
















PIGEON POST

Keeping you informed & involved

January / February 2023



-  PG. 2 - Nutrition Bites
-  PG. 3 - The latest scams
-  PG. 4 - Poetry corner
-  PG. 5 -
Over to you - Your lives & stories
-  PG. 6 - Recipe time
-  PG. 7
Exercise - All about feet
-  PG. 8
Quiz time *"Get ready to give those brain cells a workout"*
-  PG. 9 - Easy crafts
-  PG. 10
Nostalgia page - 50s & 60 dishes
-  PG. 11 - How can we help?
-  PG. 12 - Wellbeing - Kindness
-  PG. 13 - Wellbeing Q&A
-  PG. 14 - Upcoming events
-  PG 15 - Sharing our stories
-  PG 16 - Quiz Answers



Welcome

It's a time for new beginnings and a chance to make some positive changes in your life!

One of our new activities and courses listed on p14 might be a good way to start - whether you want to pick up mindfulness techniques, hone your painting skills or learn how make profiteroles

we have something for you.

The science tells us that learning new things boosts our brain power and can protect against memory loss - it's also a great way to meet new people and boost your mood.

We understand that many people might struggle to pay for activities during these tough times - so we try to keep costs low, and free if possible.

If you are someone you know is still struggling to make ends meet, please get in touch with our Household Support Fund, who are still busy giving out one off grants.

Happy New Year

Helen Newman
Chief Executive
Age UK Barnet

*You Are
Never Too
Old To Set
Another
Goal Or To
Dream A
New Dream*

C.S.LEWIS



WARMING WINTER DISHES FOR ONE

We all crave hearty soups, casseroles, and stews during the cold winter months. But when cooking for one, making dishes like these which are meant to feed a crowd can feel like a challenge. So does cooking root vegetables, which are cheap and abundant this time of year. 'However, with a little bit of preparation and planning, and clever use of leftovers, healthy and warming meals for one can be easy and quick to put together, and add variety to our diet in the winter months,' says cookery volunteer Kato. 'Not only will this support our immune systems, but also provide the extra bit of energy we need in colder months.'

Soups, stir-fries, and roasted root vegetable dishes can all be adapted for one, and are really quick to put together when the flavouring is prepared in advance. The sauces and aromatic bases below can be kept in the fridge (sauces) or freezer (vegetables), to be used when required in a soup, stir-fry or to flavour roasted roots.

The basics



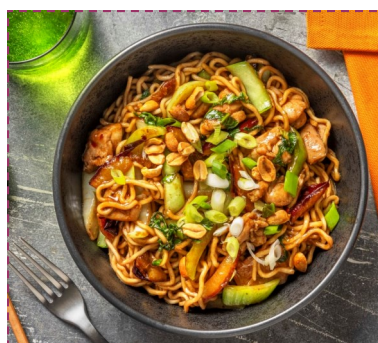
1. **Soffrito:** Peel, chop finely and mix together 2 onions, 4 garlic cloves, 4 carrots, and 4 sticks of celery. Freeze in 2/3 cup portions. This is the flavour base for most vegetable soups.
2. **Stir-fry base:** Deseed or peel, and chop/grate 2 fresh red chili peppers, 5 cm root ginger, and 4 cloves of garlic. Mix, and freeze in portions of 3tbsp each. Double the amounts if you want to freeze more.
3. **Miso rub:** Mix together 4tbsp miso paste, 4 tbsp honey, 2tbsp sesame oil, 2tbsp olive oil, 3 tbsp sesame seeds. Store in an airtight jar in the fridge for 6-8 weeks.

This rub can be used for roast pumpkin, squash, parsnip, carrot, and brussels sprouts.

4. **Stir-fry oyster sauce:** Mix 2 tsp cornflour (blended into a paste with 2tsp water), 1.5 tsp garlic granules, 1.5 tsp ground ginger, 8 tsp oyster sauce, 4 tsp soy sauce, 4 tsp honey, 1 chicken or beef stock cube, 3 tsp sesame oil, and 1.5 cups water. Store in an airtight jar in the fridge for 6-8 weeks. This sauce can be used for all meat and vegetable stir fries.

The recipes - Use your mixes and sauces to make quick meals for one.

Bean soup: Fry $\frac{3}{4}$ cup soffrito with 1.5 tsp dry herbs of your choice (thyme, parsley, basil) until translucent. Add $\frac{1}{2}$ tin chopped tomato (or $\frac{3}{4}$ cup tomato passata), $\frac{1}{2}$ tin white beans of your choice (cannellini, butter beans, chickpeas), $\frac{1}{2}$ stock gel/cube, and 2.5 cups of water. Bring to the boil and simmer for 20 minutes. Add a handful of shredded leafy greens (kale, spinach, spring greens), and if you want, a handful of cubed old crusty bread or leftover pasta/potato cubes. Serve with finely grated strong Italian cheese (parmesan).



Stir-fry: Peel and slice or quarter a small amount each of a few vegetables of your choice: for example $\frac{1}{2}$ carrot, broccoli, $\frac{1}{2}$ red pepper, a few sweet peas or green beans, $\frac{1}{4}$ onion, 4tsp shredded cabbage, $\frac{1}{4}$ courgette). Heat 2tbsp oil (sunflower, rapeseed, groundnut) in a wok or large pan, and gently fry 3tbsp of stir-fry base until translucent. Add vegetables and stir fry for a few minutes. Cover veg with 2-3 tbsp oyster sauce, and fry again for a few minutes until cooked but crunchy. Serve with cooked rice or egg noodles. For a meat stir fry, cube a chicken breast, small piece of frying steak, or piece of fish, and mix in a bowl with 1tsp of cornflour (mixed in a paste with water) and $\frac{1}{2}$ tsp of five spice (or soy sauce mix). Fry in oil until cooked, remove from the pan and set aside. Fry the base and vegetables as above, and add the meat before serving. Sprinkle with sesame seeds or crushed peanuts to serve.

SCAM ALERT

GIVING YOU THE TOOLS TO STAY SAFE

Please get in touch with our Scams Prevention and Support Service on 020 8203 5040 if you have been a victim of a scam or need some support or advice.

The stats! Over 90% of over 65s have been targeted by scammers according to Adam Carter from National Trading Standards, and only 5% of victims are reporting their crime. Remember to always take five minutes to check a potential scam and speak to someone you know before making any decisions.



Post Office redelivery scam text - The latest Post Office text message scam encourages you to take action by telling you that your parcel has been sent back to your local branch. It sends you to a legitimate-looking website under the guise of charging you for redelivery.

This can be very convincing, especially if you're doing a lot more online shopping. Keep a close eye on your bank account and inform your bank immediately if you think you've been scammed.

Please get in touch with our Scams Prevention and Support Service on 020 8203 5040 if you need some support or advice.

KEEP HYDRATED

drink more



As we get older, our thirst sensors don't work as well as they used to and we often don't feel thirsty when our body really needs to hydrate. On top of this, our kidneys are less able to conserve water, says dietitian Caroline Morrison 'This means it's incredibly important that you keep drinking throughout the day, even if you're not thirsty.'

Why keep hydrated?

Basically our body and brain need plenty of water to work. Water helps regulate body temperature and maintain other bodily functions. It replaces fluid losses from breathing, sweating and digestion and it ensures that some medications can do

their job properly.

What can happen if I'm dehydrated?

'It can increase Urinary Tract Infections (UTIs), impair our thinking, change our mood, cause dizziness and can increase the instances of falls,' says Caroline. 'In severe cases, dehydration can lead to hospitalisation and decrease the effective function of organs in the body.'

Signs of dehydration

Any of the following symptoms can mean you're not drinking enough: Dark coloured, strong-smelling urine

* Headache *Dry lips *Low blood pressure *Constipation *Confusion and delirium
*Dizziness *Weakness *Cramps *Pressure ulcers and sore dry skin.

Tips for drinking more.

Aim for 8 glasses a day and remember all drinks count except alcohol!

- Always have a drink by your side
- Include water rich foods with meals and snacks such as courgettes, cucumber, and melon.
- To keep with beverages at different temperatures iced tea or coffee, hot chocolate
- Try smoothies, sports drinks, milkshakes and flavoured water, or even adding fruit to flavour plain water
- Use a marked water bottle to indicate how much you are drinking.
- Set hydration reminders e.g. drink on the hour, use timers etc.



Top 10 Hydrating Foods



POETRY CORNER

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. Or call Teresa on 07502 989 403 or 0208 432 1421.**



DAD AND THE CAT AND THE TREE by Kit Wright

This morning a cat got stuck in our tree,
Dad said, "Right! Just leave this to me."
The tree was wobbly, the tree was tall
Mum said, "For goodness sake don't fall!"
"Fall?" scoffed Dad, "A climber like me?
Childs play this is! You wait and see."

He got out the ladder from the garden shed,
It slipped, he landed in the flower bed.
"Never mind," said Dad brushing the dirt
Off his hair and his face and his trousers and
shirt,
"We'll try Plan B. Stand out of the way",
Mum said "Don't fall" again, "OK?"
"Fall again?" said Dad, "Funny Joke!"
Then he swung himself up on a branch - It
broke.

Dad landed, wallop! - back on the deck.
Mum said "Stop it! You'll break your neck!"
"Rubbish!" said Dad, "now we try Plan C.
Easy as winking to a climber like me!"

Then he climbed up high on the garden wall,
Guess what? He didn't fall!
He gave a great leap and he landed flat
In the crook of the tree trunk right on the cat!
The cat gave a yell and sprang to the ground,
Pleased as Punch to be safe and sound.
So it's smiling and smirking, smug as can be,
But poor old Dad's
Still
Stuck
Up
The
Tree!



This poem was shared at our last poetry reading session. If you'd like to join our session, contact Helen on 0738 446 6840



SHE SAT ALONE by reader Lizzie Joyce



She sat alone
But she wasn't alone
Her thoughts took her down memory lane
She smiled to herself
Remembering what was before
She sat alone but she was happy
Because memories never fade.

YOUR LIVES, YOUR STORIES!

Each month our reporter Linda Jackson has a lovely chat with one of you readers and shares your stories with the rest of us. This month Linda speaks to 87 year old Sid, a member of Barnet Walking Football Team, and the oldest person in the country playing walking football!

Sid was born in Manchester into a family which he says had very little money. He was a sickly child, who suffered from asthma, but he was obviously an intelligent boy as he won a scholarship to the prestigious Manchester Grammar School. After school he went to Manchester University and got his BSc in Pharmacology and became a pharmacist.

Whilst at the grammar school he became interested in sport. He tried everything going including cross country running, swimming and football, and found that he was a natural goal scorer, and a fast runner. He has a slight build but he was very determined, focused, and he says, competitive. He relied on tactics and strategy. After leaving school Sid joined the Old Mancunians football club, and also played for the Lancashire League, which is the a top amateur league in the northwest. He played for the Northern Jewish Soccer League, and took part in charity matches against Manchester United. He also had the experience of playing abroad against a team in Lyon, France, which must have been fun as there was a reception for them in the Town Hall, which was reciprocated the following year in England. All in all Sid had a great deal of experience in developing and honing his skills in football. He played until he was 45.

He and his wife moved to Stanmore in 1972 to be near his three children and grandchildren.

When Sid moved to Stanmore he found few outlets for playing sport. By this time he was developing a number of health problems besides his asthma which were affecting his mobility. His wife showed him an advertisement for Men's Walking Football, and he joined the club at The Hive, Barnet where he had the advantage of being able to use the skills he had developed through his life, except for running. This was difficult at first, but he developed a very fast walk! He was even up for the over 70s England national trials, but unfortunately they were cancelled due to Covid.

Sid says that the skills needed are the same as for ordinary football, except for the running. The aim is not to get physically injured. One cannot tackle from behind or the side, there is no heading of the ball and no physical contact, and the ball must remain below head height. The aim is to pass the ball close to a team mate, as they obviously cannot run for it. Sid adds the skills he learned with football, especially working from an open space, and I suspect low cunning! He even finds advantages from some of his physical problems. He has developed large lungs from having asthma, and because of his stooped position from his slipped disc, he can kick the ball sideways and score goals.

I asked Sid why he still pushes himself physically, and what he gets out of walking football. He said he has always been very competitive, especially against younger men! One meets people with the same interests, and develop friendships, and there is the camaraderie in playing together. He also said it was gratifying to feel that he still retains his lifetime of skills (most of them!) and there is the thrill of sending the ball to the back of the net.

I asked Sid what advice he would give to someone thinking of taking up Men's (and Women's) Walking Football. He said if you have any doubts about your physical fitness, consult your GP. Many GPs and Social Prescribing recommend walking football and you can go in at any level. Don't be put off by failure, find your level, and remember there will always be someone worse than you! Do it for the enjoyment. You will improve and gain self-confidence, and have fun. Your health will benefit.

Players have told Sid that he has been an inspiration to them, and I can believe it, but I am sure he would say that he has got as much out of the game as he has put into it. I hope he will be able to play his beloved football for a long time yet.

To enquire about Barnet Walking Football Team, contact Shaun on 07870 205940



RECIPE TIME

HEARTY BEEF STEW

Preparation: 5-10 minutes | Cooking time: 95 minutes | Serves: 2



Ingredients

- 340g/12oz cubed stewing beef
- 1 tbsp olive oil
- 1 large onion, sliced
- 85g/3oz pearl barley
- 1 heaped tbsp plain flour



- 900ml/1½ pints stock
- 225g/8oz carrots, peeled and sliced
- 225g/8oz potatoes, sliced in medium-sized chunks
- 1 finely shredded small cabbage
- Ground pepper to taste

You will need to boil the pearl barley in a saucepan of water, according to the package's cooking instructions. It usually takes about one hour.

Method

Using a large pan, fry the meat in the oil to seal in most of the juices, and then add the onion for a few minutes until soft.

1. Sprinkle the flour over the meat and then add the stock and stir well until boiling.
2. Add the carrots and potatoes and leave to simmer on a low heat for 1½ hours, adding more stock if necessary so that there is always a gravy in the stew.
3. Cook the pearl barley according to the instructions, so that it will be ready to add at the end.
4. Add the cabbage in the last 20 minutes. The meat will become more tender the longer it is cooked. Just before serving, gently mix in the pearl barley.



MICROWAVE MINI LEMON SPONGE PUDDINGS

Ingredients

- 50g softened butter
- 50g caster sugar
- 1 lemon, zest and juice
- 1 large egg
- 50g self-raising flour
- 3 tbsps of lemon curd (or other jam as preferred)
- Custard, cream or creme fraiche to serve



1. Grease individual ramekin dishes or small tea cups. (Make sure they are suitable for use in the microwave).
2. Beat the softened butter, sugar and the grated zest of the lemon with one teaspoonful of lemon juice until light and fluffy, then beat the egg lightly and add slowly to the mixture.
3. Add sifted flour slowly and beat until absorbed.
4. Spoon the mixture into the dishes – do not fill above half way as the mixture rises very quickly and is very hot. Cover with a loose lid or cling film and microwave for 70 seconds.
5. Once the 70 seconds is over, let the pudding stand for 10–20 seconds before testing if it's spongy (the heat transfers with time so it might not seem cooked straight away). To test, carefully press with a finger to see if spongy. If it isn't, try another 10 seconds but do not microwave for too long or the sponge will harden.
6. Turn the sponges out onto plates and spoon the lemon curd or jam over the top.



ALL ABOUT FEET

How many miles have your feet walked over the years? Some estimates suggest that an average person walks about 750,000 to 110,000,000 miles in a lifetime! Just take a moment to consider the amazing structure of the feet. ‘Each foot has 26 bones and 30 joints controlled by 29 muscles which are able to produce all the small movements necessary to enable our feet to adapt to different surfaces and our body movements as we go about our daily activities,’ says former physiotherapist Gillian Jordan. ‘When we are young our feet are very mobile but as the years go by when our feet are encased in shoes, and we absorb the stresses of all those miles, our feet become less mobile which can have a negative effect on our walking ability and balance and even cause pain.’

So keep your feet sweet by performing Gillian’s foot friendly exercises.

1. Before even getting up, stretch your legs down in the bed and pull your feet up towards you and then stretch them downwards. Then turn the soles of your feet in to face each other and then out. Try a few circles with both feet, clockwise and then anti-clockwise.

2. When sitting in a chair, have your feet, without shoes, flat on the floor and, without curling your toes, try to make your feet shorter by pulling your toes towards your heels. One way of doing this is to put a sock or similar under the toes and try to move the sock towards your heels.

3.



3. If you can, try massaging one foot at a time quite energetically, this will invigorate their circulation.

2.



4.



4. A small ball makes an excellent exerciser; - whilst sitting, keep the ball under one foot and try circling it from side to side and forwards and backwards. This not only exercises some of the muscles on the sole of the foot, but also massages the foot and improves circulation. (If you don't have a ball, perhaps a grandchild might lend you one, but a suitable rubber one is not too expensive.)

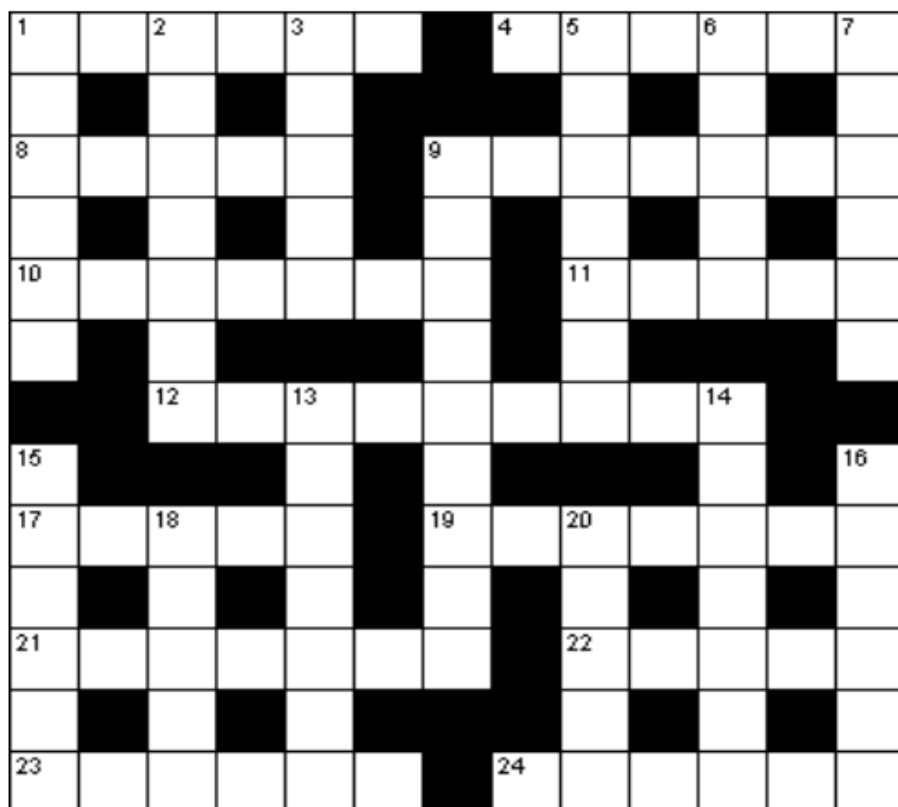
The right step forward

Gillian’s guide to choosing the right shoes.

Wear shoes that are foot shaped * Be wary of slip-on shoes that your feet can slide up and down in – they aren’t always supportive enough and can be the cause of stumbles and falls

* A good shoe should be both long enough and wide enough and, preferably have a fastening * Many good shoes these days have zips or Velcro fastenings, instead of laces, which are easier to deal with * Modern composition soles are good as they provide some shock absorbency every time your heel meets the ground.

PUZZLE TIME....



Across

- 1 Flabbergasted (6)
- 4 Venom (6)
- 8 Expel, force out (5)
- 9 Pivot (7)
- 10 Colonist (7)
- 11 Chess piece (5)
- 12 Never dying (9)
- 17 Confess (3,2)
- 19 Repeat (7)
- 21 Leaf vegetable (7)
- 22 Gloss (5)
- 23 Motor fuel (6)
- 24 Shortness of sight (6)

Down

- 1 Relaxed (2,4)
- 2 Tipped off (7)
- 3 Praise highly (5)
- 5 Slanting (7)
- 6 Twilled fabric (5)
- 7 Calling (6)
- 9 Immediately (9)
- 13 Placate (7)
- 14 Drastic reorganization (5-2)
- 15 Thrown carelessly (6)
- 16 Rupture (6)
- 18 Ingenuous (5)
- 20 Prose composition (5)

1950'S MOVIES WORD SEARCH PUZZLE



ALL ABOUT EVE

BEN-HUR

EAST OF EDEN

FORBIDDEN PLANET

FUNNY FACE

GIANT

GUYS AND DOLLS

JULIUS CAESAR

ON THE WATER-FRONT

REAR WINDOW

ROMAN HOLIDAY

SABRINA

SEVEN SAMURAI

SHANE

SOME LIKE IT HOT

SUNSET BLVD

THE ROBE

THE SEARCHERS

TO CATCH A THIEF

VERTIGO

EASY CRAFTS - SPRING FLOWERS



What you will need

Assorted colours of cardstock - Not too thick, thinner paper will be fine,
Green construction paper (It needs to be thin), Scissors, Ruler, Pencil,
Glue stick, Knitting needle.

Instructions

Cut out a strip of cardstock paper approximately 8.5" x 2". If your paper is only 8" wide, a strip 8" x 2" wide will work too. I just made mine the length of my paper.



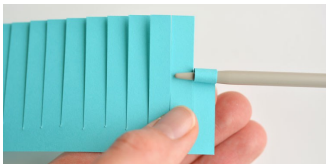
Mark 3/8" from both edges of the paper and use a pencil to lightly draw a line across the paper.

Using scissors, carefully snip the paper into strips that are about 1/4" wide, cutting up to the pencil line.



Continue cutting 1/4" strips until you've made it across the entire strip of paper.

Try to keep your cuts as straight and parallel as possible, but don't panic if they aren't perfect. It won't really matter once you've swirled them up.



Using a knitting needle or wooden skewer, carefully roll each strip. Make sure the pencil line is on the BACK of the strip like in the photo below. You want to roll the strips away from the pencil line so it's not visible when you're done the flower. Roll each strip as far as it will go. Continue rolling until each strip is done.



Next, you'll need to make the stem. Make sure you're using construction paper or another type of thin paper or you won't be able to roll it. Or if you want to save time, just use green straws as the stems.

Start rolling one of the corners diagonally.

Once you've gotten it started, add some glue to the paper to help keep it together.



Keep rolling the green paper diagonally around itself to make a thin, stem-like tube. When finished it will look like a straw!

Add glue to the back of the coloured card, then place it over the thinner end of the stem with the swirls pointing up and towards the outside,.



Start wrapping the swirled up paper around the stem so that it overlaps itself as you go. Try to get it as tight as you can around the stem until you reach the end of your swirled up paper strip. If you need to, add a bit of extra glue to the end to help keep it in place.

To make the leaves. Cut out a piece of paper, about 2" x 3". Fold it accordion style along the long edge in roughly 1/4" sections. Using sharp scissors, cut out a leaf shape, leaving about 1/2" at the bottom to give you room to glue it later.



Next, add some glue to the bottom of the leaves, and place one corner about 2" below the flower, at an angle. Wrap it tightly around the stem as you press down the glue to keep it in place. Use different colours to make more flowers.



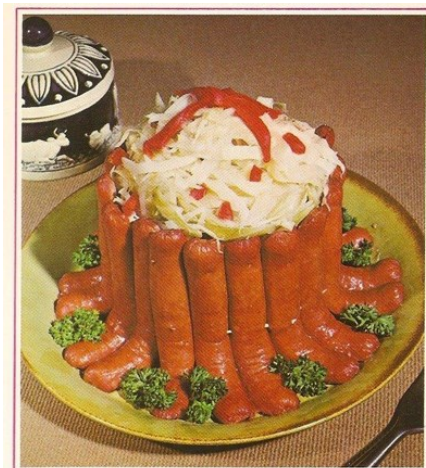
DID WE REALLY EAT THIS IN THE 50S & 60s?

Do you remember the strange and crazy food from the 50s and 60s? Can you guess what they are? Did you ever make any of them?

1



2



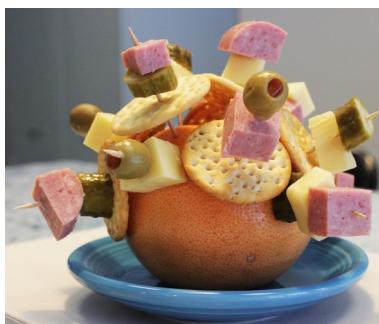
3



4



5



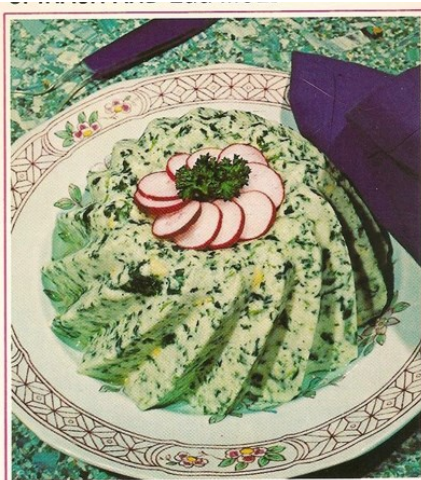
6



7



8



9



See page 16 to reveal these delicacies!

HOW CAN WE HELP



AGE UK BARNET SERVICES?



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

For scams advice and support, call our **Scams Prevention Service** on **0208 432 2217**.

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**.

Laptop Loan Service – short-term loans to get people set up online. Tel **020 8203 5040**.

Finding your Feet Service – for those who need confidence to get out and about again, we can match you with a short-term walking buddy. Phone **020 8150 0963**.

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

Household Support Fund - one-off grants for Barnet residents of pensionable age who are struggling to make ends meet during this cost of living crisis. Phone **020 8203 5040** or email support@ageukbarnet.org.uk

**There may be a charge for this service*



WARM SPACES - Helping you through cold winter days

Monday afternoons 2-4pm Ann Owens Centre in East Finchley N2 8LT. As well as tea and coffee and a chance to chat, read or relax, there'll be Scrabble and other games. Our friendly digital inclusion volunteers will be on hand to help you get to grips with your phones and laptops.

Tuesday mornings 10.30 – 12.30pm. St Margaret's UR Church, Victoria Avenue, Finchley Central N3 1BD. An uplifting, warm space to play Scrabble and other games. There'll be refreshments and you can get help with technology. Free of charge.

Wednesday afternoons 1pm. The Mount International School, Milesplit Hill, Mill Hill NW7 2RX. One to one support with technology offered by school students and delicious home cooked lunch afterwards at 1.50pm. Free of charge. Parking on Milesplit Hill and the 240 bus passes along the Ridgeway nearby

Thursday afternoons - 2-3.30pm. St Margaret's Church, 1 Station Road, Edgware HA8 7JE. Lively and popular social group with refreshments and some support with your phones. Costs £2 a session.

For all the above phone Howard on 020 8432 1415 or 07798 622832.

New Social Drop-In Group for over 55s in Barnet – Starts 19th January 2023 from 11.00am – 12.30pm. Gadsbury Close, Goldsmith Avenue, West Hendon NW9 7EU. Come along for a chat, games, talks and refreshments. Contact Helen Nicolaou on 0738 446 6840 or email helen.nicolaou@ageukbarnet.org.uk for more information.





THE BENEFITS OF KINDNESS



Whether its saying hello to the woman in the café or phoning an old friend you haven't spoken to in a while, there's a growing body of research in psychology suggesting that kindness has a number of important benefits for both the person being kind and the person on the receiving end. For example, studies have shown that performing acts of kindness can lead to increased happiness, better physical health, and even a longer lifespan!

Research at the University of Sussex, for instance, confirms that the warm glow we experience when we do something nice for someone shows up in our brain's reward system during brain scans. On top of this, being on the receiving end of kindness can also have positive effects, such as reducing stress and improving mental health. Overall, the research suggests that kindness is a crucial aspect of a healthy and fulfilling life.

How to be kinder

1. Practice gratitude: Taking the time to appreciate what we have and express gratitude to others can make us feel more positive and open to being kind.
2. Be mindful: Paying attention to the present moment and the people around us can help us to be more aware of opportunities to be kind.
3. Be empathetic: Listening and trying to understand how others are feeling and putting ourselves in their shoes can help us to be more compassionate and kind. People often just need to feel heard.
4. Take small actions: Performing small acts of kindness, such as holding the door open for someone or offering a compliment, can have a big impact and can make us more likely to be kind in the future.
5. Be inclusive: Making an effort to include others, particularly someone who is on the sidelines, and make them feel welcome can help to create a kinder and more inclusive environment for everyone.
6. Volunteer – an easy win in terms of kindness. It not only gives you an opportunity to think about and help others, taking the focus away from your problems, it can help you build new social connections and friendships which can boost your overall sense of wellbeing too.

Overall, the key to being kinder is to make it a conscious choice and to be willing to make an effort to be more compassionate and understanding towards others.



LAPTOP AND PHONE SUPPORT



Our laptop and phone support class enjoyed an enlightening talk from Barnet Libraries.

They found out they could save a fortune by listening to audio books as well as read books, their favourite magazines and newspapers on phones or laptops. All for free! People can even search their family tree on the Ancestry website - without paying a penny! An amazing resource! So pop along to your local library and join!



WELLBEING Q&A



HOW CAN I RELAX?

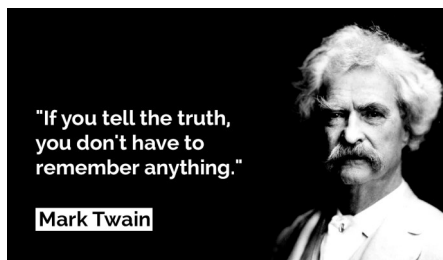
Wellbeing manager Fiona offers three techniques to help the day's worries fall away.



1. Deep breathing: Deep breathing is a simple and effective relaxation technique that can be done anywhere, at any time. To do this, sit comfortably with your back straight and your feet flat on the floor. Place one hand on your chest and the other on your stomach, and take a deep breath in through your nose, filling your stomach and then your chest with air. Hold your breath for a few seconds, and then exhale slowly through your mouth. Repeat this several times, focusing on your breath and letting go of any tension or stress.

2. Progressive muscle relaxation: This technique involves tensing and then relaxing each muscle group in your body, one at a time, to help you become more aware of physical sensations and release tension. To do this, sit or lie comfortably and close your eyes. Begin by tensing the muscles in your toes and feet, holding for a few seconds and then releasing. Move up to your calves, thighs, buttocks, and so on, tensing and releasing each muscle group until you have worked your way up to your face and scalp. Take a few deep breaths, and notice how your body feels more relaxed.

3. Guided imagery: Guided imagery involves using your imagination to visualize a peaceful and relaxing scene, such as a beach or a forest, and then guiding yourself through that scene in your mind. To do this, find a comfortable and quiet place to sit or lie down, and close your eyes. Take a few deep breaths, and then imagine a place that brings you peace and calm. Spend some time in this place, using all of your senses to experience it fully. Imagine the sights, sounds, smells, and feelings of being there. As you do this, let go of any tension or stress, and allow yourself to relax.



THE FUTURE OF HEALTHCARE!



Artificial intelligence is being used right now to improve our healthcare, as Pigeon Post writer Karen found out at a recent conference. But will robots replace doctors in future?

How AI is being used now

- assisting doctors in making diagnoses, predicting patient outcomes, and improving patient care
- algorithms can be trained to analyse medical images, such as X-rays and CT scans, to help doctors identify abnormalities and make more accurate diagnoses.

- AI can also be used to process large amounts of data, such as electronic health records, to identify trends and predict patient outcomes. This can help doctors make more informed decisions about treatment and improve the overall quality of patient care.

- AI is being used in some hospitals to automate routine tasks, such as scheduling appointments and managing medical records, freeing up time for doctors to focus on providing high-quality care to their patients.

In future?

Although, robots will be used more for routine surgery, there are certain aspects of a doctor's job that cannot be easily replaced by a machine. For example, AI may be able to diagnose certain medical conditions based on a patient's symptoms, but it is unlikely to be able to provide the same level of emotional support and care that a human doctor can.

WHAT'S ON!



UPCOMING EVENTS AT AGE UK BARNET

Mindfulness Course for over 55s

Pick up techniques to manage stress and improve your relationships and learn how to live in the present rather than autopilot. Become kinder, calmer and less critical toward yourself and others

Monday 9 January 2023- 1-2.30 pm - taster session

Monday 16 January 2023 - 1-3pm - 8 week programme starts

Takes place at 154 Station Road, Hendon NW4 3SP. All over 55s welcome. £3 donation. For more information contact Helen Nicolaou 0738 446 6840 or email helen.nicolaou@ageukbarnet.org.uk.

Memory Matters! 8 week course to improve your memory!

16 January 2023 on Mondays

Mornings: 10am-12 noon or Afternoons: 2-4pm

Are you getting more forgetful? Suffering from brain fog? Our free 8-week course - run by an experienced practitioner - will give you techniques and strategies to support and stimulate memory. All over 55s welcome! Takes place at 154 Station Road Hendon NW4 3SP. For more information contact Fiona on 0208 629 0269 or Katie at katie.grayson@ageukbarnet.org.uk

Managing Money in Later Life - Wednesday 25 January 2023

9.30am for 10am start. Ends 1pm. A morning of useful talks and advice on:

- ✦ Welfare benefits and grants – what you might be entitled to
- ✦ Working and retraining later in life
- ✦ Planning for retirement
- ✦ How to budget and manage your money
- ✦ Information stalls
- ✦ Refreshments

Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT **All over 50s welcome.**

Just phone Teresa on 07502 989 403, or email teresa.gallagher@ageukbarnet.org.uk to book your place.

Activities

A few activities starting in the New Year - why not try something new?

Wednesday Club: Knit and Natter club and drop in social group with refreshments, chat, games. Starts 11 January 2023 10am-12pm at the Ann Owens Centre, Oak Lane, East Finchley N2.



We also have **Senior Singers, Pottery, Art, Flower arranging, Poetry sharing, Bridge Club, a 4-week Patisserie Course, Book Club, musical afternoons, exercise classes, walking groups, smart phone and tablet support, games afternoons...**

Get in touch Helen Nicolaou on 07384 466840 for all the details or email her on helen.nicolaou@ageukbarnet.org.uk

FOOD FOR THE BRAIN



COFFEE

The scientific evidence supporting the benefits of coffee is overwhelming. Coffee has not only been shown to help improve physical performance and boost mood, it can help improve thinking skills and protect against conditions such as Alzheimer's and Parkinson's disease. Consumption of 3 to 5 standard cups of coffee daily has been consistently associated with a reduced risk of several chronic diseases including heart disease and cancers.



SHARING OUR STORIES

LEVI'S SECRET TO HAPPINESS!



'Our stories help us make sense of our lives'

When Levi came to visit us recently for our Black History Month event, we asked him what his tips for ageing well.

As well as eating healthily, he believed in the power of sharing stories and our personal histories. By relating the stories of our past, he says, we better understand ourselves, others, and the world around us, developing empathy for those we meet.

Our stories enrich our lives and guide us to make the right decisions. Wise words, Levi!

OPERATION BLANKET

When her husband died, Pigeon Post reader Daphne decided to throw herself into her hobby - crocheting blankets. 'But this time I had done a particular purpose in mind. I decided to make blankets for Finchley Food Bank. So far I have made nine blankets in three batches. Operation Blanket would not have been possible without the wonderful donations of wool that so many people have given to me. The blankets are not only warm and help clients to keep warm, but the colours are bright which definitely raises one's spirit.'



Knit & Natter class

We will be re-starting our Knit & Natter class at the Ann Owens Centre, Oak Lane, East Finchley, N2 8LT on Wednesday 11 January 2023. The class runs from 10am - 12 noon and the cost is £2 donation each week. This is a very friendly little group run by an experienced teacher. Beginners very welcome. For more information contact Helen Nicolaou on 0738 446 6840 or email helen.nicolaou@ageukbarnet.org.uk

**MANAGING
MONEY IN
LATER LIFE**

BOOST
PART OF
The Barnet
Group

**Barnet
ageUK**

**Wednesday
25 January 2023**
**The Ann Owens Centre, Oak
Lane, N2 8LT**

9.30am for 10am start. Ends 1pm

**A morning of useful talks and
advice – free entry!**

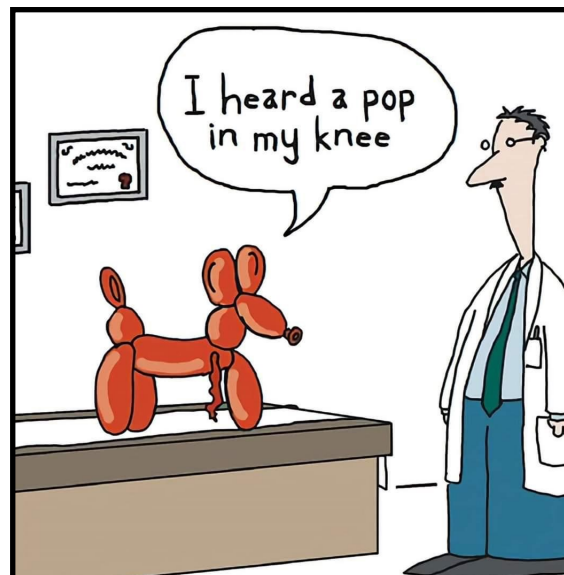
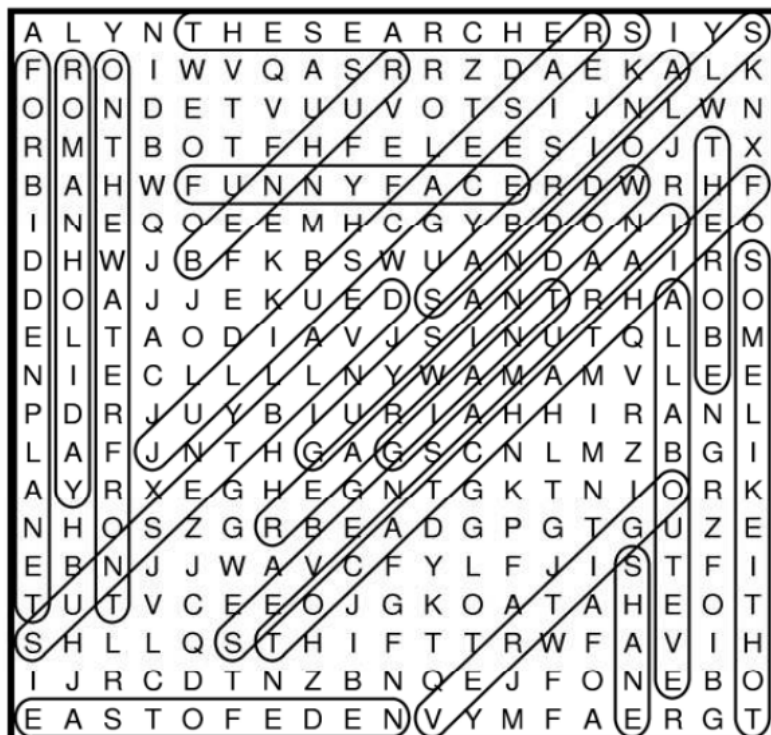


**ALL OVER
50s
WELCOME**



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.

SOLUTION TO 1950'S MOVIES PUZZLE



CROSSWORD ANSWERS P8

How it feels sharing a bed with my cat!



GUESS THE FOOD P10

1. We think it's a salmon! 2. Crown roast of hotdogs! 3. Meatloaf 4. Jelly with a twist! (or an alien from another planet!)
5. Grapefruit hedgehog (Olives were a bit too adventurous though!)
6. Vol Au Vents (still going strong today!)
7. The ever present Spam!
8. Spinach & Egg Mold 9. The loveable Banana longboat