



WELCOME TO SILVER SUNDAY

5 Oct 2025 11am-3pm



Middlesex University, The Burroughs NW4 4BT

FREE PARKING available in the Greyhound Hill Carpark. By bus: 143, 183, 326, 125, SL10.



WELCOME TO SILVER SUNDAY 2025

2025 marks the third year of celebrating Age Friendly Barnet. This year's Silver Sunday programme highlights the progress we've made and the strong connections between residents, community groups, Barnet Council and Age UK Barnet. We are delighted to be hosted once again by Middlesex University.

Since becoming one of 98 UK Age Friendly communities in 2023, we've been committed to ensuring everyone can age well and stay connected.

A new development this year is our Age Friendly champion volunteers, who have led outreach in housing schemes, shopping centres and schools, reaching nearly 100 people in just three months. We look forward to sharing more in a full report next Spring.

I hope you enjoy today and that you have an opportunity to speak to the Age Friendly champions. Do visit the stalls, see the performances, listen to the talks and find something new.

Cllr Gill Sargeant,
Barnet Council's Ageing Well Champion



Celebrity support!

We're delighted that we'll be joined by **Strictly Come Dancing's Katya Jones** plus actor **Carolyn Pickles** who's starred in **Emmerdale, The Bill, Broadchurch** and **Harry Potter**



Strictly's Katya, dancer and choreographer who won the competition with Joe McFadden in 2017

Actor Carolyn Pickles



INFORMATION



This year, we have over 30 representatives from organisations who are keen to share information about services, activities and opportunities available across Barnet.

Stalls are in the main Quad as well as in the smaller rooms.

Please come and say hello!

LUNCH - 2 SITTINGS!

Pink ticket holders - 12pm to 12.45pm

Blue ticket holders - 1pm to 1.45pm

If you are collecting food on someone's behalf, please ensure you have their ticket. There will be options to suit dietary requirements but please be aware of allergens.

ASK FOR HELP

Please note that the event takes place on the ground floor only. Volunteers will be available to help direct you – just look out for the volunteer badges.

**GROUND
FLOOR**



WHAT TO DO

SEE MAP OVERLEAF FOR ROOM LOCATIONS

ADVICE

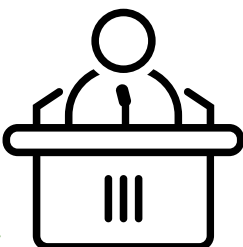
STAY HEALTHY – ROOM CG47
Have your blood pressure checked, find out your risk of type 2 diabetes, have a massage or get advice on hearing.

GET ACTIVE – ROOM CG48
Walking Football · Walking Cricket , Bowls - Petanque - Social Clubs. Friendly experts, fun activities and something for everyone. Come along, have a chat, and give it a go!

ART & FLOWERS – ROOM CG10
Enjoy beautiful floral displays competing for our top prize and explore inspiring artwork from our talented class participants.

ARTSDEPOT – ROOM CG11
Try your hand at knitting and see other activities at artsdepot.

TALKS





Winner of Strictly Come Dancing
Katya Jones

DANCE FOR JOY - ROOM CG51
Come and dance to your favourite songs in a fun and welcoming disco room. From 1.30pm, join us for a Charleston taster session – no experience needed, just bring your energy and smiles!

CELEBRATE DIVERSITY - ROOM CG06
How do we celebrate diversity in Barnet? Step into this room and experience a world of culture and creativity! Dress up in traditional outfits, enjoy henna designs, try out musical instruments, get creative with arts & crafts

PERFORMANCES

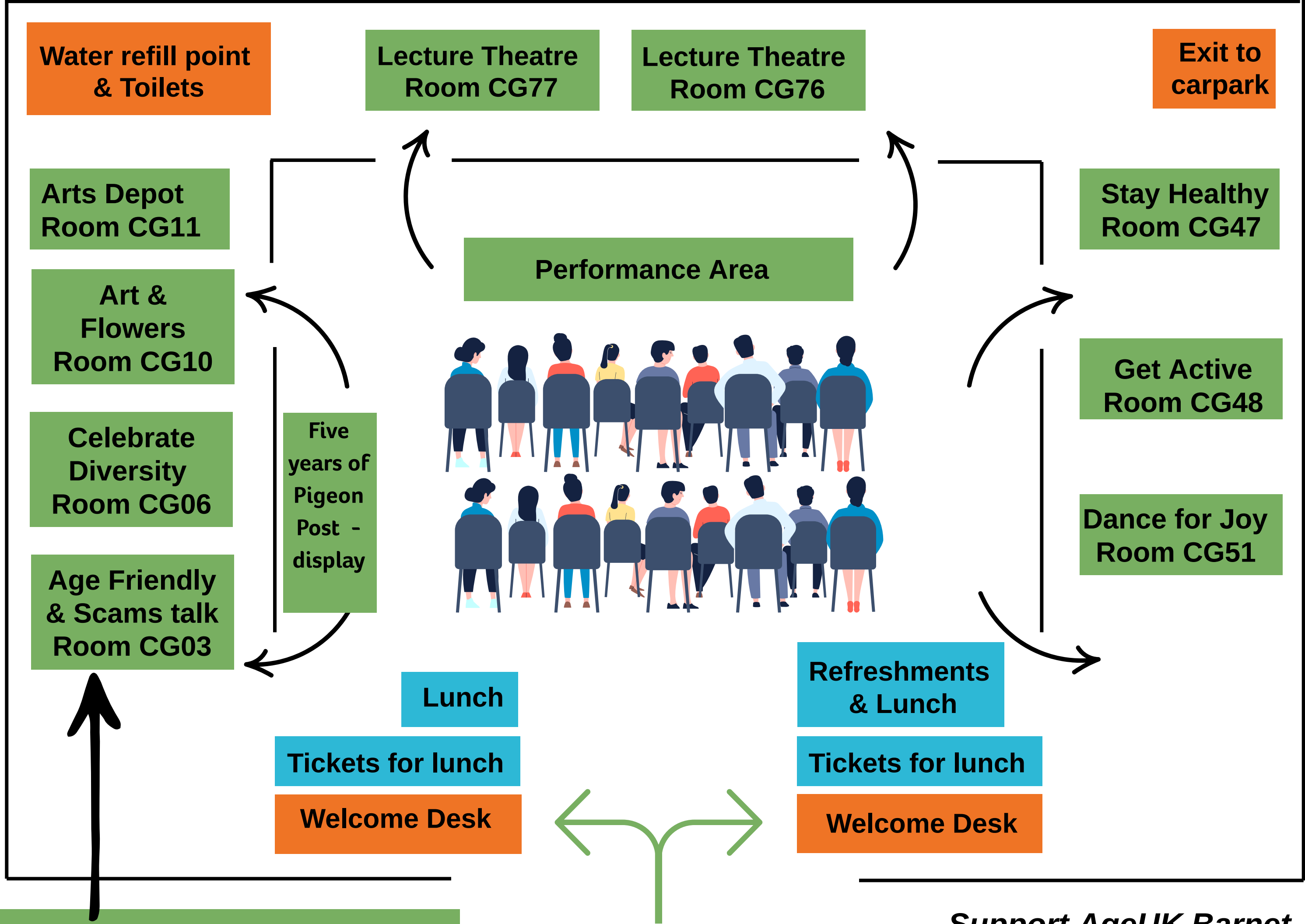


11:00-11:20	Welcome
11:20-11:35	Warm up with Katya Jones
11:35-11:45	Actor Carolyn Pickles
11:45-12:15	North London Rock Choir
12:15-12:20	GLL Dance Group
12:20-12:35	Tai Chi
12:35-13:05	N12 Choir
13:05-13.15	Dance Barnet
13:15-13.35	Dare 2 Dance
13:35-13:45	Bollywood
13:45-14:00	Brook William Charles
14:00-14:10	Burnt Oak Nepalese Community Group
14:10-14:30	Brook William Charles
14:30-14:50	Seated Yoga

We are excited to once again present a varied line-up of talks presented by experts in their fields.

11:15 - 12:15	Building Connections (Reflecting the theme of the International Day of Older People)	Prof Catherine Loveday	Lecture Theatre Room: CG77
11:30 - 12:30	Understanding Wills, Lasting Power of Attorney, Inheritance tax, Trusts and Probate. Repeated at 13.45	Fahri LLP Law Firm	Lecture Theatre Room: CG76
Break for lunch			
13:30 - 14:30	The Kitchen Shrink – how the food we eat reveals who we are. Come and listen to the introduction of Dr Oskis' book and purchase a signed copy.	Dr Andrea Oskis	Lecture Theatre Room: CG77
13:30 - 14:30	Scams Awareness & Prevention	Scams team	Room: CG03
13:45 - 14:45	Understanding Wills, Lasting Power of Attorney, Inheritance tax, Trusts and Probate	Fahri LLP Law Firm	Lecture Theatre Room: CG76

MAP - ROOM LOCATIONS



ENTRANCE
AND EXIT TO MAIN ROAD

*Support AgeUK Barnet
by donating today*



Join us in this room to meet our Age-friendly champions, learn more about this initiative, discover activities & events for over 55s, and share your ideas to help make Barnet an even better place to grow older. We want to hear your views, so come and join us.



THANK YOU TO OUR AMAZING SPONSORS

For helping us make Barnet the best place to grow older in!

Main sponsor

Barnet Grange
CARE HOME

Supported by

TLC
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