



Andrew Fyfe, Brian Lenane and Cormack McCormack. Photo by Diana Cormack

Mastering the marathon

By Diana Cormack

Three local teachers are in training for this year's Flora London Marathon, to be held on Sunday 22 April. Andrew Fyfe, Brian Lenane and Cormack McCormack work at Bishop Douglass RC School in Hamilton Road and it is the first time any of them has tackled this distance. However, they are all determined to finish, whether or not they cross the line together.

Their chosen charity is The Anthony Nolan Trust, which provides life saving donors for patients in need of a bone marrow transplant. Its logo is "taking back

lives from leukaemia".

Anthony Nolan was born in 1971 and was in desperate need of such a transplant at a very young age. His mother Shirley

was amazed to discover that no immediate process existed for finding a person with matching bone marrow, so she set out to change this situation. In 1974 the first register of volunteers ready to donate bone marrow was set up and this has since helped save thousands of lives all over the world. Sadly, a match was never found for Anthony, who died in 1979.

With a target of £4,500, Brian told *THE ARCHER* that they are hoping to add to the amount raised during the six weeks following the marathon. They will hold a series of events to include such things as a dinner with a raffle offering valuable prizes, for which they are still seeking donations. Students at the school are supporting the teachers' efforts by running their own fund raising activities.

If you would like to help, details are available on www.justgiving.com/bishopdouglass3. Cheques made out to Bishop Douglass School with Anthony Nolan Trust written on the back should be sent to Brian Lenane, Bishop Douglass School, Hamilton Road, East Finchley, London N2 0SQ

Giving life

By Sue Holliday

When I heard about the teachers running to support the Anthony Nolan Trust, it brought memories flooding back.

In the late 70s I registered to be a donor for the Trust while at a blood donating session. Several years later I received a phone call from St Bart's Hospital asking if I would attend a platelet donor session. At that time I did not realise that the Trust was also involved in this type of work. Like most people I thought it was just for bone marrow, but it was explained to me that the platelets could help people with cancer. So of course I went off for the appointment.

Out one arm... and in the other

The friendly nurses at the hospital explained the procedure to me. Basically blood is taken from your arm just like when you give blood; then it is whizzed through a machine (I don't know the scientific name for it). The required platelets are extracted using centrifugal force and then the blood is fed back into your other arm.

These kind nurses sat and talked to me most of the time and gave me a number of coffees and even toast. After they had run five pints of blood through the machine I was feeling a bit strange. It's a very odd feeling having blood pumping through you as you lie still on a bed. At this stage I asked if I could stop, but the nurses said to finish the last pint to complete the programme.

I was told to rest for a further 30 minutes before I was allowed up, then fed more coffee and toast before leaving to go home. I had no ill effects, just a warm glow at the thought of helping someone. It was maybe four years later that I was asked to do another session, which of course I did. However, now I am too old. Shame!

The Anthony Nolan Trust provides life-saving donors for patients suffering from leukaemia. Since 1974, it has helped to give more than 4,000 children and adults a new chance of life.

If you are interested in becoming a donor, visit their website www.anthonynolan.org.uk or telephone 020 7284 1234 during office hours. For more details about blood, platelet and other donations, call 08457 711 711 or visit www.blood.co.uk.

An Eyebrary for East Finchley

By Daphne Chamberlain

The East Finchley Library Users Group has unveiled its suggestions for Barnet Libraries' Big Lottery Fund bid. If accepted, library visitors could find an upper floor buzzing with activity, acting as a community hub and featuring an "Eyebrary".

Adam Gee, the group's chairman, said the "Eyebrary" would be a specialist centre for dyslexia, said to affect over 33,000 people in Barnet. As dyslexics are often visually creative, this is how the centre would be oriented, with the overspill of clear and colourful signage for all library users.

It would also house printed and online information about dyslexia, and provide space for performance artists, support group meetings and one-to-one use by dyslexia specialists and practitioners.

Other learning activities

Other suggestions EFLUG have passed on to Barnet include extending groups such as the existing library-based Kumon maths classes, developing homework clubs, and providing a meeting place for home tutors and their pupils, who often feel very isolated.

Co-operation with conventional schools is seen as a vital factor, but Professor Stephen Heppell, the man behind the Notschool initiative for excluded students, has promised input if part of the space is used for marginalised or disadvantaged students.

Others definitely wanting to be on board include The Institute, now based in East Finchley, who are keen to use the space for community adult learning activities, including book and film and television clubs.

Contact, the good neighbourhood scheme for the elderly and disabled, are quoted as saying the upper floor space would be ideal for some of their workshop groups, with similar interest shown by other voluntary groups

at the EF Neighbourhood Centre in Church Lane.

The vital lift

Implementing these schemes depends on making the library's upper floor fully accessible.

EFLUG says that architects and specialist lift engineers are confident that a lift could be added to the building within the terms of its Grade 2 listing, and at a viable cost.

Also on the agenda are a disabled toilet, more substantial café facilities, and a part-time community development worker to help co-ordinate and focus volunteers. For a fuller account, and a chance to comment, go to www.eastfinchleyqol.blogspot.com.

Mick

Rayner

THE ARCHER heard with shock of the sudden death of Mick Rayner. Mick, 40, who lived in Creighton Avenue, had become a well-known figure on the High Road in the two years since he and his wife Lek opened their Thai restaurant *Nahling*.

More recently, Mick continued to put East Finchley on the map with the launch of the Monkey Face bar and restaurant, which he ran with his brother Johnny.

The funeral took place on Sunday 18 February at the Western Synagogue, Cheshunt. The enormous number of people who attended gave testament to Mick's popularity.

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