

Barnet Civic Awards



Photos: Roger Cooke

MARGARET HARRIS

Our area abounds with active and dedicated citizens who go 'above and beyond' to ensure that, together, we do all we can to help other people in need, and that the Suburb is a good place to live in. So, Suburb News was delighted to learn that two such local volunteer heroes – Debra Goodman and Lorna Page – received special acknowledgment of their contributions this year with a Barnet Civic Award.

Debra Goodman has received a Certificate Scroll as a Barnet Covid 19 Community Hero. In March and April 2020, hospitals were asking for help for staff on Covid wards who did not have time to cook for themselves or eat properly during shifts, or even get food from the hospital canteen or shop for groceries. Staff needed nourishing ready-prepared full meals that could be heated quickly in a microwave oven so Debra encouraged family, friends and neighbours to cook meals. In the space of a few days, Debra was running a busy and extensive project from the Big White Tent in the front garden of her home in Northway; recruiting and managing a team of volunteer cooks, drawing up rotas, organising food supplies, training her cooks, labelling the cooked meals and supervising volunteer drivers to pick up the cooked meals on a

daily basis. She had no previous training herself but just did what she could from her life experience.

By May 2020, Debra's hub was providing between 550-650 nutritious vegetarian meals a day seven days a week, as well as individual home-made wrapped cakes and biscuits that were dropped off at Debra's home by local people. Debra also made links with local food banks and charities working with homeless people so that surplus donations were never wasted and new networks were created at a local level.

Debra wound up the meals project during the summer of 2020 when demand from NHS staff abated. But by last winter the Big White Tent was up again in Northway to respond to new needs. Debra was collecting 'grab and go' nourishing snacks for NHS paramedics and is now collecting toiletries and baby requisites for families living in poverty. The only thanks Debra really wants is to see her big box for donations filled each week for onward transmission to local charities. But she was nevertheless thrilled to receive her award scroll!

Lorna Page, who has been involved in numerous Suburb activities for many years has received a Barnet Certificate Scroll for Lifetime Achievement.

Many will know Lorna as the person whose logistical and persuasive skills ensure that the

quarterly distribution of Suburb News is done accurately, thoroughly and on time. She has been doing this for twenty-five years; maintaining a team of over 100 volunteers to distribute the paper to over 5,000 households. Lorna also takes minutes of the RA's Publications Committee meetings and has edited the annual Suburb Directory, an indispensable reference tool for residents.

As well as this work for the Publications Committee, Lorna raises money for the North London Hospice by selling her much-in-demand homemade jams, marmalades and cakes using harvest from the garden and allotments she tends with her husband Chris. They also sell plants and produce when they open the garden and allotment for public view to raise money for local charities. Of course Lorna is a key member of our local Horticultural Society and is relied upon for the calm way in which she prepares the hall for teas at its annual event and (in non-Covid times) the entertaining brass band.

And then there is the Free Church of which Lorna has been an active member for many years. She is an Elder of the Church and takes on extensive responsibilities, particularly in organising large scale church- and community-focused events. Along with other volunteers, she is involved with a sewing group making items for sale at the annual church craft stall. Thanks to her willingness to become involved, the Church has been able to expand its range of activities, as well as extending its charitable involvement including foodbank collections and the night shelter for homeless people.

In short, Lorna is a true pillar of our Suburb community and her quiet efforts are behind numerous activities. It is so good that she is no longer an unsung hero and that Barnet has recognised her lifetime of volunteering achievement. She is one of those people that no church or community can be without.

Good Samaritans alive and well and living in the Suburb

VIKki CHALMERS

What would you do if you were walking along, chatting with a friend, and across the road you saw an elderly woman clutching a hedge? My Samaritans saw just that at the bottom of Temple Fortune Hill – I was by the post box, unable to move, my left knee having given out with a loud crack.

My Samaritans crossed the road at a run. One went to a local house to borrow a chair, the other rang my friend who, like me, lives in The Orchard. She turned immediately into my third Samaritan and came across with her car. Meanwhile the chair owner had also come across to see if he could help and between them all they got me – hopping – into the car.

Yet another Orchard friend joined in and I was helped up to my flat where the paramedics were called and I was carted off to hospital.

I understand that the original two ladies followed the car back to The Orchard to make sure that I was "all right" and to see if there was anything further they could do. I had not remembered this as the pain had well and truly set in by then. I should like, through Suburb News, to thank them both most heartily for their help and kindness. Samaritans are alive and well and living in the Suburb!

The HGS Virtual Museum contribute and discover



JUDY SMITH

The Hampstead Garden Suburb Virtual Museum records the history of our remarkable Suburb. This past year has been like no other – the pandemic has affected every aspect of both our lives and our local environment and we would like to record this period in our Museum.

We would like to hear about how *your* life in the Suburb has changed during Covid. Think about your walks, the birdsong, the changing seasons, the hidden corners, the clapping, the support of neighbours, the people we have lost, lockdown and all that this has meant and so much more. Please send in your thoughts, memories, and photographs (high-resolution) to info@hgsheritage.org.uk to help us collate our Covid Collection.

And as well as contributing, you can also come and explore the treasures to be found within the 1911 Census. Find out more about the first residents of Hampstead Garden Suburb at hgsheritage.org.uk.

G Cohen

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