

barnetfirst

The council magazine bringing you news and community information

Autumn Edition October 2020

Working together to keep Barnet safe



JUST GET YOUR FLU JAB

The flu virus kills thousands every year.
The flu vaccine is the best protection
for you and those around you.

FREE TO THOSE MOST AT RISK

Ask your pharmacist or GP if you're eligible.

Flu
vaccine

help us
help you

Message from Cllr Dan Thomas, Leader of Barnet Council



Preventing the spread of COVID-19, supporting our communities and protecting our most vulnerable residents continues to be Barnet Council's priority as we enter our first autumn living with a pandemic. As I write, we are seeing an increase in infection across London. Further restrictions are likely to be needed to stop the spread. Government on its own cannot control the virus, we all have an individual responsibility to prevent the spread.

Remember: Hands, Face, Space – wash your hands frequently, wear a face covering in enclosed public spaces, and keep your distance from people outside of your household. Government guidance also maintains that we follow the 'rule of six'. When meeting others you do not live with, you must not meet in a group of more than six. Following this rule is vital for our health, which is why breaches will result in a fine of £100 reaching a maximum of £3,200 for multiple breaches. It is possible that restrictions may be tightened further, if so Barnet Council will publicise any new, local rules.

We are on the cusp of flu season, which always places a strain on our healthcare services. This year it is particularly important that we take steps to avoid falling ill. The government is running an expanded national vaccination programme, so please read on to find out how to book your flu jab.

The government has also rolled out its 'Test and Trace' app. The app works by alerting you to cases in your area and places that you have visited. Your data privacy is protected throughout – it will never capture or disclose information about yourself or specific places where you have been. I ask you to download it and use it – it will help you to find out if you may have been somewhere that cases have been recorded and will help you to book a test. Please read on to find out more.

Additionally, if you are concerned that you have symptoms of COVID-19 then you can refer to our **Test & Trace** guide: barnet.gov.uk/testandtrace

Please stay safe, look after yourself and others and remember: Hands, Face, Space.

Councillor Dan Thomas,
Leader of Barnet Council



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Alternative formats of Barnet First are available only upon request. If you would like a copy of Barnet First in large print or on tape, please email: barnet.first@barnet.gov.uk

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Celebrate Black History Month with Barnet Libraries

October is Black History Month, an annual celebration of achievements and contributions made by Africans, Caribbeans and people from the African Diaspora and their descendants.

Barnet Libraries have lined up a varied programme of events to mark Black History Month. Test your trivia knowledge with virtual quizzes, gather round for virtual storytime, or absorb yourself in a 'recommended read' to mark the month.

All activities are virtual and available throughout October at www.barnet.gov.uk/libraries/library-events

Quiz: Pioneering Black Britons

Quiz: Black Scientists and Inventors

Storytime: 'Look Up' by Nathan Bryon, winner of the Waterstones Children's Book Prize 2020

Book lists: visit our resource library for some recommended reads to mark Black History Month www.barnet.gov.uk/libraries/online-resources/ebooks-and-eaudiobooks

How are you marking Black History Month?

Share your celebrations

@BarnetCouncil.

B:M2020
BIG DEEPER. LOOK CLOSER. THINK BIGGER



Equalities, Diversity and Inclusion Policy

We are currently consulting residents, staff and organisations on our updated Equalities, Diversity and Inclusion Policy 2020-2023.

The policy sets out our commitment to championing equality and diversity as an employer and a provider of services to the diverse local population. Our new policy and action plans reflect the impact of the COVID-19 pandemic.

Councillor Reuben Thompstone, Chairman of the Community Leadership and Libraries Committee, said: "The proposed Equality, Diversity and Inclusion Policy has been refreshed to ensure that we improve and continue to provide a supportive environment which is free from discrimination and racism. The policy sets out how we will continue to promote equality and diversity and outlines our responsibilities and further commitments for 2020-2023".

The consultation is open for comments until 7 December 2020. To take part, please visit engage.barnet.gov.uk



COVID-19 UPDATE

After a couple of months of relatively low rates, COVID-19 cases have been climbing across London. In Barnet we are now seeing a steady rise across all age groups, making it vital we all continue to do our bit.

We have done a lot over the last few months to try and stop this rise.

There are now three mobile testing units operating across Barnet, which are testing roughly 650 people per week. We have been running a Keep Barnet Safe campaign to encourage people to wash their hands, keep a safe distance and wear a face mask.

As COVID-19 has not gone away, a series of measures have been introduced by the government in recent weeks. Everyone must follow the Rule of Six by not gathering in groups of more than six people (outside of your household) or face fines starting at £100.

Weddings can have up to 15 and funerals up to 30 people. Those who can work from home should do so.

Everyone must self-isolate if they test positive for COVID-19 or are contacted by NHS Test and Trace and told to isolate. Fines for those not isolating when told to do so start at £1,000 and increase up to £10,000 for repeat offenders.

Those on lower incomes who cannot work from home and have lost income as a result will soon be able to apply for a new £500 Test and Trace Support Payment. Please keep an eye on our website for more details in due course.

All pubs, restaurants and other hospitality venues must close completely at 10pm

and venues serving food must operate table service only, except takeaways.

All retail staff must wear face-coverings along with all users of taxis and private hire vehicles and all staff and customers in indoor hospitality, except when seated at a table to eat or drink.

These are legal obligations – businesses breaching these guidelines will be fined and could be closed. Please see our website for more details.

The new NHS COVID-19 app allows you to report symptoms, order a coronavirus test, check in to venues by scanning a QR code and help the NHS trace individuals who may have coronavirus. Please download

the app, so that you can help the NHS understand how the virus is spreading in your area. Hospitality venues have a legal requirement to maintain records of customer contact details and display an official NHS QR code poster for app users to scan.

We appreciate the huge effort that our residents and businesses have made to follow good safety practise and support those around them in need. Please continue to keep Barnet Safe and get tested if you are showing any symptoms of COVID-19 or have been exposed to someone who has tested positive.

COVID-19 Residents Touch-in Survey

We have recently launched a Resident COVID-19 Touch-in Survey to find out how residents have been coping during the coronavirus pandemic.

Cllr Dan Thomas, Leader of Barnet Council, said: “In these unprecedented times, we want to check in with residents. By better understanding how people have been affected by the pandemic, how they’re feeling, as well as any current and future needs, we can plan to support residents wherever possible.

I encourage everyone to complete the survey, share your thoughts and describe the impact the pandemic has had on you. Please encourage friends, family or neighbours to participate too.”

The survey closes on 15 November 2020. To take part in this important consultation please visit engage.barnet.gov.uk



It's just the flu...

You will have heard friends and family say it is “just” the flu! Each year the flu kills on average 11,000 people and hospitalises thousands more. There's no “just” about it.

What causes flu?

Flu is caused by influenza viruses that infect the windpipe and lungs. And because it's caused by viruses and not bacteria, antibiotics won't treat it. However, if there are complications from getting flu, antibiotics may be needed.

How do we protect against flu?

The vaccine provides the best protection available against a virus that can cause severe illness. The most likely viruses that will cause flu are identified in advance of the flu season and vaccines are then made to match them as closely as possible. The vaccines are given in the autumn ideally before flu starts circulating. It is more important than ever this year to have your vaccination to protect yourself, your loved ones and the NHS, and for those on the eligible list the vaccine is provided free.

The NHS will contact you directly if you are eligible, and will give you information about where to go to get the vaccine.

Will the flu vaccine protect me against COVID-19?

The flu vaccine won't protect you against COVID-19, but it will help protect you against the strains of flu virus that will be circulating this year. Helping to protect against flu is particularly important with COVID-19 in circulation because people vulnerable to COVID-19 are also at risk of complications from flu.

Is the flu vaccination safe?

The flu vaccination is safe, effective and must be given annually. It cannot give you the flu. Adults usually receive the flu vaccination in injection form, and children usually receive a nasal spray.

When can I get the flu vaccination?

We expect that the flu vaccination will be available from autumn 2020 onwards for those on the eligible list. You will be invited to book an appointment at around this time, but please contact your GP practice if not.

Where can I get the flu vaccination?

Many people will receive their flu vaccination at a GP surgery. Some GPs are looking at running clinics in other additional locations to ensure they can offer the vaccine safely to as many people at risk as possible.

Your practice will give clear guidance on where you need to go when you book your appointment. Other people may choose to go to a pharmacy or another location in their community. School-aged children will receive their vaccination from a trained health professional at school. Health professionals will visit care homes to vaccinate residents and staff on-site and will also visit those who are house-bound.

EasyRead version: All about flu

Anyone can catch flu.



Flu is caused by a bug called a **virus**.



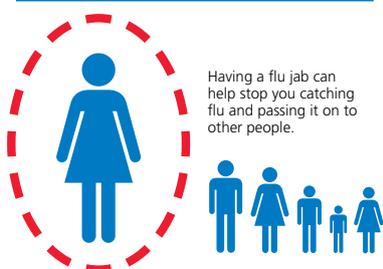
Flu can make you feel ill.



If you are very ill you might even need to go to hospital.



Having a flu jab can help stop you catching flu and passing it on to other people.

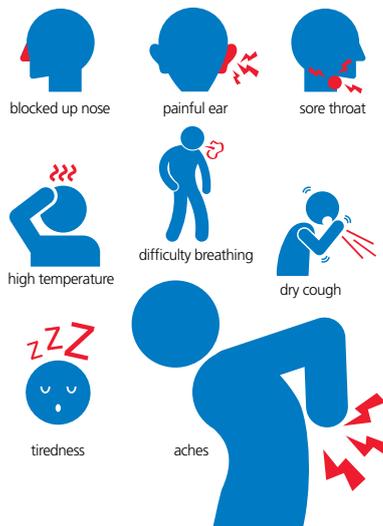


The flu jab is an injection in your arm usually given to you by a nurse at your doctors.



And it is free to people with learning disabilities.

Here are the signs of flu



blocked up nose

painful ear

sore throat

high temperature

difficulty breathing

dry cough

tiredness

aches

The flu vaccination who should have it and why?

You should have the flu vaccine if you:

- are 65 years old or over
- are pregnant
- are an adult or child with certain conditions
- live with someone on the shielded patient list
- are living in a care home or other long-stay facility
- receive a carer's allowance, or you're the main carer for an elderly or disabled person
- are aged two - three
- are in primary school, or the first year of secondary school (Year 7)
- are a frontline health and social care worker

There has never been a more important time to make sure you, and those you care for, are protected against serious illnesses such as the flu. Where vaccines are available, it's vital that we use them to help keep everyone safe. Look out for updates from your local GP or NHS team and book your vaccination as soon as you are invited to do so.

For more information visit www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/



and how to stop getting it

The best time to have a jab is in the **autumn**.

You need a jab every year as flu can change each year.

2017 2018 2019

Who else should have a flu jab?

People who care for you should have a flu jab so they don't get ill.

Will the jab make me feel ill?

After a flu jab you may:

- feel a bit hot
- have a sore arm
- ache a bit

But do not worry, if you do feel ill, it will go away in a few days.

What do I need to do to get a flu jab?

Your doctors should get in touch with you to come in for a jab.

If they don't get in touch, you should contact them to arrange to have one. **"Hello, can I have a flu jab please?"**

If you have any questions or want more information, talk to your nurse, doctor or the person in the chemists called the pharmacist.

You can also find information online at www.tinyurl.com/NHSfluinfo

20th Annual Civic Award winners named

Winners of the 20th London Borough of Barnet Civic Awards were paid a special home visit in August by the Worshipful Mayor of Barnet Cllr Caroline Stock to receive their awards.

Six Lifetime Achievement awards and two Outstanding Service to the Community awards were presented to eight recipients in recognition of their commitment and dedication to supporting the people of Barnet.

The usual celebratory gathering in the Town Hall was cancelled earlier this year due to coronavirus, and with COVID-19 restrictions ongoing, it has been impossible to reschedule. But Cllr Caroline Stock was not prepared to let that stop her personally thanking the people who have made a huge contribution to Barnet over the years.

She visited the winners – nominated by the public for the good work they have done – in their homes for a socially distanced presentation of their Civic Awards.

Cllr Stock said: “The individuals who have been given the Civic Awards have done wonderful things for our community in so many different ways. The Civic Awards are an important way of giving something back to individuals for everything they have contributed.

It is enriching to live in a borough that contains such selfless and motivated citizens, who work endlessly to make Barnet a better place for others. It was a joy to personally hand over these awards and let them know how valued they are as figureheads of our community.”

The winners were presented with framed vellums and a medal.

The winners of the Lifetime Achievement Civic Award were:

- Doreen Ball
- Claire Bannister
- Nita Bharier
- Val Lay
- Frank Phillip
- Father Paul Walmsley-McLeod

The winners of the Outstanding Service to the Community Civic Award were:

- Elizabeth Xenofontos
- Yusr Yasin

You can find out more about the Civic Awards and all the winners at: barnet.gov.uk/civic-awards



Doreen Ball



Claire Bannister



Nita Bharier



Frank Phillip



Father Paul Walmsley-McLeod



Val Lay



Elizabeth Xenofontos



Yusr Yasin



Tributes paid to Councillor Brian Gordon after decades of public service



Tributes have been paid to Councillor Brian Gordon who passed away on Thursday 10 September, on what would have been his second day serving as Mayor of Barnet.

The Leader of Barnet Council, Councillor Dan Thomas, said: “Brian was a valued councillor and respected member of the Conservative Group, who passionately represented Edgware ward for over two decades and I know that the whole community will be reeling from this sad news.

“As well as being a committed councillor, Brian was a keen journalist and legal counsellor, always keen to vocally support the causes close to his heart. He was also a well-known and respected member of

his community at Machazikei Haddass in Edgware.

“On a personal note, I always appreciated Brian’s experience, questions and advice, and will sorely miss him.”

The Worshipful Mayor of Barnet, Councillor Caroline Stock, said: “I am not sure words can sum up how sad it is to hear this news in the week that Brian was going to become the mayor.

“I know how much he was looking forward to taking on this role, together with his wife Julie.

“I send the whole family my sincerest thoughts and heartfelt sympathy and wish them all the strength to get through this difficult time.”

Get rid of your batteries and electrical items safely

Household batteries, larger battery packs and electrical items cannot be disposed of in your household waste bins.

Over recent weeks, we have had frequent safety problems with these items being found to have caused fires in our collection vehicles and the sorting facilities where recycling and waste is taken.

This has become an emerging issue across the country, and has caused safety risks to residents, the community and our collection crews.

Please remember to take household batteries, larger battery packs and electrical items to the Reuse and Recycling Centre for free by booking a slot at: www.barnet.gov.uk/recycling-and-waste/summers-lanerecycling-and-reuse-centre

Household batteries can also be put in a clear bag on top of your blue recycling bin for collection. Some supermarkets also provide collection points for used household batteries.



Keep burglars out in the cold this winter

Did you know that across London there are more residential burglaries during the winter months than at any other time of the year?

The Barnet Safer Communities Partnership, which includes the council and the police, has been working to prevent burglaries and to catch and convict those responsible.

Here are a few simple steps to protect yourself from burglary:

- **Keep all windows and doors locked when you go out**
- **Leave a light switched on in your house when you go out**
- **Do not leave post sticking out of your letterbox**
- **Do not leave valuables near the windows or in the light**
- **Do not leave keys by your letterbox.**

Sign up to Online Watch Link for all the latest crime prevention and community safety advice at: www.owl.co.uk/met





**SHOP SAFELY.
SHOP LOCAL.
WASH YOUR HANDS.
WEAR A FACE COVERING.**

To support the safe re-opening of our high streets, the council is working closely with business owners to help them adhere to government safety regulations and to enable them to continue providing a fantastic service to their community.

A SAFE AND WARM WELCOME AWAITS

There's no question that our local businesses bring connection and warmth to our daily lives and personality to our town centres.

Take some time out this month to rediscover your local high street. Whether you're returning to an old favourite or discovering somewhere new, our high streets are ready to greet you with a safe and warm welcome.

Barnet is home to a huge number of dedicated local business owners who have been serving their local communities for many years. Pay them a visit next time you pop to the shops!

Visit engage.barnet.gov.uk/discoverbarnet to find out more about the measures in place to keep your local high street safe, and meet more of Barnet's local business owners.

SUPPORTING OUR LOCAL BUSINESSES

Our high streets and town centres are at the heart of our communities, providing us with exchanges and experiences that we may sometimes take for granted. Whether it's DIY advice from our local hardware store, a recommendation from the florist for that special bouquet or a chat about the weather over a freshly brewed coffee at the local café, Barnet would not be the place that we all know and love without the variety of local businesses that trade within it.

MEET THE PEOPLE BEHIND THE BUSINESSES

We spoke to some of Barnet's independent business owners to find out what gives personality to the local high street.



European Union
European Regional
Development Fund



HM Government

JO



ASPENS FLORIST

72 Watling Avenue, Burnt Oak,
HA8 0LU

JO HAS RUN ASPENS FLORIST IN BURNT OAK FOR FIVE YEARS.

I've owned Aspens Florist for the past five years but the shop has been here on the high street since 1987. We're a family-run florist and gift shop.

We have a lot of local and loyal customers who come in to buy flowers and gifts. Our customers return for the personal service they receive – we help out with the arrangements for christenings, funerals, birthdays, bar mitzvahs, weddings... all occasions.

Our shop is part of the local community. Many people just drop in for a chat or to smell the flowers, which is nice. The door is always open.

I really believe that local businesses help the community to stick together. Shops like ours provide a great service, keep the high street buzzing, and create jobs for local residents. With everything that's happening at the moment it's more important than ever before that people shop local as much as they can – it's a good thing for everyone living in the area.

NATALIE



BIFULCO BUTCHERS

182 Cricklewood Lane,
Cricklewood, NW2 2DX

NATALIE AND HER HUSBAND HAVE RUN BIFULCO BUTCHERS IN CRICKLEWOOD FOR OVER 30 YEARS.

We're a butcher and poulterer but we also sell a range of Italian products. We've been here a long time and have built up a very loyal bunch of customers.

Many of them have been with us through the generations. They have spread the word because we offer a unique service that caters to every customer's needs. Whether they want specific cuts of meat or they want to throw a dinner party with a difference, we can help them with that.

Our shop thrives on the hustle and bustle around us. We're very much a local business and we depend on the custom of people who live in the area. It's important that people continue to shop on their local high street – it keeps people in jobs and creates the hustle and bustle we need.

DAVE



DAVE'S TRADE CENTRE

152-154 Ballards Lane,
Finchley Central N3 2PA

DAVE AND HIS BROTHER HAVE RUN DAVE'S TRADE CENTRE IN FINCHLEY CENTRAL FOR NEARLY 40 YEARS.

We opened Dave's Trade Centre in the 1980s and we're still here! Over the years, we've become a local hub for people who are renovating or fixing up their homes.

We have very loyal customers; we've served generations of the same families – starting with the grandparents, and now their grandchildren are coming in. We have been doing this for years so we're highly knowledgeable, and customers return again and again because of the service that we provide. We go the extra mile to help customers pick the right products for them.

People are changing the way they shop, but it's really important that we continue to have a thriving high street. Shops like ours are part of the community. A busy and vibrant local high street attracts more shoppers, and more businesses. Supporting your local shops makes where we live and work a more pleasant place to be.

YOSSI



CARPELLI BAKERY

126-128 Golders Green Rd,
Golders Green, NW11 8HB

YOSSI RUNS CARPELLI BAKERY, A FAMILY-OWNED BUSINESS BASED IN GOLDERS GREEN FOR MORE THAN 30 YEARS.

We're a bakery that sells a big range of tasty baked goods, from bagels and special breads to pastries and cakes for all occasions.

We pride ourselves on offering great quality and excellent personal service to our customers – something extra that keeps many coming back for more. Our bakery has been on the high street for over 30 years, which means that we've served generations of families. Customers today come into the shop with their kids and tell me that they were raised on Carmelli's bread and bagels.

We employ people from the area and kept open during the Lockdown. I think it's really important that people shop locally – it supports local businesses, local jobs and makes the local high street a much more pleasant place to be.



PART OF A BIGGER FAMILY

Thank you care workers for all your work in the pandemic

Could you care for the vulnerable in our community?

In response to the COVID-19 pandemic, the Barnet community urgently needs more care workers.

We invite you to register your interest in paid care work with us by completing a simple application form at on the link below. You may not have experience of care work; maybe you're studying or you have other skills to offer and just want to do your bit in this time of need.

We will help you find the most suitable role and provide necessary training to get you started. This is an excellent opportunity for people who care and want to be involved in the community. Recruitment will be open for part-time, flexible and short-term workers to support the council in providing the extra care that is needed in this time of crisis. We need your help to meet the challenge that's facing us.

Visit: proudtocarelondon.org.uk/barnetjobs



Proud to Care
Your Choice
Barnet

Sydmar Lodge recreate classic album covers

Sydmar Lodge is a residential home based in Edgware for older people aimed towards the preferences of the Jewish community.

In July this year when the rest of the country was still in lockdown, the Sydmar Lodge's activity coordinator, Robert Speker was engaging the residents and carers in a creative and innovative way.

He came up with a fantastic idea to get the residents and carers to recreate classic album covers, which look

remarkably like the originals and are simply amazing!

Robert reported that it was not only a unique opportunity for all residents and staff to become involved, but it enabled all the residents to talk about their experiences and showed them in a different light as the individuals they are.

"The main aim was to show that care homes need not be a sad environment, even during this pandemic," he said.

It is clear to see that Roberts unique way of thinking has enriched the lives of the residents at Sydmar Lodge, and shows that activities, even during lockdown do not need to be limited to bingo!

Can you name all the classic album covers recreated by the residents of Sydmar Lodge?

(answers below)



Answers (clockwise from top left): The Clash, London Calling; Madonna, True Blue; Taylor Swift, 1989; David Bowie, Aladdin Sane; Adele, 21; Rag'n'Bone Man, Human; Queen, Queen II and Blink 182, Enema of the State



Library Services update

In line with government guidance we are gradually reopening libraries and reopening library services in the safest possible way. Services now available are:

Select and Collect

The Select and Collect service is currently available at all libraries. The service enables library members to place an order online or by telephone. The order can be for specific items or a more general request for a collection. You will be advised when your order is ready for collection and when you can collect from the collection desk at the library door. All orders are quarantined before collection.

Pre-booked computers

Library members can now book a computer for a 45-minute slot at selected times at Chipping Barnet, Colindale, Edgware and Finchley Church End libraries.

eBooks

Choose from 1000s of eBooks in our Overdrive digital library. We have fiction and non-fiction books for all ages.

All you need to get started is a compatible device, your Barnet library card number and PIN. You can borrow up to 10 items from your browser or from the user friendly Libby app.

Although this is not our main eAudiobook platform you will also find a small collection of eAudiobooks on Overdrive.

Visit the Overdrive website at barnet.overdrive.com to browse our collection and find out more, or email: digitallibrary@barnet.gov.uk if you have any queries.

All visitors coming inside library buildings will be encouraged to leave contact details in order to participate in the NHS Test & Trace service.

For more details of these services please visit www.barnet.gov.uk/libraries or call your local library

Burnt Oak Library - Telephone: **020 8359 3880**

Childs Hill Library - Telephone: **020 8359 3900**

Chipping Barnet Library - Telephone: **020 8359 4040**

Colindale Library - Telephone: **020 8359 3930**

East Finchley Library - Telephone: **020 8359 3815**

Edgware Library - Telephone: **020 8359 2626**

Finchley Church End Library - Telephone: **020 8359 3800**

Golders Green Library - Telephone: **020 8359 2060**

Hendon Library - Telephone: **020 8359 2628**

Mill Hill Library - Telephone: **020 8359 3830**

New Barnet Library - Telephone: **020 8359 3860**

North Finchley Library - Telephone: **020 8359 3845**

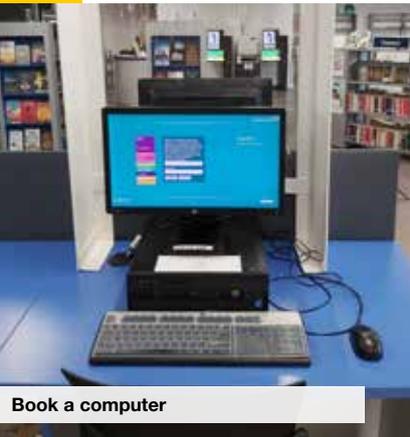
Osidge Library - Telephone: **020 8359 3920**

South Friern - Telephone: **020 8359 3946**

The Home Library Service

The Home Library Service is a free library delivery service available to anyone with long-term mobility issues and anyone living in sheltered and residential housing.

To apply for the Home Library Service please call **020 8359 3901**



Book a computer



Select and Collect



Collect your books safely



@barnetlibraries
#LearningLeisureLife
www.barnet.gov.uk/libraries



Barnet Libraries
at the heart of our communities
LEARNING • LEISURE • LIFE

Vision for Brent Cross South unveiled

It's been a busy year for the Brent Cross Cricklewood regeneration programme.



Work is well underway on the delivery of the new Brent Cross West Station, highways improvements have been completed and now the vision for Brent Cross South's town centre has been unveiled by Argent Related and Barnet Council, renaming the scheme Brent Cross Town.

Brent Cross Town will be a new park town for Barnet set uniquely around 50 acres of parks and playing fields.

The area will be transformed into an inclusive, accessible town centre that will enable new, and existing communities to thrive. It will deliver 6,700 new homes and will be a major new office destination, providing 25,000 new jobs. It will also provide new student accommodation and the redevelopment of three local schools.

Connected to the new Brent Cross West Station which will reach central London in 12 minutes, the new high street will offer restaurants and shops including local amenities and services, state-of-the-art sports and leisure facilities, culture and events.

To find out more about the plans for this exciting development visit brentcrosstown.co.uk

Exploratory Park Now Open!

A brand new landscaped open space opened last week and is being enjoyed by residents in the local area.

Exploratory Park, created by Argent Related, is the first new space to be developed as part of the regeneration programme which will see 40 acres of playing fields enhanced alongside many new and improved public squares, parks and open spaces.

There are slides, swings, a seesaw and climbing pyramid, outdoor table tennis and a games court with basketball hoops. There is also a range of fitness equipment and different types of seating for quieter activities Exploratory Park can be accessed via Claremont Way.

Funding for 11 local projects announced

Eleven new community projects in the area are to benefit from a share of £30,000 from the second round of the Brent Cross South Community Fund.

Launched in May 2020 for its second year, the Fund has focused on supporting local initiatives which are working to respond directly to the impact of COVID-19 on communities in and around the regeneration area.

Brent Cross West Station

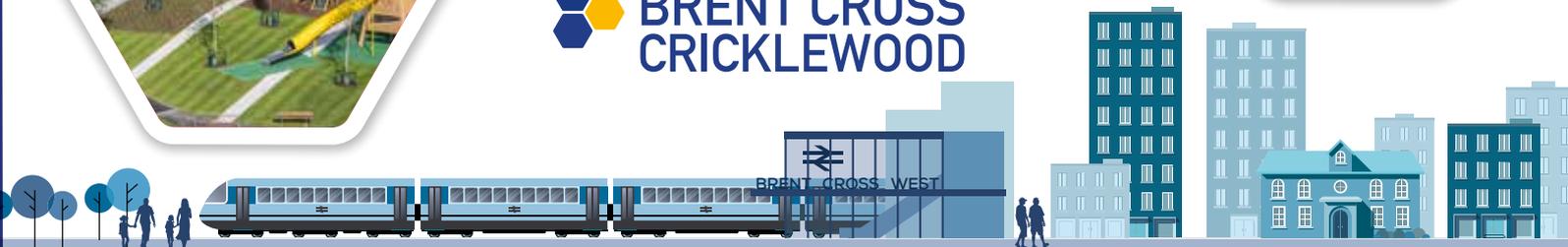
Brent Cross West, which will be London's newest train station, is on track for completion in 2022 after receiving final approval at Barnet Council's planning committee in the summer.

Since June we've been working on removing the old shed on site to make way for the new Brent Cross West Station building. The removal of the shed marks a major milestone for the station programme, allowing for main construction works to start this autumn.

Keep connected: Visit TransformingBX.co.uk to find out more about these stories, and sign up for our e-newsletter.



DELIVERING FOR BARNET
**BRENT CROSS
CRICKLEWOOD**



Dementia Friendly Barnet

Barnet Council and the Clinical Commissioning Group are committed to preventing dementia and supporting people with dementia to live a full and active life.

Our ambition in Barnet is to create a sustainable dementia friendly community, to tackle stigma, promote opportunities for people with dementia to live well and raise awareness of the importance of planning end of life in advance.

We created Dementia Friendly Barnet partnership in collaboration with all partners – people living with dementia and their carers, Local Authority, NHS, voluntary and community groups and local businesses to work towards making Barnet a dementia friendly community.

We work closely with Alzheimer's Society to train residents and health and care professionals to become Dementia Friends. We have over 10,000 Dementia Friends

in Barnet. We want more people joining our Dementia Friends network. If you wish to join Dementia Friendly Barnet contact Seher.Kayikci@barnet.gov.uk



Supporting
**DEMENTIA
FRIENDLY
BARNET**

Living with Dementia

The specialist dementia support team delivers support to adults with dementia and their carers for up to four months.

The service aims to:

- Support and maintain the health and the wellbeing of carers and of people living with dementia
- Supporting carers to continue in their caring role
- Support people living with dementia to remain in the community
- Improve their confidence, knowledge and skills to make a positive difference in their lives and those they care for
- Maximise the use of preventative community support services for carers

CASE STUDY

Mr Morris* is in his late seventies and was referred to the team for support. He is the main carer of his wife who has been living with Alzheimer's disease for about three years. The family was worried about the level of care and support Mr Morris was providing to his wife, as well as his wellbeing.

Mr Morris has always looked after his wife without support for the most part but recently has felt rushed and overwhelmed by all he must do on most days. When we met he said that some days were harder than others because she doesn't always 'cooperate' and that recently she has been refusing to take her daily showers, he was concerned that she may eventually refuse to take her medication or even eat. Their children were worried that he was not taking proper care of himself, but he was always adamant that he wanted to continue caring for his wife himself although admittedly it was getting harder to cope with.

When life changes

Mr Morris recalled fondly how they used to go dancing together in the seventies, and that, *'she was quite the*

dancer', and that in fact dancing is how they both first met. He said she always took good care of the family and that 'they had a wonderful life', until she started to forget things. 'Little' things at first until eventually she couldn't remember what day it was, or that she had food on the cooker. Mrs Morris was given the diagnosis following a referral to the memory clinic by her GP.

He missed doing things with Mrs Morris because she doesn't tend to remember much, especially not their daily or recent life but she does remember vividly things she did about 40 years ago, like knitting or lyrics to a song they used to sing together. Although they still enjoy having dinner together most nights except 'it would be nice to go out once in a while when they both still can', he said, and not bother the children.

Getting care support

Care was put in place to help Mrs Morris with personal care and allow Mr Morris time to himself. They also go the local Singing for the Brain session together each week during term time and sometimes he says it 'feels like the old times'. Mr Morris also enjoys table tennis which is offered free at the local Better gym most weeks. He has met new friends and plays as often as possible. Mrs Morris enjoys knitting with a volunteer from the local Age UK service when he is out playing table tennis.

Time for coffee and shopping

Mr Morris attends a coffee morning locally run by Age UK once a week for two hours which he enjoys whilst each of his children take turns to spend time with Mrs Morris. And whenever possible Mrs and Mrs Morris also get a transport lift to the local Morrisons supermarket provided by The Good Neighbour scheme where they enjoy a home cooked meal and are transported back home for a small charge. Mr Morris also feels that he has a better understanding of dementia and how to communicate better with Mrs Morris following the support offered by the team.

Living well with dementia

Since working with the couple, I feel that the course has improved Mr Morris's communication and enhanced his understanding of how to live well with dementia which will allow them to live together for longer and reduce the need for residential care. He also has local support in the community which will help him continue to receive the support he needs to continue supporting his wife as well as taking care of himself.

Jo Kamanu -Assessment and Enablement Officer – Specialist Dementia Support Team, Prevention and Wellbeing Team

*name has been changed for anonymity.



Age UK Barnet walking groups for the over 55s



We're very excited to announce our new programme of over 55s outdoor walks - all with social distancing - in various parks across Barnet!

“Walking in green spaces gives a real boost to your physical and mental wellbeing,” says Wendy Nutman, who is running Age UK Barnet’s walking programme. “Even a gentle walk improves your strength in later life, especially for those living with a health condition. And you can make new friends!”

So why not try out one of the four walks we have launched so far? All fitness levels are welcome. Group numbers are limited and in line with current government guidelines so booking is essential.

Walking groups in Barnet

- **Friary Park, North Finchley – 9.30am–10.30am Mondays**
Meet at 9.30am at the Torrington Park entrance nearest to Ashurst Road
- **Dollis Valley Greenwalk – 10.30am–11.30am Tuesdays**
Meet at 10.30am by the mapboard at the entrance to Brook Farm Open Space, Totteridge Lane
- **Oakhill Park – 2pm–3pm Fridays**
Meet at Oak Hill Park car park, Parkside Gardens, East Barnet, EN4 8JP
- **Golders Hill Park – 10.30am–11.30am Saturdays**
Meet at Golders Hill Park Café, Golders Hill, North End Way NW3 7HD



For more information about joining a walk call Wendy on **020 8432 1421** or email wendy.nutman@ageukbarnet.org.uk

Volunteering opportunities in Barnet

The Great Barnet Clean Up

Voluntary armies of socially distanced litter pickers have been sweeping through the borough's parks and green spaces throughout September as part of the Great Barnet Clean Up. With the Great British Spring Clean being postponed until September due to COVID-19, recent weeks have seen our local #LitterHeroes out in force.

Members of Burnt Oak's Nepalese Community dedicated their sunny bank holiday afternoon to collecting over 50 bags of litter in Watling Park – not to mention a pushchair, lawnmower, cardboard, clothes, cans, bottles and a lot of plastic.

The Mill Hill Litter Pickers had one of the biggest turn outs to date. Joined by Friends of Heybourne Park, the group collected over 30 bags of litter at Mill Hill Park.



Burnt Oak's Nepalese Community in Watling Park



As a thank you for their hard work, Papa Gee's Crazy Ice Cream Truck kindly rewarded all the pickers with a refreshing sweet treat!



Mill Hill Litter Pickers and Friends of Heybourne Park in Mill Hill Park



Feeling inspired?

Search for Mill Hill Litter Pickers, Friends of Heybourne Park and Burnt Oak Nepalese Community on social media to join their next litter pick – all are welcome. Or why not host your own?

Visit www.KeepBritainTidy.org for more information and guidance.

To register and apply for voluntary roles within Barnet, visit: barnetvolunteersc19.co.uk and search for roles in your area. If you have any questions about opportunities that are available or how to apply, email enquiry@volunteeringbarnet.org.uk or call: 0300 365 9960.

Get involved in your local community



Volunteer Town Centre Advisors: keeping Barnet safe

We spoke to Weiss, a long-time Barnet resident who volunteers as a Town Centre Advisor. Weiss helps monitor and support the implementation of social distancing in Barnet's town centres to keep businesses and shoppers safe.



Weiss, Volunteer Town Centre Advisor

Tell us a bit about what you do as a Town Centre Advisor

I currently volunteer on Saturdays as a Town Centre Advisor in North Finchley and Edgware. I volunteer with the Commercial Premises team to help them support businesses and shoppers to follow the COVID-19 guidance to help keep Barnet safe.

My role is to monitor how businesses are following the guidelines and to support them to protect themselves and their customers. If people have any safety concerns, I offer advice on following the

guidelines and report any issues to my supervisor. The council are then able to increase awareness among the people and areas who need further information or support, and help make people more aware of the risks and how they can stay safe.

What motivated you to apply for the role?

I've lived in Barnet for almost two decades, so it's really important for me that the community who live here are safe and follow the guidelines. I wanted to offer my time as a sign of appreciation to the borough and the council staff who are working hard to make sure we're all safe. I have a medical background and I am studying a Master of Public Health at Kings College so this is good experience for me – it's very interesting to know how people behave in this pandemic and how they respond to the guidelines.



How has your experience been so far?

I've learned a lot about the difficulties people are facing in this pandemic. I've seen the huge knock it has had on our community, and it's been eye opening to understand and see how people react. From one side, business owners need to stay safe and keep a safe distance between themselves and customers,



but on the other side people need to run businesses and life needs to go on. It's been a great experience for me, most people are quite patient and understand that guidelines are there to protect them. I'm proud to be part of it.

Barnet Community Response Volunteers, created in partnership with Volunteering Barnet at the onset of the COVID-19 crisis, is a platform to help voluntary groups recruit volunteers, and to enable residents to volunteer safely in Barnet. A variety of roles are listed regularly, with differing levels of commitment required.

Interested in volunteering?

Register here:
barnetvolunteersc19.co.uk

Volunteering Barnet is the borough's volunteer centre delivered by Groundwork London and is part of Barnet Together partnership.

Reflections on the first weeks back at school

After a unique end to the previous school year followed by a quieter summer compared to usual, students reflect on what it's been like returning to the classroom!

7am

7am, Slept through my alarm,
Duvet pulled off, shoved over my arm.
Jacket, PE kit, breakfast in hand,
Piles of artwork, no space to stand.
Noisy, shouting, leaping gazelles,
Children running, laughing, loud bells.
Manic form time, sitting wherever,
Hugging, singing, felt like forever.
Lunch queues endless,
Plated food, people often in a hangry mood!
Repetition day in, day out,
Forgetting to look, wonder, remember what was about!

Six months on, life has changed so,
7am, raring, waiting, ready to go.
Mask in my hand, hand gel already running low.
Designated places, no food or drink allowed,
A cough or a sneeze, will turn the whole crowd.
Organized corridors, no loitering here,
Crossover time, just with our peers.
Cleaning desks, beginning and end,
Lessons shorter, teachers amend.
Social distancing, bubbles and two meters away,
Our freedom, our choice, seems like yesterday.
The looming threat of homeschooling hangs over our head,
Please don't let this lurgy continue to spread.

Milly, (Year 9), Jewish Community Secondary School

Being back at school is incredible! I adore being with all my friends again. I remember my first day - I was so scared! But sooner or later I felt alright. The teachers were very comforting and told my classmates what would be happening during the year. When it was break, I ran to the monkey bars, leapt in the air and held myself up!

The school is very clean. In our online assembly, held by the head teacher, he informed us that we had four cleaners around the school. In class, we have our own packs, with all the supplies we need. I must admit, I'm still a bit nervous. But, despite the tiny nervous feeling, I feel euphoric to be back. I feel so confident in school now!



Annie (Year 6), Broadfields Primary School



For me it has been quite overwhelming but also exciting to come back and meet my teachers and friends. At home my life was starting to become meaningless. It's nice to actually have work to do and learn new things.

Mahnoor (Year 12), Copthall School

The first day back felt amazing and I was relieved as I saw my friends for the first time in six months. These six months have made me realise that school is one of the most important and funnest things going on in my life. When I am in class, I tend to appreciate the teachers risking their lives to give us education. I mean, the method of the school can sometimes be annoying but it's to keep us safe.

I give credit to the school. Despite all my happiness, I have a worry that hits me every day. I fear that I might catch something and that my family will get it. The school takes really good care of our health and they take precautions, so I doubt something will happen. I am amazed at how on top of things the school is; they clean the handles and they make sure we don't spread germs.



Ali (Year 6), Broadfields Primary School

From 'Taboo Talks!'

to 'Deepin' Dance', Youth Realities is on a mission to end youth domestic abuse by any creative means necessary.



Youth Realities is a youth-led organisation based in Barnet, addressing youth relationship abuse through creative education and specialist, survivor-centred support.

Over the summer they joined forces with Non-Violence Foundation to create a Young Survivors six-part podcast series entitled "Taboo Talks!" The project was hosted by eight women aged 13-24 who

selected the discussion topics for each episode and managed the filming and promotion of the entire series.

"The programme was so enlightening. It brought a new sense of sisterhood, especially being able to relate on topics - it made me feel like I was seen, heard and felt. We learnt how to edit, film and promote the podcast. It's the best feeling - having something we can call ours." – Taboo Talks! host, 19

Another fantastic programme is open to women aged 12-25: Deepin' Dance, a weekly

street/afro-beats dance class delivered by the energetic and inspiring sessional coach, Odette Mifele.

The programme includes a fortnightly Wellbeing Workshop that focuses on empowering young women and addressing key issues that impact them.

Taboo Talks! is available now on YouTube and Spotify – just search 'Youth Realities' on your app.

Deepin' Dance classes are held every Friday, 5-7pm at Uitas Youth Zone, Edgware, HA9 0AD. Please contact 07551 022 824 or DM YouthRealities on Instagram to book your place.

A lotta love for Allotmentz

This summer, North London Community Consortium (NLCC) held a grand opening to their brand-new community café, Allotmentz, serving delicious and authentic Caribbean street food on Friern Barnet Road.

Founder Nigeal Andall envisioned an initiative that would train and employ marginalised local young people

in order to improve their long-term career prospects and since the launch of the café, business has been booming!

Locals can't get enough of this quaint little hot spot, probably due to the great quality Caribbean cuisine, the vibrant atmosphere, and most importantly the excellent service provided by the young people running the show.

Nigeal has big plans for Allotmentz, such as working with NLCC's partners to create an academy that will offer in-house training with accreditations to enable young people to run their own pop-up food stalls. Together, they also hope to secure funding for a YouTube channel where young staff members will provide cooking tutorials and create a

meal kit service that will support customers to prepare and cook Caribbean meals at home.

Allotmentz, 61 Friern Barnet Road, London, N11 3EH. Open Monday-Saturday, 8am-8pm and Sunday, 10am-8pm. Call 07914664189 to book or visit info@allotmentz11.com



"I truly value working for a business that focuses heavily on community. Allotmentz to me is like a family and no matter how far apart we go, we will all still be there for each other. I'm entering my second year at Coventry University, studying Motorsport Engineering. I hope to continue working at Allotmentz as and when I can."

Cavern, 19



"I live locally and saw that building work had started on a new café. I was looking for a job, so I came by with my CV and have since helped setup Allotmentz with building, planting, painting and co-ordinating deliveries. Since the opening I've gained hospitality and customer service skills, serving food and working with people from diverse backgrounds."

Theo, 20

The EU Settlement Scheme – a reminder for Barnet's EU citizens

The EU Settlement Scheme allows EU citizens to continue to live, work and study in the UK without any immigration time restrictions after the UK leaves the European Union. There is still plenty of time to apply for settled or pre-settled status. It's an entirely free and easy process, so why not tick it off your to-do list early?

EU citizens have until 30 June 2021 to apply

If you're one of the estimated 45,000 EU, EEA or Swiss citizens who call Barnet home, you and your family have until 30 June 2021 to apply for settled or pre-settled status to continue living in the UK. When you have secured settled or pre-settled status successfully, you will be able to remain living and working here after the UK leaves the EU.

Visit www.gov.uk/eusettlementscheme to apply.

Who needs to apply?

Except in a few cases, you need to apply if:

- you're an EU, EEA or Swiss citizen
- you're not an EU, EEA or Swiss citizen, but your family member is (or is an eligible person of Northern Ireland)

This means you need to apply even if you:

- were born in the UK but are not a British citizen
- have a UK 'permanent residence document'
- are a family member of an EU, EEA or Swiss citizen who does not need to apply - including if they're from Ireland
- are an EU, EEA or Swiss citizen with a British citizen family member

The application process

When you apply, you'll need proof of:

- your identity
- your residence in the UK, unless you have a valid permanent residence document, or valid indefinite leave to remain in or enter the UK

You can apply using any device, for example, a laptop, Android device or iPhone.

Barnet Council ID verification process

You can use the EU Exit: ID Document Check app on your Android or Apple mobile phone to complete the identity stage of your application under the EU Settlement Scheme.

The app will:

- check that your identity document is genuine
- verify that the document belongs to you

Help is available

If you don't feel confident using a computer or don't have access to the internet, the Home Office's 'Assisted Digital' service can give you support over the phone. The service is called We Are Digital. You can make an appointment to speak to an advisor who will help you complete your online application.

We Are Digital

visa@we-are-digital.co.uk

Telephone: 03333 445 675

Monday to Friday, 9am to 6pm

After you've applied

If your application is successful, a letter will be emailed to you confirming your settled or pre-settled status.

If your application is unsuccessful but you think the decision should have been different – for example you got pre-settled status but expected to get settled status – you can apply again at any time until 30 June 2021. There is no charge for this.



Contact your councillors

Brunswick Park



Cllr Kathy Levine
 Cllr Lisa Rutter
 Cllr Roberto Weeden-Sanz

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Edgware



Cllr Linda Freedman
 Cllr Sarah Wardle

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Mill Hill



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 Cllr Valerie Duschinsky
 Cllr John Hart

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Hale



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 cllr.j.teare@barnet.gov.uk

Woodhouse



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 Cllr Alan Schneiderman

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Full Council meetings

Hendon

Annual Council - Tuesday 20 October 2020, 7pm, via Microsoft Teams or at Hendon Town Hall, The Burroughs, London NW4 4BQ, depending on government guidance.

Resident Forums

You can find the dates of the residents' forums on: barnet.moderngov.co.uk

For more information and for venue details, please visit: barnet.moderngov.co.uk

For details of surgeries, email: first.contact@barnet.gov.uk

Or write to us:
Members' Room,
Hendon Town Hall,
The Burroughs,
Hendon, NW4 4BG

NHS

Test and Trace



**Protect your
loved ones.
Get the app.**

NHS COVID-19 APP
DOWNLOAD NOW

