

9TH-13TH OCTOBER 2024

SOMETHING FOR EVERYONE!

SILVER WEEK

AGE-FRIENDLY
BARNET

2024

WELCOME TO SILVER WEEK 2024!

Last year, Silver Sunday marked the launch of Age-friendly Barnet. Since then, we have been working with residents, community organisations, and the council to make Barnet an even better place for everyone.

Barnet is one of the 82 Age-friendly communities in the UK. We want Barnet to be a great place to grow older in. Ageing may look different for everyone, but everyone should be able to retain and develop meaningful connections amongst their community as they age. Earlier this year, we published our Age-friendly Barnet Call for Action which set out our vision to address some of the physical and social barriers to ageing well. This year's Silver Sunday is a celebration of our progress so far, and also a chance for you to get involved with the project.



Cllr Gill Sargeant, Barnet Council's Ageing Well Champion



BARNET GRANGE CARE HOME

Live Safe & Well

Barnet Grange offers a safe and supportive environment where residents can flourish, make new friends, remain part of their local communities and live a life of possibility.

Residential, nursing, dementia and respite care

Spacious, beautifully decorated bedrooms

Nutritionally balanced seasonal menus

Highly trained staff teams

Stimulating schedule of daily activities and entertainment

 020 3018 8453 averyhealthcare.co.uk





59 Wood Street | Barnet | London | EN5 4BS

**artsdepot Creative Circle
(for Over 55s)**

Explore your creativity and self-expression through writing poetry and prose with a group of creative people. Facilitated by highly experienced tutor, theatre maker and author Jennifer Claessen, the sessions encourage self-expression and participants can share and develop material together.

11.30am-1.00pm
**Art Space, artsdepot, 5
Nether Street, N12 0GA**
£10 per session
isabelle.hetherington@artsdepot.co.uk

**Special Guest Jason Korsner
reads his book 'What Can
you See?' at Rhyme Time**

Bring a grandchild or older adult along to our special Rhyme time for Grandparents Week. Local author Jason Korsner will be reading his book 'What can I See?'

10am
East Finchley Library
FREE
Sarah.ginn@barnet.gov.uk

**Grahame Park Independent
Living**

Fitness and other activities for the over 50s around Grahame Park, Colindale. We meet every Monday to keep fit and social.

10am-12:30pm
**Grahame Park Community
Centre, The Concourse,
NW9 5XA**
£2 (First Session Free)
Just come along!!



**Bubble Magic - A
Grandparents Week event**
Join Bubble Artist Olena Nesterenko, for an amazing Bubble performance. A special event for Grandparents Week. Bring a Grandparent or older relative or friend to enjoy a mesmerising performance. Booking Required at <https://barnet-libraries.played.co/>
10am and 11.15am
Chipping Barnet Library
FREE - Booking Required
sarah.ginn@barnet.gov.uk



One to One IT Sessions
Bookable one to one IT sessions aimed at anyone who needs extra help with basic IT needs such as, Blue badge and freedom pass applications, setting up emails
6-7pm
Finchley Church End Library
FREE
catherine.lusted@barnet.gov.uk

07/10/2024

Monday



Pilates class
This is a chair based session for over 60yrs of age.
11am-12pm
**Manor Drive Methodist
Church, Manor Drive,
Whetstone London N20 0DZ**
£3
*Barnet Asian Women's
Association, 07977 459920*

Walking Groups
followed by optional tea in the café afterwards.

FRIARY PARK
10am-11am
**Meet at 10.00am at the
Torrington Park entrance
nearest to Ashurst Road.
N12 9AJ.**

**NORTHWAY GARDENS &
LYTTLETON PLAYING
FIELDS**
**10.30am -11.30am. Meet at
the corner of Northway &
Litchfield Way NW11 (by
benches at H2 bus stop).**

FREE
*Contact Wendy on 07741
877 027 or email her on
wendy.nutman@ageukbar
net.org.uk*

**Help with your laptop,
smartphone or table**
Drop in every Monday
afternoon to get help with
your tech!
2-4pm
**The Ann Owens Centre, Oak
Lane, East Finchley N2 8LT.**
FREE
*Howard - 0208 432 1415
howard.chapman@ageukba
rnet.org.uk*

Connect

Technology Enabled Care Service

Lease a digital home hub and pendant with a responder service for only **£8.64 per week***



Optional add-ons	Weekly price
Additional Pendant	£0.50
Bed Sensor	£1.25
Chair Sensor	£1.25
Door/Window Sensor	£1.25
Flood Detector	£1.25
Motion Detector	£1.25
Smart Plug	£1.25
Smoke/Heat Detector	£1.25
Falls Detector (Oysta Pearl II)	£4.50
GPS (Oysta Watch)	£6.93
Enuresis	£2.25
Pill Dispenser	£4.50
Seizure Monitor	£6.00

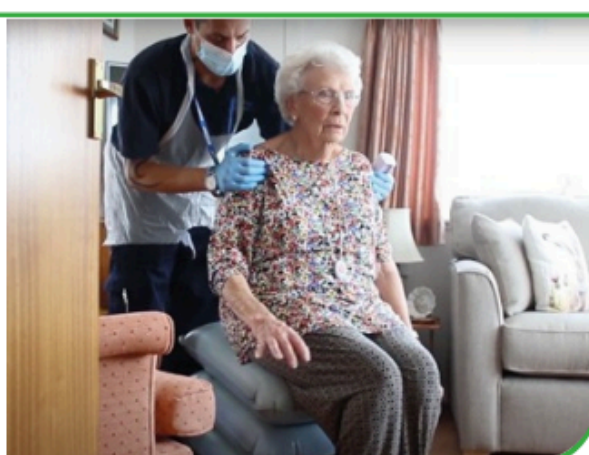
*Prices are reviewed annually but may be subject to change should supplier's costs increase sale prices.

Plans also require a one-off connection charge of £33.95



**Emergency
Responder
Service**

We come out to help in an emergency such as falling over.



To talk to us further about the service or to order your equipment please contact us by calling

0800 910 1390

connect.barnet@medequip-uk.com

www.medequip-connect.com

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**Discover
your Library**



Barnet Libraries has lots of services for older adults, from good reads in a variety of formats (standard print, large print, audio and electronic) to information about local services and organisations, and support with health issues or with the cost of living. We also have an exciting programme of cultural and creative events and activities and sessions to help you get online and solve any digital dilemmas. Keep an eye out for the 'Loving Life' project starting in January 2025, which will showcase a programme of arts activities specifically aimed at older adults. This project will be taking place in Chipping Barnet and Colindale Libraries.

For more information about library services see:
www.barnet.gov.uk/libraries



A Jagged Path with author Charlotte Osho

Charlotte Osho talks about her vivid memoir of the migrant experience, telling the story of a young girl’s journey from an idyllic life in rural 1940s Nigeria, through the heartbreak of losing her parents, tumultuous years with uncaring guardians, an abusive marriage which ended in betrayal, to finally finding hope and happiness. A woman’s true story of faith, hope and triumph. Booking required, <https://barnet-libraries.played.co/> **7pm-8pm**
Colindale Library
FREE
catherine.lusted@barnet.gov.uk

Wellbeing Group & Bingo
 Social group with refreshments, activities and bingo - with free prizes! **2-4pm**
Grahame Park Community Centre, The Concourse, NW9 5XA
FREE
agefriendly@ageukbarnet.org.uk

08/10/2024

Tuesday



Barnet Council Support Service
 We are here to understand your needs and make sure you get to the right support. Come and talk to one of our friendly advisors. General enquiries – we offer assistance if you are unable to access services online or via other means. We also provide cost of living support and assistance. Get help on jobs, training and skills from our employment support service BOOST (from 10:00am–12:00pm). **2.30-4pm**
Chipping Barnet Library
FREE
catherine.lusted@barnet.gov.uk



Walking Netball
 Walking netball is a version of netball adapted to be a slower game and thus more inclusive. A brilliant way to keep active and healthy. **2-3pm**
Burnt Oak Leisure Centre
£2 for FAB Card Members
petrit.krasniqi@gll.org

Pottery - Free Taster
 Pick up some pottery skills! **3.30pm-5pm**
The Ann Owens Centre, Oak Lane, East Finchley N2 8LT.
FREE (£7 regular price)
 07384 466840
[/helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk)

Digital Solutions - Drop-in IT help sessions for adults
 Do you need help starting to use a laptop or smartphone? Do you have problems with your email or shopping online? Or would you just like to relax with a cup of tea and chat? Then drop in on Tuesday mornings. All over 55s welcome, with easy disabled access. **11-12.30pm**
Childs Hill Library
FREE
catherine.lusted@barnet.gov.uk



Silver Week Lunch Clubs
 We will be enjoying a hearty hot two course lunch and afterwards we will be singing our hearts out with some traditional songs from times gone by! **11.45am-2pm**
Sacred Heart Church Hall 2
Flower Lane Mill Hill NW7 2JB
£8
 020-8906-3340
BOOKING ESSENTIAL



Walking Football

Walking football is played at walking pace, with players not allowed to run. A fun way to keep active and healthy.

10am-12pm
Burnt Oak Leisure Centre
£2 for FAB Card Members
petrit.krasniqi@gll.org

Help with online forms

We can help you apply for your 60+ Oyster card, Older persons freedom pass or Blue badge. No booking required, just come along!

5-6pm
Hendon Library
FREE
catherine.lusted@barnet.gov.uk



INTERGENERATIONAL DANCE WORKSHOP

Join us for an opportunity to let your imagination run wild as you explore creative movements in a welcoming and inclusive space. Whether you enjoy dancing or are simply looking for a new experience with your family, this event has something for everyone

11am-12pm
Middlesex University, NW4 4BT
FREE
agefriendly@ageukbarnet.org.uk



Bollywood Dancing Session
This aimed at over 60yrs, no previous experience required, just come along and have fun!

11.30am-12.30pm
Manor Drive Methodist Church, Manor Drive, Whetstone London N20 0DZ
£3
Barnet Asian Women’s Association, 07977 459920

AveryCollection
Barnet Grange
CARE HOME



Movie Night in High Barnet
Come and join us to watch Wicked Little Letters featuring Olivia Colman at Avery Grange’s private cinema.

6pm-8pm
Avery Grange, 59 Wood Street, Barnet EN5 4BS
£5
BOOKING ESSENTIAL
agefriendly@ageukbarnet.org.uk / 07379 331807

New fitness class:
Circuits and strength for active ageing. All abilities welcome.

9.30am-10.15am
UNITAS Barnet Youth Zone building, 76 Montrose Ave. HA8 ODT.
£5
0774 187 7027 / wendy.nutman@ageukbarnet.org.uk

09/10/2024

Wednesday



Online Seated Yoga
Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing while using the chair for support.

12pm-1pm
Online (Zoom)
£7 - First class free and concessions for those on benefits.
richard@yogaforall-uk.com



Digital Dilemmas
Attend our drop-in sessions for help with all your digital dilemmas!

11am-12pm
Osidge Library
FREE
catherine.lusted@barnet.gov.uk

Social Drop in Group.
Learn to knit or crochet.

10am-12pm
Ann Owens Centre, N2 8LT
£2
0738 446 6840/
helen.nicolaou@ageukbarnet.org.uk



To get involved,
email

agefriendly@ageukbarnet.org.uk

or call Pippa on
07379 331 807

Become an Age-friendly Champion!

Age-friendly Champions have a shared aim of helping make Barnet an even better place to grow older in.

Champions meet monthly to discuss local issues and encourage change, working together on creative and practical solutions to issues that often impact older adults.

If you are someone who likes to get involved in campaigns, or are just interested in making your community more inclusive, then get in touch!

Your Choice Barnet

**Dementia-friendly care
rooms available in Finchley**

Meadowside & Dell Field Court

New beginnings, New choices, Your choice
with the help of Your Choice Barnet



SCAN ME

Contact us: 020 8099 8944



Silver Week Celebration

Free taster of activities for over 50s in Grahame Park - dance, exercise, arts & crafts, plus refreshments

1-3pm

The Old Library, The Concourse, Grahame Park, Colindale

FREE

brennan.cct@gmail.com

Walking Cricket

A great way to remain active, socialize safely and most importantly a means to enjoy each other's company, have a laugh and create new friendships.

10am-11am

Barnet Copthall Leisure Centre

£2 for FAB card members, £4 for non-members

petrit.krasniqi@gll.org

10/10/2024

Thursday



Senior's Multi-Sports

Includes Badminton, Table Tennis, Pickleball, and Short Tennis

12:00 - 13:30, and 13:00 - 15:00

Burnt Oak Leisure Centre

£2 for FAB card members, £4 for non-members

petrit.krasniqi@gll.org

Silver Week Lunch Clubs

We will be enjoying a hearty hot two course lunch and afterwards we will be singing our hearts out with some traditional songs from times gone by!

11.45am-2pm

The Annunciation Church Hall 4 Thirleby Road Edgware HA8 OHQ

£8

020-8906-3340

BOOKING ESSENTIAL



Shared Reading Group - Online

Childs Hill Library's online Shared Reading group is a place to relax, make new friends and share stories with others every week. You can just drop in and enjoy listening to a great story or poem- there's no pressure to talk or read.

11am-12.30pm

ONLINE

FREE

catherine.lusted@barnet.gov.uk

Age UK Barnet Afternoons at the RAF Museum

Join us at the RAF Museum London for a series of four sessions exploring our amazing collections, one of which takes place during Silver Week. Each session will focus on a different area of our collection.

2pm-3.30pm

The Royal Air Force Museum, NW9 5LL

FREE

rhiannon.watkinson@rafmuseum.org

Time to Unwind

Join us for board games, puzzles, crafts, mindful colouring and more! Get to know people in your local community and learn a new skill. No booking required, just come along!

6-7pm

Golders Green Library

FREE

catherine.lusted@barnet.gov.uk

Edgware Singing Group

Everyone welcome - no talent required! Tea and biscuits included! Just turn up!

First and Third Tuesdays of the month from 2-3pm.

St Margaret's Church, Station Road, HA8 7JE

£3 donation

edgwareneighbourhoodsing@gmail.com

artsdepot Dance Company (for over 55s)

Do you love to dance? Do you have a passion for performance and enjoy working collaboratively? artsdepot's Dance Company (for over 55s) is an opportunity to learn and practice contemporary dance technique, as well as exploring your own creative movement. There will be opportunities to showcase your work and signposting to other dance activities and projects.

11.15am-12.45pm
Drama Space, artsdepot, North Finchley, N12 0GA
Base Rate: £10 per session
Supporter Rate: £15
 isabelle.hetherington@artsdepot.co.uk

Upstanding Citizens

Upstanding Citizens is a weekly movement session for those at risk of falling. Focusing on building strength, coordination and balance through movement, this course will help to develop confidence in a fun and friendly environment. Led by an experienced dance and movement teacher in collaboration with a Frailty Specialist Physiotherapist.

1.30pm-3pm
YMCA Tarling Road Community Hub, N2 8LG
Base Rate: £10 per session
Supporter Rate: £15
 isabelle.hetherington@artsdepot.co.uk



Avery Collection
 Barnet Grange
 CARE HOME

Musical Afternoon
 Come and watch a performance from the fun and fabulous Memory Lane Singing Club!
FRIDAY 18TH OCTOBER
2pm-3pm
Held at Avery Grange, 59 Wood Street, Barnet EN5 4BS.
£5 on door - includes refreshments.
 agefriendly@ageukbarnet.org.uk / 07379 331807.

Walking Groups
 followed by optional tea in the café afterwards.
OAKHILL PARK
2pm-3pm Fridays,
Meet at Oak Hill Park car park (Parkside Gardens, East Barnet, EN4 8JP)
FREE
 Contact Wendy on 07741 877 027 or email her on wendy.nutman@ageukbarnet.org.uk



11/10/2024

Friday



Barnet Walking Football
 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!!
The Hive, HA8 6AG
2pm-3pm Fridays,
£3
Barnetwft@yahoo.com

One Stop Walkers - Colindale
 Meet at Grahame Park Old Library 9.45am . Gentle walking for approximately 1 hour. Walk ends at Old Library.
9.45am-11am
Free.
brennan.cct@gmail.com

Visit GROW's Community Garden in Grahame Park
 GROW is an agroecological farm based in Totteridge that also runs a community garden and growing project on Grahame Park Estate's concourse. Every Friday afternoon from 2pm throughout April and October, the GROW team run drop in sessions at Grahame Park community garden. Visitors are welcome to try out some gardening activities, harvest and take home some fresh vegetables and herbs, or simply enjoy sitting in the garden for a chat over tea and biscuits.

0208 492 0406 /
hello@wearegrow.org

Gifts in wills

If Age UK Barnet has helped you, or you want to make a lasting difference to future generations of older people in the borough, please think about us when leaving a gift in your will. And to ensure that the money will be spent in Barnet, include our charity number: 1080458. We are an independent local charity and are responsible for raising our own funds.



Live well,
your way



Helping hundreds of families through every imaginable situation, with **home care** that is truly personal to them.

- ◆ Dementia Care
- Personal Care
- Companionship
- ♥ Home Help

Hourly, night, live-in and 24-hour care.

Get in touch to find out how we can support you

020 8446 7044

homeinstead.co.uk/barnet

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**GET
ACTIVE.
GIVE IT
A GO!**

Give it a go at
www.better.org.uk/fab-hub



@BarnetCouncil



BARNET
LONDON BOROUGH



IT Taster Sessions at Burnt Oak Library

IT Taster Sessions to help you learn digital skills.
2.30pm-3.30pm
Burnt Oak Library
FREE
 catherine.lusted@barnet.gov.uk

IT Taster Sessions at Edgware Library

Basic IT lessons to help improve your computer skills. Use our computers, no need to bring your own device.
10am-11am
Edgware Library
FREE
 catherine.lusted@barnet.gov.uk

Bridge Club

Bridge Club. No need to pre book, just come along. Not suitable for beginners.
12pm-2pm
Community Centre, Wilmot Close, Tarling Road N2 8LB
£3
 Contact Helen on 0738 446 6840 or
 helen.nicolaou@ageukbarnet.org.uk

Weekend



Make a mosaic!

Celebrate our Grandparents Week at this workshop and create a beautiful woodland themed animal mosaic. Children! Bring your Grandparent or an older adult friend to the library and enjoy the fun of using professional mosaic making tools and selecting your tiles from our large array of colourful, sparkling mosaic glass. Work on your design together or you can make a mosaic of your own. Booking essential:
<https://barnet-libraries.played.co/>

SATURDAY 5TH OCTOBER
East Finchley Library
10am-11am
FREE

SATURDAY 13TH OCTOBER
Edgware Library
3pm-4pm
FREE

BOOKING ESSENTIAL
<https://barnet-libraries.played.co/>

catherine.lusted@barnet.gov.uk

Barnet Market

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

Barnet Museum

Barnet Museum (EN5 4BE) is offering local history talks and fantastic exhibitions all year round.
enquiries@barnetmuseum.co.uk or call **020 8440 8066**



Royal Air Force Museum London

Explore the skies and uncover the immense history of the RAF
Grahame Park Way, London NW9 5LL / 020 8205 2266

Walks in Barnet - Healthy Heritage Walks

Download Barnet Council's free audio guide walks and maps and listen to interesting stories about historical and natural points of interest in Barnet.

<https://www.barnet.gov.uk/health-and-wellbeing/keeping-well-and-active/healthy-heritage-walks>

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 / 020 8203 5040

Age-friendly Barnet

Find out about opportunities to improve your community and get involved in campaigns.

**07379 331 807 /
agefriendly@ageukbarnet.org.uk**

Artsdepot

Creative home for everyone offering activities, performances and a social space for all.

020 8369 5454

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

Barnet Asian Women’s Association (BAWA)

BAWA was set up by local

Unique and specialised service for Asian women over 60 in the London Borough of Barnet.

admin@bawa.life / 07534 184435

Barnet Carers

Delivering reliable and accessible support for informal carers living in Barnet.

admin@barnetcarers.org / 0203 995 1909

Colindale Community Trust

Services and projects that improve the economic and social wellbeing of people who live in and around Colindale.

grahamepark.onestopshop@gmail.com / 020 8200 3014

Dementia Club UK

Advice and activities for those living with dementia as well as their families and carers.

**07956858913 /
enquiries@dementiaclubuk.org.uk**

Friends in Need

Support for older adults including social activities, lunch clubs, shopping services and carer support groups.

**020 8449 8225 /
fin@fin-eastbarnet.org.uk**

Good Neighbour Scheme for Mill Hill and Burnt Oak

Supports older, less mobile and isolated people in the Mill Hill and Burnt Oak areas of Barnet.

020 8906 3340

High Barnet Good Neighbour Scheme

(High Barnet only)

**020 8441 5678
highbarnet@goodneighbourscheme.org**

Jewish Care: Michael Sobell Centre

Health and social care organisation serving the Jewish community in London and the South East.

sobell@jcare.org/ 0208 922 2910

Maxability

Ceramics workshop charity, providing a calming and supportive environment primarily for adults with disabilities/

info@maxability.org.uk 07593 258162

North London U3A

Chance to learn new skills, perhaps persuade you to share your own specialist knowledge and to meet new like-minded people. Over 70 interest groups in venues across Finchley, Muswell Hill and Highgate, with some online.

**To find out more, visit our website
www.nlu3a.org.uk**

OneStonegrove

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

OneStonegrove@sct.london / 020 8357 0923

Paperweight

Jewish Community's Advice Centre - help to sort out financial, legal or administrative matters.

**0330 174 4300 /
info@paperweight.org.uk**

SHINE London

The Warmer Homes Advice Service - If you are over 60 or on a low income, you can access free support from Shine. Clients can self-refer directly to the Warmer Homes Advice Service and Barnet residents should phone **0300 555 0195** or email **shine@islington.gov.uk**

Talking Therapies

NHS Barnet Talking Therapies offers a free and confidential and free service for anyone with a GP in Barnet who is experiencing problems with their mood, feeling stressed, unhappy and unsatisfied with how their life is going. You can refer yourself in via our self-referral form online, via telephone or via your GP.

**020 8702 5309 /
beh-tr.barnettalkingtherapies@nhs.net**

Useful Contacts

