

Living Well Services

Age UK Barnet's vibrant new hubs for people
living with mild-to-moderate memory
issues and their carers

Dementia Adviser Service

Specialist information and
advice to help you and
your family find the
right support

Day Opportunities

A chance to mix with others in a nurturing,
welcoming and inclusive environment.
We offer a wide range of fun and stimulating
activities such as exercise, art and crafts, singing
and games, as well as cognitive stimulation
therapy, reminiscence and music events. We also
offer lunch and transport

Dementia Hubs

Resources and
information for the
whole community, helping
all of us to make Barnet a
dementia-friendly borough

**We're here to support you and those you care about. Find out
more on 020 8203 5040 or email info@ageukbarnet.org.uk**



Hendon Hub
154 Station Road,
Hendon NW4 3SP



East Finchley Hub
The Anne Owens Centre,
Oak Lane N2 8LT