

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 **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 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 **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:** £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 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

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 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 (referrals only)
Wednesdays	10am—11am 11.30am—12.30pm 2.15pm—3.15pm	Tai Chi for people recovering from falls (referrals only) Tai Chi for people recovering from falls (referrals only) 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

Tuesdays 2.15pm—3.45pm Table tennis
Cost: **£5.00** per session or **£20.00** for six sessions

Thursdays 10.15am—11.45am Table tennis **Cost:** **£4.00**

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

Contact: Nila on 020 8629 0269 or email 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

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 **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 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 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

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 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 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

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 **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: 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

EXERCISE (continued)

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.

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 **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)

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 **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 or visit 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

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 to find out more or email 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 for further information. Website 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

Contact Greenwich Leisure on **020 8317 5000** for information on participating leisure centres or visit 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

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

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

Contact Paul Nikiel at pnnikiel@gmail.com

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

Contact Lynn Herrick at 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

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

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

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

Website 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 or go to www.rainbowcentrebarnet.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

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

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

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

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

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

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 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

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
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 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

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

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

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.

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

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

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

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

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

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

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

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

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

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

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

Website 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

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

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

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

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. 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

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

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

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

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

Website 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 for details of the dates films are shown or go to 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

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

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

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

Contact: Roya Hekmatpanah at 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

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

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**

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

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

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

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 **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

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

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

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

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

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

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

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

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

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 or federica.onnis@hearingloss.org.uk
website 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

Helping Hands

Contact: 020 8275 8378 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
- bill payment
- prescription collection services
- pension collection
- banking

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
- 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

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

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

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

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

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 **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