



# Applause for the NHS



SHELLEY-ANNE SALISBURY



Suburb. This was the HGS residents' unified response to the social media campaign calling for people to 'Clap for our Carers' in a bid to show those in the NHS how much we all appreciate their hard work.

The social media post said: "During these unprecedented times they (the NHS) need to know that we are grateful." Residents stood at open windows

and front doors, some even ventured outside to stand in their driveways or at their gates, and produced a wonderful uplifting cacophony of community spirit.

This collective applause was repeated the following Thursday and included an applause for carers and key workers. The 'applause' has now become a regular Thursday evening feature.

SHELLEY-ANNE SALISBURY

At 8pm on March 26, clapping, cheering, whistling, saucepan percussion (and even a yodel) could be heard all around the

# Sam's soup kitchen

Samantha Lhoas, HGS resident and MasterChef 2020 quarter finalist, is making headlines yet again. This time it's for her fabulous homemade soup which she makes for the vulnerable and self-isolating. After seeing what was happening in Northern Italy (her in-laws live in Milan and were isolated when the lockdown started) Sam 'predicted' the same thing would happen in the UK within weeks and began to think what she could do when the UK lock-down occurred. Sam has always loved cooking, inheriting this passion from her Belgian mother with whom she often baked with as a child, so decided to offer a soup service to those who might need it. She posted her free soup service on local neighbourhood sites and was amazed by the response. From her small kitchen in Heathcroft, where she moved to in January this year, Sam makes her soups 'from scratch' using fresh produce donated from local residents, high-end restaurants and hotels



who, due to the Covid-19 restrictions, have excess perishable stock. Sam has also received donations of pots, pans and even hand blenders from some HGS residents.

Sam says she fell in love with the Suburb when looking to buy a home with her husband

seven years ago. Neither of them had heard of HGS. Sam previously lived in Clapham, her husband in Marylebone. When they described their wish to be somewhere with green space, near good schools and a community feel, their estate agent introduced them to the

# Looking after your neighbours

A small informal group of local residents have been chatting together about how best to link residents who want to help, with residents who could use some support in the current difficult situation. Over recent days, we have heard of people who still need help with daily survival; the kind of help which can be easily offered by a thoughtful neighbour.

So please, could all residents take a moment to check that people living nearby are in touch with somebody they can call on if necessary. We know that there are already many kind volunteers in the Suburb helping neighbours who are less able to deal with practical tasks at the moment. And we know that many people

have sensibly come forward to ask for help.

We are aware that many residents are in touch with their church or synagogue or another local charity or membership organisation – either to volunteer or to ask for assistance. These links are invaluable and we would urge everyone to make use of them. Use your contacts with people and organisations you know!

As we all muddle our way through this very strange and difficult time, can we also remind residents to reach out to neighbours who might need some assistance – even if you do not usually have contact with them. Many of the older members of our community may not be

online and will be unable to access some very helpful online initiatives. Please do not assume that everyone is OK. Please check.

So the message here is :

1. Think of your neighbours who might need some support – perhaps put a note through their door giving your name, address and phone number.
2. Don't be afraid to ask for support from neighbours – remember that the safest helpers are likely to be those who live close by and whose name and address you know.

If you are having difficulties which you cannot resolve yourself, we can be contacted as a group on the following phone number 3322 8123. This number is not manned but we will check it daily.

EMMA HOWARD, RA CHAIR

# HGS Combat Stress update

Like most other organisations, Covid-19 has forced the HGS Combat Stress Committee to suspend all planned fundraising activities for the time being. Sadly, we will be unable to 'feed the five thousand' visitors to the Art Fair, which was due to take place at Fellowship House on 24/25 April. We are looking forward to Caroline and David Broome opening their attractive and well-known garden in East Finchley in aid of Combat Stress. If, by a miracle, this opening is able to go ahead on Sunday 2 August, 1-5pm, we will let you know. Check the Residents Association online events page for August nearer the time. Otherwise, it may be possible to visit some time up to mid-

September. Wouldn't it be lovely to get together in green and pleasant surroundings, with home-made teas and a raffle?

Once we can safely meet again, we hope to bring you a screening of the 'Military Wives' movie in a venue to be confirmed in October or November. This is a film based on the familiar BBC story of The Choir, with Kristin Scott Thomas and Sharon Horgan as service wives starting up a morale-boosting choir for the wives and partners of British troops deployed overseas. There will be tea and cake and all proceeds will go to Combat Stress. Meanwhile, Combat Stress still urgently needs funds to keep its mental health

programmes going as far as possible for armed services veterans who have been referred to them. You can donate at combatstress.org.uk.

MARJORIE HARRIS



Suburb. Sam says, as soon as they visited the area they knew this was where they wanted to live and bring up their two girls. They initially lived in North Square before moving to Heathcroft, which Sam describes as 'a community within a community'.

Sam makes around 25-30 portions of soup each time (mostly vegetarian such as roasted cauliflower or parsnip soup depending on what produce she has available although she always makes a kosher chicken soup on Fridays. If any of the soups can't be collected she delivers them herself – often with the help of her husband. Sam ensures they are masked-up and gloved and leaves the soup on her 'customers' doorsteps and, in one case, in the seat of the Motability scooter of a 91 year old gentleman. She strictly complies with social distancing and doesn't engage with her customers apart from the odd wave, although she says she has received lovely telephone calls of thanks which has allowed Sam to get to know some of her customers. As she says "It's not just about providing a meal but also about providing a connection through food to those who can't get out because they are isolating. Just like my in-laws."

Sam is still delivering soup once or twice a week. So if you, or somebody you know in the Suburb, is self isolating, in quarantine or vulnerable, please do get in touch with her and she will do her best to help.

She now has an email address for this voluntary service: lasoupekitchen@gmail.com.

SHELLEY-ANNE SALISBURY

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