


PIGEON POST


Keeping you informed & involved


March 2021





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Welcome to the March issue of Pigeon Post.

To celebrate International World Book Day this month, the Age UK Barnet team all had photos taken holding our favourite book. I love Hilary

Mantel's Wolf Hall trilogy and am halfway through the third -The Mirror and The Light. Do let us know what your favourites are.

As well as the usual recipes, puzzles and crafts, we've got plenty for you to read this month.

Turn to page 5 for the incredible story of one of our readers who spent 16 days in a coma and on a ventilator after catching Covid-19.

If Desperate Dan, The Four Mary's and Lord Snooty ring any bells, you're going to love our nostalgic look back at our favourite comics on page 9.

We hope to open up our social walks again at the end of the month – which is great news for our brains, according to our trustee Professor Catherine Loveday. She tells us how walking improves our reasoning and memory and even increases our brain matter!

Have a good month!

Helen Newman
Chief Executive
Age UK Barnet

*"Where flowers
bloom,
So does hope"*



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RAINBOW SANDWICHES FOR A HEALTHY GUT

Did you know that our overall health and our immune response to infection depends on the diversity of bacteria in our gut? The more types of good bacteria we host, the better for our overall health. And the more different plants we eat, the more diverse our good gut bacteria. Whole grain sandwiches are a great way to increase the number of plant foods we eat every day and our cookery volunteer Kato shows us that they can carry a lot more than ham and cheese...



- 1. Basil delight:** Spread basil pesto on two slices of sourdough bread or a whole grain bread roll. Fill with slices of tomato, feta cheese and fresh torn basil leaves.
- 2. Green sandwich:** Mix a handful of rocket and basil with juice from half a lemon and 1 tbsp of olive oil. On any wholegrain bread, spread a layer of your favourite creamy cheese (blue cheese, goats cheese), cucumber and avocado slices, and top with the herb dressing.
- 3. Mexican sandwich:** Fill a whole-wheat wrap, or corn tortilla, with a few thin slices of avocado, a spoonful of black beans, some sliced red onion and chopped tomato, and top with a spoonful of salsa. Melt a spoonful of grated strong cheddar cheese on top and roll up.
- 4. Toast with oily fish:** Take two slices of toasted wholegrain bread, top with either mackerel or sardines in olive oil or tomato sauce. Top with sliced tomato and a sprinkle of cayenne pepper or chili flakes.
- 5. Rye sandwich:** Spread two slices of dark rye bread with cream cheese. Top with smoked salmon, thin cucumber slices, and fresh or dry dill to taste.
- 6. Full veggie wrap:** Combine $\frac{1}{2}$ a cup of finely sliced radishes, $\frac{1}{2}$ a cup of apple cider (or any white) vinegar, 1 tbsp sugar and 1 tsp salt. Leave in the fridge overnight. This relish can keep in the fridge for up to a week. Cover a sliced red and yellow pepper with 1 tsp of olive oil and grill on a high heat for 10 minutes (or roast for 20 minutes at 200°C). This mixture can keep in the fridge for 3 days. Fill a large whole-wheat wrap with slices of red onion, spinach leaves, avocado, and a teaspoon each of grated courgette, radish pickle, and roasted pepper mix.
- 7. Pita bread with hummus:** Lightly toast a whole-wheat pita bread. Fill each half with a tsp of hummus, spinach or rocket leaves, finely sliced radish and cucumber, and if there is still space, half of a falafel.
- 8. Breakfast muffin:** Sauté 3 tablespoons of chopped red onion for 5 minutes. Add half a sliced red pepper, season with dry oregano. Finally add a cup of spinach to wilt. Add two beaten eggs to the pan and allow the frittata to cook on a low heat until set. Sprinkle some feta cheese on top and finish off under the broiler for 2 minutes (keep the oven door open with the pan handle outside). Toast a whole wheat pita, or two halves of a wholegrain bun, and fill with frittata slices.





Grab your needles and your brightest yarn!

Love knitting? Then please think about knitting little hats for us—a easy way to raise money to help us run our services and activities in the borough. Drinks company Innocent kindly give us 25p for every knitted hat sold on their smoothie bottles. Once you have knitted your hats we can arrange to have them collected from you. Just call us on 0208 432 1418 for more information.



Simple bobble hat

Yarn: Yellow and white

Needles: 4mm

Cast on 31 sts in yellow

Knit two rows

Beginning with a knit row work

12 rows in st st Next row: k2tog

to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts) Cut the yarn leaving approx 10cm length.

Thread this through a sewing needle and bring through stitches and pull up to tighten.

Making up Use a sewing needle to join side seams. Make a pompom in white and sew securely to top of the hat.



Stripe hat

Yarn: Blue and white DK Needles: 4mm

Hat

Cast on 31 sts in blue

Knit two rows (garter st) Change to

white and beginning with a knit row

continue in st st as follows 2 rows white, 2 rows blue, 2 rows white, 2 rows blue, 2 rows white, 2 rows blue.

Continue in blue

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts) Cut the yarn leaving approx 10cm length. Thread this through a sewing

needle and bring through stitches and pull up to tighten. Making up Use a sewing needle to join side seams. Make a pompom in blue and white and sew securely to top of the hat



‘I can’t wait until we can all meet up again’

Jenny from Edgware misses Age UK Barnet’s weekly computer support sessions at her local library, helping people get to grips with their laptops and tablets. As well as picking up some technical skills, she loved how the group got to know and supported each other and shared their life stories. Here she tells us about what the group meant to her.

‘We’d learn about technology and enjoyed refreshments and a friendly chat with a group of people from different backgrounds, national ties and religions. All had interesting stories to tell about their lives or where they worked in their younger days. Two such gentlemen, both in their 90s, regaled us with stories – one of them had been a make-up artist to Hollywood stars, the other used to play the clarinet at Ronnie Scotts and still does lots of functions. One day he brought his clarinet to our group and gave us a rendition of ‘Stranger on the Shore’ and ‘Danny Boy’, especially for a lovely Irish lady. We were all quite emotional afterwards.



‘Within the group too was a wealth of knowledge and experience shared amongst us, and just by asking for advice or help we were able to get answers to most questions. Many firm and long-lasting friendships we formed to this day, extending beyond the group.’

***Jenny is looking forward to the return of Age UK Barnet’s groups and IT sessions which will return over the coming months as libraries and community centres begin to open up.**

OVER TO YOU!



YOUR LIVES, YOUR STORIES!



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

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

Pigeon Post

*I didn't know of your existence until
my neighbour gave me the February
copy and I am now hooked!*

*Would you kindly add my name and
address to your mailing list.*

*Many thanks
Rosalind*



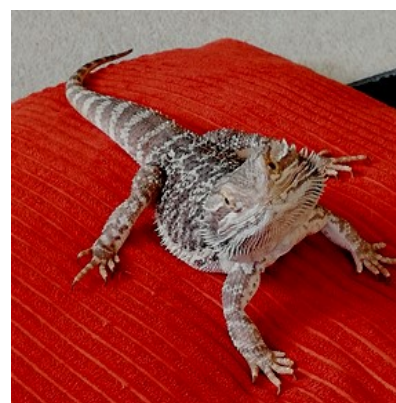
*Hello everyone,
This is to say 'Thank You' to you everyone
involved in Pigeon Post.
I enjoy reading the stories, interests and the little snips of
news. It give a feeling that I'm not on my own!
Thank you so much.
Lorraine*



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.

Bill and Fay from Whetstone may win the award for the most unusual pet - a bearded dragon called Jabba. He loves going up and down the stairs - and in the evenings, he'll sit on their laps. He's very Jurassic and has to be fed live food like crickets or locusts. And when he gets worried, he puffs up his beard. Here Fay shares a poem she has written about him...



Jabba

We have a pet dragon called Jabba
One of the bearded kind
We love him to bits as we watch him eat his
crickets
And wonder what's going on in his mind
As he sits under his lamp, looking happy and
content
Is he thinking of desert, sand and Bedouin tents
When he comes for a cuddle, we put him on
His cushion with his hottie
We don't want him to get a cold bottie

Kushka the cat thinks he's better than TV
The cat spends all day watching him, especially
When he's up his tree
We have a code, so he can speak
She turns his head right, which is no, left is
yes should this be he??
He gives us advice - he is the best!
So when you're thinking of dragons
Give Jabba a thought
Beautiful and clever
One of the bearded sort

OVER TO YOU!

YOUR LIVES, YOUR STORIES!



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

This story is about someone's horrendous and amazing experience of catching the Covid virus and surviving. Sandra would say she was lucky, but I think her fighting spirit and determination to get back to her family helped in large part.

Sandra, in her seventies, caught the virus in March 2020, when very little was known about how to treat it. Unbeknown to her, she had an underlying lung problem. She felt unwell but wasn't tested. Eventually she became so ill she was taken by ambulance to Barnet General, where she was found to have Covid pneumonia. She was treated for this but got no better, and was eventually put into a coma and then onto a ventilator. She said this was a lonely and scary time. The staff did not have time to reassure her. There were problems with the supply of PPE. Staff were catching the virus, and still feeling their way on how it should be treated. Sandra did say that a nurse held her hand as she was being put in the coma. After a few days, she was transferred to the Nightingale Hospital, whilst in a coma.

Sandra spent 16 days in a coma and on the ventilator. Apparently the virus attacked her organs, kidneys and lungs, and she developed blood clots. This was a particularly scary time for her family. They were not allowed to visit or ring the hospital, but had to wait for one call each day for an update.

Eventually Sandra showed signs of recovery and was transferred back to Barnet General to receive recuperative care and physio, as she said she could not walk or look after herself. The staff were truly amazing, but she herself was determined to be able to walk and look after herself independently so that she could go home.

A year on Sandra is cheerful and lively, but says she is still suffering from long Covid. She tires easily, and suffers from brain fog (this was not apparent to me!) and has problems with her right foot. Before Covid she was a teacher, and then worked as a volunteer in an organisation advising and advocating for the disabled. She said she was always ready to campaign against injustices she saw around her. She has accepted that now she has to slow down, regrets it, but realises she was lucky to have survived this terrible virus. But true to form, she is now on a Covid survivors group, which offers support and advice.

When asked what she would say to people who are hesitating about the vaccine, she did not hesitate "Get the jab - it's better than getting the virus".



PIGEON POST

What do you think about Pigeon Post? We were given some funding to produce this magazine and we need to know if we have achieved our aims. We'd be so grateful if you could phone **Fiona** on **0208 629 0269** or **07799519314** and let us know what you've enjoyed, whether Pigeon Post has helped you feel more connected during lockdown and whether you'd like to keep receiving it each month. Leave a message and a contact number, someone will get back to you.



"What cheers me up and makes me smile"



- ☀ Stopping what I'm doing and just looking out of the window – watching the birds in the trees ☀
- ☀ Looking at the squirrels as they hunt for food ☀ Watching 'Long lost families' on TV ☀
- ☀ Writing down a list of nice things people have said about me ☀
- ☀ Calling someone on the telephone ☀

Thanks to Victoria from East Finchley for her tips!

Why not write and let us know what cheers you up and makes you smile

**Send your letters to SMILE, Age UK
Barnet, Oak Lane, East Finchley N2 8LT**

Or call us on **0208 432 1421** and leave your name, contact number and a short message and someone will get back to you.



RECIPE TIME....



LEMON GARLIC BUTTER CHICKEN

Ingredients

- 3 – 6 skinless, boneless chicken thighs
- 450g green beans, trimmed
- 3 tablespoons butter
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 4 garlic cloves, minced
- 125ml chicken stock
- Juice of 1/2 lemon + lemon slices, for garnish
- 1 tablespoon hot sauce
- 1/4 teaspoon crushed red chili pepper flakes (optional)
- 1/2 cup fresh chopped parsley



Method

1. In a small bowl, combine onion powder, paprika, salt, and pepper. Season chicken thighs generously with the spice mixture. Set aside while you prepare green beans.
2. Cook green beans until almost done, but still crisp.
3. Melt 2 tablespoons butter in a large frying pan, over medium - low heat. Lay the seasoned chicken thighs in one layer in the pan. Cook for 8-10 minutes then flip and cook another 8-10 minutes, until cooked through. If chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer chicken to a plate and set aside.
4. In the same pan, lower the heat and melt the remaining tablespoon butter. Add chopped parsley, garlic, hot sauce, red crushed chili pepper flakes, and pre-cooked green beans and cook for 4 to 5 minutes, stirring regularly, until cooked to your liking. Add lemon juice and chicken stock and reduce the sauce for a couple of minutes, until slightly thickened.
5. Add cooked chicken thighs back to the pan and reheat quickly. Serve the lemon garlic butter chicken thighs immediately, garnished with more crushed chili pepper, fresh parsley, and a slice of lemon if you like.

TIPS FOR THE CHICKEN RECIPE - Remove chicken thighs from the refrigerator about 15 minutes before cooking to bring them close to room temperature. Boneless and skinless chicken thighs render less fat and cook quicker than bone-in. Plus, it is easier to rub the spice mixture deep into the chicken meat. Season chicken just before cooking to prevent drawing out moisture and drying out the meat. If you want to let it sit longer, omit the salt from the spice mixture, and add it 10 minutes before cooking. You can add cooked crispy bacon to the green beans for more flavour.



EASY LEMON POSSET



Ingredients

425ml (14½ fl oz) half-fat crème fraiche, 100g (4oz) caster sugar, 2 lemons, raspberries. To serve - 6 small glasses

Method

Place the crème fraiche and sugar into a large saucepan – big enough to allow the mixture to boil vigorously. Strip the peel from the lemons with a potato peeler (it gives a more intense flavour) and add to the crème fraiche. Bring the mixture to a rolling boil and allow it to boil vigorously for 5 minutes, stirring often so the bottom doesn't burn. Squeeze the juice from the lemons and add to the crème fraiche. Remove from the heat and strain through a sieve.



Pour the mixture into ramekins or glasses. If you're using glasses, allow the mixture to cool slightly before pouring. Chill in the fridge for a minimum of 4 hours. The set will be slightly softer than one traditionally made with cream, so don't worry if it doesn't firm up as much as you expected. Decorate with the raspberries. The possets will keep in the fridge for 3 days. *Delicious to dip your favourite biscuits into!*



We spoke to our trustee Professor Catherine Loveday about how physical activity can help us have a better brain.

AS WE WALK WE GROW OUR BRAINS!

Research at Edinburgh university found that 70-year-olds who exercised more performed better in general reasoning and speed of thinking tests and they also had more grey matter and less damage to white matter, the brain's connective tissue.

And other findings show that walking can improve our memory – in tests, people were far better at recalling words after they'd learnt them during a walk compared with learning words when sitting down.

'The evidence is overwhelmingly strong that exercise is good for the brain throughout our whole life,' says Catherine. 'Being outside means you're taking in more vitamin D, your cardiovascular health improves so more oxygen and glucose is getting to the brain and more of the toxins are being removed.' It also seems to increase our brain matter, says Catherine - that means more synapses, more connections in the brain and more brain cells – so the brain is growing!!

Studies also show that walking while challenging your brain in another way can stimulate even more new nerve cells in the hippocampus, the part of the brain responsible for memory. That might mean going for a walk in a new area, for instance, or having a chat with someone while you're walking...

And remember, it's never too late to start – all you need to do is walk a bit more and you'll start to feel the benefits!



SOCIAL WALKS IN BARNET

We are hoping that our walks will be back at the end of March. We now have six social walking groups for over 55s – a chance for a socially distanced stroll and a chat.

Friary Park, North Finchley – 9.30am-10.30am Mondays, followed by optional tea in the café afterwards. Meet at 9.30am at the Torrington Park entrance nearest to Ashurst Road.

Northway Gardens & Lyttleton Playing Fields - 10.30-11.30am Mondays. Meet at the corner of Northway & Litchfield Way NW11 (by benches at H2 bus stop)

Dollis Valley Greenwalk - 10.30am-11.30am Tuesdays. Meet at 10.30am by the mapboard at the entrance to Brook Farm Open Space, Totteridge Lane (located downhill from the entrance to Totteridge and Whetstone underground station)

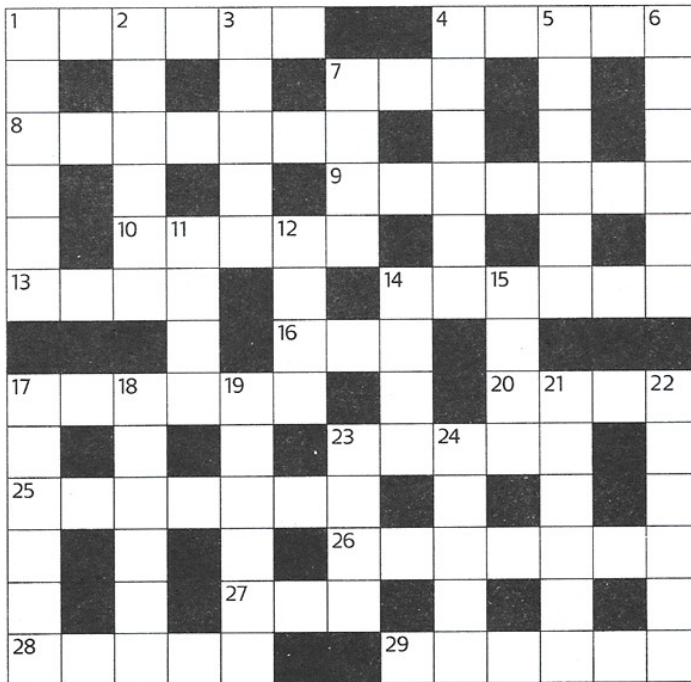
Stephens House and Gardens – 10.30-11.30am Fridays (lasts 40-60 mins) followed by optional refreshments in local café afterwards. **10.30am** Meet at Finchley Central Tube station by the ticket entrance, Regents Park Road, London N3 2RY. The group then makes its way to Stephens House grounds. **Or 10.45am** meet at Stephens House Cafe, 17 East End Road, Finchley N3 3QE

Oakhill Park – 2pm-3pm Fridays, followed by optional refreshments in local café afterwards. Meet at Oak Hill Park car park (Parkside Gardens, East Barnet, EN4 8JP)

Golders Hill Park – 10.30am-11.30am Saturdays, followed by optional tea in the café afterwards. Meet at Golders Hill Park Cafe, Golders Hill, North End Way NW3 7HD

INTERESTED IN COMING ALONG? Give Wendy a ring on 020 8432 1421 to book your place

PUZZLE TIME....



ACROSS

1	Spanner (6)
4	Use up (5)
7	Quarrel (3)
8	Pacific salmon (7)
9	Salad plant (7)
10	Sluggish (5)
13	Timid (4)
14	Type of metal plating (6)
16	Signal (3)
17	Light cake (6)
20	Time (anag) (4)
23	Smoothing tool (5)
25	Make merry (7)
26	US president _ _ _ Lincoln (7)
27	Add up (3)
28	Admission (5)
29	Capital of Iran (6)

DOWN

1	Sagacity (6)
2	Titillate (6)
3	Happy cry (5)
4	Exchange (60)
5	Former Portuguese currency (6)
6	Erase (6)
7	Bank on (4)
11	Similar to (4)
12	Take risks (4)
14	Prison room (4)
15	Destroy (4)
17	Tranquil (6)
18	Goal, aim (6)
19	Fun (6)
21	Tie up (6)
22	Maniac (6)
23	Organic fuel (4)
24	Tally (5)

Old English Proverbs - What's the missing word?

- A bad workman always blames his ?
- A bird in hand is worth two in the ?
- Absence makes the heart grow ?
- A cat has nine ?
- A chain is only as strong as its weakest ?
- Actions speak louder than ?
- A drowning man will clutch at a ?
- Adversity and loss make a man ?

Work out your birth day and month

Multiply the number of the month in which you were born by 5.
Add 17.
Double the answer.
Subtract 13.
Multiply by 5
Subtract 8.
Double the answer.
Add 9
Add the number of the day on which you were born
Subtract 203 = *Your birth day and month!*



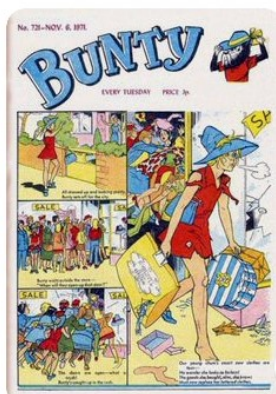
SUDOKU

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

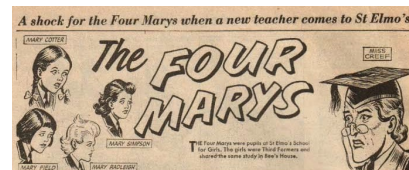
NOSTALGIA PAGE



Comics from your childhood



Bunty ran from 1958 to 2001. The back page was a favourite part for a lot of girls, a doll you could cut out and dress in her own paper clothes! The most well-known and the longest-running story in Bunty was 'The Four Marys', teenage female best friends, who were all coincidentally called Mary! They attended the girls-only St. Elmo's boarding school in fictional Elmbury. 'The Children's Champion' – this was about a Victorian girl called Hester Langley who decided to give up her wealthy London lifestyle to help youngsters in need. 'Back to serious – 'Born to Dance' involved the relationship between aspiring dancer Catherine and her grandmother who forbade her to get involved with ballet in case she replicates the accident that killed her mother. One really popular story was 'Penny's Place'. Penny was the daughter of café-owning parents and the plots revolved around her life with them and her three close friends. Bunty ran weekly for 43 years.



The Beano is the longest running British children's comic magazine, published by DC Thomson in Dundee, Scotland. The comic first appeared on 30 July 1938, and was published weekly. In September 2009, *The Beano's* 3,500th issue was published. *The Beano* reached its 4,000th issue on 28 August 2019.

Its characters include *Dennis the Menace*, *Minnie the Minx*, *The Bash Street Kids*, *The Numskulls*, *Roger the Dodger*, *Billy Whizz* and *Tricky Dicky*. Earlier characters who have been phased out include *Ball Boy*, *Les Pretend*, *Ivy the Terrible*, *The Three Bears* and *Pansy Potter*. Some old characters, like *Biffo the Bear*, *Lord Snooty*, *Baby Face Finlayson* and *Little Plum*, have more recently made a return as "funsize" quarter-page strips. The style of *Beano* humour has shifted noticeably over the years, though the longstanding tradition of anarchic humour has remained.



The Dandy was a comic that was published by DC Thomson and ran for 75 years from 1937 to 2012. **Korky The Cat** was one of the longest-running characters in *The Dandy*, appearing on the cover from the first issue until 1984 when he was replaced by **Desperate Dan**, a wild west character, the world's strongest man, able to lift a cow with one hand. *The Dandy Comic* (the 'Comic' part wasn't dropped until July 1950) quickly became a favourite with Britain's kids.

Even the paper shortages of World War II couldn't prevent the Dandy from being published, though Thomson's were forced to reduce their frequency; from 6th September 1941-30th July 1949, *The Dandy* went fortnightly, until the shortages were over and life in Britain had returned to something approaching normal. The 1950s were something of a Golden Age for *The Dandy*, with sales sometimes exceeding one million copies of a single issue. Some of the characters included **Bully Beef And Chips** - Bully Beef was the

local bully that everyone tried to avoid but never did! **Brassneck** - A boy called Charley Brand and his best friend who was a robot! **The Tricks Of Screw Driver** - a boy who always has a trick up his sleeve. To the boarding school antics of **Winker Watson** and the unlikely adventures of sheepdog superhero **Black Bob** (a star in his own right).



Mandy was a weekly girls comic published by D.C. Thomson 21st January 1967 to 11th May 1991. Two of the longest-running and most popular picture stories, which also featured in almost every annual, were "Angel" and "Valda". "Angel" centred on Angela Hamilton, a young, wealthy Victorian girl who discovers she has only a year to live and decides to devote her remaining time to caring for orphaned and unwanted children in the slums of the East End of London. "Mandy" also ran text stories, usually serialized in the same manner as the picture-stories, of which the most popular was "The Guardian Tree". This followed the trials and tribulations of the Shaw family, when the five children are orphaned in Victorian times. The children, under the leadership of the eldest sister, Rose, escape the dreaded poorhouse by living on the moors in a cave beneath the roots of a vast tree they christen the "Guardian Tree", which appears to have mysterious and benevolent powers. Other characters included:- **Zelda**, **Saucepan Cindy**, **Anna and the Piskies**, **No Pity for Paula**, **That Girl Next Door**, **Aunt Kate's Household Companion**, **Hard Hearted Harriet** and **The Double Life of Delia**.

NO SEW SOCK BUNNY!

What you will need

- A pair of scissors
- Tape (though not necessary)
- A few cups of dry rice
- Twine
- A sock
- A ribbon
- A marker pen



Instructions

Step 1 Take your sock and fill its toe with rice. You may consider using the large tape tube to help keep the mouth of the sock open, while others may use a funnel while pouring the rice. This will prevent you from spilling the rice on the floor. Fill the sock to the beginning of the heel so that it can stand by itself.

Step 2 Ensure that the toe has more rice than the upper top. Form a well-shaped cylinder by squeezing from the heel to form a small round head and a bigger body. This helps to distinguish between your bunny's body parts. In addition, leave some space at the top of the sock for the ears.

Step 3 Use the twine to tie the upper part of the heel. This will distinguish between the head and the ears.

Step 4 Cut off the remaining upper part of the heel using your pair of scissors. This will make beautiful oval-shaped ears. However, get them to look symmetrical. Ensure that you trim off unnecessary material from the sock that would make the ears appear misshapen!

Step 5 Use the ribbon and the twine to tie the middle of the head and body. The ribbon should appear at the top to make it look appealing. Ensure that the ribbon's colour can match with the sock's colour.

Step 6 Take the marker and make two small dots that make the eyes and an X to make the mouth. Ensure that they are evenly spaced.

You can also add a small tail for the bunny. Pinch a small part of the sock bunny's body from the toe and use your twine to make the tail. You can also use a small cotton ball to make the tail if preferred.





3 exercises to improve hand mobility

These hand and finger exercises from our Tai Chi expert Deborah can help strengthen your hands and fingers, increase your range of motion and give you pain relief. Stretch only until you feel tightness. Perform each complete move 6 times every morning.

1 Finger stretches

Press the tips of your fingers and thumbs together, fingers splayed apart, palms together.

Push the palms away from each other slowly, then squeeze the fingers together. Count to 3, then bring the palms together again slowly and back to start position



2a Wrist - palms face floor



2b Wrist - palms face outwards



3 Finger stretches

Make a fist and then open and stretch out your fingers





How can we help?

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

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

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

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

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

Foot care. We offer basic nail-cutting (£15) at the Ann Owens Centre in East Finchley and, for people with diabetes, taking steroids or warfarin, we have nail-cutting with a podiatrist (£20). For an appointment, phone **020 8203 5040**.



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**.



The 2021 census takes place on 21 March - by taking part and encouraging others to do the same, you'll help make sure your community gets the right services. You should have received a letter that will tell you everything you need to know about how to complete the census. Although people are being encouraged to fill it out online, paper copies are available. To get a copy, just call the free census contact centre on **0800 141 2021**.

If you, or anyone you know, needs help, there's plenty available - including accessible guidance videos with BSL, audio and subtitles plus guidance support in 50 languages.



Our Handyperson Team Adam and Martin answer your questions

My favourite vase is looking cloudy. How do I clean it safely? June, Burnt Oak

Unless the vase is gilded or made from crystal, there's nothing to stop you giving it a run-through your next dishwasher cycle. But if the vase is too precious for that, fill it with hot water, drop in a dishwasher tablet, stir and leave overnight. Rinse thoroughly. This should remove 99 per cent of dirt.

To remove hard-water deposits from the inside of a glass vase, fill the vase with distilled white vinegar and leave to soak overnight. If the vase is still marked, add a handful of rice to the vinegar, swill it around vigorously, then rinse with hot soapy water and dry with a clean cloth.

Our Handyperson Service can help you check your home to try and keep you warm and safe – from checking and bleeding radiators to assisting with draught proofing. 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 means tested and disability benefits. For an appointment call 020 8150 0963.

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.



DEALING WITH LONELINESS

Many of us feel lonely from time to time, it's normal, and these short-term feelings shouldn't harm our mental health. However, because the pandemic has gone on for so long, these feelings of loneliness have become entrenched for some people.

'We are born wired to connect and we need to feel the warmth of common humanity,' says Barnet therapist Ruth Dines. 'So a lack of physical contact can cause us to feel flat, anxious and depressed.' Whether you are lonely through loss, or through lack of contact, the feelings can often be the same - anger, despair, sadness, frustration and envy. But these emotional reactions are a normal response to loss and loneliness, says Ruth, so acknowledging them rather than suppressing them will, in the long run, be better for your mental health.

On a positive note, we must not underestimate our ability to adapt to new situations and find opportunities for growth and happiness, even in these uncertain and challenging times.

The following strategies from Ruth may help you work through your loneliness:

* Accept the reality of what you can't control * Focus on what you can do * Try to accept that much of life is unpredictable * Be as flexible as possible with your needs and expectations of yourself and others. This adaptable mindset will make it easier for you to deal with what life throws at you. * Be kind and compassionate to yourself. Accept certain days you may feel down and lethargic and acknowledge the feelings. Once you have allowed the feelings in, you can then move on and distract yourself. * Focus on activities you enjoy – walking, learning something new, writing a diary and volunteering can all help.

Make an appointment with your GP if your feelings of loneliness fail to shift and contact our Befriending Service on 0208 432 1416 if you would enjoy a weekly friendly chat with one of our lovely befrienders.

CONTACT US



And finally.....



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

We look forward to hearing from you.

RELIGIOUS FESTIVALS THIS MONTH

17 March ST PATRICK'S DAY - Christian. The patron saint of Ireland, who lived in Britain in the 4th century CE, became a priest and set out to evangelise the Irish. His symbol is the shamrock.

21 March PASSION SUNDAY - Christian. This is the 5th Sunday in Lent, when Christians begin to concentrate their thoughts on the Passion or the suffering of Jesus.

28 March - 4 April PASSOVER / PESACH - Jewish. An eight day festival when Jewish people commemorate the Exodus from their slavery in Egypt. The *Seder* meal is held in each family's home at the beginning of the festival, when the story of their deliverance is recounted. *Matzah* (unleavened bread) is eaten throughout the festival.

28 March PALM SUNDAY - Christian. First day of Holy Week, when Christians remember Jesus' triumphal entry into Jerusalem.

28/29 March - HOLI / Hindu. Bonfires are lit and coloured powders and dyes are thrown over people. Various stories of Vishnu and of Krishna are related throughout the festival.

29 March (14th Sha'ban) THE NIGHT OF FORGIVENESS / LAILAT-UL-BARA'AH Muslim BIRTHDAY of 12th IMAM, Muhammad ibn Hasan al-Mahdi (Shi'a) Muslims seek forgiveness for their sins at this time. Many hold that on this night a person's destiny is fixed by Allah for the coming year. The night is spent in prayer, asking for forgiveness and God's guidance.

SUDOKU P8

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

So sorry for omitting the answers to the TV shows in February's issue P9 - We just wanted to see if you were reading our newsletter - and you are!!!!



Harry Worth, Fanny's Kitchen, Andy Pandy, Double Your Money, Dixon of Dock Green, Take Your Pick, Here's Lucy, Coronation Street

PROVERBS Missing words p8

Tools, bush, fonder, lives, link, words, straw, wise

Answers to crossword on P8

Across: 1. Wrench, 4. Spend, 7. Row, 8. Sockeye, 9. Lettuce, 10. Tardy, 13. Meek, 14. Chrome, 16. Cue, 17. Sponge, 20. Item, 23. Plane, 25. Rejoice, 26. Abraham, 27. Tot, 28. Entry, 29. Tehran.
Down: 1. Wisdom, 2. Excite, 3. Cheer, 4. Switch, 5. Escudo, 6. Delete, 7. Rely, 11. Akin, 12. Dice, 14. Cell, 15. Ruin, 17. Serene, 18. Object, 19. Gaiety, 21. Tether, 22. Madman, 23. Peat, 24. Agree

