



Rayyan's ride makes a big impact on families in need

By Lynn Winton

Whenever six-year-old Rayyan Ahmed went shopping in Sainsbury's in the High Road, N2, with his mum, he pointed to the Finchley Foodbank donation point and wanted to know why people were dropping items in the container rather than taking them home with the rest of their shopping.

When his mum Saira explained all about food banks and how some families needed their support, he listened intently.

"We live close to Finchley Foodbank," explained Saira, "and Rayyan frequently cycles with his dad and they were going longer and longer distances. So we suggested to Rayyan that he could do some good for the food bank using his cycling

ability, and he was up for doing a sponsored challenge." Rayyan and dad Nawaz cycled 20 miles and raised £1,110 from sponsorship. They got in touch with the food bank's then manager Anna Maughan, who invited the family to visit on a busy distribution day, so Rayyan was able to put it all together and understand how his donation was being used to great benefit.

Anna wrote to Rayyan, explaining the impact he had made: "Thanks to your fantastic effort we have been able to buy healthy food like eggs, fruit, and milk, as well as other important things like tea, coffee, nappies, and toiletries for the people who need them. Did you know that, every week, we help almost 700 people? Thanks to you, we can make sure they have what they need."



Wheels of steel: Six-year-old Rayyan Ahmed cycled 20 miles in support of Finchley Foodbank



Big difference: Rayyan presents his fundraising cheque to Anna Maughan and new manager Rachel Nelson

Familiar face at food bank

By Lynn Winton

Finchley Foodbank, based at St Mary's Church Hall in East Finchley, has appointed a new manager and she will be a familiar face to clients and volunteers. Rachel Nelson has been assistant to outgoing manager Anna Maughan for the past 18 months.

Rachel, who grew up in Kentish Town and has a professional background in corporate human resources, now lives in

East Finchley with her husband and three teenage children, and describes her promotion as a "dream job".

"I started here as a volunteer and have never felt so fulfilled in my work," said Rachel. "Anna leaves me with big boots to fill but as she remains so involved in the organisation I can tap into

all her knowledge.

"Food poverty is a huge crisis and you have to navigate your way through it whilst coping with the emotional aspect of meeting your clients' needs in the very best way you can."

Find out more about the food bank's work at www.finchley-foodbank.org.uk

Stab victim recovering

A man who was stabbed at the junction of King Street and Church Lane, N2, at about 8pm on Thursday 12 September has recovered well and is now at home.

As we reported last month, a 30-year-old man was given urgent medical assistance by two doctors who happened to be in the King Street Food and Wine shop at the time. They rushed to the victim's aid then stayed with him until an ambulance arrived.

Jan Lovell from the East Finchley Safer Neighbourhood Team said: "After the attack, we carried out reassurance patrols in the Church Lane and King Street area for several days.

The message was, and still is, that this was not a gang-related crime but a one-off incident with no concerns for public safety."

The stabbing is under investigation and no arrests have been made. If you have any information about this incident, call police on 101, quoting crime reference number CAD6603/12 Sept, or, if you want to remain anonymous, call the independent charity Crimestoppers on 0800 555111.

SAFER NEIGHBOURHOODS
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How to report a crime

• Call **999** in an emergency when there is a danger to life or a crime is in progress

• Call **101** for non-emergencies, if your property has been stolen or damaged, you wish to report drug dealing or a minor traffic accident, and for general police enquiries

• Report crime to your local Safer Neighbourhood Team by email: eastfinchley.snt@met.police.uk gardensuburb.snt@met.police.uk or fortisgreen.snt@met.police.uk

Find full details for the local SNTs at www.iloven2.co.uk/local-government-and-policing

• Stay anonymous and report information to Crimestoppers on **0800 555111**

Earthy delights

The annual Mineral, Gem and Fossil Show organised by the Amateur Geological Society - North London will take place on Saturday 30 November from 10am to 4pm at Trinity Church, Nether Street, North Finchley.

This popular event features stalls full of jewellery, gems, fossils, meteorites and minerals, plus a children's lucky dip, books, maps and a refreshment area. Entrance is £2 for adults. Accompanied children under 12 are free.

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