



Barnet launches plans for an age friendly future

By Diana Cormack

On Wednesday 6 March Barnet Mayor Cllr Nagus Narenthira opened a suitably named Advantageous Art Exhibition at the artsdepot, North Finchley.

Described as 'a celebration of age-friendly Barnet', impressive artwork, crochet, knitting and pottery provided by talented members of Age UK Barnet were on display. The majority of these came from art classes held at the Ann Owens Centre in East Finchley and some had already been snapped up by buyers at this 18-day free entry event.

Action Plan

At the same time the Mayor launched Barnet's Age-Friendly Action Plan which had been put together after more than 1,000 residents completed a survey to help provide a better understanding of problems about ageing well within the community.

These included housing,

transport, public toilets, benches plus a lack of accessible and enjoyable activities, low levels of confidence in finding employment and in using digital technology. Eight new projects will be launched to address these and other issues identified, with initiatives being set up to raise awareness of what is available for older adults, including information pop-ups around the borough.

Last year Barnet joined the UK Network of Age-Friendly Communities. Key to the scheme is that it should be led by the voices of older people. Headed by Age UK Barnet, the action plan includes recruiting volunteer Age-Friendly Champions. For more information visit: www.ageuk.org.uk/barnet

Become an age champion

By Pippa Mannerings

Age UK Barnet has started recruiting 'age-friendly champions' to inform, advise, and champion the newly launched Age-Friendly Barnet project.

Age-Friendly Barnet is focussing on seven key areas in our everyday lives that can impact the way that we age, from ageism and intergenerational inclusion, to transport, housing, and employment and volunteering opportunities.

The project has been shaped by the views of over 1,000 Barnet residents who completed the Age-Friendly Barnet Survey in 2023. The voices of residents are at the heart of this project, which is why the recruitment of the Age-Friendly Champions is so important.

Age UK Barnet launched a community Call for Action last month asking residents, busi-

nesses, leaders and the local authority to work together to make the vision of an age-friendly borough a reality. An accompanying booklet states: "Ageing may look different for everyone, but everyone should be able to retain and develop meaningful connections amongst their community as they age."

Age-Friendly Champions meet monthly at various locations across the borough to discuss issues and share ideas about how to make Barnet an even better place to grow older in. If you are interested in joining our great team of Champions, contact pippa.mannerings@ageukbarnet.org.uk.



Chef (Part-time)

2-3 days per week / 15 to 21 hours (£14.30 per hour)
Based in East Finchley and Hendon

Age UK Barnet are looking for an experienced chef to work in our vibrant day centres preparing nutritious, home-cooked meals for clients with early stages of dementia. Catering for up to 40 clients a day you would be involved with the preparation and planning of menus and ensuring food hygiene regulations are followed. We offer 5 weeks holiday per year and an occupational pension scheme.

For more information and an application form visit www.ageuk.org.uk/barnet/about-us/work-for-us/ or email jenny.coomey@ageukbarnet.org.uk or telephone 0208 432 1418. No CVs, no agencies please.



Food bank support: The GoodGym Barnet runners are inviting everyone to bring food and household items

Run, walk or cycle to the food bank

GoodGym runners have been meeting for years at the Phoenix Cinema in the High Road, from where they run to give their man and woman power to a task that needs doing in the community. Now they have come up with an initiative to target help for Finchley Foodbank.

Everyone is welcome to turn up at the cinema at 6.45pm on Tuesday 9 April with their own donated food ready to run, walk or cycle the short distance, less than 2km, to Finchley Foodbank at the other end of the High Road. There will be run leaders showing the way.

Paul Salman, of GoodGym Barnet, said: "Simply bring along any tinned or dry food goods, toiletries, or healthcare

items in a rucksack. Encourage friends, family, and colleagues to chip in a few items from their cupboards. Together, we'll deliver these donations to the local food bank drop-off point. Let's all unite as a community to show we care and want to make a difference, be social and get fit."

Food bank manager Anna Maughan said: "We are always in need of new donation streams

and this is a really great idea to build more community spirit, be accessible to all, help others and be a positive experience in terms of mental health."

GoodGym welcomes everyone, regardless of ability. With a designated backmarker, no one gets left behind. Toilet facilities are available at the Phoenix Cinema. Dress appropriately for outdoor conditions.



A chance to talk: Eve Lewis gets ready to welcome Finchley Charities guests to brunch in East Finchley

Take a seat at the top table

Eileen Lewis, known as Eve, certainly knows how to put on a spread. She has started running a Brunch Club every month in East Finchley where a table full of delicious food helps to bring people together for a couple of hours of friendship and chat.

Eve, who is a youthful 85 years old, has been running a similar club for the last 15 years at Christ Church, North Finchley, offering a warm space and something to eat for all faiths and denominations, and helping to beat the scourge of isolation and loneliness. The East Finchley club meets at Wilmot Close, off Tarring Road, N2, which is a sheltered housing property

run by The Finchley Charities. It is self-financing with attendees contributing just £1 to help cover the costs. Paul Hooper, of The Finchley Charities, said: "Eve is a superb negotiator and manages to enlist the support of many local shops and businesses who also help contribute. The work Eve does really comes from the heart and goes above and beyond any expectation."

Beginners & All Levels
Tai Chi & Qigong
 Classes (E. Finchley)
 & LIVE STREAM
 Wednesdays am & pm
 (Trial session: £5)

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