## bornetfirst sue 56 December 2013

## Merry Christmas from Barnet Council Winning sculpture from schools'

Winning sculpture from schools' recycling competition, see page 2



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#### Contacting your council

Corporate Customer Services

tel: 020 8359 2000 email: first.contact@barnet.gov.uk Contact us and we will identify the correct service or person you are looking for

#### Street-based services

tel: 020 8359 4600 Covering refuse collection, holes in the road, abandoned vehicles and graffiti

Parking enquiries

tel: 020 8359 7446 www.barnet.gov.uk/parking

Planning and licensing advice tel: 020 8359 3000

Social Care Direct tel: 020 8359 5000

#### Out of hours emergencies tel: 020 8359 2000

Barnet First is published by Barnet Council's Communications Team. Please email us on: barnet.first@barnet.gov.uk

#### Or write to us

First Contact, London Borough of Barnet, North London Business Park, Oakleigh Road South, London N11 1NP

## Leader's column

n page 7 of this magazine you will see our latest proposals for the council's budget. We are consulting on a modest reduction in council tax followed by a freeze for



a further two years. In planning the One Barnet programme we made assumptions of a £102m saving in the council's costs up to 2019. In fact the savings have been larger than that, at £147m, with further savings to be delivered.

The majority of this saving will be put into supporting council services, but given the pressures on household bills I think it is sensible to return some of that saving to the taxpayer. Over the past five years council tax will have fallen slightly in cash terms. Taking all these measures into account, as well as inflation, this represents a reduction of 20 per cent in real terms. I hope you will give us your views.

In the centre pages of the magazine you will find information about how the council is coping with the rising demand for property in the borough while preserving the suburban nature of Barnet. We are using private sector investment in new homes to redevelop run down 1960s housing estates with high quality new homes. Over the coming decade Barnet will do its bit to support London's growing population, building 28,000 new homes. But if you were to go to any of the new estates in the borough you will be hard pushed to tell the difference between new social housing and high quality private sector homes. I am very proud of how the council has supported the regeneration of these estates and kept regeneration moving through the recession with limited use of taxpayers' money.

Yours

**Richard Cornelius** 

Congratulations to the winners of Barnet Primary Schools' Recycling Competition. Winners are Woodridge Primary School and Holly Park School with 'Jeff the Snowman' (featured on cover).

## news in brief



#### High streets get an early Christmas present

The council is giving Barnet's high streets a helping hand with a range of Christmas parking measures throughout December.

Motorists have already been able to park for free on Saturday 7 and Sunday 8 December, and are able to park for free in all pay-to-park bays and across the council's car parks on the following weekends;

#### Saturday 14 and Sunday 15 December

#### Saturday 21 and Sunday 22 December

This means motorists won't need to use their phone, buy a ticket or a scratchcard to park on these days. However, drivers do have to make sure they are parked safely and legally.



#### Christmas waste collections

There will be no refuse and recycling collection on Christmas Day (Wednesday 25 December) and Boxing Day (Thursday 26 December).

If a resident's collection falls on these days, the collection will be Saturday 28 December in place of the Christmas Day and Thursday 2 January 2014 in place of the Boxing Day collection.

**New Year's Day** will also have no collections – the waste and recycling for this day will be collected on **Saturday 4 January** 2014.

Green waste collection will pause for two weeks from Monday 23 December. Green waste collections will resume on Monday 6 January 2014. Visit: www.barnet.gov.uk/christmasbincollections

#### Social Care over Christmas

Our social care team offices will be closed on Tuesday 24 December (Christmas Eve) from 4pm and will open again on Friday 27 December.

The offices will close again over the weekend on 28 and 29 December before re-opening as normal on Monday 30 December. On New Year's Eve, the offices will close at 4pm and will re-open as normal on Thursday 2 January 2014.

Residents who are in urgent need of care when our offices are closed can contact our Emergency Duty Care Team on 020 8359 2000.

#### news in brief



#### £100,000 library improvement boost

Barnet residents and visitors to the borough will be able to enjoy £100,000 worth of improvements to the council's libraries.

This investment has seen libraries improve and increase access to a number of the services they run, as well as create new library spaces for the local community to enjoy.

Hendon Library now has two new meeting rooms of varying sizes available for hire. Edgware and Osidge Libraries also have new meeting rooms which are available for hire.

The ceiling in Mill Hill Library has been repaired and repainted and brand new lights have been installed, greatly improving the environment. Golders Green Library has also been repainted, as well as having new carpets and windows installed.

All council libraries now have access to free Wi-Fi internet access.

To hire a meeting room in a library please contact the relevant library.

To find a library, visit: www.barnet.gov.uk



#### **Recycling almost doubles on bin changes**

On 14 October Barnet Council changed the way waste and recycling is collected in the borough. We brought the recycling service in-house, changed every collection route, bought new vehicles, trained new crews and, most notably, started collecting mixed recycling in blue bins and food waste in brown bins.

Residents told us they wanted it to be easier to recycle more, and figures from the first months show residents are recycling more than ever before. Overall, Barnet residents are recycling almost twice as much as they were before the changes. These are some of the largest scale changes to be made to a waste and recycling service in London. Thank you for bearing with us whilst we made these improvements and for increasing Barnet's recycling rate.

For residents who live in flats, look out for more information in the New Year about the new flats' food waste service launching in 2014.

For details about the Christmas collection service see page 3.

To find more information on the new service, and to find out your new bin day, visit: www.barnet.gov.uk/recycling



#### news in brief 🔳



#### Don't lose your right to vote

We are now updating the Electoral Register for 2014.

Annual voter registration forms were delivered to all homes in the borough in October 2013.

If you have not already returned your form, please complete it and send it back to us as soon as possible.

From 17 December 2013 until mid-February 2014 (excluding Christmas week), canvassers will be visiting homes that have not returned their forms.

Remember, if you're not on the Electoral Register you cannot vote in any elections, and it can affect your credit rating. You can also be fined up to £1,000 for not responding or giving false information.

The new register will be published on **17 February 2014**.

Remember, if you do not need to change any details on your form, the easiest way to re-register is by phone or internet. See your form for more details.



There are two versions of the register – the full version, required by law, and the Edited Register, which can be bought for marketing purposes.

You can 'opt out' of appearing on the Edited Register.

If, in previous years, you had 'opted out' of the Edited Register, we will have pre-printed a tick in the 'Edited Register' column. However, legally we are no longer able to do this so if you still wish to opt out **please ensure you tick the relevant box on your form**.

## Get involved

he council is committed to hearing the views of local residents to help shape our services and our policies. This gives us an understanding of what is important to you so that we can continue to make further improvements to the services we provide.

We launched **engage.barnet.gov.uk** in 2010, a tool to promote all our consultations and engagement activities. You can use the engage space to find out how to take part in current consultations. You can also find out how we have listened and acted on the results of our consultations, under 'We Asked, You Said, We Did.'

Find out how you can get involved by visiting our engage space: engage.barnet.gov.uk





#### **Current consultations:**

Business Planning and Budget General Consultation (for further information please see page 7)

Adults and Communities Budget Proposals Consultation

Children's Services Budget Proposals Consultation

Fitness Activities in Parks Consultation

# Barnet Civic Awards nominations sought

o you know an individual or group living or working in Barnet who you feel deserves recognition for their outstanding achievements and contributions to the borough? We are now inviting nominations for the London Borough of Barnet Annual Civic Awards 2014. (Previous winners pictured right).

Winners will be announced at the awards ceremony in March 2014. All entries must be received no later than 31 December 2013.

For a Civic Awards nomination form visit: www.barnet.gov.uk/civic-awards-nomination-2014



# Budget consultation

he council continues to face the challenge of coping with declining funding from central government while demand for our services grows, particularly for adult and children's services.



Since 2010 we have made savings of £69 million in the cost of running council services. This has been done by reducing our back office or by hiring companies to provide services more cheaply than the council can. We have also brought the recycling service in-house and shared some services with other councils, notably our legal services and public health, which are both shared with Harrow Council.

Over the next two years the council is planning to make savings of around £39 million, so all service areas need to make budget reductions. Most of these savings (around 89 per cent) will again be made by being more efficient in what we do.

At the same time the council has decided it can best support residents facing rising household bills by keeping council tax as low as possible. The tax has been frozen for the last four years, and for the coming year the council is proposing to lower it by one per cent. The council is then proposing to freeze it in 2015/16 and 2016/17. Taking into account inflation, these measures are equivalent to a 20 per cent cut to council tax since 2010.

The council is continuing to support investment in new schools, parks and regeneration. It has also added money to the budgets for adult care services and children's services to take account of growing demand. "Times are tough for the council but times are also tough for many residents and we want to put pounds in residents' pockets wherever possible. Freezing and now lowering council tax is the equivalent of £290\* saving for every band D household."

Councilor Richard Cornelius, Leader of the Council

To give your views on our budget proposals visit: engage.barnet.gov.uk or for a paper version tel: 020 8359 7016

\*figures taken from 2010/11 to 2016/17

How much is

too much?

#### Dr Andrew Howe

# Ask your pharmacist about alcohol

As part of a campaign to encourage safer drinking, people are now able to drop in to one of 21 participating pharmacies offering information and support.

The 'Ask Your Pharmacist' service organised by the council's public health team will allow residents to get advice and support on ways to reduce their weekly alcohol consumption, have their drinking assessed and provide useful tips to help people keep track of how many units they are drinking each day.

We know there are many residents who do not drink, but we also know that one in ten people in Barnet drink at a level which puts their health at risk.

Government guidelines say that men should drink no more than three to four units per day and women no more than two to three units per day.

These are daily limits and not weekly limits, and it is harmful to 'save up units' and binge drink over one or two days.

Drinking too much can worsen chronic conditions linked to alcohol such as stroke, diabetes and cancer.

For details of participating pharmacies visit: www.barnet.gov.uk/ask-your-pharmacist

All of these have been identified as a priority in Barnet's Joint Health and Wellbeing Strategy.

Men nearly double their chances of developing heart disease by regularly drinking more than eight units of alcohol a day.

On average, to burn off a pint of lager you would need to run for 13 minutes on a treadmill, or play football for the same amount of time, cycle for 15 minutes, swim for 20 minutes or spend half an hour on the golf course.

One unit in the UK is equivalent to eight grammes or 1cl of alcohol, but as it is difficult to imagine how much this is the Ask Your Pharmacist initiative will be able to help.

As part of the campaign the council is also piloting a scratchcard. The cards provide a simple way for participating pharmacists to help you confidentially assess whether you might be drinking at levels that could put your health at risk.

## How many units in a drink?



### Dr Andrew Howe

## Keeping safe and well this winter

Winter is here and with it the season for flu and falls. Dr Andrew Howe, Barnet Council's Director of Public Health, has put together some advice to help people keep warm and healthy this winter.



Get your free flu jab: You will be eligible if you are aged 65 or over, pregnant, have certain medical conditions like chronic bronchitis, live in a residential or nursing home, or are the main carer for an older or disabled person. Contact your GP to make an appointment.

Keep warm indoors: By setting your heating to the right temperature (18 – 21°C, 65 – 70°F), you can keep your home warm. When room temperature falls below 16°C there is an increased risk of chest infections. Below 12°C and your arteries will narrow, raising blood pressure and dramatically increasing the risk of heart attack and stroke.

Layer your clothing to stay warm: Two or three thinner layers of clothing are better than one thick layer.

**Non-slip soles:** When outside wear shoes with a good grip, especially if it has been wet and there are leaves or ice on the ground.

Reduce the risk of falls at home by wearing slippers: Slips indoors often occur due to the effects of cold, making us less flexible, and poor footwear. Slippers should be well fitted and have a good grip on the sole. Those that fasten with Velcro or a zip will keep them on your feet better.

Hot meals: Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.

Hand hygiene: Good hand hygiene can help prevent the spread of the winter vomiting bug, norovirus and flu. Wrap up warm: Remember to wrap up warmly when you go out – use a scarf across your nose and mouth if your breathing is affected by the cold air.

**Stock up:** Make sure you stock up so you have enough food and medicines.

Service heating appliances: Get heating and cooking appliances checked, and flues and chimneys swept, ensuring ventilation points are not blocked. Fit an audible carbon monoxide alarm which is EN50291-compliant, although fitting an alarm should not replace regular maintenance of appliances.

**Be a good neighbour:** Check on your older or vulnerable neighbours or relatives to make sure they are safe, warm and well.

You could be eligible for a grant to make your home more energy-efficient or to repair or install a new heating system. The council is working with Energise Barnet who can advise on what help might be available if you are struggling to keep your home warm.

Contact Energise Barnet on 020 8370 0270 or email: info@energisebarnet.org.uk. Barnet Homes tenants can contact its energy advice team on 0300 555 0195 or email: energy.advice@barnethomes.org



## **My Barnet**



Barnet's Centre for Independent Living (BCIL) in Colindale is seen as a trailblazer for its policy of running services for disabled people by disabled people. Not only does it promote independence and represent disabled people's views at a local and national level, it also provides detailed information, advice and support.

One person who has been intrinsically involved in its development since its inception is Paul Baldwin, now on BCIL's board of directors. Paul has had Parkinson's since 1975 and now uses a wheelchair to get around the borough. He also has a personal assistant for 30 hours every week which he pays for using direct payments.

He says: "I was born and bred in Barnet. I was brought up around Wood Street, High Barnet, went to school in Barnet and most of the jobs I have had have been here too. I like the diversity that can be found in Barnet, with its different types of people and areas. I enjoy variety. Doing the same thing all the time is boring," says Paul. Between 1969 and 1980 Paul had a number of jobs, including working as a casualty porter at the old Barnet General Hospital, an exhibition designer with the RNLI and receptionist at what was then Middlesex Polytechnic.

He now lives in an adapted flat in Colindale and has family who live in the borough too, with a sister in East Barnet.

"I do like Grahame Park, it's so diverse and constantly changing," he says. "If I sit outside in my wheelchair there are so many people who stop for a chat or to pass the time of day. It's great to feel that sense of community."

Paul was 27 when he first started showing signs of Parkinson's, but he has never let his disability affect how he wants to live his life. He soon got involved in taking action for disabled people, campaigning for disability rights during the late 1980s.

He says: "I don't like labelling people or putting them in a box, and I believe people's attitudes towards those with disabilities is definitely changing. That may be more of the case within the council's social care department than in the general community. But on the whole I find people are generally positive rather than negative about disability."

In 2010 BCIL became a peer-led 'community interest company' which means it can trade, but all profits are protected for the benefit of its customers.

Paul recalls how he's seen the organisation change since its inception.

"Back in the 90s BCIL operated as a traditional day centre, but it is very different now. In the future I would like to see it become a service provider for the whole community, not just for those with a disability. I firmly believe we can provide a service for everyone in the community."

When Paul is not working for BCIL, he can often be found at the council's headquarters at North London Business Park, where he represents service users on the Physical and Sensory Impairment Partnership Board and the Right to Control Programme Board.

He also enjoys trips out with his personal assistant (PA) Jyoti for meals out, at places including the Claddagh Ring in The Burroughs, Hendon, and to shop at the Broadwalk Shopping Centre in Edgware.

He explains: "Jyoti is not just my PA but a true friend. Being able to employ her through direct payments enables me to do almost everything that I do, without her I couldn't do half as much."

For more information on BCIL, visit www.barnetcil.org.uk or call 020 8359 2444



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Campaigning for disability rights

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Paul and Jyoti enjoy trips out

**DUINNESS** 

Time to relax

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100

1.1

Shopping at the Broadwalk



North London Business Park

Barnet born and bred

100

## The Care Homes Improvement project in Barnet

There are over 100 care homes in Barnet; the most of any local authority in London. This makes care homes a key way of supporting frail and elderly people in Barnet, and we want to be sure that there is constant learning and improvement taking place in our care homes to deliver the best possible care.

The Care Homes Improvement project is part of a wider Health and Social Care Integration Programme. Barnet Council and Barnet CCG (health authority) are working with nine other organisations to help deliver their vision for more joined-up services and partnership working in Barnet.

This particular project has involved working with five care homes to look at ways to improve the quality of care and the experiences of care home residents. The project aimed to make changes to how health and social care staff work with care homes, to build a stronger partnership. Achieving this will help to reduce the number of inappropriate hospital admissions and make sure people stay safe within their care home.

The council and local health service also have a dedicated team of professionals in a Quality in Care Homes Team working to provide ongoing support for care home managers and to promote best practice within care homes in Barnet.

> For more information, visit: www.barnet.gov.uk/integration





### Enter and View – another check on care home quality

ealthwatch Barnet is a new organisation that listens and acts upon your experiences of health and social care to help develop good quality services.

Through their Enter and View visits, trained volunteers visit health and social care services such as care homes, nursing homes and services for people with mental health conditions. Visits to hospitals will also start in January 2014. Volunteers observe the care being provided and talk to residents, patients, their relatives and staff. Their report is then presented to the service managers, Barnet Council and the Care Quality Commission. These visits are helping to produce real change - two-thirds of the care homes visited have made positive changes as a result of the recommendations made.

As one of the volunteers explained, the most satisfactory aspect of Enter and View is 'the feeling that we can provide a voice for users to express their opinions and to highlight good and bad practice. The providers listen to us and gradually the quality of life of users will improve.' Healthwatch Barnet also runs an information line on health and social care services. Call the Healthwatch Barnet information line at Barnet CAB for impartial advice or information; for example how to find a GP or dentist where you live, how to access your medical notes, or how to make a complaint. tel: 0844 826 9336 (from landlines) tel: 0300 456 8365 (from mobiles) or visit; www.barnetcab.org.uk

Visit: www.healthwatchbarnet.co.uk to see Enter and View reports or call 020 8364 8400



### Entrepreneurial over-50s given funding boost

A national charity has been awarded a grant to help people in the borough aged over 50 and not in full-time work, set-up their own businesses as an alternative route back into sustained employment. The Prince's Initiative for Mature Enterprise (PRIME) was awarded the grant as part of the council's Big Society Innovation Bank, which provided £220,000 worth of funding across 13 projects.

To find out more contact www.prime.org.uk/courses or call 0845 862 2023



PRIME's services are specifically designed for older people. In Barnet the charity is planning to deliver training courses and self-employment information events, as well as business clinics and clubs where people can have their plans reviewed by expert advisors. PRIME will also help new entrepreneurs access experienced professionals to act as mentors, guiding them through the first six months of setting up a business.

#### Contact your councillors

#### Brunswick Park

Conservative Cllr Lisa Rutter cllr.l.rutter@barnet.gov.uk Cllr Andreas Tambourides cllr.a.tambourides@barnet.gov.uk

#### Labour Cllr Andreas Ioannidis cllr.a.ioannidis@barnet.gov.uk

#### Burnt Oak Labour

Cllr Alex Brodkin cllr.a.brodkin@barnet.gov.uk Cllr Claire Farrier cllr.c.farrier@barnet.gov.uk Cllr Charlie O-Macauley cllr.c.omacauley@barnet.gov.uk

#### **Childs Hill**

Liberal Democrat Cllr Jack Cohen cllr.j.cohen@barnet.gov.uk Cllr Monroe Palmer cllr.m.palmer@barnet.gov.uk Cllr Susette Palmer

cllr.s.palmer@barnet.gov.uk

#### Labour

Cllr Geoffrey Johnson cllr.g.johnson@barnet.gov.uk Cllr Gillian Sargeant cllr.g.sargeant@barnet.gov.uk Cllr Zakia Zubairi cllr.z.zubairi@barnet.gov.uk

#### Coppetts

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cllr.b.rawlings@barnet.gov.uk Conservative Cllr Kate Salinger cllr.c.salinger@barnet.gov.uk

#### East Barnet

Conservative Cllr Barry Evangeli cllr.b.evangeli@barnet.gov.uk Cllr Robert Rams cllr.r.rams@barnet.gov.uk Cllr Joanna Tambourides cllr.j.tambourides@barnet.gov.uk

#### East Finchley Labour

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#### Edgware

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#### **Finchley Church End**

Conservative

Cllr Eva Greenspan cllr.e.greenspan@barnet.gov.uk Cllr Graham Old cllr.g.old@barnet.gov.uk Cllr Daniel Thomas cllr.d.thomas@barnet.gov.uk

#### Garden Suburb

#### Conservative

Cllr Andrew Harper cllr.a.harper@barnet.gov.uk Cllr John Marshall cllr.j.marshall@barnet.gov.uk Cllr Daniel Seal cllr.d.seal@barnet.gov.uk

#### **Golders Green**

Conservative Cllr Dean Cohen cllr.d.cohen@barnet.gov.uk Cllr Melvin Cohen cllr.m.cohen@barnet.gov.uk Cllr Reuben Thompstone cllr.r.thompstone@barnet.gov.uk

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#### High Barnet

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#### Mill Hill

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#### Totteridge

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Independent Cllr Brian Coleman cllr.b.coleman@barnet.gov.uk

#### Underhill

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Labour Cllr Anita Campbell cllr.a.campbell@barnet.gov.uk

#### West Finchley

Labour Cllr Ross Houston cllr.r.houston@barnet.gov.uk Cllr Kath McGuirk cllr.k.mcguirk@barnet.gov.uk Cllr Jim Tierney cllr.j.tierney@barnet.gov.uk

#### West Hendon

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For details of surgeries, call **020 8359 2000**, email **first.contact@barnet.gov.uk** or write to us: Members' Room, Hendon Town Hall, The Burroughs, Hendon, NW4 4BG

## what's on

## Holocaust Memorial Day 2014

## HOLOCAUST MEMORIAL DAY



#### Sunday 19 January 2014 1pm at the Ricketts Quadrangle, Middlesex University, The Burroughs, Hendon, NW4 4BT.

Every year the council marks Holocaust Memorial Day by inviting all residents to attend a special ceremony to remember those who lost their lives through genocide. The ceremony, which starts with a civic procession in Hendon led by the Mayor of Barnet, culminates in a range of special guests and speakers.

#### This year's theme is 'Journeys'

The London Cantorial Singers, Alyth Youth Singers choir groups and the Hendon Salvation Army will perform at the service. In attendance will be students from Mill Hill County High School who will read the statement of commitment.

Everyone is welcome to attend.

Last month, as part of Barnet Council's Snowdrop Project, the Mayor of Barnet joined pupils from Wessex Gardens Primary School in an annual ceremony to plant snowdrop bulbs in commemoration of those children who lost their lives in the Holocaust.



#### **Christmas Concert**

Date: Saturday 14 December Sunday 15 December, 2 – 5pm

Venue: RAF Museum London, Hendon, Free entry

#### The Tiger Who Came To Tea

Date: Tuesday 3 December – Sunday 5 January

Venue: artsdepot, £14 / £12.50 (£46 for 4) / £8

Hold on to your biscuit tin!

Olivier Award Nominee 2012

#### Little Howard's Big Show for Kids

Date: Sunday 2 February

Venue: artsdepot, £7

A unique live animation comedy.

Ages: 6+

artsdepot bookings: 020 8369 5454 www.artsdepot.co.uk

#### Libraries Christmas and New Year Opening Hours

- Date: Christmas Eve all services will close at 5pm
- Date: Christmas Day, Boxing Day, 27 28 and 29 - all services will be closed
- Date: 30 December all services will be open as normal
- Date: 31 December all services will close at 5pm
- Date: 1 January all services will be closed
- Date: 2 January all services will be open as normal.

## Working hours

Mubeen Akhtar is 37 years old and has been a library volunteer since May 2013.

## What made you decide to become a library volunteer?

I became a volunteer as I wanted to remain busy and put my IT skills to good use while I look for work. I also enjoy teaching people and giving something back to the community. My uncle told me about the volunteer opportunities and I was interviewed by two people who were extremely polite. I started out volunteering two hours per day every week but after a few weeks I increased this to three hours as there was so much demand for my IT sessions.

## What do you enjoy the most about volunteering?

Volunteering and helping people is a reward in its own right. When I'm teaching people how to use a computer and the person finally succeeds, the sense of accomplishment is like that of being a proud parent. I also enjoy working with other people as part of a team. At the library I have a supervisor who encourages me and helps me if I need it. The staff are very helpful and I enjoy being here.

#### Can you describe your typical day?

When I'm volunteering I travel to the library reading my e-reader on the way. I wait for my first student to arrive then introduce myself and ask them what they'd like me to show them. For instance, people often want help setting up or using an email account or searching the internet. When I'm not volunteering, I drop my nieces to school then read books when I'm not looking for work. Because I enjoy reading so much I do prefer going to libraries for the tranquil and helpful environment.

#### What is your favourite book?

Bram Stoker's Dracula - I especially like the way Stoker describes the landscape and the characters' feelings. Having read the book a number of times I would highly recommend it.

## What would you say to anyone thinking about becoming a volunteer?

I would definitely say yes as the sense of accomplishment and rewards are many.

To find out more about becoming a library volunteer visit www.barnet.gov.uk/volunteer

Volunteer