine to 'Good Morning'.

View the video on from Sunday morning @StepChange @Open_Age
www.facebook.com/Open.Age/ www.facebook.com/stepchangedebtcharity



Monday 5th October

Saracens Sports Foundation's Love to Dance Classes 10am – 12noon Allianz Park

A fun and friendly dance programme delivering sessions for anyone aged over 50. Get active to help improve physical health and wellbeing whilst meeting new people and making new friends.

Make sure you register in advance

<https://bookwhen.com/saracenssportfoundation#focus=ev-syer-20201005100000>



The Disability Foundation Light Exercise with Geraldine 10.30am



the disability foundation
the holistic health charity for every body

TDF provides complementary therapy services to disabled people, anyone with a chronic health issue or medical condition, as well as those involved in their care, including NHS staff.

Join this online session in celebration of Silver Sunday.

Register in advance at https://zoom.us/webinar/register/WN_ejkETN5mRuK_zTyVub8oZw

Age UK Barnet –Indian Cookery 11am

Cook along with Saj on Zoom or just observe. You will be sent a list of ingredients a few days before the session to give you time to buy them. Email karen.williamson@ageukbarnet.org.uk to join the group.



Dementia Club UK Zoom Virtual Session 2.30pm to 4.30pm

Musical entertainment with Ian James followed by chair exercises to music with Eon Walters.

If you would like to join please contact

Lisa on: 07956 858 913, or by email: lisa.rutter@dementiaclubuk.org.uk

Dementia Club UK 
Caring for the community Sponsored by Saracens

For help with Zoom, please see our Publications at: www.dementiaclubuk.org.uk

Barnet Carers Centre -Mental Health Group 6pm

Visit www.barnetcarers.org for further details on how to register with the Barnet Carers Centre and for joining instructions for the group.



SILVER WEEK EVENTS PROGRAMME

Tuesday 6th October

Saracens Sports Foundation's Love to Dance Classes 10am –12noon Underhill Baptist Church, EN5 2EA

A fun and friendly dance programme delivering sessions for anyone aged over 50. Get active to help improve physical health and wellbeing whilst meeting new people and making new friends.

Register in advance <https://bookwhen.com/saracenssportfoundation#focus=ev-syer-20201005100000>



The Disability Foundation's Relaxation Therapy with David. 10.30am

Complementary therapy services to disabled people, anyone with a chronic health issue or medical condition, as well as those involved in their care, including NHS staff. Join this online session in celebration of Silver Sunday.

Make sure you register in advance at https://zoom.us/webinar/register/WN_ejkETN5mRuK_zTyVub8oZw

Age UK Barnet –Seniors Choir 11am-12noon

Choir master Jenny La Touche leads a weekly online choir session on Zoom.

For details on how to join in and to receive song sheets

email howard.chapman@ageukbarnet.org.uk or phone 07798 622832.



Dementia Club UK's -The Lisa and Mark Karaoke Twist Show 2.30 - 4.30pm

This is a virtual sing-along session to some well known classics. Followed with some **exercise to music** with Sian Kenrick and finish with a quiz with Lisa.

&

Dementia Club UK's Carers Session 7pm - 8pm

This is an open forum where you can ask any questions, seek advice or just share your thoughts and feelings. All Dementia Club UK trustees attend this meeting to help answer your questions.

If you would like to join please contact Lisa on: 07956 858 913 or email: lisa.rutter@dementiaclubuk.org.uk



Wednesday 7th October

Saracens Sports Foundation's Love to Dance Classes 10am –12noon

St Johns Parish Centre, N11 3EQ

A fun and friendly dance programme delivering sessions for anyone aged over 50.

Get active to help improve physical health and wellbeing whilst meeting new people and making new friends.

Book at: <https://bookwhen.com/saracenssportfoundation#focus=ev-syer-20201005100000>

All sessions are following the government guidelines

Age UK Barnet –Watercolour course (4 week beginners). 10-11.30am. £5 each week.

Watercolour pallet, brushes, A3 paper and pictures of what will be painted can be delivered to you.

For more information please call 07502 989 403 or email barnetconnect@ageukbarnet.org.uk



The Disability Foundation's Meditation & Mindfulness with Audrey 10.30am

TDF provides complementary therapy services to disabled people, anyone with a chronic health issue or medical condition, as well as those involved in their care, including NHS staff.

Join this online session in celebration of Silver Sunday.

Register in advance at https://zoom.us/webinar/register/WN_ejkETN5mRuK_zTyVub8oZw



Barnet Carers Centre - Coffee and a Chat 11am

Visit www.barnetcarers.org for further information on how to register with the Barnet Carers Centre and for joining instructions for the group.



Dementia Club UK Virtual Session 2.30pm to 4.30pm

Musical entertainment and quiz with James Le Bec.

Followed by chair Yoga exercises with Richard Kravetz.

If you would like to join please contact

Lisa on: 07956 858 913 or lisa.rutter@dementiaclubuk.org.uk



SILVER WEEK EVENTS PROGRAMME

Thursday 8th October

Saracens Sports Foundation -Love to Dance Classes 10am –12noon

Lyonsdown Hall, EN5 1JB

A fun and friendly dance programme delivering sessions for anyone aged over 50. Get active to help improve physical health and wellbeing whilst meeting new people and making new friends.

Register in advance <https://bookwhen.com/saracenssportfoundation#focus=ev-syer-20201005100000>



the disability foundation
the holistic health charity for every body

The Disability Foundation - Self Care with Martine 10.30am

TDF provides complementary therapy services to disabled people, anyone with a chronic health issue or medical condition, as well as those involved in their care, including NHS staff.

Join this online session in celebration of Silver Sunday.

Make sure you register in advance at https://zoom.us/webinar/register/WN_ejkETN5mRuK_zTyVub8oZw

Age UK Barnet – Men’s Newspaper Discussion Group. 11.30am

Our men's cookery club have formed a Zoom discussion group which meets weekly.

Email karen.williamson@ageukbarnet.org.uk to find out more.



Age UK Barnet –Watercolour course (4 week beginners). 1-2.30pm.

£5 each week.

Watercolour pallet, brushes, A3 paper and pictures of what will be painted can be delivered to you.

For more information please call 07502 989 403 or email barnetconnect@ageukbarnet.org.uk

Age UK Barnet –Wooden Spoon Cookery Club. 5pm

Cook along with one of our cookery team - cuisine from around the world.

You will be sent a list of ingredients a few days before the session to give you time to buy them.

Email karen.williamson@ageukbarnet.org.uk to join the group.



Friday 9th October

The Disability Foundation’s - Acupressure 10.30am

Complementary therapy services to disabled people, anyone with a chronic health issue or medical condition, as well as those involved in their care, including NHS staff. Join this online session in celebration of Silver Sunday.

Make sure you register in advance at https://zoom.us/webinar/register/WN_ejkETN5mRuK_zTyVub8oZw



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Age UK Barnet - Crafty Friday. 10.30am

Craft-making and knit & natter group online, contact barnetconnect@ageukbarnet.org.uk for details.

Age UK Barnet - Walking Group. 2pm -3pm

Meet at Oak Hill Park car park (Parkside Gardens, East Barnet, EN4 8JP) followed by optional refreshments in local café afterwards

For more information about joining a walk or becoming a walking volunteer, call Wendy on 020 8432 1421 or email wendy.nutman@ageukbarnet.org.uk



SILVER WEEK EVENTS PROGRAMME

SERVICE INFORMATION

Age UK Barnet

As well as offering a wide range of practical services including later life planning, shopping and collection of prescription services, the Age UK Barnet website also outlines a range of local updates on how to stay safe online, supermarket delivery information, how to take care of your mental health and how to get online.

For more information call: 020 8203 5040 Email: info@ageukbarnet.org.uk

Website: www.ageuk.org.uk/barnet

JDA

This **free service** will visit people at home and provide basic hearing aid maintenance and fault-finding. They will supply batteries and re-tube NHS hearing aids with a doorstep service, while keeping socially distant. Contact Judith or Gabrielle at info@jideaf.org.uk / 020 8446 0214.

Visit www.jideaf.org.uk for more information.

This is a free service, although as we are a charity, a small donation to cover petrol would be very much appreciated.

Barnet Libraries

Did you know you can still access services from Barnet Libraries?

- 'Select & Collect' - Select a book online and book a slot to collect it from your local library www.barnet.gov.uk/libraries/select-and-collect
- Catch up with a great audiobook www.barnet.gov.uk/libraries/ebooks-and-eaudiobooks
www.barnet.gov.uk/libraries/online-resources
- Find out more about the history of your local area online at the library archive YouTube channel. www.youtube.com/playlist?list=PLTjdPHAQ9nUoebpDfja5mQA5kF3HHY04w
- If you are unable to leave your home, www.barnet.gov.uk/libraries/home-library-service

More information on local Events, News, Covid 19 response and LBB Services can be found at <https://engage.barnet.gov.uk/>

For more information on Silver Week, Adult Social Care & Health or the Prevention and Wellbeing Team please email

PreventionandWellbeing@barnet.gov.uk

COVID-19 HAS NOT GONE AWAY



BARNET
LONDON BOROUGH

GET TESTED

Anyone with COVID-19 symptoms can get tested.

barnet.gov.uk/testandtrace

