



# Are you a walnut or a balloon?

By Daphne Chamberlain

**“Some people’s heads feel really hard, like walnuts, whereas others’ feel like balloons filled with water.” Craniosacral therapist Anne Hebbon had told me this before I climbed on her table, so naturally there was one question I had to ask. (The answer was “Somewhere in between”).**



Anne Hebbon at work. Picture by Daphne Chamberlain

The watery bit is key to the whole therapy, which centres on the movement of cerebrospinal fluid. This is the liquid cushioning the brain and spinal cord, and it ebbs and flows like a tide. In fact, osteopaths discovered nearly 100 years ago that every healthy cell in the body has its own rhythmic movement. Bones and membranes are mobile, and Anne has even felt the roots of her teeth move when treating herself.

Craniosacral therapy has fascinated me for a long time, especially because so many complementary therapists sing its praises. “Was it what you expected?” asked Anne. Not exactly. I had expected just the head to be treated, but the therapist moves around the body, to where they feel the client needs most attention.

In my case this was a very precise spot closely connected with an operation I had some years ago. Anne didn’t know this when her hands located it.

Craniosacral therapy is completely non-manipulative. Anne’s hands are so light that I wasn’t always sure she was touching me at all. What I felt was a pleasant warmth and tingling, and every now and then a definite release of tension. The big bonus came later: a lifelong insomniac, I began to sleep really well.

How does it work? Stresses and strains (including birth traumas) cause the body’s tissues to contract. The therapist’s hands very subtly encourage the body to “forget” the trauma and move back to a balanced state.

From childhood, Anne wanted to help others to heal themselves. She treats people of all ages, including babies, at the Utopia Health and

Beauty Clinic, 1A Leicester Mews. I have booked more sessions, and you can contact her on 07941 918490. For more information from the Craniosacral Therapy Association, ring 07000 784 735 or go to [www.craniosacral.co.uk](http://www.craniosacral.co.uk).

## Sunshine all the way

By Toni Morgan

**Sunshine was very much the order of the day at the Old Barn Community Centre on Monday 12 June. On what was the hottest day of the year so far, with the sun shining in a cloudless blue sky, the Old Barn Youth and Community Association was presented with a brand new replacement Variety Club Sunshine Coach, sponsored by Oakfield (Foods) Ltd, of New Barnet.**



Sunshine Day at the Old Barn. Photo by Toni Morgan

The keys and a plaque were presented to Councillor Alison Moore by actress Sheridan Smith, one of the stars of TV comedy *Two Pints of Lager and a Packet of Crisps*. Representatives from the Variety Club, Oakfield staff and children from the Old Barn joined in the celebration.

Barry Rawlings, Manager of the Old Barn Youth and Community Association,

### Will Institute parking crowd us out?

Dear Editor,

Park House in the High Road is in the news again. On 16 June, Barnet Council sent out a notice that Hampstead Garden Suburb Institute is appealing to the Planning Inspectorate regarding the use of Park House, opposite the tube station.

Barnet’s letter was not clear as to what is being appealed against and, after being pressed for clarity, Barnet will be sending out an amended letter to some residents only.

I understand that the Institute is appealing on two grounds. Firstly, for temporary to permanent change of use of Park House from Local Government Municipal Offices to Educational Facility. Secondly, against the restriction on opening hours placed on the Institute by the council in December 2005 ‘to safeguard the amenities of occupiers of adjoining residential properties’.

The Institute wants opening hours of 7.30am-10.30pm Monday to Friday and 9am-10pm on Saturday. Parking restrictions in the streets around Park House end at 6.30pm. If the Institute’s opening hours restriction is lifted, the neighbourhood would have a permanent problem with parking after 6.30pm.

In November 2005, the Institute sent out a letter to its students inviting them to park in our streets, stating: ‘After 6.30pm, most of the local street

parking restrictions are lifted.’

The Institute currently operates from two premises: Park House and the McDonalds headquarters, and a third site is being built behind East Finchley station. Students on three sites will be looking for parking after 6.30pm Monday to Saturday.

Barnet’s amended notice will only be sent to residents who responded to the Institute’s application in October 2005.

Residents who wish to protect their parking amenity should therefore contact Barnet Council Head of Planning immediately on 020 8359 4627 and quote reference C00050Z/05.

Representations against the Institute’s appeal should be received by the Planning Inspectorate by 27 July 2006. Time is of the essence.

**Yours faithfully,  
Kenneth Cordeiro,  
Baronsmere Road, N2**

### A safe bet?

Dear Editor,

Yet another betting shop for East Finchley? The prime site opposite Budgens, 90-92 High Road, is likely to become a betting shop unless enough of us protest.

According to an unobtrusive little notice on the window, we must send our letters of objection to the Barnet Betting Licensing Committee by 27 June - except the 7 has been scored out so the date is unclear.

For the teenagers who congregate on that corner every afternoon, a betting shop would be such a worthwhile model of civic society, wouldn’t it? And what a gap would be filled for us all, with only two other betting shops nearby. Such imaginative planning!

Never mind the date, send the committee your views.

**Yours faithfully,  
Ann Bronkhorst,  
Durham Road, N2**

### Fortismere fears

Dear Editor,

Keep Fortismere Comprehensive is a coalition group of parents, teachers and union members connected with our local comprehensive school Fortismere. New Head Teacher Aydin Onac and the Governing Body have declared an intention that Fortismere will become a Foundation School.

Many of us believe this will detrimentally affect the education of our children currently at the school, and is likely to make admission for future generations more difficult.

Foundation Schools differ substantially from State Maintained schools. Firstly, all schools by law have a Governing Body. When a school changes status to Foundation both the make up of the governors and the scope of their powers changes dramatically.

Essentially, they become able to make decisions, many of which are independent from their local education authority, and the needs of the wider local population. The new Governing Body becomes their own Admissions Authority, the direct employer of school staff, the owner of school land and buildings and is able to publish proposals for other changes to the school. Essentially most aspects of public or democratic accountability are removed.

### Letters to the editor

Letters without verifiable contact addresses will not be reviewed or printed. Contact details can be withheld, however, at publication.

Send your correspondence to: “Letters Page”, The Archer, PO Box 3699, London N2 8JA or e-mail [the-archer@lineone.net](mailto:the-archer@lineone.net).

Research from the LSE shows that Foundation Schools tend to use their power as an admission authority to alter their admissions criteria.

The Keep Fortismere coalition believes that this will happen. It says NO to selection of any sort. It says that ALL local children have a right to attend their local comprehensive.

Current priorities for entry are: children with Statements of Special Educational Need, then siblings of current pupils and proximity to school. Imagine if this were to change and new criteria introduced.

In 1999 East Finchley Parents won the right for our local Barnet children to attend the school. We have a wonderful and diverse mix of people locally; our children attend primary school together and we want them to go to secondary school together.

If this goes ahead, the future of the school, the land, and which children attend will be in the hands of the Governors and not the local authority. Please ask your Councillor, Parent Governor or Head Teacher about this. Get information from [www.keepfortismerecomprehensive.co.uk](http://www.keepfortismerecomprehensive.co.uk).

**Yours faithfully,  
Naomi Burgess  
Bedford Rd, N2**

### The bus that never came

Dear Editor,

AS THE ARCHER often reports incidents about the 263 bus, I thought you might be interested in an event that happened to me. One Friday early in May there was a signal failure on the tube at East Finchley. Travelling from Moorgate the train driver kept us informed all along the way, which was very good.

When we got to Archway the driver announced that we could be held there for 20 minutes or more, so like many other passengers I got off the tube and decided to get the bus.

Oh, big mistake, as I waited well over 10 minutes. During that time five 134 buses came and went and also one 143. I decided to get the second 143 because there was still no sign of a 263.

I got off at East Finchley station, went into the chemist to buy something, then walked home in line with the library and there was still no sign of a 263 bus!

**Helen Day,  
Leslie Road, N2**

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