



Child receiving Bobath therapy. Picture courtesy of Bobath Centre.

Bobath is centre of excellence

By Ellen Galloway

This year the Bobath Centre on East End Road celebrates its 50th anniversary. The Centre, which moved to its present site in 1991, treats 300 children and 50 adults with cerebral palsy every year.

Founders Mrs Berta Bobath and Dr Karel Bobath grew up in Berlin where Berta trained as a gymnast and Karel as a doctor before fleeing Germany for England in the 1930s. Here they began developing what is known as 'Bobath therapy', now world-famous. The Centre still develops their ideas today through research, treating patients and running training courses for already qualified therapists.

It takes around six years to become a Bobath expert. As Kevin Gillespie, the fundraising manager in East Finchley, points out, it is a long-term commitment. He says: "You become a Bobath therapist for life; you don't just dip in and out."

Chris Barber, a leading therapist at the Centre, worked with the Bobaths and is equally at home treating children or adults. She also travels the world lecturing on Bobath therapy.

Costly one-to-one treatment

The permanent brain damage caused by cerebral

palsy affects children in many different ways. Therapy at the Bobath is on a one-to-one basis, helping children with everyday tasks. Physiotherapy helps strengthen or loosen muscles to ensure balanced development, and speech and language therapy with specialist equipment is available.

Once a patient is referred to the Bobath by their GP there is an initial assessment lasting two weeks. Even after a subsidy of £15 per session this block of 30 sessions still costs £3,300.

The centre costs around £1.2 million a year to run. So every year it needs to raise around £200,000 in order to subsidise treatment.

The Bobath sees itself as part of our community and treats many people from the local area. One of its major fundraising events this year is a children's Big Fun Run and family entertainment taking place in Cherry Tree Wood on 8 July.

For more information on the Centre, visit www.bobathlondon.co.uk.

Free pet services at RSPCA

By Caroline Broome

If your dog needs neutering and you have been putting it off because you are on benefits and are concerned about the cost, stop worrying and act now. You can take your dog along to the RSPCA Small Animal Clinic in East Finchley and get a voucher entitling your dog to a free neutering or spaying operation at selected local vets.

Summer is also the time to look out for fleas on your pets. To stop major infestations taking hold, visit the clinic for subsidised flea control treatments from a professional vet.

RSPCA Small Animal Clinic is located in Park Road and opening times are Mondays and Thursdays 6.30pm - 7.30pm. You can also telephone the clinic for advice on 020 8365 3910 during opening hours.

On Saturday 7 July the clinic team will be running a stall at the annual Finchley Carnival in Victoria Park N3, where they will be selling soft toys, paperbacks and bric-a-brac to raise funds.

In the case of an animal emergency contact RSPCA Harmsworth Hospital on 020 7272 6214.

Top of the crops

Hairdressing salon 202 has been recognised for the high quality of training it provides. A certificate of merit awarded by the London Borough of Enfield "for providing training and support for learners working towards a work based learning qualification with Enfield Training Services" is on display in the window at 202 High Road.

Kelly Leach, creative director at the salon, told *THE ARCHER* that they had received it ahead of hairdressing chains prominent in the district. She also said that they are looking to recruit youngsters of 16 and over who want to become hairstylists. You can find out more by phoning the salon on 020 8444 3384.

Did you know...?

'Restaurant' is the most mis-spelled word in online search engines.

How to recycle when you live in a flat

By Daphne Chamberlain

Barnet residents have been praised for their recycling efforts by Councillor Matthew Offord, Cabinet Member for Environment and Transport. He has also said that the task is to get the message across to people who live in flats, encouraging them to recycle as much as those living in houses. Flat-dwellers, however, argue that most of them have got the message, but it is still harder for anyone living in a block to recycle than it is for their neighbours in houses. Throughout the borough, one in 10 blocks are still without either black boxes or communal bins.

Barnet Council told *THE ARCHER* that all Barnet Homes (in other words, those managed by the council) that can accommodate recycling facilities now have them. There are various reasons why some blocks do not have communal facilities. Lack of space is the most common, though a Barnet spokesperson said they always try to find a solution.

Even in blocks with communal bins, a common complaint is that they are either too small or too few. In addition, they will take only paper, cans and glass. So, unlike black box owners, flat-dwellers with communal facilities have to take other recyclable materials to public bins or the council dump.

This winter, the council commissioned teams of recycling promoters to visit more than 15,000 flats with communal recycling bins, offering information leaflets and free reusable bags for storing recyclable items.

Registering for a box

Individual flat-dwellers without communal bins can register, free of charge, for their own black box. This can be put outside in a suitable spot for collection. However, that scheme will only be operated if there are no more than 12 flats in a block.

You can register your flat by calling 020 8371 3670 or email barnet@ectrecycling.co.uk. For general recycling enquiries, call 020 8359 7400.

Shop smartly and reduce your waste

On average you produce your own weight in rubbish every seven weeks but avoiding unnecessary packaging can be difficult.

The good news is that there are really simple ways of reducing that waste. Barnet Council has created a list of ten steps to smart shopping that everybody can practise.

- Step 1: Take your own material or reusable bags to the shops.
- Step 2: Choose products according to their packaging, in the following order: no packaging e.g. loose fruit and vegetables; made of cardboard or sustainable materials; plastics as a last resort. Ideally, you should avoid buying individually wrapped and packaged products.
- Step 3: Choose refills, products that can be reused and concentrates; buy in bulk, as this can give you more product for the amount of packaging.
- Step 4: Buy energy efficient light bulbs and rechargeable batteries. This saves money in the long term and is better for the environment.
- Step 5: Sign up to a vegetable box service. It's affordable, uses

no packaging and is delivered to your door.

- Step 6: Have your milk delivered to your doorstep. This will reduce the amount of plastic waste that you create. To find a milkman in your area write to 'Find a milk man', 93 Baker Street, London W1U 6QQ stating your name, address and postcode, or email these details to info@dairyuk.org.
- Step 7: Buy products that will last and are made of recycled or sustainable materials.
- Step 8: Avoid buying disposable items e.g. paper napkins and plastic cups. Use reusable cups and cloth towels and napkins.
- Step 9: Buy a lunch box or, better still, reuse a plastic container.
- Step 10: Ask store managers to stock products with minimal packaging, paper bags and a good selection of loose fruit and vegetables. Tell them if you think a product has been over packaged.

A friendly welcome awaits you

EAST FINCHLEY METHODIST CHURCH

197 High Road, London N2 (opp. Creighton Ave.)
www.eastfinchleymethodist.org.uk

**Family service and Junior Church
Every Sunday at 10.30 a.m.**

Worship Music Social events Wheelchair friendly
tel: 020 8349 9340 e-mail: info@eastfinchleymethodist.org.uk

St. Johns Christian Spiritualist Church

4 Woodberry Grove - North Finchley
Just behind Homebase
phone 020 8446 3544

Services: Sunday 6:30 pm - Thursday 7:30 pm
Spiritual healing and Private Readings every Tuesday 1 - 3 pm

Different clairvoyant mediums every week!!
Regular Workshops - Development circles - Friendly atmosphere - childrens corner

ALL WELCOME