














# PIGEON POST

Keeping you informed & involved

February 2022



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Welcome

With rising energy prices and an increase in the cost of living, the next few months are going to be tough, particularly for those on low incomes or Pension Credit. If you are struggling to pay your bills, make sure you're getting all the help

you're entitled to and check out our useful guide (on page 11) compiled by our brilliant advice team.

On a more upbeat note, we speak to a lovely 97 year old woman on her secret to a long life. Being independent, staying active and enjoying other people's company seems to have done the trick for Lily!

And our trustee professor Catherine Loveday talks about her exciting new study into people's memory for comedy. How many comedians and TV comedies can you recall from page 7.

Hope you enjoy this and all the usual puzzles, recipes, crafts and exercises.

See you next time!

**Helen Newman**  
Chief Executive  
Age UK Barnet



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## ADD COLOUR TO DARK WINTER NIGHTS WITH VEGGIE ROASTS

Roasting vegetables in oil is a tasty and easy way to get your five a day – especially in winter when we tend to eat fewer salads, says cookery volunteer Kato. ‘Not only does roasting caramelise the vegetables to perfection, it also reserves more of their nutrients than when boiling them,’ she says. ‘Adding oil also helps our bodies to better absorb the fat-soluble vitamins in oil-roasted vegetables.’ It is easy to roast your own combination of vegetables by following these principles: cut all pieces the same size, space out the vegetables on one or two large baking trays lined with a baking sheet, use a plant oil such as olive or rapeseed oil, toss at least once during roasting, and flavour with your preferred spice or herb mix. Serve with roasted seeds or nuts for extra flavour and nutrients, as a side for meat or fish dishes, or add leftovers to cooked grains such as wholegrain couscous, rice, quinoa, or barley.



### Balsamic roasted root vegetables

Wash, peel and trim 2 large carrots, 1 beetroot, 2 parsnips, and 1 red onion. Cut all the vegetables into wedges of the same size. Mix together 1 tbsp olive oil, 1 tbsp balsamic vinegar, 1 tsp maple syrup/honey, and 1 tsp mixed dry herbs (thyme, rosemary, parsley). Rub the mix into the vegetables with your hands, and spread out on the baking sheet. Roast at 220°C for 40 minutes, or until caramelised, stirring every 15 minutes. Top with a mix of toasted pumpkin and sunflower seeds.

### Roasted cauliflower and chickpeas

Wash and trim a small cauliflower. Cut into equal size pieces. Drain a can of chickpeas. Mix together 1 tbsp rapeseed oil with ½ tsp cumin, ½ tsp coriander, ½ tsp garam masala, and ½ tsp onion powder. Rub the mix into the cauliflower and chickpeas. Roast at 200°C for 40 minutes, stirring halfway through. Serve with toasted cashew nuts. Leftovers are delicious mixed with wholegrain rice.



### Roasted broccoli and kale

Cut 1 head of broccoli into florets. Rub with 1 tsp of olive oil and sprinkle with ½ tsp chili flakes. Roast on a baking tray for 20 minutes at 200°C. Wash and de-stalk 200g of kale, rub in 2 tsp of olive oil and sprinkle with a pinch of chili flakes. Add to the broccoli tray for the last 8 minutes of roasting. Meanwhile, carefully toast 2 tbsp of flaked almonds in a pan on medium heat. Keep almonds aside. In the same pan, heat 2 tsp of olive oil, and gently fry 2 peeled and chopped garlic cloves. Add the almonds and garlic to the broccoli and kale, and sprinkle with 1 tsp of thyme.



### Mediterranean roast vegetables

Cut 1 courgette, 1 small aubergine, 3 medium plum tomatoes, 1 red pepper and 1 red onion into equal size pieces. Rub in 1 tbsp olive oil, 3 peeled and crushed garlic cloves, and ½ tsp each of oregano, thyme, basil, and parsley. Space on the baking tray and roast for 20 minutes. Add 150g mushrooms, cut into similar size pieces, and roast for a further 10 minutes. Sprinkle with toasted pine nuts and chili flakes (optional).



### Roasted squash

Cut the squash (butternut, acorn) in half and scoop out the seeds. Rub 1 tsp of olive oil into the flesh, and add your choice of spices (mix ½ tsp chili powder, ½ tsp cumin powder) or herbs (1 tsp sage, or ½ tsp rosemary and ½ tsp thyme). Roast at 200°C for 45 minutes. Alternatively, peel and cube the squash into equal size pieces. Rub with a mix of oil and spices/herbs as above, and roast at 200°C for 25-30 minutes, stirring every 15 minutes. Roasted squash is delicious added to risottos.



## ROYAL MAIL TEXT SCAMS

Each month police community support officer Nicole lets us know a common scam to watch out for.

Many people have received text messages from what appears to be the Royal Mail (or other delivery companies) asking for a small payment of a delivery fee including a link to make that payment.

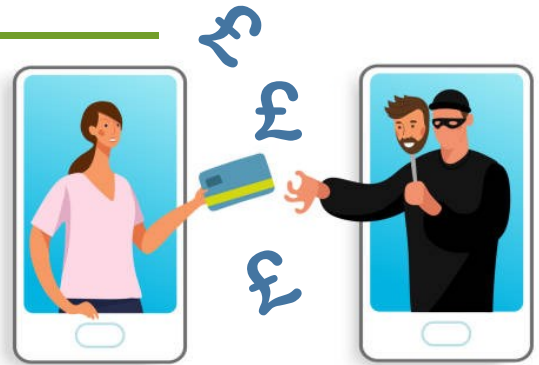
### DO NOT CLICK ON/FOLLOW ANY LINKS

**Do not share or input information** – legitimate organisations will never text you to ask for personal or banking details.

**Only use official contacts** – if you are unsure, contact the company that claims to have sent it by getting the phone number from other sources.

**Report it.** You can report scam texts by forwarding the message to 7726 which is a free service.

Age UK Barnet has launched a new scams prevention and support programme for older people in Barnet. Please get in touch with us on 020 8203 5040 if you would like to know more about protecting yourself from a scam or if you have fallen for a scam and need some support or advice.



## BRAIN BOOSTERS: SPELLING BACKWARDS

This month's flexible thinking challenge from Michelle Reshef, founder of Dementia Prevention UK, has two parts. The first is to think of a list of five words and try to spell them backwards. Here is a list to get you started and an example:

Long  
Page  
Paper  
Water  
Book

Example: **Club** – spelling it backwards will be **bulc**

The second part will be to measure the amount of time this exercise takes you and try and lower your score as you keep on practicing this new activity.

**Fun fact-** There are words that are spelled forward and backward the same, they are called palindromes – for example, Mum, dad, civic, and radar. Can you think of other palindrome words?



**Dementia Prevention UK is a charity committed to providing you with knowledge, support and tools to prevent dementia. For more information, email [Info@dementiapreventionuk.com](mailto:Info@dementiapreventionuk.com) or get in touch with us at Age UK Barnet on 020 8203 5040.**

**Set your alarm clock half an hour earlier...** According to a study by the University of Iowa, people to go to bed early and get up early tend to be better humoured than late risers.

### Did you know?

Your early morning cuppa will provide 13 per cent of the recommended daily intake of calcium, vital for healthy bones (5 per cent comes from the milk and 8 per cent from the water!).



# OVER TO YOU!

## YOUR LIVES, YOUR STORIES....



Maybe you've got a cleaning tip, a 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 or 0208 432 1421.



## MEET THE READERS

**We chatted to a couple of readers who have benefited from some of Age UK Barnet's services.....**

### **'I'm not one to give in - I'm a fighter'**

**After having a fall in her bathroom, a normally active 89 year old Mavis lost confidence in going out. She was matched with our Finding Your Feet volunteer Jenny who has helped her get back on track..**

My fall spoilt my life. I could hardly walk and just wasn't me any more. Before, my life was perfect- I was confident and active and there was nothing wrong with me. I went to lots of clubs, I danced, you name it, it did it. I was so used to being independent.

I was very pleased so accept help from Jenny, who has been absolutely wonderful. She has really helped, walking with me and going out for coffee. It's taken a long time but she gave me the confidence to go out again. There are certain things I still can't do – like go upstairs. But I don't give in and I try and do everything I used to do. Getting into a car is a bit difficult, but I do it because I want to do it.

I've brought a proper trolley to hold on to do shopping, which makes me feel safe. I've definitely slowed down, which I don't like, but I'm not one to give in. I'm a fighter. And Jenny and I are firm friends now – I couldn't not see her!

If you or someone you know needs a bit of confidence to get out and about again, please contact Becky on **0208 150 0967** or Mobile **07990 705 170**.



### **'I can now see the possibilities'**

**Shital had been thinking about buying a laptop for ages but never felt confident about choosing one to buy or what to do with it once he had it.**

'I was delighted when I heard about the Laptop Loan scheme. I was given a laptop and one of the team set me up on email and on the internet. They wrote everything down for me clearly and helped me see all the possibilities. I'm trying to do everything myself but if I ever get stuck I know I can go along to one of the computer support sessions. I'm mainly going to use the laptop to find out what's going on locally, to look at the latest news and to do my shopping. I'm excited about using it and I know that it's going to make my life so much easier. The other day the shop didn't have what I wanted but the assistant said I could buy it online. I'm pleased I can do this now. At the end of the three month loan, I think I'll feel confident enough to buy my own computer. I might even buy it on this laptop!'

**Age UK Barnet offers short term laptop loans to Barnet residents over 55. We set people up and show them how to stay in touch with friends and family as well as perform everyday tasks like online shopping, paying bills and signing up to online activities. We also have IT support sessions for those who have smart phones, tablets and other devices but would like to know how to use them properly. Form more information call Howard on 0208 432 1415.**

## 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 has a chat with Lily from Barnet....**

Why do some people live to a great age? Is it genetics, luck, medical advantages, an active lifestyle, curiosity or interest outside of ourselves, an independent spirit, or gender even? I have been speaking to a lady of 97 and maybe by the end of this interview you will come to the same conclusions as I have, or even a different one.

Lily was born in Camden in 1923 to parents who were not well off. She had an elder brother and eventually one nephew and a great nephew. "We all come in ones". She also has one godchild she sees occasionally. Unfortunately, her brother was killed in a bicycling accident 50 years ago, so Lily does not have an extensive family, and never married herself.

At the age of 16 war broke out, and as all schools in London closed down she had to get a job. Luckily she had typing skills, and had various jobs including one at the Burroughs Welcombe Institution before she joined the Air Ministry which became the Ministry of Defence. She stayed there for 40 years. "It was all very hush hush and high powered," she said. During this time she realised she would have to look after her mother and father, and did evening courses to gain a Diploma in teaching shorthand and typing. She also had to do a high grade English course. Having gained these she taught shorthand and typing in Westminster College in the evening in order to pay for the mortgage on their house. Lily and her parents then moved to Edgware 60 years ago. She still lives in the same house alone, looking after herself.



### **Walking ways**

Lily had always been an active and gregarious person. After joining the Ramblers' Association, she started by just walking in Hertfordshire, and then all over the country, then Scotland and Wales, taking her turn to lead groups. She eventually joined groups walking in Europe and even Iceland. She remembers a particularly emotional visit to Arnhem after the war, and was in tears remembering someone, she says, who was killed there and who she may have married.

Lily also loved conducted walks all over London, and knows all the usual and unusual corners of the capital. She can't understand why some people even living in the suburbs don't know anything about their capital city and have never explored it. Nowadays Lily cannot walk far and has to use a crutch. During the last lockdown she says she may have lost some self confidence, but at least she has kept her old walking boots in her cupboard to reminder of all the lovely walks she has taken.

And thanks to Age UK Barnet's Finding Your Feet service, Lily is now happy to visit her local shops and use the bus again. Lily misses not having people around her, and will accept offers of help from local charities like Age UK Barnet and individuals.

People keep an eye on her. She'll never forget one wonderful individual, a lady she calls her "Angel". Lily had a bad reaction from some medication and was feeling ill with vomiting and an upset stomach. A lady she'd previously chatted to on the street happened to knock on her door with some flowers, took in the situation, went home to change, and then came back to clean up. She took Lily's duvet cover home to wash, and even cooked her a light lunch. Lily would love to send her some flowers but does not know where she lives. She is not even sure of her name. So if a lovely West Indian lady recognises this scenario, you are Lily's Angel!

But Lily gives back too.. She remembers a charity Christmas where she won three prizes in the raffle, including a holiday in Malta which she gave away to lady who used to give her lifts in her car.

I can believe why Lily has reached this great age. I think it is a mixture of all the qualities I mentioned. She has stayed active, she loves to communicate with people "I just like being with people", and has the determination to live life as she wants, and as far as she is able. She is very independent and has also had the luck to remain reasonably healthy. Her memory is certainly very acute. Long may Lily be able to live life on her own terms.

## RECIPE TIME....

### GOLDEN SOUP

#### Ingredients

1 red onion  
1 white onion  
1 red pepper  
2 yellow/orange peppers  
2 large or 4 small courgettes  
2 tomatoes  
Pinch dry, mixed herbs  
1 heaped tsp nutritional yeast  
Spray oil (optional)  
1 low-salt stock cube (optional)



#### Method

Preheat oven to 180°C (160°C fan) 350°F/gas 4.

Chop all the veg into chunks, sprinkle with dry mixed herbs and nutritional yeast, spray with oil of choice to speed up the process of roasting. Place in middle of oven for 25-30 minutes until veg are bronzed and browned on the edges.

Separately stir stock into warm water ready to add to the blitzer.

Stir and blitz and pour into a pan and warm. Check your seasoning and serve.

### Age UK Barnet brings you a musical afternoon with

£5  
Entry



A selection of familiar songs from  
iconic musicals and performers

Contact Helen Nicolaou on 0738 446 6840  
or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk)

**On 25 February 2022**

St Margaret's United Reform Church,  
Victoria Ave, Finchley N3 1BD

Entry at 2.00pm with refreshments served

**All welcome**



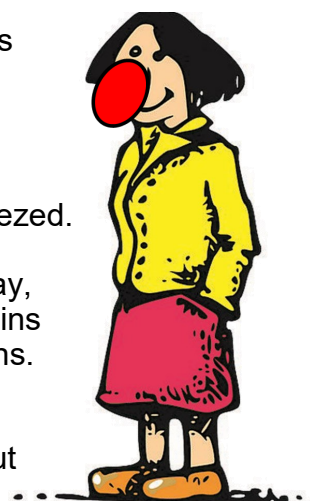
## POETRY TIME!

### HILDA ROSE

By Anonymous

This is the tale of Hilda Rose  
Who had a phosphorescent nose  
Which sent out quite a glow before her  
Reminding one of dawn's araura.  
And people meeting her at night  
Would comment on its ruddy light  
And Hilda said, if she heard,  
'Ruddy' was a well picked word.  
She hated to be thought a freak  
And cursed her large and crimson beak.  
Especially it terrified her  
If motorists drew up beside her  
And waited there with words obscene  
For Hilda's nose to turn to green.  
At last, abandoning restraint,  
She camouflaged her nose with paint

But once again she missed the bus  
Because the paint was luminous.  
And people thought it out of place  
To meet a nose without a face.  
And Hilda hated being teased,  
About the fireworks when she sneezed.  
But now, at last, I'm glad to say  
Some better luck has come her way,  
For though the crimson glow remains  
Miss Hilda Rose no more complains.  
For sanctioned by her dear G.P.  
She stands outside a surgery  
And with her phosphorescent snout  
She guides the patients in and  
out!





## THE POWER OF COMEDY

**Professor Catherine Loveday has carried out a lot of research into the music and memory and its use in therapy and is now embarking on an exciting new study into people's memory for comedy**

'I have long pondered over the parallels between comedy and music,' says Catherine. 'Like music, comedy is a bonding experience, something people enjoy sharing with others. They also both provoke strong positive emotions and both have cultural significance.'

Catherine and her team are exploring people's memories for comedy – the comedy shows and comedians who have made an impact and what this means to people. 'Ultimately we want to explore the therapeutic value of comedy,' she says. 'Maybe in future, comedy can be used in the same way that music is used now – to regulate our moods and emotions, for instance.'

So why do we get so much pleasure from seeing a comedy that we've seen lots of times before, like a favourite episode of Dad's Army? According to Catherine, we're tapping into feelings of nostalgia.

'People often assume that nostalgia is a negative thing, harking back to the old days and preventing us from moving forward,' says Catherine. 'But nostalgia plays an important role in creating and maintaining relationships.'

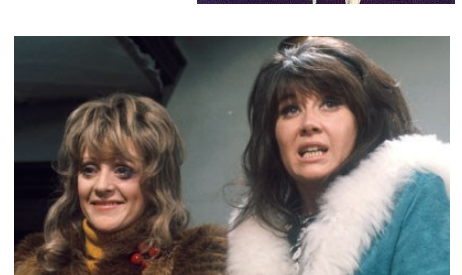
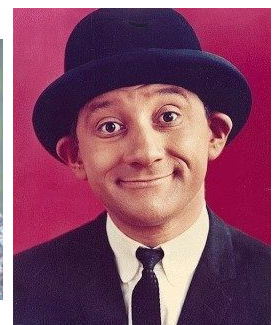
Just think how often we bond over a shared love of an old comedy or an advert that was around in our teenage years?

On top of this, looking at the past has been shown to motivate us, help us cooperate better with others, improve our mental health, make us more optimistic, less lonely and raise our self-esteem.

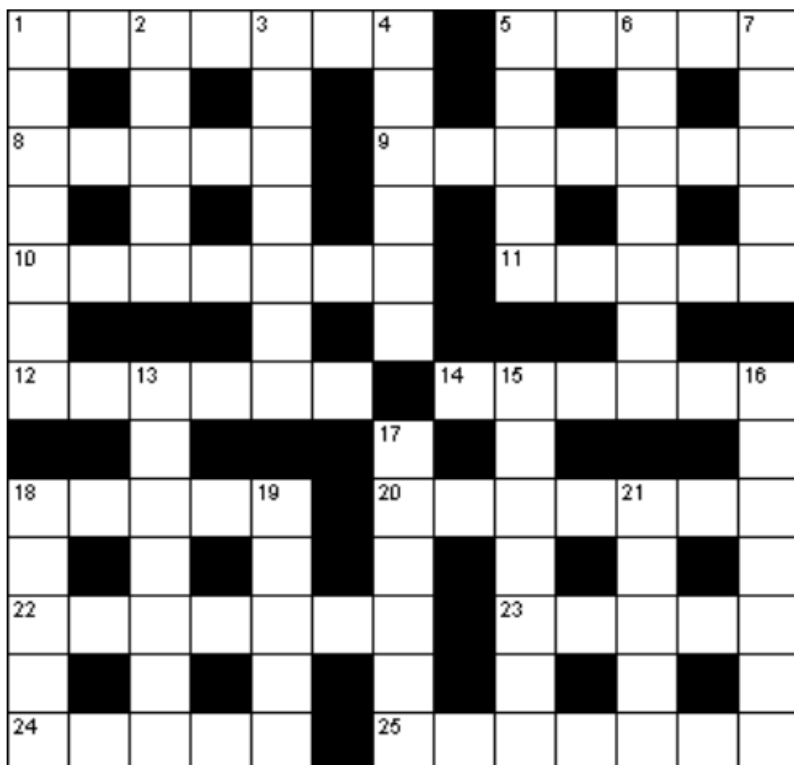
Contrary to expectations, nostalgia also improves openness to new experiences and boosts our creativity, says Catherine.

Watch this space for the results of Catherine's fascinating research.

In the meantime, can you guess this comedy show or comedian from the photos? **Answers on p14.**

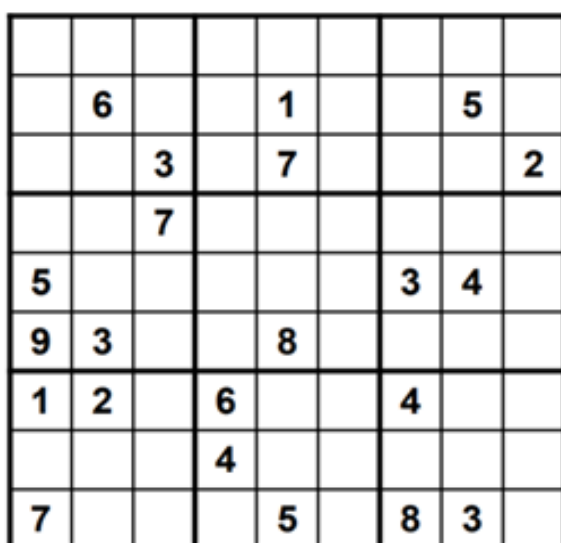


# PUZZLE TIME....



ACROSS	
1	US state (7)
5	Commence (5)
8	Explosive devices (5)
9	Inhabitant (7)
10	Woodwind instrument (7)
11	Foolish (5)
12	Make up one's mind (6)
14	Splendid (6)
18	Stratum (5)
20	Couple (anag.) (7)
22	French Riviera resort (7)
23	Haggard (5)
24	Sailing-boat (5)
25	Eminent (7)

DOWN	
1	Drank (7)
2	"The Three Musketeers" Author (5)
3	Run away (7)
4	Accessories (3-3)
5	Extra payment (5)
6	Antelope (7)
7	Children's nurse (5)
13	Type of crossword (7)
15	Tense, repressed (7)
16	Inhale and exhale (7)
17	Deteriorate (6)
18	Verdant (5)
19	Automaton (5)
21	Fathom (5)



**SUDUKO  
HARD**

## OUT OF AFRICA WORD SEARCH

Ashanti	Kikuyu	Sotho
Bantu	Liberian	Sudanese
Basuto	Libyan	Swazi
Berber	Mandingo	Tuareg
Congolese	Masai	Tunisian
Egyptian	Matabele	Ugandan
Ethiopian	Moroccan	Xhosa
Ghanaian	Namibian	Yoruba
Hausa	Nigerian	Zulu
Hutu	Shona	
Kenyan	Somali	





# EASY CRAFTS

## PAPER WALL HANGING

### What you will need

Card stock in sky blue, two shades of pink, medium blue, yellow, purple, and white.

Paper trimmer, Hot glue gun or tube glue,  
17" x 1" dia. cardboard cylinder from a roll of wrapping paper, Thick jute rope, Scissors

### Instructions

#### PATTERN GUIDE

```
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```

#### Broken down by colour, it goes:

1. Sky blue: 129 2. Hot pink: 30 3. Light pink: 24 4. Medium blue: 17 5. Yellow: 21 6. Purple: 7 7. White: 36

First, start by trimming all 264 pieces into 1 1/2" x 5 1/2" strips.

Plug in the glue gun, and follow the patterning as you see it below to make your wall hanging. There are 29 rows and 9 columns. Use the hot glue gun to adhere the strips together. You just need a little bit of glue along the edge. Also, if you're using a dual temperature glue gun, make sure it's on a low temperature setting. I made my rainbow from right to left as I was figuring out the pattern, but you don't have to!

*I then finished it with four rows of white paper to make up the "clouds".*

Once all nine chains are assembled, slide the top ends through the cardboard cylinder of an old or nearly finished wrapping paper roll.

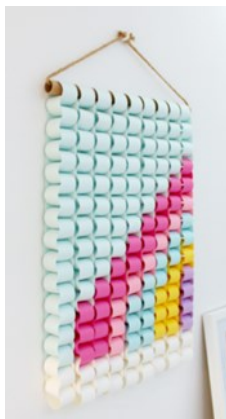
*Note:* the measurements in this post are to specifically fit a roll that is 17" long and 1" in diameter. Anything shorter or thicker will pose a problem.

*You can always make up your own design, just jot it down on a piece of paper first and then decide on how many cylinders you need of each colour.* Last, insert some thick jute twine into the cylinder and tie a double knot. Hang your masterpiece!

**Why not try a few different ideas of your own?**

**We would love to see some of your makes. Just send a picture to Pigeon Post, Age UK Barnet, Oak Lane, East Finchley N2 8LT.**

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



## HOW WOMEN WERE EXPECTED TO BEHAVE IN THE 1950S!

We hope you will enjoy these out of date ideas we found in a trawl of 1950s magazines. Thank goodness things have changed since then!

### PERFECT DINNER



Have dinner ready. Plan ahead, even the night before to have a delicious meal ready, on time for his return. This is a way of letting him know that you have been thinking about him and are concerned about his needs. This is all part of the warm welcome he needs.

### BE WELL DRESSED



Prepare yourself. Take 15 minutes to rest so you might be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work-weary people.

### NEVER BE BORING



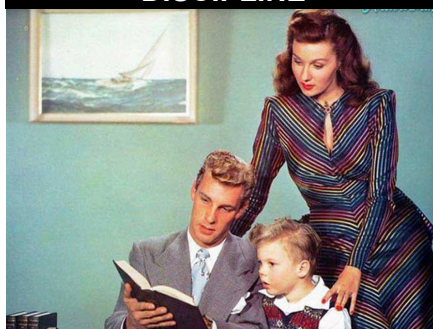
Be a little gay and a little more interesting for him. His boring day may need a lift and one of your duties is to provide it.

### WELL ORGANISED



Clear away the clutter. Make one last trip through the main part of the house just before your husband arrives. Run a dishcloth over the tables.

### DISCIPLINE



Listen to him. You may have a dozen important things to tell him, but the moment of his arrival is not the time. Let him talk first - remember, his topics of conversation are more important than yours.

### PEACE OF MIND



Minimise all noise. At the time of his arrival, eliminate all noise of the washer, dryer or vacuum. Encourage the children to be quiet.

### FREEDOM



Don't complain if he's late for dinner or even if he stays out all night. Count this as minor compared to what he might have gone through at work.

**And we will end with this cracker!!!!**

**A GOOD WIFE ALWAYS KNOWS HER PLACE**





## RIISING ENERGY BILLS - WHERE TO GET HELP



Energy bills are set to rise by an average of £139 a year or £153 if you're on a pre-payment meter and there's a big chance that they'll rise even higher in April. There have been worrying news reports of people having to choose between cutting down their food or turning down their heating. If you're struggling to meet this extra cost, check out the list of extra financial support available put together by Jesse from our Later Life Planning team.

### Warm Home Discount

If you receive Pension Credit you could be entitled to an extra £140 this winter. The money is not paid to you - it's a one-off discount on your electricity bill, between October and March. The Warm Homes Discount is administered by individual energy companies and they set their own rules. Not all utility suppliers take part in this scheme so please contact your energy supplier to find out. You may have to make a claim every year during the month of September as the discount does not always rollover automatically.

### Winter Fuel Payment

You could be entitled to an extra £100-£300 this winter depending on how old you are, who you live with and any benefits you receive.

If you're over State Pension age - which is currently 66 years old - and receive the State Pension then you should be paid automatically.

### The Warmer Homes Advice Service

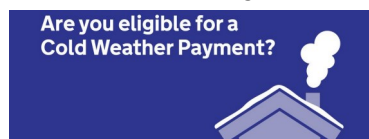
If you are over 60 or on a low income, you can access free support from Shine, which has been appointed by the Government to offer:

- 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 Advise Service and Barnet residents should phone **0300 555 0195** or email [shine@islington.gov.uk](mailto:shine@islington.gov.uk)



### 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 Moneyhelper, a government funded advice hub. For advice about any money issues or debts, phone **0800 138 7777**.

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

### Age UK Barnet Winter Home Check - free

Our Handyperson team are carrying out free energy MOTs to make sure your home is as energy efficient as possible. We can check and bleed radiators, set heating timers and thermostats, check light bulbs, change winter curtains and assist with draft proofing. Phone Salima on **020 8150 0963** to book an appointment.



**Jesse and the dedicated Later Life Planning team are always there for you to guide you through if you're struggling. We can give you a benefits check to see if you are entitled to extra financial support. Just give them a ring on 020 8203 5040**





## HAND STRENGTHENING EXERCISES



### Grip Strengthener

This exercise can make it easier to open door knobs and hold things without dropping them

Hold a soft ball in your palm and squeeze it as hard as you can.

Hold for a few seconds and release.

Repeat 10 to 15 times on each hand. Do this exercise two to three times a week, but rest your hands for 48 hours in between sessions. Don't do this exercise if your thumb joint is damaged.



### Finger Lift

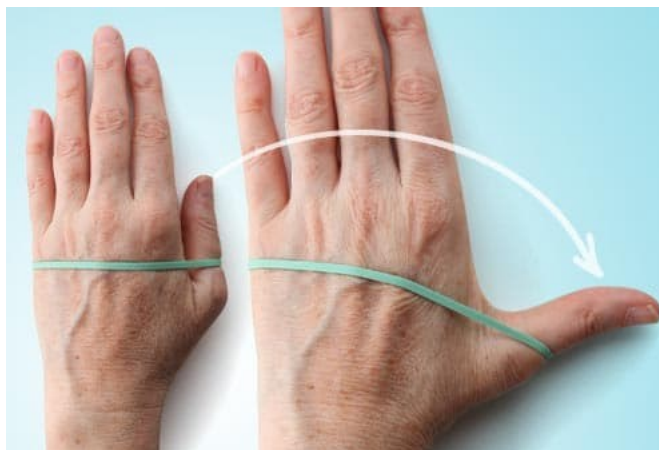
Use this exercise to help increase the range of motion and flexibility in your fingers.

Place your hand flat, palm down, on a table or other surface.

Gently lift one finger at a time off of the table and then lower it.

You can also lift all your fingers and thumb at once, and then lower.

Repeat eight to 12 times on each hand.



### Thumb Extension

Strengthening the muscles of your thumbs can help you grab and lift heavy things like cans and bottles.

Put your hand flat on a table. Wrap a rubber band around your hand at the base of your finger joints.

Gently move your thumb away from your fingers as far as you can.

Hold for 30 to 60 seconds and release.

Repeat 10 to 15 times with both hands. You can do this exercise two to three times a week, but rest your hands for 48 hours in between sessions.



### Thumb Extension

This exercise helps increase the range of motion in your thumbs, which helps with activities like picking up your toothbrush, fork and spoon, and pens when you write.

Hold your hand out in front of you, with your wrist straight.

Gently touch your thumb to each of your four fingertips, one at a time, making the shape of an "O."

Hold each stretch for 30 to 60 seconds. Repeat at least four times on each hand.



## BARNET LIBRARIES HOME LIBRARY SERVICE



If you like nothing better than curling up with a good book, look no further. Meet Yogesh from the Barnet Library Mobile team who tells us what they can do for you.

'In these uncertain times it is understandable that you may be anxious about leaving your home. We're here to bring the library service to your house, whether you live in private accommodation or sheltered housing. We work in a Covid safe way, providing you with the library materials of your choice – including books in large and ordinary print, spoken word CDs, music CDs and DVDs. We also stock books in Chinese and Gujarati. Our visits, currently undertaken at the doorstep, are every 4 weeks. We can also take personal requests for items that are not in stock and attempt to get them for you. Our application process is short and straightforward. If you'd like to join us or require further information call us on **020 8359 3901** or email us at [mobile.library@barnet.gov.uk](mailto:mobile.library@barnet.gov.uk)'



## LOOKING FOR LOVE

It's Valentine's Day this month and our thoughts turn to love and companionship. Whether you're separated, bereaved, or have been single for some time, here are a few things to bear in mind if you'd like to start a new relationship. Remember it's never too late to meet someone..



- If you've been bereaved, you may need to give yourself a chance to adjust to what has happened.
- Don't put too much pressure on yourself to meet someone right away. It won't happen overnight, but keeping active and staying positive will help you to enjoy this time
- Take some time to explain to your family how you feel and why you want to start a new relationship. You might also find that your friends and family aren't keen for you to start dating. This can be especially true of grown up children who may feel that their other parent is being replaced. Then again, it's common for grown-up children to feel quite relieved that you've found a new partner, especially if they can see your new-found happiness.
- There are alternatives to a dating agency. Simply trying new activities or volunteering is a great way to make friends, learn something different and have fun. So look out for walking groups, a local choir, a course or a book group perhaps.



## LESS STRESS = happy brain!

Ongoing stress can reduce memory and increase risk of dementia



Learn to breathe



Meditate



Try yoga



Practice tai chi



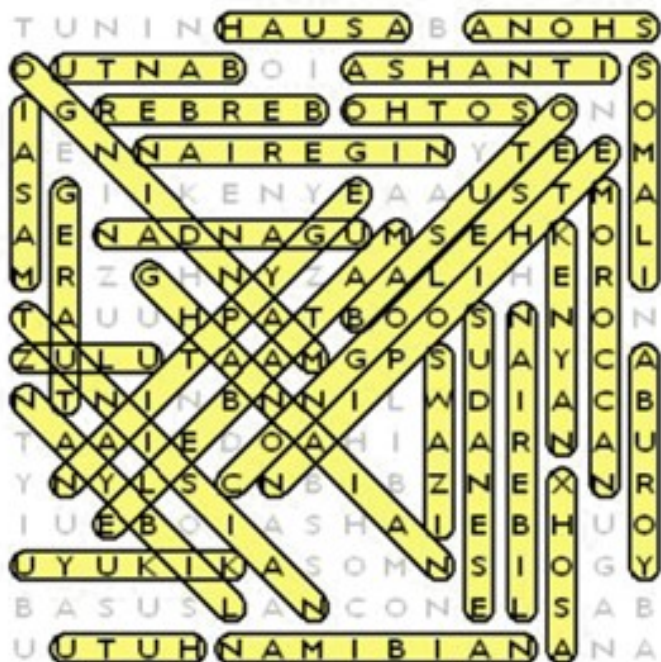
Exercise





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

### OUT OF AFRICA WORD SEARCH P8



DOWNTON TABBY

### SUDUKO HARD P8

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

### CROSSWORD ANSWERS P8

1	I	N	2	D	I	3	A	N	4	A	5	B	E	6	G	I	7	N
M			U			B			D			O			A			A
8	B	O	M	B	S				9	D	E	N	I	Z	E	N		
I			A			C			O			U			E			N
10	B	A	S	S	O	O	N					11	S	I	L	L	Y	
E							N		S						L			
12	D	E	13	C	I	D	E		14	S	U	P	E	R		16	B	
				R					17	W		P					R	
18	L	A	Y	E	R		19		20	O	C	T	U	21	P	L	E	
E			P			O			R			I			L			A
22	A	N	T	I	B	E	S				23	G	A	U	N	T		
F			I			O			E			H			M			H
24	Y	A	C	H	T				25	N	O	T	A	B	L	E		

### ANSWERS TO COMEDY TEASERS FROM P7

**Top row left to right:-** Harry Worth, Dad's Army, For the Love of Ada, Freddy Parrot Face Davies,

**Bottom row:-** Tommy Cooper, Charlie Drake, Charlie Williams, The Liver Birds