WHAT'S ON

near you for over 55s

EVENTS

NEW COFFEE MORNINGS: Join us for a cuppa and a friendly chat at one of our new coffee mornings which are held between 10.30am and 12 noon around the borough:

- **North Road Community Centre**, 230 Burnt Oak Broadway, Edgware HA8 0AP (Tues 18 Feb, Tues 18 March, Tues 15 April, Tues 13 May)
- **All Saints Church,** Church Walk, Childs Hill, NW2 2JS (Thurs 13 Feb, Thurs 13 March, Thurs 17 April, Thurs 15 May
- **Lane End Medical Centre**, 2 Penshurst Gardens, Edgware HA8 9GJ (Wed 19 Feb, Wed 19 March, Wed 16 April, Wed 14 May)
- **Kingsley Court**, Tayside Drive, Edgware HA8 8RE (Wed 26 Feb, Wed 26 March, Wed 30 April, Wed 28 May)
- **Mill Hill Library**, Hartley Avenue, London NW7 2HX (Thurs 6 March, Thurs 3 April, Thurs 1 May, Thurs 29 May)
- **Ann Owens Centre,** Oak Lane, East Finchley N2 9LT (Sat 1 March, Sat 5 April, Sat 3 May, Sat 31 May)

For further info call Louise on 07379 331807 or email: activities@ageukbarnet.org.uk

NEW Creative Tuesdays (**3.30 – 5.00pm)** at The Ann Owens Centre, Oak Lane, East Finchley N2 8LT. A programme of creative activity sessions including card making, creative writing and photography. The next course is 6 week **beginners pottery starting on 25 March 2025**. Booking essential. For details on how to join – email: activities@ageukbarnet.org.uk or call 07384 466 840.

MUSICAL AFTERNOONS with the popular **Memory Lane Singers** on Fri 11 April 2025 (2-3pm). At Avery at Barnet Grange, 59 Wood Street, Barnet EN5 4BS. £5 on door for non residents, includes refreshments. FREE parking onsite. Bus: Manor Road Barnet is the closest stop to the venue. Routes 263, 107, 307 and 84B stop here. To book call 07384 466 840 or email **activities@ageukbarnet.org.uk**

MINDFULNESS TASTER – Friday 21 March 2025 (2-2.45pm) at the Ann Owens Centre, Oak Lane N2 9LT**.** Pick up short brain exercises and meditation techniques to allow you to be more present to your daily life. For further info call Louise on 07379 331807 or email: activities@ageukbarnet.org.uk

TALK: love and relationships by Professor Catherine Loveday. Catherine talks about the connection between memory and love and how we can use this to improve our relationships. Takes place on **Wednesday 26 March 2025** (6.45-8pm) at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To register, call Teresa on 07502 989 403 or email teresa.gallagher@ageukbarnet.org.uk

New Scams Prevention drops ins - East Barnet
Pop along to our new monthly scams information and advice drops ins at Hot Milk cafe, 27 East Barnet Road EN4 8RN. Come along with any concerns, and one of our team can update you on the latest scams and give you the tools to stay safe. They'll take place on the first Wednesday of the month - first one will be on **Wednesday 2 April (10-11am)**. Any questions? Phone 020 8129 7615 or email scamsawareness@ageukbarnet.org.uk

EVENTS cont…

TALK: the power of swearing by Professor Catherine Loveday. Catherine shares why we swear and how the use of taboo words can deeply affect the way we think, act and relate to each other plus why swearing can make us feel better. **Takes place on Wednesday 23 April 2025** (6.45-8pm) at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To register, call Teresa on 07502 989 403 or email teresa.gallagher@ageukbarnet.org.uk

Event: Health checks and prevention - 29 April 2025 (10am-12noon) Our morning of talks and activities aims to give you the tools to stay well. Takes place at the Tarling Road Community Centre, 20 Fallows Close, off Tarling Road N2 8LG. Arrive 9.30am for registration and refreshments. To register, contact Salima on salima.jiwa@ageukbarnet.org.uk or call her on 07503 353157.

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. **This class is currently full but contact Wendy to be placed on waiting list - 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 Cookery Class with Lunch. At the Ann Owen Centre, Oak Lane, East Finchley N2 8LT. Classes are aimed at giving participants the confidence to cook more dishes at home. Participants cook in groups and then everyone sits together to eat. Recipes are designed to be recreated at home**. Monday mornings 11am until 1.30 pm**. **Next 4 week course: 10th March - Spanish style food; 17th March - Reflecting St Patrick's Day; 24th March – Moroccan Tagine; 31st March - Indian cookery.** . Price including all ingredients is £32 for four weeks. (Please prepay to secure your space) To book contact Stacey at: stacey.kanolik@ageukbarnet.org.uk or call 0208 129 7621.

Pilates - Every Monday 11.30am to 12.30pm. Held at Manor Drive Methodist Church, Manor Drive, Whetstone N20 0DZ. Cost £3.00 every session. For more details contact Nila Patel on 07977 459920.

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 Jeannette Cowan at dementiasupport@ageukbarnet.org.uk or call the dementia helpline – 020 8203 5040 Option 7.

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

Spanish Classes - East Finchley Library, 226 High Rd, N2 9BB. IMPROVERS 2.15pm to 3.15pm followed by BEGINNERS at 3.30pm to 4.30pm. 10 sessions £80. For more information and to book a place contact Helen Nicolaou 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. £8 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.

Wellbeing & Bingo Group (2-4pm), in partnership with Colindale Communities Trust, 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!! For more information email: activities@ageukbarnet.org.uk or call **07384 466 840.**

Creative Tuesdays (**3.30 – 5.00pm)** at The Ann Owens Centre, Oak Lane, East Finchley N2 8LT. A programme of creative activity sessions including card making and creative writing. The next course is 6 week **beginners pottery starting on 25 March 2025**. Booking essential. For details on how to join – email: activities@ageukbarnet.org.uk or call 07384 466 840.

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 from 2.00 – 3.00pm. Every month on a Tuesday. Please email Kato on katolambrechts@yahoo.com for details on how to join.

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**

Art Group: Watercolour painting. Cost £28 for four sessions. Takes place at The Ann Owens centre, Oak Lane, East Finchley N2 8LT from 10.00am – 12.00 noon. Class full at the moment but contact helen.nicolaou@ageukbarnet.org.uk or phone **07384 466840 to check when places are available**.

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

New fitness class: Circuits and strength for active ageing.
Our new circuit training class led by our trainer Lance - for over 55s, takes place on Wednesdays from the new time of 9.30am - 10.15am 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 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.

Flower Arranging Class –Wednesdays from 11.00am - 12 noon. Location: Unitas, 76 Montrose Ave Edgware HA8 0DT. Tutor: Ursula from the Flower Bank. Fee: £8 per class (£48 for 6-week course. To book call Louise on 07384 466840 - Email louise.palmer@ageukbarnet.org.uk or Helen Nicolaou on 0738 446 6840 or email: helen.nicolaou@ageukbarnet.org.uk

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

WEDNESDAY cont…

Help with laptops and smartphones - Mill Hill. Wednesday weekly sessions **from 12.45pm -2pm with free lunch** at The Mount, Mill Hill International School, Milespit 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

Seated/Standing Stretch & Flex for over 55s in Barnet from 2.00 – 3.00pm. Energising yoga moves for flexibility and mobility. £5 per class. 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**.

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

Help with laptops and smartphones – Wednesday - 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

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

FREE ONLINE BOOK CLUB for over 55s. From 6.00pm. If you would like to join us, please email:- barnetbookclub@gmail.com for meeting details.

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 afternoons
Held at Avery at Barnet Grange, 59 Wood Street, Barnet EN5 4BS. £5 on door for non residents, includes refreshments. FREE parking onsite. Bus: Manor Road Barnet is the closest stop to the venue. Routes 263, 107, 307 and 84B stop here. To book contact Helen on 07384 466 840 or email activities@ageukbarnet.org.uk

Bridge Club: Every Thursday**. Improvers** 2.30pm – 4.30pm, **Beginners** 3.00 – 4.30pm at Wilmot Community Hall, Tarling Road N2 8LB. Cost is £60 for 8 week course. Contact Helen Nicolaou on 07384 466840 or email helen.nicolaou@ageukbarnet.org.uk to book a place.

Cook Together and Eat Supper Together at the Anne Owen Centre, East Finchley N2 8LT. From 4 pm until 6.15pm. Next 3 week course: **6th March –Burgers from scratch; 13th March- Perfect Italian soup; 20st March – Pie workshop.** All recipes and ingredients provided. £24 for 3 classes booked and paid for in advance. Classes will focus on producing healthy meals you can recreate at home. Participants cook in groups, then sit and eat together. For more details and to book a space contact stacey.kanolik@ageukbarnet.org.uk or call her on 0208 129 7621.

FRIDAY

Art Class: Watercolour painting. 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 helen.nicolaou@ageukbarnet.org.uk or phone **07384 466840 to check if any places available**.

FRIDAY cont…

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: New classes start on Friday 21 February until 4 April. From 10.30am – 11.30am. Friends Meeting House, Leicester Road, New Barnet EN5 5EL. Specifically for people living with dementia. 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. To find out when next course starts and to book a place call Helen Nicolaou on **07384 466840** or email helen.nicolaou@ageukbarnet.org.uk

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 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.

FRIDAY LUNCH CLUB - Every week from 12.45pm at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. If you are looking for a warm and welcoming place to enjoy a delicious, cooked meal and great company, why not join us for lunch, where you can meet new friends and enjoy a pleasant social time afterwards. Perfect for those who can participate independently. Vegetarian option available. £8 for a two-course meal plus tea/coffee. Booking essential. For details on how to pay and to book a place contact Louise Palmer on louise.palmer@ageukbarnet.org.uk or call 07384 466 840.

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

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 for dates for next classes 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

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 with any queries.

Help with laptops, smart phones or tablets Drop in session 10.30-12.00 noon at Chipping Barnet Library 3 Stapylton Rd, Barnet EN5 4QT 15 March to 12 April
Contact Howard on 020 8432 1415 or email howard.chapman@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 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

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**.

WARM SPACES

Warm Spaces for the over 55's (organised by Churches Together in Finchley) has restarted at St Margaret's URC in Victoria Avenue, Finchley, N3 1BD on a Tuesday morning between 10.30am -12.30pm. Everyone is welcome to come along for games, refreshments or a chat. This will be stopping for the summer on Tuesday 8th April and re- starting in October.



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. We charge an hourly rate of £30 and £20 per hour for those on certain means tested and disability benefits. If we are at a client's property for 30 minutes or less, that will be charged at half the hourly rate. 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 8129 5209.

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. The charge is £15 per month for a single person, which is reduced to £10 if the client is in receipt of means tested benefits. The charge is £20 if shopping for a couple, reduced to £15 if receiving benefits. For more info, Tel 020 8150 0963**.**

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. Full day £35 including lunch and transport (£30 without transport).

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.***

Scams Awareness - To find out more about our scams prevention service or feel you have been a victim of a scam, please call Joyce Sullivan or Gill Hirsch on **0208 1297 627** to discuss.

Advice clinics at Chipping Barnet Library - 1st and 3rd Tuesday of every month. Are you struggling financially? The Age UK Barnet advice team will be giving benefit checks, pension credit checks and winter fuel payment advice. On the first and thrid Tuesday of the month, there's a drop in from 10am-1pm and bookable appointments in the afternoon (you need to book during the morning drop in). To speed up process by bringing rent, service charge and bank statements. Takes place at Chipping Barnet Library, 3 Stapylton Rd, Barnet EN5 4QT

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

RISING ENERGY BILLS - WHERE TO GET HELP

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 Payments
Now that winter fuel payments will only be paid to individuals on pension credit and means tested benefits, our Later Life Planning team are encouraging people to check if they are entitled to pension credit. About 850,000 UK households who are eligible to receive the benefit do not claim it, according to figures released by the Department for Work and Pensions last year. If you're unsure if you are eligible or you need to make a claim, call Age UK's Winter Fuel Payment helpline on 0800 731 0160. You will need your National Insurance number and your bank or building society details.

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

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**

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/ Tel: 0208 906 3340 / Mob: 07483 129593 info@thegoodneighbourschememhbo.org.uk Drop In: 11am – 1pm Tuesday & Thursday Annunciation Church, Burnt Oak.

High Barnet Good Neighbour Scheme *(High Barnet only)* https://www.goodneighbourscheme.org/ 020 8441 5678 highbarnet@goodneighbourscheme.org Tel: 0208 906 3340 / Mob: 07483 129593

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.





Age UK Barnet Handyperson Service

Our vetted handyperson team carry out essential jobs around the home such as:



- putting up curtains
- fitting a key safe
- fixing doors and cupboard doors.
- installing smoke detectors and alarms
- taking down and putting up curtains
- fitting secrutity equipment
- unblocking sinks and replacing toilet seats
- fitting draught proofing
- fitting grab rails

For Barnet residents over 55

There's no charge for hanging a lightbulb and changing batteries in a smoke alarm. For other jobs we charge an hourly rate of £30 and £20 per hour for those on certain means tested benefits

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

18 March 2025