



Wendy Longworth and colleagues in her new clinic. Photo by Sheila Armstrong

Hampstead Garden Suburb Pre-school

By Sylvia Kray

Hampstead Garden Suburb Pre-school, which is housed in one of the Free Church Halls in Northway, has existed in various forms for over 80 years and has thus provided care and play for the youngest Suburb inhabitants for nearly a century.

The pre-school was originally established as a play-group by the Free Church soon after it was founded in 1918 but it later became a community pre-school operated by the parents.

Not many people are aware that the pre-school, which is registered with the charities commission, is a non-profit making organisation relying wholly on

grants and funding. One of its policies is to maintain its very competitive and affordable pricing to make it more accessible to the whole community.

The pre-school is run by a committee, consisting mainly of parents, in close co-operation with a team of highly qualified staff. It is part of the Pre-school Learning Alliance and was awarded the highest

grade of *outstanding* at the latest Ofsted inspection. The children attending the pre-school, who are aged from 2½ to 5 years, take part in a wide range of stimulating activities and the majority of the children go on to the local Garden Suburb and Brookland Schools.

For further information please contact Sam Hobbs on 07785 995412.

How to beat the smoking ban

By Sophie Sweatman

Prisoner 15121970. You may now leave. You are free. Place of correction? The Nicotine Trap Maze. Sentence? Life with painful early death. Crime: Smoking a cigarette aged 15 to look cool and fit in and continuing to buy and smoke cigarettes, against all advice, for 17 years. Bail: £8,250.



Who let me out of this prison? It was the author and founder of Easyway International, Allen Carr, who stopped smoking after 30 years. This led to him writing books, now translated into seven languages, such as *The Only Way to Stop Smoking Permanently* and setting up clinics all over Europe, the USA and Australia.

I asked Allen Carr what

brought it all about? He replied, "Sheer Ego. If you'd been the first person to solve Rubik's Cube you'd want to brag about it."

Getting out of the maze

There is still hope if you have already broken your new year's resolution to stop smoking. If your attempt failed it was because, Carr says, "You didn't know how to do it. Using the books or clinics is like using a map to get out of a maze – once you know the directions it becomes easy."

Allen Carr's method finishes with smoking the 'final cigarette', which, he says, "is very important for the ex-smoker to realise that the moment they extinguish it they are already a non-smoker."

What happens when you stop smoking and visit your smoking friends and family? According to Carr, "Once the

ex-smoker understands the trap, there ceases to be any pressure! The best thing is to say, 'I can't tell you how nice it is to be free!' The worst thing is to nag and hassle other smokers."

Free and easy

So will banning smoking in public places help anyone? Carr says, "To begin with smokers will be pleased in the mistaken belief that it will help them to stop smoking. Heroin is banned, but that doesn't stop the problem! Smokers cannot force themselves to quit."

However, he adds, "the ban is important in terms of protecting people in the workplace from the effects of passive smoking."

So if this method makes it so easy, who in the public eye could we get to give it a try? Carr suggests Margaret Thatcher, "assuming she's still smoking those little cigars", or Britney Spears or Robbie Williams.

East Finchley physiotherapy clinic opens

The East Finchley Physiotherapy Clinic officially opened on the evening of 8 December and was supported by local GPs and other doctors who were in attendance.

Wendy Longworth has been a practising physiotherapist for over 20 years and started the East Finchley Clinic over 15 years ago. When its previous location above Cory's the chemist closed recently she used the opportunity to find her own premises in Bedford Mews, just a short walk round the corner for her existing patients. Though just a shell when she took over the building, with the help of her brother and his team of builders 2-3 Bedford Mews is now a smart purpose-built two-storey clinic, adding to the improvement and gentrification of the mews.

Range of treatments

At the practice, Wendy and her colleagues provide a range of services and have access to a network of other associates and health professionals. These include physiotherapists, osteopaths and acupuncturists. Not only back pain and sports injuries but also neurologi-

cal disorders such as strokes or Parkinson's disease can be treated by manipulation, electrotherapy and exercise. Wendy's particular interests include palliative care and women's health.

As well as the three treatment rooms on the ground floor there is a training room above for the clinic's own training purposes; it is also available for other health professionals to use.

Disabled access into the clinic is good, with specially designed facilities for wheelchair users inside. There is a reserved parking space for disabled patients in the mews and except for between the hours of 2 and 3pm there is parking nearby. The clinic is open six days a week. Call at 2-3 Bedford Mews for more information, or contact the clinic on 8883 5888 or visit www.eastfinchleyclinic.co.uk.

Victorian evening

After a very successful Arts Festival in the summer, the committee thought that it would be a good idea to hold a series of winter events. The first in the series of buffet supper concerts was a Victorian Evening at All Saints Church, Durham Road on 4 December.

The artistes, suitably dressed in Victorian costumes rose to the occasion by giving renditions of old favourites such as *The Lost Chord* and *The Last Rose of Summer*. The audience also played their part by joining in the choruses of *Down at the Old Bull and Bush*, *Daisy Bell* and *Lily of Laguna* to name a few. The artistic and

musical director Geoffrey Hanson created an atmosphere of Victorian charm, which made the evening extremely enjoyable. The buffet supper prepared by members of the committee brought the event to a close and we all look forward to the next concert on 29 January, featuring the Thamyse String Quartet.

Recorded music society

By Daphne Chamberlain

Fancy an evening at home – or in someone else's home – listening to music with like-minded people? If so, Haringey Recorded Music Society would like you to join them.

Don't be misled by their name. The society originally met in Haringey libraries, but has several East Finchley members. The secretary, David Moldon, former Music Librarian for Haringey, assisted in music provision at East Finchley library in recent years, and spoke about composer Richard Strauss at a coffee morning there.

He told *THE ARCHER* that some members take it in turns to host the meetings in their homes, often selecting the evening's programme too. The choice is mostly classical, but occasional

evenings feature lighter music and show tunes. Sometimes Les Aldrich presents new releases straight from the shop.

Paderewski on film

DVDs are included at times, and one visual highlight was a snippet from a 1939 film showing Paderewski playing the piano.

The Haringey Recorded Music Society meets at 8pm on Wednesdays, at approximately monthly intervals. For reasons of security, venues are not advertised, but details can be obtained by calling 020 8361 1696.