



Funding runs out for Food Hub

By Ruth Anders

Funding has come to an end for the Barnet Food Hub, originally established in response to the Covid pandemic. Barnet Council has maintained funding for the vital facility longer than other London boroughs, where similar hubs have already closed, but the budget runs out this month.

The council is in discussion with food banks and partners in the area about future provision. The Food Hub itself does not directly receive or distribute food donations but encourages visitors to its website to find their local food bank and donate directly to it.

It has centralised distribution networks in the borough whilst also diverting food away from the waste cycle. To date the Hub has supported 17 food banks in Barnet.

East Finchley's Councillor Alison Moore told *The Archer*: "The cost-of-living crisis over the past few years has been challenging and it's a sad reality that there are families and individuals who have had to rely on food banks.

"The council is working with the Food Hub and the food

banks to help them find more sustainable ways of working and has been working with them through a period of transition. In addition, there are several ways that the council helps those in financial hardship."

Whilst the Finchley Foodbank based at St Mary's Church in N2 will not be directly affected by the planned closure of the Barnet Food Hub, its resources may come under additional pressure. For further information, see www.finchleyfoodbank.org.uk Barnet Food Hub is part of Barnet Together, a collaboration between Inclusion Barnet, Volunteering Barnet, Groundwork London and the Young Barnet Foundation. For a map of other food banks in the area, go to www.youngbarnetfoundation.org.uk/foodbanks



Well stocked: Bozena Merrick inside the new Terapia charity shop. Photo Mike Coles

Therapy charity opens shop to support its work

By Lynn Winton

Terapia is the name above the new charity shop at 56 High Road, N2, now open for business in the premises that used to be Aliyah J Boutique. It's a local charity based in The Bothy, one of the historic buildings in Stephens Gardens in East End Road, N3.

From there they provide therapy and counselling, mainly to troubled children, young people and families who have experienced difficulties or trauma in their lives. Their therapists also visit or are contracted to many schools, pupil referral units and other locations.

Profits from sales in the East Finchley shop, their second, will go solely towards funding this work. The Bothy is also their training hub, as Terapia provide a full range of accredited courses for those who want to work in child and adolescent psychotherapy and counselling.

One therapist, Lesley Kolliko, described the creative

Terapia training: "I love the idea of incorporating play and art into therapy as I know how limiting language can often be, especially with children and I learnt such an incredible amount about myself and the human condition."

Donations welcome

I met with Bozena Merrick, CEO OF Terapia, at the new shop to find out more. A psychotherapist herself, she founded the charity 20 years ago.

"We are very much looking forward to building up connections in East Finchley," she said. "It seems like a wonderful place to live and work. We welcome all donations, such as clothes, CDs, vinyl records, books and

bric-a-brac. Please bring us what you can.

"And we have some good support from the fashion world, so do keep a lookout for our regular new stock, including well-known brands such as Karen Millen".

Terapia's next courses start in January 2025 and there are open days this autumn. On the shop front, they are looking for a salaried assistant manager for two days a week. To find all information on shop vacancies, counselling services and training courses, go to terapia.co.uk

Cherry Tree Wood gets Green Flag

Cherry Tree Wood has become Barnet's Council's first, and only, green flag public park. The award ceremony was attended by Friends of Cherry Tree Wood Chair Roger Chapman and Barnet Council parks officer Richard Young in July.

The Green Flag Awards scheme recognises and rewards well managed parks and green spaces, setting the benchmark standard for the management of recreational outdoor spaces across the UK and around the world. The Green Flag Award is managed under licence from the UK Government by Keep Britain Tidy.

Roger Chapman said: "In large part this award reflects the hours of hard work put in by

so many volunteers in making Cherry Tree Wood so special for our community. We will be working hard to keep the flag flying in future years."

Look out for the new flagpole and green flag which should be erected near the tennis courts soon. It follows on from the volunteer-run nature reserve Long Lane Pasture close to Finchley Fire Station being given the same status.

Traders talk together

East Finchley Town Team is endeavouring to encourage local traders to become members of a WhatsApp group. Various businesses have been approached to discuss the benefits of this. The organisers hope it will help traders connect with other local businesses, report any issues quickly to alert neighbouring shops to any thefts or incidents, and to keep up with East Finchley news.

Some traders have already signed up, with others about to. The group is being managed by the Town Team, whose website is www.eastfinchley.london and email is EFTownteam@gmail.com but it belongs to the businesses themselves. If you wish to join, send a WhatsApp to 07519 804 810.



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