

barnetfirst

The council magazine bringing you news and community information

Summer Edition July 2022

Let's celebrate summertime!



Is your child ready for summer?



- Sun cream
- Sun hat
- The MMR Vaccine?

Don't let measles ruin your summer

Measles is a highly infectious virus that can lead to serious complications

Protect your child through vaccination

Contact your GP to book an appointment today

For more information contact your local GP surgery or visit:

www.nhs.uk/mmr



Foreword from the Leader of the Council, Cllr Barry Rawlings

It's been a couple of months since the local elections. The election result was historic – it's the first time in Barnet's history that a majority Labour council has been elected.

It gives us a big mandate for change which is a huge responsibility, and I want to thank residents for putting your trust in us.

We are already working on our manifesto promises to you, including our pledge to refund residents the 1% Council Tax increase imposed in March.

In our first round of decisions at Council and Committees meetings, we have declared a climate emergency in Barnet, announced we're joining the London-wide anti-idling campaign and agreed to establish our Citizens Assembly on Climate Change so we can work with residents to put sustainability and communities at the heart of what the council does.

We've set in train plans to bring back the popular community skips service, started laying the groundwork for upgrading the borough's CCTV, and put in place a named community safety officer for each of Barnet's wards.

We've decided to review the council's housing allocations policy with a view to increasing the number of offers made to residents under the scheme from the current one offer only, and to ensure all council tenants receive secure tenancies.

We've also agreed savings of over £400,000 from councillors' allowances and scrapped the free councillor parking permit scheme.

These are just a few examples of decisions we're taking to make good on our commitments to you.

We went into May's election with a vision for Barnet where our neighbourhoods feel safe for everyone, where our high streets and town centres thrive and are better connected, where people earn a living wage and can afford to buy a home, and where they can live close to family.

We will deliver on our top five pledges to you, and we will work with you to achieve the change that you voted for, to create a better Barnet.

Our top five commitments to Barnet:

- Refund residents this year's 1% Council Tax increase and keep Council Tax low
- Protect and enhance green spaces and declare an immediate climate emergency
- Invest in more CCTV, better lighting and community safety hubs
- Protect weekly bin collections and bring back the community skips service
- Stand up to developers for more affordable homes and against tower-block blight.



Cllr Barry Rawlings,
Leader of Barnet Council



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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:

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Tell us what you think of barnetfirst

We are conducting a short survey to find out what you think about **Barnet First** magazine. The survey will take less than five minutes to complete and will help us to improve the magazine and ensure it includes the type of content you want.

Visit engage.barnet.gov.uk to take part.

Local elections 2022: Barnet goes to the polls



Your local council elections were held on 5 May and 97,480 of you went out and voted for candidates representing your communities.

The ballot boxes were taken to StoneX Stadium where they were counted overnight in a buzzing atmosphere.

The Olympic Hall was filled with counting clerks, hopeful candidates and media. The BBC, ITV and major national and local papers were all there to report on one of the evening's potential big stories.

As the night turned into morning and the sun came up, the results came in, and after winning 41 seats, Labour were elected as the ruling party.

To mark the event, Sir Keir Starmer arrived after 8am to congratulate the Barnet Labour group on their success.

New Leader elected

Following the elections, on 24 May the Annual General Meeting (AGM) of the Council was held and the new Leader, Mayor and committee leaders were officially elected to their posts.

You can find full details on the Barnet Council website.



Cllr Rawlings makes his maiden speech as Leader

At the AGM following his appointment as Leader of Barnet Council, Councillor Barry Rawlings, said:

"It is a great honour and a great pleasure to be elected as Leader of Barnet Council. First of all, I would like to thank all of the Barnet residents who have put their faith in us to deliver our manifesto for a better Barnet.

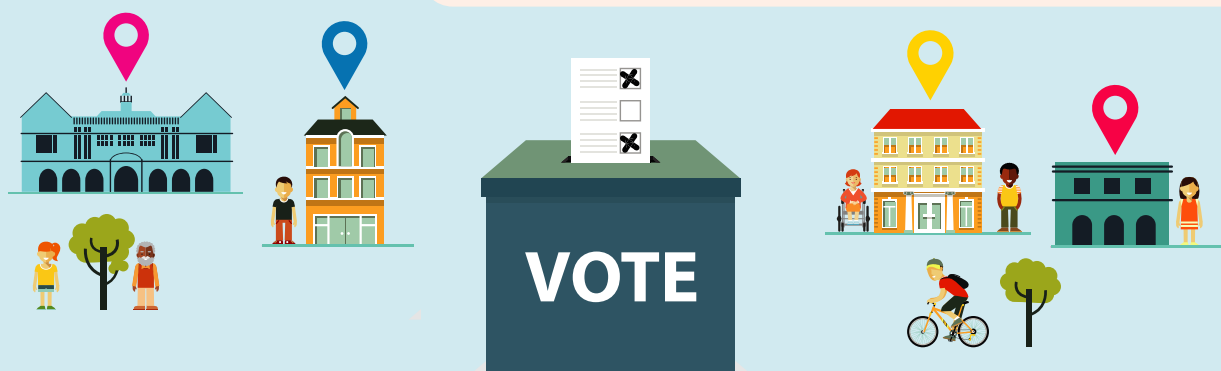
"Secondly, I would like to wish Councillor Daniel Thomas the best and thank him for his service leading the council for the past three years.

"But now the work begins. We have a vision for a better Barnet, one that is clean, green and safe for all of our residents. One where people can earn a good living and afford to live near their friends and families.

"To achieve this, we will work to put sustainability and our communities at the heart of what the council does, ensuring everyone benefits from the proceeds of green growth, and no one is held back.


"This will mean huge change, and tonight I have started us on that journey by declaring a climate emergency and committing to establishing a Citizens Assembly on Climate Change.

"We will also be doing all we can to reduce the impact of the cost-of-living crisis – starting with refunding residents the 1% Council Tax increase imposed in March."



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Full Council meetings

Hendon - Council - Tuesday 26 July 2022, 7pm,
at Hendon Town Hall, The Burroughs, London NW4 4BQ

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

Barnet residents come together for a ROYAL CELEBRATION

Festivities for Her Majesty's 70-year reign commenced in Barnet, with a family fun day on Thursday, 2 June 2022, hosted by Barnet Council in partnership with The City of London Corporation.



The Worshipful the Mayor of Barnet Councillor Alison Moore opened the event, which fittingly took place at Golders Hill Park, where one of the first beacons was lit to warn citizens of the coming Spanish Armada during the time of Elizabeth I.

During the Platinum Jubilee weekend Barnet played host to more than 130 street parties, community-led events and activities, with a lot of these being funded by local organisations or to raise funds for local charities and community groups.

The Worshipful the Mayor of Barnet Councillor Alison Moore said:
"The London Borough of Barnet is one of the most diverse boroughs in the country. With nearly 400,000 residents and over 190 spoken languages we are a community that celebrates one another's cultures, which is reflected in the people, performances, food and community groups that we have seen over this monumental weekend of celebrations in Barnet, to celebrate Her Majesty The Queen's Royal Platinum Jubilee."

Her Majesty The Queen has shown her commitment to supporting communities in London. Here, in Barnet, she made history in 1957 as the first monarch to visit a state school, visiting Queen Elizabeth's School for Girls, and the following years by attending ceremonies and opening a range of health and community facilities around the borough.



The Worshipful the Mayor of Barnet Councillor Alison Moore



Golders Hill Park Fun Day





Cleaner air for Barnet: no more vehicle-idling

Last month, we marked Clean Air Day (16 June), with an educational initiative at All Saints School in Whetstone. Councillors attended a special assembly to promote the Mayor’s London-wide anti-idling campaign and raise awareness among pupils and parents of the impact it can have on the air we breathe.

It is estimated that every year, air pollution causes up to 36,000 deaths in the UK. Poor air quality causes heart and lung diseases, is linked to low birth weight and children’s lung development and may even contribute to mental health issues.

Cllr Barry Rawlings, Barnet Council Leader, said: *“We all know how important clean air is for our health, that of our children, local environment, and the communities we live in. We will be working towards what will be a huge change but, there are already small changes people can make to reduce air pollution, and though it may seem small, making sure your car doesn’t idle can make a big difference.”*

The Mayor of London, Sadiq Khan said: *“Engine Idling is completely unnecessary and threatens the health of anyone close by. Air pollution is not just a central London problem, which is why I’m glad Barnet Council has joined the anti-idling campaign.”*

Some simple actions that people can take to reduce air pollution include:

- **GIVE YOUR CAR A DAY OFF –**
Walk, cycle or take public transport to work or school, or work from home if you can;
- **DON’T IDLE –**
If you drive, turn off your engine when your vehicle is stationary and it is safe to do so;
- **DISCOVER THE SIDE STREETS –**
Use quieter streets when you’re on a bike or on foot to avoid polluted main roads;
- **GO ELECTRIC –**
There are lots of ways you can travel electric. Hire an electric car, taxi or test drive an electric vehicle;
- **ONLY BURN**
dry, well-seasoned wood or smokeless fuel on your stove, open fire or barbecue; and
- **CREATE AWARENESS**
by speaking to someone about air pollution and its impact on health.



We have declared a CLIMATE EMERGENCY IN BARNET tackling the most pressing environmental challenges in the borough, ensuring that no resident is left behind.

Climate change affects us all – together we can reduce the impact we have on the planet.

We can all play our part to live sustainably.



Leader of the Council Cllr Barry Rawlings joins staff at All Saints School for Clean Air Day

Give your child the best start in life and protect them against serious diseases.

The pandemic has been a period of huge disruption for all of us, and one of its many legacies is an increased number of children who are not up to date on their routine vaccinations. This means that even a small rise in cases of serious diseases could lead to outbreaks.

Children who have been fully vaccinated with the MMR vaccine, the vaccine that protects against measles, mumps and rubella, is currently at 85.5% in the UK - well below the World Health Organisation's target of 95%

needed to eliminate measles. Currently, more than one in four children starting school in London are at risk of measles.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely. Other diseases like measles and diphtheria have been reduced by up to 99.9% since their vaccines were introduced.

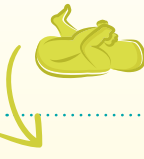
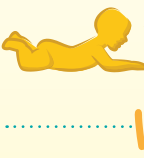






Recent news that the virus which causes polio has been detected in London shows that

serious illnesses are still around. The risk is low but it is very important to make sure your child is up to date with their vaccinations.

If people stop having vaccines, it's possible these diseases will quickly spread again. If your child has not been vaccinated, they are at greater risk of disease and getting very sick.

It is extremely important that all babies and children receive their vaccinations at the right time to give them the best start in life, but it's never too late to catch up.

Routine vaccination checklist for children under 5

| AGE | VACCINE | What does it do? |
|--|-----------------------------------|---|
|  <p>8 weeks – 1st dose 12 weeks – 2nd dose 16 weeks – 3rd dose</p> | 6-in-1 vaccine | Given as a single injection, it protects your baby against six serious childhood conditions: diphtheria, tetanus, whooping cough, Hib, polio and hepatitis B infections. |
|  <p>8 weeks – 1st dose 12 weeks – 2nd dose</p> | Rotavirus vaccine | Given as a liquid for your baby to swallow, it protects against rotavirus, a highly infectious stomach bug which can cause vomiting, diarrhoea and dehydration , sometimes leading to hospitalisation . |
|  <p>8 weeks – 1st dose 16 weeks – 2nd dose</p> | Men B | Protects against Meningococcal infections, which can be very serious, causing meningitis, blood poisoning and severe brain damage . |
|  <p>8 weeks – 1st dose 16 weeks – 2nd dose 1 year - Booster</p> | Pneumococcal (PCV) vaccine | Also known as the pneumonia vaccine, it protects against Pneumococcal infections. Pneumococcal infections can lead to pneumonia, blood poisoning (sepsis) and meningitis . |
|  <p>1 year</p>  | Hib/MenC | A single injection that protects your baby against Haemophilus influenzae type b (Hib) and Meningitis C. Both infections can cause meningitis and blood poisoning (sepsis) . |
|  <p>1 year old – 1st dose 3 years and 4 months to 5 years – 2nd dose</p> | MMR | Protects against measles, mumps and rubella. These highly infectious diseases can spread easily between unvaccinated people and can lead to serious problems including meningitis, hearing loss and problems during pregnancy . |
|  <p>3 years and 4 months to 5 years</p> | 4-in-1 pre-school booster | Boosts your child's protection against diphtheria, tetanus, whooping cough and polio . It increases some of the protection your child already has from having the 6-in-1 vaccine at 8, 12 and 16 weeks old. |

Contact your GP practice to book an appointment and to find out which vaccines your child has received.



Vaccinations prevent nearly 3 million deaths worldwide every year

Is your little one up to date?



For more information on childhood vaccinations visit www.nhs.uk/conditions/vaccinations/



It's never too late to get vaccinated against COVID-19



COVID-19 has not gone away and getting vaccinated is still our best line of defence as we live with the virus.

It's never too late to get your first dose or catch up on your next dose

Barnet's vaccine centres remain open and people continue to get vaccinated, including over 8,300 residents who have received their first dose since the beginning of the year.

Getting all doses of the vaccine gives you the best protection against getting seriously ill and developing Long COVID. A review by the UK Health Security Agency shows that people who have had one or more doses of a COVID-19 vaccine are less likely to develop Long COVID than those who remain unvaccinated. Vaccination will also help you build immunity against new variants, unlike natural immunity if previously infected with COVID-19.

Who can get the vaccine?

Most people are eligible for their first and second dose including children aged five to 11. Some people are eligible for additional boosters if aged 75 and over or living with a weakened immune system.

Vaccination during pregnancy

Pregnant women are strongly encouraged to get vaccinated against COVID-19 to protect themselves and their baby. Vaccination is the best way to protect against the known risks of COVID-19 in pregnancy for both women and their babies, including admission to intensive care and premature birth.

You don't have to wait for a particular time in your pregnancy to get the COVID-19 vaccine. You can get vaccinated as soon as possible when it's convenient for you. If you are feeling unsure about vaccination during pregnancy, speak to your GP or midwife.

Going abroad this summer?

Some countries require proof of vaccination status for adults and children before travel. Make sure you plan accordingly as children need to wait 12 weeks between doses. Don't let your vaccination status get in the way of your holiday.

Visit www.barnet.gov.uk/covidvaccine to find out more about vaccinations, book an appointment or find your nearest walk-in site.

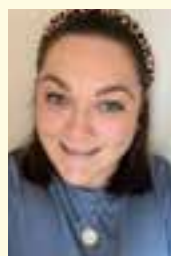


"As a parent, I need to protect my children."

says Richard, father of Keisha aged 10, who attended a children's COVID-19 vaccine clinic in the borough.

Are you experiencing symptoms of Long COVID?

Many people may experience ongoing symptoms after having COVID-19. Symptoms that continue for more than 12 weeks and are not explained by another diagnosis are known as Long COVID. Symptoms can include breathlessness, fatigue, chest pain, heart palpitations, headache and brain fog.



Lucy, a Barnet resident in her early 30s, had to stop working due to Long COVID, leading to a significant impact on her life. Lucy shared her experience with Healthwatch Barnet:

"I am not able to work so that has affected me financially and mentally. It has been a huge life-changing event to go from being very independent to relying on people around me for support."

You are not alone and support is available

Long COVID can be an isolating and worrying experience, but support is available. Please contact your GP if you're experiencing heart palpitations or chest pain or if you're worried about symptoms four weeks or more after having COVID-19.

The NHS has developed an online tool that can help you manage your symptoms. For more information, visit www.yourcovidrecovery.nhs.uk.

Are you passionate about the health and wellbeing of your community?

Become a Barnet Health Champion.

Join our local network of passionate people and help improve health & wellbeing in the local community! For more information, visit www.survey.groundworkgis.org.uk/zs/LsB8QV



Barnet holds support events for arriving Ukrainians

Barnet Council held its first welcoming event for recently arrived Ukrainians at Barnet and Southgate College in Colindale in May.

The event was translated live into Ukrainian and informed over 60 attendees about opportunities to work, learn English, access healthcare and a range of local services.

It is the first in a series of information and support events for all recently arrived Ukrainians living or working in the borough.

Sponsorship by Cadent Gas and The Hill Group to purchase and provide laptops to help access employment and education opportunities more easily.

Cllr Sara Conway, Chair of Barnet's Community Leadership and Libraries Committee, said:

"We welcome the response from Barnet residents to support those who have fled the tragic situation in Ukraine, and from other countries in conflict, including Afghanistan.

"Events like these help us demonstrate the strength of community that they can hope to expect in Barnet.

"We will continue to run these events with our partners across the borough and will keep tailoring them to make sure they are delivering the best for our Ukrainian guests for as long as they are here."

Specialist advice was provided on the day by partners including Barnet and Southgate College, BOOST, DWP, Meridian Wellbeing, Community Barnet, Libraries, Early Help, Barnet Integrated Clinical Services (BICS), and Inclusion Barnet.

Details of future events will be available soon on the Barnet Council website.

Mary O'Shaughnessy, Learning Delivery Initiatives Specialist at sponsor Cadent said, *"We were delighted to sponsor this event, as we recognise digital access is essential to gaining employment. We look forward to working with our partners to provide training and employment opportunities."*

Simon Trice, Managing Director (Partnerships) of The Hill Group comments: *"It is vital that support is given to those who have fled Ukraine. Hill is pleased that we have been able to offer assistance which will help those affected settle into their new living arrangements in Barnet. The laptops will ease their adjustments to life in the UK and keep them connected with family and friends, together with providing new opportunities going forward."*



**Welcome
to
Barnet**

**Ласкаво
просимо
до Барнет**

**Добро
пожаловать
в Барнэт**

BARNET
LONDON BOROUGH



£150 **GOVERNMENT
COUNCIL TAX
REBATE**

Barnet residents who were living in a property with a Council Tax band of A to D on 1 April 2022 who do not pay their Council Tax by direct debit should have received a Post Office voucher letter. Please take this letter, along with identification listed in the letter to any Barnet Post Office to redeem your £150 Council Tax Rebate.

All Barnet residents who pay their Council Tax by direct debit should have received their Rebate automatically into their bank account.



If you haven't received the £150 into your bank account or received a Post Office letter, visit [barnet.gov.uk/council-tax](https://www.barnet.gov.uk/council-tax) for more information and how to contact us.



Barnet celebrates unsung heroes at 22nd Annual Civic Awards

This year's Barnet's Civic Awards were given to members of the public and organisations who have done outstanding voluntary work in their local communities. They were awarded by The Worshipful the Mayor of Barnet at a special ceremony at Hendon Town Hall in April.

This year's awards were divided into two categories: 'Lifetime Achievement' and 'Outstanding Service to the Community'.

Recipients for Lifetime Achievement were:

Tony Alderman, who received the award after demonstrating exceptional dedication to voluntary work in Barnet for the past 40 years in further education, local civic amenities, charities and the United Reformed Church.

Tracey Austin for dedicating over 30 years to Scouting in Barnet with 4th East Barnet Scouts, Barnet Borough Scout District and Greater London North Scout County attending well over 100 camps and events.

Maureen Yates who for over 30 years has devoted her time volunteering at St Andrew's Church, 3rd Totteridge Scouts,

Totteridge Young Wives, Mission to Seafarers, Totteridge Women's Institute, Totteridge Horticultural Society's Spring and Autumn Flower Shows, fundraising for several charities.

For Outstanding Service in the Community:

Jewish Care Volunteers have been recognised for their support to the Jewish Community, providing a lifeline to many, by meeting the needs of isolated, vulnerable and older residents.

Trinity London Church in Colindale for supporting the community with a number of projects and activities including Christians Against Poverty, Colindale Foodbank, Baby Basics supporting vulnerable new mothers and Colindale Community Garden.

Daniella Levene was recognised for her volunteering to help residents and the sustainability of Barnet's environment, through a number of community groups and projects, including Barnet Community Harvesters, Welsh Harpies, Dollis Brookers, Colindale Food Bank, Colindale Community Gardening, litter picking and tree planting.



Daniella Levene



Trinity Church London

Barnet's new Mayor takes her robes as fellow councillor is commended for 40 years' service



The Worshipful Mayor of Barnet Cllr Alison Moore

At this year's Annual General Meeting of the council, Councillor Alison Moore was given her robes as she took over from the borough's previous Mayor, Councillor Alison Cornelius.

During Councillor Moore's Mayoral year, her Mayoress will be Helen Gordon. Councillor

Nagus Narenthira will be Deputy Mayor and Councillor Zakia Zubairi will be Deputy Mayoress, making this the first time that the entire civic team are women.

The Worshipful the Mayor of Barnet, Councillor Alison Moore, said: "I am immensely proud and deeply honoured to be elected

as Mayor of Barnet and I thank my fellow councillors for the trust they have put in me.

"It is a great place to live, work and visit and I am very much looking forward to being able to visit and meet the many people and organisations right across our community that make it such a special place.

"I would also like to extend my thanks to Councillor Cornelius for all of her hard work as Mayor over the last year."

Cllr Cohen long service award

During the meeting Councillor Melvin Cohen was also honoured for 40 years of service to the borough of Barnet.

Outgoing Mayor, Councillor Alison Cornelius, who presented

a 'Long Service Award' certificate to Councillor Melvin Cohen, said: "I have great pleasure in presenting this award on behalf of the Mayor and Burgesses of the London Borough of Barnet in recognition of 40 years loyal and dedicated service to the residents of the borough. This is a truly incredible and remarkable achievement."

Councillor Cohen said: "Things have changed so much in 40 years. I preceded the age of technology and I guess I have been left a little behind, but I have enjoyed my time on this council over the years and I am really looking forward to the next four years serving my constituents in Golders Green and the inhabitants of this illustrious borough in general."

JETS

JOB ENTRY:
TARGETED
SUPPORT

BACK INTO WORK

Has COVID-19
left you
struggling to find
work?

Are you sending
applications and
not hearing
back?

Are you selling
yourself short
in job
interviews?



We want to support you during these hard times and you may be able to receive free specialised support from Shaw Trust.



Find out how we can help you by scanning the QR link above or going to:
<https://tinyurl.com/BarnetSupport>

Alternatively, to speak to your local Barnet representative you can contact Jonny

Jonathan.Reynolds@Shaw-Trust.org.uk
07563 026 183

Features and benefits of the JETS Programme

- ✓ Personal advisor
- ✓ Direct access to live vacancies
- ✓ CV building and Interview skill building
- ✓ Learn new skills and change sector
- ✓ Confidence building and job search guidance

shaw trust **JETS** | JOB ENTRY: TARGETED SUPPORT

West London Alliance 
Partnership for West London


European Union
European Social Fund


Department for Work & Pensions
In partnership with

Cost of Living **Support** in Barnet

The rising cost of living is affecting many people in the borough of Barnet. To support residents who may be feeling the financial pressures of these rises, Barnet Council and other local organisations are here to provide guidance on the financial support available to you.

ACCESS OUR ONLINE COST OF LIVING PAGE

What support is available?

You'll find information on:



Finances and housing



Employment services



Children and adult social care



Mental health and wellbeing

There are also number of other support services available to residents, including food and meal support, debt management, care services and more.

www.barnet.gov.uk/costofliving

If you would like to talk to someone about these services, please call us on 0208 359 2000



SPEAK TO SOMEONE ABOUT EMPLOYMENT AND BENEFIT ADVICE

BOOST

Boost provides personalised benefit advice, skills and employment services to Barnet residents.

This support includes a team committed to helping residents get back on their feet, and includes services such as CV writing, interview workshops, and weekly updates on new jobs and apprenticeship opportunities.

To learn more visit www.boostbarnet.org

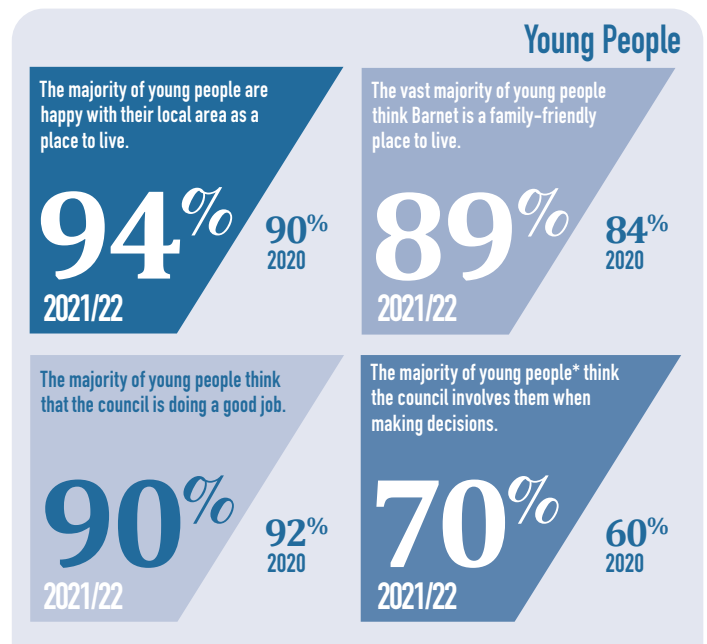
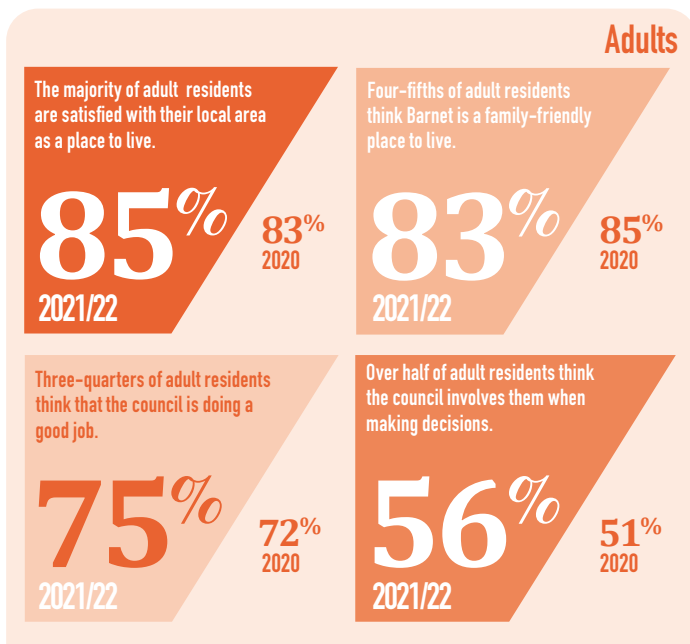
Or call us on **0208 359 2442**



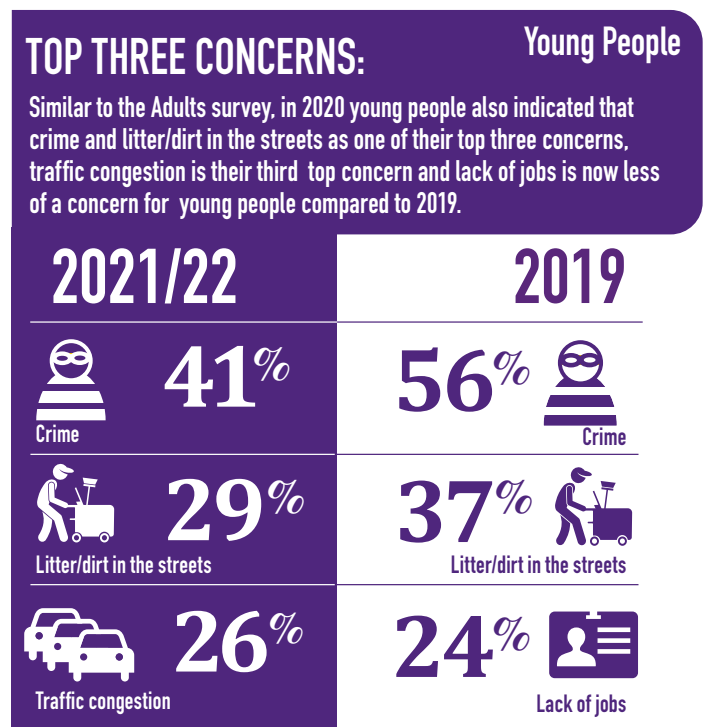
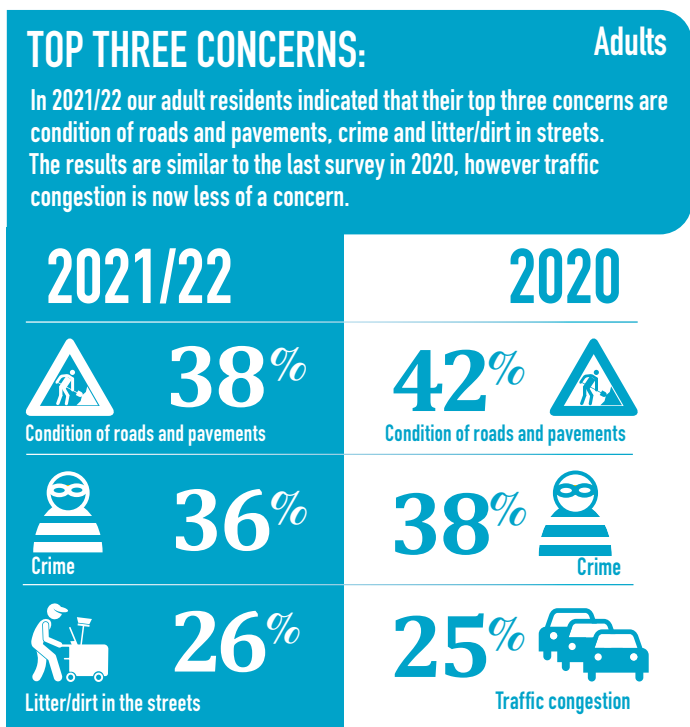
How do residents feel about living in Barnet?



Here are some findings from our most recent Adult Residents' Perception Survey and our Young People's Perception Survey and how the results compare to previous years.



*The question in the young people's survey was "How much do you think this statement applies to Barnet: The council makes sure young people have a say on things the council is going to do?"



For more information on how to have your say please visit our website engage.barnet.gov.uk



London's Deputy Mayor visits Barnet Council for groundbreaking pilot scheme to tackle domestic abuse

London's Deputy Mayor Sophie Linden visited Barnet Council's offices for an update on the council's pioneering pilot scheme to tackle domestic abuse in the borough, along with its partners at the neighbouring councils of Brent and Enfield.



Called the '**Culturally Integrated Family Approach' (CIFA)**, the wide-reaching scheme provides tailored services that recognise differences in cultures and ethnicities to improve the support available to those experiencing domestic abuse.

Funded by the Deputy Mayor of London for Policing and Crime, the CIFA scheme is part of the council's three-year strategy for tackling violence against women and girls, which was launched in March of this year on International Women's Day.

Deputy Mayor Sophie Linden said:

"I'm really pleased that we are able to provide funding for this programme. In order to keep women and girls safe we have to change the behaviour of men and this service is about providing culturally appropriate services that recognise and understand the differences in cultures and ethnicities."

This innovative tri-borough service led by Barnet Council provides a targeted, multi-faceted domestic abuse service for racial minority communities through a focused, coordinated family and community

approach. The individual needs will be identified through a specialised suitability assessment, and interventions adapted to include extended family members.

Chair of the Safer Communities Partnership Board, Cllr Sara Conway said:

"This is a really innovative approach to improving domestic abuse support, working with neighbouring boroughs and supported by the Mayor of London. It reflects our commitment to changing attitudes and behaviour as part of a pro-active and comprehensive programme to improve safety for women and girls in Barnet."

Tina McElligott, Chair of VAWG Delivery Group and Director of Early Help & Children's Social Care Services, said:

"This is such an important programme as it is engaging and supporting perpetrators to reduce harmful behaviours by working with them in their cultural context. We are learning so much about what works and we look forward to sharing that learning in the programme evaluation next year."

RISE Mutual CIC will deliver various services as part of an intersectional approach, which takes into account the different elements of the victim and perpetrators' identities, rather than focusing on just one identity marker such as gender or race, when working with the family. It will also help to break down some of the barriers to victims accessing support and help challenge and disrupt the abuse.

Kuljit Sandhu, Managing Director, RISE Mutual CIC, said:

"As the CIFA project provider, we are pleased to deliver a tri-borough much-needed culturally informed service for perpetrators and families from racialised and marginalised communities. It is essential to raise awareness for a broader cultural approach to reaching under-served communities and tackling perpetrators to eradicate violence against women and girls."

For more information please visit barnet.gov.uk/domesticabuse

SUMMERTIME IS COMING TO BARNET!

Launching this year with an action-packed festival for all the family in Barnet Playing Fields.

DISCOVER
BARNET

Presents

BARNET SUMMERTIME 2022

SATURDAY 23 & SUNDAY 24 JULY 2022

With two stages of music there is something for everyone, from our Local Heroes Stage presented by Mill Hill Studios to the Main Stage with its stellar line up of some of the UK's best touring artists.

Saturday's main stage features live tributes to Duran Duran, Tina Turner, David Bowie and Queen, while Sunday sees some of Radio 1's very best DJ's: Chris Stark, Jordan North, Rickie & Melvin and Scott Mills warming up for a grand finale with the incredible House Gospel Choir and Example whose new album launched on 17 June, in perfect time for the event.

We haven't forgotten about the toddlers and tweens at Barnet Summertime with a programme packed full of free activities for them, from messy play to arts and crafts, sports and games.

Barnet Summertime is the best of the UK festival scene, right on your doorstep and you don't even need to pack a tent. Amazing street food, music to dance too, cold beer and something for all ages – **grab your ticket now!**



BARNET SUMMERTIME 2022



GET INVOLVED!

SPONSORSHIP

Get noticed at the events by being one of our sponsors – there are a variety of packages and benefits to choose from.

Email: hello@theeventumbrella.com

TRADING OPPORTUNITIES

We have lots of opportunities for traders, businesses and charities this year. We want to champion the best of borough, so please get in touch for more information. For example, if you want to take your restaurant outdoors, but have never run a pop-up stall, don't worry – we have a dedicated trader team who can assist you.

Email: hello@theeventumbrella.com

WORKING

Interested at trying your hand at festival work? Drop us a line. Email hello@theeventumbrella.com

SATURDAY 23 JULY

DURAN

FLASH:
TRIBUTE TO
QUEEN

TYPICALLY
TINA
THE BOWIE
EXPERIENCE

SUNDAY 24 JULY

EXAMPLE

HOUSE
GOSPEL
CHOIR

CHRIS STARK | JORDAN NORTH
RICKIE & MELVIN
SCOTT MILLS



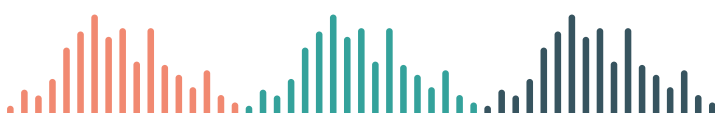
BARNET'S YOUNG RESIDENTS GIVEN A VOICE IN COUNCIL DECISIONS



My Say Matters, a bold new strategy to enable children and young people to influence decisions in the council, was unveiled by young people at a special event at Hendon Town Hall on 31 May.

The new participation strategy sets out the way the council is going to work with and involve children and young people so they can use their voice to help and make decisions, and design and shape the services they use and which matter to them.

The event was attended by The Worshipful the Mayor of Barnet, Councillor Alison Moore, who said: "I was delighted to be able attend the launch of My Say Matters and to hear from the young people involved in developing the strategy. Their obvious passion, commitment and enthusiasm for ensuring not just their voices but those of other young people are heard was truly inspiring, and I'm sure amongst them there will be the community leaders of the future."





Presentations were given from Youth Parliament, Youth Assembly and Youth Board, as well as the forums BING (Barnet Inclusive Next Generation – our Special Educational Needs forum), Y-QAG (Young Quality Assurance Group) and BOP (Barnet on Point – our Child in Care Council). Young people spoke about their interest in topics such as democracy, education, the impact of the pandemic and ways their campaigns have influenced changes in Barnet service delivery.

Creating an inclusive community

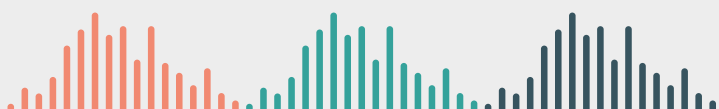
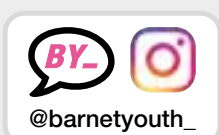
Equality, diversity and inclusion were highlighted as key issues for young people and have been put at the heart of the strategy to enable everyone to share their voice and express themselves. My Say Matters will ensure all voices are heard, especially those from racially minoritised, migrant and LGBT+ communities, disabled children and other marginalised groups.

Children and young people shaped every aspect of the launch event from making decisions about the plans, programme content, to deciding what topics to discuss and share views on. We would like to thank all the young people that took part, contributing their time and ideas via a series of online plus face-to-face meetings to create a video and developed the My Say Matters logo and branding.

Interested? Get involved!

The next steps for My Say Matters is to expand our approach to participation and increase the influence of children and young people over the services they use and things that affect them.

To get involved, to find out more and to watch the launch video created by young people visit www.barnet.gov.uk/mysaymatters



Summer Reading Challenge 2022

GADGETEERS

Presented by The Reading Agency.
Delivered in partnership with libraries.



Join in the fun from Saturday 9 July!

Barnet Libraries' Summer Reading Challenge is back! The Reading Agency and Barnet Libraries are excited to introduce Gadgeteers, Summer Reading Challenge 2022; a celebration of science and innovation, in partnership with the Science Museum Group.

This year's theme encourages children to discover the science all around them and use their curiosity and creativity to be inventive.

Children aged 4 to 12 can sign up at any Barnet library or online from **Saturday 9 July** and throughout the summer holidays. They will need to borrow and read six books from the library to take part. Reading eBooks on the Libby app or listening to

eAudiobooks on the Borrowbox app also counts towards the challenge.

During staffed hours at the library, children will collect stickers and rewards to put in their Gadgeteers folder. They will receive a special certificate and medal when they complete the challenge.

There is also a really exciting programme of events this year. Highlights include a 'sign-up Saturday' at the RAF Museum, a fun show from 'Horrible Science' author Nick Arnold, Freshwater Theatre, creative writing workshops and lots of craft activities.

To sign up to the Barnet Libraries' newsletter for families, which includes weekly updates on activities for children of all ages, visit www.barnet.gov.uk/librarynewsletters.

For more information about the challenge and summer events, visit www.barnet.gov.uk/gadgeteers.

Illustrations by Julian Beresford and © The Reading Agency 2022



Supported using public funding by
ARTS COUNCIL ENGLAND



IGNITING IMAGINATION
INSPIRING INNOVATORS



SUMMER READING CHALLENGE



ANNOUNCING

Barnet's newest Members of Youth Parliament

Young people across Barnet have voted to elect their Members of Youth Parliament and Youth Ambassadors for the 2022 - 2024 term.



Barnet's newest Members of Youth Parliament are:

Elysee Adil
age 11, Belmont Preparatory School

Isaac Reuben
age 16, JCOSS



Barnet's newest Youth Ambassadors are:

Ania Siad
age 14, Ashmole Academy

Deetya Pardasani,
age 13, Mill Hill County High school

Over 7,700 young people across Barnet voted in the elections and the results were announced at a special ceremony (24 March) at Stephens House, Finchley. 38 candidates from 14 schools stood for election.

Members of Youth Parliament are 11–18-year-olds elected to represent young people across the borough for a two-year term, and work with their MPs, decision makers, councillors, and local youth groups on the issues of greatest concern to their constituents. Barnet's Youth Ambassadors work to identify the needs of local young people and enable them to get involved in decision making by discussing issues of concern.

Rebecca Morris, Participation Officer for Youth and Democracy, said:

"Barnet saw a particularly high number of candidates stand from 14 schools across the borough this year. Candidates were invited to stand after encouragement from their teachers or community groups. They took part in online debates where they presented their campaigns, which included a range of topics such as knife crime, mental health and education gaps caused by COVID-19.

"Votes came from across 26 establishments including three primary schools that invited former pupils, who were candidates, to come back and speak. This is a clear sign of young people's interest in having an influence over issues that affect them and their active citizenship."

Councillor David Longstaff, Former Chairman of the Children, Education and Safeguarding Committee, said:



"I would like to extend my congratulations to the newly elected Members of Youth Parliament and Youth Ambassadors. It is important us as a borough that we develop a culture of

youth participation and to ensure that Barnet's children and young people have a chance to have their voices heard and acted on."

Tani Ilemobola, outgoing Member of Youth Parliament, said:

"I have loved being a member of youth parliament these last two years. I have learnt so much and am taking away that it's important to fight for what you are passionate about. As a young person it's not always easy, so it's important to keep pushing and make sure people understand your enthusiasm. I have also really enjoyed working with other young people and having the opportunity and platform to have my voice heard and make a difference."



 **Find out more visit us on Instagram**
 **@BarnetYouth_**



What we do in Adult Social Care



**YOUR LIFE
YOUR CARE
YOUR CHOICE**

We provide information, advice and support for people who:

- want to stay well and independent
- are living with a disability, physical or sensory impairment
- have a learning disability
- have mental health support needs
- care for a friend or relative
- are vulnerable and need support to stay safe



In 21/22 Adult Social Care received **5,835** requests for support from new clients.

1532 from clients aged 18-64 (26.3%) and 4,303 came from clients aged 65+ (73.8%).



We completed **1,993** Adult Assessments and **3,480** Reviews of Care and Support Plans.

To do this we talk to you about your strengths, your community and what you want to achieve. We work with you to put in place changes that will support you to stay as independent as possible and live the life you want to lead.

This might be finding groups and opportunities in your neighbourhood, support with gaining employment, getting technology that helps you stay independent, accessing short or long-term care at home, or finding a different type of accommodation (like sheltered housing or a care home) that works for you.

As of 31/03/2022 we were providing support to **4,245** adults, which is an increase of **210** clients compared to the previous year.



If you need help with adult social care or if someone you know feels unsafe or is at risk, please get in touch.

Contact us by email:
socialcaredirect@barnet.gov.uk
or by phone: 020 8359 5000



A total of **5,335** adults have been supported with a package of Long-term support.

*Figures relate to April 2021-March 2022



How we've helped...

Thelma came to the attention of Adult Social Care as she was struggling with looking after herself. At first she was very reluctant to have professionals involved.

We worked with her, to understand what was important to her, what she wanted and being respectful of her wishes. We explored with Thelma what resources she had in the community to support her live the life she wished to live, and what other creative solutions there were to support this such as care technology (alarms, sensors) in addition to some care at home.

For Thelma this meant that she could maintain her independence as much as possible while still getting support she needed in a way that she way happy and comfortable with. In the end Thelma was pleased to have the support in place and was able to stay safe and independent in her own home.

Sai was referred to Adult Social Care as he was living in a care home and wanted to return home. We worked with Sai to make sure his house was suitable, accessing equipment and making relevant adaptations.

We also supported Sai to contact neighbours and friends and rebuild his support network. Sai now feels less anxious and was able to return home several weeks earlier than planned.

He is looking forward to attending activities to build his physical strength and reconnecting with his friends and neighbours. Sai said: "Oh! Thank you ever so much for everything. You have been wonderful."

Did you know?

Adult Social Care represents approximately **14%** of the Barnet economy with over **10,000** people employed in the sector.

Adult Social Care contributes around **£300m** per year to the local economy, with funding coming from individual residents who pay for their own care, the council, the local NHS, and other councils which commission services in the borough.

In Barnet there are **80** registered care homes and approximately **70** registered home care agencies, along with supported living schemes, day services and other services, such as personal assistants.

We are investing **£40m** in extra care homes, which will open over the next couple of years to ensure that we provide first class facilities to meet the needs of our residents.

In Barnet over **5000** people use care technology to remain independent in their own home.

We responded to **1,464** safeguarding concerns in 2021-22. Our focus is on safety and wellbeing, we work with each person, their loved ones and other organisations to keep them safe from harm, neglect or abuse.

We partner with various local charitable organisations to provide social care services including Mencap, Age UK Barnet and the Barnet Carers Centre.



Join our People's Voice Community

We have an exciting new opportunity to shape how we involve people in Adult Social Care. If you have experience of care and support either for yourself or a loved one, **we want to hear from you!** From gaining feedback about your experience so we can improve, to helping us choose which care providers offer their services in Barnet, to being a key part in shaping changes to how we work. **We invite you to join our People's Voice Community.**

Help us create a new strategy

We are working on a new engagement and co-production strategy and charter. The strategy will set out why we want to involve people in adult social care, how we will do it, and how we know it's working. The charter will set out what you can expect from Adult Social Care.

What does it involve?

You can get involved as much or as little as you like. This might be through taking part in surveys, meetings, groups, or other conversations. We are flexible and will ask you what you need to take part, for example translation, Easy Read documents, online meetings or accessible venues. We will cover expenses and you will usually get a voucher payment to say thank you.

How to get in touch?

If you are interested, please get in touch at engage.adults@barnet.gov.uk or **020 8359 5698**



Brent Cross Cricklewood

Claremont Park now open!

Barnet's newest park opens, joining a host of new places to eat and drink, as Brent Cross continues its transformation.

June marked another milestone in the delivery of the Brent Cross Cricklewood regeneration programme when we officially opened Claremont Park at Brent Cross Town.

As part of Barnet's new park town, we're delivering facilities that the community can enjoy first. One of seven new and improved parks planned for Brent Cross Town, Claremont Park has been designed to be a neighbourhood park that will provide a space for families and local residents to relax and socialise, to play and enjoy nature. There are some exciting new features to explore, including a new pond, a nature-inspired play park, a sports zone, and 300 new trees which have been planted alongside wildflower meadows.

A new kiosk is also open in Claremont Park. Run by local resident, Gus Bodur, Gussy's will serve hot drinks, fruit, pastries and sandwiches. Gus and his family live locally on Clitterhouse Road and are well known for their ice-cream in the Northwest London community.

OPEN FOR PLAY

Claremont Park was officially opened by the Mayor of Barnet, Councillor Alison Moore, who cut a living ribbon of wildflowers at the official opening on Thursday 9 June. Leader of Barnet Council, Councillor Barry Rawlings, led the proceedings alongside Related Argent's Chief Operating Officer Morwenna Hall. Thirty children from Whitefield School, Claremont Primary School and Mapledown School were also the first to try out the new play equipment. The official opening was followed by four days of fun, with local



people of all ages invited to enjoy a programme of scavenger's hunts, live music, and art workshops.

Councillor Barry Rawlings, Leader of Barnet Council, said: "Claremont Park is a fantastic new neighbourhood park for the enjoyment of local people.

"I am pleased that community facilities like this are opening first in the new development to ensure that existing residents benefit from the transformation of the area, whether that's through new parks and open spaces, new shops, or employment opportunities. I look forward to seeing children and adults enjoy everything the new park has to offer."

VISITING THE PARK?

Visitors to the park are invited to walk, cycle or use public transport where possible. Limited, new parking has been provided near Claremont Way and visitors should not park on Brent Terrace, Clitterhouse Crescent or the surrounding area. For more information on parking in the area see: [bxt.uk/parking](https://www.bxt.uk/parking)

For more
information on
Claremont Park
please visit
[bxt.uk/clrmtpark](https://www.bxt.uk/clrmtpark)



REGENERATION UPDATE



Claremont Way open for business

Claremont Park joins a host of new places to eat and drink on Claremont Way.

At the heart of any flourishing community is its high street. That's why providing an exciting mix of shops and restaurants for residents and visitors to enjoy has been one of the priorities for Barnet Council and its partners alongside the new Claremont Park and much loved Exploratory Park. Now, alongside the newly opened café and eatery, Spruce & Larch, found inside our Visitor Pavilion, we are proud to welcome two more locally established businesses.

First is Happy Face Pizza, who are already popular with foodies in King's Cross and Victoria, serving mouth-wateringly good Neapolitan pizza. Second is Karma Bread Bakehouse, the brainchild of baker Tami Isaacs Pearce – known lovingly by her existing customers in Hampstead as The Challah Queen. Pop in for delicious, naturally handcrafted bakes influenced by New York delis, Middle Eastern Street food through to traditional Jewish recipes.



Features of the new Claremont Park

Photos: John Sturrock Photography.



Gussy's Ice Cream



Karma Bread Bakehouse



Happy Face Pizza

Find out more

You can keep up to date with everything happening on the Brent Cross regeneration programme at **TransformingBX.co.uk** including a map of what's going on in the area, view construction updates and sign up for our newsletter.

Find out more about the shops operating on Claremont Way at **BrentCrossTown.co.uk/the-high-street**



POST-16

OPPORTUNITIES 4 U



Leaving school is a big step for young people. And there are now more options to choose from. All young people must be in some form of education or recognised training until they are 18.

The main post-16 options for young people are:

- Full time education at a school or college e.g. A Levels or vocational qualifications
- A new 'T Level' – new two-year Level 3 qualifications – equivalent to three A levels and related to a specific job role
- An apprenticeship or traineeship, such as Routes into Construction
- Part-time education or training – this must be in addition to employment, self-employment or volunteering for a minimum of 20 hours per week.



Cameron

Cameron joined the training programme after being referred by his Support Worker. Before joining the programme Cameron worked as a casual construction labourer. With a CSCS card in his possession and previous experience of working on construction sites and of course the right attitude to work, Cameron was judged to be work ready and immediately matched with an available vacancy.

Cameron said:

"I am so excited for the opportunity to start a job where I can get properly qualified. I can't believe that this happened so quickly."

What are T levels?

T Levels are new qualification that is an alternative to A Levels, other post-16 courses or an apprenticeship.

- One T Level takes two years of full-time study and is equivalent in size to three A Levels.
- A T Level will be worth UCAS points equivalent to three A Levels and will be recognised by universities. It will also give details of what was learnt on the course to help move into skilled employment or a higher apprenticeship.
- Courses relate to a specific occupation give students an idea of what a career is like in that area.
- They are available in a range of different subjects, from Digital Production, Design and Development to Finance – further details available at www.tlevels.gov.uk/students/subjects
- They have been designed with businesses so the knowledge and skills gained are relevant and up to date, and include a placement with an employer.

For more information on the options are available in Barnet visit www.barnet.gov.uk/young-people/careers-advice-young-people

T-LEVELS

Students can progress from a T Level on to apprenticeships, jobs and university.

Helping your child make their post-16 choices

- Encourage your child to think carefully about their strengths, favourite subjects, skills and what they enjoy doing, and help them to relate these to possible career options.
- Make sure that you and your child attend your school's Post-16 Options event – usually held in the Autumn Term of Year 11.
- Explore options for work and study using online tools such as www.nationalcareers.service.gov.uk/explore-your-education-and-training-choices
- Get careers advice from Barnet Education, Employment and Training Support (BEETS). Speak to Barnet careers advisors on **020 8359 2011**.

Support for the next steps

Would you like help to gain qualifications or secure employment?

Free, short pre-employment courses offering training, paid work opportunities, and apprenticeships are available for young people living in Barnet aged 16-24.

The Routes in Employment and Routes into Construction courses help train, guide and prepare candidates and support them through Traineeship/Apprenticeship/Job applications.

For more information on the training programme please contact Marsha.Latrous@barnet.gov.uk
07801 988903



BARNET'S POST-16 OPPORTUNITIES 4 U

Are you 16-24, not in education, employment or training and living in Barnet?

If so, the Barnet Education & Learning Service is here to help!

Our BELS Employability Advisers provide free careers information, advice, guidance, and support with finding the right apprenticeship, college course, training, or job. To register and receive regular one to one support from one of our advisers give us a call on the numbers below...

Construction Programme provides:

- Mentoring and personal development skills for sustained employment
- Basics of starting work in the construction industry
- Health and safety and its principles
- Accidents at work
- Site safety and working at heights
- CV preparation
- Preparing for an interview
- CSCS card on successful completion of the health and safety exam
- Apprenticeships, employment or traineeship opportunities



Pathways into Employment, Training or Further Education

- College
- Work experience
- Volunteering
- University
- Start your own business
- Employment
- Apprenticeships
- Training to gain BTEC Level 1-3 or Vocational Qualifications in various subjects



For further details, contact our team:

- ☎ 07707 276881
- ☎ 07707 277143

We're recruiting SHARED LIVES CARERS

Benefit from generous pay with tax-free allowances • Make a difference to a vulnerable adult's life



Get in touch:

- ☎ 0208 359 3576
- ✉ shared.lives@barnet.gov.uk
- 🔗 barnet.gov.uk/sharedlives

**Share
your
life**



Three roles are on offer:

- Live-in – spare room required
- Respite – spare room required
- Day support

Making Barnet’s high streets A HEALTHIER PLACE TO BE

Barnet’s shops and businesses are helping to improve the health and wellbeing of their local community through the Healthier High Streets scheme.

Sitting at the heart of Barnet’s communities, our high streets are so much more than just a place to shop.

Local businesses can play a vital role in improving our health and wellbeing. The Healthier High Streets scheme encourages businesses to offer environments where the local community can come together and make healthy choices in safe, welcoming and inclusive spaces. From Barnet’s cafés, to libraries, to post offices and corner shops – look out for the Healthier High Streets sticker in windows on your high street to see what your local businesses are offering.

The five Healthier High Streets schemes are:



Healthier Catering:

you’ll be guaranteed a healthy and nutritious food offer here



Refill Barnet:

pop in and fill up on free drinking water



Dementia Friendly:

a place for people living with dementia to feel happy and safe



Breastfeeding Welcome:

mums are invited to breastfeed in a welcoming and safe space



Community Toilets:

clean, safe and accessible toilets for anyone to pop in and use for free



Look out for the Healthier High Streets sticker

Businesses signed up to the Healthier High Streets scheme are helping to play a starring role in making our high streets a place where we all feel comfortable and safe, and where we want to return to again and again.

Next time you pop to your local high street, look out for the Healthier High Street Sticker displayed in shop windows – and see what’s on offer at your favourite local businesses!



Kerlyn, owner of The Impact Store, Finchley Central

“I’m providing the Refill scheme so I can help the local community stay healthy and hydrated. It’s important the community have access to water especially during the summer months.”



Laura, co-owner of the Library Bar, High Barnet

“We want to make our place inclusive for everyone, particularly after the past few years and help make Barnet healthier.”



“It’s always good to know when a place is breastfeeding welcome so I can have the peace of mind that I can feed my baby and go about my day.”

Melissa, mum of Oscar (9 months)

Are you a local Barnet business? Help make Barnet’s high streets healthier and encourage new customers to your business. Find out more and sign up www.barnet.gov.uk/barnetstreets.

Free Community Health Screenings are coming to Barnet

Barnet Council has launched a **free Community Health Screening service** for anyone over the age of 40 who lives, works or studies in Barnet. The free screenings will be visiting community settings throughout the borough, offering a drop-in service with no need to book in advance.

What happens at a Community Health Screening?

Healthcare practitioners will check your blood sugar levels, cholesterol levels, blood pressure, and height, weight and body mass index (BMI). They will also ask a few questions about your lifestyle, including diet, smoking and alcohol intake. Following the screening, you'll be offered advice and signposting to local services that can support you to reach your health goals.



Spare 20 minutes of your time now for a healthier tomorrow

The service is free, open to anyone over 40 and will take around 20 minutes. You do not need to be registered with a GP and no booking is required.



Danielle, Whetstone, 55

“I’ve discovered I’m just above normal on the pre-diabetic scale, so I’m going to cut down on sugar. I would have had no idea if I hadn’t had a health screening – I thought my level was normal. It shows how important it is to get your health checked regularly, I’m glad I did.”

Pop up events will be taking place in various locations across the borough, check the website for the latest schedule and pop by for a free health screening near you:

www.barnet.gov.uk/healthscreen



“Because of Covid, I’ve not been able to see my GP for over two years. Normally I would have my blood pressure checked every three months. After my screening today, I’m going to try and get my weight under control, and I’ve been recommended to get an appointment with my GP about a couple other things. You can’t enjoy your life to the fullest if you have bad health, so I would encourage anyone to take advantage of a free check-up.”



Yvonne, Edgware, 61

“My health is generally good and I can’t remember the last time I visited my GP, so I thought a quick check to make sure everything is ok would be a good idea.”



Carmelo, Hendon, 40

“Good health is everything, so I was happy to have a free health screening today. I’ve got children and grandchildren – so I want to make sure I stay healthy.”



George, North Finchley, 64



Surviving and thriving over the summer holidays: for parents, carers and families

A happy and healthy summer

While summer can be a time of relaxation, sunshine, and creating happy memories on days out with the kids, school holidays can also be a particularly difficult time for some of us.

If you're feeling overwhelmed at the thought of the summer weeks to come, try following these tips to support your wellbeing. Most importantly, don't be afraid to ask for help when you need it.

Connect

Connecting with others and sharing experiences is a great way to support each other. If you are feeling lonely or down, the **Barnet Wellbeing Hub** can refer you to activities and support in your area, including befriending services and wellbeing cafes: www.barnetwellbeing.org.uk.

Barnet Libraries run a regular programme of free events, activities, and experiences which are great ways to stay connected. Pop into your local library or visit www.barnet.gov.uk/libraries/library-events

Move

Leading an active lifestyle helps to keep your heart healthy, reduce your risk of serious illnesses and strengthen muscles and bones. It also releases endorphins that help to put everyone in a good mood!



Sign up for a free **Fit & Active Barnet (FAB) card** and you can access

discounted and free activities across the borough, including **free swimming** for under 8s and 8-15 year olds swim for £1 (Mon-Sat). Carers, foster carers, looked after children and young people who are care experienced also benefit from free swimming at all times. Visit www.better.org.uk/fab-card or pop into a local Better leisure centre to sign up.

Take advantage of Barnet's parks and green spaces and connect with nature on a **Health Walk** www.barnet.gov.uk/healthwalks or enjoy a free family day out on a **Healthy Heritage Walk** www.barnet.gov.uk/healthyheritagewalks



Learn

Experiencing new things and learning new skills is a great way to have fun and boost confidence and self-esteem. Why not try a new recipe together as a family? Get some healthy inspiration: www.nhs.uk/healthier-families/recipes/

Give to others

Helping others can give you a sense of purpose and achievement as well as being a chance to meet new people. Volunteer with the whole family at a community garden project or at your local foodbank. Contact **Volunteering Barnet** to find out about opportunities near you: www.volunteeringbarnet.org.uk / 0300 365 9960.

Focus

It can be hard to find time for yourself in a busy household, but even allowing yourself 15 minutes to sit quietly or phone a friend for a grumble can help bring life back into focus. **Good Thinking** offers digital resources to support mental health, including mindfulness tips and support for all ages, as well as local mental health support based on your preferences and location: www.good-thinking.uk



It's ok to ask for help.

Barnet Wellbeing Service offers online, telephone and face-to-face support for your mental health, including befriending services, wellbeing cafes and emotional health checks.

T: 03333 449088

E: info@barnetwellbeing.org.uk

W: www.barnetwellbeing.org.uk

Free counselling support

Let's Talk Barnet IAPT

T: 020 8702 5309

E: lets-talk-barnet@nhs.net

Mind in Barnet

T: 020 8343 5703

E: counselling@mindinbarnet.org.uk

Free counselling support for children & young people

Kooth

Free online counselling for 11-25s

www.kooth.com

PAPYRUS

(prevention of young suicide for under 35s)

T: 0800 068 4141

E: pat@papyrus-uk.org

Text: 07860 039967

Crisis support:

If you require crisis mental health intervention and support please contact the BEHMHT (Barnet, Enfield and Haringey Mental Health Trust) **Crisis Resolution Team** at **020 8702 4040**.

MAKE 2022 THE YEAR YOU FOSTER!

JENNIFER'S STORY

Jennifer and her husband have fostered in Barnet since 2018. Here she reflects on how fostering has transformed her family's outlook on life and improved the prospects of her foster daughter Ella.



Fostering in our home

For me, fostering feels the same as caring for my own children, Ella is part of the family and is treated no differently. Up for school, home for teatime, homework, and bed whilst our weekends are filled with fun activities.

Fostering has been positive for all our family. My girls have learnt to share their home, their family and our love. It has been nice giving back. Although Ella may be due to move onto independent living when she turns 18, I would like us to remain a 'family' beyond her time in foster care with us.

What it takes to Foster

Fostering takes caring personalities, especially people who would like to find a home for every child. There is never going to be a right time so would encourage people to just do it now. You can help Barnet provide a home for every child.

It definitely is a rewarding, purposeful journey.

*Case study *names have been changed for confidentiality.*

Why I chose to foster

I feel blessed to be healthy and to have had a lovely family and wanted to give other children the same opportunity. I had also wanted to foster for many years before, but my husband wasn't quite sure at the time, and we needed both of us to be on board and on the same page.

I started out applying to be a short-term carer but have since taken on caring for a girl called Ella who is with us long term now, we felt our family would be a perfect match for her. She is in year 10 and will still be with us when she goes off to university.

BARNET Fostering

Our offer to you:

- 24/7 SUPPORT
- EXTENSIVE TRAINING
- DEDICATED SOCIAL WORKER
- PEER SUPPORT

Earn up to **£581 PER WEEK**



“Being a foster carer is humbling and rewarding as you can really make a difference to a young person's life.”



Join our fostering community today and see how you can change a child's life:
EMAIL: FOSTERING@BARNET.GOV.UK
WWW.BARNET.GOV.UK/ FOSTERING • 020 8359 6274



Barnet Active Creative Engaging holidays - **BACE**



BACE

HOLIDAYS

Have you signed up for your child's **FREE** place with **BACE**?

Free holiday club activities are available for eligible* children in Barnet - from Reception to Year 11!



have fun



get active



learn new skills



Scan the QR code



BACE holiday clubs offer the chances for your child to:

- take part in fun, creative activities
- make friends
- get physically active, and
- enjoy free nutritious meals each day!

*eligibility criteria applies - benefits-related free school meals

Visit barnetyouth.uk/BACEHolidays



Department for Education

YOUNG BARNET
FOUNDATION

BARNET
LONDON BOROUGH