

# WHAT'S ON

## near you for over 55s



### EVENTS

**STIMULATE YOUR MEMORY COURSE** – for over 55s in Barnet. 6 week Memory Matters courses. 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 the next course, please contact our practitioner Katie on 0747 049 9597 or email [katie.grayson@ageukbarnet.org.uk](mailto:katie.grayson@ageukbarnet.org.uk)

### **AGE-FRIENDLY DROP INS**

Come and talk to our Age-friendly champions about what we are doing to make Barnet a better place to grow old in - plus a chance to find out about activities and events for over 55s in the borough. Pop in venues and dates:

**8th May 2024: High Barnet** - 10am-2pm - The Spires Shopping Centre, High Barnet EN5 5XY

**9th May 2024: Edgware** - 10am-2pm - the Broadwalk Shopping Centre, Edgware HA8 7BD

**10th May 2024: Burnt Oak** - 2pm-5pm - Burnt Oak Library HA8 0UB

**15th May 2024: East Finchley** - 2pm-5pm - East Finchley Library N2 9BB

**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 07502 989 403 or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

### **QUIZ NIGHT FUNDRAISER – Wednesday 22 May – 6.45pm (7.15pm start)**

Join us for our next quiz night at the Ann Owens Centre, Oak Lane East Finchley N2 8LT. Cost £20 per ticket - includes a 2 course meal cooked by top London chef Tolly! There'll be a raffle during the evening and a bar selling drinks. Make up your own team of 8 or join another team. Places will be limited so book yours soon! All funds raised help us provide our essential services and activities. Please contact Teresa on 07502 989 403 or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk) to reserve your place.

**Musical afternoon with violinist Sandy Thompson - 30 May (2-3pm)** Enjoy an afternoon of music and song at Avery Grange, 59 Wood Street, Barnet EN5 4BS. £5 on door - includes refreshments. To book a place, contact Pippa on [pippa.mannerings@ageukbarnet.org.uk](mailto:pippa.mannerings@ageukbarnet.org.uk) or 07379 331807.

### **Talk: Improving everyday memory - Wednesday 12 June 2024 (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 07502 989 403 or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

**Musical afternoon with Italian Tenor Yuri Sabatini - 13 June (2-3pm)** Enjoy an afternoon of classic tunes and arias at Avery Grange, 59 Wood Street, Barnet EN5 4BS. £5 on door - includes refreshments. To book a place, contact Pippa on [pippa.mannerings@ageukbarnet.org.uk](mailto:pippa.mannerings@ageukbarnet.org.uk) or 07379 331807.

**Your Money, Your Way - how to manage your money in later life. Wednesday 26 June 2024 (2-4pm)**

Join us for an afternoon of useful talks and advice. Talks include end of life planning - lasting Power of Attorney and Why make a Will as well as Avoiding Scams - 'staying safe and independent'. There'll be information stands and refreshments. All over 55s welcome. Free entry. Takes place at The Ann Owens Centre, Oak Lane N2 8LT. To book your place, just phone Teresa on 07502 989403 or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

**Talk: Changing times – Wednesday 10 July 2024 (7-8pm)** Professor Catherine Loveday on the mysteries of time from why time speeds up as we get older to why first week of a holiday always seems so much longer than the second week. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To book contact Teresa on 0208 432 1421 or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

**SUMMER CARNIVAL - Saturday 13 July 2024 (11am-3pm)**

Fantastic live music all day, tombola, nearly new stall, food, cakes, cream tea. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Any questions, contact Teresa on 07502 989 403 or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

**Talk: Eight lessons for a better memory from someone who has lost theirs- Weds 11 September 2024 (7-8pm)** Professor Catherine Loveday on what it feels like to have amnesia and how this can help us to have better memories. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To book contact Teresa on 07502 989 403 403 or email [teresa.gallagher@ageukbarnet.org.uk](mailto: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 **0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto: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](mailto: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](mailto:wendy.nutman@ageukbarnet.org.uk) for more information.

**Kitchen Confidence on Mondays (11am-1.30pm) at The Ann Owens Centre, East Finchley.** These classes are aimed at giving participants the confidence to cook more dishes at home. The participants cook in groups and then everyone sits together to eat. The recipes are designed to be recreated at home. All ingredients supplied. Held at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

**Next 4 week course starts 22 April.** Total prices is £32 paid upfront. To book a place, email [stacey.kanolik@ageukbarnet.org.uk](mailto:stacey.kanolik@ageukbarnet.org.uk) or phone her on 07423 604 729

**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](mailto:helen.nicolaou@ageukbarnet.org.uk)

## **MONDAY cont...**

**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](mailto:howard.chapman@ageukbarnet.org.uk)

**Spanish Beginners Class:** 3.00 – 4.30pm 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](mailto:helen.nicolaou@ageukbarnet.org.uk)

**Mindfulness Course with Beatrice–** Introductory course begins Monday 13 May from 3.30 – 5.30pm, then every Monday until July 8<sup>th</sup>. Change unhealthy thought patterns, and learn how to reduce stress and anxiety and improve relationships. Cost is £80 for 8 weeks. Held at Age UK Barnet, 154 Station Road, NW4 3SP. For more information email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) or phone **07384 466840**.

## **TUESDAY**

**Flower arranging classes:** 10.30am – 11.30am. Hope Corner Community Centre, 185 Mays Lane EN5 2DY. £8 session. For details how to join in, email [helen.nicolaou@ageukbarnet.org.uk](mailto: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](mailto: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](mailto:pippa.mannerings@ageukbarnet.org.uk) or call her on 07379 331807

**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](mailto: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. Please email Kato on [katolambrechts@yahoo.com](mailto:katolambrechts@yahoo.com) for details on how to join.

**Spanish Improvers Class:** 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](mailto:helen.nicolaou@ageukbarnet.org.uk)

## **WEDNESDAY**

**Social Drop in Group. Learn to knit, crochet, or bring along one of your crafts to do. 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](mailto:helen.nicolaou@ageukbarnet.org.uk)

## **WEDNESDAY cont...**

**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 **0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

**New fitness class: Circuits and strength for active ageing - starts Wednesday 22 May 2024.** Our new circuit training class for over 55s takes place on Wednesdays from 10.30am - 11.30am at UNITAS Barnet Youth Zone building, 76 Montrose Ave. HA8 0DT. £5 a session. All levels welcome. To book a place email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) or phone Wendy on 07741877027.

**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 **0774 187 7027** Email: [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@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](mailto:wendy.nutman@ageukbarnet.org.uk) or **07741 877 027**.

**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](mailto: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](mailto:Wendy.nutman@ageukbarnet.org.uk) - Classes resume on 10 January 2024.

**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.

## **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](mailto: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](mailto:howard.chapman@ageukbarnet.org.uk)

**Musical afternoons** - Enjoy an afternoon of music and song at Avery Grange, 59 Wood Street, Barnet EN5 4BS. £5 on door - includes refreshments. To book a place, contact Pippa on [pippa.mannerings@ageukbarnet.org.uk](mailto:pippa.mannerings@ageukbarnet.org.uk) or 07379 331807.

**25 April 2024 (2-4pm) - Music through the decades** performed by musicians from Middlesex University

**30 May 2024 (2-4pm) - Violinist Sandy Thompson** - 30 May

**13 June 2024 (2-4pm) - Italian Tenor Yuri Sabatini** on the 13 June.



## **THURSDAY** cont...

**Bridge for Improvers Course:** Every Thursday 2.30pm – 3.30pm, from 11 April – 30 May at Wilmot Community Hall, Tarling Road N2 8LB. Cost is £48. Contact Helen Nicolaou on 07384 466840 or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) to book a place.

**Thursday evening Cookery Group** - the Ann Owens Centre – Oak Lane, East Finchley from 5pm until 7.30pm. The focus is on cooking easy tasty classic dishes with confidence. A variety of topics are taught by our cookery tutors who are keen to pass on their expert knowledge about food. The class cooks in small groups and then eats together. This class is a good way to expand your repertoire of dishes and learn new cooking tricks and tips.

**Next 5 week course starts Thursday 18 April 2024 (5-7.30pm)** Called Spring Cookery with a French Twist, we'll be using seasonal fruit and vegetables. Course costs £40, paid upfront. To book contact Stacey on [stacey.kanolik@ageukbarnet.org.uk](mailto:stacey.kanolik@ageukbarnet.org.uk) or call her on 07423 604 729.

**Pottery class for beginners** every Thursday from 3.15 - 4.45pm. At **The Ann Owens Centre**, Oak Lane, East Finchley N2 8LT. Cost is £7 per class payable upfront in four week blocks of £28. For more information and to book a place contact Helen Nicolaou on 07384 466840 or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk)

## **FRIDAY**

**Art Class:** Sketching, chalk, pastel, watercolour. Cost £28 for four sessions. 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](mailto: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](mailto: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. **The new course begins on May 3 – 14 June.** Cost is £48 for six week course payable in advance (£8 per class). 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](mailto:helen.nicolaou@ageukbarnet.org.uk) to book a place.

**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](mailto: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](mailto: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 **0774 187 7027** or email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk)

## FRIDAY cont...

**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](mailto:brigitte.adela@artsdepot.co.uk) or calling **020 8369 5452**.

**Games Afternoon** – 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto: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](mailto: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](mailto: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. £3 per session. Contact Helen Nicolaou on 0738 446 6840 or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) with any queries.



**Age UK Barnet's next musical afternoon with**

# SANDY THOMPSON

**Classical Violin & Irish Fiddle Performance**

**THURSDAY  
30TH MAY  
2024  
2.00-3.00  
PM**

**£5**  
on door for  
non residents  
includes  
refreshments





**Avery at Barnet Grange,  
59 Wood St, Barnet EN5 4BS**

**FREE PARKING** available on site.

**Bus:** Manor Road Barnet is the closest stop to the venue. Routes 263, 107, 307 and 84B stop here.

Call Pippa on 07379 331807 or email [pippa.mannerings@ageukbarnet.org.uk](mailto:pippa.mannerings@ageukbarnet.org.uk)

## **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 [karen.williamson@ageukbarnet.org.uk](mailto:karen.williamson@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 Teresa on **020 8203 5040**. To receive a copy by email contact Teresa at [teresa.gallagher@ageukbarnet.org.uk](mailto: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**.

# BEGINNERS CLAY POTTERY CLASS

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

**THURSDAYS 3.15 - 4.45pm**

**To book contact Helen on 0738 446 6840 or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk)**

**Cost is £7 per class payable upfront in four week blocks of £28**

FOR OVER 55s IN BARNET







## 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.

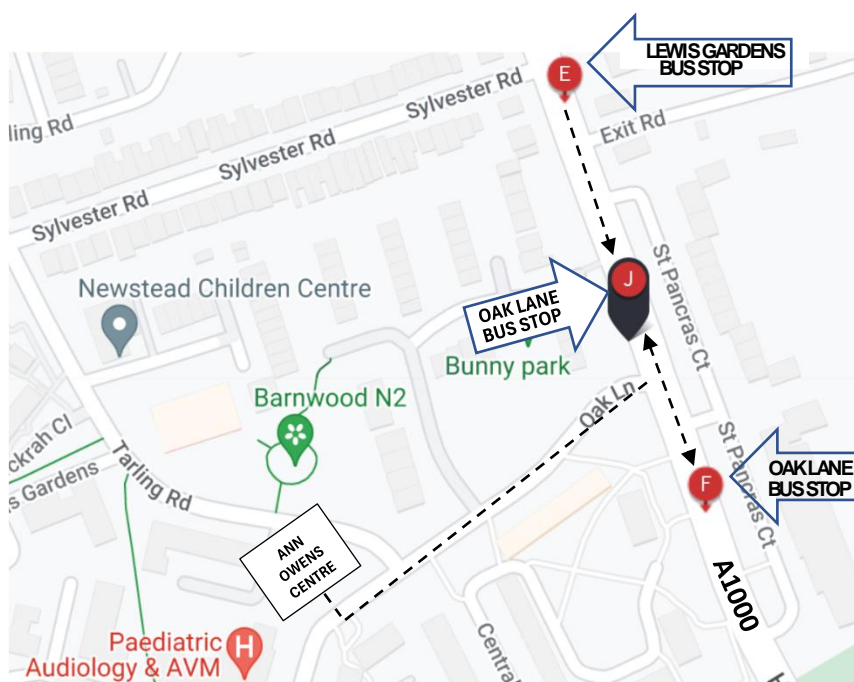
**Foot care\*** We offer basic nail-cutting (£15) at **The Ann Owens Centre** in East Finchley and, for people with diabetes, taking steroids or warfarin, we have nail-cutting with a podiatrist (£20). For an appointment, phone **020 8203 5040**. *\*There is a charge for this service.*

**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**. **PLEASE NOTE** that the **Household Support Fund** waiting list will close to new referrals from **5pm Friday 8<sup>th</sup> March 2024**.

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](mailto: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](mailto: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](http://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](mailto:residentsupportfund@barnet.gov.uk)

### **Household Support Fund**

**PLEASE NOTE** that the Household Support Fund waiting list will close to new referrals from 5pm Friday 8<sup>th</sup> March 2024.

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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:info@thegoodneighbourschememhbo.org.uk)

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

## Gifts in wills

If Age UK Barnet has helped you, or you want to make a lasting difference to future generations of older people in the borough, please think about us when leaving a gift in your will. And to ensure that the money will be spent in Barnet, include our charity number: 1080458. We are an independent local charity and are responsible for raising our own funds.



**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](http://www.aubdlondon.co.uk)



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