

PIGEON POST

Keeping you informed & involved

July/August 2022



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Welcome to our summer issue.

The sun might be shining but life is pretty tough for a lot of us at the moment - and older people are among the hardest hit by the rising cost of living, often on a fixed income and tending to spend more on home energy bills than other households. Age

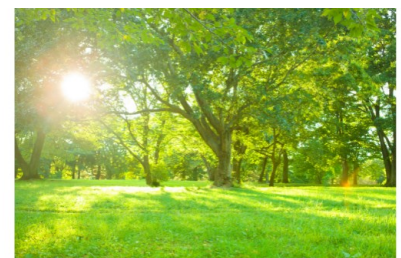
UK Barnet, however, is here to help and we are now awarding grants from the local authority's Household Support Fund to older Barnet residents who are facing financial hardship. See page 11 for more details.

On a lighter note, we have a wonderful interview with a lovely 84 year old man who has lived in Hendon nearly all his life. One of his big claims to fame is that his mother designed clothes for Prunella Scales - and we think she was responsible for Sybil Fawcett's glorious bedjackets she wore so frequently in Fawcett Towers.

We hope you enjoy the rest of the issue – packed as usual with recipes, crafts, puzzles, jokes and useful advice.

See you next time,

Helen Newman
Chief Executive
Age UK Barnet



"Rest is not idleness, and to sit sometimes on the grass on a summer day listening to the murmur of water, or watch the clouds float across the sky, is hardly a waste of time."

- JOHN LUBOCK

Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

Tel: 0208 203 5040 / 07502 989 403 Email: teresa.gallagher@ageukbarnet.org.uk



Summer salads and desserts are a perfect way to match wholegrains and fruits, both of which are excellent sources of energy for those long hot summer days. 'Grains are the germinated seeds of different varieties of grass and are rich in essential vitamins and minerals,' says cookery volunteer Kato. 'Unfortunately, these nutrients are destroyed when processing grains to make white flour and rice, which is why whole grains are a much healthier choice.' Leftovers of grain salads store well in the fridge, and are a great way to use up the abundance of fruits available in summer.

Bulgur wheat, peach and trout salad (serves 2)

Toast 1 cup of bulgur wheat for 3 minutes in a skillet on medium heat. Transfer to a heat-proof bowl, add 1 ¼ cup of boiling water, and ½ tsp salt, and let it stand for 20 minutes. Drain and cool for 30 minutes. Add 6 thinly sliced radishes, ½ small red onion, thinly sliced, one Granny Smith apple, halved and cut into thin slices, a cup of chopped fresh parsley, and 1 cup flaked smoked trout to the cooled off bulgur wheat. Zest and juice one lemon, and mix with ¼ cup olive oil. Add to the salad, and mix in 1 ripe peach, cut into small segments.



Spelt, leek and mushroom salad (serves 4)

Gently fry 200g sliced mushrooms in 1tbsp of olive oil until brown. Add 1 small sliced leek, 1 tsp thyme, and 1 sliced garlic clove, and gently fry for another 2 minutes until the leeks are soft. Add 3 tbsp of cider vinegar to the leek and mushroom mix, and let it stand for 15 minutes. Meanwhile, add 1 ½ cups of pearly or whole spelt to 2 ½ cups of water, bring to the boil, and simmer for 30 minutes (pearly) or 50 minutes (whole). Drain, and cool. Add ½ cucumber, quartered and sliced, ¼ cup of chopped parsley and 2tbsp of minced chives (or 2 tsp dried) together with the mushroom and leeks to the spelt. Mix 3 tbsp olive oil and 1 tbsp cider vinegar into a dressing and mix with the grains.

Salmon and wild rice salad (serves 4)

Cook 2 cups of mixed basmati, wild and red rice in 3 cups of water for 35-40 minutes. Cool. Meanwhile, gently fry 400g salmon pieces around 2-3 minutes on each side. Take skin off and flake. Add 1/3 cup of pomegranate seeds, the segments of 2 oranges, ¼ cup fresh chopped mint, and the flaked salmon to the rice. Mix the juice of 2 oranges with 3tbsp olive oil and add to the rice salad.



Oat and raspberry cranachan

Toast 2 tbsp of oats in a pan on low to medium heat until light brown. Add a pinch of cinnamon. Push 150g raspberries through a sieve, and add 1 tbsp caster sugar. Alternatively, puree the raspberry and sugar with a stick blender in a bowl. Mix 150ml fat free Greek yoghurt, 150 ml crème fraiche, and 2 tbsp of honey. Layer a bowl with 150g whole raspberries, the yoghurt mix, raspberry puree, and finally the oats. Repeat the layers one more time.

NEWS RELEASE!



IF YOU HAVE ANY OLD PAPER BANKNOTES.....

The Bank of England will be withdrawing paper £20 and £50 banknotes after 30 September 2022.

After this date, paper £20 and paper £50 banknotes will no longer be legal tender. So anyone who still has these, please use them or deposit them at your bank or Post Office as soon as possible.

All denomination banknotes - £5, £10, £20 and £50 are now printed on polymer.

ECO TIP: H2....oh!!

Volunteer Katharine continues her a mission to save the planet and suggests ways to save water.

Save every bit of your domestic waste water (it's called 'grey water') for your thirsty plants.

- While waiting for your hot tap to deliver hot water, use a jug to save the cold water which would have gone down the drain.
- Save bathroom water. Keep a plastic basin and jug for watering house plants, or cleaning.
- Keep a bucket in the kitchen for waste water and unused clean water.
- Adapt your plumbing system to divert the waste water, including that from the washing machine or dishwasher, into an external container and thence to your garden.
- Use all your saved kitchen/bathroom water for your greenery, and for plants in the garden which are showing signs of wilt. It's far better to deep-water a few selected plants, than to shallow-water a wider area.
- When watering a very dry pot plant, pour very slowly, pausing for it to sink and spread, otherwise it just runs straight through and out the holes. Then add more, or put the pot to soak in a container of water. If the plants are in the sun, use luke-warm water.
- Don't waste water on keeping your lawn green. It will recover, however brown it goes.
- Don't wash your car! Or keep washing water to absolute minimum.
- Limit your showers to a 4-minute maximum. And you don't need to shower every day.
- These strategies not only save your money on mains water bills, but also lower the public pressure on our reservoirs and water supplies.



AN EASY WAY TO CUT YOUR SHOPPING BILLS!

With grocery prices on the rise, swapping to cheaper supermarket own-label options can be an effective way to cut your food bill, according to a survey in Which? magazine.

Switching from your brand favourites might seem like a wrench, but can add up to some surprisingly big savings, with some top own-label picks costing less than a third of the price of branded options. Swapping from Innocent orange juice to Aldi 'Great Value' orange juice, for example, could save you nearly £100 a year alone (based on one bottle per week).



BOOK GROUP

Each month we review the book that we read in the Age UK Barnet book group hosted by volunteer Kato. This time it was *Where the Crawdads Sing*, by Delia Owens, which was recommended by David

It is one of those rare books which everyone thoroughly enjoyed and this showed in the lively discussion. I was struck by David's remark that he felt a real emotional connection to Kaya, Annabel's enjoyment of the lush language of the book, and Della's explanation of what drove Kaya's mother to leave her children, including six-year old Kaya, in the care of a violent husband.



Our next book was chosen by Alan. It is **The Absolutist**, by John Boyne, an Irish writer. One of his best-known novels for young adults, *The Boy in Striped Pyjamas*, has recently been turned into a play. *The Absolutist* is a moving chronicle of the complex relationship between two soldiers who fought in the first world war. It has been described by Andrew Martin of the Guardian as 'a fable about forbidden love in the first world war', and by Matthew Jackson on Bookpage as 'a different kind of journey into the darkness of war, told by a gifted, powerful novelist, and the result is a book with an often staggering emotional punch'. Lots

to look forward to!

As always, there should be copies of this novel in all the Barnet libraries.

Want to join our book group? We meet once a month at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Contact Helen on 0738 446 6840.

OVER TO YOU!

YOUR LIVES, YOUR STORIES....

If you have any poetry or funny stories you would like us to include, put pen to paper And send it to us at **Age UK Barnet Letters Page, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.**



LETTERS

Thank you 

Dear Pigeon Post,

*I love the whole
newsletter, especially
the jokes!
I repeat the jokes on a
regular basis to anyone
who will listen!*

*Thanks for a great read!
Marge, N Finchley*

THANK YOU

'Our members have been loving the Pigeon Post, they seem to snap them up as soon as I put them out in our centres!'

*Krissie
Burnt Oak Leisure
Centre*



Thank You

Delighted to read Pigeon Post for the first time, which was given at Church.

Found it very informative, interesting and easy to read and enjoyed the variety of subjects covered.

Susan, Kings Lodge

'I look forward to reading Pigeon Post every month. I love the nostalgia page – How housewives ran the house in the 1950s, especially how to look after your husband! I photocopied that page and gave it out to my friends and neighbours and even bought my friend a little clip-in bow to make herself presentable for when her husband comes in from work – just as the article said to do!!! Basically, I love everything about the magazine and I'm so grateful to you for producing it!'

Jane, who came into the office to pick one up as they'd run out at her local library,

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 chats to 84 year old Anthony who has lived in Hendon all his life and whose mother designed clothes for 'Sybil Fawltly' in Fawltly Towers.

This month I have interviewed a very interesting gentleman. Anthony, 84, has always lived in the Finchley/Hendon area but his outlook is far from narrow. Although he is now disabled, and has recently had a heart attack, his mind and memory are sharp and clear. His wife of 54 years died six months ago, but when I commiserated, he said yes he was sad, but was glad she went first as she couldn't have coped with him as he is now. There were no children.

Anthony's grandparents bought a house in Hendon in 1944, and his mother and stepfather then lived in it until 1980. They set up a clothing manufacturing firm specialising in providing high class blouses and skirts to big department stores. His mother, Janet Colton, was the designer. Sybil Fawltly in the series Fawltly Towers, wore her designs! Anthony worked in the business until his parents retired, then took charge of his stepfather's insurance firm until his own retirement.



However a defining moment in Anthony's life was the trip he took after his National Service with three other Jewish lads in a temperamental Jeep called Alma, to India across Europe, Turkey, Iran, Afghanistan, Pakistan, India and back, all in a window of three months. They bought a cheap, clapped out ex-US Army Jeep, painted it lilac and black, and begged, borrowed and blagged the equipment they thought they would need, and then set out with £130 each in the kitty. Anthony says the money lasted quite well, although they had to ask their parents to top it up in Delhi, but the main expenses were repairs to the jeep. The events of the journey are hilariously recounted in Anthony's book **"Four Mad Englishmen in a Clapped Out Jeep"** (Amazon), but the section of the journey that had most impact on Anthony was through Iran, Afghanistan and Pakistan.



The group crossed Turkey into Iran, and on to Tehran, armed with an introduction to the local Rabbi. It was dark when they arrived, and completely lost, by chance came on a group of young men, who turned out to belong to the small Jewish community who took them to the Rabbi's house. They were kindly received and stayed for a few days. They continued on across Iran and into Afghanistan. Anthony says that the hospitality of the Afghans was extraordinary. The people had very little but the group was met with smiles, invited into homes, and shared what little they had. In Kabul, the Jeep needed a new clutch. Whilst they were struggling with this, a man suddenly appeared and offered to tow them to his ramshackle garage. He put in the clutch, and when offered money, refused it, saying he would not take money from strangers who needed his help. In Karachi, the group were told they could camp in the University grounds, but in the event were put in a private garden. The family insisted they stay, invited them to

a meal, and spent the night chatting with them about the similarities in their respective religions.

Anthony believes he was very much influenced in his later life in his dealings with people by the tolerance and generosity the boys experienced on their journey, especially in Afghanistan.

Anthony says he learnt the lessons of kindness, listening and talking with tolerance from people of different beliefs on his journey (although I suspect that he was quite open minded to begin with!). Perhaps in this troubled world it would help for us to do the same.

Homemade is always healthier because you can control the ingredients. Homemade tacos contain less salt, and they have vegetables in them, so these tacos are much better for you than fast food tacos.

HEALTHY EASY TACOS

Ingredients

500g lean ground beef
2 medium carrots shredded
1 small courgette shredded
8 soft or hard taco shells
1 tablespoon water
your favorite taco fillings
such as onions, tomatoes,
lettuce, olives, cabbage,
beans, cheese, avocado.

Fat free Greek yoghurt for
dressing.



Homemade Taco Seasoning

1t sp Chili powder
1t sp Ground cumin
1t sp Garlic powder
1t sp Onion powder
1t sp Sea salt
1t sp Cayenne pepper (optional)
Small glass jar to store spices in.

Mix all spices together then pour into airtight glass jar or container.



Method

Use a grater to shred the carrots and courgette and set the shredded veggies aside and measure the taco seasoning.

Brown the beef in a pan over medium to high heat.

Once the beef is cooked through, drain any excess fat from the meat and return it to the skillet on the stove and reduce heat to low.

Stir in the taco seasonings and the shredded vegetables

Add the water and let simmer for 8 to 10 minutes until most of the water has been absorbed.

Fill taco shells with meat and top with your favorite fillings.

Add Greek yoghurt as a dressing.



Recipe Variations

You can substitute the ground beef with any type of ground meat such as chicken, turkey or pork.

Use less meat - Reduce the meat to 250g and add ½ to ¾ cup of cooked black beans to the meat when the vegetables are added.

Change up the hidden vegetables - Replace the courgette and carrots with shredded or small diced butternut squash, cauliflower or broccoli rice.

RECORDING OUR LIFE STORIES

Professor Catherine Loveday recently spoke on BBC1 Morning Live about an interesting project being run at Myton Hospices. They have been interviewing terminally ill patients about their lives in order to leave a recording of their voice for their family and friends for years to come. Here Catherine discusses the impact of hearing the human voice and why keeping our loved ones' memories alive is something we should all be thinking about.



Many of us have photos of family and friends, but not recordings. And if someone close to us passes away, we and our friends can have a memory of their voice in our head but without a recording, we soon forget and very young grandchildren might not ever know what their grandparents sounded like. These recordings can be an important part of the grieving process but also it's a way of passing down our memories to our friends and family.

One woman living in the hospice shared her experience of recording her story for her children: 'I want them to know that I'm still part of them. I feel quite lucky – I have a chance to say goodbye and pass down memories.' And a young woman said after listening to her grandfather: 'I was filled with joy and sadness at the same time.'

The human voice is very powerful and we react to it in an emotive way, says Catherine. 'There have been studies that show that brain activity and hormones released when responding to the human voices are similar to that of having a physical hug from somebody.' Catherine is a firm believer in sharing stories and passing down memories for everyone, not only those nearing the end of their lives.

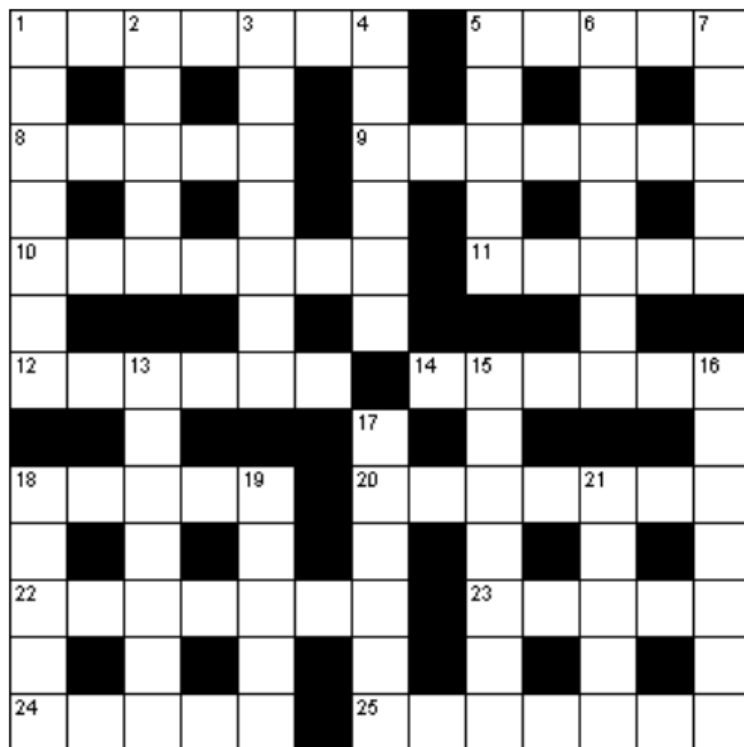
'People like to tell stories and like to be listened to and sharing a memory is probably one of the most fundamental things people can do to connect with somebody,' says Catherine. 'Memories are who we are – they help us to decide our future, give us a sense of identity and are a good way of connecting with people.'

'If we make a recording of ourselves about our stories we are providing a gift to other people but we are also supporting our own sense of identity and our memories.' It's also a giving thing to do. 'We rarely take time to stop and listen to people and by recording conversations we are doing this times 100,' says Catherine. 'You're saying you're not only listening to someone now, you're saying you want to save the conversation and go back to it.' Recording stories – a few rules!

- ♦ A lot of people think they don't have a remarkable story but everyone does.
- ♦ You don't need professional recording equipment – you can use a smart phone or laptop to record interviews.
- ♦ Make sure you record in a quiet environment
- ♦ Think about what you want to ask and what you want to say.



The Hospice Biographers is a charity that trains volunteers to record life stories of anyone facing the end of their lives. To contact the charity, you will need to email info@thehospicebiographers.com

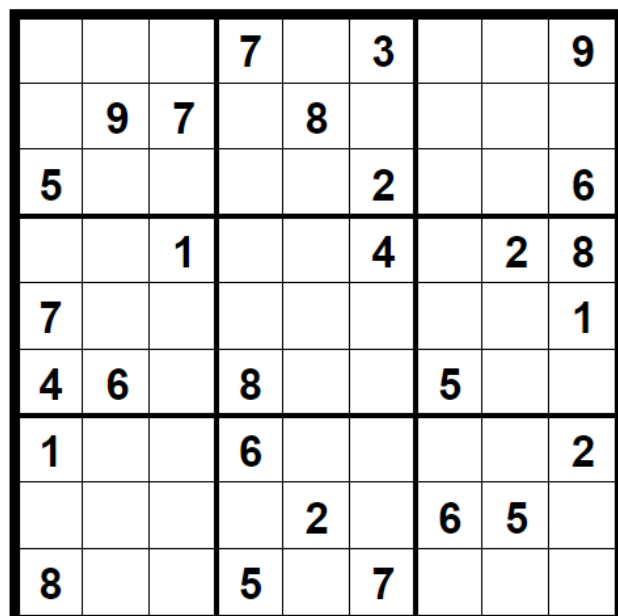


ACROSS

- 1 Thoroughly soaked (7)
- 5 Greek letter S (5)
- 8 Souvenir (5)
- 9 Exploded (5,2)
- 10 Learner (7)
- 11 Devoutness (5)
- 12 Embraced (6)
- 14 Tree providing wood for cricket bats (6)
- 18 Circular (5)
- 20 Absconds (7)
- 22 Italian child (7)
- 23 Interior (5)
- 24 Simple song (5)
- 25 Clients (anag) (7)

DOWN

- 1 Withdraw from a contest (7)
- 2 Lively Bohemian dance (5)
- 3 Enrage (7)
- 4 Gallows (6)
- 5 Exclusive news story (5)
- 6 Polite, refined (7)
- 7 Put to use (5)
- 13 Epicure (7)
- 15 Slope (7)
- 16 Spendthrift (7)
- 17 Obnoxious (6)
- 18 Dressed (5)
- 19 God or goddess (5)
- 21 Frenzied (5)



SUDOKU MODERATE

TEAS WORD SEARCH

- | | | |
|------------|----------|---------|
| Breakfast | Herbal | Pekoe |
| Brew | Iced | Pot |
| Ceylon | Infusion | Steep |
| Chamomile | Jasmine | Sugar |
| Darjeeling | Leaves | Tea Bag |
| Earl Grey | Lemon | Tisane |
| Filter | Mint | |
| Green | Oolong | |

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

EASY CRAFTS



DIY MARBLE MUGS

Use an old bowl or plastic container for the water, remember - you will be pouring some nail polish into it and this will stain the plastic.

What you will need



Dishwasher-Safe White Mugs
Various Colored Nail Polish
(dark colors are better)
Water
A Large Bowl or Container
Nail Polish Remover—(if you want to redo!)
Kitchen Roll
Cotton buds (optional)



Method

1. Fill your bowl with enough water so that it's almost full, but with enough room so there will be no overflowing when you dunk the mugs.
2. Pour in a few drops of nail polish in your color of choice, into the water. You can pour right in the middle or in a swirl motion, whatever you desire.
3. Quickly, take one mug, holding the lip/rim with your hand and dunk right into the bowl of water. You can dunk one side, straight in the middle, just the handle, etc. Just leave the lip area clean. When you pull it out, there will be a marbled pattern of color. Repeat this process with another color if desired or more of the same. Play around with your design as you don't have much say in how it looks once you pull it out!
4. If you hate how it looks, or one spot gets messed up, simply use some paper towel or a cotton bud soaked with some nail polish remover and wipe off the parts you don't like. Make sure you wash the mug before redoing it!
5. Once you're satisfied, let the mugs dry upside down on a paper towel. Make sure they are totally dry before picking them up again!



**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**

VINTAGE ADVERTS

Not for the faint hearted!!!



Kellogg's PEP

Vitamins for pep! PEP for vitamins!*

For a better start in life
start **COLA** earlier!



How soon is too soon?
Not soon enough. Laboratory tests over the last few years have proven that babies who start drinking soda during that

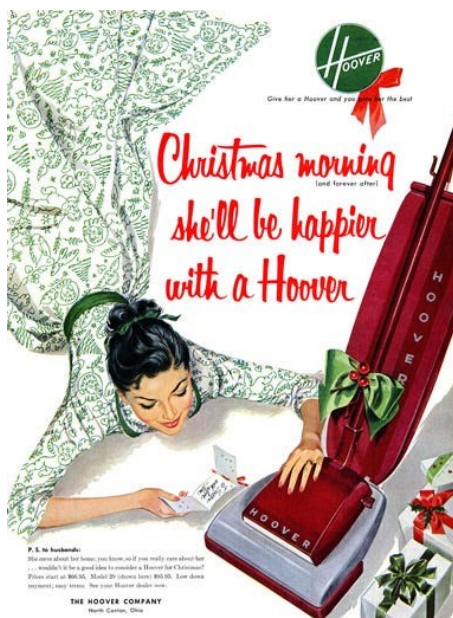
The Chef
does everything
but cook
- that's what
wives are for!



I'm giving my wife a
Kenwood Chef

Give her a Hoover and you've got the best

**Christmas morning
she'll be happier
with a Hoover**



Hoover

P. S. to husbands:
Has your wife had her Hoover? You know, as if you really care about her... wouldn't it be a good idea to make her a Hoover for Christmas? Please visit us at 840-850, Market Street, London W1P 0LH. Love does everything, even more. See your nearest Hoover dealer now.

THE HOOVER COMPANY
Barnet, Greater London

"Don't worry
darling, you
didn't burn
the beer!"



Schlitz

**I LOVE MY HUSBAND
FAR TOO MUCH
TO RISK GETTING
DRY, LIFELESS "MIDDLE-AGE" SKIN!**

HOW YOU, TOO, CAN KEEP YOUR COMPLEXION LOVELY
WITH THIS SOAP MADE WITH OLIVE OIL!

AFTER ALL, ANN, HOW CAN A WIFE EXPECT TO BE ALLURING TO HER HUSBAND IF SHE LETS HER COMPLEXION GET DRY, LIFELESS, OLD-LOOKING? THAT'S WHY I USE ONLY PALMOLIVE SOAP!

BECAUSE PALMOLIVE IS MADE WITH OLIVE AND PALM OILS, NATURE'S FINEST BEAUTY AIDS. THAT'S WHY ITS LATHER IS SO DIFFERENT, SO GOOD FOR DRY, LIFELESS SKIN! PALMOLIVE CLEANSSES SO THOROUGHLY, YET SO GENTLY THAT IT LEAVES SKIN SOFT AND SMOOTH... COMPLEXIONS RADIANT!

BUT WHY IS PALMOLIVE DIFFERENT, SUE?

THAT SOUNDS TO ME LIKE AN AWFULLY GOOD REASON FOR USING ONLY PALMOLIVE. I'M GOING TO GET SOME RIGHT AWAY AND LET PALMOLIVE HELP KEEP MY COMPLEXION LOVELY, TOO!



PALMOLIVE

MADE WITH Olive Oil
TO KEEP SKIN SOFT, SMOOTH

HOW CAN WE HELP



AGE UK BARNET SERVICES?



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

For scams advice and support, call our **Scams Prevention Service** on 0208 432 2217

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. 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**

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. Our **Dementia Befriending Service** offers companionship—phone 020 8150 0967.

Laptop Loan Service – short-term loans to get people set up online. Tel 020 8203 5040.

Finding your Feet Service – for those who need confidence to get out and about again, we can match you with a short-term walking buddy. Phone 020 8150 0963.

COST OF LIVING CRISIS



FINANCIAL SUPPORT AVAILABLE - SPREAD THE WORD!!

A new fund for older Barnet residents struggling with rising utility bills and food prices is being distributed by Age UK Barnet on behalf of the local authority.

If you are of pensionable age and facing financial hardship, you might be entitled to **grants from the Household Support Fund towards utility bills, food costs and also wider essentials such as white goods and other household items.**

To be eligible you should be a Barnet resident of pensionable age. If you need support, please call us on **0208 203 5040** or email us on support@ageukbarnet.org.uk and we will be in touch as soon as we can. ***We are here to help you!***



SCAM ALERT



GIVING YOU THE TOOLS TO STAY SAFE

Each month, Lindsey, who runs our Scams Prevention and Victim Support service, lets us know about the latest scams

Beware scam emails wrongly telling you to click a link to sign up for both a council tax rebate and an energy bill discount. Scammers claiming to be from the council are asking people for bank details to be able to process the government's £150 energy rebate. While Barnet council are administering the rebates, councils won't ask for bank details over the phone.

Delivery company Evri, formerly Hermes, is being impersonated by fraudsters asking for bank details to pay a fake fee. Evri told Which? that it would never ask for payment in this way. If you receive a message like this, don't respond or click on any links. Just delete it.

Please get in touch with Lindsey on 020 8203 5040 if you have been a victim of a scam or need some support or advice.



EVERY LITTLE COUNTS!

Our trustee Gillian Jordan, a retired physiotherapist, talks about how every little counts when it comes to exercise. Not everyone likes ‘doing exercises’, although many do and go through their routine regularly. But, as Gillian shows, even small increases in usual activity will reap benefits.

These extra activities won’t take up more time than boiling the kettle for a cuppa – in fact, that’s the point – you can do them whilst waiting for the kettle to boil and the tea to brew! All you need is to be standing near a firm work surface so that you have something to touch to help you keep your balance – so here goes!



First of all check your posture. Are you standing as straight and tall as you can? Breathe gently in and out as you feel your spine stretch and your head tall so that your chin isn’t sinking onto your chest. Keep checking to make sure you aren’t gradually bending forward again.



1. Go up onto your toes, lifting your heels off – repeat several times, remembering to keep upright. If you can’t lift both heels off, start by doing one at a time.



2. Next, lift your toes and the front of your foot off the floor – this is, surprisingly, a little harder, so you might want to start with alternate foot lifts and have a hand on the counter to steady yourself – and remember to check the posture of your back and head.



3. Try shifting your weight from leg to leg and work towards being able to stand on one leg, for however short a time to begin with (remember the work counter is there to hold on to as necessary). As you get steadier, stay on one leg for a little longer – your increasing ability to do one-leg-standing will have a very good effect on improving your walking balance and steadiness.



All these exercises can be done in the bathroom too, when cleaning your teeth – you have the wash basin to help you balance and there is the added bonus of looking in the mirror to check you are standing tall!



When you are standing in front of a mirror, remember to smile! Did you know that the physical act of smiling activates brain pathways that have an effect on your emotions? Smiling can release mood-enhancing substances such as dopamine and serotonin so smiling is a natural antidepressant! So, even if you don’t think you have much to smile about, the action of smiling will improve your mood!

BRAIN BOOSTERS



STAY SAFE IN THE SUN

This month's flexible thinking challenge from Michelle Reshef, founder of Dementia Prevention UK focuses on staying safe and healthy in the warmer weather as well as exercising your brain cells.

We need to keep hydrated, wear sunscreen and a hat but to make this fun, here is a game for you.

You will need:

- 1 small bottle of water
- Hat
- Sunscreen bottle

The idea is to have three items that are in different shape and weight.

Now the fun part: Throw the first item from one hand to the other ten times and count how many times you can throw it without it falling.

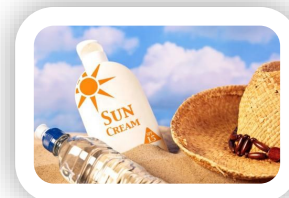
Now try the second item and repeat and the same with the third item.

Then try to throw and catch the first item with the same hand (your dominant hand) count how many times you can do this without dropping the item. Now do the same with the second and third item.

Once you feel comfortable with that stage, try it with your non dominant hand.

Do this exercise for a week and see if you can improve and progress the stages.

And remember to keep hydrated!



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 or get in touch with us at Age UK Barnet on 020 8203 5040.



COMPUTER SUPPORT Q&A

Howard Chapman, who heads up our tech support sessions, offers his cost cutting tips to help you save money when replacing your old or broken electronic devices. Sale prices can sometimes be misleading. Time and time again, we've found the vast majority of Black Friday deals were actually cheaper or the same price at other points in the year. Refurbished and reconditioned laptops can be a great way to save money without compromising on performance. Most have usually been professionally restored by a manufacturer or retailer to the closest it can get to 'as new' condition, and they usually come with warranties. We find that refurbished laptops and phones sometimes are hundreds of pounds cheaper than buying the same model brand new. Trade in second hand devices - You can often get money off your next purchase or contract by trading in your existing laptop or phone. Consider what features you actually need. It isn't always necessary to spend a fortune on a laptop. If you're going to use it only for tasks such as browsing the internet, sending emails and writing documents, you can get a decent model for £200 or less. **Laptop loan. If you are struggling to pay for a laptop or simply want to try using one before you commit to buy, we can lend you one of ours – as well as set you up on email and show you how to use it. Just contact us on 020 8203 5040 or email info@ageukbarnet.org.uk**



ORGANISATION OF THE MONTH



Each month we chat to a different local community group and this month Diane from High Barnet Good Neighbours lets us know what they can do for you.

'We are a warm and friendly voluntary service giving practical help to older people and anyone living at home finding it difficult to cope. Available to support those who live in the EN5 area from Monday to

Friday. A small contribution is welcome.'

'We offer help with transport to medical appointments. help and assistance with shopping. collecting prescriptions. We also offer seasonal gardening from April – October and a befriending service - someone to share a cuppa and a listening ear.'

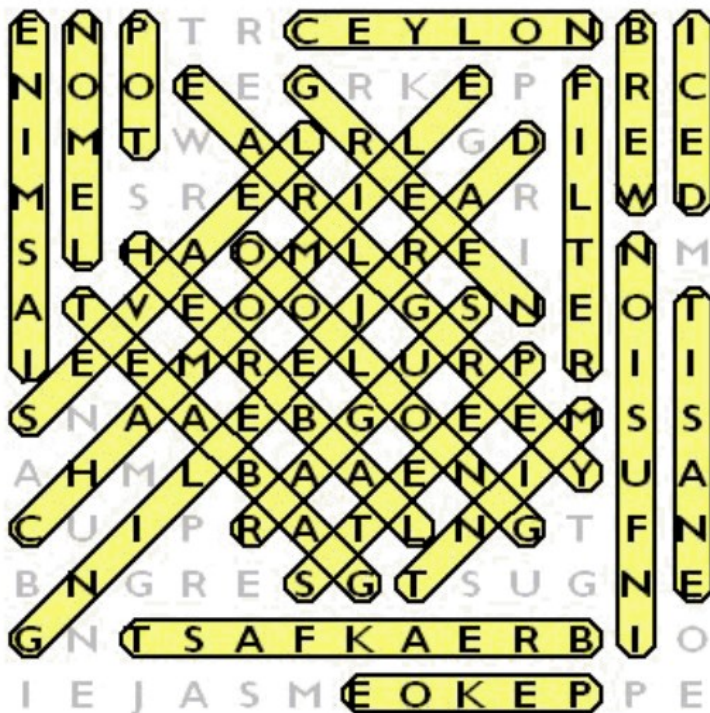
Contact Diane on **020 8441 5678** or email hbqns@greenbee.net

Last month we let you know about Chipping Barnet Day centre, but left out the phone number by mistake. If you'd like to refer yourself or someone you know, phone Gill on 07923 031231



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.

TEA WORD SEARCH P8



A friend of mine reckons he saw a group of elderly men repairing shoes earlier, sounds like a load of old cobblers to me!

"What does your Daddy do?" the teacher asked the little boy.

"My Dad's a Magician."

"That must be exciting! What tricks can he do?"

"He can saw people in half."

"That's very clever. Do you have any brothers or sisters?"

"Yes, one half-brother and two half sisters."



SUDOKU MODERATE P8

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

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