

TNQ NEWS

JUNE 2020

TNQ

Dear Residents,

We really hope that you and your families remain well.

Lockdown measures are continually being eased with some services opening up and many people are going back to work, so we would like to remind our residents to take care and socially distance when they are outside, particularly in communal spaces within the development, to ensure everyone's health and safety.

Now that building works can recommence in accordance with the new government guidelines, the remedial works are underway once again at TNQ and you can read more about this in this months' construction update.

We would like to thank you all for your understanding and assistance during these times.

The TNQ Team.



CONSTRUCTION UPDATE

We thank you for your continued patience as, this week, we commence the works to the façade replacement at The Northern Quarter.

You will have hopefully received communications informing you of the work that has commenced at TNQ this week including the erection of scaffolding to Bree Court. We will also be installing a hoist within the area between Avery Court and Bree Court adjacent to Capitol Way. This will allow our contractors to easily move materials around the development - allowing them to carry out the necessary works.

As the scaffold goes up and work commences, we would please remind residents to keep blinds and curtains closed first thing in the morning, for your own privacy.

We would also like to remind residents to remain careful when entering and exiting your block during the period when scaffold is in situ. We will place some pedestrian signage to help safely direct residents and would request that everyone follows the relevant directions. If you have children, we ask that they are always assisted by an adult around the scaffolding and that they are not used to climb up under any circumstances. Your safety remains our priority.

Lawtech will be providing you with covers to protect your furniture and any personal items on your balcony. Please ensure that this protection is in place during working hours, whilst we are working on your elevation. Any items left unprotected are done so at your own risk as Lawtech Group Ltd cannot be held liable for any damage that may be caused.

All residents will be given notice prior to the start of works that will impact your balcony, allowing you the time required to remove any furniture or personal items from your balcony.

We have now contacted those residents with terraces about the specific impact of the scaffolding to your property.

As always, we will be working hard to make sure that our work causes you as little inconvenience possible and would like to thank you in advance for your co-operation.

If you have any concerns or questions please do not hesitate to contact your **Resident Liaison Team** at cwliaison@networkhomes.org.uk or residents can contact the **TNQ Team** at info@tnq-london.com.

COMMUNITY ACTIVITIES

Barnet Children's Centre

If you have young children at home and are running out of ways to entertain them, Barnet Children's Centres is posting videos on its Facebook page of activities for kids to watch and follow along. This includes arts and crafts, as well as story-time! Visit their Facebook page to join in.



Art Workshop

Saint Augustine's Church is hosting an art workshop via Zoom for young children. This is a great way for kids to be creative and have fun during these difficult times. The workshops take place on Tuesdays and Fridays, and previous classes have been uploaded to YouTube so everyone can enjoy!

For more information, visit the Saint Augustine's Church – Grahame Park/Colindale Facebook page, or call Esperanza on 07474027340.

Barnet Library

Barnet Library is hosting events online for the community to stay entertained during this time. Previous events are available to watch online, including videos about the history of Barnet as well as arts and crafts videos for all ages. Upcoming events include a book quiz, tips for reading to new-born babies, and rhymes for new-born babies.

To stay up to date with online library events, visit barnet.gov.uk/libraries/library-events

Covid-19 Community Services

Support your local foodbank

It is important the community continues to pull together to help the most vulnerable during this difficult time. Please donate to Colindale Foodbank so we can continue to support those most in need.

Anyone can donate by the trolleys and baskets at the front of local supermarkets, or via the foodbank:

Trinity Church Northwest Centre, Avion Crescent, Grahame Park Way NW9 5QY.

Eat healthy

Bread 'N' Butter are cooking and freezing healthy meals which can be delivered locally to those in need.

Call 02083570923 for further information or email info@sct.london.

Home-Start

Many families are facing financial hardship and mental health challenges during this time, Home-Start is a voluntary service that provides support and friendships for families and children. This includes nappies and baby food, access to food banks, educational resources, and telephone support.

To find out more visit: homestartbarnet.org

COMMUNITY NEWS

The Colindale Litter Pickers have been restricted during the lockdown, but keep an eye on their Facebook page to help out with a great cause once the lockdown has been lifted! They organise community clean-ups and promote recycling in local schools, helping to improve the community for everyone.

To get involved visit facebook.com/ColindaleLitterPickers

This summer

WHEN VISITING PARKS & PUBLIC SPACES

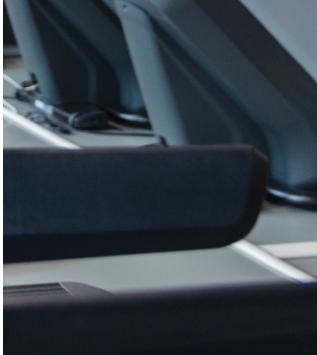
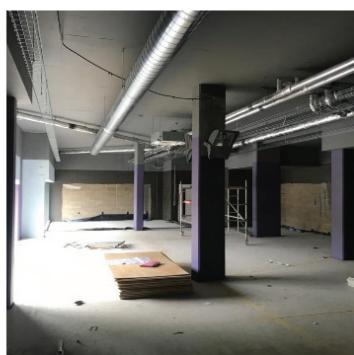
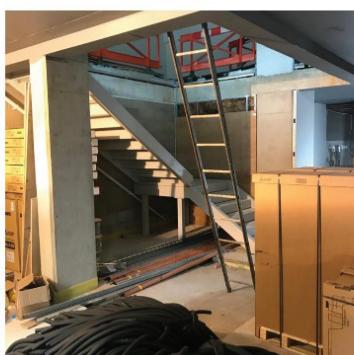
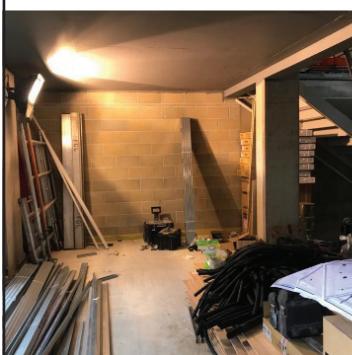
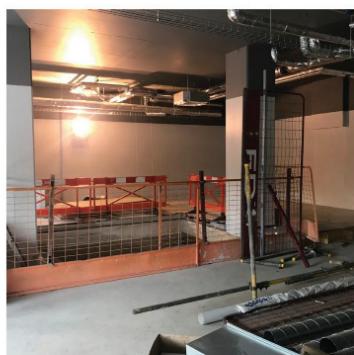
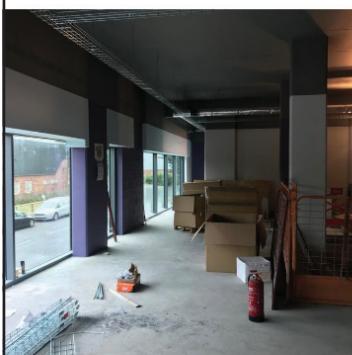
BIN YOUR RUBBISH OR TAKE IT HOME

COLINDALE LITTER PICKERS
3 YEARS RAISING AWARENESS WITHIN THE COMMUNITY

ANYTIME FITNESS GYM LAUNCH



OPEN
MID-AUGUST
2020



We are very excited that we are getting closer to the opening of the Anytime Fitness Gym launch. Following a delay due to Covid-19, the gym is now planning to **open mid-August 2020**. There is no class timetable currently, but in the meantime, residents can access over 50 live virtual workouts for free every week through Anytime Fitness TV - helping you to stay active from home.

There will be some great deals available for those looking to sign up soon. The first 100 memberships will be sold at a discounted rate of £29.99, and thereafter the standard membership price is £42.99. Residents at TNQ, however, will be able to purchase a membership for the discounted price of £34.95. Membership comes with various benefits including **24/7 access** to more than 4,500 clubs worldwide, so you can keep fit wherever you are. The gym will be equipped with brand new state-of-the-art equipment including extended cardio equipment, a large functional training area, and a free weights training area.

You will also have access to an interactive app, which gym manager Tom Cartwright described as a "personal trainer in your pocket." The app enables you to set goals, keep track of your progress and provides over 1,100 workout plans so you will always have assistance. In addition to this, Tom emphasised the community atmosphere in the gym and that there would always be staff members available to provide ongoing support to its members.

A referral scheme will offer further benefits to those who bring in members to the gym – it's a great way to get everyone in the community involved!

To submit a membership enquiry, visit:

<https://atpresale.clubwise.com/londoncolindale/enquiry.asp> or navigate to this through www.anytimefitness.co.uk – click 'find a gym', search Colindale, and submit a membership enquiry.

BIN STORES

Just a polite reminder to all residents to ensure you are using the correct rubbish bins and not depositing rubbish bags, or boxes, on the floor in the bin store areas. Notices are displayed to indicate which bin to use however, if you are unsure of which bins to use for what item please do reach out to the concierge who will be more than happy to advise.

Please ensure your waste is disposed of correctly – here is a quick reminder!

BLUE BINS

RECYCLABLE WASTE ONLY

- White and clear sacks only
- Break cardboard boxes down to allow more space for others

BLACK BINS

- General waste

BROWN BINS

- Use a green compostable bag and tie it securely
- All food waste except meat, fish, and non-compostable teabags

Bulk items are NOT to be put in or beside the bins on the ground. Please call the council on 020 8937 5050 to arrange collection.

PLEASE NOTE: These bins stores are CCTV monitored.



Key contacts

Network Homes (Avery & Bree)

Security team: 07891 216 201

Can be contacted for Anti-Social Behaviour issues and electrical meter readings/top ups.

Customer Service Centre

Can be contacted for all Neighbourhood and Estate management queries.

03003 733 000

[customerservice@
networkhomes.org.uk](mailto:customerservice@networkhomes.org.uk)

Capitol Way Resident Liaison Team

Can be contacted for enquiries relating to the Fire remediation project only.

cwliaison@networkhomes.org.uk