
















PIGEON POST

Keeping you informed & involved

September / October 2022



-  PG. 2 - Nutrition Bites
-  PG. 3 - The latest scams
-  PG. 4 - Upcoming events
-  PG. 5 -
Over to you - Your lives & stories
-  PG. 6 - Recipe time
-  PG. 7
Wellbeing - Professor Loveday
-  PG. 8
Quiz time *"Get ready to give those brain cells a workout"*
-  PG. 9 - Easy crafts
-  PG. 10
Nostalgia page - childhood sweets
-  PG. 11 - How can we help?
-  PG. 12 - Perfect posture
-  PG. 13 - Book club
-  PG. 14
Celebrating diversity in Barnet
-  PG 15 - Family Time
-  PG 16 - Quiz Answers



How old do you feel today? Scientists have found that seeing ourselves as younger can have a hugely positive impact on our health, and could reduce our risk of dementia.

According to Professor Catherine Loveday on page 7, this is influenced by how society views old age - for instance, how

older people are presented on TV or in adverts. You can hear more about this fascinating issue if you come along to Catherine's talk on Thursday 15 September at the Ann Owens Centre. Read the details on page 4.

We also have a new section celebrating diversity in Barnet - each issue we will shine a light on a different faith or community group and we kick off with the Barnet Asian Women's Association.

Hope you enjoy our bumper sized issue!

Helen Newman
Chief Executive
Age UK Barnet

IF YOU HAVE
ONLY ONE **SMILE**
IN YOU GIVE IT TO
THE PEOPLE YOU LOVE

Maya Angelou





ENERGY BOOSTING SANDWICHES AND WRAPS

Sandwiches and wraps are a tasty and easy way to use up the remaining bounty of summer's vegetables, be it raw, roasted, blended in spreads, or combined with legumes, cheese and even oily fish. 'Experiment with breads made from different grains, such as corn, spelt, or rye, and where possible, use wholegrain breads for an extra dose of essential nutrients and fibre,' says cookery volunteer Kato. 'Wholegrains will sustain your energy levels for longer after a meal, and adding healthy fillings will turn your quick sandwich into a balanced meal.'

Bean and rice burrito

Cook 1/3 cup brown rice (or use leftover rice). Gently fry 1 chopped onion, 2 peeled and chopped garlic cloves, and 1/2 chopped green chilli in 1 tbsp of olive oil until soft. Add 1 1/2 tbsp tomato paste, 1/4 tsp cumin and a can of drained black or kidney beans. Simmer with a bit of water for 10 minutes. Add 250g frozen corn and simmer for another 3 minutes. Add 3 sliced salad onions. To assemble, mound 1/4 cup rice, 1/2 cup beans, and 1/4 cup grated cheddar cheese, and a slice of avocado on one side of a large wheat or corn wrap. Fold in the sides, and then roll up from the filled side. Serve immediately. Wrap leftover burritos in plastic wrap and freeze up to 3 months. Defrost for 10 minutes in the microwave (remember to take off the plastic) and then bake for 10 minutes at 180°C, or bake for 40 minutes at 180°C.



Mackerel and pickled radish on rye

Slice 5 radishes and put in a bowl with 2 tbsp white wine or cider vinegar and 1 tsp sugar. Leave for 10 minutes. Mix 2tbsp Greek yoghurt with 1 tbsp horseradish cream and season. Spread over a slice of toasted rye bread. Top with a few slices of cucumber, 1 fillet of flaked peppered smoked mackerel, a few fronds of fresh dill and the pickled radishes.

Wholegrain pita with vegetables and your favourite spread

Grate 1/2 carrot and a small piece of cucumber. Finely slice 30g of red cabbage and 1 radish. Lightly toast a wholegrain pita. Fill with the vegetables and one of the fillings below. These fillings can be used as a spread on any bread, or as a dip with your favourite roasted or raw vegetables.



Baba ganoush:

Bake 3 medium aubergines in the oven at 180°C for 1 hour, until very soft inside. Peel and scoop out the flesh – wait for 10 minutes to drain off the liquid. Mix flesh with 2 tbsp lemon juice, 3 peeled and grated garlic cloves, 3 tbsp tahini, 1/3 cup olive oil, 1/4 cup chopped parsley and 1/4 tsp each cumin and smoked paprika. This spread will keep in a jar for 3 weeks, and is delicious as a base for all sandwiches and pitas.

Cannellini bean and tuna spread:

In a food processor, add 1 can of tuna in olive oil, 1 can of drained cannellini beans, 1 peeled garlic clove, 2 chopped spring onions, 2 tbsp good quality mayonnaise, 2 tsp parsley, 1 tbsp lemon juice, and 1/2 tsp lemon zest. Blend until a smooth consistency.



Yoghurt and cucumber spread:

Grate 1/2 cucumber and squeeze out all the juice with your hands. Add to 1 cup of Greek yoghurt, 1 peeled and grated garlic clove, 1 tbsp lemon juice, 3 tbsp of chopped mint, and mix through

FOOD FOR THE BRAIN

FATTY FISH

The foods you eat play a role in keeping your brain healthy and can improve specific mental tasks, such as memory and concentration. Each month we focus on a different food and explain why it should be a part of your diet.

- * When people talk about brain foods, fatty fish is often at the top of the list. This type of fish includes salmon, trout, albacore tuna, herring, and sardines, all of which are rich sources of omega 3 fatty acids.
- * About 60% of your brain is made of fat, and half of that fat is comprised of omega-3 fatty acids
- * Your brain uses omega-3s to build brain and nerve cells, and these fats are essential for learning and memory, and slowing the decline of our thinking skills.



Fatty fish fact: tinned tuna loses the omega 3s, but tinned salmon and sardines keep hold of it. If in doubt, eat fresh fish.

THE LATEST SCAMS

BEWARE OF PICKPOCKETS IN BARNET

Pickpocket alert!!



Older
people being
targeted in
Barnet!

There has been a spate of pickpocketing incidents in Barnet High Street and around the borough, with older people being targeted in particular, according to Barnet police. The Safer Neighbourhood Team is doing daily patrols of the high street and is linking with local businesses and distributing leaflets. Here are a few dos and don'ts from the Metropolitan Police.

DO

- ✦ Do keep purses and bags closed and secure at all times
- ✦ Do carry bags in front of you or diagonally across your chest
- ✦ Do return cards to your purse or wallet quickly and zip it up or button it
- ✦ Do use a purse that's difficult to open. One that zips or snaps shut is best, and keep it closed
- ✦ Do use a money belt if you're carrying a significant quantity of cash
- ✦ Do conceal your wallet in a buttoned or zipped pocket where it doesn't bulge
- ✦ Do keep a list, separate from your wallet and phone, of contact numbers of family in case your phone is stolen
- ✦ Do keep a photocopy of your airline tickets, passport, credit cards and any other documents that would be impossible or inconvenient to replace if stolen.

DON'T

- ✦ Don't hang stuff on the back of a chair.
- ✦ Don't leave anything on the back of a pushchair.
- ✦ Don't place your belongings out of sight on the floor.

Remember, having a zipped bag doesn't mean you're totally safe. Thieves have been known to walk behind victims while slowly unzipping bags. Yes, they can be that bold. So, never underestimate a pickpocket.

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

OVER TO YOU!

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.



YOUR LIVES, YOUR STORIES....



91-year-old Raff shows it's never too late to learn how to use a computer! We have lent her a laptop and we are showing her how to use it in our weekly support sessions. 'I've never even understood what a computer can actually do until now - thanks to a lovely volunteer who explained it so clearly. In the past, people have just done things for me online but now I'm being encouraged to do everything myself - and that is really helping!'

If you would like to learn how to get to grips with a laptop, tablet or smart phone, get in touch with Age UK Barnet's Howard on **0208 432 1415.**



UPCOMING EVENTS

WHAT SOCIAL PRESCRIBING CAN DO FOR YOU Wednesday 7 September 2022 - 10am-1pm.

Social prescribers link people to activities and services in the borough and help people take control of their health. Join us for some brilliant talks and activities.

★**Tips on boosting wellbeing by Professor Catherine Loveday** ★**How to manage your money, from Boost Barnet.** ★**Meditation taster session**

There'll be refreshments, community information stands and a chance to mingle. Our free event takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To register, email Caitlin on Caitlin.bays@nhs.net or phone her on 07931 861146.

TALK: CAN YOU THINK YOURSELF YOUNG? Takes place on Thursday 15 September (7-8pm) at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

Neuroscientist Professor Catherine Loveday on how your attitudes to ageing can improve your health and may even protect against dementia £5 donation on the door - refreshments included! To book, contact **Teresa** on **07502 989 403** or email teresa.gallagher@ageukbarnet.org.uk

SILVER WEEK AFTERNOON TEA - Thursday 6 October 2022 from 2-4pm at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

A traditional afternoon tea: Sandwiches, cakes and scones with all the tea you can drink - **all for £5 a person!** Live music too! Bring friends and family - the more the merrier! One hour slots are available from 2-3pm or 3pm-4pm. To book your place, please contact Teresa on **07502 989 403** or email teresa.gallagher@ageukbarnet.org.uk



Happy 99th birthday to Pigeon Post reader Barbara

"Over the years, when I've needed help and support from Age UK Barnet, they have been there for me – I'm so grateful. A huge amount of thanks to them!"



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 Marjorie who has lived in Whetstone most of her life and recalls her childhood memories.

Marjorie, a lively, articulate, and I suspect, a very capable lady of 87. She has been married for nearly 70 years and has three sons and three grandchildren, who unfortunately live a long way away. Her close-knit family have lived in Whetstone since she was two, and she also has lived there except for a few years of early married life. She remembers Russell Lane as a narrow country lane with trees and benches either side, but the area was becoming built up even in those days.

War came just as she started school. Marjorie's house backed onto the site of the Standard Telegraph and Cables Company which made communication, radar and navigational aids. This made it a target for bombs, and the back of Marjorie's house was destroyed by a doodle bug. Luckily her mother was in the front and was unhurt. Marjorie's father had been called up, and it was decided to evacuate to Devon. At that point Marjorie contracted meningitis. It is difficult to understand in these days of the NHS and antibiotics how dangerous childhood diseases were in those days.



Luckily she was sent to Great Ormond Street Hospital for Children. Marjorie was very ill, and eventually the Hospital asked if they could use a new drug, M&B, a precursor to antibiotics. Marjorie eventually got better, luckily with none of the side effects of meningitis. She was quite the star of the hospital, and remembers being asked if she would like honey or marmalade for breakfast, an unheard of luxury! Eventually she was sent to a convalescent home in Hertfordshire which she hated as the staff were so strict. The food was awful and the children had to eat it all. Parents were only allowed to visit once a week.

Back at school Marjorie had missed so much schooling that she was unable to catch up in time to take the scholarship exam for the grammar school like her sister, which was disappointing for her. Her headmistress taught her to read, which she absorbed very quickly. The school also had a good drama department, which started an interest in stage performance.

After school she worked for Barclays Bank for two years, and then got married at 20. She and her husband managed to find accommodation in Arnos Grove, and lived there as their three sons began to arrive. Marjorie's husband worked during the day and studied architecture in the evenings, so Marjorie was alone a good deal with the children. They decided to move back to Whetstone to be near her parents and have lived there ever since.

When Marjorie's third son was five she joined the staff of Oakley Road Special School, as it was known in those days, as a classroom assistant. The school expanded and Oak Lodge was built in Mill Hill for older children, so Marjorie took further training to become a special needs assistant. She helped children on an individual basis, escorting them to and from school, and staying in the classroom and playground, and then on trips or to swimming lessons. The children were constantly assessed for mainstream or special needs schools, and Marjorie became part of the assessment unit. The aim was to enable children to learn to the best of their ability.

Marjorie left Oak Lodge after 30 years and did some volunteering work. She renewed her interest in performing arts and joined a drama group performing in various local centres. The group had to be flexible as they did not know what facilities they would find!

Marjorie has certainly lived a full life. She may have wondered in what direction life would have taken her had she not had meningitis and been able to take the scholarship exam like her elder sister. But life takes us in different directions, and Marjorie has certainly made the most of hers.

Make an omelette inspired by the Catalan way, a classic dish made simple with only five ingredients. Serve with a nice crispy salad or coleslaw.

REAL SPANISH OMELETTE

Ingredients

- 500g new potatoes
- 1 onion, preferably white
- 150ml extra-virgin olive oil
- 3 tbsp chopped flat-leaf parsley
- 6 eggs

Method

1. Scrape the new potatoes or leave the skins on, if you prefer. Cut them into thick slices. Chop the onion.
2. Heat the extra-virgin olive oil in a large frying pan, add the potatoes and onion and stew gently, partially covered, for 30 mins, stirring occasionally until the potatoes are softened. Strain the potatoes and onion through a colander into a large bowl (set the strained oil aside).
3. Beat the eggs separately, then stir into the potatoes with the parsley and plenty of salt and pepper. Heat a little of the strained oil in a smaller pan.
4. Tip everything into the pan and cook on a moderate heat, using a spatula to shape the omelette into a cushion.
5. When almost set, invert on a plate and slide back into the pan and cook a few more minutes.
6. Invert twice more, cooking the omelette briefly each time and pressing the edges to keep the cushion shape. Slide on to a plate and cool for 10 mins



AGE: IS IT ALL IN THE MIND?

It's actually common to feel younger than we are, according to neuroscientist Professor Catherine Loveday. 'And research shows that this has huge health implications. People who feel younger are less likely to suffer from diabetes, hypertension, depression and even dementia. They also walk faster and tend to report better sleep and better memories.'

But are people who feel younger simply healthier to start with or are they so keen on being young that they actually take better care of themselves and therefore live longer? Or can changing our mindsets actually add years to our life? Catherine digs into the research.

o People who see themselves as younger have a younger looking brain. Brain scans show that they have more grey matter overall, with particular resilience in areas called the prefrontal cortex (involved in planning and complex cognitive behaviour) and superior temporal gyrus (responsible for processing sounds and emotions).

o A study at the University of Grenoble found that people who think of themselves as 13 years older are 25 per cent more likely to die, even when education, race and marital status are taken into account.

o Reducing age stereotyping might change how we perceive our age – another study showed that exposing people to photos and words that are typically associated with old age, such as "grumpy", "wrinkled", and "helpless" made them feel older.

o In one study of older exercisers, researchers found that their performance improved if they were praised, but specifically if they were favourably compared to other people of the same age.

Back in 1979, psychologist Ellen Langer from the University of Harvard showed that simply turning the clock back 20 years had an age-reversing effect on a group of 75-year-old men. After five days of being immersed in a mocked up 1959 environment and treated as 55-year-olds, these men showed increased physical strength, improved memory and better eyesight.

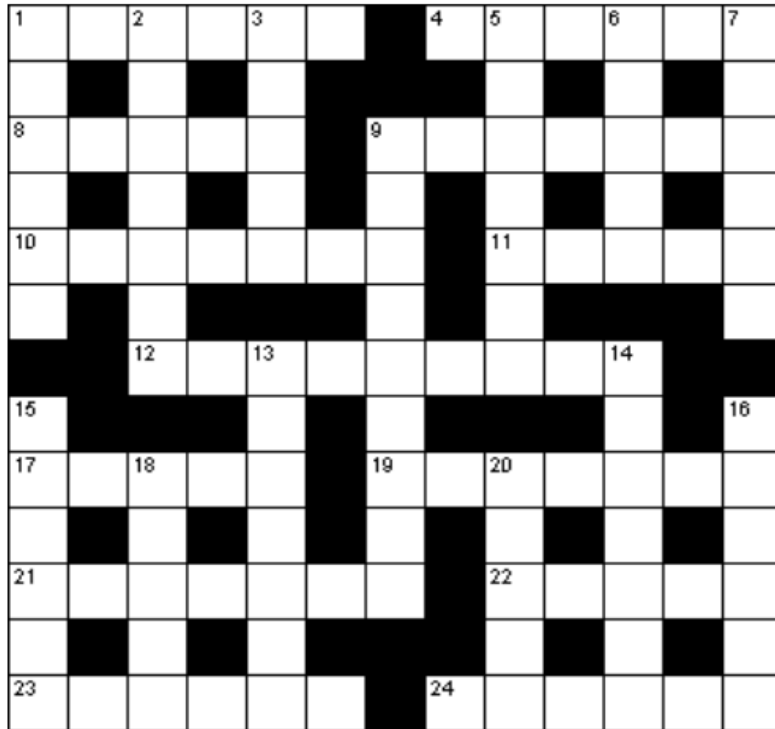


Change your expectations

- Try to ignore the numbers on your birth certificate and cut down on the relentless societal references to getting old.
- Rather than idealising youthfulness, focus on things you can gain from living a longer life such as greater experience and knowledge and a better ability to regulate our emotions. We also tend to have more positive memories as we age, we're better at decision making and have a bigger vocabulary
- Be mindful of physical weakness. This is something within our control to some extent and expectations of frailty can amplify aches and pains
- Stop attributing sickness to age - this supports the idea of an inevitable decline
- Look out for role models who challenge the societal expectations like Judi Dench, David Attenborough and Joanna Lumley - or non celebrities like Ken Jones who ran the 2020 London Marathon at the age of 87!
- Be aware of your media diet - TV often reinforces stereotypes of older people.
- Think twice about put downs such as 'I'm not getting any younger' and jokey Birthday cards that present ageing in a negative way..

'Do not complain about growing old. It is a privilege denied to many.'
Mark Twain

PUZZLE TIME....

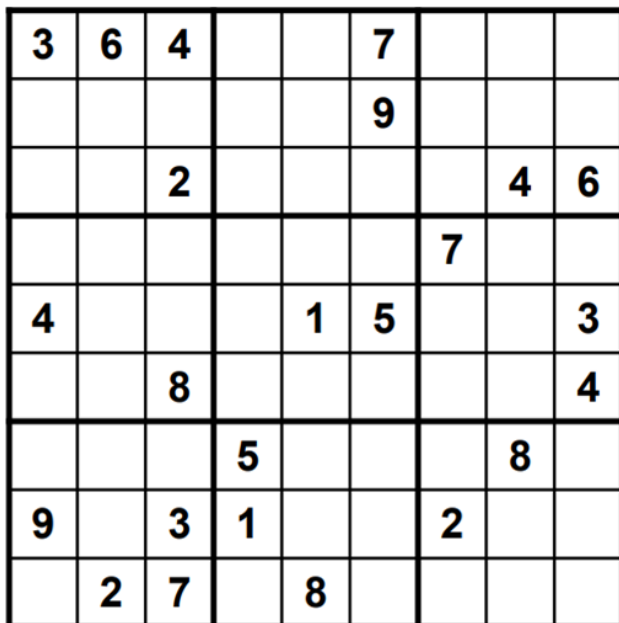


Across

- 1 Unwary (anag) (6)
- 4 Queen Victoria's husband (6)
- 8 Call upon (5)
- 9 Concert performance (7)
- 10 Pakistan's largest city (7)
- 11 Fatuous (5)
- 12 Colourful beetles (9)
- 17 Divine messenger (5)
- 19 Recuperate (7)
- 21 Pop the question (7)
- 22 Greek holiday island (5)
- 23 A score (6)
- 24 Lanced (anag) (6)

Down

- 1 Retract (6)
- 2 Nasal aperture (7)
- 3 Garret (5)
- 5 More fortunate (7)
- 6 Minor actor in crowd scenes (5)
- 7 Bank employee (6)
- 9 Pay back (9)
- 13 Apportion (4,3)
- 14 Cut off (7)
- 15 Floor covering (6)
- 16 Game bird (6)
- 18 Terrestrial sphere (5)



**SUDOKU
MODERATE**

MILITARY LIFE WORD SEARCH



- | | | |
|--------|---------|---------|
| Ammo | Drill | Parade |
| Army | Fight | Post |
| Attack | Guard | Raid |
| Base | Helmet | Rifle |
| Battle | Jeep | Salute |
| Beret | Khaki | Sentry |
| Boots | March | Tank |
| Camp | Medal | Uniform |
| Combat | Mess | Unit |
| Convoy | Officer | War |

EASY CRAFTS



SUN PRINT WALL ART

Use sun print paper to create wonderful wall art! This is a fun project to make or to give as a special gift. Sun print paper is really easy to use. The most important thing is having a sunny day. Clouds won't allow the same results as full sun. Windy days can make it tough too, which is why I used a piece of glass over my designs. The package will tell you to pin your paper to cardboard, but if there's a slight breeze your lightweight objects will be easily blown off.



What you will need

5 "x7" sun print paper* *You can buy this from Amazon.*
 Objects of your choice - lavender, starfish, plants, keys.
 13 "x9" or larger pan with an inch or so of cool tap water
 Foam core or a piece of cardboard
 Paper towels
 Clear plastic or glass - use one from a frame
 White frames
 White paper
 Glue stick

Method



Place a piece of sun print paper, blue side up, onto your foam core or cardboard.

Arrange objects on top of paper.

Cover objects with glass and press down to hold everything in place, especially if it's breezy out!

Expose to direct sunlight for two minutes.

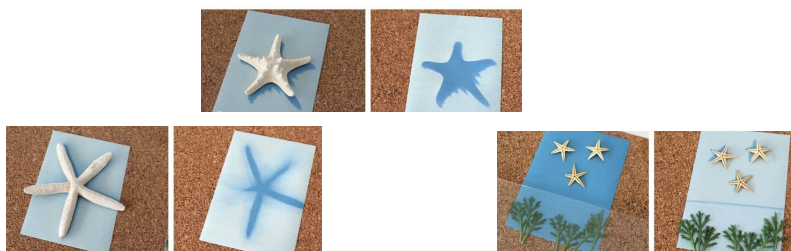
Remove glass and objects from paper. You will see that the paper has lightened in color and the areas under your objects will be the original blue.

Submerge exposed paper in pan of water.

Be sure it's completely covered and leave in water for about one minute. The blue areas will turn white, and the light areas will turn light blue.



Remove paper from water and place on paper towels to dry. The blue areas will darken as the paper dries.



YESTERYEAR SWEETS

Do these bring back sweet memories? Or of trips to the dentist because of them! Maybe you are still tucking in to them today! Let us know which ones you enjoyed in your younger days!



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



DO YOU HAVE A SMARTPHONE OR TABLET?

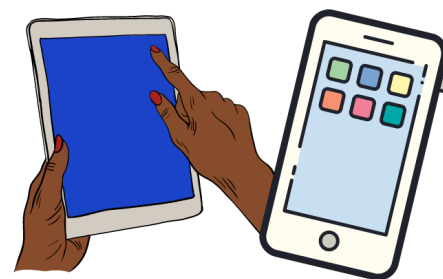
Make everyday tasks easier by learning how to do them on your smartphone. Just come along to one of our upcoming free workshops and our lovely volunteers will help you. They all take place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Monday 5 Sept (2pm): The NHS app - accessing the NHS online

Monday 26 Sept (2pm): Finding and booking council services

Monday 10 Oct (2pm): TFL journeys and bus apps.

To book please call Howard on 020 8432 1415 or email howard.chapman@ageukbarnet.org.uk



NEW CARERS CLINICS!

Do you care for someone living with dementia? If so, our monthly Carers' Clinic might be able to offer useful info and support, giving you the tools to deal with your changing caring role. The clinic takes place at the Ann Owens Centre in East Finchley. Sessions run between 2-4pm and carers need to book a one-hour slot. You'll see a member of the Barnet Carers team - getting information, finding out about carers' assessments and completing forms.

Upcoming date! September 29th 2-4pm at Ann Owens Centre, Oak Lane, East Finchley N2 8LT

To book a slot, please contact Fiona on fiona.cronin@ageukbarnet.org.uk or phone her on **0208 629 0269**.



PERFECT POSTURE!



When you read that word, did you automatically sit up a little straighter, lengthen your neck and pull your shoulders back? That's a common reaction when posture is mentioned, says former physiotherapist Gillian Jordan who says that a good posture is more important than ever as we get older and move around less.

Good posture is about more than standing or sitting up straight - it's about how we move and even how we feel. Our moods can influence our posture, too. When we feel low or depressed, we are more inclined to slump and slouch. But when we are feeling more content or are looking forward to something, we straighten up and sit or stand taller!



A good sitting posture.

To practise this it is helpful to sit in an upright chair. Make sure you are sitting as far back in the chair as you can so you can feel your back against the back of the chair. Relax your shoulders so they are not up by your ears, feel that your chin is parallel with the floor and the back of your neck is long. Keep both feet flat on the floor and your hands resting in your lap. Now let yourself slump gently and equally gently straighten up, checking your neck is long, your chin - parallel with the floor and your shoulders relaxed. Repeat this several times and then, keeping this good position, take a deep breath in, feeling the air get to the bottom of your lungs and gently breath out. Do no more than 2 or 3 deep breaths at a time, otherwise you might feel temporarily dizzy or light-headed.



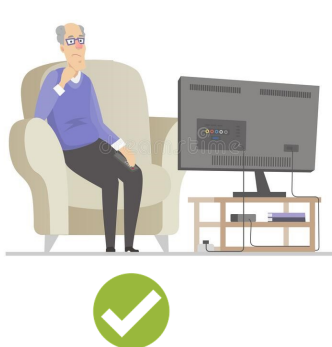
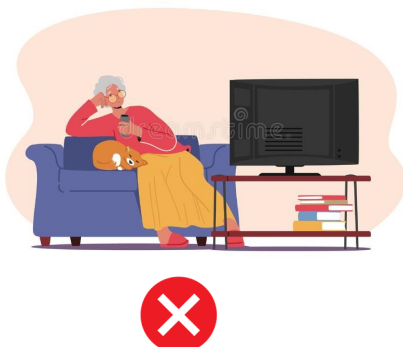
Armchair position

When sitting in an armchair, it is very important to sit well back so that your spine is fully supported; many armchairs have quite a deep seat and make it impossible to get your buttocks to the back of the chair;- in this case you might

Watching TV the right way

And whilst we are thinking about good posture in armchairs, where is the TV situated relative to the chair? Ideally it should be straight in front of you so that watching TV does not mean your head is turned even a little to the side. If you find you get a stiff neck or back when you have been watching TV, do check chair and TV positions!

Next month we will return to the topic of posture and discuss dynamic posture – when we are moving. We will also consider the bad effects on our health of poor posture and what we can do to improve matters.



BRAIN BOOSTERS



THE LATEST BRAIN RESEARCH!

The key to a healthy brain as we age is building what scientists call **cognitive reserve** – that's your brain's ability to improvise and find alternate ways of coping with new challenges.

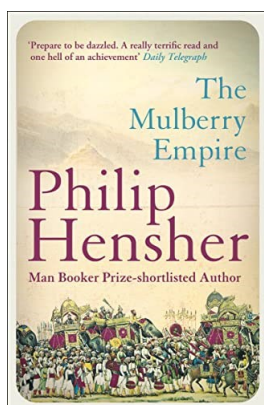
New research published in Neurology suggests that being more physically active is linked to better thinking speed reserve in women, slightly less so in men. However, taking part in more mental activities was associated with greater thinking speed reserve for both men and women. So keep reading and doing your daily crosswords and learn new things... whether it's sending an email for the first time or learning a new language, how to play chess or how to draw or make a pot.



Participants enjoying some of our creative activities.. It's never too late to try something new!



BOOK CLUB



Each month we review the book that we read in the Age UK Barnet book group hosted by volunteer Kato. At the last meetup, the book group discussed **The Absolutist**, a novel by John Boyne.

This was one of those books that some of us did not think we would enjoy, says Kato, as the novel played off against the background of the first world war. 'Although there were some violent scenes, Delia enjoyed the fact that there were many layers to the book, so several stories and themes to uncover,' says Kato. 'A central theme of the book, narrated through the voice of Tristan, was his relationship with Will, a fellow soldier training in the same regiment. It is a story of spurned love, but also of the human impact of war. Annabelle, who initially did not really want to read a novel about war, could not put the book down in the end.'

Our next book is **The Mulberry Empire**, by **Philip Hensher**. It is a novel situated in the 1830s, against the background of the competition between Britain and Russia for power and influence in Asia. It follows the stories of two men, one British and one Russian, who are trying to woo the emperor of the Afghans, on behalf of their respective countries. According to Murrough O'Brien of the Independent on Sunday, the novel is 'a huge, perhaps unique achievement...deeply human, gorgeous, glittering, and never dull'.

As always, there should be copies of this novel in all the Barnet libraries.

Want to join our book group? We meet once a month at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Our next meet up is on Tuesday 30 August 3-4pm. Contact Helen on 0738 446 6840

CELEBRATING DIVERSITY IN BARNET



BARNET ASIAN WOMEN'S ASSOCIATION - BAWA

Each month we shine a light on a different faith or community group – find out a bit about their culture and traditions and translate a short article into the language.



This month, we are looking at the Barnet Asian Women's Association (BAWA). 'We provide a unique and specialised service to Asian women over the age of 60 in the borough of Barnet,' says Neena, chairperson of BAWA. 'The

organisation welcomes Asian women from all faiths and practices, equally and confidentially.' 'We empower women and give them opportunities to progress. We also provide a range of activities like yoga, meditation, chair exercise, lunch clubs, tea and coffee mornings as well as advice services.' There is a BAWA meet up every Tuesday and Friday 11am to 3.30pm at Friary House, Friary Park Lane, N20 0NR. Get in touch with Neena on **07534 184 435** or email on admin@bawa.life

The power of music and dance by Neena Patel

Music and dancing has a profound effect on wellbeing both physically and mentally. It's a fun activity that is enjoyed by everyone. It can boost the physical, mental and emotional well-being in many wonderful ways. Dance with music and movement helps in improving balance and strength, which will help reduce the risk of falls. As well as work the arm and leg muscles, it will also help improve the co-ordination. It can prevent or delay many of the health problems that seem to come with age it protects your heart, improves strength, flexibility, and balance, and also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Music can help ease pain and lessen stress, breathe rhythmically, help you release body tension, and lift up your mood all of which can positively impact your overall quality of life.

And translated for our Gujarati speakers....

સંગીત અને નૃત્ય મનુષ્યના શારીરિક અને માનસિક સ્વાસ્થ્ય ઉપર સારી અસર કરે છે. દરેક વ્યક્તિને તે ક્રિયા કરવાથી આનંદ મળે છે.

તે પ્રવૃત્તિ શારીરિક, માનસિક અને ભાવનાશીલ તંદુરસ્તીમાં આશ્ચર્યકારક વધારો કરે છે. સંગીત સાથે નૃત્ય કરવાની હિલચાલ શરીરને સમતોલ રાખીને સ્થિરતા પ્રદાન કરે છે તેથી અકસ્માતથી પડવા વાગવાનો ભય ઓછો રહે છે. હાથ પગના સ્નાયુઓનું નિયંત્રણ કરે છે અને સ્નાયુશક્તિ વધારે છે તેમજ હાથપગના હલનચલન વચ્ચે સુમેળ સાધવામાં પણ મદદ કરે છે.

ઉંમર વધતા શારીરિક અને માનસિક આરોગ્ય પર જે જે ખરાબ અસરો પડે છે તેને સંગીત સાથે નૃત્ય કરવાથી અવરોધી શકાય છે. તે હૃદયને સુરક્ષિત રાખે છે, શક્તિ વધારે છે, વવચીકતા અને ચપલતા વધારે સારી બનાવે છે, તે પરવશ સ્થિતિમાંથી બહાર કાઢીને બીજાના ઉપર આધાર રાખ્યા વિના તમારા દૈનિક કાર્યો કરવામાં તમને સક્ષમ બનાવે છે.

સંગીત દબાણને ઘટાડે છે. શ્વાસ લેવામાં અને છોડવામાં સરળતા લાવે છે. દબાણ ઘટાડીને મનને પ્રકૃલીત કરે છે જેથી એકંદરે જીવનની ગુણવત્તા પર ચોક્કસપણે પ્રભાવ પડે છે.



BAWA facts!

BAWA was established in 1978 to support women who had been forced out of countries in East Africa such as Uganda. Many were struggling to assimilate into a new culture.

BAWA offers counselling to help some women deal with the past and come to terms with the different values and expectations of younger generations.

During Covid **BAWA** supported women via WhatsApp and also help set people up on Zoom for online social get-togethers.

BAWA will soon set up a men's group, to provide support and companionship to Asian men who may be lonely and isolated.

FAMILY TIME



TRAIN UP YOUR JUNIOR GARDENERS



Open your grandchildren's eyes to the joy of gardening, says volunteer Katharine...

- ◆ Get the Tinies to sow cress seeds onto soil in a glass jar so they can see the roots grow. Watch a bud open into a flower, then slowly wither. Show them how and why to water the plants.

- ◆ Get the Smalls to plant a seed potato, with their name labelled on a stick. Watch it grow for three months or so till the leaves turn brown, then dig up

the buried treasure! There is no more beautiful moment for all of you. Spuds can also grow in big pots on a balcony or patio.

- ◆ Plant a line of peas with them; put up the climbing trellis; watch the peapods slowly swell. Pick them, reminding the kids of what they planted. Seedpea-plant-peapod-seedpea: a year's cycle. Teach them also to recycle – take a cutting from a geranium, put it in water to grow some roots, then plant it. Gather last year's nasturtium and Morning Glory seed pods and sow the dry seeds
- ◆ Help them to make friends with worms which oxygenate our earth and help turn the old vegetable matter into dark, fertile soil. Show them the constant battle between ants and blackfly and greenfly. Show them our enemies the slugs and snails, but describe how they and insects are, in turn, food for birds.
- ◆ If you have the space, give them their own square metre to grow things. They could even start a little compost heap. Watch it very slowly rot. Then dig the dark brown stuff into their own soil.
- ◆ Take them to the park, or a wood or field. Tell them to stop rushing about for two minutes, just to stand quietly still to watch and listen and smell. Then ask them what they discovered.



CALLING THE MEN OF BARNET!



The sad fact is, men have poorer health outcomes, whether it's heart disease, diabetes, forms of cancer, mental health and suicide. And, men are also less likely to get medical help when it's needed.

Healthwatch Barnet wants to tackle this head on but really needs to speak to men in Barnet to get their views. If you're a man and have got time to chat to them over the phone and answer a set of questions, they'd be very grateful. Nothing too difficult – a few questions about where you get your health information and what would make looking after your health easier.

Please give them a ring on **020 3475 1308** and say you're phoning about the men's health campaign.



HANDYPERSON Q & A



Have you got any other suggestions that might help soften the blow of rising energy bills? **Derek, Hendon**

Wash below 30°C – Research from Which? found even a 20°C wash can do the trick in some cases, particularly when using liquid detergent rather than powder.

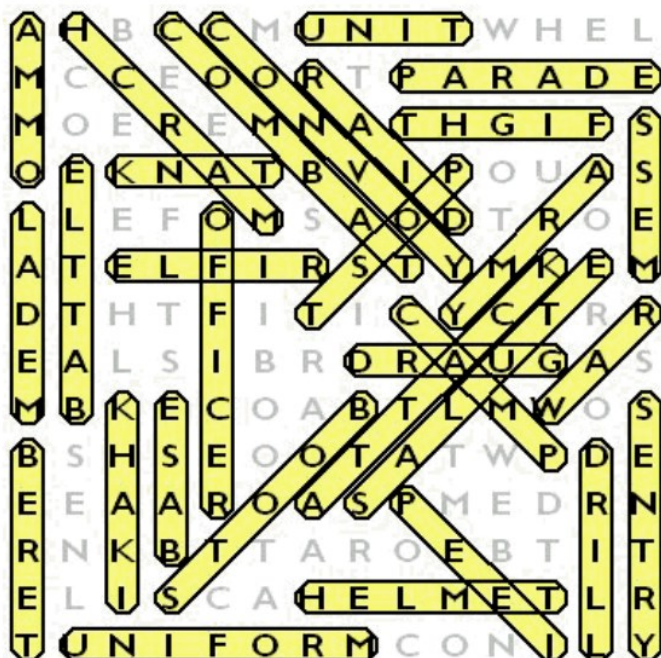
Only use white goods effectively – Dishwashers are, on average, four times more water efficient than washing by hand per place setting, when used at their most efficient. Try to only put yours on when it's full and use its eco setting where possible. You'll use 20-40% less energy and water by doing this.

Add loft insulation and draft proofing – Improving your loft insulation is a good way to make your home feel cosier in the winter months and bring down your bills. Getting your windows, doors, floors and skirting boards draught-proofed by a professional, which typically costs £240, could save you £95 on your annual bills.



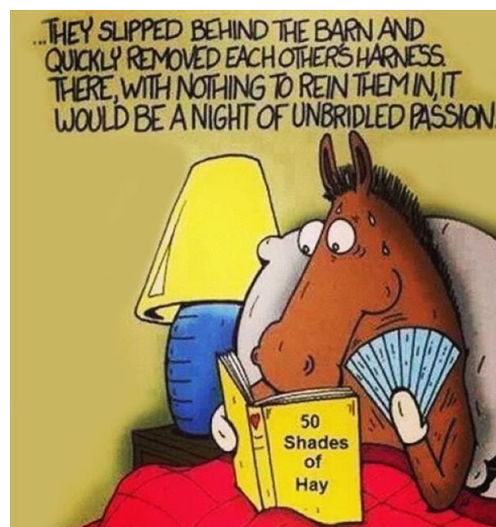
If you have enjoyed this newsletter, please let us know. Just drop us a line at Pigeon Post, Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

MILITARY WORD SEARCH P8



**Why did the frog
take the bus to
work today?**

His car got toad away.



SUDOKU MODERATE P8

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

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

CROSSWORD ANSWERS P8