



Newsletter

Autumn/Winter 2019

LATEST NEWS

SAVE THAT DATE!

GNS AGM

The AGM will be on **Monday, 20 January** starting at 7.30pm, and the location will be the Wilberforce Centre, St Paul's Church, The Ridgeway, Mill Hill, NW7 1QU.

Burnt Oak Lunch Club - Christmas Events

Thursday 28 November, 1.15 - 1.45pm.

A Mill Hill County school choir is coming to sing after lunch.

Saturday 30 November, 3-5pm

Mill Hill School are laying on a Christmas tea party. Transport will be provided for those who are interested.

Thursday 12 December, 12 - 1.30pm

Christmas lunch at the Wilberforce Centre, the Annunciation hall is a polling station. As usual Peter Warden will be dropping in to provide us with some seasonal music

Thursday 19 December, 1-1.30pm

The Annunciation school choir will be providing a concert.

Mill Hill Lunch Club - Christmas Events

Saturday 30 November, 3-5pm

Mill Hill School Christmas tea party (See above)

Tuesday 3 December, 1.30 - 2.45pm

Grimsdell school have invited us to the dress rehearsal - of their nativity play - after lunch. So, lunch will be served slightly earlier for this reason. Transport will be provided for those who are interested.

Tuesday 17 December, 1-1.30pm

Christmas lunch and Peter Warden will be dropping in to provide us with some seasonal musical treats.

The Good Neighbour Scheme for Mill Hill and Burnt Oak

enables volunteers to provide neighbourly support to elderly and disabled people living in Mill Hill and Burnt Oak in the Borough of Barnet. Our services address the issues of fragility, loneliness, depression and bereavement.

Our services include: 3 **weekly lunch clubs** for most of the year, we facilitate 3 low cost **chiropody clinics, lifts and transport** to surgeries and hospitals, **befriending, sign-posting, advice and support, a weekly shopping bus, gardening service, outings and social events.**

Charity Update by Derrick Edgerton, Head of Trustees

Greetings to you all,

After a lengthy period where I have been bringing bad news to you, this time it is good.

The GNS year ends on July 31st. In 2015 we had a surplus of £32,000, in 2016 a deficit of £5,000, 2017 it was a deficit of £7,000 and 2018 it was £21,000. This year we had a **surplus** of £7,000.

This was due to the generosity of many people and organisations and fantastic support from the staff you, the volunteers and the understanding of our clients.

Many changes have been introduced to increase our income and decrease our expenditure. Also, we now have a treasurer who attends trustee meetings so our financial management procedures are more rigorous.

You will have heard that we purchased a minibus from Barnet Community Transport at the end of June (when they stopped operating). This will save us several thousand pounds a year. Owning a bus has been a learning exercise and we welcome a new member of staff to the GNS family, namely, Daniel the driver. The bus will soon be a moving "advert" for the GNS as it drives around the area.

Our activity figures for the year show a continuing growth in demand for the services we offer and we have data that shows how much the clients appreciate what we do. That is down to a large extent to you our volunteers.

What about future challenges? Finding funding is still a major concern as there is more demand on funders, but less money available for distribution.

We very much value every minute that you, as volunteers, give to the GNS, but we are mounting a campaign locally to find more volunteers.

May I again express thanks to you all and hope you enjoy the activities over the coming festive season.

Derrick Edgerton.

We Need More Volunteers!!!

The GNS delivers its services mainly through the goodwill of volunteers who give a few hours a month of their time. A heartfelt **thank you** to all of you volunteers in our community.

But every year we lose volunteers who for a variety of reasons can no longer offer their time and support.

So, if you can spend a few hours of your time we need help with our services. This includes: lunch club assistants, minibus escorts, drivers offering transport in their vehicles (a mileage allowance is available), befriending and gardening to help make gardens safe for clients to use.

INFORMATION FOR VOLUNTEERS AND OUR CLIENTS

Gill Turner

It is with great regret that we have to announce that Gill will no longer be able to be a volunteer. She is moving out of the area to live closer to her family.

Gill became a volunteer in 2009 and over the last 10 years she has given her time to help in a variety of our services. Her assistance has been particularly notable in her role as a befriender and volunteer driver.

Gill has been a wonderful stalwart and we shall not only miss her support but also her calm and assured character.

The Closure of Barnet Community Transport

After serving our community for 15 years BCT closed operations in July.

The closure left us with limited options for bus hire and all more costly than BCT.

With that in mind we decided to go down another route and have purchased the bus we used to hire from BCT.

It has been a steep learning curve for us and the help of our new driver, Daniel, has been invaluable.

Log All Interventions

It is important to remember that our grant from Barnet is directly related to the level of activity by the GNS throughout the year, i.e. every task we fulfil including individual lifts, befriending calls and meetings and lunch club attendances

We are aware that our volunteers do far more than we arrange (e.g. extra shopping, befriending by phone or in person). Adding these extra interventions to our total could make a difference to the level of funding we receive.



Message in a Bottle

We are participating in the *Message in the Bottle* emergency information scheme. This is intended to make medication details easily and quickly available to the emergency services. A client's medical details are stored in a clearly labelled plastic bottle in their fridge door. Matching labels are also displayed in the home alerting services to the availability of the information. Please make clients aware of this scheme. Bottles are available from the office.



Winter Warm Packs

There are *Winter Warm Packs* available in the office which can be distributed to clients. These are free packs to help clients cope with cold winters and consist of:

- Blanket.
- Water Bottle
- Thermos Flask

Again please make clients aware of the availability of the packs.

Teresa McCabery

Another of our wonderful volunteers, Teresa McCabery has been seriously ill over the last year.

Teresa has borne the illness with faith and fortitude and we are glad to report that her therapy has now been completed. More importantly, the doctors have given Teresa a clean bill of health.

Yet despite her illness Teresa continued volunteering with us throughout her treatment! Many thanks to husband Peter who has also continued to volunteer during this difficult time.



Free Movie Afternoons

The film events are now in partnership with the **NW7 Hub**. The showings will continue to be on the last Wednesday in the month and will be between 2.15 and 4.15pm.

Venue

Mill Hill Community Library, Hartley Avenue, Mill Hill, NW7 AHX. Light refreshments will be served during afternoon. There is a suggested donation of £3 to help cover the costs of the afternoon.

Films coming up:

22nd January- *Goodnight Mister Tom*

26th February - *Made in Dagenham*

25th March- *Paddington 2*



Stay Warm this Winter

Some basic tips to pass on to our clients:

Keep your house at the correct temperature- the main living room for older and vulnerable people should be around 21°C (70F)

In bed you can also use a hot water bottle or layers of blankets to keep warm.

Have regular hot drinks and soups.

Keep all doors shut to prevent draughts and draw your curtains at dusk to keep the heat inside.

If the radiator is below a window, tuck the curtains behind it.

Contact your GP to get your vaccinations.



Home Library Service

Barnet provides a free personal delivery service to residents who are unable to visit their local library.

The service visits each borrower once every 4 weeks. It offers a selection of books in standard and large print, audio books and music on CD. DVDs are also available to rent for a small charge.

For more information call: 020 8359 3901

NOTICES

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feel good shopping

Raise free funds for us
every time you shop online

Find out more

amazon.co.uk John Lewis ebay M&S Boden GAP
Argos Booking.com DEBENHAMS next SCREWFIX
Sainsbury's ASOS Viking moonpig JUST EAT

Raise Money for Us When Shopping Online.

Every time you shop via **easyfundraising**, you'll generate a free donation for The Good Neighbour Scheme for Mill Hill and Burnt Oak,

Easyfundraising includes over 3,600 retailers including Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S.

GNS easyfundraising page: there is a link to it on the homepage of our website, the address of which is at the end of the newsletter or just Google us.

How to Sign Up. All you have to do is to go to the GNS's **easyfundraising** web page. Then sign up by clicking on the **Support this Cause** button.

We will soon be sending email invitations to all our volunteers to sign-up to **easyfundraising**. Every volunteer who responds to our email and signs up will earn the charity an extra £5. So look out for the email!

New Flu Jab Fraud: Please Pass This Warning to Clients



Fraudsters are conning people into handing over their bank card details by claiming to be taking a nominal payment for a flu jab. One criminal is alleged to have called an elderly lady claiming to be a doctor from a local surgery. He advised that her usual surgery was short staffed and had therefore entered into an agreement with him to deliver flu vaccinations.

He booked a home visit for the same day with a 'nurse'. At the home visit, the 'doctor' suggested using a larger syringe at a cost of £1.50 and asked for the patient's debit card details. It

is understood that almost £4,000 has been taken in a number of transactions.

Staff

Co-ordinator - Cheryl Trott
 Deputy Co-ordinator - Loraine Williams
 Development and Digital - Herakles Koumoullou
 Mill Hill Lunch Club - Liz Sykes
 Burnt Oak Lunch club - Liz Sykes

In Office

Tue, Wed, Thu, Fri and other times as required.
 Mon, Tue, Wed.
 Thu
 Tue
 Thu at the Annunciation in Burnt Oak.

Trustees

Chairman - Derrick Edgerton	Trustee - Pauline Seaton
Book keeper - Grahame Poulton	Trustee - Frances Dymock
Secretary - Natalie Layman	Trustee - Francis Cheasty
Trustee - Maggie Lamb	Trustee - David White
Trustee - Mary Scott	Trustee - Margaret Parrock

Contact Us

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