



The Manor spins money for Noah's Ark Children's Hospice

By Diana Cormack

For the second year running (or should that be pedalling?) members of The Manor Health and Leisure Club on Fortis Green took part in a two hour sponsored indoor cycling event known as 'spinning'.

Participants are given a warm-up session before embarking on their personal time slots. Instructor Marta Sterbakova organised it again and Manor director Demos Philiastides was there to give his support. He also donated a cheque of £500 from the club which, added to one for £348 from Barclays Bank, Muswell Hill, got the fund raising effort off to a flying start. The eventual total was a magnificent £2,300. To contact the Noah's Ark Appeals Office phone 020 8449 8877 or visit www.noahsarkhospice.org.uk



The group gets ready to roll. Photo by Diana Cormack

Three book deal for children's author

Author Anne-Marie Conway has had her first book published, and it's set to be the first of a new series for young readers. *Phoebe Finds Her Voice* is published by Usborne and the second book, *Polly Plays Her Part*, is out very soon.

Anne-Marie, of Ingram Road, wrote the books for all those children who dream about being on the stage, especially when they're in their bedrooms singing into the hairbrush.

The Star Makers Club series is about a group of children who attend a drama club. It follows their ups and downs as they grapple with starting secondary school, family break-ups, new babies, friendship issues and change.

Anne-Marie said: "I was inspired to write the books after running my own chil-



dren's theatre company, Full Circle, for 15 years and seeing first-hand how belonging to a drama club can change young people's lives." The third title in the series, *Sam in the Spotlight*, will be published in March 2011.

YOUNG ARCHER

Chill out zone for schoolchildren

By Rachel Ellis

A new chill out room for quiet learning has been opened at Martin Primary School. Beanbags, cushions and comfy seats, as well as soft lighting and music, have been installed so that children can read or play games in a quiet and relaxed environment.



Two pupils enjoy the new chill out zone at Martin Primary.

The room was refurbished over the summer holiday with money from the memorial fund for former teacher Wendy Diamant, who died in April 2009 after a long battle with cancer.

All pupils at the school will have the opportunity to use the room. However, it is likely to be of particular benefit for children with special educational needs and those who don't get quiet time at home.

A different space

Headteacher Helen Morrison said: "It is an opportunity for all the children to have a different kind of space, a relaxed space for reading and playing games. A lot of our rooms in the school are very educational looking, so it is nice to have a space which is more friendly and homely, more like a child's bedroom."

"Part of the whole ethos about learning is that there is a time to learn and a time to relax. It is about the child's well-being and having a quiet space like this will be very beneficial for the children."

This term children will use the room in small groups for around half an hour at a time. Those who have already visited the room are very impressed.

Liliya Romaner, aged six, said: "I wish this was my classroom. You can play games and read. I really like it." Walter Lumsden, aged 10, added: "It's nice having somewhere to go that's a bit more relaxed than the classroom." Venessa Njoki, aged nine, said: "It is good to have a room where you can come to relax and be calm."

Big thank you

Liz and Carol would like to give a big thank you to the following shops and businesses, who very kindly donated prizes for a raffle at the East Finchley Constitutional Club's Country and Western Night on 30 October: Budgens, The Cherry Tree, Genzo Restaurant, H.R. Dry Cleaners, Iceland, Jennie Mann, Teaching Trends, 2 Destino, The Windsor Castle and Yin Yang.

PARENT & BABY/CHILD ACTIVITIES

- ❖ **Coffee & Kids**, Fri 9.15-11.15, Green Man Ctr. Rachel 8343 6147.
- ❖ **Dads' Club**: Get-togethers for dads looking after young children in East Finchley. Adam 07957 441435.
- ❖ **EF National Childbirth Trust** contact Ruby Yang or Patrizia Canwell at eastfinchleynct@googlemail.com
- ❖ **Newstead Parent & Toddler Group**, Thurs 9-12-30, Green Man Ctr. Sajni 8359 3460.
- ❖ **Old Barn pre-school club**, contact 8349 4613/1961
- ❖ **Parent & Toddler Group**, Green Man Centre, Julia 8444 2276
- ❖ **Stepping Stones**, interactive play session for under 3's. Karen 07957 278860.

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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.
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Contact Geoffrey Hanson on 020 8444 9214.

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