



Hospice desperately needs fundraisers

By Betti Blatman

Staff at North London Hospice have been surprised by a survey which found that many people are unaware of its work and how much it depends on donations to survive.

The hospice, in Woodside Avenue, North Finchley, hand-delivered 1,000 questionnaires to local householders. Most of those who replied were aware that the hospice is a registered charity but more than two-thirds didn't know that it has to raise over £3 million a year from voluntary giving such as donations and legacies. That's the bulk of its budget: only a quarter of the money needed comes from the Government through the NHS. Even among known hospice supporters, only half realised how much it needs from donations.

Another finding took staff by surprise. Well over half the respondents did not know that two-thirds of patients are looked after not in the hospice itself, but in their own homes. The same proportion, however, were aware that the care is free to patients.

Every year, throughout Barnet, Enfield and Haringey, the hospice cares for more than 1,300 people who are terminally ill and their families.

Deborah Mosdall, of the hospice's fundraising office, said the survey had been an interesting exercise. "People see the word 'hospice' and tend to think of a place where you go to die. Our aim is to ensure

that those with a life-limiting illness have a better quality of life and the best medical care possible".

Fundraising ideas

How can you help raise much-needed money to support the hospice? Well, the annual Big Fun Walk takes place on Sunday 25 March, setting off from East Finchley tube station and covering almost eight miles through north London's green parks to Westminster.

Fancy a faster pace? On Sunday 24 June, you could get on your bike and ride the 20 miles from St Albans to Hampstead Garden Suburb in the annual Fun Bike Ride. Or get out your running shoes for the British London 10K Run in central London on Sunday 1 July. The hospice has 30 guaranteed places.

And there is a new and exciting women-only sponsored Midnight Walk under the stars on Saturday 30 June, taking a circular route from Enfield to North Finchley and back. Men are also wanted for marshalling the route.

Details of these and other fundraising events can be found at the hospice's website www.northlondonhospice.org or from the fundraising office on 020 8343 8841.

Heroes of the people

By Dawn Powell

According to recent reports, Gordon Brown looks to Mahatma Gandhi for inspiration. Apparently, the Indian political and spiritual leader inspires our would-be Prime Minister to stick to his principles.

The Archer decided to ask some local luminaries who inspires them and why.

Rudy Vis, MP for Finchley and Golders Green:

"Niccolo Machiavelli. What makes him a hero to me is that my interpretation of 'The Prince' [Machiavelli's most well known book] is that he argued for a formal separation of the Church and State. If one thinks about that logically it would, if observed worldwide, have prevented many wars and atrocities, although, of course, not all."

Harish, owner of the Galaxy Drug Store:

"Personally, I have never tried to follow anyone in particular but I do admire people who have done well; for example, Alan Sugar. He had an idea, worked hard and achieved his goals. I don't have a lot of time for people who expect good things to come to them without making any effort."

Amanda, staff member at the Phoenix Cinema:

"I am a big indie music fan, so

I suppose my idols are people like the Animal Collective and Joanna Newsom but I doubt that many people in East Finchley would have heard of them! They inspire me because they make distinctive music, which is a rarity these days."

Gill and Liz, staff members at Animal Aid and Advice charity shop:

"Nelson Mandela and Archbishop Desmond Tutu are both inspirational. Mandela virtually broke apartheid by himself, while Tutu just exudes goodness."

Sue, co-owner of the Cherry Tree gift shop:

"I suppose I admire women who are entrepreneurial and manage to maintain a family life. Anita Roddick from the Body Shop is a bit obvious, but I do admire the way she has kept her ethical stance."

Judging by these East Finchley residents, inspiration takes many forms and guises but, ultimately, it seems our heroes are people who stand out from the crowd.

Let it snow, let it snow!

Commuters faced a difficult journey to work and schoolchildren got the day off when four inches of snow fell on East Finchley on 8 February. The white-out came just two weeks after the winter's first fall of snow on 24 January.

Thanks to all ARCHER readers who sent us pictures of snowmen and snowy scenes. Here are some of our favourites.



Sophia & Annie kept their snowmen well wrapped up in Prospect Ring. Picture by Ivana Sharp



Ella Taylor, Markha, Mariam, Hannah and friends with their five foot tall snowman in the county roads.



Giant snowmen in Cherry Tree Woods. Picture by Frances McGrane



"I absolutely froze waiting for that 143 bus!" Picture by Rita Landeryou

The silent disease

By Nicky Sharp

Osteoporosis, the 'silent disease', is increasingly prevalent, especially in urban areas of developed industrial countries. Approximately three million people in the UK suffer from osteoporosis, with many unaware of having it until they have a fall resulting in a fracture.

Osteoporosis means 'porous bone' and is an imbalance between the cells that break down bone and the cells that build new bone, leading to the inner mesh of bone becoming porous, brittle and susceptible to fracture.

The expected future growth of the disease is partly due to lifestyle factors, especially during adolescence and teenage years when bone integrity is determined.

Early osteoporosis has no visible signs or symptoms. However, mild to severe mid back pain, loss of height or development of an exaggeratedly curved upper back may be indicators.

The good news

Bone is living tissue and, given the right environment, reduction in bone density can be slowed and even reversed. Lifestyle changes such as avoiding

controllable risk factors and taking regular weight-bearing exercise can significantly reduce the risk.

A nutritional supplementation of calcium and magnesium can prevent and treat osteoporosis. Consume a diet high in fresh leafy green vegetables, nuts, seeds, pulses, sardines, fresh fruit and wholegrain cereals (all rich in calcium and magnesium) and low in animal protein.

Physical therapy such as osteopathy, physiotherapy, chiropractic and massage therapy can help relieve back pain and reduce and correct postural changes.

Risk factors for developing osteoporosis are:

- Being a white or Asian woman.
- Being post-menopausal (oestrogen reduces the amount of bone broken down).

- Having had an early menopause (before age 45).
- Having ceased menstruating for a period of six months or more, because of dieting or over-exercising.
- Having had a hysterectomy.
- Being a man with low levels of testosterone.
- Having a family history of osteoporosis.
- Having used steroidal anti-inflammatories, thyroid or seizure medication for a prolonged period.
- Eating or drinking animal protein, salt, caffeine or soft fizzy drinks to excess.
- Being a heavy or binge drinker.
- Smoking.
- Having a sedentary lifestyle.

Registered osteopath Nicky Sharp practises at Nova Dental Care centre in East End Road. To make an appointment, contact her on 020 8815 9433.