

**FREE**

# Barnet Seniors' Insider

Produced by:



**Barnet Seniors' Association**  
A Voice for Older Residents

## News for senior citizens in Barnet

\* Keeping well

\* Staying safe

\* Being active

\* Making friends

Issue 18 • May / June 2018

If You Don't Need This Newsletter, Please Pass It On To Someone Who Might

## Keep safe this summer

The warmer summer months that hopefully lie ahead can unfortunately increase opportunistic crime...

### Going away this summer?

- Think before posting your favourite holiday snaps on social media as this draws attention to your empty home
- Use timer switches on lamps or even radios
- Ask a neighbour to bring your bins back in after collection
- Ask a neighbour to park their car on your drive
- Store valuables in a safe place whilst you are away and consider moving enticing items, such as TVs and game consoles, out of sight
- Ask a trusted neighbour or friend to pop in to open and close your curtains to give your home a 'lived in' look.

### Garden Security

One of the best ways to keep thieves out is to use nature's own defense mechanisms.

A barrier of prickly hedge along your boundary or underneath a window will help deter thieves.

Hedges and shrubs in the front garden should be kept to a height of no more than 3 feet in order to avoid giving a burglar a screen behind which he can conceal himself.

### Protecting your property

- Lock all doors and windows before leaving the house
- Check ground floor windows are closed and locked when you go to bed
- Don't leave any valuables in your car – a thief doesn't know that bag is empty!
- Remember to remove your satnav and its holder from the car.
- Keep your shed securely locked with a strong padlock and always put away gardening equipment and tools once you've finished using them.
- Register any valuable items, such as mobile phones and tablets, on the free online database [www.immobilise.com](http://www.immobilise.com) If they get lost or stolen, police are able to return it to you more easily if they're recovered.



### IN THIS ISSUE

- Crimestoppers
- Defensive Gardening
- Scams Awareness Service
- Act F.A.S.T. – Stroke Awareness
- Help with one-off practical tasks
- Changes to the State Pension

## BSA Spring Event

'Bridging the Age Gap'

Wednesday 30<sup>th</sup> May

10:30am – 2:30pm

Woodhouse College

Woodhouse Rd, Finchley, N12 9EY

Complementary buffet lunch

Cost: FREE - All welcome

See pages 6 and 7 for  
Out and About in Barnet

## A message from the Editors

Barnet Seniors' *Insider* is a non-profit making free newsletter published six times a year by Barnet Seniors' Association (BSA), see page 8, which is delivered by volunteers. The *Insider* welcomes contributions for publication from individuals and community groups. The views expressed are not necessarily those of the editorial team. BSA takes no responsibility for the services promoted or advertised in this newsletter.

### Where we go

15,000 copies are being delivered every two months to residents across the London borough of Barnet.

### Will you be a Street Champion?

We have a network of volunteer deliverers and are hoping that soon every home in the borough will receive a copy. If it is not delivered to you, or if you would like to help delivering in your area\*, please contact Neill at [distribution@barnetseniors.org.uk](mailto:distribution@barnetseniors.org.uk) or call 020 3778 0151 and leave a message.

### How to send in an article

Email Stephen at [info@barnetseniors.org.uk](mailto:info@barnetseniors.org.uk). Please keep articles to around 300 words or less, bearing in mind that past events are not likely to be of general interest. The editors reserve the right to select and edit material (reduce the length of an article) and rewrite or otherwise modify it if they deem it necessary. Material will be formatted to suit our house style. Please use plain text Word or email, but clear handwritten or typed articles are acceptable. Send photos, logos etc as a tif, bmp, gif or jpg file or copy to a memory stick or CD. Please contact Stephen on 020 3778 0151.

## Advertising

Advertising in Barnet Seniors' *Insider* is welcomed, with priority given to local organisations. Advertising space is limited and contributes towards costs. To discuss, please call 020 3778 0151 or email Stephen at [info@barnetseniors.org.uk](mailto:info@barnetseniors.org.uk).

### How to supply advertisements

Call us to book space: there may be a waiting list. Artwork must be submitted in pdf or jpg format and be correctly sized for the space required as detailed below.

Ad Size	Approx. mm	Cost per issue	12 Months / 6 issues
Full Page	210 x 297mm	£400	10% discount
1/2 Page	180 x 128mm	£220	
1/4 Page	90 x 128mm	£120	
<b>Deadlines:</b>		<b>Sept/Oct issue – 20 July</b>	
<b>July/Aug issue - 25 May</b>		<b>Nov/Dec issue – 21 Sept</b>	

### \* Join our 'Street Champions'

Become a 'Street Champion' and help us to distribute the *Insider* by delivering it to 20 or more neighbours! For more information call Neill on 020 3778 0151 or email [distribution@barnetseniors.org.uk](mailto:distribution@barnetseniors.org.uk)



## Now's the time for you to volunteer

If you have ever thought of giving some of your time to help others in the community, act now!

If you can spare a few hours or a day or two a week, you can have fun whilst making a positive difference to your local community. Volunteers can help in many ways. They volunteer directly to help individuals or groups, in charity shops or raise funds to help a charity continue its work. Whatever your background and skills, there will be a volunteering opportunity for you. Contact Volunteer SELECT on 020 8364 8400 ext 222 on Tuesdays



## Volunteer Advocates needed

Can you listen to, and respond sensitively to the issues and concerns of older people?

Advocacy in Barnet is looking for volunteer advocates to help people aged 50+ to access health and social care services in the London Borough of Barnet.

Phone: 020 8201 3415 ext. 2006

Email: [matthew.falk@advocacyinbarnet.org.uk](mailto:matthew.falk@advocacyinbarnet.org.uk)

## Useful / Emergency Contacts

<b>Police</b>	Non-emergency 101 Emergency 999	Textphone 18001 101 Textphone 18000
<b>NHS 111</b>	111 (national number)	Textphone 18001 111
<b>Council</b>	020 8359 2000	<a href="http://barnet.gov.uk">barnet.gov.uk</a>
<b>Debtline</b>	0808 808 4000	<a href="http://nationaldebtline.org">nationaldebtline.org</a>
<b>Childline</b>	0800 1111	<a href="http://childline.org.uk">childline.org.uk</a>
<b>Crime Stoppers</b>	0800 555 111 (Anonymous Line)	<a href="http://crimestoppers-uk.org">crimestoppers-uk.org</a>
<b>Advice</b>	03444 111 444	<a href="http://citizensadvice.org.uk">citizensadvice.org.uk</a>
<b>Silverline</b>	0800 470 8090	<a href="http://thesilverline.org.uk">thesilverline.org.uk</a>
<b>Samaritans</b>	116 123	<a href="http://samaritans.org">samaritans.org</a>
<b>Gas</b>	0800 111 999	<a href="http://nationalgrid.com">nationalgrid.com</a>
<b>Electricity</b>	0800 028 0247	<a href="http://ukpowernetworks.co.uk">ukpowernetworks.co.uk</a>
<b>Water</b>	0800 316 9800	<a href="http://thameswater.co.uk">thameswater.co.uk</a>



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

**Stroke**  
association

## 50+ Matters

Advocacy in Barnet (AIB) offers free, independent and confidential advocacy services to people aged 50 and over in the borough of Barnet.

Advocacy in Barnet can work with you to ensure that you are appropriately assisted to participate in decisions that affect your life, giving you choice and control over your life.

They can help with:

- Health and care reviews
- Supporting transitions to assisted living facilities
- Obtaining services from health and the local authorities.
- Getting the equipment you need

They do this by speaking up on your behalf, writing letters, making telephone calls, researching information and attending meetings.

Tel: 020 8201 3415

[admin@advocacyinbarnet.org.uk](mailto:admin@advocacyinbarnet.org.uk)

## Dementia Clubs

Dementia Club UK, a registered charity, is at present running seven dementia clubs in the Borough of Barnet. People that attend a Dementia Club have either just been diagnosed or are more progressed with dementia.

The Dementia clubs provide respite for the dementia sufferers, their carers and their families and for those who have lost someone with dementia and are now lonely. They enjoy a chat with new friends over a cup of tea/coffee and lovely cakes. They also do quizzes, singing, exercises like Tai Chi and Chair Yoga, fun activities and outings.

Carers can also obtain advice and information from GPs and nurses who can answer medical concerns and partner organisations who can offer advice about social care and legal matters such as Powers of Attorney.

[lisa.rutter@dementiaclubuk.org.uk](mailto:lisa.rutter@dementiaclubuk.org.uk)  
[www.dementiaclubuk.org.uk](http://www.dementiaclubuk.org.uk)

## Trinity Stroke Club

For people who have suffered a stroke. This is a friendly supportive club which has been running successfully for many years in the heart of Finchley – at Trinity Church Centre in Nether Street.

Here you will find a warm welcome, friendship, humour and understanding. Whether your condition is long-standing or whether you have just undergone the shock of what has happened – members will empathise and help you adjust to the experience and circumstances in which you find yourself.

The group meets on a Thursday from 10.30am and enjoy good company, chess, draughts, scrabble, rummikub, quizzes, chair yoga, conversation, tea & coffee.

Volunteers are also welcomed.

Tel: 07934 968805

Email: [btsg@btinternet.com](mailto:btsg@btinternet.com)

## Scams Awareness Service



A new service has been launched by Age UK Barnet to tackle the rising problem of financial scams, which are most likely to target the over 55s.

The service offers support to individuals who are already a victim of a scam, or who may be at risk of being scammed. Once referred to Age UK Barnet's Scams Awareness Project Manager, they can offer advice on a one to one basis.

Scams are organised and run by criminals. Their aim is to try to trick victims into sending cash, transferring money or disclosing personal information. Their tactics are misleading, predatory, detrimental and fraudulent. Scammers are professional hoaxers, they are friendly, well spoken, know how to dazzle you and make you focus on the reward. They refer you to what seems to be a legitimate website, offer false testimonial and give themselves important sounding titles. They use fictitious charities and distressing photographs in order to pull at your heartstrings.

If you would like to discuss any aspect of scams awareness, please contact Helen Nicolaou on tel: 020 8432 1419 or [scamsawareness@ageukbarnet.org.uk](mailto:scamsawareness@ageukbarnet.org.uk) or visit [www.ageuk.org.uk/barnet/our-services/scams-awareness](http://www.ageuk.org.uk/barnet/our-services/scams-awareness).

This project is funded by the City Bridge Trust, delivered by Age UK Barnet in partnership Action Fraud.





**Crimestoppers** It is a crime information collection operation which enables anyone with information about any crime and who wishes to remain anonymous to pass that information to the police. This is done by calling Crimestoppers on 0800 555 111.

The success of Crimestoppers is largely due to these fundamental points:

**Anonymity:** All callers remain totally anonymous therefore preventing any further involvement. This is particularly important if they are reporting information about someone they know or live nearby.

**A Reward:** Callers may be entitled to a reward if the information they provide leads to someone being arrested and charged with a crime. Rewards are available, paid without prejudice to the caller's anonymity.

Crimestoppers Trust is the national umbrella organisation behind the scheme and is the only charity helping to solve crime. Under direction from the Trust the scheme is run primarily by volunteers on a regional basis.

## Online Watch Link Keep communities safe



OWL – the Online Watch Link – helps keep communities safe, reduce crime and keep people informed of what's going on locally.

Would you like to know more? Visit [www.owl.co.uk](http://www.owl.co.uk).

## Defensive Planting

### Nature's way to beat the burglar



Criminals do not like climbing through prickly plants and hedges. They know that a small item of ripped clothing or blood can help the police identify them.

This list is not exhaustive but includes some of the best plants to protect your garden.

**Creeping Juniper** - *Juniperis horizontalis* 'Wiltonii' - Also known as 'Blue Rug'. It has a thorny stem and foliage.

**Blue Spruce** - *Picea pungens* 'Globosa' - Rigid branches, irregular dense blue, spiky needles. Height 1-1.25m x 75cm-1m.

**Common Holly** - *Ilex aquifolium* - Large evergreen shrub, dark green spiked leaves. Large red berries on female plants only.

**Giant Rhubarb** - *Gunnera manicata* - Giant rhubarb-like leaves on erect stems, abrasive foliage. Can grow up to 2.5m high.

**Golden Bamboo** - *Phyllostachys aurea* - Very graceful, forming thick clumps of up to 3.5m high. Less invasive than other bamboos. Hardy. Young shoots in spring.

**Chinese Jujube** - *Zizyphus sativa* - Medium sized tree with very spiny pendulous branches. Leaves glossy bright green. Bears clusters of small yellow flowers.

**Shrub Rose** - *Rosa* 'Frau Dagmar Hastrup' - Excellent ground cover, pale pink flowers, very thorny stem.

**Purple Berberis** - *Berberis thunbergii* 'Atropurpurea' - Rich purple foliage. Thorny stem. Medium-sized deciduous.

## Dementia cafés and clubs across the Borough

Dementia cafés and clubs can provide information about living with dementia and services available locally, in an informal and comfortable environment. They are also places to relax, socialise and meet other people with dementia and their carers.

### Alzheimer's Society – Tel: 020 3725 3001

- **Third Monday of the month 2pm – 4pm**  
Friends House, 55 Leicester Road, New Barnet EN5 5EL
- **Fourth Tuesday of the month 2pm – 4pm**  
Open Door Centre, St Albans Road, Barnet EN5 4LA
- **Last Friday of the month 10.30am – 12.30pm**  
Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE
- **Second Tuesday of the month 2pm – 4pm**  
St Johns Parish Centre, Friern Barnet Road, N11 3EQ
- **Barnet Dementia Hub, Mon – Fri 9am – 5pm**  
Salvation Army, 1-5 Brampton Grove, Hendon NW4 4AE

### Opening Doors London – Tel: 020 7239 0446

Second Monday of every month from 2 - 4pm  
Tavis House, 1-6 Tavistock Square, London WC1H 9NA

### Dementia Club UK (supported by Saracens) – Tel: 020 8445 3829

- **Every Wednesday 2pm - 4pm**  
Finchley Memorial Hospital, Granville Road, North Finchley, N12 0JE
- **First Monday of the month 2pm - 4pm**  
Sha'arei-Tsedek Reform Synagogue, 120 Oakleigh Road North, N20 9EZ
- **Second Monday of the month 2pm - 4pm** (Rotary Club Golders Green)  
Stephens House (Avenue House) 17 East End Rd, Finchley N3 3QE
- **Third Wednesday of the month, 2.30pm - 4.30pm** (Rotary Club Edgware)  
John Keble Church, Deans Lane, Edgware HA8 9NT
- **Last Monday of the month 2pm - 4pm**  
Greek Cypriot Britannia Centre, 2 Britannia Road, North Finchley. N12 9RU
- **Last Thursday of the month 2pm - 4pm**  
Hendon Town Hall, The Burroughs NW4 4AX
- **Last Tuesday of the month 2pm - 4pm** (supported by Barnet Rotary Club)  
St John's United Reformed Church, Somerset Road, New Barnet, EN5 1RH

## What does the new financial year mean to me?



These are the main changes to the State Pension you need to know about for the start of the new tax and financial year.

### State Pension

If you're getting a State Pension, you'll see a 3% rise in the rate:

- if you're getting the old State Pension, the full rate has increased from £122.30 to £125.95
- if you're getting the new State Pension, the full rate has increased from £159.55 to £164.35.

If you're getting Pension Credit, the rates have also increased:

- |  |         |
|--|---------|
| ■ Guarantee Pension Credit for a single person       | £163.00 |
| ■ Guarantee Pension Credit for a couple              | £248.80 |
| ■ Savings Pension Credit maximum for a single person | £13.40  |
| ■ Savings Pension Credit maximum for a couple        | £14.99  |

### State Pension age

Women's State Pension age is still gradually increasing and will reach 65 by November 2018, after which further increases in the State Pension age are planned for all genders. If you want to know when you'll reach State Pension age, visit [www.gov.uk/state-pension-age](http://www.gov.uk/state-pension-age).

### Personal pensions

The lifetime allowance – the maximum amount you can build up without having to pay extra tax charges – has increased to £1,030,000 for 2018/19.

## Ask Bob...!



### Have you got a question?

Ask Bob is here to answer that question that has been bugging you. Bob answers as many questions as he can. To ask Bob a question, just call **020 3778 0151** or email [info@barnetseniors.org.uk](mailto:info@barnetseniors.org.uk)

### AM I MORE AT RISK IF A RELATIVE HAS CANCER?

Some types of cancer can run in families. For example, your risks of developing breast cancer, bowel cancer or ovarian cancer are higher if you have close relatives who developed the condition.

This doesn't mean you'll definitely get cancer if some of your close family members have it, but that you may have an increased risk of developing certain cancers compared to other people.

It's estimated that only about 2-3% of cancers are associated with an inherited faulty gene.

## Act F.A.S.T. - call 999 if you notice the signs of stroke

BSA is supporting the Act F.A.S.T. stroke campaign and urges residents to be fully aware of the signs of stroke in themselves or others and immediately seek medical help.

**F**ace  
**A**rms  
**S**peech  
**T**ime

Stroke is the fourth single leading cause of death in the UK and approximately 100,000 people suffer a stroke every year.

This campaign urges people to use the F.A.S.T. (Face, Arms, Speech, Time) approach, a simple test to help identify the most common signs of a stroke. We would urge residents to call 999 if they notice any of the following:

- Face – has their face fallen on one side? Can they smile?
- Arms – can they raise both arms and keep them there?
- Speech – is their speech slurred?

There are some other signs that people should be aware of that may also be caused by stroke. These include:

- Sudden loss of vision or blurred vision in one or both eyes
- Sudden weakness or numbness on one side of the body
- Sudden memory loss or confusion
- Sudden dizziness, unsteadiness or a sudden fall

## Help with one-off practical tasks



GoodGym runners want a **reason to run** so as part of their runs, they stop off to help people aged 60+ with one-off household and garden tasks. These tasks are known as **missions** and can include:

- changing light-bulbs
- garden clearance/mowing the lawn
- putting together flat-pack furniture
- helping to move heavy items

Missions are **one off tasks** so the runners cannot carry out shopping, household cleaning or regular garden maintenance. They are enthusiastic volunteers, **not** DIY specialists or gardeners and **you need to provide any tools and equipment** they might need.

If you need some help with a household or garden task (a mission) call the GoodGym on **020 3432 3920**

# GET Out and About in Barnet

## BURNT OAK AND COLINDALE

-  **Lunch Club** – Thursdays 12 – 2.30pm. The Church of the Annunciation Thirleby Road, HA8 0HQ. Booking requested. Contact 020 8906 3340. Cost £4
-  **Tai Chi** – Tuesdays 10.15am – 11.15am. The Hyde Church, Varley Parade, Edgware Road NW9 6RR. Call Chris on 07960 944612 Cost £3.50
-  **Activity Afternoon** - An afternoon of fun and games every Friday at 2pm at Woodcourt, South Road, HA8 0BF. Email [roland.handley@chg.org.uk](mailto:roland.handley@chg.org.uk) Cost FREE
-  **Help with IT (computers)** Mondays 10.30am—12pm Burnt Oak Library, Watling Avenue, Burnt Oak HA8 0UB Contact: Helen on 020 8432 1415 or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk) Cost FREE

## EDGWARE & STONEGROVE

-  **Make friends with a book** Thursdays 10.30am – 12noon Stonegrove Community Centre, 5 Hayling Way, Edgware HA8 8BN Contact: Kate Fulton on 07801 911 481 or email [kathrynfulton@hotmail.com](mailto:kathrynfulton@hotmail.com). Cost FREE
-  **Community Chorus** – Fortnightly on Mondays 3pm - 4pm. St. Margaret's Church, Station Road, Edgware HA8 [www.edgwarecommunitychorus.org.uk](http://www.edgwarecommunitychorus.org.uk) Contact Godfrey after 10am on 020 8958 5113. Cost £2
-  **Walking Football** – Mondays 2pm – 3pm. For over 55s Burnt Oak Leisure Centre, Watling Avenue HA8 0NP. Email [annalisa.cellini@gll.org](mailto:annalisa.cellini@gll.org) Cost £2.
-  **Tai Chi for people with Parkinson's** – Wednesdays 2pm – 3.30pm. John Keble Church 142 Deans Lane HA8 9NT. Call Dee on 020 8445 6715 Cost £6.
-  **Silver Stitches** – Fortnightly on Wednesdays 10.30am - 12noon. Luchi & Ota, 62 Edgware Way, Mowbray Parade, Edgware HA8 8JS. Call 020 8432 1415 or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk) Cost FREE

## MILL HILL & TOTTERIDGE

-  **Mill Hill Bowls Club** – Monday - Saturdays 2pm – 5pm. Wise Lane, Mill Hill NW7 2BD Call David on 020 8959 8855 or visit [www.millhillbowlingclub.net](http://www.millhillbowlingclub.net).
-  **Active Generations** – Wednesdays 2.15pm – 4.15pm. NW7hub, Mill Hill Library, Hartley Ave, NW7 2HX Call 020 8906 3125 or visit [www.nw7hub.org.uk](http://www.nw7hub.org.uk) Cost £3
-  **Lunch Club** – Tuesdays 12 – 1.30pm. Wilberforce Centre, The Ridgeway, NW7 1QU Contact 020 8906 3340. Cost £4
-  **Arts Group** – Tuesdays 10am – 1pm. Frith Grange Scout Camp, Frith Lane, NW7 1PT. Contact Brian Lacey on 07957 352732 or email [brianlacey36@yahoo.co.uk](mailto:brianlacey36@yahoo.co.uk)
-  **Stretch Yoga** – Mondays and Thursdays 6pm – 7.30pm at Sports Centre, Mill Hill School NW7 1QS. Call Michael on 07454 497233 or email [michael@stretchyoga.org](mailto:michael@stretchyoga.org) Cost £5

## EAST FINCHLEY

-  **Computers and a Cuppa** Help to use the internet or improve your computer skills. Tuesdays 2 - 4pm at The Five Bells Pub, 165-167 East End Road N2 0LZ; Wednesdays 2 - 4pm at Wilmot Close N2 8HP. Cost FREE
-  **Art and Craft** – Thursdays 10am – 12noon, Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Call 020 8432 1418 or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk). Cost £3.
-  **Exercise to music** - Tuesdays 3pm – 4pm, Prospect Place, East End Road, N2 0XA. Call Anne on 07976 440775 Cost £3
-  **Movement to music** – Wednesdays 11.30am – 12.30pm. Green Man Community Centre N2 9BA. Call 020 8629 0269. Cost £3.50
-  **Community Choir** - Thursdays 5pm – 6pm. Martin School, Plane Tree Walk, N2 9JP. Contact Julie on 020 8883 1455 [office@martinprimary.barnetmail.net](mailto:office@martinprimary.barnetmail.net) Cost FREE
-  **Table tennis** Tuesdays 2:15-3.45pm, Thursdays 10.15am – 11.45am, Green Man Community Centre, Strawberry Vale, N2 9BA. Email [michael.jobling@ntlworld.com](mailto:michael.jobling@ntlworld.com) Cost £5

## FINCHLEY CENTRAL

-  **Ballroom Dancing** – Wednesdays 7.30pm – 9pm. St Mary's Church Hall, Hendon Lane Finchley N3 1RT. Call 020 8440 9364 or email [cjmkdance@aol.co.uk](mailto:cjmkdance@aol.co.uk) Cost £7
-  **Bowls and Croquet Club** – Wednesday, Saturday and Sundays 3pm – 4.30pm. Finchley Victoria Park, Ballards Lane, N3 2NE (Opposite Old Police Station. Call Gary on 020 8346 0818 or [garybargroff@btinternet.com](mailto:garybargroff@btinternet.com) Cost £5.
-  **Watercolour Painting Tuition** – Wednesdays 12.30 – 3.30pm St Mary's Church Hall, 26 Hendon Lane, Finchley N3 Contact Colin at [colinbc@btinternet.com](mailto:colinbc@btinternet.com) Cost £1.50

## NORTH FINCHLEY & FRIERN BARNET

-  **Outdoor Fitness Class** – Mondays 9.30am-10.30am. Friary Park, (opp. Ashurst Road) North Finchley N12 9PD. Email [eatwell@ageukbarnet.org.uk](mailto:eatwell@ageukbarnet.org.uk) or call 020 8150 0967. Cost £1.50
-  **The Wednesday Club** – Wednesdays during term time 2.15pm – 4pm St. Barnabas Church, Holden Road, N12 7DN Call Chris on 020 8888 1786. Cost FREE
-  **Instructor-led health walks** - Wednesdays 9.30am - 10.30am Friary Park. Call 020 8359 2397 and ask for health walks. Cost £2.80 on the day or £18 to buy 10 walks in advance.
-  **Over 55s IT Drop IN (computers)** Thursdays 10.30am – 12noon. Arts Depot, 5 Nether Street, N12 0GA. Contact 020 8432 1415 for more information.



# GET Out and About in Barnet

## FRIERN BARNET & BRUNSWICK PARK



**Men's Shed** – Men get together. Mon & Tues. Freehold Community Centre, Alexandra Road. N10 2EY Call 07935 324578 or email [freeholdcms@gmail.com](mailto:freeholdcms@gmail.com) Cost £1



**Love to Dance** – Wednesdays 10am – 12noon. St John's Parish Centre, Friern Barnet Road, N11 3EQ. Contact 020 3675 7246, email [HealthandWellBeing@saracens.net](mailto:HealthandWellBeing@saracens.net)



**Knit and Natter** - Wednesdays 10am – 12noon. Osidge Library, Brunswick Park Road, N11 1EY. Cost FREE



**Walking Football** – Thursdays 11am – noon. For over 55s Power League Pitches, Bobby Moore Way, N10 1ST. Call Martin on 07951 813677 Cost £4 per hour.



**Memory Way Café** – Wednesdays (fortnightly) 2.30pm – 4.30pm. The Betty and Asher Loftus Centre, Asher Loftus Way, N11 3ND. For more information call 020 8203 0521

## HIGH BARNET & WHETSTONE



**Bridge Club** - Wednesdays 2pm – 4pm. Sha'arei-Tsedek North London Reform Synagogue, 120 Oakleigh Road North, N20 9EZ Contact 020 8445 3400 Cost £3.50



**Folk Dance Club** – alternate Mondays, 7.45pm - 10pm Parish Centre, 2 Wood Street EN5 4BW Call Gillian on 020 8360 6226. Cost £2.50 incl. refreshments.



**Monday BSA Social Group** – Mondays 10.30am – 1.30pm. Manor Drive Methodist church, Manor Drive N20 0DZ Exercise session 11am for £2 and Indian meal for £6.



**Movement and Creative Dance** - Thursdays 4.30-5.30 pm at The Bull Theatre, 68 High Street, Barnet EN5 5SJ. Contact Jane on 020 8441 5010. Cost £3



**Social table tennis** – Mon, Tues, Thurs & Fri 10am – noon at Barnet Lane, Barnet, EN5 2DN. Call 020 8449 7845 for more information. Cost £3 or £5 for non-members

## NEW AND EAST BARNET



**Lunch and Social Group** – Tues and Fri 11.30am – 2pm. New Barnet Community Centre, 48-50 Victoria Road, EN4 9PF. Contact [newbarnetca@gmail.com](mailto:newbarnetca@gmail.com) Cost £4



**AthleFIT** – Mondays 2pm – 3pm. Oakhill Park East Barnet EN4 8JP Contact 020 3675 7257 or email [HealthandWellBeing@saracens.net](mailto:HealthandWellBeing@saracens.net). Cost FREE



**Various activities** - Yoga, Exercise to music, seated dance & Craft. FIN Community Centre, Crescent Road, East Barnet, EN4 8PS. Call 020 8449 8225. Cost £5.



**Ladies Choir** – Tuesdays 1.30pm – 3.30pm. Brookside Methodist Church, 2 Cat Hill, Barnet EN4 8JB Contact Jacqui at [jacquimace6@gmail.com](mailto:jacquimace6@gmail.com). Cost £5



**Park Run** - Saturdays at 9am at Oakhill Park East Barnet EN4 8JP. come along and join in whatever your pace! To register visit [www.parkrun.org.uk/register/form](http://www.parkrun.org.uk/register/form) FREE



**Older lesbian, gay, bisexual and transgender (LGBT)** – Opening Doors London hosts a variety of social activities including film nights, speakers events, walking groups, lunch clubs and day trips. Call 020 7239 0400 or email [info@openingdoorslondon.org.uk](mailto:info@openingdoorslondon.org.uk)

## CHILDS HILL & CRICKLEWOOD



**Games Afternoon** - Alternate Tuesdays 2-4pm. St Agnes Centre, Gillingham Road (off Cricklewood Lane) NW2 1RL Refreshments and free parking. Call Joan on 020 8452 2475



**Gentle exercise to music** - Mondays 10.30am - 11.30am St Agnes Church Hall, 35 Cricklewood Lane, NW2 1HR Contact Ranj on 07957 185367 Cost £3.50



**Social morning with computer help.** Tuesdays 11am – 12.30pm. Child's Hill Library, NW2 2QE. Cost FREE

## GOLDERS GREEN & TEMPLE FORTUNE



**Michael Sobell Jewish Community Centre** offers a variety of activities. For more information contact the centre on 020 8922 2900 or email [sobell@jcare.org](mailto:sobell@jcare.org)



**Hampstead Heath Health Walks** – Tuesdays (North End Road) and Thursdays (Hampstead Way) 9.30-10.30am. Sundays (Wildwood) 10.30am – 11.30am. For more information call 0208 359 6314. Cost £2.80 or 10 for £18.



**Memory Way Café** – Thursdays (fortnightly) 2.30pm – 4.30pm. Otto Schiff, Limes Avenue, NW11 9TJ. For more information call 020 8203 0521



**Make friends with a book** Wednesdays 10.30am – 12noon Golders Green Library Contact: Kate Fulton on 07801 911481 or email [kathrynfulton@hotmail.com](mailto:kathrynfulton@hotmail.com). Cost FREE

## HENDON



**Dementia Friendly Swimming** Tuesdays 10.30am - 11.30am Cophthall Leisure Centre, Champions Way NW4 1PX £2.75



**Make Friends With A Book** - Mondays 1.30-3pm. Cheshire Hall Community Centre, Fosters Street, NW4 2AA. Contact: Kate on 07801 911481. Cost FREE.



**Dance Class** – Thursdays 12.45pm – 1.45pm. Barnet Cophthall Leisure Centre, Champions Way, NW4 1PX Call 020 8457 9900 or email [annalisa.cellini@gll.org](mailto:annalisa.cellini@gll.org) Cost £3.50



**Bridge Classes (Beginners)** - Thursdays 10am – 12.30pm Meritage Centre, Church End, Hendon, NW4 4JT. Contact Alan on 020 8361 7639 Cost £7.



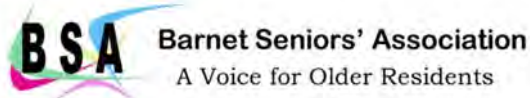
**Tai Chi** – Mondays at 10.30am or Thursdays at 11am Barnet Multicultural Centre, Algernon Road, NW4 3TA Contact 020 8432 1415. Cost £3.50.



**Walk It In Football** – Mondays 10am - 11am Middlesex University, The Burroughs, NW4 4BT. Email: [j.moyinwin@mdx.ac.uk](mailto:j.moyinwin@mdx.ac.uk) Cost £1



**Saracens** - Activities available include Pilates, Touch Rugby, Nordic walking and Love to Dance. Saracens Stadium, Allianz Park, Greenlands Lane, NW4 1RL. Call 020 3675 7246, [HealthandWellBeing@saracens.net](mailto:HealthandWellBeing@saracens.net) Cost £4.50



**Barnet Seniors' Association (BSA)** is focussed mainly on older residents of the London Borough of Barnet. It is a non-political, local voluntary organisation which has no religious affiliations.

BSA's social programme of educational and leisure events contains links with other local clubs and organisations, coach outings and cultural visits to places of interest, quizzes, informal gatherings, walks and talks on current issues. It is also the publisher of this bi-monthly information publication, *Insider*, which is circulated free throughout the borough.

There is currently no charge for membership and becoming a Regular Supporter. If you wish to be a Registered Supporter and be kept informed, please give your contact details to the Treasurer (ring Neill on 020 3778 0151 or email [treasurer@barnetseniors.org.uk](mailto:treasurer@barnetseniors.org.uk)).

Please support BSA: donations are very welcome.

For further information phone **020 3778 0151** or email Sue at [bsabarnet@outlook.com](mailto:bsabarnet@outlook.com)

## If you shop at Waitrose, then please choose BSA as your chosen local charity

We are really pleased to announce that we are one of the three Waitrose Community Scheme charities throughout the month of May in the Barnet branch.

If you are shopping there please ask for your green token and drop it in our box.

Customers shopping in store are given a green token so they can vote for which of that month's three charities they want to receive the donation by placing the token in one of three Perspex boxes. At the end of the month a share of £1,000 is divided up in proportion to the number of tokens a charity has received.

## Contact Us

If you have information or ideas that you would like to offer for future issues of this newsletter, please email:

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



**The Finchley Charities** has provided sheltered housing in the London Borough of Barnet since 1488. We provide high quality accommodation of self-contained studio's and one bedroom flats in a supportive community environment and promoting independence for older people across three sites:

- Wilmot Close/Thackrah Close, East Finchley
- Homefield Gardens, East Finchley
- Pewterers Court, Finchley Central

For an application form, how to apply or further information, please contact us:

Tel: **020 8346 9464**

Email: [info.thefinchleycharities.org](mailto:info.thefinchleycharities.org)

Visit our website: [www.thefinchleycharities.org](http://www.thefinchleycharities.org)



More than housing since 1488

Registered Charity No. 206621



Care can be different!

Care and kindness are at the heart of all we do and we strive to support older people to live their lives to the full through our specialist residential, dementia and day care services.

- **Apthorp Care Centre:** New Southgate
- **Dell Field Court:** Finchley
- **Meadowside:** North Finchley

To find out what makes us different, call us on:  
**020 8242 9443 / 07721 128 885**

or email us at:  
[enquiries@fremantletrust.org](mailto:enquiries@fremantletrust.org)



[www.fremantletrust.org](http://www.fremantletrust.org)

A registered charity and not for profit organisation. (Registration No: 1014286)