

# barnetfirst

The council magazine bringing you news and community information

Winter edition December 2022

## 2022: all wrapped up!





# Exceptional care from a compassionate team

Person-centred care is at the very heart of Signature's ethos. Our empathetic care teams provide both high quality practical care and day-to-day companionship, while our flexible, tailored care plans grow and change with your needs, supporting independent living for as long as possible.

At the newest award-winning luxury care home in Barnet, various activities are offered to enjoy throughout the day, and dining in a choice of two restaurants. Many of our current residents enjoy spending time together in our cinema room or sharing stories and life experiences in our café area, during treatments in the hairdresser's salon or around our outdoor petanque pitch.

Come and join our coffee morning every Wednesday to experience for yourself what life could be like at Signature at Barnet. If you would prefer a personal tour, please call 020 3394 0472 and our Client Liaison Managers would be happy to arrange this.

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## SIGNATURE AT BARNET

59 Wood Street, Barnet, London EN5 4BS  
[enquiries.barnet@signaturesl.co.uk](mailto:enquiries.barnet@signaturesl.co.uk)  
[signature-care-homes.co.uk](http://signature-care-homes.co.uk)

Signature  
AT BARNET

# Message from the Leader of the Council

## A council that cares for people

As the weather gets colder and prices continue to rise, I know that many people will be thinking about energy bills, heating their homes and putting food on the table. The cost of living crisis is the worst we've seen in a generation, affecting so many families across the borough, and the council is committed to do all we can to help people in Barnet this winter.

We're delivering a £9million financial support package for those in immediate need through different funding streams, including our Resident Support Fund, the household support fund, discretionary housing payments, and the school uniform fund.

As promised, we have also agreed to refund this year's 1% council tax increase, doubling the pledge to give back a total of £4million to residents. We're doing this through a targeted refund of £2million now, equivalent to 1% of council tax, through our Resident Support Fund, followed by a universal refund of 1% to all council taxpayers in next year's council tax bills.

You can find details of all the support available and further advice at: [www.barnet.gov.uk/costofliving](http://www.barnet.gov.uk/costofliving)

## A council that cares for our places

I'm delighted that we have started our new Community Skips Service so residents can dispose of their bulky waste items free of charge, alongside a campaign to tackle fly-tipping. Watch out for your letter advertising a skip near you!

And in October I attended the launch of our first Community Safety Hub in Edgware in the Boardwalk Shopping Centre. The Hubs will be open on the same day, at the same time every week for people to talk in confidence directly to the police and the community safety team about any crime or anti-social behaviour concerns they have.

Alongside our additional investment of £1.8million to upgrade the borough's CCTV, and our Ward Walks to investigate issues that make people feel unsafe, these are key commitments we are delivering to help make Barnet a cleaner and safer place.

Following our hugely successful Black History Month programme we have introduced a new Winter Festival programme, providing small community grants to celebrate the many festivals that take place during winter. From Diwali in October, through Christmas and Chanukah in December, to the Lunar New Year in February - this is a time for all of us to enjoy the different food, music and traditions of our diverse communities and cultures, and to celebrate Barnet as a place of fun!

## A council that cares for the planet

Since declaring an immediate climate emergency back in May, we have been busy working on our action plan to get Barnet to net zero. A key step towards that will be our Citizens' Assembly on Climate Change which will start deliberating in January what can be done to help us on our net zero journey. Working with residents on the change we need for a more sustainable borough is an excellent way to start the New Year!



**Cllr Barry Rawlings,**  
Leader of Barnet Council



## Contents

Stay well this winter	page 4
Electric vehicle charging points	page 6
Black History Month	page 7
Community safety	page 10
Cost of living support	pages 12-17
Fly-tipping	page 18
Christmas bin collections	page 19
Resident support	page 29

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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](mailto:barnet.first@barnet.gov.uk)

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**barnetfirst**  
eNewsletter

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Barnet First eNewsletter?

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email [barnet.first@barnet.gov.uk](mailto:barnet.first@barnet.gov.uk)

# Stay well this winter – double your defences against flu and COVID-19



This year it's more important than ever to get your free flu vaccine and COVID-19 booster when you are invited by the NHS. As this is the first winter without pandemic restrictions in two years, our communities may be more susceptible to the usual winter bugs and viruses than before. Over 40 million people in the UK, including young children, are being offered a flu vaccine this winter.

✓ **The best time to get vaccinated is before the cold temperatures start.**

✓ **If you haven't come forward for your COVID-19 or flu vaccine yet, it's never too late.**

✓ **Getting your free flu and COVID-19 vaccinations are two of the most important things you can do to keep yourself and others safe this winter.**

✓ **Visit [nhs.uk/wintervaccinations](https://www.nhs.uk/wintervaccinations) or speak to your local pharmacy or GP. School-aged children will be offered the flu vaccine at school.**

## Are you a carer?



**Protect yourself and those you care for with the free flu and COVID-19 vaccines.**

As a health or social care worker, you're more likely to be exposed to the flu and COVID-19 viruses, which can be life threatening, and the people you care for are likely to be at greater risk. It's easy to pass these viruses on without knowing. If you haven't had your earlier doses of the COVID-19 vaccine, it's not too late to come forward, you can get these at any time. Protect yourself and those you care for from getting flu and COVID-19 by getting vaccinated as soon as you can.

## Be Lifted in Grahame Park

11 Community Groups across Barnet have received grants to improve community health information. One of these BeLifted hosts free Health ABC Check sessions which give health screening and answer any questions on the COVID-19 vaccine.

The sessions offer:

- Blood pressure checks and health and fitness information
- Information about COVID-19 and other routine vaccinations
- £20 food voucher for everyone who attends the session

**Next event:** 9 January 2023

Book your place:

[bit.ly/ABC-Healthcheck-9Jan2023](https://bit.ly/ABC-Healthcheck-9Jan2023)

## COVID's not over. Get jabbed now!

Young people from Exposure in Barnet share their views on vaccination and what convinced them to get vaccinated. Visit [www.exposure.org.uk](https://www.exposure.org.uk) or check them out on Instagram @exposure\_org

"Having had COVID-19 and experiencing long COVID in the form of losing my sense of smell for over a year, a vaccination seemed like an obvious choice to prevent it happening again. When the opportunity arose I was wary because science lessons at school taught me that vaccines take 10 years to make, I was mistrustful of the quick roll out. But the longer I thought about the other vaccine I'd had (for example the cervical cancer vaccine) I realised that I knew little about that either, yet I'd had it. So there wasn't anything different with this. I trust professionals in every other setting so why not this vaccine?" **Kate**



# Give your child maximum protection against childhood diseases

Keeping your child up to date with their routine childhood vaccinations such as MMR, polio and flu is the best way you can protect your children and family against future infections.

Don't worry if your child is not up to date with their jabs – it's never too late to catch up!

AGE	VACCINE SCHEDULE FOR CHILDREN AND TEENS	HOW TO GET IT?
1 year old – 1st dose 3 years and 4 months to 5 years – 2nd dose	<b>MMR</b> Protects against three serious diseases: measles, mumps and rubella. These highly infectious conditions can easily spread between unvaccinated people and can lead to serious problems including meningitis, hearing loss and problems during pregnancy.	Make an appointment with your GP
1 to 9 year olds	<b>Polio booster</b> Polio is an infection caused by a virus that attacks the nervous system – it can cause permanent paralysis of muscles. There are signs the virus is spreading in London and the number of children vaccinated is lower than it should be. All children aged 1 to 9 are strongly advised to get a booster dose of the vaccine.	Make an appointment with your GP or visit a walk-in centre
3 years and 4 months to 5 years	<b>4-in-1 pre-school booster</b> Boosts your child's protection against four different serious diseases: diphtheria, tetanus, whooping cough, polio.	Make an appointment with your GP
2 to 11 years old	<b>Flu</b> For most children, the vaccine will be given as a spray in each nostril. The nasal spray vaccine contains small traces of pork gelatine. If this is not suitable, ask your child's nurse or GP about the non-porcine flu injection for children.	Offered in school in the autumn and early spring terms
5-15 years*	<b>COVID-19 vaccine (1st and 2nd dose)*</b>  *on request	Make an appointment with your GP or visit a walk-in centre
12-13 years	<b>HPV vaccine (two doses)</b> Helps protect against cancers caused by the human papillomavirus (HPV). The vaccine is shown to reduce cervical cancer rates by almost 90% for women in their 20s who were vaccinated at age 12 or 13. If your teen missed the HPV vaccine in school, they can have it for free on the NHS up until their 25th birthday.	Offered to girls and boys in school Year 8 in the spring term. A second dose is offered 6 to 24 months later, in Year 9
14 years	<b>3-in-1 teenage booster</b> Given to boost protection against 3 separate diseases: tetanus, diphtheria and polio.	Offered in school Year 9 in the summer term
14 years	<b>MenACWY</b> Offered to teenagers in school in the summer term to prevent meningitis and septicaemia, which can be deadly.	Offered in school Year 9 in the summer term

## How do you know if your child is up to date?

Check your child's red book, if they have one, or contact their GP. If your child is behind on their vaccinations, **it's never too late to catch up.**

For more information on routine vaccinations for children, visit: [www.nhs.uk/conditions/vaccinations/](http://www.nhs.uk/conditions/vaccinations/)

## Let's put polio back in the history books



"Polio is a really nasty disease which can seriously affect those who are not vaccinated and catch it. Vaccinations can give your child almost total protection against polio, as well as helping to stop the virus from spreading. If enough people do get vaccinated, then we can put polio back where it belongs, in the history books."  
Dr Debbie Frost, Ravenscroft Medical Centre, Golders Green

# More than 500 extra electric vehicle charging points coming to Barnet, with £3.5m grant

Following last year's announcement of a further £3.5m in grant funding, work has begun on the next phase of electric vehicle (EV) charge point installations. The project, which sees the council partner with Trojan Energy, will install more than 500 charge points across the borough, with works being carried out over the next six months. These charge points will be available for residents to use to charge their electric, or plug-in hybrid, vehicles.

The installation of 510 charge points across 34 residential streets will support the council's commitment to building a comprehensive and fit for purpose network of charge points to support electric vehicles, ensuring that charging demand will continue to be met as it grows.

## What are the new electric vehicle charging points and how do they work?

EV charging points are a place where electric car users can plug in and recharge the battery which powers their vehicle. The new Trojan charge points are sunken into the ground, flat and flush, appearing as a disk in the pavement.

The charging points are connected to the power grid and residents will be able to connect to them using a Trojan lance (cylinder with a retractable handle), which will supply power of up to 22kWh.

According to the Office for National Statistics (ONS), as of 1 January 2022, there were 28,375 public electric vehicle charging devices available in the UK. Although the upfront costs of buying an electric car are generally higher than petrol and diesel alternatives, the gap is gradually narrowing.

The day-to-day running costs over the lifetime of the vehicle are substantially better with an electric car, while residents will also benefit from reduced parking permit costs, and exemption from ULEZ and congestion charges, as well as Vehicle Excise Duty.

Phase one of installation works across the borough of Barnet started on 17 October and will see 15 residential charge points installed at each of the following locations:

- Gloucester Grove, Burnt Oak
- Orange Hill Road, Burnt Oak
- Watling Avenue, Burnt Oak
- Annesley Avenue West, Colindale
- Annesley Avenue East, Colindale

The EV charge point installation is one of the sustainability schemes being rolled out by Barnet Council to help reach our target to become a net zero borough by 2042, by assisting residents in making the shift to more sustainable modes of transport, as well as helping to improve air quality across the borough.



Trojan charge points are sunken into the ground, flat and flush, appearing as a disk in the pavement



More information on owning an electric vehicle in Barnet and how to suggest a charge point location is available at:  
[www.barnet.gov.uk/roads-and-pavements/electric-vehicles-barnet](http://www.barnet.gov.uk/roads-and-pavements/electric-vehicles-barnet)



# Barnet goes big in celebrating its first Black History Month

This October, Barnet formally marked its first Black History Month with a packed programme of over 70 events supported by the council in partnership with community groups, schools and libraries.

Bringing together the borough's many communities in celebration, thousands of residents enjoyed a month of exhibitions, music performances, food, poetry, workshops and talks.

Now in its 35th year Black History Month recognises the achievements, culture and history of Black people.

Highlights included Barnet's official opening ceremony in Colindale's Patterson Square, the 'Out of Many, One People' afternoon of history, art and culture at Grahame Park and Levi Roots at Age UK Barnet for a celebration of Black culture and food.

Local libraries hosted special author events with writer Phil Vasili on the contributions of Black players in football and Dr Keshia Abraham and Dr John Woolf discussing their book Black Victorians: Hidden in History.

Barnet's youth services invited children and young people to join in the celebrations with a month of cooking lessons, hairdressing workshops and arts and crafts.

## Barnet officially celebrates Black History Month for the first time

In July, the council voted to commemorate Black History Month every year.



Levi Roots sharing his story at Age UK Barnet



Councillors and performers at Patterson Square open Black History Month



African drumming band at the Out of Many, One People event in Grahame Park

*"For me coming to Barnet is inspirational, the place I would come during my music days. I think it's important everyone has an opportunity to tap into where you're from and understand your history. I never had that growing up. No one looking like me was coming around to inspire me so it was important for me to tap into history, we weren't just slaves we were more than that."* Levi Roots at Age UK Barnet



A celebration of African culture at Colindale Library in partnership with the African Cultural Association



*"It's so exciting to see Barnet celebrate Black History Month. It's really important that we celebrate in Barnet because it's part of my history and the history of Barnet."* Denise, resident of Barnet.



Young award winners: Tia, winner of Groundswell Project UK Black History Month Poetry Award and Rimay, winner of Spoken Word Power poetry school award performed poetry readings



*"I'm celebrating Black History Month to learn about the culture, what Black History Month means to different people and to share this experience with my children."* Jimmy, resident of Barnet.



*"The theme for Black History Month this year is Time for Change: Action Not Words. In that spirit, we want to focus on ensuring we acknowledge and learn from the past, but also work to improve the future, through action, not just words."* Councillor Linda Lusingu who led the proposal.



*"We hope this continues every year, we hope that communities continue to come together, and we hope that the challenges facing ethnic minority communities are heard and addressed."* Councillor Ernest Ambe, West Hendon ward.



Attendees heard from Darwin Bernardo who founded the young people's charity, New Unique Talented Energetic Generation (NUTMEG)]



# Remembering Her Majesty The Queen Elizabeth II

**In September Barnet Council marked the passing of Her Majesty The Queen, Elizabeth II.**

In response, The Worshipful Mayor of Barnet, Councillor Alison Moore, wrote to Buckingham Palace to convey sincere condolences to the Royal family on behalf of all the residents of Barnet.

Flags at Hendon Town Hall and Barnet Council Headquarters were flown at half-mast and a book of condolence was opened in Barnet to give everyone the opportunity to express their sympathies.

Following the news, Cllr Moore, said:  
*“It is with the deepest sadness that we learnt of the death of Her Majesty The Queen. We share in the profound grief felt across the United Kingdom, the Commonwealth and the entire world.*

*“Her extraordinary 70-year reign, the longest of any British monarch, was characterised by her unwavering commitment to a life of service and therefore Her Majesty has fully deserved a very special and unique place in all our lives.”*

On 11 September, the Mayor proclaimed His Majesty The King in the borough of Barnet. Tributes were paid to Her Majesty Queen Elizabeth II, with the Mayor joining members of the public and councillors by laying flowers in front of Hendon Town Hall.

On the eve of The Queen’s funeral, Sunday 18 September, a Service of Commemoration was held at St Mary’s Church in Hendon followed by a minute’s silence observed at Hendon Town Hall. The one-minute silence was opened and closed by the firing of maroons and was observed along with local residents.



King Charles III and Queen Consort

## CREATIVE COMMUNITIES

Events and activities in Colindale

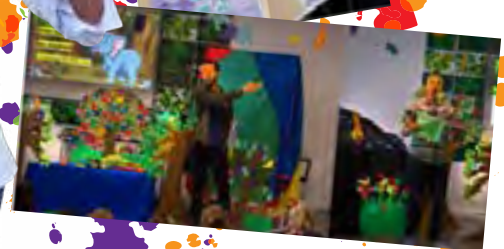
**Creative Communities is an initiative led by Barnet Libraries to deliver a programme of FREE events, activities, and experiences specifically for the residents of Colindale.**

**A wide range of exciting workshops and events are being planned and delivered for children, teenagers, and adults.**

Visit [www.barnet.gov.uk/creative-communities](http://www.barnet.gov.uk/creative-communities) or scan the QR code see forthcoming events



@barnetlibraries  
#CreativeCommunitiesColindale  
[www.barnet.gov.uk/libraries](http://www.barnet.gov.uk/libraries)






# How will you be celebrating this season?

As the festive season sets in and preparations to celebrate Christmas and the New Year are in full swing, there are a range of other religious and spiritual festivals celebrated by Barnet’s diverse community.

Here are a few of the many celebrations that take place over the winter months:

**8 December 2022**



Bodhi Day is celebrated by the Buddhist community to commemorate the enlightenment of Siddhartha Gautama.

**21 December 2022**



Yalda Night marks the end of the longest night of the year and is celebrated by Barnet’s Persian and Iranian residents.

**22 January 2023**




The Lunar New Year, also known as the Spring Festival, is celebrated in various ways depending on region and is a time for families to come together. Traditions include a New Year’s Eve dinner, fireworks and a Lantern Festival. 2023 is the Year of the Rabbit.

**18 December to 26 December 2022**




Hanukkah is celebrated by Jewish communities around the world with candles lit for eight days to commemorate the rededication of the Second Temple in Jerusalem and the defeat of the Seleucids who had attempted to wipe out Judaism.

**25 December 2022**



Christmas is celebrated by Christians to mark the birth of Jesus Christ. Services in churches will include Bible readings about the birth of Jesus, Christmas carols and Nativity plays. Christians in the Orthodox tradition will celebrate Christmas on 7 January.


**24 January 2023**



Guru Gobind Singh Jayanti is celebrated by the Sikh community as the birthday of their tenth and last guru, Guru Gobind Singh. The day is marked with large processions and special prayer gatherings at all Gurdwaras (temples).


It is a source of strength and pride in Barnet that our diverse communities get on well and live together in peace and harmony. We wish all our residents the warmest season’s greetings as we celebrate what is important.

**15 January 2023**



World Religion Day, observed worldwide on the third Sunday of January each year, is Baha’i inspired, and encourages followers of every religion to acknowledge the similarities that different faiths have.

**25 January 2023**



Vasant Panchami, also called Saraswati Puja, or the Festival of Kites, is celebrated in various ways depending on region, by Hindu and Sikh communities and highlights the coming of spring.

Together, WE ARE BARNET

## Our primary schools are more popular than ever, so don’t miss the closing date!

If you don’t apply on time, your application will be given lower priority. This means it is less likely that you will be offered a place at one of your preferred schools, as places will first be offered to all those who applied on time.



Apply now at [www.eadmissions.org.uk](http://www.eadmissions.org.uk)

# Closing date is 15 January 2023

# Council prioritises community safety

## with the launch of Community Safety Hubs and Ward Walks

**Barnet  
Safer  
Communities  
Partnership**



*Cllr Sara Conway and Leader of the Council Cllr Barry Rawlings at the opening of Edgware Community Safety Hub*

Barnet Council has opened the first of its Community Safety Hubs as part of a range of new measures to help make it easier to report crime and concerns to help people feel safer in the borough of Barnet.

Residents can now anonymously report or raise concerns about crime and anti-social behaviour in their area with dedicated council officers in their local Community Safety Hub. In November, the council launched its first 'pathfinder' hubs in Edgware and West Hendon, which are now open weekly. More hubs around the borough will open in the coming months.

## Working to make Barnet a safer place

The creation of Community Safety Hubs is one of two schemes in the council's new programme to make it easier to report crime and concerns to help people feel safer. In November, the council held its first 'Ward Walks' in which councillors, council officers and Police visit local neighbourhoods to investigate reported anti-social behaviour-related issues.

**Cllr Sara Conway, Chair of Barnet's Safer Communities Partnership Board, launched the council's scheme at the opening of the Edgware Community Safety Hub. Cllr Conway said:**

"We are listening to residents and have community safety as a council priority. Although Barnet is one of London's safest boroughs, this is not always how residents feel. We're opening Community Safety Hubs with council officers and partners there to make it easier to report crime and anti-social behaviour. We're investing in more and better CCTV, creating a network of safe spaces for women and girls, Ward Walks and are working with the Police and partners in the community to tackle identity and hate crime.

"We're also changing how the council engages with residents to help people feel less isolated and more connected. Together, we are working to make Barnet a safer place to live."

The launch of Barnet's Community Safety Hubs and Ward Walks follows the publication of Barnet's Community Safety Strategy 2022-2027, which sets out how the council will tackle issues ranging from violence against women and girls, through to anti-social behaviour and protecting those most at risk of exploitation and radicalisation.

Additional future council initiatives include investment in upgrading the borough's current CCTV system and working with residents and the Police to create action plans that tackle local street-level issues in every neighbourhood.

For more information on Barnet's Community Safety Hubs, Ward Walks and the Community Safety Strategy 2022-27 visit: [www.barnet.gov.uk/community-safety](http://www.barnet.gov.uk/community-safety)

### Edgware and West Hendon Community Safety Hubs

Meeting Room, Boardwalk Shopping Centre, Station Rd, Edgware, HA8 7BD - Thurs 3-6pm  
West Hendon Community Hub, Community Centre, Gadwell House, Perryfield Way, Hendon, NW9 7DZ - Tues 3-6pm

### Ward Walks

Ward Walks launched in November. Councillors, council officers and Police will investigate reported community safety issues. You can raise issues about your area by emailing [safestreets@barnet.gov.uk](mailto:safestreets@barnet.gov.uk), or by contacting your local councillor, local resident assoc. or community group.



[www.barnet.gov.uk/community-safety](http://www.barnet.gov.uk/community-safety)



**BARNET**  
LONDON BOROUGH

# Manage your energy bills and your carbon footprint.

**Sustainable Warmth** is a new Government grant scheme designed to fund energy-efficiency upgrades and **YOU** could be eligible.

- Designed to support households most likely to be impacted by rising fuel bills.
- Energy-saving tech and upgrades installed by TrustMark-approved installers.
- Creating warmer, healthier homes.
- Helping to cut carbon emissions.
- Funding available for homes on and off the gas grid.

Want to find out if you're eligible for a **Sustainable Warmth Grant**? Use the details below to find out more.

Visit: [surveys.est.org.uk/s/SustainableWarmth/](https://surveys.est.org.uk/s/SustainableWarmth/)  
or Call: 0808 196 8255

SCAN ME  
TO APPLY



**#MANAGEYOURENERGYBILLS**





**COST OF LIVING SUPPORT**

\*\*\*\*\*  
**BARNET, HERE TO HELP**  
 \*\*\*\*\*

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.

***We want you to know that you are not alone, and help is available.***

-  **FINANCES AND HOUSING**
-  **EMPLOYMENT SERVICES**
-  **CHILDREN AND ADULT SOCIAL CARE**
-  **MENTAL HEALTH AND WELLBEING**

## SUPPORT SERVICES



### Who can access support?

Services listed here are available to all residents who currently receive a qualifying benefit which includes:

#### UNIVERSAL CREDIT

If you are not currently receiving any benefits you can apply for Universal Credit online.

Website: <https://www.gov.uk/apply-universal-credit>

Phone: 0800 328 5644

#### PENSION CREDIT

Provides extra money to help with your living costs if you're of State Pension age and on a low income. It also provides assistance for housing costs such as ground rent or service charges.

Website: <https://www.gov.uk/pension-credit>

Phone: 0800 731 0469

#### PERSONAL INDEPENDENCE PAYMENT

Personal Independence Payment is gradually replacing the Disability Living Allowance for adults with long-term ill health or a disability.

Website: <https://www.gov.uk/pip>

Phone: 0800 917 2222

#### JOBSEEKER'S ALLOWANCE

Provides support to residents while they are looking for work.

Website: <https://www.gov.uk/jobseekers-allowance>

Phone: 0800 169 0310

## NEED HELP?

For further assistance on what support is available to you, please contact:

### Citizens Advice Barnet

Phone: 0808 250 5708

Website: <https://barnetcab.org.uk>

### BOOST

Phone: 0208 359 2442

Website: <https://boostbarnet.org>



## FINANCIAL AND HOUSING BENEFITS

### RESIDENTS SUPPORT FUND

Immediate financial support for Barnet residents who are struggling to afford household essentials such as paying for food, energy bills and other living costs.

### DISCRETIONARY HOUSING PAYMENTS

Extra support for anyone who is currently in receipt of Housing Benefit or the Housing Costs element of Universal Credit and requires more help with housing costs.

### COUNCIL TAX DISCRETIONARY RELIEF

Intended for customers who are suffering from hardship due to exceptional circumstances who require help to meet their council tax.



You can apply for all these in one application form at <https://barnet.grantapproval.co.uk>

If you need help with the online application:

Email: [residentsupportfund@barnet.gov.uk](mailto:residentsupportfund@barnet.gov.uk) or Phone: 0208 359 4242



## FAMILIES, CHILDREN AND PENSIONERS

### FREE CHILDCARE AND EARLY EDUCATION

If you are receiving the qualifying benefits, your two-year-old can access 15 hours of early education for free each week. There are also benefits available for three and four-year-olds.

Email: [earlyyears@Barnet.gov.uk](mailto:earlyyears@Barnet.gov.uk)

Phone: 0208 359 2000 - Extension: 5

### BACE HOLIDAYS

Supports children and young people aged five to 16 who receive free school meals in Barnet.

Website: <https://barnetyouth.uk/bace-holidays>

Phone: 0208 359 3100

### COLD WEATHER PAYMENTS

You may get a Cold Weather Payment if you're getting certain benefits. You'll get £25 for each seven-day period of very cold weather between 1 November and 31 March.

Website: <https://www.gov.uk/cold-weather-payment>

Phone: 0800 328 5644

### WINTER FUEL PAYMENT

If you were born on or before 25 September 1956 you could get between £250 and £600 to help you pay your heating bills. The deadline for you to make a claim for winter 22/23 is 31 March 2023.

Website: <https://www.gov.uk/winter-fuel-payment>

Phone: 0800 731 0160

### AGE UK BARNET

Later life planning service (over 55's), free and confidential information and advice on welfare and benefits, housing or support services as well as how to keep healthy and active.

Email: [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk)

Phone: 0208 203 5040



## MENTAL HEALTH AND WELLBEING

Financial pressures can affect everyone differently. Talking to someone can help you deal with the anxiety and worry that financial stress can cause. Below is a list of numbers that can support your wellbeing during this time.

### BARNET WELLBEING SERVICE

A one-stop shop for all mental health and wellbeing needs. They will refer or signpost you to a wide range of services and activities.

Email: [info@barnetwellbeing.org.uk](mailto:info@barnetwellbeing.org.uk)

Phone: 03333 449088 (Mon-Fri, 9am-5pm)g

### SANCTUARY BARNET (CRISIS CAFÉ)

Immediate emotional support for anyone over 18.

Email: [SanctuaryBarnet@mindeb.org.uk](mailto:SanctuaryBarnet@mindeb.org.uk)

Phone: 0208 343 5704 (M-F 4.30-10.30pm, weekends 12pm-6pm)

### BARNET, ENFIELD AND HARINGEY CAMHS

Call the helpline to speak to a trained mental health advisor.

For anyone under 18 and parent / carers of under 18s experiencing a mental health crisis.

Phone: 0800 151 0023 (helpline is open 24/7)



Visit [www.barnet.gov.uk/costofliving](http://www.barnet.gov.uk/costofliving) for help and advice on financial worries and more mental health and wellbeing support.



We understand that the cost of living crisis is worrying, with many of us thinking about the ability to heat our homes, cook and stay warm this winter. Around 21% of the UK's carbon emissions come from our homes. These emissions come from heating or cooling properties, generating hot water and powering appliances. Barnet Council is providing guidance, in accordance with energy experts, through a list of tips to help reduce energy and keep warm this winter. This will help to:

- **SAVE MONEY DURING THE COST OF LIVING CRISIS**
- **TACKLE CLIMATE CHANGE AS A BOROUGH**

## TOP 10 TIPS FOR SAVING ENERGY IN THE HOME

- 1. Switch to using LED lightbulbs.** These use 90% less energy than traditional bulbs. In a few months, LED light bulbs can pay for themselves through their energy saving quality.
- 2. Switch off electrical appliances when they're not in use.** You can save around £65 a year by turning off your appliances instead of leaving them on standby mode.
- 3. Turn your lights off when you're not using them.** This will save you around £25 a year on your annual energy bills.
- 4. Try a slow cooker as a cheaper cooking alternative.** An electric cooker costs on average 87p per day to run. Meanwhile, a slow cooker costs just 16p a day.
- 5. Only boil water that you need.** Avoid overfilling the kettle and save yourself £13 a year on your electricity bill.
- 6. Wash your clothes carefully.** You can save around £34 a year by washing clothes at 30 degrees and reducing your wash to one run per week.
- 7. Turn down the temperature.** Every degree you lower on your thermostat by could lower your heating bill by 10%.
- 8. Take shorter showers.** Keeping your shower time to four minutes could save a typical household £95 a year on their energy bills.
- 9. Put a lid on cooking pans.** Trapping heat with lids cooks food quicker. A covered pan of water will take less time to boil, saving on energy costs.
- 10. Keep the heat in.** Draft proofing the bottom of doors, letterboxes and windows, could save you around £60 a year.

*Note: These figures are taken from the Energy Saving Trust – for a typical three-bedroom, gas-heated home in Great Britain, using a gas price of 10.3p/kWh and electricity price of 34.0p/kWh (based on Energy Price Guarantee October 2022). Water savings are based on average occupancy.)*

To find out about help and support with your utility bills, visit:

**Energy and utilities | Barnet Council**

# FEELING STRESSED, ANXIOUS, ISOLATED? IT'S OK TO ASK FOR HELP.

Uncertainty and money concerns can have a huge effect on our mental health and wellbeing. Staying well can become more difficult if you are not able to afford housing, food, water, heating or treatments like medication and therapy.



## ASK FOR HELP

This winter, we are all facing added pressures that may be leaving us feeling overwhelmed. If the rising cost of living is affecting your mental health, you're not alone. There are many local and national support services who are here to listen and help. All the below services are free.

### WELLBEING

The Barnet Wellbeing Service can refer or signpost you onto a wide range of mental health and wellbeing services and activities across Barnet:  
[www.barnetwellbeing.org.uk](http://www.barnetwellbeing.org.uk)  
 Call 03333 449088, 9am to 5pm, Monday to Friday, or email:  
[info@barnetwellbeing.org.uk](mailto:info@barnetwellbeing.org.uk)

### URGENT HELP

**BEH CAMHS** supports children and adults experiencing a mental health crisis.  
 Call 0800 151 0023, 24/7, 365 days a year.

**Samaritans** is a safe place for you to talk at any time. You don't have to be suicidal to reach out.  
 Call 116 123, 24/7, 365 days a year or email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Sanctuary Barnet (Crisis Café)** provides access to immediate emotional support to anyone over the age of 18.  
 Call 020 8343 5704, 4.30-10.30pm on weekdays and 12-6pm on weekends, 365 days a year or email:  
[SanctuaryBarnet@mindeb.org.uk](mailto:SanctuaryBarnet@mindeb.org.uk)

### ONLINE SUPPORT

**Good Thinking** ([www.good-thinking.uk](http://www.good-thinking.uk)) and **Every Mind Matters** ([www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)) offer online information and advice to support mental health needs such as trouble sleeping, anxiety, low mood and stress.

**Kooth** ([www.kooth.com](http://www.kooth.com)) offers free online counselling for 11-25s.

**The Stay Alive** app helps you or your friends and family to stay safe. Features include resources designed to help anyone in crisis, a safety plan for a crisis and a life box where you can store images and videos that are important to you. Search 'Stay Alive app' to download.



### STAY CONNECTED

Financial pressures can also have a negative effect on our social life and relationships which can lead to loneliness and isolation.

We may find it harder to leave the house, less inclined to go out for fear of spending money, or not being able to afford the things we are accustomed to. We might even feel a sense of shame that we cannot do the things our friends or families are inviting us to do.

If you're feeling lonely or isolated, these free services can help connect you with others:

**Barnet Friends** (for 18-55): 020 8016 0016, [Befriending@communitybarnet.org.uk](mailto:Befriending@communitybarnet.org.uk), [www.communitybarnet.org.uk](http://www.communitybarnet.org.uk)

**Age UK Barnet Befriending** (for over 55s): 020 8432 1416, [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk), [www.ageukbarnet.org.uk](http://www.ageukbarnet.org.uk)

**Andy's Man Club** (for men over 18): Meet every Monday at 7pm (except bank holidays) at The Meritage Centre, Church End, NW4 4JT [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)



# BARNET'S FOOD BANKS PROVIDE A LIFELINE TO THOSE WHO NEED IT MOST

A healthy and balanced diet is vital to ensure we all stay well this winter. If rising food, fuel and energy prices have caused you to need emergency support to feed yourself or your household, your local food bank is here to help.

As well as physical needs, food also meets social and emotional needs, playing an important role in supporting our mental wellbeing, educational attainment, and resilience. While their primary aim is to make sure nobody goes hungry this winter, many food banks will also be able to signpost visitors to finance, debt and benefit advice, as well as mental health and wellbeing support.



## DON'T GO HUNGRY THIS WINTER

If you are at a point of crisis and can't afford to eat or feed your family, please visit a food bank.

1. **Find your nearest food bank** and opening times. Visit [www.barnet.gov.uk/costofliving](http://www.barnet.gov.uk/costofliving) or ask someone in the community – your local pharmacy, doctor or school will be able to tell you.
2. It's a good idea to get a **food voucher**. Not all food banks require a voucher, but some will ask that you have one. Children's centres, schools, GPs, pharmacies, the Citizens Advice Bureau, social workers and several faith and community organisations can issue food vouchers.
3. Call the Trussell Trust's **free helpline 'Help through Hardship'** who can provide food vouchers and advice: **0808 208 2138** (Mon-Fri, 9am-5pm. Closed on public holidays.)



**"If you're feeling anxious about coming to a food bank, please don't feel bad about coming in. We're friendly, we're open and we want to help. We get all sorts of people coming here, professional people, some who have lost their jobs, and people who just can't make ends meet for that particular month."**

*"It's all about trying to help each other and to look after each other. We will make you feel as welcome as possible. We could all be in that position, and the fact there is something here to help is fantastic."*

– Steph, volunteer at Chipping Barnet Foodbank

## SUPPORT YOUR LOCAL FOOD BANK



### 1. DONATE

Many food banks will have a 'wish list' of items they especially need. Most supermarkets have collection boxes or you can drop items directly to your local food bank.

### 2. VOLUNTEER

Contact your local food bank to see if they need help to sort, package and distribute food to those who need it most.

### 3. TELL A FRIEND

Help spread the word about the remarkable network of staff and volunteers who ensure our food banks can meet the needs of our communities.



## HEALTHY START VOUCHERS

If you're pregnant or have a child under four, you may be eligible for free Healthy Start vouchers to buy food and milk. Visit: [healthystart.nhs.uk](http://healthystart.nhs.uk)  
E: [healthy.start@nhsbsa.nhs.uk](mailto:healthy.start@nhsbsa.nhs.uk)  
T: **0300 330 7010** (Mon-Fri, 8am-6pm. Charges apply).



## FOOD FACTS

- **1 in 5 parents in London have skipped meals so their children could eat**
- **43% of households receiving Universal Credit in the UK are facing food insecurity**
- **In lower earning households, almost 75% of disposable income would need to be spent to meet Eatwell Guide's healthy diet recommendations**



# SUPPORTING FAMILIES WITH FREE ACTIVITIES AND CHILDCARE FOR YOUNG PEOPLE.

We understand that the cost of living crisis is a worrying time for families. We have a range of FREE activities for children and young people all year round.



## ACTIVITIES

During term time we have over 20 activities running 5 days a week such as Circus Skills, Cookery, Skateboarding, Basketball, Performing Arts, Digital photography, Yoga, Street Dance as well as SEND (Special Educational Needs, Disability & Autism) activities. Sessions are FREE to all young people who live in or attend school in Barnet. For further information, please call the Positive Activities team on **0208 359 5281** visit [https://barnetyouth.uk/regular\\_timetables](https://barnetyouth.uk/regular_timetables)



During school holidays we run BACE activities for children in reception -11 years old for families in receipt of free school meals. BACE camps 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!

Our Winter BACE holiday activities will take place over the following dates: 19-22 December 2022 and 23, 28-30 December 2022.

For more information visit <https://barnetyouth.uk/>

## FREE ACTIVITIES FOR 0-5-YEAR-OLDS

Our children centres offer stay and play sessions, toddler fun, rhyme times and much more. To find out what's on and where visit [www.barnet.gov.uk/childrencentres](http://www.barnet.gov.uk/childrencentres)

## FACE TO FACE HELP SUPPORT AND ADVICE FOR OUR FAMILIES

If you have children aged 0-19 years then our Early Help team are here to offer face to face support for you and your family. **\*\* WALK - INS WELCOME \*\***

The Early Help Hub can provide:

- parenting advice
- benefit checks
- debt management support
- advice about FREE Early Years Education for 2, 3 & 4 year olds
- school admissions support
- food vouchers
- healthy start vitamins and vouchers
- employment support
- access to specialist services

Visit us here: **West Locality 0-19 Early Help Hub Barnet and Southgate College, Colindale, 7 Bristol Avenue (formerly Lanacre Avenue) London NW9 4BR** or call **020 8359 3510**

## FREE CHILDCARE AND EARLY EDUCATION SUPPORT

Get access to 15 hours Free childcare for 2-year-olds and up to 30 Free hours for 3 to 4 year olds plus early education support.

To find out more visit <https://www.barnet.gov.uk/children-and-families/childcare>



# From reporting it to sorting it: Help us tackle fly-tips in Barnet

Our Street Scene and Community Safety teams work hard every day to ensure fly-tips are investigated and cleared as quickly as possible.

But how can you help us?

## Reporting it

- Let us know about a fly-tip by reporting it.
- Use the online form at [www.barnet.gov.uk/flytipping](http://www.barnet.gov.uk/flytipping) or scan the QR code below.
- Bookmark this page on your internet browser for easy access.



## Investigating it

- We'll investigate the fly-tip. This can result in the offender being issued a fine, facing prosecution, or even imprisonment.



## Clearing it

- Fly-tips on public land will be cleared after they have been investigated.



## SEE A FLY-TIP? REPORT IT. WE'LL SORT IT

Let us know if you spot a fly-tip in your area. We've updated our reporting form so you can notify us in just one minute. All you have to do is:

1. Note details of the items dumped and the location details (perhaps by a bin, closest door number, or road junction) and take a photo if you can. This will help our crews to find it more easily
2. Go to [www.barnet.gov.uk/flytipping](http://www.barnet.gov.uk/flytipping) or scan the QR code
3. Upload the details and the location on the map.

## WE'LL SORT IT.

We are committed to identifying those responsible for the illegal dumping of waste. Once investigations are completed, the fly-tipped waste on public land will be cleared by our crews as soon as possible.

## HOW TO DISPOSE OF LARGE ITEMS

- Donate furniture or have large electrical appliances collected for free: [barnet.gov.uk/reducereuse](http://barnet.gov.uk/reducereuse)
- Take items to the Reuse and Recycling Centre, Summers Lane, N12 0RF for free. Find out more at [www.barnet.gov.uk/recycling](http://www.barnet.gov.uk/recycling)
- Book and pay for a bulky waste collection from outside your property. Charges start at £35 for up to three items: [www.barnet.gov.uk/bulkywaste](http://www.barnet.gov.uk/bulkywaste)
- Use our new community skips service. We will write to you ahead of your service day.



# Christmas recycling and waste collections

## Recycling and refuse bin collections

Collections will take place on your usual day between **Monday 19 December and Friday 23 December**. There are changes to collection days in the following week as shown.

Normal collection day	Revised collection day
Monday 26 December	Tuesday 27 December
Tuesday 27 December	Wednesday 28 December
Wednesday 28 December	Thursday 29 December
Thursday 29 December	Friday 30 December
Friday 30 December	Saturday 31 December

Collections will take place on your usual day from **Monday 2 January onwards**.

Check your collection day at [www.barnet.gov.uk/bins](http://www.barnet.gov.uk/bins).



## Annual winter pause to garden waste collections



The garden waste bin collection service is paused from Sunday 11 December 2022 for six weeks.

From 14 December 2022, subscribers to the service can check the date of their first collection in the New Year at [www.barnet.gov.uk/bins](http://www.barnet.gov.uk/bins)

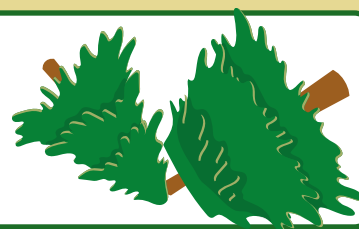
We will also be emailing subscribers a reminder before collections resume in the new year.

You can still sign up now for fortnightly garden waste collections. Sign up and pay at [www.barnet.gov.uk/gardenwaste](http://www.barnet.gov.uk/gardenwaste) or call **020 8359 4600**.

## Christmas tree collections

**Real Christmas trees will be collected in January 2023.**

Please ensure your real Christmas tree has all decorations and tree lights removed, is cut in half and put at the boundary of your property by 13 January for collection over the following two weekends



## Black or blue? It's down to you!

Test your knowledge – which bin does each item go in? Match the items with the correct bin then check your score using the answers below. **Blue is recycling** and **black is refuse**.



Glittery wrapping paper



Cardboard boxes

Plastic or metal sweet tins



Foil trays



Answers: Glittery wrapping paper – black refuse bin. Cardboard boxes – blue recycling bin. Foil trays – blue recycling bin. Plastic or metal sweet tins – blue recycling bin. They can also be flattened and put next to the bin. Plastic or metal sweet tins – blue recycling bin. Foil trays – blue recycling bin. Make sure they are clean and free from food residue.

# BRENT CROSS CRICKLEWOOD REGENERATION UPDATE

The Brent Cross Cricklewood regeneration programme continues to transform the area with two new parks now open for residents to enjoy alongside new cafés and restaurants, and public artworks.

But creating a new park town for Barnet also means supporting our existing communities, with funding, jobs and skills opportunities.

Read on to find out more about how the project is changing lives as well as spaces.



View from the skies of the under-construction Brent Cross West station. Copyright Galldris Service Limited

## MEET CRICKLEWOOD COFFEE ROASTERS

Working with developers and contractors to deliver the scheme, we have a pledge to ensure at least 20% of people working on the project are from Barnet or neighbouring boroughs Camden and Brent, as well as working with local business owners to deliver new amenities.

Businesses like Cricklewood Coffee. The much-loved and award-winning local coffee roaster, James Colbourne has recently opened a new roastery in Claremont Way, joining locally run Happy Face Pizza, Karma Bakery and Spruce and Larch cafe. James is well known in the area for providing commuters with their morning coffee at Cricklewood station until 2020, and during the pandemic took his unique coffee blends online. Now he has grand plans for the space on Claremont Way, so watch this space.

James has won multiple awards at The Guild of Fine Food's Great Taste Awards, and has also been granted Great Taste Producer Status which recognises him for consistently producing an excellent product.

**Curious to try it?**  
**The roastery is open every day from 7:30am to 3pm on Claremont Way, NW2 1AJ**



James Colbourne and Laura Halliday

## £40,000 COMMUNITY FUND SUPPORTS 11 NEW LOCAL PROJECTS

Developers Related Argent, who are delivering Brent Cross Town in partnership with Barnet Council, also continue to support the community through the Brent Cross Town Community Fund, this year increasing the funding pot to £40,000. In August, Brent Cross Town revealed the 11 new projects which will receive funding this year.

This year the Community Fund, which supports local groups and initiatives based in and around Cricklewood, Childs Hill, Golders Green, and West Hendon, placed an emphasis on projects that support refugees, and mental and physical wellbeing, as well as foster community togetherness.

The amazing organisations already launching their projects are: Yaran Club, Noa Girls, Keep Rolling Project, Basing Hill Ballpark, Childs Hill School, Apache Kids Club, BeLifted, Claremont Primary School, West Hendon Pre-School,



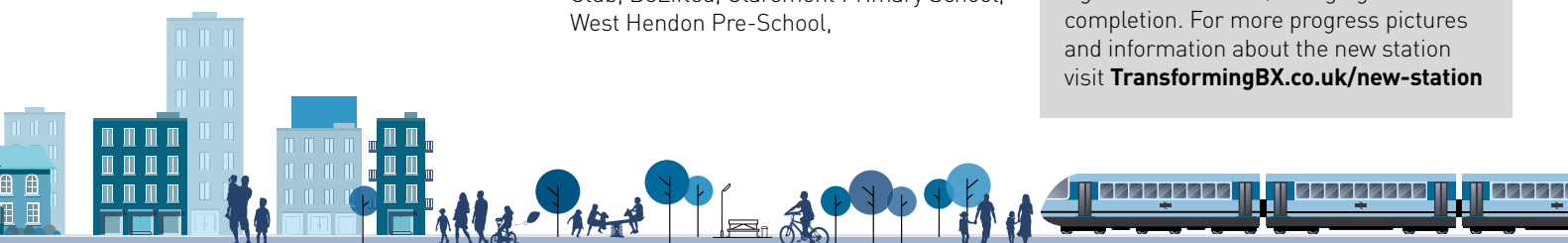
Keep Rolling Project funded by the Brent Cross Town Community Fund 2022.

Planters for Hope (a collaboration between Our Yard and the Golders Green Estate Residents Association) and The Boys Clubhouse. They each received grants of between £500 and £5,000.

**Find out more about the Community Fund winners, and other opportunities across the Brent Cross Cricklewood regeneration project, and to sign up to our e-newsletter, visit: [transformingbx.co.uk/opportunities/](https://transformingbx.co.uk/opportunities/)**

## BRENT CROSS WEST

Brent Cross West, London's newest mainline station in over a decade built right here in Barnet, is edging closer to completion. For more progress pictures and information about the new station visit [TransformingBX.co.uk/new-station](https://TransformingBX.co.uk/new-station)



## SHEFFIELD HALLAM UNIVERSITY TO OPEN SATELLITE CAMPUS IN BARNET

As part of the Brent Cross Cricklewood regeneration programme, we recently announced that Sheffield Hallam University will, in future, open its first satellite campus in Barnet.

Sheffield Hallam University was selected to become the town’s future higher education partner because of its strong emphasis on health and wellbeing and will bring long-term economic and social benefits to the borough.

The Brent Cross Town campus is scheduled to open from 2025/26, with the aim of delivering courses to 5,000 students by 2030. It will focus its degree-courses here on the subject areas its best known for and conduct extensive local research to tailor its courses to meet the needs of those living in the area. It will also complement our broader higher education offer, including that of Middlesex University who continue to play an important role in Barnet.

The university campus building design has a low-carbon hybrid timber and concrete structure and will use renewable energy from Brent Cross Town’s sitewide district heating network, which will provide the largest installation of heat pumps in the UK – all part of Brent Cross Town’s pledged to be net zero carbon by 2030.



Sheffield Hallam University will be launching its first satellite campus outside Sheffield at Brent Cross Town

**Leader of Barnet Council, Councillor Barry Rawlings said:**  
**“We welcome this opportunity for residents to access first class higher education at Brent Cross Town with an award-winning, nationally recognised university that has a strong record of supporting its local community. This is part of our vision, as a dynamic and innovative borough, to put communities at the heart of the Brent Cross Cricklewood regeneration programme.”**

Find out more at [tranformingbx.co.uk/news](https://tranformingbx.co.uk/news)

## Changing how you can get involved in local democracy



**Do you want to have your say on local issues? Would you like to get involved in commenting on issues that impact on your community, or telling us what you think about our future budget plans?**

**We want to make it as easy as possible for you to do this, so as part of our ambitions to make decision making more efficient and improve opportunities for you to participate in local democracy, we are making some changes to the way we work.**

In May 2023, the council plans to move from a committee system of governance to an executive system. This means that in the future many decisions would be taken by a single party Cabinet (or Executive) or individual Cabinet Members (who would have a portfolio of responsibilities) - and the Cabinet and Cabinet Members would be held to account by cross-party overview and scrutiny committees.

### How you can have your say

In addition to this change, we also want to improve the way that residents can engage in all decision-making arrangements. At the moment, residents can ask a question, make a comment, submit a petition, speak at planning and licensing meetings, support a bid for Area Committee funding, and speak on applications for Assets of Community Value listings.

Over the coming weeks, we will be developing options to enhance our current offer and we want to hear your views. Look out through all the council’s channels - website, social media and our Engage Barnet consultation hub - for ways you can get involved.

We will be able to tell you more about what the new ways of working look like in the next edition of Barnet First, coming to you in March 2023. The plan is that our new governance arrangements can be put in place in time for the Annual Council Meeting in May 2023.

# There's never an excuse for domestic abuse



The end of year festive season is one of the most wonderful times of the year, a time to enjoy with family and friends. Additionally, November coincides with FIFA men's World Cup which is a time for many to watch football with passion and pride.

However, these good times can also see an increase in reports of domestic abuse. A study in 2014 by academics at Lancaster University looked at the number of reports of abuse to a Police force in the north-west of England during three football World Cups. They found that such reports increased by 26% when the national team won or drew, and by 38% when the team lost. Aside from these figures, it is widely known that the Police force

**Call the Police on 999 if someone is in immediate danger**

**Emergency refuge accommodation and advice:**

If someone is fleeing domestic abuse, call the 24 hour National Domestic Abuse Helpline on **0808 2000 247** or using their live chat **Monday – Friday, 3pm – 10pm** on [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

often deploys more patrolling officers during England World Cup matches, and even deploy additional domestic abuse patrol cars.

*If you're experiencing domestic or sexual abuse, or know someone who is, then there is help, advice and support that we offer in Barnet.*

## Solace Advocacy Domestic Abuse and Support Service

Provides free and confidential advice and support for women and men who are at risk of domestic abuse, forced marriage, female genital mutilation (FGM) and honour based violence. **Call: 020 3874 5003 or email: [barnet.advocacy@solacewomensaid.org](mailto:barnet.advocacy@solacewomensaid.org)**

## Barnet Homes Domestic Abuse One Stop Shop

Survivors can receive help and support every Thursday from 9.30am to 12.30pm except during bank holidays.

Survivors receive one to one support from an Independent Domestic Violence Advisor, information, advice and support from family law solicitors, an immigration solicitor, an experienced former magistrate, housing advisor, cyber care and Sanctuary Scheme Coordinator.

**Call 020 8359 7947 or email: [DAOneStopShop@barnethomes.org](mailto:DAOneStopShop@barnethomes.org)**

## Jewish Women's Aid

Provides support to Jewish women and children affected by domestic and sexual abuse, with both short-term and long-term support.

**For Domestic Abuse Services, call: 0808 801 0500 or email: [clientsupport@jwa.org.uk](mailto:clientsupport@jwa.org.uk) or access the webchat via their website: <https://www.jwa.org.uk/webchat>**

## RISE MUTUAL CIC Perpetrator programmes

Provides domestic abuse perpetrator programmes and integrated victim service. Services include group programmes, young people's services; child (including adults over 18) abuse to parent/carers and healthy relationship education programme; safety and wellbeing support for victims of the perpetrators on a programme; 1:1 trauma informed support for women who are violent or abusive in the domestic setting and Culturally Integrated Family Approach (CIFA) to Domestic abuse perpetrator programmes.

**Call senior practitioner, Eoin Gorman: 07538 655 120 or email: [eoin.gorman@risemutual.org](mailto:eoin.gorman@risemutual.org)**

## Women and Girls Network's Sexual Violence Helpline

Call Women and Girls Network's Sexual Violence Helpline on **0808 801 0770** Monday to Friday 10am-12.30pm and 2pm-4pm or out of hours on Wednesday 6pm-9pm for free and confidential emotional support for any woman in London (aged 14+) who has been effected by any form of sexual violence at any time in their lives.

# Could you be a Shared Lives Carer?

- Benefit from a generous pay with tax-free allowances
- Share your life & enjoy the opportunity to work from home



**Share  
your  
life**

## Multiple roles available:

- Overnight support (spare room required)
- Live-in support (spare room required)
- Day support

## Contact us now:

☎ 0208 359 3576

✉ [shared.lives@barnet.gov.uk](mailto:shared.lives@barnet.gov.uk)

🔗 [barnet.gov.uk/sharedlives](http://barnet.gov.uk/sharedlives)

Website





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# POST-16

## OPPORTUNITIES 4 U



# UNDERSTANDING T-LEVELS

### What are T Levels?

- An exciting new qualification that is an alternative to A Levels, other post-16 courses or an apprenticeship.
- Students opt to study one T Level; they are a full-time qualification and take two years to complete. A T Level is the equivalent to 3 A Levels.
- T Levels have been designed with businesses, so the knowledge and skills gained are relevant and up to date. All T Level students will complete an industry placement with an employer. This gives students an insight of what a career is like in that area.
- T Level students spend 80% of their time in the classroom and 20% of their time on their industry placement.

### What is an industry placement?

- It is a minimum of 315 hours, (approximately 45 working days) spread across the two-year course.
- It is a structured placement to develop real work skills, the placements are occupationally specific allowing students to develop practical and technical skills in the subject the student is studying.

### Where can students study a T Level in Barnet?

- T Levels will be on offer in Barnet and Southgate College and Saracens High School.

### Which T Levels are available from September 2023 in Barnet?

- Barnet and Southgate College will be offering a range of T Levels. Visit [www.barnetsouthgate.ac.uk](http://www.barnetsouthgate.ac.uk)
- Saracens High School will be offering T Levels in Digital Production, Design and Development and Health. Visit <https://saracenshigh.org/>
- For further information about T Level subjects please visit: [www.tlevels.gov.uk/students/subjects](http://www.tlevels.gov.uk/students/subjects)

### What progression routes are open to T Level students?

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

We are very pleased and excited to be offering these new qualifications. The college is perfectly placed to introduce T Levels in these areas utilising the skills and expertise of our specialist staff and taking advantage of our specialist resources and facilities. Our well-established links with industry and employers will support delivery and provide meaningful placement in industry settings. T Levels are an exciting new offer for Barnet & Southgate College and providing young people with a brand new alternative to A Levels leading to university places or direct entry into employment. There will be more details on our website soon and our trained guidance team will be able to advise young people and parents at our forthcoming open days.

**Neil Coker - Principal & Assistant Chief Executive, Barnet & Southgate College**



We are excited to announce the launch of two T Levels as part of our Sixth Form provision at Saracens High School. Our unique Sixth Form offers a genuinely broad and inclusive curriculum including two T Levels alongside our traditional A Level offer, and our pioneering Pre-Apprenticeship and Saracens sporting pathways. T Levels have been repeatedly heralded as the 'gold standard' of vocational qualifications and we are working closely with colleagues at Barnet Education and Learning Service (BELS) and Middlesex University, as well as leading industry experts in both fields, to be able to offer an unrivalled provision.

**Dr M Stevens – Principal Saracens High School**



**For more information speak to a friendly Barnet careers advisor from Barnet Education, Employment and Training Support (BEETS) on 020 8359 2011 or visit [www.bels.org.uk](http://www.bels.org.uk)**



# DONATE BLOOD

Give the gift of blood this festive period



Due to low supplies, last month the NHS issued an amber alert on blood stocks for the first time, meaning hospitals were able to give blood only to patients who needed it the most.

Your blood donation could help save three lives. Don't know your blood type? You'll find out after your first appointment; all you need to do is register to give blood.

The NHS would particularly like to hear from Black donors as there is a high demand for 'Ro blood', a common type of blood in Black donors.

Register at [blood.co.uk](http://blood.co.uk), call 0300 123 23 23 or download the NHS Give Blood app to check local centres and please book if you can.



## COMMUNITY HEALTH SCREENINGS

**Over 40?** Take control of your future with a free health screening

At one of our health screenings, you can check your blood sugar and cholesterol levels, blood pressure, height, weight and body mass index for free. Our trained healthcare professionals are here to support you with your health goals.

If you are over 40 and live, work or study in Barnet book an appointment at your local health screening. Some walk-ins are available and you do not need to be registered with a GP.



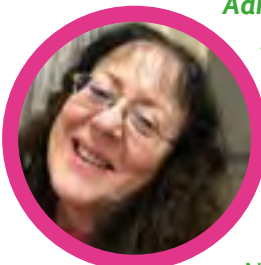
*"I've discovered I'm just above normal on the pre-diabetic scale, so I'm going to cut down on sugar. I would have had no idea if I hadn't had a health screening"*  
Danielle, Whetstone, 55

Danielle visiting a community health screening

Take 20 minutes for a healthier tomorrow:  
[www.barnet.gov.uk/healthscreen](http://www.barnet.gov.uk/healthscreen)

# THINKING OF... QUITTING SMOKING ?

**The Barnet Stop Smoking Service is here to help.**



**Adrienne was a smoker for 50 years and was convinced she would never be able to stop until she found the Barnet Stop Smoking Service:**

"After the first few sessions, I just knew it was going to be easier than I thought. The support and knowledge I got from the Stop Smoking Specialist, Nicky, was so vast and helpful, and everything just made sense.

"I used to have a cough that would wake me up at night. It went after two weeks of giving up tobacco, I'm less breathless and my sleep has improved too. Nicky took the time to understand me and what could cause me to relapse or trigger me, and that's really helped to make sure I keep my smoke-free status."

Studies have proven that you're three times as likely to stop smoking successfully with the right help.

**Sign up for the Barnet Stop Smoking Service today:**

[www.barnet.gov.uk/stopsmoking](http://www.barnet.gov.uk/stopsmoking) or call the Stop Smoking London Helpline on 0300 123 1044.



Barnet **A**ctive **C**reative **E**ngaging holidays

# BACE HOLIDAYS



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

## A Day in BACE Camp

**BACE Holidays stands for Barnet’s Active, Creative and Engaging Holidays – a name chosen by young people!**

We have a huge range of providers offering different activities to children and young people at locations across Barnet.

From skateboarding, arts and crafts to sports and theatre. The camps also give children the chance to socialise and make friends away from school.

Each BACE camp / activity is different in its own right, co-produced by the young people and the provider, taking into account their ages and abilities.

A typical day at a BACE Camp will entail:

- **Welcome! Sign in and get to know others with ice breaker and team building games**
- **Activities – a series of structured activities per day such as sport, arts and crafts, performing arts**
- **Mini Breaks with time spent outside depending on weather and snacks**
- **Lunch - a hot healthy meal and nutritional education**
- **Evaluation and feedback from children at the camp**
- **Sign out and goodbyes**

**What our parents have said:**

“My child was happy, excited had a good time, and helped with their self confidence.”

“This is the first time my kids doing such activities like this, and they loved it!”

“The inclusivity is great. The fact that my autistic child could mingle with non-SEN children and was not restricted to SEN only activities.”



have fun

get active

learn new skills



Follow @BarnetYouth\_ on Instagram

Visit [barnetyouth.uk/BACEHolidays](http://barnetyouth.uk/BACEHolidays)



## Give an 'L' of a present this Christmas!



**Learning to drive is a life skill many of us take for granted. For children in care it can be a game changer; boosting self-esteem, employment options and reducing social isolation. Yet for most care experienced young people, especially in the current cost of living crisis, it can be financially out of reach.**

Live Unlimited, a charity providing opportunities to Barnet young people who've been in care, is running a Christmas Campaign this year help to young people gain their driving licence.

Their popular scheme, called Driving Ahead, provides 46 hours free driving lessons, theory and practical test fee young people aged 17-25. They partner with AA and BSM driving schools to deliver it.

Since the scheme launched in 2019, Live Unlimited has supported 15 young people to take their driving tests, of which 10 have passed. All have received life changing benefits including gaining employment, improved self-confidence and independence.

Kane, 22, who passed first time, said: "I feel as if a weight has been lifted off my shoulders. I was accepted onto the scheme back in 2019 then I broke my leg and then Covid happened. I'm over the moon I've finally passed. Now I've got my licence it gives me whole new options for work."

Donations made to Live Unlimited's Christmas Campaign up to their target will be doubled between 29 November and 6 December, meaning one donation, twice the impact!

To find out more about Live Unlimited's Christmas Campaign, and to help support this life changing opportunity, please visit [www.liveunlimited.org.uk](http://www.liveunlimited.org.uk)

## Have your say on the Council's 2023/2024 budget

**Every year, all councils are legally required to set a balanced budget for the next financial year giving details on how much money they will spend on each of the services they provide.**

However, like many other councils up and down the country, we continue to face significant funding pressures and will need to make some difficult decisions during the setting of our 2023-24 budget to ensure resources continue to be prioritised and money is directed to where it is needed most.

We also totally understand that everyone in Barnet is currently dealing with a very concerning rise in the cost of living. But the deep-felt impacts of rising inflation, followed swiftly off the back of the punishing pandemic, is also presenting the council with significant financial challenges.

As we plan our spending for the year ahead, we want to hear your views on our Council Tax proposals, savings proposals and your ideas for how we might make further savings. You can respond by completing an online questionnaire at [engage.barnet.gov.uk](http://engage.barnet.gov.uk) or telephone **020 8359 7016** for a paper questionnaire.

“

The budget consultation will begin after Policy and Resources Committee on 13 December subject to Policy and Resources Committee approval.

”

“

**HAVE YOUR SAY**  
We are also currently consulting on options for the future of the A1000 Cycle Lane. Have your say at [engage.barnet.gov.uk](http://engage.barnet.gov.uk)

”

# Providing equal support in a digital world

Equality is at the foundation of everything we do. We have a commitment to ensuring every resident can access the support, information, and services they need.

During the pandemic the council had to consider how we can support residents remotely, highlighting the importance of the council’s role as a support network for residents, and the barriers that residents who are digitally excluded face when trying to access support and services.

**We are doing this by unlocking the full potential of the internet and digital technology available; ensuring residents can benefit from access to online services, information and smarter phone systems; and ensuring services and information can be accessed by everyone so no resident is left behind.**



Barnet has the second largest population in London of **c.389,300** which has increased by **9.2%** since 2011 and is above the 6% average in England.

**13.3%** do not have adequate access to a broadband connection. **c.1,600** residents in Barnet are likely to have little or no use of the internet. These residents are also most likely to have the highest rates of unemployment.



## Resident Support at Barnet

INFORMATION  
CONVENIENCE  
SUPPORT  
ADVICE



Barnet on average supports over **40,300** residents on the phone every month. On average **30%** of calls are leading to longer conversations to support residents facing increasingly complex needs.

On average, **189,700** people visit the Barnet Council website every month. **76%** now choose the website for payments and transactions rather than a call. Improving our web offer for those that want to use it, helps us prioritise resource for those that cannot or need additional support.



## How we are improving...

### Connecting communities

In 2020 we launched an ambitious programme to connect our residents and local businesses to services and opportunities they need to thrive digitally including laptops, broadband connections, digital skills, awareness, and training. The programme has benefited around **700** residents and **250** households so far.

### Unlocking access and support for all our residents

The customer support team is offering additional help to residents facing challenges using our services online and has set up referrals via Age UK Barnet. The service has supported **over 60** residents since its launch this summer 2022. These appointments can be booked by calling **020 8359 2000**.

The introduction of a BSL (British Sign Language) video calling service is one of a number of changes being made to provide equal access to residents with sensory

impairments. You can use the BSL service via the accessibility button on top right of [www.barnet.gov.uk](http://www.barnet.gov.uk) or at the Colindale reception.

### Simplifying how residents reach and interact with our services

As of October 2022, a new phone system has been put into place to make it easier for residents to speak to someone. This will offer call back options during busy periods and automated text alerts. Over time the system will also learn to give real time data on what residents are calling about, so you don't have to repeat yourself.

Within a week of its launch **over 380** callers chose a call back option, reducing their waiting time.

**Over 100** residents opted for a text message with additional information to help them self-serve.

*"I think it's a very good thing because it shows that they (Barnet Council) are being proactive in making their services more accessible and better."  
- Barnet resident and new phone system test participant*



### We cannot do this without you.

Sharing your experience will shape the decisions we take for all our residents. If you are interested in giving your feedback or joining our focus sessions, please write to us at:

**improvingaccess@barnet.gov.uk**

# Season's grittings!

Before you head out this winter, read our top tips to ensure you travel safely:



As the days and nights grow colder, our winter salting programme will ensure that 150 miles of our busiest roads are safe.

This winter, our staff will be working 24 hours a day, seven days a week.



## Check the Met Office weather forecast

Before you set off on your journey, make sure you visit [www.metoffice.gov.uk](http://www.metoffice.gov.uk) to check for weather warnings and road conditions before travelling.

**Remember, always allow extra time and take care.**



## Keep emergency equipment in your car

Make sure you have a bottle of water, non-perishable food, a first aid kit, torch, in-car mobile phone charger, blanket and spare waterproof clothing. If you need to travel to more rural areas, then be sure to also pack a shovel.

## Prepare your vehicle

It's a good idea to make sure your vehicle is fully serviced before winter starts and that you have the anti-freeze tested. If you can't do a service, you can do your own checks:

- Lights are clean and working
- Battery is fully charged
- Windscreen, wiper blades, and other windows are clean and the washer bottle is filled with screen wash
- Tyre condition, tread depth and pressure (of all the tyres, including the spare)
- Brakes are working well
- Fluids are kept topped up, especially with windscreen wash, anti-freeze and oil.

## Wear sturdy footwear

If you do have to go out in the snow or ice, then wear a good pair of boots, they keep your feet warm and have more grip than trainers or other shoes.



## Drive carefully

If you find yourself driving in snow or on icy roads, adapt your driving to these conditions. Reduce your speed smoothly, avoid harsh braking and sharp steering.



## Did you know?


We have thousands of tonnes of salt in our salt barns ready to use this winter and hundreds of gritting bins across the borough were filled at the start of the winter season.



Follow us on Twitter @barnetcouncil or visit our website at [barnet.gov.uk/wintergritting](http://barnet.gov.uk/wintergritting) for regular updates.

# Contact your councillors

**Barnet Vale**



Cllr Richard Barnes  
Cllr Marianne Haylett  
Cllr David Longstaff

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**East Finchley**



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Cllr Arjun Mittra  
Cllr Alison Moore

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**High Barnet**



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Cllr Emma Whysall

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**Brunswick Park**



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Cllr Giulia Monasterio  
Cllr Tony Vourou

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Cllr Alison Cornelius  
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Cllr Linda Lusingu  
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Cllr Danny Rich

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Cllr Nagus Narenthira  
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**Garden Suburb**



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Cllr Michael Mire

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Cllr Andrea Bilbow OBE  
Cllr Rishikesh Chakraborty

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Cllr Edith David  
Cllr Simon Radford

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**Hendon**



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Cllr Alex Prager  
Cllr Mark Shooter

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Cllr.M.Shooter@barnet.gov.uk

**Woodhouse**



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Cllr Anne Hutton

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Cllr.A.Hutton@barnet.gov.uk

## Full Council meetings

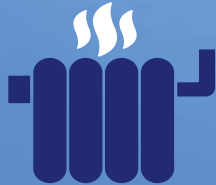
**Hendon** - Council - Tuesday 24 January 2023, 7pm,  
at Hendon Town Hall, The Burroughs, London NW4 4BQ

For more information and for venue details, please visit: [barnet.moderngov.co.uk](http://barnet.moderngov.co.uk)  
For details of surgeries, email: [first.contact@barnet.gov.uk](mailto:first.contact@barnet.gov.uk)  
Or write to us: **Members' Room, Hendon Town Hall,  
The Burroughs, Hendon, NW4 4BG**

# Stay well this winter



**Protect yourself** with the seasonal flu vaccination and come forward for your COVID-19 booster when offered.



**Keep your home warm** at a minimum of 18C if you can.



**Get financial help** for heating costs, food and childcare. Call **0208 359 2000** or visit [www.barnet.gov.uk/costofliving](http://www.barnet.gov.uk/costofliving)



**Stay connected** with friends and family and check in on vulnerable neighbours and relatives.



## Get advice if you feel unwell

- If you feel unwell, contact your pharmacy or GP practice or visit [www.nhs.uk](http://www.nhs.uk) for advice or information
- If you need medical advice quickly, call **111** or visit [111.nhs.uk](http://111.nhs.uk)
- In a life-threatening emergency call **999**.



SCAN ME



[www.barnet.gov.uk/winterwell](http://www.barnet.gov.uk/winterwell)