



# Barnet Seniors' Insider

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

## Winter 2022 Newsletter

### WARM SPACES

**There is growing concern that senior people in Barnet are worried about the rising costs of energy and whether they can afford to heat their homes.**

As a result many groups and organisations came up with the idea of 'Warm Spaces' and are now opening their doors, offering warm and friendly places where you can enjoy a cuppa, have a friendly chat or play games. Some volunteers host talks on helpful topics and can even help you with your smart phones or computers.

Here are just a few:

**Every Tuesday** from 10.30am to 12.30pm

St Margaret's Church Victoria Avenue, Finchley Central N3 1BD

**Every Monday** during November and December from 10.00am to 12.30pm  
St Paul's Church, 50 Long Lane, London N3 2PU. Call 020 8349 3792 or [office@stpaulsfinchley.org.uk](mailto:office@stpaulsfinchley.org.uk)

**Monday afternoons** from 2.00 pm to 4.00pm at Age UK Barnet, Ann Owens Centre, East Finchley N2 8LT

**Wednesday afternoons** from 1.00pm onwards at The Mount International School, Milesplit Hill, Mill Hill NW7 2RX.

**Thursday afternoons** from 2.00pm to 3.30pm at St Margaret's Church, 1 Station Road, Edgware HA8 7JE

**Thursday afternoons** from 12.00pm coffee session. From 12.00pm hot lunch. From 1.30pm to 3.00pm Cake and Chat. St Peter's Church, Albion Drive, Friern Barnet N10 1AQ

**Wednesday Club** at St Barnabas Church, 913 High Road, North Finchley N12 8QJ. Every Wednesday from 2.15pm  
Contact [keithbootle@stbarnabas.co.uk](mailto:keithbootle@stbarnabas.co.uk)

### ENERGY BILL CONCERNS

**Mike Freer MP recently hosted an Advice and Information Fayre for residents over 55 in Barnet. Amongst all the voluntary organisations were representatives from the various energy industries including Smart Meters and Thames Water.**

Advice was available on how to make your home more energy efficient using Smart Meters to keep an eye on your energy consumption. There are various levels of support available. If you are concerned about your winter bills, get in contact below to check if you are eligible for grants or schemes:

**Winter Fuel Payment:**  
[gov.uk/winter-fuel-payment](http://gov.uk/winter-fuel-payment)  
or 0800 7310160

**Cold Weather Payment:**  
[gov.uk/cold-weather-payment](http://gov.uk/cold-weather-payment)

**Warm Home Discount Scheme**  
[gov.uk/the-warm-home-discount-scheme](http://gov.uk/the-warm-home-discount-scheme)

**Contact AgeUK Barnet for a FREE Winter home check. See page 4**



**Merry Christmas to all our readers...**

And a happy New Year!

**BSA weekly seated Yoga classes**

Last session this term is 20th December. See page 3 for full details.

**BSA seeks new Committee members**

If you would like to join our team of volunteers see details below and get in touch.

**Contact BSA.**

Call us now on 020 3778 0151 or email [info@barnetseniors.org.uk](mailto:info@barnetseniors.org.uk)

**Dementia Club UK**

Living with Dementia? Or caring for someone suffering from it? Get regular help and support. See Page 2

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### CLASSES AND ACTIVITIES

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### CHRISTMAS TEA

Page 3. St Barnabas Church, 10th December. Book now!

## SILVER SUNDAY EVENT



**Silver Sunday in October was an overwhelming success at Colindale library with the number of seniors attending reaching 90+! It was certainly a packed event with the whole library occupied all afternoon.**

The Chair of Barnet Seniors' Association, Nila Patel, along with volunteers, arranged a varied and enjoyable afternoon with plenty of food and drink, talks and exercise from Age UK Barnet. People enjoyed hearing the cellist Oliver Gledhill with accompaniment from Hisayo Shimizo on the keyboard. And everyone could join in the Bollywood dancing with Satish Shah.



Dancing with Satish Shah



Cellist Oliver Gledhill and keyboard Hisayo Shimizo



Ulla Chisolm from BSA greeting guests to the event with David Pinto Duschinsky, parliamentary candidate for Hendon



Cllr Sara Conway offering support during the event

Many seniors commented on how much they enjoyed it, while some mentioned that it was their first big outing since shielding from Covid.



## CARING FOR THE COMMUNITY

**Dementia Club UK**   
Caring for the community  
Sponsored by Saracens

Dementia Club UK goes above and beyond to provide help and support for those living with dementia and also to give their carers and families a better quality of life.

They have an extensive programme of regular groups on **Mondays, Tuesdays and Wednesdays** across Barnet. These sessions are FREE.

You can visit the website for the full programme <https://dementioclubuk.org.uk/contact/>

If you need more help or advice please call 07956 858 913



Libraries for Learning  
Libraries for Leisure  
Libraries for Life





## Live and Online Zoom Classes

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

Our well established classes cost £50 for 6 months. If you have Zoom then use the meeting ID number below.

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

Meeting ID: **916 0309 6408**.  
Password: **747328**

Contact Nila Patel for more information or payment on 07977 459920

**Please note the last class for this term is 20th December and next terms starts from 10th January**



### MONDAY TO FRIDAY CLUBS

There are more classes available through AGEUK Barnet, U3A and other smaller organisations. This is just a taster of what is out there in Barnet. Contact organisation for prices.

#### MONDAY

**u3a North London.** Website: [nu3a.org.uk](http://nu3a.org.uk) for prices

Art, anyone can draw! This class is suitable for those who want to continue their techniques and those who would like to try.

**Chamber music:** Woodwind players, cellos, viola players, violinists are very welcome. It is suitable for those who have learned an instrument but haven't played with others, for people learning an additional instrument, or those who need a refresh.

**Chair-based pilates** class for adults 55+ at Manor Drive Methodist Church, Manor Drive N20 0DZ. **£3 per session.** Contact Nila on 07977459920

#### TUESDAY

**Five Bells Computer Club.** Weekly 2.00pm to 4.00pm, Five Bells Pub, East End Road, N2 0LZ just turn up and join in.

Email: [fivebells.computerclub@gmail.com](mailto:fivebells.computerclub@gmail.com)

**Flower arranging classes:** 10.30am – 11.30am. Hope Corner Community Centre, 185 Mays Lane EN5 2DY. For details how to join in, email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) or phone 07384 466840.

#### WEDNESDAY

**Wednesday Club** from 2.15pm until 4.00pm (during term time)

A friendly social club for seniors, **FREE** at St Barnabas Church, 913 High Road North Finchley N12 8QJ

**Love to Dance Classes** from 10.00am to 12.00pm at St Johns Parish Centre, London, Friern Barnet, N11 3EQ. For prices book online:

<https://bookwhen.com/saracensfoundation#focus=ev-s7tj-20221125100000>

#### THURSDAY

**Beginners Clay Pottery Class.** 3.15pm – 4.45pm – The Ann Owens

Centre, Oak Lane, East Finchley N2 8LT. **Cost £20 for four sessions.** Contact Helen Nicolaou on 07384 466840 or email

[helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) to book a place.

**Historic London Walks.** A comfortable walk to explore the historical interest of a particular area, which may include viewing buildings, churches, ruins and open spaces. Thursday morning 10.30 - 12.30.

Contact Maggie Sparrow and Maggie Smith

[maggiesparrow7@gmail.com](mailto:maggiesparrow7@gmail.com), [maggie.smith@blueyonder.com](mailto:maggie.smith@blueyonder.com)

#### FRIDAY

**u3a History of Art** - 10.30am to 12.00pm - fortnightly.

Contact Angela Filmer - 0208455 3930 - [filmer.a@btinternet.com](mailto:filmer.a@btinternet.com)

**Games Afternoon** – 1st Friday of every month 2.00pm – 4.00pm at Trinity Church, Nether Street, North Finchley N12 7NN. Playing a selection of board games, card games and the occasional 5-minute quiz. Tea, coffee, biscuits and sometimes cake will be served! **£1 contribution for refreshments.** Contact Helen Nicolaou on 07384 466 840 or email:

[helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) for more information.

## Places to go this Christmas!

Enjoy social activity from Christmas events to local theatre.



### Christmas Tea for Seniors at St Barnabas Church, 913 High Road, North Finchley N12 8QJ

**Saturday 10th December from 3.00pm to 5.30pm**

Live music, dancing, good food, carols, Christmas talk, friendly atmosphere, all welcome! Admission is FREE but please book your place. Email: [wednesdayclub@stbarnabas.co.uk](mailto:wednesdayclub@stbarnabas.co.uk). Nearest tube: Woodside Park, Northern Line. Buses: 125, 263, 383

### U3A North London

#### MONDAY TO FRIDAY

If you are retired or semi-retired, North London U3A has something for everyone, everyday!

From arts & crafts to walks, films and theatre, the list of activities and events is endless. Check the website [nu3a.org.uk](http://nu3a.org.uk)



### STEPHENS HOUSE AND GARDENS,

**17 East End Road, Finchley, London N3 3QE | Tel +44(0)20 8346 7812**

#### WINTER LIGHTS

**Saturday 17th and Sunday 18th Dec**

**From 17.30 - 19.30**

Come and take a Christmassy walk around the lit up gardens

Cafe open - so try some yummy hot chocolate or mulled wine

**Entry £5.00 (under 2 years free) - ENTRANCE VIA STEPHENS GATE ON EAST END ROAD ONLY**

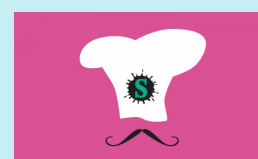


### SUNDAY LUNCH IN THE HOUSE

**Sunday 8th January 2023**

Sunday lunch is served in the house from 12:00 to 15:00.

Booking for lunch is essential please email [info@stephenshouseandgardens.com](mailto:info@stephenshouseandgardens.com). Give the number of guests and time required plus contact phone number. Or call 020 8346 7812, press option 1 and leave a message.



Advertisement

**THE ORCHARD HOUSING SOCIETY****TAKING NEW APPLICATIONS**

Located off Hampstead Way, NW11 6YN

**We offer studio flats for single applicants and one bedroom flats for couples.**

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We offer:

- A flat that is safe, warm and easy to maintain
- The opportunity to get involved in social activities and make new friendships
- Help from our staff to support you to live independently
- Overall maintenance of the building

For further information please visit our website:

**[www.orchardhousing.co.uk](http://www.orchardhousing.co.uk)**

**Email: [orchardhousing@btconnect.com](mailto:orchardhousing@btconnect.com)**

**Phone: 020 8455 3223 to speak to Beatrice**

**Tenant Support Manager.**

**Age UK Barnet FREE Winter Home Check**

**Cut your energy costs with FREE energy MOTs for Barnet residents over 55**

What our handy person team can do:

- Set heating timers and thermostats
- Check light bulbs
- Change winter curtains
- Assist with draught proofing



Phone Sasha on 020 8150 0963 or email

[handyperson@ageukbarnet.org.uk](mailto:handyperson@ageukbarnet.org.uk) to book an appointment.

**Sudoku brain teaser for you!**

We know how important it is to keep ourselves physically active but it is just as important to keep our brains fit and active too! Visit this site for some fun free online quizzes including Sudoku and Solitaire, to keep your brain exercised and active: [www.solitr.com](http://www.solitr.com)

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						4	8	9
	2			1		3		4
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**CONTACT US**

**Follow BSA 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](mailto:baseas@org.uk)

Email: [info@barnetseniors.org.uk](mailto:info@barnetseniors.org.uk)

Tel: 020 3778 0151

**USEFUL CONTACTS**

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

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BSA takes no responsibility for third party activities and events.