



Photo: Jeremy Coleman

Project ImpACT warmth and kindness as the first snow fell

TONY WILSON

ImpACT teens from 26 schools gathered at Project ImpACT's annual Winter Warm Up event on Sunday 11th December. They collected, sorted and packed a huge collection of winter clothes, desperately needed as temperatures plummeted, wrapped gifts and wrote positive letters to those supported by homeless shelters and food banks. The ImpACT Youth Community Kitchen was a hive of activity as the volunteers also washed and chopped vegetables to make 200 portions of nutritious soup for shelters

throughout Barnet and Camden. The event brought together charities that support the homeless and asylum seekers. Representatives from Crisis, Centrepoint, Goods for Good and Barnet Together who joined the event were impressed by the enthusiasm and dedication of the young volunteers, as was special guest, TikTok rapper star, Formz who spoke openly and passionately about his experiences growing up in Borehamwood and his struggles with poverty. Teens listened raptly as Formz described how he followed his dream to become a famous rapper. He spoke about the importance of resilience

and staying positive even when things are tough, and looking after your wellbeing.

Surplus food donations from the Felix Project, Tesco, Kosher Kingdom and the generous donation of sweets from Swizzels were greatly appreciated.

Project ImpACT has been at the forefront of inspiring and empowering teens to volunteer and make an impact in the Jewish community and beyond.

Find out more or sign up for youth volunteering programmes at www.projectimpact.org.uk or you can obtain more details by calling 07816 268020.

Solar panel installation completed in Suburb

ASHER BUDWIG

Consent has been obtained from LB Barnet and the HGS Trust on a property that is on the protected properties list in the area. Under guidance issued by the Trust (www.hgstrust.org/documents/energy-guidance.pdf – page 15) solar panels would only normally be permitted if installed on a crown roof or flat roof where hidden from view – screened by a parapet wall or a ridge.

When I moved to the Suburb in 2019, I didn't base my property choice on the roof type, and it just so happens that I had a crown roof. I took advantage of this and successfully gained approval from LB Barnet and HGS Trust for a Solar PV system which was installed in 2021. This spurred me on to try and help others in the local area.

Recently a significant breakthrough has been achieved by a homeowner in the Suburb. The home in question has a rear ground floor extension providing a flat roof area overlooking the south-west facing garden. The property is of 'Architectural Interest' to LB Barnet, which put the application under greater scrutiny from their planning office.

After six months of discussion, permission to install solar panels was granted by HGS Trust and LB Barnet provided modifications were made, namely: all black solar panels with black frames, black mounting components, and the panels had to be angled so as not to be visible from the garden. The system was successfully installed at the end of 2022. It is a 2.4kWh system and will produce plenty of green energy for the homeowner.

Solar panels provide a good way of generating clean energy turning a home into a mini power-station and, with the right setup, self-sufficiency in the case of power cuts. Whilst performance is hampered in the winter with short, dark days, electricity generated in the warmer months will help to reduce energy bills and the home's carbon footprint.

Through the adoption of solar PV, which has soared in the last 12 months, we can lessen the requirement on grid companies to build new power stations, catering for the surge in demand that ensues with the march toward clean electric vehicles, as well as reducing energy bills.

For more information on solar panel installation on your home visit www.nextdaysolar.co.uk.



Thanks from Combat Stress

MARJORIE HARRIS

The Friends of Combat Stress would like to thank the many generous Suburb residents who bought Christmas cards supporting the provision of Combat Stress mental health assistance to former members of the armed forces who need it. Despite the high cost of postage and delays caused by the Royal Mail postal strikes, sales of Combat Stress Christmas cards raised £1,006.00. Generous buyers also donated an extra £161.33, so the final total was an amazing £1,167.33. Thanks

to St, Jude's, the Free Church, Waitrose Temple Fortune, the Highgate Society, the Horticultural Society, two pop-ups in Chatham Close and in particular to Fellowship House for allowing the Friends of Combat Stress to sell cards at their various events before Christmas.

You can help to raise more money for Combat Stress at a Designer Clothes Sale to be held in the small hall in Fellowship House while the Horticultural Society's Plant Sale takes place in the large hall and courtyard on Saturday 13 May, 10.30am – noon.

Relief where you want it – in your home

Long term pain or just feeling your age? Physiotherapy can play a vital role in pain management and rehabilitation. Please call for a free consultation or to arrange a visit to your Suburb home.



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