



Local charities need volunteers

Volunteers' Week (June 1-7 www.volunteersweek.org.uk) celebrates the work volunteers do. Charities are increasingly reliant on volunteers to maintain their services to the public. East Finchley has a number of local charities, several of which are highly visible with shops along the High Road. Other charities are less visible but nevertheless provide key services to local residents.

East Finchley Neighbourhood Contact, with offices in Church Lane, is a local charity founded in 1985 with the aim of bringing the community together to help protect and improve the quality of life of its most vulnerable citizens. East Finchley has many elderly and housebound people in their 80s and 90s, with no one to call in every now and then for a chat, take them to a hospital appointment, pick up a bit of shopping, or accompany them on a walk.

Impaired sight and hearing, or a loss of mobility, coupled with the feeling they have no one they can trust, cause elderly people to become isolated and housebound, making them prone to accidents, depression and further health problems.

Making life better

Contact aims to stop that

downward spiral through the work of its volunteers. They provide befriending and transport services, accompanied outings, as well as regular shopping buses, and lunch clubs.

Contact is keen to recruit volunteers. Anyone committed to the local community and who has a few hours a month to spare is welcome. For more information, call them on 8444 1162 or e-mail contact42@efnc.fsnet.co.uk.

For more about becoming a volunteer or working for a voluntary organisation consult the Barnet Voluntary Service Council Directory (available from libraries), which lists over 200 members (www.barnetvsc.org.uk) tel: 020 8446 6624. Or visit www.do-it.org.uk, which offers over 500 volunteering possibilities within a 5km radius of an East Finchley postal code!

Are you making Barnet bloom?

Gardeners may just have time to enter this year's Barnet in Bloom competition. All entries for this 14th annual event must be in by Friday 18 June.

Categories include gardens, patios, balconies, containers and floral displays, and entrants can be individuals, institutions, pubs or town centres. Finalists from all categories automatically go on to the London in Bloom contest.

Entry forms should be

available in libraries, or can be downloaded from the Internet. Further information is available from Renae Randle at Barnet Town Hall, NW4 4BG, tel. 020 8359 2339, e-mail renae.randle@barnet.gov.uk or by visiting www.barnet.gov.uk.



Teachers and parents looking at recommended software. Photo courtesy of Brookland school

Programming for the future

By Diana Cormack

Brookland Junior School held an innovative event aimed at helping parents support their children's learning at home with computer technology. Organiser Lorrae Jad-erberg, the school's Special Educational Needs Coordinator, told parents about the significant benefits of Information and Communications Technology (ICT) when it is used properly throughout the curriculum.

Echoing this, Yota Dimitiadi PhD, Senior Lecturer at Kingston University, an expert on ICT in education, described how parents and carers could familiarise themselves with what the new technologies can offer in order to support their children.

Practical advice

Alison Lister, Parents Online Project Manager for the Department of Education and Skills, provided them with practical advice on dealing with its potential problems. This involved installing software which can switch off the computer at specified times to control children's computer usage. She advised parents to know their children's

online friends, to know how to chat themselves and to use only moderated chat rooms.

"Discuss the security issues with your children and encourage them to express any concerns they have," she said. "If the child wishes to meet an online friend, go along with them. Children must not give email addresses that use their name, school, home address or birth date."

Children foil invasion

The evening, which included workshops and product presentations, was dramatically interrupted by an 'alien invasion' staged by Year 6 children. Luckily they were able to use all their skills in information

and communications technology to deal with the situation successfully. They had some help in this from head teacher Heather Blackmore, who also announced that the school is investing in a new ICT suite to ensure that all pupils have the opportunity of developing their computer skills.

Praising what she called "a trail blazing event for Barnet" Susan Mehmet, ICT Primary Advisor, hoped that it would be used as a model by other schools in the borough. Alison Lister went further, saying that she hoped to see many similar events rolled out around the country.

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STATE REGISTERED CHIROPODIST/PODIATRIST



I am delighted to let you know the good news that I have moved to a brand new chiropody clinic.

I'll now be running my ground floor clinic from The Isabel Douglas Health and Beauty Centre and I look forward to welcoming you there.

My clinic hours and costs remain unchanged, but please note that I am now **full time, five days per week, including evenings and weekends.**

Celebrating my fifth year in East Finchley & as June is 'Feet for Life Month', I will be offering complementary foot health checks to new patients by appointment throughout this month.

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within

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