



## Dear Deirdre...

I really look forward to going on holiday every year, but so often when I'm away from home, I seem to get an upset stomach and it can end up spoiling everything. Any suggestions? I have sometimes tried taking things like Imodium but then I get totally blocked up, and that's almost worse. Is there anything a bit less drastic I could do?

Loo-locked Louis from Leicester Road

Dear Louis,

I sympathise - holiday diarrhoea is no joke. Best thing is to try to prevent it in the first place by being a bit careful about what you eat and drink. It's usually a good idea to drink bottled rather than tap water unless you're sure the latter is safe, and to avoid ice cubes if possible. If you're self-catering, be sure to wash all fruit and vegetables. If you're eating out, you may want to avoid salads, only eat seafood in recommended places, and avoid buying meat snacks, hamburgers etc at suspicious looking roadside stalls. Just take reasonable precautions: at the start of this letter I said be 'a bit careful' and I meant that. It's possible to become so anxious about eating that that can end up spoiling your holiday too!

### Bicycle clips?

And if you do get diarrhoea in spite of your precautions, the best thing you can do is to drink plenty of water. If you think you're severely dehydrated (i.e. if your urine is very dark in colour), the simplest rehydration solution is 8 level teaspoons of sugar, half a teaspoon of salt and 1 litre of water. Other good things to drink are fruit juices, flat Coca Cola and herb teas, especially camomile - and plenty of them. Avoid milk products and solid foods, at least at first, and stay away from alcohol as it dehydrates you even more.

One prevalent opinion on diarrhoea is that the best way to deal with it is to drink lots of fluids and just let it run its course (so to speak!), in the belief that it is best not to interfere with the body's natural way of eliminating toxins by taking drugs to counter it.

I hope this helps a bit.

Have a good holiday!

Deirdre

The Dear Deirdre column is written by Jane Revell, therapist and stress management specialist. If you have a problem you think can help you with, please write to Dear Deirdre at THE ARCHER. All replies will be treated in confidence.

## The Oasis Project

By Diana Cormack

**From September the Herbert Wilmot Centre in Eagan's Close, East Finchley will be taking on a new role. As well as the activities now provided for local young people, it will also be housing a project transferred from Grahame Park.**

Known as Oasis, the scheme has been running for about three years and its objective is to provide a safety net for fifteen and sixteen year olds who have fallen out of mainstream school. They will be given the opportunity to achieve some GCSE successes by having small group tuition in a range of subjects. The project's director is Jeni Osbourne.

The Year 11 students have been selected by assessment and come from all over Barnet. They will either make their own way to East Finchley, deemed suitable because of its good transport links, or be brought here by mini-bus. The project is run by the Youth Service and has attracted new funding to improve facilities at the Wilmot Centre.

### Second chance

The pupils will remain on their individual school rolls. They have not been excluded

but, for a variety of reasons, they have problems which prevent them from fitting into the system. The Oasis teachers will work on the youngsters' skills and aspirations, building up good relationships which they anticipate will continue in an informal, supportive way after their GCSE year, when the students will hopefully have gone on to further study or work.

The teenagers involved in the scheme are not regarded as being difficult or dangerous tearaways. East Finchley councillor Alison Moore, Cabinet Member for Education, described them as "Young people with problems, not problem children."

It is hoped that eventually the Oasis project will be able to make useful links with local establishments, including schools, though the first of these will no doubt be the cafes and take-aways at lunchtime!

## I was an Underground extra

By Daphne Chamberlain

**There we were in Aldwych station, a year ago, - North London drama group members, a "resting" actress, a fifty-something drama student from Gillingham, who had just given up her day job, and a baby in a buggy. We were all there to help Robert Winston make one microscopic part of one programme in a series called "Superhuman".**

Was it cold! If anyone invites you into the depths of an unused Tube station, wrap up well. Also, if you're filming for three and a half hours, you'd better have either strong plumbing, or the stamina to climb two hundred stairs to the only loo.

If you saw the programme, you may remember the doctor (smaller and cuddlier than he appears on screen) discussing germs, microbes, and bacteria in sneezes. This is where the green labels kicked in. They marked the spots where images of these "nasties" were to be superimposed on the film.

Our job was to creep from one train compartment to another, taking up our positions before the camera panned round. We stuck to it through many takes, though the baby cried and was taken home.

The "resting" actress perfected her look of commuter boredom, but unfortunately (like most of the proceedings) it was left in the cutting-room. (I was left in, but my own mother failed to recognise me!)

Our bonus came when we were escorted from the set in the specially commissioned train, which took us to Holborn. There, station staff unlocked a gate for us to join the hoi polloi on the public platforms,

but sadly the hoi polloi didn't take much notice.

Things are never what you expect. I had imagined an unused station as an eerie place, full of dark lift-shafts and spooky passages. In fact, lights blazed everywhere, and the atmosphere was tattily cheerful. The reception area upstairs was lined with posters from previously hosted films. I wonder if they now show one of ours?

## Calling all stamp collectors

By Sippy Azizollah  
**The Finchley and District Philatelic Society are to hold regular meetings on the 1st and 3rd Wednesday evening of every month from September.**

The meetings will be held at the Carey Room, Trinity Church Hall, Nether Street N12. (Near Tally Ho Corner)

New members and visitors are most welcome to come along and join them

For details please contact: Brian Merryweather (President) on 020 8444 3251.



Leo Amoruso photo by Diana Cormack

## The Italian Job

By Diana Cormack

**Just over a year ago local people wondered what a neat little vehicle was doing parked on the concourse outside East Finchley tube station. Now many of them wouldn't be without it!**

From 7am travellers can start their day with a good cup of coffee and a croissant served from the Caffè Mobile by Leo Amoruso, who hails from Milan. It was there that, from a young age, he learned his trade in the family coffee shop and pizza restaurant.

Leo has been living in London for fifteen years, the past eight of which he has spent in Muswell Hill with his Cornish wife with whom he has two sons aged twelve and four, plus another child expected soon. When he came over here Leo spoke no English and still has a delightful Italian accent, which he reckons adds a touch of authenticity.

But Leo's coffee can speak for itself! Favourite with his many regular customers is latte, followed by cappuccino and espresso. School children go for his hot chocolate along with a pain au chocolat.

Caffè Mobile is busiest between 7 and 11am. At present it is open on Mondays to Saturdays until 2pm, but Leo hopes to extend this to 6pm from September and is looking for someone to this end whom he can train to work the coffee machine. He is also hoping to set up another van in Golders Green. As well as this, he is hired out to events such as parties at large country houses, weddings with a particular theme and film work. For these he can be contacted on 07855 036636 or just pop down to the station and sample things for yourself!

## Away from Home

**A massive campaign has been launched to persuade people to watch an Aussie soap at its new home on Channel 5.**

One of the story lines used in the hope of attracting viewers was filmed recently at East Finchley tube station. It involved *Home and Away* characters estranged husband and wife Donald and Marilyn Fisher, played by Norman Coburn and Emily Symons.

Being pursued by her husband in search of a reunion, Marilyn jumps onto a tube train to get away from him.

Unfortunately, the train came off the rails (is there a message there somewhere?) but Northern Line services were not disrupted.