



The men's tower class was one of the high-powered highlights of the pilates fundraising day. Photo by John Lawrence.

## David's good cause is no stretch

There were plenty of aching limbs after a marathon day of Pilates sessions to raise money to send breast cancer sufferer David Baldwin to Mexico for a course of alternative treatment. Well over £5,000 was raised in just 12 hours by more than 160 people, young and old, attending classes and by instructors giving their time free at Pilates Nation in Church Lane. The fund now stands at £29,000, just £11,000 short of the £40,000 target.

His wife Nicola and friends are continuing to raise money: David's band, Random Patrol, for which he is lead singer, performed a gig at Northbridge

School, Camden, on 30 November, and there will be an auction at the Clissold Arms, Fortis Green, on 9 December, with all money going to the fund.

David, 54, of Durham Road keeps a blog at [www.david-baldwin.co.uk](http://www.david-baldwin.co.uk), and is also selling a range of personally-designed Christmas cards, which are on sale at the Cherry Tree gift shop, High Road, and Crocodile Antiques in Muswell Hill.

## Tips for the festive season

*Cognitive hypnotherapist Muriel Bouvier gives her tips on surviving the pressures and enjoying the fun of the festive season.*

The festive season is notoriously stressful for a lot of people. Many people are under financial pressure. We spend more time with relatives, which is not always relaxing, and people also give themselves deadlines to achieve something or sort their lives out. To top it all, the party season means that we also consume too much alcohol. A few tips could make it all much easier.

Take time to enjoy the good moments. All too often, we rush to organise and prepare for everything to be perfect. Be part of it, even if it means that some things do not get done.

Go for a few walks; research has shown that enjoying Nature is a powerful way to keep depression at bay, and the exercise is beneficial too.

Include fun and laughter in your day and make sure you remember the good times. Pay attention to them so that you can look back on it and have a positive memory of the festive season, instead of one of stress.

### New Year goals

At the new year, write a review of 2012 as if it had already happened. This prompts your unconscious mind to reach these targets. Think in the positive: "I want to be a size 12", "I want to exercise three times a week", "I want to get As and Bs for my GCSEs". Close your eyes and imagine the results. What will you see, hear and feel when you have achieved your goals?

Plan what you have to do to get there. Aim for small steps in the right direction, and

accept that sometimes we have setbacks. Put those behind you, forgive yourself and carry on towards those goals. Have a great 2013.

*Muriel Bouvier is based in East Finchley and can be contacted on 07903 251636 or at [www.MurielBouvier.com](http://www.MurielBouvier.com)*

## Window dressing

The window of Black Gull Bookshop in the High Road is being transformed more frequently into a gallery space.

Its recent exhibition of the work of Stephen Gottlieb and Jane Dorner, two local artists with far-flung reputations, is one such example. Stephen's lute-making skills brought to bear on exquisitely worked boxes and Jane's celebration of colour in glass were a great success. Plans are afoot to bring more artists into the (window) frame.

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## Doorstep scam

By Janet Maitland

Two women thought to be from eastern Europe have been calling at elderly people's homes, pretending that they need a note to be written in English for them. They claim that one of them works as a cleaner and needs a note to explain to her employers that she can't work for two weeks because of an accident to her father. Once inside, one of them stays with the victim while the other slips out of the room to see what she can steal.

One elderly woman in Huntingdon Road had some much-loved jewellery stolen. The pair have also been active in Twyford Avenue and in other parts of the borough. Some of the victims have been offered a small sum of money and a pink nightdress for writing the note.

One of the women is described as being of large build, with a dark complexion and make-up smudges round her eyes. She was wearing a dark skirt and top. The other woman is described as smaller, with a lighter skin and wearing a belted light brown coat.

### Pickpocket links

Sergeant Mark Kelly from the Safer Neighbourhood Team suspects that some recent

pickpocket offences in the High Road may be linked to the women. The pickpocket is described as being of Italian or eastern European appearance, about 5ft 3inches tall, in her early 20s, with a stocky build, an olive complexion, dark hair tied back and wearing a dark coat.

"We've been doing plain clothes patrols on the High Road and the surrounding area since the start of November but to date no suspects matching this description have been stopped," said Sgt Kelly.

You are advised to keep your belongings secure when you are out and about and never to open your door to anyone you are not sure about. Call 999 if these women come to your home.

## Pharmacy in new hands

New owners have taken over the former Coral Pharmacy in East End Road and are promising longer opening hours.

Husband and wife Shanel and Been Raichura, both qualified pharmacists, will open Links Pharmacy from 9am to 6.30pm Monday to Friday and 9am to 2.30pm on Saturday. They are also opening from 10am to 2pm on Christmas Day, Boxing Day and New Year's Day.

"Our mission is to offer the best healthcare service and advice to our customers and to become fully embedded in and integral to the local community," said Shanel. "Both of

us have had significant retail experience in community pharmacy and have held a variety of positions with a large pharmacy chain in north and central London."

Links Pharmacy will be providing medication use reviews, a repeat prescription service and a free medicine delivery service.

Contact the pharmacy at 129 East End Road by telephone on 020 8883 0442 or by email on [SEC.LinksPharmacy@nhs.net](mailto:SEC.LinksPharmacy@nhs.net)

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