



# SILVER WEEK IN BARNET



A GUIDE TO WHAT'S ON  
AROUND THE BOROUGH  
FOR OVER 50s.



02/10/2023 -  
08/10/2023



# INTRODUCTION

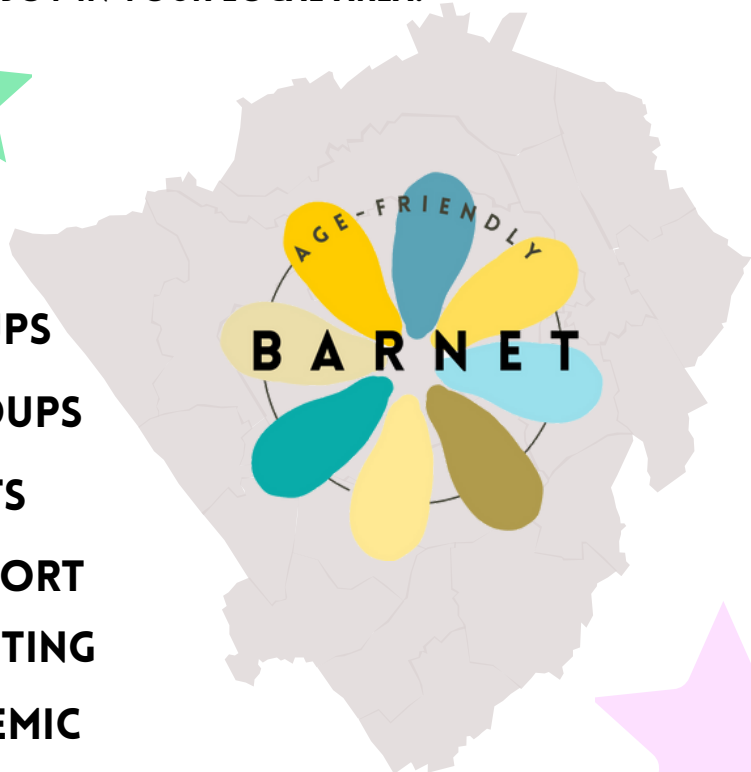
WELCOME TO YOUR GUIDE TO SILVER WEEK IN BARNET 2023! THIS BOOKLET LISTS A SELECTION OF THE ACTIVITIES AVAILABLE FOR ADULTS OVER 50 ACROSS THE BOROUGH. SOME ARE TARGETED SPECIFICALLY FOR OLDER AGE GROUPS, BUT OTHERS ARE INTERGENERATIONAL.

IF YOU RUN, OR KNOW OF ANY AGE-INCLUSIVE ACTIVITIES IN BARNET, AND WOULD LIKE TO BE INVOLVED IN GUIDES LIKE THIS ONE IN THE FUTURE, THEN PLEASE GET IN TOUCH WITH [PIPPA.MANNERINGS@AGEUKBARNET.ORG.UK](mailto:PIPPA.MANNERINGS@AGEUKBARNET.ORG.UK).

WE HOPE YOU ENJOY THIS GUIDE AND CAN FIND SOMETHING NEW TO ENJOY IN YOUR LOCAL AREA!

## KEY

-  SOCIAL GROUPS
-  EXERCISE GROUPS
-  ARTS & CRAFTS
-  DIGITAL SUPPORT
-  CREATIVE WRITING
-  TALKS/ ACADEMIC





# MONDAY 2ND OCTOBER

## FREE Men's fitness taster from Better Gym (GLL)

2pm - 2:45pm, Finchley Lido Leisure Centre N12 OGL. Free senior men's fitness class, learn new exercises in a fun environment from a professional trainer!

Contact [pippa.mannerings@ageukbarnet.org.uk](mailto:pippa.mannerings@ageukbarnet.org.uk) or [petrit.krasniqi@gll.org](mailto:petrit.krasniqi@gll.org) for more information.

## OneStonegrove Creative Cafe

12:30-2:30, Cafe Space, OneStonegrove Community Centre, HA8 8BN. Come and get creative with us over lunch, From sessions on art to upcycling, to sewing, we are open to all of your ideas.

Call [02083570923](tel:02083570923) or email [OneStonegrove@sct.london](mailto:OneStonegrove@sct.london) to find out more,



## FREE Outside Fitness Exercise session

10am to 11am New Barnet Leisure Centre EN4 9BS. FREE Senior's outdoor gym workouts! Enjoy some fresh air when taking part in physical activity and exercise.

Check details before attending, call [020 8368 7070](tel:02083687070).

## FREE Ukulele Workshop, Brent Cross Town

Monday 2nd October, 1pm - 3pm. Join us at the Visitor Pavilion, NW2 1FE for a fun ukulele session with The London Ukulele Project. Prepare to be serenaded with pure ukulele joy! No previous experience necessary, all ukuleles will be provided.

Please register in advance by emailing: [marietjie.donaldson@argentllp.co.uk](mailto:marietjie.donaldson@argentllp.co.uk)

## Age UK Barnet Walking Groups

Friary Park, North Finchley - 10am -11am, followed by optional tea in the café afterwards.  
Northway Gardens & Lyttleton Playing Fields - 10.30am -11.30am.

Free to join. Contact Wendy on [07741 877 027](tel:07741877027) or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) for more information.



## Help with your laptop, smartphone or tablet

Monday afternoons at The Ann Owens Centre, Oak Lane, East Finchley N2 8LT. From 2.00pm or 3.00pm.

Contact Howard on [0208 432 1415](tel:02084321415) or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

## Writer's Support Group at Chipping Barnet library

11.30am-1.30pm, Chipping Barnet Library, EN5 4QT. For all writing abilities. Meet like-minded writers to share ideas and help at this self run group.

Contact [chippingbarnet.library@barnet.gov.uk](mailto:chippingbarnet.library@barnet.gov.uk) or call [020 8359 4040](tel:02083594040) for more info.



### Artsdepot Creative Circle

**11:30am-1pm, Arts Depot, North Finchley, N12 0GA. £10 drop-in ticket.** Explore your creativity and self-expression through writing poetry and prose with a group of creative people. Facilitated by a highly experienced tutor.  
**Book online or contact Sebastian.Gardner@artsdepot.co.uk for more information.**



### Shape up & Dance with Ansu

**1pm-3pm. Free! Grahame Park Community Centre, NW9 5XA.** Learn a festive themed dance and dance steps from around the world.  
**To register, call 02082003014 or email brennan.cct@gmail.com**

# TUESDAY 3RD OCTOBER



### Singing Club

**9:15am in High Barnet (Call for specific location details).** For anyone who loves to sing! For fun, friendship and wellbeing. £5 a week.  
**Call Sarah on 07790 665394**



### Silver Birchers Social Group

**Meet at Barnwood Community Forest, Tarling Road, East Finchley, N2 8LG.** Talks, Crafts, etc., all in the great outdoors.  
**Email celiangreen@gmail.com for more information.**



### FREE Papercraft Workshop!

**10am - 12:30pm at Grahame Park Community Centre.** Learn the beautiful art of paper craft, making autumn themed paper crafts.  
**To register contact Jan on 020 8200 3014**



### Age UK Barnet Walking Group

**Dollis Valley Greenwalk - 10.30am -11.30am.**

Meet at 10.30am by the mapboard at the entrance to Brook Farm Open Space, Totteridge Lane N20 9QX. **Free to join. Contact Wendy on 07741 877 027**



### Mat Pilates Session on Zoom

**10am, with Wendy Bernardelle (level 3 Pilates instructor). £7.50 per session.**

**Contact info@thewendyhousen12.com or call Wendy on 07703 682488.**



### Wellbeing Group

**2:00pm-4:00pm, Grahame Park Old Library, The Concourse, NW9 5XA.** Includes a 1-hour wellbeing activity (crafts, mild exercise, talks, games) followed by an hour of bingo (with prizes).

**Free. For more information call Pippa on 07379 331807 or email pippa.mannerings@ageukbarnet.org.uk.**



# WEDNESDAY 4TH OCTOBER

## Social Drop in Group.

Learn to knit, crochet, play games or just have a cuppa and a chat – **10.00am – 12 noon** at the **Ann Owens Centre, Oak Lane N2 8LT**. The knitting class is also available on zoom - contact Helen Nicolaou for more information on **0738 446 6840** or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk)

## Age UK Barnet Walking Group

**Silkstream Park/ Montrose Playing Fields Social Walk – 10.30am**. Meet in front of Unitas Barnet Youth Zone building, Montrose Ave, Edgware HA8 ODT. Free to join. **To register call Wendy on 020 8432 1421** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

## Singing for Pleasure

**2pm at Wesley Hall, EN5 4JJ**. For anyone who loves to sing! For fun, friendship and wellbeing. Part of U3A 'Singing for Pleasure' group.

Call Sarah on **07790665394** for more information.

## Bollywood Dance Classes for over 55s.

Manor Drive Methodist Church, Manor Drive, Whetstone N20 ODZ.

**11.00am – 12 noon. £3 per class**. Please contact Nila Patel for further information on **07977 459 920**.



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Care Home

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Carlton Court  
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Cuffley Manor  
Care Home

**Residential Care • Nursing Care • Dementia Care • Respite Care**

General Enquiries: 020 8863 4637 • Email: [info@tlcgroup.co.uk](mailto:info@tlcgroup.co.uk) • Website: <https://www.tlccare.co.uk/>



### **Jewish Care: Table Tennis**

**1pm, Michael Sobell Community Centre, Golders Green, NW11 9DQ.** Join in on a casual rally or competitive game of table tennis. No previous experience or skill required. £2.

**For more information call 020 8922 2910 or email [agaisriene@jcare.org](mailto:agaisriene@jcare.org)**

### **Digital Dilemmas at Osidge Library**

**11:00-12:00, Osidge Library, N11 1EY.** This **free** drop-in session will help you with using a computer, browsing the internet, emails, online shopping, social media, word processing, and much more. **No need to book.** Email: [osidge.library@barnet.gov.uk](mailto:osidge.library@barnet.gov.uk) Telephone: **020 8359 3920**

### **Games Night at ArtsDepot**

**6.30pm onwards, Arts Depot, North Finchley, N12 0GA.** Come along to an evening gaming session at artsdepot. Beginners and experienced players. Everyone's welcome. Grab a drink at the bar and play a board game from our classics selection or bring your own along to play!  
Email [gaming@artsdepot.co.uk](mailto:gaming@artsdepot.co.uk) to find out more.

### **Free digital skills workshop in Cricklewood**

**1pm to 3pm, BOOST@184 NW2 2DX.** BOOST free Digital Skills Workshops for beginners, no need to book, just turn up!  
Email [boost@barnet.gov.uk](mailto:boost@barnet.gov.uk)

# **THURSDAY 5TH OCTOBER**



### **FREE Beginners Clay Pottery Taster Class**

**3.15pm - 4.45pm** - The Ann Owens Centre, Oak Lane, East Finchley N2 8LT.  
(Regular cost £20 for four sessions).

Contact Helen Nicolaou on **07384 466840** or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) to book a place.

### **One Stonegrove - Social Group for over 60s**

**11:45am - 1.30pm.** OneStonegrove Community Centre, HA8 8BN. Tea, cake and activities, and we're here to help help with technology, such as your tablet or smartphone.  
Call **02083570923** or email [OneStonegrove@sct.london](mailto:OneStonegrove@sct.london) to find out more.



### Edgware Social Group.

St Margaret's Church, Edgware HA8 7JE. 2.00pm – 3.30pm every Thursday – also help available with your laptop, smartphone or tablet. **£2 per session.**

Contact Howard on 0208 432 1415 or email [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

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### Coffee Morning at Grahame Park

Every Thursday 10am-12pm. The Old Library, The Concourse NW9 5XA.

Free refreshments, a space to chat, board games & puzzles. Free!

Just turn up! Contact [brennan.cct@gmail.com](mailto:brennan.cct@gmail.com) for more information.

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### FREE Workshop about keeping your brain active from Dementia Prevention UK

2 pm-3 pm, Colindale Library, 7 Bristol Ave, London NW9 4BR. In this workshop, you'll discover the secrets to keeping your brain active and healthy. It's not just educational; it's a blast!

Contact [michelle.reshef@dementiapreventionuk.com](mailto:michelle.reshef@dementiapreventionuk.com) for more information. All ages welcome!

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### Support for Carers

Alternate Thursday 10am-12pm. Hope Corner Community Centre, EN5 2DY. A fortnightly drop-in support session at Hope Corner for local informal carers is run by Barnet Carers

Call 020 3995 1909 or email [adultcarers@barnetcarers.org](mailto:adultcarers@barnetcarers.org) for more information.

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### Men's Breakfast Club

10am Homefield Gardens, East Finchley, London, N2 0XL:

Monthly club, £4.

Contact Suzana Idrizaj on 020 3196 7624 for more information



### Adult Reading Group at East Finchley Library

2-3pm, East Finchley Library, N2 9BB. Our friendly reading group meets on the **first Thursday of every month from 2pm to 3pm**. Please contact the library or ask at the counter during staffed hours to obtain a copy of the current title.

[east.finchley.library@barnet.gov.uk](mailto:east.finchley.library@barnet.gov.uk) / 020 8359 3815

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### Bollywood Fusion Dance Class

2.15-3.15 during term time, OneStonegrove Community Centre, HA8 8BN. Join us for a fun and energetic way to get fit and make friends. All ages and abilities welcome.

For more information or to book, contact Varsha Patel at [varsha55@hotmail.com](mailto:varsha55@hotmail.com)

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# FRIDAY 6TH OCTOBER



### FREE Walking Football Taster

2-3pm, The Hive, HA8 6AG The Barnet Walking Football Team welcomes over 50s who just want to play football in a safe healthy environment at the A\* facilities of Barnet FC. All abilities welcomed!!

Email [Barnetwft@yahoo.com](mailto:Barnetwft@yahoo.com) to book your place!

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### FREE Movement to Music Taster!

(Standing or seated) - face to face: **11.30am – 12.30pm**. Takes place at the **Tarling Road Community Centre (across the street from The Ann Owens Centre) in East Finchley N2 8LG**. Fun, upbeat exercise session for all levels of fitness with our Wendy. **For more information, contact Wendy on [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) or 07741 877 027.**

### One Stop Walkers - Colindale

**Meet at Grahame Park Old Library 9.45am .**

Gentle walking for approximately 1 hour. Walk ends at Old Library. **Free**. Weekly.  
Contact [brennan.cct@gmail.com](mailto:brennan.cct@gmail.com)

### Age UK Barnet Walking Group

**Stephens House and Gardens – 10.30am -11.30am** (lasts 40-60 mins) meet at Stephens House Cafe, 17 East End Road, Finchley N3 3QE.

**Contact Wendy on 07741 877 027 or email her on [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) for more information.**

## WEEKEND ACTIVITIES



### Parkruns

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! **All parkruns start at 9am and are suitable for people aged 14 and older. Barnet Parkruns take place at Oak Hill park and at Sunny Hill Park.**

## 24-hour care for complete peace of mind

At Signature, our flexible, person-centred approach to care is as individual as each of our residents.

And because we believe in a life well lived, we'll deliver that care in a setting that allows them to enjoy the finer things in life, from fine dining to a variety of leisure activities.

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If you would like to see what Signature at Hendon Hall has to offer please contact our Client Liaison Managers on 020 3131 4665 or email [enquiries.hendon@signaturesl.co.uk](mailto:enquiries.hendon@signaturesl.co.uk) to book a visit.

[signature-care-homes.co.uk](http://signature-care-homes.co.uk)





**Free beginners Computer and Internet Sessions**  
**10am-11:30am, Edgware Library, HA8 8NN.**  
 Free digital support for beginners.



**Barnet Market**

The traditional Barnet Market is **open every Wednesday and Saturday**. The Market runs from around **8.00 am until about 2.00 pm**. The stalls are situated on the bandstand area by **Waitrose in Stapylton Road EN5 4LN**.

**THROUGHOUT THE WEEK**



**Love to Dance (Saracens Foundation)**

**50% discount throughout Silver Week** for new participants.  
 Various locations in north London.  
 Email [sophieporter@saracens.net](mailto:sophieporter@saracens.net) for more info.

**Barnet Museum**

Barnet Museum (EN5 4BE) is offering local history talks throughout Silver Week - various topics covered, all ages welcome. **For more information email [enquiries@barnetmuseum.co.uk](mailto:enquiries@barnetmuseum.co.uk) or call 020 8440 8066**

**HGS U3A, serving Hampstead Garden Suburb** and adjoining areas in North-West London, is open to all who are retired or semi-retired. Join a community that enjoys learning and offers an opportunity to meet new people, make lifelong friends, and be part of a worldwide movement. The cost of a yearly membership is £45 and for those on lower income or benefits £10. **Email [richardarthur@btinternet.com](mailto:richardarthur@btinternet.com) or find out more online!**

**GLL Senior Programme**

GLL offer a full timetable of the seniors programme at Barnet Cophall Leisure Centre, as well as various other sport sessions including Pickleball and walking tennis in partnership with with Fit and Active Barnet (FAB). **For more information email [petrit.krasniqi@gll.org](mailto:petrit.krasniqi@gll.org).**

**Barnet Libraries: The Home Library Service**

The Home Library Service brings the library to residents who are unable to visit their local library. It supplies books, large print, audiobooks on CD, a selection of world language books and, for a small charge, DVDs. **If you would like more information about these services and/or wish to refer somebody, please call 020 8359 3901 or email [mobile.library@barnet.gov.uk](mailto:mobile.library@barnet.gov.uk).**

**Variety is the Spice of Life - Finchley Art Society Art Fair**

Affordable art from local artists presented by Finchley Art Society.  
**Arts Depot, North Finchley, N12 0GA Mon 2 Oct - Sun 15 October 2023**

# POETRY WORKSHOP & COMPETITION

**BARNET LIBRARIES AND AGE UK BARNET HAVE TEAMED UP TO ORGANISE TWO CREATIVE WRITING WORKSHOPS FOCUSED ON POETRY.**



**WORKSHOPS LED BY RICHARD NEVILLE, A STORYTELLER AND CREATIVE WRITING TEACHER WHO BELIEVES IN PLAY AND SPONTANEITY, USING WORD GAMES AND WRITING EXERCISES TO INSPIRE POETRY AND PROSE.**

**COLINDALE LIBRARY  
5TH OCTOBER  
11AM - 12:30PM**

**AND**

**NORTH FINCHLEY  
LIBRARY  
12TH OCTOBER  
11AM - 12:30PM**

**THESE WORKSHOPS SHOULD INSPIRE YOU TO WRITE YOUR OWN POEM - WHICH WE HOPE YOU WILL ENTER INTO OUR AGE-FRIENDLY BARNET POETRY COMPETITION.**

**WINNING ENTRIES WILL BE PUBLISHED IN OUR UPCOMING ANTHOLOGY!**

**WHETHER OR NOT YOU ATTEND THESE WORKSHOPS, PLEASE DO ENTER A POEM THAT YOU HAVE WRITTEN TO [PIPPA.MANNERINGS@AGEUKBARNET.ORG.UK](mailto:PIPPA.MANNERINGS@AGEUKBARNET.ORG.UK) BY THE 6TH NOVEMBER 2023.**

**THE COMPETITION IS OPEN TO BARNET RESIDENTS AGED 50+.**

**FOR MORE INFORMATION ON HOW TO BOOK YOUR PLACE, EMAIL [PIPPA.MANNERINGS@AGEUKBARNET.ORG.UK](mailto:PIPPA.MANNERINGS@AGEUKBARNET.ORG.UK) OR CALL ON 07379 331807**



# USEFUL CONTACTS & ORGANISATIONS

## Age UK Barnet

Age UK Barnet works to provide a wide range of services and activities for older adults in Barnet. Including handyperson services, advice & information, befriending and dementia support services to increase wellbeing.

[info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk) / 020 8203 5040

## Barnet African Caribbean Association

Barnet African Caribbean Association is a small local organisation provide welcoming day services for older adults in Barnet.

[baca@barnetmcc.org](mailto:baca@barnetmcc.org)



## Barnet Asian Women's Association (BAWA)

BAWA was set up by local women in 1978 to reduce isolation and loneliness. It has developed into a unique and specialised service for Asian women over 60 in the London Borough of Barnet.

[admin@bawa.life](mailto:admin@bawa.life) / +44 (0)7534 184435

## Jewish Care

Jewish Care is the largest health and social care organisation serving the Jewish community in London and the South East. Contact information for Michael Sobell Jewish Community Centre:

[agaisriene@jcare.org](mailto:agaisriene@jcare.org) / 0208 922 2910

## The Good Neighbour Scheme for Mill Hill and Burnt Oak

Our charity exists to give neighbourly support to older, less mobile and isolated people in the Mill Hill and Burnt Oak areas of the London Borough of Barnet.

020 8906 3340

## One Stonegrove

Community hub in Edgware which offers various activities and information for all residents.

[OneStonegrove@sct.london](mailto:OneStonegrove@sct.london) / 020 8357 0923

## Barnet Carers

Barnet Carers is a leading charity delivering reliable and accessible support for informal carers living in Barnet.

[admin@barnetcarers.org](mailto:admin@barnetcarers.org) / 0203 995 1909

## Colindale Community Trust

The Colindale Communities Trust is a charity committed to developing sustainable services and projects that improve the economic and social wellbeing of people who live in and around Colindale.

[grahamepark.onestopshop@gmail.com](mailto:grahamepark.onestopshop@gmail.com) / +44 (0)20 8200 3014



**THIS WEEK MARKS THE OFFICIAL LAUNCH OF BARNET'S JOURNEY TO  
BECOME AGE-FRIENDLY!**

**AGE-FRIENDLY COMMUNITIES ARE DESIGNED TO GIVE OLDER PEOPLE  
MORE POWER TO SHAPE THEIR COMMUNITIES AND ENGAGE IN ALL  
ASPECTS OF COMMUNITY LIFE. FOR A LOT OF THE OLDER POPULATION,  
THIS WON'T BE NEW! HOWEVER, FOR A LARGE NUMBER OF THE  
POPULATION, THERE ARE SOCIAL AND PHYSICAL BARRIERS TO AGEING  
HEALTHILY, ACTIVELY, AND HAPPILY.**

**OUR JOB IS TO FIND OUT WHAT THESE BARRIERS ARE, AND TO WORK  
WITH THE COUNCIL AND VARIOUS LOCAL STAKEHOLDERS TO TRY AND  
REDUCE THEM.**

**VOICES FROM OUR OLDER COMMUNITY IN BARNET ARE CENTRAL TO EVERY  
PART OF THIS PROJECT, AND WE WANT TO CELEBRATE AND BOLSTER THE  
DIVERSITY, POWER AND WISDOM IN THESE VOICES IN SHAPING OUR  
COMMUNITY'S FUTURE!**

**TWITTER: @AFBARNET - FACEBOOK: AGE-FRIENDLY BARNET - INSTAGRAM:  
AGEFRIENDLY\_BARNET**

**OR EMAIL: PIPPA.MANNERINGS@AGEUKBARNET.ORG.UK**



**International Day  
of Older Persons**