




PIGEON POST


Keeping you informed & involved
November 2020





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INSIDE THIS ISSUE



Welcome to the second issue of our activity newsletter and this time it's got a name - **Pigeon Post!** We hope you like it. We were touched by the positive comments we received after our first issue and readers have already got in touch with us to

share their stories – Harry, for example, talks about his experience of being a pupil in the 1950s and Lee shares her views on the second lockdown.

We really want this magazine to be a place where you can exchange views and share some of your life stories. And if you don't want to write them down, we can do it for you! One of our writers will just chat to you over the phone. Please give Teresa a ring on 07502 989403 if you've got something to say!

This month you'll also find out the best snacks to boost your energy, tips for a good night's sleep plus the usual recipes, exercises and crosswords.

Hope you enjoy it – and let us know what you think!

Helen Newman
Chief Executive
Age UK Barnet

"Autumn carries more gold in its pocket than all the other seasons."

Jim Bishop



SNACKS TO BOOST ENERGY

'We all know that lethargic feeling that descends a few hours after eating a starchy meal, or the feeling of sudden sluggishness after a delicious sugary pastry, biscuit, soda or desert,' says Kato who runs Age UK Barnet's cookery demos. 'Well instead of giving us energy, simple starches and sugars do the opposite – the body burns through these very quickly, which leads to low blood sugar, and low energy.'

A few simple food swaps, especially at snack time, can help to stabilise blood sugar for a steady supply of fuel to keep up energy production in our muscle, nerve, and brain cells. This will keep us feeling alert and energised throughout the day.

Here are some ideas for snacks or even light meals that will help keep energy levels even throughout the day.

Tea for two

Both black and green teas are excellent energy boosters, as is coffee – all in moderation of course. If you find you are craving a biscuit with your regular cuppa, try two squares of 70% cocoa chocolate, or a few slices of apple or wholegrain crisp bread with nut butter.

Delicious dips

Ready prepared dips can last for up to 4 days in the fridge, and are delicious heaped on an oatcake, wholegrain crisp breads such as Ryvita, toasted wholemeal pitta, or some dark rye bread. Buy mackerel dip or tzatziki, or make one of these super easy dips which can be whipped up in 10 minutes with an electric blender:



White bean dip:

Blend together one can of cannellini beans, 2 tablespoons olive oil, 1 garlic clove peeled and chopped, 1 tablespoon lemon juice, and a pinch each of salt, pepper and cayenne pepper. This dip goes well with oatcakes, toasted pitta, and any wholegrain crisp bread.

Super easy aubergine dip: Cut an aubergine in half, and score the insides with a knife. Heap one tablespoon of miso paste on each half and close back together (like a sandwich). Cover with tinfoil and bake at 200 C for about 30-40 minutes (until very soft) – you can add it to the oven when baking something else. Mash the soft puree. This dip goes really well with toasted pitta.



Yes to yoghurt



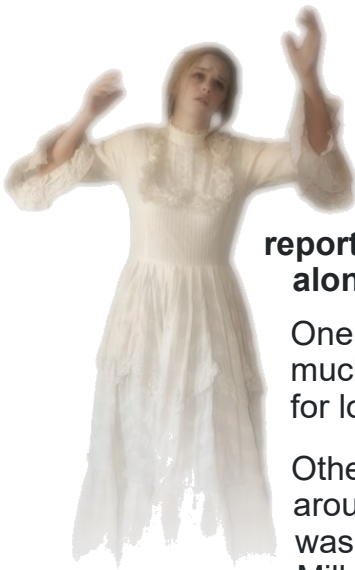
Plain full fat yoghurt, and 5% or 10% Greek yoghurt can be dressed up many ways to satisfy your sweet tooth while maintaining your energy levels for longer, thanks to the high protein content of the yoghurt.

Good toppings include dry fruit, plain or non-salted toasted nuts and seeds, as well as fresh and frozen fruits.

Other ideas include: dried apricots with toasted walnuts and/or pumpkin seeds and sunflower seeds, and a drizzle of honey if you need extra sweetness.

Barnet's ghostly past

Barnet is thought to be extremely haunted – it has 1,000 years of history and some of the stories go back that far.



The Nether Street ghost is just one of the eerie encounters that have cropped up throughout the borough's history.

Police officers on patrol in Finchley in the early 19th Century reported seeing a ghostly figure confronting them as they walked along Nether Street.

One young constable was so haunted by the experience, he dedicated much of his time to reading about the paranormal, until he was sectioned for losing his mind and sadly condemned to an asylum.

Others ghosts include a pitchfork-wielding haymaker chasing residents around The Hyde in Colindale, and former pub landlady Nan Clark, who was murdered by her lover, she's still said to haunt the passageway in Mill Hill that bears her name.

According to ghost experts, Monken Hadley is the second most haunted village in the UK. The Common is said to be the final resting place of many of the 3,000 people who died in the Battle of Barnet. The explanation? Those who die in violent or tragic circumstances are more likely to haunt because they cannot rest easy in death.

Experts agree the most haunted house in the borough is the old Finchley Manor, now the Sternberg Centre, in East End Road. Unwanted ghoulish guests at the manor include Lord William Hastings, who as a protest against his tragic end at the hands of Richard, Duke of Gloucester, walks about the grounds with his severed head under his arm. Another ghost is Sir William Brereton, who lost his head along with tragic queen Anne Boleyn. Tradition also says when a much older mansion, which stood on the site, was pulled down, a skeleton was found walled up in the house.

Some pubs in the borough are also thought to be regular haunts for creepy customers.

The Red Lion, in Great North Road, Barnet, is reputed to be haunted by an 18th Century maid, who died after falling down the stairs

There are reports of sightings of an old woman who just walks from one side of the pub to the other in The Black Horse pub in Union Street, Barnet.



LETTERS!



TIME FOR TEA & A CHAT!

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.**

We will try to address any issues raised in future editions and will print a selection of the letters we receive.

Each month we hear the views of one of our readers. This month Lee gives her thoughts on the second lockdown

My old friend you've come to visit us again!

*'Well here we go again - although with the second lockdown, it is not really again, as some of us did not really emerge from the first! Older people have been scared into staying in, forfeiting visitors and generally watching the world go by through a window, so we at least are somewhat better prepared for this second wave. I feel sorry for the younger generations, who don't have years of life experience facing challenges or difficult times and now who are confronted with the current ongoing situation. **So difficult**, if you had looked forward to university. **So difficult** if you have no job and **so difficult** if you have a job that you have to go to and risk your life or maybe that of your family. No preparation could have allowed them to imagine this in their future. We, the older generation are lucky, that is how I feel. No need to go out if we don't need to attend an appointment, no need to worry about whether we will keep our job, or be able to get a job in the future, as we watch the economic health of our country getting progressively worse, what of those at the start of their life? So if you are at home, safe on your own or in your chosen bubble, just give a thought to those who can't stay safe at home but must go out to work and keep things going'.*

Regards Lee



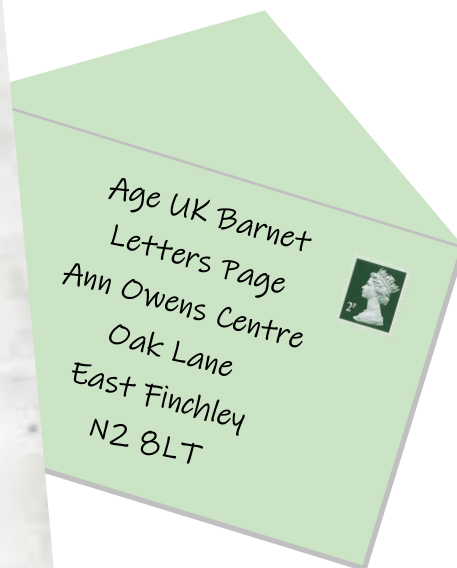
Readers tips

To get stains out of a chopping board, run the cut side of a lemon over the board to remove food stains and smells. For extra cleaning power, sprinkle it with salt or baking soda first.

Readers tips

If your skin is feeling dry now that the central heating's back on, you can add moisture to a dry atmosphere by placing a bowl of water by the radiator

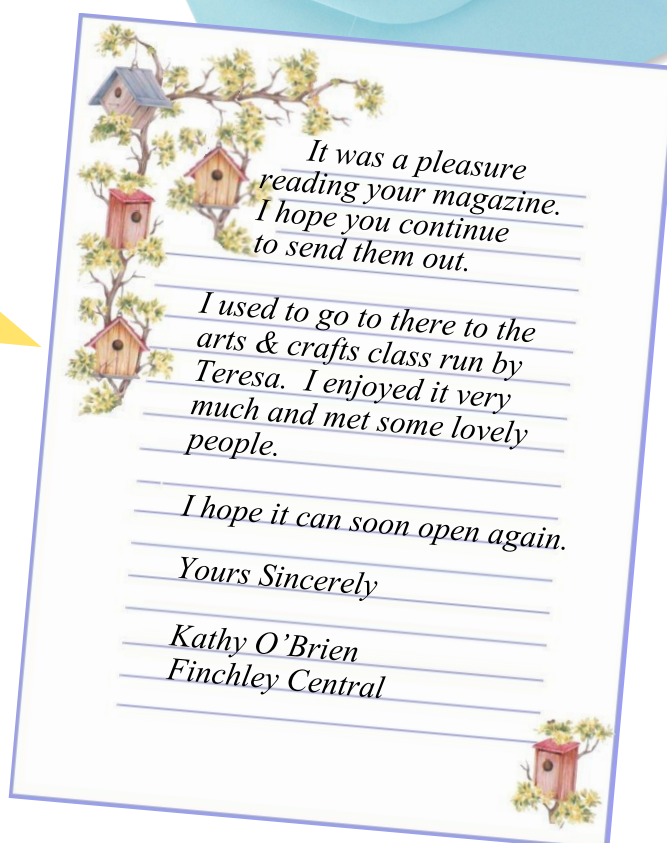
LETTERS cont.....



Our pick of this month's TV

Nigella: **Cook, Eat, Repeat** BBC2
Paul O'Grady's **Great Escapes** on ITV
Great Canal Journeys
on Channel 4

The third season of **The Crown**
on Netflix, starring Olivia
Coleman as Elizabeth II



RECIPE TIME....



MEAT & POTATO PIE



Method

Sauté onion and garlic in a large pan with vegetable oil until tender then add the beef and brown all over. Stir in the flour and cook for 2-3 minutes, then gradually stir in the stock, tomato purée, potatoes and Worcestershire sauce. Bring to the boil then simmer for approximately 20 minutes until the potatoes are cooked, stirring frequently, season to taste. Allow to cool. Preheat oven to 200° C (180°C for fan assisted ovens) Gas Mark 6.

Roll out just over half the pastry and use to line a pie dish allowing any excess to hang over edges. Place the cooled meat mixture in the dish and spread evenly over the pastry.

Roll out remaining pastry large enough to cover the pie, and brush borders with beaten egg. Add the pie lid to the base pressing edges firmly together all round. Trim off edges with a sharp knife. Make a small hole in the top of the pie to allow the steam to escape. Brush top with beaten egg and bake for 30 minutes or until pastry is golden brown.

This pie may be eaten hot or cold.

Ingredients

Jus-Rol™ Shortcrust pastry block

1 onion, diced

1 garlic clove, finely diced

1 tbsp vegetable oil

750g minced beef

2 tbsp flour

300 ml beef stock

2-3 tbsp tomato puree

2 medium potatoes, peeled diced into small pieces

2 tbsp Worcestershire sauce

Salt & pepper to season

Egg, beaten to glaze



EGGY BREAD

Method

Lightly beat the eggs in a shallow bowl along with the milk. Season with salt and black pepper.

Dip each slice of bread into the egg mixture, making sure it has soaked up all of the liquid.

Heat a frying pan over a medium heat and add the butter. Swirl the butter around the pan and when it's beginning to foam, add the bread and fry on each side for 1 minute or until golden brown.

Transfer to a plate and serve with crispy bacon or fruit compote.



Ingredients

2 medium eggs

1 tbsp milk

2 slices white

bread or brown bread

1 tbsp butter

Salt & pepper (optional)



A third of us don't get enough sleep, according to Age UK Barnet trustee and neuroscientist Catherine Loveday – and giving yourself a sleep MOT could be one of the best things you can do for your health.

Sleep better tonight!

We all know what it's like to feel groggy and in a bad mood after a bad night's sleep but in the long term, poor sleep can lead to an array of problems, ranging from poor health, faster ageing and obesity to depression and poor memory.

'People who have less sleep have a build-up of toxins and proteins that may be bad for the brain and lead to memory problems,' says Catherine. 'The good news is that sleep washes out these toxins and has a whole host of other benefits.'

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

Consider using lavender or another calming smell – you may have some in your garden or there are commercially available natural sleep sprays



- ♦ Having a regular routine really helps – our bodies follow a natural circadian rhythm and respond well to habits
- ♦ Aim to go to bed and get up at approximately the same time each day
- ♦ As we get older, melatonin peaks earlier in the evening which makes people want to sleep earlier or nap in their chair – sleep scientists suggest either going to be bed earlier and getting up earlier, or getting greater light exposure in the afternoon / evening to counteract the effects of melatonin
- ♦ Manage your stress. It can be useful to keep a pen and paper by the bed to write things down if they are worrying you so that you can let them go again and deal with them the next day
- ♦ Create a relaxing bedtime ritual. Warm baths before bed can help – the temperature drop you get when you get out of the bath mimics the temperature drop you get when you fall asleep

If you really cannot sleep then get up for a little while and then try again. If all else fails, bear in mind that the occasional bad night is nothing to be concerned about.

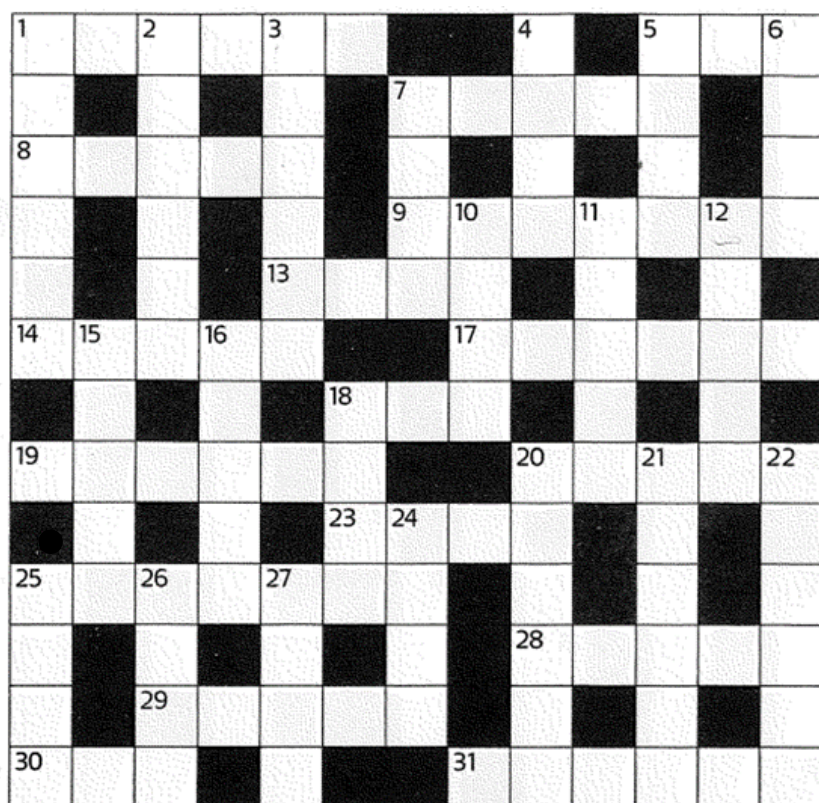


Spritz your pillows with lavender pillow spray at night. Or sprinkle a few drops of essential lavender oil on a piece of tissue and tuck it under your pillow

Research has shown that the simple act of smiling for as little as twenty seconds can trigger positive emotions, jump starting joy and happiness. Smiling stimulates the release of neuropeptides that work towards fighting off stress and unleashes a feel good cocktail of the neurotransmitters serotonin (natural antidepressant), dopamine (stimulant) and endorphins (natural painkillers).



PUZZLE TIME....



ACROSS

- 1 Tested, checked (6)
- 5 Pouch (3)
- 7 Penniless (5)
- 8 Formative years (5)
- 9 The sheltered side (7)
- 13 Girl's name (4)
- 14 Entrance hall (5)
- 17 Soiled (6)
- 18 Cambridgeshire city (3)
- 19 Impassive (6)
- 20 We ___ Overcome, song (5)
- 23 US stunt motorcyclist ___ Knievel (4)
- 25 Destiny (7)
- 28 Tumbler (5)
- 29 Emancipated (5)
- 30 Encountered (3)
- 31 Remained (6)

DOWN

- 1 Disconcert (3,3)
- 2 Traffic sign (3,3)
- 3 More simple (6)
- 4 Heart (4)
- 5 2nd Greek letter (4)
- 6 Cheerful (4)
- 7 Indonesian island (4)
- 10 Nervous (4)
- 11 Evelyn ___, English Novelist (5)
- 12 Mutineer
- 15 Surpass
- 16 Panache (5)
- 18 1950's British PM (4)
- 20 Lightly-built (6)
- 21 Bird enclosure (6)
- 22 Became void (6)
- 24 Sell (4)
- 25 Shape (4)
- 26 Fissure (4)
- 27 Applications (4)

FIND THE DOGS

H	G	E	L	P	H	D	U	H	O	T	G	M	E
S	H	E	N	E	U	A	S	C	S	B	I	R	E
R	B	O	X	E	R	C	D	E	A	U	R	R	H
H	N	B	R	L	M	H	D	N	R	L	E	A	R
C	C	O	R	G	I	S	N	I	E	L	I	O	P
O	D	N	U	O	H	H	A	I	H	D	R	R	I
L	R	H	U	R	E	U	S	R	H	O	R	E	N
L	A	R	H	D	D	N	U	B	C	G	E	T	S
I	H	T	A	B	A	D	T	L	S	E	T	T	C
E	E	A	D	A	L	M	A	T	I	A	N	E	H
L	M	A	S	T	I	F	F	H	B	A	H	S	E
S	C	H	I	H	U	A	H	U	A	O	P	S	R
T	E	H	M	I	R	B	E	A	G	L	E	B	A
O	T	L	T	S	M	S	H	E	P	H	E	R	D

DALMATIAN, DACHSHUND, BEAGLE,
PINSCHER, SHEPHERD, MASTIFF, SETTER,
CHIHUAHUA, BULLDOG, COLLIE, HOUND,
CORGI, TERRIER

THE GUARDIAN
DAILY EXPRESS

THE TIMES
Inflation rate rises to 18.4% and trade gap widens

Saturday Review
Whidbourn runs up for victory at 100

BSC board condemned in vote by members



A black and white photograph of a large group of students in a classroom. The students are seated at their desks, arranged in rows, and are looking towards the camera. The classroom has large windows on the right side, and the students are dressed in mid-20th-century attire. The desks are wooden and have papers on them. The students are of various ages, likely elementary school children.

'For any four year old, starting school is a significant milestone in life; it's a big deal. But while today, many four year olds have already experienced being away from their

‘Play times were taken outside, and in many cases, regardless of the weather. Hopscotch, skipping and chase were among the favourites, games which can still be seen in primary school playgrounds of today; times change, but children will always love a game of chase (or whatever they may call it these days!)’

Pupil's Name		James Mitchell		Course		Technical Class		371	
Class Marks expressed as Percentages									
SUBJECTS		1st Term	2nd Term	3rd Term	SUBJECTS		1st Term	2nd Term	3rd Term
English		76	75	69	DOM. SERIES	Handwork			
History		79	78	78		Geometry			
Geography		75	74	77		Leisurework			
Maths	Algebra	78	80	82	TRIG. SERIES	Handwork	75	74	78
	Geometry					Maths			
Science		94	97	91		Task, Drawing	73	80	87
Art		85	84	82		Mechanics	100	80	90
Art Craft		85	84	82	Music		82	84	84
Physical					PHYSICAL EDUCATION		82	84	84
Comp. Series	Book-keeping				PEACE		74	74	75
	Business Transl.								
	Typewriting								
Attendance									
Absent		152	134	94	Conduct				
Punctual		152	134	76	Punctuality				
Parent's Signature — <i>Mr. Mitchell</i> on <i>Nov. 1934</i> at <i>Nov. 1934</i>									

The Big Knit is back and it's going to be the biggest one ever!

With more time on our hands at home, it's the perfect opportunity to join the innocent Big Knit campaign and start knitting little hats for us. We send off your knitted hats and for every behatted innocent smoothie that gets sold, **Age UK Barnet will receive 25p to help older people during the cold winter months.**

Package up your lovely hats and get them to us as soon as you can - we are aiming for 6,000 hats by next summer! Please send your hats to:-

Jenny Coomey, Age UK Barnet, The Ann Owens Centre, Oak Lane N2 8LT



BLUE BOBBLE HAT

Yarn: Blue and white DK Needles: 4mm



Cast on 31 sts in white Row 1: k1, *p1, k1 repeat from *to end of row

Row 2: p1, *k1, p1 repeat from *to end of row

Change to blue and beginning with a knit row work 12 rows in st st

Next row: k2tog to last st, k1 (16sts)

Next row: purl Next row: k2tog to end (8sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

Making up Use a sewing needle to join side seams. Make a pompom in blue and sew securely to top of the hat.



STRIPED BOBBLE HAT

Yarn: Blue and white DK Needles: 4mm

Cast on 31 sts in blue Knit two rows (garter st)

Change to white and beginning with a knit row continue in st st as follows

2 rows white, 2 rows blue, 2 rows white, 2 rows blue, 2 rows white, 2 rows blue.

Continue in blue

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

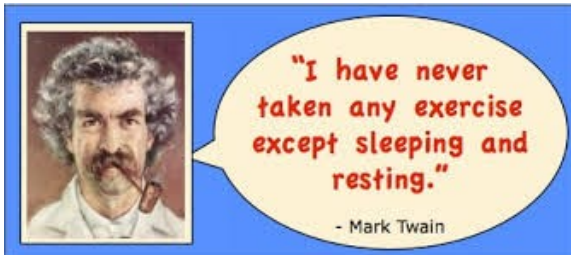
Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

Making up: Use a sewing needle to join side seams. Make a pompom in blue and white and sew securely to top of the hat.



Exercise at home: Your baked bean tin arm workout

A couple of arm strengthening moves from our Wendy – using tins from your kitchen. *All you need is a kitchen chair and tins from your store cupboard.*



For all exercises:
Breathe through exercises, avoid
holding your breath.

Sit tall in chair with feet on floor
Keep your shoulders relaxed down

1. Holding a tin in each hand, bring arms up to a right angle (as if you're holding a tray)
2. Bend one elbow to bring tin up towards shoulder and straighten all the way down. Repeat on other arm. 10 times each arm



1. Holding a tin in each hand, bring arms up to a right angle (as if you're holding a tray)
2. Keeping shoulders down and elbows close to your body, move arms (tins) away, squeezing shoulder blades together
3. Bring arms back to start
Repeat 8 - 10 times

How can we help?

Since the start of the second lockdown, we have had to suspend some of our face to face activities including our exercise classes and our social walks and we hope to resume these as soon as we can. In the meantime, we are offering a range of services.

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

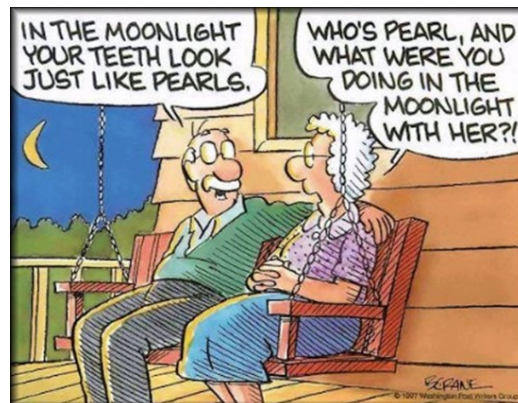
Want a regular chat over the phone with a friendly volunteer?
Try our Befriending Service on
020 8432 1416

Need a handyperson to change a lightbulb or fix something in the home? To find out what we can do, phone our Handyperson Service on 020 8150 0963

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

Please note, small charges apply for the above services.

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**.



WINTER HOME HEALTH CHECK - Are you winter ready?

Our handyperson service can help you check your home to try and keep you warm and safe over the winter months. They can undertake the following checks:-

- Check and bleed radiators • Set heating timers and thermostats • Test smoke alarms are in working order • Helping to read meters • Carry out light bulb checks • Change winter curtains
- Assist with draught proofing • Check window and door locks are in place • Sweep leaves from pathways to prevent falls • Assess for trip hazards and to ensure safety rails are secure
- Provide advice on security, locks, and key safes

Our handypersons wear PPE when visiting your home

We charge an hourly rate of £25 per hour and £15 per hour for those who are on means tested and disability benefits. For an appointment call 020 8150 0963

**We are only taking calls between 10am and 1pm Monday to Friday.
Please leave a message - and we will aim to get back to you the following day.**

CELEBRATIONS THIS MONTH



The word Diwali means 'rows of lighted lamps'.

Diwali is known as the 'festival of lights' because houses, shops and public places are decorated with small oil lamps called 'diyas'.

When is Diwali? Diwali always falls some time between October and November, but the exact date varies each year as the Hindu calendar is based on the Moon. In 2020, Diwali is on Saturday 14 November.

How is Diwali celebrated? For many people this five day festival honours **Lakshmi**, the goddess of wealth. Lamps are lit and windows and doors are left open to help Lakshmi find her way into people's homes.

Other ways that Hindus celebrate the festival include: Spring-cleaning the home, wearing new clothes, exchanging gifts (often sweets and dried fruits) and preparing festive meals, decorating buildings with fancy lights and huge firework displays.





Handyperson Q&A

Our Handyperson team Adam and Martin answer your DIY questions

Can you suggest a cheap way to save on heating bills?

'One simple idea is to use a reflective foil behind your radiator which will bounce heat back into the room, rather than letting it seep out through the walls of your home,' says Adam.

The benefits are, of course, a warmer more comfortable home and less energy wastage – so smaller bills.

You can buy specialist foil from hardware shops or online in rolls or sheets, that can be cut to size, for just a few pounds.

My shower curtain is getting mould along the bottom - do you have any tips to clean it?

'To banish mouldy spots, throw plastic or vinyl curtains in the washing machine with a little detergent, says Martin. 'Add two to three bath towels for extra cleaning agitation, then hang it to dry or put in the dryer on low heat or fluff only. To keep it fresher longer, stretch the curtain out after each shower to help moisture dissipate.'

HEALTHWATCH



Healthwatch Barnet is the independent champion for people who use health and social care services in Barnet - here to help local people get the best out of their health and social care services and use feedback to help improve services.

We are keen to hear from you about your experience of health and social care services in Barnet over the last month. To take part in the survey, simply give us a ring on **020 3475 1308** to arrange a time and day that is convenient for you. The phonenumber is open Tuesday - Friday 9am

BEFRIENDER UPDATE



'I formed a bubble with my befriender'



A couple of our befrienders have formed a bubble with the people they visit - like Pat and Lindsay here! Pat, whose only son lives abroad, is delighted. 'Lindsay has changed my life.

A daughter couldn't be better to me. And being in a bubble together is making the prospect of the second lockdown less daunting.'

*If you would like to find out more about our Befriending Service please call us on **020 8432 1416**.*



And finally.....

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

We look forward to hearing from you.

Answer to word search on P8

H	G	E	L	P	H	D	U	H	O	T	G	M	E
S	H	E	N	E	U	A	S	C	S	B	I	R	E
R	B	O	X	E	R	C	D	E	A	U	R	R	H
H	N	B	R	L	M	H	D	N	R	L	E	A	R
C	C	O	R	G	I	S	N	I	E	L	I	O	P
O	D	N	U	O	H	H	A	I	H	D	R	R	I
L	R	H	U	R	E	U	S	R	H	O	R	E	N
L	A	R	H	D	D	N	U	B	C	G	E	T	S
I	H	T	A	B	A	D	T	L	S	E	T	T	C
E	E	A	D	A	L	M	A	T	I	A	N	E	H
L	M	A	S	T	I	F	F	H	B	A	H	S	E
S	C	H	I	H	U	A	H	U	A	O	P	S	R
T	E	H	M	I	R	B	E	A	G	L	E	B	A
O	T	L	T	S	M	S	H	E	P	H	E	R	D

“We hope you have enjoyed our little newsletter – please join us again next month!”

Answer to crossword on P8

Across: 1. Proven, 5. Bag, 7. Broke, 8. Teens, 9. Leeward, 13. Enid, 14. Foyer, 17. Grubby, 18. Ely, 19. Stolid, 20. Shall, 23. Evel, 25. Fortune, 28. Glass, 29. Freed, 30. Met, 31. Stayed.

Down: 1. Put off, 2. One-way, 3. Easier, 4. Core, 5. Beta, 6. Glad, 7. Bali, 10. Edgy, 11. Waugh, 12. Rebel, 15. Outdo, 16. Éclat, 18. Eden, 20. Slight, 21. Aviary, 22. Lapsed, 24. Vend, 25. Form, 26. Rift, 27. Uses.

