



# FRIEND IN NEED

## CENTRE FOR POSITIVE AGEING

### **Our Mission Statement:**

To promote the social, emotional, spiritual and physical well-being of older people, disabled people and their carer's, in a caring environment, which respects their individuality and promotes independence.

To promote awareness of the needs of frail and vulnerable older people, disabled people and their carer's, by working alongside them and enabling their voice to be heard.

To promote the ethos of caring and social responsibility, through our commitment to volunteering and community.

For further details or bookings:

Tel: 020 8449 8225

[fin@fin-eastbarnet.org.uk](mailto:fin@fin-eastbarnet.org.uk)

## **Current Services:**

### **Activity Centre**

Thursday, 10.30 – 15.30

Our dementia friendly, weekly activity centre aims to help older adults stay socially engaged, physically active and cognitively stimulated.

The centre offers a range of different activities and entertainment suitable for people with low or no care needs, that are able to take part independently or assisted by carers.

Members are also taken on regular trips out. Recently there have been outings to the ArtsDepot, a boat trip along the Grand Union Canal and a day by the sea in Southend.

Typical day –

10.00 – 10.30: members arriving

10.30 – 11.30: chat, puzzles/jigsaws/drawing, magazines etc, tea/coffee/biscuits

11.30 – 12.30: seated exercise class

12.45 – 13.45: Lunch (two course home cooked meal, tea/coffee)

13.45 – 14.45: Activity/entertainment e.g. musical entertainer, art project, dancing, quizzes, bingo etc

14.45 – 15.30: Chat, tea/coffee, cake

Home time



Activity Centre Costs:

Full day (10.00 - 15.30): £36

Half day (10.00 - 13.30 or 12.30 – 15.30): £24

Transport: £5 each way in catchment area - £7 each way outside catchment area

## **Lunch Club**

Tuesday, 12.30 – 14.00

Our weekly, friendly lunch club is a great opportunity to meet new people in an informal setting, while enjoying a good home cooked meal, served by our welcoming staff. Price includes two courses plus tea or coffee. No transport available. Booking required.

Cost: £10

## **Activities and Therapies**

- Seated movement/exercise - Thursday 11.30 – 12.30: £7
- Movement Matters - Tuesday 10.30 for 1 hr - £10 (reductions for those on benefits). Improve Balance, Strength and Mobility, a work out to music, ideal for 60+ (Contact Jacki: 07979 507 720 cabinjax@gmail.com)
- Foot care, hairdressing and massage available. Costs apply, booking required, please contact the office

## **Shopping+**

A personal one-to-one, borough-wide service, providing: shopping, assistance with banking and paying bills, form filling (incl. online support), prescription/medication collection etc

Cost: £18 per hour

## **Escorted Shopping**

Door to door accessible transport. Every Tuesday morning our driver and escort collect clients from their homes and take them to Morrisons Borehamwood where they can shop and then meet for tea/coffee/snack and a natter. Clients are then taken home and helped in with their shopping. Currently running for the East Barnet, New Barnet and High Barnet areas only.

Cost: £6

## **Fun Monday's Social Group for over 60's**

1<sup>st</sup> and 2<sup>nd</sup> Monday of each month, 13.45 – 15.30

A drop-in group that offers a chance to socialise! Weekly bingo and lots of other fun activities, plus tea/coffee and snacks. Just come a long or for more details call Faz: 07957 623 607

Cost: £5

## **Dementia Club UK Drop in Session**

3<sup>rd</sup> and 4<sup>th</sup> Monday of each month, 14.00 – 16.00

A free drop in run by Dementia UK. Every session includes some form of light exercise and musical entertainment. There are also quizzes, singalongs and bingo as well as tea, coffee and biscuits. For more information please contact Lisa: 07956 858 913