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Round the world on the high seas

Lauren Mead grew up sailing patched-up dinghies at her local sailing club. Now, at just 21 years old, she's taking to the oceans of the world as the youngest woman in the 2009-2010 Clipper Challenge.

Lauren, from Leslie Road, will depart from Hull on 13 September in a 10-boat fleet that will race to France, Brazil, South Africa, Australia, Singapore, China, Canada, the USA and Jamaica before returning to the UK. The 35,000 nautical mile challenge is the only amateur global yacht race in existence.

Lauren comes from a family of professional sailors. From her local sailing club in Kent, she managed to qualify to be part of the GBR Yacht Racing Academy in 2006 as the only girl in a 30-strong team. She moved on to crewing on boats in the Southampton area, driving down from East Finchley every Friday night to

race at the weekend, coming back exhausted but happy on a Sunday evening.

For the round the world race Lauren will be one of 18 crew on board a 68-foot yacht owned by Clipper Ventures. The boat is built for speed and not comfort. Conditions are cramped and team work is vital to ensure that the boat runs smoothly and there is no bickering.

Sponsoring Lauren

To be able to compete in the race Lauren needs to raise £15,000 with any excess raised being donated to the Philip Green Memorial Trust,



Lauren Mead is aiming to sail around the globe.

a London-based charity that works to improve the lives of sick and disabled children.

Lauren said: "I wanted to have an adventure, and doing it on behalf of the Philip Green Memorial Trust makes it that much more worth while." To

contribute to this campaign, visit www.justgiving.com/laurenmead2009. Lauren is also looking for corporate sponsorship to help fund her trip and has a range of benefits that local businesses would gain by sponsoring her.



Lauren will be part of the crew on a Clipper boat.

Radio 4 visits Bobath Centre

By Ann Bronkhorst

There are three Bobath Centres in the UK providing specialised treatment for people with cerebral palsy and one is here in East Finchley. Our Bobath Centre, at 250 East End Road, is a popular cause for local fundraisers, but its national profile was raised recently when BBC Radio 4 covered its work.

The half-hour programme, in the regular medical series *Case Notes*, was packed with information about cerebral palsy and the various treatments possible. About one in 400 births are affected by the condition, which is usually but not always detected soon after birth. Early brain damage, from a variety of causes, leads to difficulties with movement and a range of other impairments.

Catherine uncurls

A remarkably assured and engaging 11-year-old, Catherine, was interviewed for the programme. She described how her own feelings about the demanding physiotherapy she has received have changed over time, from thinking of it as just play to sometimes wanting to refuse it. But, she said: "My body gets tight" and so it's

"Mum, can you do my physio, please?"

At Bobath, parents sit in on every session and continue the work at home, so Catherine's mother has always been involved. She described the extraordinary "uncurling" she witnessed in her child after their first Bobath session, when Catherine actually grew one inch in 10 days.

The programme dealt with the causes of cerebral palsy and the range of symptoms and associated problems; it also mentioned some of the other treatments available, such as Botox injections and surgery to lengthen muscles.

For more information there is a Radio 4 Actionline phone number, 0800 044044. The Bobath Centre itself can be contacted on 020 8444 3355

Anniversary bonanza for choir

By Marian Bunzl

The North London Chorus's June concert will be a celebration of three composers' anniversaries: Haydn's 200th, Handel's 250th and Purcell's 350th.

The choir will sing Haydn's *Mass for Troubled Times* (Angustis), so full of upbeat music that it became associated with the victory at Trafalgar, hence its usual title *Nelson Mass*. Handel's *Coronation Anthems*, including *Zadok the Priest*, need no introduction and there will be a short joyful piece by Purcell.

Unlike our composers, our soloists are young and at the start of what we are sure will be great careers. Sarah Jane Brandon, Tyler Clarke and Samuel Evans have all won important awards and sponsorship; in particular, Sarah Jane has just won the prestigious Kathleen Ferrier Prize.

Come and hear a preview at our stall at the East Finchley Festival on 21 June. The concert takes place on Saturday 27 June at St James Church, Muswell Hill, at 7.30 pm. Ticketline: 0208 444 2142 (£16, £12, £8) also from Les Aldrich, 98 Fortis Green Road, N10 3 HN or at the door.

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