



Out & About...

with Noel Lynch

Famous

Another celebrity resident of East Finchley is the actor and writer Peter Polycarpou, best known for playing the Greek husband in 'Birds of A Feather'.

Tesco

I heard recently that Tesco's first shop was in East Finchley, near the Phoenix Cinema. Does anyone know if this is true?

Boot Sale

The Boot Sale at Martin Schools resumed on Easter Monday. The crowds were unbelievable. There were nearly 500 cars selling and an estimate of over 20,000 people attended. Martin Schools PTA did quite well selling food.

Big Load

There was chaos on a recent night when a transporter carrying a huge bulldozer tried to come up the High Road. The driver did not realise that road had been narrowed and proceeded to get stuck at the Creighton Avenue - High Road junction. He tried reversing and damaged the railing.

Leaflet

Some readers may have come across a scurrilous anonymous anti Greek Cypriot leaflet circulated in East Finchley. Some months ago, I passed a copy onto the famous Cypriot writer and Historian Steve Panteli, who contacted Scotland Yard, they are now investigating.

First in East Finchley

My spies tell me that East Finchley is soon to have its very own Tattoo Studio!

Famous Visitor

The name Victor Simoneli will not mean much to most people, but two fans could hardly believe it when they found themselves in his company last week. Victor, a D.J./Producer from New York is one of the greats in the dance, house music field. While passing through East Finchley he popped in to 'Alan's Record Shop' and purchased a few dozen records. He was very surprised with the selection 'A hidden oasis of music' he said, and stated he would call every time he is in London.

Credit Union

A Steering Committee is now being formed. We need more people to get involved. Please Contact Noel Lynch. If you have anything of value for this column. Please contact Noel at The Bargain Centre, 212 High Road, N2. Tel: 0181 883 0234.

NCR crashes

During the weekend 12th 13th April two road accidents on the North Circular caused injuries but no fatalities.

On the Saturday morning just before midday, a three vehicle crash involving a lorry, a car and a bus occurred.

In The Neck

The driver of the car had to be cut free from his vehicle and suffered neck injuries. The bus driver was unhurt, but a woman passenger on the bus suffered whiplash. Both were taken to the Royal Free Hospital by ambulance.

Sunday Drivers

In another incident on Sunday morning, four people were trapped in their car which collided with a tree near the junction of the A1000 Finchley High Road. Four young people in the car, two men and two

women, suffered injuries including a broken leg and hip injuries, a broken arm and cuts and bruises. It took firemen over two hours to free them.

Club XL

East Finchley now boasts a smart new club, Club XL, which opened it's doors for the first time on Friday 18th April.

The club, which is on the corner of Lincoln Road and the High Road, was formerly Temptations restaurant. Behind the darkened windows there is a bar with comfortable seating, table seating for meals and a television wall. At the back is a small dance floor.

It is to be a members only club, primarily catering for the Asian community, but will be open to all local residents.

Human Contact

by Daphne Chamberlain

What do these people have in common:-

◆Mr A has emphysema and has just got out of hospital. His wife is house-bound. He needs someone to wash their net curtains and clean their windows.

◆Mrs B is 85. She needs someone to paint her bed-sitting room.

◆Mrs X is house-bound. She needs someone to take her laundry to the launderette once a fortnight.

◆Michael is a lively and artistic man who has had paintings exhibited. He has cerebral palsy needs a friends, someone to talk to him and take him out.

They all need a good neighbour as do many other members of our community in East Finchley. Many people do not qualify for professional assistance, because they can do just that little bit more for themselves. They have to rely on

relatives, friends or volunteer supporters.

CONTACT the voluntary Good Neighbour scheme, gives help to 237 local people. The support they give is wide-ranging, from collecting prescription and pensions to a small amounts of shopping, assisting with forms and help with gardening and odd jobs.

Benefits don't go all one way, though. Lizanne makes 2 hours weekly visits to a visually impaired lady who lives around the corner. She reads the newspaper to her and deals with her post, but they have also been to a concert together. Lizanne says, "I visit someone with whom I have a lot in common. Contact has given me an opportunity to form a friendship with someone

in an age group I would not normally come into contact with." Kenny, another volunteer, says, "the ladies whose garden I attended were very grateful for the work done, yet the pleasure, honestly, was mine. Driving people to and from the lunch club is an easy task for me. I'm not consistently available for this service due to work commitments, yet when I can help, it feels like the simplest thing."

Some 44 volunteers are already helping, but more are needed. Drivers are particularly in demand. If you can help in any way, please do get in touch with: Christine George, CONTACT, 42 Church Lane, East Finchley, London N2 8DT Tel 0181 44 1162.

Look at M.E.

With International M.E. (Myalgic encephalomyelitis) Awareness Week from 12th 18th May Martin Earl of Leslie Road gives his personal view of the illness.

I'm well again! I'm running on all cylinders instead of the two or three or even one with which I have had to mangle over the last four months. I have been suffering on and off like this for the past 14 years. During bouts of illness I am usually able to stay at work only because I bed rest all weekends and evenings. My social life is minimal.

What do I have? Until six years ago neither I nor my GP had a clue. But it turns out I have M.E. or post viral syndrome. In my case it means regular periods of flu like symptoms, a poisonous tiredness, and an inability to concentrate, there is no positive diagnosis and no agreed treatment except for rest and relaxation techniques. Fortunately it is not fatal and a very good percentage of sufferers recover completely, especially now that many more doctors accept the illness and early advice on how to manage it is available.

Symptoms

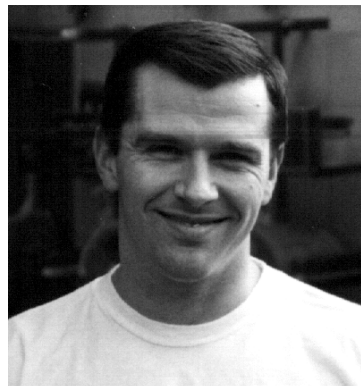
In comparison to other sufferers (some are confined to bed or need to use wheelchairs) my symptoms are mild. But I still find them most frustrating. Suf-

ferers need a lot of patience as do their families, friends and employers. It is absolutely essential that I don't do anything beyond my energy capacity. Otherwise two or three days later the symptoms hit back and can take several weeks to clear.

If you come across anyone with M.E. or any post viral illness for that matter, such as ordinary flu do remember that whereas you might be tempted to encourage them to do more, they usually need to be encouraged to do less. Rest is essential and recovery takes time. I am a hare by nature but I am having to learn the advantages of plodding like a tortoise!

More information can be obtained from M.E. Association 01375 642466 or Action for M.E. 01749 670799

Home Run



Congratulations to Bobby of Tom's Butchers, who completed his London Marathon Run in 3hrs 58minuts, his personal best, knocking 2 hours off last year's time. He raised the sum of £2,150 and the North London Hospice are still counting.


This was the highest individual sponsorship. Afterwards the runners with their families, managed to stagger round for a reception and leg massage from the Hospice physiotherapist Karen Baldpy.

Bobby back serving his customers on Monday said "it really was a wonderful day". "Now I am looking forward to next year."

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