

Barnet Seniors' Insider

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

Summer 2022 Newsletter

SOCIAL CONNECTIONS FOR BETTER HEALTH

Natasha Molloy, a local Holistic Therapist and Wellbeing Expert hosted the BSA monthly Zoom Talk in March on the benefits of Social Connections and how positive emotions can dramatically enhance your psychological and even your physical resilience.

When we embrace positive emotions, we feel good, our thinking becomes more creative, integrative, and flexible. One study on a group of nuns showed that when asked to write personal essays on their life experiences, the nuns who expressed the most positive emotions lived on average 10 years longer and were less likely to suffer with dementia.

Also, numerous studies show that adult's altruistic behaviour and activities like volunteering, mentoring a younger person, or working in a group towards a common goal can considerably enhance your well-being, improve morale and self-esteem.

We also discussed the importance of compassionate love for each other, especially within families and communities. A sense of belonging is simply at the core of being human.

Another study found that older adults who shared a memorised story with children improved their own memory. Once again, the very act of being in a mentorship role



with a younger person helped the elder boost their mental abilities

In a study from Bremen, Germany, elderly people who helped adolescents work on a life problem improved their own cognitive performance at the same time.



The simple yet empowering act of advising a younger person helped boost the brainpower of the elder, when measured on a word test.

Data collected by the The Complementary Medical Association (CMA) and presented by Natasha Molloy.



Platinum Jubilee Party in the Park

Join us to celebrate on 7th June in Friary Park, N12 9AN .
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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 details below and get in touch.

Contact BSA.

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

In The Footsteps of the Famous in Barnet

Paul Baker takes us on an historical trip
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In The Footsteps of the Famous in High Barnet

City of London guide, Paul Baker, recently gave BSA a Zoom talk entitled 'In the Footsteps of the Famous in High Barnet (and Monken Hadley)'. Here is a summary;

Barnet has existed for over 1000 years, so it's scarcely surprising that so many famous people have managed to get their feet under the table of local history. Henry VIII stayed for two or possibly three nights at the Red Lion on the High St in 1529. Almost exactly 300 years later, in 1838, Charles Dickens had a well-oiled lunch there with his great friend and future biographer John Forster. Dickens and his family frequently dined at the Red Lion; he knew Barnet very well, and indeed Paul leads a special Dickens in Barnet and North London guided walk. Samuel Pepys took the waters at the Barnet Physic Well several times in the 1660s, and wrote about his experiences in his famous diary, at the time when Barnet was a famous spa town. Three British Prime Ministers, Lord Melbourne, Sir Robert Peel and Lord Palmerston, stayed regularly at the Green Man pub, on the corner of Barnet High St and St Albans Rd, when it was an inn. The site is now the Library Bar.

Dickens wasn't the only famous novelist who knew the area well. William Makepeace Thackeray, author of *Vanity Fair*, bought The Old Cottage for his mother in the 1860s. His cousin was rector at Monken Hadley church, and Thackeray knew Monken Hadley extremely well. Anthony Trollope and his mother Fanny, both famous novelists, lived at Grandon between 1836-8, and the 20th-century novelist Kingsley Amis lived at nearby Gladsmuir between 1968-76. What is it about the air of Barnet and Monken Hadley that has irresistibly drawn so many novelists to it?

The Victorian missionary and explorer David Livingstone lived in a cottage which now bears his name on Hadley Green Rd. Robert Carr, later Lord Carr, Home Secretary under Ted Heath in the 1970s, lived between 1954-82 in Monkenholt. Not to be confused with Monkenhurst, where the great Spike Milligan resided between 1974-88. Comedian, actor, musician, poet -- and novelist. You may remember his novel *Puckoon*. Yet another novelist for us Barnetonians to boast about!

Paul spoke about many more famous people who have lived or stayed in our area. If you want to learn more about Barnet, and Paul's guided walks in the borough of Barnet and Central London, see right for the list. Contact Paul:

pbaker54@hotmail.co.uk

Phone 07506 761294

See his website www.barnet-walks.co.uk

GUIDED WALKS IN BARNET: 2022

With Paul Baker, City of London guide

WALKS IN AND AROUND BARNET



'The Battle of Barnet':

Explore the famous battlefield from the Wars of the Roses of 1471. Thu Apr 14th 11am (anniversary walk); Sun Apr 17th 2.30pm (Easter Sun anniversary walk).

Meet at junction of Great North Road and Hadley Green Road EN5 5PP.

'Marvellous Mill Hill':

An entertaining and surprising roam along The Ridgeway and through green, tranquil Mill Hill Village.

Sun Apr 10th 2.30pm.

Meet outside Mill Hill East tube station. Finishes Lawrence St NW7, from where buses depart.

'East Barnet Village':

A historical walk through ancient and modern East Barnet.

Sat Apr 23rd 11am.

Meet outside former East Barnet Library, Brookhill Rd EN4 8SG.

Walks cost £12, £5 under 12s (except walks for Exploring London & Beyond: £15).

See web-site, or contact Paul for Jack the Ripper, Street Art, City of London, Covent Garden and Westminster walks **in French**. **Enquiries about private bookings and talks on Barnet/London in English or French welcome.**

For further information, please phone/text 07506 761294

Booking essential

Email: pbaker54@hotmail.co.uk

Web-site: www.barnet-walks.co.uk

Facebook: [Barnet and London Walks](https://www.facebook.com/Barnet-and-London-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. Stephens House & Gardens to name a few.

Live and Online Zoom Classes

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 £30 for a 5 week course. Indian Cookery course starts from 9th May for 5 weeks. **Contact Stacey below for more information.**

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

Poetry sharing group. Mondays 3.30pm. Meets monthly and everyone brings along a poem to read out for group discussion. **Please email Helen - contact details below**

Tuesday

Book group: Do you enjoy reading and discussing novels or non-fiction books with friends? Join the book group at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. The first Tuesday of every month. 3.00pm-4.00pm. **Please 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.**

Help with your laptop, smartphone or tablet. Mill Hill International School NW7. Session starts at 1.00pm on Wednesday afternoons - free lunch at 1.50pm. **Contact Howard 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-8.00pm 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. £30 for 5 sessions. 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!

Enjoy social activity from classes to events and local theatre. Here are just a few!

The Finches - Singing Group

We are an enthusiastic friendly group who enjoy singing together. No auditions, your first taster session is free, and we aim to perform at least two concerts a year. We sing many kinds of music - show tunes, folk, classical - but it has to be fun, not too taxing but rewarding!



Spring / Summer Term: Tuesday 4 Jan to Tuesday 5 Jul (no class on Tuesday 5, 12 & 19 Apr or Tuesday 31 May)

Venue: Creation Space at the Artsdepot. Email to book: csvcooper@hotmail.com



Memory changes in older age: when do we need to worry

- Tuesday 26 April 6pm - 7pm
- The Ann Owens Centre, Oak Lane, East Finchley N2 8LT
- Cost: £5 donation on the door

Our memories fail us all now and again but when is it a problem? And when is it nothing to worry about? Neuroscientist Professor Catherine Loveday shines a light on this fascinating topic.

Book a place on the Eventbrite page at <https://www.eventbrite.co.uk/e/talk-memory-changes-in-older-age-when-do-we-need-to-worry-tickets-296671581687>

Any questions, please contact Teresa on 07502 989 403 or email teresa.gallagher@ageukbarnet.org.uk

SINGING GROUP in Edgware



Looking forward to seeing everyone again and a special warm welcome to anyone attending for the first time.

- Where: St Margarets Church Station Road Edgware HA8 7JE
- Time: 2-3 pm
- When: The first and third Tuesday of the month from 5 April onwards.
- Contact: Maxine Weber 07734 055544



Platinum Jubilee

Tea Party in the Park

**Tuesday 7th June at Friary Park, Friern
Barnet Lane, N20 0NR**

From 12.30 to 3.00pm

On 6th February this year Her Majesty The Queen became the first British Monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom and the Commonwealth.

Join us in celebrating the Platinum Jubilee of Elizabeth II. With live entertainment and a delicious afternoon tea.

BSA are hosting this event in partnership with Community Focus and Barnet Asian Women's Association.

Please contact Neena Patel if you wish to attend at neenais@gmail.com or BSA at info@barnetseniors.org.uk



A little Sudoku brain teaser for you!

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



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.

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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