arnetfirst





Spring Edition March 2020













First glimpses of our £5million transformation of Silkstream Park and **Montrose Playing Fields** Page 5









With more than 150 shops, restaurants and bars,
Brent Cross is the only shopping centre
in London to offer free customer parking all year round!

Leader's column

I hope that you had a good winter and took advantage of everything going on in Barnet over the festive season. Now, as winter comes to a close and the days become longer, I'm looking forward to everything spring will have to offer.

Springtime is a perfect opportunity to enjoy Barnet's green spaces, which will soon be in full bloom. We have fantastic parks and open spaces, from Monken Hadley Common in the north of the borough, to the Hampstead Heath Extension in the south. I am particularly proud of the £5million transformation of Silkstream Park and the Montrose Playing Fields (page 5). Silkstream's new playground is open, as is a bridge which will allow residents to get closer to the wildlife that the park is a haven for. The Hub in the Montrose Playing Fields will house lots of amenities, and it's just around the corner from the 'Active Zone' and Unitas – making it perfect for a day out. Work on both parks is due to be completed by April, which will be a perfect time for an afternoon stroll.

Speaking of moving, we would like your views on our draft Long-Term Transport Strategy (page 4). Our population is growing, and with a new town and train station being developed in the Brent Cross and Cricklewood regeneration (pages 10 & 11), there has never been a better time to look at the borough's transport options.

Don't forget to sign up to our garden waste collection service (page 24). The new charge will mean that we can continue to offer this service to the residents who would like it, as well as allowing us to reinvest in environmental services around the borough. We will be able to continue investment in our roads and pavements, improve our street cleansing operations, fit LED bulbs to street lights and, of course, remain one of the few boroughs in North London to have weekly refuse collections.

We want to make sure that Barnet isn't just the place where you work and live, but that it's a community in which you can thrive. To do that we are focusing on making sure that the benefits of growth are shared with everyone. We will ensure that Barnet remains a family-friendly borough, and a place where opportunities are created for residents to live the lives they want: happy, active and independent.

I hope you take the opportunity to enjoy some of the many services and opportunities delivered around the borough, not just by the Council but by amazing businesses, groups and volunteers. I am always in awe of how much our residents do for each other, the wider community and the borough's' beautiful spaces (page 29).

As I write, the spread of COVID-19 (coronavirus) is becoming a serious concern. The council is working closely with the NHS and Public Health England to make the necessary preparations to protect our residents' health and delivery of essential services. Please follow the advice of Public Health England about the simple steps you can take to prevent spreading and catching the virus.

For now, enjoy the springtime and I look forward to catching up with you once again in the summer.

Councillor Dan Thomas,

Leader of Barnet Council





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When you have finished reading our magazine, please recycle.

Contact us

Barnet First is a magazine filled with local news and community information for the borough of Barnet.

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

Barnet First is produced by the London Borough of Barnet's Corporate Communications Team. To contact the editorial team about advertising, or placing inserts and contributions email:

barnet.first@barnet.gov.uk



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You can see back issues of Barnet First magazine at: www.barnet.gov.uk/news-hub

Residents offered an employment BOOST

Barnet Council's BOOST employment support agency has opened a branch in a third location to help more residents to find jobs.

BOOST launched in 2015, and two years later a second location opened in Childs Hill. A third has now opened within South Friern Library, where it is open from 10am-5pm on the second and fourth Wednesday of every month.

The BOOST teams help people find employment, whether by helping them improve their CVs and interview techniques, or their health and wellbeing. They also help residents find jobs, training and volunteering opportunities, and provide advice on issues including housing, benefits and debt. They also give people advice and support to thrive in their new jobs.

South Friern Library Boost is at Colney Hatch Lane, London, N10 1HD. Burnt Oak BOOST is based at Burnt Oak Library, while Childs Hill BOOST is at 184 Cricklewood Lane. They are open from 9am-5pm, Monday to Friday. You can contact the Burnt Oak BOOST on 020 8359 5600, and the Childs Hill BOOST on 020 8359 7200.



BOOST is funded by Barnet Council working in partnership with Barnet Homes, JobCentre Plus, Future Path Development CIC, Cambridge Education, Barnet and Southgate College and local community organisations.



Long-Term Transport Strategy 2020-2041

We would like your views on our draft Long-Term Transport Strategy

Barnet's population is growing and by 2030 it will have risen to almost 450,000 people, with a significant increase in the number of older people.

We want to ensure that transport in the borough can support this growth and provides a reliable, safe and convenient network which is good for air quality and the health of residents.

There is a finite amount of road space in the borough. With the projected population growth, congestion can only be addressed by reducing our reliance on the car and encouraging more sustainable and active ways to travel such as walking, cycling and public transport.

The Long-Term Transport Strategy also sets out a number of proposed schemes for each type of travel along with activities to changeenvironment, participants can grow, the way we currently travel.

Residents can share their views on the strategy. The consultation is open until 24 April. For more information on how to give your views please visit Engage Barnet engage.barnet.gov.uk









Plot 52 "repairs me and boosts me"







Green fingered horticulturalists are preparing for a new season at Plot 52, a community allotment in Cat Hill, Barnet. The project provides outdoors social and educational opportunities for vulnerable people living in the borough. Plot 52 is a collaboration between Sweet Tree Farming for All and CommunitySpace, which itself is a part of YourChoice Barnet.

Over the past year, members have been growing fruit and vegetables, as well as seasonal produce for use in oils and condiments. They have also helped other plot holders on the allotment with their harvests.

People living with learning and physical disabilities, sensory impairment, and autism are all taught practical skills that gives them greater independence and a role in their community. The project also has an employment programme that helps service users access training and employment opportunities. One of the members summed it up by saying: "This allotment fixes me up and helps me forget my past, it repairs me and boosts me up."

For more information contact Nikki Barnett: mobile 07949 163 577 or email nikki.barnett@yourchoicebarnet.org

First glimpse of Barnet's revamped park

£5million transformation of Silkstream Park and Montrose Playing Fields nears completion

Colindale and Burnt Oak residents have been treated to an early peek at the revamped Silkstream Park and Montrose Playing Field.

Work on transforming these popular greenspaces is due to be completed by the end of April, but many of the new leisure attractions are now open to the public.

Forming a green corridor between Colindale and Burnt Oak on west side of the borough, Silkstream Park and Montrose Playing Fields have been designed as a yearround hub for people who enjoy the great outdoors. From wildlife havens, to extreme sports and family-friendly playparks, there is something for everyone.

Silkstream Park

Children and young people can now enjoy the newly opened playpark, which features a climbing frame, slide, seesaw, swings, roundabout and more. For those a little older, picnic tables, benches and paths for taking a leisurely stroll are all on offer.

A new wetlands area will become a haven for wildlife. The feature is designed to fill with water when the Silk Stream brook overflows. reducing the risk of local flooding. This happened in the recent storms. Visitors will be able to get close to the birds and other wildlife it attracts thanks to a new bridge that spans the wetlands.

Cllr Dan Thomas, Leader of Barnet Council, said:

"We're delighted to have reached this milestone, which represents a significant step in the transformation of the area. This project shows how our residents can benefit from growth and regeneration.

"We want these parks to be fun and familyfriendly places that can be enjoyed by the whole

community. Silkstream and Montrose will bring people together in a safe and shared space. We hope that they will be enjoyed by everyone."



Montrose Playing Fields

A café, changing rooms, multi-use events studio, and playground will provide familyfriendly facilities. The 'Active Zone', next to Unitas youth zone, will feature a skatepark and parkour course. For those who enjoy sports and keeping fit, there will be tennis and basketball courts, table tennis tables, and an outdoor gvm.

Put 17 May in your diary

To mark the opening of the park, we will be celebrating with a big launch event. Experts will be on hand to teach you the sports and activities on offer in the park, as well as market stalls, music and much more. For more information and to stav updated visited: www.barnet.gov.uk/ montroseandsilkstream

The park revamp has been funded primarily by revenue from building developers, but also:

- £324,000 from the Mayor of London's **Green Capital grant**
- £80,000 from the Environment Agency Water **Environment Improvement Fund**
- £113,000 from the London Marathon Trust











Your Council Tax bill: investing for the future

Your annual council tax bill will be delivered to you soon explaining how your contribution supports the provision of local services across Barnet.

We have saved more than £174 million since 2010, while maintaining high levels of resident satisfaction and protecting frontline services as much as possible. However, we are facing a budget gap of £71.7 million between now and 2025 with £17.3 million of savings need to be made in 2020/21 alone.

We are increasing general Council Tax by 1.99 per cent this year and applying an Adult Social Care Precept of 2 per cent to Council Tax. This will mean a total increase of 3.99 per cent – an extra £48.87 per year for a Band D property.

This is not a decision we have taken lightly. We are proud of our record on Council Tax, freezing it for nine consecutive years before having to raise it in 2019.

A sustained challenging financial landscape has forced us again to make this difficult decision, to ensure we can protect and invest in the council's services.

For more information on Council Tax visit: www.barnet.gov.uk/council-tax

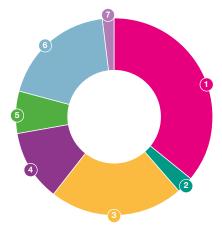
Net expenditure for 2020/21

Our net budget for the coming year is £325.310 million.

This is the core budget over which we have control. Some council services also generate an income from fees, charges or specific grants, which total £139.356 million, bringing core expenditure on services up to £464.666 million.

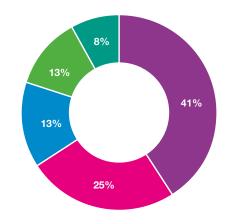
The chart below sets out all our spending for 2020/21, while the four charts on the opposite page break down the spending in some of our most important areas of work.

How we will spend your Council Tax over the next year



	Service Area	£m
1	Adults & Health	119.736
2	Assurance (incl. electoral services and internal audit)	6.704
3	Children's and Family Services	69.379
4	Commercial, Management, Back Office, Housing & Development	39.246
5	Environment	25.516
6	Corporate Expenses (Housing Benefits, capital financing, levies and inflation)	62.635
7	Planning & Regulation	2.095
	Total	325.310

Where our money comes from



Where our money comes from		Income £m	%
	Council Tax	188.280	41%
	Fees & Charges (excluding HRA)	114.081	25%
	Business Rates	60.364	13%
	Government Grants	60.591	13%
	Other contributions	41.350	8%
	Total Income	464.666	100%

WORKING TOGETHER FOR BARNET:

making the borough a great place to live, work, and study.

Barnet Council is proud to be a healthy, family-friendly place to live, but we are also a growing borough with ambitious plans for development.

We are working to ensure all residents benefit from this growth and continue to receive high-quality services from a well-run, responsive council.

We start from a good base; over the next few pages are some of the things we have delivered to make Barnet a great place to live, work, and study.



OUR AMBITIONS FOR BARNET:

how we measure up

Our Corporate Plan sets out our four ambitions for making Barnet a better place to live, work, and study:

- The benefits of growth in the borough are shared with all residents and create positive outcomes for the whole community
- Barnet remains a family-friendly borough, where people feel safe and great place to live
- We create opportunities for residents to live independent, active, and healthy lives
- The council is well-run and easy to deal with.



In the past 12 months we have...



Invested £45m in two new leisure centres in Copthall and New Barnet which opened summer 2019, paid for by revenue from house building programmes and Sport England



Open April 2020

Transformed Montrose Playing
Fields and Silkstream Park through **£5m improvements** paid for by house building programmes.



Recruited 255 volunteer

Hate Crime Reporting Champions, working in partnership with the police

Supported **321** children in care and **313** care leavers







Filled **2,919** potholes, and resurfaced and improved **49** roads and **20** pavements



Supported 7,300+ people living in the community and **1,200+** people living in a residential setting through Adult Social Care services

Welcomed more than **13,000 new library members** and loaned 660,000 items in the borough's 14 branches



Brent Cross Cricklewood Regeneration

Brent Cross Cricklewood regeneration works have commenced, which will bring over **7,500 new homes, three-million square feet of commercial** space and **27,000 new jobs.** Plus **a new £40 million train station** that will connect Brent Cross to central London.

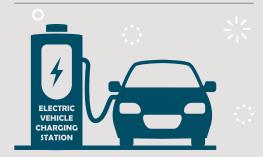




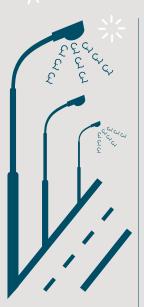
Contributed £4.2m to building the Unitas youth zone, paid for by revenue from house building programmes



Increased investment in street cleaning by **£500,000**



Installed 110 new e-vehicle charging points



Replaced old bulbs with LED lanterns in Barnet's 26,000 streetlights, which will save £750,000 a year in electricity costs



Launched a new council website with a all-in-one payments

platform, making it easier for residents to access council services



Over 66,000 users have now signed up for a My Account



Helped over 26,000 residents

lead more active and healthier lives through the Fit & Active Barnet Card (Launched July 2018)

Education



Our secondary schools ranked second in England for Progress 8 scores and second highest nationally for Attainment 8



Ofsted rating: 96.4% of our Primary and Secondary schools were rated 'good' or 'outstanding'



100% of children whose parents/carers applied on time received an offer of a Reception place

New station on



We've moved a step closer to building a new £40million Thameslink station, by awarding the design and build to VolkerFitzpatrick. The new station will connect Brent Cross to central London with up to eight trains an hour travelling to Kings Cross St Pancras in under 15 minutes..

Brent Cross West will help unite the areas north and south of the North Circular, providing direct rail services to Luton and Gatwick Airports, and connecting to the wider London transport network.

Locally, a new pedestrian bridge will provide communities from both sides of the tracks with new walking and cycle access across the railway line for the first time since it was built over 150 years ago.

We will work with the contractor to ensure some of the construction jobs to build the new station are earmarked for Barnet residents, while the new station itself will provide excellent employment and training opportunities for local people.

Accessible for all

Brent Cross West is expected to become one of the UK's first mainline train stations to provide level access from street level. We are working with the Consultative Access Forum on designs to ensure that people with mobility issues can more easily access every train that stops at the station.

Investing in growth

The new station is being built to support the Brent Cross Cricklewood programme, which is the most ambitious redevelopment and growth programme to be undertaken in the borough for generations.

The new station is just one of the ways that the redevelopment will improve transport in the area. Investment in improving local transport infrastructure will also see new roads, improved junctions and additional walking and cycling routes built in the area.





track for 2022 opening



Cllr Dan Thomas, Leader of Barnet Council, said: "Brent Cross will become North London's top destination for living, leisure, retail and business. It is one of the biggest regeneration programmes in London and will transform the area and deliver significant benefits for the borough and beyond. With over 7,500 new homes, almost three-million square feet of commercial space and 27,000 jobs, both new and existing communities will benefit from exceptional new transport links too."

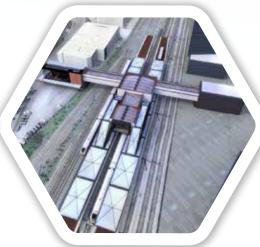
Meet the BXS team

Residents can now meet with the project team to find out more about Brent Cross South, the new town centre being built in the heart of the Brent Cross Cricklewood development.

Argent Related, the team behind Brent Cross South, has fixed up two of the vacant premises on Claremont Way to create the visitor centre. For opening times visit: **BrentCrossSouth.co.uk**







New BXC website live

We have launched our new website transformingBX.co.uk to keep you updated about the programme and the plans for the area. Check out the new website and sign up for e-newsletter alerts. If you have a question about the scheme you can email us at TransformingBX@Barnet.gov.uk





Mats on th

Get ready for the Great British Spring Clean

Barnet's biggest mass-action environmental litter picking campaign

This spring, join a national army of 600,000 volunteers to clear litter from our streets and parks. Everyone has the right to enjoy litter-free public spaces, so take part in the Great British Spring Clean. Find out how to sign up and your nearest litter-picking group. Please email strategy@barnet.gov.uk





The Royal Air Force Museum London has a range of activities suitable for the entire family running on a regular basis throughout spring. Activities include:

Easter Animal Trail

4 April - 17 April (£3.00 per trail)

The Easter Bunny has lost his animal friends in the museum - search for find them and find out why they might be hiding underneath our aircraft. Find all the animals and you will receive a delicious chocolatey prize.

The trail is suitable for children of any age, but younger ones might need help from their grown-ups. The start line will be underneath our Sunderland Flying Boat, so once you have paid for your trail head there to find the start line. Once you have found all the animals hidden around the museum, just hand your completed trail sheet in at the finish line to collect your eggs-cellent prize!

The trail runs from 11am to 3pm. We will stop selling tickets at 2.30pm and the finish line will stay open until 3.15pm, to give everyone a chance to collect their prize.

Spitfire Adventure

8-9 April and 15-16 April (£12 for children / £15 for adults) 11.00am and 1.00pm daily

Have you ever wanted to sit in the pilot's seat of a Spitfire? Do you have the right stuff to get an aircraft back in the sky, or decode enemy intelligence?

Now's your chance to put your skills to the test. Scramble the whole family and nose-dive into an amazing immersive adventure. Play the game, crack the clues, compete against other teams and earn your Spitfire wings.

This exciting immersive experience combines all the fun of an escape room with that of a treasure hunt and a little bit of the theatre! In this high intensity game, you will have 90 minutes to fly around the museum, explore objects from RAF history and solve puzzles. On your adventure you will meet real-life characters and their stories.

VE Day Party – Free

8-9 May 11.00am - 3.00pm daily

You are invited to join us at our street party to celebrate the 75th anniversary of VE Day. Book your celebratory tea and join in with our fun activities including storytelling, face painting, music, games, make and take, and messy play.

For further details about these events and other activities taking place at the museum this spring, please visit www.rafmuseum.org.uk/whatson



Walk 2020

The Big Fun Walk is a beautiful 8.5 mile charity walk from East **Finchley to Westminster through** London's most famous parks.

Last year, 1,375 people and their dogs walked in support of North London Hospice. The event raised over

The Big Fun Walk route passes some of London's most famous landmarks, amazing views of the city, and through its most beautiful parks. Interested? See below:

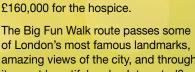
Adults £12.50, 5-16s £7.50, Under 5s Free You can book your place online at www.bigfunwalk.co.uk or by calling 020 8446 2288.





Sunday 3 May







Springtime

Leisure centre activities

Barnet Copthall Leisure Centre

27 March 6-9pm

New Barnet Lesiure Centre

29 March 2-5pm

2020 Swimathon

Swimathon is a national swimming event taking place in 600 pools across the UK. It's a challenge that's open to everyone, regardless of age and ability. If you can swim, you can take part! Enter Swimathon 2020 and join Cancer Research UK and Marie Curie to raise as much money as possible for two causes close to the nation's hearts. swimathon.org



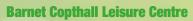
Barnet Copthall Leisure Centre

5 March, 2 April, 7 May, 4 June 2-4pm

Dementia Club

We promise two hours of pure entertainment and fun in a social and safe environment. Activities will include fitness, dance, singing, games and much more. Most importantly tea, coffee and cakes will be available throughout the session! Dementia Club takes place on the first Thursday of every month.

www.dementiaclubuk.org.uk



6 – 9 April & 14 – 17 April 9.30-11am

Better Swim School Holiday Courses

We are running an intense course for children who want to learn and improve their confidence and techniques during the course of a week. We are running Junior Beginner and Junior Improver lessons. The sessions

will be held in a heated shallow pool. Prices start from £25,25

www.betterlessons.org.uk











Barnet Burnt Oak Leisure Centre

6, 8, 15 & 17 April

9:00-11:00 11:00-13:00 13:00-15:00 or 9:00-15:00

Holiday Camp

Our Holiday Camp is open to children aged five to 12 years. Mixed sports and games throughout each two-hour session will include football, tennis, badminton, table tennis, basketball, arts & crafts/board games. Contact: 020 8201 0982 www.better.org.uk

Finchley Lido Leisure Centre

29 March All day

Free Fitness Taster

Come along to our open day for adults (17+) for a free taster of our fitness centre and classes. Fitness classes must be booked in advance and are subject to availability.

www.better.org.uk/finchley-lido



Hendon Leisure Centre

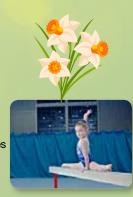
6-10 & 13-17 April 9-3pm

Join our gymnastics and trampoline

Holiday Camps this Easter!

The camps are aimed at children aged five to 15 years and consist of a variety of activities from skills development to conditioning. Spaces are available to pre-book now.

www.better.org.uk/hendon Adel.berrimi@gll.org



New Barnet Leisure Centre & Barnet Copthall Leisure Centre

Monday-Saturday

Better Barnet's Kids for a Quid

Looking for something fun to do? Why not enjoy Better Barnet's Kids for a Quid offer and go for a swim! All juniors aged eight to 15 years swim for a £1! Sign up for your free FAB Card now to enjoy the benefits of Kids for a Quid!

www.better.org.uk/fab-hub



What's on this Springtime

Stephens House & Gardens events

Mother's Day Lunch

Sunday 22 March

Treat your mother to a delicious lunch in the atmospheric setting of the Drawing Room. All mothers receive a special garden related gift. Lunch served 12pm-3pm. Booking essential please call 020 8346 7812, option 1. Deposit required to secure all bookings.



Thursday 26 March

Did you know that in recent years India has experienced a boom in wine exports and is appreciated for good-quality wines? Come along and sample three varieties. There will be a great home-cooked curry and some nibbles to complement the tasting. Vegetarian options will be available.

Book tickets here:

www.tickettailor.com/events/ stephenshouseandgardens/331933

Eggtastic - Egg Hunt & Egg Decorating

Sunday 5 April

Your little explorers get to follow the clues on a quest for eggs and then they can have lots of fun decorating their own! For times and booking visit: www.stephenshouseandgardens.com/events







Don't Forget Recycle right this Easter

Easter is soon upon us and there will be chocolate eggs aplenty – but with those tasty treats comes a lot of packaging. Please dispose of it correctly.

All cardboard and plastic food trays can be recycled – but please make sure no chocolate or food is left behind in them, or they will become 'contaminated' and less recyclable. Also, please remove any ribbons, bows or other decorations from packaging that may not be recyclable. All cardboard should be flattened before being placed into your recycling bin. For more recycling tips visit barnet.gov. uk/recycling.

If you're planning a big meal this Easter, cut down on unnecessary waste by controlling your portion sizes and cooking

no more than what will be eaten. If there are some leftovers, consider storing them so that they can be used for a meal on another day. For more tips on how to make the most out of your meals and reduce unnecessary waste, visit

lovefoodhatewaste.com.



Barnet Medieval Festival is London's only festival of its kind and we are pleased to announce that it is returning in May 2020 after the success of last year's event!

It will be held at the Barnet Elizabethans Rugby Football Club, Byng Road, Barnet, EN5 4NP.

There will be a full programme of displays and activities.

Over 350 re-enactors will be descending on Barnet for the weekend to set up their living history camps and to stage the battle re-enactments and firepower. The rival commanders at the Battle of Barnet – Edward IV and the Earl of Warwick – will be recruiting supporters to their cause so now is the time to decide whether your loyalties lie with the Yorkists or Lancastrians. There will also be a medieval market with over 25 different traders, children's activities, a range of community stalls and a variety of food and drink outlets.

Barnet Medieval Festival is organised by the Barnet Medieval Festival Committee, a registered charity which advances the education of the public in the history of medieval life and warfare, with a focus on the history of Barnet.

Visit www.barnetmedievalfestival.org



Discover Barnet's great family day out

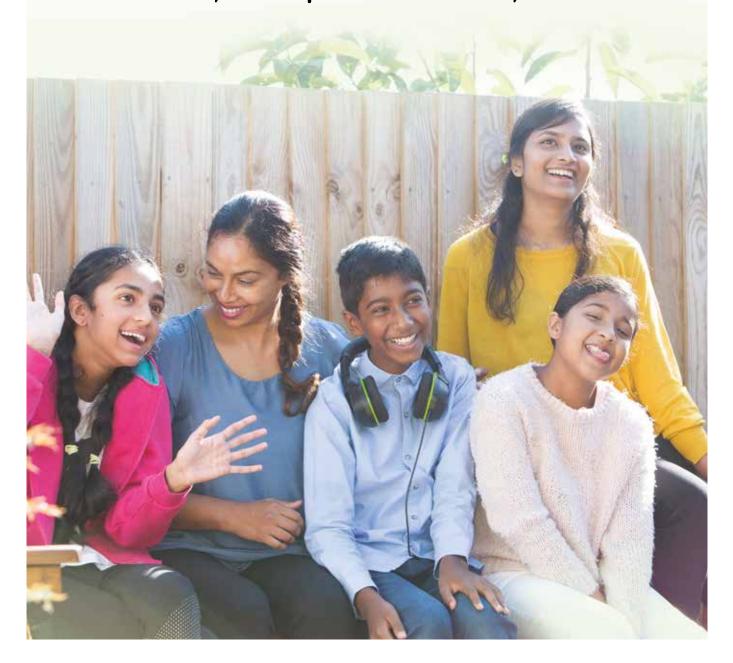
Explore the fascinating story of the first 100 years of the RAF. Debate the future, test your flying skills, be amazed by stories of bravery, love and loss. Catch up with friends in our café and restaurant. Families will love our themed outdoor play area. We're open daily from 10.00am. Entry is free.



rafmuseum.org

020 8205 2266

The Royal Air Force Museum London Grahame Park Way, Colindale, NW9 5LL There are lots of reasons to foster. For me, it was about helping young people like Maya feel part of a family.



DO YOU HAVE #MORE2GIVE?

Join our fostering community today and see how you can change a child's life.

O20 8359 6274 | www.barnet.gov.uk/fostering





Children and Young People: Your voice

Children and young people play a huge role in the Barnet community. Every issue, a young person shares their experience of life in the borough.



Amaan, 11, urges young people to talk at times of stress or upset.

Mental health is the state of your mind. You may have heard of famous celebrities on the news talking about mental health.

They usually speak about the phases that they went through when they were younger, and what they went through to overcome their problems.

Most of them say that they had to talk it out with friends, family or with people close to them.

It may feel cowardly and or weak to admit to people that you are suffering, but if you don't then what would happen?

For example, one day your grandad is in hospital. The next minute, the doctors are walking out slowly, with looks of fear and distress.

You look closer, and you see that they are holding something, you turn away. Your eyes swell up like a bursting volcano and tears erupt out.

It is a death certificate. You just feel like you want to be alone, sit in your room, paint it black, and cry and sulk. You shut and lock your door and windows; close your dark curtains and think, is this my fault?

Sometimes you are angry and you think no one understands you, you just don't know what to do. It's like the whole world is against you, but no, you can't let this happen anymore; speak to someone.

I know that I could always rely on my parents to stand by me and support me. I can guarantee you, that if you can talk, you are letting those burdens pass away. It's like you're in the clouds and free from worry.

There's only one more thing that I can say to young readers. Talk, listen and fly straight ahead; do not let anything bother you, and don't let anyone or anything stop you from doing what you think you can achieve. Through talking we can improve lives.

Remember no problem is too big or too small. If you need support please call Childline Free on 0800 1111 or contact Kooth.com for free, safe and anonymous online support

Want to write an article for the next Barnet First magazine?

If you are aged 11-19 you can write an article on anything from education, employment, health, hobbies, or issues important to you.

We can't wait to read your stories!

A few points to remember:

- Keep your article to a maximum of 400 words
- Email us at Barnet.First@barnet.gov.uk with your article, full name and details. Please send your article by 10 April 2020.
- Tell us why you chose what to write
- Ensure you provide consent from your parents/guardians



Run, cycle, or swim for Barnet's most vulnerable children

Challenge yourself, get fit and raise vital funds to help young people in your community

for a challenge event and if you do it for charity you get that feel-good feeling, too.

Live Unlimited, the charity launched by Barnet Council to provide enrichment activities for the borough's looked-after children, as well as driving lessons for care leavers, is looking for people to raise funds through sponsored events such as 10k runs, swimathons and cycle rides.

"Whether it's swimming the Serpentine, taking up one of our three charity places in the Royal Parks Half Marathon, or doing a Tough Mudder event, we'll be here to support your fundraising and cheer you on," says Chair of the Board of Trustees, John Hooton.

Rob Riley raised £560 for the charity in the Royal Parks Half Marathon last October and said the fundraising was easier than he expected.

There's no better way to get fit than to train "I was daunted about asking people for money at first, but when I explained what Live Unlimited does and the difference it makes to the lives of very vulnerable children and young people, my friends and family really wanted to help. It made the experience even more enjoyable and worthwhile."

> As well as the Royal Parks Half Marathon, other events you might like to consider are the Hertfordshire Triathlon in May, Swim Serpentine in September or the Colour Run also in September.

You could make a team with colleagues and try the Three Peaks Challenge any time over the summer.

Donations and sponsorship enable the charity to help more children realise their dreams and achieve their potential.





LiveUnltdBarnet

liveunlimitedbarnet

Live Unlimited Barnet

For more information go to Liveunlimited.org.uk or contact Suzy Barber at suzy.barber@barnet.gov.uk / 0208 359 2962



Building an **extension** or converting your loft or garage?

You will need the work checked and approved for compliance with the building regulations.

LABC Barnet ensures work is safe, up to standards, is energy efficient and helps protect you against roque builders.

Our building control experts can help bring in your project on time and within budget.









Share your life and enjoy a truly rewarding career!

Shared lives is a community based approach where an exceptional individual or family open their heart, and home to support some of the most vulnerable adults in Barnet.



Generous pay with tax free allowances from £23k

Inspire positive change in others

Enjoy being part of your community

Support every step of the way

Training available

Recruiting Shared Lives carers now!

Find out more:

L 0208 359 3576





The EU Settlement Scheme — the facts

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. EU citizens still have time to apply for settled status.

Barnet's thriving EU population

According to the latest population data, the borough of Barnet is home to an estimated 45,000 EU citizens.

Of those, 30,000 have already secured settled status, meaning that they can continue to live and work in the UK after it leaves the EU.

"Barnet is home to 45,000 EU citizens."

Applying to the EU Settlement Scheme

The EU Settlement Scheme makes it easy for EU citizens and their family members who want to stay in the UK to get the UK immigration status they need. It's free and they only need to complete three key steps - prove their identity, show that they live in the UK, and declare any criminal convictions.

The easiest way to apply is online.

Visit: www.gov.uk/settled-status-eu-citizens-families/applyingfor-settled-status

Getting help with your application

Barnet Council ID verification process

We're offering support with the digital ID verification process as part of your application to the Home Office.

If you can't use the **EU Exit: ID Document Check** app, we can check and verify your passport in person.

If your mobile phone or other device can't access the online app and you're eligible to apply for settled status, you can attend an appointment at Barnet Register Office at Hendon Town Hall.

Your document will be scanned and verified. The scan will confirm your identity so that you'll be able to make an application for settled status. We won't retain your passport and in most cases you won't be asked to send your passport anywhere else during your application.

The cost of the service is £14 (including VAT). Appointments will take place between 9am to 4pm, Monday to Friday. To book an appointment, please call us on 0208 359 2074

During your appointment, vou will need:

- · Your current valid EU biometric passport or valid biometric residence card
- A mobile phone that can receive SMS text messages
- A valid email address you will be required to complete your application at a later date

Please note, this service does not accept national identity cards. We can't advise on eligibility or likelihood of success of your application.

Help for Barnet residents

Barnet's Citizens Advice Bureau (CAB) is helping people who may find it difficult to apply for settled status, especially those who are vulnerable.

People can access Barnet CAB's service by coming to one of their drop-in sessions, phoning their Helpline on 0300 456 8365 or by emailing eu@barnetcab.org.uk

For more information, visit: barnetcab.org.uk





Walking in Barnet



Spring is here and National Walking Month is coming up in May! Take this opportunity to try some of our great walks available in Barnet.

Barnet Healthy Heritage Walks

In July 2019, Barnet Council and the Wellbeing Champion, Cllr Caroline Stock, with support from the Ramblers and the British Guild of Tourist Guides, launched the first in a series of six new heritage walks with accompanying audio. This three-part series of audio-guided walks include some of the most interesting points of heritage in Barnet, whilst promoting physical activity.

The Walks - part 3

All six walks are around five to 10 kilometres (km) or three to six miles (m), approximately 5,000 – 10,000 steps. In this issue you can find the final two walks:

Mill Hill Walk

This walk takes you through interesting sites of Mill Hill and includes the original Mill Hill Village along The Ridgeway, where some notable large houses and quaint cottages survive. It is mainly an urban trail, however there are some grassy slopes and steps.

*East Finchley to Finchley Church End Walk*This linear walk is from East Finchley and ends at St. Mary's-at-Finchley

This linear walk is from East Finchley and ends at St. Mary's-at-Finchley Church, in Finchley Church End. Can you find the key stone? See if you can spot Spike Milligan sitting on a bench! This is mainly a paved, urban trail.

Read on for the two maps. Accompanying written guides and audio descriptions are available from www.barnet.gov.uk/heritagewalks

The benefits of walking

Walking is simple, free,* and one of the easiest ways to get more active, lose weight and become healthier.

A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise. Regular walking is proven to reduce your risk of some chronic illnesses, including heart disease, stroke, asthma, type 2 diabetes, obesity and some types of cancer.

Walking can also improve your mood and reduce your risk of depression. For older people, walking more often is great for increasing general mobility and muscle strength in the lower body which reduces the risk of having a fall.

Healthy Heritage Walks

GIVE US YOUR FEEDBACK!

This is a trial initiative, so we welcome your feedback on any points related to the Barnet Healthy Heritage Walks.

Please contact us on: publichealth@barnet.gov.uk

Other ways to walk in Barnet

Active Trails

Active Trails are pre-plotted routes of 1k, 2.5k or 5k. They can be walked, run or cycled at your own pace - all for free! Try a Trail alone, with friends or family. Visit:

www.barnet.gov.uk/walksandtrails

Health Walks

Health Walks are organised in Barnet each week for anyone over the age of 18 years. Each walk is led by a friendly instructor and includes stretching exercises to help you get the most out of your walk.

For more information visit: www.barnet.gov.uk/health-walks

Nordic Walks

An enhancement of ordinary walking, using poles to strengthen the upper body and alleviate joint pressure. Saracens Sport Foundation provides Nordic Walking sessions for people aged 50 and over, catering for all abilities and different paces. For more information contact:

Daniela.boyce@virgin.net

FAB

Having access to a Fit & Active Barnet (FAB) Card entitles all Barnet residents to numerous physical activity benefits including trying your first Health Walk for free, savings on block bookings, discount across Better leisure centre activities and more. If you haven't

already signed up for your FREE FAB Card what are you waiting for! Join the 26,000 Barnet residents that are already signed up today at:

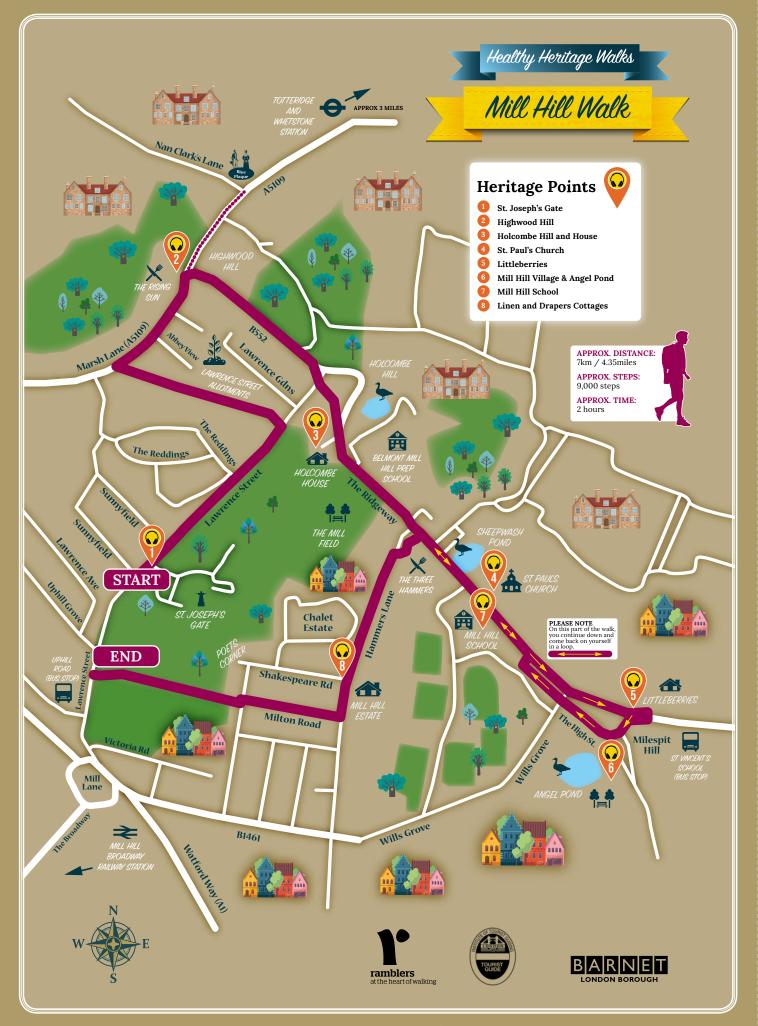
www.better.org.uk/fab-card

*Free - unless walking is part of an organised programme such as Health Walks or Nordic Walking, where a small charge to participate is applied.











Sign up and pay for Barnet's new fortnightly garden waste collection service

From 6 April, the fortnightly collection of garden waste will cost £70 for the year for one bin, per household.

Only green garden waste bins showing a sticker issued by the council placed on the lid of the bin will be emptied.

The first bin for each household will cost £70 a year, with each extra bin charged at £50 a year.

Collections will remain fortnightly, with around 23 collections per year.



Why is this change happening?

 We will be reinvesting the money raised into environmental services around the borough, investing in roads and pavements, improving our street cleansing operations, fitting LED bulbs to street lights and helping to make much-needed cost savings for the council.

217 UK authorities now charge annually for garden
 waste bin collections. This includes all of our neighbouring
 boroughs, who have also moved to fortnightly collections for
 refuse. While we are moving to chargeable garden waste collections,
 unlike our neighbours we will be sticking to the weekly collections of
 both black and blue bins.

If you need garden waste bin collections, make sure you sign up to the service as soon as possible.

Sign up and pay at: www.barnet.gov.uk/gardenwaste or by calling 020 8359 4600 (option 1)

How does it work?

- If you would like to sign up and pay for the garden waste collection service, you can either visit www.barnet.gov.uk/gardenwaste or call us on 020 8359 4600 (option 1). Please ensure that you sign up for the total number of bins you would like us to empty. We don't empty overfilled bins or collect excess sacks of garden waste.
- Once payment has been received, your sticker will be posted to your address within 10 working days.
- When you receive your sticker, please remember to apply it to the **centre of the lid** of your garden waste bin as soon as possible to ensure the collection crews know you have paid for the service.

Sign up and pay at: www.barnet.gov.uk/gardenwaste or by calling 020 8359 4600 (option 1)

If you do not want to sign up to the service, then you can...

- Take your garden waste to the Reuse and Recycling Centre, Summers Lane, N12 ORF
- Consider composting at home compost bins are available at affordable prices.
 Visit: www.getcomposting.com
- Keep your green bin for other uses. Any arrangements put in place by the council to remove bins will be communicated at a later date
- Remember not to put garden waste in your black refuse bin or blue recycling bin.



Dementia Club and café

A new monthly Dementia Club café for Barnet residents living with dementia has opened in Candlewood House Care Home - Truth, Love and Compassion's latest state-of-the-art home in North London.

Dementia Club UK

Caring for the community Sponsored by Saracens



An afternoon tea will be served with music entertainment for friends and families to meet, relax and have fun.

In recognising much needed support to the Barnet community for residents, family members, friends and relatives of those living with and affected by dementia, Candlewood House Care Home are collaborating with Dementia Club UK to provide an added resource for the community. The club will offer the opportunity to meet with others, providing friendship and a support network, along with helpful advice, signposting and guidance for those seeking it.

Tackling Ioneliness

Creating a warm and welcoming environment which is friendly and relaxed to put people at ease and feel comfortable, will help tackle the sense of loneliness many feel when faced with a diagnosis of dementia or early signs of memory loss. Dementia Club UK is generously providing live musical entertainment for the monthly meet. Candlewood House Care home is run by TLC Care which stands for delivering its values - Truth, Love and Compassion to people who choose to live in this vibrant home.

Next session will be on Thursday 9 April

We look forward to welcoming you every second Thursday of each month from 2pm to 4pm at:

Candlewood House Care Home, 175-185 Cricklewood Lane, London NW2 2TD

Surrounded by care and support, every detail is tended to using the latest technology, making it a comfortable 'home-from-home' experience.

Caring for the community

Lisa Rutter, chairman of founder of registered charity Dementia Club UK, has opened 12 other Dementia Clubs in the borough of Barnet.

Lisa started the charity because her mother was diagnosed with Alzheimer's disease and has experienced first-hand all the problems and challenges.

She now wants to help as many people as possible. She opened the first dementia club in 2013 at the Finchley Memorial Hospital when she was Mayor of Barnet in 2011/2012. Lisa is also the borough's Ageing Well and Mental Health Champion.



For more information please contact Lisa Rutter: mob. 07956 858913 email lisa.rutter@dementiaclubuk.org.uk website http://dementiaclubuk.org.uk







When you're not feeling well, these local NHS services are open every day

GP services: If you have an illness that will not go away, it is best to visit your GP. You will have to make an appointment to get the treatment you need, but this way, you will reduce demand on emergency services.

GP Extended Access Service: Appointments are available from 6.30pm to 9pm on weekdays and 8am to 8pm at weekends and bank holidays. To book, call your own practice during normal opening times, or 020 3948 6809 from 6.30am to 8pm on weekdays and bank holidays.

Freephone NHS 111: If you urgently need medical help or advice but it's not a life-threatening situation, NHS 111 is available 24 hours a day, seven days a weeek. 111 can direct you to the right local service, including out-of-hours GP services, out-of-hours dentists and the GP extended access service.

Mental Health Crisis: If you are a patient who needs urgent care, contact your care co-ordinator first between 9am and 5pm Monday to Friday. Outside of these hours, call the Crisis Resolution Home Treatment Service (CRHT) on 020 8702 4040. The CRHT provides an urgent outreach service, and assessment 24 hours-a-day, seven days-a-week, wherever people are at the point of referral e.g. GP surgery, A&E, or in their own homes.

Walk-in services (Please note that the last patient is booked in an hour before closing)

Finchley Memorial Hospital, Granville Road, Finchley N12 0JE. 020 8349 7470 Open Monday to Sunday 8am to 10pm including weekends and bank holidays. X-ray facilities Monday to Friday 9am to 5pm (excluding weekends and bank holidays)

Edgware Community Hospital, Burnt Oak Broadway, Edgware HA8 0AD. 020 8732 6459 Open Monday to Sunday 7am to 10pm including weekends and bank holidays. X-ray facilities Monday to Friday 9am to 8.30pm including weekends and bank holidays.

Cricklewood GP Health Centre, Britannia Business Centre, 2 Cricklewood Lane NW2 1DZ. 03000 334 335. Open Monday to Sunday 8am to 8pm including weekends and bank holidays. No x-ray facilities.

Urgent care services open every day:

Royal Free Hospital, Pond Street, Hampstead NW3 2QG. Open 10am to 10pm

Barnet Hospital, Wellhouse Lane, Barnet EN5 3DJ. Open 9am to 11pm

Chase Farm, 127 The Ridgeway, Enfield, Middlesex EN2 8JL. 8am to 10pm

Emergencies: If you have a life-threatening emergency, dial **999** for assistance.

Pharmacy: Your local pharmacy can provide advice on a range of symptoms.

Cut me out and keep me!

Ask your pharmacist what medicines should be in your cabinet and how to help you and your family get through the winter season.

Many over-the-counter medicines are available to relieve symptoms of common ailments such as:

- Cold
- Sticky eye
- Hay fever

- Sore throat
- Teething
- Diarrhoea

- Cough
- Rashes
- Headaches

Sinusitis

Earache

Runny nose





Community focus **Resources for Autism**

aut &sm

The registered charity provides practical services for children and adults with a diagnosis of autism and for those who love and care for them.



We have a team of trained, enthusiastic and kind staff and volunteers, offering a wide range of support. All our staff are autism specialists who understand communication and sensory needs.

Our Barnet support workers are all local residents working with people in the area to enrich their experiences of all that the borough has to offer. The one thing that we all want is a life worth living - a great job and a great social time, so RFA works really hard to make this the case for both service users and staff.



Every day is different. We explore many different experiences and offer various opportunities. How about starting the day with some scaly and furry friends? These good friends of RFA came in to our centre in Finchley Road (above) to allow us to meet some of their animals and learn how to feed and handle them. Once you have seen the snakes, it's time to go to Caffe in High Barnet to have a coffee and make plans. We may also be known to burst into song to greet one another.

Home visits

We visit people at their homes. As well as offering group services, RFA has a community support service. If you can't come to us then we will come to you and make activities meaningful through our engagement with you.

For example, we recently visited a 20-year old young lady who has enjoyed a full range of adventures with us. We baked amazing cakes to sell for charity, we went on outings to the seaside, the museum, the countryside and much more.



We have also attended yoga sessions together and looked into volunteering. This is just a small sample of ideas we explore.

Sensory groups

In the evening the support workers attend another group. This is a sensory group for adults to spend some time together and relax with their bubbles.

They have the opportunity to feel the commotion in the ocean and make some mindful art. We have boundless energy as a team and are up for any challenge. On the weekend we go out for activities such as Go Ape or go into town, to explore the urban artist within us.

Great communication is essential to helping everyone enjoy a better quality of life. To prevent anxiety, we let explain everything before we do it, so people know what to expect. And everyone is a given a voice to ensure that they can make more informed decisions about their lives.

Find out more about us on our websitewww.resourcesforautism.org.uk or give us a call on 0208 458 3259.

Making a difference

We fulfil the specific aims of RFA through:

- positive engagement
- reducing of isolation
- increasing self-confidence
- · expanding life skills

We asked the support workers why they enjoyed working for RFA and one said: "No day is the same, you get the privilege to engage with children who may never have had play opportunities like this before. You have the puzzle of engagement with another person to work out. Sometimes the bits won't go in the right order and sometimes you will have to start over again, but we always get there in the end. When you get the puzzle right, the view and the experience is immense."

Feedback from parents and service users tells us just how valuable they find the support of RfA. One parent said: "These are the best play schemes by some magnitude." Another said: "This is not just about having a good time at the club, which my son does have, but also equipping him with skills for life. This is all achieved through the clever ways the staff arrange the activities. The don't just say: ' Today, we are going to learn about money'; instead they have inspirational activities that really inspire the young people."



Volunteers wanted

We are always looking for people to join us as support workers. We are, also, always keen to meet new service users.

Find out more about us on our website www.resourcesforautism.org. uk or give us a call on 0208 458 3259.

Volunteering

opportunities in Barnet

Get involved in your local community



Residents and community groups to #litterpickforbarnet

Last year, the council was allocated a one-off fund to improve the cleanliness of the borough.

We have been using this fund to support community groups by offering free equipment to carry out their own litter picking events.

Over two rounds of applications in the summer and autumn of last year we gave out items such as litter pickers, gloves, hi-vis vests, brooms, shovels and leaf grabbers.

The offer has shown how wonderful and passionate groups across the borough have taken the opportunity of support for their great work to help clear litter and debris from our streets and parks.

A brilliant effort in Barnet!

If you're planning your own litter picking event in Barnet, then share your photos and stories with us on social media using the hashtag #litterpickforbarnet.

Get your FREE litter picking equipment this spring

If you're thinking of holding your own litter picking events and need the supplies to do so or want to take part in this year's Great British Spring Clean from 20 March to 13 April, we will be providing applicants in Barnet with equipment such as litter pickers, hi-vis vests, gloves, bags and more for free!

Applications are now open so if you want to apply for some free litter picking equipment for your community group, scout group or for your own individual litter picking activities apply by completing the form available at: www.barnet.gov.uk/litterpickforbarnet

Remember to return your form by 31 March!

For more information on this year's Great British Spring Clean, visit **www.keepbritaintidy.org.**



Across the two rounds of applications, we received 76 applications, with 9,034 pieces of equipment requested including 1,175 litter pickers, 1,171 hi-vis vests and 1,633 pairs of gloves given to groups.



Volunteering opportunities



Library Volunteer - Childs Hill Library

Volunteers are required to help run Childs Hill Library. Tasks include meeting and greeting customers, helping customers find resources, re-shelving and more.

Community Organiser – Number Sense

Number Sense supports children learning and improving maths skills in primary schools. They are looking for a community organiser to manage volunteers, oversee inductions, liaise with partner schools and assign new volunteers to schools.

Volunteer mentor, Touchpoint service – Inclusion Barnet

Touchpoint is a new service which supports disabled people to overcome barriers to becoming more independent. Join their friendly and inclusive team as a volunteer for a few hours a week.

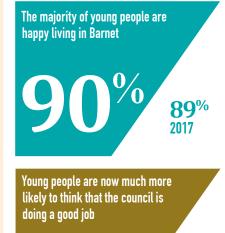
Lead Volunteer - Alzheimer's Society North West London

Alzheimer's Soiety is looking for a lead volunteer to help ensure volunteers are supported, developed and valued. This will include supporting volunteers through their volunteering journey, being a key part of the engagement, recruitment, training and exit interviews.

Register and apply for roles at: **www.volunteeringbarnet.org.uk** Use the 'Find a Role' widget in the volunteer section of the website to apply for any of the above or search for more roles in your area. If you have any questions about these opportunities, or how to apply, email **enquiry@volunteeringbarnet.org.uk** or call: **0300 365 9960.**

How do young people feel about living in Barnet?

Here are some findings from our 2019 Young People's Perception Survey and how they compare to previous years.



Four-fifths of young people think Barnet is a family friendly place

Young people are also much more likely to think that the council listens to their concerns

54% 2017

TOP THREE CONCERNS In both 2019 and 2017 young people cited crime as their top concern.









Young People's Perception Survey

Our Children & Young People's Plan 2019-2023 builds on our aim of becoming London's most family friendly borough and outlines how we will make Barnet a great place to live for children and their families.

A big part of the plan is our commitment to listening to the views of children and young people to inform how we can help improve their lives. To achieve this goal, we carry out regular Young People's Perception Surveys to understand how 11 to 18-year-olds feel about living in the borough.

We also ask young people where they feel most safe and what are their top safety concerns. Some of the questions are the same as our previous Young Person Surveys which helps us understand how young people's views are changing over time and where we need to make improvements.

Other ways young people can get involved in shaping their area

Involving young people in the decisions that will affect local areas and services is important to us. We are happy to see that more young people now feel involved in local decision making, this has seen an increase from 46% in 2016 to 60% in 2019.

Child Friendly City

As part of our commitment to young people, we have joined forces with UNICEF UK to deliver the Child Friendly Cities and Communities Programme. The programme will create communities where all children have a meaningful say in, and truly benefit from, decisions, services and spaces that shape their lives.

Here are some of the other ways young people can have their sav:

- Barnet Youth Board
- · UK Youth Parliament
- · Children's Rights forum
- · Barnet Youth Assembly

Contact us

If you would like to find out more about these groups and how to join, please email: haveyoursay@barnet.gov.uk or tel: 020 8359 2202.



Contact your councillors

































Full Council meetings

Tuesday 19 May 2020, 7pm at Hendon Town Hall, The Burroughs, London NW4 4BQ

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

