



The next e-bulletin will be sent out on the 18th June 2018, for inclusion please send details by 13th June

Great News for BSA

BSA has signed up to GoRaise. It's now so easy for everyone to help raise funds for BSA.

BSA will get FREE donations every time you shop online. It's simple, it's safe, and it doesn't cost you a penny.

Once you've registered with GoRaise, every time you shop online at thousands of brilliant online retailers - including M&S, John Lewis, Argos, Ebay, Sports Direct, & Expedia - those retailers will donate a portion of what you spend to our cause, for FREE. At no extra cost to you. To get involved and do your bit for BSA just click on the link below

www.goraise.co.uk/barnet-seniors-association/?refid=9711

and register for FREE today.

If your Web Browser is Chrome, Firefox and Safari for Laptops and Desk Tops only then it is really easy to install their Donation Reminder so that you know the Website you are on supports GoRaise
If your browser is not one of these, just make sure you visit the GoRaise website and click on your chosen retailer, from the list of over 3,000, each time you want to shop online

Whether you're an individual or a company, please do sign up today, it will make a huge difference to us and we could raise £100's of extra funding every year just from donations generated by wonderful supporters who shop via GoRaise, for their everyday online shopping.

Thanks for your help!

The BSA Team

BSA – Sky Garden Visit

1 Sky Garden Walk, 20 Fenchurch Street, London EC3M 8AF

The Sky Garden at 20 Fenchurch Street is a unique public space that spans three storeys and offers 360-degree uninterrupted views across the City of London.

Monday 9th July 2018 at 2pm

Travel details

By Underground

Monument is the closest tube station, just a few minutes' walk away, and Tower Hill, Tower Gate, Aldgate, Bank and Mansion House are less than a 10-minute walk.

By Train

Regular rail services run into London Fenchurch Street, Cannon Street, and London Bridge. For up-to-date running information check National Rail

For further information phone 020 3778 0151

or email Sue at bsabarnet@outlook.com

Closing date for bookings: Friday 15th June

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If you would like to receive the BSA Newsletter and e-bulletin by email please

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Mobile: 07722 830397

Email: distribution@barnetseniors.org.uk

Website: www.baseas.org.uk

**HGS U3A****Topical talk - Crossrail Countdown to Completion**

Venue: North Western Reform Synagogue
Alyth Gardens NW11 7EN

Date/Day: Thursday 28th June

Time: 3pm—4:30pm

Cost: FREE to guest who are allowed to visit once
but book via the website— refreshments £1.00

Richard Storer's talk on Crossrail outlines some of the complicated engineering which has taken place, largely unseen, beneath the streets of London— the construction of the new stations and preparations for the opening of the Elizabeth line in December 2018

Contact: Daphne Berkovi 07734 252 045

Website: <https://hgsu3a.uk/events/#topical>

Volunteering Barnet – Volunteer's Week Fair

Venue: The Arts Depot, 5 Nether Street
North Finchley, London N12 0GA

Date/Day: Wednesday 6th June 2018

Time: From 1pm to 5pm

Cost: FREE

We'll be celebrating this year's Volunteers' Week with our annual Volunteers' Fair. Come along for the chance to meet incredible organisations such as RSPB, Barnet Scouts and Jewish Volunteering Network and find out what they can offer you as a volunteer. No Need to book - The more the merrier!

Contact: For more Information please contact
Emily on 0300 365 9960

Email: enquiry@volunteeringbarnet.org.uk

Website: www.volunteeringbarnet.org.uk/events-and-training

Diabetes Awareness Day

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

Date/Day: 11th June

Time: 11am – 2pm including Lunch

Cost:

Main Speaker Dr Sarah Ali consultant in Diabetes & Endocrinology at Royal Free London NHS Foundation Trust

Contact: For more Information
contact Martin on 020 8205 0668

Email: info@diabetes-barnet.org.uk

Website: www.diabetes-barnet.org.uk

Bowls & Croquet (Only Croquet Club In Barnet)

Venue: Finchley Victoria Bowling & Croquet Club
Finchley Victoria Park, Ballards Lane, N3 2NE
(Opposite Old Police Station)

Date/Day: Wednesday, Saturday or Sunday

Time: 2pm - 4.30pm

Cost: £5.00 per session

Free Parking
FREE Tuition & Equipment Provided

Contact: Contact Gary on 020 8346 0818

Email: garybargroff@btinternet.com

Website: www.fvbcc.com

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**Diabetes - Talk**

Venue: Cophall Leisure Centre
Champions Way NW4 1PX

Date/Day: Tuesday 12th June

Time: 12.30 to 1.30pm

Cost: Free to attend and free parking

Dr S. Thanabalan presents a talk on Diabetes

Contact: For more information please contact Annalisa
on 020 8457 9900

Email: annalisa.cellini@gll.org

Website:

Cherry Lodge – Ladies Lunch

Venue: Old Ford Golf Club, Hadley Green EN5 4QN

Date/Day: Wednesday 27th June 2018

Time: 1pm to 1.30pm start

Cost: £34.00 in Advance only

Ticket includes a welcome drink, an excellent 2 course meal, entertainment from dulcet tones of top pianist Paul Jaffa, and an amusing after-lunch talk by our guest speaker, James Higgs, regaling stories "In the Footsteps of a Wedding Toastmaster"

Contact: For Information & Tickets
Contact Tina 020 8441 7000

Email: Tina@cherrylodgecancercare.org.uk

Website:

Diabetes week of action

Venue: Burnt Oak Leisure Centre Watling Avenue,
HA8 0NP

Date/Day: Saturday 16th June

Time: 11am to 1pm

Cost: FREE

Come along and enjoy activities for the whole family including:
Diabetes Risk Assessment, Better Health Walk & Taster classes
(Chair based exercise, Dance Aerobics, Body conditioning)

Contact: For more information please contact Annalisa
on 020 8457 9900

Email: annalisa.cellini@gll.org

Website:

Parkinson's UK, Brent/Barnet Branch

Venue: Stephens House, East End Road, N3 3QE

Date/Day: See Details Below

Time: See Details Below

Cost: Varies for each activity

People with Parkinson's are also invited to join any of the following exercise classes to keep fit. Numbers are limited and on a first-come basis.

Mondays

Conductive Education - 11am – 12.15pm Edgware PD Unit
Musical Movement 13.30 – 15.00pm Edgware PD Unit

Tuesdays

Tai Chi 14.00 – 15.30pm Edgware PD Unit

Wednesdays

Tai Chi 14.00 – 15.30pm John Keble Church

Thursdays

Conductive Education 13.00 – 14.00pm Edgware PD Unit

Contact: For general enquiries: post@bonnietaylor.net
For the exercise classes:
carolinevmonk@gmail.com

Website: www.parkinson's.org.uk

Home Library Service

Are you or someone you know in need of books/large print books/audiobooks/DVDs or music, but can't get to a local library due to age or disability?

If so, Barnet Libraries' Home Library Service is available free of charge to Barnet residents.

If you are interested, please call 020 8 359 3901 for further information or visit
Website <https://www.barnet.gov.uk/citizen-home/libraries/home-library-service.html>

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**Memory Way Cafes run by Jewish Care**

Memory Way Cafes offer a warm and welcoming environment for informal social gatherings for people living with dementia together with their family carers. It is an opportunity for those living with dementia to share similar experiences and to seek support and advice as well as enjoy shared stimulating activities and talks in a Jewish environment.

Location: Betty and Asher Loftus Centre, Sam Beckman Centre, Asher Loftus Way, Colney Hatch Lane, London N11 3ND

Day: Monthly on Thursdays June 28th, July 26th and August 23rd **Time:** 2pm-4pm

Contact: For more information please the Call Jewish Care Helpline 020 8922 2222

Location: Otto Schiff, Limes Avenue Golders Green NW11 9TJ

Day: Fortnightly Thursdays June 7th & 21st; July 5th & 19th; August 2nd & 30th **Time:** 2.30-4.30pm

Contact: For more information please the Call Jewish Care Helpline 020 8922 2222

Location: Leonard Sainer Centre, Jack Block House, Rectory Lane, Edgware, Middlesex HA8 7LF

Day: Bi-monthly Wednesdays July 25th **Time:** 3.30-5pm

Contact: For more information please the Call Jewish Care Helpline 020 8922 2222

Memory Way Café supported by Jewish Care

Location: Edgware and Harrow Reform Synagogue, 118 Stonegrove, Edgware, Middlesex HA8 8AB

Day: Monthly each Wednesday **Time:** 2.00-3.30pm

Contact: For more information please call Emma Roche on 020 8238 1013

Singing for Memory run by Jewish Care

Singing for Memory is a singing session providing a friendly and stimulating social environment, bringing together those living with dementia and their carers. These engaging activities build on the preserved memory for song and music in the brain. All are welcome regardless of religious affiliation.

Location: Otto Schiff, Limes Avenue Golders Green NW11 9TJ

Day: Weekly each Wednesday **Time:** 2.00-3.30pm

Contact: For more information please the Call Jewish Care Helpline 020 8922 2222

Singing for Memory supported by Jewish Care

Location: Finchley Reform Synagogue, 101 Fallow Court Avenue, London N12 0BE

Day: Each Tuesday **Time:** 1.30-3.30pm **NB Sessions commence on 19th June onwards**

Contact: For more information please call the Synagogue directly 020 8446 3244

DEMENTIA CLUB UK - Launch Party on Wednesday 18th July 2018

Dementia Club UK in association with The Rotary Clubs of Edgware & Stanmore and Northwick Park are holding a Launch Party on Wednesday 18th July 2018 from 2.30pm to 4.30pm at: John Keble Church The Baden-Powell Centre, Deans Lane, Edgware, Ha8 9NT. A buffet and refreshments will be available. Join in to do some Yoga with Richard and then enjoy some singing and dancing with Ronnie our musical entertainer.

Everyone is welcome to attend.

For further information please call Lisa the Chairman 07956 858 913 or email lisa.rutter@dementiclubuk.org.uk

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PLANE WALL

An Installation by David T. Waller & John R. Waller

Stephens House & Gardens 17 East End Road, Finchley N3 2QE

OPEN: Sat & Sun, 10–5pm CLOSED: 29th July, 5th August and Bank Holiday weekends

Plane Wall a unique collaborative art installation by twin brothers. It aims to harbour, provoke and express the passionate, imaginative, creative and obsessive tides within us. Visitors are invited to: spend time; to wonder; to question; and to reflect. The myriad of shapes, unexpected objects, shadows and patterns embrace the visual experience. The accompanying sound-track adds its extra immersive quality.

It is literally 'walls of planes' which offer gentle, visible pathways to the 'temporary' sitting rooms and a kaleidoscopic view to the past. Suspended model aircraft are ingeniously intertwined with family memorabilia. They quietly occupy the environment enhanced with vintage furniture and mirrors, creating a private, moving and nostalgic atmosphere.

The aircraft were donated by John in response to minimizing his surroundings. I accepted his collection trusting our inventive, furtive and collective minds. The familiar family adage 'they'll be useful one day' re-orientate their function and purpose, thus fuelling our creative desires.

The aircraft span from years of a constant, systematic assembly and finishing. The process inextricably fulfils both John's life-long passion and interest, and methods of coping with the stresses of his O.C.D and A.S.D traits.

During our early 70s childhood, the assembly of model kits extended our innate dexterous skills and now unites us creatively.

Previously, visitors shared their attuned stories from family and friends and recalled lives tainted, touched and transformed by the presence and passing of winged machines. Please share your stories and experiences during your visit, and support the mental health of military veterans to whom donations to Combat Stress will be paid.

This Event open now, and on until Saturday 29th September 2018

Enquiries: David 07890 099432 dtwaller@hotmail.com

'Plane Wall' - Detail of Art installation (photo courtesy of the artists)



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DEMENTIA CLUB UK - NEW VENUE IN BOREHAMWOOD

A new Dementia Club is opening in Borehamwood on the 3rd Monday of every month at 2.30pm - 4.30pm. The first session will be on **Monday 16th July 2018** at;

Allum Manor, (Manor House Room 2) 2 Allum Lane, Elstree, Hertfordshire, WD6 3PJ.

For further information please call Lisa the Chairman 07956 858 913 or email lisa.rutter@dementiaclubuk.org.uk

Barnet Carers Centre

Is a growing local charity, operating within the London Borough of Barnet. We employ around 70 staff and have 50 volunteers who support unpaid carers across the Borough

In addition to the support and information services that we provide, we also run a home care service which provides care to a wide range of people. There are almost 40,000 unpaid carers in Barnet ranging in age from 5 to 85. Our support is vital to many local families and individuals.

Barnet Carers Centre is now looking for up to three new Trustees to help us deliver our local authority contracts and our ambitious plans for the future.

If you have an interest in social care and would like to play a key role in the support of carers in Barnet why not join us. We are particularly looking for people with knowledge of finance, marketing or business; however, as important is a real wish to make a difference locally.

The Board of Trustees meets 6 times a year during the day and we also have a number of sub-committees. Board meetings are held at our centre at 303 Ballards Lane in Finchley.

The role is not re-numerated although expenses can be claimed.

If you would like an informal discussion about becoming a Trustee you can call Barnet Carers Centre's CEO on 0208 432 2049 or email him at mike.rich@barnetcarers.org

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