

Welcome!

Hello,

The last few months have been busy for all of us here at Age UK Barnet and you can read about what's been going on inside what is definitely our fullest newsletter yet.

A huge highlight for me was taking delivery of our brand new minibuss last month. We worked hard over a whole year to raise funds for this because having access to our own transport really does make a difference to older people who would otherwise struggle to get to us. We've got plans for the minibuss to play a big role in our work to reduce loneliness and isolation so watch this space for news of new ventures.

The last year, 2018-19, saw us reach more people in Barnet than ever with our services and activities. Visit our [website](#) to read our Neighbourhood Services Annual Report and find out more about the difference we've made to more than 10,000 older people.

None of what we do would be possible of course without the great team here at Age UK Barnet. I'm really proud of the way they work together and always go above and beyond when it comes to supporting our older people and each other. Thank you all for your astonishing efforts. Our staff and our trustee team are ably supported by our wonderful volunteers of course; this year we had 309 people giving us their time with some wearing more than one volunteer hat, so between them they fulfilled over 400 different roles.



There's still plenty to do though and if you'd like to be part of it, by volunteering, making a donation or signing up to be a friend, then just let us know.

All good wishes

Helen

Helen Newman, Chief Executive
Age UK Barnet

In this issue

- | | |
|-----------------------------------|--------|
| • Congrats to our running duo! | page 2 |
| • Bridge for the brain | page 6 |
| • RAF Museum London – Men's group | page 8 |

Register to support us today at no cost to you!

Shop with retailers including Amazon, M&S, Vodafone, eBay and Tesco via the easyfundraising website and a percentage of what you spend is passed to Age UK Barnet at no additional cost to you. Visit www.easyfundraising.org.uk

Congrats to our running duo!

Huge thanks to this year's Team Age UK Barnet – Fred and Ed – who ran the Royal Parks Half Marathon for us on Sunday 13 October. They both did brilliantly and now deserve a well-earned rest!

“It was tough, but all worth it in the end,” says Fred, “particularly when you know your efforts are raising money for such a worthwhile charity.”

Fred's mum Helen is Chief Executive of Age UK Barnet so he really understands the challenges of running a small charity and how the services and activities that we offer make such a difference to the lives of older people in the borough.

He ran for team Age UK Barnet in the Royal Parks Half last year. *“I really got a lot out of last year's race and was keen to do it again,”* he says.

Fred recruited his friend Ed, who has recently finished studying his sports and exercise science degree at Coventry University.

“Fred asked me whether I'd take part in the Royal Parks with him this year and I didn't hesitate to say yes. After watching him enjoy it so much from afar last year and since hearing about all the work Age UK Barnet does in the community, it seemed like a no brainer to get involved and do something positive for a good cause.”

It takes a lot of commitment and stamina to train for long distance running events – we really appreciate their efforts. Fred finished in 1hr 55 mins with Ed coming in at 2 hours and 1 minute.

And there is still time to donate on Fred and Ed's JustGiving page:
www.justgiving.com/fundraising/fred-newman-ed-davis

Age UK Barnet AGM – All welcome!

Join us on **Thursday 31 October (4–6pm)** for our AGM at the Ann Owens Centre in East Finchley to find out about what we've been doing this year plus our plans for the future. Our guest speaker will be Steph Harland, Chief Executive of Age UK.

There will be a buffet, tea, coffee and wine.

It would be great to see you there.

Do let us know if you'd like to come. Phone Loraine on 020 8150 0962 or email loraine.simmons@ageukbarnet.org.uk



Quiz Night

Join us for our next fun Quiz Night – now a regular event, it's a brilliant way to support the work that we do too (our last Quiz Night raised nearly £2,000!). There'll be some great raffle prizes donated by local businesses and a fabulous two course supper rustled up by our friends from Barnet & Southgate College.

The quiz takes place at the Ann Owens Centre **Thursday 7 November at 6.45pm (7.15pm start)**. Tickets cost £15 and includes a tasty two-course meal and a cash bar.

Make up your own team of 8 or join another team. Places will be limited so book yours soon! All funds raised on the night go towards helping us to reduce social isolation amongst older people in Barnet and to ensure we provide our essential services and activities.

To book your place email Wendy at wendy.nutman@ageukbarnet.org.uk or call 020 8432 1421.

Our new minibus!

We're very excited to introduce our brand new minibus which we've been able to buy with the help of various grants including one from The Clothworkers' Foundation and a generous donation from Innocent Drinks – plus nearly £10,000 raised by the six runners who took part in last year's Royal Parks Half Marathon.



Our minibus provides a lifeline to those older people who come to our activity clubs – it enables them to get out, socialise and bring fun into their lives.

“For many of our clients this is the only time in the week they get a chance to talk to people,” says Christine, who manages the activity centre.

We hope to take the minibus on lots of new adventures in future, including taking clients out on day trips.

Thank you knitters!

We reached our target of 6,000 hats for the innocent smoothie Big Knit Campaign. Some of our busier knitters made over 100 little hats! Innocent give us 25p for every little hat sold on a smoothie bottle – so that's £1,500 to help support our vital work!



Silver Week celebrations

We celebrated this year's Silver Week in style. Silver Sunday is a national day of fun events for older people across the UK in a bid to tackle loneliness and isolation and in Barnet it has turned into a week of celebrations.

"Although this is what we aim to do all year around, we welcome the extra attention given to the issues facing older people at this time," says Chief Executive Helen Newman.

"It's a week where everyone can come together to celebrate older people, where older residents are given opportunities to get out of the house, keep bodies and minds active or pick up a new skill and discover something they may want to continue once the week is over."

We held an information stall at the showcase events during Silver Week at The Spires Shopping Centre in Barnet and at an Afternoon Tea and Information event at Copthall Leisure Centre. It's always a pleasure to be able to chat to Barnet residents face to face over the week about all that we do to support older people in the borough.

Tea Dance

Over 60 people came to our Tea Dance with a Twist at the Ann Owens Centre.

"It wasn't just ballroom, everyone had the chance to try out jive and Bollywood dancing," says Age UK Barnet's Wendy. *"Some of us joined in, others just sat back and enjoyed the show with a delicious cream tea. We all had a wonderful time!"*



Tea dance volunteers from EcoWorld

Fraud and Scams workshop

In our Fraud and Scams workshop in October, we teamed up with Santander to hold a fun interactive event at the Ann Owens Centre to raise awareness of the risks of being scammed.

"Becoming a victim of fraud or scams is worrying for many people," says Barnet Connect Programme Manager Helen Nicolaou. *"With this in mind, Santander has developed a Scam Avoidance School (SAS) and we are joining forces to help tackle this issue."*

Santander has carried out research and consulted with a top psychologist to help them understand the tricks that criminals use to hook people in.

"Scammers often sound authoritative and use reassuring language to pull you in," says Helen.

To find out how to protect yourself from fraud and scams, check our website at www.ageukbarnet.org.uk for the latest scams.

Stress for the brain



Professor Catherine Loveday

Around 80 people turned up to the first in our series of talks to hear our wonderful trustee Professor Catherine Loveday speak about stress and the brain.

In an engaging and fascinating session, we learned how stress can actually be good for us. It motivates us to do things, strengthens our immunity and helps memory. However, stress, and particularly stressful events such as losing a spouse, and money problems, can do the opposite and have a long term effect on your health.

Catherine cited a study of cancer patients that looked at stress levels and survival rates. Those with a healthy balance of melatonin and cortisol (hormones linked with stress) had a 60% survival rate after five years. But among those with unhealthy stress hormone levels only 30% survived.

“Healthy stress is temporary but unhealthy stress is uncontrolled and can affect not only health but our memory and attention,” says Catherine.

It's important to manage our stress, recognise what is causing it and then take steps to control it. Catherine gave us a few take-home tips, but if you feel you cannot manage make an appointment to see your GP:

Ways to beat stress:

- Exercise – regular activity doing something you enjoy can help regulate your stress
- Active relaxation such as breathing and yoga
- Absorb yourself in something you love
- Change your circumstances – knowing what you can change, whether changing where you live or your career, can help you take control of your stress
- Find the source of your stress and do something about it. Set easy, achievable goals.

Catherine, a leading cognitive neuropsychologist and Professor at Westminster University is a regular contributor to Radio 4's All In the Mind.

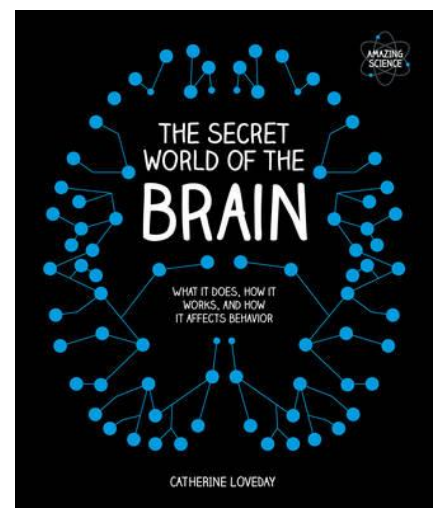
Future talks by Catherine Loveday:

Wednesday 20 November – Music and Memory

What happens in the brain when we listen to music and why it can help people with dementia. [BOOK HERE!](#)

You can also ring Wendy on **020 8432 1421** or email wendy.nutman@ageukbarnet.org.uk to book your place. Tickets are free but booking essential as places are limited. Please arrive at **6.30pm for 7pm start**. Licensed bar available.

There will be more talks in the New Year. Check our [Facebook](#) page and [website](#) for more details. All talks will take place at the Ann Owens Centre, East Finchley N2 8LT.



Bridge for the brain

Whether you're already a bridge regular, or you're a bit rusty and want to pick it up again, there are so many reasons to play bridge.

“Playing bridge requires memory, visualising and sequencing so it’s not surprising that countless studies have found that it can help us retain our mental sharpness as we get older,” says volunteer Ray who runs our bridge clubs at the Ann Owens Centre and Wilmot Close.



“Scientists at University of Wisconsin-Madison found that playing games like bridge is linked with greater brain volume in areas associated with Alzheimer’s disease,” says Ray. *“And those who played more frequently also scored higher on cognitive tests.”*

University of California found that playing bridge can also stimulate the immune system and other researchers have found that people are less likely to be depressed; hence they sleep better and tend to exercise more.

“If you need any more reasons to start playing bridge, it’s sociable too and a great way to meet new people,” says Ray.

So why not pop along to one of our sessions (details below) where you can also have a cup of tea and biscuits with your fellow players.

For more details call Ray Tiano on **07944 562 180** or email tianoraymond@gmail.com

Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Cost: £3.00 Saturdays 1pm—4pm

Wilmot Close, Community Lounge, Tarling Road, East Finchley N2 8HP

Cost: £3.00 Thursdays 1pm—4pm

Welcome to Fiona



Fiona has joined us as the new Wellbeing Manager at Age UK Barnet.

She has lived in Haringey for the majority of her life, bar a few extremely happy years studying Geography at the University of Sussex.

Her experiences as a young carer for her parents led her to become an advocate and campaigner for carers’ rights, setting up Ealing Carers Initiative in the early 1990s. The majority of her working life has been within the “carers community” in Waltham Forest, where she was the Chief Executive of Waltham Forest Carers Association for 21 years.

Fiona is married to Ed, who also works in the charity sector and has two young sons, who keep her so busy she has very little time for hobbies. Occasionally she manages to escape helping kids with homework to indulge in her love of listening to music, particularly The Smiths, and watching Coronation Street.

Dementia choir



A lovely first Dementia Choir session was held at The Open Door Centre in St Albans Road, Barnet – where people with dementia and their carers sang their hearts out, led by wonderfully charismatic choir leader Jenny La Touche. Thanks to funding from Eleanor Palmer Trust, we are able to offer this for free. It runs **every other Tuesday (11am-12 noon)**.

If you're interested in attending, please contact Helen on **020 8432 1422** or email [**barnetconnect@ageukbarnet.org.uk**](mailto:barnetconnect@ageukbarnet.org.uk)

Crafty Fridays

There are a lot of creative people out there! Our new over 55s Crafty Fridays sessions took off immediately and a vast array of beautiful works have been created.



A choice of painting and drawing, knitting or card-making, there's something for everyone. *"People often try one activity one week and then switch to another the following week,"* says Teresa, who helps run the group.

"Learning something new is incredibly stimulating," she says, *"and participants leave on a real high."*

"A lot of the people taking the art class have said that they last put pencil to paper when they were at school and they can't believe how satisfying the whole experience has been."

If you're interested in coming along **10.30am to 12.30pm Fridays** at the Ann Owens Centre, please phone beforehand on **020 8432 1422** or email [**barnetconnect@ageukbarnet.org.uk**](mailto:barnetconnect@ageukbarnet.org.uk) to let us know what you want to do – just to make sure we have enough materials.

RAF Museum London – Men's group

We had our first meeting of our new over 55s men's group at the RAF museum on 7 October. *"It was lovely to see so many men come together to share their interest in military history,"* says Helen Nicolaou Barnet Connect Programme Manager. *"They all enjoyed the talk and there was a lot of lively chat afterwards."*



The idea is that men interested in warplanes and the role of the RAF in both world wars up to the present day meet up every other Monday for a get-together.



The men will enjoy talks on a range of topics, from casualty evacuation in war to how planes advanced technically during WWI. The talks will also cover black and ethnic minorities in the RAF and some local history.

Participants will also get a chance to get their hands on some of the military exhibits such as WWII pilot uniforms and a replica German incendiary device.

Afterwards, attendees enjoy a tea or coffee and snacks which are available from the café on site.

The next Thursday sessions will take place on:

- 4 November
- 18 November
- 2 December
- 16 December



If you or anyone you know are interested in coming along, please call 020 8432 1422 or email barnetconnect@ageukbarnet.org.uk.

Have you got an idea for fundraising?

Contact Wendy on 020 8432 1421 or email
wendy.nutman@ageukbarnet.org.uk

Personal stories

“A daughter couldn’t be better to me!”

Pat lives alone and her only son lives in France. She is housebound unless someone can take her out in her wheelchair. Pat was reluctant to have a befriender at first but now loves Lindsay coming to visit her.

“I was hesitant at first because I didn’t want to be a bother for anyone but now I can honestly say it has changed my life knowing Lindsay and it gives me something I look forward to,” says Pat.

“During the warm weather we enjoyed going out to different places on a Saturday,” she says.

They are becoming more adventurous, venturing out in the evenings now and again and have had fish and chips and are planning a Chinese meal.

“We get on so well and a daughter couldn’t be better to me. She has even sent me a postcard from her holiday. I do not even have to ask her for help – she cuts up my sandwich for me when we are out because I cannot manage.”



Pat and Lindsay basking in the sunshine in St Stephens Gardens

Pat’s son originally contacted Age UK Barnet because he was worried about Pat who had limited mobility and hadn’t been out for two years, except to the hairdressers.

“My husband and I used to teach dance so not being able to move was hard to bear, but since finding Age UK Barnet I don’t feel alone anymore. As well as seeing Lindsay, I go to the music group which I thoroughly enjoy,” says Pat.

“Everyone is so kind and helpful and I always have a laugh and a joke with the drivers who take me there.”

healthwatch
Barnet

Healthwatch Barnet aims to help local people to get the best of their health and social care services. Check www.healthwatchbarnet.co.uk or our website www.ageukbarnet.org.uk to find out the latest ways you can give your feedback. Healthwatch Barnet gathers this evidence to present to those making decisions about our health and social care services.

We need walking volunteers!

Thanks to the London Community Foundation we have money to run some volunteer-led walks for older people in a few of Barnet's parks and open spaces – a chance for people to get out and meet others as well as stay active.

So we have a lovely opportunity for volunteers who would like to help run one of our new social walks. Full training will be given. If you interested in volunteering call Lisa on **020 8432 1422** or email lisa.robbs@ageukbarnet.org.uk

Warm Home Discount Scheme

You could get £140 off your electricity bill for winter 2019 to 2020 under the Warm Home Discount Scheme.

The money is not paid to you - it's a one-off discount on your electricity bill, between September and March.

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.

The discount will not affect your Cold Weather Payment or Winter Fuel Payment.

If you haven't been contacted, but think you qualify, you should call the Government's Warm Home Discount contact number on 0345 603 9439 or ring the Later Life Planning Service on 020 8432 1417

Pension Credit

Under new plans, only older people who receive a benefit called Pension Credit will receive a free TV licence from 2020. But two fifths of people who are entitled to this benefit – about 1.2 million pensioners – aren't getting it. Some don't know they can claim, many struggle to apply and lots more feel embarrassed about needing help. These people are some of the poorest in our society.

If you're eligible, Pension Credit will not only give you a bit of extra cash, it could also help you get other benefits too:

- It's unlikely you'll have to pay Council Tax (unless other people live with you).
- You'll get free NHS dental treatment, and you can claim help towards the cost of glasses and travel to hospital.
- You'll get a Cold Weather Payment of £25 when the temperature is 0°C or below for 7 days in a row.
- If you rent your home, you may get your rent paid in full by Housing Benefit.
- If you own your home, you may be eligible for help with mortgage interest, ground rent and service charges.
- If you're a carer, you may get an extra amount known as Carer Premium, or Carer Addition if it's paid with Pension Credit. This is worth up to £36.85 a week.

You have nothing to lose by applying, but potentially a lot to gain, and even if you've previously been turned down, it's always worth making a new claim every year. **Benefits rates change every year**, as can your finances.

Call the Pension Credit claim line on 0800 99 1234 or the Later Life Planning Service on 020 8432 1417

Evening and weekend GP appointments in Barnet



Barnet residents can access GP services from 8am to 9pm, seven days a week.

We know that it's sometimes hard to fit in a visit to the doctor when you need it most. That is why NHS Barnet Clinical Commissioning Group has commissioned Barnet Federated GPs to provide an extra 48,000 GP appointments available in the evenings and on weekends in Barnet.

These appointments are available from 6.30pm to 9.00pm on weekdays and 8.00am to 9.00pm on weekends and are provided from several GP practices or "hubs" in the borough.

This additional access to general practice will be particularly important this winter as it is always a particularly challenging and busy time for the NHS, both locally and across the country. A&Es will be very busy but there are alternatives.

Avoid long waits in A&E and instead:



Contact your GP



Visit your local pharmacy



Use the NHS 111 Symptom Checker at <https://111.nhs.uk/>



Call NHS 111 by dialling 111 for more advice, or



Visit one of the three walk-in centres across the borough at Edgware Community Hospital, Finchley Memorial Hospital and Cricklewood Health Centre.

More information on services this winter will be available at www.barnetccg.nhs.uk.

To book an evening or weekend appointment, either:

- Contact your GP practice in the usual way and ask for a weekday evening or weekend appointment, **or**
- Call the primary care access hub directly on [020 3948 6809](tel:02039486809) (phone line operational at evenings and weekends only).

Dates for your diary!

As well as the usual sing-a-longs, films, quizzes and bingo, we have a few more dates for your diary for our **Tuesday and Thursday clubs** at the **Ann Owens Centre**, from **1.30pm** (unless stated otherwise) at a cost of **£4.00**.

Thursday 14 November—Music afternoon with Harold Lyons "My life in music"

Thursday 21 November—Snakes! A local Primary school will be visiting with snakes

Tuesday 26 November—David Diamond, singer, returns

Tuesday 10 December—Christmas Lunch from **12pm**, then Panto from **1.30pm**—Little Red Riding Hood, a Rah Rah Theatre Company production

Thursday 12 December—Music afternoon

Thursday 19 December—Carol singing with Howard

All at the **Ann Owens Centre, Oak Lane, East Finchley N2 8LT**

Call Howard to book on **020 8432 1415** or email howard.chapman@ageukbarnet.org.uk

A Lasting Legacy

A gift to Age UK Barnet in your will can help us support and reassure older people that they are secure and will always have someone to turn to.

For more information or to discuss this in more detail please call us on

020 8203 5040 or email info@ageukbarnet.org.uk

About Age UK Barnet



Age UK Barnet provides many essential activities, services and information about issues of interest to older people through its centres and in the community.

Age UK Barnet and its predecessor charitable organisations have provided services in the London Borough of Barnet for almost 50 years. It is an independent charity, affiliated to the national Age UK charity and registered with The Charities Commission.

Age UK Barnet is responsible for raising its own funds and is governed by a Board of Trustees, who are responsible for its effective running and direction.

Activities and services include:

- Later Life Planning Service
- Fitness and exercise classes
- Befriending Service
- Handyperson Service
- Computer and digital technology training and access
- Neighbourhood services such as lunch, social and interest groups

Useful contacts

Activities Centre	Christine	020 8432 1423	christine.gilbert@ageukbarnet.org.uk
Barnet Connect	Helen	020 8432 1422	barnetconnect@ageukbarnet.org.uk
Befriending	Sian	020 8432 1416	befriending@ageukbarnet.org.uk
Computing & technology	Howard	020 8432 1415	howard.chapman@ageukbarnet.org.uk
Cookery classes	Karen	020 8150 0967	karen.williamson@ageukbarnet.org.uk
Exercise classes	Carolyn	020 8629 0629	carolyn.ansell@ageukbarnet.org.uk
Foot care	Loraine	020 8203 5040	loraine.simmons@ageukbarnet.org.uk
Hairdressing	Loraine	020 8150 0962	loraine.simmons@ageukbarnet.org.uk
Handyperson Service	Becky	020 8150 0963	handyperson@ageukbarnet.org.uk
Later Life Planning	Andrew/Zenda	020 8432 1417	laterlifeplanners@ageukbarnet.org.uk
Nail cutting	Linda	020 8203 5040	info@ageukbarnet.org.uk
Social groups	Howard	020 8432 1415	howard.chapman@ageukbarnet.org.uk
Volunteers	Lisa	020 8432 1422	lisa.robbs@ageukbarnet.org.uk
Wellbeing Manager	Fiona	020 8432 1421	fiona.cronin@ageukbarnet.org.uk

Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT
Email: info@ageukbarnet.org.uk
Call: **020 8203 5040**

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