



THE ARCHER

PO Box 3699
LONDON N2 8JA

WWW.THE-ARCHER.CO.UK

e-mail: THE-ARCHER
@LINEONE.NET

Voicemail & Fax:
(messages only)

Editorial/enquiries: -
08717 33 44 65

Advertising/finance: -
08717 33 45 28

PUBLISHED BY
East Finchley
Newspapers

CHAIR
Kevin Finn

COPY EDITOR
John Lawrence

EDITORIAL TEAM
Diana Cormack
Daphne Chamberlain

SUB EDITORS
Ann Bronkhorst
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PRODUCTION EDITOR
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Thank you to The Bald
Faced Stag for providing
us with a meeting place.

THE ARCHER team wishes
to thank all the generous
people who give up their
spare time, in all weather,
to deliver the paper for us.

Your contributions

If you have a story for us, please
contact us at the above address.

Comments to THE ARCHER may
be published unless clearly
marked 'Not for publication'
within the text.

Copy deadlines

June issue: 14 May

July issue: 11 June

August issue: 16 July

USEFUL TELEPHONE NUMBERS

Councils

Barnet Council:
Admin/Town Hall 020 8359 2000
Council Tax 020 8359 2608
Recycling & refuse 020 8359 4600
Primary Care Trust 020 8201 4700
Benefits Agency 020 8258 6500
Employment Service 020 8258 3900
Haringey Council 020 8489 0000

Leisure

Alexandra Palace 020 8365 2121
East Finchley Library 020 8359 3815
Muswell Hill Odeon 0870 505 0007
Phoenix Cinema 020 8444 6789
Warner Cinema 020 8446 9933

Transport

Nat. Rail Enquiries 0845 7484950
City Airport 020 7646 0088
London Transport 020 7222 1234
National Express 08705 808080
Heathrow Airport 0870 000 0123

Hospitals

Barnet General 0845 111 4000
Coppetts Wood 020 8883 9792
Finchley Memorial 020 8349 7500
Oak Lane Clinic 020 8349 7000
Royal Free 020 7794 0500
St Luke's 020 8219 1800
Whittington 020 7272 3070

Health Advice

AIDSline 020 8363 2141
Alcoholics Anonymous 0845 7697555
Barnet MENCAP 020 8203 6688
Cancer Support 020 8202 2211
Carers' Line 0808 808 7777
Drinkline 0800 917 8282
Drugs Helpline 0800 776600
MIND 020 8343 5700
NHS Direct 0845 4647

OAP's Advice

Barnet Age Concern 020 8346 3511
Contact (N2) 020 8444 1162

Help the Aged 0808 800 6565

Crime

Emergency 999
Barnet Police 020 8200 1212
Mus. Hill Police Stn. 020 8808 1212
CrimeStoppers 0800 555111
Victim Support 0845 303 0900
East Finchley Safer Neighbourhood
Team 020 7161 9014

Help & Advice

Childline 0800 1111
Disability Info Service 020 8446 6935
E.F. Advice Service 020 8444 6265
Gingerbread 020 8445 4227
National Debt Line 0808 808 4000
NSPCC 0800 800500
Rape & Sexual Abuse 020 8683 3300
Relate 020 8447 8101
RSPCA Inspector 0300 1234 999
Samaritans 08457 909090
Refuge Crisis Line 0870 599 5443



42 Church Lane, London N2 8DT.
Tel/Fax: 020 8444 6265

General Advice.

Monday to Friday: 10am -
12.30pm and 1.30pm - 4pm.

Legal Advice.

Tuesdays: 7pm - 8pm.

Councillors' Surgery.

Saturdays: 10am - 11.30am

Community Services

❖ Credit Union, Green Man Community Centre 020 8883 4916
❖ Careers advice, Green Man, Community Centre 020 8883 4916
❖ Toy library, Muswell Hill 020 8444 0244/ 8489 8774

Girls just want to have run

The Bobath Centre in East End Road is calling for women of all ages to take part in the Adidas Women's 5K Challenge this September. With no age restriction, mothers, grandmothers, daughters even toddlers can complete the course by either running or walking.

The charity for children with cerebral palsy is particularly keen for local schools to get involved. "It would be great if we had girls in every year group running alongside their teachers for a good cause," says Sarah Terrazas, Bobath event co-ordinator.

"East Finchley has a strong sense of community and we think that getting schools involved reinforces this. For us, it gives us an opportunity to get to know our neighbours and raise money to keep the centre open; not to mention encouraging a healthy lifestyle."

The run takes place on Sunday 5 September in Hyde Park, and the charity will offer runners free entry, a Bobath Centre t-shirt and a goody bag in exchange for a commitment to raise £65 in sponsorship.

Schools or individuals wishing to take part should contact Sarah on 020 8442 2275 or sarah@bobath.org.uk

ARCHER: seeking volunteers

Could you help us distributing THE ARCHER? We urgently need a volunteer who can take delivery of the paper each month at home and sort it into rounds for our deliverers. You would need to have a decent-sized ground floor room for the papers to be stacked and sorted, plus a suitable space outside for the papers to be left if you are out.

The papers come in bundles of 50 and we provide round sheets with all the necessary details. Sorting into rounds takes two to three hours but does not have to be done the same evening. The next step is to phone those volunteers who collect the bagged papers from you.

Questions over Avenue House

By Betti Blatman

There has been some concern in the community about the well-being of the Avenue House Estate. Local residents, who are passionate about keeping their beautiful park running and have a willingness to become involved to secure its future, have compiled a questionnaire.

They are asking for as many people as possible to give their thoughts on the estate. They will

then present the results of the survey to the Avenue House Estate Trust and are very willing to meet with them to discuss their suggestions.

The survey seeks to find out how often you use the grounds and what improvements you would like to see. A farmers' market, open-air films and children's activities are all put forward as possible options.

If there is sufficient interest, the organisers may start a regular newsletter to keep people up to date with developments at Avenue House.

For a copy of the questionnaire, which needs to be returned by 20 May, please email Lindy at lindykursten@hotmail.com, or leave a message with THE ARCHER on 08717 334465 and we will pass on your request.

Planning Applications

Barnet Council

5 Beaumont Close, N2
Alteration and extension of existing garages, including first floor rear extension.

43 Brim Hill, N2
Alterations to roof, including a rear dormer and a dormer to the side of the rear roof projection, and two conservation style roof lights to the front, all to facilitate a loft conversion.

45 Brim Hill, N2
Single storey rear extension, including associated landscaping. Widening of existing front driveway.

20 Church Lane, N2
Erection of single storey side extension, following demolition of existing garage.

1 Deansway, N2
Roof extension, involving rear dormer window to facilitate loft conversion.

54 Deansway, N2
Replacement of existing timber windows with new timber windows.

8 Richmond Road, N2
Erection of a single storey side and rear extension and of a single storey outbuilding to the rear of the garden.



T'ai Chi & Qigong

Wednesdays: 1.05-2.00pm
(Trial session: £5)

at East Finchley Methodist Church, 197 High Road, N2 8AJ.
James Drewe is a qualified teacher and has been practising t'ai chi for 34 years.
He is Vice-Chairman of the Longfai Taijiquan Association

Other classes (Tottenham Ct. Rd., Westminster, The City): www.taiji.co.uk
email: james@taiji.co.uk phone: 020-888 333 08

OSTEOPATHY

at

The Twyford Practice

Osteopathic consultation and treatments
in Fortis Green, N2.

Robin Kiashek,
Osteopath and Naturopath,
Bsc (Hons), Ost Med.,
N.D., M.R.N.

For appointments:
please phone 020 8815 0979

or visit:

www.robinkiashek.co.uk
for further information