

Age UK Barnet

Age UK Barnet is a voluntary organisation existing to serve and promote the interests of all older citizens of the London Borough of Barnet, from all walks of life and ethnic communities.

Age UK Barnet also provides wide range of activities, services and information about issues of interest to older people including carers through its centres and in the community.

Activities and services include:

- Information and advice on matters such as tax and benefits
- Health promotion, fitness and exercise classes
- Befriending service
- Handyperson scheme
- Digital Inclusion sessions
- Lunch clubs, social groups and other activities

Address:

Ann Owens Centre
Oak Lane
London
Postcode
N2 8LT

Email: info@ageukbarnet.org.uk

Telephone number: 020 8203 5040

Opening hours: Mon-Fri 9am-5pm

Fax: 020 8203 6099

Website

<http://www.ageuk.org.uk/home-and-care/advice-for-carers/are-you-a-carer/>