

# Altogether Better – the Barnet Ageing Well programme 2015/16 Annual Review

EFAB, is a great idea, and the whole Altogether Better model. It gets people talking together. That doesn't just combat loneliness but it empowers people by helping them to find ways to improve their situation.

Leonora (54), Community Friend

I joined Altogether Better a year ago, and it made a huge difference to my life in a short space of time. I was lonely, my friends had all gone, and all I had was work to go to. But Altogether Better gave me something else in my life. I never miss Monday morning coffee mornings. And I felt cared for when I was ill this Christmas, and also when I was ill with mild depression recently. I felt loved, the loneliness stopped. Altogether Better is a solid rock for me and the people are so kind, and good and genuine. ”

Ally (36), participant



I am divorced and for the last 4 years have been living on my own. I have a regular girlfriend and apart from prostate cancer, am fairly healthy.

I first got involved with Altogether Better in about March last year when I saw an advert in the Barnet Press inviting people along to play table tennis. I replied because I enjoy table-tennis and was looking for somewhere to play and someone of a good standard to play with. I'm pleased I did reply to the advert because the group is great fun, the sport is excellent and the company very enjoyable.

I think we have all improved greatly over the months and we are all probably a bit fitter.

I have attended the Altogether Better "get-togethers" and the attendees are very friendly. For me, it has been fun getting to know the area again and meeting people who live near where I did. Thanks for organising it.”

(Tony (69), participant)

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## Foreword

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People are living longer, healthier lives. This provides great opportunities to them and society that we need to take full advantage of. We all want Barnet to be a great place to live in, to grow up in and to grow old in. This means enabling older people to play active roles within their communities, to engage with their neighbours and build and maintain friendships.

This report provides many examples of how the Barnet Ageing Well programme is making a positive contribution to the lives of older residents and younger residents too.

This annual review provides details of:

- Altogether Better's engagement with local people in the neighbourhoods they are centred on - East Finchley, Burnt Oak, Edgware & Stonegrove and High Barnet & Underhill
- It's impact on local communities
- The development and delivery of the borough-wide projects agreed in the work plan.

The project reminds us what can be achieved when we listen carefully to older people's needs and aspirations and empower them to shape the community activities they use.

Altogether Better – the Ageing Well programme in Barnet is an exciting and innovative approach to helping older residents to make the most of life. This report provides catalogue of wonderful rich human stories that demonstrate the positive implications of strengths based approaches to transforming social care. We must also recognise that this community-engagement based approach is a long-term, evolving process. A lot has been achieved so far and there are some fantastic projects planned for the future.

My sincere thanks to all those who have contributed and guided the Altogether Better - the Ageing Well programme in Barnet.



*Cllr. Lisa Rutter  
Barnet's Older People's Champion*

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It was through attending a session organised at Edgware library to learn about computers that she found out about a new choir practice that was going to be led by one of the IT expert volunteers, Godfrey Manning. ....	26
Jenny also had some words of encouragement for anyone who's uncertain about joining in. She said: "Lots of people my age can feel isolated by this computer age we're in - and I find it strange too - so I feel it's more important than ever to make sure you have that human interaction and sense of community wherever you can find it. "And if that's within a small community, it can spread to a bigger circle - like ripples on a pond, you know - one stone, and it widens and widens. That's the spirit of living." .....	26
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## Introduction

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Altogether Better – the Ageing Well programme is a key part of the council's savings plans for 2016 to 2020, which place a greater emphasis on ways to reduce demand on services. This will be achieved through the community doing more; providing early support to prevent problems from developing and influencing residents to change their behaviour. This vision is built on the idea that people are best supported in their own home, through accessing natural networks of support from their friends, family and local community. The Ageing Well programme (which incorporates the Altogether Better programme) is being funded through the Better Care Fund and Public Health Commissioning Plan 2015-2020.

This work programme has been developed around a revised set of objectives, which are:

1. Ensure that individuals can obtain information they need to live independently within their community for as long as possible
2. Identify individuals at risk of dependency, in order to prevent admissions and manage demand on public services
3. Help communities to develop their capacity to support themselves, by supporting local volunteers to provide community activities for older residents.
4. Coproduce activities for older residents by engaging them in strengths based conversations about their needs and aspirations.

The Council and CCG's strategic priorities are deeply embedded within the project. This is true both, in relation to the focus on reducing care spending, and in the recognition that empowering older people and supporting them to live in and engage with their local community is in their best interests.

Altogether Better – the Ageing Well programme in Barnet has focused on the development of sustainable and supportive neighbourhoods. By helping residents start and run projects which are beneficial for their local area, building an increased sense of community, reducing isolation and enhancing residents' wellbeing.

The principles underpinning its approach include coproducing community activities. This means using a variety of approaches to ensure older people's views are listened to in relation to what activities should be available in their area and that they are engaged in making these ideas a reality. This has been achieved through recruiting 'Community Friends'. These are individuals who give up their time to take forward projects and/or activities in their local community to bring people closer together through a sense of neighbourliness.

As the project developed, both Community Friends and staff recognised the need to engage with a wide network of individuals, organisations and groups in each area in order to promote Altogether Better more widely and encourage more people to get involved. They use a variety of means to ensure that more vulnerable older people and harder to reach people are engaged with and listened to. This has led to a much

better understanding of how different organization can work together within these communities to everyone's benefit.

Altogether Better values the potential of local people, their aspirations and their strengths. Its approach to working with people, asks them: 'What do you want to do? How can I help you to do it?' rather than 'I can do it for you'. This involvement-led approach is not a collection of techniques; it is a set of principles and values with human interaction at its core. It is not just about providing activities and keeping people busy, it is about bringing communities together, empowering them to change their lives and strengthening their bonds with each other.

The programme has a key role in building resilience in families, the community and neighbourhoods. It increases access to local information and advice, facilitates mutual support between citizens, increases inclusion, and develops neighbourliness.

The programme continues to focus on increasing social capital by promoting and facilitating volunteering, peer support and local leadership. We have found that this generation of older people are increasingly reluctant to be associated with services based on traditional models. The engagement-led approach is not a catch all solution to the challenges that today's older people face, however as part of a range of initiatives, it can make a significant contribution to older people's wellbeing and may have positive knock-on effects on other social care and health services.

Towards the end of 2015, Altogether Better – the Ageing Well programme in Barnet started to transform towards a more targeted approach, in order to increase its effectiveness in reducing demand for social care services. The aim is to achieve this by putting in place initiatives that divert individuals from unplanned admissions or care. This means targeting groups who are, or are known to be at high risk, of becoming dependent on care services. To this end, the programme now targets individuals who fall under the following categories:

- Learning, developmental or intellectual disability
- Long term health condition
- Mental Health Condition
- Physical Disability
- Significant event - change in condition, fall, hospital episode etc.
- Social support – carers and people who are socially isolated or vulnerable

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## DEMOGRAPHICS OF PEOPLE ENGAGED WITH ALTOGETHER BETTER ACTIVITIES

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During the first three months of 2016, people who registered to become either a Community Friends, Street Champion, volunteer or participant were asked to complete a registration form.

Of the 103 people who signed up in the last three months of 2015/16, nearly half said that they wanted to meet new people(49.44%), over one in ten (11.24%) reported feeling lonely and a similar number reported that they wanted increased contact with friends.

Nearly half of all respondents (46%) reported feeling lonely at least two days a week, with 15% reporting feeling lonely 3-4 days per week.

Over 70% (70.59%) reported suffering from one or more health conditions, ranging from high blood pressure (33.82%), arthritis (27.94%) and Cancer (11.76%) to stroke (4.41%), Parkinson's Disease (1.47%) and terminal illness (1.47%).

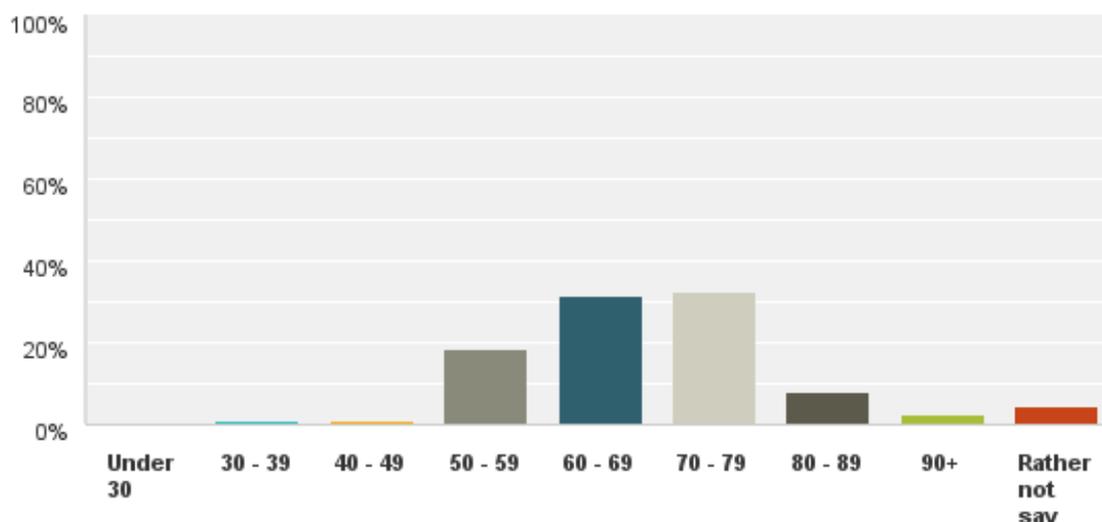
One in six people described themselves as a carer (15.29%), with a further 6.74% registered Disabled.

Of the 81 people (78.6%) who responded that they had visited a GP or other NHS service in the past 12 months, the average number of visits was 4.5 times, ranging from 1 to 201.

Altogether Better is increasingly targeting individuals at risk of admission to residential care. The fact a significant number of those surveyed having long term conditions or are carers or are suffering from long term health conditions is positive in that it suggests Altogether Better is targeting at risk groups.

### Q10 Age Group

Answered: 86 Skipped: 17



# Borough Wide Engagement and Publicity

## Altogether Better Websites

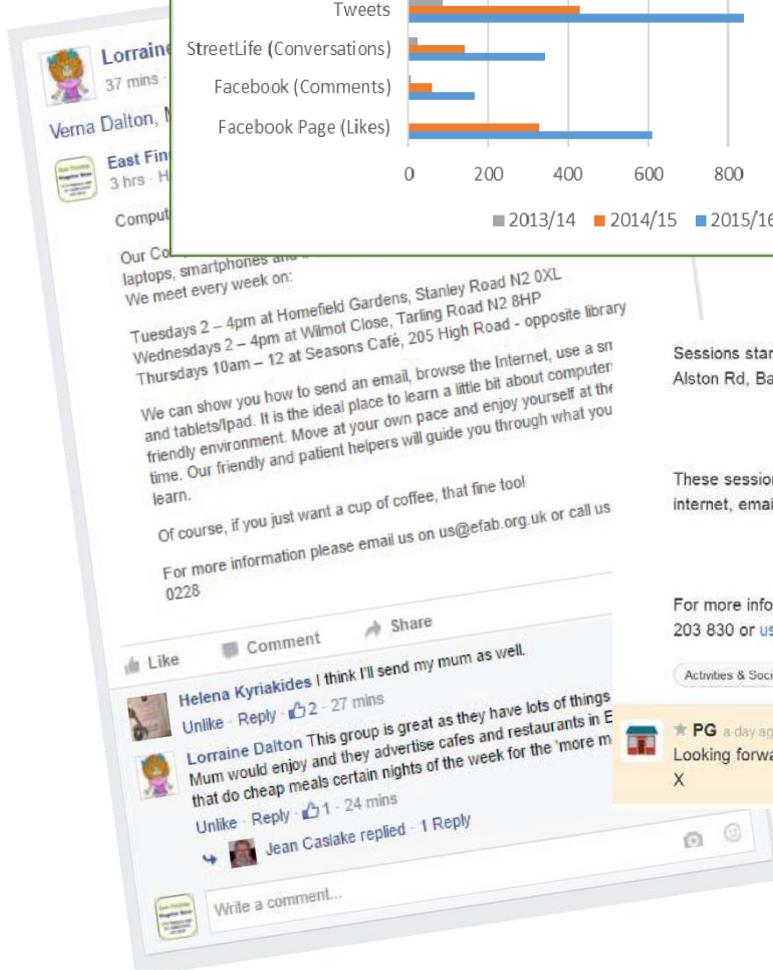
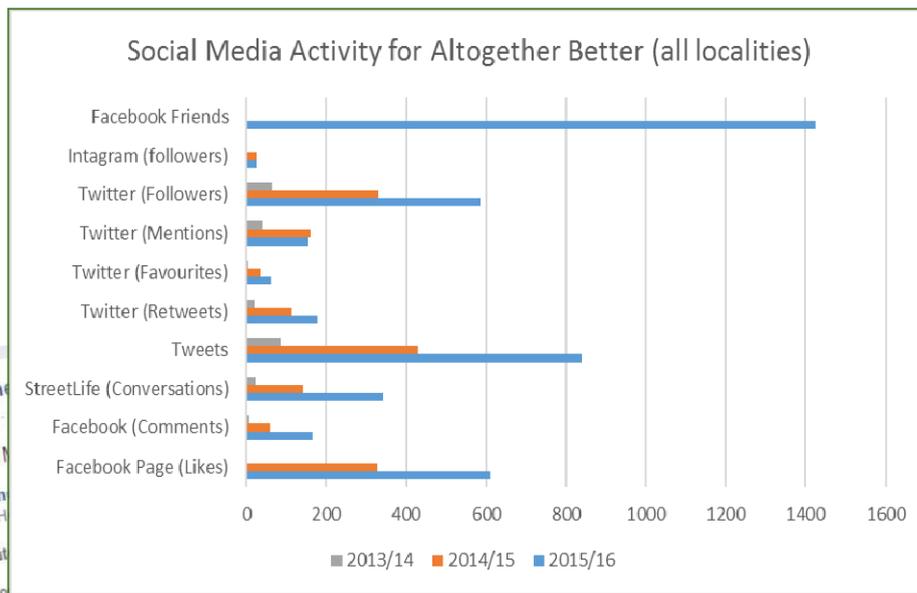
Due to provider support issues, all the Altogether Better localities' websites were re-launched during 2015. Each website provides information on projects that are underway as well as a calendar of future events. Local businesses and organisations are able to register with the website and use it to publicise their activities. They are provided with a log-in to update their information and add events to the calendar.



## Social Media

Social media is an integral part of Altogether Better. The table below shows social media activities across the four localities with over 1400 friends and 600 likes on the Facebook page.

- StreetLife, a neighbourhood based social networking platform, allows us to connect with residents who are part of a particular locality. Over the past year there have been 342 conversations, compared with 141 the year before.
- Facebook comments and conversations have tripled over the past year (164 compared to 58 the previous year).
- Twitter mentions (retweets, favourites and conversations) have increased to 394 across all four localities (up from 308 last year).
- The number of followers on Twitter has almost doubled since last year (508, up from 331).



Sessions start again on Tuesday 14 June, 11.30am to 1.30pm at the Sebright Arms, Alston Rd, Barnet EN5 4ET.

These sessions are for anyone who wants to know more about using computers, the internet, email. Sessions are free, just buy a drink at the bar.

For more info, please contact Christine at High Barnet Altogether Better on 07720 203 830 or us@hiab.org.uk

Activities & Social · Civic & Community

★ PG · a day ago  
Looking forward to coming in July after I've recuperated from hip operation.  
X

## Media Coverage

The Altogether Better – the Ageing Well Programme in Barnet has received positive press coverage over the past year. Below are a number of positive media stories:

1. Cook with the Wooden Spoon and Apron club  
[www.the-archer.co.uk/archive.php?year=2016&month=March](http://www.the-archer.co.uk/archive.php?year=2016&month=March)
2. Meditation – is it for you?  
[www.the-archer.co.uk/archive.php?year=2016&month=March](http://www.the-archer.co.uk/archive.php?year=2016&month=March)
3. Computer help  
[www.the-archer.co.uk/archive.php?year=2016&month=March](http://www.the-archer.co.uk/archive.php?year=2016&month=March)
4. EFAB: what's on and when?  
[www.the-archer.co.uk/archive.php?year=2015&month=December](http://www.the-archer.co.uk/archive.php?year=2015&month=December)
5. Things can only get better  
[www.the-archer.co.uk/archive.php?year=2015&month=December](http://www.the-archer.co.uk/archive.php?year=2015&month=December)
6. Everyone gets involved in Grange Big Local event  
[www.the-archer.co.uk/archive.php?year=2015&month=November](http://www.the-archer.co.uk/archive.php?year=2015&month=November)
7. Festival specials for all ages  
[www.the-archer.co.uk/archive.php?year=2015&month=November](http://www.the-archer.co.uk/archive.php?year=2015&month=November)
8. Swap your skills at Barnet's Timebank  
[www.times-series.co.uk/news/14108226.Swap\\_your\\_skills\\_at\\_Barnet\\_s\\_Timebank/?ref=eb](http://www.times-series.co.uk/news/14108226.Swap_your_skills_at_Barnet_s_Timebank/?ref=eb)
9. Learn to cook...or cook better  
[www.the-archer.co.uk/archive.php?year=2015&month=October](http://www.the-archer.co.uk/archive.php?year=2015&month=October)
10. Runners and ramblers on the move  
[www.the-archer.co.uk/archive.php?year=2015&month=October](http://www.the-archer.co.uk/archive.php?year=2015&month=October)
11. Burnt Oak Festival Units Community  
[www.barnet-today.co.uk](http://www.barnet-today.co.uk)
12. New dementia project launched  
[www.times-series.co.uk/news/13786069.New\\_dementia\\_project\\_launched](http://www.times-series.co.uk/news/13786069.New_dementia_project_launched)
13. Cooking skills sharing sessions  
[www.the-archer.co.uk/archive.php?year=2015&month=September](http://www.the-archer.co.uk/archive.php?year=2015&month=September)
14. Venue for coffee & chat  
[www.the-archer.co.uk/archive.php?year=2015&month=September](http://www.the-archer.co.uk/archive.php?year=2015&month=September)
15. Personal Shoppers  
[www.the-archer.co.uk/archive.php?year=2015&month=September](http://www.the-archer.co.uk/archive.php?year=2015&month=September)
16. New faces for coffee and chat  
[www.the-archer.co.uk/archive.php?year=2015&month=August](http://www.the-archer.co.uk/archive.php?year=2015&month=August)
17. Shop Assistance: thanks very much!  
[www.the-archer.co.uk/archive.php?year=2015&month=August](http://www.the-archer.co.uk/archive.php?year=2015&month=August)
18. Could you lead a meditation group?  
[www.the-archer.co.uk/archive.php?year=2015&month=July](http://www.the-archer.co.uk/archive.php?year=2015&month=July)

- [www.the-archer.co.uk/archive.php?year=2015&month=July](http://www.the-archer.co.uk/archive.php?year=2015&month=July)
- 19. Coffee and Chat  
[www.the-archer.co.uk/archive.php?year=2015&month=June](http://www.the-archer.co.uk/archive.php?year=2015&month=June)
- 20. Shop Assistance  
[www.the-archer.co.uk/archive.php?year=2015&month=June](http://www.the-archer.co.uk/archive.php?year=2015&month=June)
- 21. Dine for £5  
[www.the-archer.co.uk/archive.php?year=2015&month=May](http://www.the-archer.co.uk/archive.php?year=2015&month=May)



The sessions will take place at Brent Cross Tesco every Friday

28 Sep 2015 / James Caven, Reporter / @GUCTimesSeries

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A NEW reading group for dementia sufferers and their carers has been launched in Barnet. Run by The Reader Organisation, the Memory Loss group will meet at Brent Cross Tesco every Friday from 1.30pm to 3pm. The project started yesterday (September 25).

# WHAT HAS BEEN ACHIEVED **New faces for coffee** **Runners and ramblers and chat** **on the move**

EFAB's Mums Who Run group, a friendly jogging group for women, and Talkie Walkies walking group, have both moved their sessions to a different day, and look forward to welcoming newcomers to the groups.

Mums Who Run are now meeting on Friday mornings at 9.30am in Cherry Tree Wood, and encourage women of any age (not necessarily mums) to join them for a friendly, supportive jog together. All fitness levels are catered for. Contact sarahglennon7@gmail.com for more details or to attend.

Talkie Walkies have decided to change their week to a Monday, and now meet at 12.30pm outside the Arms pub, 105 Forest Road, before setting off on a stroll and chat to attendees wish they enjoy a cuppa or luncheon afterwards. Please contact Tony on 07958

East Finchley Altogether Better or EFAB's community-led Coffee and Chat sessions have been seeing new faces each week, with the group chatting informally and sharing themselves.

## Cook with the Wooden Spoon and Apron club

EFAB's Wooden Spoon and Apron club is returning on Thursday 7 April for a set of six sessions based around different themes such as Chinese, European, Indian, Jewish, Persian, Thai and Ukrainian cooking, with recipes led by an experienced home cook wanting to share their skills with others.

As well as great food, the main emphasis is on having fun and socialising, with participants cooking tasty meals together in small groups and then eating the meal they have prepared together at the end of the session. Sometimes people even bring a bottle.

The sessions are taking place on Thursdays from 5-8pm at the Ann Owens Centre, Oak Lane, N2, and £5 per session covers all ingredients, the meal and printed recipes to take away.

Anyone can participate, from beginners to more experienced cooks. To sign up, call Lisa Smith on 07909 998453 or email us@efab.org.uk.

send a speaker in the next few weeks, and any other relevant speakers are also welcome to



friendly chat: A coffee morning under way at the Stag.

## Coffee mornings hot up

Lots of people have been enjoying a nice cuppa with others at EFAB's new community-led coffee mornings. Everyone is welcome to come in and have a chat with fellow slurpers at the Bald Faced Stag in the High Road from 10.30am to 12.30pm every Monday. If you would like to join the EFAB Friends and volunteer some of your time to help run these sessions, just go along, or contact Lisa Smith on 07909 998453 or email us@efab.org.uk

## Dine for £5

The Silver Service scheme has now kicked several local cafes and restaurants offering deals to customers over 60 years of age, and on Tuesday lunchtimes.

The Bald Faced Stag, Baracuda, Big Chef, New Local Cafe, The Pelican Fish Bar (formerly Costi's) and Seasons restaurants are all taking part.

Look out for the silver sticker displayed in windows and each restaurant will set tables aside for Silver Service diners, clearly displaying their menu and what is included in the deal.

If you have a restaurant or cafe in East Finchley and would like to take part in this scheme



(for free), please contact East Finchley Better on 07909 998453 or email us@efab.org.uk



Chop, chop: Izzy and Patricia at a cookery session

**August 2015:** Wellbeing Café moves to new venue, Clissold Arms as the

old venue was no longer available.

**September 2015:** IT & Biscuits changes names to Computers and a Cuppa, with three groups up and running.

EFAB had a presence at the Grange Big Local – Table Tennis club run tournament and recruits new members.

**October 2015:** Talkie Walkies changed name to Talk & Walk and has grown from eight to ten attending each Monday.

Cooking Skills group starts, sessions continue in December, February, and April.

**November 2015:** Mums Who Run changed name to Cherry Tree Runners and welcomed members of both sexes. It has now has six to eight attendees.

**December 2015:** EFAB had a stall at East Finchley Christmas Festival.

**January 2015:** Meditation group started again for six weeks. Attendance has increased from twelve to twenty five.

**March 2015:** Community Kitchen Garden Group starts at Martin School. Six to ten adults attend, with school children, one lunch time each week.

### EAST FINCHLEY ALTOGETHER BETTER (EFAB) PROJECTS UNDERWAY:

During the past year over 1000 local people have engaged with EFAB, with over 250 Community Friends and organisations actively involved, offering their experience and support. The following projects are at different stages of delivery, with some projects underway, others about to start or in the planning stages.

Cooking Group – started Oct 2015		
<b>Scope</b>	To share recipes for fresh, healthy foods on a budget.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>Increased confidence, kitchen skills, ability to prepare different dishes, budget and shop.</li> <li>Reduced isolation and loneliness and enhanced health through healthy eating</li> </ul>	<p>“During the current set of sessions we’re offering Persian, Indian, European, Jewish, Chinese and Ukrainian cooking classes. Attendees have told us they really enjoy the sessions, learning new skills and recipes and eating the lovely food together afterwards”</p> <p style="text-align: right;"><i>Sajeda (62) Community</i></p>
<b>Outputs</b>	<ul style="list-style-type: none"> <li>Number of sessions this year:</li> <li>Number of hours per session:</li> </ul>	

<b>Community Friends</b>	• New Friends this year:	10	<i>Friend</i>
	• Average number per session:	3	
	• Total number of community friends:	10	
<b>Users</b>	• New participants this year:	26	
	• Average number per session:	9	
	• Total number of participants:	26	

<b>Computers and a Cuppa Groups (x3)</b>			
<b>Scope</b>	To tackle digital exclusion of older people through peer to peer learning.		<p>“I Look forward to the two weekly sessions Tuesdays Homefield Gardens and Wednesdays Wilmot Close. It has been a lot of fun over the last 18 months. Both venues have turned into pleasant sociable and helpful afternoons. Many people have seen all sorts of benefit from the support given by helpers and regular ‘clubbies’ (lots of laughter too). ”</p> <p><i>Paul (60), Community Friend</i></p>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Increased confidence in use of ICT, including using email, phone calls, web searches, access to public services online and use social networking sites</li> <li>• Reduced isolation and loneliness</li> <li>• Enhanced health and wellbeing</li> </ul>		
<b>Outputs</b>	• Number of sessions this year – 34 (library), 30 (Wilmot Close) and 12 (Homefield Gardens):	144	
	• Number of hours per session:	2	
<b>Community Friends</b>	• New Friends this year:	9	
	• Average number per session:	5	
	• Total number of community friends:	23	
<b>Users</b>	• New participants this year:	60	
	• Average number per session:	15	
	• Total number of participants:	90	

<b>Wellbeing Café</b>		
<b>Scope</b>	Support groups that provide accessible information and leisure in a social setting, helping to build relationships in the local community.	

<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Signposting to prevention services</li> <li>• Improved wellbeing, with social interaction increasing confidence and reducing depression or anxiety</li> <li>• Reduced loneliness, people feeling valued and being treated with respect</li> <li>• A 'good fit' with informal sources of support</li> </ul>		 <p>“It has opened so many doors for me. It has introduced me to some lovely new people and I have made new friends through it. It gets me out of the house on Monday mornings. I have met some wonderful people who I would never normally come into contact with. It has given me a sense of community. ”</p> <p><i>Lisa (56), Community Friend</i></p>
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year:</li> <li>• Number of hours per session:</li> </ul>	47 2	
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	8 5 14	
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Average number per session:</li> <li>• Total number of participants:</li> </ul>	40 20 45	

<b>Table Tennis Club</b>			
<b>Scope</b>	To empower people to improve their mobility and mental health, through providing fun, exercise, laughter and social interaction.		<p>“Being no longer able to play my beloved tennis due to a neck/back problem preventing overarm action, I thought table tennis might provide the required competition and exercise. This has proved to be the case and, as well as satisfying my aggressive sporting streak, it has definitely improved my agility. Not only do I reach shots I wouldn't have attempted a while ago, I often return them! It is nice to meet a bunch of new people who enjoy playing and with whom I can have a laugh and joke as well as a chat. It's amazing what we find we have in common. ”</p> <p><i>Diana (71), participant</i></p>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• To boost wellbeing and mental health whilst breaking down social isolation.</li> <li>• Improved health, particularly in relation to decreased risk of CVD and diabetes and a positive effect on bone health.</li> </ul>		
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year:</li> <li>• Number of hours per session:</li> </ul>	44 2	
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	5 6 10	
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Average number per session:</li> <li>• Total number of participants:</li> </ul>	12 10 35	

<b>Talk and Walk</b>			
<b>Scope</b>	Meet and walk together whilst having a chat		“The Talk & Walk Monday group

<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Exercise together in company and safety</li> <li>• Increase in community spirit</li> <li>• Reduced isolation and loneliness</li> </ul>		<p>has made such an impact socially. I've met one lady who lives short distance from me and have seen her in the street to talk to.</p> <p>Another said she was at Weight Watchers at the Clissold so I joined and have met her there also. Both of these ladies are near my own age, 65, so good to know people in my own age group. I feel Talk &amp; Walk group is great thing to do in the summer months. Is a gentle level manageable for most, free and good way to start the week. ”</p> <p style="text-align: right;"><i>Amber (65), participant</i></p>
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year</li> <li>• Number of hours per session</li> </ul>	45 1.5	
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	5 2 6	
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Average number per session:</li> <li>• Total number of participants:</li> </ul>	10 6 15	

<b>Shop Assistance</b>			
<b>Scope</b>	To provide assistance to those who are unable to go out and do their shopping alone, either by giving lifts, shopping on their behalf or assisting with internet orders and deliveries. Joint project with Advocacy in Barnet.		<p>“Helping out with Mrs C’s shopping made me feel I was able to make a positive contribution to her wellbeing, by just giving up a couple of hours every two weeks to drive to Waitrose. She was very appreciative!”</p> <p style="text-align: right;"><i>Sarah (61yrs) Community Friend</i></p>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Reduced loneliness and isolation through weekly contact</li> <li>• Signpost to other organisations if needed</li> <li>• Improvement in undertaking the ability to self-care</li> <li>• Regular monitoring of physical deterioration or a crisis (for example, hospital admission)</li> </ul>		
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year</li> <li>• Number of hours per session</li> </ul>	50 2	
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	6 6 6	
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Average number per session:</li> <li>• Total number of participants:</li> </ul>	6 6 6	

Silver Service		
<b>Scope</b>	To encourage older people to be social and have an affordable meal outside of the home.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Reduced loneliness and isolation</li> <li>• Increased connections in local community</li> <li>• Improvement in daily living functions</li> <li>• Affordable hot meal available once a week</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year</li> <li>• Number of hours per session</li> </ul>	49 3
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	2 6 8
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Average number per session:</li> <li>• Total number of participants:</li> </ul>	100+ 20 100+
		 <p>“I found out about EFAB from Farsafone as I am one of the trustees. EFAB has given me the chance to make friends and share my experience with them on Persian food, as well as other cuisines. Thanks!”</p> <p><i>Azam (65) participant</i></p>

Cherry Tree Runners		
<b>Scope</b>	To encourage residents to be social in a fit and healthy way.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Improved physical and mental health including weight-loss and increased self- esteem</li> <li>• Increased community spirit</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year</li> <li>• Number of hours per session</li> </ul>	36 1
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	2 2 4
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Average number per session:</li> <li>• Total number of participants:</li> </ul>	5 6 12
		<p>“ Since starting the group, I've had the opportunity to meet a variety of people from East Finchley and further afield. It's great to run with company and support others who are finding their way back to fitness. ”</p> <p><i>Sarah (44) Community Friend</i></p>

Mindfulness Meditation - started Oct 2015		
<b>Scope</b>	To facilitate meditation practice for beginners or improvers, bringing people together to find some time for themselves.	“ The group has connected me with people in the community I never would have met and I have

<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Positive effect on physical and mental wellbeing</li> <li>• Reduced symptoms of insomnia, fatigue, depression and anxiety.</li> <li>• Increased use of local library space</li> </ul>		built new friendships that I value very much ” <i>Roya (27) Community Friend</i>
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of events this year</li> <li>• Number of planning meetings</li> <li>• Number of hours per session</li> </ul>	16 2 1.5	
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	5 3 6	
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Average number per session:</li> <li>• Total number of participants:</li> </ul>	38 20 38	

<b>Locality Summits</b>			
<b>Scope</b>	To share achievements and learning from the various project groups being supported.		
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• A shared vision and future direction for EFAB</li> <li>• Improved ability to 'champion' the priorities and needs of the local area</li> <li>• Increased community spirit</li> </ul>		<p>“I heard about EFAB through their meditation classes. I have been a fan and supporter ever since. East Finchley Altogether Better fulfils its mission by making us feel part of the community. The social gatherings are always fun and other classes - like about computers are pretty useful. Weekly walks help us to keep fit. I highly recommend EFAB to all neighbours in our friendly neighbourhood.”</p> <p><i>Pedro (62) participant</i></p>
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year</li> <li>• Number of hours per session</li> </ul>	4 2.5	
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	4 40 250	

<b>Bi-monthly Newsletter / Street Champions</b>			
<b>Scope</b>	To provide information to local people about a range of local initiatives that are likely to be of interest.		
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• More active participants in local community</li> <li>• Improved access to information, consultation and co-production</li> </ul>		<p>“I drop multiple copies to various locations such as my church, coffee mornings and also my local medical centre. I usually carry a few on me in case I get chatting to someone at the bus stop or while walking my dog in Cherry Tree Wood. Delivering the newsletter is a great way of letting people know all the good things that are happening in</p>
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year</li> <li>• Number of hours per session</li> </ul>	6 2	

<b>Community Friends</b>	• New Friends this year:	8	East Finchley thanks to EFAB and at the same time, feeling you are doing something for the community.” <i>Finola (80), Street Champion</i>
	• Average number per session:	13	
	• Total number of community friends:	18	
<b>Users</b>	• New participants this year:	900	
	• Total number of participants:	4900	

“ I Really enjoyed being there today. What a pleasant group of people. I didn't mention it before, but I have a diagnosis of early Parkinson's, so I am more interested in staying active and getting some regular exercise, rather than excelling at table tennis. It is perfect for me, being a combination of both physical and mental exercise, and above all enjoyable. Should be there again next week. Thank you! ”

Neil (54), Participant

“ I am happy to deliver the EFAB Newsletter to my neighbours as I think many reading it will be inspired to find out more and want to meet up with others who live nearby. It is enjoyable to be part of a friendly group of sociable people, even just having chats over coffee or going for walks together, and the EFAB newsletter has details of these and other EFAB supported groups for all to get involved with. All this is what EFAB is doing so well and the more people that know about it the better! ”

Rita (80), Street Champion

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## WHAT HAS BEEN ACHIEVED - ALTOGETHER BETTER BURNT OAK

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Throughout 2015 / 2016 further development of Altogether Better Burnt Oak has been supported by community friends who have offered their experience and support. **Thanks go to Bob Hendley, Dulcie Burnett, Nila Patel, Molly Hennesy, Inas Ibrahim, Roland Handly, Josy Fuoco, Cherry James, Margaret Lacey, Lachchya Gurung, and Fiona Braley.** In 2015/16, Altogether Better Burnt Oak is being supported by Nazra Zuhyle, Altogether Better Officer and Stephen Craker, Ageing Well Programme Manager.



**April –  
September  
2015:**

Planned Burnt Oak's second multicultural parade and festival.

Better Burnt Oak worked in partnership with other local community groups including Burnt Oak Residents Association (BORA), Burnt Oak Pensioners Voice, North Road Community Centre, the Met Police, Local Schools and Nutmeg Community.

There were 300 participants from over 25 cultural and community groups, including six local schools took part in the parade. This year Better Burnt Oak carried out a poster competition that was held

Over 5,000 local residents attended the festival at Silk Stream Park.

**December  
2015:**

Launched new website.

**January 2016:**

Locality Summit.

**March 2016:**

Launched activity and entertainment afternoons at Wood Court

**April 2016:**

Launched Yoga and Meditation sessions

## ALTOGETHER BETTER BURNT OAK PROJECTS UNDERWAY:

During the past year, over 6000 local people have engaged with Altogether Better Burnt Oak, with over 30 new Community Friends and organisations becoming actively involved. The following projects are at different stages of delivery, with some projects underway, others about to start or in the planning stages.

Wellbeing Cafe			
<b>Scope</b>	As EFAB Wellbeing Cafe		<p>“It’s been nice to meet new people and make new friends!”  <i>Jo (75),            Community Friend</i></p>
<b>Outcomes</b>	As EFAB Wellbeing Cafe		
<b>Outputs</b>	<ul style="list-style-type: none"> <li>Number of sessions this year</li> <li>Number of hours per session</li> </ul>	<p>36 2.5</p>	
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>New Friends this year:</li> <li>Average number per session:</li> <li>Total number of community friends:</li> </ul>	<p>3 1 6</p>	
<b>Users</b>	<ul style="list-style-type: none"> <li>New participants this year:</li> <li>Average number per session:</li> <li>Total number of participants:</li> </ul>	<p>10 5 10</p>	

Talk and Walk			
<b>Scope</b>	Meet and walk together whilst having a chat.		<p>“ A great way to stay fit and healthy and what lovely company too! We walk at our own pace and there’s no pressure to rush or speed up. I’ve made some lovely new connections.”  <i>Gloria (50),            Community Friend</i></p>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>Exercise together in company and safety</li> <li>Increase in community spirit</li> <li>Reduced isolation and loneliness</li> </ul>		
<b>Outputs</b>	<ul style="list-style-type: none"> <li>Number of sessions this year</li> <li>Number of hours per session</li> <li>Number of planning sessions</li> </ul>	<p>28 2 2</p>	
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>New Friends this year:</li> <li>Average number per session:</li> <li>Total number of community friends:</li> </ul>	<p>5 6 6</p>	
<b>Users</b>	<ul style="list-style-type: none"> <li>New participants this year:</li> <li>Average number per session:</li> <li>Total number of participants:</li> </ul>	<p>3 9 9</p>	

Yoga and Meditation			
<b>Scope</b>	Increase communication between parents and children, develop skills and reduce social isolation through activities.		
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Children make new friends and are engaged outside school hours</li> <li>• Children develop skills through group activities</li> <li>• Parents spend time with children and develop communication</li> <li>• Volunteers develop skills</li> <li>• Increase in community spirit</li> </ul>	<p>“One of the best classes I have been to! It’s a great way to relax the mind and body and connect with yourself. I have been raving about it to my friends who want to join this group too! ”</p> <p><i>Sri (55), Community Friend</i></p> <p>“I had a very bad accident a few years ago and my mobility was affected. Yoga has helped immensely and I am now able to move with ease. My husband and I enjoy the sessions very much. A great way to connect with oneself ”</p> <p><i>Mala (63), Community Friend</i></p>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year</li> <li>• Number of hours per session</li> </ul>		1 1.5
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>		2 2 2
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Average number per session:</li> <li>• Total number of participants:</li> </ul>		12 12 12

Locality Summits			
<b>Scope</b>	To share achievements and learning from the various project groups being		
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• A shared vision and future direction for developing Altogether Better locally</li> <li>• Improved ability to 'champion' the priorities and needs of the local area</li> <li>• Increased community spirit</li> </ul>	<p>“I enjoy our socials. It always nice to meet everyone from other groups and to have friendly chats over a nice meal!”</p> <p><i>Dulcie (73), Community Friend</i></p>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year</li> <li>• Number of hours per session</li> </ul>		3 2
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>		10 30 30

Silver Service		
<b>Scope</b>	To offer seniors a two or three course meal deal working in partnership with local restaurants and lunch clubs.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Reduced loneliness and isolation</li> <li>• Increased connections in local community</li> <li>• Improvement in daily living functions</li> <li>• Affordable hot meal available once a week</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of sessions this year</li> <li>• Number of hours per session</li> </ul>	<p>4</p> <p>3</p>
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	<p>6</p> <p>6</p> <p>6</p>
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Average number per session:</li> <li>• Total number of participants:</li> </ul>	<p>30</p> <p>20</p> <p>60</p>
 <p>“I was happy to hear this scheme had been introduced to Burnt Oak. I’ve made new friends and enjoy occasionally taking my daughter along for a meal too! ”</p> <p><i>Katie (73), participant</i></p>		

Burnt Oak Multi-Cultural Parade and Festival		
<b>Scope</b>	To help build relationships between ethnic and cultural groups and increase involvement in the local community through a celebration and sharing of culturally diverse traditions, dance, food, performances, exhibitions, concerts and information.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Increase in community networks / spirit</li> <li>• Greater interaction between people of different cultures and backgrounds</li> <li>• Different cultural values are respected</li> <li>• Increased number of people who do not tolerate racism</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of events this year</li> <li>• Number of planning meetings</li> <li>• Number of hours per session</li> </ul>	<p>1</p> <p>15</p> <p>2</p>
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	<p>50</p> <p>12/50</p> <p>72</p>
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Total number of participants:</li> </ul>	<p>1000</p> <p>5000</p>
<p><a href="http://www.barnet-tv.co.uk/programmes/community">www.barnet-tv.co.uk/programmes/community</a></p>		
<p>“A great way to spend time with the family and meet people you otherwise would not meet! This year I was happy to see the number of local schools that took part. It was lovely to see the kids perform on stage.”</p> <p><i>Amy (34), participant</i></p>		

Bi-monthly Newsletter / Street Champions		
<b>Scope</b>	To provide local information about the range of local initiatives that are likely to be of interest.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• More active participants in local community</li> <li>• Improved access to information, consultation and co-production</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of editions this year</li> <li>• Number of hours per session</li> </ul>	<p>6 2</p>
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>	<p>6 12 12</p>
<b>Users</b>	<ul style="list-style-type: none"> <li>• New participants this year:</li> <li>• Total number of participants:</li> </ul>	<p>800 4000</p>

“I find this a great meet people and have a chat. I attend several community groups, it’s nice to know that I’m able to play an important part in keeping residents informed about what’s on in Burnt Oak. It’s also a good way for me to check in on my neighbours.”  
*Vi (83), Street Champion*

#### Other activities being planned in Burnt Oak

Shop Assistance	
<b>Scope</b>	To provide assistance to those who are unable to go out and do their shopping alone, either via lifts, shopping on their behalf or assisting with internet orders and deliveries. Joint project with Advocacy in Barnet.
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Reduced loneliness and isolation</li> <li>• Signpost to other organisations if needed</li> <li>• Improvement in self-care</li> <li>• Regular monitoring of physical deterioration or crises (e.g. hospital admission)</li> </ul>

Spring in Your Step Intergenerational Walking Group	
<b>Scope</b>	To facilitate a social activity that enrich lives, reduce isolation and loneliness and encourage active participation
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Develop a strong community spirit and improved community cohesion</li> <li>• Greater feeling of wellbeing in older people</li> <li>• Increased mutual respect and understanding between the generations</li> <li>• Younger people develop better interpersonal skills.</li> </ul>

#### Other activities being planned in Burnt Oak

Spring in Your Step Intergenerational Walking Group	
<b>Scope</b>	To facilitate a social activity that enriches lives, reduces isolation and loneliness and encourages active participation.

<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Develop a strong community spirit and improved community cohesion</li> <li>• Greater feeling of wellbeing in older people</li> <li>• Increased mutual respect and understanding between the generations</li> <li>• Younger people develop better interpersonal skills.</li> </ul>
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Better Burnt Oak handed over the delivery of the following projects part-way through the year to other local community groups in order to increase their capacity to develop new projects.

<b>Burnt Oak in Business</b>	
<b>Scope</b>	To develop local business networks to help break down cultural barriers and increase involvement in the local community.
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Local business owners and professionals able to network and share skills and experiences in the local area</li> <li>• Increase number of work experience placements</li> </ul>

<b>Young Minds</b>	
<b>Scope</b>	Increased communication between parents and children, develop skills and reduce social isolation through activities.
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Children make new friends and are engaged outside school hours</li> <li>• Children develop skills through group activities</li> <li>• Parents spend time with children and develop communication</li> <li>• Volunteers develop skills</li> <li>• Increase in community spirit</li> </ul>

<b>Community Cleanup</b>	
<b>Scope</b>	A partnership with Burnt Oak Residents Association (BORA), to clean up the local area.
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• The local area will be more attractive</li> <li>• Hygiene will be reduced litter</li> <li>• Increased community spirit</li> </ul>

<b>Teen Time - activities for teenagers aged 12 - 19</b>	
<b>Scope</b>	Young people have opportunities to get involved in and develop skills outside school hours.
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Teenagers are engaged outside school hours</li> <li>• Develop skills through group activities</li> <li>• Volunteers develop skills</li> <li>• Increase in community spirit</li> </ul>

## WHAT HAS BEEN ACHIEVED - ALTOGETHER BETTER EDGWARE & STONEGROVE

Development of Altogether Better Edgware and Stonegrove (A-BEST) has been supported by volunteers who have offered their experience and support throughout the year. In 2015/16, the East Finchley Altogether Better project is being supported by Lisa Smith, Altogether Better Officer and Stephen Craker, Ageing Well Programme Manager. **Special thanks go to Jennifer Hudson, Godfrey Manning, Maxine Webber, Diana, Lorna the Edgware Town Team, Larches Community Trust, St. Margaret's Church and restaurants that signed up to the Edgware Silver Service for their advice and support throughout the year.**



**April- May 15:** Pop up shops Broadwalk Shopping Centre

**June 2015:** Wellbeing Café

**Sept 2015:** Launched Edgware Community Chorus.

**December 2015:** Launched new A-BEST website.

**February 2016:** Launched 'A Walk Down Memory Lane' – senior residents share their stories with younger people.

**March 2016:** Locality Summit.

**March 2016:** Launched 'Talk and Walk'.

### ALTOGETHER BETTER EDGWARE & STONEGROVE PROJECTS UNDERWAY

Silver Service		
<b>Scope</b>	To encourage older people to be social and have an affordable meal outside of the home.	"A great initiative! There's a group of us who enjoy trying a variety of food and often meet on a Tuesday to try out a new restaurant. We've been to them all and have made new friends. The restaurant staff know us well and are very friendly
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Reduced loneliness and isolation</li> <li>• Increased connections in the local community</li> <li>• Affordable hot meal available once a week</li> </ul>	

<b>Outputs</b>	• Number of sessions this year	48	and welcoming.” <i>Diana (63) participant</i>
	• Number of hours per session	4	
<b>Community Friends</b>	• New Friends this year:	2	
	• Average number per session:	7	
	• Total number of community friends:	7	
<b>Users</b>	• New participants this year:	60	
	• Average number per session:	6	
	• Total number of participants:	160	

<b>Community Choir</b>			
<b>Scope</b>	To encourage both the young and older generations to be social and take part in regular singing activity to promote wellbeing and health.		 <p>“ This group has made me feel happy. We live in a fast becoming machine world. Being around people, getting to know people is vital to me. It has helped me through a very difficult time. ”</p> <p style="text-align: right;"><i>Joyce (67), Community Friend</i></p>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Reduced isolation and loneliness</li> <li>• Improved community spirit and cohesion</li> <li>• Increased mutual respect and understanding between the generations</li> <li>• Increased confidence in self and community</li> <li>• Greater feeling of wellbeing through increased lung capacity, better posture, self- esteem etc.</li> </ul>		
<b>Outputs</b>	• Number of sessions this year	13	
	• Number of hours per session	2	
<b>Community Friends</b>	• New Friends this year:	3	
	• Average number per session:	4	
	• Total number of community friends:	6	
<b>Users</b>	• New participants this year:	25	
	• Average number per session:	15	
	• Total number of participants:	35	

## Case Study - The Community in Chorus

Jenny (74) had spent 26 years away from the UK when she lost her husband following a long illness. After deciding to move back to Edgware to care for her mother, she found that much had changed since she left the country in 1989.

In joining the Altogether Better Edgware and Stonegrove Community Choir practice, that welcomes singers of all abilities, she's rediscovered a sense of community that has helped her resettle in the UK after being away for so long.

"I didn't really know where or how to start my life again", Jenny explained.

It was through attending a session organised at Edgware library to learn about computers that she found out about a new choir practice that was going to be led by one of the IT expert volunteers, Godfrey Manning.

"Oh yes! I thought", remembers Jenny, "singing is my life, I really love it. But due to the sadness of my husband passing away I just hadn't been able to because I'd end up crying."

"I wasn't after a session for people with perfect voices or anything like that – I just wanted to be able to sing while having a bit of a giggle from time to time and just enjoy myself. So I joined! I sing my heart out to get rid of my sadness, helping me to cope with being back in the UK again.

"I've just found happiness here. Meeting new people, being part of a group and spending time with them to me is a joy. It's a very rewarding, satisfying, and most importantly – a fun thing to do. I think the borough is doing something wonderful here in supporting this activity."

Jenny also had some words of encouragement for anyone who's uncertain about joining in. She said: "Lots of people my age can feel isolated by this computer age we're in - and I find it strange too - so I feel it's more important than ever to make sure you have that human interaction and sense of community wherever you can find it. "And if that's within a small community, it can spread to a bigger circle - like ripples on a pond, you know - one stone, and it widens and widens. That's the spirit of living."

Reminiscence Project		
<b>Scope</b>	To deliver intergenerational reminiscence sessions to remember past events, lifestyles and activities.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>Improved emotion, wellbeing and happiness</li> <li>Improved perceptions of own health and optimism</li> <li>Positive impact on relationships between generations</li> <li>Improved community cohesion</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>Number of sessions this year</li> <li>Number of hours per session</li> </ul>	<p>3 2</p>
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>New Friends this year:</li> <li>Average number per session:</li> <li>Total number of community friends:</li> </ul>	<p>3 2 5</p>
<b>Users</b>	<ul style="list-style-type: none"> <li>New participants this year:</li> <li>Average number per session:</li> <li>Total number of participants:</li> </ul>	<p>15 15 15</p>
<p>“It’s simply lovely sharing memories from my past with young children growing up on the same estate as I did! I was surprised at how interested they were! They asked many questions and I was encourage to share more about life back in the 50’s and 60’s”</p> <p><i>Lorna (65) Community Friend</i></p>		

Bi-monthly Newsletter / Street Champions		
<b>Scope</b>	To provide information to local people about a range of local initiatives that are likely to be of interest.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>More active participants in local community</li> <li>Improved access to information, consultation and co-production</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>Number of issues this year</li> <li>Number of hours per session</li> </ul>	<p>6 2</p>
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>New Friends this year:</li> <li>Average number per session:</li> <li>Total number of community friends:</li> </ul>	<p>5 6 6</p>
<b>Users</b>	<ul style="list-style-type: none"> <li>New participants this year:</li> <li>Total number of participants:</li> </ul>	<p>150 1500</p>
<p>“I enjoy walking the streets and in my neighbourhood delivering the newsletter. I was interview in one issue and I was delighted to let people know I was in the newsletter! It’s been a great way to keep my local community informed about activity in the local area.”</p> <p><i>Julia (67), Street Champion</i></p>		

Computers and a Cuppa		
<b>Scope</b>	To tackle digital exclusion of older people through peer to peer learning.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>Increased confidence in use of ICT, including using email, phone calls, searching the internet, accessing public services online and use social networking sites</li> <li>Reduced isolation and loneliness</li> <li>Enhanced health and wellbeing</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>Number of sessions this year</li> <li>Number of hours per session</li> <li>Number of planning meetings</li> </ul>	4 2 3
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>New Friends this year:</li> <li>Average number per session:</li> <li>Total number of community friends:</li> </ul>	2 2 2
<b>Users</b>	<ul style="list-style-type: none"> <li>New participants this year:</li> <li>Average number per session:</li> <li>Total number of participants:</li> </ul>	2 2 2
<p>“As a younger person who likes to spend time with older people I see it as my duty and responsibility to help older people learn how to use modern technology. It’s also helped build new friendships with a group people I would otherwise have not met.”</p> <p><i>Andy (33) Community Friend</i></p>		

Locality Summits		
<b>Scope</b>	To share achievements and learning from the various project groups being supported.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>A shared vision and future direction for developing Altogether Better locally</li> <li>Improved ability to 'champion' the priorities and needs of the local area</li> <li>Increased community spirit</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>Number of sessions this year</li> <li>Number of hours per session</li> </ul>	3 2
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>New Friends this year:</li> <li>Average number per session:</li> <li>Total number of community friends:</li> </ul>	10 30 30
<p>“It’s great fun to meet the wider group and get to know people from other groups... and what’s more it’s always over a lovely meal!”</p> <p><i>Maxine (59), Community Friend</i></p>		

<b>Spring in your Step</b>	
<b>Scope</b>	To facilitate a social activity that enrich lives, reduce isolation and loneliness and encourage active participation
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Develop a strong community spirit and improved community cohesion</li> <li>• Greater feeling of wellbeing in older people</li> <li>• Increased mutual respect and understanding between the generations</li> <li>• Younger people develop better interpersonal skills.</li> </ul>

<b>Line Dancing</b>	
<b>Scope</b>	To encourage both the young and older generations to be social and to promote wellbeing and health.
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Reduced isolation and loneliness</li> <li>• Improved community spirit and cohesion</li> <li>• Increased mutual respect and understanding between the generations</li> <li>• Increased confidence in self and community</li> <li>• Greater feeling of wellbeing through increased lung capacity, better posture, self-esteem etc.</li> </ul>

<b>Shop Assistance</b>	
<b>Scope</b>	To provide assistance to those who are unable to go out and do their shopping alone, either via lifts, shopping on their behalf or assisting with internet orders and deliveries. Joint project with Advocacy in Barnet.
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Reduced loneliness and isolation through weekly contact</li> <li>• Signpost to other organisations if needed</li> <li>• Improvement in undertaking the ability to self-care</li> <li>• Regular monitoring of physical deterioration or a crisis (e.g. hospital admission)</li> </ul>

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## WHAT HAS BEEN ACHIEVED - ALTOGETHER BETTER HIGH BARNET & UNDERHILL

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Building on the initial work that had taken place in 2014, work re-started in November 2015 when a project officer was recruited. A range of local people and businesses in **High Barnet & Underhill** areas came together to form High Barnet Altogether Better. The first priorities were to update the mapping exercise, engage with key stakeholders and with the local community. Learning from the other Altogether Better projects have informed the development of HIAB. Altogether Better is led by Stephen Cracker and Christine Halpin.



During the first five months, 300 people have engaged with HIAB. Two Community Friends have been recruited to deliver Computers and a Cuppa sessions and two Street Champions have been recruited, delivering 120 newsletters between them. One restaurant has joined Silver Service and two more are considering joining.

**November 2015:** Project officer started in post.

**December 2015:** Launch of High Barnet Altogether Better website [www.hiab.org.uk](http://www.hiab.org.uk)

**January 2016:** Held three 'Pop up Shops' at Chipping Barnet Library and three 'Pop up Shops' at The Spires Shopping Centre.

Held a workshop at Mary Immaculate and St Gregory the Great Church Launched first edition of the bi-monthly HIAB newsletter, distributed in High Barnet, Underhill, Dollis Valley and to 800 residents in Arkley.

**February 2016:** Held a workshop at St Peters, Arkley.

Held a workshop at Christ Church, High Barnet Held Pop up Shop at Chipping Barnet Library and The Spires Shopping Centre.

Hosted a stand at Barnet Libraries Health and Wellbeing event, part of Barnet Libraries festival, engaging with around thirty new community friends Recruited first 'Street Champion', to deliver sixty newsletters.

Recruited first restaurant to join Silver Service, Renis Café, High St.

**March 2016:** Held workshop at The Rainbow Centre, Dollis Valley Held Pop up Shops at Chipping Barnet Library and The Spires Shopping Centre.

Held three leafleting sessions at The Co-op store, Mays Lane

Recruited Community Friends to lead Computers and a Cuppa.  
Secured venue in which to hold Computers and a Cuppa, starting  
April Printed and distributed second edition of HIAB newsletter.

### **Future Activity**

Other Activities being discussed and in planning stage:

- Computers and a Cuppa (two sessions planned, Tuesdays and Saturdays)
- Talk and Walk
- Meditation
- Wellbeing coffee morning
- Sensory garden
- Community garden

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## EMERGING ALTOGETHER BETTER LOCALITIES

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Local people in other areas are also coming forward to get involved. Conversations and meetings continue with a number of local people in **Finchley Central, New/East Barnet, North Finchley, Cricklewood** and **Golders Green**.

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## WHAT HAS BEEN ACHIEVED - DELIVERING A BOROUGH-WIDE APPROACH

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Altogether Better - the Ageing Well programme in Barnet has started to deliver a bottom-up, asset based approach to make a significant contribution to older people's wellbeing. From the outset it was recognised that the model would need the support and action at both a local and borough-wide level. To support the locality based working, a number of borough-wide initiatives have, and continue to be, developed. These have included:

### **All-Age Friendly Community Assessments**

An age-friendly community is suitable and empowering for people of all ages, with a design and facilities that assist people to enjoy health, wellbeing and quality of life. The WHO Age-friendly cities programme was adapted and a survey (both paper and online) was developed and since October have been distributed to enable people to assess how age-friendly their local community is.

A report was drafted which:

- Provided a snapshot evaluation of the ten factors of an age friendly community
- Presented the issues raised by people, in their own words
- Identified issues which hinder our communities' ability to be age-friendly
- Increased awareness of and commitment to ensuring the characteristics of age-friendly communities are a reality across Barnet.

The ten factors of an age friendly community are:

1. Local amenities
2. Public transport
3. Public seating and places to rest
4. Public toilets
5. Pavements
6. Neighbourhood safety
7. Places to meet
8. Information and advice
9. Your home
10. Yourvoice

The survey ran from 3 November 2014 until 5 June 2015 and was completed by 156 people of varying ages.

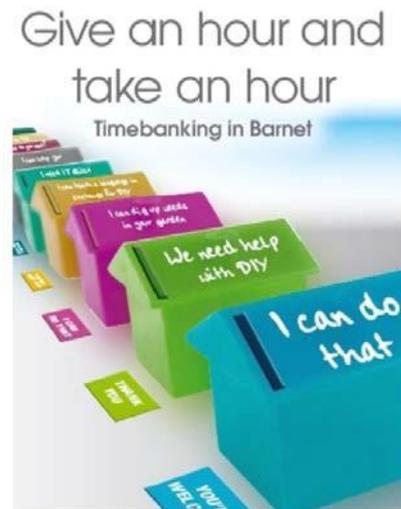
As part of encouraging local people to get involved, we created a conversation 'your views on Edgware' in regards to Age Friendly survey. The response has been great with lots of comments from residents who have been living in the area for a long time. So far, the conversations have earned mixed views. People described how the area has changed since they have been living there also what the issues and the positives coming out of the area.

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## BARNET TIMEBANK NETWORK

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Barnet Timebank Network is a means of exchange used to organise people and organisations around a purpose, where time is the principal currency. For every hour participants 'deposit' in a timebank, perhaps by giving practical help and support to others, they are able to 'withdraw' equivalent support in time when they themselves are in need. In each case the participant decides what they can offer. Everyone's time is equal, so one hour of my time is equal to one hour of your time, irrespective of whatever we choose to exchange. Because time banks are just systems of exchange, they can be used in an almost endless variety of settings. One to one exchanges continue to grow and exchanges have included CV help, gardening, befriending, DIY, plumbing, basic electrics, Thai cookery, Fitness advice, mural painting, art classes, IT help, languages and many more. As Barnet Timebank Network has been running for two years, during 2015/16 work commenced to support it to become sustainable and a funding relationship developed with Barnet Homes.



**Case Study** - DC Joined the Timebank a year ago after signing up after a talk at the personal independent group at Barnet Job Centre Plus. DC has a fairly long history of mental health issues and was becoming increasingly isolated. DC was attracted to the project as he saw the benefits of using his skills as a carpenter and painter and decorator and becoming more involved in his community. DC has since found the Timebank a central tacit to his life; he has joined the Timebank guitar group, completed over 100 hours of DIY help received massage and reflexology and regularly attends the weekly Timebank drop in.

As DC himself says "It has been great for helping me gain the confidence to get back into work and interact with members of society again, as there is no pressure. It is filling a gap in society by helping older people and people with mental health issues who perhaps do not feel there is a lot of support elsewhere."

Just to stress how well I see Timebank in Barnet doing. The change in confidence and self- belief with some of my customers has been immense. They are now seeing they have got a future and their health and disabilities are not clouding their belief and daily lives in a totally negative way. I hope it will go from strength to strength for all the people of Barnet as this is definitely a way forward for many people to improve their lives, lessen isolation and increase positive interaction within communities.

Stuart Downie, Disability Employment Adviser, Hendon Jobcentre Plus

Description	End of year 2 (Dec 15)
Number of people who have joined the Barnet Timebank network across the two-year pilot	246
Number of credits exchanged across the network	2000
Members who have earned at least one credit	67%
Number of hours of venue space	1,680

## VOLUNTEER-LED INTERGENERATIONAL SHARED READING GROUPS

The Barnet Volunteer Led Intergenerational Reading Project has been running for almost two years. In the first 18 months of the project (to end Dec 2015) the project:

- reached a total of 118 people, from diverse backgrounds, including 68 people in the latest quarter alone (October- December 2015)
- established 10 weekly Shared Read Aloud reading groups (8 community groups open to all and 2 community groups for people with Memory Loss and their Carers)
- trained a total of 16 volunteers to lead these groups
- cover a wide range of locations in Barnet, with the 10 groups taking place in different settings throughout the borough

All the groups are co-facilitated by two volunteers, recruited, trained and supported by The Reader Organisation and are delivered in a variety of settings: libraries, a community centre and a public house.

Volunteer-led Intergenerational and Dementia Shared Reading Groups		
<b>Scope</b>	To create sustainable reading groups that bring people of different age groups together to foster well-being, improve mental health across a range of social, educational and cultural boundaries.	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Improved wellbeing and quality of life</li> <li>• Increased social inclusion and circle of friends</li> <li>• Increased sense of making a positive contribution</li> <li>• Increased skills and employment opportunities</li> <li>• Improved sense of community cohesion</li> </ul>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of hours per session</li> <li>• Number of people attending over 2 years</li> </ul>	<p>2</p> <p>168</p>
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• Number of volunteers</li> </ul>	18
<b>Users</b>	<ul style="list-style-type: none"> <li>• Number of weekly readers</li> </ul>	81



# SUPPORTING THE DEVELOPMENT OF THE FIRST MEN'S SHED IN BARNET

Men's Sheds have a role in promoting the health and wellbeing of men who participate in them by supporting their engagement in activities they enjoy and find meaningful. This, in turn, provides a sense of purpose and identity. The social environment of Men's Sheds can lead to the development of positive social relationships with other men and a sense of belonging.



The Friern Barnet Men's Shed is open to all men over 18. There are on average of 50 men attending each week. There is a particular emphasis on the reuse, refurbish and recycle of wood and materials donated or collected from building projects and it is a model that the Friern Barnet Men's Shed steering group are keen to promote and will provide a definable objective for 'the Shed' and its members for its sustainable future. The North London Woodturners Association have agreed to the use of their turning equipment by the shed. In addition, two large DIY stores and Ikea have agreed to supply the shed with wood and materials on an ongoing basis.

Men's Shed			
<b>Scope</b>	To provide a space for men to meet, socialise, learn new skills and take part in activities with other men.		
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• reduction in social isolation</li> <li>• the opportunity to pass on skills and to maintain their own independence</li> <li>• feeling valued as individuals</li> <li>• remaining active</li> <li>• to improve access to services for older men</li> <li>• Improved wellbeing by reducing depression, anxiety and social isolation</li> </ul>	 <p>“It's great to have a place where men can meet and share experiences and socialise together. It's our own space, we can take part in activities we enjoy and learn something at the same time ”</p> <p style="text-align: right;"><i>(Chris, Community Friend)</i></p>	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>• Number of events this year</li> <li>• Number of hours per session</li> </ul>		192 5
<b>Community Friends</b>	<ul style="list-style-type: none"> <li>• New Friends this year:</li> <li>• Average number per session:</li> <li>• Total number of community friends:</li> </ul>		2 3 8

<b>Users</b>	<ul style="list-style-type: none"> <li>• New users this year:</li> <li>• Average number per session:</li> <li>• Total number of users:</li> </ul>	60 12 90	
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Due to the success of the Friern Barnet Men's Shed, a group of men in High Barnet area have formed a group and, with the support of the Ageing Well Programme Manager, continue to attempt to identify a suitable venue to launch a second men's shed in the borough.

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## THE IMPACT OF BARNET'S AGEING WELL PROGRAMME

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A tremendous amount of energy and support has been given to Altogether Better – the Ageing Well programme in Barnet from local people across Barnet, in particular those from Burnt Oak & Colindale, East Finchley and Edgware & Stonegrove. In 2015/16, over 10,600 volunteer hours were given to Ageing Well projects, with Barnet residents taking part in over 44,700 hours' worth of new activities - that's 6,385 days of companionship and increased wellbeing.

During 2015/16, over 6000 local people engaged with Altogether Better projects, with over 700 people volunteering as either Community Friends or Street Champions.

The Silver Service scheme (local restaurants offer a £6 lunch deal on Tuesdays to diners over 60 who can go with a friend, carer or relative of any age) has been extended to all Altogether Better localities. As well as the nutritional benefit of a hot meal, this reduces loneliness and isolation and increases community connections among a vulnerable group. Diners sit with other people who live in their local area but who they don't necessarily know, helping to form links between older residents.

Throughout 2015/16, Altogether Burnt Oak has been supported by Community Friends who've provided time and experience. One exciting project in Burnt Oak was the multi-cultural parade and festival. This aimed to build relationships between ethnic and cultural groups through sharing a day of dance, food, performances, music and information. Over 600 people took part in the street parade and around 5,000 people attended the festival.

The Ageing Well Programme services has helped community organisations to become less dependent on support from the council. Increasing social capital means there is greater availability of volunteers to support projects and provide peer support.

- All-Age Friendly Community Assessments
- Cherry Tree Runners (running group)
- Community Choir
- Computers and a Cuppa
- Dementia Friends
- Intergenerational Reading Groups
- Locality Summits
- Men's Shed
- Reminiscence Project
- Shopping Assistance
- Silver Service
- Spring in your Step
- Street Champions
- Table Tennis Club
- Talk and Walk walking groups
- Wellbeing Café

## Benefits tracking

The Better Care Fund has five key metrics<sup>1</sup>:

- Admissions to residential and care homes
- Effectiveness of reablement
- Delayed transfers of care
- Patient/ service user experience
- A locally proposed metric

This project is targeted at the first of these, it is targeted at delaying entry into residential care or care homes for older people. It does this by supporting them to stay healthy, be sociable and remain living in their communities for longer. The table below sets out levels of engagement associated with the Altogether Better – Ageing Well Barnet programme, divided across the different localities it operates in.

	East Finchley		Burnt Oak		Edgware		High Barnet
	Last Year	This Year	Last Year	This Year	Last Year	This Year	This Year
<i>Prevalence of people engaged with Altogether Better activities by locality</i>							
Community Friends	117	105	67	92	41	20	2
Street Champions	12	18	9	12	2	6	1
Participants *	171	367+	65	121+	27	212	
New Community Friends	95	60	57	66	37	10	2
New Street Champions	8	6	8	6	1	5	1
New participants *	144	297	63	55	27	102	
Total people engaged	300	490	141	225	70	238	3
<i>Prevalence of service type offered by locality</i>							
Information / advice	5	5	2	2	2	2	2
Arts / culture / reminiscence / other social activities	1	3	3	3	2	3	
Physical activities	3	3	1	1	1		
Support with shopping / gardening	1	1					
People helped to live at home	2	1	1	1	2	1	1
Opportunities for	12	13	7	7	7	6	3

<sup>1</sup>

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/490559/BCF\\_Policy\\_Framework\\_2016-17.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/490559/BCF_Policy_Framework_2016-17.pdf)

volunteering							
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\* Excluding Festival and Parade participants, and people who receive newsletters and information from street champions

There is a range of evidence that co-producing community activities for older people at risk of dependency, can be a cost effective way of reducing and avoiding demand for adult social care.

The Joint Strategic Needs Assessment (JSNA) states that there is a significant shift in the way in which support is delivered, with more people choosing to live at home for longer. It contains characteristics of older people who are most at risk of developing a high level of dependency on adult social care services. It also provides data on how these individuals are spread across the borough, e.g. Social isolation is particularly prevalent amongst older women in affluent less densely populated areas of the borough.

The Prevention and Early Support Services paper<sup>2</sup> summarises research on the triggers for entry into the Barnet social care system. Triggers that are pertinent for older residents include: social isolation, new health conditions and decline in existing health conditions/ poor condition management. Altogether Better – the Barnet Ageing Well programme aids the development of community activities, including physical activities. Older people taking part in these activities on the face of it, have the potential to reduce social isolation and maintain their health by increasing the amount they exercise. In addition, Altogether Better brings together neighbourhoods, to design and provide community activities. Fostering neighbourliness and strengthening bonds between more and less vulnerable residents helps to build more resilient communities. Building resilient communities means neighbours helping each other to remain independent, reducing and avoiding demand for council services. In summary, the activities provide a direct benefit in mitigating triggers for demand and they have a knock on effect of increasing resilience of communities, which also reduces demand.

Community projects also provide benefits for the volunteers that take part<sup>3</sup>. The fact that Altogether Better is community led makes it a development opportunity for the volunteers that are engaged with the project. Increased social activity, leadership experience and closer relationships with neighbours are beneficial to people of all ages<sup>4</sup>.

There is a wealth of evidence of the effectiveness of similar initiatives in other areas.

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<sup>2</sup> <https://barnet.moderngov.co.uk/documents/s35907/Prevention%20and%20Early%20Support%20Services>.

<sup>3</sup> Bowling Alone, Robert Putnam, 2000

<sup>4</sup> Age of Opportunity: Older people, volunteering and the Big Society  
<http://www.respublica.org.uk/item/Age-of-Opportunity-Older-people-volunteering-and-the-Big-Society>

The Community Agents Project provides: befriending, benefits advice, form filling, social activity, transport shopping, odd jobs/ maintenance, information and advice. It is targeted at older residents. The project with was shown to have a Social Return on Investment (SROI) of £3.29 for evidence £1 invested.

10 Local Area Coordinators working in Derby were shown to provide a SROI of £4 of social value for every £1 invested<sup>5</sup>. Linkage plus is a national project that provides funding for groups of older local residents to co-produce community activities for older people. The Net Present Value (NPV) is calculated to be £1.80 per £1 invested. This increases to £2.65 for initiatives with the most holistic approaches to delivering services<sup>6</sup>.

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<sup>5</sup>

[http://www.thinklocalactpersonal.org.uk/\\_assets/BCC/Assured\\_SROI\\_Report\\_for\\_Local\\_Area\\_Coordination\\_in\\_Derby\\_March\\_2016.pdf](http://www.thinklocalactpersonal.org.uk/_assets/BCC/Assured_SROI_Report_for_Local_Area_Coordination_in_Derby_March_2016.pdf)

<sup>6</sup> [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/186771/rrep572.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/186771/rrep572.pdf)

## Burnt Oak festival unites community

Thursday 24 September 2015 By [Dara Scahill](#)

The streets of Burnt Oak came alive with the sights and sounds from a variety of cultural groups during the Multicultural Street Parade last Saturday (September 19).



The parade kicked off from Edgware Community Hospital with representation from the local Chinese, Italian, Angolan and Spanish communities as well as St. Alphage Church, Bamfield Primary School, Broadfields Primary School, Woodcroft Primary School, Colindale Primary School, Orion and Goldbeaters Primary school. Many more organisations joined the parade on the day.

Celebrations continued at Silkstream Park with entertainment from Nutmeg Community, Chinese Mental Health Association, local schools and local artists. There were a variety of stalls selling jewellery, food and information about local services.

Fun sporting activities including boxing, athletics and football were laid on by Youth and Communities team) along with Barnet Football Club and London.

Josy Fuocco, from Burnt Oak Resident's Association, said: "It's been a great event includes everyone and develops a sense of community. The parade to appreciate and celebrate Burnt Oak's culture diversity with music, dance. The festival was organised by Altogether Better Burnt Oak working in partnership with Burnt Oak Association (BORA), Nutmeg Community and Love Burnt Oak.

### There's more to being a neighbour than living next door

In changing times it's become more important than ever to feel connected to our neighbours. Two years ago the Altogether Better initiative was launched to help bring people in Barnet closer together, reduce isolation and create opportunities for people of all ages to share their time and skills with each other.

Jointly funded by the council and the NHS, and supported by the Barnet Older People's Assembly as part of the our Ageing Well programme, the scheme supports local people to start up and run projects which they feel would benefit their area, as well as helping to offer services to those who need support. Altogether Better is exciting because it is open to all.

### Singing and making new friends is a joy

After moving back to Edgware to care for her mother following the loss of her husband in 2014 and 26 years spent away from the UK, Jenny Horsford found the changes to her life unsettling.

Jenny explained: "I had previously been a carer for my grandmother and my husband before he passed away, and now I'd come back to the UK to be a carer for my mother. But I couldn't just do that. I thought - I needed to find my own feet as well but I didn't really know how or where to start".

Jenny found out about the Edgware and Stonegrove 'Community Chorus' choir practice through an Altogether Better newsletter she picked up at Edgware library.

"Oh yes! I thought", remembers Jenny, "singing is my life. I really love it". Soon after Jenny joined the choir, which welcomes singers of all abilities to St Margaret's Church in Edgware every other Monday between 3-4pm. Since joining Jenny has rediscovered a sense of community that has really helped her settle back in Barnet.

Jenny is full of praise for the choir and the impact it has had on her being part of a group and spending time with them to me is a joy. It's a very rewarding, satisfying, and most importantly - a fun thing to do. I think the borough is doing something wonderful here in supporting this activity."

Jenny also had some words of encouragement for anyone who's uncertain about joining. She said: "Lots of people my age can feel isolated - so I feel it's more important than ever to make sure you have that human interaction and sense of community wherever you can find it."

For more information on the Altogether Better initiative in Edgware and Stonegrove please visit [www.ba-bet.org.uk](http://www.ba-bet.org.uk), or get in touch with Nazra Zuhyle on tel: 07909 998463 or email [us@ab.org.uk](mailto:us@ab.org.uk)

### Could table tennis be the sport for you?

Table tennis is a fun and sociable sport for anyone who enjoys being part of a friendly group of people having fun and keeping fit and healthy together.

Each Tuesday between 2.30-4pm the Shree Aden Desai's Milla Mandal Centre in East Finchley holds a free table tennis club that's open to all local residents. The equipment, as well as hot / cold drinks and biscuits are provided. It doesn't matter about your age, whether you've played for years, while - you'll be welcomed. The entrance is at the side of the centre. To find out more about the other Altogether Better activities in East Finchley please visit [www.efab.org.uk](http://www.efab.org.uk) or contact Lisa Smith on tel: 07909 998453 or email: [us@efab.org.uk](mailto:us@efab.org.uk)

## FURTHER INFORMATION

For more information or to get involved, please contact:

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