



Essential advice and information

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**.

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.

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.

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 3pm.

Shopping

Most of our local food stores and newsagents are remaining open. Please shop with them to keep them in business. Here are some special notices:

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. Free delivery is available to anybody within one mile of the store via Appy Shop.

Dan & DeCarlo is operating as a food store offering everyday essentials, some of which will be stocked and some available for pre-order. Check their website for details: dananddecarlo.co.uk

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

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.

Tony's Continental, High Road, N2, is trading as normal but has adjusted its opening hours to give staff a break and to restock. Check in store for details.

UOE (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 subject to change. Please check in store.



Rainbows to be treasured

Children have been busy drawing and painting hundreds of rainbows and displaying them in their front windows for others to spot when they are out taking exercise.

The Rainbow Trail has become a phenomenon in villages, towns and cities around the world during the pandemic. Thanks to *Archer* photographer Mike Coles for collecting this colourful montage from around East Finchley, including some heartfelt messages to everyone working in the NHS.

Customers are asked to queue at least 2m apart outside the store to avoid having too many people inside.

Restaurants and cafes

Restaurants, cafés and pubs are closed to diners but some are still offering takeaway services at their premises, along with home delivery via apps like JustEat, Deliveroo and Uber Eats. Please 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
Amici Delicatessen, 78 High Road, N2: Takeaway deli food and grocery items available in store.
Bangkok Lounge, 138 High Road, N2: Takeaway and delivery service available www.bangkok-lounge-finchley.co.uk

Campbell & Syme, 9 Fortis Green, N2: Order freshly roasted coffee, and teas and chocolates for delivery in East Finchley via www.campbellandsyme.co.uk

Coffee Bank, 85 High Road, N2: Open every day from 9am to 3pm for takeaways and collections. You can pre-order by calling the café on 07514 114374; www.coffee-bank.co.uk.

Indian Rasoi, Denmark Terrace, Fortis Green, N2: Takeaway and delivery available: www.india-rasoi.co.uk, 020 883 9093.
In-Out Pizza, 205 High Road,

N2: Takeaway available and delivery via JustEat. Telephone: 020 8442 0999

Majjo's, 1 Fortis Green, N2: Phone orders and phone payments only on 020 8883 4357, for collection only. Closed Mondays.

New Local Café, 42 High Road, N2: Takeaway service available, and deliveries via Uber Eats or www.new-local-cafe.business.site

Poseidon Fish Restaurant, 102 High Road, N2: Takeaway available and delivery service via Deliveroo and JustEat.

Shahi Pakwaan, 25 Aylmer Parade, N2: Takeaway and delivery. www.shahipakwaan.co.uk, 020 8341 1111.

Yasar Halim Patisserie, 125 High Road, N2: Takeaway only from the counter.

Food ideas

East Finchley resident Allison Goodings has a collection of more than 250 cookbooks and has catalogued recipes so it is easy for her to find something with a limited list of ingredients. Allison is offering free help to anyone looking to cook something using what they have at home. She is able to offer advice on dishes 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: WhatCanICook-WithThis@gmail.com

Getting out

Cherry Tree Wood, Highgate Woods, Queens Wood, Coldfall Woods, Muswell Hill Playing Fields, Coppetts Wood, Big Wood, Lyttelton Playing Fields, Hampstead Heath, the Heath extension and Waterlow Park are all open as normal and are ideal places for daily exercise, though all their cafes, playgrounds are toilets are closed.

East Finchley's two cemeteries on the High Road and East End Road are open again 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.

Alexandra Park is open although several areas, including the boating lake, have been closed off. Stephens House and Gardens in Finchley is closed to the public.

Please remember to keep your distance from other people who are out and about. Gatherings are not permitted.

East Finchley Baptist Church

Due to the Covid-19 virus our face to face services and meetings have been suspended until further notice but please go to our website for details of online services and meetings.

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

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