

David Littaur ponders Covid-19



David with his beloved wife, Joyce, on holiday in Lysefjord, Norway, 2015

My name is David Littaur. I am 94 years old and have been fortunate enough to live on the Suburb since 1998. Sadly, I lost my dear wife Joyce two years ago, having enjoyed a happy marriage for 70 years.

I participated in our local events from the time of our arrival here and joined the Residents Association and the Proms committee. I sat on the RA Council and chaired the Events Committee for about 20

years. I was a member of Consam for some years and served on the RA Executive Committee. I also edit the What's On page of Suburb News.

My other activity was to run and introduce, in turn with other colleagues, an hour of classical music on disc on Friday afternoons, in Fellowship House.

The current virus crisis facing the world is the last thing I expected to experience, especially in my old age. However, I am

heartened by the great kindness and care shown to me by so many wonderful friends in this lovely, green area of London.

I am trying to be optimistic about the future and would like to follow the advice and example of Marcus Aurelius. He said: "If you are distressed by anything external, the pain you feel is not due to the thing itself, but to your estimate of it. This is in your power to revoke at any moment."

DAVID LITTAUR

Poems for Our Time

*I think I will go on an outing tonight
Tho warned to stay in, I think it's all right.
It isn't too far, and it will make a break
From self-isolation for heaven's sake*

*An evening of freedom is just what one needs
After constant handwashing and doing good deeds
Oh yes, I will do this, for I have no fear
The only problem is what shall I wear?*

*High heels or flat shoes? I think it's all right
As long as it isn't too long or too tight.
I must wear my new off-the-shoulder sequin
When I proudly take out my Barnet blue bin!*

Grosspoems 2020

*The Lord sent us Coronavirus
With the obvious intention to tire us
To banish all woes
Just take out your hose
And wash the car – also the tir-es*

Malcolm Brahams



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Aylmer Parade Vet is new to Hampstead Garden Suburb, but is the sister practice of the well-established Mill Lane Vet in West Hampstead.

Dr Joshua Rusnak has looked after the health of Northwest London's pets for over twenty years. He maintains the same dedication to providing independent, professional care of the highest standard for your pet.

We have our own laboratory in the practice, with state of the art equipment on site. This allows us to make accurate assessments of your pet's illness, in most cases without the need to go to a referral centre. Our modern X-ray facility and high-level expertise, means we can carry out even specialised techniques when needed to help diagnosis.

HGSRA Royal Free Appeal

The HGS RA appeal to raise money for the Royal Free Charity Covid-19 front line nursing staff launched with an E-News at 8pm on Thursday 2 April and within 24 hours had already exceeded the target set of £5,000 with HGS RA matching funds donated.

The RA then doubled their matching funds to £10,000 announced by the E-News on Sunday 5 April and within a few

hours that new target had also been hit.

It has now doubled again to £20,000 and at time of writing we are £4k away from reaching this target. Thank you to the HGS generous residents and all those amazing nursing staff who have made this such a great success. And you can still donate to this wonderful appeal through our website at hgsra.uk/royalfree.



Some of the HGS residents' messages on the Just Giving page for the Royal Free RA Appeal

Thank you to all incredible NHS and Care staff working tirelessly and putting themselves at risk for all of us. We hope your contribution and worth is never again underestimated.

Our thoughts and prayers are with you as well as your families.

To all our wonderful NHS staff from all at the HGS Residents Association at this stressful time.

You're all doing a brilliant job and we care about you too!

I am pleased to have the opportunity of helping our frontline heroes in the NHS. You didn't sign up to put yourself in harm's way every day that you go to work. But that is exactly what you are doing. I salute you.

Our sincere thank you to all health care workers at the Royal Free Hospital. Thank you for your courage, strength and hard work caring for the community at this difficult time.

Thank you Doctors and nurses of the wonderful NHS for your selfless dedication in this global pandemic. Also all the hospital staff who have cared for me over the years a heartfelt thank you, Thank you, Thank you. Lets hope you will be funded to do your work.

To help all the frontline workers, support staff and patients at this difficult time. We are also so grateful to be able to match fund our gift with the HGSRA.

We are so lucky to have the NHS. A big thank you to all the wonderful NHS staff for their hard work, dedication and compassion - looking after all of us without regard to themselves.

Keep going Royal Free Hospital. We need you. A BIG THANKS.

Community Action Response

 Think of others, consider your actions & be kind	 Connect and reach out to your neighbours	 Make the most of local online groups	 Support vulnerable or isolated people	 Share accurate information and advice
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The neighbourhood website Nextdoor.com has been full of heart-warming offers of help and kindness and Nextdoor has joined forces with the Eden Project Communities, The National Lottery Community Fund, Neighbourhood Watch, Campaign to End Loneliness and Eco Attractions Group to launch the Community Action Response to encourage everyone to do what they can to support their neighbours and particularly vulnerable and isolated people during Coronavirus (Covid-19) pandemic.

FIVE THINGS YOU CAN DO

1. Think of others, consider your actions & be kind: People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.
2. Connect and reach out to your neighbours: as self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.
3. Make the most of local online groups: Keep up to date, share information and be a positive part of your local community conversations using platforms like Nextdoor.
4. Support vulnerable or isolated people: different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for

local support services or donating to food banks to help.

Covid-19. Sign post them to the correct advice from Public Health England and encourage people to follow the correct hygiene practices.

Become part of the community

If you'd like to join the Suburb community, please complete and return the form below or join online at hgsra.uk. Our Privacy Policy can be viewed at hgsra.uk/about/dataprotection.html.

MEMBERSHIP FORM

One subscription covers everyone at the address for a calendar year
I/We would like to join the HGS Residents Association.

Name _____

Address _____
Postcode _____

Email _____

Phone _____

Subscription amount (Minimum payment £15) £ _____

Fellowship donation* (Optional) £ _____
(To support Fellowship, a Suburb charity, in its work for Suburb senior citizens)

Total £ _____

* I declare by making this donation that I want to Gift Aid my donations to Fellowship House and am a UK taxpayer paying sufficient tax to meet the Gift Aid on my donation. I agree to Fellowship receiving my details for this purpose.
(Delete the above declaration if you do not wish to Gift Aid your donation or do not pay sufficient tax)

I wish to pay:

by cheque (payable to HGS Residents Association). Please write your address on the back of the cheque and send with this form to the address below.

online via PayPal or with Credit or Debit Card – visit hgsra.uk/join

by bank transfer to HGS Residents Association:

Bank: HSBC, 897 Finchley Road, NW11 7NX Sort Code: 40-03-11

Account number: 91605747

Please return this form to: The Membership Secretary, HGS Residents Association, PO Box 67700, London NW11 1NS. (SN142)