

East Finchley Altogether Better

EFAB - Helping to make our neighbourhood even better



Welcome to the November- December 2016 issue of the East Finchley Altogether Better Newsletter

Did you know about the Keep Warm & Well Scheme?

The scheme can offer a range of advice on topics from energy efficiency and tips for saving money over winter, to winter benefits and services available to eligible residents when their heating is broken down.

Barnet Council additionally has a number of grants which can be used to improve the energy efficiency of homes or repair broken heating systems for eligible residents.

Tips for staying warm at home:

- Keep your house at the correct temperature to ward off ill health. For a healthy adult your main living room should be between 18-21°C (64-70F), or slightly warmer for older adults and vulnerable people at temperatures around 21°C (70F). Other areas of the house should be kept at a minimum of 16°C (61F).
- You can also use a hot water bottle, or layers of blankets to keep warm while you're in bed. Have regular hot drinks and soups.
- Keep all doors shut to prevent draughts and pull your curtains at dusk to keep the heat inside.
- If your radiator is in front of the window, tuck the curtains behind it.
- Contact your GP and get your jobs

Go to www.barnet.gov.uk/winterwell to find out more, or ring the Keep Warm and Well Helpline on 020 8359 7441.

If you know someone who you think would benefit from this information, you can print an A4 factsheet from the top of the Winter Well webpage, as above, to give to them.

What is East Finchley Altogether Better? EFAB seeks to bring the community closer together and reduce isolation by creating opportunities for people of all ages to get involved and share their time and skills.

We do this by supporting local people to start up and run projects which they feel would benefit the area, as well as helping offer services for those who need support.

By getting involved, you can help create or join up activities in the community and build relationships which help foster a vibrant, safe place to live, work and play. Please get in touch – we'd love to hear from you.

Silver Service – over 60's eat for £6 on Tuesdays in East Finchley



The EFAB Silver Service offers over 60's, and their guest of any age, the opportunity to get a great menu deal in East Finchley on a Tuesday lunchtime.

Restaurants offering the £6 menu deal in East Finchley are:

Big Chef, 117 High Road (11 – 6pm)
New Local Café, 42 High Road (12 – 9)
Phoenix Café, 52 High Road (12 – 3pm)
Seasons, 205 High Road (11.30 – 9pm)

New venues are always welcome to join in – please [contact Lisa](#) at EFAB for more info!



WE ARE SOCIAL follow [EastfinchleyAB](#) on your favourite social media sites



streetlife.com
the local social network

Phone us: 020 3778 0228 / 07909 998453

Email: us@efab.org.uk

Website: www.efab.org.uk

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EFAB Activities

Want to get involved?

Can you support any?

Coffee & Chat



**Mondays 10.30am - 12pm,
Clissold Arms pub,
105 Fortis Green, N2 9HR
(please use side entrance)**

Join other friendly locals for a catch up at our inclusive coffee morning. Everyone is welcome to drop in for a cuppa and some biscuits, at £1 per head, with local info available. **Just turn up!**

Talk & Walk



**Mondays at 9.30am, meet at
Cherry Tree Wood entrance**
opposite East Finchley Tube, for a relaxed paced walk to improve your fitness.

Can you help by leading a local walk? Either on Monday's or on another day – please let us know!

**Contact EFAB with any
questions, or just turn up!**

Table Tennis



**Tuesdays 2.30 - 4pm
Green Man Community Centre,
Strawberry Vale, N2 9BA**

Come and play intermediate level table tennis with others for a good game!

£5 per session or £14 for four weeks, all equipment provided.
Contact EFAB to book

Computers & a Cuppa



**Tuesdays 2 – 4pm at Five Bells Pub, East End Road, N2 0LZ
Wednesdays 2 – 4pm at Wilmot Close, Tarling Road N2 8HP
Thursdays 10am – 12 at Seasons Café, 205 High Road, N2 8AN**

FREE informal learning sessions – just buy your own drink. Explore the internet, computers, smart phones and tablets. For beginners or those who would like to improve their skills. Helpers and equipment always needed, new learners always welcome. **Contact EFAB for details or just turn up!**

Mindfulness Meditation



**Tuesdays 7.30 – 9pm
Archer Academy, N2**

Learn to relax the body and mind with shared meditation sessions. Set of five weeks starting early 2017 – exact dates TBC.

Contact EFAB to book

Learn Cooking Skills



**Thursdays 5 – 8pm
Starts 19th January for 6 weeks
Ann Owens Centre,
Oak Lane, N2 8LT**

Cook and eat delicious recipes together at The Wooden Spoon & Apron club in a friendly fun environment. £40 for six sessions (including ingredients, and your meal) **Contact EFAB to book**

Cherry Tree Runners



**Fridays 9.30am (fortnightly)
Cherry Tree Woods,
Summerlee Avenue entrance**

Meet with others to jog safely, with support and encouragement, all for free! Want to come along? Or maybe you could you be a contact person on a Friday, or at a different day and time?

Email sarahglennon7@gmail.com