














PIGEON POST

Keeping you informed & involved

September 2021



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INSIDE THIS ISSUE



Welcome to our September issue!

It's been lovely getting to know you all through your letters and phone calls over the year but as our activities and events open up, it's been fantastic seeing some of you face to face.

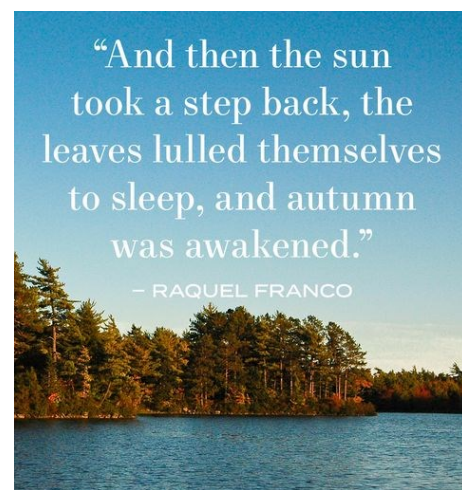
This month we're encouraging people to try something new – it's a great way to stimulate your brain and can help protect from memory loss, say scientists.

From cookery and social walks to seated exercise and flower arranging, maybe we've got something you'd like to try out? See page 13 for what's coming up.

Read on for our usual mix of recipes, nostalgia, puzzles and crafts.

See you next time!

Helen Newman
Chief Executive
Age UK Barnet



HEALTHY DRINKS

The liquids we drink every day can be an important source of essential nutrients. Our cookery volunteer Kato suggests replacing high-sugar fizzy drinks or hot beverages with delicious and healthy drinks. And here are a few ideas to get started...



Flavoured water A glass of water is not only the best thirst quencher, it also provides us with valuable essential minerals. A glass of London tap water provides about 10 per cent of the daily calcium needed for healthy bones and muscles in older adults. To add flavour, squeeze the juice of two oranges (or one lemon or lime), and add to half a glass of water with some of the flesh. Swap tap water for mineral water to add some fizz. Or, for a constant supply of flavoured water, add some mint, a few slices of cucumber, cubes of watermelon and an orange segment to your jug of fridge water.

Greens in a glass Green smoothies are a delicious way to make sure you get your daily portion of leafy greens. In a bowl or blender, add a handful of fresh spinach or kale (or two cubes of frozen spinach), a few cubes of frozen mango, 300ml of coconut water, and a cubed apple (or half an apple and half a pear). Whizz with a stick blender or in a blender until the desired consistency. Increase or reduce the coconut water and fruit portions according to taste.

Spiced up coffee and tea Coffee beans are packed with healthy compounds that play a role in keeping our immune system working, and lowering the risk of some cancers and dementia. To replace the need for sugar, add hot foamy milk (if you have a foamer), with a sprinkle of cinnamon or powdered cocoa or cardamom. If you have leftover coffee, put a glass in the fridge and have it cold with milk and ice cubes on a hot day. Similarly, spice up your afternoon tea by adding half a cup of foamy milk to half a cup of black tea, and sprinkle with a mix of powdered cinnamon, nutmeg and cardamom.



Milk-based smoothies

There is no comparison between home-made and store-bought smoothies when it comes to taste. More importantly, fresh home-made smoothies contain far less sugar, and more nutrients than their store-bought counterparts. Milk-based smoothies also make an important contribution towards your daily calcium requirements and your five-a-day. They are also an excellent way of using up overripe fruit. Keep leftovers in the fridge in a closed container for up to 2 days.

Banana smoothie Add one frozen banana (chop and freeze overripe bananas for later use), a handful of fresh or frozen strawberries, blueberries or raspberries, a cup of milk (or milk substitute such as almond milk if you prefer), a few whole almonds, and a teaspoon of honey in a blender. Whizz until you have the desired consistency. Replace the strawberries with 2 tsp of powdered cocoa for a chocolate banana smoothie. To increase the creaminess of the smoothie, add 2 tbsp of avocado to all of the combinations above.



Mango lassi smoothie Add a large handful of frozen (or fresh) mango, a cup of kefir (or plain drinking yoghurt), and a tablespoon of chopped ginger in a blender. Whizz until desired consistency.

Very berry smoothie: Add a handful of frozen colourful mixed berries, a small handful of cooked red beetroot - chopped, a cup of milk, a teaspoon of maple syrup/honey or sugar, and a few chopped nuts (walnuts, almonds), to a blender.

Sounds Familiar

Just a line to say I'm living,
That I'm not among the dead,
Though I'm getting more forgetful,
And mixed up in the head.

I've got used to my Arthritis,
To my dentures I'm resigned,
I can cope with my bi-focals,
But ye-gods I miss my mind.

Sometimes I can't remember,
When I'm standing by the stair,
If I should be going up for something,
Or have I just come down from there.

And before the fridge so often,
My mind is full of doubt,
Now did I put some food away,
Or come to take some out.

So remember I do love you,
And wished that you lived near,
And now it's time to post this,
And say goodbye my dear.

At last I stand beside the post box,
And my face it sure is red,
Instead of posting this to you,
I've opened it instead!



REMOTE GP APPOINTMENTS - HOW DO YOU FEEL ABOUT THEM?



The pandemic has meant that GPs had to change the way they see patients to reduce the risk of spreading COVID-19. The majority of appointments moved from face-to-face to taking place remotely - by phone, email or video call. And a while ago we asked you to share your views about how you feel about the new arrangements for research being carried out by Healthwatch Barnet.

A lot of you got in touch and, in all, Healthwatch Barnet spoke to 375 Barnet residents via community focus groups, in one-to-one interviews and an online survey. The results are now out!

Healthwatch Barnet Manager, Nitish Lakhman says, 'Our report finds that for many people remote GP appointments work well. They make getting care quicker, more efficient and easier to fit around peoples' lives. However, we found that others, particularly some older people, people with hearing difficulties, sight impairment, and the digitally excluded, find the new system hard to use.' He adds, 'As a result of our findings, we are recommending a hybrid model of GP service is offered, to include remote and face-to-face appointments. We also suggest GPs review the online booking form to make it simpler and we're proposing that surgeries work to ensure appointment availability, particularly for those who book by telephone.'

This information has been fed back to Barnet's health commissioning groups and GPs who will hopefully take on board some of these proposals.

The full report is on the Healthwatch Barnet website and there are printed copies in New Barnet Library and South Friern Library. Healthwatch Barnet aims to gather the views of Barnet residents improve local healthcare services.

OVER TO YOU!



YOUR LIVES, YOUR STORIES!



Maybe you've got a cleaning tip, recipe idea, a useful piece of advice or a funny story? Whatever you want to get off your chest, put it to paper and send it to us at **Age UK Barnet Letters Page, Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Or call Teresa on 07502 989 403.**



DO YOU REMEMBER...?

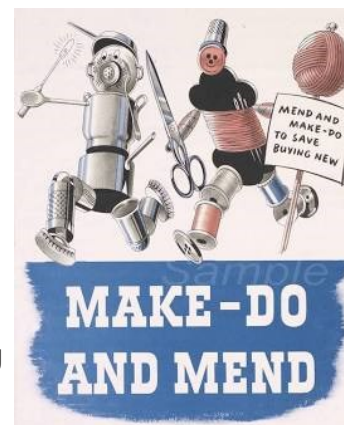
Each month we invite a reader to remind us of some blast from the past we might have forgotten about ... we kick off with a couple from our volunteer Katharine.

The family ragbag - a huge cloth bag, into which went every useable bit of old clothes, tablecloths, curtains and so on. And from it were made cushion covers, dusters, cleaning cloths, fancy-dress outfits, patches for torn clothes, and even a big bedcover with squares of so many old friends - father's jacket, brother's trousers, dining room curtain, my old dressing gown. It was like a photograph album, full of memories.



another woolly jersey.

Woolly jerseys being unravelled, the wool wound in crinkly skeins and soaked to undo these crinkles. And watching the wool being knitted up again to create



Freeze your Herbs, Ginger Root and Chilli's - and leftover wine!

Another tip from our volunteer Katharine. Now that autumn is coming, and supply of British herbs may dwindle, think about keeping stocks of frozen herbs to use when you want. The (mainly) Turkish shops sell wonderful big bunches of parsley, coriander, dill etc. If these are washed, blitzed in the food processor (or with scissors) and frozen in labelled bags, you just need to break off as much as you want for soups, stews and sauces. The only drawback is that they're not so good for decoration!



Ginger root (thanks Prue Leith!) can be frozen and grated (including these stringy bits). Freeze and chop chillies. No more shrivelled little objects in the fridge veg-box. Even leftover wine (thanks Nigella!) can be poured into little containers or ice cube holders and frozen to enhance your future dishes, whether sweet or salty.



Try something new!

Your brain will thank you for it!

Challenging your brain and learning new things helps protect yourself from memory loss

**Boosting
Barnet
Brains**

A social walk

Knit 'n' natter

A new language

A cookery class

Smart phone or tablet tuition

Call Age UK Barnet
on **020 8203 5040**
to find out about
our activities





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 James from Barnet.

Are you an Antiques Road Show fan, seeing the experts revealing curious, beautiful, and sometimes mysterious objects to the unsuspecting owners? “Been in the family for ages” or “picked up in a car boot sale, rescued from a skip” and so on. Have you ever wondered what goes on behind the scenes, and how objects are chosen to be screened?

James is interested in and collects Georgian silver, so when he saw that the Antiques Road Show was visiting the Banqueting Hall, Whitehall, London, he and his wife applied for tickets to attend. Sometime previously James had picked up a little “silver” jug at a car boot sale, for which he paid 40p. Although he knew it was silver, he was curious to know what the experts would say.



On the appointed day, James and his wife arrived at the Banqueting Hall, and were surprised by the long queue leading up the Reception Desk. But the queue was dealt with efficiently and they were soon issued with a ticket to see the appropriate silver expert. They were eventually seen by the expert who confirmed that the jug was Queen Anne, dated 1712, and gave it a value of £1,500. He said they would like to film James and the little jug, and sent him off to the Hospitality room to be made up. Whilst waiting they passed the time chatting to a friendly, well-dressed lady, who was called away first. James’ wife said that the make up made him look 10 years younger! Eventually the producer decided that they would not be filming James and his jug that day, and he and his wife went home on public transport. The make up was extremely difficult to remove, and even though he had been given a cloth, there was still plenty left on for their journey home.



James and his wife watched the film at the Banqueting Hall when it was shown, and found out that the chatty lady in the make-up room was Betty Boothroyd, Speaker of the House of Commons, who had come to talk about the silver in the Houses of Parliament.

James sold his silver jug to the Silver Vaults in London for £650. He reckons that the expert had quoted an insurance valuation for the jug, but nevertheless it had been an experience and a fun day

James wrote about this experience in a letter to Home and Antiques magazine and he won £100 to spend on antiques after winning letter of the month!

**Has something extraordinary happened to you? Maybe you had an unusual career?
Whatever your story, please get in touch if you'd like Linda to share it with us.
Please phone Teresa on 07502 989 403.**



SPINACH STUFFED MEATLOAF

This diabetes friendly recipe makes a wonderfully moist and light meatloaf which serves 6

Ingredients

Prep:55min › Cook:50min › Ready in:1hr45min

1 tbsp extra virgin olive oil
2 large onions, finely chopped
6 garlic cloves, crushed, or to taste
1 can chopped tomatoes, about 400 g
150ml (5 fl oz) chicken stock
1 tsp dried mixed herbs

1 large carrot, grated
50 g (1 3/4 oz) porridge oats
2 tsp chopped fresh thyme
5 tbsp semi-skimmed milk
1 egg, beaten
2 tsp Dijon mustard

500g (1 lb 2 oz) spinach leaves
2 tbsp crème fraîche
1/2 tsp freshly grated nutmeg
450g (1 lb) lean mince
450g (1 lb) lean minced pork
1 celery stick, finely chopped
salt and pepper



Method

1. Heat the oil in a saucepan over a moderate heat. Add the onions and garlic and cook, stirring often, for about 5 minutes or until the onions are soft and golden.
2. Transfer half of the onion mixture to a large bowl and set aside. Stir the tomatoes with their juice, the stock and mixed herbs into the onions remaining in the pan. Season to taste. Bring to the boil, then cover and leave to simmer very gently, stirring occasionally, while preparing the meatloaf.
3. Preheat the oven to 180°C (350°F, gas mark 4). Wash the spinach and put it in a large saucepan. Cover and cook over a high heat for 2–3 minutes, shaking the pan often, until the leaves are wilted.
4. Tip the spinach into a colander to drain. When it is cool enough to handle, squeeze it dry with your hands, then chop it roughly and put it into a bowl. Stir in the crème fraîche and season with half of the nutmeg and salt and pepper to taste.
5. Add the meat to the reserved onion, with the celery, carrot, porridge oats, thyme, milk, egg, mustard and remaining nutmeg. Season to taste. Mix the ingredients well.
6. Lay a large sheet of cling film on the work surface and place the meat mixture in the centre. With a palette knife, spread the meat into a 23 x 18 cm (9 x 7 in) rectangle. Spread the spinach mixture evenly over the meat, leaving a 1 cm (1/2 in) border all round. Starting at a short end, carefully roll up the meat and spinach like a Swiss roll, using the cling film to help. Pat the sides into a neat shape and place the roll on a non-stick baking tray, discarding the cling film.
7. Place the meatloaf in the centre of the oven and cook for 45 minutes, then remove from the oven and brush lightly all over with a little of the tomato sauce. Return to the oven and cook for 5 minutes to set the glaze and brown it slightly. To check if the meatloaf is cooked right through, insert a skewer into the centre and remove after a few seconds – it should feel very hot when lightly placed on the back of your hand.

When the meatloaf is ready, remove it from the oven, cover loosely with foil and leave to stand for 10 minutes. Serve cut into slices, with the rest of the tomato sauce.

*Minced beef can be used on its own for a more traditional meatloaf, or you can use minced turkey, chicken or veal instead of either the beef or the pork. You could also use a combination of three different meats. * Leftover meatloaf is delicious sliced and served cold with salad or in sandwiches. * For 2 meatloaf and potato pies, each serving 4, make the meatloaf mixture as in the main recipe, but use 900 g (2 lb) spinach and 4 tbsp crème fraîche or soured cream for the spinach filling. Cook 1.5 kg (3 lb 3 oz) peeled potatoes in boiling water until tender; mash with enough milk to make a light fluffy texture and season with salt and pepper to taste. Divide the meat mixture in half and press into two 23 cm (9 in) springform tins. Top each with half of the spinach, spreading it into an even layer, then cover with the mashed potatoes. Set the tins on baking trays and bake in a preheated 180°C (350°F, gas mark 4) oven for 55 minutes. Let stand for 10 minutes, then remove the sides of the tins and serve the pies cut into wedges.*

WHY MUSIC IS GOOD FOR OUR WELLBEING!

Our trustee Professor Catherine Loveday tells us how we use music to help us manage our moods.



Music is useful for many aspects of our health wellbeing and we can see this through changes in our bodies when we listen to it.

'We can see changes in stress chemicals, our immune response and heart rate,' says Catherine. 'And listening to music can help us relax and

regulate our emotions.'

It can also motivate us, absorb and engage us and help us sleep.

Brain imaging studies show that people's emotion centres light up when listening to music and people often use music to regulate their emotions, almost instinctively.

'For instance, if you're feeling sad, sometimes listening to sad songs can be really helpful, allowing us to reflect and make us feel we've got someone there with us who is reflecting our feelings,' says Catherine.

'But if we want to be picked up or if we're with friends, it can help to play faster, more upbeat music.'

So if you need to do a clear out at home and you're finding it hard to motivate yourself, what should you listen to?

'Faster music makes us want to get up and go – the cerebellum in the back of the brain wakes up and we just want to move,' says Catherine.

At night, music is one of the most popular ways to get to sleep. 'Studies have shown that people sleep a bit better after listening to music, and listening to 45 minutes of calming music before going to sleep has been shown to reduce depressive symptoms,' says Catherine.



The type of music you play very much depends on your tastes – what works for one person may not work for another.

So the key is to try experimenting with different types of music and see what works for you!

Notice the effect that music is having on you as you listen to it – if it feels like it's not helping, just try something different.

'And remember, although music works for most people, it's not a panacea,' says Catherine. 'A small number of people simply do not have that emotional reaction to music.'



"I SENT MY FIRST EVER EMAIL!"

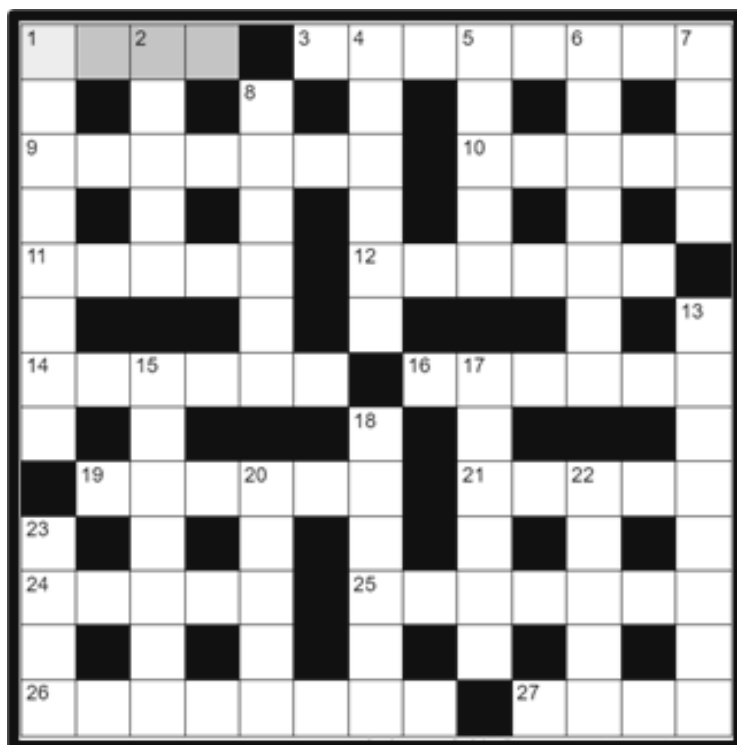
84-year-old James got in touch with us last year as we went into lockdown. Due to a stroke he had difficulty speaking and was also hard of hearing so he was motivated to get online for fear of becoming isolated.

Age UK Barnet fixed him up with a donated laptop and a Wi-Fi dongle so he could connect to the internet and he sent his first ever email. Since then he has grown in confidence and is able to engage with his passion for cars by using the google search engine. This new form of communication is a lifeline for him!

Please get in touch with us if you would like help getting set up with a smart phone, laptop or tablet. Phone Howard on **0208 432 1415** for more information.



PUZZLE TIME....



SUDOKU HARD

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

SPORTS WORD SEARCH

BASEBALL	KARATE
BASKETBALL	KENDO
BOWLING	LACROSSE
BOXING	POLO
DIVING	ROWING
FENCING	SHINTY
FOOTBALL	SKATING
GOLF	SKIING
HOCKEY	SWIMMING
JUDO	TENNIS
	WRESTLING

DOWN	
1	Disaster (8)
2	Regretful (5)
4	Marine mollusc (6)
5	Terra firma (5)
6	Oriental (7)
7	Foolhardy (4)
8	Consecrated (6)
13	Inclination (8)
15	Surviving fragment (7)
17	Picnic basket (6)
18	Rough drawing (6)
20	Extemporise (2-3)
22	Savour (5)
23	Second Greek letter (4)

ACROSS	
1	Snug (4)
3	Ancestor (8)
9	Lassos (7)
10	Hazards (5)
11	Municipal leader (5)
12	Reflected sounds (6)
14	Diatribes (6)
16	Alteration (6)
19	Go aboard (6)
21	Not loud (5)
24	Electronic communication (1-4)
25	Treachery (7)
26	German motorway (8)
27	Exceedingly (4)

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

The games we played.....

Playground games are as much fun today as they were generations ago. Here's some of the old favourites you might remember.



Marbles - In the early twentieth century, small balls of stone from about 2500 BC, identified by archaeologists as marbles, were found by excavation near *Mohenjo-daro*, Pakistan. Marbles are often mentioned in Roman literature, as in *Ovid's* poem *Nux* (which mentions playing the game with walnuts), Marbles arrived in Britain, imported from the Netherlands and Belgium, during the medieval era.

Leap Frog was a popular children's game involving children lining up, bending down, and jumping over each other in a row. This game has been played in one form or another since the late sixteenth century!



Skipping/jump rope: Skipping has stood the test of time, and is still popular today. It is a collaborative activity involving children jumping over a rope swung under their feet and over their heads. Its claim to fame can be taken from many sources including Chinese rope makers, who invented it as part of their New Year's celebrations and called it the Hundred Rope Jumping game, or Jumping 100 Threads. The Egyptians also came up with the same idea around 600 BC, with athletes jumping vines as part of their conditioning routines. The Japanese army also used skipping as part of their fitness regime 2000 years ago!

Hopscotch: This long-standing game was brought to Britain by the Romans, who used it as a military training exercise. The courses were 100 feet long, and the soldiers ran them in full battle gear to improve their footwork. Children copied the soldiers by scratching out small courses of their own and creating rules and a scoring system. The scotch in hopscotch refers to the markings scored onto the ground. As in butterscotch toffee, scotch means scored into squares!



Conkers: The first mention of the game is in *Robert Southey's* memoirs published in 1821. He describes a similar game but played with snail shells or hazelnuts. It was only from the 1850s that using horse chestnuts was regularly referred to in certain regions. Autumn conkers are always exciting finds for children and have endless possibilities. Children would gather the shiny brown horse chestnuts that had fallen from the trees, make a hole through them and thread a string. In pairs, children take turns to hold up their conker while the other child hits it with theirs. The conker that remains in best shape becomes the winner and the prized possession of its owner! Some children even found ingenious ways of strengthening their conker - by soaking in vinegar or even baking it in the oven!



Jacks, Dibs, Chucks or Fives: Children in **ancient Egypt** played "knucklebones" with sheep toe bones! The game of knucklebones led to dice games for boys, and jacks, usually played with a wooden ball, for girls. Played with a range of treasures which children can gather (stones, bones, seeds, filled cloth bags, counters), they take turns in throwing five or more counters, into the air with one hand and aiming to catch them either in the palm or the back of that same hand. Those caught count for the player, and those that missed, count against.



EASY CRAFTS



How to Make Simple but Beautiful Map Roses

These map roses are really simple to create. You can show them all together in a bunch, or just pop one in a milk bottle or little vase.

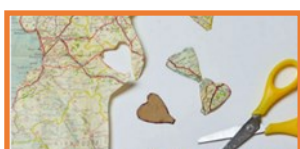
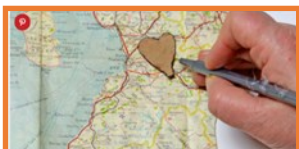
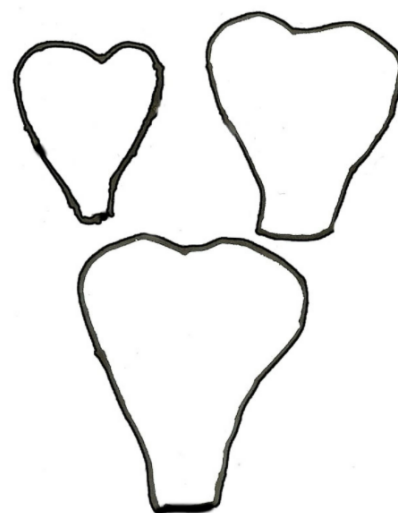


What you will need

Old maps, atlases etc Green Floristry wire and Green floristry tape, Scissors and Pen, Glue gun and glue sticks, Red watercolour paint and brush (optional)

Instructions

First, you will need to cut out your map shaped petals. I used a template like the one shown for three different shaped petals, small, medium and large. The sizes shown are just examples, you will need to make your petals slightly larger.



Place your petal template on top of the map, draw around it and then cut out the petal shape. For each map rose you will need six small petals, six medium petals, and six large petals.



Cut your floristry wire to the length you would like your rose stem to be. Then wrap this wire with the green floristry tape.

Adding the petals to your map roses..

1. First, take a small map petal and roll it up tight, using a glue gun stick the petal to the end of your green stem.
2. Take another small petal and gently roll it in your hand to shape it into a slight curve. Dab a small amount of hot glue onto the base of the petal and stick this to your stem.



To finish your map roses you can stick a small green leaf cut from green paper to the stem. I also painted the edges of my rose petals with a small amount of red watercolour paint to add a bit more red to the maps



BEDTIME STRETCHES

Our relaxing moves will help you unwind and get you in the mood for sleep

Most of these exercises are best done sitting down

Gentle neck tilt. Tilt the head slowly towards the shoulder, back up. Repeat on other side. 4 times each side.



Gentle neck stretch.

Look over right shoulder, back to the front, then look over the left shoulder. Do this 4 times each side.



Standing back and shoulder stretch

Stand, feet hip width apart. Round your back and push your hands forward until you feel a stretch. Hold for 15 seconds.



Seated upper back and shoulder stretch

Give yourself a hug and gently round your upper back. Hold for 15 seconds.



Standing calf stretch

Hold on to the back of the chair or solid piece of furniture. With feet hip width apart, place one leg behind you, pressing the heel into the floor as you bend the front knee. Hold for 15 seconds and repeat with other leg.





HOW CAN WE HELP?



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

Would you enjoy a regular chat over the phone with a friendly volunteer? Try our **Befriending Service** on **020 8432 1416**

For essential jobs in the home please phone our **Handyperson Service*** on 020 8150 0963. Our handyperson team are kitted in PPE and some jobs such as changing a lightbulb are free of charge.

Unable to get out to the shops and cannot shop online? We have a **Shopping Service*** for people who need a light weekly shop. For more info, Tel **020 8150 0963**

Living Well Dementia Hub—dementia adviser service and **day opportunities** for people living with mild to moderate dementia and their carers. Phone 020 8203 5040

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

Finding your feet service - We match walking buddies with people worried about getting out and about again. Phone **0208 150 0963**. **There may be a charge for these services.*

CONTACT NUMBERS



A few useful numbers in case of emergency

Still call your GP surgery if you need an appointment. Some surgeries offer phone consultations with a GP – speak to your surgery for more information about this. If your GP surgery is closed and you need an urgent appointment, a recorded message will tell you who to contact.

Call **111** for **NHS** urgent medical advice – if you need **emergency help and services** call **999**.

If you suspect you have coronavirus, call **119** to get help or to find your nearest test centre. To get a coronavirus test you must have symptoms of one or more of the following - a high temperature, new contagious cough and/or loss of smell or taste. The test must be completed within 8 days of having symptoms to be effective.

For help on **discharge from hospital**, call **British Red Cross** on **07709 398809** or **07808 202125**.

If something needs fixing at home, call the **Age UK London Boroughs Business Directory** to get a list of vetted local trades people such as plumbers and electricians – **0800 3345056**. If you are a **Barnet Homes resident** you can call **020 8080 6587** for repairs or emergency calls. **Need to speak to someone?** For a friendly chat, day or night, call **Silver Line** on **0800 470 8090**. If you are in a serious mental health crisis, please call the **24-hour Crisis Telephone Service** (for people living in Barnet, Enfield & Haringey) on **0800 151 0023** or phone the **Samaritans** on **116 123**.

DANCING TO PREVENT FALLS



14 WEEK COURSE

A new weekly movement and exercise course is starting at the Ann Owens Centre in East Finchley on Friday afternoons from 1.30pm-3pm. Led by experienced dance and movement teachers in collaboration with a frailty specialist physiotherapist, the idea is to build strength, coordination and balance and reduce your risk of falls. Called Upstanding Citizens, the sessions will help develop confidence in a fun and friendly environment. You'll need a referral from your GP or a health professional and the cost of these sessions is £70 for the whole course. (Bursaries and subsidised places available).

For more information call Brigitte on **020 8369 5452**.



HANDYPERSON Q&A

"Any tips on keeping my mattress clean" asks Tom from Mill Hill.

Whether you suffer from allergies or not, it's a good idea to give your mattress a regular spruce-up – dust, dead skin cells and sweat from your body can make their way into your mattress. Here our home support manager Becky offers some useful cleaning tips.

Ditch the dust. The easiest way to remove dust is to use the upholstery tool on your vacuum cleaner. It's a good idea to do this every couple of months or more often if someone in the family suffers with allergies. Go over the top and sides of the mattress and as much of the box spring as you can access. Press down firmly on the tool or tap it on the fabric to draw out dust beneath the surface. Then, use the crevice tool to get into the quilting, along the edge welting and where any pillow top is attached.



Give it some steam. If you have a clothes steamer, go over the mattress with the steamer holding the nozzle as close to the fabric as you can (without causing the steamer to drip). The penetrating steam will kill dust mites lurking near the surface. Vacuum the mattress again to remove them. No steamer? Give it bursts of steam from your iron.

Remove stains. If pets sleep with you or you like to snack in bed, chances are your mattress may have some stains on it. The easiest way to remove them is with a carpet and upholstery cleaner formulated to remove pet stains.

Our Handyperson team are all vetted and wear full PPE. We charge an hourly rate of £25 per hour and £15 per hour for those on certain means tested and disability benefits. For an appointment call 020 8150 0963.



AGE UK BARNET FACE TO FACE CLASSES ARE BACK!

Walks. We have six social walks around the borough. Please contact Wendy on **020 8432 1421** to find a walk near you.

Flower arranging classes. Tuesdays 10.30 - 11.30am. Hope Corner Community Centre, 185 Mays Lane, Barnet EN5 2DY. £5 per session. Contact Helen Nicolaou on **07384 466 840** for more info.

RAF Museum Talks. Exploring different aspects of the RAF and its history. Monthly, on Wednesdays 2pm - 3.30pm from 20th October, 3rd November, 17th November, 1st December. Contact Helen Nicolaou on **07384 466 840** for more info.

Cookery Classes. A range of classes from Indian cookery to Men's beginners at the Ann Owens Centre, East Finchley and at Mill Hill International School, NW7. For details contact Stacey on **0208 432 1422**.

Beginners Art Classes. Fridays at Ann Owens Centre—11.45-1.15pm. Cost £20 for four weeks. Contact Helen Nicolaou on **07384 466 840** for more info.

Movement to Music (standing or seated) 11.30am-12.30pm. Tarling Road Community Centre (across the street from Ann Owen Centre), East Finchley. Call Wendy Nutman on **07741 877 027**.

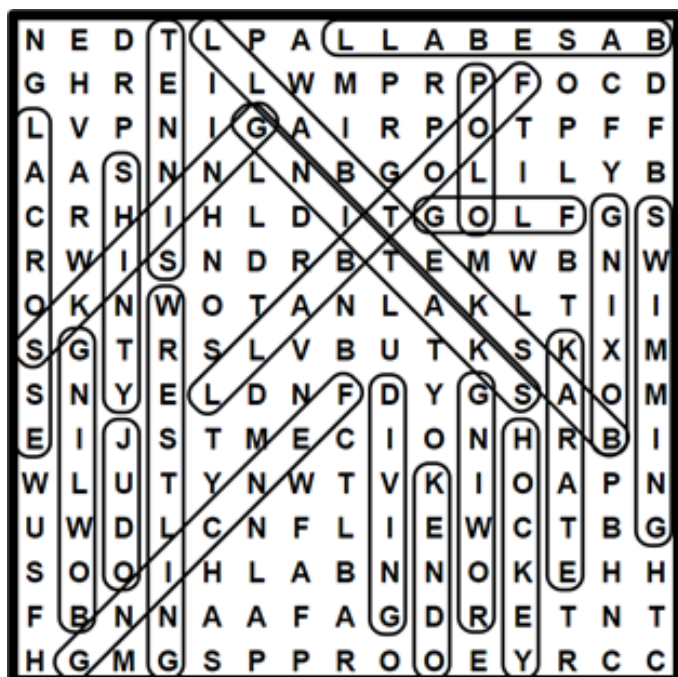
Seniors Choir. Meets face to face once a month at Open Doors Centre, St Albans Road Barnet EN5 4LA. For details on how to join in, call Helen on **07384 466840**.

Active exercise to music - Including low impact aerobic dance, strength and stretch. 3.30pm - 4.30pm at the Ann Owens Centre. Contact Wendy on **07741 877 027** for more info.



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

SPORTS WORD SEARCH P8



Yesterday my husband thought he saw a mouse in the kitchen. He sprayed everything down and cleaned it thoroughly.

Today I am putting that mouse in the bathroom!

SUDOKU Hard P8

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



Crossword Answers P8

1	C	O	S	Y	3	F	O	R	5	E	B	E	A	7	R
A					8	S	Y			A		A			A
9	L	A	R	I	A	T	S		10	R	I	S	K	S	
A		R		C		T		T		T					H
11	M	A	Y	O	R		12	E	C	H	O	E	S		
I						E		R						13	T
14	T	I	R	A	D	E		16	C	H	A	N	G	E	
Y		E					18	S		A				N	
19	E	M	B	A	R	K		21	M	U	T	E	D		
23	B		N		D		E		P		A		E		
24	E	M	A	I	L		26	T	R	E	A	S	O	N	
T		N		I		C		R		T					C
28	A	U	T	O	B	A	H	N		29	V	E	R		Y