







Hands of friendship at Fairacres Monday Club Photo by Ben Domb. Reproduced by kind permission of Jewish News

Many Happy Returns

By Daphne Chamberlain

It was Fairacres Monday Club's 17th anniversary last month, and also the birthday of club member Karen. So when entertainers Ann Shirley and Colby sang *I want to be a part of it!* their audience were not thinking about New York. The accent of this celebration was on participation.

Led by Sandra ("I just love to join in") Awkin, everyone – whether on feet or on wheels – was up on the floor, with encouragement from club organiser Reuby Hyams to raise the roof.

Reuby and his wife, Rene, who have been running the club from the beginning, said they still considered it a joy and a privilege. Although based at Fairacres – sheltered accommodation in East End Road for

By Mark Colpstein

a journey to the shops.

In some ways I feel that soci-

ety makes very strict rules for

disabled people. Other people

are always very concerned about

how much I can get around on

my own. Yes, I do sometimes get

lost, but I have to learn by my

own mistakes. By getting lost, I may find my way in the future. I

have made a tape with directions

how to get out of my flat and

Jewish blind and disabled – the club has many non-residents, and always welcomes more.

Sometimes the entertainment is in-house, but often Reuby and friends call upon their many connections to bring in well-known speakers and entertainers.

The Monday club meets at 1.30pm. For more details, call Rene and Reuby Hyams on 020 8883 0448 or Sylvia Lee on 020 8958 7878.

straight till I find the flowerbed,

then the four pillars, and then

Support your local playground

By Diana Cormack The Friends of Cherry Tree Wood are looking for funding to improve facilities in the children's play area.

To this end they have applied for a Government Living Spaces Grant. If they are awarded the grant, Barnet will match it. For this to be successful, the Friends need to be seen to have the support and input of the community, as this is part of the National Performance Measures to assess the merits of any application. So they need to have feedback from hundreds of local people.

This can be in the form of letters or emails, setting out what improvements residents would like to see, particularly in the apparatus itself rather than matters of maintenance. Pictures of proposed equipment have been displayed in the Wood, along with a comment book. Keep your eyes open for them if you are down there and make your comments known.

You can also contact the Friends of Cherry Tree Wood at info@cherrytreewood.co.uk or write to them ASAP with your comments via The Archer (Cherry Tree Wood), PO Box 3699, London N2 8JA

Clissold hosts writers group

Whilst The Old White Lion is undergoing refurbishment, East Finchley Writers will be meeting at The Clissold Arms in Fortis Green, at 6.30pm every Wednesday.

They plan to return to the White Lion in early December and hope writers old and new will keep in touch. For more details, contact Lilian on 020 8444 1793 or EastFinchley write@aol.com.





Men at work in the playground. Photo by Diana Cormack



offers a wonderful variety of treatments

- Trichology (for scalp problems)
- Osteopathy
- Osteopathy
- Chiropodist / Podiatry
- Cosmetic Medicine
- Bowen Body Therapy
- Reiki
- Aromatherapy
- Lymphatic Draining
- Holistic Body Massage
- The Harmoniser Massage

Getting about alone

Mark Colpstein, a resident of Fairacres, has cerebral

palsy and is blind and partially deaf. Here he describes

the door.

how to go to the shops.

Outside my flat, I point my long cane at the pillars, and then find a little brick wall with flowers. Then I keep straight to the gate, turn left facing a wall, and keep going straight down East End Road. I have to cross over a road to the next pavement, and when I reach the metal railing, that leads me to the traffic lights.

Coming back, I touch the metal railing with my long cane, and then keep straight till I reach the end of the pavement. Then I cross over, keeping straight. If I reach the grass outside the convent, I find the pavement again, then the wall, then keep walking straight until I go down a slope and turn right into the gate of Fairacres. I keep **The Twyford Practice**

Osteopathic consultation and treatments in Fortis Green, N2.

Robin Kiashek, Osteopath and Naturopath, Bsc (Hons), Ost Med., N.D., M.R.N.

> For appointments: please phone <u>020 8815 0979</u> or visit: <u>www.robinkiashek.co.uk</u>

for further information

- Shiatsu
- Japanese Facial Massage
- On Site Massage
 - Hair and Beauty
- Hairdressing His & Hers run by Nova Douglas Trained & worked with Vidal Sassoon
- Colouring by Wella
- Organic Colouring ammonia free
- Beautician with Aveda
- Manicure & Pedicure
- Fibre Glass, Silk, UV Gel, Bio Sculpture

90-92 High Road, East Finchley, N2 9EB 020 8444 3639 / 1516 OPEN MON-THURS 9-9pm FRI & SAT 9-6pm SUN 10-5pm