

barnetfirst

The council magazine bringing you news and community information

Summer Edition August 2020

Open for business



COVID-19 HAS NOT GONE AWAY

STAY

SAFE IN PUBLIC:

- Keep your distance
- Wash your hands
- Wear a mask in enclosed public places

PROTECT OTHERS:

- Got a cough?
- Got a temperature?
- Got no taste or smell?

GET TESTED

Anyone with COVID-19 symptoms can get tested.

barnet.gov.uk/testandtrace

Together,
WE ARE
BARNET

STAY
ALERT 

CONTROL
THE VIRUS



SAVE
LIVES

BARNET
LONDON BOROUGH

Message from Cllr Dan Thomas, Leader of Barnet Council

It's now five months since the Government first took the drastic but necessary lockdown measures to prevent the spread of COVID-19. While we are currently seeing the rate of infection dropping, and restrictions on day-to-day life are gradually easing, it is incredibly important to remember that COVID-19 has not gone away.

Like all other London boroughs, we have a local outbreak plan in place which means we can quickly deal with any rises in cases. Of course, everyone has their role to play. We all know about wearing face masks, washing our hands, and social distancing - but do you know what to do if you think you have the symptoms of the virus? If you're at all concerned then read our Test & Trace guide: [barnet.gov.uk/testandtrace](https://www.barnet.gov.uk/testandtrace)

Returning to normal life - as things were before March - will take a long time but we are starting to welcome the reopening of our highstreets and town centres, leisure centres and parks facilities, and our schools in time for the autumn term.

Barnet's local businesses and the thousands of livelihoods they support were hit hard by lockdown, but many have now opened their doors to customers. We have ensured that our town centres and highstreets are COVID-19 secure, with every measure in place to ensure the safety of shoppers. Please keep an eye out for our Discover Barnet campaign, which celebrates the unique shops and cafés at the heart of our local communities.

Maintaining health and wellbeing has been incredibly important for many Barnet residents in coping with the COVID-19 crisis, so I'm pleased that we are now able to reopen our superb leisure centres and sports facilities in our parks. Again, every measure has been taken to ensure the safety of people while exercising. Whether you are a keep-fit fanatic or fan of team sports, there is something for everyone to enjoy.

Finally, our schools will be reopening fully to all year groups in September. Every school and college has completed a risk assessment and each has specific plans for providing a safe learning environment. This will be a difficult and trying time for many pupils nervous about returning to the classroom. We have a lot of support in place to help children and young people adjust, and particularly for managing their anxieties.

I urge all parents and carers of children to read our comprehensive eight-page pull-out guide in this issue.

Please stay safe, look after yourself and others, and together we will get through this.



Councillor Dan Thomas,
Leader of Barnet Council



Contents

| | |
|----------------------------|---------|
| Back to school | page 4 |
| Discover Barnet | page 5 |
| Leisure centres reopen | page 7 |
| Barnet Youth | page 9 |
| Love parks, stay safe | page 17 |
| Together, we are Barnet | page 20 |
| Volunteering opportunities | page 22 |

This magazine is printed on paper manufactured from well-managed and sustainable forestry under controlled, certified schemes. Promoting sustainable forest management. For more info: www.pefc.org



When you have finished reading our magazine, please recycle.

Contact us

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

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

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

 [barnetcouncil](https://www.facebook.com/barnetcouncil)

 [@barnetcouncil](https://twitter.com/barnetcouncil)

 [barnetcouncil](https://www.instagram.com/barnetcouncil)

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

Back to school for all in September

The plan is for all pupils, in all year groups, should return to school full-time from the beginning of the autumn term. September will be a time to welcome the start of a new term and new year for everyone.

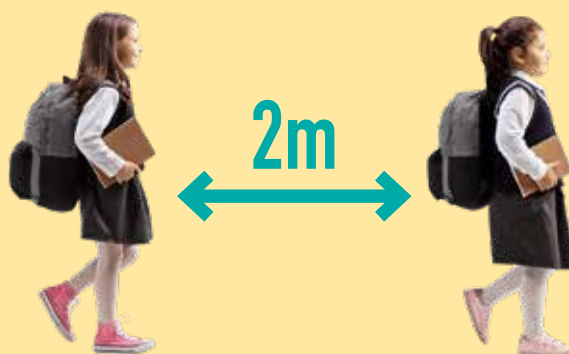


What changes will you notice around school in September?

Your teachers are working hard to make school as safe as possible and are following the Government's advice on how to do this. Some of the things that you might notice are:

Limiting contact between pupils

- School might start and end at different times, with staggered timetables and different times for lunch breaks
- You will have to keep away from other people at school – your school may have moved the desks to help you 'socially distance'
- Your teachers will remain at a distance at the front of the class as much as possible and try to stay two metres apart
- There will be no large gatherings like assembly
- There may be a new layout or new one-way system around school and signs around the school buildings



Maintaining good hygiene

- You will need to keep washing your hands regularly
- If you sneeze or cough remember to catch it, bin it, kill it
- You will notice increased cleaning happening at school

Bubbles – what are they and how do they work?

To stay safe and help stop the spread the school will introduce 'bubbles'.

- A 'bubble' can mean you are in a small group/class or one that stretches across a whole year group
- This means you will stay in your bubble throughout the school day and not mix with different people in other bubbles



Stop the spread

Remember if you feel unwell or have any of these symptoms tell a teacher or someone:

- High temperature
- New persistent cough
- Loss of smell
- Loss of taste



Getting to school safely

We want to make sure that you travel to school safely so try to avoid public transport - walk, cycle or scoot to school, wherever possible. If you have any questions about your return to school in the autumn, please talk to your school and get in touch with your teachers as they can help.



Good luck for your return to school in September.



SHOP LOCAL, EAT LOCAL, SUPPORT LOCAL

Small businesses bring their own unique twist to our high streets and play a vital role in Barnet's communities and local economies. By shopping locally you are helping to secure jobs for local people and ensure our high streets continue to ooze the unique personality and charm that only the passion of our homegrown retailers can bring.

SHOP SAFE

Barnet's business owners are working hard to ensure their premises are safe and clean for their staff and customers. As you return to your favourite haunts, please ensure you keep a safe distance between yourself and others and follow the government guidelines on wearing a face mask.

DISCOVER HIDDEN GEMS

Your local shops are at the heart of a buzzing, caring and vibrant community. Whether you're visiting your old favourites, discovering hidden gems or supporting a newly opened venue, take time out to Discover Barnet and acquaint yourself with your local high street – you never know what you might find!

For more information on the Discover Barnet campaign, as well as the changes that have been made to make our public spaces safe, how to shop safely and more about the safety measures that businesses have introduced, visit: engage.barnet.gov.uk/discoverbarnet.

SHOP SAFELY AND SUPPORT YOUR LOCAL HIGH STREET

Following a very challenging period for many, we are delighted to see Barnet's shops in our local high streets, town centres, and shopping precincts open their doors again and welcome the safe return of their customers.

MEET THE PEOPLE BEHIND THE BUSINESSES

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

JAY

OWNER OF NATURAL HEALTH – NORTH FINCHLEY

"We've known some of our customers for 30 years and now their children come too. I would encourage everyone to shop locally, otherwise our high street will just look like any other."



LOUISE

OWNER OF THE PRESENT – HIGH BARNET

"I love getting to know my customers and helping them pick the perfect gift. People come here because of the personal interaction and that human touch. Shopping locally keeps those relationships alive."



BILLIE

CO-OWNER OF YUM YUMS CAFÉ – EDGWARE

"We try to know our customers by name and make them feel at home here. We're very established in the local community and everyone gets a warm welcome. A lot of people come in just for a chat and a cup of coffee every day."



Financial support for Barnet residents

We understand this may still be a difficult time for some. Below you can see details of a wide range of financial advice and support available to Barnet residents. For further support and information about council services visit: [barnet.gov.uk/covid-19](https://www.barnet.gov.uk/covid-19).



Benefits and money advice

BOOST

Welfare benefits advisers, open to all. Appointments by phone or video.

Hours: Mon – Fri, 9am-4pm. **Call:** 020 8359 2442. **Email:** boost@barnet.gov.uk

Barnet Homes

Welfare benefits advisers for Barnet Homes residents only. Appointments by phone or video. Ask for Income Collection Service.

Hours: Mon – Fri, 9am-4pm. **Call Income Collection Team on:** 020 8080 6587

Citizens Advice Barnet

Benefits advice - information, advice, casework and representation. Help to claim Universal Credit and Council Tax Support. **Hours:** Mon – Fri 9.15-4pm (until 7.30pm on Weds).

Call: 0300 456 8365. **Email via website:** [barnetcab.org.uk](https://www.barnetcab.org.uk)

DWP Jobcentreplus – How benefits work

How benefits work, what benefits are available to you, support and advice:

Visit: [gov.uk/browse/benefits/entitlement](https://www.gov.uk/browse/benefits/entitlement)

Barnet Council – Benefits for families

Child Benefit, Universal Credit, Childcare Vouchers, free childcare for 2, 3 and 4-year-olds, free school meals, Housing Benefit and Council Tax support.

Visit: [barnet.gov.uk/benefits-and-grants/benefits-support-and-advice/benefits-families](https://www.barnet.gov.uk/benefits-and-grants/benefits-support-and-advice/benefits-families)

Floating Support Services (Barnet Homes)

More intensive help with managing your housing, maximising income and accessing benefits and grants. Available to Barnet Homes tenants only.

Email: Bhsupport@barnethomes.org. **Call:** 020 8080 6587 and ask to register for Housing Support Service. **Website:** [thebarnetgroup.org/bh/floating-support/](https://www.thebarnetgroup.org/bh/floating-support/)

Outreach Barnet – Floating Support Service

More intensive help with managing your housing, maximising income and accessing benefits and grants. Available to all Barnet residents.

Register online: [thebarnetgroup.org/Bh/housing-support-non-barnet-homes-tenants/](https://www.thebarnetgroup.org/Bh/housing-support-non-barnet-homes-tenants/)

Age UK Barnet, Later Life Planning Service

For Barnet residents who are 55+. Benefits checks, accessing benefits, grants, income maximisation, support with form filling. Information and signposting for pensions, health, wills, lasting power of attorney, bereavement and housing. **Hours:** Mon – Thurs 10am – 1pm.

Call: 020 8432 1417 or **email:** Laterlifeplanners@ageukbarnet.org.uk



Debt advice

BOOST

Debt adviser available for phone appointments. By appointment only. **Call:** 020 8359 2442.

Email: boost@barnet.gov.uk

Citizens Advice Barnet

Debt advice - information and advice. **Hours:** Mon - Fri 9.15 – 4pm (until 7.30 on Weds).

Call: 0300 456 8365. **Email via website:** [barnetcab.org.uk](https://www.barnetcab.org.uk)

Touchpoint Services – Inclusion Barnet

Welfare Benefits Advisor and Peer Workers available. Free for people affected by disability, mental health issues and long-term conditions who live or work in Barnet.

Hours: Monday – Friday 9-5pm. **Call:** 020 3475 1306

or **email:** touchpoint@inclusionbarnet.org.uk **Website:** [inclusionbarnet.org.uk/touchpoint](https://www.inclusionbarnet.org.uk/touchpoint)



Exercising safely as leisure centres reopen

We are excited to welcome users back into our leisure centres, especially as we reach the one-year anniversaries of our two new facilities at Barnet Copthall and New Barnet.

We have made some changes to all the centres to ensure customers can still enjoy exercising in a safe environment.

Some of these changes include:

- customers must book in advance and online
- the introduction of one-hour timeslots
- requiring customers to turn up ready to participate in their chosen activity
- reducing the capacities in all areas
- changing the equipment layouts with personal activity zones clearly marked.

Staying healthy, keeping safe

The customer journey throughout the facilities looks slightly different too as we have introduced circulation routes and separate entrance and exit points throughout the centres. These are all clearly marked by new COVID-19 secure signage.

There is less gym equipment to ensure that social distancing between users is maintained, while some fitness classes will be relocated to sports halls or, weather permitting, the open air.

Within each centre you will also find sanitising stations and cleaning products to support the safe use of equipment.

Staff are following a new, enhanced cleaning regime, while customers must wipe down the equipment that they have used.

Better support for customers

Better, which manages the facilities, is on hand to provide support to customers alongside a dedicated **Better COVID Hub** which has been set up specifically to advise on the new measure.

You can view the Hub here: better.org.uk/coronavirus



All equipment is cleaned regularly



One-way systems are in place for social distancing



Exercise classes are moving to sports halls



Cleaning stations are available throughout

Discover Colindale’s hidden £5million gem: Silkstream Park and Montrose Playing Fields

Nestled between Colindale and Burnt Oak, the newly regenerated park is offering summer fun for all as Lockdown eases.

While it was unfortunate that work finished right at the time when everyone was being told to stay at home, we are delighted that Silkstream Park and Montrose Playing Fields are now fully open.

It’s been great to see so many people of all ages and backgrounds enjoying everything that the parks have to offer. We have created a new wetland area in Silkstream Park that fills with water when the Silk Stream Brook overflows, reducing the risk of flooding to properties downstream. There’s a great new playground nearby – with a climbing frame, slide, seesaw, swings, roundabout and more.

You can also find new benches, picnic tables and scenic winding pathways in the park, so it really is a great place to visit.

Just across the road, you’ve got Montrose Playing Fields. We have created a pedestrian crossing to slow down the cars to make it safe and easy to cross between the two parks.

When you go into Montrose, the first thing you might see is our new skate park, which is really popular. It’s right next to the £6.5million Unitas, Barnet Youth Zone – which we paid £4.2million towards, with Onside Youth Zones footing the rest of the money and ongoing running costs.

Youth Zone

The youth centre provides a gym, sports hall, music studio, climbing wall, rooftop 3G all-weather football pitch and much more for our young people.

We’ve created a new Active Zone on the other side of Unitas – which includes two tennis courts, table tennis tables, a basketball court, outdoor gym and parkour area.

We’ve also introduced a new playground for Montrose Playing Fields, next to which you can find The Hub.

This building contains a cafe, changing rooms, public toilets and a multi-use area

for activities such as small for events or workshops. Unfortunately, we’ve had to delay opening it due to COVID-19 but keep an eye on our social media pages for further updates about this!

We’d like to say a big thank you to the Mayor of London, Environment Agency and London Marathon Trust for their contributions towards this big regeneration project.



Bird’s eye view of the new children’s playground in Montrose Playing Fields



Montrose Playing Fields Active Zone



Montrose skate park



Silkstream wetlands

Youth First

INSPIRING A GENERATION

THIS ISSUE:

FOCUS ON EMPLOYMENT

SUMMER
SPECIAL

CONTENTS

| | |
|--|--------|
| Barnet Education Employment Training Support | Page 3 |
| Careers in Construction | Page 4 |
| Wellbeing Warriors | Page 5 |
| BarnetYouth_ on Insta | Page 6 |
| Transition out of Lockdown | Page 7 |
| Mental Health and Wellbeing | Page 8 |



Young People's Wellbeing Summer and Autumn Workshops 2020

Barnet Integrated Clinical Services (BICS; child, young people and families' mild to moderate mental health service across Barnet) is organising a series of **free** workshops for young people and parents in Barnet.



To register your interest for a group or workshop, please email BICSGroups@barnet.gov.uk, let us know why you're referring, someone will get in touch with you to discuss and with more details. *Videos of the Anxiety Workshops will be available on the Barnet website at: www.barnet.gov.uk/children-and-families/supportparents-and-carers/young-peoples-mental-health-and-well-being

Resilience Building Workshop: Stronger Mind, Stronger You

Age range: 12-18

Details: Developing emotional resilience, helping you with techniques to manage a range of difficulties.

Self-Image workshop

Age range: 12-18

Details: Helping adolescents' self-image via strengths-based self-affirmation and positive sense of self.

Self-care workshop

Age range: 12-18

Details: Supports you with self-care in the context of social media, drawing on mindfulness and other self-care ideas

My identity in the current world workshop

Age range: 12-18

Details: Supporting young people to develop a new sense of their self and personal values in the context of post lockdown. Looking at your self-image and how this may have been disrupted due to inability to socialise and doing the normal things you did before lockdown.

Step Up and Stand Out

Age range: Young People aged 14-16 struggling with school attendance, motivation and personal relationships.

Details: This group aims to help young people develop their sense of self, and find purpose following lockdown, and how to adapt for the future. Exploring the concepts of resilience, autonomy and respect. Plus, how our physical self, thoughts and feelings communicate how we are perceived by and the impact on how you are seen by others.

Lifeworx group

Age range: 14-17

Details: 8-week workshop to learn real life inspired skills to make life work for you, help manage everyday life & relationships. Topics will include:

- Mindfulness;
- Getting to know and respond to one's emotions;
- Improving social interactions & communication responding and
- looking after self with care & compassion at stressful times



Chat to our friendly counsellors about...

Going back to school

Exam results

The future



www.Kooth.com Click here



Free. Safe. Anonymous. Online counselling and support.
Kooth.com is an online platform for young people aged 11-25.

Brought to you by Kooth.com and the London Borough of Barnet





**Middlesex
University
London**



Helping local students through this uncertain time

At Middlesex University, we understand how difficult it is for a student to make decisions about their future during these uncertain times. That's why we've created a range of virtual events, activities and resources to help young people make the decision that's best for them.

Here are three ways we can help this summer:

1) Results day and Clearing

This year, results day might be a little different to previous years. Our website is packed with useful tips and advice on how to get the most out of Clearing. If you know someone who isn't sure about what course to choose, then make sure they visit our website.

2) Free videos and workbooks

We've been busy making lots of handy videos to help students this year. From how to choose the right university in an uncertain environment, to top tips on writing a personal statement, our YouTube channel is packed with helpful videos. Head to our YouTube page and look out for the Education Liaison Channel.

3) Talk to our experts

Chat to us about career choices! If you know a student who wants to talk to someone about the right career option for them, or if you're a teacher looking for advice on how to support your students, our team can help. Join the Live Chat on weekdays, 9am – 3pm, on our website.

For more information, visit: www.mdx.ac.uk/study-with-us/information-for-schools

BEETS: 16-19s

Barnet Education Employment Training Support - here to help you progress in learning and work

Have you recently left education or are thinking of doing so? Do you need support in finding an apprenticeship or learning opportunity?

Who are we?

We are a team of qualified careers advisers who provide impartial and confidential careers advice and guidance to young people aged 16-19 (up to 25 years for those with special educational needs).

What do we offer?

- Support young people to find opportunities in education, training, employment and apprenticeships
- Apprenticeship and employment preparation e.g. CV writing, interview techniques, help to complete application forms
- Motivational support

Contact the BEETS Team

Tel: 020 8359 2011

Visit: barnet.gov.uk/BEETS

Email: skillsescalator@barnet.gov.uk

Follow: [facebook.com/BEETSinfo](https://www.facebook.com/BEETSinfo)

Finished Year 11/12? Come along



Thinking about your options after GCSE/Year 11/12? Do you need some help finding a place in education, employment or training?

Post 16 Education, Employment and Training Options

Thursday 20 August 2020, 2-5pm

Barnet Southgate College, Wood Street, High Barnet EN5 4AZ

Friday 21 August 2020, 2-5pm

Barnet Southgate College, High Street, Southgate N14 6BS

Monday 24 August 2020, 2-5pm

Barnet Southgate College, 7 Bristol Avenue, Colindale, NW9 4BR

Come and meet with our advisers who have access to vacancies on courses at:

Sixth Form Colleges

Further Education Colleges (guaranteed places at Barnet Southgate College)

Opportunities with Training Providers

Traineeships and Apprenticeships

To book an appointment please call **020 8359 2011**

or email: skillsescalator@barnet.gov.uk

Barnet Council has reserves the right to cancel the open days

Spotlight on construction

“We have an ambitious programme to deliver thousands of new homes across the capital.”
 Laura Miller, Senior Construction Skills Manager, says London’s future will be built by today’s generation of young people.

As well as helping to tackle the housing crisis, we think it’s vital to work with our development partners to make sure that we are providing a range of skills and training opportunities.

Not only will it ensure that we have the pipeline of talent that we need to deliver new homes, our skills programme also encourages people to try out industries that they might not have considered otherwise.

Barnet Council and TfL have been working together as part of the Mayor of London’s Construction Hub to promote the employment and training opportunities which will be available on development projects across the borough.

A head start in construction

TfL’s Mayor’s Construction Academy Hub is increasing the number of apprenticeships, local jobs and work experience placements on offer through their Property Development Programme by working closely with the council and development partners, such as Kuropatwa Limited.

The aims of the hub are to:

- Boost the number of skilled workers and opportunities in construction, particularly for women and those from black, Asian and ethnic minority backgrounds

- Provide more high-quality training and initiatives across the capital to give Londoners the skills needed to enter and progress in construction
- Increase collaboration in the sector, particularly between small and medium sized businesses and construction skills training providers
- Support the development of training provision for the construction of more precision manufactured housing in London.

2,300 opportunities

Working in partnership with Construction Industry Training Board (CITB) and Department

for Education (DfE) through the Construction Skills Fund, TfL has also been working with partners to attract and train more than 1,500 people, in anticipation for the hundreds of opportunities that will be available across their development pipeline.

There will be a further 800 training placements available over the next eight months thanks to funding from the DfE and we are keen for Barnet residents to get involved.

To find out more go to:
careers.tfl.gov.uk/construction-skills/training

Routes into Construction



Request an application form or discussion and further information: **contact Derrick Clarke Programme Manager – Routes into Construction on 07732 075090 or email derrick.clarke@barnet.gov.uk**

The Routes into Construction training programme is a six to eight-week course designed to prepare unemployed young people for employment or further training.

The training programme includes:

- 10 days’ work placement with an employer
- Personal development skills for successful employment
- Basics of starting work in the construction industry
- Construction Health & Safety training
- Improving your CV
- Preparing for an interview
- CSCS (Construction Skills Certification Scheme) card after successful completion of the Health & Safety exams

Louis on course to be a bricklayer

My name is Louis T. I joined the course in January 2020 after being referred by my careers adviser.

I was particularly interested in the course because I wanted to be a bricklayer but to be employed on a construction site, I needed to have a CSCS card. As well as a work placement with a construction company this course offered health and safety training which was necessary to get my CSCS card.

For my work experience I was placed with Redrow Homes and worked on their construction site at Colinade Gardens. I really enjoyed my work experience as it gave me hands-on experience in a trade that I was really interested in.

I also found that I was better able to understand and answer questions asked by the CSCS training tutor and give examples from what I had learned from my work placement site. The support that I had on the course was excellent and I would recommend to anyone wanting to get a job working in the construction industry.

CASE STUDY



East Barnet School sets up peer-to-peer support group – Wellbeing Warriors

It has been a busy year for the Wellbeing Warriors at East Barnet School. Mrs. Idrees and the team have been working hard throughout the year to positively promote mental health and wellbeing in and around our school.

To be involved in such an exciting project makes us feel exuberant. Not only are we helping others find ways to overcome their challenges, we are also providing a platform for people to become more open minded and feel comfortable to talk about and address mental health issues.



Firmer friendships

One aspect we have found to be central to wellbeing is the need to have opportunities to encourage new friendships.

Our Wellbeing Warriors Club (The Wellbeing Zone) meets every Thursday lunchtime. Year 7 students can attend our club and are given the opportunity to make new friends with people in their year group they wouldn't otherwise get to know.

Happier home life

As a team we know that life can be tough when our families experience conflict.

As a result, a few of us have written poems about how we felt while experiencing challenging situations.

We have also written follow-up poems about how everything can get better, enabling other students to know that they always have someone to talk to and that they are never alone.

Two of these poems have now been selected for the London Youth poetry publication.

Schoolwork support

In order to prevent problems occurring within lessons, we have begun a Wellbeing Walk once a week in the morning before school.

This is to start the day right, in the fresh air with a fresh mind.

Inspiring individuality

Our excellent Wellbeing Warriors are happy to be a friend to others.

This has allowed students to develop personal connections with us.

They receive guidance, knowing they don't have to give in to peer pressure and should always be true to themselves.

All of us Wellbeing Warriors wear badges promoting the logo on our clothes each day at school. The badges are a way of showing them that we are available at

any time and we are always available not limiting ourselves to the wellbeing clubs.

We have a display board which promotes wellbeing ideas for individuals and is updated regularly by the team.

Next academic Year

The Wellbeing Warriors will organise more club and activities next academic year for students.

We will also organise a wellbeing day in the summer term where students will have the opportunity focus on personal wellbeing through many different activities.

To find out more about East Barnet School's Wellbeing Warriors contact Jay Idrees: Jidrees@eastbarnetschool.com
After all, we all need a helping hand sometimes!



Lockdown Experience by Riya de Caires, age 17

Even though I have waited eagerly for a return to normality, with the easing of social distancing rules and the re-openings of my favourite shops, I see lockdown as a powerful tool in bringing people together.



Riya de Caires

I've really enjoyed spending more time with my family, by baking and going out on long walks together. Although I haven't been able to see much of my friends, this experience has brought us closer together, as we have shared the struggles of online learning and the feelings of loneliness and have tried to support one another through social media.

There has also been so much solidarity around the Black Lives Matter movement, and I have learned so much more about microaggressions and privilege through social media posts, as

well as having conversations about race with friends and family. Lockdown has forced us to open our eyes to these issues and use our voices to spread awareness and show support.

The main thing that I will take from this experience of lockdown is definitely the importance of staying socially and emotionally connected. Without the support of others, this would have been a much more challenging experience.

For any young people struggling, I think reaching out is a great first step, as well as reflecting on the positives that may have arisen from this lockdown.

For more information and resources on Black Lives Matter visit: Barnet.gov.uk/BLM

Inst@youth

Young'uns, listen up – we've created a page just for you! That's right, if you're aged between 13 and 25, you can now find us on Instagram – just search @BarnetYouth_ on your app and hit "Follow".

Adults, if you have children – or maybe grandchildren – within this age range, please let them know about the next best thing to hit these social media streets! @BarnetYouth_ is all about our teenagers and young adults having one place to access education, careers and lifestyle content that's relevant to them.

You can expect inspiring video messages from young people, live Q&A sessions with guest speakers from different professional industries, information on youth activities and events as well as employment and volunteering opportunities for ages 16+.

#SeeyaOnTheGram

Featuring on @BarnetYouth_

If you'd like to be appear on our new Instagram page, then please email danielle.gopie@barnet.gov.uk

CALLING ALL VISIONARIES AGED 13-25!

We believe that young people are some of the most creative thinkers out there which is why we're giving YOU the power to design our official BarnetYouth_ Instagram logo!

Your design MUST include the letters and characters: **BY_**

(Please remember to include the underscore, and not just "BY", as this is a crucial part of our brand!)

You can create your design digitally or free-hand – it's completely up to you.

The winner will not only have their design seen by thousands but will also receive a 1-2-1 training session with a professional graphic designer.

Don't forget, this is a youth brand, so think outside the box.

We'll be awarding Amazon gift vouchers to 3 finalists:

1st place: £250

2nd place: £150

3rd place: £100



You can submit your entries via JPEG or PDF file to danielle.gopie@barnet.gov.uk (Only high resolution images will be considered.)

Visit barnet.gov.uk/backtoschool for terms and conditions.

Deadline is 9am on Monday 12th October so get on it ASAP!

Pat Leacock

Pat is a MOBO award-winning composer, DJ and poet from East Finchley. He was listed as the 16th happiest person in London in 2019 by The Independent newspaper and his poem entitled "The Skin I'm In" is set to feature in ITV's short film series, Black Voices.

His credits include collaborations with The Robbie Williams Band, Lulu, Take That, Peter Andre, Judge Jules and Joey Negro.

Pat won his MOBO award in 1998, as a member of the jazz/dance/soul band The Jazz Steppers. He's since continued his passion for music and inspiring others with his brother DJ Leedos, and his friend DJ Ricky. The trio have helped support and promote community initiatives, including raising money for local schools and co-hosting the East Finchley Festival for the past five years.

In April, they launched the radio station, Hot 97 UK, playing a selection of '80s and '90s pop, funk, soul, disco, RnB and reggae music. **You can catch Pat's radio show, "Cheering Up The Nation", every Saturday at 8-10pm on hot97uk.com. Also, make sure you check out his website pdlpoet.com and email him on pdlpoet@gmail.com for any enquiries.**



Melanin Gamers

Melanin Gamers are a community group that promote diversity within the gaming industry, tackling issues such as lack of representation, unconscious bias and the gender pay gap.

The group comprises five talented gaming enthusiasts – Annabel Ashalley-Anthony (founder), Alan Ashalley-Anthony (Chief Researcher), Koye John-Charles (Lead Illustrator), Laura Wilson (Digital Marketing Lead) and Donovan Shand (Creative Producer).

Together, they set up panel discussions and host gaming tournaments in and around London, helping young people access paid and voluntary internships, as well as showcasing content creators of colour on their @MelaninGamers Instagram page, which already has over 1.6k followers.

Winners of Barnet's Big Idea

In June, they won Barnet's Big Idea enterprise competition, which saw nearly 100 contestants compete for the highly sought after £6,000 grand prize. Before the final round of the competition, coronavirus hit, but Melanin Gamers championed their way through and successfully delivered their winning pitch via video.

Annabel shares: "We all felt euphoric when we won (then proceeded to start screaming). We were all completely humbled by the overwhelming support we received. We plan to use the money to organise more events for the community, panel talks to inspire and educate, and to invest in hardware and software so we can make improvements to our online content."



How St Andrews the Apostle supported their students during COVID-19



Michael Vassilou

The Government's call to close all schools on 20 March due to the COVID-19 pandemic was naturally a very sad day for St Andrew the Apostle School, as it was for all schools across the country.

St Andrew the Apostle is a Greek Orthodox Christian faith school of 750 students located on North London Business Park. Being a relatively new school, having opened in 2013, we were forced to say a premature goodbye to our third Year 11 cohort and our very first Year 13 cohort.

There was also the uncertainty about when we would be allowed to reopen and welcome back all of our students.

Exams disappointment

Contrary to what some may have imagined, there was no rejoicing from our Year 11 and 13 students at the announcement that exams had been cancelled but instead, a feeling of disappointment. They had been robbed of a rite of passage given to previous generations, to perform their

exams, something they had been preparing extremely diligently for.

Despite this, I am pleased to say, we were able to bounce back from that feeling of disappointment and quickly put plans in place to meet the needs of our school community. So, what did we do?

Planning for the new normal

Like many schools, we had anticipated the government's closure plans and had mobilised our planning efforts into creating lessons and resources for students to work remotely.

We used our Virtual Learning Environment to host assemblies, Show My Homework to share pre-recorded lessons and our YouTube channel to post messages from Heads of Year and Senior Leaders. We also welcomed our more vulnerable students and children of keyworkers into our school building each day.

Closing the social distancing gap

The emotional wellbeing of our students is important to us so we maintained regular contact with them through weekly phone calls to check how they were progressing with their school work and provide support where possible.

Since the 15 June, Year 10 and 12 students were back in school, initially for academic review meetings and then back in lessons, in their bubbles, on a reduced daily timetable that covered all of their lessons over two weeks. I am proud of the way they embraced these sessions with enthusiasm, maturity and appreciation for the efforts made by their teachers. Given the success of our Year 10 mentoring sessions, we decided to do the same for our KS3 students to establish learning gaps ahead of their return in to school in September.

Our students and staff have done a brilliant job adhering to the procedures we have put in place, following the Government's guidelines to make our school COVID-secure.

Looking ahead

As this extraordinary academic year draws to a close, we have one eye on the future and one eye on the present. Today, things are tough and each of our "challenges" are unique. It will take courage and wit to navigate into 'better times', but with our collective resilience as a school community, I know that this is possible.

Michael Vassilou, Headteacher of St Andrews the Apostle School

BARNET AND SOUTHGATE COLLEGE ANNOUNCES 2020 STUDENT PLEDGE

With A Level and GCSE results days looming for pupils across the UK, Barnet and Southgate College is making a bold promise to all Year 11 and 13 students, of a guarantee of a place this September 2020.

"To all our current and prospective students to help you get back on track in your journey to further and higher education, or to employment, we promise to support you in your return to education with a guarantee of a place on a course that takes account of your skills and prior learning and a guarantee that this will start in September 2020."

Principle Neil Cocker

The college will further support your learning by:

- Ensuring we have spaces on our full-time courses including access to re-taking GCSE maths and English for students who need it
- Ensuring, where possible, we have apprenticeship places that will support economic recovery and employment
- Providing access to courses for adults who may require retraining or skills building

- Providing you with an online 'Headstart' pack, that is specific to the course you have applied for and will help you get ready for September 2020 (available for the majority of full-time courses only)

Routes to university

The College can help you whatever your circumstances, the way it has supported so many students, such as 21 year old Karim Bakkar, who is now studying at Birmingham University. He completed his A levels last year and achieved an excellent two A stars in Physics and Chemistry and an A in Maths, but his journey wasn't straightforward at the beginning:

"I got the grades for my first choice place at Birmingham University to study for an integrated BSc. (Hons.) and Master's degree in Nuclear Engineering; it's a five-year course with a year out in industry. Barnet and Southgate College was an exceptional choice for me, especially the teaching and I really enjoyed my time there.



Karim Bakkar

"I started my journey in the UK only four years ago, when I arrived here from Syria with little English, but I worked hard and completed my ESOL qualifications then enrolled to study for my A Levels at Wood Street Campus.

"It was a unique time and I loved every minute, as you're given the independence, but your tutors are always there to help with anything. It was a fantastic stepping-stone to university." Karim Bakkar aged 21

Contact us at email info@barnetsouthgate.ac.uk or Tel 020 8266 4000



Getting advice for mental health and wellbeing

Barnet Refugee Service

Barnet Refugee Service is an independent registered charity working in partnership with individuals and agencies to improve the quality of life and promote the physical, social and mental wellbeing of refugees and asylum seekers. b-r-s.org.uk Call **020 8905 9002**

Grief Encounter

We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters. griefencounter.org.uk Call **0808 802 0111** Mon-Fri 9am-9pm

Jami

Jami is the mental health service for the Jewish community. Jami's focus is on recovery; moving from lack of control and autonomy to becoming an active member of the Jami, Jewish and wider community. jamiuk.org Call **020 8458 2223**

Mind in Barnet

Mind in Barnet is a mental health charity affiliated to National Mind. We provide services primarily to Barnet residents including advocacy, one-to-one counselling, employment advice, and the Electra and Libra social clubs. mindinbarnet.org.uk Tel **020 8343 5700**

Rephael House Counselling Centre

Rephael House RePHAEEL is an acronym standing for Respecting People's, Health and Emotional Life. A safe place to recover, develop and grow offering a range of in-house and external counselling and therapy services. For more information Call **020 8440 9144** or email csm@rephaelhouse.org.uk or visit rephaelhouse.org.uk/SelfReferral

Strength in Horses Equine Therapy

We work with young people age 5 - 25 who are struggling with mental health issues, emotional and behavioural problems or learning difficulties. Our expert staff team of clinical psychologists, psychotherapists and horse behaviour experts work with young people helping them to translate the horse's behaviour into observations which are meaningful for the individual. The staff team encourage young people to learn about their own emotions and behaviour and make positive changes which improve their life chances. sihetherapy.org Call **07717497366**

Samaritans

Whatever you're going through, a Samaritan will face it with you. We're waiting for your call. We're here 24 hours a day, 365 days a year. samaritans.org Call: **116 123** (24 hours a day, free to call) Email: jo@samaritans.org

Terapia

Terapia is one of the leading child and adolescent psychotherapy and counselling training organisations in the UK. We also provide highly specialised counselling, psychotherapy and bespoke mental health services for young people, children, parents and families. terapia.co.uk tel **020 8201 6101** email training@terapia.co.uk



youngbarnetfoundation.org.uk

Young Minds

The UK's leading charity fighting for children and young people's mental health. Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help, text YM to **85258**.



More mental health support for young people

Children, Family and Young People Early Help Hubs 0-19 service.

All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious.

We work with the whole family and the child / young person is at the centre of all we do. Visit: barnetyouth.org.uk or barnet.gov.uk/0-19 Tel **0800 389 8312** or on **020 8359 3100**. Email fis@barnet.gov.uk

0-19 Health Visiting and School Nursing Service

Please call if you have concerns regarding your child's health, wellbeing and development needs such as eating, sleeping, or behaviour. Seven-

day a week advice line between 9am-5pm (including Bank Holidays) **0208 200 2500** option 1 email CLCHT.childhealthinformationhub@nhs.net

Barnet Integrated Clinical Service (BICS)

We offer telephone, Skype and video support/interventions to vulnerable children, young people and families across the borough presenting with mild to moderate mental health difficulties.

Families can access the support by phoning **079260 85495** 9am to 5pm. Our admin team will take some brief details about the young person, and a clinician will call you back as soon as possible.

Barnet Child and Adolescent Mental Health Service (CAMHS)

The service has introduced a new helpline for people (including children and adults) experiencing a mental health crisis. Call to get help or advice in a crisis from our trained mental health advisors and clinicians. 24 hours a day, seven days a week, 365 days a year. Call **0300 0200 500** behcamhs.nhs.uk/help/

Local Offer – SEND provides resources and useful links to support families and those working with children and young people with special educational needs and disabilities.

barnetlocaloffer.org.uk/ email SENDLocalOffer@Barnet.gov.uk



Mentoring, next steps, get involved

Mentoring services

Brightside mentoring

brightsidementoring.org

STEM career webinars

stem.org.uk

Youth Sight webinars

youthsight.com/blog/ucas-youthsight-webinar-series

Further / higher education choices

Barnet & Southgate College barnetsouthgate.ac.uk

West London College wlc.ac.uk

Capital City College Group capitalccg.ac.uk

Stanmore College stanmore.ac.uk

Oaklands College oaklands.ac.uk

West Herts College westherts.ac.uk

College of North West London cnwl.ac.uk

City of Westminster College: www.cwc.ac.uk

BCE College (media, film, TV, production arts, theatrical make-up, music production) bigcreative.education

Woodhouse College woodhouse.ac.uk

MPCT College (Motivational Preparation College for Training: military preparation) mpct.co.uk

LaSWAP (6th form college, vocational courses) laswap.camden.sch.uk

Information for 6th Form Colleges in Barnet can be found in the Barnet Post 16 Prospectus

Support and training for care leavers

Are you a care leaver, unsure about what you want to do after GCSE, 6th form or college? Or maybe you're not currently in education, employment or training, and would like to be?

We are here to help. Appointments are available Monday to Friday, 1pm – 5pm.

Contact Andrew Williams (Education Employment and Training Advisor) Mobile: **07789 272452**

Email: andrew.williams@barnet.gov.uk

Virtual Home Learning and Wellbeing Hub

barnet.gov.uk/young-people/careers-advice-young-people

Post 16 resources to support health and wellbeing, and discover a wide range of apprenticeship and training opportunities from the accounting, beauty, tech and creative industries, plus much more.

Get involved

Unitas unitasyouthzone.org

A safe, fun and inspiring place for young people to go in their free time.

Love parks, stay safe

Our parks and open spaces offer a huge range of events and activities for all residents to enjoy, however, it's important that outdoor activities take place in a safe and secure environment in line with Government guidelines.

We recognise that our many parks and open spaces are incredibly popular at the moment and would like to remind you that you can book outdoor fitness activities, events and other activities by emailing parkslettings@barnet.gov.uk

Looking for a space to hire or rent?

If you are interested in finding out more, you can view commercial properties for rent in our parks at: barnet.gov.uk/parks-sport-and-leisure

Stay COVID-19 safe

Over the last few months our wonderful parks and open spaces have been more popular than ever. Please continue to enjoy them in a safe and responsible way during the warm weather.

Please be respectful of those around you, stay a safe distance from those not in your household and adhere to the Government's current social distancing guidelines.

If you are feeling or displaying any symptoms of illness, we ask that you please stay at home.

We appreciate your support to help keep our beautiful parks clean and tidy, please continue to use the litter bins provided or take your rubbish with you.

Friends groups

This is a group of interested local people who come together to conserve, enhance and improve their local park or open space.

Friends groups can be involved in many areas, such as improving and enhancing the appearance, facilities, biodiversity and safety of parks, as well as fundraising.

Anyone can join a friends group and give as much or as little time as they want - to find out how to join a current group or set up a new one, please contact: parks@barnet.gov.uk

Photo competition winner

Congratulations to the winner of our photography competition, Sammy D, who sent in this picturesque snap of her family enjoying one of our greenspaces in Mill Hill. Thank you to our sponsors Decathlon Brent Cross for their prize of an outdoor badminton set for Sammy and her family to enjoy.



Mill Hill's award-winning splendour

How to use park playgrounds and outdoor gyms safely



DO NOT use this equipment if you or any member of your household has coronavirus symptoms, or are self-isolating



DO NOT use this equipment if you are clinically or extremely clinically vulnerable



Avoid touching your face



DO NOT bring food or drink into the outdoor fitness area



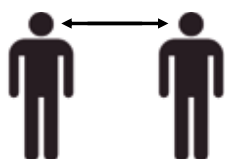
All equipment is subject to regular cleaning. Note: The equipment will not be cleaned in the rain. This is shared equipment, used at your own risk



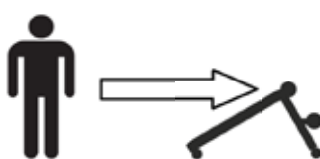
If you are wearing disposable PPE, please take it home with you or, where provided, use the bins DO NOT LITTER



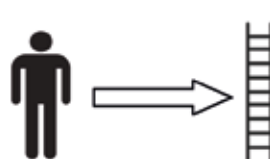
Make sure you have hand sanitiser with you before entering the outdoor fitness area and that everyone in your group uses it before and after using the equipment



You MUST maintain social distancing from others unless they are from the same household. Current advice is to maintain at least 1m plus and consider wearing a face mask



Some equipment can only be used by one user at a time while social distancing. Please wait at a safe distance if the equipment is in use or return later. Try to avoid busy times.



Wash your hands When you get home

Celebrating Barnet's united community during COVID-19

The COVID-19 crisis has been devastating for many but while lockdown imposed strict social distancing, many local groups and charities have been finding interesting and novel ways to combat loneliness, provide essential support to those most in need, and keep the community united.

Together, WE ARE BARNET

#TogetherBarnet



@BarnetCouncil



@BarnetCouncil



@BarnetCouncil

JOY – Joining Old and Young

JOY encourages friendships between the young and old through shared experiences and activities. The interfaith programme works with nursery schools, day centres and residential homes throughout Barnet.

Staying connected

Jenny Kossew, Founder, describes how JOY has been keeping the generations connected during COVID-19 lockdown:

"The essence and ethos of what JOY is all about is the interaction and communication on a one-to-one basis between the older generation and younger generation. We work mainly with early years, so it was hard to do a Zoom or online activity. But we thought if children could draw a picture or their parents could help them write a poem for the elderly residents, then it would maintain that connection between the generations."

Tackling loneliness and isolation

"The activity has reassured the elderly people we would normally visit that we are still thinking of them, while continuing to teach compassion and empathy to the children."



Barnet Education Arts Trust

Barnet Education Arts Trust (BEAT) provides music lessons in Barnet's schools and at their three BEAT Music Academies. During COVID-19 lockdown, BEAT encouraged their young people to perform 'Garden Gigs' for their neighbours.

United through music

Sharon Broughall, CEO of BEAT, said:

"Music is so important and has been a thing keeping everyone going during lockdown. Garden Gigs were a way of encouraging our musicians to keep playing, keep listening to music and keep their own and their neighbours' spirits up by enjoying a shared experience. We're determined to continue connecting with Barnet's young people and encouraging them to pursue their musical talents – whether in their gardens, via BEAT's new online offer, or back at school and our BEAT Music Academies again."

A positive focus

Luke, 16, has enjoyed performing Garden Gigs with his neighbour, Ewan, 15: "Playing Garden Gigs has given us something to focus on and helped us to keep our minds off lockdown. It's been great to play live music, which we've really been missing. And I think it's nice for the community – everyone likes a bit of a concert!"



Barnet Multi-Faith Forum

Barnet Multi-Faith Forum (BMFF) is the voice of Barnet's faith community. Throughout COVID-19 lockdown, BMFF has worked with voluntary and community groups, the business sector and faith leaders across the borough to host online events to bring Barnet together virtually.

Virtual multi-faith events

Es Rosen, Co-Chair of Barnet Multi-Faith Forum, describes the activities the forum has supported:

"Lockdown came during a very busy period of religious festivals. Families and communities throughout the borough have sacrificed physically meeting to observe religious customs and celebrations due to the pandemic, so these online forums have provided a means of coming together for the whole community. Our multi-faith Iftars [evening meals that end the daily fast during Ramadan] explored the idea of strengthening and building upon community links through interfaith and cross-cultural dialogue – and how we can maintain this going forwards, beyond the COVID-19 crisis."



Friend in Need

Friend in Need (FiN) is a small charity providing support services for some of the most vulnerable people in Barnet.

Growing connections in the community

Jesse Tan has been coordinating FiN's services during lockdown:

"Our volunteers are the most wonderful group of people who come from different backgrounds and abilities. Our volunteers with learning disabilities and mental health issues work alongside our very caring team, which builds their confidence and helps them grow connections within the community.

"The team has been helping people with shopping, collecting prescriptions, and ensuring everyone is safe in their homes. They also make phone calls to people who are isolated, giving them emotional support and the motivation to continue."

An inclusive approach

David has learning disabilities and has been volunteering with FiN since 2007: "FiN has really boosted my confidence, the staff make me feel like a 'normal' person. Everyone's been helping me practice how to interact with people. During lockdown I've been matched with a lady who calls me every week. It's so nice to hear someone's voice from the outside."



Finchley COVID-19 Support Group

The Finchley COVID-19 Support Group is a grassroots volunteer initiative borne out of the coronavirus crisis. The Facebook group was set up among neighbours in East Finchley and has since grown, with over 100 volunteers supporting vulnerable residents throughout Barnet.

Lending time and skills

Local chef, Viola, would normally host supper clubs in her home. When the crisis hit, she offered her time to prepare homecooked meals for those who were unable to cook for themselves:

"Prav, the founder of the group, is fantastic at connecting people. She knows all the volunteers and personally picks up the phone to call everyone we support. She'll ask them: 'How was the soup? Too spicy? Too salty?' It's great, I always want to be sure people are enjoying my food!"

A sense of community

Michelle wanted to support her community: "I collect meals from Viola and deliver them to an elderly lady. We always have a chat at the doorstep. Her family don't live nearby and she's been going through a tough time.

"The group has connected me with people I wouldn't have otherwise met. It will be so nice to get together at the end of it all and meet everyone involved. One thing that's come out of this crisis for me is gaining a sense of community. Perhaps it's always been there, but I wasn't aware of it before."



More information: [engage.barnet.gov/barnettogether](https://engage.barnet.gov.uk/barnettogether)

Volunteering

opportunities in Barnet

Looking to a fruitful harvest in Barnet

Autumn is just around the corner and Barnet's apples and pears will soon be ready and ripe for picking. Barnet Community Harvesters - a network of local groups across Barnet – are tapping into the borough's fruity heritage by harvesting fruit trees and donating surplus fruit to feed local communities.



Feeding the community

The group seek Barnet residents who have unpicked fruit trees in their gardens and allotments and will match these locations with people who are able to pick the fruit.

Tree owners will be relieved to see their fallen fruit not go to waste, while pickers enjoy the reward of foraging for food, meeting their neighbours, and feeding the community.

Residents can also get involved by identifying public fruit trees to add to the Barnet fruit map especially to look for unknown apple varieties such as Barnet's lost apple cultivar the 'Finchley Pippin' and a Hertfordshire raised apple the 'Voyager' developed by A.R. King of Barnet.

This will support Barnet Community Harvester's research into Barnet's fruit tree heritage.

Join the autumn harvest

Whether you have a tree longing to be picked, or an enthusiasm for picking, join the community harvest this autumn and be part of creating a greener and more sustainable Barnet.

To get involved contact barnetcommunityharvesters@gmail.com



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

Get involved in your local community



Barnet's volunteering spirit is booming

Despite the challenges, the past six months have also been an opportunity for many of us to spare some time to connect with our local community and offer our support to those in need.

The volunteering spirit in Barnet has always been evident, but challenges posed by the COVID-19 crisis have encouraged more volunteers to step forward, including many who have volunteered for the first time due to a change in circumstance, a drive to give something back or an urge to make connections in their local community.

First-time volunteer, Karen Talbot, (right) tells us why she decided to volunteer at the Essential Supplies Hub after being put on furlough.

What motivated you to volunteer?

I was put on furlough and I got quite disheartened and fed up of being at home. I wanted to do something productive and worthwhile. It seemed like everyone else was getting on in their life in the 'new normal' and I felt like I was being left behind.

How frequently did you volunteer and what did you do?

I volunteered for two days a week at the Essential Supplies Hub at the RAF Museum. I made up the food and essential supplies packages that went out for deliveries to people in the community, as well as receiving the deliveries coming in, putting them away and making sure things were clean and tidy. The role finished following the Government announcement that vulnerable residents no longer needed to shield, which meant a decrease in demand on the Essential Supplies Hub as many people receiving packages were able to go out to the shops again. I am currently looking for my next volunteering opportunity in Barnet.

How did you find the process of finding a placement?

I googled volunteering and I came across the portal. I registered and Alice from Volunteering Barnet contacted me. She was really lovely and helpful. I told her I would like to work in a foodbank, especially at the RAF Museum. She checked with them and they had a vacancy for me, so I got to do exactly what I wanted to do! I started within a week, it was great!

How was your first day?

One of the team showed me around and introduced me to everyone. She talked me through what I had to do and showed me the ropes a little bit. Then I was left to get stuck in and get on with it! I met some lovely, likeminded people, and I felt a real sense of achievement.

Have you volunteered before?

Never – I've always worked full time, so I never had the time to volunteer before this. I had all this time off and thought what am I going to do – I can't keep sitting doing nothing and cleaning the house! I need to get out and get a sense of purpose to my life, a routine. Volunteering gave me something to look forward to doing and a sense of purpose for the day. It's actually quite hard work – I went from doing nothing for a few months to packing and moving food parcels. I slept well the first night, I was exhausted!

What has been the highlight of volunteering for you?

I experienced a new place, new people, and I learned something new because I was dealing with food distribution and how that works. I was really taken aback by how many people need help.



Karen Talbot

That was quite a wake-up call really. And it was great just seeing what good can come from communities pulling together, seeing all the people who wanted to help. It showed me there is still some good in the world and there are people who care.

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

Interested in volunteering?

Register here:
barnetvolunteersc19.co.uk

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

Contact your councillors

Brunswick Park



Cllr Kathy Levine
cllr.k.levine@barnet.gov.uk
cllr.l.rutter@barnet.gov.uk
cllr.r.weeden-sanz@barnet.gov.uk

Burnt Oak



Cllr Sara Conway
cllr.s.conway@barnet.gov.uk
cllr.a.naqvi@barnet.gov.uk
cllr.c.omacaulay@barnet.gov.uk

Childs Hill



Cllr Anne Clarke
cllr.a.clarke@barnet.gov.uk
cllr.s.ryde@barnet.gov.uk
cllr.p.zinkin@barnet.gov.uk

Colindale



Cllr Nagus Narenthira
cllr.n.narenthira@barnet.gov.uk
cllr.g.sargeant@barnet.gov.uk
cllr.z.zubairi@barnet.gov.uk

Coppetts



Cllr Pauline Coakley Webb
cllr.p.coakleywebb@barnet.gov.uk
cllr.r.patel@barnet.gov.uk
cllr.b.rawlings@barnet.gov.uk

East Barnet



Cllr Felix Byers
cllr.f.byers@barnet.gov.uk
cllr.j.cooper@barnet.gov.uk
cllr.l.williams@barnet.gov.uk

East Finchley



Cllr Claire Farrier
cllr.c.farrier@barnet.gov.uk
cllr.a.mitra@barnet.gov.uk
cllr.a.moore@barnet.gov.uk

Edgware



Cllr Linda Freedman
cllr.l.freedman@barnet.gov.uk
cllr.b.gordon@barnet.gov.uk
cllr.s.wardle@barnet.gov.uk

Finchley Church End



Cllr Eva Greenspan
cllr.e.greenspan@barnet.gov.uk
cllr.j.grocock@barnet.gov.uk
cllr.d.thomas@barnet.gov.uk

Garden Suburb



Cllr Rohit Grover
cllr.r.grover@barnet.gov.uk
cllr.j.marshall@barnet.gov.uk
cllr.g.rozenberg@barnet.gov.uk

Golders Green



Cllr Dean Cohen
cllr.d.cohen@barnet.gov.uk
cllr.m.cohen@barnet.gov.uk
cllr.r.thompson@barnet.gov.uk

Hale



Cllr Lachhya Bahadar Gurung
cllr.l.gurung@barnet.gov.uk
cllr.l.jajeh@barnet.gov.uk
cllr.e.simberg@barnet.gov.uk

Hendon



Cllr Anthony Finn
cllr.a.finn@barnet.gov.uk
cllr.n.fluss@barnet.gov.uk
cllr.m.shooter@barnet.gov.uk

High Barnet



Cllr David Longstaff
cllr.d.longstaff@barnet.gov.uk
cllr.w.prentice@barnet.gov.uk
cllr.j.teare@barnet.gov.uk

Mill Hill



Cllr.g.bokaei@barnet.gov.uk
cllr.v.duschinsky@barnet.gov.uk
cllr.j.hart@barnet.gov.uk

Oakleigh



Cllr.s.rajput@barnet.gov.uk
cllr.t.smith@barnet.gov.uk
cllr.s.sowerby@barnet.gov.uk

Totteridge



Cllr.r.cornelius@barnet.gov.uk
cllr.a.cornelius@barnet.gov.uk
cllr.c.stock@barnet.gov.uk

Underhill



Cllr.j.brayne@barnet.gov.uk
cllr.p.edwards@barnet.gov.uk
cllr.t.roberts@barnet.gov.uk

West Finchley



Cllr.r.houston@barnet.gov.uk
cllr.k.mcguirk@barnet.gov.uk
cllr.d.rich@barnet.gov.uk

West Hendon



Cllr.s.don@barnet.gov.uk
cllr.a.prager@barnet.gov.uk
cllr.h.richman@barnet.gov.uk

Woodhouse



Cllr.g.cooke@barnet.gov.uk
cllr.a.hutton@barnet.gov.uk
cllr.a.schneiderman@barnet.gov.uk

Full Council meetings

Hendon

Annual Council - Tuesday 8 September 2020, 7pm, via Microsoft Teams or at Hendon Town Hall, The Burroughs, London NW4 4BQ, depending on government guidance.

Resident Forums

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

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

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

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



DISCOVER
BARNET
NORTH FINCHLEY

SHOP
SAFELY
SHOP LOCAL

JAY
OWNER

NATURAL
HEALTH
Ballards Lane N12 8LJ

WE'RE PASSIONATE AND FRIENDLY.
WE'LL HELP YOU FIND WHAT YOU NEED.

DISCOVER YOUR LOCAL HIGH STREET AND SHOP SAFELY: engage.barnet.gov.uk/discoverbarnet



European Union
European Regional
Development Fund



HM Government

BARNET
LONDON BOROUGH

It's OK not to be OK.

Worried about...

Going back
to school ?

Starting a
new school ?

The future?

kooth



www.Kooth.com

Click here



Free. Safe. Anonymous. Online counselling and support.
Kooth.com is an online platform for young people aged 11-25.

Brought to you by Kooth.com and the London Borough of Barnet



BARNET
LONDON BOROUGH