

SILVER WEEK

1-7 October 2017

Interested in **meeting new people** and find out what's happening in the community?

Come and join in with **Barnet's Silver Week festivities**, which include a wide variety of activities for those *over 55*.

Social activities * Art exhibitions * Coffee mornings * Wellbeing workshops * Afternoon tea * Kayaking taster sessions * Relaxing therapy treatments

Visit www.barnet.gov.uk/silverweek for a full schedule of all of the events and activities planned.

#BarnetOver55s #BarnetSilverSunday #BarnetSilverWeek #BarnetSilverSelde

CAPITA



BARNET
LONDON BOROUGH

Silver Week 2017

Silver Sunday is an annual day of fun activities for over 55's across the UK. It celebrates the value and knowledge older people contribute to our communities while combating loneliness and isolation.



Working with voluntary and community sector partners this will be the third week long celebration of Silver Sunday in Barnet.

Everyone can get involved, whether that's organising an event, spreading the word, or simply attending an activity.

There are plenty of activities and events for you to take part in throughout the year. For more information visit www.vcs-database.barnet.gov.uk or www.ageuk.org.uk/barnet/neighbourhood-services



Events are free unless stated otherwise

- North
- West
- South

For more information or to get involved email preventionandwellbeing@barnet.gov.uk or call 020 8359 3487 / 020 8359 7573.

Major Events

Afternoon Tea

Sunday 1 October 12.30-4pm
Woodhouse College, Woodhouse Road, N12 9EY
Barnet Seniors Assembly and London Borough of
Barnet Prevention and Wellbeing Team host
afternoon tea, with information and activities.



LGBT Social Space

Sunday 1 October 12.30-4pm
Woodhouse College, Woodhouse Road, N12 9EY
Information and advice social on Lesbian, Gay,
Bisexual and Transgender matters.



Showcase – with information and advice

Tuesday 3 October 10am-8pm
Brent Cross Shopping Centre, Hendon, NW4 3FP
A celebration of our residents, with performances,
demonstrations and information and advice.



Wonderful event,
highlight for
many people
who otherwise
may be isolated.

Lovely to see
so much
energy and
enthusiasm.

Had a very useful
and fun time at the
Afternoon Tea.
Dad especially
enjoyed the sing

North

Instructor-led health walk

Sunday 1 October 9-10am (usual cost £2.80)

Orange Tree, Totteridge Lane, N20 8NX

Contact: 020 8359 6314 or sport@barnet.gov.uk

Visit: www.barnet.gov.uk/activity-on-the-move



Art exhibition

Sunday 1 October 12.30-4pm

Woodhouse College, Woodhouse Road, N12 9EY

Work submitted by residents of care homes, sheltered housing and support living in Barnet.

Contact: Talia Lief 020 8359 2095



Swing style event

Sunday 1 October from 3pm

artsdepot, 5 Nether Street, North Finchley, N12 0GA

Come along and enjoy the Hot Club of Jupiter

playing their unique mix of gypsy swing and hot jazz.



Creative arts workshops

Sunday 1 October from 3pm

artsdepot, 5 Nether Street, North Finchley, N12 0GA

Get inspired. Drop in to one of artdepot's creative workshops and try something new.



The Spitfire Sisters performance

Sunday 1 October from 5pm (booking required)

artsdepot, 5 Nether Street, North Finchley, N12 0GA

Listen to the classic 40's style close harmony trio

Ticket price: standard £14.00 over 60's £12.00

Book now: 020 8369 5454/www.artsdepot.co.uk



Instructor-led health walk

Monday 2 October 9.30-10.30am (usual cost £2.80)

Woodside Park, Totteridge to Laurel Way

Contact: 0208 359 6314 or sport@barnet.gov.uk

Visit: www.barnet.gov.uk/activity-on-the-move



Outdoor fitness class

Monday 2 October 9.30-10.30am

Friary Park 133A Torrington Park, N12 9AN

A fun mix of walking and easy strength exercise

Price: £1.50 Contact, Karen Williamson 020 8150 0967

or karen.williamson@ageukbarnet.org.uk



Blood pressure and stroke awareness

Monday 2 October 11am-2pm

Barnet General Hospital, Wellhouse Lane, EN5 3DJ

Educational information, signs, symptoms and advice on stroke prevention, including blood pressure testing. As well as the Keep Warm and Well scheme. www.clch.nhs.uk/services/barnet-stroke-support-service



Healthy living

Monday 2 October 12-3pm

Friary House, Friary Park, Friern Barnet Lane, N20 0NR

Health talk hosted by Barnet Elderly Asians Group.



Coffee morning

Tuesday 3 October 11am–1pm

Community Café, St James Church, St James Lane, Muswell Hill, N10 3DB

Coffee and homemade cakes hosted by Community Ministries and The Network.



Wise up for winter

Tuesday 3 October 12.30am-2.30pm

St John's Parish Centre, Friern Barnet Road, N11 3EQ.

Join Age UK Barnet and Citizens Advice Barnet for talks on falls, prevention, wellbeing, home security and benefits, followed by lunch. **Contact:** 020 8442 1419



Afternoon tea and live jazz

Tuesday 3 October 1-4pm

Fairway Hall, Brook Close, Borehamwood, WD6 5BT

Dementia Club UK hosts an open event for people with dementia, their friends, family and carers.



Carers coffee morning

Thursday 5 October 10.30am-12.30pm
Barnet Carers Centre, Global House, 303 Ballards Lane, North Finchley, N12 8NP
Carers over 55 are invited for a talk hosted by Barnet Carers Centre followed by relaxed social conversation.



Art exhibition

Thursday 5 October 10am-4pm
Open Door Centre, St Albans Road, EN5 4LA
Work submitted by residents of care homes, sheltered housing and support living in Barnet.



Chair based yoga

Thursday 5 October 11am
Methodist Church, Manor Drive, Whetstone, N20 0DZ
Take part in a Yoga class that you can do sat in a chair.
Price: £3.50 **Contact:** Carolyn Ansell 020 8362 92269
or Carolyn.Ansell@ageukbarnet.org.uk



Let's Stop Scams and Frauds in Barnet

Thursday 5 October 2pm
Friend in Need Community Centre, Crescent Road EN4 8PS
Tips on protecting yourself against scams and frauds.
Tea and cakes provided. **Contact:** Dale 020 8446 7044
or dale.b@homeinstead.co.uk



A glimpse of the 1950's

Thursday 5 October 3-4pm
Open Door Centre, St Albans Road, EN5 4LA
Come along and join us for a history talk by Terence Atkins and see a number of historic directories.



The Reader Organisation

Tuesday 3 October 2-3.30pm
Chipping Barnet Library, 3 Stapleton Road, EN5 4QT
Shared Reading promotes better health and well-being.
Groups will be reading texts inspired by older people.
Contact: Kate Fulton 07801 91 1481
or kathrynfulton@hotmail.com

Instructor-led health walk

Wednesday 4 October 9.30-10.30am (usual cost £2.80)

Friary Park 133A Torrington Park, N12 9AN

Contact: 020 8359 6314 or sport@barnet.gov.uk

www.barnet.gov.uk/activity-on-the-move



Teatime social group for over 55s

Wednesday 4 October 2.30-3.30pm

Community Café, St James Church, St James Lane,
Muswell Hill, N10 3DB

Activity followed by afternoon tea hosted by Community
Ministries and The Network



Art exhibition

Thursday 5 October 10-4pm

Woodhouse College, Woodhouse Road, N12 9EY

Work submitted by residents of care homes, sheltered
housing and support living in Barnet.

Contact: Talia Lief 020 8359 2095



Creative arts session

Thursday 5 October 10am-12pm

Friary House, Friary Park, Friary Road, N20 0NR

Creative arts session with Community Focus, you could
also try bowling and update your IT skills.



Instructor-led health walk

Saturday 7 October 9.30-10.30am (usual cost £2.80)

Woodside Park, N12 8RT Finchley Central to Southover

Contact: 020 8359 6314 or

sport@barnet.gov.uk www.barnet.gov.uk/activity-on-the-move



Get fit, have fun! Squash and racquetball taster

Saturday 7 and Sunday 8 October 9.30–11am

Oakleigh Park LTSC, 100 Oakleigh Road North,
Whetstone, N20 9EZ

Introduction for all abilities, racquets and balls available.
No dress code, but soft sole footwear is essential.



West

Kavak (or open canoe) taster session

Sunday 1 October 2-4 pm (booking required)
Phoenix Outdoor Centre, Cool Oak Lane, NW9
7ND A coach led session on the Welsh Harp
reservoir.



Price: £10.00 Booking

required: webcollect.org.uk/phoenixcc/event/silver-Sunday

Hairdressing

Monday 2 to Friday 6 October 9am-5pm
Wella Salon, Barnet and Southgate College, 7 Bristol
Avenue, Colindale NW9 5BR (**free appointments**)
Wash, blow dry, haircuts and sets, men and women.
Book: 020 3764 4750 hairandbeauy@barnetsouthgate.ac.uk



Relaxing therapeutic treatments

Monday 2 - Friday 6 October 9.45am-4.30pm
The Disability Foundation, RNOH, Brockley Hill,
HA7 4LP



15 minute taster treatments of; Indian head massage,
reflexology, head and shoulder massage.

Booking: 020 8954 7373 or reception@tdf.org.uk

The Reader Organisation

Monday 2 October 1.30–3pm
Chesir Hall, Foster Street, New Brent Street,
Hendon, NW4 2AA
Shared Reading promotes better health and well-
being. GroupS will be reading texts inspired by
older people. **Contact:** Kate Fulton 07801 911 481
or kathrynfulton@hotmail.com



Over 50s work club

Tuesday 3 October 9.30-11.30am
Love Burnt Oak Resource Centre, 102 Watling
Avenue, Edgware, HA8 0LN



Drop-in help with job search's, applications and CVs.

Contact: 020 8359 5600 or www.future-path.co.uk/boost

The Reader Organisation

Tuesday 3 October 10.30am–12pm

Burnt Oak Library, Watling Avenue, Edgware, HA8 0UB

Shared Reading promotes better health and well-being.

During Silver Week each group will be reading texts inspired by 'Silver'. **Contact:** Kate Fulton 07801 911 481

or kathrynfulton@hotmail.com



Slow shopping hour at John Lewis, Brent Cross

Tuesday 3 October 11am–12pm

To celebrate Silver Week come along to John Lewis slow shopping hour in the women's wear.

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Benefits health check

Tuesday 3 October 2–4.30pm

Ground Floor Burnt Oak Library, Watling Avenue, HA8 0UB

A Welfare Benefit Adviser can review entitlements and show different work options. Follow up sessions can be arranged if more in depth support is required. (Booking required)

Book by: 020 8359 5600 or

Visit: www.future-path.co.uk/boost

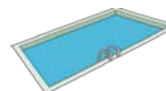


Copthall Leisure Centre open day

Wednesday 4 October all day

Champions Way, Hendon, NW4 1PX

GLL Centre experience day to try out our easy line circuit, a water workout class and a studio based taster session.



Keep Warm and Well with Tai Chi

Wednesday 4 October 10.30am – 1pm (booking required)

The Meritage Centre, 46 Church End, Hendon, NW4 4 JT

Tai Chi session followed by a cuppa, cake and chat on how to keep warm and well during winter.

Book by: 020 8359 7441 or winterwell@barnet.gov.uk



Lancôme skincare session

Wednesday 4 October 2–3pm John Lewis, Brent Cross,

Find out more about a what Lancôme products to use.

This will feature their Absolue and Genifique product range.

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Booking required: events.brentcross@johnlewis.co.uk

The Reader Organisation

Thursday 5 October 10.30am-12pm.

One Stonegrove, Community Centre Edgware, Hayling Way, HA8 7TY

Shared Reading promotes better health and well-being. During Silver Week each group will be reading texts inspired by 'older people. **Contact:** Kate Fulton 07801 911 481 or kathrynfulton@hotmail.com



Club games' taster day

Thursday 5 October all day

Burnt Oak Leisure Centre, Watling Avenue, HA8 0NP
Taster sport sessions; badminton, short tennis, darts, short mat bowls, table tennis dominoes and more.



Question and answer with Dementia Hub

Friday 6 October 10am-12.30pm

Barnet Dementia Hub, Salvation Army, 1-5 Brampton Grove, Hendon, NW4 4AE

Find out how the Barnet Dementia Hub can support you. Information on services and appointments with a dementia advisor. Plus a free fitness check-up.

Booking required: Yasmin Hamadia 020 3758

3001 Barnet@alzheimers.org.uk

Blood pressure and stroke awareness

Friday 6 October 11am-2pm

Edgware Community Hospital, Burnt Oak Broadway, Edgware, HA8 0AD

Educational information, signs, symptoms and advice on stroke prevention, including blood pressure testing and information on keeping warm and well.

www.clch.nhs.uk/services/barnet-stroke-support-service



GLL Instructor-led health walk

Saturday 7 October 10-11am

Barnet Copthall Leisure Centre, Champions Way, NW4 1PX **Contact:** 020 8457 9900

or annalisa.cellini@gll.org



BRENT CROSS

Silver Week showcase

Tuesday 3 October 9am–8pm
Brent Cross Shopping Centre, Centre Court,
Prince Charles Drive, NW4 3FP

Join the London Borough of Barnet and partners to find out more about what's happening in your community.

Throughout the day there will be an art exhibition of works-completed by residents, live art with Community Focus, craft activity demonstrations with Reubens House and Sunridge Court, health checks and information on Barnet's Keep Warm and Well scheme.

- 10-12pm Dementia Friendly Shopping John Lewis
- 11am Barnet Mencap Choir
- 12pm Love to Move with Saracens Sport Foundation
- 2pm Barnet Asian Women's Association dance performance
- 3.30pm Tai Chi with Age UK Barnet
- 4pm GLL Better Leisure Aerobics class
- 5pm Wellbeing Session

John Lewis

South

Home cooked lunch

Sunday 1 - Saturday 7 October 12-2.30pm
Friern Barnet Royal British Legion, 1 St John's
Building, Friern Barnet Road, N11 3DP
Community Focus and The Royal British Legion
host a 2 course home cooked hot lunch. Bingo
sessions Monday, Wednesday and Friday from 2.30pm



Instructor-led health walk

Sunday 1 October 10.30-11.30am (usual cost £2.80)
Hampstead Heath – Wildwood

Contact: 020 8359 6314 sport@barnet.gov.uk
www.barnet.gov.uk/activity-on-the-move



Instructor-led health walk

Tuesday 3 October 9.30-10.30am (usual cost £2.80)
Hampstead Heath - North End Road, NW11 7RL

Contact: 020 8359 6314 or sport@barnet.gov.uk
www.barnet.gov.uk/activity-on-the-move



Art exhibition

Tuesday 3 October 10am-8pm
Brent Cross Shopping Centre, Hendon, NW4 3FP
Work submitted by residents of care homes,
sheltered housing and support living in Barnet.
Contact: Talia Lief 020 8359 2095



Blood pressure and stroke awareness

Wednesday 4 October 11am-2pm
Finchley Memorial Hospital, Granville Road, N12
0JE
Educational information, signs, symptoms and
advice on stroke prevention, including blood
pressure testing and information on keep warm and
well. [www.clch.nhs.uk/services/barnet-stroke-
support-service](http://www.clch.nhs.uk/services/barnet-stroke-support-service)



Wellbeing workshop – Managing stress

Wednesday 4 October 11.30am-1.30pm
Green Man Community Centre, Strawberry
Vale, East Finchley, N2 9BA

A workshop led by Age UK Barnet to support with managing stress.



Instructor-led health walks

Thursday 5 October 9.30-10.30am usual cost
£2.80)

Heathgate in the Garden Suburb

Contact: 020 8359 6314 or sport@barnet.gov.uk
www.barnet.gov.uk/activity-on-the-move



Afternoon tea

Thursday 5 October 1.30–3.30pm

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

Come along and enjoy afternoon tea with
information on all that Age UK Barnet has to offer.



Have you heard of the Barnet Voluntary and Community Sector Forum for adults?

The Barnet Voluntary Community Sector Forum is open to all third sector organisations providing prevention services to adults in Barnet.

The purpose of the forum is to:

- build and strengthen relationships within the voluntary sector and the council
- provide a platform to help support and grow the voluntary sector within Barnet

For more information or to get involved

email preventionandwellbeing@barnet.gov.uk or call 020 8359 3487 / 020 8359 7573.

Our community

Whether you are a business, a volunteer or a community group, we want to do what we can to support you to get more involved with your community.

Some of the ways you can get involved include starting up a new activity or group in the community, letting us know about an activity occurring locally, registering details of your organisation on Barnet's Community Directory, getting involved in supporting Silver Week or, if you are voluntary community sector organisation joining our Voluntary Community Sector Forum.

If you want to find out more or to get involved
email preventionandwellbeing@barnet.gov.uk or
call 020 8359 3487 / 020 8359 7572

A big thank you to all those who have supported Banet Silver Week 2017



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Prevention and Wellbeing Team / Libraries / Sports and Physical Activities Team / Integrated Quality in Care Team / Learning Disabilities / The Network/ Reablement Team

SILVER WEEK

1 - 7 October 2017

Silver Sunday is an annual day of fun and free activities for older people across the UK, led by The Sir Simon Milton Foundation.

To ensure we reach as many people as possible for the third year we will be celebrating with an entire week of activities and events throughout Barnet.

- * Social activities
- * Art exhibitions
- * Coffee mornings
- * Wellbeing workshops
- * Afternoon tea
- * Kayaking taster sessions
- * Relaxing therapy treatments

Visit www.barnet.gov.uk/silverweek for a full schedule of all of the events and activities planned.

#BarnetOver55s #BarnetSilverSunday #BarnetSilverWeek #BarnetSilverSelfie

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SILVER SUNDAY
CELEBRATING OLDER PEOPLE

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