

PIGEON POST

Keeping you informed & involved
















The London
Community
Foundation

Barnet
ageUK



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Welcome!

We've all got a little skip in our step here at Age UK Barnet. The sun's been shining, it feels like spring is here (well, for a while it did!) and from 12 April we'll be able to go shopping again, have our hair done and sit

outside a pub or restaurant for a bite to eat.

Confused about how the restrictions will be lifted over the coming months? For a handy reminder, turn to page 5.

As well as our usual easy recipes, puzzles and crafts, we've got a fascinating piece on whether we can trust our memories. Plus find out what your finger length says about you on page 7.

Please let us know what you think about Pigeon Post by filling out our questionnaire on page 3. We have been able to publish our magazine thanks to a grant from The London Community Foundation and we need to let them know how we've got on.

Enjoy the issue and see you next month!

Helen Newman
Chief Executive
Age UK Barnet

"You are never too old to set another goal or to dream a new dream"

- C.S. Lewis



Age UK Barnet, Ann Owens Centre, Oak Lane,
East Finchley N2 8LT. Tel: 0208 203 5040 / 07502 989 403



HEALTHY DESSERTS

Desserts are not only delicious as after-dinner treats, says our cookery volunteer Kato, they can also help us consume more of the nutrients that we might otherwise struggle to incorporate into our daily diet. 'Nuts, seeds and plant oils provide fats for healthy hearts and brains, and fruits are full of plant chemicals that can help to fight inflammation,' says Kato. Here are some ideas for quick-fix nutritious desserts.



Tahini delight For two servings: in a food processor, blend 1 large ripe banana, 1 tbsp tahini, 2 tbsp milk, and 1 tsp vanilla extract. Put in a bowl in the fridge with a tablespoon of chia seeds until the seeds are swollen (about one hour).

in a pan, and fill with batter. Cook each pancake on medium to low heat for 2-4 minutes on each side.

Blueberry and oat pancakes For 9 pancakes: In a food processor, blend 2 medium ripe bananas, 2 medium eggs, ½ cup milk, 1 tsp vanilla extract, 1.5 cups rolled oats, ½ tsp cinnamon. When blended, add a cup of frozen or fresh blueberries to the batter. Heat rapeseed or coconut oil

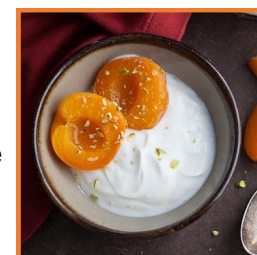


Date and chia treats For 8 servings: In a food processor, blend 250 g soft dates (soak dry dates in boiling water for 5 minutes to soften), 2/3 cup of chia seeds, ½ cup almonds, 3 tbsp cocoa powder, and 1 tbsp coconut or rapeseed oil. Blend until all the ingredients have come together in a paste, add more oil if the mixture is too dry. Roll into serving size balls and refrigerate for up to 3 days. Optionally, add 2 tbsp of coconut flakes to a plastic bag, and shake the date balls in the bag to coat.



Baked pears For 4 servings: Halve four large ripe pears. Scoop out pips. In a bowl, combine 1 cup rolled oats, ½ cup chopped almonds, 1 tbsp cinnamon, 3 tbsp brown sugar. Rub in ½ cup of rapeseed or sunflower oil. Fill the centre of the pears with the crumble, and bake at 200°C for 40 minutes. Serve with Greek yogurt.

Roasted apricots For 2 servings: Add to a small baking tray the juice and peel of 1 lime, ½ orange, and 3 lightly crushed cardamom pods. Stone and quarter 4 apricots and dust with 1 tsp of brown sugar. Bake at 200°C for 15-20 minutes. Toast and chop 2 tbsp pistachio nuts and scatter over apricots. Serve with Greek yoghurt. Try this method with other stone fruits such as nectarines, plums or peaches.



THE JOYS OF VOLUNTEERING

Spending time volunteering creates bonds with fellow volunteers and the people you are supporting in the organisation, says Barnet therapist Ruth Dines. 'The social bonds created during volunteering contribute directly to feelings of belonging,' says Ruth. 'For many volunteers, the benefits are social – it's a way of getting involved in your local community and the perfect way to meet like-minded friends.' What's more, volunteering is good for your health - according to the British Heart Foundation, social support helps recovery following a heart attack or other heart event.

If you are interested in volunteering, please phone us on 020 8432 1422



WE NEED YOUR FEEDBACK

Pigeon Post has been “winging” its way to you for nearly six months now and we would **REALLY** like to know what you think about it.

The newsletter has been funded by The London Community Foundation and it was intended to do a number of things. Firstly, to entertain and stimulate you during the long lockdown months. Secondly, to keep people who do not use computers to stay informed about local services and support particularly during the Covid crisis. We also aimed to develop a “sense of connection” during the periods when it has been impossible to meet in person.

We now need to know if we have achieved our aims and if receiving the Pigeon Post has been useful or beneficial to you.

We'd be very grateful if you could complete and return (or phone us) the questions below.

Please call **Fiona** on **0208 629 0269** or **07799519314**. Leave a message and a contact number and someone will get back to you. Or post to 'Pigeon Post' Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT

1.	Have you enjoyed receiving Pigeon Post YES / NO
2.	What have you particularly liked - i.e. interviews, information about services etc?
3.	Have you felt informed and up to date about what services are available in Barnet?
4.	Have you used any of the services mentioned in Pigeon Post?
5.	Has Pigeon Post helped you feel “connected” or less isolated during lock down?
6.	Would you like to continue to receive Pigeon Post? (subject to continued funding?) YES / NO

OVER TO YOU!



YOUR LIVES, YOUR STORIES!



Maybe you've got a cleaning tip, recipe idea, a useful piece of advice or a funny story? Whatever you want to get off your chest, put it to paper and send it to us at **Age UK Barnet Letters Page, Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Or call Teresa on 07502 989 403.**

We will try to address any issues raised in future editions and will print a selection of the letters we receive.

*thank
you* ♥

*Dear Pigeon Post,
I just wanted to say a very big
'Thank You' to everyone involved in
producing this wonderful little
magazine.*

*I look forward to receiving it every
month and it really brightens my
day! How you manage to fit in so
many interesting articles amazes
me - there's something for every-
one on each page!*

I hope other readers agree with me!

*Yvonne
one happy reader from Barnet*

Dear Sir/Madam,

*I do like reading your
Pigeon Post.*

*There is so much
knitting - I am going to
try the bobble hats as
they look nice and
easy to knit.*

*I also like the nice
cooking dishes which I
must try.*

Long may it last!

Love Cathy

READER TIPS

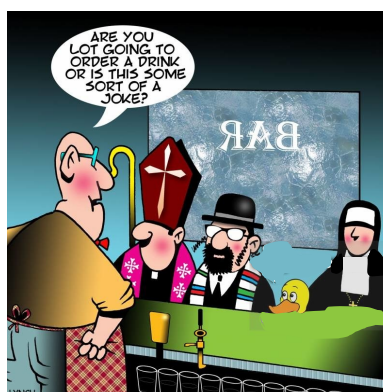
Don't throw out the water you boil your eggs in. This water contains tons of calcium that your plants will love. Just let the water cool and pour it on your plants

DID YOU KNOW?

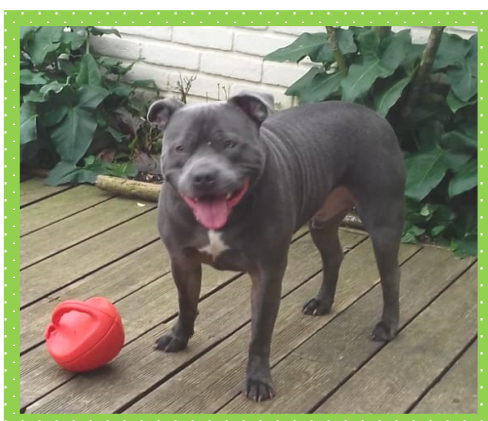
You can actually WEAR milk!! (yes, real milk from cows) can be turned into a fibre which in turn can be made into beautiful clothing!

READER TIPS

When dusting your television or venetian blinds, use a soft cloth that has been dampened with fabric softener - this will reduce the static that attracts dust.



PET PAL OF THE MONTH



Each month, we celebrate one of your pets. Just let us know what your pet means to you by phoning Teresa on 07502 989 403 or writing to Pet Pal of the month, Age UK Barnet, Ann Owens Centre, Oak Lane N2 1LT... If you haven't got a photo, we can arrange for a member of our team to take a doorstep

This month's Pet Pal is Duke, a Staffordshire bull terrier owned by Linda from Barnet who wins the prize for most affectionate pet.

'He's so loving! He thinks he's a lap dog, and just lays on my lap, but he's so big that he has to wrap himself around me and cuddle. He also has a habit of sleeping on the back of my neck!!'



OVER TO YOU!

YOUR LIVES, YOUR STORIES!



Each month our reporter Linda Jackson has a lovely chat with one of you readers and shares your stories with the rest of us. This month Linda speaks to Leonard from High Barnet.

Leonard is an articulate and forthcoming gentleman of 92. He has lived in his present flat for 14 years, when he came to Barnet to be near his children.

Early last year he decided he needed more care, but primarily someone to talk to, so he arranged for a carer to come in a few days a week, and he is very happy with the arrangement. In the first two lockdowns he has missed not seeing his family. What he misses most of all is not cuddling his three great grandchildren.

Leonard has lived through interesting times, and one gets the impression that with his open-minded view of life he has been able to take advantage of opportunities that interested him. He comes from a well-established Jewish family, and started work in the clothing trade writing articles for technical trade magazines. His work life was turned around with the coming of computers, when he was asked to introduce computerisation into his firm. He later went on to get a job in a computer centre which he very much enjoyed. He is quite computer literate, and now uses a computer, tablet and Alexa. He spends a lot of his time exploring what his computer has to offer - for example he makes cards, produces posters, and listens to classical music. He has written stories about his life and experiences about being brought up in a Jewish family, and being evacuated to the countryside, which he says he enjoyed. All these stories are on his computer.

Unfortunately, his hearing, eyesight and mobility are diminishing, but before lockdown, he had been driving to a local arboretum, sitting among the trees and breathing fresh air for a while.

Asked whether he missed anything during lockdown apart from being with his family, he said "No, I have everything I need, and at my age I can't ask for anything more". I suspect that Leonard's own interests and attitude to life underpin this statement.

Has something extraordinary happened to you? Maybe you had an unusual career? Whatever your story, please get in touch if you'd like Linda to share it with us.

Please phone Teresa on 07502 989 403.



STEPS TOWARDS THE END OF LOCKDOWN

MARCH	MONDAY, MAR 8	STEP 1A	MONDAY, MAR 29	STEP 1B
	<ul style="list-style-type: none"> ✓ All schools and college students back in class. ✓ Mandatory facemasks ✓ Secondary-age pupils ✓ Some university students return 	<ul style="list-style-type: none"> ✓ Care home residents allowed one visitor ✓ Two people from different households allowed outdoors 	<ul style="list-style-type: none"> ✓ Outdoor gatherings allowed under the 'rule of six' ✓ Stay at Home replaced by Stay Local 	<ul style="list-style-type: none"> ✓ Outdoor sports facilities like tennis courts and golf courses
APRIL	MONDAY, APR 12	STEP 2		
	<ul style="list-style-type: none"> ✓ Non-essential retailers, hairdressers and close-contact services reopen. ✓ Pubs and restaurants can reopen for outdoor, seated service 	<ul style="list-style-type: none"> ✓ Wider social distancing rules remain in place ✓ Libraries and outdoor attractions such as zoos and theme parks can reopen 	<ul style="list-style-type: none"> ✓ Domestic holidays with family in self-contained premises ✓ Funerals with up to 30 people, weddings with up to 15 	
MAY	MONDAY, MAY 17	STEP 3		
	<ul style="list-style-type: none"> ✓ Rule of six scrapped outdoors ✓ Indoor hospitality reopens, cinemas, soft play areas, rest of accommodation sector 	<ul style="list-style-type: none"> ✓ Smaller outdoor sports venues allowed 4,000 fans or half capacity (whichever is lower) Up to 10,000 people - or a quarter of capacity - allowed at stadiums holding 16,000 people or more (whichever is lower) 	<ul style="list-style-type: none"> ✓ Possible return of international travel 	
JUNE	MONDAY, JUN 21	STEP 4		
	<ul style="list-style-type: none"> ✓ Last remaining legal restrictions lifted ✓ Remaining hospitality re-opens 	<ul style="list-style-type: none"> ✓ Nightclubs can reopen ✓ Large events and performances can restart with full crowds 	<ul style="list-style-type: none"> ✓ Restrictions for weddings may still be in effect 	



QUICK CHEESE & ONION TART

Ingredients

400g shallots, peeled.
1 tablespoon Dijon mustard
1 x 320g ready-rolled puff pastry sheet
80g mature Cheddar, grated
A few sprigs of fresh thyme
Black pepper
Salad to serve



Method

1. Preheat the oven to 180°C (fan) or 200° C, gas 6. Cut each shallot into four slices lengthways.
2. Lay out the pastry on a roasting tray lined with baking paper and spread with the Dijon mustard, leaving a 2.5cm border around the edge. Arrange the flat shallot slices over the top, then scatter over the Cheddar, thyme and black pepper.
3. Cook for 30 minutes. Serve with a green salad alongside.



DEVI'S SPROUT CURRY!



Here is a little recipe from Devi, one of our readers. She promises that it tastes absolutely lovely and is so simple and easy to cook!

Ingredients

Small portion Brussel sprouts washed and chopped
Small chopped onion
1/2 teaspoon each of:- grated ginger, garlic, chilli, ground coriander, cumin, turmeric
4 tablespoons water
Pinch salt
Cooked chicken or fish



Method

Sautee the Brussel sprouts and onion then leave to one side.

On a low heat fry the chilli, ginger and garlic then add the coriander, cumin and turmeric.

Add sprouts and onions and mix together until all coated with the spices then add 2 tablespoons water and mix together.

Add the chicken or fish and a further 2 tablespoons of water if mixture looks a little dry but do not make mixture runny!

Continue to cook until the chicken or fish is heated through.

Serve with rice or boiled potatoes.

Neuroscientist Professor Catherine Loveday reflects on our memories and asks, 'Just how reliable are they?'

CAN YOU TRUST YOUR MEMORIES?

Have you ever looked at old diaries from your teenage years? Your memories of that time probably feel extremely vivid and important. Scientific research backs this up, consistently finding that adolescent memories are unusually powerful and easily accessed. 'This is hardly surprising given that the cusp of adulthood is such a crucial period in finding our identity, forming new relationships and making life-changing plans,' says Catherine. 'Rehearsing those memories helps us to feel grounded'

But do those memories tell us the truth or do they just tell us what we want to remember?

'We often create narrative for ourselves that only partly reflects reality - some aspects of human memory are very malleable,' says Catherine. 'When it comes to knowing where we live, or what colour a tomato is, we are pretty reliable - but when it comes to recollecting journeys we have taken or conversations we've had, our memories are far less accurate.'

Apart from anything else, these memories for experience - our autobiographical memories - can only ever be constructed from our viewpoint. And this may well differ from someone else's. You and a friend might remember an event completely differently, for instance. 'This is because how we experience a situation at the time and how we see this later are heavily influenced by what we know and how we feel,' says Catherine. 'Most importantly, we tend to let go of details that don't sit comfortably with our sense of who we are or who we want to be. And by the same token, we rehearse and embellish those parts of the experience that confirm our identity and support our life goals.'

So should we be worried that we are continually writing and re-writing our own history like this? 'On the contrary, psychologists have argued that this flexibility is an important part of being a happy human being,' says Catherine. 'The capacity to actively shape our narrative enables us to have a coherent and stable sense of identity.'

But it's good to acknowledge that all experience influences us, regardless of whether we have conscious access to it or not. 'And we may occasionally be forced to confront things that we had selectively written out of our story,' says Catherine. 'Similarly, we may come up against new evidence or testimony that prompts us to reframe memories that we have held for a long time. Sometimes this can be painful, other times it can actually be cathartic.'

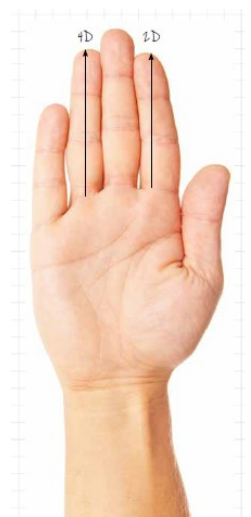
WHAT YOUR FINGER LENGTH SAYS ABOUT YOU

The ratio of our second to fourth finger is a good proxy for the balance of oestrogen and testosterone that we were exposed to in the womb: the greater the length of the fourth (or ring) finger in relation to the second (or index) finger, the higher the proportion of prenatal testosterone. Although this sounds like a strange idea, scientists have linked this ratio to many traits:

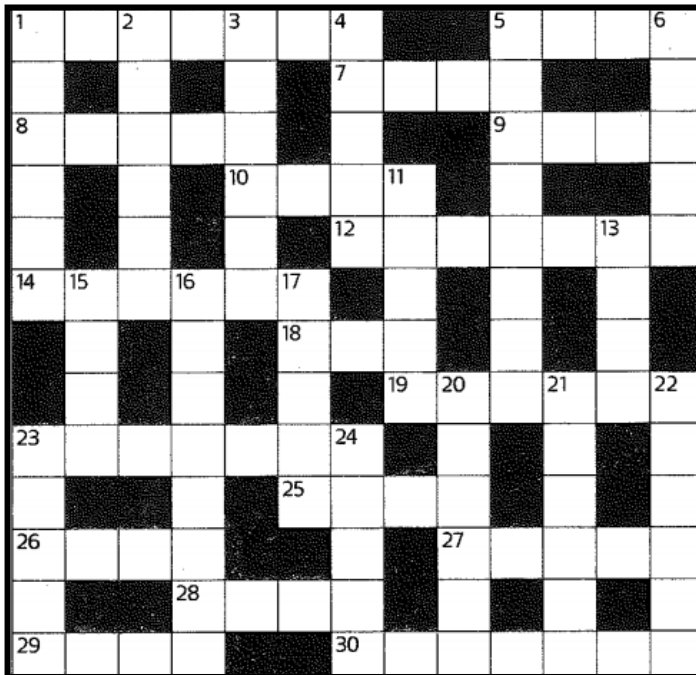
'There is some evidence to support that the ratio can predict cognitive skills, career choice and even fertility,' says neuroscientist Catherine Loveday.

Women with ring fingers that are longer than their index fingers, typically a male trait, are twice as likely to have osteoarthritis in the knees, according to an *Arthritis & Rheumatism* study. Low oestrogen levels may be a factor.

The same finger feature has been linked to higher athletic ability and verbal aggression in both genders. In men, a longer ring finger is associated with having more children and better relationships with women, but a *British Journal of Cancer* study found a connection to a higher risk of prostate cancer.



PUZZLE TIME....



	DOWN
1	Precious metal (6)
2	Pessimistic (6)
3	Abhor (6)
4	Majestic (5)
5	Hiker's bag (8)
6	Tall building (5)
11	Gatehouse (5)
13	Academic test (4)
15	Brink (4)
16	Income (8)
17	Regulate (5)
20	Turn suddenly (6)
21	Formally accuse (6)
22	<i>A Clockwork</i> __ __ __, Kubrick film (6)
23	Type of code (5)
24	Perch (5)

	ACROSS
1	Easier (7)
4	Scottish attire (4)
7	Unlock (4)
8	Newly-hatched insect (5)
9	Swear (4)
10	Small waterfowl (4)
12	Sea-food delicacy (7)
14	Atone for (6)
18	Ovum (3)
19	Arctic dweller (6)
23	Twist and turn (7)
25	Actor's part (4)
26	Spoil (4)
27	Rule (5)
28	Stage musical, __ __ __ and dolls (4)
29	Sexy __ __ __ Dr Hook's song (4)
30	Portable table (7)

TRUE OR FALSE?

1. Eating using a fork used to be seen as sacrilegious.
2. The spoon was invented 1000 BC.
3. A hair of a polar bear's fur is white.
4. Polar bear's skin is black.
5. Hippos 'sweat' a red substance.
6. The 100 folds in a traditional chef's hat represent the 100 different ways there are to prepare an egg.
7. The trampoline was invented by a 16-year-old.
8. Anglo Saxon's were the first to invent beer-battered fish.
9. The name 'Wendy' is the first name to be registered on a birth certificate in the UK.
10. The oldest library in the UK can be found in Manchester.
11. Rum is the oldest spirit in the world.

QUICK QUIZ

1	How much does a 'stitch in time' save?
2	How many pennies are there in an old style English pound?
3	In which Scottish lake is a monster said to live?
4	How many people would normally make up a jury in England and Wales?
5	What nationality was the composer Frederick Chopin?
6	What were commuters urged to go to work on in the 1960's?
7	What is the RAF's famous aerobatic display team called?





Easter eggs



JS Fry of Bristol made the first chocolate egg in the UK in 1873. Decorated by hand to suit Victorian tastes, these eggs were made from dark chocolate and would have been grainy and bitter by today's standards. They weren't for everyone either – they were an expensive, luxury gift. Around the world, the likes of France and Germany had been making chocolate eggs for many years before the UK, but these eggs had been made from solid chocolate. However, they couldn't quite figure out how to mould the chocolate into a perfect egg shape and quickly abandoned the idea. Fry's had been the first to figure out how to use moulds and make hollow eggs. This had been achieved through the Fry family's innovations in making chocolate by mixing cocoa fat with cocoa powder and sugar. This made a smooth paste which could be poured into egg moulds. The earliest chocolate eggs were also designed with the well-known 'crocodile' design in order to hide any cracks or other imperfections.



For thousands of years and in many cultures, the egg has been a symbol of fertility and rebirth. It is said that the tradition of decorating boiled eggs at the beginning of spring actually has pagan roots. It was part of the celebration of the return of the Sun God during the Spring Equinox, some say it represents the fertility Goddess Eostre (Ostara in Greek), the egg representing the fertility of the ground after the lean winter days and the rebirth of the light.

In the early days of Mesopotamia, approximately 5,000 years ago, the eggs were associated with death and rebirth and also with power and kingship. Hence, after being decorated in gold or silver, it was custom to place an ostrich egg by the Egyptian leader's grave. The tradition of Easter eggs first started among the early Orthodox Christians who saw the egg as the symbol of Jesus Christ's resurrection. Indeed, the shell of the egg represented Jesus' tomb and the cracking of this shell symbolised his resurrection. According to ancient custom, the egg would have been dyed in red as the symbol of Christ's blood that he shed on the cross.



The traditional Easter egg hunt apparently started in Germany with Martin Luther, the Protestant Christian Reformer, who, each Easter, held an egg hunt and introduced the legend of the Easter Bunny to young children. This tradition was only introduced to England during the Victorian era.



1935 Packing Easter eggs by hand in the Fuller factory, Hammersmith.



1935 Little five year old girls from Crouch End School dressed as teddy bears for their dance at an Easter celebration.

Stencilled CD/DVD Coasters

What you will need

- 4 recycled CDs or DVDs
- Sandpaper
- Strong glue
- Felt in colours that match your CD colours (maroon, orange, ivory, dark green)
- Scissors
- Matte Varnish
- Floral Stencil or draw freehand if preferred

Acrylic paint colours used are

- Buttermilk
- Tangelo Orange
- Alizarin Crimson
- Leaf Green
- White Wash



Instructions

1. Sand the shiny side of the CD/DVD's enough to rough them up and remove the coating.
2. Paint each CD a different colour. Repeat for two more coats
3. Stencil on the design using the White Wash, touch up with a fine line brush if needed. Or, if doing freehand, just paint straight on.
4. Finish with two coats of varnish.
5. Cut felt into circles about 1/4" smaller in diameter of the CD.
6. Use strong glue to attach the felt circles to the back of the CDs.



Exercises to improve hand mobility

These hand and finger exercises from our Tai Chi expert Deborah can help strengthen your hands and fingers, increase your range of motion and give you pain relief. Perform each complete exercise three times, a few times a week.

1 - 4 Wrist Rotations.

Rest your elbow on your other hand and draw a circle 6 times one way and 6 times the other.

1



2



3



4



A



B



C



A, B & C

Thumb to finger tap, feel this exercise so no looking! Tap each finger with the thumb then back again 6 times.



How can we help?

Due to the new lockdown we have had to suspend our face to face activities. We hope to resume these as soon as we can. In the meantime, we are offering the following services.

For advice about benefits, grants, housing and money concerns, phone our Later Life Planning Service on 020 8432 1417.

Would you enjoy a regular chat over the phone with a friendly volunteer? Try our Befriending Service on **020 8432 1416**

Need a handyperson to change a lightbulb or fix something in the home? For essential jobs in the home please phone our Handyperson Service on 020 8150 0963. Our handyperson team are kitted in PPE and some jobs such as changing a lightbulb are free of charge.

Unable to get out to the shops and cannot shop online? We have a Shopping Service for people who need a light weekly shop. For more info, Tel **020 8150 0963**

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**.

Social walks - we have socially distanced weekly social walks around the borough including Friary Park, Dollis Valley, Oak Hill Park and Golders Hill Park, Stephens House and Gardens and Northway Park. Phone Wendy on **020 8432 1421 to book your place**

Living Well Services - specialist advice, information, support and activities for people with mild-to-moderate dementia or memory issues and their carers. Our hubs are in East Finchley and Hendon. Tel **020 8203 5040**.

CONTACT NUMBERS



A few useful numbers in case of emergency

Still call your GP surgery if you need an appointment. Some surgeries offer phone consultations with a GP – speak to your surgery for more information about this. If your GP surgery is closed and you need an urgent appointment, a recorded message will tell you who to contact.

Call **111** for **NHS** urgent medical advice – if you need **emergency help and services** call **999**.

If you suspect you have coronavirus, call **119** to get help or to find your nearest test centre. To get a coronavirus test you must have symptoms of one or more of the following - a high temperature, new contagious cough and/or loss of smell or taste. The test must be completed within 8 days of having symptoms to be effective.

For help on **discharge from hospital**, call **British Red Cross** on **07709 398809** or **07808 202125**.

If something needs fixing at home, call the **Age UK London Boroughs Business Directory** to get a list of vetted local trades people such as plumbers and electricians – **0800 3345056**. If you are a **Barnet Homes resident** you can call **020 8080 6587** for repairs or emergency calls.

Need to speak to someone? For a friendly chat, day or night, call **Silver Line** on **0800 470 8090**. If you are in a serious mental health crisis, please call the **24-hour Crisis Telephone Service** (for people living in Barnet, Enfield & Haringey) on **0800 151 0023** or phone the **Samaritans** on **116 123**.



Do you have a condition that means you need to get to a toilet quickly?

If so, you will be aware how difficult things can be when you're out and about. The Age Co Toilet Key & Card Pack has a genuine RADAR key (which provides access to over 9000 disabled toilets around the UK) and Age Co Toilet Card with universally accepted WC symbol, so you can discreetly let people know when you need instant access to a toilet.

Call 0800 046 1501 for details and how to buy.



Our Handyperson Team Adam and Martin answer your questions

Do you have any tips for a small garden? Joan from Hendon

Use height. Walls, garages, the side of a fence—it's all good space. Use creepers like star jasmine and tremendous trailers, such as the vibrantly coloured McDaniel's Cushion, to adorn high spaces. Get blooms up on high with containers like hanging baskets of trailing geraniums, window boxes and exquisite wall mangers.

Pave diagonally Paving laid squarely can make your garden look smaller than it is and with a simple trick of the eye, you can increase the visual size of your garden. Lay slabs on the point so they are in a diamond shape to give the optical illusion of a bigger garden,

Vibrant Chairs The brighter, the better is the way to go to bring your space to life.

Brightly coloured plants and features can make a small garden appear lighter and bigger. As a general rule, hot colours, like reds and dark yellows make a space feel more intimate. Cool colours like light-purples, whites and blues recede the field of vision, making a small space feel larger.

Use containers Pots are great for small trees or flowering bedding plants, and you can change them and move them around easily. This is especially impactful in a small space, as you can revamp your garden design at the drop of a hat. Think about fruit and veg too. Tomatoes, beans, lettuce, peppers, chillies, radishes and even carrots can all be grown in pots or containers.

Attract wildlife Bird boxes, feeding stations, roosting pouches and insect hotels will help bring your garden to life with exciting bird and insect activity. Garden nature can thrive even in the smallest gardens, so make space for wildlife in your garden design. Attract more wildlife by planting their favourite flowers, which will please bees and butterflies and give you lots of colour. It will soon be a hive of activity and great fun for kids!

READER TIPS

Make your own window cleaner. Mix 1/2 cup white vinegar with 1/4 cup rubbing alcohol (70% concentration) and 2 cups water and dispense into an empty spray bottle. To clean your windows, wait for a cool, cloudy day and squirt the solution onto the glass, wiping with a clean microfiber cloth to avoid streaking.



DID YOU KNOW?

It is thought that fish and chips were first served together as a dish around 1860.

Fish and chips played a part in the D-Day landings. British soldiers identified each other by crying out 'fish' and waiting for the response of 'chips'

COVID VACCINE APPOINTMENTS

 **Lifts available!**

Are you struggling to get to your Covid-19 vaccine appointment?

Our wellbeing team are offering lifts in our minibus -

Monday to Friday 9.00 am-3.00 pm and some weekends.

Please phone **020 8203 5040** for further information.



CONTACT US



And finally.....



If you have enjoyed this newsletter, please let us know. Just drop us a line at **Newsletter, Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.**

We look forward to hearing from you.

RELIGIOUS FESTIVALS THIS MONTH

13 April (Tue) VAISAKHI/BAISAKHI – Sikh - In 1699, on Vaisakhi, the tenth Guru, Gobind Singh, founded the Order of the *Khalsa*. Five men (Five Beloved Ones), offered their lives when the Guru asked for volunteers. The 'Five Ks', the outward signs of Sikhism, were made obligatory and Sikh men took the name '*Singh*' (lion) and women '*Kaur*' (princess). The initiation ceremony, *amrit*, was introduced.

13 April (Tues) to 12 May (Wednesday) RAMADAN Muslim - Ramadan is the 9th month of the Islamic Calendar, when the Prophet received the first revelation of verses of the Qur'an. It is the holiest month for Muslims, and they dedicate themselves to spiritual renewal, prayer and intensive devotional reading of the Qur'an. During the month of Ramadan Muslims are required to fast from daybreak until after sunset.

15 April (Thur) YOM HA'ATZMA'UT Jewish - Israeli Independence Day, commemorating the declaration of independence of Israel in 1948.

21 April (Wed) RAMA NAVAMI Hindu - The birthday of Rama, the seventh avatar of Vishnu, is celebrated at noon in the aarti ceremony, performed in front of a doll or of a picture depicting Rama swinging in a cradle.

23 April (Fri) ST GEORGE'S DAY - St George is the patron saint of England. He lived and died in the Middle East, but his popularity grew after the Crusades, when his red cross on a white background became the symbol of the English Crusaders.

26/27 April (Mon/Tue) HANUMAN JAYANTI Hindu - This Hindu festival recalls the birth of Lord Rama's supreme devotee, the monkey-headed Hanuman, whose feats figure in the Ramayana epic. Hanuman's birth is celebrated at sunrise on the full-moon day of the lunar month of Chaitra.

30 April (Fri) LAG B'OMER Jewish - The *Omer* lasts 49 days from Pesach to Shavuot. A time of sadness, it is relieved on the 33rd day. It recalls the end of a plague in Roman times. Weddings often take place on this day, since they are not usually permitted during the rest of the *Omer period*.

Quiz questions P8 - 1. 9, 2. 240, 3. Lock Ness, 4. 12, 5. Polish, 6. An egg, 7. The Red Arrows

Answers to True or False P8

1. True, 2. True, 3. False, 4. True, 5. True, 6. True 7. True
8. False, 9. False, 10. True, 11. True

Answers to crossword on P8

Across: 1 Simpler, 5 Kilt, 7 Open, 8 Larva, 9 Avow, 10 Teal, 12 Lobster, 14 Redeem, 18 Egg, 19 Eskimos 23 Meander, 25 Role, 26 Ruin, 27 Reign, 28 Guys, 29 Eyes, 30 Trestle

Down: 1 Silver, 2 Morbid, 3 Loathe, 4 Royal, 5 Knapsack, 6 Tower, 11 Lodge, 13 Exam, 15 Edge, 16 Earnings, 17 Meter, 20 Swerve, 21 Indict, 22 Orange, 23 Morse, 24 Roost

SUDOKU P8

1	8	2	6	7	5	3	9	4
6	9	3	8	2	4	7	5	1
4	5	7	9	3	1	8	2	6
9	4	1	2	8	3	5	6	7
3	6	8	5	1	7	9	4	2
2	7	5	4	9	6	1	3	8
8	1	9	3	4	2	6	7	5
5	3	4	7	6	8	2	1	9
7	2	6	1	5	9	4	8	3