

PIGEON POST

Keeping you informed & involved

May/June Platinum Jubilee Edition 2022



PG. 2 Nutrition Bites



PG. 3 Scam alerts!



PG. 4 Over to you -
Poetry Corner



PG. 5 Over to you -
Your lives your stories



PG. 6 Recipe time



PG. 7 Wellbeing -
Professor Loveday



PG. 8 Quiz time



PG. 9 Crafts to make



PG. 10 Faith festivals



PG. 11 How can we help?



PG. 12 Exercises



PG. 13 Brain Boosters &
Organisation of the month



PG. 14 Quiz answers



PG. 15 Nostalgia page...



PG. 16 Queens dresses



PG. 17 Jubilee Jamboree



PG. 18 Jubilee Mosaic



Welcome to a bumper issue of Pigeon Post marking the Queen's Platinum Jubilee. As a former journalist who wrote about the royal family in the 1990s, I have a huge respect for the Queen and her hard work and dedication over the years. And, yes, I did attend a few summer

garden parties, as you can find out in my piece about my days as a royal correspondent on page 15.

Back to 2022 and we're busy planning our Jubilee Jamboree event which takes place on Saturday June 11. As well as live music all day, games, tombola, raffle and food, there'll be a delicious afternoon tea - so do get in touch to book your place.

It's also a chance to meet Barnet's brand new Mayor, Cllr Alison Moore. We've been working with local schools to design and make a celebratory mosaic and the Mayor will unveil our creation in the afternoon.

Enjoy our special issue and hope to see you at our Jubilee Jamboree.

Helen Newman
Chief Executive
Age UK Barnet



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SEASONAL SPRING CROPS - GOOD FOR YOUR HEALTH AND THE ENVIRONMENT

In the past, British springtime was considered the 'hungry' season, in-between the last of the winter crops and waiting for the abundance of summer. 'Although we can now eat anything any time of the year, it remains better for the environment, our health and our pockets to eat locally produced seasonal produce,' says cookery volunteer Kato. 'Spring greens, asparagus, purple sprouted broccoli (a real treat), new potatoes and forced rhubarb are in abundance throughout April and May.' Here are some recipes that make the most of these delicious and healthy local plant crops.

Roasted new potatoes with spinach

Halve 500g new potatoes and simmer gently for 15 minutes. Drain and let them steam dry in the pot. Heat 3tbsp olive oil in a pan, and gently fry the potatoes cut side down for about 5 minutes, until golden. Add 200g spinach leaves, 2 tbsp capers (optional), and the juice and zest of ½ lemon. Allow the spinach to wilt, and serve with toasted sunflower seeds. Enough for 4 as a side dish.



Spring green kedgeree

Gently fry 1 chopped onion, 1 cinnamon stick (or a tsp of ground cinnamon), 2 bay leaves, and 1 tbsp of mango chutney (optional) for about 5 minutes until the onion is soft. Add two cups of brown basmati rice and 2 tsp of medium curry powder (or mild/hot if you prefer), 450ml vegetable stock (one cube dissolved in water), cover, and simmer on low heat for 25 minutes. Meanwhile, add 4 eggs to boiling water, and boil for 5-6 minutes. Cool, peel, and slice the eggs in wedges. After 25 minutes, add 500g shredded spring greens, hard stalks removed, to the rice, close the lid, and steam for another 10 minutes. Arrange the eggs on top of the rice and serve. Enough for 4 as a main dish.



Roasted purple sprouted broccoli

Rub 2tbsp of olive oil into 500g of purple sprouted broccoli – cut along the length to make sure the pieces are roughly equal in size. Sprinkle with red chili flakes and roast at 200°C for 15 minutes. Meanwhile, peel and grate 1 clove garlic, and mix with 80g Greek yoghurt, and the zest and juice of ½ lemon. Serve the broccoli with dollops of the yoghurt dressing and 30g of crumbled feta cheese (optional). Enough for 4 as a side dish.



Asparagus and ricotta frittata

Gently fry 1 large chopped shallot (or a small onion or leek), and 450g asparagus, cut into small pieces, for 5 minutes in 2tbsp of olive oil in an oven safe non-stick frying pan. Beat together seven large eggs, and whisk in 250ml ricotta cheese and 2 spring onions, cut in slices. Add the egg to the asparagus in the pan, and add ¼ cup grated parmesan, and ½ cup grated mozzarella cheese. Put the pan in the oven and bake for 15 minutes at 200°C, and then broil for 1 minutes under the grill to light golden colour. If you do not have the right pan, add the egg and asparagus mixtures to a well-oiled/ buttered oven dish and then follow the same instructions for baking. Enough for 4 as a main dish, and makes delicious left-overs.



Forced rhubarb compote with cardamom

Wash and cut 4 stalks of rhubarb into 2cm pieces. Add to a saucepan and stir in the freshly squeezed juice of two large oranges (not from a bottle or box), 2tbsp golden caster sugar, and 4 whole crushed green cardamom pods (use the back of a spoon or knife to crush them). Bring to a boil, lower the heat and simmer for 15 minutes until the rhubarb has broken down. Taste and add more sugar if too tart. Fish out the green husks of the cardamom pods. Serve over Greek yoghurt. Enough for two.



SCAM ALERT



GIVING YOU THE TOOLS TO STAY SAFE



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

The energy rebate council tax scam.

There's a new council tax refund scam doing the rounds relating to the energy rebate of £150. Scammers are calling people claiming to be associated with the council and explain a refund is due. They then ask for your bank details to pay out the £150 rebate. Please hang up. People who pay for council by direct debit will receive the government's energy rebate directly into their bank account. If people pay in other

ways (not direct debit) they will be sent a letter with details of how to claim the rebate. They should never respond to a phone call, text or email.

Protecting yourself from scams – our one to one service!

We run regular information talks but you might benefit from one of our one to one sessions when Lindsey can talk you through your personal circumstances. She can work out if you need a call blocker, for instance, then arrange for you to get this set up. She can cast an eye over any emails you might be worried about and she can make sure a company that has approached you is legitimate... Lindsey helped one person realise that she'd been paying a direct debit to a fake insurance company for years! And if you have been scammed, Lindsey can help you protect yourself from further risk and check if you can get your money back.

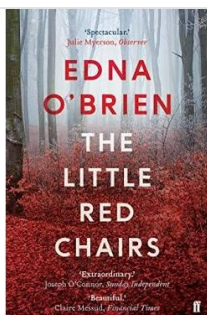
Please get in touch with us on 020 8203 5040 if you have fallen for a scam and need some support or advice.

EVENT—28 JUNE: Protect yourself from the latest scams! Lindsey will be giving a talk online on how to protect yourself. If you have access to a computer, send an email to scamsawareness@ageukbarnet.org.uk to get a link to the event.



BOOK GROUP

Each month we review the book that we read in Age UK Barnet's book group which is run by our volunteer Kato. This month we discussed *The Little Red Chairs* by Edna O'Brien.



Everyone present who had read the book found something that they enjoyed. Bola mentioned how she was taken in by the conversations amongst the immigrants working at the hotel where Fidelma and Dr Vlad went to stay, and Alan made a very interesting observation that Dr Vlad had all the markings of Rasputin – the infamous self-proclaimed holy man and mystic who advised Nicholas II, the last emperor of Russia. Many people mentioned how the Balkan war, which formed the background for the first and last parts of the book, are again played out today with the war in the Ukraine, with all the familiar themes of loss, violence, migration, and how society treats 'outsiders'.

We also discussed how Edna O'Brien has been writing about the experience of women, especially in the context of the socially conservative religious mores in Ireland since the 1960s, and how Fidelma, who is the victim of violence, becomes the main protagonist in the second half of the book when she moves to London, shining a light on the 'invisible' world of immigrants, refugees and other 'outsiders' who form of sizeable part of the city's population.

Our next book, by popular vote, is **Where the Crawdads Sing**, by Delia Owens and our next meet-up is on **Tuesday 7 June, 3-4pm**, at the Ann Owens Centre, Oak Lane East Finchley. Fancy coming along? Just phone Helen on 0738 446 6840 for more information.

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 - The Committee by Anonymous

Oh give me your pity, I'm on a committee
Which meets from morning to night
We attend and amend and contend and defend
Without a conclusion in sight.

We confer and concur, we defer and demur
And reiterate all of our thoughts,
We revise the agenda with frequent addenda
And consider a load of reports.

We compose and propose, we suppose and oppose
And points of procedure we shun,
But though various notions are brought up as motions
There's terribly little gets done.

We resolve and absolve, but we never dissolve,
Since it's out of the question for us,
What a shattering pity to end our committee
Where else could we make such a fuss?



At our last poem sharing session, we shared a wide variety of poems, including this one, and enjoyed chatting informally about the writing, the poets and our own memories and feelings connected to the poetry. Our next poem sharing session will be held on zoom on Monday 23 May at 3.30pm. Contact Helen Nicolaou on 07384 466 840 for more details.



"Aren't you glad we had this meeting
to resolve our conflict?"



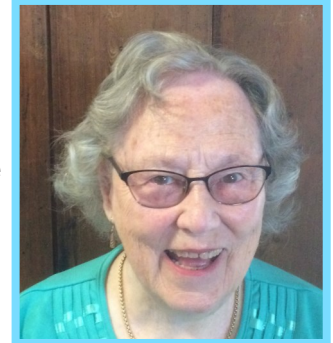
YOUR LIVES, YOUR STORIES!



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 Ann who has lived in Barnet all her life and recalls a few wartime memories.

A common complaint amongst those of us of a certain age is that we vividly remember events in our childhood, but cannot remember something five minutes ago. Yet the memories of childhood seem so bright and clear, quite unencumbered by explanations or reasons why. They are snapshots in time. My next interview is with a lady whose memories of the war are seen in those snapshots.

Ann was born in 1936 in West Hendon, but after the war aged 28 she married and moved to Colindale, where she still lives. Her husband died nine years ago, and she now lives with her only son "to look after her"!



During the war, Ann lived with her parents and elder brother in a large Victorian house in West Hendon. This was divided up into accommodation on three floors, and Ann's family had the rooms on the middle floor. Ann says that the house was beautiful with big rooms, high ceilings and Victorian decorations, but because the flats were not self contained, they had to share a toilet on the landing, and her mother had to lock all the rooms before they went out. In Ann's day there were three fields nearby in which huge shire horses, used for pulling coal carts, were grazed. On winter days Ann remembers the horses coming down a little cobbled lane striking sparks off the cobbles with their iron shod feet, and seeing their breath in the cold air. The lake and land of the Welsh Harp were also close by where her brother and his friends spent their days exploring and building dens. On the only occasion he allowed her to accompany them, she fell into the water, and they had to build a fire to dry her shoes, which were very precious in those days. "Children in those days were not so supervised and had a lot more freedom."

Luckily when the time came to be evacuated, the children and their mother were able to stay with Ann's grandparents in Essex, in a little village called Steeple. Ann's father was in the ARP so had to stay in London. Her grandfather was a farm labourer, and they lived in a little cottage with no electricity, bathroom or heating. Her grandmother cooked on an oil-fired stove but Ann says the food was good and plentiful. She remembers her grandfather washing outside the kitchen window from a bucket filled with water from the water butt. The toilet was a tin bucket in a little hut at the end of the garden, which was emptied by her grandfather. She is not sure where the contents went! Ann says there was not a lot to do, beyond going to church and chapel services on Sunday, being collected for school on the school bus, and in the summer pea picking at the local farm. They were not paid a lot but enjoyed the outing.

However even in this rural spot they could not escape the war, when Ann watched enemy bombers flying low over the North Sea on their way to bomb London, so low it seemed they barely missed the apple trees at the bottom of the garden. Ann also remembers seeing Italian prisoners of war in blue uniforms with POW armbands behind barbed wire enclosures. She thinks they were used to clean the streets or work on the land. There does not seem to be anything frightening or dramatic in Ann's wartime experiences, although it must have been different for her parents. However, I think her memories are lovely (and quite historical) because they were seen from the point of view of a very young and observant little girl. I am just sorry that I do not have the space to include everything that I was told. We all have childhood memories for better or worse, and they are ones we shall never forget.

RECIPE TIME - CORONATION CHICKEN....



This recipe has stayed true to the 1953 version "Poulet Reine Elizabeth" now widely known as Coronation Chicken. It was created by Le Cordon Bleu London to be served at the Coronation Luncheon in 1953. To make it slightly healthier, we have swapped whipped cream with light crème fraîche but, of course, you can keep it traditional and use fresh unsweetened whipped cream. And if you want to lighten things up a little bit more, swap the cream with Greek yogurt.



Ingredients

1 tablespoon extra-virgin olive oil
2 tablespoon white onion (or 1 shallot), finely chopped
1 bay leaf
2 teaspoon mild curry powder
1 teaspoon double-concentrated tomato paste
60 ml red wine
¼ teaspoon brown sugar

200 g mayonnaise
125 g creme fraîche (or unsweetened whipped cream)
1 tablespoon dried apricots, finely chopped
2 large skinless chicken breasts, cooked and shredded or cut into chunks
salt & pepper to taste
3 tablespoon toasted almond flakes, (optional)



Method

1. Heat the extra-virgin olive oil in a large frying pan over medium-low heat.
2. Add the onion, bay leaf and curry powder and gently cook for 2 minutes.
3. Add the tomato paste, red wine and water and bring to a gentle boil.
4. Add the lemon juice and a pinch of sugar, then season with salt and freshly cracked black pepper to taste.
5. Simmer for 2 minutes, until the sauce is slightly reduced, then remove from the heat. Strain the sauce through a fine sieve and allow to cool.
6. In a large bowl mix together the prepared sauce with the mayonnaise, creme fraîche and finely chopped apricots.
7. Add the cooked chicken breast, and gently mix all the ingredients together. Finally, add toasted almond flakes if using.
8. Serve the coronation chicken with a salad, rice or as a filling for jacket potatoes and sandwiches. Enjoy!



Nutrition

Calories: 476kcal | **Carbohydrates:** 6g | **Protein:** 11g | **Fat:** 45g | **Saturated Fat:** 10g | **Cholesterol:** 63mg | **Sodium:** 351mg | **Potassium:** 303mg | **Fiber:** 1g | **Sugar:** 4g |

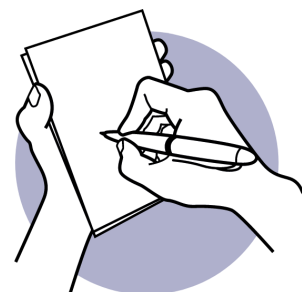


NINE THINGS YOU NEED TO KNOW ABOUT YOUR MEMORY

Neuroscientist Professor Catherine Loveday recently gave a fascinating talk for us about the difference between a normally memory lapse and one that could be a problem. In case you missed it, we've picked out a few highlights

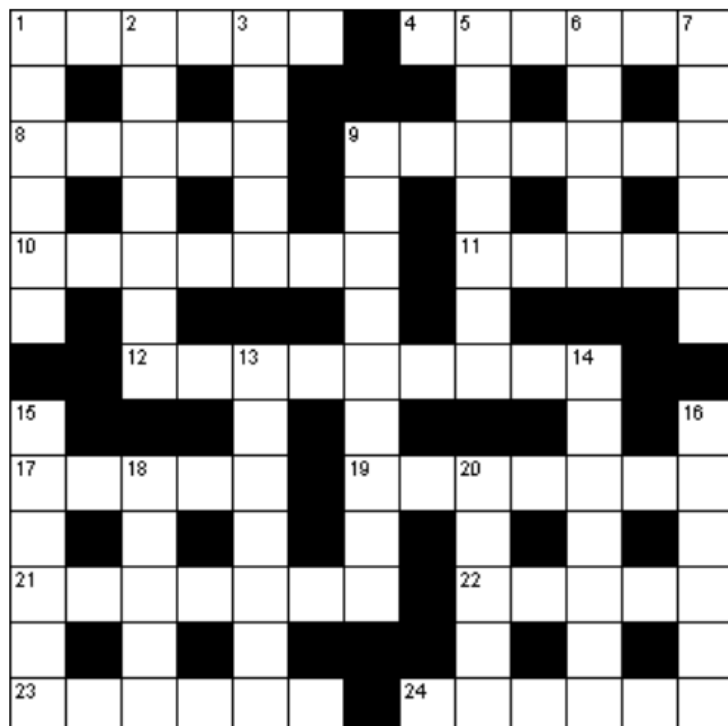
1. It's totally normal to forget words or names, or even what you had for breakfast yesterday.
2. When we're older we worry more about memory lapses out of fear of cognitive decline and dementia, but when we're young we might just dismiss it as being tired.
3. Our memories become more positive when we get older. We don't hang on to the negative memories we tend to hold on to the more positive ones.
4. Multi tasking becomes harder as we age. It often takes us longer to work stuff out, and being in a noisy, busy environment with lots of distractions, and maybe some hearing loss, has an impact. This makes it harder to take things in and can seem like people have forgotten something when they haven't.
5. Don't worry about forgetting people's names. It's a common worry and the anxiety of forgetting makes it less likely you'll be able to recall a name.
6. A sudden change in behaviour or personality is a red flag. Frequently searching for the right word for simple or everyday objects or repeating questions or stories regularly, within 5 to 20 minutes, might be worth investigating.
7. Struggling to keep up with stories, in books or films, if this is something that you normally enjoy, could also be an issue.
8. Intelligent or well educated people are often still able to pass the standard GP memory assessments so memory issues might be missed. Often you, or someone close to you are a better judge of memory changes.
9. Medical issues can present as dementia like symptoms – from motor neuron disease to strokes, diabetes, anxiety and depression. Delirium, which is a temporary state of dementia, can be caused by a fever or certain medication but is often misdiagnosed as dementia.

If you are concerned about someone, or yourself, start taking notes about what you see – what did you notice first, when did it happen, what are you having problems with? The more information you have, the easier it will be for the GP to refer you or someone you care about to a memory specialist. And remember, the earlier the diagnosis, the better. Once a diagnosis is made, there's plenty we can do to hold back further decline in our thinking skills.

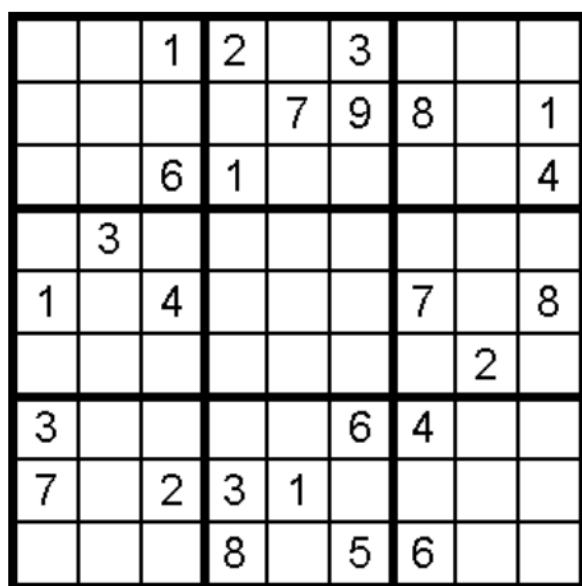


To see Catherine Loveday's talk, take a look at Age UK Barnet's YouTube channel – just go on to YouTube and search for Age UK Barnet.

PUZZLE TIME....



SUDUKO



GET TOGETHER WORD SEARCH

army	gaggle	pack
assembly	gang	rabble
band	group	school
bevy	herd	shoal
cluster	horde	swarm
crowd	host	throng
drove	mob	tribe
flock	multitude	troop

ACROSS

- 1 Very young child (6)
- 4 Demeaned (6)
- 8 Old Nick (5)
- 9 Picture or statue of the Virgin Mary (7)
- 10 Envoys (7)
- 11 Excessive (5)
- 12 Language invented for international use (9)
- 17 Cavalry sword f(5)
- 19 In a violent frenzy (7)
- 21 Spare time (7)
- 22 Punctuation mark (5)
- 23 Failed to catch (6)
- 24 Profoundly (6)

DOWN

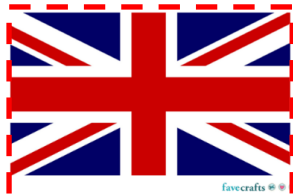
- 1 Offensive remark (6)
- 2 Weariness (7)
- 3 Composition for nine performers (5)
- 5 Nomadic Arab (7)
- 6 Church council (5)
- 7 More expensive (6)
- 9 Doleful (9)
- 13 Supreme (anag) (7)
- 14 Coincide partly (7)
- 15 Refuge (6)
- 16 Thin (6)
- 18 Great happiness (5)
- 20 Pleated frilling (5)

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

EASY CRAFTS - YARN HEARTS

What you will need

Red, white, and blue yarn (light, medium, or bulky weight)
Cardboard, Scissors, Heart template, Pen or pencil,
Tape (optional), Yarn needle.



First, take a look at the Union Jack and what a Union Jack heart would look like to prepare. As you can see, the pattern is simple but does take some care to recreate. The "X" is behind the "+". The white also has to be added before the red for each. When it becomes the heart, you aren't seeing much blue between the X and + but there is a bit. The + is also thicker than the X. There is no need to get it exactly right but these are small differences that help you get it more precise.



With a pen or pencil, outline a heart onto a piece of cardboard. Cut out the heart. *Note:* If you are comfortable, you can skip the drawing part and cut out the cardboard hearts without a template. *Optional:* Use the scissors to cut out tiny snips around the edge of the heart. This will help the yarn wrapping process.

With the blue yarn, wrap the cardboard heart. Keep it tight and move diagonally to help the yarn stay in place. You don't have to cover every single piece of the cardboard since a lot of it will be covered in later steps, but get a good layer or two of blue.



Once it is to your satisfaction, cut the tail and loop it around one or two of the yarn pieces wrapped around the heart. Add a small knot to secure. *Tip:* For more stability at the beginning, you can tape the end of the yarn onto the "back" of the cardboard heart. This is beneficial for children. With the white yarn, create a diagonal cross or "X" shape across the heart. You will want to wrap the yarn around tightly several times so that there is no blue coming through the white. Start with the right side and then do the left side.

Once each section is to your satisfaction, cut the tail and loop it around one or two of the white yarn pieces. Add a small knot to secure.

With the red yarn, create a diagonal cross or "X" shape over the white "X" across the heart. You will want to wrap the yarn around a few times, leaving white on either side of the red. Start with the right side and then do the left side.

Once each section is to your satisfaction, cut the tail and loop it around one or two of the white yarn pieces. Add a small knot to secure.

With the white yarn, create a cross or "+" shape around the heart. You will want to wrap the yarn around tightly several times so that there is no blue coming through the white. Start horizontal and then do the vertical. Once each section is to your satisfaction, cut the tail and loop it around one or two of the white yarn pieces. Add a small knot to secure.

With the red yarn, create a cross or "+" shape around the white "+" on the heart. You will want to wrap the yarn around several times so that there is no white coming through. Start horizontal and then do the vertical.

Once each section is to your satisfaction, cut the tail and loop it around one or two of the white yarn pieces. Add a small knot to secure. Now make as many hearts as you need.



How to Make the Yarn Heart Garland: Cut a long length of yarn (or another string-like material). This tutorial used a doubled-up length of red yarn. Thread the tail of the yarn for your garland through the yarn needle. Then feed the needle through the yarn in the dip at the top of the heart. You add more stability by looping the needle through again. Repeat this process for each of the hearts, with the desired space in between each one. Hang by tacking or tying the ends.



FOR MAY & JUNE



26 May (Thursday) ASCENSION DAY (40th day after Easter) Christian (Western Churches)

This day commemorates the last earthly appearance of the Risen Christ, who, according to Christian belief, ascended into heaven in the presence of many witnesses.

29 May (Sunday) ANNIVERSARY OF THE ASCENSION OF BAHÁ'U'LLAH Baha'i

Commemorates the death of Baha'u'llah at Bahji, near Acre, in 1892. His shrine there has become the place towards which all Baha'is face when praying.

30 May (Sunday) TRINITY SUNDAY Christian (Western Churches)

On Trinity Sunday, Christians reflect on the mystery of God, who is seen as One but is understood in and through God, the Father, God, the Son, and God, the Holy Spirit.

5 June (Sunday) PENTECOST / WHIT SUNDAY Christian (Western Churches)

Pentecost, named after the Jewish festival when the disciples of Jesus first proclaimed the Gospel after the gift of the Holy Spirit, is seen as the 'birthday' of the Church. Its alternative name comes from the custom of baptizing converts dressed in white.

5/6 June (Sunday/ Monday) - SHAVUOT / THE FEAST OF WEEKS Jewish

Seven weeks after Pesach, Shavuot celebrates the revelation of the Torah on Mount Sinai and the early harvest season in Israel. Summer flowers and dairy foods abound.

13 June (Monday) PENTECOST Christian (Orthodox Churches)

An important festival in the Christian year, Pentecost is often seen as the 'birthday' of the Church, since this is when the disciples of Jesus first proclaimed the Gospel after receiving the gift of the Holy Spirit. It is named after the Jewish festival day on which this event happened.

16 June (Thursday) Day of Thanksgiving for the institution of Holy Communion Christian

(Anglican) Also known as **Corpus Christi**. This day recalls the act of Jesus in instituting the celebration of Holy Communion.

16 June (Thursday) MARTYRDOM OF GURU ARJAN DEV (1606) Sikh

The fifth Guru was executed on the orders of the Moghul Emperor, Jehangir, for refusing to pay a fine arising from a charge of treason.

21 June (Tuesday) WORLD HUMANIST DAY National

This Humanist holiday is celebrated annually around the world on the June solstice. It is seen as a time for Humanists to gather socially to promote the positive values of Humanism.



ROYAL WIT!

Queen Elizabeth's former protection officer, Richard Griffin, recounted an amusing incident involving a group of American tourists while she was walking her dogs near Balmoral, her estate in Scotland.

At the time, the queen was wearing a tweed coat and a head scarf when a group approached her, asking, "Have you ever met the Queen?" Her response was, "No," before pointing at Griffin, saying, "But he has."



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**.

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



Prevent soap from falling to the shower floor - Soap is notoriously slippery when wet, to stop this happening, get a pair of tights and cut at the top of one leg. Put the bar of soap into the foot and tie the top end of the leg to the shower head or a handy grab bar.



ECO CORNER



With petrol and diesel now being jaw-droppingly expensive, even after the VAT cut, it's time to look at ways to minimise the amount of fuel that we use, says volunteer Katharine who continues her mission to save the planet

Here are Katherine's tips for reducing the amount of fuel that you use when driving. 'None of these should come as a surprise to you if you stayed awake during school science class,' she says.

- Slow down; avoid harsh acceleration or braking; in start-stop traffic drive as slowly as you can
- Read the road ahead, anticipating lights and roundabouts where you may need to slow down
- Keep tyres inflated to the correct pressure (and they'll last longer)
- Don't carry unnecessary weight in the car
- If you have a roof rack or roof box that you're not currently using, take it off and stash it in the garage.

On a long journey a roof box can increase your fuel costs by as much as 50%.

These rules work as well for Electric Vehicles (EVs). As for the old-fashioned kind - a pair of hypermilers drove an EV from John O'Groats to Land's End with just one recharging stop. (If you're wondering, hypermiling is the art of driving so as to maximise fuel efficiency.)

For even better fuel efficiency, use the train or the bus or a bicycle. Or walk.



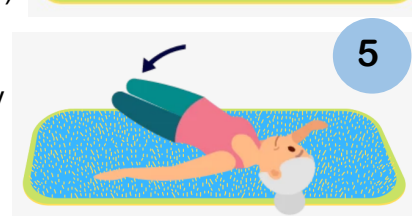
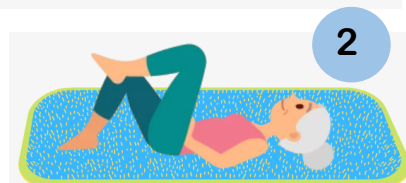
START THE DAY WELL



Wake up your body with our in-bed exercise regime from retired physiotherapist Gillian Jordan

Start by lying as flat on your back as possible. Feel your legs straightening, your head relaxing on the pillow and your shoulders down and back. Concentrate on each part of your body as you do these simple movements. Try doing each one 3 to 5 times to start with and build up to 10 repetitions or more if they feel comfortable.

- 1) Take a couple of deep breaths – in through your nose and out through your mouth. Stretch your arms up as if your fingers are going to touch the ceiling, then gently lower them.
- 2) Now think about your feet - bend and stretch your ankles at the same time point your toes as far away from you as you can and then pull them towards you. Then with both hands, make a fist and then stretch your fingers as straight and wide apart as they can go. Try to do the foot and ankle and hand exercises about 10 times.
- 3) Next, keeping your legs on the bed, slide them apart as far as possible and repeat up to 10 times (see pic 1)
- 4) Next bend each knee in turn towards your chest and repeat up to 10 times (see pic 2)
- 5) The bridge (see pics 3 and 4). This improves our core strength – tummy, buttock and pelvic floor muscles, which are all vital for our continued good and safe movement. Bend both knees so that your feet are flat on the bed. Take a breath in and as you breath out, tighten your tummy muscles and try to lift your tail bone off the bed; breath in again and, as you breath out, lower your hips down and relax. You may find it difficult to lift your tail bone off the bed to begin with, but the tightening of your tummy and buttock muscles is the crucial part of the exercise and, with practice, you may well find you can actually lift your tail bone. If, to start with, you can do two lifts, you're doing well! As it gets easier, increase the repetitions. But remember not to hold your breath!
- 6) With your knees still bent and feet on the bed, this time, keep your knees together and let your legs go down from side to side (see pic 5)



Finish with your legs bent towards the side of the bed from which you get out and swing your feet down to the floor, use your arms to push your body into a sitting position. Stay there for a few moments to get your balance and you are ready to stand up and go!



THE POWER OF THINKING!

Some good news about exercising regularly! Research shows that even thinking in a concentrated way about a movement can actually, in time, improve the quality of that movement! 'It is a technique used in sports coaching and in the rehabilitation of people with a range of conditions affecting movement,' says retired physiotherapist Gillian. 'So, in idle moments, spend some time thinking about you performing a favourite activity in the best way possible or even an exercise you find hard. You might well find you get better at it!'



BRAIN BOOSTERS - Walking matters



This month's flexible thinking challenge from Michelle Reshef, founder of Dementia Prevention UK focuses making the most of your spring walks.

Simply leaving your home is good for our brains, as it lights up part of the brain that we need to map and navigate our surroundings. Finding your own way, and even getting lost, stimulates the brain and keeps the connections going. And once outside in the fresh air, here's how you can make even more out of your walk:

There are so many flowers that bloom this season, for each flower that you see, try to name it, smell it and allow any thoughts to pop into your mind regarding that flower. What does the smell remind you of? Who are the people or the places that that smell bring up? And what do you think of the colours of the flower, do you like those colours, do you find the colours relaxing?

Asking yourself those questions stimulates the brain and gives a new perspective to your walk, and maybe now that you have an activity to follow when you are taking a walk, walks will become more interesting.

You can ask those questions to a friend that is joining your walk, or discuss the answers with a friend or family member when they call.



Let us know what flowers you liked on your walks.

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.

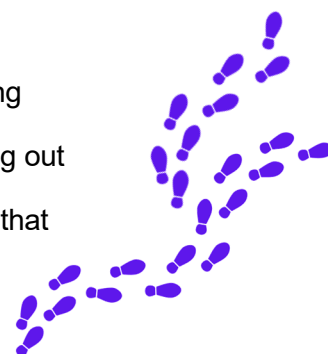
Another reason to leave the house



Leaving your house and going on a walk to the local shops every morning could help you live longer, according to research from Israeli scientists.

Researchers claim that the benefits of putting your shoes on and heading out the door are similar to that of cholesterol-busting statins.

Analysing data from adults in their 70s, 80s and 90s, researchers found that links between longevity and leaving the house remained after mobility and medical issues, such as heart disease, were taken into account.



ORGANISATION OF THE MONTH

Chipping Barnet Seniors Day Centre

'We're a Day Centre which also offers informal befriending to people living in EN5 via volunteers and peer support,' says Gill, who runs the day centre. 'We support any older person who feels lonely and isolated. Many clients are affected by some form of frailty and or mild memory loss.'



'We aim to offer a club like atmosphere, a place to meet new friends and be entertained. We offer regular seated exercise classes, a two course lunch, board games or musical afternoons. The centre also arranges occasional outings and events.'

Open on Mondays and Fridays from 9.30am - 3.00pm. Currently £20 a day. Limited transport available



CONTACT US

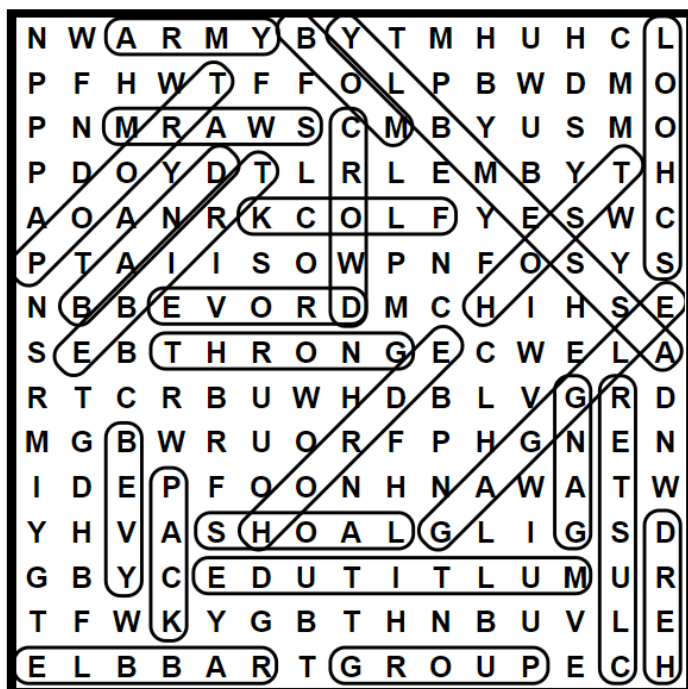


QUIZ ANSWERS.....



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



Emma K aged 6
said it best....



What is Love?

By Emma K. Age 6

Love is when you're
missing some of your
teeth
but you're not afraid to
smile
because you know your
friends will still love you
even though some of you
is missing

SUDUKO P8

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

CROSSWORD ANSWERS P8

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



'I felt privileged to be witnessing history'

In a former life, our CEO Helen Newman here at Age UK Barnet, was royal correspondent for The Weekly News! Here she talks about the garden parties she attended and the huge respect she has for the Queen's hard work and dedication over the years.



I was never quite Jennie Bond, talking to camera for the BBC outside Buckingham Palace or travelling with the Queen on a state visit, but once upon a time I too was a royal correspondent. In my younger days I worked for the famous Dundee-based publishers DC Thomson in their London office in Fleet Street where journalists worked on publications such as The Sunday Post, The Weekly News, My Weekly and The People's Friend.

In the early 1990s I was asked to write the regular pages on the royal family in The Weekly News. The coverage was always gentle and positive - I can assure you all it was about as far from some of the lurid tabloid stories as it was possible to get! It did mean though that I had access to places and events along with some of the 'pack'.

I was very lucky to attend a number of summer garden parties with my Press invitation. On one occasion the weather was so bad people had to take refuge inside the palace and, along with other guests such as Paul Daniels, we were discouraged by staff from sitting down and getting the silk covered chairs damp!

A friend's wedding in 1997 meant I missed the funeral of Diana, Princess of Wales but five years later I was at Westminster Abbey for the Queen Mother's funeral in 2002. It was such a privilege to be among that congregation, witnessing history and also the very real grief of a mourning family.



That was also the year of the Golden Jubilee and 20 years on we are now marking another milestone for Her Majesty who has more than lived up to her 21st birthday promise to dedicate her whole life, 'whether it be long or short' to the service of Britain and the Commonwealth.

Dedicate she certainly has, carrying out thousands of engagements in Britain and clocking up over a million miles as she visited 110 countries. She's hosted over 100 state visits and sat for more than 200 portraits while being patron of more than 500 charities and organisations and holding 50 ranks in the Armed Forces.

I feel worn out just writing that, but the Queen always looked like she was enjoying herself. I saw her a few times at reasonably close quarters and was surprised she was such a tiny lady, very smiley and with bright, twinkling eyes – though of course that could also have been the reflection of the diamonds.



A ROYAL STYLE ICON



FROM 1952-2022



Just a few of her majesty's beautiful outfits worn during her long reign!
Since 2002, fashion designer Angela Kelly has been her senior dresser





OUR JUBILEE JAMBOREE—11 JUNE



We are busy planning our Platinum Jubilee Jamboree which will take place on **Saturday 11 June** at The Ann Owens Centre, Oak Lane N2 8LT (11am-4pm).

Do join us for a fantastic day of live music, food and drink, crafts and games, stalls, tombola and raffle.

There'll be *** Live music & entertainment * Bar and food * Afternoon tea * Tombola and raffle * Plant**

stall * Craft activities and games for the whole family * Make a crown competition.

Costs £2 entry (on the door) which includes a raffle ticket. Some great raffle prizes including a luxury hamper, gym membership at The Muswell Hill Club, a meal for 2 at The Engine Rooms and a massage at Serene Wellness.

Afternoon tea

You can also prebook a traditional afternoon tea: Sandwiches, cakes and scones with all the tea you can drink - all for £3 a person! Bring your family - the more the merrier! Half hour slots are available from 12 noon until 3pm. To book your place, please contact Teresa on 07502 989 403 or email teresa.gallagher@live.ie



Mosaic unveiling

At 1.30pm, The Worshipful The Mayor of Barnet Alison Moore will be unveiling our commemorative mosaic.

We have teamed up with two local schools to design and create two wonderful mosaics to celebrate the Queen's Platinum Jubilee.

'It's been so lovely seeing everyone collaborate in this creative way,' says our CEO Helen. 'Pupils from St Johns, as well as Martin School, have worked together beautifully with some of our art class plus our clients and volunteers, picking colours, chatting and sharing stories while cutting and sticking down their mosaic tiles. It was quite emotional for one of our clients, a former art teacher who is living with dementia – he had a wonderful time working with the children and it took him back to his days in the classroom.'

'These mosaics will not only commemorate the Queen's Platinum Jubilee, they will be a lasting symbol of a wonderful intergenerational partnership', says Helen.



No need to keep buying flower seeds, with this great tip from our volunteer Nila. 'I do this with marigolds but it applies to other flowers such as cosmos. Once the flower has died on the plant, wait for the flower to dry, snap it off and keep them in an envelope for the winter. next season, sprinkle the seeds from those flowers to create a new crop.'



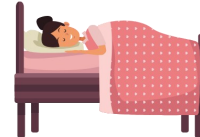
FOR BETTER OR FOR WORSE?

How life has changed since the Queen's coronation. We asked a few of our older activity regulars at Age UK Barnet about how life has changed since their childhoods. Here's what they had to say:



Then - 'The scratchy, woollen blankets and striped flannelette sheets.'

Now - 'Feather quilt and duvets. Much more comfortable.'



Then - 'Outside toilet or gesunder, as it was sometimes known'

Now - 'Much better now. Not sure I want to go as far as Japan though - with a press of the button, you can flush, spray and dry and play music to disguise any toilet sounds.'



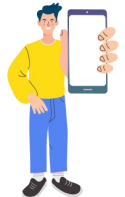
Then - 'Being washed in the kitchen sink or in the big tin bath in front of the fire in the living room. The bath, hung on a hook outside the back door, needed many pans of boiling water to fill it.'

Now - 'Walk in showers—the best invention ever!'



Then - 'Picking up the phone could often provide amusement as it was a party line, shared with others in our neighbourhood, and we could sometimes hear their conversations.'

Now - 'I always have to phone my children on their mobiles – they never use their landlines any more!'



Then - Red phone boxes - Heaving open the heavy door, you were confronted by button A which let you be heard and button B which returned your money. We would often check Button B if we were walking past an empty box. 4d (old pennies) would buy 16 blackjack chews!

Now - 'I miss seeing red phone boxes, but I don't miss using them'



What was happening in the world during the year of the Queen's coronation

1. Thick smog in London in December causes 4,000 fatalities.
2. The English version of Anne Frank's "The Diary of a Young Girl" was published
3. On 16 January – Sooty, Harry Corbett's glove puppet bear, first appears on BBC television. Later in the year, children's show Flower Pot Men launches.
4. Mother Teresa opens the home for dying and destitute in Calcutta
5. The first TV detector van is commissioned in the UK, as the beginning of a clampdown on the estimated 150,000 British households that watch television illegally without a licence
6. Prime minister Winston Churchill announces its development of atomic weapons (Oct.).
7. Greece and Turkey join NATO
8. Compulsory identity cards in the UK, issued during World War II, are abolished.
9. Life expectancy in the UK was 69 years old, compared with now, when it's 82 years old.
10. The De Havilland Comet becomes the world's first jet airliner, with a maiden flight from London to Johannesburg.