

Welcome!

Hello and welcome to the latest edition of our newsletter. You'll see we've been very busy over the last few months with the launch of our new **Barnet Connect** project, funded by The National Lottery Community Fund. The new team has already got a number of activities up and running and you can find out more inside. We've also had another successful quiz night and a lovely evening celebrating the contribution all our volunteers make to support older people in the borough. Leading cooking classes, befriending isolated clients at home, driving others to activities, answering phones and running reception at our centre or helping older people find their way round smartphones are just some of the ways our volunteers have given their time to us and we are very proud of them all – thank you!

We're now in Year Two of our contract with Barnet Council to provide Neighbourhood Services for older people and I'm delighted to let you know we've increased the number of people we've reached again this year. Over 10,000 people attended our classes, talks, sessions or groups, or had advice from our Later Life Planning team, and that's an increase of 20% on last year. Help us reach even more people by telling a friend or neighbour about us, and join our **Friends of Age UK Barnet** (details on page 2) to keep up to date with what's happening.

There's a lot going on over the next few months; join us at our **Wellbeing Day** or for our **Grease sing-a-long** film night (see page 5) and do remember to put Professor Catherine Loveday's talks in your diary as they look set to be fascinating (see page 7).

It's pouring with rain outside as I write this, hardly flaming June at the moment, so it seems odd to wish you all a good summer. I do hope the sun comes out for us and you enjoy making the most of the longer days and warm evenings.

Take care

Helen



Helen Newman, Chief Executive
Age UK Barnet

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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

Barnet Connect – our new venture to promote volunteer-led activities for older people in Barnet

We are thrilled to have launched a new three-year project **Barnet Connect**, funded by The National Lottery Community Fund, to develop and expand volunteer-led activities for older people in Barnet.



BARNET CONNECT

The project involves working in collaboration with six other small local organisations, with Age UK Barnet taking the lead on recruiting, training and placing volunteers who will deliver activities for frail, isolated older people across the borough.

As well as our Volunteer Manager Lisa Robbins, the scheme is run by Programme Manager Helen Nicolaou, who used to head up our Scams Awareness project, and Volunteer Coordinator Teresa Gallagher, who initially joined us as one of our volunteer receptionists.

“I am very pleased to be able to continue working with Age UK Barnet with our new project Barnet Connect,” says Helen. *“Together with Lisa and Teresa, I’m enjoying working and connecting with our community groups to build on activities available for our older Barnet residents and, with the help of our wonderful volunteers, assist isolated clients to become involved in their community’s activities.”*

Go to page 6 to meet Helen and Teresa.

Get involved

We need volunteers to run groups such as craft workshops, book clubs, walking groups and activity clubs. We also need drivers to take people to and from groups and activities. Maybe you have an idea for a group or a particular skill or interest that you'd love to explore? We are open to all ideas.

Email barnetconnect@ageukbarnet.org.uk for more information about how you can help or give us a ring on **020 8432 1422**

A friend in need is a friend indeed

We'd love you to become our friend. We have set up a new community group, **Friends of Age UK Barnet**, who we can keep updated with news, fundraising ideas and future plans. The idea is that we bring together everyone currently involved with Age UK Barnet who can help us spread the word about the great work we do.

It's through your involvement, support and input that we can grow and develop our activities and services and increase the positive impact we have on older people in Barnet.

“Join our community spirit and be part of something,” says our Community Engagement Officer Wendy.

If you are happy to join our list of friends, please call **020 8203 5040** or send an email letting us know to friends@ageukbarnet.org.uk

Bringing old and new together

Our latest **Grandparents and Toddlers** drop-in at the Ann Owens Centre took place on 6 June.

“The older people and toddlers had a lot of fun and loved joining in the gentle exercise together,” says Age UK Barnet’s Howard Chapman. *“It was good to see a few grandads this time.”*

This is part of our drive to encourage older people to mix with different age groups. We are also involved in a project called JOY (Joining Old and Young – www.joiningoldandyoung.org.uk), which brings together older people and young children, and once a month pre-schoolers from Tinies Finchley Day Nursery drop-in to chat, sing and carry out art projects with our Ann Owens regulars.

On top of this, some of our IT support groups and men’s beginner’s cookery are supported by students in schools. We find that everyone – old and young alike – gain so much from this experience.

“Research has shown that intergenerational contact is more effective in combating loneliness than contact with one’s own age group,” says Howard. *“Other findings suggest that engaging in activities across generations contributes more to wellbeing and happiness than material possessions.”*



For more information contact Howard by email howard.chapman@ageukbarnet.org.uk or call him on **020 8432 1415**

Grandparent and Toddler drop-ins take place from 10am to 12noon on the first Thursday of the month at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

American tennis fundraiser

A big thanks to Brenda Stewart of Our Lady of Muswell Tennis Club who organised our American Tournament and helped raise £400.

A morning of exciting tennis was followed by a delicious lunch with wine.

“We enjoyed the American tennis as anyone can play it, no matter how good they are and it’s fast paced and fun,” says participant Patricia.

American Tournament is a round-robin mixed doubles competition in which participants are initially paired at random. Timed rounds are played on a rotational basis and anyone can play in an American Tournament irrespective of their playing standard.

We hope to run a similar event again so keep an eye on our website.

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.

Huge thanks to our volunteers!

It was wonderful to be able to celebrate our amazing volunteers at our Volunteer Thank You Party on 4 June.

It took place in the beautiful wood-beamed Tudor Hall in High Barnet, which was built in 1573, and is now part of Barnet and Southgate College.

Over 80 people joined the fun, enjoying a constant flow of delicious canapés made by Peter Tiley and his trainee chefs from Barnet and Southgate College – Wild Mushroom and Tarragon Tart, Confit Duck Vietnamese Rolls and Crayfish Cocktails, just a few of the tasty treats



they made. Not forgetting Maria who made the very impressive Age UK Barnet celebratory cake. Shame we had to eat it!



But most of all, it was wonderful to catch up with our volunteers – everyone at Age UK Barnet loved hearing all their stories... It's heart-warming how much our volunteers care about the people they help – plus how they go the extra mile to improve people's lives.

We spent such a good evening swapping tales and experiences with each other and we even managed to have a dance together – hard to resist with our singer George Ritchie's wonderful tunes.

Quiz night

Thanks to everyone who came along to our quiz fundraiser on 2 May. I think everyone would agree, it was our best yet.

We raised nearly £2,000 on the night and everyone had a fantastic time.

And a big cheer to Ed Newman for compiling the questions and hosting the night with flair, good humour and professionalism.

"It was an excellent night and fantastic that it raised so much," says one attendee Lynda. *"You had some great raffle prizes plus the auction, which helped raise money on the night."*

Another quiz goer Tony says: *"We thoroughly enjoyed it – the food and company were really good."*

We would like to thank Peter Tiley and his team at Hospitality House for making a delicious Beef Bourguignon, rice pilaf and vegetable lasagne – and helping us serve and clear away afterwards. The kitchen was spotless at the end of the night!

Thanks too to all the local businesses who donated fantastic prizes for the raffle and auction.

All funds raised on the night go towards helping us to reduce social isolation among older people in Barnet and ensure we provide our essential services and activities.

Film Night – Grease sing-a-long

Join us for a fun film night at the **Phoenix Cinema** in East Finchley on **Sunday 21 July – starts promptly at 3.15pm**. We will be watching the sing-a-long version of the popular 70s classic Grease (rated PG-13) so you'll be able to join in with your favourite tunes. Fancy dress optional – Come along dressed up as a Pink Lady or a T-Bird!

Tickets are £15 in advance and booking is essential – Call Phoenix Cinema on **020 8444 6789** or book online via [Phoenix Cinema](#). All money raised will go towards Age UK Barnet.

For more information, contact Wendy by email wendy.nutman@ageukbarnet.org.uk or call her on **020 8432 1421**

New cookery workshops at Hospitality House

Our first cookery workshop at Hospitality House in East Finchley was a huge success. Run by Peter Tiley who teaches trainee chefs at Barnet & Southgate College, it had a really professional touch. *“Pete was excellent, and certainly knows his job,”* says one participant Roger. *“And the minestrone soup we made was better than anything I’ve tasted – the vegetables were perfect, not mushy like they can be.”*

Unfortunately, we had to cancel the next workshop after a fire at Hospitality House. Until the venue has been refurbished we are using the catering kitchen in the Southgate campus next to Southgate tube.

Get in touch if you would like to attend on 3 August where we will be making family favourites, Chicken & Leek Pie and Steak & Mushroom Pie.

Barnet Wellbeing Day 19 July

Join us for our annual **Wellbeing Day** at the **Burnt Oak Leisure Centre, Watling Avenue, Edgware HA8 0NP** on **Friday 19 July**. We're teaming up with GLL and other organisations in the borough for what promises to be a fun and informative day with stalls, talks, activity taster sessions and a delicious FREE lunch. **Registration is at 10.30am for an 11am start**. The event ends at 2.30pm.

Call **020 8432 1421** or email wendy.nutman@ageukbarnet.org.uk for more information.

New knitting group and Arts & Crafts (coming soon!)



Come along to our new **Knit & Natter** group starting on **Friday 5 July** from **10.30am to 12 noon** at the **Ann Owens Centre, Oak Lane, East Finchley N2 8LT**.

Bring along your own knitting or join us in making some little hats for the Big Knit – we still need to make another 3,000 by the deadline of 31 August!

And a new Friday **Arts & Craft** group is starting very soon at the **Ann Owens Centre!** For more information and to register your interest for both groups call **020 8432 1422** or email barnetconnect@ageukbarnet.org.uk

Congrats on the new jobs!



*A big welcome to our new **Barnet Connect** team*

Helen Nicolaou is the Programme Manager.

“I am very pleased to be part of the Barnet Connect team and to be able to continue working and being a part of the Age UK Barnet family,” says Helen. “I started working here last year to deliver the Scams Awareness project and I enjoy helping to make a positive difference to the lives of older people in the borough.

I have lived in Barnet for over 30 years and my children attended Barnet schools, so it’s great to be making an impact in an area I know and love. My free time is spent with my grandchildren and getting out and about in London!”

Teresa Gallagher has joined our Barnet Connect team as a Volunteer Coordinator.

“I started with Age UK Barnet as a volunteer myself, as a receptionist – a role I thoroughly enjoyed. A large part of my day was assisting people both face to face and on the telephone,” says Teresa. “I’ve had a wide range of jobs in the past including typesetting, a social services administrator and an office manager in a primary school in East London.

“I am originally from Newcastle, but have also lived in Ireland. I now live in Barnet where I enjoy craft making, reading and shopping!”



Want to get fit and raise money for our vital services?

We have a few spaces to give out for this year's **Royal Parks Half Marathon** taking place on **Sunday 13 October** and would like people to get in touch if they are interested in running for us.

This stunning Half Marathon in central London, takes in some of the capital's world-famous landmarks on closed roads, and four of London's eight Royal Parks – Hyde Park, The Green Park, St James's Park and Kensington Gardens.

Email info@ageukbarnet.org.uk or call **020 8203 5040** if you're interested in taking part and need help with training programmes and kit. We can also help get you started with your fundraising and publicise your fundraising pages.

Last year we entered a team of six runners who performed brilliantly despite high winds and rain for some of the race. They all said that knowing they were raising money for such a good cause helped them through the difficult parts of the race – plus those early morning training sessions!

It was all worth it in the end. They raised nearly **£9,000** and every penny is helping us carry out the essential services and activities we provide to older adults in the borough.

Talks – The Secret World of the Brain

We are delighted to announce that one of our Trustees, the brilliant Professor Catherine Loveday, will be holding a series of talks about the mysteries of the brain.

Catherine, a leading cognitive neuropsychologist and principal lecturer at the University of Westminster, is a regular contributor to BBC Radio 4's All in the Mind and she will be sharing some of her insights, personal stories and separating fact from fiction when it comes to the mysterious ways of our little grey cells. She will also have plenty of useful tips on keeping us sharp as we age! Book now!

Wednesday 18 September – Stress and the Brain

When stress is good for us, when it's not so good for us, and how to tame it.

Wednesday 16 October – Male and Female Brains

Are they as different as people think they are?

Wednesday 20 November – Music and Memory

What happens in the brain when we listen to music and why it can help people with dementia.

All talks will take place at the **Ann Owens Centre, Oak Lane, East Finchley N2 8LT**. Please arrive at **6.30pm for 7pm** start. Licensed bar available. Tickets are free (donations are welcome) but booking essential as places are limited – To book go to the website link [Age UK Barnet - Secret World of the Brain](http://www.ageukbarnet.org.uk), call **020 8432 1421** or email wendy.nutman@ageukbarnet.org.uk

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**.

Thursday 20 June, 1.30–3pm – Singer David Diamond belting out all your favourite tunes

Thursday 4 July, 10am–12noon– Grandparent and Toddler drop-in

Tuesday 9 July, 1.30–3pm – East Barnet Ladies Choir

Thursday 11 July, 1.30–3pm – Musical afternoon with tenor Yuri Sabatini – back by popular demand

Thursday 8 August, 1.30–3pm – Musical afternoon with Glenwood Jazz Band

Tuesday 13 August, 1.30–3pm – The popular Rah Rah Theatre Company is back with their show Country Roads: Take Me Home, which features cowboys and cowgirls who sing and dance their way through all the country and western greatest hits!

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

Cost: £4.00

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	Lorraine	020 8203 5040	loraine.simmons@ageukbarnet.org.uk
Hairdressing	Lorraine	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	Joanne	020 8432 1421	joanne.patel@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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