



Clapping for carers: An image taken from a BBC News report shows residents in Park Hall Road, N2, joining the nationwide show of support for the NHS.

Neighbours step out for a moment to applaud the NHS

Residents of Park Hall Road in East Finchley were filmed by BBC News as they came out of their homes to show their appreciation for the work of all NHS staff and carers. A camera crew was in the road at 8pm on Thursday 26 March to capture the lines of neighbours who came into their front gardens to clap and cheer, and the footage was shown across the BBC's news bulletins.

Residents in dozens of other streets in East Finchley did the same, with one video clip on Facebook showing someone living on the High Road raising a glass out of their second-floor window just as an NHS ambulance drove past sounding its horn in acknowledgment.

The nationwide applause certainly was a moving tribute to the hard work and selflessness of everyone in the caring and emergency professions who are in the front line of the fight against the spread of the coronavirus. We thank them all and wish them continued good health.



Lincoln Road residents clapped too. Photo Mike Coles.

Essential advice and information for everyone

All the information and advice on these pages is correct at the time of going to press. If there is anything you think we should be sharing with the community across East Finchley, please get in touch.

You can email us: news@the-archer.co.uk; telephone for free and leave a message on 0800 612 0748 or write to The Archer, PO Box 3699, London N2 2DE.

Help groups

Volunteer group

East Finchley has its own Covid 19 Volunteer Response Group, with about 450 volunteers ready to help people in need.

They are aiming to assist with shopping, picking up prescriptions from pharmacies, dog walking, donations of food and phone calls

to people who are lonely. You can contact them at www.facebook.com/EastFinchleyCOVID19, tel 0843 886 5900 or email efcovid@gmail.com

Age UK

Age UK Barnet is working to help all older people who are in need. They aim to help with delivering cooked meals, admin tasks such as setting up prescriptions that can be delivered to the door, fitting light bulbs, regular chats over the phone to beat isolation, and activity packs including magazines, puzzle books and craft supplies.

Get in touch if you or anyone you know is self-isolating and might need some help. Email info@ageukbarnet.org.uk or phone 020 8203 5040.

Useful contacts

N2United

Up-to-date advice and links to

useful local resources are available online at n2united.co.uk/covid19 This website is collating information as it becomes available.

Senior citizens help and advice

Age UK Barnet 020 8203 5040 or info@ageukbarnet.org.uk
Age UK 0800 678 1602 8am to 7pm, or www.ageuk.org.uk

Hospitals

NHS 111
Barnet General 020 8216 4000
Edgware General 020 8952 2381
Finchley Memorial 020 8349 7500
Royal Free 020 7794 0500
Whittington 020 7272 3070

Appeals

Age UK Barnet is appealing for donations of tins, rice, pasta and other non-perishable items to help vulnerable elderly people who are unable to leave their homes. They can be dropped at the Ann Owens Centre, Oak Lane, N2 8LT, between 10am and 4pm from Monday to Friday.

Finchley Foodbank is appealing for donations of tins, packets, biscuits, soups and any packaged food to help individuals and families on low or zero incomes. Soap, shower gel and bathroom items are also welcome. They can be dropped directly to the Foodbank in the church hall behind St Mary's at 279 High Road, N2 8HG, on Fridays from 12pm to 4pm.

Pharmacies

Pareesh Shah, who runs CW Andrews on the corner of the High Road and Baronsmere Road, N2, told us that all pharmacists are under huge pressure and asked for the help of customers to ensure their vital service can continue as smoothly as possible.

Most pharmacies do not have the time or the staff to deliver prescriptions so Pareesh's advice is as follows:

1. Anyone wanting to pick up a prescription, please call your pharmacist several days in advance to give them time to get it ready for you.

2. You can arrange for a friend or neighbour to collect a prescription on your behalf. Ring the pharmacist in advance to let them know who will be collecting for you.

3. Anyone with a specified medical condition who received one of the 1.5million letters advising them to self-isolate for 12 weeks, should ask family, friends or neighbours to collect their prescriptions.

4. Order your normal quantity of medication and don't over-order; that will help them keep their stock of drugs at manageable levels.

5. Observe the 'two customers at any one time' rule and keep apart from staff and other customers by at least 2m. Do not enter a pharmacy if you have any of the symptoms of Covid-19 or are in a self-isolation period. Staff need to be protected to keep pharmacies running.

6. Look out for pharmacies adjusting their opening hours to help them catch up with orders and maintain a sustainable service.

Pareesh told us: "This is a massive period of adjustment. People are generally being very good and they are getting used to the new rules and restrictions. If everyone abides by them, pharmacies can continue to provide a good service to their customers."

"Unfortunately, we don't have the staff to be able to deliver individual prescriptions to people's homes. People who can't get out should ask friends or neighbours to pick up prescriptions on their behalf, then phone us to let us know who is collecting for them."

Shopping

Most of our local food stores and newsagents are remaining open. We thank their hard-working staff for keeping us all fed and watered. Please shop with them to keep them in business. Here are special notices:

Tony's Continental, High Road, N2, was closed for one week as we went to press after experiencing problems getting regular supplies of fresh produce. The team there said they were hoping to reopen as soon as they can. Check at the store.

Dan & DeCarlo's, opposite the station, is transforming from a café into a food store offering everyday essentials, some of which will be stocked and some available for pre-order. Check their website for details: danand-decarlo.co.uk

Margot Bakery, East End Road, N2, is taking orders for bread to be collected from its doorway counter, and other items may be available in the shop. Details at margotbakery.co.uk.

Budgens has offered help with shopping to anyone aged over 65 or in an at-risk group. Anyone in those categories who has to self-isolate will be able to order by phone or email and the store will do its best to deliver up to any value and free of charge. Details available from cashiers in store, email budgenseastfinchley@gmail.com or phone 020 8883 9670. Budgens is also appealing for anyone in the community who can lend a hand with taking calls, picking orders and delivering. Please leave your details with a cashier if you can help.

Iceland is reserving 9am to 11am every Wednesday morning for anyone of pension age or in a vulnerable group to do their shopping.

Takeaways

Restaurants, cafes and pubs are closed to diners but some are still offering takeaway services at their premises and delivery services via apps like Just Eat, Deliveroo and Uber Eats. Support our local food and drink providers whenever you can.

This is not a complete list. Check your favourite restaurant for details. All information correct at time of going to press. Let us know if there are any services we can add to this list by emailing: news@the-archer.co.uk

Bangkok Lounge, High Road, N2: Takeaway and delivery service available on their website www.bangkoklounge-finchley.co.uk

Campbell & Syme, Fortis Green, N2: Order freshly roasted coffee, and teas and chocolates for delivery in East Finchley via campbellandsyme.co.uk

Majjo's, Fortis Green, N2: Phone orders and phone payments only on 020 8883 4357, for collection only. Closed Mondays.

New Local Café, High Road,

Holy Trinity Parish Church 67 Church Lane, N2 0TH

At anxious times we endeavour to be a beacon of faith, hope and love in East Finchley. While public worship is suspended, we continue to earnestly keep you, our community, our nation and the world in our prayers. If you would like to send us prayer requests, please contact us via our website:

www.holytrinityeastfinchley.org.uk

For more information please contact us at:

Email: marius.mirt@htef.org.uk

Tel: 202 3565 4430

East Finchley Baptist Church

Due to the Covid-19 virus our Sunday morning service has been suspended until further notice.

For more information please contact the Church Office
Email: office@eastfinchleybc.org.uk
www.eastfinchleybc.org.uk