

The Meeting House in North Square

Despite being tucked away in a small corner of North Square adjacent to Big Wood, there is an institution in our midst with a long and interesting history that created, and continues to provide, a space for everyone to meet and share their religious experiences and social commitments: that is the Golders Green Quaker Meeting of the Religious Society of Friends.



The Meeting House was built in 1913 in the Arts and Crafts style on a plan which was rejected by Dame Henrietta Barnett because it had no spire or dome to match St Jude's or the Free Church. She did not get her way that time. Quakers emphasise simplicity and equality, and are very stubborn once they believe the authority with which they witness is Divinely inspired.

Two of the Meeting's founders who embodied such stubbornness were Joan Mary Fry, the daughter of a High Court Judge, who lived on Temple Fortune Hill, and John Fletcher from a humble background, who lived on Maurice Walk. Fry was a pacifist and Quaker Prison Chaplain who visited Fletcher, also a pacifist and a conscientious objector, imprisoned for two years in Pentonville during the First World War.

Fletcher was an indefatigable worker for peace and reconciliation, and also a Quaker Prison Chaplain in the Second World War. Fry organised support for impoverished and starving refugees in Germany after the First World War. She was also a

campaigner for the new National Allotment Scheme (1925) for the relief of the poverty-stricken and unemployed in England and Wales. This enabled them to grow and sell vegetables without losing any of their dole money.

A British postage stamp commemorating Fry's work as a 'Briton of Distinction' was issued in 2012. Three other 'public' Golders Green Friends were the humourist Gerard Hoffnung, the journalist and broadcaster Gerald Priestland and Sydney Bailey, a peace and human rights activist at the United Nations.

When I joined Golders Green Meeting in 1967 there would be some 70 or 80 Friends worshipping on a Sunday morning for an hour beginning at 11am. They

included those with traditional Christian beliefs, those with Universalist beliefs and those who wished to worship with Quakers, who were quite opposed to any doctrinaire religion. Some were Jewish refugees who had been helped out of Germany, Austria, Poland and Czechoslovakia by the Kindertransport. That was an organisation strongly supported by The Germany Emergency Committee of the Religious Society of Friends set up in 1933, shortly after Hitler came to power.

Most new Friends now go to their first meeting in their 40's. The numbers who worship today at Golders Green have declined but on a Sunday there

may be from 10 to 20 regular worshippers, occasionally even 30, some who have attended for many years but are not members because they are not 'joiners'. The age range is from 19 to 101. We still reflect a wide range of personal belief, religious origins and ethnicity. What links us is a belief that there is that of God in everyone; and a mode of worship based on an attentive silence that can be broken by anyone present who is inspired to speak words they believe helpful to the spiritual life of the Meeting. Anyone, who also would like to experience the stillness and depth of a Quaker Meeting, is welcome to join us in worship on a Sunday morning.

JOHN SHINEBOURNE

Royal Free at the Free Church

Last year the Free Church hosted an Armistice Concert featuring the Royal Free Music Society and the choir is back again this year on Sunday, November 17.

The RFMS choir accompanied by the Hampstead Sinfonietta will be performing Mozart's Coronation Mass. In what promises to be a wonderful concert, the orchestra will also perform Beethoven's Symphony no. 3.

The RFMS is a friendly, non-auditioned choir based at the Royal Free Hospital. The choir was founded in 1995 by hospital staff but now includes many members of the local community. There are approximately 45 members, who come together regularly to enjoy high-quality music-making. The choir puts on three concerts a year.

To find out more about the RFMS visit their website at www.royalfreemusicsociety.co.uk.

Tickets priced at £10 (half-price for full-time students/unwaged) are available online at www.ticketsource.co.uk/rfms, or at the door for £12.



Care in Barnet

Barnet Carers, the borough's care organisation, has announced a new initiative designed to help carers. We are all aware that carers carry out a vital role in society, and that the social care system would collapse without them. Barnet Carers aims to provide carers with support to carry out their caring role and to reach out to as many of them as possible.

Barnet Carers Centre has been providing support for

adult and young carers, and at-home care, in the London Borough of Barnet for almost 30 years. There are an estimated 32,000 carers in Barnet of whom around 6,000 engage with the centre.

Caring for someone can be challenging, especially if you feel like you are caring alone. Sometimes getting help with caring is essential to make sure you have a life outside of caring.

Providing unpaid care can have a real impact on the mental health and wellbeing of a carer, and it is hoped that using the latest IT will be able to provide carers with added information and support.

A new app delivers events information, training, videos, forms, carers needs assessments, articles of interest and news. It also enables carers to contact each other through the development of a kind of community of carers, and so helps to counter feelings of social isolation.

The app can be downloaded for IOS at Apple.co/2EoRqpv, and for Android: Bit.ly/2Hw0ICc. For further information visit www.barnetcarers.org, contact admin@barnetcarers.org, or call 020 3995 1909.

Barnet Carers also provides some at-home care to enable people to stay safely in their own homes and keep their independence.

The following short essay will hopefully give Suburb News readers an insight into a care assistant's day.

Two of Barnet's Home Care Assistants

A DAY IN THE LIFE OF A HOME CARE ASSISTANT

The first order of the day is a strong coffee to wake me up, a quick bite to eat, and then I am off to my first appointment at 7.30 am.

Mrs Y is an 85-year-old lady who is determined to stay in her own home. She is getting frail and has partial sight, so I help her get showered and dressed. I make sure she eats breakfast and takes her morning medication. I'll return later to put her to bed, but we have a quick chat and then I'm off to my next client.

My next client is a 90 year-old man, Mr Q, with mild dementia, who manages very well at home, but needs escorting to a local day centre. I will pick him up later and when he gets home his adult daughter will be home from work so I know he will be safe and sound and will not have to worry.

I then head off to the office to hand in my printed time sheets. These will soon be a thing of the past as we're getting mobile phones to use for this purpose.

I grab some lunch and then head off to Mr Z. He has complex health needs and I am going to provide Percutaneous Endoscopic Gastrostomy (PEG) feeding, for which I have received special training. I make him as comfortable as possible during the procedure and have time for a chat with him and his wife before I leave.

I have some paperwork to do and I do this in the car

before heading off to collect Mr Q from the day centre.

Then it's time to set off to my own home to feed the family and hear about their day; and have time to put my feet up for a while. At 9pm I go back to Mrs Y and get her ready for bed. She also uses our Night Owl Service and a colleague will pop in to see that she is OK during the night.

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Orchard Housing Society part-time housing assistant required

The Orchard Housing Society is looking for a part-time housing assistant on a six-month temporary contract at a salary of £9000pa. The offer is for two days per week 9am to 5pm (16 hours), of which one day will be Monday.

Orchard Housing Society is a small sheltered housing scheme in the heart of the Suburb on Hampstead Way. You should have an interest in working with older people in person, and on the telephone.

We are looking for a part-time housing assistant who has good written, communication, IT and administration skills (test at interview stage).

To obtain further details on this position and information on how to apply please e-mail orchardhousing@btconnect.com.

The closing date for applications is November 25, and interviews will be from December 2-6.

