

Suburb Harvest



Harvesting volunteers with the fruits of their labour

DANIELLA LEVENE

Thanks to all the Suburb residents who answered the Barnet Community Harvester call to donate their surplus fruit to others in need. Thanks also to the many of you who supported the cause by sharing with neighbours, families and friends, and thanks

as well to those, who joined in the fruity fun. As well as supporting food banks, fruit picking is a social and salubrious activity especially when spent in beautiful HGS gardens.

This has been our busiest year so far and it's been a bumper harvest, with fruit picking still ongoing. Currently, we have

harvested 1720kg of pears, apples and damsons. 379kg of this (22%) came from HGS homes, and one magnificent Bramley tree bore 92kg and still had ample fruit left for wildlife.

Many more HGS residents contacted us to harvest than was possible to coordinate, and I am therefore delighted that the fruit harvesting mantle for HGS has been picked up by HGS resident and RA member Steven Rowe, who'll be leading the activity in the future.

Steven can be contacted at harvesting@hgsra.org. I'm sure you'll agree that Steven is a very appropriate person to lead the Suburb's Community Harvesting team as he is a resident of The Orchard!



Photos: Daniella Levene

HGS Combat Stress – still determined to help

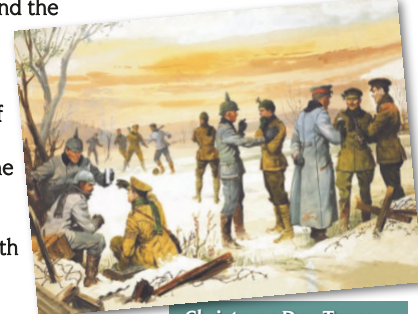
MARJORIE HARRIS

As announced in the last issue of Suburb News, over the last 12 years, HGS Combat Stress Committee raised more than £60,650 for this much-needed Forces' mental health charity, but decided reluctantly to disband the committee and stop organising major functions.

However, the group wanted to take advantage of the wonderful good will towards Combat Stress in the Suburb, and has formed the HGS Friends of Combat Stress. They will continue with a smaller range of one-off activities, such as selling Combat Stress Christmas cards,

etc. Thank you to everyone who has donated in the past.

Suburb News and the Suburb chatline will keep you informed of any new ways in which the HGS Friends of Combat Stress will try to part you from your money on the charity's behalf in the future.



Christmas Day Truce



Pears Building (Photo: Janie Airey)

Royal Free Charity update

SHELLEY-ANNE SALISBURY

In 2020, at the height of the pandemic, HGS residents raised £65,000 (£25,000 of which was match funded by the RA). These funds were distributed by the Royal Free Charity to provide support to NHS ICU staff working extremely long hours in very difficult conditions due to the pandemic. Staff were able to receive dedicated emotional psychological and well-being support to cope whilst caring for patients with covid-19. This was reported in issue 144 of Suburb News.

Two years on, I was invited by Eva Duffy (Head of Communications) and Catherine Sykes (Head of Community Fundraising) to visit the Pears Building adjacent to the

Royal Free Hospital. The building is a hive of activity when I arrive, volunteers are being handed purple T shirts and taken off for training. Several meetings are going on in various offices in this spacious light filled building. Floor to ceiling windows and the light wood give it a warm, pared down Scandinavian look. Part of the building is dedicated to research into long covid. There is also a café (the catering contract is currently out to tender) which will provide a lovely space for those working in the building, as well as the outside community, to meet.

As Eva and Catherine explained, the Royal Free Charity exists to support patients and staff of the Royal Free London NHS Foundation Trust, which includes

the Royal Free Hospital. The charity funds and directly delivers a vast range of projects and services which go beyond the limits of government funding. This support ranges from finance and benefits advice for patients with long-term conditions and massage therapy for cancer patients to affordable keyworker accommodation and wellbeing support for hospital staff. Over 400 volunteers support the delivery of patient care, whether it's on the wards or behind the scenes. The charity also delivers projects to support the Royal Free

Hospital's research community, including the Pears Building, the new home of the UCL Institute of Immunity and Transplantation. WINTER APPEAL This winter, the charity has launched a fundraising appeal so that people facing a lung or breast cancer diagnosis have access to faster, less invasive treatments, and to introduce virtual reality therapy to improve the experience of patients receiving chemotherapy.

HOW YOU CAN GET INVOLVED You can donate to help make a life-changing difference for patients with cancer. Scan the QR code to find out more or visit www.royalfreecharity.org/future.

If you are interested in finding out more about the charity, you can get in touch with Catherine Sykes by emailing her at Catherine.sykes@royalfreecharity.org.



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