



Healthy high streets scheme makes inroads

By Diana Cormack

Last August *The Archer* published an article about Barnet Council's bid to improve the health and wellbeing of local communities. Shops and businesses were encouraged to sign up to five Healthier High Streets schemes.

The five are:

1. Healthier catering commitment, which aims to make it easier for residents to find healthier food options when eating out and is available to all food businesses with a hygiene rating of three or above.

2. Refill Barnet: which offers free drinking water refills to all, so encouraging footfall in shops and reducing use of plastic.

3. Breastfeeding welcome: to offer a welcoming and safe space for mothers to breastfeed.

4. Dementia-friendly: a place where people living with dementia can feel happy and safe, helping to support them to remain independent for as long as possible. This will help towards Barnet becoming a dementia-friendly borough.

5. Community toilets: to offer clean and accessible toilets to the public, free of charge. Those offering community toilets are eligible to claim a maintenance fee of £800 to £1,200 per year.

Window stickers

Participating businesses for all these schemes have been given stickers to put in their windows although strangely these stickers do not indicate which particular service is being offered.

More services will be on offer and more stickers on show as other local businesses join the schemes. They could then benefit by attracting new customers, raising the profile of their business and being added to the borough's Healthier High Streets webpage and map. To find out more about it, visit www.barnet.gov.uk/barnetstreets



Sign up: *The Healthier High Streets logo*

Prime Minister shines light on numbers champion

By Diana Cormack

As he approached retirement, local resident Bernard Manson was looking for something to occupy his time and, having studied mathematics at university, he thought of supplying numeracy support similar to the reading support his wife Sarah was involved in.

In 2018 he founded Number Champions, a charity whose volunteers are now working in 29 schools in 12 London boroughs, helping youngsters often from disadvantaged backgrounds to improve their numeracy skills.

Bernard's work has recently been recognised with a Points of Light Award, given to outstanding volunteers who are making a change in their community. Every day, the Prime Minister recognises an inspirational individual. Find out more at www.pointsoflight.gov.uk. Number Champions has helped over 750 youngsters to make



Maths man: Bernard Manson

phone call from the Department of Works and Pensions asking about his organisation they called back to tell him about the award.

He said: "Although my name is on this award, it really recognises the contribution of all the Number Champions volunteers and the support they give to children." To volunteer or find out more about the scheme, visit www.numberchampions.org.uk



Archie fires an arrow at last

Thanks to reader Benjamin Susi who was in the right place at the right time to capture this photograph of the Archer statue on top of East Finchley station appearing to be firing a shot as the vapour trail of a high-altitude aeroplane passes in the blue sky overhead. After almost 83 years drawing his bow without an arrow, it really completes the picture for Archie!

Arrests over modern slavery claims

Police enquiries are continuing after two people were arrested on Sunday 20 November last year at a residential address in Edmunds Walk, N2, as part of an investigation into modern slavery and domestic servitude allegations.

A man in his 50s and a woman in her 40s were arrested and later released on bail. The ongoing enquiries are being led by the Met's Central Specialist Crime unit.

New defibrillator

Fitness centre The Muswell Hill Club, at 140 Fortis Green, N10, has installed an automatic defibrillator behind its reception desk, and registered it with the various websites that identify the nearest one to your location.

Club owner Hussein Lalani said: "I hope no one in the neighbourhood ever needs to use it, but I'd like everyone to know it's right here in case we can help." Astonishingly, there is no legal requirement in the UK for gyms to have a defibrillator on their premises.

The Muswell Hill Club also now has baby changing facilities that anyone is welcome to use if needed, and free filtered drinking water at all times. "I'm

a new dad, and know from experience that these small kindnesses really make a difference," said Hussein.

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