



Getting Personal

By Diana Cormack

Madonna has one. Cherie Blair has one. So does Tom Cruise. In fact, it's become quite fashionable and you can have one too, right here in East Finchley. After Christmas, you may really feel you need one! Marios Stratis, who lives in Lincoln Road, is one and he loves it.

Marios is a Personal Trainer, but he is emphatic that having one is not just for the elite. He believes that personal training can be beneficial to fitness, health and feeling good, whatever your age. After five months of his one-to-one training, a 60-year-old with mobility problems now goes out jogging!

He does home visits and gives free half-hour consultations for general fitness advice or prior to participating in his individual training sessions. This can be specific to certain sports or to improving fitness, which can include weight loss or weight gain, involving diet and nutrition. Marios also does massage treatment and rehabilitation therapy.

Gym'll fix it

Age is no barrier - clients have been well into their seventies - and one of Marios' targets is to build up the esteem of people who do not have the confidence to go to a gym. But, if you prefer, he will do the training in a gym. Marios works at the Holmes Place Fitness Centre opposite Warren Street tube station. He trained hard for over six months at "Premier Development" in Potters Bar to take him to an advanced level for his job, of which he says enthusiastically, "This is my life. It's what I've always wanted to do."

If you feel that his personal training could be beneficial to you, telephone Marios on 07979 481021.

Oak Lodge School

By Diana Cormack

Children travel from all over Barnet to attend this secondary school, which is situated on Heath View, just off East End Road. It caters for up to 168 pupils from eleven to eighteen and is specifically for youngsters with moderate learning difficulties. Most have general learning difficulties, but some do have specific language disorders and communication difficulties. There is also a small unit for autistic students.

The large, single storey building has an extensive school field plus an adventure playground; whilst inside there is a small learning pool and a gym for physical activities. In the classrooms lessons take place with no more than twelve pupils, so there are many skilled teachers plus support staff both on site and visiting. There are computers in all the classrooms.

Seven-up

Year 7 children are mostly taught by their form tutors, although they do receive specialist input for Art, Music, Technology, Information Technology, PE and French. Students in Years 8-11 are taught by subject specialists and follow a modified and suitably differentiated National Curriculum. They receive either GCSE or Certificates of Achievement at the end of Year 11, after which many choose

to stay on in the thriving sixth form.

Proud Walker

Headteacher Lynda Walker is justifiably proud of the results which the children are producing and of the work-related curriculum they are able to follow. Work Experience is available from Year 10 onwards, along with Skill-power Courses and GNVQs. The sixth form also has links with Barnet College.

The work on display around the school reflects the teaching skills which are used to encourage and stimulate the children in their individual progress and attainment towards their full potential. Last summer Oak Lodge School was awarded the Investors in People Standard.

Visitors are welcome to come and see the school in action. If you would like to do so, please telephone 8444 6711 and prepare to be impressed.



Dear Deirdre...

I want to keep myself fit and well this year. Can you please give me some advice on this, especially about the sorts of things I should be eating and drinking?

Yours sincerely, Pallid Pam

Dear Pam,

Keeping yourself fit and well is a great new year's resolution.

If fitness is what you're after - as opposed to developing your strength or endurance - then the key thing is moderate exercise: about half an hour every day. So, what is moderate exercise? Well, jogging, cycling, swimming, doing sports, reasonably brisk walking, but also things you may not think of as exercise such as dancing, gardening, playing with the kids, housework (ie Hoovering, scrubbing floors, cleaning the bath though not doing the dishes unfortunately!). Moderate exercise is anything that increases your heart rate and your breathing rate in a way that is comfortable and which you can sustain for quite a long period of time. (As opposed to strenuous exercise, which gets you completely out of breath, dripping with sweat and exhausted in a very short time.)

As for eating and drinking, the most important thing you can do is to make sure you drink lots of water - ideally 6-8 glasses a day. We tend to forget that our body needs plenty of water to function properly: without enough of it, our mental performance is impaired and we are far more prone to illness. Don't wait until you feel thirsty - you're already quite dehydrated by then. Start your day with a glass or two of water and then remember to have some from time to time during the day. It doesn't have to be bottled water, tap water is fine. It doesn't have to be cold either - I tend to drink mine hot ... or stick a herb teabag in it.

DON'T go on any strict diets. Though they may seem to work short-term, you can actually damage your body through losing more fluid and muscle than fat, and long-term most people put the weight back on ... and more. For ongoing fitness and health eat a nutritious balanced diet which includes a bit of everything: proteins, carbohydrates, fat (yes, fat - there's good fat as well as bad), fibre, vitamins and minerals. You don't need to deprive yourself of anything.

GO EASY ON: sugar, sweets, chocolate, cakes, biscuits, puddings, jam, fried food, fizzy drinks, fatty meat, fast food, full fat dairy products and over-refined food such as white bread, rice etc.

And HAVE PLENTY OF: fruit and vegetables, cereals, fish, lean meat, nuts and seeds, pulses, oils and unrefined foods like brown bread, rice etc.

Everything in moderation ... even moderation!

Good luck with it!

She clears the SWEET TROLLEY - at a single bound!



Deirdre

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

The North London Hospice

By Sonia Singham

The North London Hospice charity was formed in 1982 to offer care and support for patients who are terminally ill and their families.

This could be regarded as the mission statement of the North London Hospice. Anyone who is involved with this organisation will know that they fulfil these aims - and their services are free to all. The four main areas of provision are:-

In-patient Beds - a 20-bed unit, medical rooms with physiotherapy, a counselling room and a patient sitting room. The specialist team includes medical, nursing and social work personnel, and trained voluntary workers.

Community Specialist Palliative Care Team - who help to care for patients who wish to remain at home. Those

patients are also able to visit the day care centre, or be admitted to the in-patient unit for respite care or terminal care if necessary. This service is on call twenty-four hours a day, seven days a week.

Day Care - patients come for medical assessment, recreational therapy, counselling or just to meet others for a day out.

Education - teaching students of medicine, nursing, social work, to name a few, is included in the ongoing work of the Hospice.

An important aspect of the Hospice is the multi-faith ethos, which is reflected in The Room of Quiet and Contemplation.

Spiritual support is provided to patients whatever their faith, denomination, degree of adherence, or lack of it.

They need your help

Supporting patients who are terminally ill, not only cancer patients but also those who might be suffering from Aids or multiple sclerosis, means the community needs to help by voluntary giving.

This can be done in a number of ways: Gift Aid, joining or organising fundraising events, running in the sponsored marathon, collecting for the Sunflower Appeal, working in the Hospice shop or offering a special skill such as photography, design or typing. The gardens were given a makeover recently by a large group of volunteers! At the moment the Hospice urgently needs more drivers.

The Hospice is almost solely dependent on voluntary contributions to meet the £2.2 million it costs to provide such comprehensive care. To find out more call 020 8343 8841.

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Every Sunday at 11:45am

Rev Jim Patterson will present his message

live from the Finchley Elim Pentecostal Church, Salvation Army Hall, Hertford Road, East Finchley, N2.

Our Sunday morning Family service with facilities for children starts at 11:00am ~ Visitors will always be welcome



East Finchley Baptist Church

just off the High Road in Creighton Avenue N2

Sundays at 11.00 am and 6.30 pm

for more information contact 8883 5743

Visitors always welcome