
















PIGEON POST

Keeping you informed & involved

November / December 2022



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Welcome to this latest edition of Pigeon Post which is, as ever, packed with interesting articles and information.

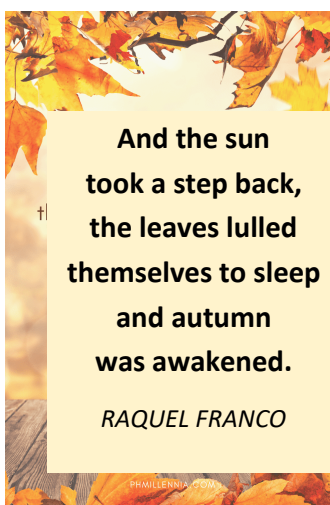
Our wonderful trustee Catherine Loveday has some fascinating insights into how we can all think ourselves younger and indeed be a super-ager like our dear late Queen. She had a full life and

knew the benefits of staying active – she was still riding her horse and walking in the countryside right up to just a few months before she died in September.

Staying active is more important than ever as the winter months loom and we have new additions to our programme to encourage our older people to get out and about. If the next few months are going to be a challenge, then we are here for you – as well as additional activities, our handyperson is offering energy efficiency checks and of course our Household Support Fund offers financial support to those who are struggling with their bills.

See you next time!

Helen Newman
Chief Executive
Age UK Barnet



**And the sun
took a step back,
the leaves lulled
themselves to sleep
and autumn
was awakened.**

RAQUEL FRANCO

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Tel: 0208 203 5040 / 07502 989 403 Email: teresa.gallagher@ageukbarnet.org.uk



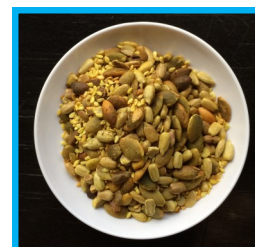
A HANDFUL OF NUTS AND SEEDS A DAY KEEPS THE DOCTOR AT BAY!

Nuts and seeds are little nutritional powerhouses. 'Although very high in energy, a handful a day is all you need to benefit from their many protective effects,' says cookery volunteer Kato. 'Not only are they excellent sources of essential vitamins and minerals (for example, all your selenium needs can be obtained from only two Brazil nuts a day) and protein, but they also protect against cardio-vascular disease, chronic inflammation, and cell and organ damage as we age.' Best of all, they taste delicious and are very filling. Instead of a tea biscuit, next time why not reach for a handful of nuts or a nut snack instead?



Sesame and peanut noodles (serves 2) Cook 250g brown rice or egg noodles following instructions on the pack. When ready, toss with 1tbsp toasted sesame oil. Combine 1 tbsp sesame oil, 3 tbsp peanut butter, $\frac{1}{4}$ cup soy sauce, 1.5tbsp honey, 1.5 tbsp rice vinegar (or apple cider vinegar), and 1 clove garlic, peeled and grated, in a bowl. Whisk until smooth. Mix into cooled noodles, and garnish with 1 tbsp toasted sesame seeds and 1 tbsp finely sliced salad onion. Serve cold or hot.

Toasted seed mix Place 75g of sunflower, pumpkin and sesame seed in a non-stick medium saucepan over medium heat. Pour over 3tbsp tamari or soy sauce and stir well. Cook gently for 5-8 minutes until seeds start to darken. Cool and store in an airtight container to serve over salads, soups, or as a snack.



Cashew and date bites Soak $\frac{3}{4}$ cup of raw unsalted cashews in boiled water for 10 minutes. Add to a food processor (a mini-chopper works very well) with 10 pitted dates, and $\frac{1}{2}$ cup unsweetened cacao. Process until the mixture forms a firm dough, about 2 minutes. Form dough into bite-size balls, place on wax paper and refrigerate for 30 minutes. Keep in the fridge for up to a week, or freeze.

Chia seed and yoghurt breakfast or snack Mix 2 tbsp of chia seeds in a large bowl with 1 cup plain yoghurt or kefir. Leave overnight in the fridge until the seeds are swollen. Mix in any fruit of your choice (small apple chunks and cinnamon, banana and honey, fresh berries, or frozen berries mixed with honey and heated on the stove for about 5 minutes). Top with chopped nuts of your choice. For breakfast, add 2 tbsp granola (below).



Home-made granola Heat the oven to 150°C. Mix well 2 tbsp of any vegetable oil, 5 tbsp sweetener (maple syrup, honey, or a combination), 1 tsp vanilla extract, 2 cups jumbo oats, 1 tbsp sunflower seeds, 1 tbsp sesame seeds, 1 tbsp pumpkin seeds, 100g nuts (almonds, cashews, walnuts or mix) roughly chopped. Spread in a thin layer on a baking sheet lined with baking parchment, and bake for 15 minutes. Add any dried fruit of your choice (apricot, berries, raisins) and bake for another 15 minutes. Cool and store for a month in an airtight container.

Chocolate nut clusters (about 10) Break 100g of dark chocolate into pieces, place in a glass bowl and melt on high in the microwave for 1 minute. Stir through, and melt for 30 seconds at a time, stirring throughout until melted. Stir in 1 cup of chopped mixed nuts (salted peanuts, plain cashews, walnuts, almonds) until coated. Spoon clusters on a parchment lined baking sheet, and refrigerate until set.



GIVING YOU THE TOOLS TO STAY SAFE

Our monthly update on the latest scams

Fake emails and texts offering discounts on energy bills.

A number of different scams have been circulating, including some that appear from the energy regulator Ofgem. The £400 energy bill announced by the Government will be available to all households and will be automatic. People should not give away personal details in order to apply. The messages invite people to apply for the £400 "non-repayable discount" and instruct the recipient to follow a link to a fake Ofgem website to then provide personal details. It then encourages people to set up a direct debit to receive the money.

Remember that no matter how an offer comes to your attention, there are very few occasions where there is a legitimate need to hand over your bank details.



Please get in touch with our Scams Prevention and Support Service on 020 8203 5040 if you have fallen for a scam or need some support or advice.

ECO CORNER

Volunteer Katharine continues her mission to save the planet and urges people to keep saving water.

Despite the rain in recent weeks, reservoirs across the country continue to be at lower levels than usual, according to the Environment Agency. Nearly half of reservoirs were classed as exceptionally low for the time of year, with total reservoir stocks at 52% of total capacity at the end of September.....

When rain falls, it is easy to assume the need to act against drought and prolonged dry weather has passed – but that is not the case. Water pressures on agriculture, wildlife and the environment remain high as we head into the autumn and winter, which is why we must continue to manage water wisely.

Try our water-saving tips!

Shower once every 3 days. Substitute a basin-wash.

For casual toilet visits, sluice the bowl with a jugful of water instead of flushing. It saves at least 6 litres per flush.

Continue to pour all your rain-barrel water over dry spots round the garden, under hedges and trees, for instance.



Cultivate a tap-awareness mindset!

OVER TO YOU



Wonderful to see 88-year-old Brenda out and about again doing what she loves best - shopping in Marks and Spencer!!

We profiled Brenda in our 'Over to you' section a few months ago when she told us how after losing the confidence to go out, and with no friends or family around locally, she stayed in her house for over two years.

As soon as she was matched with our volunteer befriender Gaby, they knew they were going to become friends. They hit it off straight away! And thanks to their growing friendship, Brenda now has the confidence to get back out into the world again.

POETRY CORNER

If you have any poetry or funny stories you would like us to include, put pen to paper And send it to us at **Age UK Barnet Letters Page, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.** Or call Teresa on 07502 989 403 or 0208 432 1421.



THE GREAT BRITISH QUEUE by Joshua Seigal

We're famous for buses,
The Beatles and pubs;
For Shakespeare's plays
And the best football clubs;
We bake a mean crumpet,
We make a good brew,
But the one thing we're best at –
We know how to queue!

We queue for the toilet
We queue for the shops
We queue up in restaurants
The queue never stops
We queue in the sunshine
We queue in the rain
We queue and we queue
And we never complain.

We're decent at cricket
And rugby and castles;
We've got Royal Mail
Delivering parcels;
We love fish and chips
And the chimes of Big Ben,
But for waiting in line
We get ten out of ten!

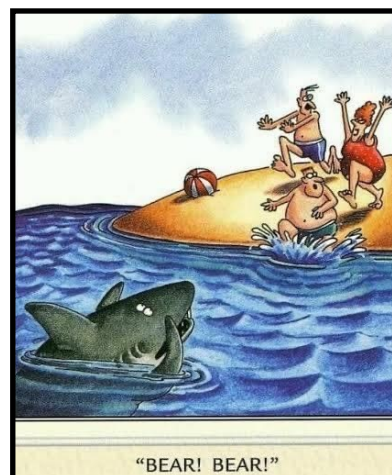


We queue at the market
We queue in the street
Through darkness and light
And through storms and through sleet
We queue in the queue
And, with stiff upper lip,
"A jolly fine queue"
You just might hear us quip.

We're Cockneys and Scousers
And Geordies and Toffs;
We linger in columns
And nobody scoffs;
And if you're in doubt
About what you should do,
Just come on and join in
The Great British Queue!

This poem was shared at our last poetry sharing session as a tribute to the people who queued so patiently and good heartedly for the lying-in-state and pay their respects to the Queen. The queue's maximum length was 10 miles - with 6.9 miles from Westminster to Southwark – and at its longest, the wait time was more than 24 hours.

Our next poem sharing session will be held on Zoom on Monday 23 May at 3.30pm. Contact Helen Nicolaou on 07384 466 840 for more details.



"Pigeon Post is the most marvelous thing Age UK Barnet has ever done! It is full of wonderful stories, the presentation is very good, it is so clear and easy to understand, and I am so happy to receive it. Whoever thought of it deserves a medal! I keep all my copies in a folder and whenever anyone comes in, I show it to them, but say – you can't have my copies, you have to get your own! I absolutely love it, especially now that I am housebound, it makes me smile but also keeps me informed. Never stop!"

Audrey, 93

YOUR LIVES, YOUR STORIES!

Each month we have a lovely chat with one of our readers who shares their story with the rest of us. This month our multidisciplinary team coordinator Jaihanne talks to her mother in law Mrs Asia Malik, who now lives in Barnet. Asia shares what it felt like when she first came over from Sudan in the 1960s to settle in London with her children and husband, who has now passed away.



My mother in law first came to the London in 1960 on a holiday with her husband. Two years later, she and her four children moved to London to join her husband, who'd been living in London for 6 months and working for the BBC. She remembers how excited her children were to be reunited with him.

Her first house was in Watford Green in Essex. She was impressed by the size – it was a four bedroom house - but was worried about the amount of cleaning she would be doing! She was so busy with the children, that she didn't have time to be homesick. Regular visits from her sister and other family members from Sudan helped keep her in touch with her roots.

She recalls how welcoming her landlord was, how he gave her tips on the best deals in Watford Green and showed her the bus route.



The Malik family in 1962

It was not easy dropping her children to school by bus, she says, as they lived quite far from the school - and she had to take her 3 year old with her too! However, she was happy to receive a letter from the headmaster that her children had settled well in school. Another memory from those early days was of the police coming to knock on her door to check if she was okay, as her house was quite isolated and near Epping Forest.

The winter of 1962 was very cold, remembers Asia, to the extent that the water in the taps froze! She went to Oxford street to buy her children some coats and she bought a sewing machine and sewed their uniforms. She also bought a Kenwood Chef baking mixer, which had just come out!

Asia mentioned that she always wore her "Tobe" (a sari like outfit), in spite of the cold and that her brother, who lived in the UK, had told her that there was no need to wear one. However, she had got used to wearing one and did not want to change now. She'd been wearing them since she the age of 22, when she was working as a teacher in a girls training college in Omdurman, Khartoum (Sudan). At the time she had taught arts, knitting and other subjects.

Asia remembers her neighbourhood very fondly. Her children played with her neighbour's children and she enjoyed socialising with other mothers in Epping Forest, while her children played there. She mentioned not being made to feel "uncomfortable" by anyone in her neighbourhood, and that her local pharmacist and shopkeeper were very helpful.



A family get-together in 2013

She feels that given that she was educated and could speak English, and had been to London before her move, that she did not struggle with the bus routes or life in London. In fact, her experience of moving to London was a very positive one.

RECIPE TIME

HEALTHY CHRISTMAS PUDDING

Get set for Christmas with our healthier take on a classic. It keeps for up to a week if stored in the fridge.

Ingredients

25g currants
25g raisins
10g mixed peel
1 tbsp mixed spice
1 tbsp ground cinnamon
half tsp ground cloves
1 tsp ground ginger
1 spray of oil or half tsp oil
20g glace cherries, chopped
(+ 5 left whole to top)
10g whole almonds

25g sultanas
1 small banana
1 unpeeled apple, grated
1 small carrot, grated
50g fine oatmeal
30g wholemeal flour
half tsp baking powder
grated zest 1 orange
grated zest 1 lemon
10g sunflower seeds
10g pumpkin seeds



Preheat the oven to 180°C/gas 4 and boil the kettle.

Method

Put all the dried fruits and spices into a bowl, mix thoroughly and add 50ml boiling water. Cover and leave for 15 minutes.

Brush the oil around a 1 pint pudding basin. Arrange the whole cherries and whole almonds on the bottom.

In a separate bowl, mash the banana and mix in the grated apple, carrot, oatmeal, flour, baking powder, zest and seeds.

Add the fruits, spices and water they were soaking in, mixing everything together well. Spoon into the pudding basin.

Cover with pleated greaseproof paper and foil and wrap tightly over the basin.

Stand the basin in a in a deep oven tray with 5cm of water in it (this is called a bain marie). Bake for 1 hour.

Remove from the bain marie and cook for a further 10 minutes. Remove from the oven, but leave covered. Allow to cool a little before serving.

Recipe tips

You could use mixed dried fruits rather than separate dried fruit. If you don't have all the spices, use double the amount of mixed spice.

Freezing instructions: Can be frozen either ready-to-cook or cooked. Defrost, then heat in the microwave or steam to serve.

Each 82g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
159	26.0g	4.1g	3.6g	3.6g	0.5g	14.0g	0.17g	0

EXERCISE



DYNAMIC POSTURE

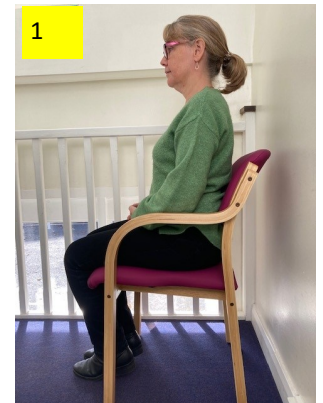


As you start reading this, are you sitting in an easy chair? Just think about your sitting position – is your head bent forward, your back slumped over and are your shoulders rounded?

If so, try this;- still holding the magazine, make sure your head is upright, your shoulders are back and your back is straight. To continue reading your arms will be raised, with elbows bent and tucked in. This an example of a dynamic sitting posture and, even if you can't hold it for long to start with, it's worth practising at regular intervals, says former physiotherapist and trustee Gillian Jordan

Here Gillian breaks the movement down into smaller ones:

1) Make sure your head is in a good position;- imagine you are a puppet with the string coming out of the top of your head and now imagine the puppet master is pulling your string so your neck stretches and your chin is tucked in. Do this several times, hold the good position for a count of 5 and relax.



2) Lift your shoulders up towards your ears then gently let them down and feel the front of your chest opening out – to do this you have to squeeze your shoulder blades together:-

3) In this position, bend your elbows to 90 degrees, keep them into your sides and open your arms as you draw your shoulders back squeezing your shoulder blades together. You might feel a stretch in your chest and the front of your shoulders – this is good!



Sitting to standing

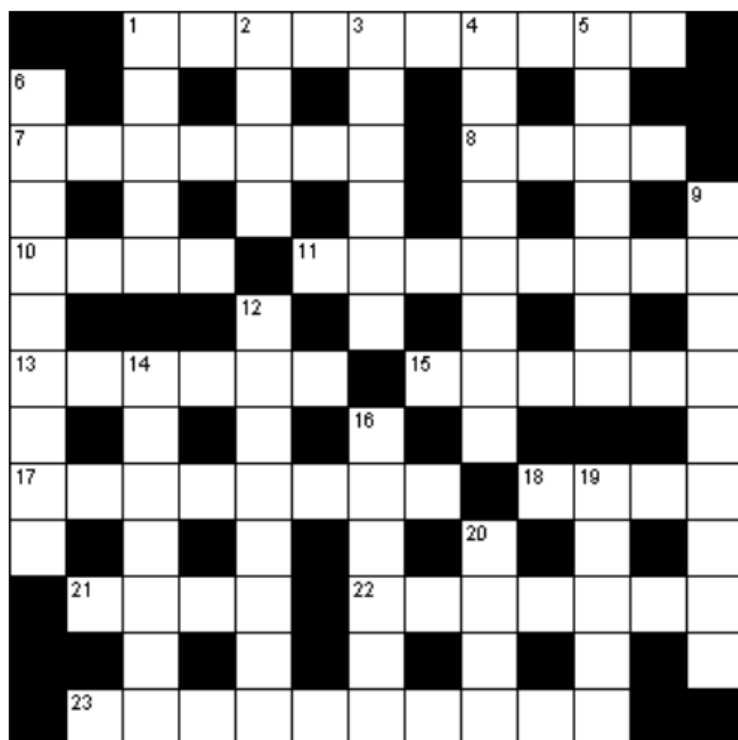
Practicing moving from sitting to standing is a great way to increase mobility and improve balance. This also strengthens leg, tummy and back muscles. Whenever you get up, do the sitting-to-standing exercise several times rather than just the once. It really is a very important movement to help maintain your independence.

If it is difficult to get up from an armchair, practice on an upright chair with arms and, as you get better, you can rely less on the chair arms to help you..



If you use a stick, walker or other aid, it is difficult not to adopt a forward bent posture. One way to help this is to ensure that you don't put the stick or walker too far in front of you as you move forward.

PUZZLE TIME....

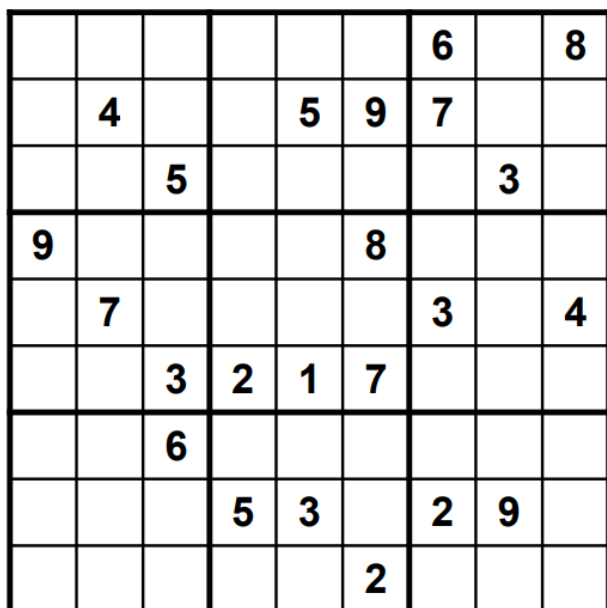


Across

- 1 Dissimilarity (10)
- 7 Inquisitive (7)
- 8 Double (4)
- 10 Finished (4)
- 11 Adolescent (8)
- 13 Collect (4,2)
- 15 Former name of Iran (6)
- 17 Twaddle (8)
- 18 Ready money (4)
- 21 Second Greek letter (4)
- 22 Forsake (7)
- 23 Great painters of the past (3,7)

Down

- 1 Mourning song (5)
- 2 Nutriment (4)
- 3 Less burdensome (6)
- 4 Imperil (8)
- 5 Modifications (7)
- 6 Go with (9)
- 9 Delivering sermons (9)
- 12 Tepid (8)
- 14 Hide (7)
- 16 Academy awards (6)
- 19 S American mountain range (5)
- 20 Female horse (4)



SUDOKU MODERATE

WHAT TO WEAR



- | | | |
|--------|--------|---------|
| Belt | Jersey | Skirt |
| Blouse | Pants | Slacks |
| Coat | Robe | Slip |
| Dress | Scarf | Suit |
| Frock | Shawl | Sweater |
| Gown | Shift | Vest |
| Jacket | Shirt | Wrap |
| Jeans | Shorts | |

EASY CRAFTS



EARLY BUTTON CHRISTMAS CARDS



Why not make some handmade cards in time for Christmas this year? People will love to receive them!

What you will need

Assorted coloured buttons, Glue, Black felt pen, Pack pre cut cards and envelopes (you can buy these from any £shop or just make your own by folding over some card), Green card, little bottle of glitter (optional) again, you can buy this from the £shop.

Draw your tree onto the green card and cut out.

Instructions

Glue it to the front of your white card.

Place the buttons within the tree to create a Christmas tree effect.

If doing the middle Christmas tree, just draw directly onto your white card using a black felt pen and then stick the buttons to the branches as shown.

You can also add some glitter to the cards to make them sparkle.



Here are a few more ideas to try!





WHAT THE QUEEN MEANT TO ME

We spoke to readers and activity clients from all backgrounds and faiths

Eugene 93, befriending client

'I came to the UK from Ghana before the Queen's coronation and the commonwealth gave me a connection to the UK, a sense of belonging but also a pride in my culture. I felt the Queen welcomed me which helped me when I faced the 'no blacks or dogs' signs. I have lived in the UK for over 70 years, worked as an accountant, brought up three daughters and have two grandchildren. Prince Charles went to Sandhurst with my Tribal leader and they remained good friends, attended each others' weddings and, after he passed away, Charles invited his children and grandchildren to stay at Buckingham palace. Charles was made an honorary elder of his Tribe.'



Brenda, 79, befriending client

'I am not a royalist but the Queen has meant stability to me. She was a hard working person I could relate to and respect who had to cope with a lot in her lifetime.'



Sheila 77, befriending client

'The Queen was a good lady who helped heal wounds and who changed with the times and brought the monarchy with her. I really liked and respected her.'



John, day opportunities member

'I've met her a few times – when she came to my school, when I was in the army and once during the opening of a garden I was working on. I remember she seemed so interested in what we were doing and asked specific questions about why we chose certain plants and the design, for instance. She made you feel that she was happy to give up her time to talk to you and was genuinely keen to hear what you had to say. She spoke to you as an equal which just put everyone at ease. And she could talk to anyone. She was a very kind person and her whole life was devoted to the people of Britain.'



Cookery participant Shital saw the Queen when she attended the opening of the revamped Copthall Stadium - home of Rugby Union club Saracens. 'I was lucky to get this photo - everyone was at the front of the building, but I was around the side, where no one was, so managed to see the Queen up close and take a great photo!'



HOW CAN WE HELP



AGE UK BARNET SERVICES?



For advice about benefits, grants, housing and money concerns, phone our **Later Life Planning Service** on **020 8432 1417**.

For scams advice and support, call our **Scams Prevention Service** on **0208 432 2217**.

Would you enjoy a regular chat over the phone with a friendly volunteer? Try our **Befriending Service** on **020 8432 1416**

For essential jobs in the home please phone our **Handyperson Service*** on **020 8150 0963**. Some jobs such as changing a lightbulb are free of charge.

Unable to get out to the shops and cannot shop online? We have a **Shopping Service*** for people who need a light weekly shop. For more info, Tel **020 8150 0963**

Living Well Dementia Hub—dementia adviser service and **day opportunities** for people living with mild to moderate dementia and their carers. Phone 020 8203 5040. Our **Dementia Befriending Service** offers companionship—phone **020 8150 0967**.

Laptop Loan Service – short-term loans to get people set up online. Tel **020 8203 5040**.

Finding your Feet Service – for those who need confidence to get out and about again, we can match you with a short-term walking buddy. Phone **020 8150 0963**.

Foot care* We offer basic nail-cutting (£15) at the Ann Owens Centre in East Finchley and, for people with diabetes, taking steroids or warfarin, we have nail-cutting with a podiatrist (£20). For an appointment, phone **020 8203 5040**.

Household Support Fund - one-off grants for Barnet residents of pensionable age who are struggling to make ends meet during this cost of living crisis. Phone **020 8203 5040** or email support@ageukbarnet.org.uk



WARM SPACES - Helping you through cold winter days

Monday afternoons 2-4pm Ann Owens Centre in East Finchley N2 8LT. As well as tea and coffee and a chance to chat, read or relax, there'll be Scrabble and other games. Our friendly digital inclusion volunteers will be on hand to help you get to grips with your phones and laptops.

Tuesday mornings 10.30 – 12.30pm. New, starts 1 November. St Margaret's UR Church, Victoria Avenue, Finchley Central N3 1BD. An uplifting, warm space to play Scrabble and other games. There'll be refreshments and you can get help with technology. Free of charge.

Wednesday afternoons 1pm. The Mount International School, Milespit Hill, Mill Hill NW7 2RX. One to one support with technology offered by school students and delicious home cooked lunch afterwards at 1.50pm. Free of charge. Parking on Milespit Hill and the 240 bus passes along the Ridgeway nearby

Thursday afternoons - 2-3.30pm. St Margaret's Church, 1 Station Road, Edgware HA8 7JE. Lively and popular social group with refreshments and some support with your phones. Costs £2 a session
Phone Howard on 020 8432 1415 or 07798 622832 for more info about our warm spaces.



BRAIN RESEARCH - THE POWER OF WHITE NOISE

Want to focus on a task? Whether it's the sounds of bonfires, waves or rainfall, white noise or ambient music can improve attention levels as long as it's not too loud, according research from University of Southern California. Our trustee and professor of neuropsychology Catherine Loveday, offers an explanation: "Music can be a powerful way to control the brain's complex attention system," she says. "When we are deeply engrossed in a task, there is a secondary attention system that continually scans our environment for any new, interesting or unpredictable sounds such as a nearby conversation or someone coughing. Low levels of noise may help mask these sounds." "Ambient music is particularly good for this: regular repetitive sounds with enough variation to keep our vigilance system engaged but not alerted; and broad frequency ranges that mask other distracting sounds leaving space for our all-important inner voice."



HOW TO THINK LIKE A SUPER AGER

A super ager is someone in their 80s or older who seems to age more slowly than average and has the thinking skills and physical abilities of someone much younger, often decades younger. It seems super agers' brains suffer less cell loss as they age – MRI scans by researchers at Northwestern University in Chicago found that super agers lose only 1.06 per cent of brain volume a year compared with 2.24 per cent with normal ageing individuals. This means they may be better protected from dementia

Common habits of super agers!!

1: Think like a younger person.

According to neuroscientist Professor Catherine Loveday, our attitudes to ageing can make a huge difference to the way we age. 'A study at the University of Grenoble found that people who think of themselves as 13 years older are 25 per cent more likely to die, even when education, race and marital status are taken into account.' Catherine says we should try to ignore the numbers on our birth certificates as well as the relentless societal references to getting old. 'Rather than idealising youthfulness, focus on things you can gain from living a longer life such as greater experience and knowledge and a better ability to regulate our emotions,' she says. 'And remember, we tend to have more positive memories as we age, we're better at decision making and have a bigger vocabulary'

A Yale study from the 1970s looked at perception of ageing in a group of over 1,000 50-year-olds and how it affected their lifespans– those with a more positive perception lived an average of 7 years longer than those with more negative attitudes.

2: Be active – one of the best things you can do as you age!

Physical activity gives us energy and boosts wellbeing. It also increases our aerobic capacity – the amount of oxygen we can take in and distribute to our tissues – which is linked to a lower risk of heart disease, certain cancers and dementia. And muscle strengthening exercises reduce our risk of falls. And take note, any type of exercise makes a difference – chair yoga, walking, resistance bands - anything that makes us feel challenged but not overstretched. Regular exercise also helps us maintain a healthy weight: the risk of Alzheimer's disease triples in people with a body mass index (BMI) over 30. Even exercising twice a week will help lower your chance of getting the disease in later life.

Research at Edinburgh university found that 70-year-olds who exercised more performed better in general reasoning and speed of thinking tests and they also had more grey matter and less damage to white matter, the brain's connective tissue.

3: Challenge yourself

Mental activity can be just as important as physical activity. If Sudoku doesn't work for you, not to worry. Try reading an article on an unfamiliar subject or take classes that interest and challenge you. This will help stimulate and engage the brain in new ways, according to Catherine. 'Our brains are flexible and plastic which means that they have the ability to change and adapt as a result of experience,' says Catherine. So when we learn something new to us – how to paint or a language, for instance – it stimulates our brain by firing up different nerve cells and activating new pathways and circuits in the brain.

4: Be a social butterfly

Super agers tend to report strong relationships with others, say researchers at Northwestern University who found that the part of the brain important for emotion and attention declines more slowly in super agers. Other studies show the importance of remaining socially engaged as we age. Participating in social activities, staying in touch with friends, taking trips out and volunteering are associated with better thinking skills, while low engagement is associated with an increased risk of dementia.

WELLBEING cont....



SUPER AGERS



The Queen

The Queen was definitely a super ager. A non smoker, fit, active person with a strong sense of purpose who mixed with people of all ages and backgrounds and kept working right until she died at the age of 96. There is much we can learn from her dedication and drive.

Actress June Spencer, 103

Actress June Spencer, who played Peggy Woolley on *The Archers* for more than 70 years, retired from *The Archers* at the age of 103! Shortly before her birthday she told the BBC that she wanted to inspire other people working in their later years. 'I hope

people think, "If that old girl can do it, maybe I can!"



British salsa dancer Paddy Jones, 88



She is best known for winning the Spanish talent show *Tú sí que vales* alongside her dancing partner Nico in 2009. In 2014, Paddy and Nico competed in the eighth series of *Britain's Got Talent*, where they finished ninth overall. She is the current *Guinness World Record* holder for the 'Oldest Acrobatic Salsa Dancer'

Age UK Barnet exercise goer Rose Marie, 93

Wonderful 93-year-old Rose Marie attends two of our exercise classes. The secret to a long and happy life? 'Staying active, keeping busy and walking a mile every week to the supermarket to do my shopping,' she says.



Raff, Pete and Dorothy, all in their 90s, attend our computer sessions to pick up some tech skills.

'It takes a while for things to sink in but I'm learning,' says Dorothy.



Age UK Barnet FREE Winter Home check

Cut your energy costs with **free** energy MOTs for Barnet residents over 55

What our Handyperson Team can do

- * set heating timers and thermostats
- * check light bulbs
- * change winter curtains
- * assist with draught proofing

Phone Sasha on 020 8150 0963 or email handyperson@ageukbarnet.org.uk to book an appointment.

FOOD FOR THE BRAIN

BLUEBERRIES

The foods you eat play a role in keeping your brain healthy and can improve specific mental tasks, such as memory and concentration. Each month we focus on a different food and explain why it should be a part of your diet.



- Research has showed blueberries provide many health benefits, including some that are specifically for your brain.
- Blueberries and other deeply coloured berries deliver anthocyanins, a group of plant compounds with anti-inflammatory and antioxidant effects.
- Antioxidants protect against oxidative stress and inflammation, both of which can contribute to brain ageing and neurodegenerative diseases.
- According to one review of 11 studies, blueberries could help improve memory and thinking skills in children and older adults.
- Try sprinkling them over your breakfast cereal, adding them to a smoothie, or just grabbing a handful as a snack.



DATES FOR YOUR DIARY

Quiz night! Thursday 17 Nov 2022 - arrive at 6.45pm (7.15pm start) Test your trivia at our fun quiz night taking place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Tickets cost £15 and includes a tasty two course meal, plus there'll be a raffle and a bar selling drinks. To book contact teresa.gallagher@ageukbarnet.org.uk or phone her on 07502 989 403.

Wellbeing Day - Tuesday 6 December 2022 - 10am-12pm. Join us for a morning of fun and stimulating talks and activities on keeping our brains healthy. Takes place at St Margaret's Church, 1 Station Road, Edgware HA8 7JE. Refreshments provided. Phone Fiona on 020 8629 0269.

Christmas Carol Concert. Join us for festive singing, music and mince pies on Monday 12 December - 2-4.30pm at Ann Owens Centre, Oak Lane N2 8LT. To book contact teresa.gallagher@ageukbarnet.org.uk or phone her on 07502 989 403.



BOOK CLUB



Each month we review the book that we read in the Age UK Barnet book group hosted by volunteer Kato. At the next meet up, the book group will discuss **Wide Saragasso Sea** by Jean Rhys.

This is a very short novel, only about 120 pages. It won the Royal Society of Literature award in 1966, and she is viewed as 'one of the finest British writers' of the 20th century. Jean Rhys was born in Dominica in 1890, the daughter of a Welsh doctor and a white Creole mother. She came to England when she was sixteen. She published a number of novels in the 1920s and 1930s, dealing mainly with women as underdogs, exploited for the sexuality, but none particularly successful – perhaps she was a bit ahead of her time... The novel is set in Jamaica in the 1930s and like the author, the main character

Antoinette is also of mixed creole heritage. The story of Antoinette was inspired by the character of Bertha Mason in Charlotte Bronte's *Jane Eyre*. If you remember, she was the former wife of Mr Rochester who kept her locked up in the attic because she was 'mad' and she ends up setting fire to the house...

Want to join our book group? We meet once a month at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Our next meet up is on Tuesday 30 August 3-4pm. Contact Helen on 0738 446 6840.

CELEBRATING DIVERSITY IN BARNET



THE BARNET AFRICAN CARIBBEAN ASSOCIATION

Each month we shine a light on a different faith or community group

The Barnet African Caribbean Association (BACA), is a charity providing welcoming day services and activities for older people and people living with a disability. The charity offers Tuesday lunch clubs, health and wellbeing checks, activities and keep fit classes at the Barnet Multicultural Community Centre in West Hendon. It also arranges days out and events celebrating today's diverse cultures. For more information or to receive BACA's newsletter email baca@barnetmcc.org or contact the charity on 07769 408 307 to join their WhatsApp group.



The Windrush Scandal

In BACA's latest newsletter, Jeni Osbourne writes about Windrush story plus who to contact if you have been affected.

The scandal, which broke in April 2018, saw the UK government apologise for deportation threats made to the children of Commonwealth citizens'. Despite living and working in the UK for decades, many were told they were in the country illegally because of a lack of official paperwork.

People arriving in the UK between 1948 and 1971 from Caribbean countries were labelled the Windrush generation. It refers to the ship MV Empire Windrush, which docked in Tilbury on 22 June 1948, bringing workers from Jamaica, Trinidad and Tobago and other islands to help fill post-war UK labour shortages. The ship carried 492 passengers - many of them children.



The Home Office kept no record of those granted leave to remain and issued no paperwork - making it difficult for Windrush arrivals to prove their legal status. In 2010, it destroyed landing cards belonging to Windrush migrants. Because they came from British colonies that were not independent, they believed they were British citizens. Those who lacked documents were told they needed evidence to continue working, get NHS treatment, or even remain in the UK. Changes to immigration law by successive governments left people fearful about their status.



A review of historical cases found that at least 83 individuals who had arrived before 1973 had been removed from the country. The Windrush Compensation Scheme was established in April 2019, and about 15,000 people were thought to be eligible.

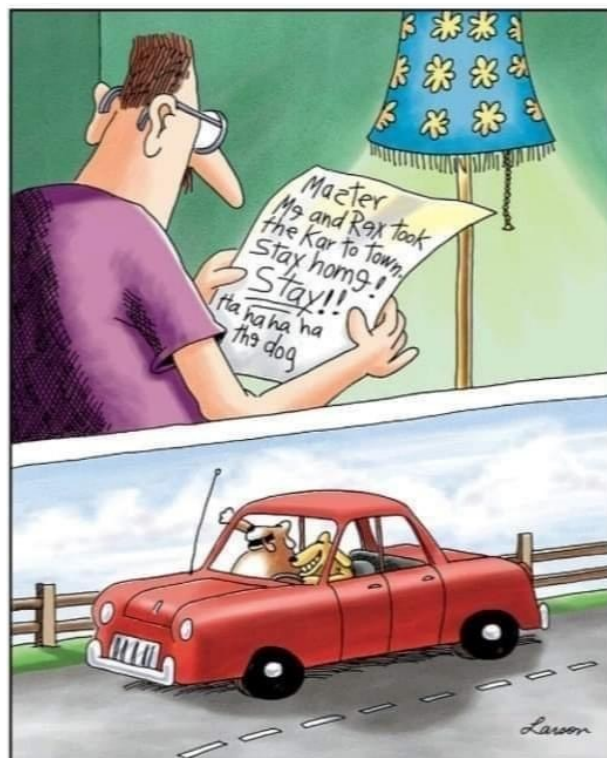
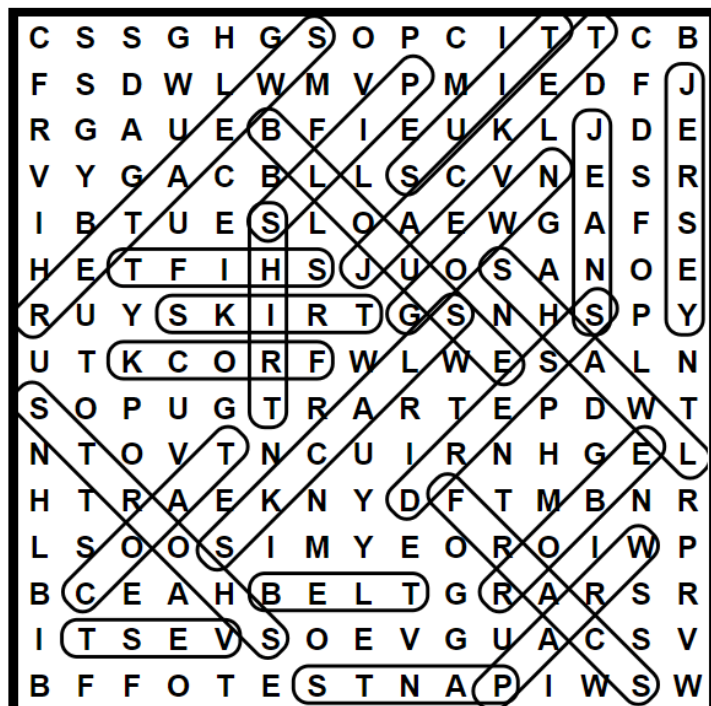
If you think you might be entitled to compensation call the Windrush Help Team for free who can help you with your application and put you in touch with a free independent adviser. **Call 0808 196 8496**





If you have enjoyed this newsletter, please let us know. Just drop us a line at Pigeon Post, Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

WHAT TO WEAR P8



SUDOKU MODERATE P8

1	9	7	4	2	3	6	5	8
3	4	8	6	5	9	7	1	2
6	2	5	7	8	1	4	3	9
9	5	2	3	4	8	1	6	7
8	7	1	9	6	5	3	2	4
4	6	3	2	1	7	9	8	5
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7	8	4	5	3	6	2	9	1
5	3	9	1	7	2	8	4	6

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13	P	I	C	K	U	P		15	P	E	R	S
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	Y		C		W		C		20	M		N
21	B	E	T	A			22	A	B	A	N	D
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23	O	L	D	M	A	S	T	E	R	S		

CROSSWORD ANSWERS P8