













Barnet Diabetes Week






Visit the Barnet Public Health webpages to download this list of local events during Diabetes awareness week and to complete the “Know Your Risk” tool. This will help you find out your risk of developing type 2 diabetes over the next 10 years.

<https://www.barnet.gov.uk/citizen-home/public-health/diabetes.html>

Date & time	Event	Location	Description
Every Saturday 9:00 – 10:00	Oak Hill Park Run – <i>“Celebrating 70 years of the NHS”</i> 	Oak Hill Park, East Barnet, EN4.	Open to everyone, join the free weekly 5km Oak Hill Park run with your friends and family to be more active and reduce your risk of developing type 2 diabetes. All participants need to register and print off a barcode before they come http://www.parkrun.org.uk/register/
Saturday 9th June 11:00 – 18:00	Diabetes Roadshow – by Silver Star 	Broadwalk Shopping Centre, Edgware, HA8 7BD.	Silver Star will be raising awareness and offering free risk assessments and blood tests for type 2 diabetes, giving people the chance to find out if they are at risk of developing type 2 diabetes.
Every Sunday 9:00 – 10:00	Junior Park Run 	Friary Park, Friern Barnet, N12.	This free weekly 2km run is for juniors only aged 4-14. All participants need to register and print off a barcode before they come. http://www.parkrun.org.uk/register/

Date & time	Event	Location	Description
Monday 11th June 10:00	Over 50's Dance Classes – by Saracens Sport Foundation 	Allianz Park, Greenlands Lanes, Hendon, London NW4 1RL	Join this 2 hour dance class aimed at over 50's. The classes are £5 each and the first one is free. The class has a break for tea and coffee and the dance teachers make sure the dances are suitable for all abilities.
Monday 11th June 10:30	Diabetes awareness session with Age UK, Diabetes UK and Dr Ali  	Manor Drive Methodist Church, N20 0DZ	Come and join Age UK and Diabetes UK in this awareness raising session including a talk from Dr Sarah Ali, Consultant in Diabetes & Endocrinology at the Royal Free London NHS Foundation Trust.
Monday 11th June 12:30	Over 50's Dance Classes – by Saracens Sport Foundation 	11 Eversfield Gardens, Mill Hill, London NW7 2AE	Join this 2 hour dance class aimed at over 50's. The classes are £5 each and the first one is free. The class has a break for tea and coffee and the dance teachers make sure the dances are suitable for all abilities.
Tuesday 12th June 10:00	Over 50's Dance Classes – by Saracens Sport Foundation 	Underhill Baptist Church, Elton Avenue, EN5 2EA	Join this 2 hour dance class aimed at over 50's. The classes are £5 each and the first one is free. The class has a break for tea and coffee and the dance teachers make sure the dances are suitable for all abilities.

Date & time	Event	Location	Description
<p>Tuesday 12th June</p> <p>12:30 – 13:30</p>	<p>Diabetes awareness session with GLL and Dr S. Thanabalan</p> 	<p>Copthall Leisure Centre, Champions Way, NW4 1PX</p>	<p>Come and join GLL and Diabetes UK in this awareness raising session including a talk from Dr S. Thanabalan.</p>
<p>Tuesday 12th June</p> <p>14:00 – 16:00</p>	<p>Grahame Park Health & Wellbeing Drop In – by Colindale Communities Trust</p> 	<p>Community Centre, 4 The Concourse, Grahame Park, NW9 5XB</p>	<p>The team will be giving out information on healthy eating and diabetes including information sheets, recipes, tips and advice. You can also find out what services and activities are available to you and have a diabetes risk assessment completed with you</p> <p>There will be a diabetes quiz with some pedometers as prizes to help you get going with those steps.</p>
<p>Tuesday 12th June</p> <p>14:00 – 15:00</p>	<p>Health Walk – St Andrew’s Health Champions</p> 	<p>50 Oakleigh Road North, N20 9EX.</p>	<p>Join local residents in this weekly health walk. The group walk for an hour and end with a cup of something in a local café.</p> <p>All abilities welcome as there are always at least 2 leaders to accommodate all speeds.</p>
<p>Wednesday 13th June</p> <p>10:00</p>	<p>Over 50’s Dance Classes – by Saracens Sport Foundation</p> 	<p>St John’s Parish Centre, Friern Barnet Road,,N11 3EQ</p>	<p>Join this 2 hour dance class aimed at over 50’s. The classes are £5 each and the first one is free. The class has a break for tea and coffee and the dance teachers make sure the dances are suitable for all abilities.</p>

Date & time	Event	Location	Description
Thursday 14th June 13:00	Over 50's Dance Classes – by Saracens Sport Foundation 	Lyonsdown Hall, 3 Lyonsdown Road, New Barnet, EN5 1JB	Join this 2 hour dance class aimed at over 50's. The classes are £5 each and the first one is free. The class has a break for tea and coffee and the dance teachers make sure the dances are suitable for all abilities.
Friday 15th June 15:00 – 15:45 and 16:00 – 16:45	Chair based exercise class – by ICS Health & Wellbeing 	Hendon Leisure Centre, NW2 1XQ. Studio 2	These taster sessions are 45 minutes of low intensity for beginners and include resistance exercises using Therabands and body weight, including warm up and cool down stretches. No equipment needed. Comfortable clothing to be worn. Drop-in on a first come first served basis.
Saturday 16th June 11:00 – 13:00	Taster Sessions including Chair Based Exercise, Dance & Aerobics and Body Conditioning – by GLL  	Burnt Oak Leisure Centre, Watling Avenue, HA8 0NP.	GLL will be running 30 minute taster sessions on a variety of activities, providing something to suit all abilities. You can also have a diabetes “Know your risk” assessment completed.
Saturday 16th June 12:00 – 13:00	Guided Walk – by GLL 	Burnt Oak Leisure Centre, Watling Avenue, HA8 0NP.	Join this gentle walk co-ordinated by Barnet's local leisure provider, GLL. The meeting point will be at reception for the walk. You can also have a diabetes “Know your risk” assessment completed.