



Baby, it's time to shape up

By Miranda Levy

You're pregnant, and you want to stay in shape for your labour. Or, you've had the baby, and now it's time to lose those postpartum pounds. Do you need a kick start? Then look no further than personal trainer, Nicola Ballinger.

East Finchley born and bred, Nicola, 33, has been working as a YMCA-accredited trainer for over three years, working at gyms in Muswell Hill and Hampstead, as well as in people's own homes. Now she's offering a specially tailored programme to pregnant and post-natal women.



"People have only recently started talking about how important it is to stay fit during pregnancy," says Nicola. "You only have to look at Paula Radcliffe, who was running 10k races when she was six months pregnant.

"Obviously, she is unique. But there are so many advantages to staying active when you are carrying a baby: the endorphins make you feel great and there's less chance of back pain and gaining excessive weight. It might even speed up your labour."

Exercise during and after pregnancy needs to be closely monitored, so why not let an expert take the strain?

Nicola started her career in human resources and gained a psychology degree before

retraining. She's recently taken a special course in pre- and postnatal exercise.

"I love motivating people, meeting different personalities and adapting my approach accordingly," she says. "It's fascinating to meet new and expectant mothers. Everywhere you look in East Finchley and Muswell Hill there are women with bumps, women with buggies. It felt like the perfect place to start."

You can contact Nicola on her mobile 07932 678014 or her email nicola@nballinger.com.

Next chapter in café saga

By Diana Cormack

The saga of the café in the Cherry Tree Wood continues. Readers may remember that, three years after the original kiosk was destroyed by fire, a new vandal-proof building opened in spring 2006 with Eileen Cannon back to run it. But Eileen left and new tenants took over until the autumn, when Barnet advertised the kiosk in the borough's free weekly newspapers.

Barnet Council told *THE ARCHER*: "A tendering exercise has taken place which finished at the end of January and we are now in the process of negotiating the terms of a new lease. A formal decision on the new tenant is yet to be taken by the council, so we are unable to name them at this stage. However, pending the decision, we are hoping the new tenant can be in place by the beginning of June."

ARCHER's competition "What's so great about living in East Finchley", Harriet Copperman showed her community spirit by donating the prize money to The Friends of Cherry Tree Wood.

Though she does not particularly mind what it is used for, Harriet thought that providing nesting boxes for owls might be a good thing as they have often been heard in the area.

Four Civic Award winners for East Finchley

By Diana Cormack

Barnet's Civic Awards recognise people in the borough who have made a significant contribution to the local community. Mayor Councillor Eva Greenspan describes them as: "The unsung heroes who give so generously of their time".

There were 43 nominees gathered at the Town Hall in Hendon at the end of February for the presentation of certificates and six framed vellum awards for outstanding individuals.



David Smith.

One of the six was David Smith, of Abbots Gardens, East Finchley, who was commended "in recognition of his 30 years' work as a governor of Holy Trinity Primary School and his contribution to community life".

East Finchley born and bred, David attended the school as a child, as did his children and now his grandchildren. His commitment to it is outstanding, just as it is to the Finchley Society, which he helped to found in 1971; he has been at the forefront of the move to erect a memorial statue to fellow-founder, the late Spike Milligan.

David told *THE ARCHER* he felt humbled to have been singled out amongst so many others, as did award winner Sylvia Duthie, of Leicester

Road, who has served on the governing body of Holy Trinity for ten years, six of those as Chair, working hard for the



Sylvia Duthie.

success of the school.

Sylvia is also on the London Diocesan Board for Education and is involved in the development of the Wren Academy in



Alnoor Thobani.

North Finchley.

Alnoor Thobani, pharmacist at Cootes, 134 High Road for 22 years, does not regard his award as personal. He feels it pays tribute to all the borough's pharmacists who, like him, strive to provide their patients with the best possible service. However, it could be significant that many local schools and charities have benefited from Alnoor's generosity.

Like his mother before him, *THE ARCHER*'s writer and photographer Craig Johnson received



Craig Johnson. All photos by Diana Cormack

an award. It was for his victim support work as a police officer and in recognition of his role in helping members of the public during the bombings in London on 7 July 2005.

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