

# What's On near you for over 55s

Age UK Barnet and 12 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—5.3pm Movement/creative dance

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

**Contact:** Richard on **020 8455 5463** **Cost:** **£6.00** 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](mailto:cdee@tesco.net) **Cost:** **£6.00** per class

Tuesdays 2pm—3pm Tai Chi

**Open Door Centre (Christ Church), St Albans Road, Barnet EN5 4LA**

**Contact:** Carolyn Ansell on **020 8629 0269**, email [carolyn.ansell@ageukbarnet.org.uk](mailto:carolyn.ansell@ageukbarnet.org.uk) or Magda Halota on **07709 572 346**

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

Suitable for all abilities Starts 18 October

**Underhill Baptist Church Elton Avenue, Barnet EN5 2EA**

**Contact:** **020 3675 7246** or email [AnnabelHay@saracens.net](mailto: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](mailto: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](mailto:p2gunasingam@yahoo.co.uk)

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

Fridays 10.30am—12pm Keep fit/Zumba class—**Cost:** **£2.00** with free lunch

## ***EXERCISE (continued)***

### ***Colindale***

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

**Contact:** Chris on **07960 944 612**. **Cost: £3.50**

Tuesdays 10.15am—11.15am Tai Chi

**Colindale Library** 7 Bristol Avenue (formerly Lanacre Avenue) NW9 4BR

**Contact:** 020 8629 0269 or email [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk) or call Magda on 07709 572 346

Tuesdays 11am—12pm Gentle exercise to music **Cost: £3.50**

Followed by tea/coffee and chat until 12.45pm

### ***Cricklewood***

**St Agnes Centre** Gillingham Road (off Cricklewood Lane) NW2 1RL

**Contact:** Ranj on **07957 185 367** or Age UK Barnet on **020 8629 0269**

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](mailto:goodneighbourscheme@fin-eastbarnet.org.uk)

Mondays 5.30pm—6.30pm Advanced 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: £5.00**

Mondays & Wednesdays 11.15am—12.15pm

Tuesdays 11am—12pm

Thursdays 11.30am—12.30pm

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](mailto:AnnabelHay@saracens.net) FREE adults athletics fitness sessions for the over 55s

Mondays 2pm—3pm AthleFIT

## ***EXERCISE (continued)***

### ***East Finchley***

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

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

Mondays	2pm—3pm 3.15pm—4.15pm	Gentle exercise to music Exercise for falls prevention <b>(referrals only)</b>
Wednesdays	10am—11am 11.30am—12.30pm 2.15pm—3.15pm	Tai Chi for people recovering from falls <b>(referrals only)</b> Tai Chi for people recovering from falls <b>(referrals only)</b> Low impact exercise for the more active
Thursdays	11am—12pm	Exercise class
Fridays	11am—12pm	Exercise class

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

**Contact: Michael Jobling on 020 3778 0228 or email [michael.jobling@ntlworld.com](mailto:michael.jobling@ntlworld.com)**

Tuesdays	2.15pm—3.45pm	Table tennis	
<b>Cost: <u>£5.00</u> per session or <u>£20.00</u> for six sessions</b>			
Thursdays	10.15am—11.45am	Table tennis	Cost: <u>£4.00</u>

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

**Contact: Nila on 020 8629 0269 or email [nila.patel@ageukbarnet.org.uk](mailto:nila.patel@ageukbarnet.org.uk)**

Wednesdays 11.30am—12.30pm Movement to music **Cost: £3.50**

#### **Prospect Place East End Road, East Finchley N2 0XA**

**Contact: Anne Segal on 07976 440 775 Cost: £3.50**

Tuesdays 3pm—4pm Exercise to music

### ***Edgware***

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

**Contact: Richard on 020 8455 5463 or email [rsb.taichi@talktalk.net](mailto:rsb.taichi@talktalk.net)**

**Cost: £4.00 for both classes.**

Tuesdays	2pm—3.30pm	Tai Chi
Wednesdays	10.15am—11.15am	Tai Chi

#### **John Keble Church 142 Deans Lane, Edgware HA8 9NT**

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

**Email: [cdee@tesco.net](mailto:cdee@tesco.net) Cost: £6.00 per class**

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

#### **Wood Court South Road, Edgware HA8 0BF**

**Contact: 020 8629 0269**

Wednesdays 11am—12pm Movement to music

## ***EXERCISE (continued)***

### ***Friern Barnet***

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

**Contact:** 020 3675 7246 or email [AnnabelHay@saracens.net](mailto: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—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	Hampstead Heath—Wildwood	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
Thursdays	9.45am—10.45am	Tai Chi for Falls Prevention (referrals only)
Thursdays	11am—12pm	Tai Chi

**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

**Barnet Cophall Leisure Centre Champions Way, Hendon NW4 1PX**

Come with your friends, have fun and let your feet follow the music!

Thursdays 12.45pm—1.45pm Dance Class Cost: £3.50

Wednesdays 8.15am—9.15am Tai Chi Cost: £3.50

Saturdays 10am—11am Health Walks Cost: FREE  
(Book your space to avoid disappointment)

**Contact:** [annalisa.cellini@gll.org](mailto:annalisa.cellini@gll.org) or call 020 8457 9900 in respect of all of the above classes

## ***EXERCISE (continued)***

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

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

Thursdays      11am—12pm      Tai Chi

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

**Contact: 020 3675 7246 or email [AnnabelHay@saracens.net](mailto: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

Wednesdays    10.30am—11.30am      Nordic Walking\*\*\*

## ***Mill Hill***

**Eversfield Centre 11 Eversfield Gardens, Mill Hill NW7 2AE**

**Contact: Richard on 020 8455 5463 or email [rbs.taichi@talktalk.net](mailto:rbs.taichi@talktalk.net)      Cost: £3.50**

Tuesdays      11am—12pm      Tai Chi

**Eversfield Centre 11 Eversfield Gardens, Mill Hill NW7 2AE**

**Contact: Emily Neilan on 020 3675 7232**

Love to Move — Dance classes for the over 50s

Mondays      12.30pm—2.30pm

**Mill Hill East Church Salcombe Gardens NW7 2NT**

**Contact: 020 3675 7246 or email [AnnabelHay@saracens.net](mailto:AnnabelHay@saracens.net) for more details and the cost**

Thursdays      5pm—6pm      50+ fitness

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

**Contact: Ranj on 07957 185 367 or Age UK Barnet on 020 8629 0269**

**Cost: £3.50**

Mondays      2pm—3pm      Gentle exercise to music

**Contact: 020 8629 0269 or Richard Selby (instructor) on 020 8455 5463**

**Cost: £3.50 First class is FREE**

Fridays      10am—11am      Gentle Tai Chi

**From 11 January 2018—Classes move to Thursdays at 10.30am—11.30am**

## ***EXERCISE (continued)***

### **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***

### **Powerleague Barnet, Bobby Moore Way, Muswell Hill N10 1ST**

**Contact:** Martin Jones on **07951 813 677** or email

[martingeraintjones@gmail.com](mailto:martingeraintjones@gmail.com)

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

Thursday mornings          11am—12pm          Walking Football

**Cost:** **£4.00** per hour

### ***New Barnet***

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

**Contact:** **020 3675 7246** or email [AnnabelHay@saracens.net](mailto: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](mailto:cdee@tesco.net) **Cost:** **£6.00** per class

Tuesdays          10.30am—11.30am          Tai Chi

### **Friary Park North Finchley N12 9PD**

**Contact:** Daniela to book and more information on **07855 681 354** or email

[daniela.boyce@virgin.net](mailto:daniela.boyce@virgin.net)

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

Thursdays          12pm—1pm          Nordic Walking Learn to Walk

## ***EXERCISE (continued)***

### **Friary Park North Finchley N12 9PD**

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

### **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

### **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](mailto: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](mailto:mgoodliffe@hotmail.com)

Thursdays 10.30am—11.45am Tai Chi—Advanced class

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

Fridays 10.30am—11.30am Tai Chi—Intermediate class

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

Booking is essential

## ***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 Low impact aerobics

**Contact:** Annalisa on **07483 017 178** for more information and costs

Thursdays 11am—12pm Seated Yoga **Cost:** **£3.50**

**Contact:** Kathryn Jackman on **07967 385 104** or Carolyn on **020 8629 0269**



## ***EXERCISE (continued)***

### ***Woodside Park***

#### **Woodside Park**

**Contact:** Daniela to book and more information on **07855 681 354** or email [daniela.boyce@virgin.net](mailto: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 6). Contact Daniela for further details.

#### **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***

#### **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 by email [BTTC.contact@gmail.com](mailto:BTTC.contact@gmail.com) or visit [www.bttc.co.uk](http://www.bttc.co.uk)

#### **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](mailto:sobell@jcare.org)

## ***EXERCISE (continued)***

### **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](http://www.localtennisleagues.com/hendonpark) to find out more or email [hendonparktennisleague@googlemail.com](mailto:hendonparktennisleague@googlemail.com)

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

Temple Fortune Bowls Club welcomes new members whether new to the game or experienced bowlers. The bowls seasons is mid April to September.

Contact their Manager on **020 8455 2184** or email [admin@templefortuneclub.co.uk](mailto:admin@templefortuneclub.co.uk) for further information. Website [www.templefortuneclub.co.uk](http://www.templefortuneclub.co.uk)

### **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
- Darts
- Dominoes
- Bowls
- Short tennis
- And much, much more...

Join online today at [www.better.org.uk/club](http://www.better.org.uk/club)

Contact Greenwich Leisure on **020 8317 5000** for information on participating leisure centres or visit [www.gll.org](http://www.gll.org)

# **COMPUTERS AND TECHNOLOGY**

## ***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. Access to library computers is available or bring along your own device.

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

**Contact: 020 8432 1415**

**Mondays 10.30am—12pm**

**Edgware Library 293 Hale Lane, Edgware HA8 8NN**

**Contact: 020 8432 1415**

**FREE “Tea and Tech”. Open to all—Thursdays 2pm—3.30pm**

**South Friern Library – Colney Hatch Lane N10 1HD**

**Contact: 020 8432 1415**

**Thursdays 10.30am—12pm**

## ***IT drop in sessions***

No need to book, just drop in to see our volunteers 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.

## ***Friary Park***

**Friary House, Friary Park N20 0NR**

Confused by computers? Come and join us for help with all things technical! We have a wonderful suite of Macs or, if you prefer, you can bring your iPad or laptop to get some top tips from Age UK Barnet’s friendly volunteers.

For more information call Age UK Barnet on **020 8432 1415** or email

[howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

## ***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.

FREE shared learning sessions

**Tuesdays 2pm—4pm at The Five Bells Pub, 165-167 East End Road N2 0LZ**

Contact Paul Saunders at [dohz1@yandex.com](mailto:dohz1@yandex.com)

**Wednesdays 2pm—4pm at Wilmot Close, Communal Hall, off Tarling Road N2 8HP**

Contact Paul Nikiel at [pnnikiel@gmail.com](mailto:pnnikiel@gmail.com)

**Thursdays 10.30am—12pm at Seasons Café, 205 High Road N2 8AN**

Contact Lynn Herrick at [lynnherrick@gmail.com](mailto:lynnherrick@gmail.com)

### **Computers and a Cuppa in High Barnet**

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. FREE shared learning sessions

**Saturdays 10am—12pm at The Wesley Hall, Stapylton Road, High Barnet EN5 4QT**

Contact **020 8432 1420** for more information

### **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](mailto: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

## ***COMPUTERS AND TECHNOLOGY (continued)***

### **Jewish Care Explore**

**The Maurice and Vivienne Wohl Campus, 221 Golders Green Road NW11 9DQ**

Jewish Care Explore is a warm and welcoming place where you can learn to use technology in all aspects of your daily life. We've got computers iPads, smartphones and Android tablets, as well as a range of specialist accessories and apps for people with disabilities.

We run courses and workshops on everything from PC and iPad basics to learning how to use email, Facebook and Skype. We also run a drop-in service, for those who want to play around with our technology or get some ad hoc support. For those already using technology, our friendly staff and volunteers can also provide advice and tips to help improve skills or build on existing knowledge.

Find out more by calling **020 8922 2400** or email [explore@jcare.org](mailto:explore@jcare.org)

## ***SOCIAL GROUPS and LUNCH CLUBS***

### **Older lesbian, gay, bisexual and transgender (LGBT)**

**Various venues in London**

**Contact:** 020 7239 0400 or email [info@openingdoorslondon.org.uk](mailto:info@openingdoorslondon.org.uk)

Website [www.openingdoorslondon.org.uk](http://www.openingdoorslondon.org.uk)

Opening Doors London hosts a variety of social groups and meetings in London. Regular social activities include film nights, speakers events, walking groups, coffee evenings, lunch clubs, theatre and cinema trips, museum and day trips and old fashioned nights out in the pub. Most activities are provided free to Opening Doors London members (email or go to website as detailed above).

### ***Barnet***

**Rainbow Centre, Dollis Valley Drive, Barnet EN5 2UN**

The Rainbow Centre provides a number of activities as detailed below

- Salsa
- Bingo
- Nails—manicures, polish and nail art
- Art & Craft sessions
- Film screenings

For more information call the Rainbow Centre on **020 8441 9837** or Millie on **07572 608 919** or email [millie@barnetcp.org.uk](mailto:millie@barnetcp.org.uk) or go to [www.rainbowcentrebarnt.wordpress.com](http://www.rainbowcentrebarnt.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 (continued)***

### **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](mailto:p2gunasingam@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 or email [good.neighbours@yahoo.co.uk](mailto:good.neighbours@yahoo.co.uk)**

Meeting **Thursdays** during school term time **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: £4.50**

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**

**St Agnes Centre, Gillingham Road (off Cricklewood Lane) NW2 1RL**

**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](mailto:fin@fin-eastbarnet.org.uk)**

Daily Activities available Monday to Thursday and Saturday

**Coffee Morning 10.30am—12pm Cost: £5.00**

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

#### **Oakhill Pitch and Putt Parkside Gardens, East Barnet EN4 8JS**

**Wednesdays from 10am—12pm**

Half price teas, coffees, hot chocolate and free biscuits are available for the elderly community at Oakhill Pitch and Putt. Sandwiches, ice cream and other refreshments are also available and you can also have a game of golf, which costs £5 to play 9 holes.

### ***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](mailto: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).

## ***SOCIAL GROUPS and LUNCH CLUBS (continued)***

### **Coffee and Chat with East Finchley Altogether Better (EFAB)**

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

Contact: Annette Leslie at [annettelesliem@gmail.com](mailto:annettelesliem@gmail.com)

**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.

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

Contact: Nila on 020 8629 0269 or email [nila.patel@ageukbarnet.org.uk](mailto:nila.patel@ageukbarnet.org.uk)

Social Club

**Wednesdays**

#### **Movement to music**

**11.30am—12.30pm Cost: £3.50**

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

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

Contact: Sajeda Meghji at [s.meghji@ucl.ac.uk](mailto:s.meghji@ucl.ac.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**

**£40.00** for a six week course, ingredients included. Booking is essential

## ***Edgware***

**Deborah Lodge 16 North Road, Edgware HA8 0UJ**

Contact: 020 8432 1423 or 020 8150 0965 or email

[christine.gilbert@ageukbarnet.org.uk](mailto:christine.gilbert@ageukbarnet.org.uk)

#### **Tea and Chat**

**Wednesdays 10am—11am Cost: £1.00**

#### **Lunch club**

**Wednesdays 12.30pm—1.30pm Cost: £5.00**

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

#### **Afternoon Activities**

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

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



## ***SOCIAL GROUPS and LUNCH CLUBS (continued)***

### ***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**

### ***Friary Park***

**Barnet Elderly Asians Group (BEAG) Friary House, Friary Park N20 0NR**

**Contact:** 020 8368 0892 or email [BEAGroup@btconnect.com](mailto:BEAGroup@btconnect.com)  
website [www.bea-group.co.uk/](http://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 N20 0NR 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**

### ***Friern Barnet***

**Friern Barnet Royal British Legion 1 St John's Building, Friern Barnet Road N11 3DP**

**Contact:** Community Focus on **020 3743 2326** or email [admin@communityfocus.co.uk](mailto:admin@communityfocus.co.uk)

From **Monday 16 January 2017** join Community Focus to Combat Loneliness in Barnet every week with music, refreshments, bingo and friendship every **Monday afternoon from 2.30pm** and **Thursday mornings from 10.30am**. Lunch is also provided both days at **1pm** at a cost of **£6.00** for two courses.

You do NOT need to be a member of the Royal British Legion.

**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/msjcc](http://www.jewishcare.org/msjcc)

For more information or to request a brochure please contact the centre on **020 8922 2900** or email [sobell@jcare.org](mailto:sobell@jcare.org)

### ***Hendon***

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

**Contact:** Email [info@africanculturalassociation.net](mailto: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](mailto:raine@cmha.org.uk)

Website [www.cmha.org.uk/our-services-/wellbeing-club](http://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**

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

**Contact:** **020 8905 5522**, email [info@farsophone.org.uk](mailto: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.

## ***SOCIAL GROUPS and LUNCH CLUBS (continued)***

### **The Holocaust Survivor and Refugee Service**

**Contact:** Service Manager, Aviva Trup on **020 8203 9033** or email [shalvata@icare.org](mailto:shalvata@icare.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 Club Mill Hill East Church, Salcombe Gardens NW7 2NT**

**Contact:** Good Neighbour Scheme for Mill Hill and Burnt Oak on **020 8906 3340** or email [good.neighbours@yahoo.co.uk](mailto:good.neighbours@yahoo.co.uk)

Join the Coffee Club for chat and games **Fridays 1.30pm—3pm**. Tea, coffee and refreshments can be purchased from the church café.

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

**Contact:** Vintage Volunteering on **020 8368 8724**

Join Vintage Volunteering for coffee, chat and bingo around the last Thursday of each month from **10.30am—12pm**. It's free! Call to check the date, as times change.

### **Mill Hill Library Hartley Avenue NW7 2HX**

**Contact:** **020 8359 3830**

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](mailto: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**

Meeting **Tuesdays 12pm—1.30pm** (during school term time), this lunch club is run by the Good Neighbour Scheme for Mill Hill and Burnt Oak. **Cost: £3.50** for a two course hot meal plus tea and coffee.

Some volunteer transport is available for those who need it. For further information or to book a meal call the **020 8906 3340**

## ***SOCIAL GROUPS and LUNCH CLUBS (continued)***

### ***New Barnet***

#### **New Barnet Community Association**

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

**Contact:** Email [newbarnetca@gmail.com](mailto: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**

### ***Whetstone***

#### **Manor Drive Methodist Church Manor Drive, Whetstone N20 0DZ**

**Contact:** Nila Patel on **020 8629 0269** or email [nila.patel@ageukbarnet.org.uk](mailto:nila.patel@ageukbarnet.org.uk)

**Cost:** £6.00

Join us for an Indian vegetarian lunch and exercise at the **Monday Social Club**, for older Asian people. Or just pop along to meet new and old friends.

**Mondays 10.30am—2pm**

## ***INTEREST GROUPS***

### ***Arts***

#### **Arts & Crafts**

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

**Contact:** Age UK Barnet on **020 8432 1415** or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

**Cost:** £3.00

This fun and friendly group is from **10am—12pm** on **Thursdays**. It is for all abilities and uses a variety of art materials (provided).

#### **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.

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

The Creative Circle is **Mondays 1.30pm—3pm** and costs £24.00 per term

Booking is essential—Call the Box Office on **020 8369 5455**

## ***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](mailto: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**

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

**Contact:** 020 8432 1415 **Cost:** **£4.00** (includes refreshments)

**Every month** from **1.30pm—3.30pm**. Booking is essential.

**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](mailto:fin@fin-eastbarnet.org.uk)

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

Beginners and experienced crafters are all welcome.

### **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](mailto: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 [cimkdance@aol.co.uk](mailto:cimkdance@aol.co.uk)

Ballroom and Latin classes **every Wednesday** from fully qualified instructors  
Beginners/Intermediate **7.30pm—9pm** **Cost:** **£7.00**

# ***INTEREST GROUPS (continued)***

## ***Book Groups***

### **Make friends with a book**

In these groups, The Reader Organisation connects people with great literature through “shared reading”. 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 days

#### **Monday 1.30pm—3pm**

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

#### **Tuesday 10.30am—12pm**

Hartley Hall, 1 Flower Lane NW7 2JA

#### **Tuesday 10.30am—12pm**

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

#### **Tuesday 2pm—3.30pm**

Chipping Barnet Library, 3 Staplyton Road EN5 4QT

#### **Thursday 10.30am—12pm**

OneStonegrove Community Centre, 5 Hayling Way, Edgware HA8 8BN

#### **Thursday 1.30pm—3pm**

Sobell Centre and Selig Court, 221 Golders Green Road NW11 9DQ

#### **Friday 10am—12pm**

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

**Contact:** Kate Fulton on 07801 911 481 or email [kathrynfulton@hotmail.com](mailto:kathrynfulton@hotmail.com)

Website [www.thereader.org.uk](http://www.thereader.org.uk)

### **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](mailto:fin@fin-eastbarnet.org.uk)

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**

### **Home Library Service**

Like reading? Unable to get out to the library anymore? Try Barnet libraries **Home Library Service** for library home deliveries. Cost: **FREE**

Call 020 8359 3901 or email [mobile.library@barnet.gov.uk](mailto:mobile.library@barnet.gov.uk)

## ***INTEREST GROUPS (continued)***

### ***Bridge***

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

Contact: Alan Shackman on 020 8361 7639 or email [alanshackman@btinternet.com](mailto: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 1pm—4pm

Wilmot Close, Community Lounge, Tarling Road, East Finchley N2 8HP

Cost: **£3.00** Thursdays 1pm—4pm

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 [tianoraymond@gmail.com](mailto:tianoraymond@gmail.com)

### ***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](mailto:eatwell@ageukbarnet.org.uk)

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

*A variety of courses available (Mondays):-*

- Dishes from around the world
- Vegetarian
- Healthy cookery (with nutritionist)
- Indian cookery

Open to men and women over 55. Booking is essential

**Barnet & Southgate College** Southgate Campus, High Street, Southgate N14 6BS (approximately 2 minutes walk from Southgate Tube Station)

Contact: Karen on 020 8150 0967 or email [eatwell@ageukbarnet.org.uk](mailto:eatwell@ageukbarnet.org.uk)

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

10 week healthy eating cookery course (with advice from a nutritionist).

Tuesdays 11am—1.30pm

**Mill Hill International School** Milesplit Hill NW7 2RX

Contact: Karen on 020 8150 0967 or email [eatwell@ageukbarnet.org.uk](mailto:eatwell@ageukbarnet.org.uk)

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

10 week healthy eating cookery course (with advice from a nutritionist).

Tuesdays 11am—1.30pm

**Please note** you will need to be able to drive or be driven to this venue (plenty of parking available)



## ***INTEREST GROUPS (continued)***

**Hartley Hall Flower Lane, Mill Hill NW7 2JA**

**Contact:** Karen on **020 8150 0967** or email [eatwell@ageukbarnet.org.uk](mailto:eatwell@ageukbarnet.org.uk)

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

5 week Men's beginner's cookery course

**Mondays 11am—1.30pm**

### ***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](mailto:participation@artsdepot.co.uk)

**Hope Corner Community Centre 185 Mays Lane, Barnet EN5 2DY**

**Contact:** Annalisa on **07483 017 178**

Dance class

**Thursdays 2.30pm—3.30pm**

### ***Gardening***

**Hendon Gardening Club Cheshir Hall, Foster Street NW4 2AA**

**Contact:** Jill on **020 8202 7380**

Meets **7pm—9pm** most months on the **second Wednesday** of the month for talks, demonstrations, plant sales and a chance to chat about all things horticultural.

### ***LGBT***

**Older lesbian, gay, bisexual and transgender (LGBT)**

**Various venues in London**

**Contact:** **020 7239 0400** or email [info@openingdoorslondon.org.uk](mailto:info@openingdoorslondon.org.uk)

Website [www.openingdoorslondon.org.uk](http://www.openingdoorslondon.org.uk)

Opening Doors London hosts a variety of social groups and meetings in London. Regular social activities include film nights, speakers events, walking groups, coffee evenings, lunch clubs, theatre and cinema trips, museum and day trips and old fashioned nights out in the pub. Most activities are provided free to Opening Doors London members (email or go to website as detailed above).



## ***INTEREST GROUPS (continued)***

### ***Miscellaneous***

**Trinity Church 100 The Broadway, Mill Hill NW7 3TB**

**Contact:** 020 8906 3340 or email [goodneighbours@yahoo.co.uk](mailto:goodneighbours@yahoo.co.uk) for details of the dates films are shown or go to [thegoodneighbourschememhbo.com](http://thegoodneighbourschememhbo.com)

Wednesday film afternoons—No admission will be charged but donations welcomed

**Wednesdays** Doors open at 2pm—Film starts at 2.15pm

**Lyonsdown Hall 3 Lyonsdown Road, New Barnet EN5 1JB**

**Contact:** Elizabeth on 020 8449 3235

Family History Society

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

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

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

The New Barnet Amateur Gardeners & Floral Art Society gives gardening talks and floral art demonstrations, plant sales and quizzes etc.

The Society does not provide any form of gardening service

**Second Thursday** of the month 8pm

**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](http://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](mailto:janehartmanmhhs@hotmail.co.uk)

**Men's Shed at Freehold Community Centre, 9 Alexandra Road, Muswell Hill N10 2EY**

**Contact:** Chris on 07935 324 578 or email [freeholdcms@gmail.com](mailto:freeholdcms@gmail.com)

Men can get together to do woodwork, gardening, bike and vehicle repairs and much more. Go to [www.freeholdcommunityshed.org.uk](http://www.freeholdcommunityshed.org.uk) for full details.

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

**Contact:** Roya Hekmatpanah at [rhekmatpanah@gmail.com](mailto:rhekmatpanah@gmail.com)

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** Booking is essential

**Knit and Natter Group Prince of Wales, 2 Church Hill Road, East Barnet EN4 8TB**

**Mondays** from 11.15am

Just turn up!

## ***INTEREST GROUPS (continued)***

### ***Music and Singing***

**Silver Stitchers** at Luchi & Ota, 62 Edgware Way, Mowbray Parade, Edgware HA8 8JS  
**Contact:** 020 8432 1415 or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

Sewing, knitting and crochet group for over 55s. Bring along your own craft projects and join our friendly group for inspiration and conversation whilst you stitch.

**Fortnightly on Wednesdays 10.30am—12pm**

**Cost:** FREE with refreshments provided

#### **Edgware Community Chorus**

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

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

Join the Edgware Community Chorus singing songs from the shows and popular music. Everybody is welcome, all abilities and ages. **Cost:** £2.50 suggested contribution per session.  
**Alternate Mondays 3pm**

#### **East Barnet Singing Group**

**Friend in Need Community Centre, East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS**

**Contact:** 020 8449 8225

Everyone is welcome—bring your family and friends, sing together and have lots of FUN at the East Barnet Singing Group. Coached by qualified teacher with a variety of song styles.

**Saturdays 11am—12pm Cost: £3.50 per session**

#### **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](mailto:v.cowan@hotmail.co.uk)

Website [www.memorylanesingingclub.co.uk](http://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**

# **DEMENTIA ACTIVITIES**

**Contact:** Alzheimer's Society on **020 3725 3001** or email **barnet@alzheimers.org.uk** in respect of all of the following:

Dementia Cafés are for people with dementia, or those who are caring for someone with dementia, you'll be welcomed at these cafés.

**Dementia Café Open Door Centre, St Albans Road, Barnet EN5 4LA**  
**Fourth Tuesday of the month 2pm—4pm**

**Dementia Café Friends Meeting House, 55 Leicester Road, New Barnet EN5 5EL**  
**Third Monday of the month 2pm—4pm**

**Dementia Café The Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE**  
**Last Friday of the month 10.30am—12.30pm**

**Dementia Café St Johns Parish Centre, Friern Barnet Road N11 3EQ**  
**Second Tuesday of the month 2pm—4pm**

**Singing for the Brain The Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE**  
**Thursday mornings between 10.30am—12.30pm** A stimulating group activity for people in the early to moderate stages of dementia and their carers.  
Booking is essential

The following Carers Support Groups provide a friendly and supportive environment to talk to other carers about how dementia affects their lives.

**Carers Support Group Community Networks, 27 Castle Road, North Finchley N12 9EE**  
**Every first Tuesday from 7pm—9pm**

**Carers Support Group Barnet Dementia Hub, 1-5 Brampton Grove, Hendon NW4 4AE**  
**Every Monday from 2pm—3.30pm**

**Carers Support Group Finchley Memorial Hospital, Granville Road N12 0JE**  
**Last Thursday of the month 10.30am—12pm**

**Contact:** Marillac at Barnet Dementia Hub on **020 3725 3001** or email **marillac@alzheimers.org.uk** in respect of the following:

Specialist day support service in the community, 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.

**Marillac at Barnet Dementia Hub 1-5 Brampton Grove, Hendon NW4 4AE**  
**Monday to Friday from 10am—3.30pm**

**Marillac at Finchley Memorial Hospital Granville Road, N12 0JE**  
**Thursdays from 10.30am—1pm**

**Marillac at Open Door Centre St Albans Road, Barnet EN5 4LA**  
**Thursdays from 2pm—4pm**

## ***DEMENTIA ACTIVITIES (continued)***

**Dementia Club UK** (Sponsored by Saracens) - At various venues as shown below

**Contact:** Lisa Rutter on **07956 858 913** or email [lisa.rutter@dementioclubuk.org.uk](mailto:lisa.rutter@dementioclubuk.org.uk)

For people with dementia, or those who are caring for someone with dementia, each session aims to provide professional advice and information, gentle exercise to music and fun activities in a social atmosphere with cups of tea/coffee and lovely cakes.

**Britannia Road Community Centre, 2 Britannia Road, North Finchley N12 9RU**  
**Last Monday from 2pm—4pm.**

**Finchley Memorial Hospital, Granville Road, North Finchley N12 0JE**  
**Wednesdays from 2pm—4pm.**

**Hendon Town Hall, The Burroughs, Hendon NW4 4AX**  
**Last Thursday from 2pm—4pm.**

**Sha'arei Tsedek North London Reform Synagogue, 120 Oakleigh Road North, Whetstone N20 9EZ**  
**First Monday from 2pm—4pm**

**Singing for Memory** (formerly Singing for the Brain)

**Contact:** Jewish Care Direct helpline on **020 8922 2222**

Supporting people living with Alzheimer's disease and other conditions affecting memory.

**Otto Schiff, Limes Avenue, Golders Green NW11 9TJ**  
**Wednesdays 2pm**

**Betty and Asher Loftus Centre, Asher Loftus Way, Friern Barnet N11 3ND**  
**Thursdays 2pm**

**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 [rallen@icare.org](mailto:rallen@icare.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.

## ***DEMENTIA ACTIVITIES (continued)***

### **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@jcare.org](mailto:messientta@jcare.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.

### **Barnet Cophall Leisure Centre Champions Way, Hendon NW4 1PX**

**Contact:** Prevention & Wellbeing Team at Barnet Council on **020 8359 2896**

Dementia friendly swimming

Tuesdays 10.30am—11.30am

**Cost:** **£2.75** pay and play fee for the individual with dementia, **free** for carers

Swim during quiet times with specially dementia awareness trained staff on hand to support you • Build confidence and enjoy being in the pool • Socialise with others in a similar situation to you.

## ***DAY SERVICES***

### **Chipping Barnet Day Centre**

**The Open Door Centre, St Albans Road, Barnet EN5 4LA**

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

**Mondays and Fridays 9.30am – 3.30pm**

The Open Door 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)***

### **Barnet African Caribbean Association (BACA)**

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

**Contact:** Call **020 8202 0095** or email [baca@barnetmcc.org](mailto:baca@barnetmcc.org) **Cost:** Contact BACA

**Tuesdays and Fridays 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.

## ***HANDYPERSON SERVICE***

Age UK Barnet's **Handyperson service** can undertake small jobs around the home to ensure older people can live safely and independently. \*Some charges apply\*

The kind of jobs do we do:

- Change light bulbs, fuses and plugs
- Fit key safes and grab rails
- Fit locks, spy holes and door chains
- Hang curtains
- Minor repairs to furniture
- Unblock sinks and replace toilet seats
- Fit draught proofing
- Fit smoke alarms
- Move and assemble small items of furniture

Call the Handyperson service on **020 8150 0963** or email [handyperson@ageukbarnet.org.uk](mailto:handyperson@ageukbarnet.org.uk)

### **Age UK Business Directory**

Connecting you with traders you can trust.

Put your mind at rest and visit the Age UK Business Directory today

- Large selection of trustworthy traders and businesses
- Checked by Age UK staff

Call free on **0800 334 5056** or visit [www.aubdlondon.co.uk](http://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](mailto:laterlifeplanners@ageukbarnet.org.uk)

The Later Life Planners run an **APPOINTMENT ONLY** service.

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](mailto: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.

### **Vintage Volunteering One-to-One Befriending**

**Contact:** John Worroll on **020 8440 7529** or email [vintagevolunteering@outlook.com](mailto:vintagevolunteering@outlook.com)

This one-to-one befriending project visits individuals within structured settings such as retirement homes, nursing homes and extra care facilities. This is for individuals who do not relish group activities but might prefer individual visits to play games such as chess or scrabble, or just to have a regular chat.

### **Vintage Volunteering Telephone Befriending**

**Contact:** Janet Friend on **020 8440 0766** or email [vintagevolunteering@outlook.com](mailto:vintagevolunteering@outlook.com)

Vintage Volunteering 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](mailto:goodneighbourscheme@fin-eastbarnet.org.uk)

Friend in Need Good Neighbour Scheme 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](mailto: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***

## **Hear to Help**

FREE walk-in hearing aid clinics at:

**Hartley Hall, 1 Flower Lane, Mill Hill NW7 2JA**  
**Fourth Tuesday** of every month from **1.30pm—3.30pm**

**Jewish Deaf Association, Julius Newman House, Woodside Park Road, North Finchley N12 8RP**  
**First Thursday** of the month from **10am—12pm**

**Ann Owens Centre, Oak Lane, East Finchley N2 8LT**  
**Last Thursday** of every month from **1pm—3pm**

**Meritage Centre, Church End, Hendon NW4 4JT**  
**First Friday** of every month from **1.30pm—3.30pm**

**Hope Corner Community Centre, 185 Mays Lane, Barnet EN5 2DY**  
**Fourth Friday** of every month from **1.30pm—3.30pm**

To book at either venue contact the Community Support Officer on **020 8369 5325** or email [heartohelp.nwlondon@hearingloss.org.uk](mailto:heartohelp.nwlondon@hearingloss.org.uk)

## **Hear to Meet**

Friends, community and support for people with hearing loss at various venues (below).

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

**Independent Living Centre, First Floor, Barnet and Southgate College, Bristol Avenue (formerly Lanacre Avenue), Colindale NW9 4BR**  
**Second Wednesday** of every month  
**Time: 10.30am—12.30pm Cost: Free**

**Chipping Barnet Library, 3 Stapylton Road EN5 4QT (upstairs hall)**  
**First Wednesday** of every month  
**Time: 10.30am—12.30pm Cost: Free**

**Jewish Deaf Association, Julius Newman House, Woodside Park Road N12 8RP**  
**Third Thursday** of every month  
**Time: 2pm—4pm Cost: Free**

For more information contact Richard Turner or Federica Onnis on **020 8369 5325**  
email [richard.turner@hearingloss.org.uk](mailto:richard.turner@hearingloss.org.uk) or [federica.onnis@hearingloss.org.uk](mailto:federica.onnis@hearingloss.org.uk)  
website [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)



## ***PRACTICAL HELP (continued)***

### **Barnet Stroke Support Service—Deansbrook House, Edgware Community Hospital, Burnt Oak Broadway HA8 0AD**

If you or someone you care about has had a stroke this service can offer constructive advice, specialist information and compassionate support. The service is available to:

- Stroke survivors of any age
- Family members and carers

**Monday to Friday 8am—5pm**

Contact the team on **0845 389 0940** or email [icsbarnet@nhs.net](mailto:icsbarnet@nhs.net)

### **Helping Hands**

**Contact: 020 8275 8378** or email [helpinghands@fin-eastbarnet.org.uk](mailto:helpinghands@fin-eastbarnet.org.uk)

Website [www.fin-eastbarnet.org.uk](http://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
- bill payment
- prescription collection services
- pension collection
- banking

### **Friend in Need**

**Contact: 020 8449 8225** or email [goodneighbourscheme@fin-eastbarnet.org.uk](mailto:goodneighbourscheme@fin-eastbarnet.org.uk)

Website [www.fin-eastbarnet.org.uk](http://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
- transport to hospital or other services
- a shopping bus
- form filling
- help with gardening and odd jobs
- falls prevention advice

### **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
- Friendship and advice available
- Help with shopping
- Gardening—seasonal tidy-ups
- Collect pensions and prescriptions

**Contact: Diane or Liz on 020 8441 5678**, email: [hbqns@greenbee.net](mailto:hbqns@greenbee.net)

### **The Good Neighbour Scheme for Mill Hill and Burnt Oak**

**Contact: 020 8906 3340**

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

## ***PRACTICAL HELP (continued)***

### **Jewish Care Community Support and Social Work Service**

**Contact: 020 8922 2222**

Supporting individuals, families, carers and communities by enabling people to make a meaningful difference to their lives, with dignity and choice.

We can help identify what support, care or services you need, advise, co-ordinate and act on your behalf with local authorities, signpost you to other helpful services, and provide support and advice for as long as required.

We have five specialist teams of experienced social workers and community support workers with extensive knowledge on a range of issues including end of life care and support, family carer support, dementia, disability and welfare rights, and holocaust survivors and refugees.

### **Jewish Care Direct helpline**

Our confidential helpline provides guidance, support and information about any health and social care issue you may be facing. This is your first point of call for any questions or concerns you have. Please call **020 8922 2222** or email [helpline@jcare.org](mailto:helpline@jcare.org)

### **Jewish Care Interact website**

Jewish Care Interact is the place for all things independent living and ageing well in the UK Jewish community. We invite you to explore our mix of fantastic resources and community support. Whether you're an older or disabled Jewish person or a friend, family member or carer, we've got plenty to inform you and for you to enjoy.

The Jewish Care Interact Forum is the place to find and give support, and share ideas and experiences with others.

Go to [www.jewishcareinteract.org](http://www.jewishcareinteract.org)

### **Jewish Care Connect**

Jewish audio news, culture and current affairs, kindly supported by the KC Shasha Charitable Foundation.

Jewish Care Connect is a unique and free to use talking news and magazine service for Jewish people who are unable to read printed material.

We offer:

The weekly abridged audio version of The Jewish Chronicle and Jewish News

The monthly audio current affairs magazine, Jewish Extra

And more to come

Your chosen publications will be delivered on a USB stick straight to your door and membership is FREE.

For more information and to become a member of Jewish Care Connect call **020 8922 2333** or email [jconnect@jcare.org](mailto:jconnect@jcare.org)

## ***PRACTICAL HELP (continued)***

A chiropody service is available **every six weeks** at the **Ann Owens Centre, Oak Lane, East Finchley N2 8LT** from a qualified surgical chiropodist and podiatrist, Jennifer Yates-Rowe. **By appointment only**

**Cost: £20.00** for half an hour

**Contact:** Loraine on **020 8150 0962** or email [info@ageukbarnet.org.uk](mailto: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 8432 1423** or email [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk) **Cost: £10.00**

### **Friend in Need (FIN) Community Centre**

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

**Contact:** Jessie on **020 8449 8225**

Foot Care by a qualified professional

**Every three weeks on a Friday**

Available treatments:

- Initial assessment
- Corn removal
- Fungal nails
- Verrucas
- Thickened nails
- Diabetic foot care
- Nail trimming
- Cracked heels
- Ingrown toe nails

Treatment will take place in a private room at FIN

Initial assessment with treatment £40 (45—55 minutes)

Subsequent treatments £32 flat rate (30—40 minutes)

### **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 **£20.00** and is **by appointment only**.

**Contact:** Cheryl Trott 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.

## **EVENTS**

To the best of our knowledge, the information in this booklet was correct at the time of printing. To avoid disappointment, we do advise that you use the telephone numbers provided to check details before setting out as some sessions do fill up.

**Age UK Barnet is an independent charity which provides services and activities for older people across the borough of Barnet. Help to support our work by following us on social media.**



**Find us on Facebook  
Age UK Barnet**

**Follow us on Twitter  
@ageukbarnet**



**[www.ageukbarnet.org.uk](http://www.ageukbarnet.org.uk)**