



Regular Events

Sport & Fitness

- ❖ **Badminton** on Wednesdays. Call 020 8349 0170
- ❖ **Body Control Pilates** classes. Call Deanna Wisbey 020 8883 7029
- ❖ **London Cycling Campaign** (Barnet), has monthly meetings & rides. Call 020 8440 9080.
- ❖ **Ramblers Association** (Finchley & Hornsey) Vivien Malindine 020 8883 8190
- ❖ **Tae kwon Do** Green Man Every Thursday 7-9pm 07949 612 706
- ❖ **Tai Chi** the Green Man Monday 1.30-3pm (new class 16 Sept)
- ❖ **Tennis Club** off Southern Road. Call 020 8440 6953
- ❖ **Yoga & Meditation** classes at Holy Trinity Church, 020 8444 7217
- Dance, Drama, Art & Music**
- ❖ **Adult Line Dancing.** Call Footloose 020 8440 8530/ 8216 5633.
- ❖ **Art Classes.** For info call Henry on 020 8888 5133.
- ❖ **Barnet Schools Music Centre** call 020 8445 6831 for details.
- ❖ **Broadway & West end Musical Singing Workshop** call Idit Gold 020 8449 0011.
- ❖ **Chipping Barnet Folk Dance Club,** Vivien Malindine, 020 8883 8190
- ❖ **Club Dramatika** drama club for kids. Call Vicky 020 8883 1554
- ❖ **Country & Barn Dancing,** at Oakleigh Park, 020 8349 0754
- ❖ **Columbian party dancing** classes, Call Nelsy 020 8444 2012
- ❖ **Incognito Theatre workshops,** Colney Hatch Lane, 020 8883 0911
- ❖ **Over 60s come dancing** at Ann Owens Centre 020 8346 8736
- ❖ **Pottery Class** at The Green Man, Call Celia Holmes 020 8349 9315
- ❖ **Learn to sing** at Finchley Methodist Church 020 8455 2403
- ❖ **Symphonic Wind Orchestra of North London,** Contact Stephen Kelsey, 020 8883 3365

Clubs & Social

- ❖ **All Saints Beer and Wine Circle** Call Richard Baldwin 020 8883 7081
- ❖ **Bingo,** Green Man Community Centre, 020 8883 4916
- ❖ **Contact Lunch Club** at the Green Man. Call 8444 1162 to book a place. Every Thursday. 12.30-2pm
- ❖ **East Finchley National Child-birth Trust,** Contact Ann Sullivan, 020 8442 1941
- ❖ **East Finchley Writers** meet weekly at the Old White Lion. Contact Lillian on 020 8444 1793.
- ❖ **Fairacres Monday Club** for Jewish people, Rene & Reuby Hyams, 020 8883 0448 or Sylvia Lee 8958 7878
- ❖ **Finchley & District Philatelic Society,** Contact Brian Merryweather 020 8444 3251
- ❖ **Finchley Victoria Ladies Bowling Club,** Call Margaret on 020 8362 9951 or Eve on 020 8883 7148
- ❖ **Finchley Victoria Men's Bowls Club** Don Ridley 020 8346 4250
- ❖ **Friendly Rubber Bridge** at The Old Barn, 020 8349 4613
- ❖ **Hampstead Social Group,** membership late 30's-late 40's Call David Morris, 020 8348 3495
- ❖ **North London Bridge Club,** Muswell Hill, 020 8348 3495
- ❖ **Muswell Hill and Highgate Pensioners' Action Group** Call Bob Cottingham on 8444 7635.
- ❖ **Muswell Hill Association** call Gerry Saunders 020 8883 7274
- ❖ **Muswell Hill Bowling Club,** The Green, Kings Ave. Beginners welcome. 020 8883 1178.
- ❖ **Muswell Hill Synagogue,** Tetherdown, 020 8883 5925
- ❖ **Muswell Hill Tetherdown Bridge,** 020 8883 4390
- ❖ **Old Barn pre-school club,** 020 8349 4613/1961
- ❖ **Parent & Toddler Group,** Green Man Community Centre, Julia 8444 2276
- ❖ **Single Solution** over 30s night. call 020 8802 2326/ 8363 2328
- Financial**
- ❖ **Finchley Credit Union,** the Green Man Wednesday 3-5pm.

Keeping an Eye on Dyslexia

Over the past few years we have become more aware of the problem of dyslexia and its detrimental effects.

Not only is the sufferer's reading ability affected, but a child's whole attitude to learning and subsequent achievement. Many older people complain that in their day dyslexia wasn't recognised, so they were wrongly labelled as stupid and feel it has blighted their life. Nowadays teachers are alert to the condition and can initiate appropriate action, for dyslexia needs to be expertly diagnosed and dealt with according to the child's needs.

Specialist help

Parents may be pleased to know that there is a dyslexia specialist available at Stewart-Duncan Opticians, 126 High Road. Ophthalmic optician Stan Wan trained and worked at the London Institute of Optometry, where he was taught by one of the leading experts on dyslexia, Professor Bruce Evans. He also worked with Professor Arnold Williams, who is involved in the large amount of research into dyslexia. The clinic is held monthly on a Thursday. For an appointment phone 8883 2020.

Dyslexia

By Stan Wan

Educational difficulties can be broadly divided into those that are specific or generalised. Dyslexia is the most prevalent form of specific learning difficulty, and is associated with impaired reading and spelling ability.

It is usually diagnosed by qualified educational-support staff, or a specialised educational psychologist. Test methods vary but often involve the assessment of IQ and reading age, to determine if there are significant problems. Individuals who have been officially diagnosed as dyslexic have statutory access to supplementary educational support.

Vision

There has been much research into the factors associated with dyslexia, particularly vision. Though visual problems, per se, are not the cause of dyslexia, the research has proven that these factors are additional obstacles to effective reading. Complaints of blurred and unstable vision when reading are common amongst dyslexics. Poor focusing and eye control are frequently detected, often requiring treatment with spectacles or specialised eye exercises (Orthoptics). Some dyslexics also report visual symptoms that do not stem from the aforementioned causes (Scotopic Sensitivity Syndrome). Recent

research suggests that precision coloured filters can significantly reduce eyestrain and visual distortions for these individuals.

Significant improvements

It is, therefore, highly recommended that dyslexics seek the expertise of a specialised optometrist, as the tests required often exceed the scope of a conventional eye examination. It is likely that a supplementary charge will be required to cover the more detailed investigations, and it is customary to receive a detailed report of the optometrist's findings. In my experience, this multi-disciplined approach of treating visual as well as educational deficits, can lead to very significant improvements.

For those wishing to investigate further, I highly recommend Professor Wilkins's book *Visual Stress* (Oxford University Press). It is also worth contacting the Dyslexia Institute in Staines, Middlesex with any general queries on dyslexia. If you have any further queries regarding vision and dyslexia, please contact us at Stewart Duncan Opticians.



Siobhan shows off her supplements.. Photo by Erini Rodis

Natural Choice?

Natural Choice may soon not be an appropriate name for East Finchley's health shop. Siobhan Nandhal, the new owner, fears that EEC legislation will restrict customers to much more chemical or less effective options. Consumers for Health Choice and the National Association of Health Stores want our help to challenge it.

Vitamin and mineral supplements and herbal products are all threatened by Europe's recent directives. Almost all multi-vitamins will have to be re-formulated, and herbal remedies will be banned if they have been on the market for less than 30 years. New mixtures of vitamins or minerals with herbs that have been used for centuries will also become illegal.

Under the new legislation, the maximum safe level for vitamins and minerals will be lowered significantly. Siobhan believes that the new level will do no more than prevent deficiency, although thousands of people have discovered that their bodies need higher supplementation to work efficiently.

"This hands over food supplementation to the pharmaceutical companies", she says. "Around 300 tried and trusted nutrients will be banned by the EEC, even though they have been used with perfect safety for years. So many people have been cured or helped by using natural remedies, whereas we all know that some products tested in laboratories for

years can have terrible side-effects."

Informed choice

Siobhan doesn't claim to be a qualified health practitioner. "If customers tell me they are on medication already, I always tell them to check with their doctor before trying one of our products, but I believe in offering people an informed choice."

After 10 years in insurance she took an evening course in aromatherapy and found her vocation at 30. Before Natural Choice she spent three years managing a health shop in Muswell Hill and a year as a vitamin supplement rep. "My favourite thing is listening and talking to people." What do East Finchley people like to talk about? Their bowels, apparently.

After this basic chat, you might like to find out more about the new EEC Directives. Anyone wishing to support the campaign should write to their MP and MEP. Siobhan has campaign leaflets and information in the shop at 105, High Road. Tel. 8365 2020.

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What's On...

E-mail your listings to the-archer@lineone.net

Saturday 14 Sept at 8 pm and Sunday 15 Sept 5 pm Pentameter Theatre presents *Intimacy* by Jean Paul Sartre, Adapted for the stage by Michael Almaz. Starring - Vicky Carpenter & Michelle Livingstone. Pentameter Theatre, 28 Heath Street, Hampstead NW3. To book phone Leonie Scott-Mathews on 020 7435 3648

Sunday 8 September, 8pm East Finchley Methodist Church Summers Wind Ensemble plays music by Purcell, Faure, Mozart and Richard Rogers. Free admission; a collection will be made for The Children of Abraham.

HELP is HERE 4U

Finchley Christian Fellowship

The Place to be - Every Sunday 11:00am

Your local Multi-National Community Church

A great welcome and time awaits you

The Finchley Youth Theatre, 142 High Road East Finchley

Enquiries - 020 8805 2867

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 8446 3571

Visitors always welcome