

Barnet Seniors' Insider

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

Spring 2022 Newsletter

NOT ALL HEROES WEAR CAPES!

Two of our street champions were awarded Barnet's Everyday Town Centre Heroes and were presented with their certificates by Councillor Alison Cornelius, Mayor of the London Borough of Barnet at Hendon Town Hall on 27th January 2022.

They are definitely our heroes!

Here is their story.

JENNY: I enjoy connecting with people and talking with them while sharing information, verbally or printed. I have been helped in so many ways by two organisations in particular in Barnet, so I take pleasure in volunteering with them to spread the word.

For Barnet Seniors' Association as a "Street Champion" and for Age UK Barnet who offer many services and help our 'young-at-heart' age group. However, there are many of us, myself included, in this category who, for various reasons, haven't got access to or are unable to cope with new technology readily available to us. This is why, in this age of so much automation, pressing buttons, (lacking the human touch) causing frustration and stress, my role in distributing printed information in the Edgware area is so important to me. I also benefit too, by being involved, keeping active plus getting exercise and fresh air.

"We are not yet ready to be put out to pasture!"

MAXINE: My biggest challenge was trying to overcome the fear of getting COVID. We were lucky because we were outside a lot in the

churchyard, gardening, that brought back some normality to life. But I had to get out there and get on with it because I was committed and people were relying on me. You just had to carry on, keep going – what else can you do? I started helping with vaccine rollout at my local pharmacy, where I'm now helping 4 days a week by being nice, helping them to stay calm and getting settled. That's the ethos we've tried to build up at the pharmacy. You can't help people if you are not coming from a place of love.

If you try to be good, kind and give love, the majority of people will give love back. There's not enough love in the world – it's always good to add more.

For more information on our two Town Centre Heroes visit:

<https://engage.barnet.gov.uk/edgware-town-centre-heroes>



Edgware and District National Trust Centre

Join this interesting group and explore our local heritage. Page 2

BSA FREE weekly seated Yoga classes

Join us every Tuesday from 11.30 to 12.30 via Zoom. See page 3 for full details.

BSA seeks new Committee members

If you would like to join our team of volunteers then see page 2 for further details.

Contact BSA.

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

Metropolitan Police - Protect yourself

Be aware of the latest scams in Barnet Page 4

1

HEALTHY HERITAGE WALKS IN BARNET

Page 2. Find out more details online.

2

ACTIVITIES ONLINE

Page 3 & 4. Activities online with BSA and Age UK Barnet

3

PLACES TO GO!

Page 3. Enjoy the artsdepot & Stephens House & Gardens

As we start to see more activities in Barnet and organisations once again opening their doors, we thought you might like news from two of our local groups.

Edgware and District National Trust Centre

Edgware and District National Trust Centre was founded in 1979 and has an active membership throughout the borough.

Their main objectives are to promote the work of the Trust locally, raise funds in its support and to enrich members' understanding of its work.

The group run outings, coffee mornings, quizzes, and other social events. Regular meetings take place so if you want to get involved or find out more please contact Chelle Paice at jimchelle2@yahoo.co.uk or Julia Haynes at juliachaynes@aol.com.

Yearly subscription costs £15 and you don't need to be a member of the National Trust.

Members currently meet on the last Monday of each month for varied afternoon lecture programmes at:

- John Keble Church Hall, Deans Lane, Edgware HA8 9NT.
- Good local bus service from Mill Hill and Edgware
- Adequate on street parking, free of charge.
- Doors open at 1.30 pm and the talks start promptly at 2.00pm.

Includes a secondhand book stall and seasonal gifts. Teas/ coffees and biscuits are available for just 50p.

Once the evenings get lighter they will resume an evening lecture programme on the third Wednesday of each month.

- St Lawrence's Church Hall,Whitchurch Close, Edgware HA8 9NT
- There is an adjoining carpark. Close to Cannons Park Tube Station. Good local bus service
- Doors open at 7.30pm for a prompt start at 8.00pm.

The first of these talks is scheduled for April 20th at the John Keeble Church Hall with the jeweller, David Callighan giving an illustrated talk on the V.C medal.

Please note; to attend a lecture costs £3.00 for a visitor. New members and visitors are welcome. Please contact Chelle or Julia if you wish to attend.

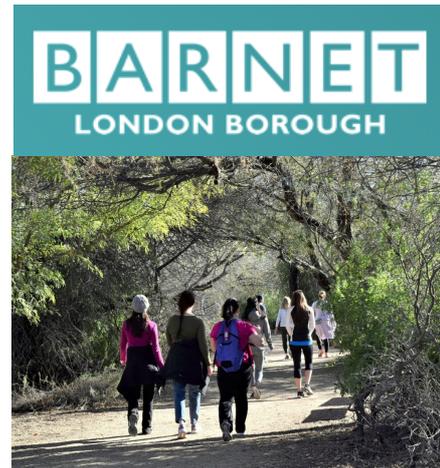
Other Interesting Groups to Join & Town Twinings

Full details are available on our website at www.baseas.org.uk/bsa/2022/01/groups-to-join-including-town-twinings/

FRIENDS OF MILL HILL PARK

The Friends are running an outdoor theatre programme over several summer weekends for adults and children. Other events in the pipeline are a series of talks on Green Issues to be published shortly. To become a member and to find out more please contact Mary Ritter m.ritter@imperial.ac.uk.

Find out more about the local Town Twinning Groups on our website for Friends of Siegerland, Friends of Chaville and Friends of Mountclair.



Healthy Heritage walks in Barnet

The Barnet Healthy Heritage Walks were launched in 2019 by the Mayor at the time and Wellbeing Champion, Cllr Caroline Stock, with support from the Ramblers and British Guild of Tourist Guides.

The first guided walk from Hendon to Mill Hill attracted members of the Ramblers, Age UK, Diabetes UK, councillors, MP Matthew Offord, residents, their children and some dogs. It was the first of six new Barnet Healthy Heritage Walks to promote the borough's history. The attendees learned about the rich history of Hendon and Mill Hill while socialising and exercising.

Today there are many options to choose from:

- Hendon to Mill Hill Walk
- Totteridge Walk
- Barnet and Hadley Walk
- East Finchley to New Southgate Walk
- Mill Hill Walk
- East Finchley to Finchley Church End Walk

Visit the website below to download the maps and the audio for each of the walks. The audios are available on podcast platforms which you can download to your phone. www.barnet.gov.uk/health-and-wellbeing/healthy-heritage-walks

Other Walking Groups in Barnet

Contact Wendy on 07741 877 027 or email her on wendy.nutman@ageukbarnet.org.uk for more information on walking groups in and around our local parks.

BSA looking for new committee members

We are currently looking for volunteers to join our small & friendly committee and help us run amazing public events in Barnet, like our twice a year Assemblies. We are also looking for someone with experience of web based programmes, social media plus admin skills.

We already have a small group of volunteers known as Street Champions, willing to deliver the Insider locally but we need more to increase our circulation.

For further information or to join us;

Email info@barnetseniors.org.uk

Phone 020 3778 0151 or 07977 459 920

Zoom Classes Online & Live

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.

Log into Zoom by using this address: <https://zoom.us> and click into 'join meeting'

Meeting ID: 916 0309 6408.
Password: 747328

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 they're great for beginners.

Why not Invite a friend?



AGE UK BARNET CLASSES - all contact details listed below.

To see the full range of classes available go to: www.ageuk.org.uk/barnet/activities-and-events/

Monday

Face to face Cookery at the Ann Owens centre, Oak Lane, East Finchley N2 8LT. From Indian cookery to men's beginners, there's a wide range of options. Starts 11am. Cost £6 a session. **Contact Stacey below.**

Bollywood Dance (women only) on Zoom: 11.30am - 12.30pm - fun uplifting moves with Satish (teacher). For more info and the Zoom link **contact Helen below.**

Online Watercolour course - intermediate: Every Monday evening online on Zoom from 6.00pm – 7.30pm. Cost of course is £20 for four weeks. For more information **contact Barnet Connect below.**

Tuesday

Flower arranging classes: 10.30am – 11.30am. Hope Corner Community Centre, 185 Mays Lane EN5 2DY. For details how to join in **contact Helen below.**

Seniors Choir on Zoom: 11am-12noon. Choir master Jenny La Touché leads a weekly online choir session on Zoom. Meets face to face on first Tuesday of each month at the Open Door Centre, St Albans Road Barnet EN5 4LA. **Contact Helen below.**

Wednesday

Tai Chi: 2.00-3.00pm. Balance and strength moves. Takes place at Annunciation Royal Catholic Church, 4 Thirlby Road, Burnt Oak HA8 0HQ. **Contact Wendy below.**

Easy no fuss cookery: 2.30pm-4.00pm – Wednesdays. Takes place at Mill Hill International School NW7. How to make simple tasty meals. £6 per session. **Contact Stacey below.**

Thursday

Edgware Social Group. St Margaret's Church, Edgware HA8 7JE. 2.00pm every Thursday – also provides help with your laptop, smartphone or tablet. **Contact Howard below.**

Wooden spoon cookery club: 5.00pm-6.30pm at the Ann Owens Centre Oak Lane, East Finchley N2 8LT. Aimed at people who love to cook different cuisines from around the world. Each week everyone cooks together and eats together. £6 a session. All ingredients provided. **Contact Stacey below.**

- Howard at howard.chapman@ageukbarnet.org.uk or 0208 432 1415
- Wendy at wendy.nutman@ageukbarnet.org.uk or 07741 877 027
- Barnet Connect at barnetconnect@ageukbarnet.org.uk or 07384 466 840
- Helen at helen.nicolaou@ageukbarnet.org.uk or 07384 466840
- Lindsey at lindsey.bennister@ageukbarnet.org.uk or 07535 648281
- Stacey at stacey.kanolik@ageukbarnet.org.uk

Places to go!

Put a Spring in your step! Enjoy social activity from classes to events and local theatre. Here are just a few!

Dance Group (for Over 60s)



Booking Info:

£77 Full Price for the term. 11 sessions starting from Friday 14 Jan. Subsidised places are available for those on low income

Ages 60+

Fridays, 11.15am - 12.45pm

You can join this class at any point during the term. Call to book: 020 8369 5454

Pilates Matwork for all ages

Booking Info: Mondays, 10.40 - 11.50am & 7.25 - 8.35pm. £9 per class.

Call to book: 07884 072015

Email to book: pilatesnorthfinchley@gmail.com

Check out all the live performances from bands to dance and theatre performances.

Go to the website for more details at www.artsdepot.co.uk/adult-teen-classes

Stephens House & Gardens

17 East End Road, Finchley, London N3 3QE

Mothers Day Lunch in Avenue House

Sun 27th Mar

Served 12.00 – 15.00

Treat your Mother to a delicious lunch in the atmospheric setting of Avenue House. Booking essential please call 020 8346 7812, option 1, or pop in at the house.

Non refundable deposit required to secure all bookings

Shared Reading

Returns every Weds 14.00 - 15.00

Shared Reading groups are a place to relax, make new friends and share stories. Just drop in and enjoy listening to a great story or poem – no pressure to talk or read

Everyone is welcome. No need to bring anything. Held in the visitor centre.



**METROPOLITAN
POLICE**

Protect yourself

Our local PCSO Diane Trinder shares some good advice and highlights two areas of concern in and around Barnet where our senior residents are seen as vulnerable.

Blue Badge Parking Scam.

Currently blue badge holders are being approached in Barnet car parks by individuals impersonating traffic wardens or wearing similar uniforms.

They approach the more mature Blue badge holders telling them that they need to obtain a ticket to park.

They are duping people into inserting their credit cards into the parking machines where the cards are being fraudulently retained.

No traffic wardens in the local area would approach members of the public telling them to put a debit/credit card in a pay machine. If approached, please note their appearance and any car they may be in and call 999. If this has happened to you or a family member please inform the police

In an Emergency , ALWAYS call 999

Shops and cafes are very busy right now and there are so many handbags to tempt thieves.

Be aware of your bag at all times

In cafes and restaurants, never hang your bag on the back of your chair, keep the bag on your lap or touching your feet Carry your bag close to you, so that it opens facing you.

Make sure your purse or wallet is not visible

If you are pushing a shopping trolley, keep your bag on you, not on the trolley. Hold the bag handles at all times. Keep your house keys separate.

Thieves are opportunists and wait until your attention is elsewhere, not watching your bag. Be aware of your bag at all times, keep it close.

Fit and Active Barnet Carers Pass

Are you registered as a carer? If so, you can apply for a free annual membership pass that entitles you to free swimming at Barnet Copthall, Finchley Lido and Church Farm Leisure Centres and concessionary discounts on a wide range of other activities. To find out more about the FAB card or just talk to a member of the reception staff at one of the listed Barnet Leisure Centres visit www.better.org.uk/fab-card

A little Sudoku brain teaser for you!

			6	7		1	5	3
		7		3	5	9	4	
	5							7
8				6			9	
			1		9			
	1			2				4
3							8	
	2	5	7	8		3		
9	7	8		1	2			

CONTACT US

Follow us on FaceBook and keep up to date with the latest local news, online events and activities for all over 50's

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**

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



This issue is sponsored by the National Lottery Community Fund.

USEFUL CONTACTS

Water	0800 316 9800	thameswater.co.uk
Silverline	0800 470 8090	thesilverline.org.uk
Samaritans	116123	samaritans.org
Police Non urgent Emergency	101 999	Textphone 18001 101 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