



Man saved from hypothermia

By Janet Maitland

An 89-year-old man suffering from hypothermia was taken to hospital after he was discovered by a community support officer from the East Finchley Safer Neighbourhood Team. The elderly man was found by Jan Lovell on 7 January while she was doing a check on Leopold Road as part of Project Shield, which keeps an eye on vulnerable local residents.

"When I visited the resident at 1pm, he was feeling very poorly and the house was very cold - only 6°C," said Jan. "He had been in bed when I knocked and hadn't had any food or drink that day. I dressed him, got some heat on and asked a neighbour to heat up some soup which he ate while we waited for the ambulance."

According to the London Ambulance Service, the man would have died had he not been found as his body temperature was so low. It was still 34°C an hour after he was found. The man was still in the Royal Free Hospital a week later being treated for hypothermia and an infection.

Notice vulnerable neighbours

"I know people are concerned about the cost of heating, but little things can save your life, such as properly heating your most used room,

wrapping up in several layers, and having regular hot drinks," said team Sergeant Andy Matthews. "Please spare a thought for anyone you know who is vulnerable and check on them every so often to make sure they're ok."

"This case is proof that Project Shield is a great thing," said a spokesperson from the Metropolitan Police. "If people are elderly, vulnerable or lacking a support network, Safer Neighbourhood Team officers can often help them be a bit safer and hopefully a lot happier."

If you want to refer anyone who is vulnerable, for any reason, to Project Shield, contact the Safer Neighbourhood Team on 020 7161 9014 or 07887 632767 or email them at EastFinchley.snt@met.police.uk. You can also talk to the Police Community Support Officers (PCSOs) you see on patrol.



Archie shivers in his coat of snow. Photo by Mark Blair.

Walking to work on a winter's morning

Dennis Evans, of Helen Close, sent us his poem about walking alongside the Brent River in the days before the Brent Cross Shopping Centre was built.

The Brent has iced over, bent in its purpose of not moving. The birds have stopped singing, grass and leaves are frost-encrusted.

Pink-faced girls walk by, smiling. And hunched office workers, with hands deep in pockets and steamy breath, hurry from the bus stop.

Greene Driving School
East Finchley N2
From **£17.50** x 2 Hr lessons
Safe driving for life
Low Co2 footprint 114
Eco & Low Maint Tuition
Pass Plus 4 cheaper
Insurance. Greenedriving.co.uk
Call **John M.L.M.I**
0773 851 4406

Wood opening hours

As of 1 December, Cherry Tree Wood is opened at 8am and closed at 4.30pm.

To push or not to push

By Betti Blatman

And do you remember our first round of snow back in late December?

On that occasion, as ice and snow gripped the area, two East Finchley residents struggled to get home on the 143 bus from Archway. They told us that the driver had had difficulty starting the bus up the hill towards Highgate and had asked passengers to help push it! When nobody responded, he requested that everyone leave the bus. So our passengers had to find a café to keep warm before walking on to the Esso garage on the Great North Road, where they were finally picked up by car.

A helping hand

Mrs Violet Hooper, of Prospect Ring, contacted THE ARCHER to express her thanks to members of East Finchley's Safer Neighbourhood Team.

Violet, who is 81, told us that two community support officers had called at her flat to check on her welfare. Not only did they ensure she was all right but the young male and female officers also did her shopping. "I hadn't been out for two weeks and it really made my day," said Violet. "They helped out my neighbour, too."

Pothole purge

Following January's sub-zero temperatures, Barnet council highway teams are preparing for a rise in the number of potholes in the borough over the coming months.

Barnet residents can now report potholes to the council via a dedicated online site <http://barnet.fixmystreet.com>. Residents can upload details and images of potholes and other issues they would like to see tackled in their neighbourhood and send them straight to the council. The free site is also linked from the council's homepage www.barnet.gov.uk.

Cree Godfrey Wood Solicitors

Commissioners for Oaths

Hours: 9.30am to 5.30pm.

email: admin@creegodfreyandwood.co.uk

28 High Road, London N2 9PJ

Tel: 020 8883 9414 / 9496 / 0989

www.creegodfreyandwood.co.uk

AP Exclusive in the UK to:
Gentlemens Barbers
CRAZY BULL Hair Products
"You deserve the right to have beautiful & stylish hair every day"
50 High Road, East Finchley, London N2 9PJ
t: 0208 815 5557




Postman Bob Konig. Photo by Bill Richardson.

The mail must get through

The heavy snow didn't stop postie Bob Konig completing his round in the Baronsmere Road area. Bob joined the postal service in East Finchley in 1969 and has been delivering on the same round since 1984. Bob remembers the harsh winter of 1963: he was a paperboy in Highgate at the time and had to wade through snow up to his knees. Thanks to Bob and all his Royal Mail colleagues who kept collections and deliveries going strong through the snow.

GEMINI PHOTOGRAPHIC
Camera sales and repair centre
Set of 6 ID or Passport photos: adults and children @ £3.99 babies @ £5.00
Telescope sale now on plus special offers on selected items, come in and see!
Used cameras purchased and sold.
Repair problem? See the technician for an estimate, Fri/Sat 10.30~6.00
58 High Road, East Finchley, N2 9PN. 020 8883 6152.

eastfinchleyclinic
Wendy Longworth & Associates physiotherapy practice offers a variety of treatments at the clinic, or off-site, in patients homes, nursing homes, private hospitals and other organisations.

- Back Pain
- Neck Pain
- Whiplash Injury
- Sciatica
- Sports Injury
- Frozen Shoulder
- Arthritis
- Tennis Elbow
- Sprain or Strain
- Rehabilitation
- Neurological
- Stroke

www.eastfinchleyclinic.co.uk

East Finchley Clinic
2-3 Bedford Mews
Bedford Road
London N2 9DF

020 8883 5888
FAX: 020 8444 8874

Finchley Carpet Cleaner

- Professional Carpet Cleaning
- Oriental Rug Cleaning
- Stain Removal

Competitive Prices

- Also We Do Removals

Tel: 020 8815 9508 Mob: 07930177510



Do you suffer with bowel problems?
Cecilia Holmes R.G.N. R.C.T. is a trained nurse and colonic therapist. She can help.
Colonic Hydrotherapy treatments help with I.B.S. Constipation, headaches and candida problems. After a colonic you will have better energy levels.
Alternatively home visits are available to administer herbal enemas and massage, a gentler, but longer route to cleansing the bowel, but just as effective.
email: colonicssc@yahoo.co.nz tel: 07533 750 400 or 020 8444 8702