

# WHAT'S ON

## near you for over 55s



### EVENTS

**Talking Sport** – Fancy sharing your sporting memories with other sports enthusiasts? Age UK Barnet's new group meets on Thursday July 3 and Thursday July 10 from 4.00 pm – 5.00 pm for over 55s in Barnet at Osidge Library Brunswick Park Rd, London N11 1EY. No charge but donations welcome. For details how to join, email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) or phone **07384 466840**

**Your money your way - Monday 14 July (9.30am - 1.30pm)** at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. A morning of talks to help you manage your money as you age. Talks about making a will and power of attorney, paying for care and spotting a scam. Also advice for people on low income and how to use the benefits calculator. There'll be information stalls and free refreshments.

**Stallholders and presenters will include:** - Fahri, BOOST, Your Choice Barnet, Barnet CAB, AUKB Scams team, AUKB LLP Advice Team, AUKB Handyperson services, Dignity Funeral Services - Sydney Hurry & Co and Age UK Barnet Household Support Fund team.

This event is sponsored by Sydney Hurry & Co – Nubian Dignity Funeral Services.

To register, email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk) or phone her on 07502 989 403

**Talk: Why do we forget? Wednesday 16 July - 6.45pm to 8pm.** At The Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Professor Catherine Loveday will reveal:

- why are some things more memorable than others
- why can't we forget things we want to forget
- how we can protect against forgetting what we really need to remember.

Plus memory boosting tips! FREE but donations welcome! To register, call Teresa on 07502 989 403

Or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

**New Sushi class with Keiko on Thursday 17 July 2025 from 4pm until 6.15pm.** At The Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Use your hands to make and shape your own sushi and then eat your creations with traditional Japanese green tea. **No raw fish will be used.** £8 per person. Pre booking and pre-payment is essential. To book your place call Stacey on 0208 129 7621 or email [stacey.kanolik@ageukbarnet.org.uk](mailto:stacey.kanolik@ageukbarnet.org.uk)

**Memory Matters course - starts Tuesday 22 July 2025** - Our next four-week Memory Matters course takes place at Finchley Fire Station, 227 Long Lane, London N3 2RP - morning or afternoon sessions, and offers science-backed practical strategies for people who are noticing memory changes or have had a recent dementia diagnosis. Pick up strategies to support and strengthen memory. Morning and afternoon sessions. Free but booking is essential - just email: [Memory.Matters@ageukbarnet.org.uk](mailto:Memory.Matters@ageukbarnet.org.uk) or call Yianni on 020 8129 7624.

**Musical afternoon with The Skylarks on 24 July 2025** - A female vocal group, singing in three-part harmony. Their repertoire consists of well-known jazz standards as well as songs from other genres. **From 2.00-3.00pm.** Held at Avery at Barnet Grange, 59 Wood Street, Barnet EN5 4BS. FREE PARKING available on site. Entrance and car park is on Cattley Close. £5 on door for non-residents – includes refreshments. Then on **21 August 2025** we have **soprano singer Christine Cunold**. To book call Helen on 07384 466 840 or email [Activities@ageukbarnet.org.uk](mailto:Activities@ageukbarnet.org.uk) Bus Manor Road Barnet is the closest stop to the venue. Routes 263, 107, 307 and 84B stop here.

## EVENTS cont....

**New Flower arranging course beginning Wednesday 11 June 2025** then every two weeks on **25 June, 9 July and 23 July**. Held at Friends Meeting House, 53 Leicester Rd, Barnet EN5 5EL from 10:30-11:30am. Cost £40 for the course. Spaces limited. To book contact [activities@ageukbarnet.org.uk](mailto:activities@ageukbarnet.org.uk) or call 07384 466 840.

**COFFEE MORNINGS:** Join us for a cuppa and a friendly chat at one of our new coffee mornings which are held between **10.30am to 12 noon** around the borough except Mill Hill library which is **11.00am to 12.30pm**.

**North Road Community Centre**, 230 Burnt Oak Broadway, Edgware HA8 0AP. Tues 17 June – Age Friendly Talk, Tues 15 July, Tues 12 Aug–Community Energy Talk, 16 Sept.

**All Saints Church**, Church Walk, Childs Hill, NW2 2JS.

Thurs 17 July-Age Friendly Talk, Thurs 14 August-Scams Talk, Thurs 11 Sept.

**Lane End Medical Centre**, 2 Penshurst Gardens, Edgware HA8 9GJ. Wed 18 June, Wed 16 July-Scams Talk, Wed 20 Aug, Wed 17 Sept-Age Friendly Talk.

**Kingsley Court**, Tayside Drive, Edgware HA8 8RE. Wed 2 July, Wed 30 July-Age Friendly Talk, Wed 27 Aug, Wed 24 Sept-Scams Talk.

**Mill Hill Library**, Hartley Avenue, London NW7 2HX – **11.00am-12.30pm**. Thurs 3 July-Scams Talk, Thurs 7 Aug-Age Friendly Talk, Thurs 4 Sept

**Ann Owens Centre**, Oak Lane, East Finchley N2 8LT. Sat 28 June, Sat 26 July, Sat 30 Aug, Sat 27 Sept  
For further info call Tamara on **0208 1297619** or email [tamara.kocsubej@ageukbarnet.org.uk](mailto:tamara.kocsubej@ageukbarnet.org.uk)

**All coffee morning will be followed by Bingo (apart from Kingsley Court) - FREE to play, prizes to be won!!**

## CLASSES

### MONDAY

**Chair Movement to Music:** Every Monday at Hope Corner Community Centre, 185 Mays Lane, Barnet EN5 2DY. 10.30am – 11.30am. Cost £5 per class. For better mobility, strength, coordination, flexibility and balance. **This class is currently full but contact Wendy to be placed on waiting list - 0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

**Walking Group:** Friary Park, North Finchley – 10am -11am, followed by optional tea in the café afterwards. Meet at 10.00am at the Torrington Park entrance nearest to Ashurst Road. N12 9AJ. Contact Wendy on **07741 877 027** or email her on [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

**Walking Group:** Northway Gardens & Lyttleton Playing Fields - 10.30am -11.30am. Meet at the corner of Northway & Litchfield Way NW11 (by benches at H2 bus stop). Contact Wendy on **07741 877 027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) for more information.

**Exercise & Socialise - Chair Yoga** 10.30am-11.30am. Held at East Barnet Health Centre, 149 East Barnet Road, EN4 8QZ. £5 per session. Refreshments available after class. To book contact Wendy on **0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

**Kitchen Confidence Cookery Class with Lunch.** At the Ann Owen Centre, Oak Lane, East Finchley N2 8LT. Make healthy, low-cost, easy recipes every week at our ongoing cookery classes. Participants cook in groups and then everyone sits together to eat. Monday mornings 11am until 1.30 pm. **23 June** – Mighty meatballs, **30 June** – Greek Souvlaki, **7 July** - Summer suppers, **14 July** – Closed, **21 July** – Flavours of Tuscany. **Please book in advance £32 for the course.**

To book call Stacey on 0208 129 7621 or email [stacey.kanolik@ageukbarnet.org.uk](mailto:stacey.kanolik@ageukbarnet.org.uk)

## **MONDAY cont....**

**Pilates** - Every Monday 11.30am to 12.30pm. Held at Manor Drive Methodist Church, Manor Drive, Whetstone N20 0DZ. Cost £3.00 every session. For more details contact Nila Patel on 07977 459920.

**Dementia Cafe:** For people living with dementia and their carers. **Meets on the first Monday of every month 2.00pm – 4.00pm.** Support, advice and refreshments. Takes place at the Friends Meeting House, 53 Leicester Road, Barnet EN5 5EL. Please contact Jeannette Cowan at [dementiasupport@ageukbarnet.org.uk](mailto:dementiasupport@ageukbarnet.org.uk) or call the dementia helpline – 020 8203 5040 Option 7.

**Help with your laptop, smartphone or tablet:** Monday afternoons at **The Ann Owens Centre**, Oak Lane, East Finchley N2 8LT. From 2.00pm - 4.00pm. Contact Howard on **0208 432 1415** or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

**Spanish Classes - East Finchley Library, 226 High Rd, N2 9BB. Mondays IMPROVERS** 2.15pm to 3.15pm followed by **BEGINNERS** at 3.30pm to 4.30pm. 10 sessions £80. For more information and to book a place contact Helen Nicolaou on 07384 466840 or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk)

## **TUESDAY**

**Flower arranging classes:** 10.30am – 11.30am. Hope Corner Community Centre, 185 Mays Lane EN5 2DY. £8 session. For details how to join in, email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) or phone **07384 466840**

**COFFEE MORNINGS:** Join us for a cuppa and a friendly chat at our coffee mornings which are held between **10.30am and 12 noon** at **North Road Community Centre**, 230 Burnt Oak Broadway, Edgware HA8 0AP (Tues 17 June, Tues 15 July, Tues 12 Aug, Tues 16 Sept). For further info call Tamara on **0208 1297619** or email [tamara.kocsubej@ageukbarnet.org.uk](mailto:tamara.kocsubej@ageukbarnet.org.uk)  
**Followed by Bingo - FREE to play, prizes to be won!!**

**Walking Group:** Dollis Valley Greenwalk - 10.30am -11.30am. Meet at 10.30am by the mapboard at the entrance to Brook Farm Open Space, Totteridge Lane (located downhill from the entrance to Totteridge and Whetstone underground station) N20 9QX. Contact Wendy on **07741 877 027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) for more information.

**Wellbeing & Bingo Group (2-4pm)**, in partnership with Colindale Communities Trust, at Grahame Park Community Centre, The Concourse, NW9 5XA. The group is primarily funded for local residents. Free. Always followed by Bingo - free to play, prizes to be won!! For more information email: [activities@ageukbarnet.org.uk](mailto:activities@ageukbarnet.org.uk) or call **07384 466 840**.

**NEW Creative Tuesdays (3.30 – 5.00pm)** at The Ann Owens Centre, Oak Lane, East Finchley N2 8LT. A programme of creative activity sessions including pottery, card making, creative writing and photography. Booking essential. **CREATIVE WRITING CLASSES** begin 3 June – 8 July 2025 – for anyone with a story to tell or who wants to try their hand at writing. £42 for course, £8 per session. For details on how to join – email: [activities@ageukbarnet.org.uk](mailto:activities@ageukbarnet.org.uk) or call 07379 331 807.

**Book Group: Do you enjoy reading and discussing novels or non-fiction books with friends?** Why not join our book group at Wilmot Community Centre, Tarling Rd, London N2 8LB from 2.00 – 3.00pm. Every month on a Tuesday. Please email Kato on [katolambrechts@yahoo.com](mailto:katolambrechts@yahoo.com) for details on how to join.

## **WEDNESDAY**

**Social Drop in Group. Learn to knit, crochet, or bring along one of your crafts to do. Or just have a cuppa and a chat** – 10.00am – 12 noon at the Ann Owens Centre, Oak Lane N2 8LT. £2 per session. Contact **Helen Nicolaou** for more information on **0738 446 6840** or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk)

## **WEDNESDAY cont...**

**Art Group: Watercolour painting.** Cost £28 for four sessions. Takes place at The Ann Owens centre, Oak Lane, East Finchley N2 8LT from 10.00am – 12.00 noon. Class full at the moment but contact [activities@ageukbarnet.org.uk](mailto:activities@ageukbarnet.org.uk) or phone **07379 331807** to check when places are available.

**Exercise & Socialise: Chair Yoga** – from 10.30am – 11.30am. Held at Finchley Memorial Hospital, Granville Road, N12 0JE. £5 per session. Refreshments available after class. To book contact Wendy on **0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

**Silkstream Park/ Montrose Playing Fields Social Walk** – 10.30am. Meet in front of Unitas Barnet Youth Zone building, Montrose Ave, Edgware HA8 0DT. Free to join. To register call Wendy on **0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

**New Flower arranging course beginning Wednesday 11 June 2025** then every two weeks on 25 June, 9 July and 23 July. Held at Friends Meeting House, 53 Leicester Rd, Barnet EN5 5EL from 10:30-11:30am. Cost £40 for the course. Spaces limited. To book contact [activities@ageukbarnet.org.uk](mailto:activities@ageukbarnet.org.uk) or call 07384 466 840.

**Circuits and strength for active ageing.** Our new circuit training class led by our trainer Lance - for over 55s, takes place on Wednesdays from the new time of 9.30am - 10.15am at UNITAS Barnet Youth Zone building, 76 Montrose Ave. HA8 0DT. £5 a session. All levels welcome. To book a place email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) or phone Wendy on **0774 187 7027**.

**COFFEE MORNINGS:** Join us for a cuppa and a friendly chat at our coffee mornings which are held between **10.30am and 12 noon** at **Lane End Medical Centre**, 2 Penshurst Gardens, Edgware HA8 9GJ (Wed 18 June, Wed 16 July, Wed 20 Aug, Wed 17 Sept). . For further info call Tamara on **0208 1297619** or email [tamara.kocsubej@ageukbarnet.org.uk](mailto:tamara.kocsubej@ageukbarnet.org.uk) ***Followed by Bingo - FREE to play, prizes to be won!!***

**COFFEE MORNINGS:** Join us for a cuppa and a friendly chat at our coffee mornings which are held between **10.30am and 12 noon** at **Kingsley Court**, Tayside Drive, Edgware HA8 8RE (Wed 2 July, Wed 30 July, Wed 27 Aug, Wed 24 Sept). For further info call Tamara on **0208 1297619** or email [tamara.kocsubej@ageukbarnet.org.uk](mailto:tamara.kocsubej@ageukbarnet.org.uk)

**Bollywood Dance Classes for over 55s.** Manor Drive Methodist Church, Manor Drive, Whetstone N20 0DZ. 11.00am – 12 noon. £3 per class. Please contact Nila Patel for further information on 07977 459 920.

**Flower Arranging Class** –Wednesdays from 11.00am - 12 noon. Location: Unitas, 76 Montrose Ave Edgware HA8 0DT. Get creative with Ursula from the Flower Bank, a zero waste charity giving flowers a new life. Sessions cost £8 per class (£48 for 6-week course). This is currently full but call Helen on 07384 466 840 or email [activities@ageukbarnet.org.uk](mailto:activities@ageukbarnet.org.uk) to be added to the waiting list.

**Gentle Seated Exercise for over 55s.** From 11.30am – 12.30pm - **St. Johnstone House**, 49 Woodside Park N12 8RX. \*No booking necessary – just turn up. **Open to residents AND non residents.** £5 per class. For more information call Wendy on **0774 187 7027** Email: [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

**Stretch & Flex (standing/seated).** From 2.00pm -3.00pm at **John Keble Church, Deans Lane, Edgware HA8 9NT.** Energising exercises focussing on movement, strength, and stretch improving balance and flexibility. Costs £5 a session. (Entrance on Church Close HA8 9NS through blue gate) Class in large hall on right after going through gate. Also free parking on Church Close. To register call Wendy on **0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

**Active exercise to music class** – (including low impact aerobic dance, strength and stretch) From 2.00pm – 3.00pm at **The Ann Owens Centre**, Oak Lane, East Finchley N2 8LT. £5 per session. **Booking essential.** For more information contact Wendy on **07741 877 027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)



## **WEDNESDAY cont...**

**Gentle seated exercise.** Wednesdays 3.15pm – 4.15pm at **The Ann Owens Centre**, Oak Lane, East Finchley N2 8LT. £5 per session. For more information contact Wendy on **07741 877 027** or email [Wendy.nutman@ageukbarnet.org.uk](mailto:Wendy.nutman@ageukbarnet.org.uk)

**FREE Online Book Club for over 55s.** From 6.00pm. If you would like to join us, please email:- [barnetbookclub@gmail.com](mailto:barnetbookclub@gmail.com) for meeting details.

## **THURSDAY**

**Help with your smart phones, laptops and tablets - Mill Hill.** Thursday 10.00-12.00 noon at Hartley Hall, 1 Flower Lane, NW7 2JA. Contact Howard on 020 8432 1415 or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

**COFFEE MORNINGS:** Join us for a cuppa and a friendly chat at our coffee mornings which are held between **10.30am and 12 noon** at **All Saints Church**, Church Walk, Childs Hill, NW2 2JS (Thurs 12 June, Thurs 17 July, Thurs 14 August, Thurs 11 Sept). For further info call Tamara on **0208 1297619** or email [tamara.kocsubej@ageukbarnet.org.uk](mailto:tamara.kocsubej@ageukbarnet.org.uk) **Followed by Bingo - FREE to play, prizes to be won!!**

**COFFEE MORNINGS:** Join us for a cuppa and a friendly chat at our coffee mornings which are held between **11.00am and 12.30pm** at **Mill Hill Library**, Hartley Avenue, London NW7 2HX – (Thurs 5 June, Thurs 3 July, Thurs 7 Aug, Thurs 4 Sept). For further info call Tamara on **0208 1297619** or email [tamara.kocsubej@ageukbarnet.org.uk](mailto:tamara.kocsubej@ageukbarnet.org.uk) **Followed by Bingo - FREE to play, prizes to be won!!**

**Edgware Social Group.** St Margaret's Church, Edgware HA8 7JE. 2.00pm – 3.30pm every Thursday – also occasional help available with your laptop, smartphone or tablet. From **1.30pm until 3.00pm**. £2 per session. Contact Howard on **0208 432 1415** or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

**Musical afternoon with The Skylarks on 24 July 2025** - A female vocal group, singing in three-part harmony. Their repertoire consists of well-known jazz standards as well as songs from other genres. **From 2.00-3.00pm.** Held at Avery at Barnet Grange, 59 Wood Street, Barnet EN5 4BS. **FREE PARKING** available on site. Entrance and car park is on Cattley Close. £5 on door for non-residents – includes refreshments. Then on **21 August 2025** we have **soprano singer Christine Cunold**. To book call Helen on 07384 466 840 or email [Activities@ageukbarnet.org.uk](mailto:Activities@ageukbarnet.org.uk) Bus Manor Road Barnet is the closest stop to the venue. Routes 263, 107, 307 and 84B stop here.

**Bridge Club:** Every Thursday. **Improvers** 2.30pm – 4.30pm, **Beginners** 3.00 – 4.30pm at Wilmot Community Hall, Tarling Road N2 8LB. Cost is £60 for 8 week course. Contact Helen Nicolaou on 07384 466840 or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) to book a place.

## **FRIDAY**

**Art Class: Watercolour painting.** Cost £28 for four sessions. Takes place at The Ann Owens centre, Oak Lane, East Finchley N2 8LT from 10.00am – 12.00 noon. Contact Louise. or phone **07379 331 807** or email [louise.palmer@ageukbarnet.org.uk](mailto:louise.palmer@ageukbarnet.org.uk) to check if any places available.

**Walking Group:** Stephens House and Gardens – 10.30am -11.30am (lasts 40-60 mins) followed by optional refreshments in local café afterwards - 10.30am - meet at Stephens House Cafe, 17 East End Road, Finchley N3 3QE. Contact Wendy on **07741 877 027** or email her on [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) for more information.

**Stability & Grace Seated Yoga** – every Friday from 11.00am. Held at North Road Community Centre, 230 Burnt Oak Broadway, Burnt Oak, Edgware HA8 0AP. £5 per session. To book contact Wendy on **0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

## **FRIDAY cont...**

**Movement to music** – standing or seated from 11.30am – 12.30pm. Takes place at the Tarling Road Community Centre (across the street from **The Ann Owens Centre**) in East Finchley N2 8LG. Fun, upbeat exercise session for all levels of fitness with our Wendy. £5 per class. For more information, contact Wendy on [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) or 07741 877 027.

**Seated Yoga:** Every Friday from 11.30am – 12.30pm. £5 per session. Takes place at **Manor Drive Methodist Church**, Manor Drive N20 0DZ. For more information, contact Wendy on [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) or 07741 877 027.

**FRIDAY LUNCH CLUB** - **Every week from 12.45pm** at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. If you are looking for a warm and welcoming place to enjoy a delicious, cooked meal and great company, why not join us for lunch, where you can meet new friends and enjoy a pleasant social time afterwards. Perfect for those who can participate independently. Vegetarian option available. £8 for a two-course meal plus tea/coffee. Booking essential. For details on how to pay and to book a place contact Louise Palmer at [louise.palmer@ageukbarnet.org.uk](mailto:louise.palmer@ageukbarnet.org.uk) or [activities@ageukbarnet.org.uk](mailto:activities@ageukbarnet.org.uk) or call her on 07379 331 807.

**Tai Chi.** From 1.00pm -2.00pm at **John Keble Church, Deans Lane, Edgware HA8 9NT**. Movement and stretch which can be done standing and/or seated. Costs £5 a session. (Entrance on Church Close HA8 9NS through blue gate) Class in large hall on right after going through gate. Also free parking on Church Close. To register call Wendy on **0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

**Games Afternoon** – 1<sup>st</sup> and 3<sup>rd</sup> Friday of every month from 2.00 – 4.00 pm at Trinity Church, Nether Street, North Finchley N12 7NN. Join us for board games, card games and the occasional 5-minute quiz. Tea, coffee, biscuits and sometimes cake! £1 contribution for refreshments. **Please note that during August we will meet every Friday – 1 August, 8 August, 15 August, 22 August and 29 August.**

Contact Helen Nicolaou for dates for next classes on **07384 466 840** or email: [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk)

**Walking Group Oakhill Park – 2pm-3pm Fridays, followed by optional refreshments in local café afterwards.** Meet at Oak Hill Park car park (Parkside Gardens, East Barnet, EN4 8JP) For more information, contact Wendy on [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) or 07741 877 027.

## **SATURDAY**

**Bridge Club.** 12.00-2.00pm - Community Centre, Wilmot Close, Tarling Road N2 8LB. No need to pre book, just come along. Not suitable for beginners. £3 per session. Contact Helen Nicolaou on 0738 446 6840 or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) with any queries.

**COFFEE MORNINGS:** Join us for a cuppa and a friendly chat at our coffee mornings which are held between **10.30am and 12 noon** at **Ann Owens Centre**, Oak Lane, East Finchley N2 9LT (Sat 28 June, Sat 26 July, Sat 30 Aug, Sat 27 Sept). For further info call Tamara on **0208 1297619** or email [tamara.kocsubej@ageukbarnet.org.uk](mailto:tamara.kocsubej@ageukbarnet.org.uk) **Followed by Bingo - FREE to play, prizes to be won!!**

**Barnet. Help with laptops, smart phones or tablets** Saturdays from 10.30am-12.00 noon from 7 June 2025 to 5 July 2025 at Chipping Barnet Library 3 Stapylton Rd, Barnet EN5 4QT. Contact Howard on 020 8432 1415 or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

## **OUR NEWSLETTER**

Would you like to be kept up to date on what's going on in the borough for over 55s? \_Just get in touch if you'd like to receive our monthly email newsletter which has details on our upcoming events and activities as well as other activities around the borough. To subscribe, just email [karen.williamson@ageukbarnet.org.uk](mailto:karen.williamson@ageukbarnet.org.uk) or phone us on **020 8203 5040**.

## **PIGEON POST**

Our monthly magazine aimed at people who don't have access to a computer - full of craft ideas, nostalgia, real life stories from our readers, recipes and puzzles as well as useful local information and services.

Want to receive a copy in the post? Please contact Teresa on **020 8203 5040**. To receive a copy by email contact Teresa at [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

## **ADVICE AND SUPPORT**

**An important note from our later life planning manager Jesse about state pension and benefits:** 'If you're coming up to pension age and are in receipt of means tested benefit, you must inform the relevant benefit agencies, including the Department for Work and Pensions and your local benefit department, to report a change of circumstances,' says Jesse This is because your income will change to state pension once you reach state retirement age. 'People must do something about this - otherwise they risk their benefits being suspended or stopped,' says Jesse. 'We have spoken to people who are in a great deal of stress, particularly those on disability benefits, because their benefits have been stopped!'

For more information contact Barnet council on **0208 359 2000**. Contact our Later Life Planning team on **020 8203 5040**.

## **Gifts in wills**

If Age UK Barnet has helped you, or you want to make a lasting difference to future generations of older people in the borough, please think about us when leaving a gift in your will. And to ensure that the money will be spent in Barnet, include our charity number: 1080458. We are an independent local charity and are responsible for raising our own funds.



**Struggling to find  
a local carpenter,  
plumber, electrician  
or roofer?**



**Visit the Which  
Trusted Traders**



**Call Mon–Fri:  
9:00–17:00**

Find a trader near you

**029 2267 0040**

or visit online at

<https://trustedtraders.which.co.uk/>

# AGE UK BARNET SERVICES FOR OVER 55s IN THE BOROUGH

For advice about benefits, grants, housing and money concerns, phone our **Later Life Planning Service** on 020 8432 1417. For scams advice and support, call our **Scams Prevention Service** on 0208 129 7615 and 0208 129 7627

Would you enjoy a regular chat over the phone with a friendly volunteer? Try our **Befriending Service** on [befriending@ageukbarnet.org.uk](mailto:befriending@ageukbarnet.org.uk) or call **020 8432 1416**.

For essential jobs in the home please phone our **Handyperson Service\*** on 020 8150 0963 or email [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk) We charge an hourly rate of £30 and £20 per hour for those on certain means tested and disability benefits. If we are at a client's property for 30 minutes or less, that will be charged at half the hourly rate. Some jobs such as changing a lightbulb are free of charge.

**Our Stepping Out Service** for those who have early stages of dementia or confirmed memory issues. Must be able to walk safely with a volunteer for short weekly walks. Email [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk) or phone 020 8129 5209.

We have a **Shopping Service\*** for people who cannot get out or can't shop online who need a light weekly shop. The charge is £15 per month for a single person, which is reduced to £10 if the client is in receipt of means tested benefits. The charge is £20 if shopping for a couple, reduced to £15 if receiving benefits. For more info, Tel 020 8150 0963.

**Dementia advice and Dementia Day Clubs** for people living with mild to moderate dementia and their carers. **Day clubs in Hendon and East Finchley**. Email [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk) or phone 020 8203 5040. Full day £35 including lunch and transport (£30 without transport).

Our **Dementia befriending** service provides companionship for people living with dementia. Phone 020 8150 0967.

**Foot care\*** We offer basic nail-cutting (£15) at **The Ann Owens Centre** in East Finchley and, for people with diabetes, taking steroids or warfarin, we have nail-cutting with a podiatrist (£20). For an appointment, phone **020 8203 5040** or email [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk)

**Scams Awareness** - To find out more about our scams prevention service or feel you have been a victim of a scam, please call Joyce Sullivan or Gill Hirsch on **0208 129 7615** and **0208 129 7627** to discuss.

**ADVICE CLINICS in Chipping Barnet and Burnt Oak** - for Barnet residents over 55 who might be struggling financially. The Age UK Barnet advice team will be giving benefits checks, pension credit checks and winter fuel payment advice.

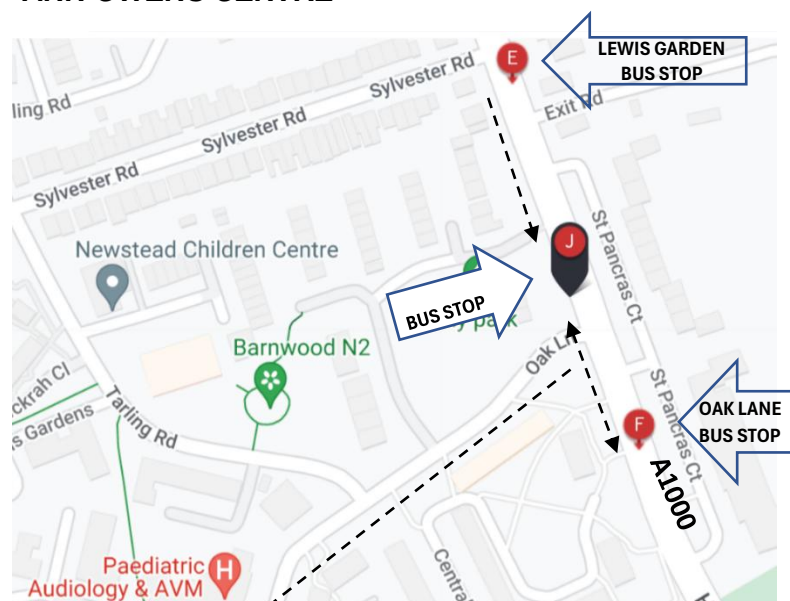
**Chipping Barnet Library**, Chipping Barnet Library, 3 Stapylton Rd, Barnet EN5 4Q - 1st and 3rd Tuesday of every month.

**Burnt Oak Library**, 99 Watling Ave, Burnt Oak HA8 0UB - 2nd and 4th Mondays of the month - starting 28 July 2025

The clinics are open from 10am-1pm and 2-4pm. To speed up process bring rent, service charge and bank statements. To book an appointment, please call us on 0208 203 5040 or email us on [support@ageukbarnet.org.uk](mailto:support@ageukbarnet.org.uk)

*\*There is a charge for this service*

## DIRECTIONS ON HOW TO GET TO THE ANN OWENS CENTRE



### BUSES TO ANN OWENS CENTRE

**263 From North Finchley Bus Station going towards Highbury Barn.** This bus stops outside of the British Heart Foundation furniture store on the High Road. Get off at either Lewis Gardens (Stop E) and walk towards the zebra crossing, cross over and take a right up Oak Lane. Or, get off at Oak Lane bus stop (Stop F) and cross the road to Oak Lane. Approx 5 minute walk to centre.

**Coming from East Finchley Tube Station – 263 bus** - Come out of station and turn right, the bus stop is just outside. Buses going towards Barnet Hospital. Get off at Oak Lane bus stop (Stop J). Approx 5 minute walk to centre.

**Return bus – 263 - Stop J – Oak Lane towards Barnet Hospital.**

**Stop F- Oak Lane towards Highbury Barn.**

Free parking: you can park on Oak Lane or Tarling Road



## **RISING ENERGY BILLS - WHERE TO GET HELP**

**If you're struggling to meet the extra cost of energy bills, check out the list of extra financial support available put together by Jesse from our Later Life Planning team.**

**Warm Home Discount** - The Warm Home Discount is a one-off payment of £150 to reduce eligible customers' bills over the winter months. If your electricity supplier is part of the Warm Home Discount scheme, you'll get the payment automatically if you or your partner receive the Guarantee Credit portion of Pension Credit. One of you must be named on your bill. Alternatively, if you're in receipt of another 'qualifying benefit' and are considered to have high energy costs, then you'll also receive an automatic payment. More information is available on the Government website: <https://www.gov.uk/the-warm-home-discount-scheme>

**UK State Pension** - Not everyone is entitled for UK State Pension. To see your estimated entitlement, request a State Pension forecast by contacting the Future Pension Centre on 0800 731 0175 for a paper forecast or visiting [www.gov.uk/check-state-pension](http://www.gov.uk/check-state-pension). You do not get State Pension automatically – you must claim it.

People who are entitled to UK State Pension should get a letter from the Department for Work and Pensions (DWP) no later than two months before reaching State Pension age, telling them what to do. Some people choose to defer claiming – which means you may receive a higher rate of State Pension later on. Defer claiming may not be right for everyone. In particular, if you or your partner claim certain benefits such as Pension Credit, Universal Credit, or income-related Employment and Support Allowance, you do not receive any increase for each whole week in which you receive the other benefit, AND the unclaimed State Pension also counts as notional income for these benefits.

For those who are in receipt of means-tested benefits such as Universal Credit, Housing Element, Housing Benefit, Council Tax Support, Employment and Support Allowance (Income-based) may receive notifications from the relevant benefit agency that their benefit payments will stop and/or be suspended until they provide updated information of their finances. This is called "reporting a change of circumstances" in benefits term. Claimants may be asked to provide supporting evidence such as information about their State Pension, income, savings, capital and investments.

**Help with Water Bills** - "Low Income Fixed Tariff" (LIFT) for Affinity Water customers whose household income is lower than £19995 a year, or who are currently claiming certain benefits; such as Universal Credit, Pension Credit etc. If you're eligible, your clean water bill will be reduced. 2025-26 LIFT Standard is fixed at £143.80, or LIFT Enhanced £95.80 for those who also receive Council Tax Support.

"Water Help" for Thames Water customers. If your bill is more than 5% of your net income, you may be eligible for WaterHelp. This is also dependent on the number of occupants at the property. It currently offers a 50% discount on your bill if you qualify. This amount may change in the future. If you qualify, WaterHelp will not impact your credit score.

**The Warmer Homes Advice Service** - If you are over 60 or on a low income, you can access free support from Shine, which has been appointed by the Government to offer: • Telephone advice on saving energy and keeping warm at home • Home energy visits with installation of small measures such as draught excluders • Advice and support with energy bill debt and billing disputes with suppliers • Grants of up to £20,000 per household to improve heating and insulation. Grants are means tested and high vulnerability clients prioritised. • Support with applications for energy bill discounts. Clients can self-refer directly to the Warmer Homes Advice Service and Barnet residents should phone 0300 555 0195 or call Shine on **07784 787792**, email [shine@islington.gov.uk](mailto:shine@islington.gov.uk) - Green Man is part of Groundwork London and offer free, impartial energy advice on 0300 365 3005 or email them at [GreenDoctorsLDN@groundwork.org.uk](mailto:GreenDoctorsLDN@groundwork.org.uk).

**NHS Low Income Scheme** - Households on low income and have less than £16000 (England) in savings and capital can get help with NHS cost. The scheme covers prescription cost, NHS dental cost, eyecare cost, healthcare travel cost, wigs and fabric support. Any help you're entitled to is also available to your partner and any dependant young people. Depending on your circumstances, you can receive full help (HC2 certificate) or partial help (HC3 certificate). Contact NHS Low Income Scheme helpline 0300 330 1343 for more information.

**Winter Fuel Payment** - The [Winter Fuel Payment for 2025 to 2026](#) will be made to everyone in England and Wales born before 22 September 1959, unless you choose not to get it. You could get either £200 or £300 to help you pay your heating bills for winter. You do not need to do anything - payments will be made automatically. If your income is over £35,000, your Winter Fuel Payment will be recovered later through HMRC. Details of the 2025 to 2026 payment will be available by the end of June 2025.

**Cold Weather Payments** - These are one-off automatic payments for people on pension credit to help you pay for extra heating costs when it's very cold. You'll get a payment each time the temperature drops below a specific temperature for a set period of time.

**Support from your energy supplier** - It is always worth getting in touch with your energy supplier to see if you can work out a payment plan. And some energy suppliers offer grant to help pay off debts.

**Debt advice** - Our Later Life Planning team recommends Barnet Citizens Advice on **0808 250 5708** or National Debtline - **0808 808 4000**. Contact debt charity **StepChange** for debt advice on 0800 138 1111. Monday to Friday 8am to 8pm and Saturday 9am to 2pm

**For impartial pension advice**, phone 0800 011 3797 and there's plenty of useful info on their website: [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

**Barnet resident and support fund (BRSF)** - Financial support for Barnet residents who are struggling to afford household essentials such as paying for food, energy bills and other living costs. You are eligible if you are on certain means tested benefits and you can apply on the Barnet Council website. If you would like to talk to someone about the BRSF or help with the online application, contact the team on 020 8359 4242 or email: [residentsupportfund@barnet.gov.uk](mailto:residentsupportfund@barnet.gov.uk)

## OTHER ACTIVITIES

Age UK Barnet works with a number of organisations in the borough to further our aim of supporting as many older residents as possible to lead active and healthy lives. These organisations offer a range of activities and services including lunch clubs, befriending and practical support. They also have a number of volunteering opportunities.

Please contact them to find out more:

**Barnet African Caribbean Association** (*Hendon base, open to clients from all over the borough*)  
[baca@barnetmcc.org](mailto:baca@barnetmcc.org)

**Barnet Asian Women's Association** (*Friern Barnet base, open to clients from all over the borough*) <https://bawa.life/> 020 8368 3077 [admin@bawa.life](mailto:admin@bawa.life)

**Chipping Barnet Seniors Day Centre** (*EN5 Chipping Barnet area only*)  
<https://www.chippingbarnetdaycentre.org.uk> (this website will close soon and be replaced by the one below) <https://www.chippingbarnetseniorsdaycentre.com> 07923 031 231  
[cbsdaycentre@btinternet.com](mailto:cbsdaycentre@btinternet.com)

**Good Neighbour Scheme for Mill Hill & Burnt Oak** (*Mill Hill and Burnt Oak only*)  
<https://thegoodneighbourschememhbo.org.uk/> Tel: 0208 906 3340 / Mob: 07483 129593  
[info@thegoodneighbourschememhbo.org.uk](mailto:info@thegoodneighbourschememhbo.org.uk) Drop In: 11am – 1pm Tuesday & Thursday Annunciation Church, Burnt Oak.

**High Barnet Good Neighbour Scheme** (*High Barnet only*)  
<https://www.goodneighbourscheme.org/> 020 8441 5678 [highbarnet@goodneighbourscheme.org](mailto:highbarnet@goodneighbourscheme.org)  
 Tel: 0208 906 3340 / Mob: 07483 129593



# Donations needed



We're getting ready for a Fantastic Music Fair here at the Ann Owens Centre on Saturday 28 June, and we need your help to make it truly special!

If you have any bottles of wine, prosecco or spirits, boxes of chocolates or nearly new or unopened gifts, we'd love to include them in our tombola and raffle.

Plants - A potted plant - either an established cutting or any plant that that we can sell on our plant stall.

Every little donation helps us continue our work within the community.

So, if you can help, please give us a call or drop us an email using the details below.

Thank you

Call Teresa on 07502 989 403 or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)



## Age UK Barnet Handyperson Service

Our vetted handyperson team carry out essential jobs around the home such as:



- Changing light bulbs - FREE
- Supplying and fitting key safes and interior grab rails
- Hanging curtains and rails
- Minor repairs to furniture
- Replacing toilet seats
- Setting up video door bells
- Putting up blinds
- Fitting draft proofing
- Moving and assembling small items of furniture
- Fitting smoke alarms

There's no charge for changing a lightbulb and changing batteries in a smoke alarm. For other jobs we charge an hourly rate of £30 and £20 per hour for those on certain means tested benefits

**For Barnet residents over 55**

Phone Karen on 020 8150 0963 or email [handyperson@ageukbarnet.org.uk](mailto:handyperson@ageukbarnet.org.uk) to book an appointment.