


# PIGEON POST





Keeping you informed & involved


January 2022

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Happy New Year to you all and welcome to the first Pigeon Post of 2022. As usual this edition is packed with news and entertainment as well as some rather delicious recipes.

Why not start the year by cooking something new

each week—one of our suggestions in our New Year's resolutions feature. It's not only great for your health, it's good for your brain, too!

And if the dish you've just slaved over doesn't turn out like the recipe book says, we've got some brilliant culinary rescue tips from our volunteer Katharine.

Have a good month and see you next time!

**Helen Newman**  
Chief Executive  
Age UK Barnet

**"THERE  
ARE FAR,  
FAR BETTER  
THINGS  
AHEAD  
THAN ANY  
WE LEAVE  
BEHIND."**

**C.S. LEWIS**



## HEALTHY SNACKS FOR COSY WINTER NIGHTS

Cold winter nights in watching your favourite film are always better with a few snacks on hand. Before grabbing for the hotdogs and Doritos, take a look at cookery volunteer Kato's healthy alternatives that will boost your immune system, and keep up energy levels. All recipes can be halved for smaller quantities.



### Roasted chickpea snacks

Drain and pat dry two cans of chickpeas. Cover with 1tsp of mustard seeds, 1 tbsp mild curry powder, and 1 tsp of caraway or fenugreek seeds. Roast in an oven pan at 180°C oven for 20 minutes.

### Savoury popcorn

Sauté 2 peeled whole bashed garlic cloves, 1 tsp chili flakes, and 1 tsp dry rosemary in 2 tbsp of rapeseed oil for 2 minutes. Drain the oil into a cup and leave for 20 minutes to infuse the oil. Meanwhile, pop 150g popcorn kernels in 2tbsp of rapeseed oil. Add the infused oil to the popcorn.



### Crispy kale chips

Trim 400-450g of kale leaves – cut out the hard stalks and tear leaves into bitesize pieces. Massage 2 tbsp of extra virgin olive oil into the kale until covered. Roast at 160°C for 30 minutes in the middle of the oven. Lightly mix roasted kale with ¼ tsp salt, 1 tsp lemon juice and 3tbsp finely grated parmesan cheese.

### Mini parsnip soup cups

Peel and chop 2 garlic cloves, a thumb-sized piece of ginger, 2 onions, 2 celery stalks, 2 carrots, and 800g of parsnips. Fry gently in 2 tbsp of rapeseed oil for 10 minutes. Dissolve 2 vegetable stock cubes in 1 litre of water, and add to the vegetables, simmer for a further 15 minutes. Blend in the pot with a hand blender until smooth. Add a few coriander sprigs for decoration when serving in small cups, or larger bowls.



### Jewelled cous-cous side dish

Mix 450g wholewheat couscous with 1.5 tbsp of extra virgin olive oil. Add 500ml boiling water and leave in a pot with the lid closed for 20 minutes. Fluff with a fork and stir in 2tsp of harissa paste. Add 100g chopped pistachio nuts, 150g (seeds of one whole pomegranate), 80g each of chopped parsley and mint leaves, and the juice of one lemon. The pomegranate seeds can be replaced with 150g chopped dried figs, dates or apricots – or add one of these in addition for extra flavour.

### Chocolate fig bonbons

Make a small horizontal slit into each of 12 plump dried figs. Cover 12 blanched almonds with ground cloves – 1 tsp should be enough for all 12. Insert one almond into each fig, and close the slit. Place the figs on a baking tray and heat in a 170°C oven for 10 minutes. Meanwhile, melt 150g 70% dark chocolate in the microwave (carefully, start with 1 minute) or in a double boiler. Dip each fig in the melted chocolate (chopsticks help to keep hands clean), and then in 50g of ground hazelnuts or chia seeds (optional). Cool on a baking tray for 2 hours.



## CASH MACHINE THEFTS

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

### Cash machine thefts

'Thieves often watch cash machines and will watch as you key in your PIN,' says Nicole who says it's much safer to go inside the bank to withdraw your money either from the counter or cash machines inside the bank. But if you need to, Nicole says.

1. Cover your PIN and keep an eye on your card at all times.
2. Be vigilant and try to be aware of anyone near you who may try to distract you even if they appear kind and helpful.
3. If someone taps you on the shoulder or tries to speak to you ignore them. Put your card away immediately. Look out for devices attached to machines - some are more obvious than others.
4. You should also keep a regular check on your transactions and report anything suspicious, says Nicole.



## DEMENTIA CAFE



Are you or is someone you know caring for a person living with dementia? Our Dementia Cafe offers advice, support and a chance to meet others in a similar situation.

People living with dementia and their carers are welcome to join us for refreshments on the first Monday of every month 2-4pm at the Friends Meeting House, 53 Leicester Road, Barnet EN5 5EL.

On Monday January 11th, as well as a chat and catch up, Barnet Museum will be there with a Reminiscence box and you'll be treated to a seated yoga session.

# Eat for a better brain!



The diet that reduces your risk of memory loss

### Eat more

- ✓ Green leafy veg
- ✓ Red cabbage
- ✓ Olive oil
- ✓ Tea
- ✓ Berries

### Eat less

- ✗ Sugar
- ✗ Red meat
- ✗ Salt
- ✗ Alcohol

### Eat a bit of...

- ✓ Dark chocolate

Phone  
Age UK Barnet  
on 020 8203 5040 for info  
on cookery classes for  
over 55s in Barnet



BARNET  
LONDON BOROUGH



## OVER TO YOU! YOUR LIVES, YOUR STORIES....

Maybe you've got a cleaning tip, a 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.



## YOUR KITCHEN CRISES - SOLVED!



### **Volunteer Katharine on how to rescue your Sunday lunch disasters.**

My latest cake turned out awful - soggy and undercooked, so I cut it into little squares, put them soggy-side up on a baking tray, re-baked for about 20 minutes at 180 degrees. Served them up as 'soft plum cakes' and they went down a treat! Some more wily ways to cope with kitchen flops:

**Too-salty soup or gravy?** Finely grate and add a small raw potato and/or a spoonful of sugar. Simmer till well cooked.

**Gravy or meat sauce too runny?** Mix 1-2 tbs flour with 2-3 tbs water or cooled gravy (no lumps). Stir in and simmer till it thickens. Or you can stir in a well-crumbled Weetabix.

**Burnt potatoes or veg?** Put all the usable stuff into another pan, add a little chilli, some spices like cumin and coriander, harissa powder if you have it. Good chunk of butter, some grated onion. Serve it up as Exotic Spiced Potatoes/Veg. Don't explain. Straight face. Fill burnt pan with cold water and stick it outside back door till tomorrow!

**Tough stew or chops?** Blitz the meat with a bit of extra onion – add rich thick gravy and serve up as Super-Luxurious Mince.

**Too late to do baked potatoes?** Cut them in half horizontally. Roll in olive oil, including the skin. Place on a piping hot oven tray and bake at high temperature. They will cook so much more quickly.

**Meringues stuck to the tin?** Crumble them up, add to whipped cream and serve up round the plum pudding as Christmas Eton Mess.

### **Katharine's freezer tips!**

Clear out your freezers! Start the New Year by going through all these icy drawers and defrost the packs of ancient soup, boxes of leftover stew, single sausages and packs of four fish fingers!

'Defrost the freezer, clean it out, and you will have plenty of room to store any leftovers,' says Katharine. 'Cooked potatoes don't freeze well on their own so mix and freeze them with vegetables or meat to have a ready-made base for a bake, or rissoles.'

Similarly, she says, cream on its own doesn't freeze well so mix with fruit, or chocolate to make a luxurious pudding.



## LAPTOP LOAN SERVICE



Would you like to use the internet but don't know where to start? Age UK Barnet offers short term laptop loans. 'We have lent 18 laptops to Barnet residents so far and we are helping them get set up and teaching them how to stay in touch with friends and family as well as perform everyday tasks like online shopping, paying bills and signing up to online activities,' says Mandy who is co-ordinating the scheme.

We also have IT support sessions for those who have smart phones, tablets and other devices but would like to know how to use them properly.

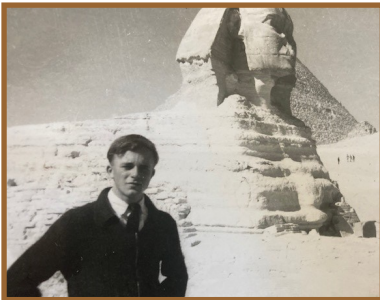
## YOUR LIVES, YOUR STORIES!



**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 has another conversation with James from Barnet.**

Some people have successful careers, reach the goals they set themselves without seeming to get much joy out of their achievements. Others are able to take advantage of opportunities, but also retain a keen sense of the ridiculous and of fun. I suggest that James is one of the latter.

James left school at 15 without any qualifications, but he knew he wanted to be a draughtsman. He joined a local engineering firm, and started in the post room, where he says he started his interest in stamp collecting. However, he needed to learn a trade and joined the RAF for three years and took a course as an aircraft instrument mechanic. He was sent to Egypt to work on propeller and jet aircraft.



Whilst in Egypt he and his friends visited the pyramids and challenged a local fellow for a bet to climb up and down the 480ft pyramid in as many minutes. Unfortunately he went up and down far too quickly so they left the scene fast. James said "We still owe 30 pisaïtres to a young chap in Giza in the early 50s"

After leaving the RAF to get married he rejoined his old engineering firm and worked in the drawing office. However he needed to earn more to support his family, so he joined an American company designing ceramic linings and heavy steelwork for furnaces, incinerators and petro-chemical plants. He travelled to the UK and abroad to supervise furnace installations and to trouble shoot problems as they arose, including boiler repairs to the Queen Mary. He had adventures in Belgium which included wrestling a stuffed grizzly bear during a power cut, and discovering he could not face eating oysters.

On another occasion he travelled to Spain by car, and arriving late at night parked in a lorry car park by mistake. The next morning he found he had a 2,000 peseta traffic ticket. He went to the local police station to protest, and found himself in a building that looked like something out of a spaghetti western. The policemen were very imposing in riding breeches and lots of gold braid. The chief pushed the fine over to James three times, and each time James knocked a nought off the fine. Finally noticing that the chief was getting angry, and that there was a barred jail nearby, James rewrote the fine for 100 pesetas. The chief was happy to accept this. They even extricated his car from the lorry car park, with smiles and handshakes all round. James said "I have always been a good negotiator"!

A few years later he designed linings for two multimillion pound plants in Siberia with ambient temperatures of +40 to -40 degrees. James had to liaise with a delegation of engineers in the UK, but initially phoned their office in Siberia, spoke to a young lady and asked to speak to an engineer. The reply was "Mr Hale, I AM an engineer"!

He was made redundant after 24 years. He had a series of jobs after that, and was made redundant twice again. On his last job he designed a mechanism for securing a tarpaulin based on a lady's (or gentleman's) suspenders!

I was impressed by the flexibility James showed in his career, his ability to seize opportunities as they came his way, and his appreciation of funny or odd situations he found himself in. I am sure that this is continuing in his retirement, and wish him many opportunities of being a "good negotiator".



## RECIPE TIME....



### LEEK AND SAGE RISOTTO WITH CRISPY BACON

A quick risotto easily made into a vegetarian dish by leaving out the bacon and adding two or three large, grilled mushrooms

#### Ingredients

1 tbsp olive oil	200ml hot vegetable stock
2 leeks, sliced	2-3 rashers streaky bacon
85g risotto rice	3 tbsp grated parmesan
small glass white wine	4 sage leaves, shredded, or pinch dried



#### Method

**STEP 1** Heat the oil in a pan, add the leeks and sage and fry for 2 mins until the leeks are starting to soften. Stir in the rice and cook for 1 min, stirring. Add the wine and stock and bring to the boil. Reduce the heat, cover and simmer for 10-12 mins until the rice is tender.

**STEP 2** Grill the bacon until golden and crisp. Remove the rice from the heat, then stir in 2 tbsp of the Parmesan and freshly ground pepper. Spoon onto a plate, sprinkle with the remaining Parmesan and top with the bacon.



Nutrition: per serving Nutrient Unit kcal 685 fat 27g saturates 9g carbs 81g sugars 13g fibre 8g protein 27g salt 1.65g



### IRISH SODA BREAD

Try this easy Irish soda bread recipe for when you want bread in a hurry – it's ready in less than an hour with no kneading, proving (or yeast). This makes a small loaf, but you can easily double the recipe and make two.

#### Ingredients

170g/6oz wholemeal flour	
170g/6oz plain flour, plus extra for dusting	½ tsp bicarbonate of soda
½ tsp salt	290ml/10fl oz buttermilk

Each serving provides 215kcal, 8g protein, 43g carbohydrate (of which 3g sugars), 1g fat (of which 0.3g saturates), 1g fibre and 1g salt.



#### Method



**Preheat the oven to 200C/180C Fan/Gas 6.**

Tip the flours, salt and bicarbonate of soda into a large bowl and stir. Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough. (Depending upon the absorbency of the flour, you may need to add a little milk if the dough seems too stiff but it should not be too wet or sticky.)

Turn onto a lightly floured surface and knead briefly. Form into a round and flatten the dough slightly before placing on a lightly floured baking sheet.

Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack.

**Recipe Tip.** If you don't have buttermilk for the soda bread recipe, you can use half-and-half plain yoghurt mixed with milk. You can also use milk that has been soured by stirring in a tablespoon of lemon juice and allowing it to stand for 10 minutes.



## SEVEN THINGS YOU NEED TO KNOW ABOUT STRESS

### Our trustee, neuroscientist Professor Catherine Loveday, gives the lowdown on stress.

1: Stress is any kind of physical or mental challenge - that might be as simple as getting out of bed or being thirsty or taking part in exercise or receiving a big bill they weren't expecting.

2: Stress always affects the body - whether it's physical stress like going to an exercise class or mental stress like talking in front of people, or receiving an unexpected bill, your body always responds.

3: It's natural for the body to react to a stressor or challenge – it's the body preparing us for fight or flight. But once the challenge has passed, then our body should return to normal. Problems arise when you experience sustained challenges and your body doesn't have time to recover.

4: What we find challenging is individual and depends on the person. For instance, I find going on a boat trip really stressful, but I'm happy standing up to talk in front of a whole group of people. For others this might be the other way round.

5: We also have different levels at which we find stress or a challenge pleasant. Some people find meeting up with one friend and having a cup of tea a stressful thing and others won't feel stressed unless they're in the queue for a rollercoaster.

6: Stress can be good or bad. A stress can be good challenge – for instance on my wedding day my stress levels were high but it was a great day and I was very happy. But it can be something bad and difficult to deal with. Both have an impact on the body.

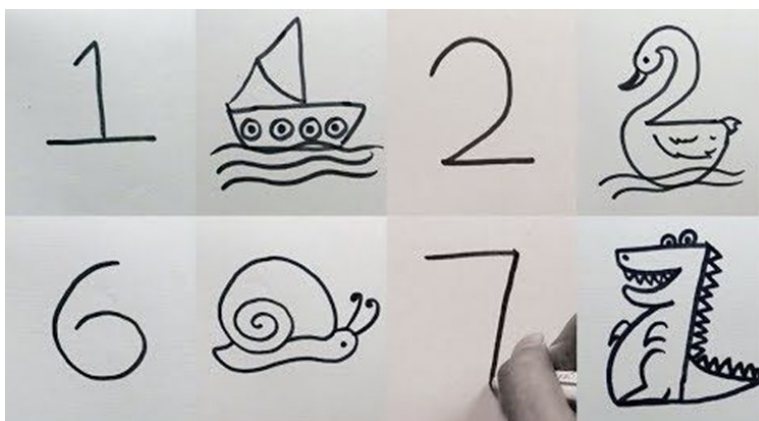
7: Insomnia is a common symptom of stress. We are programmed to keep our wits about us and stay alert and awake if we are anxious. If you are a natural worrier, consider formal techniques that help you relax such as yoga and meditation. It can also be useful to keep a pen and paper by the bed to write things down if they are worrying you. This way you can let them go and deal with them the next day.



## BRAIN BOOSTERS: FLEXIBLE THINKING

A new column from Michelle Reshef, founder of Dementia Prevention UK, on ways to protect your brain from memory loss. This month Michelle focuses on flexible thinking.

'Being able to be flexible in your thinking is a necessary skill for dealing with life's inevitable changes – it helps us adjust more easily to new circumstances, challenges and situations as they arise,' says Michelle. 'And it helps our brain to look for alternate routes to find a solution.'



### Win a £10 voucher!!

We are kicking off this column with a competition. Send your creations to us and Michelle will choose the most creative drawing. The winner will receive a £10 voucher and we will share the drawing in a future issue.

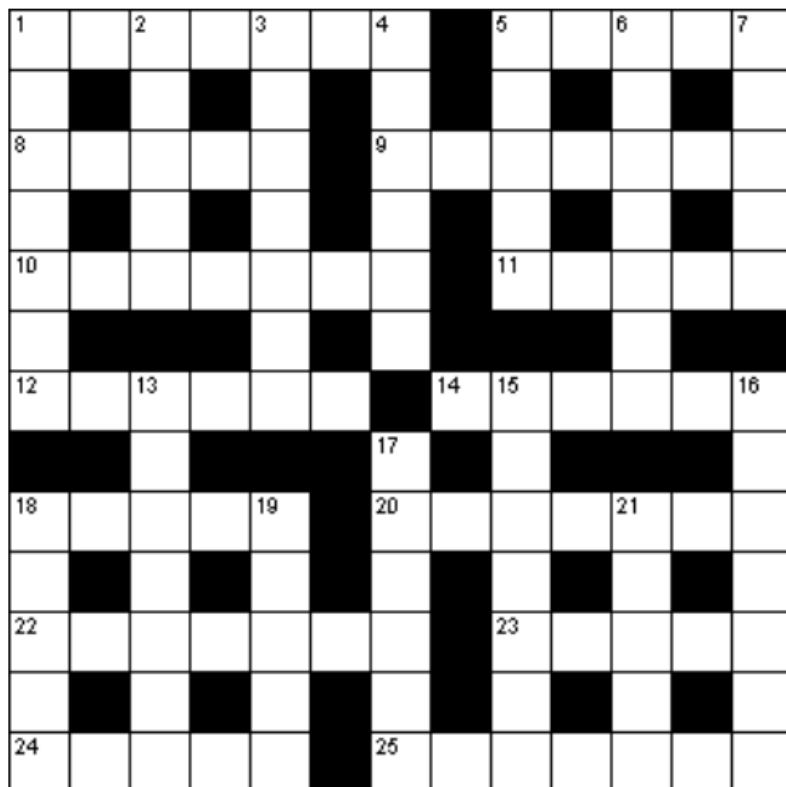


Please send your drawings to Flexible Thinking, Age UK Barnet, Ann Owens Centre, Oak Lane N3 1LT

Michelle is looking forward to seeing your creative work!

**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](mailto:Info@dementiapreventionuk.com) or get in touch with us at Age UK Barnet on 020 8203 5040.

# PUZZLE TIME....

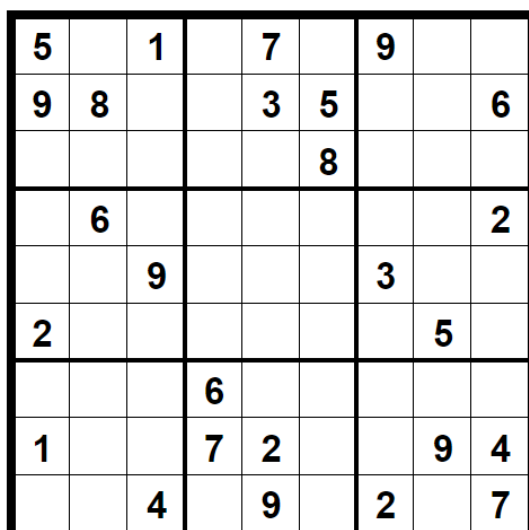


## ACROSS

- |    |                        |
|----|------------------------|
| 1  | Empires (anag.) (7)    |
| 5  | Objectives (5)         |
| 8  | Fisherman's basket (5) |
| 9  | Bizarre (anag.) (7)    |
| 10 | Whole number (7)       |
| 11 | Cavalry sword (5)      |
| 12 | Obstacle (6)           |
| 14 | Concurred (6)          |
| 18 | Establish (3,2)        |
| 20 | Turn at batting (7)    |
| 22 | Restore (3,4)          |
| 23 | Burn slightly (5)      |
| 24 | Accessory (3-2)        |
| 25 | Attempted (7)          |

## DOWN

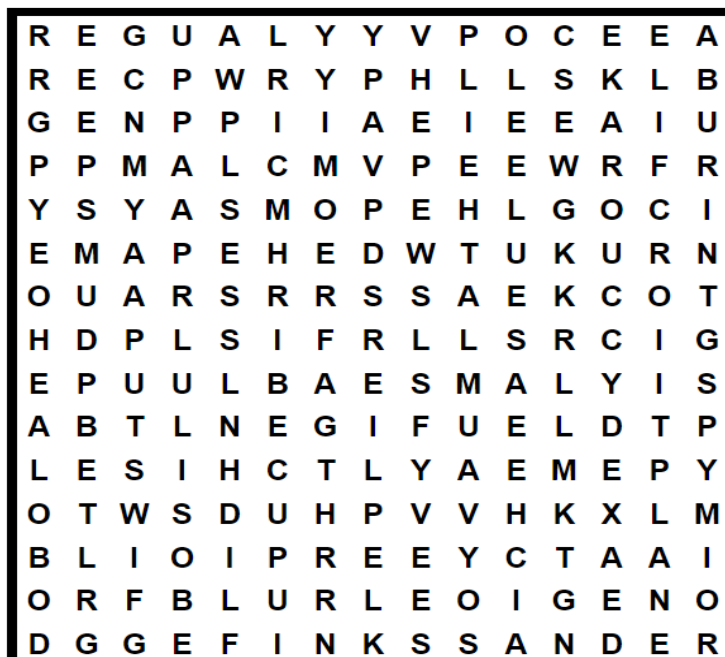
- |    |  |
|----|--|
| 1  | Rather hungry (7)                        |
| 2  | Vote into office (5)                     |
| 3  | Unlawful (7)                             |
| 4  | Go aboard (6)                            |
| 5  | Window material (5)                      |
| 6  | Friendly, pleasant and good-tempered (7) |
| 7  | Twilled fabric (5)                       |
| 13 | Revolved (7)                             |
| 15 | First book of the Bible (7)              |
| 16 | Go down (7)                              |
| 17 | Inconstant (6)                           |
| 18 | Colour of old photographs (5)            |
| 19 | Unadorned (5)                            |
| 21 | Silly-billy (5)                          |



## SUDUKO MEDIUM

## TOOLS WORD SEARCH

Auger	Hoe	Saw
Awl	Knife	Shears
Axe	Lathe	Shovel
Bit	Level	Sickle
Burin	Mallet	Socket
Chisel	Pick	Spade
Clamp	Pliers	Trowel
Cleaver	Punch	
Clippers	Rake	
Drill	Rasp	
File	Reamer	
Gouge	Riveter	
Hammer	Sander	





# EASY CRAFTS



## POM POM SPRING WREATH

### What you will need

Glue gun or glue, polystyrene wreath ring - or just cut out a ring from cardboard!, pom pom maker - you can buy one of these from the poundshop or Hobbycraft, assorted wool, scissors, ribbon for hanging.

### Instructions

#### Step 1

Choose the colour combination of pom poms you would like to cover your wreath with. I have used a mixture of pastel coloured yarns.

#### Step 2

Start to make your poms using the pom pom maker. I have used all four of the makers to give the wreath a variety of different sized poms. But you can stick with one size if you prefer.

#### Step 3

Using a glue gun, or glue, stick the pom poms firmly to the polystyrene wreath. I started by sticking the largest poms down first and arranging the smaller poms around them.

#### Step 4

Continue until the wreath base is completely covered. Tie a piece of ribbon at the top to hang.

**Why not try a few different ideas as shown below!**

***We would love to see some of your makes. Just send a picture to Pigeon Post, Age UK  
Barnet, Oak Lane, East Finchley N2 8LT.***





## BARNET MARKET AND FAIR

High Barnet is known for its market, which has existed in various forms and at various locations since at least the 12th century. There may well have been a livestock market at High Barnet before the granting of the charter by King John in August 1199.



The old market was originally located where Wood Street divides from the High Street, and was held on Mondays in 1588, and on Wednesdays by the 18th century.

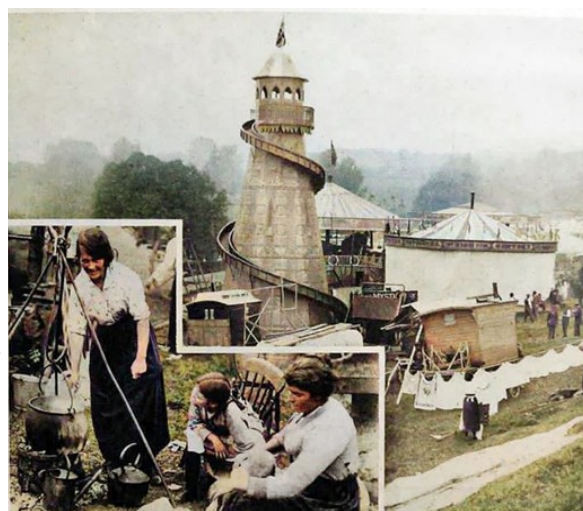
By the late Tudor period Barnet's market controlled the sale of nearly all of London's meat. Butchers from London would come up to the town on a Monday to purchase cattle. The butchers would not take the animals back to London, but would keep

them on farms nearby, and have them taken into town as and when they needed them. By the end of the 17th century the market had lost much of its original importance, with other markets, particularly Smithfield in London itself, and Hog Market, Finchley, supplying butchers.

The market was described as "insignificant" in the 1830s when the market was becoming an obstruction to the coaches making their way north (the bottleneck by the Church of St John's was known locally as "the squeeze"). In 1851 the market was moved to New Road but closed sometime between 1855 and 1866, but was re-established in 1869 near the Green Man inn by William Kemp.

From the middle of the 19th century a more general market, known as the Poor Man's Market, existed at Mary Payne's Place a little north of present Bath Place. Poor Man's Market closed during the 1950s, and the last cattle auction in the main market was August 1959, and the market became more general in character.

Barnet Fair, started in 1588, is a horse and pleasure fair. At one time cattle were also sold, which in the 1850s were said to be driven "principally from Scotland". At one time the fair was held in early April and September, but is now only held on the first Monday in September. In the 1880s it was said that 40,000 cows were bought and sold.



BARNET FAIR

A general view of the merry-go-round at the famous fair.

Inset: Getting dinner ready in the stewpot.



*The road to Barnet Fair*

The fair attracted many travelers' and visitors from London, and has passed into London rhyming slang as Barnet Fair, meaning "hair". Horse races and boxing were part of the fair's attractions until the railway station was built on the field where the racetrack had been. By the 1920s the decline in horse transport resulted in the decline in Barnet Fair's importance. Barnet Fair was also famous for sports. Horse races and boxing were part of the fair's attractions. In 1787 for example the Prince of Wales was one of the many thousands of spectators who came to watch the horse racing, and the Jewish boxer Mendoza beat Martins, the Bath Butcher, in the ring. These sporting events were held on a field where the station is today, and when the railway station was built, serious horse racing finished.





## BALANCE BOOSTERS

Moves from our Wendy to help improve balance and reduce the risk of falls.



1. Stand next to a counter or line up 2-3 steady chairs in a row next to each other.
2. With one hand on the chair back/ countertop, stand heel to toe with right foot in front of left foot.
3. Try to focus straight ahead, keeping your chest up, shoulders down, and knees soft. Regular breathing pattern.
4. Walk heel to toe along the counter / line of chairs to the end. Turn around and walk forwards to the start.



1. Stand tall with hands gently placed on chair. Keep knees soft (legs straight)
2. Roll up on to your tip toes, keeping back straight, knees soft.
3. Focus straight ahead and try to let go with one or both hands.
4. Roll down onto feet firmly on floor.





## 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. 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 **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

**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.

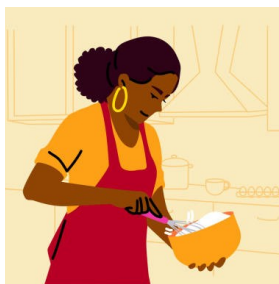


Call **111** for **NHS** urgent medical advice – if you need **emergency help and services** call **999**. If you suspect you have coronavirus, call **119** to get help or to find your nearest test centre. To get a coronavirus test you must have symptoms of one or more of the following - a high temperature, 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**.



## Just a few New Year's resolution ideas from the Age UK Barnet team!



### Cook something new each week

It's not simply about eating healthier, most health benefits come from eating more diverse foods. After all, *variety is the spice of life*. Try our cookery courses in East Finchley and Mill Hill. Phone 020 8203 5040 for more info.

### Read more books

January is the perfect time of year to snuggle up with a new book. To keep motivated and meet like-minded people, why not join our book club which meets once a month. Phone 020 8203 5040 for more info.



### Become a plant owner

Swing by the garden centre - just the presence of indoor plants can lower human stress levels, research shows, and one study found that actively caring for plants calmed the autonomic nervous system and lowered blood pressure.

### Volunteer

Research shows that pitching in regularly can lead to less stress and lower blood pressure. We have plenty of volunteer opportunities so why not get in touch. Phone Lisa on 0208 432 1422.



### Keep busy

When researchers followed 7,500 people for 25 years, they found that those who complained of major boredom were roughly twice as likely to die from heart disease.

### Walk more

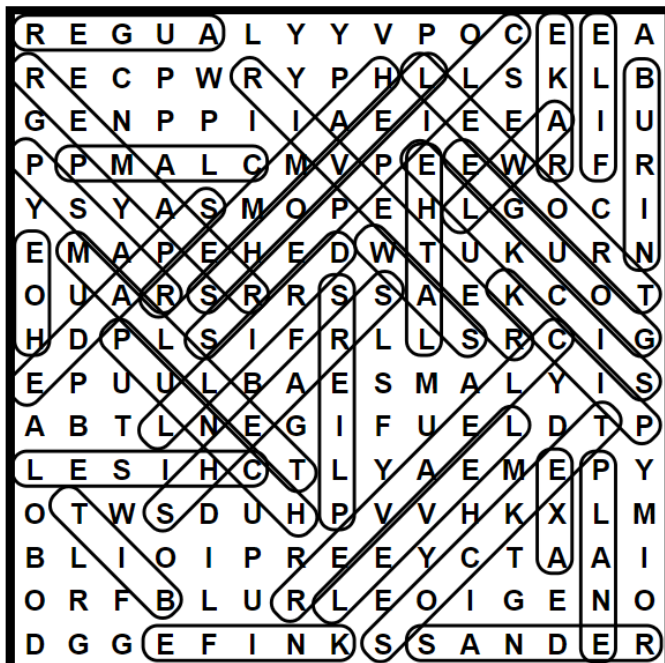
A healthier heart, better sleep, increased creativity and even a bigger brain (yes, walking increases brain size and improves memory tasks!).... scientists continue to prove the benefits of walking regularly. Age UK Barnet has six walks around the borough. Phone Wendy on 0208 432 1421 for more info.





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.

### TOOLS WORD SEARCH P8



### SUDUKO MEDIUM P8

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

A turtle is crossing the road when he's mugged by two snails. When the police show up, they ask him what happened. The shaken turtle replies, "I don't know. It all happened so fast!"

### Talking dog for sale

A man spots a sign outside a house that reads "Talking Dog for Sale." Intrigued, he walks in.

"So what have you done with your life?" he asks the dog.....

"I've led a very full life," says the dog. "I lived in the Alps rescuing avalanche victims. Then I served my country in Iraq. And now I spend my days reading to the residents of a retirement home."

The guy is flabbergasted. He asks the dog's owner, "Why on Earth would you want to get rid of an incredible dog like that?"

The owner says, "Because he's a liar! He never did any of that!"



### CROSSWORD ANSWERS P8

1	P	R	2	E	M	3	I	S	4	E	5	G	O	6	A	L	7	S
	E			L			L			M		L			M			E
8	C	R	E	E	L				9	B	R	A	Z	I	E	R		
	K			C			E			A			S			A		G
10	I	N	T	E	G	E	R					11	S	A	B	R	E	
	S						A		K							L		
12	H	U	13	R	D	L	E			14	A	15	G	R	E	E	16	D
				O					17	F			E					E
18	S	E	T	U	19	P			20	I	N	N	I	21	N	G	S	
	E			A		L			C				E		I		C	
22	P	U	T	B	A	C	K				23	S	I	N	G	E		
	I		E		I							I		N		N		
24	A	D	D	O	N				25	E	S	S	A	Y	E	D		