

PIGEON POST

Keeping you informed & involved

September/October 2024



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Welcome

Get your calendars out – we've got a lot coming up here at Age UK Barnet!

We really hope you can join us on the last day of summer (Saturday 21 September) for our Late Summer Music Festival here at

the Ann Owens Centre, Oak Lane, East Finchley from 11am-3pm.

There'll be live music all day plus a plant stall, tombola, raffle, food, drink, cakes and more.

Then on Sunday 6 October (11am-3pm), our Silver Sunday event will be celebrating ageing well with music and dance, useful talks, a health MOT and much more. We are even providing a free light lunch! Some 600 people came along last year, so be sure to join in the fun at Middlesex University!

And if you fancy catching entrepreneur and TV chef Levi Roots, he'll be joining us again on Monday 21 October at our Black History Month celebration of food and music from Africa and The Caribbean.

All details inside...enjoy the issue!

Helen Newman
Chief Executive
Age UK Barnet



SILVER SUNDAY

A CELEBRATION OF AGEING WELL IN BARNET
MIDDLESEX UNIVERSITY, THE BURROUGHS, LONDON NW4 4BT

6TH OCTOBER

2024
11AM-3PM

FREE EVENT
INCLUDES LIGHT LUNCH
All ages welcome



Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.
Tel: 07502 989 403 Email: teresa.gallagher@ageukbarnet.org.uk
Registered Charity No 1080458

Vitamin B12 is a nutrient found naturally only in animal foods and is essential to keep our brain, nerves, muscle and bones working properly. 'In older people deficiency can affect our thinking skills and make us more frail,' says volunteer and trainee dietitian Kato. 'As we age we produce less stomach acid and are therefore at greater risk of vitamin B12 deficiency. The regular use of antacids, laxatives, and diabetes medication, or a reduced appetite, chewing problems and a restrictive diet may also lower the absorption or intake of this important nutrient.'

For all these reasons, Kato says that we all need to ensure we eat sufficient foods rich in vitamin B12 as we get older, and some of us may need supplements.

The best food sources of vitamin B12 are organ meats, sardines, tuna, eggs, dairy products, marmite and red meat. Those on the medications mentioned above may be better able to absorb the synthetic vitamin B12 added to cereals, plant-based milks and vegan food products. Vegetarians could get enough vitamin B12 from eggs and dairy foods, but vegans will need to take supplements and fortified foods such as nutritional yeast to avoid deficiency.

Meeting vitamin B12 requirements from food can be really easy, says Kato. 'For example, two boiled eggs and a slice of toast with marmite for breakfast will provide the full daily requirements for an older adult, and bread with a topping of canned sardines and tomato for lunch will provide twice the daily requirement.' A generous serving of a hard cheese, such as cheddar, with crackers or an apple for a snack or desert will provide a quarter of daily requirements.

The recipes below give further ideas for snacks and meals made with foods high in vitamin B12.

All Bran cereal muffins (serves 4)

Preheat the oven to 200°C and butter a 12-cup muffin tin. Combine 2 cups of fortified All Bran cereal with a cup of milk and leave to soak for 5 minutes. Add 1/3 cup of honey or brown sugar, 2 egg whites, 1 tsp vanilla and 1/2 cup grated apple to the cereal mix. Combine 1 cup white or wholemeal flour, 2 tsp baking powder, 1 tsp ground cinnamon, 1/2 tsp salt, 1/2 cup raisins and 1/4 cup almond flakes. Combine the wet ingredients with the flour mixture and then add the raisins and almonds. Fill the muffin tin and bake for 12-14 minutes. Serve for breakfast or snack with fruit or nut butter. A serving of 3 muffins provides a quarter of the daily vitamin B12 requirement.

Nicoise salad with tuna and egg (serves 2)

Drain a can of tuna. Add to a salad bowl with 200g boiled and halved baby potatoes, 1 cup steamed green beans, 1/2 cup sliced black olives, 2 medium ripe tomatoes, cut in quarters, and 1/4 red onion, sliced thinly. Make a salad dressing of 3tbsp olive oil, 1tbsp red wine vinegar, 1tsp Dijon mustard and 1tsp mixed dried herbs. Bring a small pot of water to the boil and spoon in 2 eggs. Boil for 6 minutes and cover in cold water. Slice the eggs in quarters. Mix the dressing into the salad and top with boiled egg quarters. A serving provides half of the daily vitamin B12 requirement.

Sardine fishcakes (serves 4)

Preheat the oven to 200°C. Peel and cut into large chunks 450g of potatoes. Boil and mash with butter and 1/2 tsp salt. In a bowl, add 2 cans of sardines, drained, 4 finely chopped spring onions, 1 large beaten egg, 1 tbsp Dijon mustard, a handful of fresh chopped parsley or dill, the zest of 1 lemon, 1/2 tsp cayenne pepper, and two cups of breadcrumbs. Mix in the mashed potatoes. Shape the mixture into 4 fishcakes, and put in a baking sheet lined with baking paper. Bake for 25-30 minutes, until golden on both sides. Each serving provides more than three times the daily vitamin B12 requirement. The excess is stored in your liver and used when your body needs it.





Doorstep scammers are people who show up at your front door out of the blue, with the intention of either tricking you out of money or gaining access to your home. It can be difficult to tell the difference between a genuine doorstep seller and a scammer. Scammers will often try to sweet talk you to persuade you into signing a contract or buying something you don't want or need.

5 signs that a trader may be dodgy include:

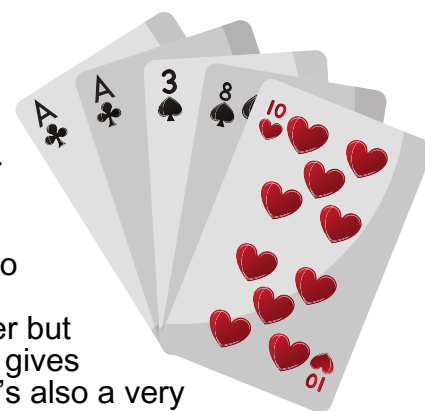
1. They are vague about their address.
2. They don't give you your cancellation rights and important information is missing from their invoices.
3. They want you to pay in cash and/or in advance.
4. They don't have the correct identification or certification.
5. They regularly change their company name and phone numbers.

The vetted Age UK Barnet Handyperson Service team can help with small jobs around the home - call 020 8150 0963 for more details. Our team cannot undertake building work, plumbing or electrical jobs so to find a reputable trader, choose someone recommended by local family or friends. Alternatively you could try the Age UK London Business Directory on 0800 336 5056, www.aublondon.co.uk or the Which? Trusted Traders website where you can search online for a trader near you.

For more advice on scams prevention, please contact Joyce and the scams support team on 020 8203 5040. They can give you the tools to spot a scam and support you if you have been a victim of a scam.

BRAIN POWER**WHY WE SHOULD ALL PLAY BOARD GAMES**

Playing board games and cards may help our memories stay sharp as we get older, a University of Edinburgh study has claimed. Researchers tried to determine if there was any link between the games a group of older participants played and their cognitive abilities and found that those who began playing more games in their later years were less likely to exhibit a decline in thinking skills.



So whether it's chess, bridge or even bingo, playing games is going to do our brains some good! And Age UK Barnet's bridge goers wholeheartedly agree: 'Bridge is not easy to learn when you are older but when you understand the game as you go, you start to enjoy it and it gives you a great sense of achievement,' says bridge participant Fulvia. 'It's also a very social game and you can make friends easily.'

Another bridge regular Paula says: 'I think bridge definitely makes you think. You have to learn lots of rules and conventions with the bidding. Then in the "play" you have to remember what cards the other players have laid and play accordingly to win tricks.'

Bridge goer Diana adds: 'I know that bridge exercises my concentration and memory skills because after a two hour session I'd quite like to lie down!!'



Our bridge clubs take place every Thursday afternoon at Wilmot Community Hall, Tarling Road N2 8LB. The improvers session is from 2.30pm - 4.30pm and the beginners session is from 3-4.30pm. Booking essential. Call Helen Nicolaou on 07384 466840. Our Wellbeing & Bingo group takes place on Tuesdays (2-4pm) at Grahame Park Community Centre, The Concourse NW9 5XA. For more info call Pippa on 07379 331807.



The Spires Shopping Centre, High Barnet - 18 September 2024 (10am-2pm)

Come and talk to our Age-friendly champions about what we are doing to make Barnet a better place to grow old in - plus it's a chance to find out about activities, events, information and services available for over 55s in the borough. The Spires Shopping Centre is on the High Street in High Barnet and is on the 614 and 234 bus route.

For more info, email agefriendly@ageukbarnet.org.uk or call Pippa on 07379 331807

CAT POWER!

RAVEN THE ROVING REPORTER...



In our May/June 2024 issue, we proudly announced that our very own Suki had penned the first-ever column written by a cat in UK publishing. Well, turns out we were mistaken! Enter Raven, a cat with a knack for storytelling and a passion for campaigning. She's here to share her story and drop some feline wisdom.

"Hi, I'm Raven! One look at my photo and you'll see why - yep, I'm just like my namesake bird. But I digress. I've been regularly writing to the Editor of the Hendon, Finchley, and Mill Hill Branch of Cats Protection, making my literary debut in their newsletter, 'Catflap.'

I was just a tiny, scared 6-week-old kitten when some kind humans found me hiding in the bushes near Brent Cross Station, a not-so-glamorous hangout for stray cats. Luckily, a kind-hearted Cats Protection fosterer took me in. I was so nervous that she put me in this bright yellow harness—totally cramping my style, but hey, it actually helped calm me down.

Then one day, Gill, my soon-to-be human, came over for a meet-and-greet. Wrapped in a blanket, I was handed over for a cuddle, and it was love at first sight! She adopted me, and the rest is history.

But here's the real reason I'm writing: things are rough out there for us cats. It seems like England is losing its status as a nation of animal lovers. Rescue centers are bursting at the seams, and there are thousands of strays, unwanted cats, and kittens on the streets. Just last month, the Hendon Cat Protection's helpline received 150 calls for help—and that's not even counting the flood of emails! It's not all about the cost of living crisis either. Kittens grow up, and suddenly they're not so cute anymore. Some folks won't neuter their cats, even though there's financial help available. And don't get me started on landlords who won't allow pets because they're worried about their carpets.

So here's my plea: before you bring a furry friend into your life, please think it through. We're in it for the long haul, not just for a few months of cute kitten antics. Thanks for listening!"

SILVER SUNDAY

JOIN US ON SUNDAY 6 OCTOBER 11AM - 3PM

Come and join us at Middlesex University for a day filled with activities, information, and entertainment which celebrates ageing well in our community. We are even providing a free light lunch!

Silver Sunday is all about celebrating an "Age-friendly" Barnet and sharing opportunities with organisations and groups who support our community to age happily.

From live music and dance performances to health checks, and our new disco room, there's something for everyone! Don't miss out on this fantastic event where you can socialise, learn new things, and of course enjoy a free lunch! The event takes place at Middlesex University, The Boroughs, NW4 4BT. There will be free parking available on the day. Bus Routes: 143, 183, 326, 125, SL10.

A few photos from last year when over 600 people came along...





Each month former journalist Ed Newman has a lovely chat with a Barnet resident and shares their story with the rest of us. This month Ed speaks to fitness guru and Pigeon Post columnist Lee Janogly, who turned 85 in August and is as active as ever, still doing the splits and spreading the word about living a healthy life.

Granny Lee, as she is known to the fans of her many books, articles and YouTube videos, as well as her own seven grandchildren, has been on a 60-year journey of discovery about eating sensibly and keeping yourself fit and well. It all started back in the early 1960s when she realised she had to do something about her own health.



'I think it was after having the third of my five children I'd had in seven years from the age of nineteen,' Lee tells Pigeon Post. 'I was struggling to keep my weight down after giving birth.'

'My mother took me to a keep fit class but I didn't like it one bit. It was just a lot of ladies marching around a room. Thankfully, a friend took me to a dance studio in Covent Garden and, although at first I had to stand at the back, I eventually started going every day after dropping the kids off at school.'

'I used to go to Jazz classes where people like Arlene Phillips and Bruno Tonioli worked. After going for a while I decided I would like to train to teach exercise myself and, in 1982, I opened my own studio. By that time, I'd studied a lot about nutrition and so, when the physical part of the class was finished, we'd have a chat about diet and losing weight. I would ring people every day for six weeks, ask everyone to tell me about their day and encourage them to make good choices.'

'Everyone has to find their own way because certain things will work for some but not others. People have to take responsibility, make changes and be prepared to make sacrifices. You can't just eat what you like, when you like. So we'd look at all the different triggers for people – have a slice of cake at a family occasion but don't take it as a green light.'

Finchley born and bred, Lee admits she hated sport and exercise when she attended Henrietta Barnett School. These days though she's an enthusiastic advocate of physical fitness to enhance the quality of life as you get older.

'I'm a great believer in positive ageing,' Lee continues. 'Don't say you can't do something because of your age. I'm 85 and I still do aerobics and Pilates classes so just get out there and do something! There are plenty of exercises you can do while still sitting in a chair so just put some cheerful music on and have a go. It's not just about the exercise either, it's good for all of us if we can stick around after a class to have a chat because there are far too many lonely people out there.'

'Doing the crossword every morning is another really positive thing. You should also try to tell yourself every day that you are a strong and healthy person and that will help you to do things calmly and make healthy choices.'

'Friends and family are so important to us as we get older, especially when you're going through a difficult time. I know that myself because I cried for years after my dear husband Maurice died. He was a lovely man and we all still miss him every day. If your partner is unwell, it's so important to look after yourself. That's exactly what I encourage people to do so they can have a better quality of life for longer.'

WINTER FUEL PAYMENTS AND PENSION CREDIT



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 think you might be entitled, don't miss out and get a benefits check by contacting Barnet CAB on 0808 250 5708 or our Later Life Planning advice team on 020 8203 5040.

RECIPE TIME

MOROCCAN ROAST LAMB WITH ROASTED ROOTS & CORIANDER



Ingredients

½ leg of lamb, around 800g
2 red onions, cut into wedges
1 butternut squash, skin left on, cut into wedges
1 celeriac, peeled and cut into wedges
2½ tbsp cold pressed rapeseed oil
2 tbsp ras el hanout

8 garlic cloves, skin on
1 small bunch coriander
½ tsp cumin seeds
1 lemon, zested and juiced
½ green chilli, deseeded

Makes four meals.

Nutrition: Per serving

low in	fat	saturates	carbs	sugars	fibre	protein
kcal						
446	20g	5g	18g	10g	10g	45g

Method

1. Take the lamb out of the fridge while you chop the onions, squash and celeriac. Heat oven to 200C/180C fan/gas 6. Trim any excess fat off the leg of lamb, then cut a few slashes into the meat. Rub ½ tbsp oil and 1 tbsp ras el hanout over the lamb and season with salt and pepper. Put the onion, celeriac, butternut squash into a large roasting tin with the garlic. Toss with the remaining ras el hanout, remaining oil and some salt and pepper. Nestle the lamb into the tin and put in the oven to roast for 40 mins.
2. Take the lamb out of the oven and leave to rest. Put the veg back in the oven for 20 mins. Meanwhile, blitz the coriander, cumin seeds, lemon zest, lemon juice and green chilli together in a mini food processor until finely chopped and vivid green.
3. Carve the lamb, and plate up. Pile on lots of vegetables and sprinkle over some of the coriander mixture. Enjoy!

STRAWBERRY CRUMBLE BUNS

Ingredients

120g butter, 70g at room temperature and 50g chilled and cubed
370g plain flour
2 eggs
135g caster sugar
7g dried fast action yeast
100ml milk, lukewarm
250g strawberries, halved

Method

1. Melt the 70g butter and let it cool. Sift 300g flour into a bowl, add the eggs, 75g sugar and the yeast and mix everything with a spoon. Slowly add the lukewarm milk and cooled butter. Mix until all ingredients are well combined into a very soft, sticky dough. Cover the bowl with a clean cloth and put in a warm place to rise for 40–60 mins until doubled in volume.
2. To make the crumble, combine the remaining flour with the remaining sugar and chilled butter. Rub the butter into the flour until you have a breadcrumb-like texture. Chill.
3. When the dough has risen, divide it into six portions, squashing it down slightly and then shape each into a ball on a floured work surface – the dough may still be sticky, so dust it with flour and work quickly. Flatten the balls gently with your hand so that they look like buns. Put on a baking tray lined with baking parchment.
4. Divide the strawberries between the buns, putting them in the centre of each and sprinkle with crumble. Heat the oven to 180C/fan 160C/gas 4. Bake the buns for 25 mins until puffed and cooked. Cool and then dust with icing sugar, if you like.



1. Thinking skills: Regular exercise can reduce the risk of cognitive decline and dementia by up to 28%, particularly through aerobic activities like walking and swimming.

2. Muscles and strength: After age 30, people lose about 3-5% of muscle mass per decade if they don't engage in strength training. Regular resistance exercise using weights or resistance bands helps slow this loss.



3. A longer life: Studies show that physically active older adults have a 30-35% lower risk of death from all causes compared to people who are inactive.

4. Heart Health: Engaging in regular exercise reduces the risk of cardiovascular disease by up to 50% in older adults, according to the American Heart Association.

5. Bone density: Weight-bearing exercises, such as walking or light resistance training, help maintain or even increase bone density, reducing the risk of osteoporosis.

6. Improved mood: Physical activity boosts feel good chemicals called endorphins, helping to alleviate symptoms of depression and anxiety.

7. Falls prevention: Exercise programs focused on balance and strength can reduce the risk of falls by 30% to 50%.

8. Social benefits: Group exercise classes provide social interaction, and has been shown to ease loneliness and improving mental health among older adults.

9. Arthritis relief: Low-impact exercises like swimming or cycling can reduce arthritis pain and improve joint function, making daily activities easier.

10. Increased mobility: Regular exercise improves flexibility and range of motion, making it easier to perform everyday tasks.

11. Better sleep: Physically active older adults tend to have better sleep quality and experience less insomnia than less active older adults.

12. Immune system boost: Regular moderate exercise can strengthen the immune system, helping to fight off infections more effectively.

13. Managing chronic disease: Exercise can help manage and even prevent chronic diseases like diabetes, hypertension, and heart disease.

14. Brain plasticity: Physical activity enhances neuroplasticity, allowing the brain to form new connections and improve learning and memory.

15. Weight management: Exercise helps maintain a healthy weight, reducing the risk of obesity-related conditions like type 2 diabetes and heart disease.

16. Functional Independence: Regular exercise helps older adults maintain the strength and stamina needed for independent living, delaying the need for assisted care.

17. Mental sharpness: Exercises like Tai Chi and yoga, which require focus and coordination, can improve mental sharpness and concentration in older adults.

18. Lowered blood pressure: Regular aerobic exercise, such as brisk walking or swimming, is effective in lowering blood pressure and improving heart health.

19. Diabetes control: Regular physical activity helps regulate blood sugar levels, reducing the need for medication in some older adults with type 2 diabetes.

20. Better recovery: Older adults who exercise regularly have better recovery rates from illness or surgery, thanks to improved overall physical condition and resilience.

For a list of Age UK Barnet exercise classes and walks around the borough, please phone 020 8203 5040.





RIDDLES

1. Sara has four daughters, and each of her daughters has a brother. How many children does Sara have?
2. Take one out and scratch my head, I am now black but once was red. What am I?
3. Two fathers and two sons are in a car, yet only three people are in the car. How?
4. Until I am measured, I am not known. Yet how you miss me when I have flown. What am I?
5. What begins with an "e" and only contains one letter?
6. What do you throw out when you want to use it but take in when you don't want to use it?
7. A man goes out in heavy rain with nothing to protect him from it. His hair doesn't get wet. How does he do that?
8. What is so fragile that saying its name breaks it?

SODOKU

	8				7	6	1	3
					3			
		7	6	5				
2		3		1		9	8	
	5	6		8		7		2
				3	5	4		
			9					
5	2	4	8				3	

Across

- 1 Church or local government area (6)
- 4 Roof beam (6)
- 8 Thigh bone (5)
- 9 Range, scope (7)
- 10 Lamp (7)
- 11 Aromatic herb (5)
- 12 Wacky (9)
- 17 Cricket trophy (5)
- 19 Act of Parliament (7)
- 21 Floral wreath (7)
- 22 Secret store (5)
- 23 Floor of a building (6)
- 24 Ailing (6)

Down

- 1 Nonsense (6)
- 2 Love affair (7)
- 3 Twilled fabric (5)
- 5 Instrument to measure electric current (7)
- 6 Sycophant (5)
- 7 Reddish brown (6)
- 9 Made a saint (9)
- 13 Waterfall (7)
- 14 Valour (7)
- 15 Traditional Scottish dish (6)
- 16 Deadly (6)
- 18 One of the Marx Brothers (5)
- 20 Fire-raising (5)

CROSSWORD

1		2		3		4	5		6		7
8					9						
10							11				
		12		13					14		
15											16
17		18			19		20				
21							22				
23							24				

What you will need

- Aran type weight yarn (black and yellow)
- White tulle
- Sewing thread (white; or embroidery floss)
- Black pipe cleaner(s)
- 2 Googly eyes (10mm or size of choice)
- Fabric scissors
- Glue gun or tube glue

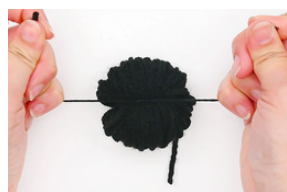
Instructions



Cut an 8 to 10 inch piece of black yarn and place it between your pointer and middle fingers. Bring the yarn from the back of your hand to your palm and hold both ends with your thumb. Wrap the black yarn (from the ball of yarn) around 2 fingers 100 times.

After you've wrapped the yarn around a few times you don't have to hold the loose ends with your thumb anymore. Cut the yarn from the ball.

Carefully slide one end of the 10 inch piece around to the back of your hand and tie the ends loosely around the yarn bundle.



Carefully slide the yarn bundle off your fingers and tie the 10 inch piece in a tight double knot around the center of the bundle. You can also flip the pom pom over and secure it even more by tying a knot around the other side.

Using sharp scissors (or fabric scissors), cut through the loops of yarn to create a rough pom pom shape. Give the pom pom a "haircut", trimming and shaping it until it's a nice, even ball shape.

Make the bee's body

Place a 10 to 12 inch piece of yellow yarn between your middle and pointer fingers. Wrap the yellow yarn around **3 fingers** (pointer, middle, ring) **50 times**. Cut the yarn from the ball.

Begin wrapping black yarn above the yellow. Try not to overlap the two colours. Wrap a total of 50 times, and then cut off the yarn. Wrap more yellow yarn around 50 times, and then wrap the black yarn another 50 times. Try your best to keep the colours separate.



Tie the loose 10 inch piece of yarn around the yarn and then carefully slide the bundle off your hand. Pull the yarn tight and tie it in a double knot around the center of the bundle

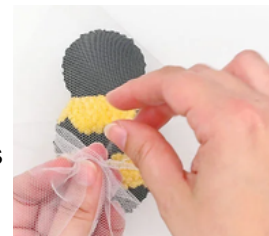


Cut through the loops of yarn to create a rough pom pom shape. Then begin trimming the pom pom to be a rough cylinder shape.



Continue trimming the pom pom until you have an oval shape for the bee's body. Connect the head and body. Add a generous amount of hot glue to the flat side of the black pom pom (the bee's head). Connect the black pom pom to the bee's body on the yellow end of the oval pom pom.

Make the tulle wings by cutting 2 pieces of white tulle to be 6 x 10 inches. Hold the tulle with the shorter end towards you and gather up the length of the tulle in the middle, scrunching it up. Fold the tulle in half, bringing the wings together so that the tied middle is at the bottom. To attach the wings you'll need to separate the yarn to create a little trench for the tulle to slide into.



Make a spot where you'd like one of the wings to sit and add some hot glue. Place the folded side of the wing into the glue so 1 wing points up and 1 points down. Hold the wing in place until it stays on its own. Hold both of the wings together at the top of the bee and cut the ends into a curve.

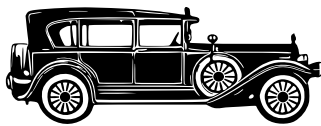
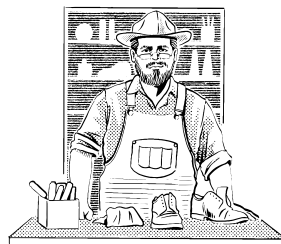
Add the final details - Cut up a pipe cleaner so you have 2 pieces, each about 1-1/2 inches long. Curve the tip of the pipe cleaner down (about 1/4 inch or so) to form an antenna.

Add a dot of hot glue to the straight end of the pipe cleaner. Attach the antennae to the top of the bee's head, nestling the pipe cleaners down into the yarn.





Did you ever visit any of these old London shops? Do you remember where they were?





- 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.
- If you can't get out without help and would enjoy a regular chat with a friendly volunteer, try our **Befriending Service** on 020 8432 1416
- Unable to get out to the shops and cannot shop online? We have a **Shopping Service*** for people who need a light weekly shop. For more info, Tel 020 8150 0963
- **Living Well Dementia Hub—dementia adviser service** and **day clubs*** for people living with mild to moderate dementia and their carers. Phone 020 8203 5040. Our **Dementia Befriending Service** offers companionship—phone 020 8150 0967.
- Our **Stepping Out Service** for those who have early stages of dementia or confirmed memory issues, we offer short weekly walks with a volunteer. Phone 020 8150 0963.
- **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 nailcutting with a podiatrist (£20). For an appointment, phone 020 8203 5040.
- 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.

*There is a charge for this service

OUT & ABOUT

AGE UK BARNET EVENTS



We have a busy couple of months ahead here at Age UK Barnet with an exciting programme of community events. We look forward to seeing you there!

TALK: MAKING THE MOST OF NEGATIVE EMOTIONS - Weds 11 September 2024 (7-8pm)

Neuropsychologist Professor Catherine Loveday on how we can use sadness, anger and frustration to actually make us feel better. To book your free place, contact Teresa on 07502 989 403 or email teresa.gallagher@ageukbarnet.org.uk

SINGALONG SPECIAL WITH JENNY LA TOUCHE - Thursday 12 September 2024 (2-4pm).

Jenny has over 30 years' professional singing experience and has performed and recorded with the likes of Sir Paul McCartney, Sir Elton John, Madonna and Maria Carey. Takes place at Avery at Barnet Grange, 59 Wood St, Barnet EN5 4BS. £5 on the door. To register call Pippa on 07379 331807.

LATE SUMMER MUSIC FESTIVAL - Saturday 21 September 2024 (11am-3pm). Join us on the last day of summer for a day of live music (musicians and singers performing your favourite tunes!), nearly new stalls, tombola, raffle, plant sale, cakes plus food and drink. Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. £2 entry. Any questions, call Teresa on 07502 989 403.

SILVER SUNDAY CELEBRATION – Sunday 6 October 2024 (11am-3pm) Join us for a celebration of ageing well at Middlesex University, The Burroughs, London NW4 4BT. Enjoy music and dance, useful talks, a health and fitness MOT and much more - plus a light lunch and refreshments! Booking recommended but not essential. Call Pippa on 07379 331807 or email agefriendly@ageukbarnet.org.uk for more information.

A CELEBRATION OF BLACK HISTORY WITH LEVI ROOTS - Monday 21 October (2-4pm) - see below!

A CELEBRATION OF BLACK HISTORY WITH LEVI ROOTS

To mark Black History Month, we're excited that musician, celebrity chef and Dragon's Den success story Levi Roots will be joining us again for a wonderful celebration of African-Caribbean music, food and dance!

Monday 21 October
2-4 pm

Bringing African-Caribbean stories to life!

- ➔ Levi Roots - his amazing story
- ➔ Looking at history afresh - a fascinating talk on black Tudors.
- ➔ Solicitor Anne Stennett - her journey to becoming partner at Curwens

"Reclaiming the narrative"
BHM theme for 2024

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

FREE EVENT

To register contact - Teresa on 07502 989 403 or email teresa.gallagher@ageukbarnet.org.uk

Writer Lee Janogly... an 85 year old semi retired fitness instructor and author – shares the conversational highlights of her regular meet-ups with a group of good friends. This time she talks about why she hates holidays!

I hate holidays. There, I've said it – I'm weird – or so my friends tell me. 'Sun, Sea and Sangria!' they cry, 'What could be nicer than lying in the warm sun with nothing to do, no shopping or cooking, just total relaxation?' And returning 10lbs heavier.

I hate the sun; I always come out in a rash and mosquitoes seem to mistake me for their lunch. I've had more fun during a root canal. I do realise there are other forms of holiday, such as sightseeing, and of course I admire stunning architecture - but hey, you've seen one Taj Mahal

A winter holiday? Really? I can never understand why anyone would want to bundle themselves in layers of clothing, tie two planks on to their feet and throw themselves off the side of a mountain. There must be simpler ways to break a leg.

But I realise I am in the minority. My friend Nancy and her husband, Gerry, can't seem to stay at home longer than it takes to get their clothes cleaned before planning the next trip abroad. After every return I have to listen to their tales of woe that seem to permeate each holiday: the hotel was bad, the food was worse, the airline lost their luggage, it rained every day, she got bitten, he got diarrhoea, she fell (wrist in a cast), he fell (home on crutches) and so on.

'So why go?'

'Oh, we had a wonderful time.'

Okaaay.

I do try and feign interest when people rave excitedly about their recent sojourns but find it very difficult not to show my boredom: 'We stayed at this lovely little villa in the mountains (and?) overlooking the sea (I know what the sea looks like). Each evening we'd go down to the harbour (yawn) to this amazing restaurant, I must show you (oh no, not the mobile phone – flick, flick) – just look at this scenery - (sorry, must dash, I'm late for my colonoscopy).'

I know I sound like a miserable cow, but there are lots of things I do like: books – I'm never without a book on the go; other people's life stories, Cadbury's milk chocolate, exercise, musical theatre, the British sense of humour etc. And I have it right here. I believe London is the culture capital of the world and I am so grateful that I live in a country where I am free to enjoy everything it has to offer.

I'm pretty sure most people would disagree, but I would honestly rather be in a theatre with my grandchildren watching Michael Ball in Hairspray – yet again! – than be stuck in a hotel where I have to find a café or order room service if I want a cup of tea.

I know – weird.

Check out Lee's very funny book, 'Getting Old, Deal with It' which is published by Mensch Publishing



WHY IT'S GOOD TO GET OLDER



In general, it takes longer to respond as we get older, which can be a disadvantage in situations like traffic. On the other hand, a longer response time gives us older people more time to think through the problem and give a considered response. This extra time decreases impulsive behaviour, which can be a huge problem among many younger people,' says Davangere Devenand, Professor of psychiatry and neurology at Columbia University. Recognizing cause and effect of different situations is gained from life experience. 'And as we get older, we get more adept at handling a variety of problems, which also may allow for more tolerance overall.'

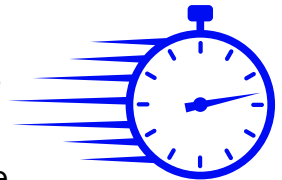
In her recent fascinating talk on time, Professor Catherine Loveday shared various research studies on how we perceive and experience time and how to make the most of it.

1. Humans have many ways of thinking about time

For example, some people imagine the year or the week as a circle, others may view it as a line, or on a grid. Moving an event forward can mean moving to an earlier date to some, and a later date for others.

2. Time speeds up as we age

As people get older, time seems to pass more quickly. One theory is that as we age, we have fewer novel experiences, and the brain compresses familiar information, making time feel like it's passing faster. Another theory suggests that as we age, each year becomes a smaller proportion of our lived experience, making time feel shorter.



3. Emotions can distort time perception

Anxiety about the future can make time seem to pass more slowly, as worrying gives us a heightened awareness, making us more aware of the passage of time. Boredom can also slow down time, as the brain has less stimulation and fewer activities to process.



4. Our memory can play time tricks on us

We use the vividness of memory to judge how long ago something happened. Mostly, this works well because more recent events tend to be more vivid, but sometimes something will feel vivid because it was particularly emotional or important. Events like this tend to be judged as more recent than they really are, simply because the memories are unusually strong and vivid.

5. Memory helps to orientate us in time

We use memory to judge how much time has passed. For example, we may know that it's tea-time because our brain mentally calculates what we have done so far that day. This is also why the morning feels longer ago on a busy day compared to a quiet day.

6. Memory loss can affect how we perceive time

People with memory loss may become confused about the time of day because their brains cannot remember or count up the things that have happened. They may also feel that an event from a long time ago happened just a few days ago. This is because those memories are more vivid, so feel more recent.

Top tips: How to make the most of time

1. Organise time: the more habitual and organised we are, the less we will waste precious brain resources on making trivial decisions



2. Stretch time: Keep a record or journal of things you have done and look back over it periodically. This strengthens your memory of the small things, which makes it feel like more time has passed. Doing novel things can have a similar effect.

3. Treasure time: Sometimes it is good to be present and pay attention to what is happening right now, so that we appreciate the time we have rather than letting it pass us by.



4. Get in sync with your body clock: We are all better at doing different things at different times of the day (for example, more alert in the mornings and more creative in the evenings) so try to work with your natural pattern.

5. Be realistic with time: When you are planning how long something will take, ask a friend to help. Research shows that others are more realistic with estimates than we are ourselves.



Since retiring, our gardening columnist Kevin loves spending time in the garden and his allotment. Each issue he lets us know what he's been up to and shares a few seasonal gardening tips...

Well, after a very strange year so far, the weather up and down like a yo-yo we have reached the stage of the year to enjoy the late summer of mist and mellow fruitfulness.

After a shaky start, the garden has been looking lovely and from the allotment, we have been enjoying a bountiful supply of vegetables

including runner beans, tomatoes and courgettes. The blackberries have been great and we have reached the peak flowering for dahlias.

When I was young, (a few years ago!) September was an exciting time of the year for me as my dad was the show secretary for the Kenmore Park Horticultural Society and it was when they held their annual flower and vegetable show. It was held at Kenmore Park School in Kenton. They would have up to 700 entries in numerous classes and categories, for flowers, vegetables, pot plants, baking, jams and handicrafts. There were so many entries it spanned both of the school halls.

All of the different classes were fiercely contended by the local growers and they would be judged by invited RHS accredited judges.

There were numerous silver cups awarded to the winners and they were presented to the winners on the school stage. My dad was a great dahlia grower and he always ended up with plenty of cups. After the show had finished, my dad would bring all of the cups home wrapped in old newspaper so that they could be taken to the engravers to add the winner's names. There were so many, they were kept in several large plastic dustbins.

One year we were burgled at this time, but fortunately the burglar was disturbed and nothing was stolen. But when the police arrived they did query what my dad was doing with several dustbin load of silver cups...

A few jobs for September/ October

Now is a good time to lift, divide and replant congested clumps of perennials once they finish flowering. Remove the leaves from tomato plants to allow any remaining fruit to ripen and help reduce them from being affected by blight.

Start planning to plant spring-flowering bulbs now, such as daffodils, crocus and hyacinths. In the ground or in pots and containers.

Collect ripe seeds from your favourite flowers and vegetables such as runner beans. Store in labelled envelopes, ready to sow in spring,



EVENTS

MUSIC FESTIVAL AT AGE UK BARNET

LATE SUMMER MUSIC FESTIVAL

SATURDAY 21 SEPTEMBER 11AM - 3PM

JOIN US ON THE LAST DAY OF SUMMER

AT THE ANN OWENS
CENTRE, OAK LANE,
EAST FINCHLEY N2 8LT

- * live music all day *
- * stalls * tombola * raffle *
- * plant stall *
- * food and drink *

£2
entry

Any questions, please contact
teresa.gallagher@ageukbarnet.org.uk or
 07502 989 403



Around 1 in 3 adults over 65 will have at least one fall a year. Most falls don't result in serious injury, but they can lead to broken bones and loss of confidence. As well as regular exercise, comfortable footwear and removing trip hazards in your home, a balanced diet plays a crucial role in reducing the risk of falls, particularly by supporting bone health and muscle strength

- Choose foods rich in calcium and vitamin D - essential for maintaining strong bones. Dairy products like milk, yoghurt, and cheese are excellent sources, but leafy greens, fortified plant-based milk, and fish like salmon and sardines are also good.
- Sneak protein- rich food (lean meats, poultry, fish, eggs, beans and legumes) into your meals as it helps build and repair muscle tissue and can prevent muscle weakness - a significant factor in falls.
- Go for foods high in omega-3 fatty acids, such as fish, walnuts, and flaxseeds, as they support joint health and reduce inflammation, which can impact mobility.
- Stay hydrated as dehydration can lead to dizziness and confusion, increasing the risk of falls.



FALLS PREVENTION EVENT!!

For more ways to reduce your risk of a fall, join Age UK Barnet's Falls Prevention event on Tuesday 10 September (9.30am-12.30pm) at Manor Drive Methodist Church, Manor Drive N20 0DZ (in partnership with Barnet Asian Women's Association - BAWA). Free entry and free refreshments! To register, just phone Salima on 07503 353157 or email salima.jiwa@ageukbarnet.org.uk

HANDYPERSON

Q&A

Recently I've found there are some things I can't do as well as I used to when I'm cooking in the kitchen. I'd been having trouble lifting the kettle to pour water from it, for instance. Do you have any ideas?

BS, *Whetstone*

Think about how you use your kitchen and what would make life easier for you, says Handyperson Service coordinator Karen.

If you need a bit of help while cooking or making a hot drink, try:

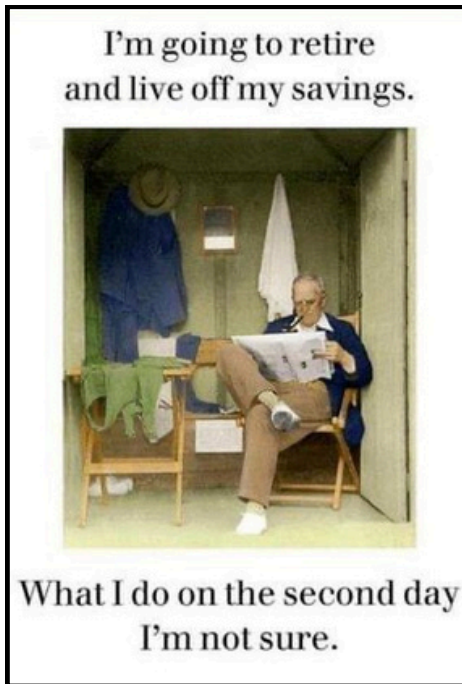
- a perching stool which supports you in a near-standing position
- a kettle tipper to help you tilt the kettle
- a spike board which lets you cut or peel vegetables one-handed.

If you find picking up, opening or moving things in the kitchen difficult, try:

- wide-handled cutlery
- high-rimmed plates and two-handled cups
- assistive tin, bottle and jar openers
- a sturdy trolley to support mobility and help you move food and drink from room to room.



If you have enjoyed this newsletter, or have any suggestions, please let us know. Just drop us a line at Pigeon Post, Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT

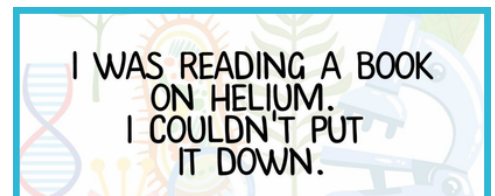


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5	2	4	8	7	6	1	3	9



RIDDLE ANSWERS

1. Answer: Five, each daughter has the same brother.
2. Answer: A match.
3. Answer: They are grandfather, father and son.
4. Answer: Time.
5. Answer: An envelope.
6. Answer: An anchor.
7. Answer: He's bald.
8. Answer: Silence



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