

HGS Combat Stress huge 10 year total



HGS Combat Stress Committee L-R Peter Butterworth (Combat Stress), back row: Mike Milner, Emma Rodwell. front row: Marjorie Harris, Angela Phillips, Ruth Smith, Yvonne Oliver, Kathy Cunnold, Gerlinde Crossley.

£39,296 is the amazing amount raised by a Suburb fundraising committee for the UK Forces' mental health charity, Combat Stress over 10 years. Founded in 1919, just after the First World War, nowadays clients for their healing services have served in Northern Ireland, the Falklands, Afghanistan, and Iraq and, by helping them to overcome their mental health problems, their families are also benefiting.

In 2008 Ruth Smith and her neighbour Pamela Marenbach held a rummage sale in her kitchen for Combat Stress, in memory of Ruth's soldier father. To their great surprise they found they had made over £300 and decided to move to a bigger venue in 2009. From then onwards, what became the annual Combat Stress Winter Fair grew and then outgrew Fellowship House and moved to the Free Church Hall, raising thousands of pounds each year. The committee has also branched out by catering at other Suburb events and donating the profits to Combat Stress.

On Thursday 25 October, the HGS Combat Stress Winter Fair Committee celebrated its tenth birthday in Fellowship House with a thank you party for its many loyal helpers,

stallholders, donors and friends. Peter Butterworth, Community Fundraising Officer for Combat Stress, gave a presentation and spoke movingly about how the charity actually spends the money to assist members of the armed forces recovering from the mental pressures of injury and service. Those present were delighted to have the privilege of actually meeting one of those clients, Dean, and his wife, who had the courage to disclose from a personal point of view why the charity and its work are still so vital today. There was no Winter Fair in 2018, but watch this space for an exciting event in Autumn 2019, which will be the 100th anniversary of Combat Stress.

Thank you to the many Suburb residents who recently supported the green tokens scheme in aid of Combat Stress, while shopping at Waitrose Temple Fortune. This generous scheme, the recipients of which are chosen by local Waitrose staff, realised £495, the best yet for Combat Stress! And that is not all the good news; in December the HGS Combat Stress Committee netted another £491.75 from the sale of Combat Stress Christmas cards and donations for this national charity,

to support its mental health outreach programmes for former armed services personnel.

For the third year running, we are grateful to have been given the opportunity to provide all the refreshments at the HGS Art Fair at Fellowship House on Saturday 11 and Sunday 12 May. Offers of cakes and savouries and help in the kitchen would be greatly appreciated (e-mails to marjorieharris@btinternet.com).

And watch this space for another very special event for Combat Stress, probably in October. Our lips are sealed at the moment, but there will hopefully be confirmation and full details in the next issue of Suburb News coming out at the beginning of May, which means that, thanks to your generosity, by the end of 2019 the HGS Combat Stress committee and its friends and helpers will have passed on more than £40,000 since they began fundraising on the Suburb just over ten years ago.

MARJORIE HARRIS



Ruth Smith with cheque



Dean with Emma Rodwell



Romantic Music to help the homeless

Many local residents attended An Evening of Romantic Music on Sunday, December 9, in the Free Church. The London International Orchestra presented a diverse programme of works by Weber, Beethoven and Tchaikovsky.

The concert was held in aid of local homeless charities. The

Free Church along with Alyth synagogue and other churches provide sheltered accommodation on different nights to homeless people in Barnet.

The Free Church started their first shelter in the middle of December in the Free Church Hall in Northway. They will continue to provide a shelter for a group of the homeless on Tuesday nights until the end of February. A full account of the

project can be found in our Spring 2018 issue (SN134, page 5).

The night shelters are run by Together in Barnet every night of the week in different venues from October to April. Together in Barnet works with Homeless Action in Barnet (HAB - see below). Clients from HAB are vetted and referred to the night shelters; only those registered with HAB are accepted in the shelters.

Homeless Action in Barnet



HAB, an independent charity, started in Barnet in 1997 as a soup kitchen. Today it is a fully-functioning centre, catering for Barnet's most vulnerable people, providing a place where they can start to rebuild their lives.

In a week, around 250 people will seek support from HAB. In just one year, 12,237 visited the centre!

Clients receive a welcome, food and a hot shower along with support to help with their many issues. Health services covering a range of issues from medical, mental health to alcohol problems are available on certain days, plus links to other useful organisations.

The day centre has free breakfast, lunch, tea and coffee on Monday to Friday, plus shower, laundry and washing facilities with free toiletries. There is also a clothes store. Workshops are offered throughout the year. Clients can obtain vouchers from HAB to allow them into one of the overnight shelters in Barnet.

Volunteering at the centre is welcome and details can be found on the website - www.habcentre.org. or ring 020 8446 8400. The charity is situated at 36B Woodhouse Road, N12 ORG (Near Tally Ho corner).

TONY BRAND

STOP PRESS: Warning

Suburb News has just learnt of repeated frauds by 'builders' knocking on doors and offering to replace tiles on resident's roofs.

Do not engage with them. Contact recommended roofers and get estimates. We will be giving more information in our next issue.



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