



Pianist Bobby Chen and Mayor of Barnet Wendy Prentice. Photo by Kathryn Salomon

Mayor's concert for hearing dogs

By Kathryn Salomon

When I was a child my mother sometimes sent me to my grandmother with a basket of food. I used to ring on the door bell, bang on the door and shout through the letter box but frequently my grandma didn't hear me because she had taken her hearing aid out and was totally deaf.

I used to cry with frustration, but how must she have felt? If any member of the family popped round unexpectedly, she wouldn't know they were there.

Today, this situation need not happen. A hearing dog could have alerted her. The Hearing Dogs for Deaf People charity provides trained assistance dogs that can transform the lives of their owners. They have saved some people's lives by making their owners aware of the smoke alarm and have turned some depressed or isolated people into outgoing members of the wider community.

Mayor's Appeal

When Wendy Prentice, Mayor of Barnet, chose a charity for the Mayor's Appeal she felt that it should be one which involved people and animals so she chose Hearing Dogs for Deaf People. She feels it does just as much for the recipient as Guide Dogs for the Blind, but is less well known. She hopes to raise sufficient funds to train two hearing dogs.

A splendid concert was staged on 31 March at Belmont School by international pianist Bobby Chen,

as part of the Mayor's Appeal. Bobby trained at the Yehudi Menuhin School and the Royal Academy of Music and has travelled extensively in Britain and Malaysia giving recitals and concerts.

Thrilling performance

Bobby Chen played piano pieces that ran the gamut from Haydn to Stravinsky by way of Chopin and Debussy. His superb technique was well demonstrated in Mendelssohn's Variations Serieuses Op.54, which was followed by a complete change of mood with Beethoven's 'Moonlight' Sonata. Stravinsky's Petrouchka proved a resounding finale and the 120 strong audience was enraptured by his virtuoso performance.

During the interval, over a glass of wine, a raffle raised a further £400 towards the Charity fund. The whole event raised nearly £2,500 for the Mayor's Charity appeal.

Future event: 15 May, North West London Orchestra at Ravenscroft School. Contact Mr Vaughn Mabbett on 8440 5677.

Lights, music... Shiatsu!

By Daphne Chamberlain

"Shiatsu!" said a friend, who suffers from depression and addiction problems. "I love it. It's so calming. It always makes me feel good."

I was nursing two sore shoulders after lugging around too much shopping. Would Shiatsu help me? I went to Fiona Hurlock (pictured right) to find out.

Fiona practises Zen Shiatsu, at her premises in East Finchley, in a tranquil atmosphere with soft lights and relaxing music. Her clients lie on a comfortable futon on the floor. Clothes remain on, but should be loose and warm, and women are better in trousers.

Energy flow

After taking a detailed medical history, we were into the treatment. This covers the whole body, because one part affects another. For example, contracted muscles in the chest can hunch the shoulders forward, causing shoulder pain. Sometimes the areas affected

are some distance apart and not obviously connected.

The word shiatsu means "finger pressure" in Japanese, and practitioners begin a session by pressing gently on the client's midriff area. They are assessing the flow of energy through the meridians (energy channels running through the body), and determining which need to be worked on. They then use stretches, joint rotation and gentle pressure to rebalance disrupted energy. These movements stimulate the systems of the body - digestive, circulatory, respiratory and lymphatic, as well as those affecting muscles and the autonomic nervous system.

Sure enough, I felt knots of tension unravelling, and at the end of the session not only did my



shoulders feel comfortable, but the rest of me was relaxed too.

Body connections

Shiatsu came to us from Japan, but originated more than 2,000 years ago in China. Fiona sees it as a way to access "the still point deep inside the body, where self-healing resources lie." Many of her clients return for MOTs to keep physically and psychologically balanced, and I was fascinated to find on my second visit that Fiona used different stretches and pressures. Different day, different me, but the session still left me refreshed and revitalised.

Fiona Hurlock practises Shiatsu, Reiki and Japanese facial massage at The Beauty Lounge, 2nd Floor, 87 High Road, N2 and at Cootes Complementary Therapy Centre, 110 Ballards Lane, N3. For information and appointments, contact 07795 203107 or www.innerbalance.uk.com.

Poetry helps children

East Finchley's Lourdes Morais and Dennis Evans recently spent five weeks in Brazil - Lourdes's birthplace. They were based at Recife, in the state of Pernambuco.

While they were there, they arranged and gave a public reading with 18 other poets from Pernambuco, to raise money for the street children of Recife.

They told *THE ARCHER*, "The plight of the children is desperate. They beg in the streets from a very young age. They are in constant moral and physical danger. Bravely, they do what they can to survive. The public reading raised some much-needed money and toys to help the children. All the poets read in Portuguese, of course, except for Dennis, who read in English, with Lourdes translating. Everyone, including the public library, gave their services free. Consequently, everything donated was given directly to a local charity, Pro-crianca, which works tirelessly to rescue, feed and educate the children."

Lourdes is a volunteer in the North London Hospice charity shop in East Finchley, and has worked for many years

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