



N2: Takeaway service available, and food deliveries can be ordered via Uber Eats and on their website: new-local-cafe.business.site

Poseidon Fish Restaurant, High Road, N2: Takeaway available and delivery service via Deliveroo and JustEat.

Yasar Halim Patisserie, High Road, N2: Takeaway only from the counter.

In-Out Pizza, High Road, N2: Takeaway available and delivery via JustEat. Telephone: 020 8442 0999

Getting out

Cherry Tree Wood, Coldfall Wood, Highgate Woods, Queens Wood, Muswell Hill Playing Fields, Lyttelton Playing Fields, Big Wood and Coppetts Wood are all open as normal and are the perfect places to exercise and take a walk. Remember to keep your distance from other people who are out and about. Gatherings are not permitted.

Hampstead Heath was open at the time of going to press, but City of London Corporation has warned that, unless visitors start obeying distancing rules, the entire heath will be closed off.

Barnet Council has said that Cherry Tree Wood will no longer be locked at night, while they reallocate resources, and that the children's playground and public toilets will stay closed for the time being.

East Finchley's two cemeteries on the High Road and East End Road also remain open and are spacious and peaceful places to take a walk. Parkland Walk stretching down the former railway track from Highgate to Finsbury Park also provides a pleasant stroll or run.

Long Lane Pasture nature reserve, opposite the fire station in Long Lane, will be open from around 10am to dusk every day. It is still boggy in places so try to keep on the paths, and keep your dogs on leads.

Waterlow Park in Highgate and Alexandra Park remain open for the time being, but Stephens

House and Gardens in Finchley is now closed to the public.

Scam warnings

Jan Lovell, of the Safer Neighbourhood Team in East Finchley, has issued a warning that there are reports of people knocking on doors saying they are doing coronavirus tests on behalf of the NHS or a local GP surgery.

Jan asks everyone to note that there are no such initiatives. If anyone knocks on your door, ignore them and call the police. These are thieves trying to take advantage of vulnerable people.

For anyone online, be wary of unsolicited emails claiming to be health or virus related. Never click on links or attachments in suspicious messages and never respond to unsolicited messages. Never give away personal or financial details online

Food ideas

Local resident Allison Goodings has a collection of more than 250 cookbooks and has catalogued her recipes so it is always easy for her to find something to try with a limited list of ingredients.

Allison is offering help to anyone looking to cook something using what they have at home. She said: "This is something I do for friends, and especially my mother, quite often."

Allison is able to offer free advice on things that keep well, things to freeze and simple recipe ideas to get you through a couple of weeks at home. Get in touch with her via email at: WhatCanICookWithThis@gmail.com

Festival

East Finchley Festival CIC has released the following statement:

"Due to the COVID-19 outbreak and in line with current government advice, it is very unlikely that the festival will go ahead as scheduled in June. For updates please visit www.eastfinchleyfestival.org"

Neighbours keep their distance...

Before the tighter restrictions came into force on 24 March, neighbours in Bedford Road, N2, were still able to do the responsible thing and meet in the street... all the time keeping at least 2m apart.

Two groups of about 20 residents assembled at different points in the road for an outside coffee morning where they were able to check on each other's welfare and share information about elderly and vulnerable neighbours who might need extra help.

Bedford Road already had an active WhatsApp group before the coronavirus crisis and now

that has really come into its own, enabling people to stay in touch from their own homes. Dozens of similar online groups have sprung up around East Finchley in recent weeks.

Resident and Archer team member Jane Marsh said: "We've had people offering food, setting up online yoga classes, and my request for jigsaws elicited an immediate response."



Keep your distance: Customers queue responsibly outside the UOE Post Office. Photo John Lawrence.

Post Office will stay open

The entire workforce of the UOE Post Office in the High Road, N2, has been designated as critical infrastructure with key worker status which means the Post Office will remain open throughout the crisis.

Services that will continue to be available include cash, energy top-ups, banking and regular mail services. Opening times are Monday to Saturday, 9am to 5.30pm, and Sunday 12pm to 4pm.

Customers are being asked to queue at least 2m apart outside the store to avoid having too many people inside. The store will be closed on Bank Holidays.

Climate Change

The East Finchley Open Artists hoped to stage an exhibition called 'Climate Change is Real' at the Offshoot Gallery on the High Road from 21-26 April. It was to feature websites on climate facts and science alongside artwork and exhibits.

The centrepiece was a tree which could be dressed with about 100 ceramic leaves showing messages of hope. The plan was for visitors to buy these leaves, write messages and attach to the tree, with the money being donated to the South Australian Bush Fire Appeal. Young Global Ambassadors from the Archer Academy were collaborating in this.

Then along came Coronavirus Corvid19, forcing the Offshoot Gallery to close for the duration of the pandemic.

Extinction Rebellion groups generally were planning a busy April and May, featuring large-scale demonstrations, but these have been called off. In the words of their newsletter: "Rebels are encouraged to hold meetings online wherever possible, and to think carefully before organising in-person gatherings."

"Slowing this virus down will make a big difference to how well we can care for people who are affected. By limiting our contact with others, where possible, we can relieve unnecessary strain on healthcare providers and save lives."

"As rebels, we can choose to engage with and support our local communities in this crisis. This is an opportunity to prefigure the world we want to build: one that chooses life and regeneration over despair and fear."

And finally...

Thankfully the worst excesses of panic buying seemed to be over as we went to press but some essential items can still be hard to get hold of. So remember, if things get desperate, The Archer has always been here to serve the community. We won't take offence.



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