

What's On near you for over 55s

Age UK Barnet and 12 other voluntary sector organisations provide activities and services for older people across the borough. Whether you are looking for an exercise class, information, support with IT or opportunities to make new friends, there's something happening near to you. Find out about it here.

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EXERCISE

Barnet

The Bull Theatre 68 High Street, Barnet EN5 5SJ

Contact: 07704 588 508 Cost: £3.00

Thursdays 4.15pm—5.30pm Movement/creative dance

Church House 2 Wood Street, High Barnet EN5 4BW

Contact: Dee Cummins on 020 8445 6715 or 07882 281 670
or email cdee51@outlook.com

Tuesdays 2pm—3pm Tai Chi Cost: £7.00 per class

Contact: Richard on 020 8455 5463 or email rbs.taichi@talktalk.net or website
www.longrivertaichi.co.uk

Thursdays 12pm—1.30pm Tai Chi Beginners Class Cost: £6.00 per class

Open Door Centre (Christ Church), St Albans Road, Barnet EN5 4LA

Contact: Carolyn Ansell on 020 8629 0269, email
carolyn.ansell@ageukbarnet.org.uk or Magda Halota on 07709 572 346

Wednesdays 2pm—3pm Gentle exercise to music Cost: £3.50
Suitable for all abilities

Burnt Oak

Annunciation Church Parish Centre 4 Thirleby Road, Burnt Oak HA8 0HQ

Contact: Deborah on 020 8432 1420 or email deborah.cura@ageukbarnet.org.uk

Wednesdays 2pm—3pm Tai Chi (gentle) Cost: £3.50

Cultural and Recreational Organisation for Tamil Elders (CROFTE)

Watling Community Centre, 145 Orange Hill Road, Burnt Oak HA8 0TR

Contact: Pathma on 020 8357 2644 or 07735 241 676

Email: p2gunasingam@yahoo.co.uk

Mondays 11am—12.30pm Yoga class—Cost: £2.00

Fridays 10.30am—12pm Keep fit/Zumba class—Cost: £2.00 with free lunch

Colindale

Colindale Community Club The Hyde Church, Varley Parade, Edgware Road NW9 6RR

Contact: Chris on 07960 944 612.

Tuesdays 10.15am—11.15am Tai Chi Cost: £3.50

Colindale Library 7 Bristol Avenue NW9 4BR

Contact: 020 8629 0269 or email info@ageukbarnet.org.uk or Ranj on 07957 185367

Tuesdays 10.30am—11.30am Movement to music Cost: £3.50

EXERCISE (continued)

Cricklewood

St Agnes Centre Gillingham Road (off Cricklewood Lane) NW2 1RL

Contact: Ranj on **07957 185 367** or Age UK Barnet on **020 8629 0269**

Mondays 10.30am—11.30am Gentle exercise to music Cost: £3.50

East Barnet

Friend in Need (FIN) Community Centre

East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: **020 8449 8225** or email fin@fin-eastbarnet.org.uk

Mondays 6pm—7pm Advanced Yoga—Cost £5.00

Thursdays 2pm—3pm Tai Chi—Cost: £5.00

5.30pm—6.30pm Beginners Yoga—Cost £5.00

Exercise to music—Cost: £5.00

Mondays & Wednesdays 11.15am—12.15pm

Tuesdays 11am—12pm

Thursdays 11.30am—12.30pm

For information or to register for Seated dance call Petra Pullen on **07398 129 853** or register at the FIN Centre on **020 8449 8225**

Oakhill Park East Barnet EN4 8JP

Contact: **020 3675 7257** or email healthandwellbeing@saracens.net for more details

Tuesdays 9am—10am Nordic Walking Cost: £5.00

East Finchley

Green Man Community Centre Strawberry Vale, East Finchley N2 9BA

Contact: Michael Jobling on **020 3778 0228** or email michael.jobling@ntlworld.com

Tuesdays 2.15pm—3.45pm Table tennis

Cost: £5.00 per session or £20.00 for six sessions

Thursdays 10.15am—11.45am Table tennis Cost: £4.00

Green Man Community Centre Strawberry Vale, East Finchley N2 9BA

Contact: Nila on **020 8629 0269** or email nila.patel@ageukbarnet.org.uk

Wednesdays 11.30am—12.30pm Movement to music Cost: £3.50

Ann Owens Centre Oak Lane, East Finchley N2 8LT

Contact: Nila or Carolyn on **020 8629 0269** or email nila.patel@ageukbarnet.org.uk or carolyn.ansell@ageukbarnet.org.uk

Mondays 5.30pm—6.30pm Bollywood Dancing Cost: £3.50

Restarts 4 March 2019

Ann Owens Centre Oak Lane, East Finchley N2 8LT

Contact: Carolyn on **020 8629 0269** or email carolyn.ansell@ageukbarnet.org.uk

Fridays 2pm—3pm Gentle Tai Chi Cost: £3.50

EXERCISE (continued)

Age UK Barnet Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: 020 8629 0269 Cost: £3.50

Mondays	2pm—3pm	Gentle exercise to music
	3.15pm—4.15pm	Exercise for falls prevention (referrals only)
Wednesdays	10am—11am	Tai Chi for people recovering from falls (referrals only)
	11.30am—12.30pm	Tai Chi for people recovering from falls (referrals only)
	1pm—2pm	Gentle exercise to music for people recovering from falls (referrals only)
	2.15pm—3.15pm	Low impact exercise for the more active
Thursdays	11am—12pm	Exercise class

Prospect Place East End Road, East Finchley N2 0XA

Contact: Anne Segal on 07976 440 775

Tuesdays 3pm—4pm Exercise to music Cost: £3.50

Edgware

Edgware Community Hospital Parkinsons Unit, Burnt Oak Broadway, Edgware HA8 0AD

Contact: Richard on 020 8455 5463 or email rsb.taichi@talktalk.net or website

www.longrivertaichi.co.uk

Tuesdays 2pm—3.30pm Tai Chi* Cost: £4.00

*For Parkinson's patients only

John Keble Church 142 Deans Lane, Edgware HA8 9NT

Contact: Dee on 020 8445 6715 or 07882 281 670 or cdee51@outlook.com

Cost: £7.00 per class

Wednesdays 2pm—3.30pm Seated Tai Chi with tea and biscuits

Deborah Lodge 16 North Road, Edgware HA8 0UJ

Contact: 020 8629 0269 Cost: £3.50

Wednesdays 11am—12pm Movement to music

Fridays 10.30am—11.30am Exercise class

One Stonegrove Community Centre 5 Hayling Way, Edgware HA8 8BN

Contact: 020 8629 0269

Fridays 10.30am—11.15am Gentle exercise to music

Join us after the exercise class at the Coffee Morning, for drinks and a chat and to meet local neighbours.

Watling Community Centre 145 Orange Hill Road, Edgware HA8 0TR

Contact: Nila or Carolyn on 020 8629 0269 or email nila.patel@ageukbarnet.org.uk or carolyn.ansell@ageukbarnet.org.uk

Thursdays 11.00am—12.30pm Bollywood Dancing Cost: £3.50
(including refreshments)

EXERCISE (continued)

Hendon

Age UK Barnet Meritage Centre, Church End, Hendon NW4 4JT

Contact: 020 8629 0269 Cost: £3.50

Mondays	10.30am—11.30am	Tai Chi
Thursdays	9.45am—10.45am	Tai Chi for Falls Prevention (referrals only)
Thursdays	11am—12pm	Tai Chi

Barnet African Caribbean Association (BACA)

Barnet Multicultural Community Centre, Algernon Road, Hendon NW4 3TA

Contact: Ring 020 8629 0269 Cost: £3.50

Tuesdays	11.45am—12.45am	Movement to music
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Barnet Cophall Leisure Centre Champions Way, Hendon NW4 1PX

Contact: Annalisa on 020 8457 9900 or email annalisa.cellini@gll.org

Thursdays	12.45pm—1.45pm	<u>Dance Class</u>	Cost: <u>£3.50</u>
Wednesdays	8.15am—9.15am	<u>Tai Chi</u>	Cost: <u>£3.50</u>

Barnet Multicultural Community Centre Algernon Road, Hendon NW4 3TA

Contact: 020 8629 0269 Cost: £3.50

Thursdays	11am—12pm	Tai Chi
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Saracens stadium Allianz Park, Greenlands Lane, Hendon NW4 1RL

Contact: 020 3675 7257 or email healthandwellbeing@saracens.net

Cost: £5.50

Mondays 10am—12pm Love to Dance*

**Class incorporates various dance styles – Salsa, Line, Cha Cha Cha, Bollywood, Rock ‘n’ Roll and many more. Refreshments included.*

Cost: £5.00

Wednesdays	9.30am—10.30am	Nordic Walking
Wednesdays	10.30am—11.30am	Nordic Walking
Thursdays	11am—12pm	Nordic Walking

Mill Hill

Eversfield Centre 11 Eversfield Gardens, Mill Hill NW7 2AE

Contact: Age UK Barnet on 020 8629 0269

Tuesdays	11am—12pm	Tai Chi	Cost: <u>£3.50</u>
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EXERCISE (continued)

Eversfield Centre 11 Eversfield Gardens, Mill Hill NW7 2AE

Contact: 020 3675 7257 or email healthandwellbeing@saracens.net

Love to Move — Dance classes for the over 50s

Mondays 12.30pm—2.30pm Cost: £5.50

Mill Hill East Church Salcombe Gardens NW7 2NT

Contact: Mandy on 07946 579 931 or email mandy1@rolle4.com for more details and the cost

Tuesdays 10.15am—11.15pm Pilates

Thursdays 2.15pm—3.15pm Pilates

Retail Trust Community Hall, Marshall Estate, Hammers Lane NW7 4DQ

Contact: Ranj on 07957 185 367 or Age UK Barnet on 020 8629 0269

Mondays 2pm—3pm Gentle exercise to music Cost: £3.50

Contact: Age UK Barnet on 020 8629 0269

Thursdays 10.30am—11.30am Gentle Tai Chi Cost: £3.50

Wilberforce Centre St Paul's Church, The Ridgeway, Mill Hill NW7 1QU

Contact: St Paul's Church Parish Office on 020 8906 3797

Cost: £2.00 (including refreshments)

Fridays 10.15am—11.15am Seated exercise to music

Muswell Hill

Powerleague Barnet, Bobby Moore Way, Muswell Hill N10 1ST

Contact: Martin Jones on 07951 813 677 or email martingeraintjones@gmail.com

For over 55s, all the fun of a 5-a-side with no running!

Thursday mornings 11am—12pm Walking Football Cost: £4.00 per hour

New Barnet

Lyonsdown Hall 3 Lyonsdown Road, (near New Barnet Station) EN5 1JB

Contact: 020 3675 7257 or email healthandwellbeing@saracens.net Cost: £5.50

Thursdays 12.45pm—2.45pm Love to Dance*

**Class incorporates various dance styles – Salsa, Line, Cha Cha Cha, Bollywood, Rock 'n' Roll and many more. Refreshments included.*

Mondays 2.15pm—3.15pm Pilates**

Tuesdays 2.15pm—3.15pm Pilates**

****Mandy on 07946 579 931 or email mandy1@rolle4.com for more details and the cost**

Contact: Ken or Barbara on 01707 258 414 Cost: £4.50 per person

Mondays 8pm—10.30pm Ballroom Dancing
Includes tuition and refreshments

EXERCISE (continued)

North Finchley

The Bohemia Pub 762-764 High Road, North Finchley N12 9QH

Contact: Dee on **020 8445 6715** or **07882 281 670** or cdee51@outlook.com

Tuesdays 10.30am—11.30am Tai Chi Cost: £7.00

Friary Park North Finchley N12 9PD

Contact: Daniela to book and more information on **07855 681 354** or email daniela.boyce@virgin.net

Cost: £50.00 for four weeks including pole hire

Thursdays 12pm—1pm Nordic Walking Learn to Walk

Friary Park North Finchley N12 9PD

Contact: Karen on **020 8150 0967** or email eatwell@ageukbarnet.org.uk

Cost: £1.50 – Please call Karen before attending.

Mondays 9.30am—10.30am Outdoor fitness class

Meet at the Friary Park entrance on Torrington Park, opposite Ashurst Road. Get stronger and fitter with this fun mix of walking and easy strength exercises.

The Quaker Meeting House Alexandra Grove, North Finchley N12 8HG

Contact: Dee on **020 8445 6715** or **07882 281 670** or cdee51@outlook.com

Mondays 4.30pm—5.30pm Tai Chi Cost: £8.00

Trinity Church 15 Nether Street, North Finchley N12 7NN—Near Tally Ho Corner

Contact: Bob on **020 8346 6825** or email mgoodliffe@hotmail.com

Thursdays 10.30am—11.45am Tai Chi—Advanced class

£40.00 for four weeks (5 hours a month)

Fridays 10.30am—11.30am Tai Chi—Intermediate class

£32.00 every four weeks—Couples discount £54.00 every four weeks

Booking is essential

West Hendon

Training Ship Broadsword Cool Oak Lane, West Hendon NW9 7ND

Contact: Terry on **07956 846 375**

Fridays 12pm—12.45pm Exercise for the over 55s Cost: FREE

A FREE coffee and refreshment session follows the exercise class from 12.45pm—1.30pm. You do not have to attend the exercise to come to the refreshment session. No booking is necessary for either activity.

EXERCISE (continued)

Whetstone

Manor Drive Methodist Church Manor Drive, Whetstone N20 0DZ

Mondays 11am—12pm Low impact aerobics

Contact: Annalisa on **07483 017 178** for more information and costs

Thursdays 11am—12pm Seated Yoga Cost: £3.50

Contact: Kathryn Jackman on **07967 385 104** or Carolyn on **020 8629 0269**

Sha'arei Tsedek North London Reform Synagogue 120 Oakleigh Road North N20 9EZ

Contact: Dee on **020 8445 6715** or **07882 281 670** or cdee51@outlook.com

Thursdays 1.45pm—2.45pm Tai Chi Cost: £7.00

Woodside Park

Woodside Park

Contact: Daniela to book and more information on **07855 681 354** or email daniela.boyce@virgin.net Cost: £50.00 for pole hire for 10 sessions

Tuesdays 1.30pm—2.30pm Nordic Walking

Meet at the entrance to the public footpath on Southover, almost opposite Chanctonbury.

To join participants must have completed the Nordic Walking Learn to Walk course at Friary Park (on page 6). Contact Daniela for further details.

Other fitness opportunities in the borough

Instructor-led health walks

Contact: The Park Team at Barnet Council on **020 8359 2387** and ask for “health walks”.

Cost: £2.80 payable on the day or £18.00 to buy 10 walks in advance if you are over 60.

Enjoy a stroll around some of our beautiful parks and open spaces by taking part in one (or more) of the weekly organised health walks.

Barnet's Health Walks programme is suitable for anyone aged 18 and over and is led by qualified and experienced instructors, creating a friendly atmosphere for everyone to enjoy.

Seven Health Walks are delivered each week in Barnet and are graded for their difficulty to help you find a walk that's suitable for you. Call The Park Team for more details.

EXERCISE (continued)

Barnet Table Tennis Centre

Social table tennis sessions for people of all ages and playing standards. They tend to be less competitive than match play. You do not have to be a member to attend and new players are always welcome.

For more information contact Barnet Table Tennis Centre by email BTTC.contact@gmail.com or visit www.bttc.co.uk

Jewish Care

To find out about Jewish Care's exercise classes and groups for the over 55s including Yoga, line dancing, Tai Chi and chair based exercise contact the centres listed below.

Edgware & Harrow Jewish Day Centre: **020 8958 8199**

Holocaust Survivors Centre: **020 8202 9844**

Michael Sobell Community Centre: **020 8922 2900** or email sobell@jcare.org

Tennis

Interested in a game of tennis? Join the Hendon Park Tennis League. This league is designed to offer an easy structure to play competitive matches at a time that suits you. Matches can be played at Hendon Park or on any of Barnet's tennis facilities. Visit www.localtennisleagues.com/hendonpark to find out more or email hendonparktennisleague@googlemail.com

Temple Fortune Bowls Club 122 Bridge Lane NW11 9JS

Temple Fortune Bowls Club welcomes new members whether new to the game or experienced bowlers. The bowls seasons is mid April to September.

Contact their Manager on **020 8455 2184** or email admin@templefortuneclub.co.uk for further information. Website www.templefortuneclub.co.uk

The Better Club—Get fitter, feel better, pay less

Barnet Cophall Leisure Centre, Champions Way, Hendon NW4 1PX

Over 55 and ready to kick start a healthier lifestyle? Well, now you can with the Better Club membership which offers a range of fun social activities for you to take part in.

The Better Club membership for over 55s allows you to workout the way you want.

Social activities available:

* Badminton * Bowls * Darts * Dominoes * Short tennis * And much, much more...

Join online today at www.better.org.uk/club

Contact Greenwich Leisure on **020 8317 5000** for information on participating leisure centres or visit www.gll.org

COMPUTERS AND TECHNOLOGY

Library drop ins

The following libraries host FREE coffee mornings with IT support available. Open to all, just pop in for a chat, to meet new friends and get some help with computers, the internet, email and all things IT. Access to library computers is available or bring along your own device.

Burnt Oak Library Watling Avenue, Edgware HA8 0UB

Contact: 020 8432 1415

Mondays 10.30am—12pm

Childs Hill Library 320 Cricklewood Lane NW2 2QE

Contact: 020 8432 1415

Tuesdays 11am—12.30pm

East Barnet Library 85 Brookhill Road, East Barnet EN4 8SG

Contact: 020 8432 1415

Tuesdays 12pm—1.30pm

Edgware Library 293 Hale Lane, Edgware HA8 8NN

Contact: 020 8432 1415

FREE “Tea and Tech”. Open to all—Thursdays 2pm—3.30pm

South Friern Library – Colney Hatch Lane N10 1HD

Contact: 020 8432 1415

Thursdays 10.30am—12pm

IT drop in sessions

No need to book, just drop in to see our volunteers for help with all things technical. You can bring along your own device if you have one (laptop, tablet, smartphone, etc) or use a library computer. Please be aware that there may be a short wait for help on busy days.

Friary Park

Friary House, Friary Park N20 0NR

Confused by computers? Come and join us for help with all things technical! We have a wonderful suite of Macs or, if you prefer, you can bring your iPad or laptop to get some top tips from Age UK Barnet's friendly volunteers.

Thursdays 10am—12pm

For more information call Age UK Barnet on **020 8432 1415** or email

howard.chapman@ageukbarnet.org.uk

COMPUTERS AND TECHNOLOGY (continued)

Mill Hill

Hartley Hall Flower Lane, Mill Hill NW7 2JA

Contact: Age UK Barnet on 020 8432 1415

Thursdays 10am—12pm

Find us in the reception area

North Finchley

artsdepot 5 Nether Street, North Finchley N12 0GA

Contact: Age UK Barnet on 020 8432 1415

This informal and social IT group is a great way to meet people and make new friends! Just drop in and bring along the device you are using, whether it's a laptop, tablet or mobile phone. Ask questions, pick up tips and build your confidence. No need to book, just come and find us on the third floor.

Thursdays 10.30am—12pm

Miscellaneous

Computers and a Cuppa in East Finchley

Computers and a cuppa—free computer and internet skills sessions, on laptops, tablets and phones. Please bring your own device if you have one, but don't worry if you don't. New learners and volunteer helpers always welcome.

FREE shared learning sessions

Tuesdays 2pm—4pm at The Five Bells Pub, 165-167 East End Road N2 0LZ

Contact fivebells.computerclub@gmail.com

Computers and a Cuppa in High Barnet

Computers and a cuppa—computer and internet skills sessions, on laptops, tablets and phones. Please bring your own device if you have one, but don't worry if you don't.

FREE shared learning sessions

Saturdays 10am—12pm at The Wesley Hall, 9 Stapylton Road, High Barnet EN5 4QT

Contact 020 8432 1420 for more information

Friend in Need (FIN) Community Centre

East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: 020 8449 8225 or email fin@fin-eastbarnet.org.uk

Learn to use computer, internet or tablet

Thursdays 2pm—3pm Cost: £4.00

Limited places available—pre-book to avoid disappointment

One to one sessions are available by arrangement

IT suite is also available to use 10am—4pm

Booking is essential

COMPUTERS AND TECHNOLOGY (continued)

Jewish Care Explore

The Maurice and Vivienne Wohl Campus, 221 Golders Green Road NW11 9DQ

Jewish Care Explore is a warm and welcoming place where you can learn to use technology in all aspects of your daily life. We've got computers iPads, smartphones and Android tablets, as well as a range of specialist accessories and apps for people with disabilities.

We run courses and workshops on everything from PC and iPad basics to learning how to use email, Facebook and Skype. We also run a drop-in service, for those who want to play around with our technology or get some ad hoc support.

Find out more by calling **020 8922 2400** or email explore@jcare.org

SOCIAL GROUPS and LUNCH CLUBS

Older lesbian, gay, bisexual and transgender (LGBT)

Various venues in London

Contact: 020 7239 0400 or email info@openingdoorslondon.org.uk

Website www.openingdoorslondon.org.uk

Opening Doors London hosts a variety of social groups and meetings in London. Regular social activities include film nights, speakers events, walking groups, coffee evenings, lunch clubs, theatre and cinema trips, museum and day trips and old fashioned nights out in the pub. Most activities are provided free to Opening Doors London members (email or go to website as detailed above).

Barnet

Rainbow Centre, Dollis Valley Drive, Barnet EN5 2UN

The Rainbow Centre provides a number of activities as detailed below

* Salsa * Bingo * Nails—manicures, polish and nail art * Art & Craft sessions * Film screenings

For more information call the Rainbow Centre on **020 8441 9837** or Millie on **07572 608 919** or email millie@barnetcp.org.uk or go to www.rainbowcentrebarnet.wordpress.com

Burnt Oak

Cultural and Recreational Organisation for Tamil Elders (CROFTE)

Watling Community Centre, 145 Orange Hill Road, Burnt Oak HA8 0TR

Contact: Pathma on **020 8357 2644** or **07735 241 676**

Email: p2gunasingam@yahoo.co.uk

This centre provides members with opportunities to get together and interact socially on **Mondays** and **Fridays**. It offers Yoga (**Mondays**) and keep fit classes (**Fridays**), cultural and religious celebrations, lunch club with Sri Lankan food, free coffee club, board games, advice on social problems as well as some annual outings.

SOCIAL GROUPS and LUNCH CLUBS

Burnt Oak Library Watling Avenue, Edgware HA8 0UB

Contact: 020 8432 1415

FREE coffee morning. Open to all, just pop in for a chat and to meet new friends. Help with IT is available.

Mondays 10.30am—12pm

The Good Neighbour Scheme for Mill Hill and Burnt Oak

Annunciation Church, 4 Thirleby Road, Burnt Oak HA8 0HQ

Contact: 020 8906 3340 or email good.neighbours@yahoo.co.uk

Meeting **Thursdays** during school term time **12pm—1.30pm**, this lunch club is run by The Good Neighbour Scheme for Mill Hill and Burnt Oak. Some minibus transport may be available.

Colindale

Colindale Community Club

The Hyde United Reform Church, Varley Parade, Edgware Road NW9 6RR

Contact: Chris on 07960 944 612 Cost: £4.50

Every **Tuesday** from **10am—12pm** Colindale Community Club has a Tai Chi class **10.15am—11.15am** followed by coffee. The club hosts speakers from other organisations giving information and advice to older people. A nurse visits the club monthly to conduct health checks and the club helps older people access advice on welfare benefits and other relevant support.

Cricklewood

Games Afternoon

St Agnes Centre, Gillingham Road (off Cricklewood Lane) NW2 1RL

Contact: Joan at the Parish Office on 020 8452 2475

On **alternate Tuesdays** from **2pm—4pm** St Agnes Centre hosts an over 55s games afternoon. Come along and make new friends while having fun! Refreshments provided and free parking available.

East Barnet

Oakhill Pitch and Putt Parkside Gardens, East Barnet EN4 8JS

Wednesdays from 10am—12pm

Half price teas, coffees, hot chocolate and free biscuits are available for the elderly community at Oakhill Pitch and Putt. Sandwiches, ice cream and other refreshments are also available and you can also have a game of golf, which costs £5 to play 9 holes.

SOCIAL GROUPS and LUNCH CLUBS (continued)

Friend in Need (FIN) Community Centre

East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: 020 8449 8225 or email fin@fin-eastbarnet.org.uk

The Activity Centre offers a safe space for people with early onset dementia or other disabilities.

Daily Activities available 10am—3pm, Monday to Thursday and Saturday, and include:-

Lunch club 12.30pm—2pm

Two course meal consists of a hot main course and dessert; vegetarian option available.

Charges apply and booking is required..

East Finchley

Ann Owens Centre Oak Lane, East Finchley N2 8LT

Contact: 020 8432 1423 or email christine.gilbert@ageukbarnet.org.uk

Tea and Chat

Tuesdays and Thursdays 10am—11am Cost: £1.00

Lunch club

Tuesdays and Thursdays 12.30pm—1.30pm Cost: £5.00

This lunch club provides a freshly prepared 2 course meal (vegetarian option available).

Afternoon Activities

Tuesdays and Thursdays 1.30pm—3.30pm Cost £3.00

(with refreshments)

Transport may be available at a cost of £4.00 return (contact details shown above).

Edgware

Deborah Lodge 16 North Road, Edgware HA8 0UJ

Contact: 020 8432 1423 or email christine.gilbert@ageukbarnet.org.uk

Tea and Chat

Wednesdays and Fridays 10am—11am Cost: £1.00

Lunch club

Wednesdays and Fridays 12.30pm—1.30pm Cost: £5.00

This lunch club provides a freshly prepared 2 course meal (vegetarian option available).

Afternoon Activities

Wednesdays and Fridays 1.30pm—3.30pm Cost £3.00 (with refreshments)

Transport may be available at a cost of £4.00 return (contact details shown above).

One Stonegrove Community Centre 5 Hayling Way, Edgware HA8 8BN

Contact: 020 8629 0269

Fridays 11.15am—12.30pm Coffee Morning Cost: £3.50

Join us before the Coffee Morning for Gentle Exercise to Music

Fridays 10.30am—11.15am Cost: £3.50

SOCIAL GROUPS and LUNCH CLUBS (continued)

Finchley

St Mary's Church Hall Hendon Lane, Nether Street, Finchley N3

Contact: Lis Vandyk on **020 8349 4705**

If you have a visual impairment, **Barnet Borough Sight Impaired (BBSI)** is for you. A small friendly group meets for social activities. Meetings include "Joyful Movement", refreshments and a raffle. **Every first Tuesday** of the month **1.30pm—3.30pm**

Friary Park

Barnet Elderly Asians Group (BEAG) Friary House, Friary Park N20 0NR

Contact: 020 8368 0892 or email BEAGroup@btconnect.com

website www.bea-group.co.uk/

Barnet Elderly Asians Group provides Yoga classes, lunch, exercise and social opportunities **Mondays, Wednesdays** and **Thursdays**. Other activities are aimed at improving health, relaxing the mind and enabling members to access information and support to help them stay independent. Men and women social groups and Chai Club run **Monday to Friday**.

Barnet Asian Women's Association (BAWA)

Friary House, Friary Park N20 0NR **Contact:** 020 8368 3077

Barnet Asian Women's Association (BAWA) provides lunch, exercise, social activities as well as support for Asian women living in the London Borough of Barnet on **Tuesdays** and **Fridays**

Friern Barnet

Friern Barnet Royal British Legion 1 St John's Building, Friern Barnet Road N11 3DP

Contact: Pam Dobbins on **07860 573 103** or email info@rbfriernbarnet.co.uk

Combat Loneliness every **Monday, Wednesday and Friday** from **12pm** onwards with music, bingo and friendship. A home cooked two course lunch can also be provided at a cost of **£6.00**

You do NOT need to be a member of the Royal British Legion.

St Johns Church Friern Barnet Road N11 3BS

Contact: Janet on **07956 300 572**

Home cooked two course lunch Cost: **£3.50**

Fortnightly Fridays 12.30pm—2pm

Golders Green

Michael Sobell Jewish Community Centre 221 Golders Green Road NW11 9DQ

Michael Sobell JCC offers a wide range of programmes and activities from health and wellbeing, learning and culture, social and support groups as well as their Get Creative programme.

To view their full brochure online please go to www.jewishcare.org/msjcc

For more information or to request a brochure please contact the centre on **020 8922 2900** or email sobell@jcare.org

SOCIAL GROUPS and LUNCH CLUBS (continued)

Hendon

African Cultural Association - Barnet (ACA-Barnet) 28 Church End, Hendon NW4 4JX

Contact: Email info@africanculturalassociation.net or call Marjorie Manu on **07903 151 159** or **020 8203 4078**

Weekly Healthy Living Lifestyle Club for the over 60s by way of weekly activities on **Tuesdays** and **Fridays 11am—1pm**. Participation is free.

Activities taking place include health talks, Benefit talks, finance and debt talks, Yoga classes, Keep fit/slow dancing, An Outreach service, Dressmaking/art and craft/jewellery classes and monthly luncheon and trips.

ACA-Barnet run an outreach service for vulnerable BME (black and minority ethnic) adults who are disadvantaged, vulnerable and housebound at their homes, for all those who live in Barnet. Let them know if you can identify any elder BME vulnerable adult who needs visiting to enable ACA-Barnet identify their needs.

They also offer general information, signposting and referrals for all those who live and work in Barnet. *The Legal Services Commission Quality Mark*

Drop-in day and time: **Thursdays 11am—2pm**

Contact: Flora Mutuku on **07910 356 727** or **020 8203 4078**

Appointment days and times: **Monday—Friday 11am—3pm** and **Saturdays 11am—1pm**

Chinese Elders Wellbeing Club

Meritage Centre, Church End, Hendon NW4 4JT

Contact: Raine Lee on **020 7613 1008**, email raine@cmha.org.uk

Website www.cmha.org.uk/our-services-/wellbeing-club

The Wellbeing Club is aimed primarily, but not exclusively, at Chinese Elders who wish to improve their physical and mental wellbeing.

Alternate Mondays 11am—4pm

60+ Farsophone Group Meritage Centre, Church End, Hendon NW4 4JT

Contact: **020 8905 5522**, email info@farsophone.org.uk

Activities and games club held on the **second Tuesday** of every month **12pm—3pm**

Tea and coffee provided. Entrance fee **£2.00**. Guests can bring their own food.

The Holocaust Survivor and Refugee Service

Contact: Service Manager, Aviva Trup on **020 8203 9033** or email shalvata@jcare.org

Monday to Friday 9am—5pm

Fridays (winter hours) 9am—2pm

Membership cost: **£25.00 per year** for social programme and free therapeutic services.

A user-led Jewish social and therapeutic centre for over 500 holocaust survivors who were in Europe during the Second World War or came to the UK as refugees. Also services for Jewish Bosnian refugees.

SOCIAL GROUPS and LUNCH CLUBS (continued)

Mill Hill

Coffee Morning and Bingo Mill Hill East Church, Salcombe Gardens NW7 2NT

Contact: Vintage Volunteering on **020 8368 8724**

Join Vintage Volunteering for coffee, chat and bingo around the last Thursday of each month from **10.30am—12pm**. It's free! Call to check the date, as times change.

Mill Hill Library Hartley Avenue NW7 2HX

Contact: **020 8359 3830**

Coffee morning

Thursdays 10.30am—12pm

Retail Centre Marshall Estate, Hammers Lane NW7 4DQ

Contact: Jeanette on **020 8906 3340** email good.neighbours@yahoo.co.uk

Cost: **£5.00**

Wednesdays 12pm—1.30pm Lunch club at the Cottage Homes restaurant in the Retail Centre

The Good Neighbour Scheme for Mill Hill and Burnt Oak

The Wilberforce Centre, St Paul's Church, The Ridgeway, Mill Hill NW7 1QU

Meeting **Tuesdays 12pm—1.30pm** (during school term time), this lunch club is run by the Good Neighbour Scheme for Mill Hill and Burnt Oak. **Cost: £3.50** for a two course hot meal plus tea and coffee.

Some volunteer transport is available for those who need it. For further information or to book a meal call the **020 8906 3340**

Stroke Café

Mill Hill Library Café, Harley Avenue NW7 2XH

Contact: Gillian Dunne on **07866 540 973**

Have you or a family member had a stroke? Would you like to meet other stroke survivors and carers? Please join us for a drink and a chat.

Tuesdays from 2.15pm

New Barnet

New Barnet Community Association

New Barnet Community Centre, 48-50 Victoria Road, EN4 9PF

Contact: Email newbarnetca@gmail.com

Cost: **£4.00** on **Tuesdays** and **Fridays** and **60p** on **Mondays**

New Barnet Community Association provides a lunch and social group for older people on **Tuesdays** and **Fridays 11.30am—2pm**. As well as a hot meal, it is a place where people can meet and talk as well as participate in group activities such as bingo and exercise. A social group also runs **Mondays 2pm—3.30pm**

SOCIAL GROUPS and LUNCH CLUBS (continued)

North Finchley

Stephens Memorial Hall (behind Christ Church, opp Homebase) 620 High Road, North Finchley N12 0NU

Contact: Jodie Willett on 07985 770 044 or 020 8445 2532

Wednesdays 10.30am—12pm

Come and share in FREE refreshments at the Wednesday Brunch morning. Have a chat with others and if you like join in a game of dominoes. Free parking for brunch members on site.

St Barnabas Church 913 High Road, North Finchley N12 8QJ

Contact: 020 8343 5770

The Wednesday Club—A friendly social club for senior citizens. Join them for friendship, tea, cakes, entertainment and speakers. All welcome, it's free and it's fun!

Wednesdays 2.15pm—4pm during term time

Trinity Church Centre 15 Nether Street, North Finchley N12 7NN

Contact: Mark on 07956 680 424 or email gailrichardson@talktalk.net

Barnet Trinity Stroke Group is for people who have suffered a stroke. A friendly supportive group offering a warm welcome, friendship, understanding. A variety of activities to join in with and refreshments.

Thursdays 10.30am—12.3pm

West Hendon

Training Ship Broadsword Cool Oak Lane, West Hendon NW9 7ND

Contact: Terry on 07956 846 375

Fridays 12.45pm—1.30pm Coffee and refreshments Cost: FREE

A FREE exercise class runs from 12pm—12.45pm. You do not have to attend the refreshment session to come to the exercise class. No booking is necessary for either activity.

Whetstone

Manor Drive Methodist Church Manor Drive, Whetstone N20 0DZ

Contact: Nila Patel on 020 8629 0269 or email nila.patel@ageukbarnet.org.uk

Cost: £6.00

Join us for an Indian vegetarian lunch and exercise at the **Monday Social Club**, for older Asian people. Or just pop along to meet new and old friends.

Mondays 10.30am—2pm

INTEREST GROUPS

Arts

Arts & Crafts

Age UK Barnet – Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: Age UK Barnet on 020 8432 1415 or email howard.chapman@ageukbarnet.org.uk

Cost: **£3.00**

This fun and friendly group is from **10am—12pm** on **Thursdays**. It is for all abilities and uses a variety of art materials, which are provided or you can bring your own.

artsdepot Creative Circle for the over 60s

artsdepot, 5 Nether Street, Tally Ho Corner, North Finchley N12 0GA

Explore your creativity at friendly art sessions. Covering a variety of art forms, these workshops are led by professional theatre makers, dance artists, visual artists and musicians. No experience necessary.

Sessions include Theatre Storytelling, Dance & Movement, Group Singing and Visual Arts.

The Creative Circle is **Mondays fortnightly** from **1.30pm—3pm** and costs **£24.00 per term**

Booking is essential—Call the Box Office on **020 8369 5455**

Finchley Arts Society

The Society has about 80 members who meet regularly during the school terms.

Contact: Colin at colincbc@btinternet.com

There are two painting sessions each week

- On **Monday** evenings **7.00pm—9.15pm** at **Trinity Church Hall, 15 Nether Street, North Finchley N12 7NN – near Tally Ho Corner**. A portrait model and a still-life are provided, but there is no tuition. The cost is **£2.00 per session**
- On **Wednesday** afternoons **12.30pm—3.30pm** at **St Mary's Church Hall, 26 Hendon Lane, Finchley Central N3**. Tuition in watercolour painting is provided. There is no model. The cost is **£1.50 per session including tea**

Two exhibitions of members work are arranged each year, one in November and the other in the spring, and during the course of the exhibitions a professional artist is brought in to give constructive criticism and advice.

There are demonstrations by professional artists at regular intervals, held at the Trinity Church Hall.

In the summer, painting days out are arranged in an attractive garden or park.

The annual subscription is **£24.00**. If you want to join just go along.

Musical Afternoon

Age UK Barnet – Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: 020 8432 1415 Cost: **£4.00** (includes refreshments)

Every second Thursday from **1.30pm—3.30pm** Booking is essential

Social Craft Group Friend in Need Community Centre, East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: 020 8449 8225 or email fin@fin-eastbarnet.org.uk

Fridays from **2pm—4pm** Cost: **£3.00** with light refreshments

Beginners and experienced crafters are all welcome.

INTEREST GROUPS (continued)

Studio North Three Art Group

Frith Grange Scout Camp, Frith Lane, Mill Hill NW7 1PT

Contact: Brian Lacey on **07957 352 732** or email brianlacey36@yahoo.co.uk

Studio North Three Art Group meets on **Tuesdays** during term time, **10am—1pm**

The group is open to artists of all abilities ranging from beginners to more experienced painters.

Ballroom Dancing

Lyonsdown Hall 3 Lyonsdown Road, (near New Barnet Station) New Barnet EN5 1JB

Contact: Ken or Barbara on **01707 258 414** **Cost: £4.50**

Includes tuition and refreshments **Mondays 8pm—10.30pm**

Book Groups

Make friends with a book

The Reader Organisation connects people with great literature through “shared reading”. You can simply drop in and sit down, there’s no pressure to talk, to read, or even to drink tea!

Venues and days

Monday 10am—11.30am

John Lewis—Brent Cross, Prince Charles Drive NW4 3FL

Monday 10.30am—12pm

St Stephens House, The Visitors Centre, 17 East End Road N3 3QE

Monday 1.30pm—3pm

Cheshir Hall Community Centre, Foster Street, Hendon NW4 2AA

Tuesday 10am—11.30am

Golders Green Library, 164 Golders Green Road NW11 8HE

Tuesday 10.30am—12pm

Burnt Oak Library, Watling Avenue, Edgware HA8 0UB

Tuesday 2pm—3.30pm

Chipping Barnet Library, 3 Staplyton Road, Barnet EN5 4QT

Tuesday 2.30pm—4pm

Headroom Café, 89 Golders Green Road NW11 8EN

Wednesday 2pm—3.30pm

Church End Library, 318-320 Gateway House, Regents Park Road N3 2LN

Thursday 10.30am—12pm

OneStonegrove Community Centre, 5 Hayling Way, Edgware HA8 8BN

Thursday 10.30am—12pm

Colindale Library, 7 Bristol Avenue NW9 5NE

Thursday 11am—12.30pm

Childs Hill Library, 320 Cricklewood Lane NW2 2QE

Friday 10.30am—12pm

The Old White Lion, 121 Great North Road, East Finchley N2 0NW

Contact: Kate Fulton on **07801 911 481** or email kathrynfulton@hotmail.com

Website www.thereader.org.uk Please call to check groups aren’t fully booked

Cost: FREE

INTEREST GROUPS (continued)

Home Library Service

Like reading? Unable to get out to the library anymore? Try Barnet libraries **Home Library Service** for library home deliveries. Cost: **FREE**

Call **020 8359 3901** or email mobile.library@barnet.gov.uk

Bowling & Croquet Club

Bowling & Croquet Club

Finchley Victoria Park, Ballards Lane N3 2NE

Cost: £5.00 Wednesday, Saturday and Sunday 2pm—4.30pm

FREE Tuition—Equipment provided (just wear flat shoes). Private car park

Contact: Gary on **020 8346 0818** or **07956 546 457**

Website: www.fvbcc.com

Bridge

Bridge groups

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

Come along to play bridge and have a cup of tea and biscuits with your fellow players. For more details please call Ray Tiano on **07944 562 180** or email tianoraymond@gmail.com

Cookery Courses

Age UK Barnet Ann Owens Centre, Oak Lane, East Finchley N2 8LT

Contact: Karen on **020 8150 0967** or email eatwell@ageukbarnet.org.uk

Prices include the cost of ingredients and lunch.

A variety of courses are available on Mondays:-

* Indian cookery * Advanced culinary workshops * Vegetarian cuisine * Baking

Mondays 11am to 1.30pm—6 sessions at £5.00 each

Wooden Spoon and Apron Club—evenings

Cookery from around the world, for meat eaters and vegetarians

Thursdays 5pm to 8pm—6 sessions at £7.50 each

All courses are open to men and women over 55. Booking is essential

Hartley Hall Flower Lane, Mill Hill NW7 2JA

Contact: Karen on **020 8150 0967** or email eatwell@ageukbarnet.org.uk

Price includes the cost of ingredients and lunch.

Men's cookery—Traditional favourites

Comfort cooking at its best!

Thursdays 10.45am to 1.30pm—5 weeks at £6.00 per session

INTEREST GROUPS (continued)

Mill Hill International School Milespit Hill NW7 2RX

Contact: Karen on 020 8150 0967 or email eatwell@ageukbarnet.org.uk

Prices include the cost of ingredients and lunch.

10 week healthy eating cookery course (with advice from a nutritionist). Tasty, nutritious easy to make recipes.

Tuesdays 11am to 1.30pm—£6.00 per weekly session

Cakes and Bakes—Make delicious cakes and biscuits, then enjoy together with a cup of tea or coffee afterwards

Every Wednesday 2pm to 4pm—£5.00 per session

Wren Academy Hilton Avenue, North Finchley N12 9HB

Contact: Karen on 020 8150 0967 or email eatwell@ageukbarnet.org.uk

Men's cookery—Beginners

Thursdays 4pm—5.30pm—12 weeks at £5.00 per session (ingredients provided)

Cooking Skills—An introduction to simple healthy cooking on a budget

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

Contact: Sajeda Meghji at s.meghji@ucl.ac.uk to book and for any questions. You can discuss dietary requirements etc beforehand.

Gain or broaden your cooking skills, making healthy economical meals with others, led by experienced cooks. Then eat together afterwards!

Thursdays 5pm—8pm

£40.00 for a six week course, ingredients included. Booking is essential

Dance

artsdepot Dance Group for the over 60s

artsdepot, 5 Nether Street, Tally Ho Corner, North Finchley N12 0GA

Creative dance and movement sessions led by professional choreographer Sophie Nüzel. Express yourself, have fun and exercise from head to toe, in these confidence-building sessions to improve stamina, balance and co-ordination. No experience necessary.

Fridays 11am—12.30pm at a cost of **£3.00** per session (subsidised places are available to those on low incomes).

To book call **020 8369 5452** or email participation@artsdepot.co.uk

Watling Community Centre 145 Orange Hill Road, Edgware HA8 0TR

Contact: Nila or Carolyn at Age UK Barnet on **020 8629 0269**

Bollywood Dancing—Suitable for all abilities, everyone welcome

Thursdays 11am—12.30pm Cost: **£3.50**

INTEREST GROUPS (continued)

LGBT

Older lesbian, gay, bisexual and transgender (LGBT)

Various venues in London

Contact: 020 7239 0400 or email info@openingdoorslondon.org.uk

Website www.openingdoorslondon.org.uk

Opening Doors London hosts a variety of social groups and meetings in London. Regular social activities include film nights, speakers events, walking groups, coffee evenings, lunch clubs, theatre and cinema trips, museum and day trips and old fashioned nights out in the pub. Most activities are provided free to Opening Doors London members (email or go to website as detailed above).

Miscellaneous

Hendon Gardening Club Cheshir Hall, Foster Street NW4 2AA

Contact: Jill on 020 8202 7380

Meets 7pm—9pm most months on the **second Wednesday** of the month for talks, demonstrations, plant sales and a chance to chat about all things horticultural.

Mill Hill Historical Society was founded in 1929 to meet the needs of people interested in local history.

It organises regular lectures during the winter as well as a summer programme of visits to places of historical, literary and architectural interest.

Further information can be found on their website www.millhill-hs.org.uk

The Society warmly welcomes new members. If you are interested in joining please contact Jane Hartman on 020 8205 8446 or email janehartmanmhhs@hotmail.co.uk

Lyonsdown Hall 3 Lyonsdown Road, New Barnet EN5 1JB

Contact: Elizabeth on 020 8449 3235

Family History Society

Third Thursday of the month 7.30pm—10pm

Lyonsdown Hall 3 Lyonsdown Road, (near New Barnet Station) EN5 1JB

Contact: Brian on 020 8368 9543 or Elizabeth on 020 8449 8836

The New Barnet Amateur Gardeners & Floral Art Society gives gardening talks and floral art demonstrations, plant sales and quizzes etc.

The Society does not provide any form of gardening service

Second Thursday of the month 8pm

Trinity Church 100 The Broadway, Mill Hill NW7 3TB

Contact: 020 8906 3340 or email goodneighbours@yahoo.co.uk for details of the dates films are shown or go to thegoodneighbourschememhbo.com

Wednesday film afternoons—No admission will be charged but donations welcomed

Wednesdays Doors open at 2pm—Film starts at 2.15pm

INTEREST GROUPS (continued)

Mindfulness Meditation at The Archer Academy Free School, Stanley Road Campus, Eagans Close, East Finchley N2 8GA

Contact: Roya Hekmatpanah at rhkmatpanah@gmail.com

Practice mindful meditation together with others, whether you have done it before or are new to meditation. **Cost: £4.00 per session** (with refreshments)

Tuesdays 7.30pm—9pm Booking is essential

Knit and Natter Group Prince of Wales, 2 Church Hill Road, East Barnet EN4 8TB

Mondays from 11.15am

Just turn up!

Men's Shed at Freehold Community Centre, 9 Alexandra Road, Muswell Hill N10 2EY

Contact: Chris on 07935 324 578 or email freeholdcms@gmail.com

Men can get together to do woodwork, gardening, bike and vehicle repairs and much more. Go to www.freeholdcommunityshed.org.uk for full details.

Music and Singing

East Barnet Singing Group

Friend in Need Community Centre, East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: 020 8449 8225

Everyone is welcome—bring your family and friends, sing together and have lots of FUN at the East Barnet Singing Group. Coached by qualified teacher with a variety of song styles.

Saturdays 11am—12pm **Cost: £3.50 per session**

Edgware Community Chorus

St Margarets Church, 1 Station Road, Edgware HA8 7JE

Contact: Godfrey Manning on 020 8958 5113 (after 10am weekdays)

Join the Edgware Community Chorus singing songs from the shows and popular music. Everybody is welcome, all abilities and ages. **Cost: £2.00** suggested contribution per session.

Alternate Mondays 3pm

Memory Lane Singing Club

St Mary's Hall, St Mary-at-Finchley, Hendon Lane, Finchley N3 1TR

Contact: Valerie on 020 8458 4508 or email v.cowan@hotmail.co.uk

Website www.memorylanesingingclub.co.uk

Cost: £10.00 per session or £113 per term

Meet **Fridays** from 11.30am—1.30pm under the musical direction of Linda Perillo, Soprano, who runs several singing groups in Finchley. They have a professional piano accompanist, Phil Davies. Their repertoire is quite varied, with songs from all eras and musical shows.

INTEREST GROUPS (continued)

Women

Hendon & District Townswomen's Guild (Colindale Branch)

St Matthias Church Hall, Rushgrove Avenue NW9 6QY

Contact: Pam on 020 8205 1758

This group is for women to meet and exchange views and ideas, make new friends and support each other. The group hosts interesting and informative talks and organises occasional outings. They also raise funds for charity, for example they hold a Macmillan coffee morning every September.

Second Monday of every month From 2pm

DEMENTIA ACTIVITIES

Contact: Alzheimer's Society on 020 3725 3001 or email barnet@alzheimers.org.uk in respect of all of the following:

Dementia Cafés are for people with dementia, or those who are caring for someone with dementia, you'll be welcomed at these cafés.

Dementia Café Friends Meeting House, 55 Leicester Road, New Barnet EN5 5EL

Third Monday of every month from 2pm—4pm

Dementia Café St Johns Parish Centre, Friern Barnet Road N11 3EQ

Second Tuesday of every month from 2pm—4pm

Dementia Café Open Door Centre, St Albans Road, Barnet EN5 4LA

Fourth Tuesday of every month from 2pm—4pm

Dementia Café The Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE

Last Friday of every month from 10.30am—12.30pm

Singing for the Brain The Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE

Thursday mornings between 10.30am—12.30pm A stimulating group activity for people in the early to moderate stages of dementia and their carers.

Booking is essential

The following Carers Support Groups provide a friendly and supportive environment to talk to other carers about how dementia affects their lives.

Carers Support Group Community Networks, 27 Castle Road, North Finchley N12 9EE

First Tuesday of every month from 7pm—9pm

Carers Support Group Finchley Memorial Hospital, Granville Road N12 0JE

Last Thursday of every month from 10.30am—12pm

DEMENTIA ACTIVITIES (continued)

Contact: Marillac at Barnet Dementia Hub on **020 3725 3001** or email marillac@alzheimers.org.uk in respect of the following:

Specialist day support service in the community, giving those with dementia the opportunity to pursue their hobbies and interests, try out new activities and socialise with others in a friendly environment outside of their home.

Marillac at Barnet Dementia Hub 1-5 Brampton Grove, Hendon NW4 4AE
Monday to Friday from 10am—3.30pm

Marillac at Finchley Memorial Hospital Granville Road, N12 0JE
Thursdays from 10am—1pm

Marillac at Open Door Centre St Albans Road, Barnet EN5 4LA
Thursdays from 2pm—4pm

Dementia Club UK (*Sponsored by Saracens*) - At various venues as shown below

Contact: Lisa Rutter on **07956 858 913** or email lisa.rutter@dementiaclubuk.org.uk

For people with dementia, or those who are caring for someone with dementia, each session aims to provide professional advice and information, gentle exercise to music and fun activities in a social atmosphere with cups of tea/coffee and lovely cakes.

Sha'arei Tsedek North London Reform Synagogue, 120 Oakleigh Road North, Whetstone N20 9EZ
First Monday of every month from 2pm—4pm

Stephens House & Gardens (Avenue House), 17 East End Road, Finchley N3 3QE
Second Monday of every month from 2pm—4pm

Greek Cypriot Britannia Centre, 2 Britannia Road, North Finchley N12 9RU
Last Monday of every month from 2pm—4pm

John Keble Church, The Baden-Powell Centre, Deans Lane, Edgware HA8 9NT
First Tuesday of every month from 2.30pm—4.30pm

St John's United Reformed Church, Corner of Somerset and Mowbray Roads, New Barnet EN5 1RH
Last Tuesday of every month from 2pm—4pm

Barnet Cophall Leisure Centre, Champions Way, Hendon NW4 1PX
First Thursday of every month from 2pm—4pm

Hendon Town Hall, The Burroughs, Hendon NW4 4AX
Last Thursday of every month from 2pm—4pm.

DEMENTIA ACTIVITIES (continued)

Singing for Memory (formerly Singing for the Brain)

Contact: Jewish Care Direct helpline on **020 8922 2222**

Supporting people living with Alzheimer's disease and other conditions affecting memory.

Otto Schiff, Limes Avenue, Golders Green NW11 9TJ
Wednesdays 2pm

Betty and Asher Loftus Centre, Asher Loftus Way, Friern Barnet N11 3ND
Thursdays 2pm

The Leonard Sainer Centre for People Living with Dementia

Jack Block House, Rectory Lane, Edgware HA8 7LF

Contact: Graham Freeman on **020 8951 3739** or email rallen@jcare.org

Cost: Contact Graham Freeman

Monday—Thursday 9.30am—3pm

Friday 9.30am—1pm

The Leonard Sainer Centre is a specialist service for Jewish people living with dementia. The centre has a stimulating and motivating environment that allows clients to enjoy themselves while having the opportunity to reach their full potential. The comprehensive daily programme of varied activities is service user led and promotes choice and independence. The Jewish cultural needs of the clients are recognised, including through the provision of a hot kosher lunch. The centre also operates services for family carers of people living with dementia.

Sam Beckman Centre for People Living with Dementia

The Betty and Asher Loftus Centre, Asher Loftus Way, Colney Hatch Lane N11 3ND

Contact: Marjorie Essientta on **020 8922 2222** or email messientta@jcare.org

Cost: Contact Marjorie Essientta

Monday—Thursday 9.30am—3.15pm

Friday 9am—3pm

The Sam Beckman Centre provides a unique service for Jewish people living with dementia. The centre delivers a variety of activities that cater to each person's individual needs. Their members are supported to celebrate the Jewish way of life, in ways that are meaningful to them. They work together to maintain tradition and create a sense of belonging in a warm and stimulating environment and they also provide a hot kosher meal.

The activities that are on offer at the centre include: reminiscence, arts and crafts, music sessions, exercise, dance, yoga, discussions and various types of word games, drama, table games, creative writing, baking and gardening.

The centre aims to give members choice and control in every aspect of their lives.

Barnet Cophall Leisure Centre Champions Way, Hendon NW4 1PX

Contact: Prevention & Wellbeing Team at Barnet Council on **020 8359 2896**

Dementia friendly swimming

Tuesdays 10.30am—11.30am

Cost: **£2.75** pay and play fee for the individual with dementia, **free** for carers

Swim during quiet times with specially dementia awareness trained staff on hand to support you • Build confidence and enjoy being in the pool • Socialise with others in a similar situation to you.

DAY SERVICES

Chipping Barnet Day Centre

The Open Door Centre, St Albans Road, Barnet EN5 4LA

Contact: 07923 031 231 for details Cost: **£7.00** per day for lunch

Mondays and Fridays 9.30am – 3.30pm

The Open Door Centre is a club for older housebound people to enjoy a day out in a friendly, relaxed and cheerful environment. Activities on offer include Scrabble, card games and occasional live entertainment. Coffee and tea are provided on arrival followed by lunch at midday and tea in the afternoon. The centre also arranges outings and events.

Barnet African Caribbean Association (BACA)

Barnet Multicultural Community Centre, Algernon Road NW4 3TA

Contact: Call 020 8202 0095 or email baca@barnetmcc.org Cost: Contact BACA

Tuesdays and Fridays 10am—3pm

A specialist day service helping to meet the needs of people from African and Caribbean communities within Barnet. BACA provides a drop-in service, activities including exercise classes, preventative and education activities and health checks as well as organising outings and holidays and supporting involvement in community initiatives and consultations. The service also offers specialist support for stroke sufferers.

HANDYPERSON SERVICE

Age UK Barnet's **Handyperson service** can undertake small jobs around the home to ensure older people can live safely and independently. *Some charges apply*

The kind of jobs do we do:

- Change light bulbs, fuses and plugs
- Fit key safes and grab rails
- Fit locks, spy holes and door chains
- Hang curtains
- Minor repairs to furniture
- Unblock sinks and replace toilet seats
- Fit draught proofing
- Fit smoke alarms
- Move and assemble small items of furniture

Call the Handyperson service on 020 8150 0963 or email handyperson@ageukbarnet.org.uk

Age UK Business Directory

Connecting you with traders you can trust.

Put your mind at rest and visit the Age UK Business Directory today

- Large selection of trustworthy traders and businesses
- Checked by Age UK staff

Call free on 0800 334 5056 or visit www.aubdlondon.co.uk

SCAMS AWARENESS AND SUPPORT SERVICE

Scams Awareness and Support Service

Age UK Barnet are running a scams awareness, prevention and support programme throughout the borough. We would be happy to talk to your community group about this new programme and other services that Age UK Barnet offer.

For more information please contact Helen Nicolaou, Scams Awareness Project Manager on **07384 466 840** or email helen.nicolaou@ageukbarnet.org.uk

LATER LIFE PLANNING SERVICE

This service enables older people living in Barnet to manage and plan for the challenges that ageing brings, whilst retaining independence, choice and control in their lives.

The team of Later Life Planners are available to provide advice on a broad range of subjects. Whether it's advice on welfare and benefits, housing or support services or how to keep healthy and active, they are here to help you.

Based in Age UK Barnet's centres, the Later Life Planners also go out into the community to reach as many people as possible across the borough.

Call **020 8432 1417** or **1419** to speak to a Later Life Planner.

You can also email laterlifeplanners@ageukbarnet.org.uk

The Later Life Planners run an **APPOINTMENT ONLY** service.

Limited home visits are available to the housebound.

BEFRIENDING

Age UK Barnet

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

Contact: Call **020 8432 1416** or email sian.jones@ageukbarnet.org.uk

Age UK Barnet's befriending service aims to provide medium to long term companionship and support for the elderly who are lonely and isolated, especially due to frailty and physical disability. Many relationships will involve outings to shops, parks, help with paperwork and modern technology as well as a cup of tea, a chat and a laugh.

BEFRIENDING (continued)

Friend in Need (FIN)

Contact: 020 8449 8225 or email goodneighbourscheme@fin-eastbarnet.org.uk

Friend in Need Good Neighbour Scheme offers a befriending service in the East and New Barnet areas.

High Barnet Good Neighbour Scheme

Contact: 020 8441 5678 or email HBGNS@greenbee.net

The Good Neighbour Befriending Scheme is a voluntary service offered to anyone living in the EN5 area of Barnet who is feeling lonely and isolated. Our befrienders are wonderfully warm volunteers whom would happily share a cup of tea and a natter with you or take you for a walk. If you have any worries or insecurities about anything the volunteer might be able to reassure you or find the relevant help through us here at Good Neighbours. Generally, they will make you feel you are not alone and have support.

The Good Neighbour Scheme for Mill Hill and Burnt Oak

Contact: 020 8906 3340 (mornings)

The Good Neighbour Scheme for Mill Hill and Burnt Oak operates a befriending scheme for the lonely and isolated using local volunteers.

Hear to Meet befriending groups

Friends, community and support for people with hearing loss at various venues (below).

The service is for people affected by hearing loss, particularly those who have recently been diagnosed or are new to hearing aids.

Jewish Deaf Association, Julius Newman House, Woodside Park Road N12 8RP

Third Thursday of every month

Time: 2pm—4pm **Cost:** Free

For more information contact Richard Turner or Federica Onnis on **020 8369 5325**

email richard.turner@hearingloss.org.uk or federica.onnis@hearingloss.org.uk

website www.actiononhearingloss.org.uk

PRACTICAL HELP

Hear to Help

FREE walk-in hearing aid clinics at:

Hartley Hall, 1 Flower Lane, Mill Hill NW7 2JA

Fourth Tuesday of every month from **1.30pm—3.30pm**

Jewish Deaf Association, Julius Newman House, Woodside Park Road, North Finchley N12 8RP

First Thursday of the month from **10am—12pm**

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

Last Thursday of every month from **1pm—3pm**

To book at either venue contact the Community Support Officer on **020 8369 5325** or email heartohelp.nwlondon@hearingloss.org.uk

Training Ship Broadsword Cool Oak Lane, West Hendon NW9 7ND

Contact: Terry on **07956 846 375**

Improve your English as a second language

Fridays 12pm—2pm Cost: FREE

Barnet Stroke Support Service—Deansbrook House, Edgware Community Hospital, Burnt Oak Broadway HA8 0AD

If you or someone you care about has had a stroke this service can offer constructive advice, specialist information and compassionate support. The service is available to:

- Stroke survivors of any age
- Family members and carers

Monday to Friday 8am—5pm

Contact the team on **0845 389 0940** or email icsbarnet@nhs.net

Helping Hands

Contact: **020 8275 8378** or email helpinghands@fin-eastbarnet.org.uk

Website www.fin-eastbarnet.org.uk

This scheme is run by **Friend in Need (FIN)** and assists older people (who do not meet FACS eligibility criteria for service but are seen as having low-moderate risk levels) by providing the following services:-

* Shopping * Bill payment * Prescription collection services * Pension collection * Banking

Friend in Need

Contact: **020 8449 8225** or email goodneighbourscheme@fin-eastbarnet.org.uk

Website www.fin-eastbarnet.org.uk

Friend in Need Good Neighbour Scheme provides offers the following services for people living in the East and New Barnet areas these include:

* Emergency shopping * Transport to hospital or other services * Shopping bus * Form filling
* Help with gardening and odd jobs * Falls prevention advice

PRACTICAL HELP (continued)

High Barnet Good Neighbour Scheme

A warm and friendly voluntary service giving practical help to the elderly, sick, disabled and anyone living at home finding it difficult to cope. Available to support those who live in the EN5 area **Monday—Friday**. A small contribution is welcome.

* Transport available to medical appointments * Friendship and advice available * Help with shopping * Collect pensions and prescriptions * Gardening—seasonal tidy-ups

Contact: Diane or Liz on **020 8441 5678**, email: hbgns@greenbee.net

The Good Neighbour Scheme for Mill Hill and Burnt Oak

Contact: 020 8906 3340

The Good Neighbour Scheme for Mill Hill & Burnt Oak provides the following services to older people living in the Mill Hill and Burnt Oak areas:

- help with form filling and letter writing
- access to a small gardening service
- a weekly shopping bus to a local supermarket with volunteer driver and escort
- volunteer transport to medical centres and local hospitals

Jewish Care Community Support and Social Work Service

Contact: 020 8922 2222

Supporting individuals, families, carers and communities by enabling people to make a meaningful difference to their lives, with dignity and choice.

We can help identify what support, care or services you need, advise, co-ordinate and act on your behalf with local authorities, signpost you to other helpful services, and provide support and advice for as long as required.

We have five specialist teams of experienced social workers and community support workers with extensive knowledge on a range of issues including end of life care and support, family carer support, dementia, disability and welfare rights, and holocaust survivors and refugees.

Jewish Care Direct helpline

Our confidential helpline provides guidance, support and information about any health and social care issue you may be facing. This is your first point of call for any questions or concerns you have. Please call **020 8922 2222** or email helpline@jcare.org

Jewish Care Interact website

Jewish Care Interact is the place for all things independent living and ageing well in the UK Jewish community. We invite you to explore our mix of fantastic resources and community support. Whether you're an older or disabled Jewish person or a friend, family member or carer, we've got plenty to inform you and for you to enjoy.

The Jewish Care Interact Forum is the place to find and give support, and share ideas and experiences with others.

Go to www.jewishcareinteract.org

PRACTICAL HELP (continued)

Jewish Care Connect

Jewish audio news, culture and current affairs, kindly supported by the KC Shasha Charitable Foundation.

Jewish Care Connect is a unique and free to use talking news and magazine service for Jewish people who are unable to read printed material.

We offer:

The weekly abridged audio version of The Jewish Chronicle and Jewish News

The monthly audio current affairs magazine, Jewish Extra

And more to come

Your chosen publications will be delivered on a USB stick straight to your door and membership is FREE.

For more information and to become a member of Jewish Care Connect call **020 8922 2333** or email jconnect@jcare.org

A **chiropody service** is available **every six weeks** at the **Ann Owens Centre, Oak Lane, East Finchley N2 8LT** from a qualified foot care practitioner, Heidi Park.

By appointment only Cost: **£32.00** for initial visit and **£30.00** thereafter.

Available treatments:

- * Initial assessment * Corn removal * Fungal nails * Verrucas * Thickened nails
- * Diabetic foot care * Nail trimming * Cracked heels * Ingrown toe nails

Contact: Loraine on **020 8150 0962** or email info@ageukbarnet.org.uk

A simple **nail cutting service** is also available every **Monday** at the Ann Owens Centre. For more information and to book a Monday appointment call **020 8432 1423** or email **info@ageukbarnet.org.uk** Cost: **£10.00**

Friend in Need (FIN) Community Centre

East Barnet Baptist Church, Crescent Road, East Barnet EN4 8PS

Contact: Jessie on **020 8449 8225**

Foot Care by a qualified professional

Every three weeks on a Friday

Available treatments:

- * Initial assessment * Corn removal * Fungal nails * Verrucas * Thickened nails
- * Diabetic foot care * Nail trimming * Cracked heels * Ingrown toe nails

Treatment will take place in a private room at FIN

Initial assessment with treatment £40 (45—55 minutes)

Subsequent treatments £32 flat rate (30—40 minutes)

PRACTICAL HELP (continued)

Two **chiropody and nail cutting services** are held at a cost of **£20.00 per session** and are by appointment only. The service is aimed at preventative healthcare but if there is a medical condition it will be treated by the chiropodist at no extra cost.

Contact: Cheryl Trott on **020 8906 3340** for more information and to book an appointment.

Three times a month on a **Friday** at
Retail Centre, Marshall Estate, Hammers Lane NW7 4DQ

Once a month on a **Sunday** at
Oak Lodge Medical Centre, 234 Burnt Oak Broadway, Edgware HA8 0AP

Scams Awareness and Support Service

Age UK Barnet are running a scams awareness, prevention and support programme throughout the borough. We would be happy to talk to your community group about this new programme and other services that Age UK Barnet offer.

For more information please contact Helen Nicolaou, Scams Awareness Project Manager on **07384 466 840** or email helen.nicolaou@ageukbarnet.org.uk

EVENTS

Dates for your Diary

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

Thursday 14 February 1.30pm—Redbourne Ensemble

Thursday 14 March 1.30pm—Sandy Thompson—Violin and Irish fiddle

Tuesday 19 March 1.30pm—Whetstone Ladies' Choir

Thursday 11 April 1.30pm—George Ritchie—Singer will entertain with some of your favourite songs

Tuesday 14 May 1.30pm—Top Hat Tales—A musical love story based around Broadway musical songs of the 1930s, 40s and 50s performed by the Rahrah Theatre Company

Cost: £4.00—Call Howard to book on 020 8432 1415

EVENTS



Please join us for a great evening!
Test your knowledge raising money to help
support older people in Barnet

QUIZ NIGHT



When: Thursday, May 2, 2019

Where: Ann Owens Centre

Oak Lane, East Finchley N2 8LT

Price: £15 per person—includes 2 course supper
Enter a team of up to 8 or come join an Age UK Barnet team.

Doors open: 6:45 pm



For tickets and information:

Call: 0208 432 1415

Or email: community@ageukbarnet.org.uk

Bar available serving wine, beer, & soft drinks.

There will be a **RAFFLE** too with loads of prizes to be won!

To the best of our knowledge, the information in this booklet was correct at the time of printing. To avoid disappointment, we do advise that you use the telephone numbers provided to check details before setting out as some sessions do fill up.

Age UK Barnet is an independent charity which provides services and activities for older people across the borough of Barnet. Help to support our work by following us on social media.



Find us on Facebook
Age UK Barnet

Follow us on Twitter
@ageukbarnet



www.ageukbarnet.org.uk

SUPPORT AGE UK BARNET

Donations to Age UK Barnet can be made either by using this form or online at www.justgiving.com/ageukbarnet. Please make cheques payable to “ **Age UK Barnet**”.

I would like to donate £..... to Age UK Barnet.

Title: First Name:

Surname:

Address:

..... Postcode:

Email:

Daytime Tel No:

I do / do not require an acknowledgement of receipt (*please delete as appropriate*).

Please tick box and date if applicable. GIFTAID IT

I am a UK taxpayer and would like Age UK Barnet to claim back the tax I have paid on this donation, those I have made six years prior to this year and future donations until I notify otherwise at no extra cost to myself.

I have paid sufficient income or capital gains tax to cover the amount reclaimed.

Date:

Please return this form to:

Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley, London N2 8LT

THANK YOU FOR YOUR SUPPORT

**Registered Charity No. 1080458
Company No. 3863045**