



Demolition plan for buildings behind new Sainsbury's store

By Nick Allan

And suddenly... nothing happened! The two empty shops on the corner of the High Road and Leicester Road earmarked for a Sainsbury's Local store still stand empty almost 18 months after the company announced it would be moving in.

We contacted Sainsbury's and a spokesperson confirmed that it still intends to open a store in East Finchley. The company repeated its earlier statement: "We are continuing to develop plans with our contractors for a new store in East Finchley but the programme of works is proving lengthier than expected due to the age of the site and surrounding properties." It promised to "update the community as we progress."

Clinic premises at risk

Adding to the mix is a recent planning application for 'Demolition of the rear of 132-134 High Road and 1 and 2 Leicester Mews and erection of a single storey side and rear extension' behind the proposed Sainsbury's site.

The rear of the site is occupied by Utopia Health & Beauty Clinic who only learnt of this application recently and commented that they are very concerned about its possible effect on the 20-plus therapists who work in the building.

A Sainsbury's spokesperson said that they are aware of the application and commented: "This (application) has no impact on our plans as we already have planning permission for our store."

In the meantime, as previously reported, East Finchley Open artists are making best use of the vacant premises with a pop-up exhibition of their photographic studies of life on the High Road.

Flowers and gardens

Two big dates are coming up in the calendar for the Hampstead Garden Suburb Horticultural Society.

On Saturday 17 June from 3- 5.30pm the society will be holding its 283rd summer flower show at the Free Church Hall, Northway, NW11. Everyone is welcome.

Then on Sunday 25 June for the first time ever to celebrate the 90th anniversary of the National Gardens Scheme, members of the society are opening their gardens for charity. Nine beautiful gardens and one allotment site will be open on the same day, along with plant nursery stalls, a treasure hunt for kids and plenty of tea and cake. Find all the details at www.hgs.org.uk/hortsoc.

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Founder: The Silver Line's Esther Rantzen

Silver Line call is highlight of my week

Founded by Dame Esther Rantzen in 2013, The Silver Line is the only national, free and confidential helpline for lonely and isolated older people open 24 hours a day, seven days a week. Here, East Finchley volunteer Graeme Naylor tells us why he got involved.

I saw a Comic Relief film about The Silver Line in 2015 and decided to apply. I was matched with an older person based on shared interests and once a week we have a 30-minute conversation on the telephone. It has become a highlight of my week and we have both gained much from the service.

The calls are connected via an online call system so both the volunteer and the older person are protected and confidentiality is key.

Loneliness is such a massive issue for all generations and I know most people experience feelings of loneliness at some point in their lives. Research has shown it can seriously damage both mental and physical health so I wholeheartedly support the work of The Silver Line, it's a vital

service and a lifeline to many.

Silver Line facts

The helpline has received over 1.3 million calls from older people since its national launch in November 2013. Two thirds of these calls are made to us on evenings and at weekends when other services specifically for older people are closed. Two thirds of our callers phone us because they are lonely or isolated; 88% live alone and 54% said they have nobody else to speak to at all.

Nationally, we have trained 3,000 volunteers who make weekly friendship calls to around 2,700 older people but more donations are urgently needed to help keep our vital evening and night time service going

To find out more please visit The Silver Line website:



Friendly voice: Graeme Naylor

<https://www.thesilverline.org.uk/> or email volunteering@thesilverline.org.uk. The helpline number is 0800 4 70 80 90 and is open for older people across the country 24 hours a day, seven days a week.



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For more information please contact the Church Office
Tel: 8883 1544 (Minister: Simon Dyke)
www.eastfinchleybc.org.uk

Visitors always welcome