

Age UK Barnet

Services for

over 55s



Get in touch today!
020 8203 5040



To access our services, please phone us on
020 8203 5040 or email us on
info@ageukbarnet.org.uk
All details are also on our website:
www.ageukbarnet.org.uk

Age UK Barnet Ann Owens Centre, Oak Lane,
East Finchley N2 8LT.

LIVING WELL DEMENTIA HUB

Dementia adviser service - specialist information and advice to help you and your family find the right support

Day clubs in East Finchley & Hendon*

Mix with others in a safe environment and take part in fun and stimulating activities. Lunch. Some transport available.

Dementia befriending service

LATER LIFE PLANNING

We offer information on issues affecting older people including benefits, grants, housing, accessing/paying for social care and home adaptations, money matters, wills & probate

COMMUNITY SERVICES*

- **Shopping service** - a light weekly shop
- **Handyperson service** - for odd jobs around the home
- **Stepping out service** - walking buddies for people living with dementia

COMPUTER SUPPORT

Need help getting to grips with your computer, tablet or smart phone? We can get you connected.

ACTIVITIES*

We offer a huge range of enjoyable activities - exercise, art, crafts, knitting, cookery, book club, social walks

BEFRIENDING

We match vetted volunteers with isolated or lonely older adults for a weekly friendly chat

FOOTCARE*

Basic nailcutting plus a chiropody service

SCAMS PREVENTION SERVICE

Giving you the tools to stay safe.

*There may be a charge for this service.