



## The Archer

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The Archer team wishes to thank all the generous people who give up their spare time, in all weather, to deliver the paper for us.

If you have a story for us, please contact us at the above address. Comments to The Archer may be published unless clearly marked 'Not for publication' within the text.

Copy deadlines – **June: 14 May** **July: 11 June**  
**August: 16 July**

## The link team that prescribes happiness

*Social prescribing is not widely known about despite a five-strong team in East Finchley alone. Jenny Thorby, one of the link workers managed by Age UK Barnet, tells us what she does and how social prescribing could be the answer to tackling loneliness.*

A 75-year-old man I helped recently hadn't spoken to anyone for nearly a year, apart from the hospital staff, after suffering a stroke. Can you imagine what happens to people when they've had so little social contact for so long?



Social doctor: Jenny Thorby at work as a member of the prescribing link team

This man was referred to me by his doctor and my job was to link him to local services, groups and activities to widen his social connections and help ease his loneliness. When medicine or pills aren't necessarily the answer, doctors are now sending patients to social prescribing link workers like me.

If the link worker helps people tackle these issues and take control of their health, the idea is it'll take pressure off GPs. By improving people's wellbeing, they are less likely to get ill and need a doctor.

### How it works

After receiving a referral, the first thing I do is spend time

asking questions, getting to know the person and building a rapport. Admitting to feelings of loneliness can be hard though and it can take a while to tease this out. I find that people say more the second or third time we speak.

It's not just older adults living by themselves experiencing loneliness. I've spoken to mums who are feeling socially isolated. Women with children who have special needs and behavioural difficulties, for instance, have struggled looking after them all day while the schools were closed.

I'm seeing people who've lost their jobs after 10 or 20 years. So I help them navigate the benefits system, and find ways back into employment. We don't support people long term but we want to transition people to a service that will do so.

It is too early to assess how well social prescribing is working in East Finchley, but signs are positive. Studies elsewhere have shown social prescribing has led to improvements in quality of life and emotional and general wellbeing. One study in Shropshire found that visits to the GP went down 40 per cent.

### Getting a referral

*If you need help, please ask your GP surgery if they have a social prescribing service and request a referral. The service deals with issues including housing, care, benefits, healthy lifestyle, befriending, training, employment, volunteering, social activities and mental health services. For advice and activities for people over 55, check out the Age UK Barnet website [www.ageuk.org.uk/barnet](http://www.ageuk.org.uk/barnet)*

## “Where are the children meant to play?”

*Janet Maitland spoke to Brownswell Road residents about the plans to demolish their homes and build on the only green space they have (see full story on page 1).*

**Twenty one people live in the three houses on Brownswell Road that Barnet Homes plans to knock down. They span three generations with ages from three to 74. Six of them have serious health problems or disabilities.**

“I'm not going without a fight,” said one householder. “No one feels secure now. If they can knock down our houses why wouldn't they demolish others?”

One house is owner occupied. “We bought the house 23 years ago and 10 of us live here,” said the owner.

### Grass or concrete?

People in the Brownswell Road area use its green space all year round for exercising, picnics, games and relaxing. The grassy area is also sometimes used as a landing spot for the London Air Ambulance.

“Where are the children meant to play?” said a registered childminder who has lived on the Brownswell estate for 30 years. “I use the playground every evening after school, as do other childminders.”

“My mother's 84 and she can't get any further than this green,” said a resident from the road. “She can see the kids playing and hear them laughing and it means a lot.”

“There will be 38 new flats just here, where's everyone supposed to park? And what about the trees?” said Katrina Barber, another resident. “We're being encroached by a concrete jungle,” said Eibh-leann McMahon.

### Protest grows

Almost 50 people attended an online protest meeting on



Precious space: Children play on the Brownswell Road grass area, which is scheduled to be built on

Wednesday 21 April to discuss how they could oppose the development plans. If you live on The Grange or Brownswell Road and want to join the Residents Association contact [grangeandbrownswell@gmail.com](mailto:grangeandbrownswell@gmail.com)

Morgan Saunders, chair of the nearby Tarling Road and Sylvester Road Association, said the separate green space they stood to lose was an asset of community value. “If the plan goes ahead, the council will be in breach of the Barnet Plan 2021-2025 as Tarling Road will become the opposite of clean, safe, family-friendly and healthy,” he said.

A petition opposing the Brownswell Road demolitions and development on the green has been started at [www.change.org](http://www.change.org)

(search 'Brownswell') and already has 600 supporters. To see the plans for yourself and give your views go to [www.givemyview.com/grangeestate](http://www.givemyview.com/grangeestate)

## Station repairs

**Repairs are being carried out this month and next at East Finchley station as part of essential maintenance work for the entrance and the canopies on the platform level. Scaffolding is being put up ahead of the concreting work, which is expected to run until 30 June. Rail services will be unaffected.**

## PLANNING APPLICATIONS

### Barnet Council

#### 129 Abbots Gardens, N2

Single-storey rear extension.

#### 10 Ashburnham Close, N2

Non-material amendments to planning permission for single-storey rear extension. Include increase of extension towards boundary and rear.

#### Bishops Corner, The Bishops Avenue, N2

Implementation of planning permission for demolition of existing two-storey dwelling and garage, and construction of two-storey dwelling including basement and rooms in roof space, to provide eight self-contained residential units. Associated cycle and refuse storage and car ramp.

#### 28 Brackenbury Road, N2

Roof extension involving rear dormer window and two front rooflights.

#### 30 Durham Road, N2

Roof extension involving rear dormer window and three front rooflights. **176 East End Road, N2** Roof extension involving rear and

side dormer windows and two front rooflights, following removal of existing side extension. Rooftop extension involving rear dormer window and three front rooflights. Three front rooflights. Conversion of garage into habitable space. Replacement of garage door with window. New front porch.

#### Flat 1 Elmwood Court, 18 Elm Gardens, N2

Single-storey conservatory.

#### 12 - 18 High Road, N2

Non-material amendments to planning permission for two four-storey buildings, including removal of four windows (two on the first floor and two on the second floor), and reduced size of four windows in Block A south elevation.

#### 31 Howard Walk, N2

Replacement of existing rear windows and door with two windows and one door. Installation of one side window, and refurbishment of attic.

#### 426 Long Lane, N2

Installation of air conditioning unit

to side elevation.

#### 28 Manor Park Road, N2

Single-storey rear lower ground floor extension.

#### 7 New Trinity Road, N2

Roof extension involving rear dormer window and two front and one side rooflights.

#### 3 Summerlee Avenue, N2

Single-storey rear extension

#### 51 Sylvester Road, N2

Single-storey rear extension

### Haringey Council

#### 193 Creighton Avenue, N2

Erection of single-storey side and rear extension with a part first-floor side extension

#### 7 Twyford Avenue, N2

Erection of a single-storey rear and rear-side extension with three side windows. Loft conversion with rear and side roof dormers.

#### 74 Twyford Avenue, N2

Erection of side and rear dormer, installation of one front and one side rooflight, erection of single storey side and rear extension, increase in size of porch and alterations to front garden.