



People
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Pages 24-28

barnetfirst

The council magazine bringing you news and community information

Winter edition November 2023

Let's celebrate together!



Caring for **people**, our **places** and the **planet**

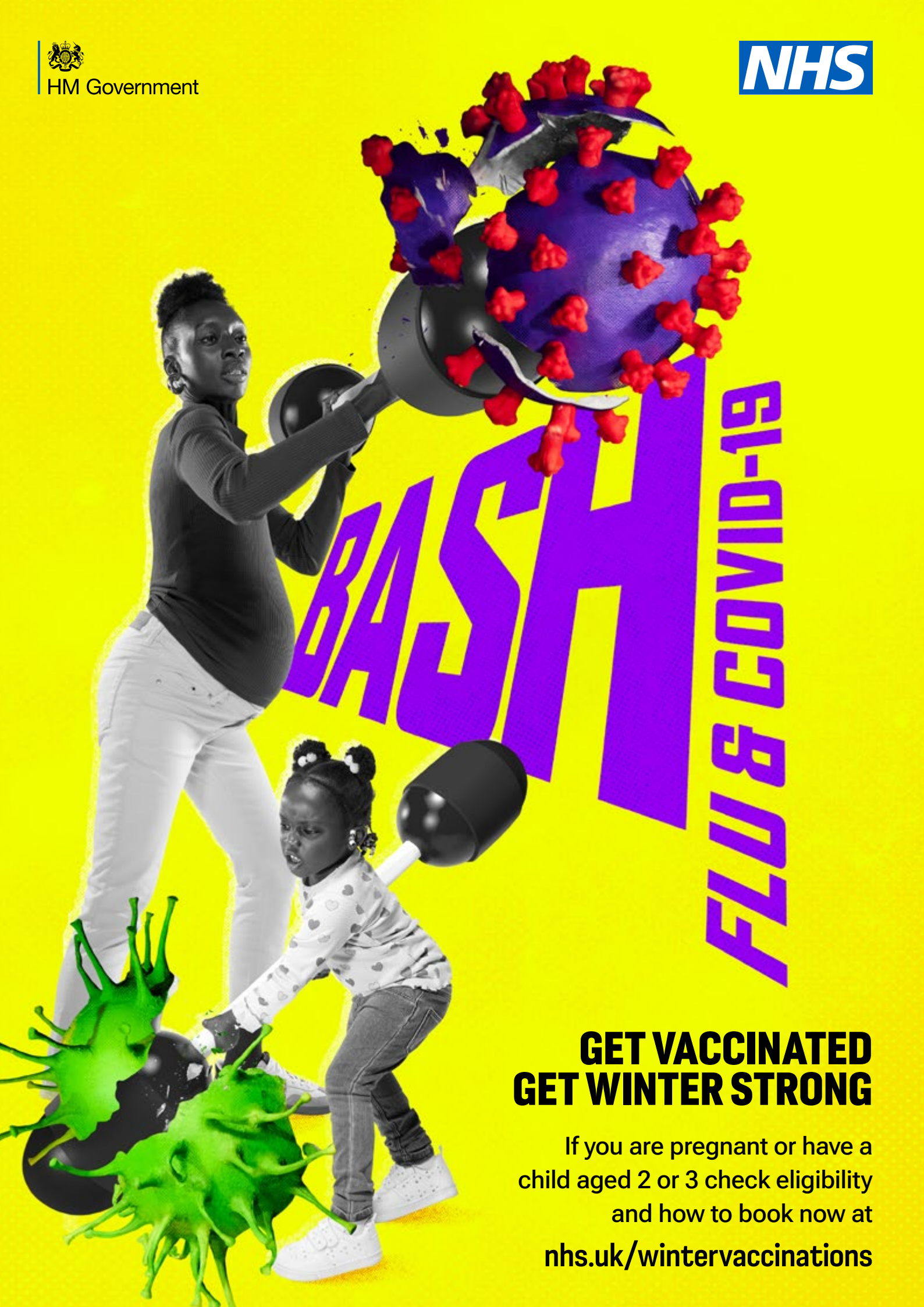
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HM Government

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BASH

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**GET VACCINATED
GET WINTER STRONG**

If you are pregnant or have a child aged 2 or 3 check eligibility and how to book now at nhs.uk/wintervaccinations

Message from the Leader of the Council

Barnet takes pride in being a borough of many faiths and diverse communities. For many generations we have welcomed new communities to our borough, most recently our Ukrainian friends.

Along with our partners, we work hard to ensure Barnet is a place people feel safe and accepted and that they are proud to call home. We know from our regular residents' surveys that for the most part we have succeeded, with over 85% of people regularly saying community cohesion is good.

However, this is being sorely tested now. We are the proud home to the largest Jewish community in the United Kingdom and we also have a sizeable Muslim population, of which we are equally proud.

Even from the sidelines in Barnet it is all too clear to see how the conflict in the Middle East is affecting local people. Every day, I see the police statistics for hate crimes in our borough; sadly, there has been a large rise in antisemitism and Islamophobia has increased too.

As Leader, that's not something I or my colleagues on the council are prepared to accept. We have a zero-tolerance approach to hate crime and, working closely with the Police and organisations such as the Community Security Trust, will do everything in our power to counter this.

As well as using our extensive new CCTV network we launched in October, we have more community safety officers patrolling sensitive areas of the borough.

We are also holding regular meetings with our Jewish and Muslim communities and with our schools to see how we can better support them through these difficult times.

Despite their undeniable pain, I am encouraged by the measuredness of our community leaders' response and their willingness to keep the channels of communication open.

Our thoughts are with everyone caught up in some way in the conflict in the Middle East, particularly in our twin town of Ramat Gan and with all our residents who are awaiting information on the safety of loved ones.

Barnet's strength has always been in its diversity and we will not let the hate spill over into our borough. We will continue to bring our communities together, focusing on that which unites us to keep Barnet a place in which everyone can live freely and safely.

For regular updates on the council's work with communities in response to the local impact of the Middle East crisis visit:

www.barnet.gov.uk/community/middle-east-conflict-information-local-communities



Cllr Barry Rawlings,
Leader of Barnet Council



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When you have finished reading our magazine, please recycle.

Contact us

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

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

barnet.first@barnet.gov.uk

Barnet First is produced by the London Borough of Barnet's Corporate Communications Team.

To contact the editorial team about advertising, or placing inserts and contributions email:

barnet.first@barnet.gov.uk



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

Caring for people, our places and the planet

Civic Awards nominations are now open

Barnet
CIVIC
AWARDS
2024

Do you know an individual or group living or working in Barnet who deserve recognition for their outstanding achievements and contribution to the borough? Then we want to hear from you!

Nominations are now being sought for the 2024 Barnet Civic Awards. The awards are now in their 24th year and are an opportunity for the borough to officially recognise the commitment and hard work of those who strive to make a positive difference to the lives of others.

Completed nominations must be received by email or post to the Mayor's Office by 31 December 2023. The Civic Awards Ceremony will be held in March 2024.

Find out more about the Barnet Civic Awards and nominate someone now at barnet.gov.uk/civic-awards

Council contact centre between Christmas and New Year

If you need to contact us over the festive period, our customer contact centre will be open as usual between Christmas and New Year (apart from 25 and 26 December and 1 January, which are bank holidays). The out-of-hours service will still be answered 24 hours a day for emergencies.

For details of your festive recycling and waste collections turn to page 14. Information regarding our services can also be found online at www.barnet.gov.uk during the festive period, and all the time.

Residents put their questions to councillors in Barnet Question Time

Barnet Question Time in October saw Cllr Barry Rawlings, Leader of the Council, and his Cabinet members, field a wide range of questions from residents. Topics covered included housing, waste collection, adult social care, education, libraries, parking and tackling anti-social behaviour.

More than 200 residents signed up for the last online session, the second the council has held since the summer. Barnet Question Time is a quarterly event with the next event due to take place in January 2024.

Find out more, including how to sign up for future events and watch videos of the first two Barnet Question Time events at engage.barnet.gov.uk/barnet-question-time



Barnet Question Time
with the Leader and Cabinet

Caring for people, our places and the planet

Keeping you safe following conflict in the Middle East

We know the crisis in the Middle East is profoundly affecting Barnet's communities, especially Jewish and Muslim communities. As well as experiencing the emotional trauma of seeing family and friends directly caught up in the conflict, it is also putting the safety and freedom of members of Barnet's communities at risk.

The council is working closely with representatives of these communities to heed concerns, find solutions and take combined action. The ugly rise in antisemitism and Islamophobia has left many fearful for the safety and security of their communities. The Police have stepped up patrols of areas at sensitive areas such as places of worship, and the council has visible community safety officers to assist the public.

The council is working with a number of organisations to protect the safety of children travelling between home and school, and within the school gates. Support and guidance for headteachers and staff is helping to tackle hate crime, inform teachers on how to discuss the conflict in class, and address the harm it is causing to the mental health of young people.

For regular updates on the council's work with communities in response to the local impact of the Middle East crisis then visit: www.barnet.gov.uk/community/middle-east-conflict-information-local-communities

Reporting hate crime

Anyone who experiences or witnesses a hate crime should report it to the Police: www.met.police.uk/ro/report/ocr/af/how-to-report-a-crime/

Alternatively, contact one of the independent hate crime reporting in Barnet: www.barnet.gov.uk/directories/hate-crime-reporting-centres

If you prefer, there are also national organisations you can report hate crime to. These include:

- True Vision, run by the National Police Chiefs' Council, this allows you to report hate crime online: www.report-it.org.uk
- The Community Security Trust, a national charity to report antisemitic hate crime: cst.org.uk
- Shomrim, the Neighbourhood Watch group which patrols in areas including Golders Green, Childs Hill, Hendon, Finchley and Temple Fortune: www.shomrimlondon.org
- Tell MAMA, an independent non-government organisation to report anti-Muslim hate or Islamophobia: tellmamauk.org

Palestinian Orthodox Christians

Barnet's Palestinian Orthodox Christians affected by the conflict are advised to contact Greek Orthodox Church of St Catherine in St James Church in Friern Barnet Lane www.thyateira.org.uk/archdiocese/communities/the-greek-orthodox-church-of-st-catherine/.

Alternatively, the Antiochian Orthodox Parish can help: www.stgeorgeantioch.org

Social media awareness

In line with advice from the Police, please do not share rumours. We urge caution when sharing news and updates on social media and messaging apps. Make sure any information comes from a reliable source, such as the Government, Police, Community Security Trust or Tell MAMA.

For the latest trusted updates on social media, follow [@metpoliceuk](https://twitter.com/metpoliceuk), [@CST_UK](https://twitter.com/CST_UK) or [@TellMamaUK](https://twitter.com/TellMamaUK).

People

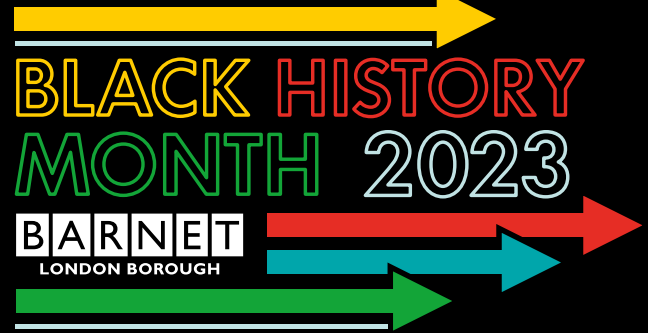


In October, we celebrated Black History Month and marked the start of the month with a flag raising ceremony at Hendon Town Hall. The ceremony was attended by The Worshipful the Mayor of Barnet, Councillor Nagus Narenthira, councillors, dignitaries, and civic guests. The flag was raised by Mrs Agnes Slocombe, the first Black Mayor of Barnet.

This is the second year that the council has taken part in BHM celebrations, after a motion was passed in July 2022 to annually mark the occasion, and to work with local communities to promote a programme of community-led events across the borough. There have been a total of 13 events this year funded by the council.

Councillor Zahra Beg, Cabinet Member for Equalities, Communities & the Voluntary Sector, said:

“Black History Month is a great way to celebrate the work of local community groups and organisations that support minority ethnic groups in our borough, and to promote understanding and respect. Moving forward we will work in closer collaboration with residents and community leaders to challenge inequalities in our borough, with the hopes and ambitions that the conversations and education created through marking Black History Month will be reflected year-round.”



Canada Villa Youth Centre hosted a free event for families and children and young people. This year’s activities included arts and crafts, African drumming, carnival headdress displays, basketball arcade machine, graffiti workshops, delicious Caribbean food and music by the talented Vivienne Isebor. Local Barnet heroes headlined at this year’s event. BMX world champion Tre Whyte shared his skills and knowledge with timed start trial on the BMX bikes. A discussion panel hosted by Olympic basketball player Azania Stewart, pro basketball player Ryan Martin and Chuck Duru from Barnet Bulldogs, who shared their inspiring stories about becoming professional sports people. Find out more about activities and sessions available on Barnet visit barnetyouth.uk



Hendon Town Hall played host to the final event closing Black History Month in Barnet. Thank you to all the members of our community for attending and supporting the event. Highlights included Windrush storytelling, poems and spoken word, a vibrant fashion show by Ebony Ambassadors, heritage arts display, thought provoking panel discussions and speeches from Center of Excellence and Barnet African and Caribbean Association.



We're celebrating Barnet's most inspiring women and girls

Ten of Barnet's most inspiring women and girls have been recognised in a new council-backed awards for their outstanding contribution and accomplishments in the fields of business, sport, environment and community and culture.

The inaugural InspirationAll Awards were presented to the winners and runners-up at a packed ceremony held at Middlesex University in September.

Launched this earlier this year on International Women's Day (8 March), hundreds of borough residents and community groups nominated 49 women and girls in six awards categories. The first InspirationAll winners and runners up were:



For more information on the InspirationAll awards and to watch the films of the winners visit:
<https://engage.barnet.gov.uk/iwdawards>

Community and Culture

Winner: Vicki Williams, Co-Founder of Bread n Butter

Runner up: Kiran Sheth, Stem Cell Transformation Programme Director

Business and Construction

Winner: Alexia Baron, Director and Founder of Porto & Bello

Runner up: Hawa Abdi, Co-Founder and Director of Centre of Excellence

Sport and Wellbeing

Winner: Sonia Green, England's Rugby 7s side captain and winner of various Premiership and Cup titles and Vice Principal at Saracens High School

Environment and Sustainability

Winner: Shiri Atsmon, Creator of Finchley Pollinator Project

Runner up: Ingrid Posen, Chairperson of Friends of Child's Hill Park and of Greening our Neighbourhood groups

Inspiring Young Woman

Winner: Snnehal Vijay, Sustainability Campaigner

Runner up: Harriet Boamah, Managing Director F.U.S.E. Youth Project

Special Recognition for Community Service Award

Winner: Hope Yoloye, Living Way Ministries

Councillor Zahra Beg, Cabinet Member for Equalities, Communities & the Voluntary Sector, said:

"In the first year of our InspirationAll awards, we have celebrated 10 exceptionally talented and dedicated women and girls. In their own fields, their accomplishments set them apart. They were nominated by people who live, work or study in our borough, showing the difference they have made to so many people's lives. I congratulate and thank them for all they have achieved and given to our communities. They have inspired us all."

The InspirationAll panel of judges included Cllr Zahra Beg, Bina Omare, CEO of the Colindale Community Trust; William Cooper from Barnet Council; and young people Nusayba Al-hatimy and Somayah Caesar.

The awards ceremony included special performances from singer Angela Anuforo and spoken word poetry from Hollie-Dee. There were also speeches from the Mayor of Barnet Cllr Nagus Narenthira, and Multi Diversity Award Winner & Senior Lecturer & Diversity Lead at Middlesex University, Dr Doirean Wilson.



SCAN ME TO
SUBSCRIBE

People

Stay connected this festive period

It's normal to feel like your mental health and wellbeing is being impacted during the winter months. Uncertainty and money concerns, especially during the festive period, can have a huge impact on our mental health and wellbeing.

If you're struggling with your mental health, you're not alone. These free services are here to listen and help.

Barnet Wellbeing Service is a one-stop shop for all mental health and wellbeing needs. Call **03333 449088** (Mon-Fri, 9am-5pm) or email **info@barnetwellbeing.org.uk**

Sanctuary Barnet (Crisis Café) works with anyone over the age of 18, providing access to immediate emotional support to anyone experiencing distress. Call **020 8343 5704** (Mon-Fri 4.30-10.30pm, Sat & Sun 12-6pm) or email **sanctuarybarnet@mindeb.org.uk**

Crisis helpline for children and young adults provides help or advice to anyone under 18 in a crisis, or for their parents/carers. Call **0800 151 0023** (24 hours) to speak to a trained mental health advisor.



Samaritans is a safe place for you to talk at any time, in your own way, about whatever is getting to you. Call **116 123** (24 hours) or email **jo@samaritans.org**

For a full list of services, visit

www.barnet.gov.uk/stayconnected or get support for children and young people at **www.barnet.gov.uk/youthmentalhealth**

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**



Closing date is 15 January 2024

Barnet Council and Adopt London North to encourage people to think about adopting a child

The power of family and a permanent home can be transformational for children who need an adoptive family, and we encourage you to find out if adoption is right for you. We hear from Ava* and Thom* as they share their adoption story.

“When we started our assessment, we were offered the option of adopting through Early Permanence (EP).

This meant Thom and I would be assessed as adoptive parents, but with specific training on being foster carers so we could care for a child at the earliest period of their life.

This has huge benefits, as it means children experience fewer moves, and whatever the final decision. We had training to ensure we understood the role and what we needed to do.

“After being recommended as EP adoptive parents, we were approved to adopt and we began our search. It felt strange. It was becoming a reality. There were discussions and meetings about one child who was due to be born who social workers felt Thom



and I could best meet their needs. After reading the report about this child’s mother and brother (already adopted), I felt a connection and felt we could love and support this unborn child. Months later, our worker called to say the child, a little girl called Leah* had been born.

“Then everything becomes a whirlwind of care for Leah. Having social workers, care staff, midwives with forms to complete, routines and information to share, medical appointments, court updates. The important dates were to take Leah to see her birth mother.

“As part of our training, we’d learnt about the reality of what was happening at this stage. We needed to trust the process and let decisions be made that put this little girl at the

centre and that’s what EP is about - taking time to make sure children get the best outcome, and as much as we wanted to be parents, we wanted the right decisions to be made.”

Months later the decision was made that Ava and Thom could go on to adopt Leah and officially become her legal guardians.

Ava told us: “Our family talk about adoption openly. We know there might be challenges ahead, but Thom and I plan to manage them, alongside the joys as a family. For now, life is non-stop. Every day one of my two children will say something that makes my heart explode. This is where I was meant to be.”

*Not their real names

Stay well this winter

Get winter strong



Protect yourself and others with the seasonal flu vaccine and COVID-19 booster. The vaccines take up to 2 weeks to provide maximum protection, so getting vaccinated sooner will help reduce the risk of severe disease in time for the holidays. Check your eligibility and book now to help avoid being unwell or spreading illness to others. Visit nhs.uk/wintervaccinations

You can also follow these steps to reduce the risk of catching and spreading viruses:

- If you have symptoms of COVID-19 or flu, try to stay at home and avoid contact with others, especially vulnerable people, until you feel better.
- Let fresh air in if meeting indoors, or meet outside if you can
- Wash your hands regularly for at least 20 seconds with warm water and soap.

Keep warm



by heating your home, or the parts you are using, to above 18C if you can. Dress in multiple thin layers, have regular hot meals and drinks, and move around to help keep the blood flowing around the body.

Get financial help



for heating costs, food and childcare. Call 0208 359 2000 or visit www.barnet.gov.uk/costofliving.

Keep your home healthy



from damp and mould. Condensation is more likely to occur in colder weather, which can lead to damp and mould growth in your home. Dampness, mould, and condensation can not only cause damage to your home, but also to your health, making you more likely to develop respiratory problems, infections, allergies or asthma. It can also affect your mental health due to worries and anxieties about living with damp and mould. The more serious the damp and mould problem and the longer it is left untreated, the worse it can be for your health.

If you have damp and mould in your home and believe it is causing you to be unwell, make an appointment with your GP or call NHS 111.

Read more: www.barnet.gov.uk/dampandmould



Get advice if you feel unwell

- If you feel unwell, contact your pharmacy or GP practice or visit www.nhs.uk for advice or information
- If you need medical advice quickly, call 111 or visit 111.nhs.uk
- In a life-threatening emergency call 999.

Look out for others



and check in on neighbours and relatives, especially elderly or vulnerable people. The cold weather can also mean that some people are isolated. It may be that a chat and a friendly face is all they need. If you or someone you know is feeling isolated, the Barnet Wellbeing Service can help. Call: 03333 449088 (Mon to Fri, 9am – 5pm) Email: info@barnetwellbeing.org.uk Visit: www.barnet.gov.uk/stayconnected

Keeping your home healthy

Know the symptoms of poor health due to living with damp and mould:

- Coughing (in cases of aspergillosis you may cough blood or lumps of mucus)
- wheezing, shortness of breath
- Weight loss
- High temperature
- Nasal congestion, runny nose, sneezing and itching

Simple tips to minimise damp and mould:

- Drying clothes outside if possible
- Opening windows after having a shower
- Wiping condensation from windows and sills
- Closing doors when cooking or showering
- Putting lids on pans when boiling foods

For more on Keeping your home healthy visit: www.barnet.gov.uk/mouldanddamp

Know where to access the right help in Barnet.

Pharmacists have the right training to make sure you get the help you need and can tell you if you need to see a GP, nurse or other healthcare professional.

Evening and weekend GP appointments are available seven days a week at GP hubs across Barnet. If you are a patient at a GP practice in Barnet, you can book an appointment by:

- Calling or visiting your GP practice during opening hours (8am – 6:30pm, Mon to Fri)
- Calling NHS 111
- Calling 020 3948 6809 between 6:30 – 8pm, Mon to Fri or between 8am – 8pm, Sat and Sun.

Caring for people, our places and the planet



PROTECTING YOUR CHILD'S HEALTH STARTS WITH VACCINATION

Is your child protected against measles, flu, and other infectious diseases?

Cases of measles are rising in London and only 72% of under 5s in Barnet are fully vaccinated against it. This is well below the World Health Organisation's target of 95% needed to prevent an outbreak.



Measles is more than just a rash, with one in five children needing a hospital visit

Measles is a highly contagious disease and can lead to complications such as ear infections, pneumonia, or inflammation of the brain which require hospitalisation and on rare occasions can lead to long-term disability or death.

The possibility of a major measles outbreak in Barnet will continue to grow unless MMR vaccination rates improve. We urge you to please make sure your family is up to date with their MMR vaccinations to avoid serious illness and stop a measles outbreak from happening in London.



"Vaccines are crucial to protect against many infectious diseases. There are many diseases that we are worried are starting to emerge again like whooping cough, mumps or measles. Prevention is better than cure, and the childhood immunisations vaccination programme is effective at protecting against these diseases."

– **Dr Ilozue, GP, Brunswick Park Medical Practice**



"I was scared to get vaccinated but since learning about the benefits, I got my kids vaccinated as well as myself"

– **Nasra, parent and Barnet resident**

Protect your child against flu

Primary and secondary school children should have already been offered the flu vaccine in school as a quick and painless spray up the nose. If your child has missed the vaccine at school, there are other opportunities to get the vaccine at NHS community clinics. Children aged 2 to 3 can get the flu vaccine from their GP.

Make sure your child is up to date with their vaccinations

Check your child's Red Book or contact their GP to check their vaccination status and make an appointment. Visit www.nhs.uk/vaccinations to learn more



People



Life can be full of challenges, and it's often easier to make an unhealthy choice than a healthy one when it comes to our health and wellbeing.

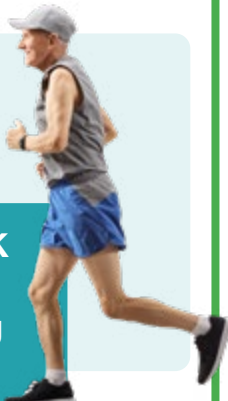
Looking after our physical and mental health is vital to living a happy, rewarding and long life. It's not always easy to find the time or information we need to look ourselves, which is where Your Health Barnet comes in.

Visit www.yourhealthbarnet.org

Find local support, services and information for all ages to help keep you and your loved ones happy and healthy.

Discover Apps and Tools

Get your health and wellbeing on the right track with advice, top tips and personalised plans to help you make healthier choices. Whether you want help to reduce your drinking, to eat well, to understand your diabetes risk or to get a better night's sleep, no matter your health goal, you'll find an app or tool that can support you.



Download the **Couch to 5K app** or find out what's on offer to help you get moving at **Fit and Active Barnet**.

"I was really surprised that the healthy recipes are so easy, I'm going to cook them at home for my family and show everyone what I've learnt." – Lois, 18, who completed the Jamie Oliver Ministry of Food cookery course in Barnet.

Check out the **children, families and young people** pages for tips and advice for the whole family. Find healthy eating tips, support to keep active, and schemes such as **Healthy Start**, which helps families with children under 4 to buy healthy food and milk.



Over 40?

Book onto a Community Health Screening near you



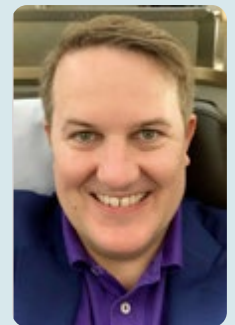
Get a free health screening (no need to be registered with a GP), and find more advice and services, including information about Barnet's Healthy Heart Peer Support, cancer awareness and screening programmes, and diabetes prevention tips and advice. Visit yourhealthbarnet.org/check-your-health

Check out the **blog** (www.yourhealthbarnet.org/blog) to read about the latest public health news and events in Barnet, and hear from local people who have been there and done that – perhaps they will inspire you to take steps to improve your own health and wellbeing too.

Adam's smoke-free story

Adam, 48, had been a smoker for over 30 years. After suffering a heart attack on his way to work in May this year, Adam made the decision to stop smoking with the help of Barnet's Stop Smoking service.

"I was always very sceptical of these coaching things. But I decided that whoever wanted to help me, I was going to say "yes". My advisor understood that I was doing something difficult and that I was doing a good job of it. I really felt they were a partner. They were invested in my success, and they were happy for me. I was pleased to have somebody who understood how difficult it was."



Volunteer!

Visit the **Get Involved** pages to find out how you can help reduce health inequalities in Barnet, and make our borough a healthier place to be, for everyone.



Browse **Your Health Barnet** today!

Scan the QR code or visit www.yourhealthbarnet.org

Keeping Barnet Safe: tackling violence against women and girls

“
Our vision for Barnet is to be a borough where everyone can live free of domestic abuse and violence against women and girls.
”

Violence against women and girls (VAWG) covers a range of crimes, with the common theme that they disproportionately affect women and girls, however anyone can experience most forms of VAWG:

- **Rape and sexual violence**
- **Sexual and other forms of harassment, including sexual exploitation and public sexual harassment**
- **Stalking**
- **‘Honour’-based abuse, female genital mutilation, and forced marriage**
- **Domestic abuse**

It can happen in relationships, with family members or ex-partners. Domestic abuse can happen to anyone.

We can all play a part in creating safer communities in Barnet. If you or someone you know is at risk of violence, there is support available.

Get help if you are in immediate danger

Call the Police on 999 - dialling 999 from a landline automatically gives the Police information about your location.

Silent Help: If you need help but are unable to speak, ring 999 and when they answer press 55

Pressing 55 only works on mobiles and doesn't allow the police to track your location. If you can only say one thing, give your location. If you don't press 55 your call will be ended.

Information about other organisations that could help you:

Solace provides free and confidential support for women and men in Barnet affected by domestic abuse. Call them on 020 3874 5003

Barnet Homes Domestic Abuse One-Stop Shop An advice drop-in service for all genders where partner agencies provide advice, information, options, and support. Open every Thursday between 9:30am–12:30pm at 2 Bristol Avenue, Colindale, London NW9 4EW

What to do if you are worried about someone else?

If they are in immediate danger call the Police on 999

For an issue that doesn't require an emergency response:

Text 61016 to contact the British Transport Police if the incident is on a train or Tube or contact the 24-hour National Domestic Abuse Helpline

Free telephone helplines

24 Hour Domestic Abuse helpline	0808 2000 247
Men's adviceline	0808 8010 327
North London Rape Crisis	0808 801 0305
Women and Girls Network Dedicated Sexual Violence Helpline	0808 801 0660
Safeline National Male Survivor Helpline	0808 800 5005
Galop LGBT+ helpline	0800 999 5428

Keeping safe online – if someone is controlling, harassing, or intimidating you using technology this is a criminal offence. For information about technology facilitated abuse visit refugetechsafety.org

For more information about other specialist support in Barnet, please visit barnet.gov.uk/domestic-abuse

People

Help yourself and others to eat well this season

Get help with food

If rising costs are causing you to struggle to buy food, Barnet's network of food banks are here to help. The idea of visiting a food bank might feel overwhelming, but Barnet's friendly volunteers offer a warm welcome, a safe space and a food parcel.



Speak to your school, GP, pharmacy, or local voluntary and community organisation to help find a food bank near you, and to get a food voucher if you need one. Or contact the Help Through Hardship freephone 0808 208 2138 (Mon – Fri, 9am-5pm, except bank holidays). Find out more: www.barnet.gov.uk/helpwithfood.

Donate if you can

While rising costs cause more people to need access to food banks, the food banks themselves are experiencing a dip in donations. If you're able to donate to a food bank, visit www.barnet.gov.uk/helpwithfood to find your nearest, and contact them to see what items they need most.



Victoria, Manager, Chipping Barnet Food Bank

“As the cost of living crisis continues, we're seeing more people come through our doors who need support with food, but we are finding that fewer people are in a position to be able to donate. It's a challenging time for food banks, but our commitment to supporting those in need stands firm. Regular donations are fundamental to our operations, so I encourage anyone who is able to donate to drop an item or two into the collection box at your local supermarket or contact your nearest food bank to see what items are needed most.”

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. Visit www.healthystart.nhs.uk or contact your nearest Children's Centre to find out if you're eligible.

Healthy Start



Do you know your sexual health?

Recent years have seen a rise in rates of sexually transmitted infections (STIs) in the UK, including right here in Barnet. Not everybody gets symptoms, so if you think you are at risk of an STI or HIV, it is important to get tested, even if you think you feel fine.

Don't guess your sexual health. Get tested!

- Order a free test kit online Sexual Health London www.shl.uk
- Visit a Sexual Health Clinic: www.sexualhealth.cnwl.nhs.uk



Get tested for HIV...



at a **HIV Point of Care Testing** location near you: www.brook.org.uk/find-a-service and find out about **PrEP** and **PEP**. (PrEP is medication to help prevent getting HIV and PEP is treatment that can stop HIV infection after exposure). **Scan the QR code** to find out how to get **PrEP** and **PEP**.

Regular and emergency contraception

Visit a **Sexual Health Clinic** for free advice and services for all methods of contraception including implants and coils. Anyone can get **condoms** for free from **Sexual Health London** www.shl.uk.

Under 25? Sign up to the C-Card scheme and pick up free condoms from local shops and businesses: www.brook.org.uk/c-card.



Emergency contraception is available for free from **Sexual Health London** www.shl.uk and Sexual Health Clinics. It's also available to buy at many pharmacies.

Under 25s can get emergency contraception for free from some community pharmacies in Barnet.



Sexual Health Clinics in Barnet

Edgware Community Hospital (HA8 0AD) and **Vale Drive Primary Care Centre (EN5 2ED)**



Call **020 3317 5252** (Mon-Fri 8.45am-12pm) or **scan the QR code** to book an appointment online.

- **Under 18s** can walk-in during opening times for contraception, testing and treatment. Edgware Community Hospital offers a dedicated **sexual health drop-in clinic for under 18s** every Tuesday 3.30-6.30pm.



Scan the QR code or visit: www.sexualhealth.cnwl.nhs.uk

Things we've learned from asking Barnet's residents what they'd want if we became the London Borough of Culture

By Cllr Ammar Naqvi, Cabinet Member for Culture, Leisure, Arts & Sport

Earlier this summer, Barnet Council launched its first-ever bid to become the London Borough of Culture in 2027. Up for grabs is £1.35m of Greater London Authority funding that will filter down to the grassroots arts and culture community – a sum that we'd 30% match and the rest sourced from sponsorship and business partnerships.

What Barnet's residents want

To help the bid, we surveyed over 1,500 of our residents to find out about their interests in arts and culture and what they would like to see feature in a Borough of Culture programme. More than four in five (84%) said they'd like to take part in more cultural events or activities in Barnet. However, over half (51%) said that there are not enough opportunities to enjoy arts and culture in Barnet.

Responses also show that many of our residents nurture their passion for music, art, theatre, sports, and live performances within Barnet but the majority travel outside of the borough to benefit from these experiences.

Respondents shared suggestions for unsung institutions, organisations and artists that we could shine a spotlight on, which ranged from Finchley's artsdepot, Phoenix Cinema, through to the emerging breakdancing talent Leon Ung.

This information will also feed into the development of our five-year Culture Strategy which will be published next year.



The road to becoming London's Borough of Culture

Barnet has a thriving arts and culture scene – and our ambitions to grow and develop it are far-reaching, as we begin to establish the borough as a cultural destination.

We will find out in early 2024 whether our bid to become the 2027 London Borough of Culture is successful. Being awarded Borough of Culture would strengthen our identity on London's cultural map. A thriving arts and culture scene will give our local creative sector a boost – winning investment for our venues and businesses and further developing creative skills and employment. Watch this space!

Creating Barnet's Cultural Canvas

Over summer, the council created the Barnet Cultural Canvas, which was a way for everyone in Barnet to share their ideas and help shape the identity of our borough's cultural landscape. It was a call to action for every resident, student, artist, community group, and business in the borough to contribute.

Between July and September, councillors and council officers worked with local communities to address issues that are important to their experiences of Barnet, and co-create solutions that address their needs, knowledge and wishes in a meaningful way.

The consultation 'Our Barnet Canvas' engaged with over 1,500 residents, businesses, employees and creatives across the borough and held events, such as workshops at Pride in the Park in Victoria Park and at the Urban Gamez in the Grahame Park Estate.

Ten engagement workshops were held with arts, culture, heritage and community organisations, as well as borough-wide sessions with Barnet forums and community groups including Barnet Culture for Youth Steering Group, Youth Advocates and Barnet Youth Board.

Did you know there is also a weekly Barnet First eNewsletter?

Featuring a mix of news, service updates, events and activities, Barnet First eNewsletter already has 40,000 regular readers across the borough.



To subscribe, just scan the QR code or sign up via My Account.

You can also view recent issues of Barnet First eNewsletter at barnet.gov.uk/news/barnet-first-enewsletter




Barnet First eNewsletter - in your inbox, every Wednesday

Caring for people, our places and the planet

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 communities.


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


8 December 2023
 Bodhi Day is celebrated by the Buddhist community to commemorate the enlightenment of Siddhartha Gautama.

7 December to 15 December 2023
 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.

21 December 2023
 Yalda Night marks the end of the longest night of the year and is celebrated by Barnet's Persian and Iranian residents.


25 December 2023
 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.

17 January 2024
 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).

21 January 2024
 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.

10 February 2024
 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.

14 February 2024
 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.



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.



SCAN ME TO SUBSCRIBE

Places

Winter Festival Fund: Apply now for a £1,000 grant for your event

Our Winter Festival Fund aims to increase inter-faith and cultural understanding by highlighting religious and community festivals and cultural traditions through events that are open to all. Local community organisations can now apply to the council for funding to support winter faith and cultural community events.

Community organisations can apply for £500 - £1,000 to host an event to celebrate a winter faith and/or cultural community event in Barnet. In exceptional circumstances bids over £1,000 will be considered.

The events can take place from 1 November through to 27 February 2024 and the grant can support new or already planned activities that are open to all members of the local community.

Key dates and information

Applications are reviewed on a rolling basis. Applicants will be notified of the outcome within two weeks of the submission date.

Please apply as far in advance as possible and a minimum of three weeks before the date of your event.

The review panel has representatives from Barnet’s public and community sectors. As part of our due diligence process, they will assess proposals against the following criteria:

- relevant link to a recognised faith festival or cultural community in Barnet
- be inclusive and clearly benefit Barnet residents
- demonstrate assurances in planning and organisation
- a viable budget, offering value for money.

Find out more at [engage.barnet/winter-festivals](https://engage.barnet.gov.uk/winter-festivals)



Half-price festive parking

This Christmas, we’ll be providing shoppers and visitors with 50% off parking charges for every weekend in December up until Christmas. Visitors to our high streets will be able to park for half the regular charge. Parking will be half price in all Barnet Council pay-to-park bays and in the council’s car parks.

The dates half-price parking will apply are:

- **Saturday 2 and Sunday 3 December**
- **Saturday 9 and Sunday 10 December**
- **Saturday 16 and Sunday 17 December**
- **Saturday 23 and Sunday 24 December**

For more information, please visit:

www.barnet.gov.uk/parking

Please note that half price parking only applies to council operated ‘paid for’ parking areas. It does not apply to permit bays or private car parks.

Valid permits will still be required at these locations.



TALK ABOUT IT

Happy, sad, somewhere in between?
Mental health is a spectrum we are all on



DON'T HIDE YOUR MIND

To watch our film & for advice on the different support with your mental health available in Barnet scan the QR code:



Caring for people, our places and the planet



Season's greetings!



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 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.



Places

BRENT CROSS WEST OPENING DATE ANNOUNCED

Barnet Council is excited to announce that London's newest mainline station, Brent Cross West, will be operational from Sunday 10 December.

On 10 December 2023, Brent Cross West station will throw open its doors for the first time ever with trains arriving and departing from the station early morning. Brent Cross West will be the first major new mainline station in London in over a decade. We hope you can join us in celebrating this historical moment in our borough by visiting the station – by train of course!

Brent Cross West station is an essential part of the wider regeneration programme in the area, providing the gateway to Brent Cross Town, the 180-acre; £8bn park town that is being delivered in partnership between Barnet Council and Related Argent. Brent Cross Town will deliver 6,700 new homes, create 25,000 jobs, and aims to be net zero by 2030.

Thameslink trains will connect central London with Brent Cross in as little as 12 minutes. A new pedestrian overbridge will provide a connection over the Midland Main Line for the first time since it was built more than 150 years ago; with the station's western entrance leading into Staples Corner Retail Park and the eastern entrance into Brent Cross Town.

New bus stops at the station's eastern entrance, just a few minutes from Clarendon Park, will offer new ways to board the 189 and 326. Over at the western entrance, the 316 bus will terminate and leave from the station.



Brent Cross West station platform



Brent Cross West concourse and ticket barriers

Keep an eye on [TransformingBX.co.uk/BrentCrossWest](https://transformingbx.co.uk/BrentCrossWest) for more details and updates on the new station.

Have you seen Barnet Council's 'first look' video of London's newest mainline station? Visit [TransformingBX.co.uk/news](https://transformingbx.co.uk/news) to watch it.



A bus stop outside the eastern entrance of Brent Cross West

BRENT CROSS CRICKLEWOOD REGENERATION UPDATE

The Brent Cross Cricklewood regeneration programme continues to transform the area. This quarter has seen the first two residential buildings at Brent Cross Town ‘top out’ (meaning their external structure is complete), a new retirement community announced, colourful artwork brightening the neighbourhood and Europe’s first indoor baseball centre open at Brent Cross Town.

Europe’s first indoor baseball and softball centre is now open at Brent Cross Town!

The new baseball indoor centre, called The 108, welcomes you to a fun sports experience. The 108 has four batting cages, as well as a full baseball infield. The centre offers training and is open for everyone, from beginners to professional teams.

The 108 serves food and drinks, and has big screens to watch sports games and a space to host parties and events. Details about the location and bookings can be found at the108.co.uk

Brent Cross Town reaches new heights and a retirement community is announced

Barnet’s new neighbourhood, Brent Cross Town, celebrated a key milestone in the autumn which was the ‘topping out’ of its first two buildings, including its first affordable homes building.

Brent Cross Town also recently announced an exciting new partnership that will deliver the town’s first retirement village. Around 150 homes will be provided for later living, which will add to the growing mix of housing options available as part of the transformation of the area. Providing specialist homes for later living is an important part of the commitment of Brent Cross Town and the Brent Cross Cricklewood regeneration programme to ensure both existing and new residents can flourish in the neighbourhood.

New artwork brightening up the local area

Over the last quarter, we’ve seen new artwork add a pop of colour to the neighbourhood. The latest artwork is the ‘Yesterday, Tomorrow’ in Claremont Park which was designed by artist Steven Wilson. The artwork is inspired by the history and culture of the area and represents local heroes.

Another artwork has also been unveiled in the area in the form of a mural on the exterior wall of Claremont Primary School. This mural was created by local artist Julia Elmore, with the help of school children and teachers. The mural represents kindness and respect, as well as the current and future neighbourhood of Brent Cross Town.

Keep up to date on the project by following us on Twitter [@transformingbx](https://twitter.com/transformingbx) or visit our website Transformingbx.co.uk



Councillors Alan Schneiderman, Anne Clarke and Ross Houston, alongside Related Argent partner André Gibbs, Natalie Stump from L&Q and Gwen Gonzales from the Whitefield Estate.



‘Yesterday, Tomorrow’ by Steven Wilson



Places

Keeping Barnet Safe

Improving community safety is a key priority for the council. Our Community Safety Strategy sets out our action plan on how the council will tackle issues such as violence against women and girls to antisocial behaviour and protecting those most at risk of hate crime, exploitation and radicalisation.



Here is a look back on a range of measures introduced to protect communities and keep Barnet Safe.

 <p>500 Hate crime reporting champions</p>	 <p>Partnership working led to 160 arrests on Grahame Park</p>	 <p>25 Ward Walks</p>	 <p>11 Hate crime reporting centres around the borough</p>	 <p>46 Community Support hubs</p>	 <p>£2.3 million investment in new CCTV</p>
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Investing in CCTV:

£2.3 million was invested in a new CCTV control room, which provides 24/7, 365-day-a-year monitoring, with an increase in coverage. CCTV operatives are trained to monitor crime and identify and report situations involving vulnerable people. The CCTV system also includes a feature that can temporarily move the cameras to specific locations for days, weeks, or months to monitor issues.

Colindale's Grahame Park Estate:

Barnet Council has partnered with the Metropolitan Police to trial a new approach called 'Clear, Hold, Build', to help tackle the problems on Grahame Park Estate. In just two months following the launch, the Police have made 160 arrests in the area for a range of serious crimes from murder and grievous bodily harm to firearms possession and drug dealing.

The next stage of the programme will prevent other criminals from moving in on the estate and supporting the residents to build a safer and stronger community.

Ward Walks:

We introduced Ward Walks for councillors, council officers and the Police to visit every ward in the borough to investigate reported antisocial behaviour-related issues.

Community Safety Hubs:

Community Safety Hubs were launched across the borough to make it easier for people to report crime and concerns.

Residents can drop into the hubs to anonymously report or raise issues about crime and antisocial behaviour in their area with dedicated council officers on hand to help.



For more information on community safety in Barnet, please visit

 www.barnet.gov.uk/community-safety



Residents begin moving in to 249 council houses for social rent

Residents have begun moving into the 249 newly built homes that the council acquired from developer Redrow earlier this year.

The acquisition forms one-quarter of the council's commitment to deliver 1,000 new affordable homes by 2026. The first cohort of residents began moving in this November into a mix of 42 three-bed family homes, 40 wheelchair adaptable homes, as well as studios and one and two-bedroom properties.

Cllr Ross Houston, Deputy Council Leader and Cabinet Member for Housing & Regeneration, welcomed the announcement:

"This represents really good value for money and will make considerable savings on temporary accommodation costs.

"By delivering the right homes to meet diverse needs now and for future generations, that people can afford and are in the right places, we are achieving a key priority and challenge for the council."



Tennis for all as council completes £1.2m courts refurb

Barnet Council and the Lawn Tennis Association (LTA) have completed a £1.2million transformation of 39 tennis courts across 14 of the borough's parks. The works are part of a joint initiative to ensure high-quality tennis facilities for residents, get more people active and open-up the game to more people.

Barnet Council contributed almost half (£545,101) of the total funds, with £688,451 coming from the UK Government and LTA as part of a nationwide programme to transform thousands of park tennis courts.

A number of the courts have undergone extensive work to ensure viability for years to come, including resurfacing, repainting, new fencing, new nets and posts and new gate access systems. Work to refurbish a further five courts at Northway Gardens is scheduled to begin in November.

You can find out where your local tennis courts are and how to book a court at [barnet.gov.uk/tennis](https://www.barnet.gov.uk/tennis)



Planet

Christmas recycling and waste collections

Recycling and refuse collection schedule



There are some changes to the bin collection schedule over the festive period. Please check the table below for any changes to your normal recycling and refuse collection days:

Normal collection day	Revised collection day	Normal collection day	Revised collection day
Monday 25 December	Saturday 23 December (brought forward)	Monday 1 January	Tuesday 2 January
Tuesday 26 December	Wednesday 27 December	Tuesday 2 January	Wednesday 3 January
Wednesday 27 December	Thursday 28 December	Wednesday 3 January	Thursday 4 January
Thursday 28 December	Friday 29 December	Thursday 4 January	Friday 5 January
Friday 29 December	Saturday 30 December	Friday 5 January	Saturday 6 January

Blue recycling bin and black refuse bin collections will resume on your normal collection day from the week commencing 8 January 2024. Check your collection day at www.barnet.gov.uk/bins.

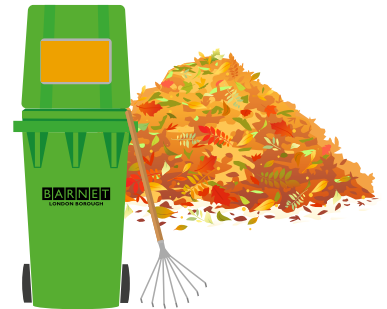
Annual winter pause to garden waste collections

The garden waste bin collection service is paused from Sunday 10 December for six weeks.

From 13 December 2023, subscribers to the service can check the date of their first collection in the New Year at www.barnet.gov.uk/bins

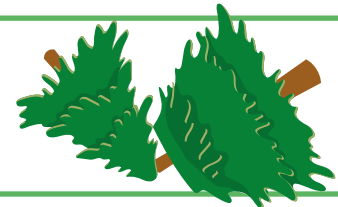
We will also be emailing subscribers a reminder before collections resume in the new year.

You can still sign up for fortnightly garden waste collections. Prices are currently at our discounted rate of £40 for your first bin and £30 for each additional bin if paid for at the same time. Sign up and pay at www.barnet.gov.uk/gardenwaste or call 020 8359 4600.



Christmas tree collections

Real Christmas trees will be collected in January 2024. Please ensure your real Christmas tree has all decorations and tree lights removed, is cut in half and put out at the boundary of your property by 12 January for collection over one of the two weekends that follow.



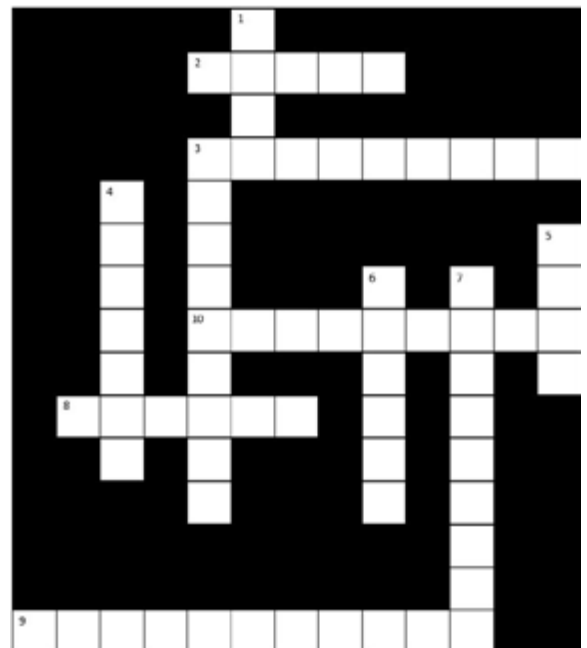
Christmas recycling crossword!

Across

- Bin colour which you should put items such as polystyrene and nappies in.
- If found on wrapping paper, it can't be recycled.
- By doing this you are rehoming unwanted items instead of throwing them away.
- These can be helpful to store your recyclables but cannot go in the recycling bin.
- These can be recycled by putting them in a clear bag on top of your blue recycling bin

Down

- Items such as sweet tins, drinks cans and glass bottles can go in this colour bin.
- An item which can be flattened and put alongside your blue recycling bin if it doesn't fit inside the bin.
- This can keep you smelling fresh but once empty it can go in your blue recycling bin.
- Write one to help you save money, avoid waste and only buy the food you need.
- Before recycling, remember: Reduce, Reuse and _____
- These can't be recycled if they have foil or glitter on them.



Answers: Across – 2. Black, 3. Sellotape, 8. Donate, 9. Carrier bags, 10. Batteries. Down – 1. Blue, 3. Cardboard, 4. Aerosol, 5. List, 6. Repair, 7. Gift cards.

Find out more at www.barnet.gov.uk/christmasbincollections



Reduce | Reuse | Repair



When it comes to the waste we produce, we can all reduce our impact on the environment and our wallets by thinking: 'Reduce, Reuse, Repair' before putting items in our recycling and waste bins. Here are some tips to help you on your way.

1. Make a list and check it twice

Save money and avoid waste by planning ahead and only buying the food you need.



2. Play your cards right!

Old Christmas cards can't be recycled if they have foil or glitter on them. Place these in your black refuse bin or save the front of the cards to make homemade gift tags for next year.



3. Christmas is coming, the cardboard's getting flat

Any flattened cardboard that doesn't fit in your blue recycling bin can be put out alongside the bin in pieces no larger than one metre squared.



4. Re-home unwanted items

Give your unwanted items or furniture a new home instead of throwing them out. Items in good condition can be passed onto a friend or donated. There are also websites where you can give away items you no longer need. This is a great way to benefit someone else who is looking for your item, reduce your environmental impact and save you money.



5. Food, glorious food

After a big Christmas feast, use your leftovers to make delicious meals for your family and friends.



6. Clearing out the closet?

Clothing and shoes can't be placed in your blue recycling bin. Why not pass clothes on if they're in good condition or try and repair them! Alternatively, you can take them to the Reuse and Recycling Centre at Summers Lane.



7. Donate items through Community Skips service

Bikes, children's toys, clothes and wooden furniture in good or fair condition can be donated through the Community Skips service. Items in a suitable condition will be sent the Reuse shop run by North London Waste Authority (NLWA), which will be refurbished and put back into use instead of being disposed of. Clothing and textiles will be given to The Salvation Army.

8. Finished bottles of shampoo?

Empty aerosols, shower gel containers, shampoo bottles and moisturiser tubs can all be placed in your blue recycling bin. Setting up a recycling bin or bag in your bathroom is a great way to up the amount you recycle



9. Electricals lost their spark?

Take any small electrical items to the Reuse and Recycling Centre at Summers Lane. Remember, please do not place them in your blue recycling bin. You can also drop them off at your nearest reuse point or you can try repair instead!

10. When the celebrations are over...

Make sure to recycle all your empty glass bottles, plastic bottles and cans in your blue recycling bin.



Find out more at www.barnet.gov.uk/christmasbincollections



SCAN ME TO SUBSCRIBE

BARNET-ZERO-CHALLENGE

WE NEED YOUR IDEAS TO REDUCE CARBON EMISSIONS

Are you ready to be a part of the solution and shape a sustainable future for Barnet? If you live, work or study in Barnet, we invite you to join the BarNET ZERO Challenge – a competition that encourages individuals and communities to come forward with creative and innovative ideas that will reduce carbon emissions.

Free mentoring workshops to develop your idea

Prizes include:

£10,000 cash fund pot

Xbox Live subscription

One-year Microsoft Office subscription

An opportunity to be a part of the NatWest Accelerator Programme

Open to those that live, work or study in Barnet

Submit your idea in 200 words by 29 November 2023



engage.barnet.gov.uk/barnetzero-challenge

Sponsored by



BRENT CROSS

Caring for people, our places and the planet

TREE PLANTING RESIDENTS TRANSFORM NEIGHBOURHOODS

In the last year, 170 new trees have been funded through Barnet Council's partnership with the charity project Trees for Streets, supporting our journey to become a net zero borough by 2042.

Trees for Streets is a not-for-profit enterprise, set up by the charity Trees for Cities, supported by the Mayor of London and funded by the Government's Green Recovery Challenge Fund and City Bridge Trust.

Through the Trees for Streets initiative, residents, businesses, and community groups are able to sponsor trees in their local area – making our streets greener and healthier. Residents can directly improve their neighbourhood and choose where the tree they sponsor is planted. Most residents request trees outside their houses, but you can even sponsor a tree in a local park.

The benefits of sponsoring a street tree

Street trees look after us in so many ways, providing a multitude of benefits to our streets, towns and cities every single day. Some of the benefits of this are:

THEY MAKE US HAPPY - Trees are an excellent remedy for improving our mental health and wellbeing. Spending time around trees and nature reduces depression and anxiety, especially when combined with exercise.

CLEANER AIR - Trees are natural air cleansers and can absorb these gases through their leaves. They help soak up a range of other pollutants and toxins which are emitted by our everyday activities and tackle air pollution.

SANCTUARIES FOR WILDLIFE - Trees provide a source of food and habitat to a plethora of other species in our urban environments – bats, birds, insects, other plants, fungi and mosses, the list is almost endless.

OXYGEN - Did you know that in a single season one mature leafy tree can produce enough oxygen to allow 10 of us to breathe for a year?

PROTECTING US FROM FLOODING - A single mature, leafy tree can absorb up to 450 litres of water through its roots every day, as well as capturing rainwater on the surface of its leaves.

FACT

Did you know that it's estimated that **2,367,000 tonnes of carbon** is currently stored in London's trees alone?



Barnet's tree planting programme is transforming streets

Planting trees for a brighter future – Hear from Chani, a local resident, about her tree growing experience

Chani, who has lived in the borough of Barnet for three years, was delighted when her husband sponsored a tree as a birthday gift to her. It is planted in their local park, which she visits often with her grandchildren.

"I love trees," she says. "Pocket Handkerchief is a tree with exquisite flowers. I wanted a gift that I could share with my family and the local community, and will be enjoyed for many years to come.

"This tree starts blossoming after about 15 years, so it will a long time before we see the flowers. But we are planting for future generations, right?"

There's still time to get involved...

If you'd like to sponsor a tree in a local street or park, to be planted this winter, visit treesforstreets.org/barnet and make your request by Sunday 3 December.



Barnet resident Chani

Planet



STAY WARM, CUT COSTS AND PROTECT THE PLANET

We are all looking for ways to reduce our bills and carbon footprint. This winter is no exception.

It can be hard to know where to start or know what really works. Around 21% of the UK's carbon emissions come from our homes. Below is some advice, in accordance with independent energy experts, on ways to keep your home cozy without breaking the bank. This will help you to:

- **save money on winter bills**
- **tackle climate change as a borough**

KEEP THE HEAT IN AND MAKE BEST USE OF YOUR BOILER

- **Draft proofing the bottom of doors, letterboxes and windows** - You could save up to £125 a year if you have a professional draught-proof your home, but you can easily fit draught-proofing strips yourself.

Make sure you don't block or seal any intentional ventilation when doing so - Extractor fans and wall vents are essential for letting damp air out and fresh air in, keeping the air in your home dry and healthy.

- **Insulating all the exposed hot water pipes** in a typical semi-detached house will cost around £15 and save you £9 every year in the future on your bills. It sounds small, but all the small things add up to much bigger savings
- **To keep your rooms as warm as possible, don't block radiators with furniture**, otherwise it makes your heating system less effective. Move sofas and other heavy furniture away from radiators and remove radiator covers.
- **Your room thermostat should be set to the lowest comfortable temperature, which for most people is between 18° and 21° Celsius.** Turning your thermostat down by just one degree could typically save you £145 a year on energy bills

- **Using foil panels as insulation behind radiators that are in front of uninsulated external walls can reduce heat lost.** This means you'll spend less money heating the radiator up, and it'll stay hotter for longer. Buying reflective panels for five radiators will cost around £30, but you could save £40 every year in the future on your bills.
- **Less than 30% of people regularly bleed their radiators and this leads to cold spots that are caused by trapped air.** Bleeding a radiator is simple. All you need is a radiator bleed key (available from most DIY shops), an old towel and something to collect any water in.

Explore the Energy Advice Trust's website for more warm home hacks this winter: <https://energysavingtrust.org.uk/>

KEEPING ON TOP OF YOUR BILLS

Advice from the Energy Saving Trust is to submit regular meter readings to your supplier, to make sure your bills are accurate. If you have a smart meter, this will automatically send a meter reading to your supplier at least once a month. This means your bills will be based on your actual energy use, rather than an estimate.

ADVICE AND FUNDING WHERE YOU LIVE

Visit the UK Government website to find out if you're eligible for financial support, including:

- The Warm Homes Discount: www.gov.uk/the-warm-home-discount-scheme
- Cold Weather Payment: www.gov.uk/cold-weather-payment
- Winter Fuel Payment: www.gov.uk/winter-fuel-payment

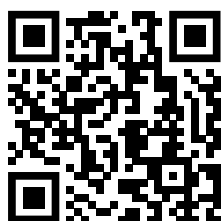
For advice on everything from taking a meter reading to what to do if your supplier goes bust, Citizens Advice can help: www.citizensadvice.org.uk/consumer/energy/energy-supply

By implementing these tips and joining us in our journey to a net zero Barnet by 2042, you'll not only stay warm and save money but also contribute to a greener and more sustainable future for our borough.



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Are you registered to vote?



Registering to vote is quick and easy, visit www.gov.uk/register-to-vote or scan the QR code with your smartphone.

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www.barnet.gov.uk

BARNET
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Engaged and Effective Council

Engage Barnet

Have your say on our strategies, policies and proposals

Have your say on the 2024/2025 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 2024-25 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 impact of rising prices are 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 and our saving and income proposals. You can respond by completing an online questionnaire at engage.barnet.gov.uk or telephone 020 8359 7016 for a paper questionnaire

The budget consultation will begin after Cabinet on 12 December subject to Cabinet approval.

Have your say at
engage.barnet.gov.uk



Have your say on the West Hendon Playing Fields project and help us transform the landscape into a community oasis

The West Hendon Playing Fields project envisions the remarkable transformation of an underutilised landscape into a captivating community oasis. Our goal is to create a destination park that serves as a natural sanctuary, offering a wide range of recreational, leisure, and relaxation opportunities for residents and visitors alike.

To take part and help develop our vision for the park, please take the time to complete an online questionnaire, share your knowledge about the existing playing fields on our park map and add your memories to our memory map.

Read more and take part at engage.barnet.gov.uk by Sunday 17 December.



Find out more and give us your views at engage.barnet.gov.uk

Engaged and Effective Council

Contact your councillors

Barnet Vale



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Cllr Marianne Haylett
Cllr David Longstaff

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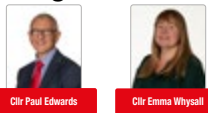
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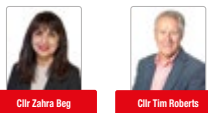
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Cllr Linda Lusingu
Cllr Barry Rawlings

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Cllr Danny Rich

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West Hendon



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Cllr Andrea Bilbow OBE
Cllr Bishikesh Chakraborty

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Woodhouse



Cllr Geoff Cooke
Cllr Anne Hutton

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Full Council meetings

Tuesday 30 January 2024, 7pm at Hendon Town Hall,
The Burroughs, London NW4 4BQ

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

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

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



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