Staying Safe

The Finchley Charities are doing everything they can to keep residents and staff safe. If staff need to enter your home, they will always wear a mask. If you need to meet a member of staff in a confined space they will wear a mask in this situation they will offer you a mask too, to keep you safe.

The communal halls are now open for everyone to use, please keep safe by ensuring you follow government guidelines by socially distancing in communal spaces.

Competition Time!

We would like to invite residents to send in photos of any art and crafts made during lockdown, such as: a painting, art work, needle work, and even a mask you may have made.

There will be a prize.

The deadline will be the end of September 2020.

Health & Wellbeing

Activities and Events

We are now starting to look at how we can restart some health and wellbeing activities safely for our residents. We will be sending a short survey out in the coming weeks to ask for your views and ideas. Please don’t wait if you would like to share your ideas now, please speak to your Sheltered Housing Officer.

Polite Reminders

Please do not flush pads and wipes down the toilet, they cause the drains to block and are expensive to clear. Please can residents also remind their carers. Residents may be recharged.

TV License Update

The concessionary TV Licence of £7.50 is still valid for people over 60 or working 15 hours per week or under living in sheltered accommodation.

Why not try and make your own face covering?

To make a simple face covering

You will need:
• two or three 25cm x 25cm squares of cotton fabric
• two 20cm pieces of elastic (or string or cloth strips)
• needle and thread
• scissors

Step 1: Cut out 25cm x 25cm squares of cotton fabric. Stack the squares on top of each other.

Step 2: Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.

Step 3: Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.

Step 4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.

Always take care to use equipment safely to avoid injury. Children should only follow these instructions under the supervision of adult.

Two 25cm x 25cm fabric squares
Two pieces of 20cm elastic
Scissors
Needle & thread
Sewing machine (optional)

Fold over the top and bottom and hem
Fold over the sides and hem

Threading the ear loops, sewing into place
Completed face covering, knots tucked in, cloth slighty gathered

Gardens in bloom

It has been a beautiful spring and summer, Idverde and residents have continued to keep all our gardens and grounds well maintained. Allowing residents to keep in contact with neighbours, friends and family in a safe and pleasant environment.
Foreword from the Chairman

I hope this newsletter finds you well. It remains a strange time in all our lives. The threat of a second wave of the virus is still with us and we will have to do all that can to guard against it. I am grateful to all our staff for the work that they are doing to ensure that everyone remains safe and I know that residents are looking out and helping one another as well. The trustees and staff are constantly reviewing ways of keeping people safe and we are always open to your ideas as well. Please do let staff know if there is more that we could be doing.

There have been a few changes on the Board of Trustees in recent months. Liz Davies and Martin O’Donnell, the previous Chairman and Vice Chairman have stood down from the board. I want to officially record my thanks to both for their dedicated service to the Finchley Charities over many years.

Write to me c/o the Office at Wilmot Close and we will give them proper consideration.

Roger Chapman
Chairman, The Finchley Charities

The Fuel Land Allotments

The Finchley Charities provide 172 homes across its three sites at Homefield Gardens, Wilmot Close and Pewterers Court. In addition, we let 113 allotments at the Fuel Land Allotment site on the High Road East Finchley opposite the Catholic church.

Originally this land was part of Finchley Common which when enclosed in the early 1800s was allotted to the 'poor of Finchley' and operated by the Parish. It was let by the Parish for growing crops and the rental income was used to purchase sacks of coal for the poor of Finchley – hence the name Fuel Land.

By the 1880s the land was being rented out as allotments and the Rule book has some interesting clauses:

- Each September the Allottees to appoint seven of their number (residing in the parish of Finchley) to be ‘Local Managers’ and act for the Trustees. (2) Tenants to keep his Allotment ‘free from weeds, clean, well manured, and properly cultivated and cropped as a field garden.’ (9) The tenancy of an allotment to be determined by the tenants death or departure from the parish. (10) Pigsties may be erected but not within 60 yards of the main road. (11) No dogs allowed to be at large (13) All sties to be kept clean and the Committee have power to restrict the number of pigs if they become a nuisance. (19) Any allotment holder using bad language repeatedly … having been duly cautioned once by the Committee, if repeated will be expelled’. (20) All general work must cease at 1pm on Sundays. (25)

The Finchley Charities have been running the Fuel Land allotments for over 130 years. The rules have changed a bit and currently there are no pigs on them – though there are geese and hens.

Resident’s Lockdown Poems

Lockdown in Spring

The Sun is shining, springs’ on its way
Oh what a beautiful glorious day

Flowers in bloom show their face to the sun
It’s all so uplifting for everyone

But hey! Just a minute, we’re not allowed out
Coronavirus is lurking about

It’s deadly and serious and unknown to man
So we’ve all got to do as much as we can

We’ve just got to stop it spreading so fast
But what can we do? How long will it last?

No trips to the country, no walks in the park
No hugging and kissing, keep meters apart

But we must obey rules to keep ourselves safe
So just “stay at home”, perhaps bake a cake

Read a good book, or just watch the telly
Have lots of chocolate, ice-cream and jelly

Try to keep smiling, healthy and fit
Because none of us want to go down with this

Thanks God, for the doctors and nurses, I say
Who battle and fight for us both night and day

If they are all doing so much for us
We’ve got to help them to stop the “virus”

Thank goodness for the phone and the Wi-Fi
Without which we’d never get by

To talk to our families, neighbours and friends
To keep us all close until it all ends

So when it’s all over
We must celebrate
We’re in this together
So don’t hesitate!

Just let your hair down
And let’s have a bait
And say a big “thanks you”
To one and to all

Author:
Wendy Hughes

Lockdown in Finchley

Can you believe,
This virus was conceived,
From a bat from hell last Halloween,
Traveling the globe.

With the wisdom of (ob)
the given name being Covid-19

Millions worldwide,
Are petrified,
Of catching an awful deadly dose,
That goes for us here,
Who we hold so dear,
In Wilmot or Thackrah Close.

It seems oh so strange,
and you don’t need brains,
To keep a distance apart.
One thing we’ve learnt,
However much we’ve earnt,
It’s free to have a good heart.

To help each other,
everyone like a brother,
whatever weather, hot or cold.
He shops at the local,
With gratitude very vocal,
Warm thanks to Bill’s heart of Gold.

Built by Finchley Charity,
At times we laugh with hilarity,
Breaking down most all of the barrier.
Gardens start to bloom,
Lifting us out of gloom,
Good to see Margaret but were missing Darya?

Lockdown is so tough,
We’ve all had enough,
But far safer than an Ocean Liner,
We have to stay very calm,
Like the queen known as Ma’am,
And the virus becomes very minor.

Author:
Val & Stephen Gold

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