


# Age UK Barnet

## MINI NEWSLETTER


### October 2020





## INSIDE THIS ISSUE


 PG. 1  
The launch of our brand new mini newsletter!


 PG. 2  
Nutrition Bites - Tips from our nutrition volunteer Kato


 PG. 3  
Time for tea and your letters!


 PG. 4  
Recipe time - "Why not try our tasty recipes"


 PG. 5  
Real life story


 PG. 6  
Wellbeing Q&A - Professor Loveday answers your questions


 PG. 7  
Quiz time "Get ready to give those brain cells a workout"

 PG. 8  
Nostalgia page - Recall memories of times gone by on 5th November

 PG. 9  
Time to get crafty

 PG. 10  
Easy hand exercises to try

 PG. 11  
How can we help?  
Plus Book Club....

 PG. 12  
And finally - Quiz answers



Welcome to our first activity newsletter – it's our way of staying in touch with those of you who don't have access to a computer or tablet. We wanted to produce something hands on that'll keep you entertained

during a tea break - hopefully you'll pick up something useful. So read on for simple recipes, craft ideas, a bit of nostalgia, a few ways to keep moving plus what's happening at Age UK Barnet and top tips from a few of our experts. We'd love to hear your stories too – so do please write in and share them with us. And let us know what you think.

**This month we have enclosed a handmade card for each of you. This was made by some of our lovely Age UK Barnet followers. People who just wanted to say 'hello' and to hopefully bring a little smile to your face!**



**Helen Newman**  
Chief executive  
Age UK Barnet

***"If a year was tucked inside of a clock, then Autumn would be the magic hour!"***



## SNACKS TO BUILD IMMUNITY

Did you know? Your early morning cuppa will provide 13 per cent of the recommended daily intake of calcium, vital for healthy bones (5 per cent comes from the milk and 8 per cent from the water)

‘The Covid-19 crisis has awakened us all to the importance of looking after our immune system,’ says Kato who has been running cookery demos for Age UK Barnet. ‘We particularly need to take greater care as we age, given that the immune system weakens when we get older.’

The good news is that our bodies can manage disease and infections better if we eat a healthy and diverse diet. ‘There’s no single ‘miracle’ food that will boost our immune system,’

says Kato. ‘A good mix of vitamins, minerals and inflammation-fighting compounds in whole foods will help to build the body’s ability to fight infections – and Vitamins C, E, and D, Zinc, as well as fibre in whole foods do most of the hard work.’

To ensure that we consume the right balance of foods in our regular diet to stay healthy or recover faster from infection, especially when appetite might be low, it helps to make every bite count, especially the foods we eat between meals. Replacing biscuits, cakes, and snack bars with healthy easy-to-prepare snacks will increase your intake of the nutrients on which the immune system depends. Here are Kato’s five super snack suggestions to keep it in top condition.

1. Cut an apple into thin slices (keep the skin on). Spread any choice of nut butter on each slice. Experiment with peanut butter, almond butter and cashew butter
2. Mash or blend a can of drained mackerel in oil with 3 tablespoons of cream cheese or crème fraîche, 1 teaspoon each of horseradish cream and mustard, the juice of half a lemon, and pepper. Spread the mackerel paté on oatcakes, toasted whole wheat pitta or whole wheat crackers such as Rye Vita
3. Mix a few tablespoons of natural plain yoghurt with a handful of fresh strawberries, blueberries or raspberries, and two tablespoons of chopped nuts (almonds, walnuts, cashews). Add a teaspoon of honey if you need more sweetness
4. Dip toasted whole wheat pitta into humus. Flavour plain humus with a bit of olive oil, toasted pine nuts and a pinch of cayenne pepper



5. Cut up half a red bell pepper, one carrot and some celery sticks. Mash half an avocado with juice of half a lemon or lime, a pinch of cayenne pepper, tablespoon each of finely chopped onion and tomato. Dip the vegetable sticks in the guacamole

# LETTERS!

## P3 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.**

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

A make up artist friend of my daughters gave me this great tip. To make your teeth look instantly whiter, wear cool-toned blue-red or pink lipsticks and avoid yellow-based ones such as oranges and browns which can make your teeth appear even more yellow.'

**Jean, Golders Green**

Whilst admiring the giraffes at a safari park, my friend's daughter Rosie, aged seven, made a loud announcement to everyone in earshot. "I know how to tell the difference between girl giraffes and boy giraffes", she bellowed. There was a stunned silence before she continued: "Girl giraffes have longer eyelashes".

**Norah Pellatt, Barnet**

### Smell your way back to childhood

Research at the Smell & Taste Treatment and Research Foundation in Chicago has found that recreating scents from our childhood can instantly make us feel younger – the olfactory lobe is part of the 'emotional brain' which is the area that stores memories. The number one smell that conjures up childhood? Freshly baked bread!!

If your potted houseplants dry out too quickly after watering, try this simple trick for keeping the soil moist longer. When repotting, tuck a damp sponge into the bottom of the pot before filling with soil. It will act as a water reservoir and may help prevent an overflow of water if you accidentally overwater.

**Peter, Whetstone**

## RECIPE TIME....



### FISH CAKES



#### Ingredients

185g tinned salmon or leftover cooked fish  
2 cups cold mashed potatoes  
1 small onion, finely chopped  
1 tablespoon fresh parsley, chopped  
Salt and pepper to taste  
¼ cup flour  
1 egg  
1 tablespoon water  
1 ½ cups polenta or breadcrumbs  
2 teaspoons oil

#### Method

Drain tinned fish and flake.  
Place in bowl with potato, onion, parsley, salt and pepper.  
Mix well to combine.  
Shape the mixture into small balls and gently roll in flour. Flatten into rounds.  
Lightly beat egg and water together.  
Dip each fish cake in egg mixture.  
Pour the polenta/breadcrumbs onto a plate and roll each fish cake to coat.  
Lightly oil and heat fry pan.



### KAISERSCHMARRN *(pancakes and fruit to us!)*



#### Ingredients

30g butter  
2 eggs, separated  
2tbsp caster sugar  
120ml milk  
85g plain flour  
1 tbsp. raisins

#### Method

Preheat oven to 200° fan/Gas 7.  
Melt half of the butter into baking dish.  
Whisk egg yolk with half the sugar until pale in colour, add milk and flour with a pinch of salt and mix to a smooth paste.  
Meanwhile whisk the egg whites to firm peaks then fold half at a time into the egg yolk mixture.  
Pour into baking dish and sprinkle the raisins over the top, bake for 15mins.  
Tip pancake out onto a board and cut into diamond shapes. Over a medium heat melt the remainder of the sugar in the baking dish, once turned into a caramel colour, mix in the remaining butter, then toss the pancake pieces in the caramel until coated. Put on a plate and serve with compote, fresh berries and dust with icing sugar.



# REAL LIFE STORY

## ***As a young girl working as a chambermaid, 83 year old Teresa McGarrigle made a very surprising discovery.....***



**I**n the late 1950s I worked as a chambermaid in a very fancy hotel which overlooked the seafront in Eastbourne. Most of the guests were very well to do ladies and gentlemen who would spend long breaks at the hotel.

I was assigned to look after a certain number of rooms each day and my duties included cleaning and polishing, making beds and bringing tea/coffee and meals up to guests – this also included regular 11 am sherries for some who liked to relax out on the very impressive balconies whilst taking in the sea air!

On one of these mornings, the lady I looked after, let's call her Mrs P, had gone for her usual stroll along the seafront. I carried on with my duties, making sure everything looked spick & span and as management liked to say - as shiny and clean as a new pin!

Once this was done, the bed neatly made and everything polished and shining to perfection, I was ready to go down for my much-needed morning cuppa, but not before I had a cheeky spray of the very expensive French perfume Mrs P used to tell me she couldn't live without and which would have cost me more than a months wages to purchase! Then I spotted a pretty silver jar of face powder sitting next to the bottle of replaced perfume – oooh, just a quick dab of that on my face, around my cheeks, such a luxury, totally out of the reach of a young chambermaids earnings! At that moment one of my colleagues popped her head round the door telling me to hurry up or I would miss my tea break! The jar was hurriedly put back onto the dressing table and off I went.

Arriving in the staff room I quickly drank my tea and ate some of the mouth-watering cake provided for staff by very generous hotel management. One of my colleagues said that the room I had just cleaned must have been particularly dirty as I had dust smudges all over my face! A quick trip to the bathroom revealed some dark streaks left by that fancy face powder. So much for that I thought as I quickly washed my face.

A few days later, back in Mrs P's room, I began my usual cleaning and polishing. On reaching the dressing table, duster in hand, Mrs P hurried over to me saying "be very careful with that lovely silver jar my dear" just as I picked up the face powder I had used earlier in the week, "that jar is very precious to me" she said – "Oh, and why is that" I asked innocently, "Well, that jar contains the ashes of my dear departed husband Henry" she replied!!!

.....Oh no – the same Henry who had been all over my face earlier that week I thought!



# WELLBEING Q & A



**Each issue we ask Neuropsychologist Catherine Loveday to answer a question that some of you have been worrying about**

## ***I'm scared about leaving lockdown – have you any tips?***

Coming out into the world again can be unsettling for people who've been in a safe predictable environment, particularly now that the outside world looks different. Many of us have got used to the changes slowly, but it can be a shock to suddenly see a world where people are wearing masks and shops have screens.

- You need to decide for yourself when you feel ok about going outside.
- Research the risk and rules, stick to the guidance and do everything you need to do protect yourself and keep your distance.
- Prepare yourself by looking at the news, just to see how the world looks like now, so it's less of a shock when you're out again.
- Think about the positives of going out – being outdoors, walking and exercising which is good for the immune system (see our walking groups below), and shopping for yourself again, making your own choices and feeling in control again after relying on others.

## SOCIAL WALKS IN BARNET

Need an excuse to get out? We now have four social walking groups for over 55s – a chance for a socially distanced stroll and a chat.

**Friary Park, North Finchley – 9.30am-10.30am Mondays, followed by optional tea in the café afterwards.**

Meet at 9.30am at the Torrington Park entrance nearest to Ashurst Road.

**Dollis Valley Greenwalk, Totteridge - 10.30am-11.30am Tuesdays**

Meet at 10.30am by the map board at the entrance to Brook Farm Open Space, Totteridge Lane (located downhill from the entrance to Totteridge and Whetstone underground station)

**Oakhill Park, EN4 – 2pm-3pm Fridays, followed by optional refreshments in local café afterwards**

Meet at Oak Hill Park car park (Parkside Gardens, East Barnet, EN4 8JP)

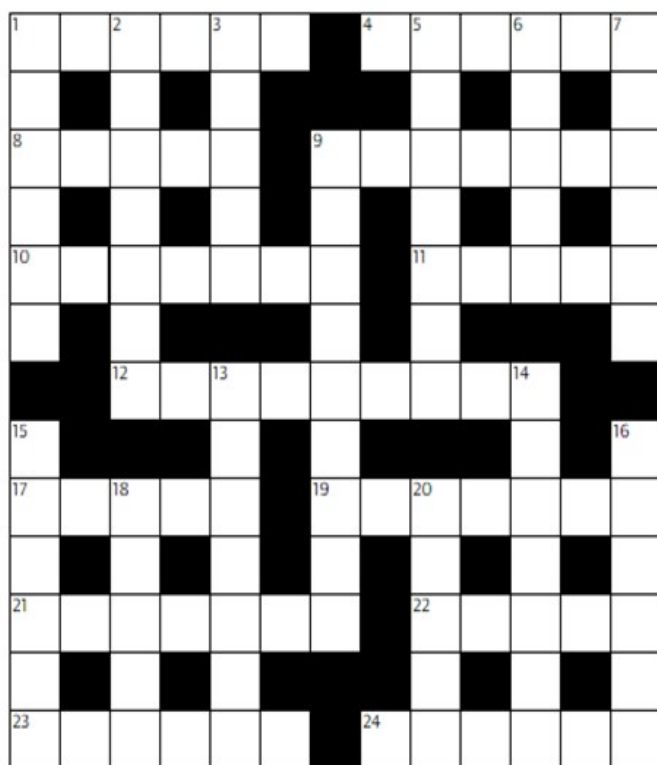
**Golders Hill Park, NW3 – 10.30am-11.30am Saturdays, followed by optional refreshments in local café afterwards**

Meet at Golders Hill Park Cafe, Golders Hill, North End Way NW3 7HD

**INTERESTED IN COMING ALONG? Give Wendy a ring on 020 8432 1421 to book your place**



# PUZZLE TIME....

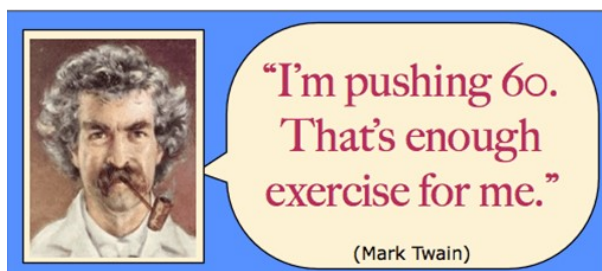


## Across

- 1 Next to (6)
- 4 Piece of jewellery (6)
- 8 Saying (5)
- 9 School bag (7)
- 10 Up in the air (2,5)
- 11 Minister to (5)
- 12 Office - factory (9)
- 17 Catalogues (5)
- 19 Quick - exact (7)
- 21 Cinchona bark extract used to treat malaria (7)
- 22 Make amends (5)
- 23 Value (6)
- 24 Stand-in ruler (6)

## Down

- 1 Nut (from South America?) (6)
- 2 Ingest (7)
- 3 Fantasy (5)
- 5 Do a turn (anag) - circular domed building (7)
- 6 Distinct (5)
- 7 Occupant (6)
- 9 Outstanding example (9)
- 13 Short break (7)
- 14 Monstrosity (7)
- 15 Inner circle (6)
- 16 Upward slope (6)
- 18 Go round the edge (5)
- 20 Helping of food (5)



## FIND THE HERBS & SPICES

BERGAMOT  
CARAWAY  
CARDAMOM  
CHERVIL  
CINNAMON  
CLOVES  
CORIANDER  
CUMIN  
DILL  
FENNEL  
JUNIPER  
MARJORAM  
MINT  
MUSTARD  
NUTMEG  
PAPRIKA  
ROSEMARY  
SAGE  
TAMMARIND  
TARRAGON

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

# NOSTALGIA PAGE

## BONFIRE NIGHT IN THE 1950s



by Ellen Castelow

In the 1950s Bonfire Night was a hands-on celebration. Family bonfire parties and get-togethers with neighbours were the thing. And as for health and safety: well, apart from the annual safety lecture on BBC's 'Blue Peter', common sense was the order of the day.



Families started to collect wood for their bonfire at the end of summer. The trees in the garden would be trimmed and the branches piled up ready for the big day. Any old planks of wood, doors or other combustibles would also be added to the heap. Fireworks appeared in the shops a couple of weeks or so before November 5th. There were selection boxes of fireworks (the most popular brand were Standard Fireworks) or you could buy rockets and larger fireworks one by one. Catherine Wheels and Roman Candles were particularly popular, as were sparklers and bangers.

'Penny for the guy' was the cry on the streets. The guy, an effigy of Guy Fawkes, would be made from straw and dressed in old clothes, and often displayed in a wheelbarrow to be pushed around the neighbourhood. The money raised by the children would be spent on bangers and other fireworks.

A procession of children and a "Guy", 1864

Neighbours and friends brought food to share at the bonfire parties – treacle toffee, toffee apples and parkin, a kind of gingerbread. Potatoes were roasted in the ashes of the fire and served with butter and salt, and eaten with a teaspoon in gloved hands. Never successfully baked, they always somehow tasted delicious in the cold night air. Mugs of hot soup would warm the audience around the fire.

These were the days of one bath a week for most families – usually a Sunday night – so if Bonfire Night should fall on a Monday or Tuesday, everyone would reek of smoke and fireworks for the rest of the week!

The bonfire was usually in the charge of the men of the house and was quite a competitive thing with the neighbours. A fire had to be a 'good fire', preferably larger and brighter than next doors.

On November 5th, as soon as it was dark, the fun would begin. The guy would be placed carefully on top of the wooden pyre before lighting. If it had been raining over the past few days, the wood might be wet and difficult to light. It has been known for paraffin to be used as an aid to lighting – with the resultant fireball taking out the neighbour's hedge!

Each child would be given a sparkler which was great fun to write in the air with until it spluttered and went out. Rockets were launched from glass milk bottles; they went off in any or all directions. The next day the remnants of the rockets – the wooden sticks – were to be found in gardens, on the pavements and in the streets and were often collected by children on their way to school. The ashes from the bonfires would smoulder for days afterwards.....





## BUTTON GREETING CARD / CANVAS WALL HANGING

### WHAT YOU NEED

Assorted Buttons  
Glue  
Ribbon (optional)  
White A4 card folded or A4 blank canvas  
Black/Green felt pen/pencil  
Gingham ribbon & string (optional)



### INSTRUCTIONS



Decide on the layout of your pattern (just place your buttons on the card or canvas (as in one of the above pictures) and draw the stems using the pencil if doing the flowers.

Next, colour the stems using the green felt pen and add the leaves.

Now glue the button into place.

If making the caterpillar, once you have the buttons stuck down, use your black felt pen to draw the antennae and feet. Then write your greeting.

To make the bunting, just cut the ribbon into thin triangles. Glue the string down and then glue your triangles. If you do not have string you can draw the string using your green felt pen!

## EASY HAND EXERCISES



### Make a Fist

Hand and finger exercises can help strengthen your hands and fingers, increase your range of motion and give you pain-relief. Stretch only until you feel tightness. You shouldn't feel pain. Start with this simple stretch:

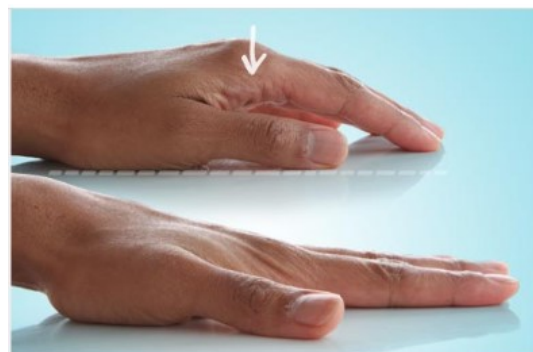
- Make a gentle fist, wrapping your thumb across your fingers.
- Hold for 30 to 50 seconds. Release and spread your fingers wide
- Repeat with both hands at least four times



### Claw Stretch

This stretch helps improve the range of motion in your fingers.

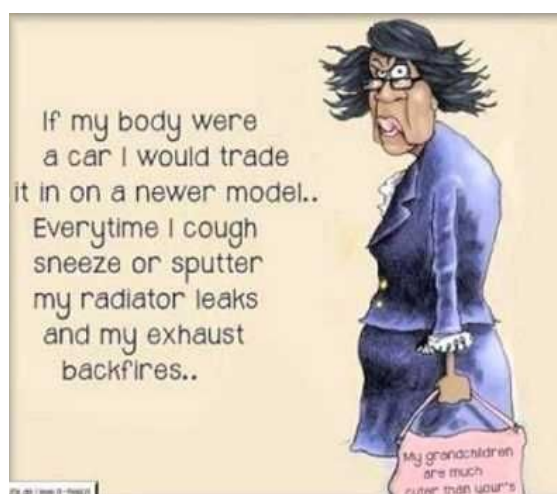
- Hold your hand out in front of you, palm facing you.
- Bend your fingertips down to touch the base of each finger joint. Your hand should look a little like a claw.
- Hold for 30 to 60 seconds and release. Repeat at least four times on each hand.



### Finger Stretch

Try this stretch to help with pain relief and to improve the range of motion in your hands.

- Place your hand palm-down on a table or other flat surface.
- Gently straighten your fingers as flat as you can against the surface without forcing your joints.
- Hold for 30 to 60 seconds and then release.
- Repeat at least four times with each hand.



# AGE UK BARNET



## HOW CAN WE HELP?

Since the easing of lockdown, we still haven't resumed all our face-to-face activities and we are currently working out how to safely resume our falls prevention classes, exercise, craft classes and cookery. In the meantime, we are offering a range of services and activities.

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

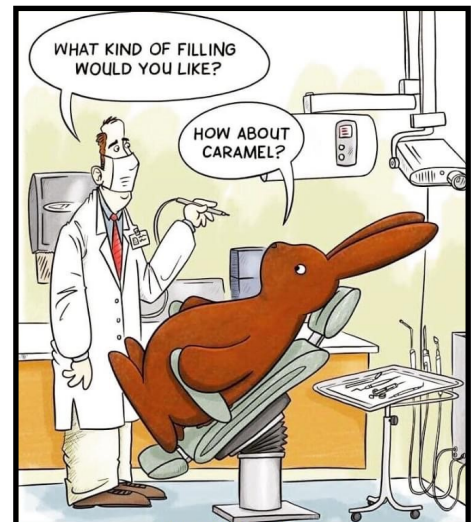
Want a regular chat over the phone with a friendly volunteer? Try our Befriending Service on 020 8432 1416

**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**

Does your garden need a tidy up? Try our Gardening Service. **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.**

**Foot care. Our nail cutting service is up and running again every Tuesday at the Ann Owens Centre. The service is for over 55s who are not diabetic or on certain medication such as steroids or warfarin. For an appointment, phone 020 8150 0962.**



## BOOK CLUB



## GOT A FAVOURITE BOOK? WOULD YOU LIKE TO JOIN A BOOK CLUB?



Please write to us about the book, why you like it and what it means to you and we'll publish one letter in each newsletter.

**Write to Book Club, Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT**

We are hoping to start a book club either on zoom or by phone. If you are interested in joining, please call Howard Chapman on 0208 432 1415



## 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 finder on P6



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

Answer to crossword on P6

