



FRIEND IN NEED

COMMUNITY CENTRE

Charity No. 1090701

# Service Guide

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wellness & hobbies

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Centre

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FRIEND IN NEED

February 2022

Established since 1982, Friend In Need (FIN) has offered a wide range of services and support to older adults and disabled people living the London Borough of Barnet. We operate on a shrinking budget and rely on contributions made to our services, donations and help from volunteers to maintain the level and quality of our services.

There are a number of ways you can support us:

## Legacy Pledge

Legacies enable us to continue working to keep people living securely and without isolation, as Maureen (a former Carer) said, *“I don't know what I would have done if you hadn't supported my mother while I was caring for my husband.”* Making provision for Friend in Need in your Will, enables you to continue assisting vulnerable adults. For suitable wording for your legacy, speak to your attorney or contact Friend in Need, specifically the Director, John Wilks.

## Volunteering & Fundraising

From helping in the centre in various roles, visiting older people in their homes or help raising funds, there are a range of different volunteering opportunities in which you can choose to participate. Through our volunteering scheme, not only will you help the community, there are opportunities to socialise and form friendships with other volunteers who share similar interests, passions and enthusiasm. Whether you can help for just one hour a week or one day a month; or have skills you think might not be useful to FIN, contact us for a chat and you may be surprised how much your help is valued at Friend in Need.

## Donations :- Any Amount—Any Time

Your donations, whether a regular payment or a single gift, will help us extend our support for older people in the community. Regular payments can be made by setting up a standing order with your bank. If you are sending us a cheque, please write it to “Friend In Need Community Centre”. If you are a UK taxpayer, please enable FIN to claim the tax on your donation and ask for our Gift Aid declaration form. Please contact the FIN office for information.



Wellbeing & Hobbies aims to bring together local adults who are socially and physically active through a range of exercise, hobbies, social classes and therapies. Please contact us for more information and booking.

### Yoga Classes\*

Small classes of mixed level.  
Beginners welcome  
No booking required, just drop in.

Thu - Mixed Level 17:30 - 18:30

### Tai Chi Class\*

Learn the movements that help improve your balance and resilience. Mixed level class.  
No booking required, just drop in.

Thu - 14:00 - 15:00

### Tuesday Social Lunch Club\*

A social club where you enjoy a freshly prepared 2 course meal: a hot main & dessert, then tea/coffee. Vegetarian option available.

**Booking required.**

Tue - 12:30 - 14:00

### IT Help Desk & Home Help\*

One to one session suitable for all levels. Support to use the computer, laptop, tablet or smart phone. Home visits are available for those who are homebound.

**Booking required.**

### FIN FootCare\*

Professional foot-care including full assessments and full treatments; or opt for just toe-nail trimming.

**Booking required.**

Time and day varies—please call to Enquire and book

### Therapies (Massage & Physio)\*

Deep tissue, sports, remedial and manual lymphatic drainage massage or physiotherapy. **Booking required.**

Time and day varies - please call to enquire and book.

\*Charges apply



The Activity Centre currently operates Mondays & Thursdays. Aiming to help older adults stay socially engaged, physically active and cognitively stimulated. The centre offers a range of different activities and entertainment suitable for people with low or no care needs and are

able to take part independently or assisted by carers. An assessment may be needed in some cases, to identify how we can best support you.

### Day Member Service (Dementia Friendly) \*

The Activity Centre offers a safe space for people with early onset Dementia or other disabilities to access our activities.

**Currently: Mon & Thurs: 10am - 3.30pm**

Day Members' Privileges : No extra charge for outings & an invitation to our Christmas party at no cost. Transport services available for eligible members. **Half Day Service** is also available. Please check with our staff.

### Seated Exercise to Music\*

Come join our fun and enjoyable **seated exercise** classes that aim to improve body co-ordination, movement and flexibility.

No booking required, just drop in.  
Mon & Thu: 11:30 - 12:30

### Social Afternoons\*

Join us for fun activities, games and socialise with others. Activities vary on each day. Please check our monthly bulletin. Refreshments served at the end.

No booking required, just drop in.  
14:00 - 15:30

### Tuesday Lunch Club\*

2 courses - a hot main and a dessert; vegetarian option available.

**Booking required**

12:30 - 14:00

Currently: Tues

### Events & Outings\*

Theatre, live music, group work, Christmas parties etc. A special service for existing activity centre clients which is **subject to assessment and availability**.

### Activity Transport\*

Offers a round trip service for eligible Day Service members

**Subject to assessment and availability.**

### Live Entertainment\*

Please call the office to find out more.

## Good Neighbour Scheme

FIN Good Neighbour Service (GNS) offers five different services to eligible Barnet residents who live in New Barnet, East Barnet and Osidge. These services aim to promote independent living for older adults whose wellbeing maybe improved by these services. Please contact **the office** for more information.

### Information & Advice

This service offers information, and advice about local services, welfare benefits, health care and signposts clients to other service providers, if necessary.

### Befriending

Aiming to reduce social isolation, this service matches volunteers with older adults who are lonely or lacking social interaction due to their personal circumstances. An initial assessment will take place prior to the matching process. This service does not provide domestic help or personal care, and must not be used to replace care services. Telephone befriending is also available on request.

### Community Support

We can help with changing light bulbs, filling in forms, reading utility meters, applying for services, hiring wheelchairs\*, hiring accessible vehicles\* and small DIY jobs. In cases where we are unable to help, we can refer you to other agencies which may offer the right assistance.

### Form filling

Whatever the form, we can assist you to complete it. This includes application for Social Security benefits.

Need a Blue Badge—we can assist.

**FINshopping+** offers a range of services to all residents over 65 (over 55 for people with a disability) living in the London Borough of Barnet. Aiming to promote independent living and uphold general wellbeing, Domestic Services allocates friendly and approachable staff to visit people in their homes, supporting them in shopping, banking, paying bills, collecting pensions and prescriptions, managing documents and other related tasks. In order for the service to be safe and efficient and for you to feel comfortable, all our staff are DBS checked and we try to assign the same staff to visit you. We accept referrals from Social Services, NHS, GP surgeries, other agencies and voluntary organisations. Self referrals and requests from families and carers are welcome too. Eligibility criteria apply and initial assessments may be conducted. Services are charged per hour or part thereof.

Please call **us on 020 8449 8225** for more information.

## OUR SERVICES:

### Shopping Service [FIN shopping+]

The assigned staff will collect your shopping list, shop at the supermarket and deliver the shopping to you. You may also request help to put away the shopping. If you are able to travel in a non-adapted vehicle, you may also request to go shopping with our staff.

### Collecting Prescriptions

With your permission, we can collect your prescription from the GP surgeries and collect your medication and deliver it to you. We can also set up a regular collection from your pharmacy.

### Managing Documents

If you need help reading and/or understanding documents and correspondence, our staff can help explain them and support you to reply.

### Banking, Paying Bills & Collecting Pensions

Our staff can collect bills from you and pay them at the post office, Pay Points and/or banks. If you have difficulty accessing the cash machine or getting to the bank, an arrangement can be made by which you could manage this through bank transfers or cheques.

\* Charges apply



FIN OutReach comprises 5 community-based projects - Happy Knitters, Keeping In Touch (KIT), Inspire+, School Projects and Edgware Hospital Projects. Through various social and leisure oriented activities, as well as active volunteering, FIN OutReach serves as a community satellite of FIN.

### Happy Knitters

The club welcomes knitters on Friday (every fortnight) at Wesley Hall, Barnet from 10.00-12.00; Friern Barnet Library every Thursday 13.00-14.30 (50p charge) and Goodwin Court (EN4 8FH) every Tuesday 14.00—16.00. Coffee, tea and biscuits (and raffle at Wesley Hall); wool and needles provided. All proceeds to charity. Contact Ann Phillips (Project Leader) for more information : 02082751838 / 07765443907

### Keeping In Touch (KIT) (Telephone Befriending)

KIT is a telephone befriending project that aims to battle loneliness and social isolation in older people. By matching individuals to telephone befrienders, participants form friendships in the comfort of their own homes. Please contact us on 02084498225 for more information.

### OutReach Projects

Aiming to promote community participation and improve wellbeing, FIN OutReach recruits active retirees and people who have recovered from illnesses or traumas as volunteers to support our outreach projects:

#### 1) Inspire +

The project runs interactive activities for care home residents who otherwise will just receive care without social inputs. Two care homes are currently receiving support from our volunteers : Goodwin Court Extra Care and Ravenscroft Care Home.  
Contact: 020 8449 8225.

#### 2) School Projects

Volunteers are placed at primary schools across the borough to support children in various educational tasks. While helping the schools and its pupils, our volunteers gain a sense of satisfaction from seeing their pupils progress over the school year.  
Contact: Pat Worroll 02084407529 or pat@johnworroll.co.uk

#### 3) Edgware Hospital Project

The project organises interactive and social activities for patients of the NeuroRehab unit of the Edgware Hospital. Contact: Lucia Christodoulides 020 8440 0177 or text 07931983340

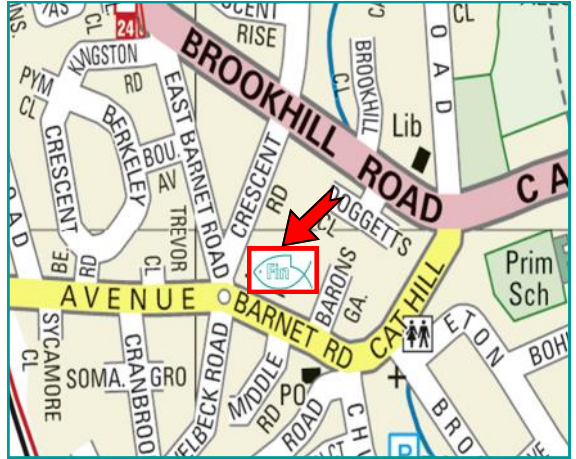
# Contact Us

## Our Address

FRIEND IN NEED  
Community Centre  
East Barnet Baptist Church  
Crescent Road  
East Barnet  
EN4 8PS

## Office Hours

9:30 to 16:30  
Monday & Thursday



Office Telephone No. 020 8449 8225

Website	<a href="http://www.fin-eastbarnet.org.uk">www.fin-eastbarnet.org.uk</a>
Social Media	<a href="http://www.facebook/fineastbarnet">www.facebook/fineastbarnet</a>
Enquiries & Referrals	<a href="mailto:fin@fin-eastbarnet.org.uk">fin@fin-eastbarnet.org.uk</a>



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