

PIGEON POST

Keeping you informed & involved

March 2022



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Hello,

If you enjoy word games, like Wordle, my current obsession, turn to page 7 where Professor Catherine Loveday tells us why these games are so good for our brains.

On page 5, we have a lovely interview with one of our

Finding Your Feet clients, who is looking forward to doing things again after not leaving her house for two years.

We've got a trip down memory lane on page 10 with some vintage adverts. We particularly enjoyed the Addis Wedding Set – though, not sure it would make it onto any wedding list nowadays!

And finally, if you're feeling the squeeze due to soaring food costs and rising inflation, check out our handy tips from consumer group Which? on how to save on your weekly food bill.

Helen Newman
Chief Executive





FIVE WAYS WITH LEAFY GREENS AND BEANS

We all know the saying ‘an apple a day keeps the doctor away’. The same can be said for a serving of leafy greens and beans, says cookery volunteer Kato. ‘They are perfect foods to help us reach our required daily intakes of fibre, and a host of essential vitamins and minerals.’ To add to this, they are cheap and plentiful. However, many people struggle to include a daily serving of these, so here are five beans and greens recipes from different food cultures around the world. They take 30 minutes or less to cook, make delicious leftovers and freeze well. We hope they will inspire you to start experimenting more with leafy greens and beans in your diet.

Indian chickpea and spinach curry

Gently fry 1 medium chopped onion and 2 peeled and chopped garlic cloves in 1 tbsp of sunflower or rapeseed oil until soft. Add ½ tsp each of ground coriander, cumin, turmeric, and chilli powder to the onion and fry for 30 seconds, then add a can each of drained chickpeas and chopped tomatoes, and simmer gently for 8 minutes. Add 200g of spinach leaves and simmer for 2 minutes. Serve with rice, rotis, or naan bread and fresh chopped coriander.



Italian greens and beans

Gently fry 2 whole garlic cloves and a pinch of red pepper flakes in 2 tbsp of olive oil until garlic starts colouring. Remove garlic, and add 1 can cannellini beans, 300ml chicken stock, and 2 cloves of minced garlic. Add 160g of kale leaves (hard stalks removed), and simmer for 20 minutes, stirring occasionally. Top with grated Parmesan or Romano cheese to serve.

Greek baked beans and greens

Gently fry 1 onion, 2 spring onions and 2 cloves of minced garlic until soft in 2 tbsp of olive oil. Add 1 can of butterbeans, 250g of spinach, 3 tbsp chopped fresh dill, or 1 tbsp dry dill tops, and 1 tbsp of olive oil to the onions. Bake in an ovenproof dish in a 200°C preheated oven for 20 minutes. Serve with a squeeze of lemon juice.



Palestinian chard and black-eyed peas

Gently fry 1 leek, 2 minced garlic cloves and a pinch of chilli powder in 1 tbsp of olive oil until soft. Add 1 can of black-eyed peas, 1 chicken stock cube dissolved in 200ml hot water, ½ tsp nutmeg, the juice of ½ lemon, and the chopped stalks of 200g chard. Simmer for 15 minutes, and then add the chopped chard leaves. While the stew is simmering, in a food processor add a bunch of coriander leaves and stalks, 2 green sliced chillies, 2 garlic cloves, 30g walnuts, 1 tbsp honey, 1 tbsp olive oil, the juice of ½ lemon, and seasoning to taste. Pulse into a paste, and serve on top of the stew.

Southern black-eyed pea stew with kale

Gently fry 1 medium sliced onion and 2 tsp minced garlic in 2 tbsp rapeseed or sunflower oil, until soft. Add 6 cups chicken stock, ½ cup barley, 1 cup finely chopped sun-dried tomatoes, 1 tbsp chopped fresh oregano, or 1 tsp dry oregano, 1 tsp ground pepper, and chilli flakes to taste. Reduce the heat and simmer for 30 minutes until the barley is soft. Add 2 cans of black-peas, and 3 cups of kale leaves and cook for another 10 minutes.

ROGUE BUILDER SCAMS

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

BOGUS TRADESMEN

Be aware of tradesmen knocking at your door offering their services. They will often quote a price then demand a lot more money once they claim to have carried out the work. They can try to intimidate you into agreeing to have work carried out there and then. Refer them to a trusted neighbour or relative. Do not part with any money or allow them into your home. Use tradesmen who are recommended by someone you know and trust.

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



BRAIN BOOSTERS: THE GREAT OUTDOORS

This month's flexible thinking challenge from Michelle Reshef, founder of Dementia Prevention UK focuses on getting fresh air and enjoying nature, which is very important for our brain and mental health.

Make sure you take advantage of warm and sunny days and while you are out there try to pay attention to trees, birds, flowers, people, dogs, and cars passing by. When you go back inside, retrieve those memories and ask yourself how many cars passed by, how many trees you saw, who did you meet?

Exercising your memory is like exercising your muscles, the more you create opportunities to take your brain to the gym the better.

The day after, you can check how many items you remember. If you remember five items and more, that is great.

Let us know how many items you were able to remember and maybe have a competition with a friend or a neighbour?

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.

ECO CORNER

One man's trash is another man's treasure! Volunteer Katharine continues her mission to save the planet and suggests looking at other options before you buy new....

'Skips can be treasure troves, as folk throw out the most extraordinary things. If you see something in a skip which you covet, just pluck up courage, ring the bell and ask if you could take it. (You need to ask rather than take, as without permission it can still be seen as theft). I had a beautiful quirky ex-skip chair many moons ago, unlike anything you could buy. Conversely, you can get rid of anything via the front garden: I have off-loaded a damaged table-tennis table, my car (for a price!), a rotating compost bin, all manner of minor unwanted, and via an ad in Nextdoor, the neighbourhood network - a greenhouse. If you want to join it, whether to give or to acquire, just google: How to join Nextdoor. Good luck! Good Findings!



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.**



POETRY CORNER - Teabag by Matt Harvey

You are a four-cornered star, shining rustily in hot water
You are the perforated parachute that makes my morning
landings soft when I crash in from dreamland
You are a savoury scented sandbag
as half-empty as it is half-full
Your permeable membrane an inverted flood-wall
You're the force that through infusion drives my waking hour
a freshwater sponge, soaking up my power
To resist you, I insist you're always welcome to muddy my waters
For when I am blue I brew you up and pour you out into my cup
and offered as soothing ointment to my oesophagus
You are not a disappointment
although you are (a disappointment) as a Christmas decoration
and also as a duvet you've a very low tog rating
Produce of more than one country
you're an intercontinental holistic missile
Yes I'll always keep our mid-morning appointment
for the best of many heavens is
Eleveneses
And when you're hot for me
to be honest
just one is
enough per pot for me
Consolation prize, fowl-weather friend
treasure at the rainbow's end
Calm-inducer, tongue-loosener
Rescue-remedy, biscuit softener
You're often a subtle social worker
or community relations officer
Peace-broker, mediator
china-stainer, radiator
nerve-soother, mood-changer
don't you ever be a stranger
My multi-tasking flask-filler
waker-upper
cuppa-maker
throat-stroker
I'll see you later...



This poem was read in our first Poetry Sharing session when participants took turns to read their chosen poems aloud. Everyone enjoyed chatting informally about the writing and about our own memories and feelings connected to the poetry. The next poem sharing session will be held on Zoom on Monday 21 March at 3.30pm. Please contact Helen on 07384 466840 for more information.

Why poetry is good for us!

According to scientists, thinking about images you conjure up when you read a poem, and trying to work out the layers of meaning, activates parts of the brain that help us to interpret our everyday reality and may help us to cope better with unpredictable events.

When we really struggle to understand a poem, we are improving our flexible thinking skills and our ability to ponder multiple meanings – all skills that can help reduce our risk of memory loss.

‘When I’m better, I won’t be able to get to TK Max quick enough!’



Eighty eight year old Brenda hadn’t left the house for two years when her doctor put her in our touch with our Finding Your Feet service.

‘I used to go out all the time – I’d go into town shopping with a group of friends twice a week. But before lockdown, two of them died, one had her legs amputated and another moved away. I was devastated and I quickly became very isolated. I don’t have family or anyone else around so I had no one to go out with. Soon I lost a lot of confidence about going out on my own.’

Covid made everything worse and then days turned into years.

‘I was finding it difficult to talk to people because I didn’t see people and hardly spoke to anyone,’ says Brenda. And then after her doctor referred her to Age UK Barnet for support, she was matched with volunteer befriender Gaby. The idea was to give Brenda the confidence to get out and about again. ‘As soon as we met I knew we’d become friends,’ says Brenda. Gaby felt the same way. ‘When I first saw Brenda I thought – Wow, she looks amazing! Then I saw her fantastic house and I thought, yes, we’re definitely going to get on!’

Brenda’s house is like a museum, colourful and full of wonderful artifacts she’s picked up over the years. She has a jungle themed conservatory, a vintage bar in the corner of her dining room and a red-themed living room. ‘Stepping into Brenda’s house felt like going on holiday, it’s an escape from the world,’ says Gaby. They had a lot to talk about too. ‘We both worked in fashion, both like food and both like Marks & Spencer,’ says Gaby. They love chatting about their lives and what they’ve watched on television, but the ultimate aim is to get Brenda out of the house.



‘I really want to go out again and we’re planning to go to Mark and Spencer together,’ says Brenda. ‘I’ll walk in and go straight to the flowers – pick up a lovely bouquet, which I always used to do first, and then work my way round the store, spending a bit of time in the cream cakes section, of course’ So far they’ve only been on one walk out – just to the end of the road and back – but each time Gaby comes around, they’ll go a bit further. Hopefully it won’t be too long before she’s back shopping again.



‘When I’m better, I won’t be able to get to TK Max quick enough!’ she says. Considering Brenda has been inside for so long, she’s in very good spirits. ‘I’m not a depressive person,’ she says ‘I will always get up early and put on my full make up. I need to do that to make me feel me. I couldn’t let myself go.’ And although she’s not left the house, she’s certainly not inactive. ‘It takes a lot of time to keep my home clean and the artifacts dust free.’

This is why she didn’t have a problem physically when she stepped outside for the first time. ‘All the housework and hoovering keeps her moving,’ says Gaby. ‘A lot of people who walk outside after a long period inside struggle because their muscles have ceased up after being inactive for so long and they don’t feel safe.’ Brenda is

feeling optimistic about the future. ‘If my friends were around, we’d still be doing the same thing, shopping and having a laugh. We used to look after each other,’ she says. ‘But now Gaby has entered my life, everything feels different and I’m looking forward to doing things again!’

If you or anyone you know is struggling to get out again after losing a bit of confidence, Age UK Barnet’s Finding your Feet service might be able to help. Phone Becky on 0208 150 0967

CHICKEN AND PARSLEY PATTIES

Ingredients

For the patties

250g chicken breast minced, or chopped finely by hand
 1 ½ tbsp parsley, finely chopped - or 1 tsp dried parsley
 1 ½ spring onions, very finely chopped –
 or half an onion, very finely chopped
 ½ tsp butter
 30g fresh bread crumbs
 25ml milk
 Salt and pepper to taste
 Oil for frying



For the braised leek and cheesy sauce

150g leek, cut into 1cm rounds
 15g flour
 25g butter
 115ml full fat milk
 50g cheddar - grated
 ½ tsp of salt

For the swede and potato mash

1 large Desiree potato cut into 2cm dice
 (you could use King Edward, Lady
 Balfour or any other good mashing
 potato)
 ¼ swede cut into 2cm dice
 40g grated parmesan or cheddar
 20g butter
 1 garlic clove, chopped finely



Method

To make the patties

- Soften the spring onions in a small frying pan with the butter, do not brown. Cool.

In a mixing bowl add the chicken, spring onions, breadcrumbs, milk and chopped parsley. Season with salt and pepper. Mix well.

To make the chicken patties, weigh the mixture and divide into 4. Shape each ball of chicken into the shape of a hamburger. You can do this with your hands or put into an oiled ramekin, pat down until flat then turn out onto a tray and put into the fridge to rest and firm up for half an hour. You can make these patties up to 12 hours in advance if you keep them in the fridge.

Fifteen minutes before eating heat some oil in a frying pan to a medium to low heat and add the patties, cook on each side for four minutes until golden brown. Drain onto some kitchen paper and rest for five minutes covered.

To make the mash Put the swede and potatoes into a large saucepan covered with water, add a large pinch of salt. Cook for 20 to 25 minutes until soft. Drain well. Add the butter, garlic, add grated cheese (if you're using some). Mash up with a potato masher, check for seasoning.

To make the leek and cheesy sauce Soften the leek with the butter in a non-stick pan on a low heat, be careful not to brown. This will take a good 30 minutes as they need to soften really well. Now add the flour to the leek, mix in well and cook for a minute on a low heat. Add half the milk, bring to simmer, mix well and then add the other half of the milk. Cook until it thickens. Add the cheese, mix in until melted and then taste for seasoning. This can be made in advance and reheated. If you prefer, you could leave out the sauce and serve with green veg.

If you have a wheat allergy you can leave the bread out or use a gluten free alternative. Don't be tempted to put the spring onions in raw, they are better if they are cooked.

If you don't have spring onions, you can use a shallot instead, it must be finely chopped. You can use chicken stock if you don't want to use milk, this makes more of a velouté.

THE WONDER OF WORD GAMES

Whether it's traditional crosswords, games such as scrabble or the latest online craze wordle, word games make us feel good when we do well and are incredibly good for our brains. Here, Professor Catherine Loveday explains why and what's going on mentally when we play.

Everyone is talking about wordle at the moment - an online game you can play on a smart phone, a bit like Mastermind. You have six chances to guess the day's secret five-letter word. Type in a word as a guess, and the game tells you which letters are or aren't in the word. The aim is to figure out the secret word with the fewest guesses.

'When you get a few letters correct you're beginning to use your working memory, which is the ability to temporarily hold and manipulate information in short-term memory' 'When you get a few letters correct you're beginning to use your working memory, which is a brain system that allows us to hold things in our mind temporarily while we work something out - for example remembering a set of instructions or directions or doing a maths puzzle.'

So games like wordle, crosswords and hangman can help strengthen working memory and help us organise information better,' says Catherine. 'And as we play more, we develop better, newer strategies and build up our word fluency, our ability to generate strings of words.'

Studies have shown that adults older than 50 who frequently engage in word games perform better at tasks that require the use of their memory, reasoning, and attention skills.

Why word games are so compulsive 'These games activate the brain's pleasure centres or "reward systems",' says Catherine. 'In Wordle, for instance, we get little payouts for every letter we get correct and a big payout when we get the whole word correct,' says Catherine. So for crosswords or other word games, each letter, or word, gives you a sense of the reward until you finish the puzzle. 'Like a gambling machine where you get a little payout waiting for the big payout,' says Catherine.

But the game or puzzle needs to be hard, but not too hard. 'If we get something right all the time, it's not rewarding or fun. If you never get it right, it's not very rewarding. But if you get intermittent rewards- you get a letter or word correct - that's a little trigger of the reward pathway.'

If you're struggling to find a solution? Stepping away for an hour or two might do the trick. 'Our brain does a huge amount of processing and problem solving when we completely leave things alone so you might find the word pops into your head after a little break,' says Catherine.

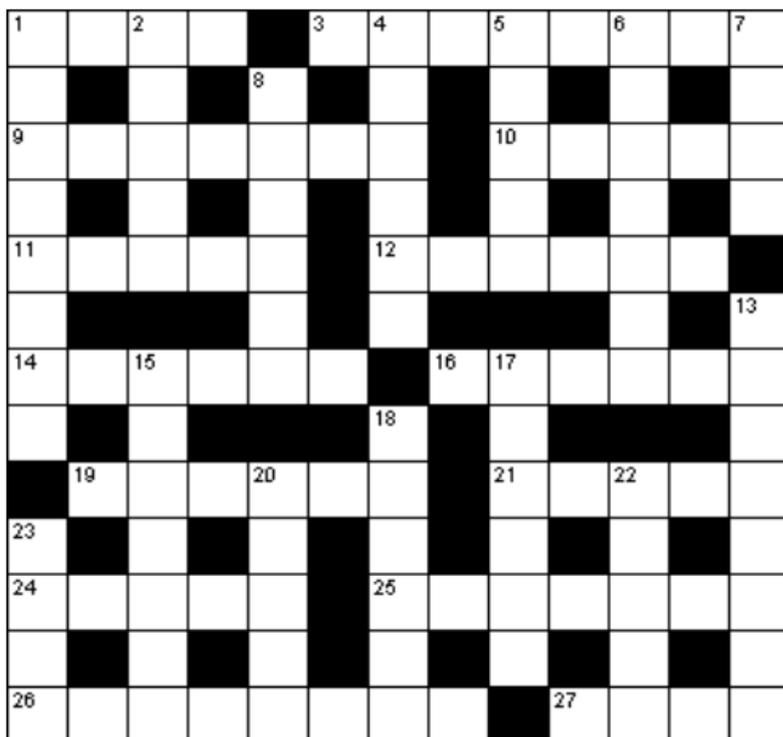
Something known as anchoring can also hold you back. 'This is when you get caught up in a specific belief or preconception, normally based on previous experience which makes you go for the most common answer,' says Catherine. 'Again, it can help to take a break and let our unconscious brain do the work.'

'When I started my research career, I had one participant in his 90s who could still do the Times crossword in 15 minutes!'

Catherine

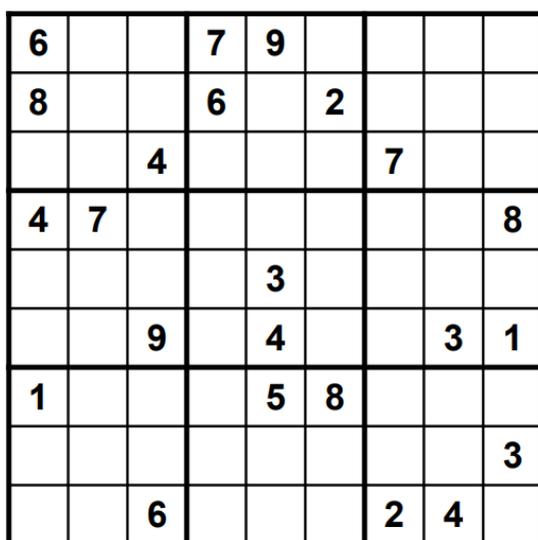


PUZZLE TIME....



ACROSS	
1	Mountain lake (4)
3	Waylaid (8)
9	Hazy (7)
10	Soft flat hat (5)
11	Covetousness (5)
12	Raids (6)
14	Horizontally (6)
16	Shortness of sight (6)
19	Informal French restaurant (6)
21	Illumination (5)
24	Play unfairly (5)
25	Smarty pants (4-3)
26	Loathed (8)
27	Arthur ___, tennis player (4)

DOWN	
1	Sort of sledge (8)
2	Reddening cosmetic (5)
4	Alter (6)
5	Brown pigment (5)
6	Make haste (5,2)
7	Responsibility (4)
8	Debris (anag.) (6)
13	Historic French prison (8)
15	Apparel (7)
17	Cowardly (6)
18	Turf accountant (6)
20	Skirts worn by ballerinas (5)
22	Be an informer (5)
23	LSD (4)



**SUDUKO
MODERATE**

OCCUPATIONS WORD SEARCH

- | | | |
|--------|--------|--------|
| Artist | Doctor | Sailor |
| Author | Draper | Singer |
| Banker | Editor | Tailor |
| Barber | Farmer | Tinker |
| Broker | Jockey | Trader |
| Cabbie | Lawyer | Waiter |
| Cowboy | Miller | Welder |
| Cutler | Porter | Writer |



EASY CRAFTS



Indoor Gardens!



Cup Garden

I love this idea! Using a simple mug or cup, you can create your very own tiny garden! Since cactuses and succulents do very well with minimal water, these plants would be ideal to use. You can get as creative as you'd like with a cup garden. You could even choose a jumbo sized cup or the tiniest tea cup you can find. The possibilities are endless with this creative concept!

Items needed:- Imagination plus a teacup, small cactuses and succulents such as Aloe Vera will be fine.

Soil or peat, little pebbles for decoration along with small ornaments.

Mini Garden

Adorable and affordable, these darling little gardens can be filled with all kinds of plants, rocks, statues and other decorative elements to make this a tiny piece of nature right in your own home. Since the garden can be as tiny as you need it to be, there's no need to worry about where to place it.

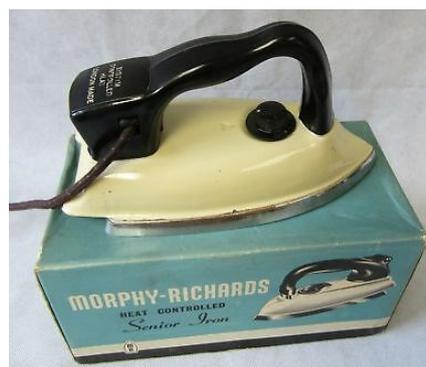


Fairy Garden

No matter what size pot or container you use, you can easily scale up or down depending on the bulk of the project. Succulents are used often in these idea concepts since they are typically pretty small and are super easy to take care of. They require very little water and flourish in almost any type of environment.

VINTAGE ADVERTS AND KITCHEN ITEMS

We take a look back at some old adverts and kitchen tools. How many of them do you remember? Did you ever use any of them?



HOW CAN WE HELP

HOW CAN WE HELP?

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

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

For essential jobs in the home please phone our **Handyperson Service*** on 020 8150 0963. 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.

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**.

HOW TO SPEND LESS ON FOOD

1. Use the big supermarket rather than their local chain Consumer group Which? analysed the average prices of 48 items at the two largest convenience chains, Tesco Express and Sainsbury's Local, and compared the costs with the same items at their supermarket counterparts. Sainsbury's prices varied the most - you could be paying 9.5 per cent more over the course of a year for exactly the same groceries by shopping at a Sainsbury's Local rather than a regular Sainsbury's supermarket.



2. Stock up when you can and shop around Another Which? survey found a grocer that almost always beats its rivals on the cost of branded groceries and a supermarket where you'll pay almost four times the amount for the same product on some days than others. This so-called 'yo-yo' pricing means it's worth stocking up when items you buy regularly are discounted, so you don't have to buy them when they're full price.

3. Buy own label or basic ranges. They're cheaper and often you won't even notice the difference.

4. Know the difference between use-by and best-before dates. Food with a use-by date must be used by midnight of its expiry date or it could be unsafe. However, best-before dates are far more flexible and don't have the same safety issues. Food near or even after its best-before date is usually perfectly fine to eat and often heavily discounted. If you find something in the cupboard that's gone past its best-before date, give it a sniff – if it smells fine, it should be okay to eat.

Healthy heart = healthy brain

Keeping your heart healthy lowers your dementia risk



BARNET
LONDON BOROUGH

Barnet
ageUK



Move more!

Have a balanced diet

Quit smoking

See Barnet
Council
website for
advice

Phone Age UK
Barnet on 020
8203 5040 for
activities for
over 55s

Boosting
Barnet
Brains



IMPROVE POSTURE AND FLEXIBILITY

1.



2.



Chest stretch

This stretch is good for posture.

1. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

2. Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds and repeat 5 times.

1.



2.



Upper-body twist

This stretch will develop and maintain flexibility in the upper back.

1. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

2. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

Repeat on the right side.

Do 5 times on each side.

1.



2.



Hip Marching

This exercise will strengthen hips and thighs, and improve flexibility.

1. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

2. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

Repeat with the opposite leg.

Do 5 lifts with each leg.

HANDYPERSON Q&A

Spring cleaning tips from the Handy person team



Door mat - Trap more dirt by using two mats, one outside the door and one inside. To refresh, hose off and air-dry mats. Hoover indoor ones on both sides — going over the back will push trapped dirt out onto the floor where it will be easier to pick up.

Windows - Wait for an overcast day and start on the shady side of the house, as direct sun can lead to streaks. Raise blinds or curtains and wash windows with glass cleaner and a microfibre cloth. Then lower the blinds and dust with a duster and finish by hoovering the fabric curtains.



Fridge - In addition to wiping down your fridge's interior shelving on a regular basis, give the removable bins and shelves a deep clean every now and again. Pop out the door shelves and bins, and wash in warm, soapy water to get rid of food bacteria and spillage.

Your phone - Your mobile phone probably harbours more germs than your toilet seat!! Once you power down your phone, wipe it with a microfibre cloth followed by an antibacterial wipe. Let it air dry for five minutes before wiping it dry with a paper towel or microfibre cloth once more. This same method works well with other electronics, like your TV remote and computer mouse.



Mattress - It's the perfect time to pay attention to what's *under* the sheets. Press firmly with your vacuum's upholstery and crevice tools to clean the top and sides. After hoovering, sanitise your mattress with a disinfectant spray. You can also use a clothes steamer or iron to kill dust mites near the surface. Vacuum afterwards.

FREE WINTER HOME CHECKS

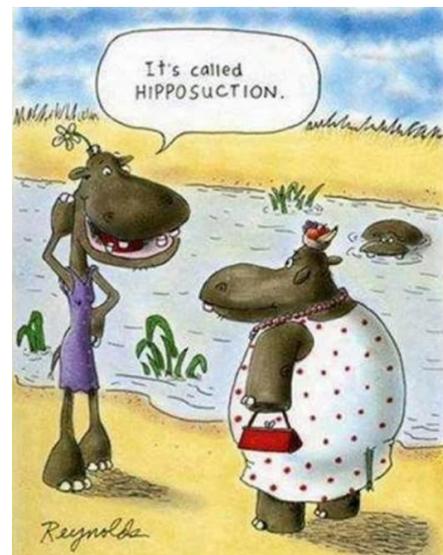
Do you want to cut energy bills? Our Handy person team is offering FREE winter home checks to ensure your home is energy efficient - from assisting with draught proofing to setting heating timers and changing winter curtains.

Just phone us on 020 8150 0963 or email handyperson@ageukbarnet.org.uk

Tomato tactics

Our volunteer Nila shared a great gardening tip

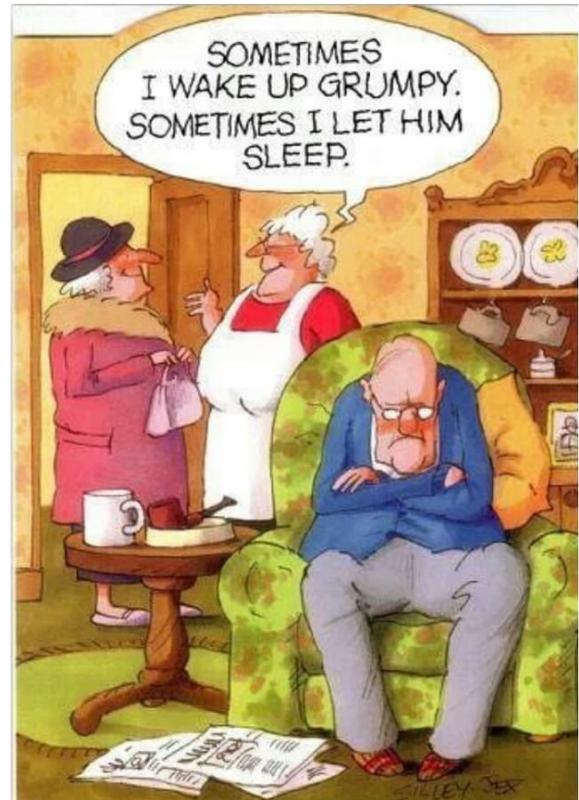
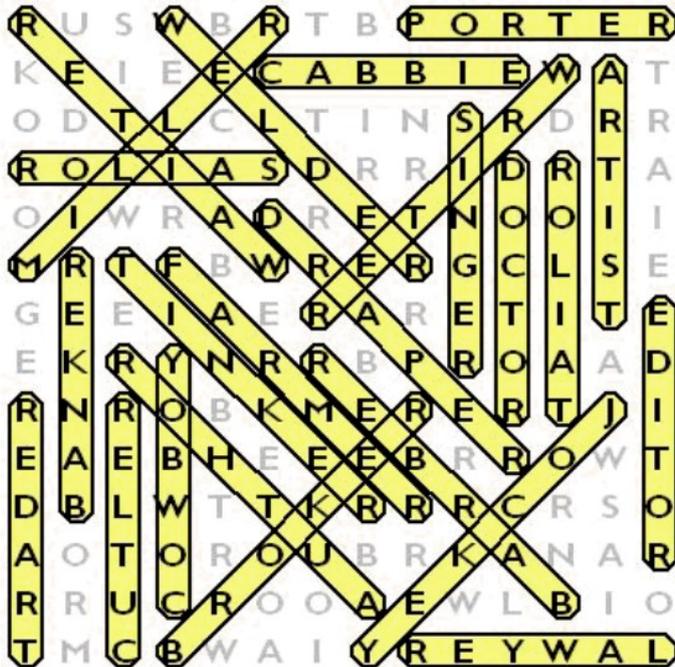
'It's quite hard to get hold of the seeds for the small sweet tomatoes I love, so I just cut up my tomatoes into slices, leaving the seeds, and potted each slice in a separate pot. And it worked! They've all grown into plants!'





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.

OCCUPATIONS WORD SEARCH P8



SUDUKO MODERATE P8

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

CROSSWORD ANSWERS P8

1	T	A	R	N		3	A	M	5	B	U	S	H	E	7	
	O		O		8	B		O		M		U		U		
9	B	L	U	R	R	E	D		10	B	E	R	E	T		
	O		G		I			I		E		R		Y		
11	G	R	E	E	D			12	F	O	R	A	Y	S		
	G							E		Y			U		13	B
14	A	C	15	R	O	S	S		16	M	17	Y	O	P	I	A
	N		A					18	B			E				S
		19	B	I	S	20	T	R	O		21	L	I	G	H	T
23	A		M		U					O		L		R		I
24	C	H	E	A	T			25	K	N	O	W	A	L	L	
	I		N		U			I		W		S			L	
26	D	E	T	E	S	T	E	D			27	A	S	H	E	