

# *Our services*



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# *Helping older people in the London Borough of Barnet stay active, engaged and independent.*

## **Later Life Planning**

The Later Life Planning Service is there to support older people manage and plan for the challenges that ageing brings. It aims to help people retain independence, choice and control in their lives. The team provides a confidential, holistic and impartial service that can help access financial entitlements, signpost to statutory and voluntary services such as health and housing services, as well as to further support from Age UK Barnet and other charitable organisations.

## **Handyperson**

This service carries out small jobs so older people can live safely and independently in their own homes. Fitting safety aids, changing lightbulbs, moving curtains and minor repairs to furniture are amongst the jobs offered.

## **Neighbourhood Services**

Looking for an exercise or dance class? Interested in history, art or music? Want to join a local lunch club or coffee morning? Perhaps a bridge, reading or film group is more your thing. Whether you live in Cricklewood, Colindale, Edgware or East Barnet, we hope you will find something that appeals to you. Age UK Barnet delivers and promotes fitness, social and other local activities throughout the borough, many along with local voluntary and community partners.

## **Befriending**

The befriending service is a vital link to the world for the isolated, vulnerable and lonely. This service provides companionship for mainly housebound older people and also helps them access relevant information and services. Clients are matched with vetted and trained volunteers for regular home visits.

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## **Staying connected - digital learning**

Get to grips with computers and other digital technology such as iPads, tablets, mobile phones and cameras. We run one-to-one classes throughout the borough in schools, colleges and other community venues. Just got a one off question? Drop into one of our partners libraries where you can find the answer and join in one of our coffee mornings or social groups.

## **Keeping fit**

We offer a fun, affordable and varied programme of fitness and exercise classes. Dance, aqua aerobics, Tai Chi and movement to music are just some of the options. Whether you are looking to improve your balance, strength or general fitness levels, there is something for everyone. We work closely with the Falls Clinic at Finchley Memorial Hospital and our exercise programme includes classes specifically aimed at preventing falls. General health promotion activities and falls prevention events take place throughout the year across the borough to bring information to as wide an audience as possible.

## **Cooking Classes for men**

Over one hundred men have brushed up their kitchen skills with our cooking classes which take place in venues throughout the borough. Our skilled volunteers have put the men through their paces making soups, breads, curries and even Christmas cakes. Many of the men are recently widowed or caring for their partners and the classes provide them with the knowledge and confidence to cook and eat healthily. They also make friends along the way.

## **Nail Cutting**

A simple toe nail cutting service is available to older people who cannot do this for themselves. Clients must not be diabetic or on certain medications such as steroids or warfarin. There is a charge of £10 for this service.

## **Activity Centres**

Our centres, The Ann Owens Centre in East Finchley and The Meritage Centre in Hendon offer an opportunity to socialise, make new friends, enjoy a hot meal and take part in activities. The centres provide access to many of our neighbourhood services including exercise, film and lunch groups as well as the Later Life Planning Service.

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## Would you like to volunteer?

Our volunteers make a significant and valued contribution to the provision of our high quality services which help older people maintain their independence and wellbeing. All volunteers are vetted and receive training and support.

## Donations

We rely heavily on the support of local people and businesses. Please do get in touch if you would like to support Age UK Barnet in any way. If you would like to make a donation to support our work please complete a Gift Aid declaration to enable us to reclaim tax.

## Legacies

Help us continue our work for future generations of older people by remembering Age UK Barnet in your will. Contact us for further information on the best way to leave a charitable donation to Age UK Barnet in your will. Visit our website or call us.

## Age UK Barnet

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