



Honour Barnet's outstanding citizens

Don't miss your chance to thank someone who makes an outstanding contribution to life in Barnet. The council is asking residents to send in nominations for the borough's eighth Annual Civic Awards.

Those nominated will be recognised at a ceremony at Hendon Town Hall in February 2008.

The Mayor of Barnet, Councillor Maureen Braun, who will present the awards, said: "Barnet's Civic Awards ceremony gives everyone the opportunity to honour the people who contribute so much to our lives yet often remain unacknowledged."

Last year the council received 44 nominations. East Finchley winners included:

David Smith, of Abbots Gardens, for his service as a governor of Holy Trinity Primary School and his work with the Finchley Society

Sylvia Duthie, of Leicester Road, who served on the governing board of Holy Trinity for 10 years and is now involved

in the development of Wren Academy in North Finchley

Alnoor Thobani, pharmacist at Cootes in the High Road for 22 years

THE ARCHER's writer and photographer Craig Johnson, for his victim support work as a police officer and in recognition of his role in helping people during the bombings in London on 7 July 2005.

The awards are open to anyone living or working in Barnet. Previous award winners or serving councillors are not eligible for nomination. Nominations close on Friday 30 November.

For a copy of the nomination form, call 020 8359 7796 or email rachel.tansley@barnet.gov.uk or download it from www.barnet.gov.uk/civic-awards.

A taste of THE ARCHER

By Daphne Chamberlain

There was something familiar about the biscuits eaten by Friends of Barnet Libraries at their October coffee morning. Some time ago, organiser Ian Harvey grew tired of handing out all the usual suspects along with tea and coffee. Now he bakes biscuits illustrating the theme of each month's meeting. So when Diana Cormack and I went along to talk about The Archer, we found ourselves scoffing down "Archie" himself.

Many thanks to Ian for inviting us to meet both readers and non-readers of East Finchley's own newspaper. As these coffee mornings take place in East Finchley library, there were naturally quite a few locals in the audience, but also people from Muswell Hill, Church End, Friern Barnet and even Mill Hill.

These people only attend regularly because the programme of talks is varied and interesting. Friends of Barnet Libraries is a borough-wide organisation, and coffee mornings take place elsewhere in Barnet. The Friends helped create coffee lounges in all the borough's libraries.

They have also donated toys and "storytime sacks" to the children's sections, and 15 CD players to the Home Library Service for users needing audio books.



Archie takes the biscuit.

Photo by Diana Cormack

East Finchley coffee mornings are held in the first hall of the library between 11am and 12 noon on the first Friday of every month. Everyone is welcome, but please note there is no lift.

THE ARCHER includes details of the following month's meeting in *What's On*, but for further details, and for information on becoming a Friend, contact Ian Harvey on 020 8444 9406.

Family support from a star volunteer

By Janet Maitland

"Home-Start helps real people with real problems." These heartfelt words came from a mother speaking at the celebration of Home-Start Barnet's 10 years of supporting families, held at Mill Hill Golf Club on 6 October.

The occasion was marked by the presentation of a trophy to Barbara Smith, from East Finchley, who has been a dedicated volunteer for Home-Start Barnet ever since it began.

Home-Start provides support, befriending and practical help for families with at least one child under five who are experiencing stress or difficulties. Barbara is one of their trained volunteers, visiting families in their own home on a weekly basis.

Although Barbara also works three days a week, she has managed to support over 15 families in the last 10 years, staying with most of them for a year.

"Barbara just gets on with the job, supporting one family after another, always taking part in our ongoing training and other activities," said Linda Sansom, office manager.

Barbara describes her initial approach to new families as "standing back and waiting"; she is very conscious that building a good relationship takes time and a lot of listening. Her self-effacing wisdom struck me as just the right touch for people who are depressed, isolated, under stress or lacking in self-esteem.

Once trust has been estab-



Barbara Smith has been supporting families for 10 years.

Photograph by Janet Maitland

lished, Barbara will do whatever is necessary, from taking families shopping to giving advice about parenting, always aware that "being a parent isn't easy and everyone does it differently".

"Volunteering has been a real boost to my own confidence," said Barbara. "And it's really satisfying that I've been able to help such a wide range of people."

Please, Mr Postman

Whilst driving home around midnight during the postal strike at the start of October, one ARCHER correspondent noticed two men in Royal Mail jackets on the roadside near Nazareth House in East End Road.

Were they making a very early collection of mail for the next day or had they just left the picket line somewhere? Still pondering their purpose, our correspondent arrived home and switched on the TV to find the film being shown was *The Postman Always Rings Twice*.

Teenage beauty

By Helen Drake

Stuck for Christmas or birthday present ideas for your teenage daughter? Beautician Mandana, based at Jennie Mann on Church Lane, might have the solution.

She is launching a new prescriptive facial developed especially for teenagers on her Open Day on 29 November, 9am-9pm, when all products and gift vouchers will be offered at a 10% discount. Mandana is also extending her opening hours on Thursdays until 5pm so that teenagers have the opportunity to book appointments after school.

Having been approached by several clients asking for solutions to their teenage daughters' skin problems, and having a budding teenager herself, Mandana has developed a facial to meet the needs of this age group. At a more affordable price of £25, the facial concentrates on cleaning and black head removal.

Gentle but effective

"The approach is gentle but with a very effective result, using *Sothys* products to suit the needs of each individual skin," says Mandana. "Obviously I can't change and cure a hormonal imbalance within the body, but I think teenagers like my own daughter can neglect to carry out very basic skin care. With the right advice, products and routines, a lot can be done to achieve a fresher, healthier skin."

Between 3pm and 5pm on the Open Day, Mandana will be offering free taster sessions of her new teenage facial on a first come, first served basis.

For more information, phone Mandana on 020 8365 2284 (9am-3pm) and 020 8447 0854 (6pm-8pm).

**All Saints' Church,
Durham Road, East Finchley
Church of England**

**Sunday masses at 8.00 a.m. and 10.00 a.m.
Weekday masses at 10.00 a.m.
Prayer requests are gladly accepted.**

**The Parish has a flourishing social life.
Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.**

All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.

**Experienced singers are always welcome.
Contact Geoffrey Hanson on 020 8444 9214.**

<http://www.allsaints-eastfinchley.org.uk>

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 Youth Club Wheelchair friendly
Tel: 0208 346 1700 e-mail: info@eastfinchleymethodist.org.uk