

WHAT'S ON

near you for over 55s



EVENTS

WELLBEING & BINGO GROUP - Tuesdays 2:00pm - 4:00pm at Grahame Park Community Centre, The Concourse, NW9 5XA. Open to residents and non-residents. *Free.*

Events

20/02/2024 - National muffin day! Baking demonstration and cake decorating

27/02/2024 - Bring your tablet, laptop or smartphone (Howard from Age UK Barnet)

Always followed by Bingo - free to play, prizes to be won! For more information call Pippa Mannerings on 07379 331807 or email pippa.mannerings@ageukbarnet.org.uk

AdvantAGEous ART EXHIBITION 6 - 23 March 2024

Art, knitting and pottery made by our talented art class participants and our day club members will be on display in an exhibition at Artsdepot in North Finchley. You can buy the work and suggested donations will be between £15 and £40. Artsdepot is on 5 Nether Street, Tally Ho Corner, North Finchley and is right next to the North Finchley Bus Station. For more info please email agefriendly@ageukbarnet.org.uk or call Pippa on 07379 331807.

AGE-FRIENDLY ACTION PLAN LAUNCH - 6 March 2024 (10.30am) at artsdepot, North Finchley

Over 1,000 of you completed our Age-friendly survey and helped us gain a better understanding of the current barriers to ageing well within our community. Your views have helped us come up with an action plan to improve life in Barnet for older people - everything from housing and transport to outdoor spaces and social activities. Join us at artsdepot for a cup of tea and coffee and find out about our plans. The mayor will be there, along with councillors and key players, in the drive to make Barnet more age-friendly. You can also meet some of the artists in our **AdvantAGEous** art exhibition which also launches at the event and you'll have the chance to buy the paintings before the exhibition opens to the general public. Places are limited. If you're interested in coming along, please email agefriendly@ageukbarnet.org.uk or call Pippa on 07379 331807.

ONLINE MENOPAUSE WORKSHOPS - 11 and 18 March 2024 (4-5pm)

Whether you're approaching the menopause or having menopausal symptoms, our online workshops give you useful everyday coping strategies. Run by a psychological wellbeing practitioner, the short practical workshops are free and open to all residents living in the borough of Barnet!

Menopause and low mood - 11 March 2024 (4-5pm) Useful tips and practical techniques to manage your mood.

Menopause and anxiety - 18 March 2024 (4-5pm) - Wellbeing and relaxation techniques to ease feelings of anxiety. For more info and the online link email fiona.cronin@ageukbarnet or call Fiona on 0208 629 0269.

Musical afternoon with international harpist Sioned Williams – Thursday 14 March 2024 (2-3pm). A chance to enjoy traditional and folk tunes as well as classical, romantic and popular music played by a solo harpist with a glittering international career. Takes place at Avery (ex Signature) at Barnet, 59 Wood Street, Barnet EN5 4BS. £5 entry – includes refreshments and free parking. To book contact Pippa on 07379 331807 or email pippa.mannerings@ageukbarnet.org.uk

EVENTS cont...

IMPROVE YOUR MEMORY COURSE – for over 55s in Barnet. 6 week Memory Matters course from 14 March – 18 April 2024. Held at Wilmot Close, Tarling Road, N2 8LB. Learn techniques and strategies to support and stimulate memory – friendly and supportive course led by an experienced practitioner. If you are interested in joining this course, please contact our practitioner Katie on 0747 049 9597 or email katie.grayson@ageukbarnet.org.uk

DISCO NIGHT (for over 55s!) - 20 March 2024 (6-8.30pm)

To mark Action Against Ageism day we're holding a disco - a chance to let go and release your inner Olivia Newton John or John Travolta. So, dust off your dancing shoes and come along and boogie. A dance instructor will be teaching us a few moves too. Free to enter. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. For more info and to register your place, contact Pippa on pippa.mannerings@ageukbarnet.org.uk or call her on 07379 331807.

LIVING WELL IN BARNET EVENT – Monday 25 March 2024 (10am-12.30pm)

Join us for a morning of stimulating talks and activities for people interested in memory and living well with dementia. Some great speakers including **Professor Catherine Loveday** on spotting the early signs of memory issues and caring for people living with dementia. Plus talks on rare forms of dementia, driving in older age and incontinence issues. Information stalls and refreshments. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To book your place call Fiona on 020 8629 0269 or email fiona.cronin@ageukbarnet.org.uk

TALK: Fuel for thought – why what we eat affects how we think. **Wednesday April 10 (7-8pm).** Neuroscientist Professor Catherine Loveday on the truth about brain-boosting foods and the science behind the fascinating connection between our gut and brain. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To book your free place, see our [Eventbrite](#) page or contact Teresa on 0208 432 1421 or email teresa.gallagher@ageukbarnet.org.uk

EID CELEBRATORY LUNCH – **Monday 15 April 2024 (2-4pm)** Join us to mark the end of Ramadhan and celebrate Eid. Bringing together the community to enjoy an afternoon of entertainment, followed by a light meal. We welcome people who celebrate and those from other faiths who want to find out more about the festival. Dressing up encouraged! Takes place at the Ann Owens Centre, Oak Lane, N2 8LT. To book your place, phone Salima on 020 8129 7619 or email Salima on salima.jiwa@ageukbarnet.org.uk

TALK: Has the pandemic affected our memories? **Wednesday May 8 (7-8pm)** Professor Catherine Loveday on how the pandemic and other big events impact our memories over time. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To book your free place, contact Teresa on 0208 432 1421 or email teresa.gallagher@ageukbarnet.org.uk

Talk: Improving everyday memory - Wednesday June 12 (7-8pm)

Whether it's remembering someone's name or holding onto important personal memories, Professor Catherine Loveday shares science-backed ways to boost everyday memory - whatever your age! Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To book your free place, contact Teresa on 2084321421 or email teresa.gallagher@ageukbarnet.org.uk

Save the date! Summer Carnival Saturday 13 July (11am-3pm)

Fantastic live music all day, tombola, nearly new stall, food, cakes, cream tea. Any questions, contact Teresa on 07502 989 403 or email teresa.gallagher@ageukbarnet.org.uk

CLASSES

MONDAY

Chair Movement to Music: Every Monday at Hope Corner Community Centre, 185 Mays Lane, Barnet EN5 2DY. 10.30am – 11.30am. Cost £5 per class. For better mobility, strength, coordination, flexibility and balance. To book, call Wendy on **0208 432 1421 / 0774 187 7027** or email wendy.nutman@ageukbarnet.org.uk

Walking Group: Friary Park, North Finchley – 10am -11am, followed by optional tea in the café afterwards. Meet at 10.00am at the Torrington Park entrance nearest to Ashurst Road. N12 9AJ. Contact Wendy on **07741 877 027** or email her on wendy.nutman@ageukbarnet.org.uk

Walking Group: Northway Gardens & Lyttleton Playing Fields - 10.30am -11.30am. Meet at the corner of Northway & Litchfield Way NW11 (by benches at H2 bus stop). Contact Wendy on **07741 877 027** or email wendy.nutman@ageukbarnet.org.uk for more information.

Kitchen Confidence – Cooking for a Healthy Lifestyle. 11.00am - 1.30pm. £24 (paid upfront) for 3 weeks. March 4, 11 and 18th. This course will include delicious recipes celebrating St David's Day, St Patrick's Day and a special Japanese cookery class. Classes are aimed at giving participants the confidence to cook more dishes at home. Participants cook in groups and then sit together to eat. Recipes are designed to recreate at home. Held at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To reserve a place - contact Stacey on 07423 604 729 or email stacey.kanolik@ageukbarnet.org.uk

Help with your laptop, smartphone or tablet: Monday afternoons at **The Ann Owens Centre**, Oak Lane, East Finchley N2 8LT. From 2.00pm or 4.00pm. Contact Howard on **0208 432 1415** or email howard.chapman@ageukbarnet.org.uk

Dementia Cafe: For people living with dementia and their carers. **Meets on the first Monday of every month 2.00pm – 4.00pm.** Support, advice and refreshments. Takes place at the Friends Meeting House, 53 Leicester Road, Barnet EN5 5EL. Please contact Helen on **07384 466840** or email helen.nicolaou@ageukbarnet.org.uk

TUESDAY

Flower arranging classes: 10.30am – 11.30am. Hope Corner Community Centre, 185 Mays Lane EN5 2DY. £5 session. For details how to join in, email helen.nicolaou@ageukbarnet.org.uk or phone **07384 466840**.

Walking Group: Dollis Valley Greenwalk - 10.30am -11.30am. Meet at 10.30am by the mapboard at the entrance to Brook Farm Open Space, Totteridge Lane (located downhill from the entrance to Totteridge and Whetstone underground station) N20 9QX. Contact Wendy on **07741 877 027** or email wendy.nutman@ageukbarnet.org.uk for more information.

Senior Singers: 11am-12 noon at The Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Takes place every fortnight. Choir master Jenny La Touché leads this fun singalong and all levels welcome! For dates and details on how to join in email pippa.mannerings@ageukbarnet.org.uk or call her on 07379 331807.

TUESDAY cont...

Wellbeing Group - 2:00pm - 4:00pm, at Grahame Park Community Centre, The Concourse, NW9 5XA. Open to residents and non-residents. Free. Always followed by Bingo - free to play, prizes to be won!! Wellbeing & Bingo Group February 2024. For more information call Pippa Mannerings on **07379 331807** or email pippa.mannerings@ageukbarnet.org.uk

Book Group: Do you enjoy reading and discussing novels or non-fiction books with friends? Why not join our book group at Wilmot Community Centre, Tarling Rd, London N2 8LB. Monthly on a Tuesday from 1.45pm - 2.45pm. Please email Kato on katolambrechts@yahoo.com for new dates and details on how to join.

Learn to speak Spanish: 3.30 – 5.00pm at Ann Owens Centre, Oak Lane, East Finchley N2 8LT. 12 week course – Spanish for Beginners. Cost is £10 per class, payable in advance - £80 for course. To book contact Helen Nicolaou on 07384 466840 or email helen.nicolaou@ageukbarnet.org.uk

Bridge for Improvers Course: Every Tuesday 3.00pm – 5.00pm in Wilmot Community Hall, Tarling Road N2 8LB. Cost is £48. Contact Helen Nicolaou on 07384 466840 or email helen.nicolaou@ageukbarnet.org.uk to book a place.

WEDNESDAY

Social Drop in Group. Learn to knit, crochet, play games or just have a cuppa and a chat – 10.00am – 12 noon at the Ann Owens Centre, Oak Lane N2 8LT. £2 per session. Contact **Helen Nicolaou** for more information on **0738 446 6840** or email helen.nicolaou@ageukbarnet.org.uk

Silkstream Park/ Montrose Playing Fields Social Walk – 10.30am. Meet in front of Unitas Barnet Youth Zone building, Montrose Ave, Edgware HA8 0DT. Free to join. To register call Wendy on 020 8432 1421 or email wendy.nutman@ageukbarnet.org.uk

Bollywood Dance Classes for over 55s. Manor Drive Methodist Church, Manor Drive, Whetstone N20 0DZ. 11.00am – 12 noon. £3 per class. Please contact Nila Patel for further information on 07977 459 920.

Gentle Seated Exercise for over 55s. From 11.30am – 12.30pm - **St. Johnstone House**, 49 Woodside Park N12 8RX. *No booking necessary – just turn up. **Open to residents AND non residents.** £5 per class. For more information call Wendy on **020 8432 1421** Email: wendy.nutman@ageukbarnet.org.uk

Help with laptops and smartphones - Mill Hill. Weekly sessions. Date TBC from 1.00pm - 2.10pm with free lunch first at The Mount, Mill Hill International School, Milesplit Hill, NW7 2RX. Students from Mill Hill International School will help you with your devices. Booking necessary on 020 8432 1415 or email howard.chapman@ageukbarnet.org.uk

Help with laptops and smartphones – Woodhouse College, Woodhouse Road N12 9EY. 2.45pm – 3.45pm. For more information and to book a place contact Howard Chapman on 020 8432 1415 or email howard.chapman@ageukbarnet.org.uk

Tai Chi: 2.00-3.00pm. Balance and strength moves. Takes place at Annunciation Royal Catholic Church, 4 Thirlby Road, Burnt Oak HA8 0HQ. For more information, contact Wendy on wendy.nutman@ageukbarnet.org.uk or **07741 877 027**.

WEDNESDAY cont...

Active exercise to music class – (including low impact aerobic dance, strength and stretch) From 2.00pm – 3.00pm at **The Ann Owens Centre**, Oak Lane, East Finchley N2 8LT. £5 per session. **Booking essential.** For more information contact Wendy on **07741 877 027** or email wendy.nutman@ageukbarnet.org.uk –Classes resume on 10 January 2024.

Gentle seated exercise with Lesley Wednesdays 3.15pm – 4.15pm at **The Ann Owens Centre**, Oak Lane, East Finchley N2 8LT. £5 per session. For more information contact Wendy on **07741 877 027** or email Wendy.nutman@ageukbarnet.org.uk - Classes resume on 10 January 2024.

THURSDAY

Help with your smart phones, laptops and tablets - Mill Hill. Thursday 10.00-12.00 noon at Hartley Hall, 1 Flower Lane, NW7 2JA. Contact Howard on 020 8432 1415 or email howard.chapman@ageukbarnet.org.uk

Edgware Social Group. St Margaret's Church, Edgware HA8 7JE. 2.00pm – 3.30pm every Thursday – also occasional help available with your laptop, smartphone or tablet. £2 per session. Contact Howard on **0208 432 1415** or email howard.chapman@ageukbarnet.org.uk

Musical afternoon with international harpist Sioned Williams – Thursday 14 March 2024 (2-3pm). A chance to enjoy traditional and folk tunes as well as classical, romantic and popular music played by a solo harpist with a glittering international career. Takes place at Avery (ex Signature) at Barnet, 59 Wood Street, Barnet EN5 4BS. £5 entry – includes refreshments and free parking. To book contact Pippa on 07379 331807 or email pippa.manngerings@ageukbarnet.org.uk

3-week gluten-free cookery course - starts 29 February – 14 March 2024 (5-7.30pm) How to make delicious gluten-free meals. The course costs £24 and all ingredients are provided. It takes place at the Ann Owens Centre, Oak Lane East Finchley N2 8LT and all Barnet residents over 55 are welcome. Contact stacey.kanolik@ageukbarnet.org.uk or call her on 07423 604 729. Takes place at The Ann Owens Centre, Oak Lane, East Finchley N2 8LT. £32 for 4 Thursdays. To book Contact Stacey on stacey.kanolik@ageukbarnet.org.uk or call her on 07423 604 729.

FRIDAY

Art Class: Sketching, chalk, pastel, watercolour. Cost £5 each session. Takes place at The Ann Owens centre, Oak Lane, East Finchley N2 8LT from 10.00am – 12.00 noon. Contact Teresa on 07502 989 403 or email teresa.gallagher@ageukbarnet.org.uk **to check if any places available.**

Walking Group: Stephens House and Gardens – 10.30am -11.30am (lasts 40-60 mins) followed by optional refreshments in local café afterwards - 10.30am - meet at Stephens House Cafe, 17 East End Road, Finchley N3 3QE. Contact Wendy on **07741 877 027** or email her on wendy.nutman@ageukbarnet.org.uk for more information.

Flower Arranging For People Living With Dementia: 10.30am – 11.30am. Friends Meeting House, Leicester Road, New Barnet EN5 5EL. Specifically for people living with dementia. Cost is £6 per session payable in advance for 6 weeks. We are unable to provide personal care/support – carers welcome to stay. Call Helen Nicolaou on **07384 466840** or email helen.nicolaou@ageukbarnet.org.uk to book a place. **Cost £36.**

FRIDAY cont...

Movement to music (standing or seated) - face to face: 11.30am – 12.30pm. Takes place at the Tarling Road Community Centre (across the street from **The Ann Owens Centre**) in East Finchley N2 8LG. Fun, upbeat exercise session for all levels of fitness with our Wendy. £5 per class. For more information, contact Wendy on wendy.nutman@ageukbarnet.org.uk or **07741 877 027**.

Seated Yoga: Every Friday from a new time of 11.30am – 12.30pm. £5 per session. Takes place at **Manor Drive Methodist Church**, Manor Drive N20 0DZ. For more information, contact Wendy on wendy.nutman@ageukbarnet.org.uk or 07741 877 027.

Movement to music. From 1.00pm -2.00pm at **John Keble Church, Deans Lane, Edgware HA8 9NT**. An achievable and fun walking fitness class that will increase your step count and help you get in shape. Costs £5 a session. (Entrance on Church Close HA8 9NS through blue gate) Class in large hall on right after going through gate. Also free parking on Church Close. To register call Wendy on 020 8432 1421 or email wendy.nutman@ageukbarnet.org.uk

Upstanding Citizens - Falls prevention exercise sessions - Fridays, 1.30pm - 3pm at **The Ann Owens Centre**, Oak Lane, East Finchley N2 8LT. Led by an experienced dance and movement teacher in collaboration with a frailty specialist physiotherapist. £5 per session. For more information, contact Brigitte by emailing brigitte.adela@artsdepot.co.uk or calling **020 8369 5452**.

Games Afternoon – 1st and 3rd Friday of every month from 2.00 – 4.00 pm at Trinity Church, Nether Street, North Finchley N12 7NN. Join us for board games, card games and the occasional 5-minute quiz. Tea, coffee, biscuits and sometimes cake! £1 contribution for refreshments. Contact Helen Nicolaou on **07384 466 840** or email: helen.nicolaou@ageukbarnet.org.uk.

Walking Group Oakhill Park – 2pm-3pm Fridays, followed by optional refreshments in local café afterwards Meet at Oak Hill Park car park (Parkside Gardens, East Barnet, EN4 8JP) For more information, contact Wendy on wendy.nutman@ageukbarnet.org.uk or 07741 877 027.

SATURDAY

Help with laptop, tablets and smartphones. Saturday 10.30-12 noon. New Barnet Leisure Centre. Lawton Road EN4. For details, call Howard on 020 8432 1415 or email howard.chapman@ageukbarnet.org.uk

Bridge Club. 12.00-2,00pm - Community Centre, Wilmot Close, Tarling Road N2 8LB. No need to pre book, just come along. Not suitable for beginners. Contact Helen Nicolaou on 0738 446 6840 or email barnetconnect@ageukbarnet.org.uk with any queries.

OUR NEWSLETTER

Would you like to be kept up to date on what's going on in the borough for over 55s? _Just get in touch if you'd like to receive our monthly email newsletter which has details on our upcoming events and activities as well as other activities around the borough. To subscribe, just email info@ageukbarnet.org.uk or phone us on **020 8203 5040**.

PIGEON POST

Our monthly magazine aimed at people who don't have access to a computer - full of craft ideas, nostalgia, real life stories from our readers, recipes and puzzles as well as useful local information and services.

Want to receive a copy in the post? Please contact us on **020 8203 5040** or **07502 989403**. To receive a copy by email contact Teresa at teresa.gallagher@ageukbarnet.org.uk

ADVICE AND SUPPORT

An important note from our later life planning manager Jesse about state pension and benefits: 'If you're coming up to pension age and are in receipt of means tested benefit, you must inform the relevant benefit agencies, including the Department for Work and Pensions and your local benefit department, to report a change of circumstances,' says Jesse This is because your income will change to state pension once you reach state retirement age. 'People must do something about this - otherwise they risk their benefits being suspended or stopped,' says Jesse. 'We have spoken to people who are in a great deal of stress, particularly those on disability benefits, because their benefits have been stopped!'

For more information contact Barnet council on **0208 359 2000**. Contact our Later Life Planning team on **020 8203 5040**.

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.

Our Stepping Out Service for those who have early stages of dementia or confirmed memory issues. Must be able to walk safely with a volunteer for short weekly walks. Phone 020 8150 0963.

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

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

Living Well services/Dementia advice and **Day Clubs** for people living with mild to moderate dementia and their carers. **Day clubs in Hendon and East Finchley**. Phone 020 8203 5040. Our **Dementia befriending** service provides companionship for people living with dementia. Phone 020 8150 0967.

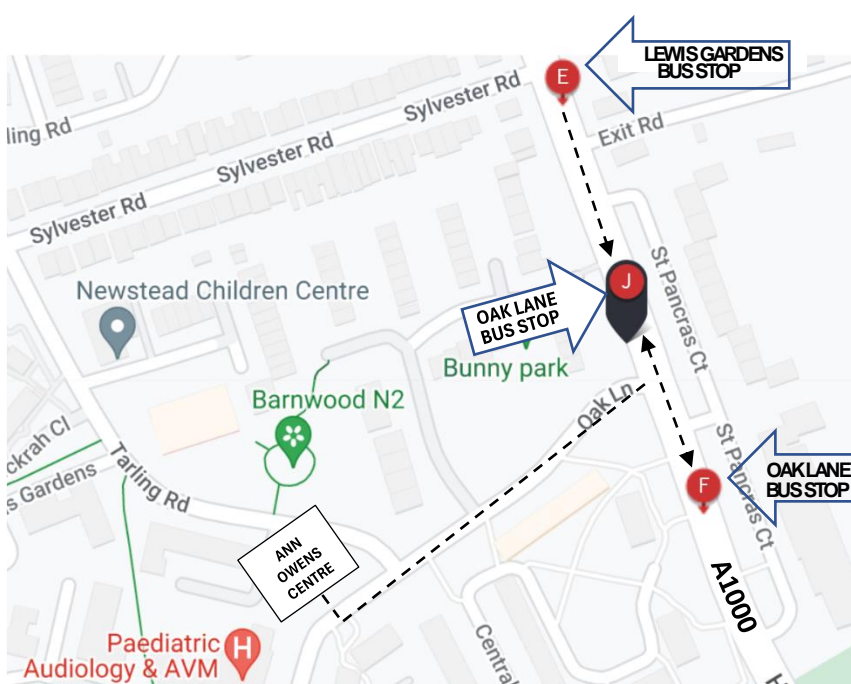
Foot care* We offer basic nail-cutting (£15) at **The Ann Owens Centre** in East Finchley and, for people with diabetes, taking steroids or warfarin, we have nail-cutting with a podiatrist (£20). For an appointment, phone **020 8203 5040**. ****There is a charge for this service.***

Financial Support Available - A new fund for older Barnet residents struggling with rising utility bills and food prices is being distributed by Age UK Barnet on behalf of the local authority.

If you are facing financial hardship, you might be entitled to **grants from the Household Support Fund towards utility bills, food costs and also wider essentials such as white goods and other household items**.

To be eligible you should be a Barnet resident over the age of 55. If you need support, please call us on **0208 203 5040** or email us on support@ageukbarnet.org.uk and we will be in touch as soon as we can. ***We are here to help you!***

DIRECTIONS ON HOW TO GET TO THE ANN OWENS CENTRE



BUSES TO ANN OWENS CENTRE

263 From North Finchley Bus Station going towards Highbury Barn. This bus stops outside of the British Heart Foundation furniture store on the High Road. Get off at either Lewis Gardens (Stop E) and walk towards the zebra crossing, cross over and take a right up Oak Lane. Or, get off at Oak Lane bus stop (Stop F) and cross the road to Oak Lane. *Approx 5 minute walk to centre.*

Coming from East Finchley Tube Station – 263 bus - Come out of station and turn right, the bus stop is just outside. Buses going towards Barnet Hospital. Get off at Oak Lane bus stop (Stop J). *Approx 5 minute walk to centre.*

Return bus – 263 - Stop J – Oak Lane towards Barnet Hospital.
Stop F- Oak Lane towards Highbury Barn.

Free parking: you can park on Oak Lane or Tarling Road

If you're struggling to meet the extra cost of energy bills, check out the list of extra financial support available put together by Jesse from our Later Life Planning team.

Warm Home Discount - The Warm Home Discount is a one-off payment of £150 to reduce eligible customers' bills over the winter months. If your electricity supplier is part of the Warm Home Discount scheme, you'll get the payment automatically if you or your partner receive the Guarantee Credit portion of Pension Credit. One of you must be named on your bill. Alternatively, if you're in receipt of another 'qualifying benefit' and are considered to have high energy costs, then you'll also receive an automatic payment.

More information is available on the Government website:

<https://www.gov.uk/the-warm-home-discount-scheme>

Winter Fuel Payment - You could be entitled to an extra £100-£300 this winter depending on how old you are, who you live with and any benefits you receive.

If you're over State Pension age - which is currently 66 years old - and receive the State Pension then you should be paid automatically.

The Warmer Homes Advice Service - If you are over 60 or on a low income, you can access free support from Shine, which has been appointed by the Government to offer:

- Telephone advice on saving energy and keeping warm at home
- Home energy visits with installation of small measures such as draught excluders
- Advice and support with energy bill debt and billing disputes with suppliers
- Grants of up to £20,000 per household to improve heating and insulation. Grants are means tested and high vulnerability clients prioritised.
- Support with applications for energy bill discounts

Clients can self-refer directly to the Warmer Homes Advice Service and Barnet residents should phone 0300 555 0195 or email shine@islington.gov.uk

Cold Weather Payments - These are one-off automatic payments for people on pension credit to help you pay for extra heating costs when it's very cold.

You'll get a payment each time the temperature drops below a specific temperature for a set period of time.

Support from your energy supplier - It is always worth getting in touch with your energy supplier to see if you can work out a payment plan. And some energy suppliers offer grant to help pay off debts.

Debt advice - Our Later Life Planning team recommends Moneyhelper, a government funded advice hub. For advice about any money issues or debts, phone 0800 138 7777.

Contact debt charity **StepChange** for debt advice on 0800 138 1111. Monday to Friday 8am to 8pm and Saturday 9am to 2pm

For impartial pension advice, phone 0800 011 3797 and there's plenty of useful info on their website: www.moneyhelper.org.uk

Age UK Barnet Winter Home Check - FREE

Our Handyperson team are carrying out free energy MOTs to make sure your home is as energy efficient as possible. We can set heating timers and thermostats, check light bulbs, change winter curtains and assist with draught proofing. Phone 020 8150 0963 to book an appointment.

Barnet resident and support fund (BRSF)

Financial support for Barnet residents who are struggling to afford household essentials such as paying for food, energy bills and other living costs. You are eligible if you are on certain means tested benefits and you can apply on the Barnet Council website. If you would like to talk to someone about the BRSF or help with the online application, contact the team on 020 8359 4242 or email: residentsupportfund@barnet.gov.uk

Household Support Fund

Age UK Barnet is handing out grants to Barnet residents over 55 struggling to make ends meet, helping out with utility bills, food costs and also wider essentials such as white goods and other household items. Please call our team on 0208 203 5040 or email us on support@ageukbarnet.org.uk

Jesse and the dedicated Later Life Planning team are always there for you to guide you through if you're struggling. We can give you a benefits check to see if you are entitled to extra financial support. Just give them a ring on 020 8203 5040 or email info@ageukbarnet.org.uk

OTHER ACTIVITIES

Age UK Barnet works with a number of organisations in the borough to further our aim of supporting as many older residents as possible to lead active and healthy lives. These organisations offer a range of activities and services including lunch clubs, befriending and practical support. They also have a number of volunteering opportunities. Please contact them to find out more:

Barnet African Caribbean Association (*Hendon base, open to clients from all over the borough*)
baca@barnetmcc.org

Barnet Asian Women's Association (*Friern Barnet base, open to clients from all over the borough*)
<https://bawa.life/> 020 8368 3077 admin@bawa.life

Chipping Barnet Seniors Day Centre (*EN5 Chipping Barnet area only*)
<https://www.chippingbarnetdaycentre.org.uk> (this website will close soon and be replaced by the one below) <https://www.chippingbarnetseniorsdaycentre.com> 07923 031 231
cbsdaycentre@btinternet.com

Good Neighbour Scheme for Mill Hill & Burnt Oak (*Mill Hill and Burnt Oak only*)
<https://thegoodneighbourschememhbo.org.uk/> 020 8906 334
info@thegoodneighbourschememhbo.org.uk

High Barnet Good Neighbour Scheme (*High Barnet only*)
<https://www.goodneighbourscheme.org/> 020 8441 5678 highbarnet@goodneighbourscheme.org

Struggling to make ends meet?




Rising utility bills and food prices getting too much?

Age UK Barnet is here to help!

If you are:

- ✓ Facing financial hardship
- ✓ Over 55
- ✓ Living in Barnet

...you might be entitled to grants towards utility bills, food costs and also wider essentials

Phone 020 8203 5040 or email support@ageukbarnet.org.uk



Are you looking for a trader you can trust?

Over 55? Visit the Age UK London Boroughs Business Directory

Call us free on **0800 334 5056**

or visit us online at www.aubdlondon.co.uk




A large selection of businesses and tradespeople that have been checked by AUBD staff