



Design down to a tee

By Jessica Tully

While the current recession has made job hunting difficult, Gabriella Gambetta and three friends have found a way to combine what they love doing and earn money at the same time.

A recent fashion graduate at Hertfordshire University, Gabriella, along with Sabah Noor, Vivienne Lew and Indi Yapa, launched online fashion company, 4.2morrow, designing and selling clothes for women.

Their first collection included a range of T-shirts inspired by rock music, with 10% of the profits going to The Samaritans, a cause all four friends strongly support. Since its launch last June, 4.2morrow has received great feedback and now has a number of fashion shows lined up, including an appearance at London Alternative Fashion Week to be held in Spitalfields Market in April.

Gabriella, 22, who lives in N2, told *THE ARCHER*: "We found it a real struggle to get jobs in the recession but tried to see it positively and decided to design our own range of clothing and sell the pieces online."

"Since we started last summer we have been very busy designing and making the pieces. It's great to be doing something I have always wanted to do and things are really picking up, with our latest collection due out in February."

After their early success, website www.four2morrow.com



A sample of 4.2morrow's stunning designs.

is in development and the friends hope to start selling some items in shops and boutiques and already have their own stall at Camden Market. They can be contacted on 0208 444 8184 or four.2morrow@hotmail.com and are on Facebook as 4.2morrow.

Alzheimer's Society needs help

If you're clearing out your clutter or thinking of binning your bling, there may be something you could send to the Alzheimer's Society. "If you can't repair it or you never wear it, share it" is the current slogan accompanying their appeal for unwanted jewellery.

The Society is asking for items you never wear, broken or single items left from a pair such as earrings or cufflinks and any gold, silver or costume jewellery. These will be recycled to raise much-needed money to support people with dementia, their families and carers.

The charity will supply Freepost padded envelopes if you call 0845 306 0898 or visit www.alzheimers.org.uk/jiffy. Alternatively, you can send your jewellery directly to: Freepost RRUL-HZKT-YHKG, Alzheimer's Society, London E1W 1LB. Please include your name and address so your donation can be recorded and acknowledged.



Pedal power at The Manor

By Diana Cormack

Members of The Manor Health and Leisure Club on Fortis Green took part in a sponsored indoor cycle ride at the end of last year. It was organised by instructor Marta Sterbakova in aid of the North London Hospice and raised a magnificent total of £1,170.

Noah's Ark seeks volunteers

Noah's Ark Children's Hospice in north London provides care for life-limited children and their families in their own homes. It is always keen to attract new volunteers to its Family Support Volunteer Programme, which matches trained volunteers to individual families to improve their quality of life.

Families regularly say that some types of help are not available from statutory or other voluntary service providers. Examples of these unmet needs include practical help around the house, escorts to hospital appointments, support with siblings (play and homework) and parental emotional support in the form of a

friendly ear.

Volunteer training covers essentials such as communication, reliability, confidentiality and child protection. The boundaries of the volunteer role are emphasised because these are crucial in protecting both parties in the family/volunteer relationship. In addition, volunteers have the opportunity to meet some families, so gaining a more realistic understanding of the challenges faced day-to-day and allaying their fears that the focus is always on death and dying.

After qualifying, each volunteer is matched to a specific family, ensuring the strengths of the volunteer meet the family's expectations. Helped by funding from Children in Need, the hospice now has 48 trained volunteers. Feedback from both families and volunteers is consistently positive and demonstrates a powerful impact made on families. To find out more about the Family Support Volunteer Programme, please contact Family Support Volunteer manager Polly Hind on 020 8449 8877 or phind@noahsarkhospice.org.uk.

Open day for Mandana

Beauty therapist Mandana will be holding an open day on Saturday 20 February with an auction in aid of the Bobath Centre for Children with Cerebral Palsy, based in East End Road.

There will be demonstrations of anti-wrinkle facial treatments at 11am and 2pm and a 15% discount for facials on the day, with the auction at 1pm. Mandana is based at Jennie Mann in Church Lane, N2. For more details, telephone 020 8365 2284.



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Girl about East Finchley

Manners maketh the man

By Fay Sanders

I was determined not to arrive late to work. "The next train to Kennington via Charing Cross will arrive in one minute," drifted within earshot as I strode purposefully down the pathway to East Finchley tube station. Plodding commuters politely stepped to one side at the quickening click of my heels behind them.

I raced past the ticket barrier, Oyster card at the ready as the train arrived at the platform. The doors opened as I sprang up the stairway. I had timed my dash perfectly; or so I thought. A young woman was standing slap bang in front of the nearest train door. If I'd shoved her out of the way I'd have made it on board. Instead I hissed, "Excuse me, can you move, please?" and she turned to glare icily at me as the doors slammed shut in my face.

Push comes to shove

The dozy door-blocker stepped onto the subsequent train via Bank and I hoped I'd get a seat on the next Charing Cross train. A tall woman in her mid-20s appeared at my left on the platform and then a man, possibly in his late 30s, positioned himself to my right. The train stopped with the nearest door between me and the tall lady, who moved to get in the carriage first. I felt my indignation mounting but before I could react, the man to my right pushed us both out of the way and barged onto the train, plumping himself down on the last available seat.

Sisters in adversity

As we stared at each other in disbelief, the barger became aware of our discontent. "So much for ladies first," muttered the tall lady in an Eastern European accent. "Oh, are you pregnant then?" the barger cried out, loudly enough for the whole carriage to hear. The woman looked too flabbergasted to speak. "No, she hardly looks pregnant," I spat out, "but you pushed past both of us to get the last remaining seat."

I felt more than one pair of eyes focused in our direction. Before the barger could reply, an older lady in her 50s piped up: "I don't know who was there first but you certainly seemed in rather a hurry to get that seat. And since I'm older than all of you, I think I deserve to take your place." With that, the barger was silenced, and the tall lady and I smiled smugly at each other as he sulkily relinquished his cherished seat.



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