



# PIGEON POST


Keeping you informed & involved


July/August 2021




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## INSIDE THIS ISSUE



It's been fantastic to see people face to face again at some of our activities - and incredibly touching to hear just how much our participants in cookery, exercise and art classes have missed chatting in person.

We also had our first live music concert this month when we were entertained with operatic arias by

our favourite Italian tenor Yuri Sabatini. The Worshipful The Mayor of Barnet Cllr Alison Cornelius came along too and spoke movingly about the joy of meeting up again and connecting.

For those people still worried about going out and about, we have a piece about dealing with post lockdown anxiety on page 7. Some other great stories this month include, eating for a better brain and an interview with Ron, Burnt Oak born and bred, who talks to us about his near death experiences and appearing on Britain's Got Talent!

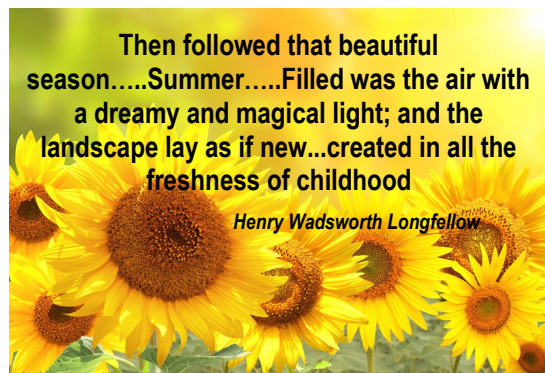
And of course, all the usual puzzles, recipes, exercises and letters.

Enjoy the rest of the summer.

**Helen Newman**  
Chief Executive  
Age UK Barnet

Then followed that beautiful  
season.....Summer.....Filled was the air with  
a dreamy and magical light; and the  
landscape lay as if new...created in all the  
freshness of childhood

*Henry Wadsworth Longfellow*





## HEALTHY CONDIMENTS

**Condiments can transform grilled or steamed vegetables, cooked chickpeas or lentils, grilled meats and fish, and sandwiches. Unfortunately, many supermarket condiments have too much added salt, sugar, and preservatives. They can also be quite expensive. Cookery volunteer Kato suggests investing in a stick blender or small food processor and trying to make your own. The leftovers can be frozen or refrigerated.**

**Romesco:** Romesco sauce is a delicious accompaniment to grilled fish or vegetables. It can be frozen, or kept in the fridge for 5 days.

Toast 100g blanched almonds in a pan. Put the almonds in a bowl or blender and add 200g roasted red peppers from a jar (or quarter 2 red peppers, rub with a tsp of olive oil and grill for 20 minutes at 200°C), 1 clove of garlic diced in small pieces, 1 tbsp of sherry vinegar (or rice wine), 1 tsp of smoked paprika. Blitz the ingredients together and slowly add 50 ml of olive oil until the sauce has a smooth consistency.

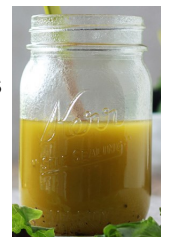


**Salsa:** Spicy salsa will liven up your omelettes, bean soups, and vegetable sandwiches. Try it in a toasted wholewheat pitta with grated carrot and courgette.

In a blender or bowl, add a chopped large ripe tomato, ¼ chopped red onion, ½ chopped fresh jalapeño pepper (or add 2 tsp from a jar), ¼ cup coriander leaves, a pinch each of oregano and cumin, and the juice of ½ lime. Blitz for only a few pulses, you want a chunky consistency.

**Classic vinaigrette:** Vinaigrette can be kept in the fridge for up to a month. Use it to dress up wholegrain and bean salads, and try over freshly steamed broccoli and green beans.

In an empty jam jar, mix 6 tbsp extra virgin olive oil, 2tsp Dijon mustard, 2tbsp red wine vinegar, 1 tsp honey, and 1 tsp dry herbs (dill, parsley, oregano). Close the jar and shake to mix all the ingredients. Store the dressing in the jar.

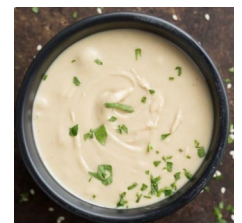


**Basil pesto:** Delicious added to soups, wholegrain salads, pasta dishes, and on tomato sandwiches, instead of butter. You can leave out the pine nuts, and freeze the nut-less pesto in an ice cube tray, to use in soups and stews.

In a blender, add 1 cup fresh basil, 2 cloves chopped garlic, 3tbsp pine nuts, 1/3 cup parmesan or pecorino cheese. Blitz together and then add 1/3 cup olive oil while blitzing until you have a smooth consistency.

**Tahini dressing:** Delicious with grilled root vegetables, broccoli and cauliflower, and leaf salads.

In a bowl or blender, add 1/3 cup tahini (first mix the tahini in a cup with a spoon for a creamy consistency), 1/3 cup water, 2tbsp lemon juice, 1 clove chopped garlic, 2tsp maple syrup and a pinch of salt. Whizz together. You can also add ½ tsp of smoked paprika, or 2tbsp of Dijon mustard to this basic dressing.



**Miso dressing:** This dressing will add a rich Asian-style flavouring to noodles, salads, and stir-fried vegetables.

In a bowl or blender, add 1tbsp honey, 1tbsp toasted sesame oil, 2tbsp miso paste, and 1tbsp rice vinegar. Whizz until smooth and runny.

## I'M FINE, THANK YOU!

*Sent in by Susan from Whetstone*



There is nothing the matter with me.  
I'm as healthy as I can be.  
I have arthritis in both my knees  
And when I talk, I talk with a wheeze.

My pulse is weak, and my blood is thin  
But I'm awfully well for the shape I'm in.  
Arch supports I have for my feet  
Or I wouldn't be able to walk on the street.

Sleep is denied me night after night,  
But every morning I find I'm all right.  
My memory is failing, my head's in a spin  
But I'm awfully well for the shape I'm in.

The moral is this, as my tale I unfold,  
That for you and me who are growing old,  
It's better to say "I'm fine" with a grin  
Than to let folks know the shape we are in!



## FOOD FOR THOUGHT!

**Ros, an Age UK Barnet cookery participant, has a few interesting facts and questions – have a think and do get in touch with Teresa on 07502 989 403 if you have the answers!!**

- Why can't we tickle ourselves?
- What was the best thing before sliced bread?
- Why can't you make another word using all the letters in "anagram"?
- \*Why do they call it 'chilli' if it's hot?

**... plus a few things you might not know....**

- Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!
- Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
- Airports at higher altitudes require a longer airstrip due to lower air density.
- Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.
- Zero is the only number that cannot be represented by Roman numerals.
- Kites were used in the American Civil War to deliver letters and newspapers.

# 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**.

### ***Our reader Bill from Hendon sent us this little gem, hope you enjoy it!***

A woman brings a very limp duck into a veterinary surgeon.

As she lays her beloved pet duck on the table, the vet puts his stethoscope to the bird's chest and listens carefully.

A moment later the vet shakes his head and says sadly, *"I'm really sorry ma'am, but your duck, Cuddles, has passed away."*

The woman becomes quite distressed and begins to cry. *"Are you sure?"* she says with tears flooding from her eyes.

*"Yes ma'am, I am sure,"* the vet responds. *"Your duck is definitely dead."*

*"But how can you be so sure?"* the woman protests. *"I mean, you haven't done any testing on him or anything have you? Perhaps he's just stunned or in a coma."*

The vet rolls his eyes, then turns around and leaves the room. A few minutes later he returns with a black Labrador retriever. As the duck's owner looks on in amazement, the Labrador stands on his hind legs, puts his front paws on the examination table and sniffs around the duck from top to bottom. He then looks up at the vet with sad eyes and shakes his head. The vet pats the dog on the head and takes it out of the room.

A few minutes later, the vet returns with a cat. The cat jumps on the table and delicately sniffs at the bird from its head to its feet. After a moment the cat looks up, shakes its head, meows softly and strolls out of the room. The vet looks at the woman and says, *"Look ma'am I'm really sorry, but as I said before, this is most definitely a duck that is no longer of this world. Your duck is dead."*

The vet then turns to his computer terminal, hits a few keys and produces a bill, which he hands to the woman.

The duck's owner, still in shock, looks at the bill and sees it is £150. *"£150 just to tell me my duck is dead!"* she shrieks with incredulity. The vet shrugs his shoulders and says, *"I'm sorry ma'am. If you'd taken my word for it, the bill would have been £20. However with the Lab Report and the Cat Scan, it's now £150!!!!"*



## HOW TO SAVE A BEE'S LIFE!

If 1000 people each saved 3 bees, this would represent 10% of an average beehive population, says Age UK Barnet volunteer Katharine Sathe.

Throughout summer, we often find a bee sitting motionless - perhaps on the pavement or the grass.

If it's not already dead, it is probably exhausted, so Katharine recommends we can do one of two things:

- 1) Find a short stick, and use it to gently push the bee on to a sturdy leaf. Carry the leaf with the bee to a flowerhead (for example, lime trees are currently drooping with flowers) and use the stick to help the bee on to the flowers.

Or

- 2) Mix a little pinch of white sugar with TWO drops of water. Put this mixture (or position the spoon) right in front of the bee's face, almost touching. Hopefully you will see the bee's proboscis reach out and start to suck up the sugar - and the bee fly off happily in about 10 minutes.





## 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 Ron about his near death experiences and his appearance on Britain's Got Talent!**

This is the story of an amazing gentleman, with a unique perspective on life which he reckons has kept him going for 91 years! Events occurred that didn't seem to faze him at all, including near death experiences.

Ron was born in Burnt Oak which he said was lovely in those days, with open spaces, fields and trees. There were 21 children in his road, so he wasn't short of playmates. He left school at 14. Eventually he married three times and had three daughters, 14 grandchildren and five great grandchildren. Most of the family now live in New Zealand, but he is visited regularly by his youngest daughter. Ron had his first near death experience in 1937 when he caught diphtheria. Death was imminent, everyone believed, and a priest was called to give him the Last Rites. However, a doctor, bravely for those days, gave him a tracheotomy and oxygen. Ron survived and his first words were to enquire how his beloved Arsenal were doing.



During the War the Government decided to evacuate all children under a certain age. All the children in his street were evacuated except for Ron and



another boy as they were too old. Ron had another close call when his mother eventually allowed him to travel to Leytonstone alone to watch Arsenal play. During the game he saw a Doodlebug bomb fly over the stadium. The engine cut out just beyond the stadium, and it exploded close by.

Aged 18 Ron was thrust into another dangerous situation. He was called up to do his National Service, and he was due to fight in Malaysia, where there was a good chance of him being killed. Luckily for him he was injured on an assault course and could not go. However he did not escape entirely unscathed as when he was demobbed he was diagnosed with TB and had to spend 13 months in Hendon Isolation Hospital. He survived and has not had a recurrence of the illness since. Later on Ron worked as a bus conductor for 22 years, fitting in marriages and family life. From 1979 he worked as a porter in the Royal Free Hospital, ending up as Deputy Head Porter.

But Ron's great love has always been standup comedy. He appeared in "Britain's got Talent" and reckons that he didn't win because he likened the judges to Cinderella and the Ugly Sisters. He named Cinderella but left the audience to infer the Ugly Sisters, which they did and laughed. The other judges did not like it! Ron also appeared in a comedy sketch in a Royal Variety Performance. He did not get to meet the royals afterwards, he says, because the management couldn't rely on what he was going to say next! At the moment Ron is not in great health, but his memory and sense of humour are as acute as ever. He still writes stories and poems with the help of his partner who is more computer savvy and has even written a comedy sketch for YouTube called "A Week in the Life of Ron". I was intrigued to know why he did not stay on in school after 14. He says that he always knew he wanted to do what interested him in life, and not to waste time on what did not. He obviously enjoys communicating with people, especially if they appreciate his quirky sense of humour. He said that it is his sense of humour that sustained him through life, that and the fact that he had never smoked, drank or took drugs.

I very much enjoyed my chat with Ron, and long may he live to be "a joker" as described by his carer!

**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.**



## SAVOURY ROLL UPS

Want a change from sandwiches for lunch? This quick pizza alternative is great for getting creative with leftovers. It can also be made sweet with things such as jam, chocolate spread, nuts and seeds.

### Ingredients

1 packet puff pastry – ready to roll or ready rolled

Something to spread: Passata, pesto, tapenade, anchovy paste, tuna mayonnaise, marmite etc

Something to sprinkle: Chopped veggies (eg. peppers, sweetcorn), antipasti (eg sundried tomatoes, olives), meat (eg. ham, prosciutto)

Something to grate: cheese of your choice – parmesan, cheddar or dairy-free



### Method

1. Grate your cheese and chop your toppings to sprinkle
2. Roll out the pastry into a large rectangle
3. Cover the pastry with your spread, leaving a 1cm gap around the edge for crust.
4. Cover with cheese and your toppings
5. Carefully roll up, making it as tight as possible and leaving it seam side down so it can't unroll.
6. Use a sharp knife to cut slices (keep them thin as the pastry will puff up in the oven)
7. Lay each slice out on a baking tray so you can see the swirl pattern

Bake at 200C/ 180F/gas 6 for about 12-15 mins until golden



## CARROT HALWA

Carrot halwa is a traditional dessert in many South Asian countries. If you like carrot cake, you'll love this!



### Ingredients

**4-6 servings.** 5 medium carrots, 1 cup of milk (approx), 1/2 cup of sugar (approx), 3 tablespoons of ghee (clarified butter) or normal butter, 1/2 tsp of cardamom powder, a few raisins and chopped unsalted cashew nuts



### Method

1. Grate all your carrots or place through a food processor
2. Place them in a pan with just enough milk to cover them, and bring to a boil
3. Simmer until almost all the milk has reduced down and evaporated. This will take a while! Keep stirring regularly to ensure the sides don't burn or stick. Whilst most of the milk should be gone, the mix should still be moist, think the texture of melting ice cream.
4. Add about half your sugar, then add the rest bit by bit to taste.
5. Add your ghee or butter, and cardamom powder if using.
6. Once both these are melted in and combined, the mix should be gooey and moist, lifting from the pan easily. It's ready!
7. Toast raisins and cashews in some more ghee or butter.
8. Serve the halwa warm, (it goes best alongside cold vanilla ice cream!) and garnish with cashews and raisins.



## CAN WE EAT OUR WAY TO A BETTER BRAIN?

**Controlling sugar is one of the most important ways to help control stress and keep up our memory levels, says neuroscientist Professor Catherine Loveday.**

'Brain function is dependent on glucose levels – about 20 per cent of the body's sugar and energy goes to the brain,' she says. 'But high levels of sugar destroy cells over a long period of time and cause the brain to stop functioning.'

Research in Australia shows that rats eating high-sugar diets were less able to remember whether they had previously seen objects in specific locations before. The sugar reduced the number of newborn neurons, which are vital for encoding memories, and there was an increase in chemicals linked to inflammation and dementia.

The problem is when we eat sweet foods the brain's reward system gets activated. It makes us feel good and makes us want to eat more to get the same positive feeling.

The World Health Organisation advises that we limit our intake of added sugars to 5 per cent of our daily calorie intake, which is 25 grams (six teaspoons) – but most people are eating a lot more!

To complicate things, it's not as simple as just cutting down sugar it's about when and how you eat sugar, says Catherine. 'It's better to eat a dessert after a meal than eat a chocolate biscuit in the middle of the day,' she says. 'This is because we absorb sugar more quickly when we eat on an empty stomach which leads to a glucose spike. Eating sugar after a meal or with a high fibre food like an oaty biscuit means blood sugar rises more slowly.'

While it's not easy to break our sugary habits, your brain will thank you for making positive steps and by eating well, you can boost brain chemicals needed to form new neurons.

- Here are a few things to bear in mind on your next shopping trip.
- Eat fat, but the healthy kind like oily fish, seeds and nuts. It's important that we don't cut fat from our diets because the fatty acids help build the brain.
- Seed and nuts are good sources of protein and have plenty of the fatty acids that are good for the brain.
- The more different coloured veg you get onto your plate the more chance you have anti oxidants, flavonoids and plant chemicals which are good for your brain.
- If you've got a sweet tooth, opt for dark chocolate. People performed better in some memory tests after taking chocolate with high levels of cocoa.



## DEALING WITH POST LOCKDOWN ANXIETY

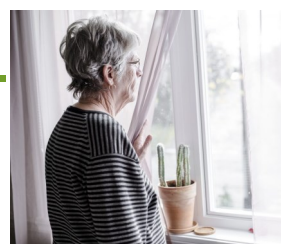
**'As we slowly emerge from the lockdown restrictions, heading towards yet more uncertainty, it is understandable that many of us will be feeling anxious,' says Barnet therapist Ruth Dines**

'The landscape of what our work, family and social lives will look like is still not clear. While some people might be looking forward to going back to their usual routines, others might be more hesitant and wondering how they are going to navigate this new world.'

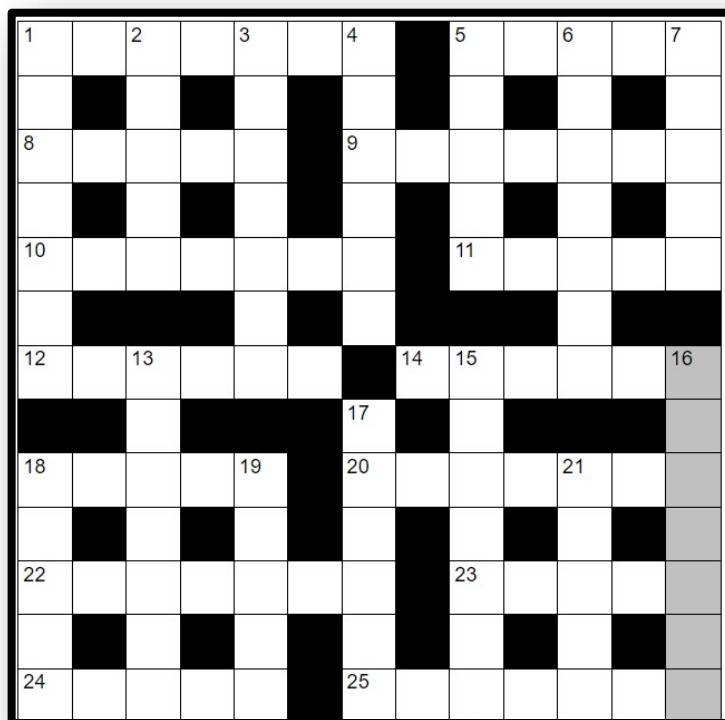
Given what our nervous systems have been through in the last 16 months, says Ruth, it's very clear that our minds and bodies need to restore, replenish, refresh and renew.

**Read Ruth's tips for a positive post lockdown.**

- Acknowledge your anxious thoughts and feelings - trying to repress them only makes them worse. Talk about how you feel to a trusted friend or family member if you can.
- Next time you feel anxious just breathe deeply, and ask yourself what is this worry trying to tell me? This will get you back into your prefrontal cortex - your 'thinking brain' and out of your 'worry' brain which puts your nervous system on high alert.
- Don't dwell on your thoughts if they are not helping you. If not learn to let go of it and start to do something that makes you feel better, whether it's getting out with nature and walking....or....if you continue to feel anxious, contact your GP who can discuss support services and counselling.



# PUZZLE TIME....



DOWN	
1	Thing (7)
2	Strange (5)
3	Turn aside (7)
4	Almost (6)
5	Even (5)
6	Stir up (7)
7	Perhaps (5)
13	Despotism (7)
15	Slanting (7)
16	Colonist (7)
17	Handsome youth (6)
18	Stage-player (5)
19	Turn rapidly (5)
21	Stately, splendid (5)

## SUDOKU MODERATE

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

ACROSS	
1	Forsake (7)
5	Misgiving (5)
8	Robber (5)
9	Competence (7)
10	Hide (7)
11	Climb (5)
12	Housing area (6)
14	Groups of twelve (6)
18	Archer's missile (5)
20	Great pleasure (7)
22	Strain (7)
23	Flinch (5)
24	Majestic (5)
25	Gracefully slim (7)

## WORD SEARCH

APPLE CORER  
BAKING TIN  
BREAD KNIFE  
BRUSH  
CASSEROLE  
CHOPPING BOARD  
COFFEE FILTER  
CUTLERY  
FISH PAN  
FORK  
GLASS  
GRATER  
GRILL

ICE CREAM SPOON  
JUICER  
KETTLE  
MEASURING CUP  
MIXER  
OPENER  
PEELER  
PIE TIN  
PLATE  
ROLLING PIN  
SCALES  
SPATULA  
STRAINER  
TIN FOIL  
WAFFLE IRON  
WHISK

E G O N L N I T G N I K A B O  
D F K I I L C A S S E R O L E  
T C I H K P I R E T A R G E N  
U T L N K E G R E N E E S O I  
C L I R K S T N G N M L P A K  
O E O J W D O T I R K E I D P  
F F F U I N A A L L N E C R U  
F P N I T H R E E E L P E A C  
E W I C K T I T R C H O C O G  
E H T E S H S U R B E N R B N  
F I M R T Y R E L T U C E G I  
I S N O R I E L F F A W A N R  
L K U C G H N M O R E P M I U  
T L E L F I S H P A N R S P S  
E T A L P R E R O C E L P P A  
R S P A T U L A A X S A O O E  
S C A L E S N T I F A S O H M  
T E R A N D E M A S I E N C R



## Barnet's Early Coaching Inns

There have been many forms of transport coming and going to Barnet. The tube station is at the end of the Northern Line and the town is a terminal for buses so it's not surprising that Barnet has so much traffic - and years ago it was London's main coaching stop.



With the coming of the stagecoach Barnet became one of the most important towns in the country with **150** horse drawn vehicles coming and going through the town every day. The smell must have been awful but the gardens probably had lovely roses!

The town was full of inns and taverns to cater for those coming into or going out of London and rogues and villains were in abundance, looking for a weakness in their wealthy prey.

With an eye to billeting, the War Office in **1756** compiled a national list of inns with beds and stabling in the town. There were **25** along **Barnet Hill** and **High Street**, ranging in size from the **Green Man**, with **18** beds and stabling for **31** horses, the **Red Lion** (**15** beds/**28** horses) and the **Harts Horns** (**12** beds/**50** horses) down to the **Bulls Head** and the **Woolpack** with **one** bed apiece and **no** stabling.

In **1762** William Toldervy wrote that '*Chipping Barnet consists chiefly of one street, in which are some*

*good inns, particularly the Mitre and Red Lion*'. Sometime later, **Charles Dickens** (whose meal at the **Red Lion** had once been cut short by the news that his wife had given birth to a daughter) described **Oliver Twist** limping into Barnet and '*crouching on a step for some time wondering at the great number of public houses*' (every other house in Barnet was a tavern, large or small).

And then along came the **railway** (the mainline in **1850** and the suburban in **1872**) and the town became less hectic as the horse became a slower way of transport.

**High** and **East Barnet** have the history but it was **New Barnet** that brought them both together when in **1850** the **Great Northern Railway Company** (GNR) took over the running of the railway line that avoided **Barnet Hill**. They opened **Barnet Station** a mile and a half to the east of **High Barnet** and renamed it **New Barnet** in **1884**.

With the railways came the people and suddenly the population of Barnet rose as new houses were built for those that wanted to live away from the city. Main lines were not particularly intended for commuter travel, but the company soon realised their potential and another station was opened on the edge of the expanding suburb of **Oakleigh Park** in **1873**.

Privately run buses transported people from the stations and a newly built **Station Road** and a well-used footpath, the **Meadway**, were to become the route to **High Barnet**.

Even today **Barnet High Street** has many bus services that can take you all over London and beyond but we should remember the history that preceded them and the years that Barnet was a town of importance.



# EASY CRAFTS



## BUTTON BOWL!

This little project is really fun to do! It takes a little time due to the drying time needed, but it's inexpensive and really easy and fun to make.



### What you will need

Buttons (100 used in this project) PVA glue, Mod Podge - or PVA glue with a little water added to make it slightly thinner, balloon, paint brush, roll of wide tape (for positioning the balloon on!) Pin

### Instructions



Blow up a balloon - medium sized and place on the roll of tape.



Once balloon is set up, apply a layer of PVA glue using the paintbrush. You then have to let it dry for about two hours. This creates a coating on the balloon so the buttons don't slide off when applying the Mod Podge.



Apply Mod Podge using a clean brush & add buttons. Place a slightly larger button in the middle of what will be the bottom of the dish in order to help it sit.



Place the buttons evenly around the big button making sure they all touch one another. Continue placing the buttons until you are happy with the size of the bowl you are creating.



Once you have applied all of your buttons, give one coat of Mod Podge, let it dry for two hours and then give a second coat - let this one dry for two hours. Lots of drying



Once everything is dried, turn the balloon onto its base and pop the balloon with your pin! Then gently peel the balloon away from the inside of the dish.

If a pattern is on one side of your button make sure to place these face down, so once the balloon has been popped you will be able to see the pretty designs on the buttons!



Be adventurous and try different shapes!







## RELAX AND RECHARGE

**Find your inner calm with these stress busting exercises from our Wendy. Breathe slowly through each move.**

### **Sit tall in chair with arms across chest, shoulders relaxed**

Keep your bottom on chair and feet on floor. Twist your whole upper body to the right. Return to center. Repeat to the left. 3 times each way



Sitting tall, shoulders relaxed arms crossed. Turn just your head to look over right shoulder. Then bring head back to centre. Repeat twice



Moving just your head press your chin to your chest and lift back to centre.



### **Shoulder shrugs**

Sit tall in chair feet on floor shoulders relaxed down.



Shrug shoulders up to ears and then release back down . Repeat 5-8 times.



## HOW CAN WE HELP?



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**

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 new **Shopping Service\*** for people who need a light weekly shop. For more info, Tel **020 8150 0963**

**Living Well Dementia Hub—dementia adviser service** and **day opportunities** for people living with mild to moderate dementia and their carers. Phone 020 8203 5040

**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**.

**Walks.** We have six social walks around the borough. Please contact Wendy on 020 8432 1421 to find a walk near you.

**Finding your feet service** - We match walking buddies with people worried about getting out and about again. Phone **0208 150 0963**.

*\*There may be a charge for these services.*



## 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**.

## EXERCISE SURVEY



### Give us a call!

We are keen to get your views to help us plan our exercise programme and to make sure we're delivering the kinds of classes you'd like. We would be grateful if you could give **Teresa** a ring on **07502 989 403** and just answer a couple of questions. Should only take a couple of minutes...







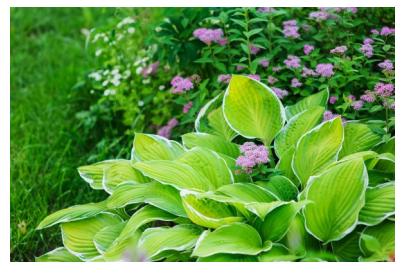
## HANDYPERSON Q&A

***Have you any tips for keeping my garden plants healthy in this dry weather?***  
**Becky, who runs our handyperson and gardening service says:**



Water early in the morning or in the evening, especially on hot days. To keep your plants strong, healthy and looking their best, it's vital to keep them well watered, especially on hot days. Experts recommend watering early in the morning or in the evening, because it's cooler then and the water won't simply evaporate. Check whether the soil a few inches below the surface feels dry (it should be moist), and water your

plants near to the stem to make sure moisture isn't lost on the leaves, where it could cause disease. Gardeners' World magazine says that in warm weather, a thorough watering every two to three days is better than a lighter sprinkling daily for garden plants. Plants in pots, containers and greenhouses, and vegetables like cucumber and tomatoes, are likely to need more frequent watering, so check them once or twice a day.



**Our Handyperson team are all vetted and wear full PPE. We charge an hourly rate of £25 per hour and £15 per hour for those on certain means tested and disability benefits. For an appointment call 020 8150 0963.**



## AGE UK BARNET FACE TO FACE CLASSES ARE BACK!

### Cookery—phone 020 8203 5040

**Men's Beginners cookery** - Monday 13 September 2021 -11am-1.30pm **Where?** Ann Owens Centre, Oak Lane, East Finchley N2 8LT. The food you love made easy. £6 a session, £36 payable when booking.

**Quick and easy! Wednesday** 15 September 2021 - 2.30pm-4pm. **Where?** Mill Hill International School, Milespit Hill, Mill Hill NW7 2RX. We show good food doesn't need to be complicated. £6 a session, £36 payable when booking.

**Wooden Spoon international cuisine** - September 2021 - 5.00-8.00pm. Dishes from around the globe. This 6-week course starts on Thursday 16 September at 5pm and takes place every Thursday at the Ann Owens centre and online. £6 a session, £36 payable when booking.

**Indian cookery** – October 2021 – Mondays 11am-1.30pm. **Where?** Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Recipes from cookery writer and food blogger Sajeda Meghji . £6 a session, £36 payable when booking.

### Exercise – to book a place phone Wendy on 0208 432 1421

**Movement to Music for over 55s.** Fridays 11.30am-12.30pm. **Where?** Tarling Road Community Centre, Tarling Road, East Finchley N2 8LG. Open to all abilities, exercises can be done standing or seated. To secure your place, you will need to pay a block booking for 6 weeks of £30.

**Exercise to music with Lesley.** Wednesdays - 3.30pm - 4.30pm. **Where?** Ann Owens Centre, Oak Lane, East Finchley N2 8LT. This is an active class to music including low impact aerobic dance, strength and stretch. To secure your place, you will need to pay a block booking for 6 weeks of £30.

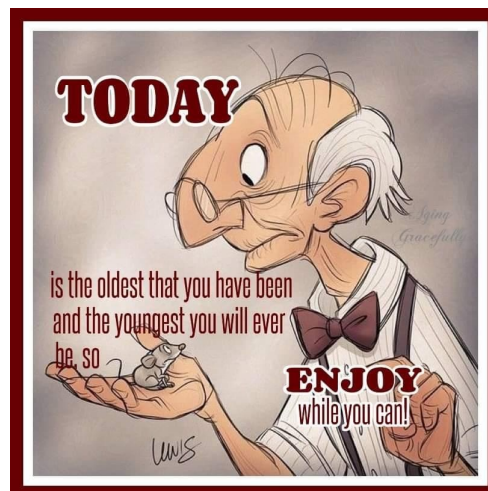
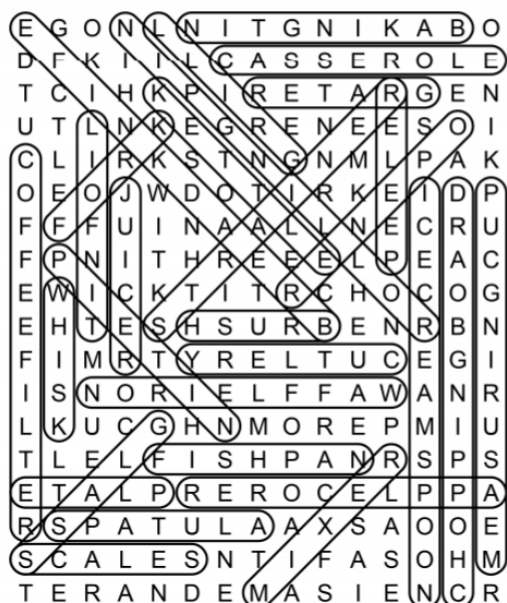
### Art - phone 07502 989 403

**Art classes – sketching, chalk, pastel, watercolour.** Fridays 10.30am – 12 noon. **Where?** Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Book in blocks of four classes - £20 for four weeks. To book a place phone Teresa on 07502 989 403



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.

### Solution: Kitchen Utensils



#### Reader tip! How to save gas

If you have a gas fire, turn off the pilot light when the weather is warm enough to do without your fire. This saves energy, and can also save you £5-6 a month.

Kath

ONE MINUTE YOU'RE YOUNG  
AND FUN AND THE NEXT  
MINUTE YOU PREDICT THE  
WEATHER WITH YOUR BAD  
KNEE!



### SUDOKU Moderate P8

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

### SUDOKU Hard P8

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

### Crossword Answers P8

1	A	B	A	N	D	O	N	4	Q	U	A	L	M
	R		L		E		E		U		G		A
8	T	H	I	E	F		A	B	I	L	I	T	Y
	I		E		L		R		T		T		B
10	C	O	N	C	E	A	L		11	S	C	A	L
	L				C		Y				T		
12	E	S	T	A	T	E		14	D	O	Z	E	N
			Y					17	A		B		E
18	A	R	R	O	W		20	D	E	L	I	G	H
	C		A		H		O		I		R		T
22	T	E	N	S	I	O	N		23	Q	U	A	I
	O		N		R		I		U		N		E
24	R	O	Y	A	L		25	S	L	E	N	D	E