



PIGEON POST


Keeping you informed & involved


June 2021




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INSIDE THIS ISSUE



Huge thanks to everyone who filled in our questionnaire – we've received some wonderful comments from you and we'll let you know the outcome in the next issue.

Most of us are embracing the new freedoms, but we have found that many people in Barnet are still nervous about going out and about again. If you or anyone you know needs a bit of encouragement and support, we may be able to help - check out our new Finding your feet scheme on page 13

As well as the usual puzzles, stories, tips and recipes, read on to find out why learning to relax is so good for our brains and our memory as well as the benefits of trees on our stress levels. Then try our stress-busting moves on page 11.

Have a good month!

Helen Newman
Chief Executive
Age UK Barnet

*"Far up in the deep blue sky,
Great White clouds are floating by;
All the world is dressed in green,
Many happy birds are seen,
Roses bright and sunshine clear
Show that lovely June is here."*

- F.G. SANDERS





HEALTHY PICNIC FOOD IDEAS

Summer picnics are a great way to sample a large variety of fruits and vegetables, which can be prepared with little effort. Here our cookery volunteer Kato shares a few of her favourite picnic bites.

Dips For starters, bring along a large platter of colourful crunchy vegetables (carrot and celery sticks, radishes, slices of colourful peppers, cucumber rings, sugar snaps, and blanched broccoli and cauliflower florets). Dip these into a romesco sauce or avocado humus



Romesco sauce Coarsely slice 3 large red peppers and roast with a bit of olive oil at 230° for 20 minutes (or alternatively buy a 350g jar of ready roasted red peppers). In a blender, whizz together the peppers, 4 diced ripe plum tomatoes, 1 cup whole almonds, ¼ cup fresh parsley, ¼ cup olive oil, 2 cloves chopped garlic, and the juice of half a lemon. This sauce can keep in the fridge for 5 days.

Avocado humus: In a blender, blitz together a can of drained chickpeas, 1 sliced avocado, 1 clove of chopped garlic, the juice of 1 lime, a handful of fresh coriander, ¼ cup of olive oil, and a large pinch of dried chili flakes. Add more oil for a smoother consistency.

Watermelon salad: For a quick, light salad, mix a bag of rocket, a cup of cubed watermelon, ½ cup of sliced cucumber, and around 80 g of cubed feta cheese. Toss in some fresh coriander and a few basil leaves. Mix together 2 tbsp of olive oil, 1 tbsp of balsamic vinegar, and a tsp of honey, and dress the salad to taste.



Salads Three bean salad: Drain and mix together a can each of sweetcorn, black beans, red kidney beans, and chickpeas. Add ½ a finely chopped red onion and a cup each of shredded coriander and parsley. Mix together a dressing of 1/3 cup of apple cider vinegar, 3 tbsp of sugar, 3 tbsp of olive oil, and salt and pepper to taste, and add to the beans. Refrigerate for at least 2 hours before serving. This salad can last in the fridge for 4 days.

Potato salad: Whisk together 2 tbsp white wine vinegar or lemon juice, 1/3 cup olive or cold pressed rapeseed oil, 2 chopped spring onions, 2 cups of chopped fresh herb mix, 3 tbsp of chopped capers. Add this dressing to 500g of boiled potatoes (skin on jersey or baby potatoes, larger varieties cut into bitesize pieces), and ¼ cup finely chopped red or salad onions, and cool. For a more substantial salad, add fresh spinach and rocket leaves, shredded bits of smoked or canned mackerel, 1 soft boiled egg cut in slices, and 2 sticks of diced celery.



Chewy rice salad: Cook 2 cups of black/wild/red rice or brown basmati rice (or a mix) for 30 minutes in 3.5 cups of water. Mix together ¼ cup each of lime and orange juice, 1 tbsp each of fish sauce, honey, and olive oil, and add this dressing to the rice while cooling. Add bitesize chunks of 2-3 fresh (or canned) mangoes, skinned segments of 3 oranges, ½ cup of toasted cashew nuts, ¼ cup each chopped red onion and spring onions, and a cup of shredded coriander.

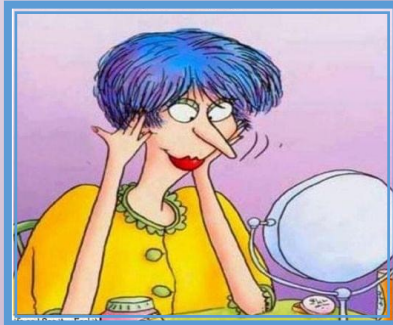
Fun with sandwiches!

- Spread cream cheese on slices of rye bread and top with cucumber and/or smoked salmon. Sprinkle with fresh or dried dill.
- Slice open a wholegrain baguette loaf, spread with basil pesto, add slices of tomato and mozzarella, top with fresh basil leaves, and cut into portions.
- Spread humus on a wholegrain wrap, and add a tsp of harissa if preferred. Top with grated courgette, carrot, radishes, and some spinach leaves. Roll up and cut into two pieces.



Finally, for a sweet desert, sprinkle some pomegranate seeds, mint leaves, and fresh orange juice over a colourful fresh seasonal fruit platter (for example strawberries, blueberries, grapes, various kinds of melon wedges, and slices of Sharon fruit).

Old age is golden I've often heard it said,
but sometimes I wonder as I crawl in my bed.
With my ears in my drawer, my teeth in a cup
and my eyes on a shelf until I wake up.
When sleep dims my eyes I think to myself,
is there anything else I should put on that shelf?
The reason I know my youth has been spent,
is my-get-up-and-go has got-up-and-went!
But, I really don't mind as I think with a grin,
of all the fun places my get-up has been!



DID YOU KNOW?

Elephants are the only mammals that cannot jump.

The brain of an ostrich is smaller than either of its eyes.

DID YOU KNOW?

More people get attacked every year by a cow than by a shark.

All the planets in our solar system **would** fit in the space between the Earth and the Moon.

DID YOU KNOW?

Hot water will turn into ice faster than cold water.

The Mona Lisa has no eyebrows.

Rabbits like liquorice.



THANKS FOR YOUR LOVELY COMMENTS!

We have been totally overwhelmed by the response we have received about Pigeon Post - so many of you took the time to give us feedback either in writing or on the phone. Your comments were included in the report we sent to London Community Foundation, the organisation that funded the project. We'll let you know the outcome in the next issue! We tried to speak to as many of you as we could but if you left a message and we haven't got back ...we wanted to say a big **Thank You!**

A special shout out to our fabulous volunteer Jenny Horsford who has tirelessly supported this initiative.

Please continue to contribute to Pigeon Post by sending in letters, stories and recipes. You can also help by telling digitally excluded people about the newsletter, or even deliver some to local older residents. As services are slowly opening up again we will keep you informed of forthcoming activities via Pigeon Post and hope to see you face to face at one of activities soon.

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.**

A few letters from children we thought might make you smile

If you want to get your blinds clean faster, simply wrap a cloth around each side of a pair of tongs, secure with rubber bands, and use them to dust between the slats.

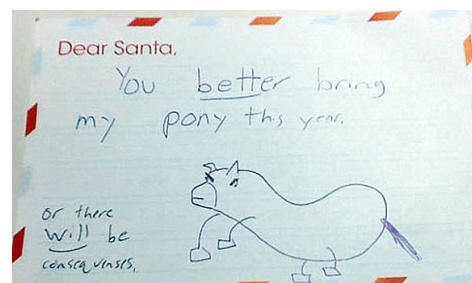


Im angry at you
and im not talking
to you today and
tomorrow.

P.S. all day

P.S.S. I still love you.

Your son mark



Dear God,
Thank you for
the baby brother
but what I prayed
for was a Puppy
Joyce

HAIR MYTH!

Frequent hair washing
doesn't make your hair
fall out - we shed hair
all the time but you
notice it more when
you wash because it
collects in the shower
or sink



PET PAL OF THE MONTH

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



Our Pet Pal this month is this lovely golden retriever called Max. 'He's a great dog,' says his proud owner Rebecca. 'People are always stopping us to say how good looking he is. He's very good natured, incredibly bouncy and just the right amount of mischievous! And he just loves children!'



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 87-year-old James about surviving a V2 blast

There are a number of us who have lived through the two greatest dangers to Britain during the past 100 years, the pandemic and World War 2. There are similarities and differences, but only those who have experienced both can judge which has affected them most. James is one person.



James Hale as a boy on VE Day holding his little brother

This is the story of James' wartime experiences aged 10 in Battersea where he was brought up. The cinema was a very popular wartime entertainment, and James and his 8-year-old cousin belonged to the local Saturday Club at the Savoy cinema in Battersea - called the Grenadiers. James was "in charge" of his cousin, because he was the elder. The children were given Grenadier Guard badges, and at the end of the show the tune the British Grenadiers was always played - but not on that day January 27th, 1945. During the film showing there was a huge explosion. Everything went black with dust and debris, and the roof came down. The children were protected to some extent by the seats, and they had to crawl out because of the position of the roof. When they got to the foyer, they saw the lady cashier lying on the ground, covered in blood. Money and glass covered the floor.



When James and his cousin left the cinema, they saw the devastation caused by the V2 rocket which had landed only a street away. The blast was so strong that it had totally destroyed 20 houses, and collapsed the roof of the cinema. St. John Ambulance volunteers were covering the dead with blankets. That day 17 people were killed and many more injured, the second highest death rate from the V2s that fell on London. James and his cousin walked the mile home, and his grandparents had no idea of the devastation. When he was older James did some research on the V2s. They were virtually unstoppable because nobody knew where they were coming from, or where they would fall. Altogether 14 missiles fell on London causing 9,000 deaths and injuries. The Government, fearing the psychological effect, said that the explosions were caused by exploding gas pipes, or that the missiles were falling short of London. But nobody was fooled, and the missiles were called the "Flying Gas Pipes"!

James says that for the record, on that day, January 27th, 1945, the Red Army liberated the concentration camp, Auschwitz Birkenau, and that date has become known as Holocaust Day. Germany surrendered on May 8th, 1945.

I asked James, whether the War or the pandemic affected his generation more, and he said, "Definitely the War, as it was the uncertainty. Nobody knew where or when bombs would drop. People would be anxious about relatives in the Forces. Food was rationed, and supplies of virtually everything were short."

It must have been grim.



VE Day Celebrations—the friend he was with during v2 bombing is in there somewhere!

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.



PROPER SPICY BEANS ON TOAST!

Of course you can open a tin, heat it up and pour it over your toast, but this recipe has ten times the flavour and even better you know exactly what's in it and you can season and spice it up to just how you like it!

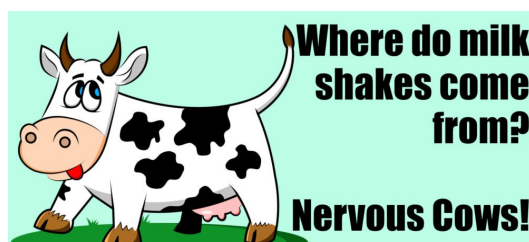
Ingredients

Serves 4

1 x 400 gram tin of white beans (such as haricot, cannellini or butter beans), drained
1 onion, chopped
1 clove of garlic, chopped
1 tablespoon of oil (vegetable or olive)
1 x 400 gram tin of tomatoes
100 millilitres red wine vinegar (or cider or white wine vinegar, malt might be a bit strong so just a splash if that is all you have)
1 tablespoon date syrup (or another sweetener such as honey)
1.5 tablespoon tomato puree
A pinch of chilli flakes or a squeeze of sriracha sauce (optional),
Sea salt and cracked black pepper



Method



1. Prepare the ingredients as described above. Heat the oil in a pan over a medium heat. Add the onions and garlic to the pan and cook until soft, about 2 minutes.
2. Add the tinned tomatoes, puree, date syrup, vinegar and mix with a hand blender until smooth. Bring to the boil, then add the beans.
3. Stir the mix and reduce to a simmer. For that spicy kick add chilli flakes or sriracha sauce. Cook gently for 20 minutes until the sauce is thick and the beans are soft, season to taste with sea salt and cracked black pepper. Serve on toast.



RELAXATION TECHNIQUES



How we deal with stress is crucial to good mental function, according to our trustee neuroscientist Catherine Loveday whose mother Scilla has accelerated memory loss.

High levels of the stress hormone cortisol for long periods can damage the hippocampus – the part of the brain responsible for learning and memory. You need to give yourself the tools to decompress.

Scilla (in photo, left) is a fan of mindfulness breathing techniques to manage her stress. 'I sit on a big ball and consciously relax bits of my body so that I'm in a comfortable position. Then I try to prevent myself from thinking about anything apart from emptying my brain. I start the process of breathing in deeply, then very gently and slowly let it out, feeling the relaxation starting from my shoulders down through the rest of my body, so each time I take a breath in I relax a bit more of me. If I'm lucky I get to the tips of my toes.'

By switching off from the external world in this way, we activate the part of the brain that is responsible for daydreaming, an area that's also important in consolidating memory, says Catherine, and relaxation exercises can also help stress hormones to return to normal levels.

Studies have shown that mindfulness can increase the volume of the memory boosting hippocampus and reduce areas of the brain linked with fear and anxiety.

TREE THERAPY

There might be a reason why your worries fall away when you're strolling through the woods. In 1982, the Japanese government introduced 'shinrinyoko' – or forest bathing – to improve health and wellbeing. Shinrinyoku is about the pleasure of being among trees. Studies by Chiba University reported that 30 minutes in a forest environment can lower blood pressure, the pulse rate and concentrations of cortisol, the stress hormone.



COMPLETE A SURVEY TO WIN £50

Have you used remote GP consultations in the last year? Do you have you long covid? If so, **Healthwatch Barnet** would like to hear your views to improve health services in Barnet. Please phone **020 3475 1308** to speak with someone to arrange a phone interview or to fill out a survey. Every person who completes the survey will be entered into a prize draw to win one of two £50 Amazon vouchers!

FOOTCARE TO PREVENT FALLS

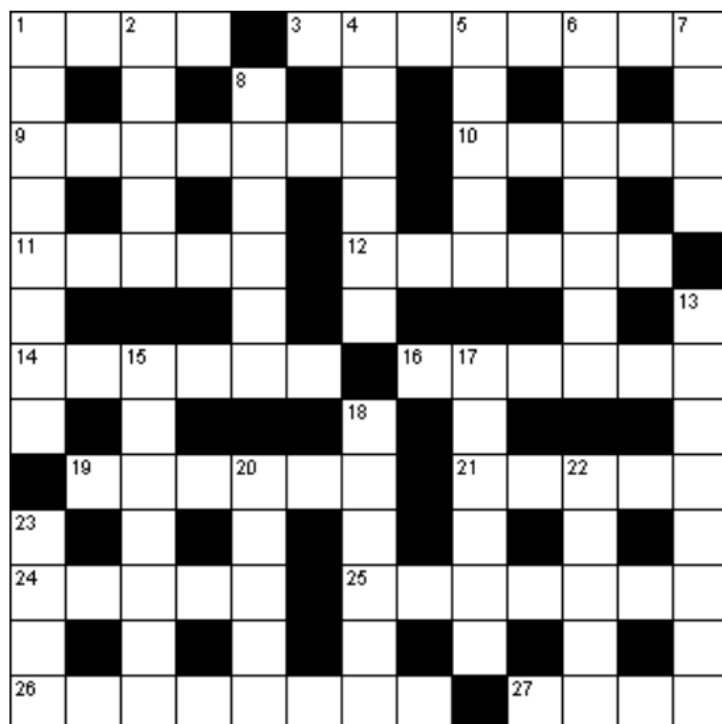


Barbara first came to us after back pain made it hard for her to cut her own nails. 'My back's fine now but I still love coming,' she says.

To avoid foot pain and balance issues it's important to keep nails short as we get older—It lowers our risk of having a fall and reduces our risk of infection. **Age UK Barnet offers two services for over 55s at our venue in East Finchley:** *Basic nailcutting (£15) *Nailcutting by a podiatrist for people with diabetes, or taking warfarin or steroids (£20).

Just phone us on 020 8203 5040 for an appointment.

PUZZLE TIME....

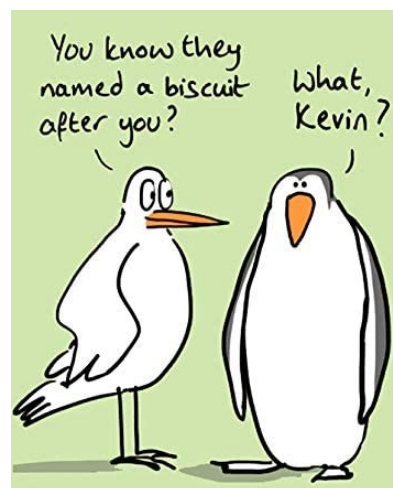


DOWN

1	High-handed (8)
2	Jousting weapon (5)
4	Rectangular but not square (6)
5	Skin of the head (5)
6	Nil (7)
7	Republic of Ireland (4)
8	Momentary pain (6)
13	Way in (8)
15	Excellent (7)
17	Help (6)
18	Formal headgear (3,3)
20	Stratum (5)
22	Sightless (5)
23	Prepare for publication (4)

ACROSS

1	Competent (4)
3	Absurdity (8)
9	Renovation (7)
10	Subsequently (5)
11	Raw, inexperienced (5)
12	Serviette (6)
14	US coin (6)
16	Leeway (6)
19	Handsome Greek god (6)
21	Sedate, solemn (5)
24	Simple song (5)
25	Cloth made of jute (7)
26	Put up with (8)
27	Border (4)



SUDOKU MODERATE

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

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

SUDOKU HARD



Is the heat getting a bit much? To help you cool down we're taking you back to the winter of 1962-63, the coldest snap of weather in the UK since 1740. The Met Office recorded temperatures plummeting as low as minus 20 degrees, with blizzards, snowdrifts, and lakes and rivers freezing over.



The Big Freeze, as it came to be known, began on Boxing Day 1962 with heavy snowfall and went on for nearly three months. Drifts reached up to 20 feet in places and the whole of the country was caught in its icy grip. Off the coast of Kent, the sea froze for up to a mile from shore as temperatures reached record lows. Homes across the UK saw ice on the insides of their windows and rubbish building up in the streets as collections became impossible. Power cuts were commonplace and even the dead couldn't be buried as the ground was too solid. Everyday living became a struggle with rising food prices, crippled public transport, and families having to collect water in buckets from road tankers as the mains were frozen.

Frozen Rivers. People were able to skate across the Thames and London's river saw its first car rally on the ice. But it wasn't the only body of water to freeze. The River Dee in Chester turned to ice, as did the River Humber and River Medway. Snowfall blocked roads and railways, brought down telephone lines, and – in some cases – cut off villages for several days, with some farmers unable to reach their livestock before they starved to death. The freezing sea and canals also caused problems, as the canal system was used to transport goods. At Coaley Junction in Gloucestershire, a train carrying mail froze and a fire had to be lit underneath to thaw the engine. The bitter conditions caused milk bottles to freeze to doorsteps and the delivery routes turned treacherous. "After five days battling, milkmen had to take the day off with exhaustion and 15,000 London housewives went without milk," read a BBC News report from February 1963.



Not all doom and gloom. Professor Carl Chinn, aged just six at the time, states that it wasn't all bad. People did their best to get on with life. "Don't forget, our mums, dads and grandparents came through the war, so were used to hard times. People were hardier in those days. The difference is people didn't have the expectations we have today so they made-do and mended and got on with it. "People battled through the ice and snow to get to work. Back then a lot of people walked to work, but there was disruption with the roads, and the railways were badly affected. "They were a remarkable generation of people." Just as it seemed that big freeze would never end, on March 6 Britain woke for the first time since Boxing Day with no frost. Sixty

years on, the UK has never seen such a lengthy, severe winter.



Snow blocking the Wroxham to Potter Heigham road at Ludham during the frozen winter of 1963.



JAM JAR VASES

These jam jar centrepieces are really easy to make and won't take long at all. Just use any size jar, or recycled jar, that you have handy.

What you will need

Empty jar, Burlap, Ribbon, String, Glue Gun or tube of glue

Instructions

Begin by wrapping a piece of burlap ribbon around the glass jar to get the correct measurement. You want the ribbon to overlap itself by an inch or so.



Use the burlap ribbon as a guide to measure out your checked ribbon. Cut the ribbon with a little overlap on both ends.

Place the checked ribbon on top of the burlap ribbon so that each end overlaps. Use your hot glue gun/tube of glue, to glue the ribbon to the burlap, then fold the ribbon ends over the burlap ends and glue to the back.



Wrapping the jar - Position the finished ribbon onto the glass jar and use a little hot glue/glue to tack it in place.

NOTE: Glass is a non porous surface and hot glue will stick to it but will not hold. This is just to help you hold it in place as you work.

Wrap the ribbon around the jar as snug as you can and glue the ends, one over the top of the other. **This is what will hold the ribbon in place, so you want it to be snug.**

Adding the twine - To measure out the twine, wrap it around the jar and make sure you have enough to tie a bow. Use that piece to measure out the remaining twine pieces.



Find the middle of the twine and use hot glue to tack it to the ribbon where the two ends (of the burlap and ribbon) overlap each other. Wrap the twine around the jar and tie it into a bow. Trim the ends if needed.



These jar centrepieces look beautiful filled with fresh flowers or silk flowers!

RELAX AND RECHARGE

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

Sit tall in chair,
shoulders
relaxed down



Keeping bottom on chair, lift
one arm up and over to side
stretch. Then return to sitting
tall. Repeat twice each side.



Side stretch other side.



Sit tall in chair with
hands on shoulders.



Draw circles up and
back with your elbows
for shoulder circles.
Repeat 5 times.



Sit tall in chair
with arms across
chest, shoulders
relaxed down

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





HOW CAN WE HELP?

We are bringing back a few of our face to face activities such as cookery, exercise and musical afternoons and we are currently offering the following services.

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

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

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.

For general garden maintenance*, phone 020 8150 0963.

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 services. Dementia advice 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 6 social walks around the borough. Please contact Wendy on 020 8432 1421 to find a walk near you.

Cookery and exercise classes*. We have a few sessions starting up at the Ann Owens Centre in East Finchley. Phone 020 3203 5040 for more info.

Musical afternoon— enjoy Italian tenor Yuri Sabatini on July 8—2.30pm-4pm at St Margarets Church in N3. Phone Helen on 07384 446 840 to book.

*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**.

COVID VACCINE APPOINTMENTS



Lifts available!

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

Our wellbeing team are offering lifts in our minibus -

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

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





HANDYPERSON Q&A

In the mood for a declutter? Becky, who heads up our Home Support team, shares her tips to get you organised.

1: Start off with small steps and write your to do list beforehand. Put them in category order (jumpers, skirts etc.) then within that, colour order. It makes it so much easier for you to see what you have. It takes the stress out of finding clothes and allows you to wear everything that's in your wardrobe because you can see it all.

2: Find your happy place while you're doing it - whether it's music, the radio or putting on a scented candle.

3: Store like with like - you'll always know exactly how many batteries, bulbs, bin bags, stamps and sweaters you have, for instance. It makes things easy to find and you'll never buy more than you need. This goes with food storage too – put all your dried herbs in once place!

4: When the mood to declutter strikes, contain yourself to one thing to purge, such as newspapers and magazines or your wardrobe, rather than randomly attacking the house, or even a room, as a whole.

5: When deciding whether to bin, recycle, give-away or keep anything imagine you're moving house and ask - could you live without it and/or would you pay someone to carry it up three flights of stairs?

6: Don't fall into the 'it might come in useful one day' trap!

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.



FINDING YOUR FEET



OUR NEW SERVICE!!

As most people embrace the new freedoms the lifting of restrictions bring, are you or someone you know still a bit concerned about going out again?

We have found that many people who were independent and confident about getting around before the pandemic have lost a lot of confidence after long periods being confined to the home on their own.

'It's partly a loss of muscle strength and feeling a bit wobbly on the feet, and a little bit of fear about the virus still, but the main barrier to leaving is the fear of the outside world,' says Becky who is coordinating our new Finding your Feet service.

In this new service, after an initial assessment, people are matched with trained volunteers who will accompany them on short weekly walks near their home, gradually increasing in length as they get more confident. The idea is that over a period of 4-6 weeks, they'll chat, offer emotional support and encourage them back into the world again.

'They'll start with short walks, which might be to the front gate and back, but will build towards an agreed goal, whether it's going to the local shops, the park or attending a coffee morning,' says Becky. 'We hope they get to the point where they're able to do what they did before the pandemic.'

If you or someone you know needs a bit of support, please phone Becky on 0208 150 0967.

CONTACT US



AND FINALLY.....



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.

AGE UK BARNET MUSICAL EVENT

Age UK Barnet presents

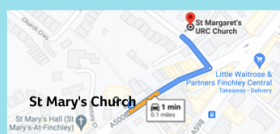
YURI SABATINI

Musical Afternoons return!

The popular Italian Tenor Yuri Sabatini, who will be performing a selection of operatic arias, traditional songs and stage show tunes.

This will be a socially distanced, Covid compliant event.

REFRESHMENTS PROVIDED



JULY 8 2021 FROM
2.30 - 4.00 PM

ST MARGARETS UNITED
REFORM CHURCH, VICTORIA
AVE, FINCHLEY N3 1BD



NO ENTRY FEE

TO RESERVE YOUR PLACE
PLEASE CONTACT HELEN
ON 07384 466 840



BUSES 125, 13, 460 FROM NORTH FINCHLEY BUS STATION - HENDON LANE
(6 STOPS) WALK FOR 3 MINS

143 OSSULTON WAY - HENDON LANE (8 STOPS) (WALK FOR 3 MINS)
326 FROM HENDON TOWN HALL - ST MARY'S CHURCH (10 STOPS) (WALK FOR 3 MINS)
125/326 FROM CHURCH END - ST MARY'S CHURCH (10 STOPS) (WALK FOR 3 MINS)

Head north-east on Hendon Ln/A5000
towards College Terrace, turn left onto
Victoria Ave - St Mary's will be on the right



SUDOKU Moderate P8

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

SUDOKU Hard P8

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

Crossword Answers P8

1	A	B	L	E	3	N	O	N	S	E	N	S	E
2	R	A	T	B	C	O	I						
5	R	E	N	E	W	A	L	A	F	T	E	R	
10	O	C	I	O	L	H	E						
11	G	R	E	E	N	12	N	A	P	K	I	N	
13	A					G	G						E
14	N	I	C	K	E	L	16	M	A	R	G	I	N
15	T	A					18	T	S				T
19	A	P	O	L	L	O	21	S	O	B	E	R	
23	E	I	A				25	H	E	S	S	I	A
24	D	I	T	T	Y		26	A	E				
27	I	A	E				28	A	T	N	C		
29	T	O	L	E	R	A	T	E	27	E	D	G	E

What happened
to the man who
shoplifted a
calendar on New
Year's Eve?

★
HE GOT 12
MONTHS!