



Allotments for all

By Marcia MacLeod, of Your Allotment Magazine
Getting an allotment is hard enough at the best of times, but for disabled people it is almost impossible. Raised beds do not reach wheelchair height and access is usually down narrow, rutted paths.

But, as reported in *Your Allotment Magazine*, Gordon Road Allotments, off Dollis Road in Finchley, has offered less able-bodied gardeners across the area the chance to grow their own by creating 12 raised beds specifically for those who want an allotment but could not cope with the average plot.

Overgrown land cleared

In a £72,000 project funded by external sources, including the London Borough of Barnet, Gordon Road has cleared land unused for many years in preparation for the new beds.

"One side of the site had become overgrown and unusable as allotments," explains Andrew Brown, who is in charge of the project. "With so many people unable to rent an allotment because of demand, this did not seem right.

"At the same time, we realised that disabled people and allotment-holders who are no longer fit enough to bend down, to dig, and so on, would

benefit from raised beds. We decided to create raised beds so those who cannot manage an ordinary allotment will still be able to grow their own fruit and vegetables."

Practicalities

The 12 raised beds vary in height so that they are suitable for different types of disability. Each is 1.2m (4ft) wide by 7.2m (24ft) long and has its own water supply and a lockable tool-box. Paved paths between the beds are wide enough for wheelchair users to negotiate and disabled parking will be provided nearby.

The disabled allotment is now ready for use, although the paths are still being surfaced. Anyone interested in taking one of those beds should contact Andrew at a.brown@cvni.org.uk. Priority will be given to Barnet residents, but if all 12 are not taken up by local disabled gardeners, applications will be considered from residents of neighbouring boroughs.

Choir seeks more voices

The Alyth Choral Society has just started rehearsals for its annual winter orchestral concert: a performance, with professional orchestra and soloists, of Handel's *Israel in Egypt*.



Founded 28 years ago, the choir has performed over 90 concerts ranging from oratorio to Gershwin and Cole Porter. Members meet every Tuesday evening during term time, from 8-10pm.

Local resident Kate Fine, who joined the choir two years ago, says: "We're a friendly, non-denominational group and it's a lot of fun, although we do aim for high standards. *Israel in Egypt* has a double chorus so we are particularly keen to find more choristers.

"If you can sing in tune, come

along. If you have a friend or a member of your family who sings well, please tell them about us. Choral singing is enormously rewarding, very good exercise and blows away the winter blues."

The performance will take place on Sunday 11 December at North Western Reform Synagogue, Alyth Gardens, Temple Fortune, London, NW11 7EN. For further details, contact: alythchoralsociety@gmail.com or visit <http://alythchoralsociety.wordpress.com>.

Handy measures for coughs, colds and flu

Homeopath Jane Harter reveals some safe and effective homeopathic and herbal treatments you can turn to at home to ward off coughs, colds and flu.

Homeopathic remedies are widely available and, as they have no side effects, they're also safe for children. They work differently from conventional medicine, with each remedy having its own specific characteristics so you match the remedy to the particular symptoms.

Some useful remedies to have on hand are:

Aconite: when symptoms come on suddenly, often after being chilled or in a cold wind, there is a dry barking cough, worse around midnight, and sweating with alternate hot and cold spells and a thirst for cold water.

Belladonna: for hot dry fevers with red flushed skin and throbbing headache.

Bryonia: when you're sore and aching all over, you just want to be left alone and every slight movement is painful. The cough is deep, dry and hacking and hurts the chest.

Gelsemium: for colds and flu that come on slowly; you feel very shivery and heavy headed and it's an effort just keeping your eyes open. Catarrh is watery and burning.

Onions: soothing for coughs and colds. Chop an onion finely and mix with a tablespoon of runny honey (add a clove of crushed garlic if you're brave enough), leave for half an hour, then take a teaspoon of the mixture as needed.

Thyme: ordinary thyme is antibacterial. Steep a teaspoonful in boiling water for five minutes, then use as a gargle for sore throats. Add thyme, sage or lavender to a bowl of hot water and pop a towel over your head for a soothing steam inhalation.

Don't forget to drink lots of water, and get well soon! For more severe or ongoing complaints consult a professional homeopath (and your GP when appropriate).



Maurice Collins pictured at his home with some of his collection.
Photo by Matthew Power

Curiosity corner

By Hannah Eiseman-Renyard

East Finchley resident Maurice Collins has won the title Britain's Best Collector on Bid TV. Collins, 76, specialises in collecting oddities and inventions from between 1851 (the year of the Great Exhibition) and 1951 (the Festival of Britain).

Walking into his home is like finding the best corner of a museum: wooden cabinets are stuffed with weird and wonderful objects whose purpose is never entirely clear. Highlights include a hand-cranked massager, glasses to go inside a gas mask and the prize of his collection: two clockwork teasmids.

It all started 27 years ago when Collins went digging in old rubbish dumps with his children. When they found two odd-shaped bottles he looked up the patents and has hunted for the strange and intriguing ever since. The collection has been displayed at the British Library, he's spoken at the V&A and has penned a book called *Eccentric Contraptions and Amazing Gadgets, Gizmos and Thingamabobs*.

Sometimes the collection goes to pub quizzes where people guess the purpose of the object. Collins gives me a few to decipher, like a stepped china wedge. I get close ("something to

go on the table?") but never quite there (it sits under a soup bowl to tilt it as the bowl empties).

The collection hasn't stopped growing. During my visit he gained a new addition from eBay: a George Philips First Aid Wheel. Occasionally Collins himself loses track: "What's this... I don't know what this is... oh, this is a candle shade holder."

Collection benefits charity

As for the Bid TV award, Collins is circumspect. "I must have entered for it, I can't remember." He's donated the £2,000 prize money to Kith & Kids, a charity for disabled children, which he helped found 42 years ago. "It started out as a self-help group of parents," he explains. It's now based in Tottenham and has 12 members of staff.

In 2002 Collins received an OBE for his work with the disabled and he's raised over £40,000 for Kith & Kids by renting out his incredible collection to museums. We tip our hats.



Jane Harter LCH RsHom can be contacted on 020 8365 2564 or at janeharter@phonecoop.coop. She has been practising in East Finchley for 20 years.

All Saints' Church, Durham Road, East Finchley Church of England

Sunday masses at 8.00 a.m. and 10.00 a.m.

Weekday masses at 10.00 a.m.

(Refreshments are served after mass on Sunday and Thursday)

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.
Experienced singers are always welcome.
Contact Geoffrey Hanson on 020 8444 9214.

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

Notice is hereby given that JOHN COSTI has applied to the Licensing Authority of London Borough of Barnet for a Premises Licence to permit:

The sale of alcohol from 11.00 - 23.00 Monday-Sunday for the premises:
Costi's situated at 332 High Road, East Finchley, London N2 9AB

A register of licensing applications can be inspected at Building 4, North London Business Park, Oakleigh Road South, London N11 1NP. Appointments to inspect the register can be made by telephoning 020 8359 7995 during office hours. Any person wishing to submit relevant representations concerning this application must give notice in writing to the London Borough of Barnet, Licensing Team at the address above, giving in detail the grounds of the representation no later than: 29/10/2011.

The Council will not entertain representations where the writer requests that his identity remains anonymous. Copies of all representations will be included in the papers presented to the Licensing Authorities Sub Committee and will therefore pass into the public domain.

Representations must relate to one or more of the four Licensing Objectives: the prevention of crime and disorder, public safety, the prevention of public nuisance and the protection of children from harm.

It is an offence liable on conviction to a fine up to £5000 under section 158 of the Licensing Act 2003 knowingly or recklessly to make a false statement in connection with an application.

Dated this 4th day of September 2011 Signed John Costi