




PIGEON POST





Keeping you informed & involved
September/October 2023


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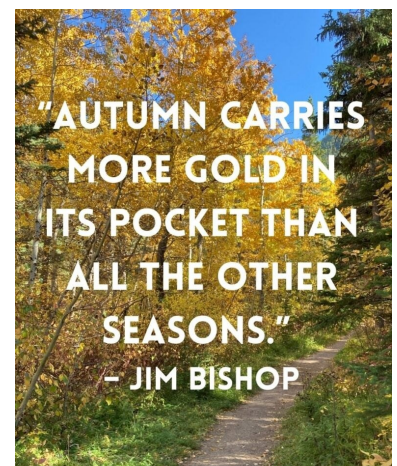
I hope you enjoy reading this edition of Pigeon Post as much as I did – it is packed with interesting stuff and lots of food for thought.

I have also been listening to Dr Michael Mosley's Just One Thing – he talks about the small changes we can make to our daily routines which can have a positive impact on our physical and mental

health. Things like standing on one leg, eating dark chocolate and doing something new are just a few of the examples but I was particularly pleased to find that losing yourself in a novel for a short time each day can boost your brainpower, improve social bonds and, surprisingly, can help you live longer. I've been doing that since I was a child!

If you are interested in doing something new, keep an eye out for updates on our programme of activities as we have a number of new sessions and groups funded by the City Bridge Trust. And if you have any ideas for activities, do get in touch.

Helen Newman
Chief Executive
Age UK Barnet





FATS FOR HEALTHY HEARTS AND MINDS

The cells in our brain, heart, and blood vessels need Omega 3 fats to work at their best and scientific studies have shown that higher intakes of Omega 3 fats lower the risk of heart disease, stroke, and the age-related decline in our thinking skills. 'Unfortunately, our bodies cannot make these fats,' says cookery volunteer Kato. 'They need to be consumed as part of our diet.'

The best sources are fresh or canned oily fish such as sardines, anchovies, salmon, and mackerel. Plant foods such as nuts (especially walnuts), seeds, and leafy green vegetables and avocados are also good sources.

Try our easy budget-friendly recipes using canned oily fish to help you recommended guidelines of one portion of oily fish a week.



Sardine potato salad (serves 4)

Cut 450g baby potatoes in half and boil for 10 minutes until tender. Drain, and crush slightly with a fork. Finely slice 4 celery stalks and scatter with the potatoes on a platter. For the dressing, combine 5 tbsp olive oil, ¼ cup fresh dill or parsley, 1 tbsp lemon zest, 2 tbsp lemon juice or white wine vinegar, and 4 finely sliced spring onions. Spoon the dressing over the potatoes and top with the celery leaves and a can of drained sardines in brine or water, torn in pieces.

Mackerel pasta (serves 2)

Cook 150g of dry pasta according to instructions, drain and set aside. Lightly fry a can of drained mackerel pieces with 2 crushed garlic cloves in 2tsp of olive oil for a few minutes. Add 2 cups of halved cherry tomatoes, 2 finely slices red bell peppers, and 10 black olives (optional) and lightly fry for about 10 minutes, or until soft. Mix the cooked pasta into the sauce, and add ½ cup of chopped fresh parsley, some lemon juice and 2 tsp of grated parmesan (optional).



Anchovy green beans (serves 4 as a side dish)

Finely slice a red onion and lightly fry in 1tbsp of olive oil until soft. Place in a bowl with ¾ tsp of chilli flakes and ½ tsp of lemon zest. Heat the olive oil drained from 1 can of anchovies, chop the anchovies, and fry lightly with 2 crushed garlic cloves until soft (about 2 minutes). Add the juice from ½ lemon. Steam 600g fresh green beans in 2 cm of water for 4 minutes – they should still have some bite. Discard

the water, pour over the anchovies, and scatter with the onions.

Smoked mackerel rice salad (serves 4)

Cook 2 cups of brown rice (or mixed with red/wild rice for a chewy texture). Roast 250g of cherry tomatoes mixed with 1 tbsp of olive oil at 220 degrees Celsius for 20 minutes. Remove from the oven and stir in 2 tbsp of sour cream (crème fraîche). Finely slice 1 red onion and toss with the zest and juice of 1 lemon. Dice 1 small avocado and ½ cucumber. Add the vegetables to the cooked rice and mix in a handful of chopped fresh basil and 60g of rocket or spinach. Top with the roasted tomatoes and 300g of smoked plain or peppered mackerel torn into small pieces.



Apple walnut salad (serves 4)

Toast ½ cup of walnuts for 8 minutes at 180 degrees Celsius, and chop. Core and finely slice 1 apple and 1 chicory (endive). Mix with 60g rocket or spinach leaves, 1 tbsp raisins or cranberries, and 50g feta or blue cheese. Mix 1 finely chopped salad onion, 3 tbsp olive oil, 2 tbsp red wine vinegar, 1 tsp honey and ¼ tsp cinnamon to make a dressing. Add ½ to the salad and save the remainder for another salad.



SCAM ALERT

SCAMS UPDATE

Skimming devices on cash machines – a skimmer is a small device that stores details from the card's magnetic strip. Check the machine – look out for tell tale signs such as scratches, glue residue, if the card slot wider than usual. Wiggle the machine – is it attached properly? Use the machine inside the bank if possible, or even ask for cashback at the supermarket.



Parcel delivery fraud

This is the most common type of scam in the UK this year, accounting for 49 per cent of all scams, according to Citizens Advice research. Almost half of those targeted by scammers were involved in a malicious parcel delivery scam, with fraudsters claiming to be from a delivery company seeking personal information or bank details via a text or email. If you're expecting a delivery and you receive a 'missed parcel' message, do **not** click the link and never give out personal bank details. Use the **official websites** of delivery companies to track your parcel. **Delete** the message.

Age UK Barnet's scams prevention and support programme is there for all over 55s in Barnet. Please get in touch with us on 020 8203 5040 if you would like to know more about protecting yourself from a scam or if you have fallen for a scam and need some support or advice.

AGE FRIENDLY ACTIVITIES

TRIED & TESTED!



Our Pippa, who is running our age-friendly project, tries out an age-friendly activity each issue. This time, she joins Barnet Walking Football club which has members ranging from 40 to 87 years old.

"We don't stop playing because we grow old; we grow old because we stop playing".

Despite having not kicked a ball since school (and not exactly putting a lot of effort in then), I had so much fun playing walking football.

Over 120 people a week join to play at the Hive Stadium in Edgware. With on average five pitches in play, all players are matched to the pitch which suits their ability and ambition.

Not knowing the rules should not be a deterrent for newcomers; mistakes are met with encouragement, and successes (no matter the size) are met with celebrations worthy of a World Cup Final. During the hour of play, not only was my body active, but my mind was too; listening to teammates, marking

other players, thinking where the ball was going next – it was thirsty work! Lucky enough for me all players are encouraged to socialise in the stadium's café (or bar) after each session.

I left feeling part of the team; I felt included, valued and proud that I had given it my all. I can't recommend this team enough to everyone!

Details: Every Tuesday at 19:00-20:00 and Friday 14:00-15:00

Location: The Hive, Camrose Ave, London HA8 6AG

Cost: £3 per session Contact: Shaun Sherrick, shaunashley007@gmail.com / 07870 205940



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



RHYMIN' SIMON by Joshua Seigal



He perched the bread on his head
 He scooped up the steak with a rake
 He plonked the beans in his jeans
 He put the peas on his knees (with the cheese)
 He ate the apple in chapel
 He chucked the brie in the sea
 He fed the mousse to his goose
 He ate the mozzarella in the cellar
 He flicked the grape at an ape
 He served the fish on a dish
 He dangled the noodle in front of a poodle
 He bought the honey with his money
 He gobbled the Marmite under the starlight
 He scoffed the mango whilst doing a tango
 He threw the berry at a ferry
 But he couldn't, just couldn't
 Work out what to do with the orange...



If you enjoyed this poem you might enjoy our monthly poem reading group when participants read aloud a short poem, then chat and share thoughts, experiences and feelings connected with the poem topic. Anyone is welcome to come along just to listen too. This is an online group, however, so you would need access to a laptop or tablet. For more info, contact Helen on 07384 466 840 or helen.nicolaou@ageukbarnet.org.uk



HOLIDAY SNAPS FROM CAT MOSS SUKI AND BENJI THE DOG!

Volunteer
 Charlotte's
 cat, Pigeon
 Post
 favourite
 Suki,
 enjoying a
 day of
 serious
 summer
 sunshine in
 High Barnet.



Benji the dog who belongs to Breedge enjoying a trip to the sea-side!



YOUR LIVES, YOUR STORIES!



Our profile writer, former journalist Ed Newman, has a lovely chat with a Barnet resident and shares their stories with the rest of us. This time Ed speaks to former Premier League football referee Tony Ward.....

Tony Ward will have been receiving plenty of cards recently, including one from the King, as he and his wife Sheila have been celebrating their Diamond Wedding anniversary after sixty years of married life. In a past existence though, Tony was the one dishing out the cards – of a red and yellow variety.

The long-standing New Southgate resident was a highly respected football referee, officiating at the highest level in the Premier League and the Football League. Ironically, it was a distinguished career that actually started after he got cross about a refereeing decision himself. 'It was near the end of the 1959-60 season and I'd been a fanatical Tottenham supporter for nine years without missing a game,' Tony tells Pigeon Post.

'In those days, teams would play three games in four days over Easter. On the Saturday we were losing 1-0 to Manchester City when we got a last-minute penalty. Cliff Jones took it and, although it hit 'keeper Bert Trautmann on the shoulder, he scored from the rebound.

'We couldn't believe it when the referee disallowed it because he'd blown the final whistle. I was still sounding off about it in the staff restaurant when I went back to work. As it happened, there was a guy there called Jim Montgomery who said the decision was perfectly correct and, if I thought I could do better, I should come and take a refereeing exam.'

Well, that's exactly what Tony did. He started refereeing games in the Edmonton Sunday League, which was actually a pirate league where both players and officials went under assumed names to avoid FA sanctions. It wasn't long before people were telling him he was very good at the job. Somebody told him he should register with the FA and after that he moved to officiate in the Hampstead and District Sunday League. Year by year he climbed up the ranks until, in August 1980, he was appointed for his first Football League match between Lincoln City and Wigan Athletic. The first man in his book that afternoon was Mick Harford, who went on to develop a reputation as one of the game's toughest characters but the hard man was absolutely fine with Tony and accepted his punishment.

Tony became one of the game's most respected referees but, inevitably, there were a few run-ins along the way. It was a time in the game when there were still a few old-style hard men around like Vinnie Jones around but it was the masters of football's dark arts that Tony knew he had to keep an eye on.

'Vinnie Jones was always up front with me and easy going to referee,' Tony continues. 'There were others though who would get up to no good off the ball. There aren't any really dirty players around these days. Clubs just can't afford to have players sent off and suspended all the time.

'I always found it was a good idea to get the captain on your side. There was an occasion when I was doing a Manchester United game and I had to have a little word with Bryan Robson to sort out Norman Whiteside and he said leave it to me. I always got on well with Bryan, he was a great player and a terrific captain. Whiteside was only actually sent off once in his career – by me!

'Even when I'd retired and was working for Arsenal in referees' hospitality, people would still have a go. I can remember Arsene Wenger coming up to me three times after a match against Spurs when he was unhappy with a decision. Mistakes are going to happen in football, doesn't matter who it is because we're only human. Of course, the only one who is not allowed to make a mistake is the referee but the fact is they actually get well over 90 per cent of decisions right.

'If you're looking for a nice, easy hobby, don't become a referee. But it is definitely character building and it certainly helped me at work during my 35 years working for Mirror Group Newspapers in their competition and picture library departments. It was all about the man-management I learned refereeing on Hackney Marshes.'

As if Tony didn't have enough to do in his working life, he also acted as an electoral officer at Barnet polling stations for 50 years. He was a reassuringly familiar face to his neighbours when they came to vote and was always determined to make sure his ballot box was first to be returned at the end of the day. It was only the increased amount of technology that finally persuaded Tony to step back from his duties. Tony's still a busy man though, helping out at local club Wingate and Finchley FC and back at Arsenal on Champions League nights. He also retains a keen interest in local issues in New Southgate but at the heart of everything is family life with Sheila and their children and grandchildren.



RECIPE TIME



MOROCCAN ROAST LAMB WITH ROASTED ROOTS & CORIANDER

Serve up this tasty Moroccan roast lamb dish for a low-calorie main that delivers stacks of flavour and three of your 5-a-day



Ingredients



½ leg of lamb, around 800g
2 red onions, cut into wedges
1 butternut squash, skin left on, cut into wedges
1 celeriac, peeled and cut into wedges
2½ tbsp cold pressed rapeseed oil
2 tbsp ras el hanout

8 garlic cloves, skin on
1 small bunch coriander
½ tsp cumin seeds
1 lemon, zested and juiced
½ green chilli, deseeded

Method

Heat oven to 200C/180C fan/gas 6.

Take the lamb out of the fridge while you chop the onions, squash and celeriac. Heat oven to 200C/180C fan/gas 6. Trim any excess fat off the leg of lamb, then cut a few slashes into the meat. Rub ½ tbsp oil and 1 tbsp ras el hanout over the lamb and season with salt and pepper. Put the onion, celeriac, butternut squash into a large [roasting tin](#) with the garlic. Toss with the remaining ras el hanout, remaining oil and some salt and pepper. Nestle the lamb into the tin and put in the oven to roast for 40 mins.

Take the lamb out of the oven and leave to rest. Put the veg back in the oven for 20 mins. Meanwhile, blitz the coriander, cumin seeds, lemon zest, lemon juice and green chilli together in a mini [food processor](#) until finely chopped and vivid green.

Carve the lamb, put on a platter, then pile on the veg. Sprinkle over some of the coriander mixture before taking the platter to the table for everyone to help themselves.

Prep time 15 mins. Serves 4



Nutrition per serving

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein
446	20g	5g	18g	10g	10g	45g

THINK YOURSELF STRONG!



This month former physiotherapist Gillian Jordan shows us how your brain can help to keep your muscles strong.

We've known for a while that exercise is good for our brains, but research now shows that exercising our brain can actually strengthen our muscles! It seems the brain and body are more entwined that was once thought.

The research

A study in the Journal of Neurophysiology recruited volunteers to wear a rigid plaster cast on one wrist for four weeks which prevented any wrist movement. Half were given imaginary wrist exercises to perform in their heads for 11 minutes a day five days a week, and the other half had no instructions.

At the end of the study, the group who imagined exercising their arm muscles were twice as strong as those of the do-nothing group.

Real life examples

Imagery techniques are regularly incorporated into athletes' training and are broken down into small stages and practised in the imagination, movement by movement, before being actually tried in the gym, playing field, dance floor or (gulp!) high diving board.

These 'imagining a movement' techniques are used in rehabilitation too – for example, with patients who have had a stroke and have difficulty with one side of the body. They are encouraged to carry out the movement on the unaffected side and then to think about the same movement with the affected side.

Now it's your turn

You can try this yourselves. Think of an activity you enjoyed doing in the past and work through it in your mind. For me it's climbing to the top of Haytor which I enjoyed during childhood visits to Dartmoor with my family (I'm reminded of this as Haytor is my calendar picture for August!)

So I decided to set off on an imaginary walk up to the top of the tor, thinking of the scenery, the gorse all around, the rough ground and stones and the steep climb. I could hear birds, other people, the sound of my footsteps and my deeper breathing.

As I was plodding steadily along in my mind, I realised that I was actually breathing more and more deeply as if I was really doing it. It was a great feeling and I am sure it was doing my body good as I relived these happy memories! I am determined to try this activity again, with some other memories and, perhaps new ones. Maybe it would be something you would like to try too? Do let us know!

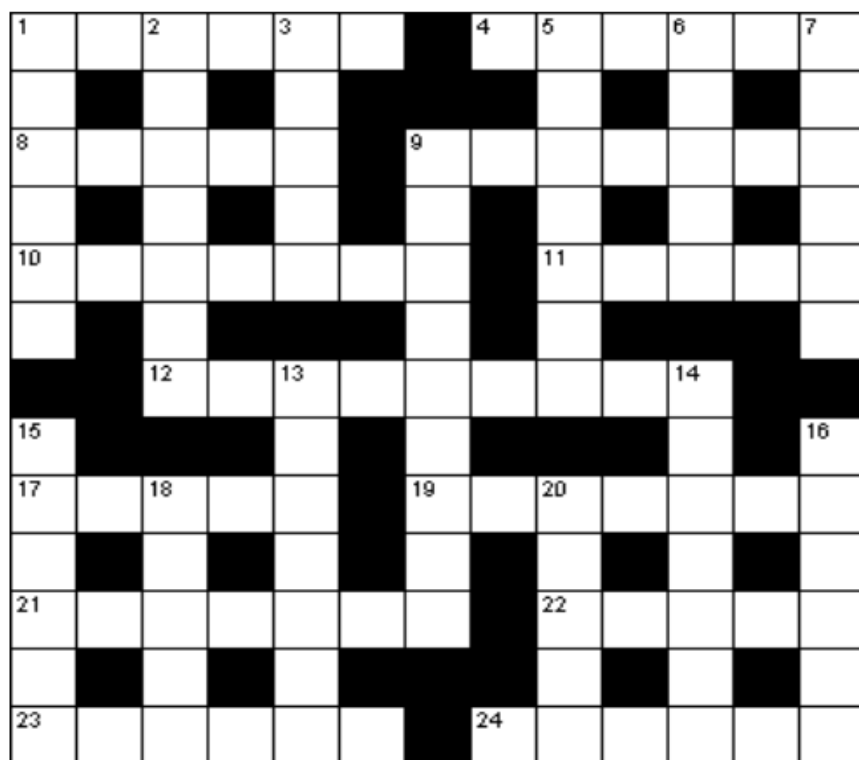
The take home message? If (or when) we can't be as active as we might like or need to be, just concentrating on movements without doing them can help to prevent deterioration of mobility and strength.

Good luck! And do let us know how you get on!

Next time Gillian will look at the sort of exercises that can help maintain and improve your brain functioning!



PUZZLE TIME....



Across

- 1 Finally (2,4)
- 4 In short supply (6)
- 8 Strained (5)
- 9 Separate (5,2)
- 10 Bullfighter (7)
- 11 Writers of verse (5)
- 12 In an undertone (5,4)
- 17 Eccentric person (5)
- 19 Modest bet (7)
- 21 Commotion (7)
- 22 Hidden store (5)
- 23 Happenings (6)
- 24 Lethal (6)

Down

- 1 Harvest season (6)
- 2 Syrupy medicine (7)
- 3 Velocity (5)
- 5 West Indian song (7)
- 6 Fasten again (5)
- 7 Uncover (6)
- 9 Sad (9)
- 13 Extract (4,3)
- 14 Lured (7)
- 15 Reaping tool (6)
- 16 Blood vessel (6)
- 18 See eye to eye (5)
- 20 Male relative (5)

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

KITCHEN ITEMS

DISHWASHER
MICROWAVE
BLENDER
GLASSES
STOVE
COFFEE MAKER

MOP
DEEP FRYER
WAFFLE IRON
TOASTER
BRUSH
PLATES

SPONGE
KETTLE
RADIO
OVEN

SODOKU

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

All answers on p16

KILIM-INSPIRED PAINTED BASKET



IN THREE EASY STEPS!

No skill required here! Even if you've never crafted before, you can accomplish this project. Getting a corded basket will help you keep your painting strokes even and in the right place.

What you will need

- Woven basket
- Acrylic paint
- Paintbrush
- Tape measure
- Pencil

Instructions



Step one. Begin painting your pattern. I used my paintbrush and the basket weaving as makeshift rulers. It's ok if the design isn't absolutely perfect. We're going for a handmade look here!



Step Two. Continue painting the design until you're happy with the layout. I painted just a few diamond shapes around the entire perimeter of the basket and left a good amount of white space but feel free to do something more intricate and complex!



I hope you enjoyed this project? We would love to see your makes. Just send us a picture here at Pigeon Post Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT or email teresa.gallagher@ageukbarnet.org.uk We can't wait to share them with all of our regular readers!



MARITAL RATING SCALE FROM THE 1930s

HUSBAND'S CHART

To calculate the score, add up the items under DEMERITS which fit the husband and add the total. Each item as one point unless specifically weighted as in the parentheses. Then check the items under MERITS which apply. Now subtract the DEMERIT score from the MERIT score. The result is the husband's raw score. Interpret it according to this table:

RAW SCORES		INTERPRETATION
0-24	Very Poor (Failure)
25-41	Poor
42-58	Average
59-75	Superior
76 and up	Very Superior

DEMERITS	Tick		MERITS	Tick
Stares at or flirts with other women while out with wife			Gives wife ample allowance or turns pay check over to her	
Reads newspaper at the table			Courteous to wife's friends	
Fails to come to table promptly when meal is ready			Frequently compliments wife re looks, cooking, housekeeping etc.	
Brings guests home for meals without warning wife			Remembers birthdays, anniversaries etc	
Doesn't phone when late for dinner			Helps wife with dishes, caring for children, scrubbing	
Compares wife unfavourably with his mother or other wives			Polite and mannerly even when alone with his wife	
Publicly praises bachelor days and regrets having married			Consults wife's opinion re business and social affairs	
Criticises wife in public			Has date with wife at least once per week	
Belches without apology or blows nose at table			Reads newspaper, books or magazines aloud to wife	
Leaves dresser drawers open			A good conversationalist	
Leaves shoes in living room			Steady worker and good provider	
Snores			Leaves car for wife on days she may need it	

Wife's Chart in our next edition!



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**.

Our Stepping Out Service for those who have early stages of dementia or confirmed memory issues, we offer short weekly walks with a volunteer 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*



EASY WAYS TO MEET YOUR STEP QUOTA

It has long been touted that 10,000 steps a day is the magic number you need to stay fit and healthy - but a new study shows fewer than 5,000 may be enough to see a benefit.

- * 4,000 was enough to start reducing the risk of dying prematurely of any cause.
- * Just over 2,300 is enough to benefit the heart and blood vessels.

The more you do, the more health benefits are seen, said researchers from the Medical University of Lodz in Poland. Every extra 1,000 steps beyond the 4,000 reduced the risk of dying early by 15 per cent up to 20,000 steps.

If you don't have a step counter on your phone, you can buy a basic pedometer for around £8. So, put on your walking shoes and follow our Wendy's tips on how to increase your step count.

Start small – if you're not used to walking, go for a 10 minute walk every morning and build to 20 minutes. A daily half hour walk is about 3,500 steps and 10,000 steps will take you from one and a half to two hours.

Break it into smaller segments– a trip to the shops, a stroll around the block, getting off the bus one stop early and even walking around the house doing housework all adds up.

Be flexible – some days you'll feel more energetic than others so listen to your body and just go with how you feel.

Make it a social activity by going with a friend or joining a walking group. Age UK Barnet has six walks around the borough – you'll tot up at least 4,500 steps on each session.

Take your time - consider stopping to rest on a bench or picturesque spot and remember to stay hydrated – bring a bottle of water with you.

Get in touch with Wendy to find out if we have a social walk near you. Call her on **0208 432 1421 / 0774 187 7027** or email wendy.nutman@ageukbarnet.org.uk





'Me.....and my (very) old friends'

Writer Lee Janogly – an 84-year-old semi retired fitness instructor and author – shares the conversational highlights of her regular meet-ups with a group of good friends. This time they talk about their 'senior' moments!

'I think I've got dementia', announced Pauline. Four of us had gathered at her house for coffee, and I must say that at age 78, Pauline didn't look any more demented than usual. 'I bought a dress in Fenwick' she went on, 'and when I put my card in the machine, I forgot my 4-digit PIN number. My mind just went blank. I froze, then started shaking. Luckily my daughter, Joanne was with me, and she paid. Once in the car, it popped back into my mind. It was so scary.'

'You haven't got dementia', said Sheila, the psychotherapist - rather rudely I thought, 'If you think you have, that means you haven't got it because if you really had it, you wouldn't be able to think you've got it, so you haven't'. That's cleared that up then.

'It's names I can't remember', said Laila. 'The advice is when you're introduced to someone, you repeat their name and associate it with some physical aspect of them. So, when I met my new neighbour, I repeated to myself, 'Peter dandruff, Peter dandruff' several times. The problem is every time I saw him after that I'd say, 'Hi Dan' until he corrected me.

We all agreed that this was a universal aspect of ageing.

Then the conversation descended into the usual chaos when a group of similar-aged women get together:

'Did you see that film on Channel Four last night?'

'What was it called?'

'Err – The Life of Something or The Something of Life – I can't remember'.

'Who was in it?'

'Um, that very good-looking guy who was married to that girl from Friends, but he left her for that woman with six kids. What's her name?'

'Who, Madonna?'

'No, the other one – gorgeous – with the child-bearing lips'.

'Madonna was married to Sean Penn.'

'No, it wasn't Sean Penn, this one was younger'.

'I thought Sean Penn was married to Meg Ryan?'

'No, that was Tom Hanks'.

'Meg Ryan wasn't in Friends'.

'Oh, you know who I mean. He looks a bit like that guy in Titanic – um?'

'Leonardo di Vinci?'

'Yes – but with lighter coloured hair. It'll come to me in a minute ...'

'It wasn't Leonardo di Vinci, that's the opera singer. You mean Leo di Capricorn.'

'Brad Pitt, that's it!'

'That's what?'

'In the film'

'What film?'

'The one I was talking about.'

'So, was it any good?'

'No, it was rubbish.'

Ring any bells, Reader?





SLEEP BETTER TONIGHT



A third of us don't get enough sleep, according to neuroscientist Professor Catherine Loveday - and giving yourself a sleep MOT might be one of the best things you can do for your health. A consistent lack of sleep has been linked with poor health, faster ageing, obesity, poor memory and higher rates of depression. 'People who have less sleep have a build up of toxins and proteins that may be bad for the brain and lead to memory problems,' says Catherine. 'The good news is that sleep washes out these toxins and has a whole host of other benefits.'

Sleep helps us bed in and consolidate our memories plus what we learn during the day; it keeps us sharp, improves our mood and boosts our immune system; on top of this, dreams can help us problem solve and enhance our creativity!

So give your sleep an MOT and follow Catherine's tips for a super sleep:

- ♦ Having a regular routine really helps – our bodies follow a natural circadian rhythm and respond well to habits. So aim to go to bed and get up at approximately the same time each day and think about taking a warm bath before bed – the temperature drop you get when you get out of the bath mimics the temperature drop you get when you fall asleep.
- ♦ Light and dark determine levels of cortisol and melatonin which drive our sleeping and waking so aim for complete darkness during sleep and as much natural light as possible during waking hours. Try to keep lights dim for an hour before sleep (including no computer or TV screens).
- ♦ Note that as we get older, melatonin peaks earlier in the evening which makes people want to sleep earlier or nap in their chair – sleep scientists suggest either going to be bed earlier and getting up earlier, or getting greater light exposure in the afternoon / evening to counteract the effects of melatonin.
- ♦ Manage your stress. We are programmed to keep our wits about us and stay alert and awake if we are anxious. Relaxation techniques such as yoga can help. It can also be useful to keep a pen and paper by the bed to write things down if they are worrying you. This allows you to let them go again and deal with them the next day. To get you in the mood for sleep, consider writing a diary or a happiness/ gratitude journal when you write down a few good things that have happened that day.
- ♦ If you really cannot sleep then get up for a little while and then try again. If all else fails, bear in mind that a few bad nights is nothing to be concerned about.



Memory Fact -

Insomnia studies in sleep labs have shown that people who worry a lot about sleep, often get a lot more than they realise. The most important thing is that we give ourselves the opportunity to sleep well.

Research update

Nostalgia can help with route remembering, according to the latest research.

A recent study asked people to learn a series of routes in a maze. Half the participants saw contemporary pictures to mark specific landmarks around the maze. The other group had images from childhood TV programmes. Participants with images linked to childhood memories were more likely to remember the route.

Memory Fact - Why we love lists!

Short term memory is very limited and we can only hold 4 pieces of information at any one time! By writing things down, there's evidence that we free up space in our brains to take in more information. So don't feel guilty about writing lists – it won't have a negative impact on your thinking skills. 'And for people with memory loss, the act of writing also reinforces their memory,' says Catherine.



HOW TO REDUCE YOUR SUGAR INTAKE

It has been known for some time that high sugar diets increase the risk of type 2 diabetes but the latest science links sugary foods to memory problems and increased risk of dementia in older adults.

'As we get older, our tolerance to sugar becomes lower,' says diet coach Ann Larchy. 'Over time, many develop type 2 diabetes or other memory issues.'

It's not surprising that so many of us end up with sugar cravings, with so much of today's food processed and with added sugar. So here's how to manage those cravings.



Try to maintain balanced meals with protein, fibre, and healthy fats to keep you full and stabilise blood sugar levels.

When you plan your meals, think protein first. What will be your protein for that meal? Meat, fish, eggs, tofu, tempeh, dairy, pulses? Too often we leave protein as an afterthought. Secondly, what vegetables will you eat? Think of filling half your plate with vegetables - ideally different coloured ones, or at least through the day have a variety of colours. Thirdly, what healthy fats will you add: olives, olive oil, avocado, seeds, nuts, for instance. And only then, think about your carbohydrates: rice, pasta, potatoes, bread. By eating that way consistently over time, your sugar cravings will reduce if not disappear! Drinking plenty of water can also help curb cravings. Often, we confuse hunger with thirst and end up eating when actually we should be hydrating.

If you really need something sweet, opt for a sweet tomato, a carrot or a handful of berries. Practice mind over matter. Practicing mindfulness and identifying triggers for cravings can help you manage them better. Each time you have a sugar craving think about what you're doing and also what you had to eat earlier and when you had your last meal. Understanding triggers will be very helpful to manage and even get rid of your sugar cravings. Writing a food diary including meal times can help you with uncovering triggers.



WHY GETTING OLDER IS GOOD!



We're more able to manage emotions. Negative emotions such as sadness, anger and fear become less pronounced than in our drama-filled younger years, according to research at Stanford.

The older you get,
The better you get.★



SILVER SUNDAY



SILVER SUNDAY
A CELEBRATION OF AGEING WELL IN OUR COMMUNITY

SUNDAY 1ST OCTOBER
LIGHT LUNCH PROVIDED

LAUNCH OF AGE-FRIENDLY BARNET

MIDDLESEX UNIVERSITY THE BURROUGHS, NW4 4BT
11AM-3PM
ALL AGES WELCOME

PERFORMANCES



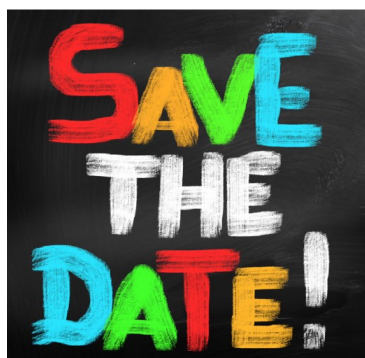





HEALTH & FITNESS CHECKS

TALKS

INFORMATION



Talk: The psychology of deception -

13 September (7.00—8.00pm) Can we tell when someone is lying? And what can we do to reduce the spread of fake news, or spot a scam? The brilliant neuroscientist Professor Catherine Loveday looks at the science behind deceit and how to protect yourself when it really matters. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To register, just contact Teresa on 07502 989 403 or email teresa.gallagher@ageukbarnet.org.uk

Silver Sunday event - Sunday 1 October 2023 (11.00am - 3.00pm)

Join us for a fun-filled day of activities and advice for the over 50s at Middlesex University, The Boroughs, NW4 4BT. There'll be exercise tasters, music and dance performance, talks and workshops, advice on managing money and health checks. Includes a talk from Professor Catherine Loveday on Love and Connection. There'll be a free light lunch and refreshments throughout the day! Transport may be available for a limited number of spaces. To find out more contact Pippa on 07379 331807 or email her on pippa.mannerings@ageukbarnet.org.uk

Black History Month event with Baroness Lola Young - Monday 9 October (2.00 - 4.00pm)

A celebration of black history and culture with music, food and inspirational speakers including charismatic Baroness Lola Young, former actor, author, campaigner and life peer. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Watch this space for more details.

RAF Museum talks – Thursdays from 2 November–14 December 2023 (2.00 - 3.30pm)

Join us at the RAF Museum for a series of 4 talks which will focus on a different area of the museum's collections – from its new Bomber Command exhibition to delving into the amazing archives. Talks take place on 2 November, 16 November, 30 November and 14 December. Open to all Barnet residents over 55. Sessions are free – just contact Helen Nicolaou to book a place or email helen.nicolaou@ageukbarnet.org.uk.

Quiz night - Wednesday 8 November - 6.45pm (7.15pm start) Test your knowledge and raise money to help us improve the wellbeing of older people in the borough. Takes place at the Ann Owens Centre. Tickets £15, includes 2-course meal, luxury hamper prizes, raffle, licensed bar. Make up your own team of 8 or join another team. Contact Teresa on teresa.gallagher@ageukbarnet.org.uk or phone 07502 989 403 to register your interest.

Talk: Why it's good to look back - Wednesday 15 November (7.00 - 8.00pm) Harking back to the past can sometimes be seen as bad thing, but nostalgia is actually rather good for our brains. It can also boost physical wellbeing and can even make us feel positive about the future. Neuroscientist Professor Catherine Loveday lets us know how to do nostalgia well. To register, contact Teresa on teresa.gallagher@ageukbarnet.org.uk or phone 07502 989 403.

Winter Fair - Saturday 25 November - 11.00am - 3.00pm Buy all your Christmas cards and pick up some crafty gifts - there'll be refreshments, delicious home-made cakes and mince pies. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. A bit closer to the time, we would welcome any donations of nearly new gifts for our tombola stall. Any questions, please contact Teresa on teresa.gallagher@ageukbarnet.org.uk or phone her on 07502 989 403.

CONTACT US



AND FINALLY.....

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.

SUDOKU ANSWERS

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

CROSSWORD ANSWERS

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17	C	R	18	A	N	K			19	F	L	20	U	T	T	E	R		
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21	T	U	R	M	O	I	L					22	C	A	C	H	E		
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23	E	V	E	N	T	S				24	D	E	A	D	L	Y			

WORDSEARCH ANSWERS

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

