

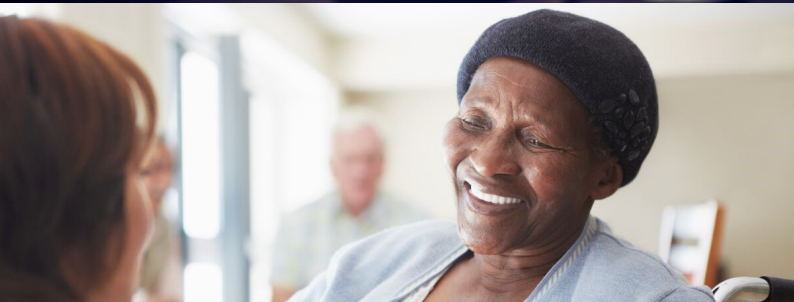
# Age UK Barnet

## Services for

## over 55s



**Get in touch today!**



To access our services, please phone us on  
020 8203 5040 or email us on  
[info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk)

All details are also on our website:  
[www.ageukbarnet.org.uk](http://www.ageukbarnet.org.uk)

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

## DAY OPPORTUNITIES\*

Activity clubs throughout the week in East Finchley and Hendon with games, quizzes, exercise, singing and music events. Lunch and transport provided.

## LIVING WELL\*

Our new support, advice and activities hub for people living with dementia and their carers.

## LATER LIFE PLANNING

We offer advice on issues affecting older people including benefits, grants, housing and money concerns, wills and probate.

## COMMUNITY SERVICES\*

- **Shopping service** - a light weekly shop
- **Handyperson service** - for odd jobs around the home
- **Gardening service** - basic maintenance

## 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, Bollywood dancing, art, crafts, knitting, cookery, newspaper discussion group, book club. Most are online, but will return face-to-face.

## SOCIAL WALKS

A programme of fun volunteer-led walks in some of Barnet's open spaces

## BEFRIENDING

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

## FOOTCARE\*

Basic nailcutting plus a chiropody service

\*There may be a charge for this service.