



Essential advice and information

All information and advice 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.

Useful contacts

N2United

Up-to-date advice and links to useful local resources are available online at n2united.co.uk/covid19.

Senior citizens help and advice

Age UK Barnet 020 8203 5040 or info@ageukbarnet.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

Please note: paediatric A&E is only available at Royal Free and Whittington hospitals.

Help groups

Volunteer groups

East Finchley has its own Covid 19 Volunteer Response Group, with about 500 volunteers ready to help people in need.

They are able to assist with shopping, picking up prescriptions from pharmacies, dog walking and phone or calls to people who are lonely.

You can contact them on 0843 886 5900, email efcovid@gmail.com or join www.facebook.com/groups/EastFinchleyCOVID19.

There is also help available via mutualaid.co.uk, where you can search for your nearest volunteer groups.

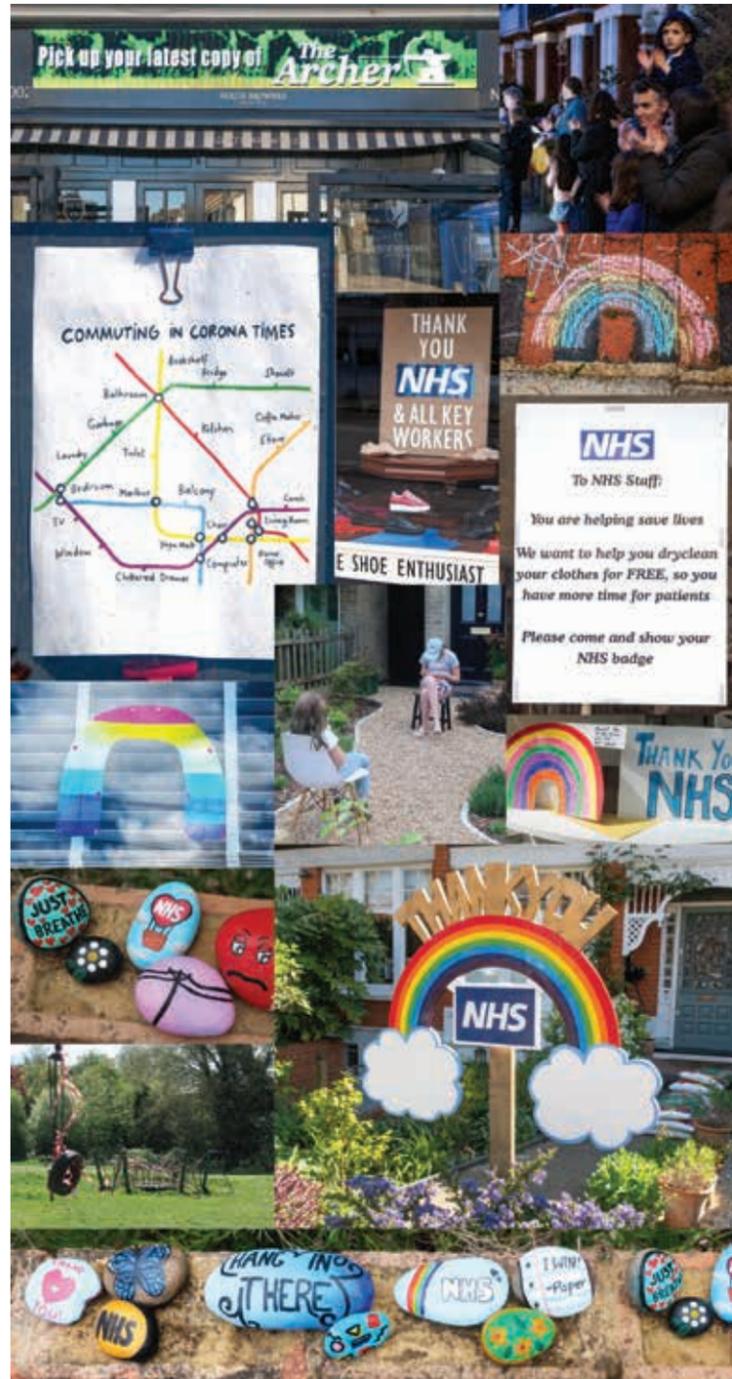
Help for dog owners

Dog owners who are unable to get out for health reasons are being given a helping hand by the charity Underdog International. They will be matched with a local volunteer who can help with walking their dog, taking them to the vet or even caring for them for extended periods in their own homes.

All Underdog volunteers are vetted and have received guidance and training. If you are in need of help, call 020 8050 4292 or email hello@theunderdog.org or register at www.theunderdog.org and that includes potential volunteers who have experience with dogs. The scheme is operating in north London.

Front garden love for frontline staff

Hundreds of people have used their front gardens or windows to display messages of thanks and support for frontline workers in the NHS. Simple drawings, painted stones and elaborate wooden signs have added to the regular Thursday evening applause that many are still giving. Thanks to *Archer* photographer Mike Coles for our montage.



Window dressing: Rainbow images adorn the Muswell Hill food bank.

Colours of the rainbow

By Suzy Rosenthal

Rainbow posters created for London's giant Nightingale Hospital are now brightening up the windows of Muswell Hill food bank.

Volunteer Sally Kosky had the idea to use the children's artwork to help lift the spirits of volunteers and those picking up emergency food supplies. Thousands of children sent in drawings and paintings to decorate the Nightingale when it was being built at the Excel Centre in east London but the hospital couldn't hang them up for health and safety reasons.

Sally came up with the idea after she saw a news item about an independent college in south London putting some of the paintings in their windows where staff and patients at St Thomas' Hospital immediately opposite could see them. She got in touch with the college and they passed some on.

More artwork coming

Victor Mason, manager of the food bank in Pembroke Road, N10, said: "Our volunteers also say how uplifting the children's drawings are. Many of them miss being able to sit and chat to our clients while they're waiting for their food to be packed so this is helping cheer everyone up."

The food bank, which serves around 300 families a month, has now put out a request on Facebook and Twitter asking children in the area to donate more of their lockdown artwork. This will be displayed inside the church hall ready for when the foodbank can return to serving hot drinks and home-made cake to clients waiting for their food to be packed.

Alzheimer's assistance

The Alzheimer's Society provides free information, support and advice to people with dementia, their families and carers. During the coronavirus pandemic support can be given over the phone, via email and in writing. Contact local organisers to make a referral on barnet@alzheimers.org.uk or leave a voicemail on 0203 725 3001 and they will get back to you.

Walk went ahead in its own way

The North London Hospice was unable to hold its annual Big Fun Walk from East Finchley at the start of May but supporters still took to the streets with a week of walks in their own time and raised almost £4,500.

Hospice staff thanked everyone who had taken part or donated and said it was an amazing example of people staying active while staying home. There is still some hope that the Big Fun Walk itself can be held later in the year, subject to government guidance and council licences along the eight-mile route through London's parks to Westminster.

Suicide support service opens

A new service specifically designed to support people aged 18 years and over affected by suicide has started work in Barnet and Haringey. Run by the charity Rethink Mental Illness, a helpline will offer emotional support, practical information and signpost callers to other services that can offer support.

Open Monday, Wednesday and Friday from 6pm-8pm and on Sunday from 6pm-9pm, the freephone number is 08088 02 00 80 (calls do not appear on itemised bills). Texts to 07860 058 793 will be responded to in the same hours and there is a webchat at www.rethink.org/ncl-suicide.

Bake from your lockdown larder

Here's a simple baking recipe using ingredients you're likely to have in your store cupboard and fridge. You can be creative with it, and it's ideal for beginners.

Rubble buns

These are very versatile and can be flattened into cookies, left in dollops (original style) or made as a long sausage shape to be sliced biscotti-style.

Ingredients (for 16 buns):

250g butter
315g rolled oats
2 heaped tbsps self-raising or plain flour

2 eggs beaten
125g any brown sugar (preferably soft)
Big pinch of salt

Optional rubble (choose up to 6 of the following):

Small handful of chopped chocolate
Grated zest of an orange and/or lime/lemon (unwaxed)
Small handful of chopped dates or dried fruit
1 tbsps mixed seeds (linseed, sunflower,

pumpkin)
Handful of toasted coconut flakes
Handful of toasted flaked almonds
1 tsp powdered cinnamon
1 tsp cardamom

Method

Preheat the oven to 180°C/350°F/Gas mark 4. Soften the butter and beat with the sugar. Mix together all the other ingredients, and then fold into butter and sugar mixture. Make sure everything is thoroughly combined. Spoon on to baking tray lined with greased baking paper; use one soup spoon to scoop up a dollop of mixture, and a second soup spoon to add a little extra, round off the top and plop on to tray. Bake for 15 to 20 minutes. The buns should be crisp on the outside and softish on the inside.