

SILVER WEEK

1 - 7 October 2019

Silver Sunday is an annual day of fun 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 fifth year we will be celebrating with a week of activities and events throughout the Borough.

Social activities * Art exhibitions * Coffee mornings *
Wellbeing workshops * Health checks * Exercise taster
sessions * Relaxing therapy treatments

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

The Barnet
Group
PERSON CENTRED



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

BARNET
LONDON BOROUGH

Silver week 2019

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.

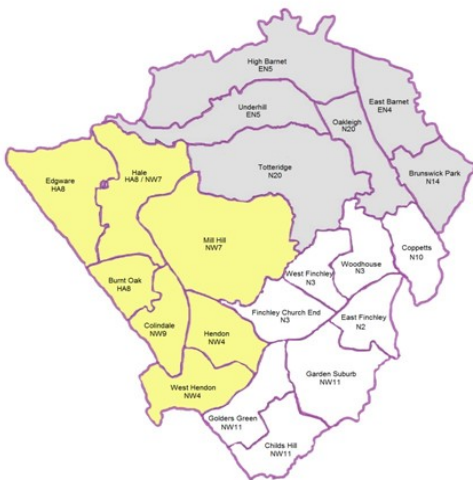
Working with voluntary and community sector partners this will be the fifth, week long, annual celebration in Barnet.

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


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

Events are free unless stated otherwise.

Booking required for some events



North 

West 

South 

For more information or to get involved email preventionandwellbeing@barnet.gov.uk

or call 020 8359 2519 / 020 8359 7573

Major Events

Showcase and information Event

Wednesday 2 October 11am-3pm

The Spires Shopping Centre, Barnet, EN5 5XY

Information and advice stalls, performances,

health checks and the Middlesex Association for the Blind mobile resource centre available to give Information.

Educational talks (Chipping Barnet Library – nearby)

Silver Week Seminar

Thursday 3 October 11am-1pm

Copthall Leisure Centre, Champions Way, NW4 1PX

Informative talks, performances, hearing and health checks.

Come along and join in.

Contact: annalisa.cellini@gll.org / 020 8457 9900

Afternoon Tea and Information Event

Sunday 6 October 12.30-3.30pm

Copthall Leisure Centre, Champions Way, NW4 1PX

Barnet Seniors Assembly, London Borough of Barnet Prevention and Wellbeing Team and partners host Afternoon Tea, with information stalls and activities.

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

Lovely to see so
much energy and
enthusiasm

We had a very
useful and fun time
at the Afternoon
Tea. Dad especially
enjoyed the singing.

North

Nordic Walking

Tuesday 1 October 9- 10am

Oakhill Park East Barnet EN4 8JP

Booking required: 020 3675 7215 / healthandwellbeing@saracens.net

Free Taster – ongoing £5 per session

50+ Dance Class Love to Dance

Tuesday 1 October 10am-12noon

Underhill Baptist Church, Elton Avenue, EN5 2EA

Contact: 020 8675 7257 /Saracens Sports Foundation

Free during Silver Week – ongoing £6 per session

Art Exhibition

Tuesday 1 to Thursday 3 October 11am-3pm

Goodwin Court, 52 Church Hill Road, East Barnet, EN4 8FH

Exhibition of art work created by residents of care homes, sheltered housing and supported living in Barnet

Contact: 020 8447 5300

Reading Group

Tuesday 1 October 2-3.30pm

Chipping Barnet Library, 3 Stapylton Rd, EN5 4QT

Contact: 07801 911 481 / kathrynfulton@hotmail.com

www.thereader.org.uk

Reading Group

Tuesday 1 October 5-6pm

Osidge Library, Brunswick Park, N11 1EY

Join us for Octobers reading group to discuss the book of the month with drinks and biscuits!

Contact: sumbal.gilani@barnet.gov.uk

Coffee Morning

Tuesday 1 October 10.30am-12noon

Chipping Barnet Library

Come and join us for a cup of tea and cake with a special appearance from Barnet's Mobile & Home Library Service

Contact: natalie.pavlou@barnet.gov.uk

Digital Drop In: Barnet Libraries Online

Wednesday 2 October 6-7pm

Chipping Barnet Library, 3 Stapylton Rd, EN5 4QT

Learn how to use Barnet Libraries Online with help from library staff

Contact: natalie.pavlou@barnet.gov.uk

Fighting Chance NEW programme for 50+

Wednesday 2 October

Boxsport, Unit 3A, Old Printworks, 25 Tapster street, EN5 5TH

Build the confidence to build skills and find employment whilst enjoying a non-contact boxing training programme – with fully trained coaches and suitable for all levels of fitness

- One-to-one support with finding work or training
- Individual support with CVs & application forms
- Visit Derek 'Sweet D' Williams / 'Big' Joe Egan

Booking required: 020 3005 2866 / 07961 697 433

hello@thefightingchance.co.uk

Instructor-led health walk

Wednesday 2 October 9.30-10.30am

Friary Park - Torrington Park (meet at gate in Torrington Park opposite Ashurst Way)

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

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

Free during Silver Week – ongoing £2.80 per session

Skype and Social Media class

Wednesday 2 October 1-3pm

Chipping Barnet Library, 3 Stapylton Rd, EN5 4QT

A Second Career as a Barnet Tour Guide Talk

Thursday 3 October 11am-12noon

Chipping Barnet Library, 3 Stapylton Rd, EN5 4QT

Talk by Paul Baker, fascinating facts about Barnet and his career as a local tour guide.

Contact: Paul 020 8440 6805 / pbaker54@hotmail.co.uk

50+ Dance Class Love to Dance

Thursday 3 October 1-3pm

Lyonsdown Hall, 3 Lyonsdown Road EN5 1JB

Contact: 020 8675 7257 / Saracens Sports Foundation

Free during Silver Week – ongoing £6 per session

Hearing Loss drop-in with Jewish Deaf Association

Thursday 3 October Appointment Only

Goodwin Court, 52 Church hill Road, East Barnet, EN4 8FH.

Booking required: Frances 020 8447 5300 (Mon-Wed only)

Total Health Launch event

Friday 4 October 10.30-11.30am

All Saints' Church Hall, 122 Oakleigh Rd North N20 9JU

Slow paced, gentle resistance training, movement to music. Regain health, strength, mobility and feel great.

To book: <https://bookwhen.com/lhmhealthfitness>

Free during Silver Week – ongoing £8 per session

Social Craft Group (£3.00)

Fridays 4 October 2- 4pm

FIN Community Centre, Baptist Church, Crescent Rd, EN4 8PS

Contact: 020 8449 8225 / fin@fin-eastbarnet.org.uk

Beginners and experienced crafters welcome with refreshments

FIN Silver Week Get Together

Friday 4 October 2-5pm

Open and free to Barnet residents over the age of 55

East Barnet Baptist Church, Crescent Rd EN4 8PS

Booking required: 020 8449 8225

Tai Chi

Friday 4 October 12-4pm

Chipping Barnet Library, 3 Stapylton Rd, EN5 4QT

Learn tai chi with our resident instructor Mr Richard Selby!

FREE for newcomers as part of silver week

Contact: natalie.pavlou@barnet.gov.uk

Silver Week Party

Friday 4 October 2-5pm

Goodwin Court, 52 Church hill Road, East Barnet, EN4 8FH.

Music and refreshments

Booking required: Frances 020 8447 5300 (Mon-Wed only)

Autumnal floral activity

Friday 4th October 2- 4pm

The Flower Bank Hub 45a Leicester Road, EN5 5EW

Booking required: Ursula Stone - 07765017865

Activity is Free but a charge for refreshments.

Instructor-led health walk

Saturday 5 October 9.30-10.30am

Woodside Park/Finchley Central – Southover (meet at entrance of Dollis Valley Walk opposite Chantonbury way)

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

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

Free during Silver Week – ongoing £2.80 per session

Instructor-led health walk

Sunday 6 October 9-10am

Orange Tree Public House/Totteridge - Totteridge Lane (meet outside the Public House).

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

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

Free during Silver Week – ongoing £2.80 per session

Instructor-led health walk

Monday 7 October 9.30-10.30am

Woodside Park, Totteridge to Laurel Way.

Contact: 020 859 6314 or sport@barnet.gov.uk

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

Free during Silver Week – ongoing £2.80 per session

Dementia Club

Monday 7 October 2- 4pm (1st Monday of every month)

Sha'arei Tsedek Synagogue, 120 Oakleigh Road North, N20 9EZ

Exercise with Jane & Music Entertainment with James Le Bec

Contact: lisa.rutter@dementiaclubuk.org.uk / 07956 858 913

www.dementiaclubuk.org.uk

THE SPIRES

Silver Week showcase

Wednesday 2 October

11am - 3pm

The Spires Shopping Centre &
Chipping Barnet Library

Information and advice stalls

11am-3pm Local organisations giving advice and guidance on supporting health and wellbeing in Barnet.

11am-3pm Middlesex Association for the Blind technology for inside the home and when outside

Showcase of performances (outside H&M)

12noon Bollywood Dance with Barnet Asian Women's Association & Community Focus

2.30pm Exercise class with Age UK Barnet

1.00pm Love to Dance with Saracens sport Foundation

1.30pm Dance performance with GLL Better Leisure

Talks in Chipping Barnet Library

11am-12noon Talk by local tour guide Paul Baker
(Barnet Museum)

1.00-5pm Later life Seminar. Information about how to prepare for later life (care options and financial advice about funding care) hosted by Home Instead and The Good Care Group.

Later life planning seminar

Wednesday 2 October 2019, 1 – 5pm
Chipping Barnet Library

Chipping Barnet Library, 3 Stapylton Rd, EN5 4QT

Whether you're planning for yourself or an elderly family member, The Good Care Group, Home Instead Senior Care and a number of trusted advisors are hosting a free information session on how you can prepare for later life.

Care options | Long-term care at home | How to fund long-term care
| Dealing with Inheritance Tax | Overview of "Powers of Attorney" |
Benefits of creating a will



Hourly Dementia care, companionship and home help

- Company and conversation to prevent loneliness and improve state of mind
- General housekeeping, to ease the burden of running a home
- Personal care, to support with washing, dressing, preparing healthy meals and taking medication

To find out more, go online or call
020 8446 7044

homeinstead.co.uk/barnet

24hr live-in care for dementia and other complex conditions

- Personalised, round-the-clock support rated outstanding by the CQC
- Nurse and OT-led services specialising in dementia, proven to keep you safer and healthier at home
- Fully employed, managed and expertly trained carers – no agency staff

To find out more, go online or call
020 3728 7577

thegoodcaregroup.co.uk

FREE EVENT - RSVP by email
raya.zineddin@thegoodcaregroup.co.uk or
sohini.boron@homeinstead.co.uk

Inclusion Barnet Benefits Check

Tuesday 1 October 9am-12noon drop-in, 1-4pm appointment only
1st floor, 7 Bristol Avenue, London NW9 4BR

Benefits advice suitable for anyone with a disability or long-term health condition or carers

Contact: Jenny Brown on 020 3475 1308 / 020 3475 1314

Reading Group

Tuesday 1 October 10.30am-12noon

Burnt Oak Library, Watling Ave NW9 0UB.

Contact: 07801 911 481 / kathrynfulton@hotmail.com

www.thereader.org.uk

Community Cooking together sessions

Tuesday 1 October 11am- 1.30pm

Grahame Park Community Centre, The Concourse, NW9 5UY

Talk about cultural festivities and family traditions over homemade food cooked together. Equipment & ingredients provided.

Booking required:07940 571 676 / Philomena@breadnbutter.org.uk

BOOST at Libraries - Drop in Surgeries

Tuesday 1 October (1st Tuesday of each month)

The Burroughs, Hendon, NW4 4BQ. 11.00-1.00am

156 Golders Green Rd, Golders Green, NW11 8HE. 2:30- 4:30pm

Employment support Advice and Guidance

Dementia Club

Tuesday 1 October 2.30-4.30pm (1st Tuesday of every month)

Baden-Powell Centre, Deans Lane, HA8 9NT

Chair Yoga with Richard & Music Entertainment with James Le Bec

Contact: lisa.rutter@dementiaclubuk.org.uk / 07956 858 913

www.dementiaclubuk.org.uk

Age UK: Movement to Music - Cost £4

Tuesday 1 October 10.30-11.30am

Colindale Library, Colindale, NW9 4BR

"Exercise to music for over 55s helps to loosen your joints, keep you active, healthy and feeling good. Suitable for all abilities"

Contact: Dinul.Ullah@barnet.gov.uk

Age UK: Gentle Tai Chi Class - Cost £4

Wednesday 2 October 3- 4pm

Colindale Library, Colindale, NW9 4BR

Contact: Dinul.Ullah@barnet.gov.uk

The Reader

Thursday 3 October 10.30am-12noon

One Stone Grove Community Centre, 5 Hayling Way HA8 8BN

Contact: 07801 911 481/ kathrynfulton@hotmail.com

www.thereader.org.uk

Singing for the brain (for people with Dementia & their Carers)

Thursday 3 October 10.30am -12.30pm

Eversfield Centre, 11 Eversfield Gardens NW7 2AE

Contact: Alzheimer's Society 020 3725 3001

Barnet@alzheimers.org.uk

Reading Group

Thursday 3 October 10.45am-12.15pm

Colindale Library, 7 Bristol Ave, NW9 4BR

Contact: 07801 911 481 / kathrynfulton@hotmail.com

www.thereader.org.uk

Barnet Cophall Open Day

Thursday 3 October 11am-1pm

Cophall Leisure Centre, Champions Way, NW4 1PX

Informative talks, performances, hearing and health checks.

Contact: annalisa.cellini@gll.org / 020 8457 9900

Dementia Club (Carers welcome)

Thursday 3 October 2-4pm

Copthall Leisure Centre, Champions Way, NW4 1PX

Annalisa & Music Entertainment with James Le Bec

Contact: annalisa.cellini@gll.org / 020 8457 9900

Gentle Exercise

Friday 4 October 10.30-11.30am

followed by Coffee Morning 11.15am-12.30pm

One Stone Grove Community Centre, 5 Hayling Way, HA8 8BN

Contact: 020 8629 0269

Bollywood Dancing (£4.00)

Friday 4 October 11am-12.30pm

Watling Community Centre, 145 Orange Hill Rd, HA8 0TR

Have fun while exercising, great for balance and coordination

Suitable for all abilities - Everyone welcome.

Contact: Age UK Barnet 020 8629 0269 /

nila.patel@ageukbarnet.org.uk

Holiday French!

Friday 4 October 2.30-3.30pm

Hendon Library, Hendon, NW4 4BQ

Come along and learn some French whether you are going on holiday or just for fun!

Contact: Nathalie.Pease@barnet.gov.uk

50+ Dance Class Love to Dance

Monday 7 October 10am-12noon

Allianz Park, Greenlands Lanes, Hendon, NW4 1RL

Contact: Saracens Sports Foundation 020 8675 7257

Free during Silver Week – ongoing £6.00 per session

50+ Dance Class Love to Dance

Monday 7 October 12.30- 2.30pm

11 Eversfield Gardens, Mill Hill, NW7 2AE

Contact: 020 8675 7257 / Saracens Sports Foundation

Free during Silver Week – ongoing £6.00 per session

Chair Yoga and Dance Music

Monday 7 October 2-3pm (Mondays until 16 Dec 2019)
Community Hub, Gadwall House Perryfield Way, NW9 7DZ
Designed for elderly people and those with disability
or minor illness. Exercise in a fun and friendly environment
Contact: Andrew Bindi 07702 532 946 /
www.west-hendon.co.uk/community-hub

BOOST Burnt Oak Work & Health Programme

Monday to Fridays 9am–5pm
Burnt Oak Library Watling Avenue, Edgware, HA8 0UB
Staff present by appointment or drop-in

Royal Air Force Museum Hendon

Monday 7 October 2-4pm (Every other Monday)
RAF Museum, Grahame Park Way NW9 5LL
Age UK Barnet men's group with themed talks. Afterwards enjoy
tea/coffee and snacks available from the café on site
Contact: 020 8432 1422 / barnetconnect@ageukbarnet.org.uk

Art Exhibition*

Tuesday 1 to Friday 4 October 9am-5.00pm
Ground floor Reception, LBB Building, 2 Bristol Ave, NW9 4EW
Exhibition of art work created by residents of care homes,
sheltered housing and supported living in Barnet

Art Exhibition*

Tuesday 1 to Friday 4 October 10.00am to 12.00noon and
Tuesday 1 & Thursday 3 October 2- 3pm
Henry Nihill House, 94 Priory Field Drive, HA8 9PU
Exhibition of art work created by residents of care homes,
sheltered housing and supported living in Barnet

***Easels used to display art were made by Men in Sheds**

South

Instructor-Led Health Walk

Tuesday 1 October 9.30-10.30am

Hampstead Heath - North End Road

(meet at entrance on North End Road by café)

Contact: 020 859 6314 or sport@barnet.gov.uk

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

Free during Silver Week – ongoing £2.80 per session

Men's Shed

Tuesday 1 October & Monday 7 October 10am- 3pm

(every Monday and Tuesday)

Freehold Community Centre, 9 Alexander Rd, Muswell Hill, N10 2EY

The Shed provides a place where men can meet to socialise and share their experiences and skills with each other

Contact: 07935 324 578 / freeholdcms@gmail.com

Social morning with computer Help

Tuesday 1 October 11-12.30pm

Childs Hill Library, 320 Cricklewood Lane, NW2 6EQ

Contact: Age UK Barnet howard.chapman@ageukbarnet.org.uk

Community Information and Advice Drop-in

Tuesday 1 October 2-4pm

Childs Hill Library, 320 Cricklewood Lane, NW2 6EQ

Contact: 020 8359 7047 / Stephen.Bell@barnet.gov.uk

Knitting/ Crochet Group

Tuesday 1 October 2.30-3.30pm

Childs Hill Library, 320 Cricklewood Lane, NW2 6EQ

Contact: The Library 020 8359 3900

Green Man Community Centre (Cost: £4.00)

Wednesday 2 October 11.30am—12.30pm

Strawberry Vale, East Finchley N2 9BA

Movement to music

Contact: 020 8629 0269/ nila.patel@ageukbarnet.org.uk

50+ Dance Class Love to Dance

Wednesday 2 October 10am-12noon

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

Contact: 020 8675 7257 / Saracens Sports Foundation

Free during Silver Week – ongoing £6.00 per session

Reading Group

Wednesday 2 October 2-3.30pm

Finchley Church End Library

318-320 Gateway House, Regents Park Rd, N3 2LN

Contact: 07801 911 481 / kathrynfulton@hotmail.com

www.thereader.org.uk

Digital Drop In Barnet Libraries online

Wednesday 2 October 3-4pm

Finchley Church End Library,

318-320 Gateway House, Regents Park Rd, N3 2LN

Learn how to use Barnet Libraries Online

Barnet Carers Silver Week Event

Wednesday 2 October 10am-1pm

Barnet Carers Centre, Global House,

303 Ballards Lane, North Finchley, N12 8NP

For family carers over 55 to enjoy social, leisure and relaxation

To book: 020 8343 9698/ adultcarers@barnetcarers.org

Dementia Club

Wednesday 2 October 2-4pm

Finchley Memorial Hospital, Granville Road, N12 0JE

Teas /coffees and Lisa & Music Entertainment with Mickie Driver

Contact: lisa.rutter@dementiaclubuk.org.uk / 07956 858 913

www.dementiaclubuk.org.uk

Instructor-led health walk

Thursday 3 October 9.30-10.30am

Hampstead Heath - Hampstead Way

(meet on Hampstead Way opposite house #81).

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

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

Free during Silver Week – ongoing £2.80 per session

IT for over 55's

Thursday 3 October 10am-12noon
South Friern Library, Colney Hatch Lane, N10 1HD

Health and Wellbeing Day

Thursday 3 October 10.30am-3.30pm
Drummond House, 50 Font Hills, East Finchley, N2 8LF
Therapy treatments; massage and hand reflexology.
Dance and exercise to Music. Lunch provided.
To book: Bernadette Robertson 07506 673 646

Prevention & Wellbeing Adult Social Care Drop-in Surgery

Thursday 3 October 10am-12noon
BOOST, 184 Cricklewood Lane, NW2 2DX
Contact: 020 8359 7047 / Stephen.Bell@barnet.gov.uk

Artsdepot Dance Group Taster Session (for Over 60s)

Thursday 3 October 9:30-11:00am
5 Nether Street, North Finchley, N12 0GA
Accessible and energising. Express yourself, have fun and exercise from head to toe!

Booking required: Box Office on 020 8369 5454

Fraud & Scams Awareness Workshop

Thursday 3 October 1.30-3.00pm
The Ann Owens Centre, Oak Lane, East Finchley, N2 8LT
Contact: 020 8629 0269 / carolyn.ansell@ageukbarnet.org.uk

Reading Group

Friday 4 October 10.30am-12noon
Old White Lion, 121 Great North Rd, East Finchley N2 0NW
Contact: 07801 911481/ kathrynfulton@hotmail.com
www.thereader.org.uk

Crafty Friday (£1 donation)

Friday 4 October 10.30am-12noon
Ann Owen Centre, Oak Lane, East Finchley N2 8LT
Refreshments provided.
Contact: Age UK Barnet 020 8432 1422/
barnetconnect@ageukbarnet.org.uk

Creative Circle Taster Session

Monday 7 October from 2- 3pm

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

An opportunity for people aged 60 and over to explore their creativity in a series of friendly artistic workshops

To book: Box Office on 020 8369 5454

Bollywood Dancing £4.00

Monday 7 October 5.30- 6.30pm

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

Contact: 020 8629 0269/carolyn.ansell@ageukbarnet.org.uk

IT taster session

Monday 7 October 6-7pm

Finchley Church End Library, 318-320 Gateway House

Regents Park Rd, N3 2LN

East Finchley Library's Classics Reading Group!

Monday 7 October 10.30- 11.30am

East Finchley Library, East Finchley, N2 9BB

Join this friendly group to discuss October's Classics Choice 'Diary of a Nobody' by George Grossmith

Contact: Simeon.Branaghan@Barnet.gov.uk

Bowling & Croquet Club- Pay as you Play

Monday, Wednesday, Friday, Saturday & Sunday from 2pm

Thursday from 6pm

Finchley Victoria Park, Ballards Lane, N3 2NE

Any age, no prior playing experience necessary.

Equipment is provided. Please wear flat shoes.

Contact: Gary on 020 8346 0818 / www.fvbcc.com

BOOST - Child's Hill Services

Tuesday 1-Friday 4 October, 184 Cricklewood Lane, NW2 2DX

Barnet Citizen Advice Tuesday 10am-12pm

Citizens Advice Debt Advisor Wednesday 10am-5pm

Digital Champion and CV Workshop Wednesday 1-5pm

Employment Support for Women Thursday 9am-12noon

Adult Social Care Drop-in Thursday 2pm-4pm

Twining's Enterprise Support Friday 9am-5pm

Contact: BOOST Childs Hill on 020 8359 7200.

AFTERNOON TEA

Sunday 6 October 12.30-3.30pm

Barnet Copthall Leisure Centre

Champions Way, NW4 1PX

Join the Barnet Seniors Association, The London Borough of Barnet and other partners for a fun day of activities and information.



TRANSPORT ROUTE

By Car: Free Parking with 150 spaces available

12 Disabled spaces available

By Bus: Bus 221 from Mill Hill Broadway and Mill Hill East Station



Age UK Barnet produce a comprehensive guide of activities and services for older people across the Borough.

For A copy of the 'What's on Guide'

Contact Age UK Barnet on 0208 203 5040 / download from

Have your 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 in Barnet

For more information preventionandwellbeing@barnet.gov.uk

or call 020 8359 2519 / 020 8359 7573.



**A big thank you to all those who have supported Barnet
Silver Week 2019**



- Care Quality Team
- Community Participation
- Libraries
- Prevention and Wellbeing Team
- Sports and Physical Activities
- Quality In Practice Team