



## Will our library win the lottery?

By Daphne Chamberlain

**Campaigners and users supporting East Finchley Library were keeping their fingers crossed as this paper was being written. The East Finchley Library Users' Group has drawn up proposals for revolutionising the use of the High Road library building.**

As reported in last month's ARCHER, this would be funded by a grant to Barnet from the Big Lottery Fund. Barnet Council has received proposals from elsewhere in the borough and has to decide which one to back.

Council officer Tricia Little was due to meet representatives from the East Finchley group in mid-January to discuss their ideas. The plan for East Finchley is dependent on using the library's upper floor, which in turn depends on installing a lift.

Polly Napper, spokes-

woman for the user group, told The Archer that the lift would fit with the requirements of the Grade 2 listed building. With full access to the upper floor, the library could then host activities to benefit not only East Finchley but also community groups from all over the borough.

The East Finchley Library Users' Group wants to keep the full details of its proposal under wraps until Barnet has finished its consultations, but when those are finished, watch this space.

## Dispelling the myth of anger

**David Woolfson, who practises anger management at Utopia in East Finchley, explains how we can all get the better of this emotion.**

Anger is a feeling. Human beings routinely feel anger, sadness, hurt, happiness and fear. This capacity gives us our humanity yet many clients come to me believing that anger is a bad thing. They are ashamed.

The real problem is not anger but angry behaviour. Identifying this simple truth can be a huge relief because behaviour, however habitual, can be changed.

Angry behaviour is addictive. Anger management involves retraining the brain, breaking the addiction with a new set of skills and understandings. It is taught in three stages.

The first stage offers short-term controls to stop temper outbursts, manipulation, road rage and the bullying that hurts you, your partner, children and colleagues. Learn to time-manage the moment when your body tells you that you are about to explode. Stop, walk away. Learn to express anger by appointment only.

Stage two focuses on the causes of regressive anger. This is the anger you carry at all times. It is a bomb ready to explode at the slightest excuse and is always out of proportion to the event. Regressive anger is fuelled by pervasive negative thoughts and beliefs such as "I'm not lovable" and "I'm

not valuable". The combination of regressive anger and negative beliefs drives angry behaviour. So when you're about to explode, stop. Don't be hijacked by your anger. Ask yourself "What am I really angry about?"

Stage three offers new behavioural choices. Learn the 'rules of anger management' and how to express anger in a healthy way. It is possible to be assertive without being aggressive. Stop taking things personally and 50 per cent of your anger will disappear.

David Woolfson can be contacted by telephone 020 8444 9841 or by email at [info@parliament-management.com](mailto:info@parliament-management.com). For further information, visit [www.angerplanet.co.uk](http://www.angerplanet.co.uk).

## A career and home lifestyle of your dreams

By Liz Granato

**Phoebe Oldrey, of Sylvester Road, has launched Smartstyle Interiors, a unique design service that can help you create the home lifestyle you have dreamed about.**

Phoebe will work with you "to put your heart into your home". She believes in putting clients' ideas and wishes at the centre of every design in order to create stylish and unique rooms at the same time as meeting the home's practical requirements.

Before being able to re-invent your home Phoebe had to re-invent herself. Originally her chosen career was acting but by her late 20s she decided this career wasn't going to tick all her future boxes.

With a scrap book already filled with design, colour and fabric ideas it didn't take her long to come up with the perfect choice: interior design, something she had always been passionate about on a personal level and would now take to a professional level.

When selecting the right course Phoebe met with minor discouragements such as being told that at 28 she had almost reached "the last roll of the dice" as far as the design world was concerned. She was also not eligible for any funding. Nevertheless she persisted, found the perfect course and, with a lot of hard work, graduated with top marks. After graduating she developed her skills by doing a three-month work experience placement with



Interior Designer Phoebe Oldrey.

Mark Humphreys, taking up employment later with Sue Symons, in a well-established and reputable design company in Stanmore.

In 2001 Phoebe had her five-year action plan in place. The five years are now almost up. "What was your ultimate goal in 2001?" The Archer asked. "To have my own company and to work for myself." She has certainly achieved that and has already launched her next five-year plan.

Phoebe will re-invent your house for you. She promises a client- and environmental-conscious service to suit your needs and pocket. Before you choose Smartstyle Interiors, Phoebe will come to your house and discuss your needs and the best options to meet

these. She offers this initial consultancy free of charge with no obligation.

For more details see [www.smartstyleinteriors.com](http://www.smartstyleinteriors.com) or contact Phoebe on 020 8343 0003 or [info@smartstyleinteriors.com](mailto:info@smartstyleinteriors.com). Liz Granato is a life coach and can be contacted through [www.processcoachng.co.uk](http://www.processcoachng.co.uk).

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