



Barnet Seniors' Insider

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

Summer 2021 Newsletter

Prescribing happiness!

Social prescribing link worker Jenny Thorby, one of 11 social prescribers around Barnet managed by Age UK Barnet, tells us what she does - plus how social prescribing may be the answer to tackling loneliness in Barnet

'A 75-year-old man I helped recently hadn't spoken to anyone for nearly a year – apart from the hospital staff after suffering a stroke. Can you imagine what happens to people when they've had so little social contact for so long?

This man was referred by his doctor and my job was to link him to local services, groups and activities to widen his social connections and help ease his loneliness. When medicine or pills aren't necessarily the answer, doctors are now sending patients to social prescribing link workers like me.

A GP may pick up that a patient is feeling isolated, lonely or stressed out by work or they have money or housing problems – issues that can't be fixed by doctors or medicine alone, but may still make us feel unwell or affect our overall health and wellbeing.

And if the social prescriber helps people tackle these issues and take control of their health, the idea is it'll take pressure off GPs: by improving people's wellbeing, they are less likely to get ill and need a doctor.

After receiving a referral, I spend time getting to know the person and building a rapport. I will talk through all the options – local resources, information and advice and then link people to the service, community activity or local group that best meets their needs.

One of the biggest concerns this past year has been loneliness and isolation. Admitting to feelings of loneliness can be hard though and it can take a while to tease this out.



Jenny Thorby, Social Prescriber, Barnet

Someone may have gone to their GP for low mood and then when I speak to them it'll emerge that they haven't seen anyone for months or even spoken to friends or family.

After discussing all the options, I might refer them to relevant local organisations that offer support and activities. Or if they have mental health issues, they might need therapeutic support and we'd refer to cognitive behavioural therapy or counselling.

Early signs seem to show social prescribing is working in Barnet and studies elsewhere have shown social prescribing has led to improvements in quality of life and emotional and general wellbeing. One study in Shropshire found that visits to the GP went down 40 per cent!

Getting a referral

If you need help, please ask your GP surgery if they have a social prescribing service and request a referral. The service deals with issues including housing, care, benefits, healthy lifestyle, befriending, training, employment, volunteering, social activities and mental health services.

For advice and activities for people over 55, check out the Age UK Barnet website.

<https://www.ageuk.org.uk/barnet/>



Silver Sunday Afternoon Tea Party



See page 4 for full details. Live music, refreshments and time to chat. Funded by the National Lottery. Date: Sunday 3rd October 2021

BSA FREE weekly seated Yoga classes

Join us every Tuesday from 11.30 to 12.30 via Zoom. Page 3

BSA seeks new Committee members

If you would like to join our team of volunteers then see page 4 for further details.

Contact BSA.

Call us now on 020 3778 0151 or email info@barnetseniors.org.uk

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PLACES TO GO!

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Healthwatch Barnet – your local health champion

Healthwatch Barnet works to improve health and social care services in the borough. It does this by asking local people about their experiences with GP surgeries, what they think of the services they receive, and what they think needs to be changed. They then share everything they've discovered with those who have the power to make changes.

Healthwatch Barnet is also available to provide advice, whether that's on where to go to get the healthcare you need, how to find a dentist, or even how to make a complaint. Also, they have the legal power to visit health and social care services and see them in action and speak with staff and users of the service. They are assisted by a (growing!) team of volunteers.

Recent Healthwatch Barnet projects have been particularly topical: one has asked people about their experiences of accessing their GP practice remotely. Even as COVID restrictions start to lift, it is likely that surgeries will continue to offer a mix of face to face and remote appointments so they want to find out what works best. At the same time, they are running a project examining long COVID, its effects and what support is on offer in Barnet.

They recently held a community event with local health care leaders to enable residents to ask questions about Long COVID. The findings of both projects will be shared with the local Clinical Commissioning Group and GP practices to help shape plans for the future.

Both these surveys are still open for anyone who would like to share their thoughts. They can also speak with you 1-2-1 or hold a focus group.

You'll find links and details on the Healthwatch Barnet website together with lots more, including recent reports, news and blog post.

Sign up for the Healthwatch Barnet newsletter for the latest news on health and social care in Barnet and regular updates on their work <https://inclusionbarnet.formtitan.com/healthwatchnewssignup/#/>

If you'd be interested in joining their volunteer team, email andrea@healthwatchbarnet.co.uk.



SARAH'S STORY

A Barnet senior's life in lock down

Lockdown for me at first was a novelty. I loved my daily walks in perfect peace: no cars or people. I started to think about how to fill my days. Baking was top of the list. Mainly different recipes of scones and bread. The experience of my granddaughters testing my baking and reporting back via our front porch.

Online shopping became the norm, the eagerly awaited food shop - would we get toilet rolls or flour this week? The caring delivery drivers always cheerful and friendly.

Clapping for the NHS Thursday night 7pm was the treat of our week. We waved to our neighbours and worried if someone missed the event.

Zoom. The greatest tool invented. I used it everyday. My diary started looking normal again and all on Zoom. Mr Google became our doctor and friendly advisor. The live streaming of our families and friends funerals.

As Spring arrived we watched the many birds visiting our garden, we became familiar with their routines, their food likes and dislikes. Top of the list, suet balls and sunflower seeds. They introduced their new families to us too.

15 months of our new life has made us semi housebound. Cautious, nervous of simple outdoor pursuits. Crossing busy roads, walking along our High Road, carefully zigzagging around tables and chairs and the dreaded motor scooters.

We made it, but at what cost to our comfortable sociable life? No travelling on public transport, no 'tube' to West End Theatres, no coach trips. No visiting family and friends. A visit to our local now requires an App on our phones.



Sarah, a local Barnet resident sharing her story of her experience during lockdown

Zoom Classes Online

BSA FREE seated yoga classes every Tuesday 11.30am to 12.30pm

Hosted by Kathryn Jackman, our mindful instructor who specialises in gentle movement for older people.

If you already have Zoom then use the meeting ID number provided below.

Use this link <https://zoom.us> and click into 'join meeting'

Meeting ID: **916 0309 6408**. There is no password to join.

Make sure your chair has no arms so you are free to move.

Wear comfy loose clothes and have a drink handy.

Anyone can join these classes and it's great for beginners.

Invite a friend.



Also available to BSA supporters and members.

AGE UK BARNET CLASSES - all contact details below.

Monday

Indian Cookery: 11am. Cook along with Saj on Zoom or observe. Find out more and Email **Karen Williamson** for list of ingredients and to join the group.

Bollywood Dance (women only): 11.30am – 12.30pm – fun uplifting moves with Etki (teacher). For more info and the Zoom link, phone or email **Wendy**.

Tuesdays

Seniors Choir: 11am-12noon. Choir master Jenny La Touche leads a weekly online choir session on Zoom. For more details email or call **Howard Chapman**.

Bollywood Dance (women only): 11.30am – 12.30pm – fun uplifting moves with Satish (teacher). For more info and the Zoom link, phone or email **Wendy** below.

Wednesdays

Watercolour art group: 10-11.30am – every Thursday. Cost is £5 each week to cover the cost of a watercolour pallet, brushes, A3 paper. For information call or email **Barnet Connect**.

Book group: 10am-1pm Do you enjoy reading and discussing novels or non-fiction books with friends? Please contact **Howard Chapman** to register your interest in joining the group.

Cakes and Bakes baking course: 2.30pm-4pm – Wednesdays – takes place every two weeks. Email **Karen Williamson** to join.

Thursday

Men's Newspaper Discussion Group: 11.30am. A weekly online get-together. Email **Karen Williamson** to find out more.

Four week beginners 'taster' watercolour course: 9.45-11.15am – every Thursday. For information please call or email **Barnet Connect**

Friday

Knit n Natter: 10.30am – regular Friday knit and natter group has gone online. Contact **Barnet Connect** for more info.

Zoom keep fit (standing or seated): 11.30 am. Fun, upbeat exercise session for all levels of fitness with **Wendy**. For information contact Wendy - see below

- Wendy at wendy.nutman@ageukbarnet.org.uk or 07741 877 027.
- Howard at howard.chapman@ageukbarnet.org.uk or phone 07798 622832
- Barnet Connect at barnetconnect@ageukbarnet.org.uk or 07502 989 403
- Karen at karen.williamson@ageukbarnet.org.uk

Places to go!

Finally we can start to enjoy the great outdoors and some social activity from street food markets, to events and local theatre. Here are just a few!

Zero Waste Market hosted by the Flower Bank

Third Sunday of every month. Delicious deli, beautiful cakes, flowers, beauty products, crafts and more...

Next dates:

- August 22
- September 19
- October 17
- November 21
- December 19



From 12 noon until 4 pm at 45a Leicester Road, EN5 5EW

The Spread every Sunday at Victoria Park

Victoria Park Finchley Market takes place every Sunday at Ballards Lane entrance to Victoria Park from 10am to 3pm. Everything for your weekly shop and more from over 40 independent farmers, producers and street food traders. Plus a chance to enjoy a picnic in the park with amazing food!



ARTISTS WALK 2021 at Alexandra Palace

From 1 July – 30 September the **Artists Walk** returns to the Park and Palace.

More than 25 artists from Haringey – including sculptors, poets, painters and photographers – will be displaying their works across the site to create a free art walking trail for everyone to discover and enjoy. This art trail is a wonderful opportunity to champion the talent from the borough. The grounds of Alexandra Palace are beautiful and accessible to everyone and the trail offers a healthy way to take in art outside of the traditional gallery space.

How to get there:

Alexandra Palace
Alexandra Palace Way

London
N22 7AY

Tube: Wood Green. Railway: Alexandra Palace Rail. Bus: W3 or Shuttle Bus. Visit website for more details.

www.alexandrapalace.com/whats-on/artists-walk-2021/



Silver Sunday Tea Party hosted by BSA

A date for your diaries. All seniors in the borough are invited to our Silver Sunday event.

- * Enjoy an Afternoon Tea
- * Live music from That Blue Patch
- * Time to chat and catch up

Venue:

Manor Drive Methodist Church
Manor Drive
Whetstone, London
N20 0DZ:

Date: Sunday 3rd October 2021

Time: 2pm to 5pm

Silver Sunday is a National event and was launched in 2012 by The Sir Simon Milton Foundation and Westminster City Councillor Christabel Flight, after a report discovered more than a third of people over 75 said they were lonely. The aim then was to celebrate older residents, recognise their contribution to their communities and help combat loneliness as well as get them out and about to meet new people.

Get in touch to let us know you are coming:
info@barnetseniors.org.uk

Sponsored by the National Lottery Community Fund.

Email: general.enquiries@tnlcommunityfund.org.uk

Tel: 028 9568 0143



CONTACT US

Visit us on FaceBook and keep up to date with the latest local news, online events and activities

Make sure you **'like'** and **follow** us for the latest BSA updates including keeping well and staying safe. We also find the latest interesting news from our partners in Barnet, as well as other organisations that we are sure you will enjoy. Find us at **@BarnetSeniorsAssociation**

As a voluntary group which produces the *Insider* and online events / activities, the BSA greatly welcomes all donations to help continue this work. Please use the contact details below, visit our website to help us.

Thank you.

Berni Moir, BSA editor

Web: baseas@org.uk

Email: info@barnetseniors.org.uk

Tel: 020 3778 0151



Sponsored by the National Lottery Community Fund.

Barnet Seniors' *Insider* is a not for profit free newsletter published bi-monthly by Barnet Seniors' Association.



Founded in 1558

HELPING LOCAL PEOPLE IN NEED

By providing grants to individuals in hardship for items such as white goods (not monetary) and to non-profit organisations located within the specified areas of benefit (EN5, EN4 and a small part of N11 and N14). Each application is considered on its merits by the Board of Trustees.

Sheltered Housing is also provided for local residents aged 60+. Call us now on 020 8441 3222 for more information or email info@eleanorpalmertrust.org.uk

BSA looking for new committee members

We are currently looking for volunteers to join our small & friendly committee and help us deliver amazing public events in Barnet, like our twice a year assemblies.

We are also looking for someone with experience with web based programmes, social media plus admin skills.

We already have a small group of volunteers, know as street champions, willing to deliver the Insider but we need more to increase our circulation. Our current print is 4,000 to 5,000 bi-monthly.

For further information or to join us;

Email info@barnetseniors.org.uk

Phone 020 3887 0151 or 07977

USEFUL CONTACTS

Water	0800 316 9800	thameswater.co.uk
Silverline	0800 470 8090	thesilverline.org.uk
Samaritans	116123	samaritans.org
Police		
Non urgent	101	Textphone 18001 101
Emergency	999	Textphone 18000
NHS 111	111	Textphone 18001 111
Gas	0800 111 999	nationalgrid.com
Electricity	0800 028 0247	ukpowernetworks.co.uk
Debtline	0808 808 4000	nationaldebtline.org
Crime Stoppers	0800 555 111	crimestoppers-uk.org
Council	020 8359 2000	barnet.gov.uk
Childline	0800 1111	childline.org.uk
Advice	03444 111 444	citizensadvice.org.uk