

What's On near you for over 55s

4 July 2016

Age UK Barnet and 15 other voluntary sector organisations provide activities and services for older people across the borough. Whether you are looking for an exercise class, information, support with IT or opportunities to make new friends, there's something happening near to you. Find out about it here.

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EXERCISE

Barnet

The Bull Theatre 68 High Street, Barnet EN5 5SJ

Contact: Jane on **020 8441 5010** **Cost: £3.00**

Thursdays 4.30pm—5.30pm Movement/creative dance

Chipping Barnet Library The Hyde Room, 3 Stapylton Road, Barnet EN5 4QT

Contact: Richard on **020 8455 5463** **Cost: £5.00** for each class

Mondays 2pm—3.30pm Tai Chi—Advanced

Wednesdays 1.30pm—3pm Tai Chi—Intermediate

Fridays 12pm—1.30pm Tai Chi—Beginners

2pm—3.30pm Tai Chi—Intermediate

Church House 2 Wood Street, High Barnet EN5 4BW

Contact: Dee Cummins on **020 8445 6715** or **07882 281 670**

Email: cdee@tesco.net **Cost: £6.00** per class

Tuesdays 2pm—3pm Tai Chi

Underhill Baptist Church Elton Avenue, Barnet EN5 2EA

Contact: **020 3675 7246** or email annabelhay@saracens.net **Cost: £4.50**

Tuesdays 10am—12pm Love to Dance*

**Class incorporates various dance styles – Salsa, Line, Cha Cha Cha, Bollywood, Rock 'n' Roll and many more.*

Burnt Oak

Annunciation Church Parish Centre 4 Thirleby Road, Burnt Oak HA8 0HQ

Contact: Deborah on **020 8432 1420** or email deborah.cura@ageukbarnet.org.uk

Cost: £3.50

Wednesdays 2pm—3pm Tai Chi (gentle)

Cultural and Recreational Organisation for Tamil Elders (CROFTE)

Watling Community Centre, 145 Orange Hill Road, Burnt Oak HA8 0TR

Contact: Pathma on **020 8357 2644** or **07735 241 676**

Email: p2gunasingam@yahoo.co.uk

Mondays 11am—12.30pm Yoga class—**Cost: £2.00**

Fridays 10.30am—12pm Keep fit/Zumba class—**Cost: £1.50** with free lunch

Colindale

Colindale Community Club The Hyde Church, Varley Parade, Edgware Road NW9 6RR

Contact: Chris on **07960 944 612**. **Cost: £4.50**

Tuesdays 10.15am—11.15am Tai Chi

EXERCISE (continued)

Grahame Park Community Centre The Concourse, Colindale NW9 5UY

Contact: Age UK Barnet on **020 8629 0269** or email info@ageukbarnet.org.uk

Wednesdays 2pm—3pm Exercise to music **Cost: £3.50**

Cricklewood

Cricklewood Trades Hall 134 Cricklewood Lane NW2 2DP

Contact: Ranj on **07957 185 367** or call Age UK Barnet on **020 8432 1415**

Mondays 10.30am—11.30am* Gentle exercise to music **Cost: £3.50**

East Barnet

Friend in Need (FIN)Community Centre

East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: **020 8449 8225** or email goodneighbourscheme@fin-eastbarnet.org.uk

Mondays 5.30pm—6.30pm Advanced Yoga—Cost **£5.00**

Wednesdays 5.30pm—6.30pm Yoga—Cost: **£5.00**

Thursdays 2pm—3pm Tai Chi—Cost: **£5.00**

5.30pm—6.30pm Beginners Yoga—Cost **£5.00**

Exercise to music—Cost: **£4.00**

Mondays & Wednesdays 11.15am—12.15pm

Tuesdays 11am—12pm

Thursdays 11.30am—12.30pm

Seated dance—Cost **£3.00**

Fridays 10.30am—11.30am

For information or to register for Seated dance call Petra Pullen on **07398 129 853** or register at the FIN Centre on **020 8449 8225**

Oakhill Park East Barnet EN4 8JP

Contact: Annabel Hay at Saracens Sport Foundation on **020 3675 7246** or email annabelhay@saracens.net FREE adults athletics fitness sessions for the over 55s

Mondays 2pm—3pm AthleFIT

East Finchley

Prospect Place East End Road, East Finchley N2 0XA

Contact: Anne Segal on **07976 440 775** **Cost: £3.00**

Tuesdays 3pm—4pm Exercise to music

EXERCISE (continued)

Age UK Barnet Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: 020 8629 0269 Cost: **£3.50**

Mondays	2pm—3pm	Gentle exercise to music
	3.15pm—4.15pm	Exercise for falls prevention (referrals only)
Wednesdays	10am—11am	Tai Chi for people recovering from falls (referrals only)
	2.15pm—3.15pm	Low impact exercise for the more active
Thursdays	11am—12pm	Exercise class

Green Man Community Centre Strawberry Vale, East Finchley N2 9BA

Contact: Lisa Smith on 020 3778 0228 or email us@efab.org.uk

Table tennis – friendly group of mixed ages with intermediate ability, a good playing standard with some coaching available for new players. **Cost: £5.00** per session as a drop in or **£4.00** if several sessions are paid for upfront, depending on where it is in the term.

Tuesdays 2.30pm—4pm

“Talk & Walk” in East Finchley

Contact: Email samsonel@btinternet.com or ring Lisa Smith on 020 3778 0228 or email us@efab.org.uk Two weekly walks, both FREE:

Mondays 9.30am—Beginners walk (for those who are not that used to walking and want to increase their fitness). Meet at Cherry Tree Wood entrance on High Road opposite East Finchley Station, walk around Cherry Tree Wood and can break off at the other side to go to the EFAB Coffee & Chat in the Clissold Arms pub for 10.30am (see page 14 for details).

Edgware

Edgware Reform Synagogue 118 Stonegrove, Edgware HA8 8AB

Contact: Edgware Reform Synagogue on 020 8238 1000

Please contact for the time and cost of the classes

Thursdays Ring for time Zumba Gold

Elderly Day Hospital Parkinsons Unit, Edgware Community Hospital, Burnt Oak Broadway, Edgware HA8 0AD – For Parkinson’s referrals.

Contact: Deborah on 020 8432 1420 **Cost: £4.00** for both classes.

Tuesdays	2.30pm—4pm	Tai Chi
Wednesdays	2.30pm—4pm	Tai Chi

EXERCISE (continued)

John Keble Church 142 Deans Lane, Edgware HA8 9NT

Contact: Dee Cummins on **020 8445 6715** or **07882 281 670**

Email: cdee@tesco.net Cost: **£6.00** per class

Wednesdays 2pm—3.30pm Tai Chi for people with Parkinson's

Friern Barnet

St John's Parish Centre Friern Barnet Road N11 3EQ

Contact: 020 3675 7246 or email annabelhay@saracens.net for the cost

Wednesdays 10am—12pm Love to Dance*

**Class incorporates various dance styles – Salsa, Line, Cha Cha Cha, Bollywood, Rock 'n' Roll and many more. Refreshments included.*

Hampstead

Instructor-led health walks

Contact: The Park Team at Barnet Council on **020 8359 2387** and ask for "health walks".

Cost: **£2.80** payable on the day or **£18.00** to buy 10 walks in advance if you are over 60.

		<i>Location</i> <i>- meeting point</i>	<i>Difficulty (1—5)</i>
Tuesdays	9.30am—10.30am	Golders Hill Park	2—3
Thursdays	9.30am—10.30am	Heathgate in the Garden Suburb	2—3
Sundays	10.30am—11.30am	East Heath Road	3—5

Hendon

Age UK Barnet Meritage Centre, Church End, Hendon NW4 4JT

Contact: 020 8629 0269 Cost: **£3.50**

Mondays	10.30am—11.30am	Tai Chi
Wednesdays	11am—12pm	Tai Chi/Gentle exercise
Thursdays	9.45am—10.45am	Tai Chi for Falls Prevention (referrals only)
Thursdays	11am—12pm	Tai Chi
Fridays	11am—12pm	Exercise with Dee

Barnet African Caribbean Association (BACA)

Barnet Multicultural Community Centre, Algernon Road, Hendon NW4 3TA

Contact: Ring 020 8629 0269 Cost: **£3.50**

First and third Tuesday 11am—11.40am Ballroom dancing
of the month

EXERCISE (continued)

Barnet Multicultural Community Centre Algernon Road, Hendon NW4 3TA

Contact: 020 8432 1415 Cost: £3.00

Thursdays 11am—12pm Tai Chi

Saracens stadium Allianz Park, Greenlands Lane, Hendon NW4 1RL

Contact: 020 3675 7246 or email annabelhay@saracens.net

Cost: £4.50

Mondays 10am—12pm Love to Dance*

**Class incorporates various dance styles – Salsa, Line, Cha Cha Cha, Bollywood, Rock 'n' Roll and many more. Refreshments included.*

Tuesdays 10am—11am Walking Football for the over 50s - FREE

Call Saracens for the cost of the following classes

Tuesdays 10.15am—11.15am 50+Pilates

Thursdays 2.15pm—3.15pm 50+ Pilates

Fridays 6.30pm—7.30pm 50+ Touch Rugby**

***A great way to get moving. Sessions are in a relaxed atmosphere, run by Saracens Community Coaches.*

Wednesdays 10.30am—11.30am Nordic Walking***

****Nordic walking is a great way to get active, get outside and socialise with a range of people. Sessions are led by a qualified Nordic walking instructor.*

Mill Hill

Eversfield Centre 11 Eversfield Gardens, Mill Hill NW7 2AE

Contact: Deborah on 020 8432 1420 Cost: £3.50

Tuesdays 11am—12pm Tai Chi

Mill Hill East Church Salcombe Gardens NW7 2NT

Contact: Ken Smith on 0208 922 3464 or email kenjssmith@yahoo.co.uk

Cost: £4.00

Fridays 12pm—1pm Gentle exercise

Contact: 020 3675 7246 or email annabelhay@saracens.net for more details and the cost

Thursdays 5pm—6pm 50+ fitness

EXERCISE (continued)

Mill Hill School The Ridgeway, Mill Hill NW7 1QS

Contact: Age UK Barnet on **020 8629 0269** or email info@ageukbarnet.org.uk

Cost: **£3.50** Booking is essential

Tuesdays 3.30pm—4.30pm Aqua aerobics for over 55s

240 bus and on-street parking

Retail Trust Community Hall, Marshall Estate, Hammers Lane NW7 4DQ

Contact: Ranj on **07957 185 367** or Age UK Barnet on **020 8432 1415**

Cost: **£3.50**

Mondays** 2pm—3pm Gentle exercise to music
***Except last Monday of the month*

Contact: **020 8432 1415** or Richard Selby (instructor) on **020 8455 5463**

Cost: **£3.50** First class is FREE

Fridays* 10am—11am Gentle Tai Chi

**except last Friday of the month*

Wilberforce Centre St Paul's Church, The Ridgeway, Mill Hill NW7 1QU

Contact: St Paul's Church Parish Office on **020 8906 3797**

Cost: **£2.00** (including refreshments)

Fridays 10.15am—11.15am Seated exercise to music

Muswell Hill

Walking Football

For over 55s, all the fun of a 5-a-side with no running!

Thursday mornings 11am—12pm

Cost: £3.00 per hour

Power League pitches, Bobby Moore Way N10 1ST

For more information contact Martin Jones on **07951 813 677** or email

martingeraintjones@gmail.com

EXERCISE (continued)

New Barnet

Lyonsdown Hall 3 Lyonsdown Road, (near New Barnet Station) EN5 1JB

Contact: 020 3675 7246 or email annabelhay@saracens.net **Cost:** £4.50

Thursdays 1pm—3pm Love to Dance*

**Class incorporates various dance styles – Salsa, Line, Cha Cha Cha, Bollywood, Rock ‘n’ Roll and many more. Refreshments included.*

Tuesdays 2.15pm—3.15pm Pilates**

***Contact Saracens for the cost of this class.*

Contact: Ken or Barbara on **01707 258 414** **Cost:** £4.50 per person

Mondays 8pm—10.30pm Ballroom Dancing
Includes tuition and refreshments

North Finchley

The Bohemia Pub 762-764 High Road, North Finchley N12 9QH

Contact: Dee Cummins on **020 8445 6715** or **07882 281 670**

Email: cdee@tesco.net **Cost:** £6.00 per class

Tuesdays 10.30am—11.30am Tai Chi

Friary Park North Finchley N12 9PD

Contact: Karen on **020 8150 0967** or email eatwell@ageukbarnet.org.uk

Cost: £1.50 – Please call Karen before attending.

Mondays 9.30am—10.30am Outdoor fitness class

Meet at the Friary Park entrance on Torrington Park, opposite Ashurst Road. Get stronger and fitter with this fun mix of walking and easy strength exercises.

Friary Park North Finchley N12 9PD

Contact: Daniela to book and more information on **07855 681 354** or email daniela.boyce@virgin.net

Cost: £50.00 for **four weeks** including pole hire

Thursdays 12pm—1pm Nordic Walking Learn to Walk

Instructor-led health walk

Contact: The Park Team at Barnet Council on **020 8359 2397** and ask for “health walks”.

Cost: £2.80 payable on the day or £18.00 to buy 10 walks in advance if you are over 60.

	<i>Location—meeting point</i>	<i>Difficulty (1—5)</i>
Wednesdays 9.30am—10.30am	Friary Park, North Finchley N12 9PD	2—3

EXERCISE (continued)

The Quaker Meeting House Alexandra Grove, North Finchley N12 8HG

Contact: Dee Cummins on **020 8445 6715** or **07882 281 670**

Email: cdee@tesco.net **Cost:** **£6.00** per class

Mondays 5pm—6pm Tai Chi

Trinity Church 15 Nether Street, North Finchley N12

Contact: Bob on **020 8346 6825** or email mgoodliffe@hotmail.com

Thursdays 10.30am—11.45am Tai Chi—Advanced class

£40.00 for **four weeks** (5 hours a month)

Next dates: 30 June to 14 July

Fridays 10.30am—11.30am Tai Chi—Intermediate class

£32.00 every **four weeks**—Couples discount **£54.00** every **four weeks**

Next dates: 1 to 15 July (3 weeks)

Totteridge

Instructor-led health walk

Contact: The Park Team at Barnet Council on **020 8359 2397** and ask for “health walks”.

Cost: **£2.80** payable on the day or **£18.00** to buy 10 walks in advance if you are over 60.

	<i>Location—meeting point</i>	<i>Difficulty (1—5)</i>
Sundays 9am—10am	Orange Tree, Totteridge Village	3—5

Whetstone

Manor Drive Methodist Church Manor Drive, Whetstone N20 0DZ

Mondays 11am—12pm Movement to Music

Contact: Deborah on **020 8432 1420** for more information and costs

Thursdays 11am—12pm Yoga

Contact: Carolyn on **020 8629 0269** for more information and costs

Woodside Park

Contact: Daniela to book and more information on **07855 681 354** or email daniela.boyce@virgin.net **Cost:** **£50.00** for pole hire for 10 sessions

Tuesdays 1.30pm—2.30pm Nordic Walking

Meet at the entrance to the public footpath on Southover, almost opposite Chanctonbury.

To join participants must have completed the Nordic Walking Learn to Walk course at Friary Park (on page 7). Contact Daniela for further details.

EXERCISE (continued)

Woodside Park

Instructor-led health walks

Contact: The Park Team at Barnet Council on **020 8359 2397** and ask for “health walks”.

Cost: **£2.80** payable on the day or **£18.00** to buy 10 walks in advance if you are over 60.

		<i>Location—meeting point</i>	<i>Difficulty (1—5)</i>
Mondays	9.30am—10.30am	Woodside Park/ Totteridge—Laurel Way	1—2
Saturdays	9.30am—10.30am	Woodside Park/Finchley Central	3—4

Other fitness opportunities in the borough

Jewish Care

To find out about Jewish Care’s exercise classes and groups for the over 55s including Yoga, line dancing, Tai Chi and chair based exercise contact the centres listed below.

Edgware & Harrow Jewish Day Centre: **020 8958 8199**

Holocaust Survivors Centre: **020 8202 9844**

Michael Sobell Community Centre: **020 8922 2900** or email sobell@jcare.org

Barnet Table Tennis Centre

Social table tennis sessions for people of all ages and playing standards. They tend to be less competitive than match play. You do not have to be a member to attend and new players are always welcome.

For more information contact Barnet Table Tennis Centre on **020 8449 7845** or visit www.bttc.co.uk

Tennis

Interested in a game of tennis? Join the Hendon Park Tennis League. This league is designed to offer an easy structure to play competitive matches at a time that suits you. Matches can be played at Hendon Park or on any of Barnet's tennis facilities. Visit www.localtennisleagues.com/hendonpark to find out more or email hendonparktennisleague@googlemail.com

Temple Fortune Bowls Club **122 Bridge Lane NW11 9JS**

A new season will be starting shortly and Temple Fortune Bowls Club welcomes new members. Prospective members should go to the club for free trial sessions on **16** and **23 April** and **14 May** where free equipment and coaching guidance will be on hand.

Contact their Manager on **020 8455 2184** or email admin@templefortuneclub.co.uk for further information. Website www.templefortuneclub.co.uk

EXERCISE (continued)

The Better Club—Get fitter, feel better, pay less

Barnet Copthall Leisure Centre, Champions Way, Hendon NW4 1PX

Over 55 and ready to kick start a healthier lifestyle? Well, now you can with the Better Club membership which offers a range of fun social activities for you to take part in.

The Better Club membership for over 55s allows you to workout the way you want.

Social activities available:

- Badminton
- Bows
- Darts
- Short tennis
- Dominoes
- And much, much more...

Join online today at www.better.org.uk/club

Contact Greenwich Leisure on **020 8317 5000** for information on participating leisure centres or visit www.gll.org

DIGITAL INCLUSION

Library drop ins

The following libraries host FREE coffee mornings with IT support available. Open to all, just pop in for a chat, to meet new friends and get some help with computers, the internet, email and all things IT.

Burnt Oak

Burnt Oak Library Watling Avenue, Edgware HA8 0UB

Contact: 020 8432 1415

Mondays 10.30am—12pm

Edgware

Edgware Library Hale Lane HA8 8NN

Contact: 020 8432 1415

Thursdays 10.30am—12pm

South Friern

South Friern Library – Colney Hatch Lane N10 1HD

Contact: 020 8432 1415

Thursdays 10.30am—12pm

DIGITAL INCLUSION (continued)

IT drop in sessions

No need to book, just drop in to see our volunteer for help with all things technical. You can bring along your own device if you have one (laptop, tablet, smartphone, etc) or use a library computer. Please be aware that there may be a short wait for help on busy days.

East Barnet

East Barnet Library 85 Brookhill Road EN4 8SG

Contact: Age UK Barnet on **020 8432 1415**

Thursdays 10am—12pm

Mill Hill

Hartley Hall Flower Lane, Mill Hill NW7 2JA

Contact: Age UK Barnet on **020 8432 1415**

Thursdays 10am—12pm

Find us in the reception area

North Finchley

artsdepot 5 Nether Street, North Finchley N12 0GA

Contact: Age UK Barnet on **020 8432 1415**

This informal and social IT group is a great way to meet people and make new friends! Just drop in and bring along the device you are using, whether it's a laptop, tablet or mobile phone. Ask questions, pick up tips and build your confidence. No need to book, just come and find us on the third floor.

Thursdays 10.30am—12pm

Miscellaneous

Computers and a Cuppa in East Finchley

Computers and a cuppa—computer and internet skills sessions, on laptops, tablets and phones. Please bring your own device if you have one, but don't worry if you don't.

Tuesdays 2pm—4pm at Homefield Gardens, Communal Hall, off Stanley Road N2
(free session)

Wednesdays 2pm—4pm at Wilmot Close, Communal Hall, off Tarling Road N2
(free session)

Contact Lisa Smith on **020 3778 0228** or email us@efab.org.uk

DIGITAL INCLUSION (continued)

Friend in Need (FIN) Community Centre

East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: 020 8449 8225 or email fin@fin-eastbarnet.org.uk

Learn to use computer, internet or tablet

Thursdays 2pm—3pm Cost: £4.00

Limited places available—pre-book to avoid disappointment

One to one sessions are available by arrangement

IT suite is also available to use **10am—4pm**

Booking is essential

SOCIAL GROUPS and LUNCH CLUBS

Barnet

Older lesbian, gay, bisexual and transgender (LGBT) Diners Club

The Red Lion 31 High Street, Barnet EN5 5UW

Contact: 020 8432 1415

Barnet older LGBT Diners Club is run by Opening Doors London and supported by Age UK Barnet. **First Monday** of the month **7pm—9pm** at The Red Lion. Carvery or vegetarian £5.99. Tube: High Barnet. Buses: 107, 234, 263, 307, 326, 384. Pub car park (parking fee refunded with meal).

Rainbow Centre, Dollis Valley Drive, Barnet EN5 2UN

Join the Rainbow Centre for an afternoon of bingo and other activities **Sundays** from **2pm—4pm**

There will be bingo every week plus monthly

- Salsa lessons starting **12 June** for **£2.00**
- Free film screenings starting in **July**

For more information call the Rainbow Centre on **020 8441 9837** or Millie on **07572 608 919** or email millie@barnetcp.org.uk or go to www.rainbowcentrebarret.wordpress.com

Burnt Oak

Burnt Oak Library Watling Avenue, Edgware HA8 0UB

Contact: 020 8432 1415

FREE coffee morning. Open to all, just pop in for a chat and to meet new friends. Help with IT is available.

Mondays 10.30am—12pm

SOCIAL GROUPS and LUNCH CLUBS

Cultural and Recreational Organisation for Tamil Elders (CROFTE)
Watling Community Centre, 145 Orange Hill Road, Burnt Oak HA8 0TR
Contact: Pathma on 020 8357 2644 or 07735 241 676
Email: psgunasingam@yahoo.co.uk

This centre provides members with opportunities to get together and interact socially on **Mondays** and **Fridays**. It offers Yoga (**Mondays**) and keep fit classes (**Fridays**), cultural and religious celebrations, lunch club with Sri Lankan food, free coffee club, board games, advice on social problems as well as some annual outings.

The Good Neighbour Scheme for Mill Hill and Burnt Oak
Annunciation Church, 4 Thirleby Road, Burnt Oak HA8 0HQ
Contact: 020 8906 3340 (mornings)

Meeting **Thursdays 12pm—1.30pm**, this lunch club is run by The Good Neighbour Scheme for Mill Hill and Burnt Oak. Some minibus transport may be available.

Colindale

Colindale Community Club
The Hyde United Reform Church, Varley Parade, Edgware Road NW9 6RR
Contact: Chris on 07960 944 612 Cost: £3.50

Every **Tuesday** from **10am—12pm** Colindale Community Club has a Tai Chi class **10.15am—11.15am** followed by coffee. The club hosts speakers from other organisations giving information and advice to older people. A nurse visits the club monthly to conduct health checks and the club helps older people access advice on welfare benefits and other relevant support.

Cricklewood

Games Afternoon
Cricklewood Trades Hall, 134 Cricklewood Lane NW2 2DP
Contact: Joan at the Parish Office on 020 8452 2475

On **alternate Tuesdays** from **2pm—4pm** St Agnes Centre hosts an over 55s games afternoon. Come along and make new friends while having fun! Refreshments provided and free parking available.

SOCIAL GROUPS and LUNCH CLUBS (continued)

East Barnet

Friend in Need (FIN) Community Centre

East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: 020 8449 8225 or email fin@fin-eastbarnet.org.uk

Daily Activities available Monday to Thursday and Saturday

Coffee Morning 10.30am—12pm Cost: £4.00

Quiz, card/board games, play reading or just chat

Lunch club 12.30pm—2pm Cost: £5.00

Two course meal consists of a hot main course, dessert and squash

Activities Afternoon 2pm—3.30pm Cost: £4.00

Bingo, card/board games, scrabble, art & crafts or just chat

Reading Group 2pm—3pm Cost: £4.00

Poetry and short prose reading and sharing, suitable for people with dementia

East Finchley

Ann Owens Centre Oak Lane, East Finchley N2 8LT

Contact: 020 8432 1423 or 020 8150 0965 or email

christine.gilbert@ageukbarnet.org.uk

Tea and Chat

Tuesdays and Thursdays 10am—11am Cost: £1.00

Lunch club

Tuesdays and Thursdays 12.30pm—1.30pm Cost: £5.00

This lunch club provides a freshly prepared 2 course meal (vegetarian option available).

Afternoon Activities

Tuesdays and Thursdays 1.30pm—3.30pm Cost £3.00 (with refreshments)

Transport may be available at a cost of **£4.00 return** (contact details shown above).

Coffee and Chat with East Finchley Altogether Better (EFAB)

The Clissold Arms, 105 Fortis Green, East Finchley N2 9HR

Contact: Lisa Smith on 020 3778 0228 or email us@efab.org.uk

Mondays 10.30am—12pm drop in (except Bank Holidays)

EFAB Friends host this friendly weekly drop in where you can meet others and find out local information. Everyone welcome! **£1.00** per head for tea/coffee and biscuits, or buy your own choice of drink at the bar.

SOCIAL GROUPS and LUNCH CLUBS (continued)

Cooking Skills—An introduction to simple healthy cooking on a budget

Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: Lisa Smith on **020 3778 0228** or email us@efab.org.uk to book and for any questions. You can discuss dietary requirements etc beforehand.

Gain or broaden your cooking skills, making healthy economical meals with others, led by experienced cooks. Then eat together afterwards!

Thursdays 5pm—8pm Booking is essential

£30.00 for a six week course, ingredients included.

Next dates available: 2 June—14 July

Muslim Ladies' lunch club

Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: 020 8432 1415 **Cost:** £4.00

Home cooked Halal food is served at the Muslim Ladies' lunch club, which also gives the opportunity for Muslim women to meet for prayer and for conversation. This group meets every **first and third Wednesday** of the month **12pm—2pm**

Edgware

Edgware Library Hale Lane HA8 8NN

Contact: 020 8432 1415

FREE coffee morning. Open to all.

Thursdays 10.30am—12pm

Finchley

St Mary's Church Hall Hendon Lane, Nether Street, Finchley N3

Contact: Lis Vandyk on **020 8349 4705**

If you have a visual impairment, **Barnet Borough Sight Impaired (BBSI)** is for you. A small friendly group meets for social activities. Meetings include "Joyful Movement", refreshments and a raffle. **Every first Tuesday** of the month **1.30pm—3.30pm**

Friern Barnet

St Johns Church Friern Barnet Road N11 3BS

Contact: Janet on **07956 300 572**

Home cooked two course lunch **Cost:** £3.50

Fortnightly Fridays 12.30pm—2pm

SOCIAL GROUPS and LUNCH CLUBS (continued)

Golders Green

Michael Sobell Jewish Community Centre 221 Golders Green Road NW11 9DQ

Michael Sobell JCC offers a wide range of programmes and activities from health and wellbeing, learning and culture, social and support groups as well as their Get Creative programme. To view their full brochure online please go to

www.jewishcare.org/sobell-centre For more information or to request a brochure please contact the centre on **020 8922 2900** or email sobell@jcare.org

Hendon

African Cultural Association - Barnet (ACA-Barnet) 28 Church End, Hendon NW4 4JX

Contact: Email info@africanculturalassociation.net or call Marjorie Manu on **07903 151 159** or **020 8203 4078**

Weekly Healthy Living Lifestyle Club for the over 60s by way of weekly activities on **Tuesdays and Fridays 11am—1pm**. Participation is free.

Activities taking place include health talks, Benefit talks, finance and debt talks, Yoga classes, Keep fit/slow dancing, An Outreach service, Dressmaking/art and craft/jewellery classes and monthly luncheon and trips.

ACA-Barnet run an outreach service for vulnerable BME (black and minority ethnic) adults who are disadvantaged, vulnerable and housebound at their homes, for all those who live in Barnet. Let them know if you can identify any elder BME vulnerable adult who needs visiting to enable ACA-Barnet identify their needs.

They also offer general information, signposting and referrals for all those who live and work in Barnet. *The Legal Services Commission Quality Mark*

Drop-in day and time: **Thursdays 11am—2pm**

Contact: Flora Mutuku on **07910 356 727** or **020 8203 4078**

Appointment days and times: **Monday—Friday 11am—3pm** and **Saturdays 11am—1pm**

Chinese Elders Wellbeing Club

Meritage Centre, Church End, Hendon NW4 4JT

Contact: Raine Lee on **020 7613 1008**, email raine@cmha.org.uk

Website www.cmha.org.uk/our-services-/wellbeing-club

The Wellbeing Club is aimed primarily, but not exclusively, at Chinese Elders who wish to improve their physical and mental wellbeing.

Alternate Mondays 11am—4pm

SOCIAL GROUPS and LUNCH CLUBS (continued)

Meritage Centre Church End, Hendon NW4 4JT

Contact: 020 8432 1423 or 020 8150 0965 or email
christine.gilbert@ageukbarnet.org.uk

Tea and Chat

Wednesdays and Fridays 10am—11am Cost: £1.00

Lunch club

Wednesdays and Fridays 12.30pm—1.30pm Cost: £5.00

This lunch club provides a freshly prepared 2 course meal (vegetarian option available).

Afternoon Activities

Wednesdays and Fridays 1.30pm—3.30pm Cost £3.00 (with refreshments)

Transport may be available at a cost of **£4.00 return** (contact details shown above).

60+ Farsophone Group Meritage Centre, Church End, Hendon NW4 4JT

Contact: 020 8905 5522, email info@farsophone.org.uk

Activities and games club held on the **second Tuesday** of every month
12pm—3pm

Tea and coffee provided. Entrance fee **£2.00**. Guests can bring their own food.

The Holocaust Survivor and Refugee Service

Contact: Service Manager, Aviva Trup on 020 8203 9033 or email shalvata@jcare.org

Monday to Friday 9am—5pm

Fridays (winter hours) 9am—2pm

Membership cost: £25.00 per year for social programme and free therapeutic services.

A user-led Jewish social and therapeutic centre for over 500 holocaust survivors who were in Europe during the Second World War or came to the UK as refugees. Also services for Jewish Bosnian refugees.

Mill Hill

Coffee Morning and Bingo Mill Hill East Church, Salcombe Gardens NW7 2NT

Contact: RSVP Barnet on 020 8446 4620

Join RSVP Barnet for coffee, chat and bingo on the **last Thursday** of each month from **10.30am—12pm**. It's free!

SOCIAL GROUPS and LUNCH CLUBS (continued)

Dementia Café The Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE

Contact: Alzheimer's Society on **020 8937 7171** or email barnet@alzheimers.org.uk

Last Friday of the month **10.30am—12.30pm**. For people with dementia, or those who are caring for someone with dementia, you'll be welcomed at this café.

Singing for the Brain The Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE

Contact: Alzheimer's Society on **020 8937 7171** for term dates

Thursday mornings between **10.30am—12.30pm**. A stimulating group activity for people in the early to moderate stages of dementia and their carers.

Mill Hill Library Hartley Avenue NW7 2HX

Contact: 020 8432 1415

Coffee morning

Thursdays 10.30am—12pm

Retail Centre Marshall Estate, Hammers Lane NW7 4DQ

Contact: Jeanette on **020 8906 3340** email good.neighbours@yahoo.co.uk

Cost: **£5.00**

Wednesdays 12pm—1.30pm Lunch club at the Cottage Homes restaurant in the Retail Centre

The Good Neighbour Scheme for Mill Hill and Burnt Oak

The Wilberforce Centre, St Paul's Church, The Ridgeway, Mill Hill NW7 1QU

Contact: 020 8906 3340 (mornings)

Meeting **Tuesdays 12pm—1.30pm**, this lunch club is run by the Good Neighbour Scheme for Mill Hill and Burnt Oak. Some volunteer transport is available for those who need it. For further information call the Good Neighbour Scheme for Mill Hill and Burnt Oak.

New Barnet

Dementia Café Friends Meeting House, 55 Leicester Road, New Barnet EN5 5EL

Contact: Alzheimer's Society on **020 8937 7171** or email barnet@alzheimers.org.uk

First and third Monday of the month **2pm—4pm**. For people with dementia, or those who are caring for someone with dementia.

SOCIAL GROUPS and LUNCH CLUBS (continued)

New Barnet Community Association

New Barnet Community Centre, 48-50 Victoria Road, EN4 9PF

Contact: Email newbarnetca@gmail.com

Cost: **£4.00** on **Tuesdays** and **Fridays** and **60p** on **Mondays**

New Barnet Community Association provides a lunch and social group for older people on **Tuesdays** and **Fridays 11.30am—2pm**. As well as a hot meal, it is a place where people can meet and talk as well as participate in group activities such as bingo and exercise. A social group also runs **Mondays 2pm—3.30pm**

North Finchley

Barnet Elderly Asians Group (BEAG) Friary House, Friary Park N12 9PQ

Contact: 020 8368 0892 or email BEAGroup@btconnect.com

website www.bea-group.co.uk/

Barnet Elderly Asians Group provides lunch, exercise and social opportunities **Mondays, Wednesdays** and **Thursdays**. Other activities are aimed at improving health, and enabling members to access information and support to help them stay independent. A Tai Chi class runs on **Wednesdays 2pm—3pm**

Barnet Asian Women's Association (BAWA)

Friary House, Friary Park N12 9PQ Contact: 020 8368 3077

Barnet Asian Women's Association (BAWA) provides lunch, exercise, social activities as well as support for Asian women living in the London Borough of Barnet on **Tuesdays** and **Fridays**

Carers support group

Community Networks, 27 Castle Road, North Finchley N12 9EE

Contact: Alzheimer's Society on 020 8937 7171 or email barnet@alzheimers.org.uk

Meets every **first Tuesday** of the month **7pm—9pm**. A group which provides a friendly and supportive environment to talk to other carers about how dementia affects their lives.

Dementia Café

Activity Rooms, Ground Floor, Finchley Memorial Hospital, Granville Road N12 0JE

Contact: Alzheimer's Society on 020 8937 7171 or email barnet@alzheimers.org.uk

Every **second Wednesday** of the month **2pm—4pm**. For people with dementia, or those who are caring for someone with dementia, you'll be welcomed at this café.

INTEREST GROUPS

Arts

Arts & Crafts Class

Age UK Barnet – Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: Age UK Barnet on **020 8432 1415** or email joanne.patel@ageukbarnet.org.uk

Cost: **£3.00** Time: **10am—12pm**

This fun and friendly class runs every **Thursday**. It is for all abilities and uses a variety of art materials (provided).

Arts Appreciation Group

Various venues

Contact: Sian Jones on **020 8432 1416** or email sian.jones@ageukbarnet.org.uk

Cost: FREE to day centre clients. Donations are appreciated.

A programme of gallery outings and meetings in the homes of local artists etc. See www.ageukbarnet.org.uk for programme of events or contact Sian Jones.

artsdepot Creative Circle for the over 60s

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

Explore your creativity at friendly art sessions. Covering a variety of art forms, these workshops are led by professional theatre makers, dance artists, visual artists and musicians. No experience necessary.

Free taster workshop on **Monday 25 July—1.30pm to 3pm**

Sessions include Theatre Storytelling, Dance & Movement, Group Singing and Visual Arts.

Creative Circle will continue in **September** at a cost of **£3.00** per session (subsidised places are available to those on low incomes).

To register your interest email participation@artsdepot.co.uk or call **020 8369 5452**

Social Craft Group Friend in Need Community Centre, East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: **020 8449 8225** or email fin@fin-eastbarnet.org.uk

Fridays from 2pm—4pm Cost: **£3.00** with light freshments

Beginners and experienced crafts are all welcome.

INTEREST GROUPS (continued)

Finchley Arts Society

The Society has about 80 members who meet regularly during the school terms.

Contact: Colin at colincbc@btinternet.com

There are two painting sessions each week

- On **Monday** evenings **7.00pm—9.15pm** at **Trinity Church Hall, 15 Nether Street, North Finchley N12 7NN – near Tally Ho Corner**. A portrait model and a still-life are provided, but there is no tuition. The cost is **£2.00 per session**
- On **Wednesday** afternoons **12.30pm—3.30pm** at **St Mary's Church Hall, 26 Hendon Lane, Finchley Central N3**. Tuition in watercolour painting is provided. There is no model. The cost is **£1.50 per session including tea**

Two exhibitions of members work are arranged each year, one in November and the other in the spring, and during the course of the exhibitions a professional artist is brought in to give constructive criticism and advice.

There are demonstrations by professional artists at regular intervals, held at the Trinity Church Hall.

In the summer, painting days out are arranged in an attractive garden or park.

The annual subscription is **£24.00**. If you want to join just go along.

Musical Afternoon (formerly Music Appreciation Group)

Age UK Barnet – Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: Joanne on **020 8432 1415**

Cost: **£3.00** (includes refreshments)

The Musical Group meets on the **second Tuesday** of each month **1.30pm—3.30pm**. Booking is essential.

Studio North Three Art Group

Frith Grange Scout Camp, Frith Lane, Mill Hill NW7 1PT

Contact: Brian Lacey on **07957 352 732** or email brianlacey36@yahoo.co.uk

Studio North Three Art Group meets on **Tuesdays** during term time, **10am—1pm**

The group is open to artists of all abilities ranging from beginners to more experienced painters.

Ballroom Dancing

Lyonsdown Hall 3 Lyonsdown Road, (near New Barnet Station) New Barnet EN5 1JB

Contact: Ken or Barbara on **01707 258 414** **Cost:** **£4.50**

Includes tuition and refreshments **Mondays 8pm—10.30pm**

St Mary's Church Hall Hendon Lane, Finchley N3 1RT

Contact: Malcolm or Carolyn Mills on **020 8440 9364** or **07787 807 585** email cjmkdance@aol.co.uk

Ballroom and Latin classes **every Wednesday** from fully qualified instructors
Beginners/Intermediate **7.30pm—8.30pm**
Advanced **8.30pm—9.30pm**

INTEREST GROUPS (continued)

Book Groups

Make friends with a book

The Reader Organisation connects people with memory loss and their carers with great literature through shared reading groups where stories and poems are read aloud, bringing the words on the page to life and making the experience “live”. This generates a very natural combination of discussion, laughter, surprise and serious thought. You can simply drop in and sit down, there’s no pressure to talk, to read, or even to drink tea!

Venues and dates

Monday 1.30pm—3pm (currently at full capacity)

Cheshir Hall Community Centre, Foster Street, Hendon NW4 2AA

Tuesday 10.30am—12pm (currently at full capacity)

Grahame Park Library, The Concourse, Grahame Park NW9 5XL

Tuesday 10.30am—12pm

Hartley Hall, Flower Lane NW7 2JA

Tuesday 10.30am—12pm (currently at full capacity)

Burnt Oak Library, Watling Avenue, Burnt Oak HA8 0UB

Tuesday 11am—12pm (*for people living with memory loss and their carers*)

Friern Barnet Community Library, New Southgate, Friern Barnet N11 3DS

Tuesday 2pm—3.30pm (currently at full capacity)

Chipping Barnet Library, 3 Staplyton Road EN5 4QT

Wednesday 10am—11.30am

artsdepot, Bardepot, Level 3, artsdepot, 5 Nether Street, North Finchley N12 0GA

Wednesday 10.30am—12pm

New Barnet Community Centre, Victoria Road EN4 9PF

Thursday 10.30am—12pm (*for people living with memory loss and their carers*)

Edgware Reform Synagogue, 118 Stonegrove, Edgware HA8 8AB

Friday 10.30am—12pm (currently at full capacity)

The Old White Lion, 121 Great North Road, East Finchley N2 0NW

Friday 1.30pm—3pm (*for people living with memory loss and their carers*)

Tesco Brent Cross, Hendon Way Superstore, Tilling Road, Cricklewood NW2 1LZ

Contact: Paul Higgins on **07985 718744** or email paulhiggins@thereader.org.uk

Website www.thereader.org.uk

INTEREST GROUPS (continued)

Reading group, run by The Reader and Reader trained and supported volunteers.

Poetry and short prose, reading and sharing, suitable for people with dementia

Tuesdays 2pm—3pm **Cost: £4.00**

Friend in Need (FIN) Community Centre, East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: 020 8449 8225 or email fin@fin-eastbarnet.org.uk

Retired Senior Volunteer Programme

Contact: 07546 388433 or email rsvpbarnet2010@hotmail.co.uk

RSVP run a telephone book club for people who are housebound or have problems travelling.

Bridge

Beginners bridge classes Meritage Centre, Church Lane, Hendon NW4 4JT

Contact: Alan Shackman on **020 8361 7639** or email alanshackman@btinternet.com

Cost: £7.00 per lesson for a 10 week course

Booking is essential

Thursdays **10.15am—12.30pm**

Bridge groups Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Cost: £3.00 **Saturdays 1.30pm—4pm**

Wilmot Close Community Centre, Wilmot Close, East Finchley N2 8HP

Cost: £3.00 **Tuesdays** **1.30pm—4pm**
(not the first Tuesday of the month)

Come along to play bridge and have a cup of tea and biscuits with your fellow players. For more details please call Ray Tiano on **07944 562 180** or email

raymondtiamo@yahoo.co.uk

Dance

artsdepot Dance Group for the over 60s

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

Creative dance and movement sessions led by professional choreographer Sophie Nüzel. Express yourself, have fun and exercise from head to toe, in these confidence-building Sessions to improve stamina, balance and co-ordination. No experience necessary.

Fridays 11am—12.30pm at a cost of **£3.00** per session (subsidised places are available to those on low incomes).

To book call **020 8369 5452** or email participation@artsdepot.co.uk

INTEREST GROUPS (continued)

Family History Society

Lyonsdown Hall 3 Lyonsdown Road, New Barnet EN5 1JB

Contact: Elizabeth on **020 8449 3235**

Third Thursday of the month **7.30pm—10pm**

Gardening

Lyonsdown Hall 3 Lyonsdown Road, (near New Barnet Station) EN5 1JB

Contact: Brian on **020 8368 9543** or Elizabeth on **020 8449 8836**

New Barnet Amateur Gardeners & Floral Art Society

First Thursday of the month **7pm—10pm**

Healthy Eating Cookery Courses

Age UK Barnet Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: Karen on **020 8150 0967** or email eatwell@ageukbarnet.org.uk

Cost: **£5.00** a session. Price includes the cost of ingredients and lunch.

Learn how to cook tasty meals that are good for you—plus advice from a nutritionist. Open to men and women over 55.

Fridays **11am—1.30pm**

Barnet & Southgate College Grahame Park Way, Colindale NW9 5RA

Contact: Karen on **020 8150 0967** or email eatwell@ageukbarnet.org.uk

Cost: **£5.00** a session. Price includes the cost of ingredients and lunch.

Learn how to cook tasty meals that are good for you—plus advice from a nutritionist. Open to men and women over 55.

Tuesdays **11am—1.30pm**

Men's Cookery Courses

Age UK Barnet Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: Karen on **020 8150 0967** or email eatwell@ageukbarnet.org.uk

Cost: **£5.00** a class (total of **£25.00** for a five week beginners course).

Price includes the cost of ingredients and lunch.

Mondays **11am—1.30pm**

Hartley Hall Flower Lane, Mill Hill NW7 2JA

Contact: Karen on **020 8150 0967** or email eatwell@ageukbarnet.org.uk

Cost: **£5.00** a class (total of **£25.00** for a five week beginners course).

Price includes the cost of ingredients and lunch.

Wednesdays **11am—1.30pm**

INTEREST GROUPS (continued)

Mill Hill Historical Society

Mill Hill Historical Society was founded in 1929 to meet the needs of people interested in local history.

It organises regular lectures during the winter as well as a summer programme of visits to places of historical, literary and architectural interest.

Further information can be found on their website www.millhill-hs.org.uk

The Society warmly welcomes new members. If you are interested in joining please contact Jane Hartman on **020 8205 8446** or email janehartmanmhhs@hotmail.co.uk

Miscellaneous

Meritage Centre Church End, Hendon NW4 4JT

Contact: Age UK Barnet on **020 8432 1415** or email joanne.patel@ageukbarnet.org.uk

Men in Sheds

Wednesdays 11am—1pm

Are you handy with a hammer or a DIY disaster area? Come along to learn some skills and make new friends.

Men's Shed

Freehold Community Centre, 9 Alexandra Road, Muswell Hill N10 2EY

Contact: Chris on **07935 324 578** or email freeholdcms@gmail.com

Men can get together to do woodwork, gardening, bike and vehicle repairs and much more. Go to www.freeholdcommunityshed.org.uk for full details.

Mindfulness Meditation

The Archer Academy Free School, Stanley Road Campus, Eagans Close, East Finchley N2 8GA

Contact: Lisa Smith on **020 3778 0228** or email eddylevin@blueyonder.co.uk

Booking is essential

Practice mindful meditation together with others, whether you have done it before or are new to meditation. **Cost: £4.00 per session** (with refreshments)

Tuesdays 7.30pm—9pm Runs for 5 weeks 7 June to 5 July 2016

Singing

Altogether Better Edgware Community Choir

St Margarets Church, 1 Station Road, Edgware HA8 7JE

Contact: Godfrey Manning on **020 8958 5113** (after 10am weekdays)

Join the Edgware Community Choir singing songs from the shows and popular music. Everybody is welcome, all abilities and ages. **Cost: £2.00** donation per session.

Mondays 3pm

INTEREST GROUPS (continued)

Memory Lane Singing Club

St Mary's Hall, St Mary-at-Finchley, Hendon Lane, Finchley N3 1TR

Contact: Valerie on **020 8458 4508** or email v.cowan@hotmail.co.uk

Website www.memorylanesingingclub.co.uk

Cost: £10.00 per session or £113 per term

Meet **Fridays** from **11.30am—1.30pm** under the musical direction of Linda Perillo, Soprano, who runs several singing groups in Finchley. They have a professional piano accompanist, Phil Davies. Their repertoire is quite varied, with songs from all eras and musical shows.

Women

Hendon & District Townswomen's Guild (Colindale Branch)

St Matthias Church Hall, Rushgrove Avenue NW9 6QY

Contact: Pam on **020 8205 1758**

This group is for women to meet and exchange views and ideas, make new friends and support each other. The group hosts interesting and informative talks and organises occasional outings. They also raise funds for charity, for example they hold a Macmillan coffee morning every September.

Second Monday of every month **From 2pm**

DAY SERVICES

Chipping Barnet

Chipping Barnet Day Centre for the Elderly

United Reformed Church, Wood Street, Barnet EN5 4BW

Contact: **07923 031 231** for details **Cost: £7.00** per day for lunch

Mondays and Fridays 9.30am – 3.30pm

Chipping Barnet Day Centre is a club for older housebound people to enjoy a day out in a friendly, relaxed and cheerful environment. Activities on offer include Scrabble, card games and occasional live entertainment. Coffee and tea are provided on arrival followed by lunch at midday and tea in the afternoon. The centre also arranges outings and events.

DAY SERVICES (continued)

Edgware

Barnet African Caribbean Association

Wood Court, South Road, Edgware HA8 0BF

Contact: Roland on **020 8952 8629** or email roland.handley@chg.org.uk

Fridays 10am—3pm

A specialist day service helping to meet the needs of people from African and Caribbean communities within Barnet.

Day care and support service for those with dementia

Edgware Community Hospital, Burnt Oak Broadway, Edgware HA8 0AD

Contact: Marillac at Stepping Stones on **020 8732 6750** or email marillac@alzheimers.org.uk for more information and charges

Specialist day care and support service giving those with dementia the opportunity to pursue their hobbies and interests, try out new activities and socialise with others in a friendly environment outside of their home.

The Leonard Sainer Centre for People Living with Dementia

Jack Block House, Rectory Lane, Edgware HA8 7LF

Contact: Graham Freeman on **020 8951 3739** or email gfreeman@jcare.org

Cost: Contact Graham Freeman

Monday—Thursday 9.30am—3pm

Friday 9.30am—1pm

The Leonard Sainer Centre is a specialist service for Jewish people living with dementia. The centre has a stimulating and motivating environment that allows clients to enjoy themselves while having the opportunity to reach their full potential. The comprehensive daily programme of varied activities is service user led and promotes choice and independence. The Jewish cultural needs of the clients are recognised, including through the provision of a hot kosher lunch.

The centre also operates services for family carers of people living with dementia.

DAY SERVICES (continued)

Hendon

Barnet African Caribbean Association (BACA)

Barnet Multicultural Community Centre, Algernon Road NW4 3TA

Contact: Call **020 8202 0095** or email baca@barnetmcc.org

Cost: Contact BACA as above

Tuesdays 10am—3pm

A specialist day service helping to meet the needs of people from African and Caribbean communities within Barnet. BACA provides a drop-in service, activities including exercise classes, preventative and education activities and health checks as well as organising outings and holidays and supporting involvement in community initiatives and consultations. The service also offers specialist support for stroke sufferers.

Sam Beckman Centre for People Living with Dementia

The Betty and Asher Loftus Centre, Asher Loftus Way, Colney Hatch Lane N11 3ND

Contact: Marjorie Essientta on **020 8922 2222** or email messientta@icare.org

Cost: Contact Marjorie Essientta

Monday—Thursday 9.30am—3.15pm

Friday 9am—3pm

The Sam Beckman Centre provides a unique service for Jewish people living with dementia. The centre delivers a variety of activities that cater to each person's individual needs. Their members are supported to celebrate the Jewish way of life, in ways that are meaningful to them. They work together to maintain tradition and create a sense of belonging in a warm and stimulating environment and they also provide a hot kosher meal.

The activities that are on offer at the centre include: reminiscence, arts and crafts, music sessions, exercise, dance, yoga, discussions and various types of word games, drama, table games, creative writing, baking and gardening.

The centre aims to give members choice and control in every aspect of their lives.

HANDYPERSON SERVICE

Age UK Barnet's **Handyperson service** can undertake small jobs around the home to ensure older people can live safely and independently. Changing light bulbs, taking down and putting up curtains, fitting equipment such as grab rails, door chains and key safes as well as making carpets and cables safe around the home are just some of the tasks this service can provide.

Call the Handyperson service on **020 8150 0963** or email handyperson@ageukbarnet.org.uk

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Call free on **0800 334 5056** or visit www.aubdlondon.co.uk

LATER LIFE PLANNING SERVICE

This service enables older people living in Barnet to manage and plan for the challenges that ageing brings, whilst retaining independence, choice and control in their lives.

The team of Later Life Planners are available to provide advice on a broad range of subjects. Whether it's advice on welfare and benefits, housing or support services or how to keep healthy and active, they are here to help you.

Based in Age UK Barnet's centres, the Later Life Planners also go out into the community to reach as many people as possible across the borough.

Call **020 8432 1417** or **1419** to speak to a Later Life Planner.

You can also email laterlifeplanners@ageukbarnet.org.uk

Drop in sessions

Drop in to Age UK Barnet's Meritage Centre or Ann Owens Centre and the Age UK Barnet retail shop on the days and times listed below. Drop in clients will be seen by one of our advisers on a first come, first served basis. We may not be able to see everyone who comes.

Monday	10am—12pm	Ann Owens Centre, Oak Lane N2 8LT
Wednesday	10am—2pm	Age UK Barnet retail shop, 73 High St EN5 5UR
Thursday	10am—2pm	Age UK Barnet retail shop, 73 High St EN5 5UR
Friday	10am—2pm	Age UK Barnet retail shop, 73 High St EN5 5UR
Friday	10am—1.30pm	Meritage Centre, Church End NW4 4JT

Limited home visits are available to the housebound.

BEFRIENDING

Borough wide

Age UK Barnet

Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: Call **020 8432 1416** or email sian.jones@ageukbarnet.org.uk

Age UK Barnet's befriending service aims to provide medium to long term companionship and support for the elderly who are lonely and isolated, especially due to frailty and physical disability. Many relationships will involve outings to shops, parks, help with paperwork and modern technology as well as a cup of tea, a chat and a laugh.

Retired Senior Volunteer Programme

Contact: **07546 388433** or email rsvpbarnet2010@hotmail.co.uk

RSVP runs a telephone befriending service.

East Barnet and New Barnet

Friend in Need (FIN)

Contact: **020 8449 8225** or email goodneighbourscheme@fin-eastbarnet.org.uk

Friend in Need Good Neighbour Scheme provides offers a befriending service in the East and New Barnet areas.

High Barnet

High Barnet Good Neighbour Scheme

Contact: **020 8441 5678** or email HBGNS@greenbee.net

The Good Neighbour Befriending Scheme is a voluntary service offered to anyone living in the EN5 area of Barnet who is feeling lonely and isolated. Our befrienders are wonderfully warm volunteers whom would happily share a cup of tea and a natter with you or take you for a walk. If you have any worries or insecurities about anything the volunteer might be able to reassure you or find the relevant help through us here at Good Neighbours. Generally, they will make you feel you are not alone and have support.

Mill Hill and Burnt Oak

The Good Neighbour Scheme for Mill Hill and Burnt Oak

Contact: **020 8906 3340** (mornings)

The Good Neighbour Scheme for Mill Hill and Burnt Oak operates a befriending scheme for the lonely and isolated using local volunteers.

PRACTICAL HELP

Borough wide services

Age UK Barnet Ann Owens Centre, Oak Lane, East Finchley N2 8LT

A **chiropody service** is available **every six weeks** on a **Thursday** at the Ann Owens Centre from a qualified surgical chiropodist and podiatrist, Jennifer Yates-Rowe.

By appointment only Cost: **£20.00** for half an hour

Next date: Please contact Loraine for details

Contact: Loraine on **020 8150 0962** or email info@ageukbarnet.org.uk

A simple **nail cutting service** is also available every **Monday** at the Ann Owens Centre. For more information and to book a Monday appointment call **020 8150 0965** or email

info@ageukbarnet.org.uk Cost: **£10.00**

Hear to Help

Hearing aid clinics at:

Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Last Thursday of every month.

Time: 1pm—3pm **Cost:** **Free**

Meritage Centre, Church End, Hendon NW4 4JT

Last Friday of every month

Time: 1pm—3pm **Cost:** **Free**

To book at either venue contact Marcus Boere on **020 8369 5325** or **07423 430 383** or email marcus.boere@hearingloss.org.uk

Helping Hands

Contact: **020 8449 8225** or email helpinghands@fin-eastbarnet.org.uk

Website www.fin-eastbarnet.org.uk

This scheme is run by **Friend in Need (FIN)** and assists older people (who do not meet FACS eligibility criteria for service but are seen as having low-moderate risk levels) by providing the following services:-

- shopping
- banking
- pension collection
- prescription collection services
- bill payment

PRACTICAL HELP (continued)

Jewish Care Community Support and Social Work Service

Contact: 020 8922 2222

The Community Support and Social Work Service at Jewish Care supports individuals, families and communities to enable people to make a meaningful difference to their lives with dignity and choice.

East Barnet and New Barnet

Friend in Need

Contact: 020 8449 8225 or email goodneighbourscheme@fin-eastbarnet.org.uk

Website www.fin-eastbarnet.org.uk

Friend in Need Good Neighbour Scheme provides offers the following services for people living in the East and New Barnet areas these include:

- emergency shopping
- a shopping bus
- help with gardening and odd jobs
- transport to hospital or other services
- form filling
- falls prevention advice

Edgware

Hear to Meet

Friends, community and support for people with hearing loss at **Edgware Library, Hale Lane, HA8 8NN**

The service is for people affected by hearing loss, particularly those who have recently been diagnosed or are new to hearing aids.

You will have the opportunity:

- to meet new people
- share your experiences
- to receive information for people with hearing loss and their families
- to get help to get assistive equipment
- for advice on tinnitus, communication tactics and hearing aids

Second Wednesday of every month

Time: 2pm—4pm **Cost: Free**

For more information contact Sumita Patel on **020 8369 5325**

email sumita.patel@hearingloss.org.uk

website www.actiononhearingloss.org.uk

PRACTICAL HELP (continued)

High Barnet

Hear to Meet

Friends, community and support for people with hearing loss at
Chipping Barnet Library, 3 Stapylton Road EN5 4QT (upstairs hall)

The service is for people affected by hearing loss, particularly those who have recently been diagnosed or are new to hearing aids.

You will have the opportunity:

- to meet new people
- share your experiences
- to receive information for people with hearing loss and their families
- to get help to get assistive equipment
- for advice on tinnitus, communication tactics and hearing aids

First Wednesday of every month

Time: 10.30am—12.30pm Cost: Free

For more information contact Sumita Patel on **020 8369 5325**

email sumita.patel@hearingloss.org.uk

website www.actiononhearingloss.org.uk

High Barnet Good Neighbour Scheme

A warm and friendly voluntary service giving practical help to the elderly, sick, disabled and anyone living at home finding it difficult to cope. Available to support those who live in the EN5 area **Monday—Friday**. A small contribution is welcome.

- Transport available to medical appointments
- Help with shopping
- Collect pensions and prescriptions
- Friendship and advice available
- Gardening—seasonal tidy-ups

Contact: Diane or Liz on **020 8441 5678**, email: hbqns@greenbee.net

PRACTICAL HELP (continued)

Mill Hill and Burnt Oak

The Good Neighbour Scheme for Mill Hill and Burnt Oak

Contact: 020 8906 3340 (mornings)

The Good Neighbour Scheme for Mill Hill & Burnt Oak provides the following services to older people living in the Mill Hill and Burnt Oak areas:

- help with form filling and letter writing
- access to a small gardening service
- a weekly shopping bus to a local supermarket with volunteer driver and escort
- volunteer transport to medical centres and local hospitals

Retail Centre Marshall Estate, Hammers Lane NW7 4DQ

A **chiropody and nail cutting service** is held **every six weeks** on a **Friday** at the **Marshall Estate**.

The cost is **£15.00** and is **by appointment only**.

Contact: Jeanette on **020 8906 3340** for more information and to book an appointment.

The service is aimed at preventative medicine but if there is a medical condition it will be treated by the chiropodist at no extra cost.

North Finchley

Hear to Meet

Friends, community and support for people with hearing loss at **Jewish Deaf Association, Julius Newman House, Woodside Park Road N12 8RP**

The service is for people affected by hearing loss, particularly those who have recently been diagnosed or are new to hearing aids.

You will have the opportunity:

- to meet new people
- share your experiences
- to receive information for people with hearing loss and their families
- to get help to get assistive equipment
- for advice on tinnitus, communication tactics and hearing aids

Third Thursday of every month

Time: 2pm—4pm Cost: Free

For more information contact Sumita Patel on **020 8369 5325**

email sumita.patel@hearingloss.org.uk

website www.actiononhearingloss.org.uk

EVENTS

Road to Rio

Whitefield School, Claremont Road NW2 1TR

Dance the cobwebs off and get in the mood for the Rio Olympics with our Road to Rio Tea Party. This is a FREE event with music, dancing, tea and cake.

Thursday 7 July

2pm—4pm Cost: FREE

For more information or to book your place call Age UK Barnet on **020 8432 1415**