

**The next e-bulletin will be sent out on the 20th Aug 2018, for inclusion please send details by 16th Aug****Barnet Seniors' Association - Silver Sunday Afternoon Tea**

Venue: Woodhouse College, Woodhouse Road, N12 9EY

Date/Day: Sunday 7th October Time: 12:30 pm – 3:30 pm Cost: Free

Senior citizens in Barnet, London's largest borough, are once again invited to bring their family or come along and make new friends at Barnet's fourth annual Silver Sunday afternoon tea party drop-in event on Sunday 7th Oct. 2018.

There will be a variety of entertainment to join in or simply sit back and enjoy, as well as lots of information on things to do and services and facilities available. And all this is free, organised by Barnet Seniors' Association (BSA) in tandem with the London Borough of Barnet. It is not necessary to book for the event: however, it would be helpful for catering purposes to let us know if you plan to attend. Please could you email Neill at distribution@barnetseniors.org.uk or leave a message on 0203 778 0151 and we will get back to you.

Barnet's Silver Sunday agenda is part of a nationwide programme led by The Sir Simon Milton Foundation to celebrate the value and knowledge that older citizens contribute to their communities. Everyone can get involved, whether it's spreading the word, helping to organise an event or simply attending an activity.

Silver Week activities will be taking place throughout the borough for the week beginning 1st October.

If you want to know what will be on in Barnet during this special week, visit your local Barnet library, go online to www.barnet.gov.uk/silverweek or view the Sept/Oct issue 20 of the BSA newsletter Insider. (Due out first week of September)

If you would like to contribute by running an event, please contact the Prevention and Wellbeing team on 020 8359 2519 or email preventionandwellbeing@barnet.gov.uk

Contact: For catering purposes contact Neill

Email: distribution@barnetseniors.org.ukWebsite: <http://www.baseas.org.uk>**Diabetes-Barnet Meeting - 'Your Stories'**

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

Date/Day: Wednesday 12 September Time: 7.15pm to 9pm Cost: Free

In that meeting the discussion will revolve around 'Your Stories'. Guests will come along and talk about how diabetes has affected them. They will then join you on the tables.

Tea and coffee provided (a donation is requested), but the meeting is free!

At all our meetings, everyone is welcome, even if you are a friend /relative and come to give support or want to find out more.

Contact: For further info please contact Martin on 020 8205 0668

Email: martin@diabetes-barnet.org.ukWebsite: www.diabetes-barnet.org.uk**Hampstead Garden Suburb U3A and surrounding areas - Open Day for New Members**

Venue: Alyth, Alyth Gardens, London NW11 7EN

Date/Day: Tuesday 4 September Time: 10 am to 12 noon Cost: FREE

Hampstead Garden Suburb University of the Third Age (HGS U3A) welcomes new members.

There are over 60 interest groups covering a wide range of topics. Ideal for retired and semi-retired people

Contact: Daphne Berkovi 07734 252 045

Email:

Website: <https://hgsu3a.uk>

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Mobile: 07722 830397

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BSA E-Bulletin V2 – 07-03-2017

**Carers Information and Support Programme (CrISP)**

Venue: The Eversfield Centre, 11 Eversfield Gardens, Mill Hill, London NW7 2AE

Date/Day: 5th, 12th, 19th, 26th September 2018 Time: 10:30am-1:30pm Cost: FREE**What is CrISP?**

Our Carers Information and Support Programme (CrISP) provides free support and up-to-date, relevant information for family, friends and Carers of people living with dementia in Barnet. Held in a group environment, where carers can find out about local and national services that can offer support.

The Programme is run in a series of sessions which offers carers the opportunity to share experiences in a confidential and friendly environment with others in a similar situation.

4 Essential Sessions

The programme consists of four essential sessions each lasting 3 hours and is run by skilled, compassionate and experienced staff.

Session 1: Understanding dementia

Session 2: Providing support and care

Session 3: Legal and money matters

Session 4: Coping day-to-day

The Programme, plus refreshments and information booklets is free. Participants are expected to attend all four sessions to complete the Programme. The Programme is ideally suited to carers (family and friends, not paid care workers) of people who have been recently or fairly recently diagnosed with dementia.

Contact: contact the Barnet Dementia Hub to book a place on 0203 725 3001 Email: barnet@alzheimers.org.ukWebsite: www.alzheimers.org.uk**Good Neighbour Scheme for Mill Hill and Burnt Oak**

Venue: Trinity Church on Mill Hill Broadway London NW7 3TB

Date/Day: Various Dates Time: Start Time 2.15pm Cost: FREE but a box for donations is available

List of films being shown over the next 12 months.

The Broadway is accessible by several buses including 251, 113, 186, 221, 240

29th August - GUYS AND DOLLS

26th September - THE PROPOSAL

24th October - THE ODD COUPLE

28th November - OKLAHOMA

23rd January 2019 - FOUR WEDDINGS AND A FUNERAL

27th February 2019 - BREAKFAST AT TIFFANY'S

27th March 2019 - WHEN HARRY MET SALLY

17th April 2019- PLANES, TRAINS AND AUTOMOBILES

22nd May 2019 - OH! WHAT A LOVELY WAR

26th June 2019 - THE LION KING

Contact: Email:

Website:

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Arts Depot North Finchley - Autumn/ Winter 2018 Matinee Events

Venue: 5 Nether Street, Tally Ho Corner, North Finchley N12 0GA

Date/Day: Various Dates Time: Various Times Cost: Various Prices

The Trench Tuesday 2nd October 2:30pm First World War epic about a miner trapped in a collapsed tunnel. Powerful visual theatre with puppetry by Les Enfants Terrible, nominated for an Olivier Award.
<https://www.artsdepot.co.uk/theatre/trench>

Perfectly Imperfect Women Thu 4 Oct 2018 2pm Multi-award-winning storyteller Danyah Miller explores what drives us to want to live perfect lives as mothers, daughters, wives, sisters, bread-winners. Comic and personal show performed by Danyah herself.
<https://www.artsdepot.co.uk/theatre/perfectly-imperfect-women>

Tomorrow's Warriors, Sun 7th Oct 1pm. Join us for free live jazz performed by young musicians during Silver Week when there will be celebrations & events across the borough celebrating and engaging older people.

Swinging at the Cotton Club Thursday 1st November 2pm – celebrating the music and dance of New York's iconic 1920s & '30s venue 'The Cotton Club'. This show has a live orchestra and dancers from The Lindy Hop Dance Company.
<https://www.artsdepot.co.uk/music/swinging-cotton-club>

High Society from the Piccadilly Dance Orchestra Thursday 31st January 2pm – a 12 piece orchestra perform hits from Cole Porter's original musical including Who Wants To Be A Millionaire? True Love and Now You Has Jazz. This will be added to our website later in the year.

At all our meetings, everyone is welcome, even if you are a friend /relative and come to give support or want to find out more.

Contact: For further info please contact Tim on 020 8369 5470 Email: Tim.Burley@artsdepot.co.uk

Website: <https://www.artsdepot.co.uk/theatre/>

Mill Hill Garden & Allotment Society - 70th Annual Show

Venue: St Michael and All Angels Church in Flower Lane London NW7 2JA

Date/Day: September 1st, 2018 Time: From 2.15 to 5pm Cost: Entry for adults is £1.50

Do come and enjoy displays of our produce, gorgeous flowers, photos, home cooked food and preserves plus refreshments, the chance to buy our fruit and veg. and a raffle too

If you would care to actually participate, you can pay a Show membership of £3.50 to receive all details and entry forms

Contact: Further information contact Sonia on 020 8959 4989 Email: mhgas@outlook.com

Website: Mhgas.btck.co.uk

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**East Finchley Explorers Picnic – Brownswell Green**

Venue: The East Finchley Explorers Picnic, between Oak Lane and Brownswell Road

Date/Day: Sunday 5th August Time: 11.30am – 3pm Cost: Free

Bring along some food and explore your neighbours' cooking with the family and friends and enjoy the summer weather at The East Finchley Explorers Picnic, between Oak Lane and Brownswell Road. The picnic is also an opportunity to help create a new green space in an area which currently has very little.

All are invited to help cut back some brambles, help pick blackberries and discuss how to improve the space.

Contact: Email: info@grangebiglocal.orgWebsite: www.grangebiglocal.org**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.comWebsite: www.fvbcc.com**Ivrit Discussion Group for Seniors in Golders Green**

Venue: Meet weekly in a member's flat in Golders Green

Date/Day: Tuesday mornings Time: 10-11:30am Cost: £40pa for membership of all of HGS U3A groups*

Can you make yourself understood in עברית?

Do you want to improve your proficiency?

Are you retired or semi-retired?

Could you be free on Tuesday mornings?

If yes to all, then why not try our friendly chug?

6 of us meet weekly in a member's flat in Golders Green

We read, translate and discuss articles from an Israeli newspaper which is in somewhat simpler עברית

Just 2 more wanted

*This once-off annual membership fee enables participation at no extra charge to any (or all!) of the ~70 other active HGS U3A groups – see here <https://hgsu3a.uk/groups/>

Contact: Details from Tony on 020 8458 2162 Email:

Website: <https://hgsu3a.uk/> particularly <https://hgsu3a.uk/groups/languages/#ivrit>

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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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Patient Survey for Transport around London

Transport for All is looking for evidence from Disabled and older Londoners who use patient transport, following concerns about the eligibility criteria.

Our Advice Line recently received many calls from Disabled and older people being denied patient transport services by the Royal Free Hospital despite having a genuine need for it. In some cases, people have been denied this vital NHS funded transport for their appointments despite previously being eligible in the past.

We are concerned that patients are not being asked the right questions when applying for patient transport and that the phone assessment process is not being carried out fairly. We believe this leads to Disabled and older people being refused access that they are truly in need of and we want to know whether this practice is happening at other hospitals across London.

Take action - respond to our survey

Transport for All is looking for Disabled and older people who have booked, or tried to book, patient transport within London in the last year to complete a short survey about their experience with arranging patient transport.

Does this sound like you? If so we'd like to hear about your experiences, whether you were refused this service or not.

The survey should take no more than 10 minutes to complete. By responding you will help us gain a better understanding of the problem and allow us to gather testimonies to persuade hospitals to improve their patient transport services.

Please do not hesitate to share this survey/information with anyone who may have used patient transport in London in the past year.

The deadline to respond is: 31st August 2018

To respond to the survey online https://www.surveymonkey.co.uk/r/patient_transport_tfa

For alternative ways to respond to the survey

<http://www.transportforall.org.uk/about/news/call-for-experiences-of-patient-transport-in-london>

Thank you very much in advance for your support.

Best wishes,

Josh Lang
Campaigns and Outreach Officer
Transport for All

Contact: For further info please contact Josh 020 7737 2339

Email: joshua@transportforall.org.uk

Website:

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