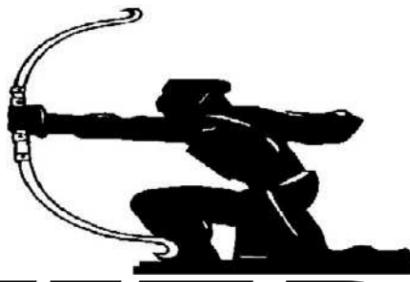


JEREMY LEAF & CO.
 Professional Sales & Lettings
 AT COMPETITIVE RATES
 020 8444 5222
 eastfinchley@jeremyleaf.co.uk

Local News is our Aim

THE ARCHER



GLH
 www.glh.co.uk
020 8883 5000
CARS & COURIERS
 July 2012 No. 224 **20p**
 ISSN 1361-3952 where sold

A community newspaper for East Finchley run entirely by volunteers.



Flooded-out festival will be back

By John Lawrence

It was the festival that never happened but organisers of the 2012 East Finchley Community Festival have vowed that the event will be back next year, bigger and better than ever.

Despite months of hard work and preparation, the organising committee had no choice but to call off this year's festival for the first time in more than 30 years, after weeks of rain left Cherry Tree Wood more like a pond than a park.

They took the tough decision ten days before the event was due to take place on Sunday 24 June. At that point, the weather forecast promised some drier days but also more rain and therefore gave little prospect of the field drying out in time.

Reaction from disappointed festival-goers came swiftly on Facebook and Twitter. "That is the saddest thing I've heard all year," said Emily George. "Can't remember when it was last (ever?) cancelled, and it's a real shame as it's the highlight of the community year for us. Good call by the organisers, though: too much like Glastonbury, mud-wise," commented the East Finchley Open artists group. "We didn't realise how much we'd miss it until it was

gone. Roll on next year!" wrote Clare Goodman.

We'll be back

Event organiser Colin Rogers said the festival committee wanted to thank all the volunteers, advertisers, stall holders, entertainers and equipment suppliers for their support and hard work in 2012.

"We did not want to cancel this year's event at all, but the field conditions were impossible," he said. "We felt it was only fair to address the problem urgently, so everyone involved would know about its cancellation in a timely way.

"Trying to have the festival on a later date has proved to be impossible this summer, as most of our equipment suppliers have other commitments. Disappointed as we are at the cancellation, the committee is already planning next year's event for Sunday 23 June, 2013. We fully intend that next year's festival will be better than ever!"

Wet, wet, wet

Cherry Tree Wood is low-lying and notoriously prone to waterlogging; in fact, watercress was grown there in the past for this reason. But rarely has it been so flooded in mid-June.

Festival committee member Cathy Duvergier took a photo of her dog swimming in a massive puddle in the middle of the field on Thursday 14 June and three ducks were spotted in the same stretch of water the day before. Sally-Anne Wigfield at the kiosk café said that it was the first time she'd seen ducks in the five years she had been in the park.

Summer's here

"The English summer has set in with its usual severity."
 - Samuel Taylor Coleridge, 1772 - 1834.

Balloon protest at Old Barn

By Janet Maitland

Crowds of local people attended a protest meeting outside the Old Barn on Tarling Road on 24 May. They tied balloons to the fence to register their anger at the loss of their community centre. The protesters included a group of young people who used to attend the Monday Youth Club at the centre, run by Maureen Clemetson.

The centre used to be a busy hub of community events and activities. For 25 years it helped to keep children off the streets and provide support for local parents with its pioneering out-of-school services. But since a group of new trustees led by Reverend Geoffrey Muhoro took over the Old Barn nearly two years ago, all services have been discontinued, forced to move out, or closed down because of health and safety concerns.

applied to become members of the Old Barn so that they could put pressure on the management to run the services the community needs, but the applications were not accepted.

The day of the protest was originally the date for a formal meeting between the community and the trustees. It was instigated by Barnet Council and Community Barnet, who wanted to give the management of the centre another chance to demonstrate their commitment to involving the local community in the centre. The Reverend agreed to the meeting, but cancelled it a few days before. Instead he organised an Open Day at the Old Barn on 21 May.

The Old Barn Action Group has been campaigning to restore the community centre to local people for the last 18 months. "Only a handful of people went to the Open Day," said Will Hudson from the action group. "The extent of the management's promotion was a couple of small signs on the perimeter fence."

If you want to help the action group, contact Will Hudson on 07870 647 284 or endofstrife@hotmail.co.uk

VICTORY AUTO SERVICES
Air-Conditioning - Recharge & Servicing
 Mechanical repairs, tyres, bodywork, clutches, exhausts
 MOTs by appointment
 109 Fortis Green East Finchley London N2 9HR
 Tel: 020 8883 9707 / 0023 Fax: 020 8482 9179

EVERYTHING ELECTRICAL
 38 High Road, East Finchley,
 0800 279 3463
ROBERTS
 East Finchley's
 only authorised
 stockists

Prime Locations The Right Choice
 Estate Agents - Valuers - Residential Sales - Lettings - Management - Cyprus Properties
 40 High Road East Finchley London N2 9PJ Tel: 020 8883 9090 Fax: 020 8883 8580
 Email: enquiries@primelocations.co.uk Website: www.primelocations.co.uk
 Call us for a Free Valuation. Family Business you can Trust.

PRICKETT & ELLIS ESTD 1767
 82 High Road
 East Finchley
 N2 9PN
 020 8883 0033
 highroadn2@prickettandellis.com
 Estate Agents and Valuers - Established 1767



THE ARCHER

PO Box 3699, London N2 8JA

www.the-archer.co.uk Email: the-archer@lineone.net

[@TheArcherN2](https://www.facebook.com/TheArcherN2) www.facebook.com/TheArcherN2

Voicemail (messages only) 0844 579 6949 then enter mailbox number 75390 for Advertising / Finance or mailbox number 63450 for Editorial / Enquiries.

Published by	Editorial Team	Finance & Advertising
East Finchley Newspapers	Diana Cormack	John Dearing
Copy Editor John Lawrence	Daphne Chamberlain	Distribution Toni Morgan
Production Editor Alison Roberts	Sub Editors Ann Bronkhorst Caroline Knell	Rose Molloy
Picture Editor Mike Rubens	Jeff Robson Pam Kent	Printed By Sharman & Co Ltd

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.

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 – August: 13 July, September: 10 August
October: 14 September

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
Barndoc	0300 033 3777
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

OAPs' Advice

Age UK	020 820 35040
Contact (N2)	020 8432 1415

Crime

Emergency	999
Barnet Police	101
Mus. Hill Police Stn.	020 8345 2148
CrimeStoppers	0800 555111
Victim Support	0845 303 0900
East Finchley Safer	
Neighbourhood Team	020 7161 9014

Help & Advice

Barnet Comm'ty Counselling	020 8446 7460
Childline	0800 1111
Disability Info Service	020 8446 6935
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

Planning Applications

Barnet Council

27 Abbots Gardens, N2

Change of use of existing garage space to provide extra habitable space for family dwelling house, change to fenestrations, construction of one new skylight.

37 Abbots Gardens, N2

First-floor side extension and new decking in rear garden.

89 Abbots Gardens, N2

Single-storey rear extension.

139 Abbots Gardens, N2

Part single, part two-storey rear extension, including new windows at first-floor side elevation. Removal of existing rear dormer to be replaced with roof light.

86 Church Lane, N2

Extend opening hours of the property.

253 Creighton Avenue, N2

First-floor side extension and alterations to ground-floor rear pitched roof.

First-Floor Flat, 26 Cromwell Close, N2

Extensions to roof, including side and rear dormer window to create rooms in roof space, facilitating loft conversion.

163 East End Road, N2

Two-storey side and single-storey front extension.

47 Heath View, N2

Altering garage roof to pitched roof with two roof lights and glazed canopy at rear, and associated works to facilitate conversion into a habitable room. Addition of solar panels and a flue on main roof.

19 Hertford Road, N2

Non-material minor amendment to previously approved planning permission Ref: F/03798/11 dated: 7/11/2011 for "Single storey side and rear extension". Amendment to include: "dark grey slate roof instead of glass roof".

22 Howard Walk, N2

Extension to roof, including rear dormer and roof light to east side elevation to facilitate a loft conversion. Insertion of one window at west side elevation and one window at east side elevation to replace existing door, enlargement of ground-floor window at

rear elevation, addition of two roof lights to existing flat roof. New SVP to side elevation and associated works.

2 Huntingdon Road, N2

Single-storey side extension.

1 King Street, N2

First-floor rear extension.

Land adjoining north side of 60 Lankaster Gardens, N2

Change of use of office space into a child day-care centre/day nursery with alterations at rear elevation, including reversing position of access steps to building on ground floor, for ease of access to proposed outdoor play area. Replacement of existing balustrade for railing to first floor roof terrace to glazed railings.

70 Lincoln Road, N2

Side rear extension.

348 Long Lane, N2

Single-storey rear extension.

390 Long Lane, N2

Two-storey side and rear extension. Single-storey rear extension.

Gable Lodge, 30 The Bishops Avenue, N2

Single-storey side extension. Single-storey glass infill extension at rear. Extension and alterations to rear terrace level. Two-storey side extension. Extension and alterations to rear terrace level. Single-storey glass infill extension at rear. Extension of existing brick flank wall and associated works.

Haringey Council

33 Bancroft Avenue, N2

Conversion of garage, erection of single-storey rear orangery extension and first-floor front extension, formation of side and rear dormers and insertion of front and rear roof lights.

23 Twyford Avenue, N2

Insertion of three roof lights to front roof slope and one roof light to rear roof slope, alterations to side fenestration, and formation of side dormer.

Flat 7, Whittington Court, Aylmer Road N2

Replacement of existing Crittal windows/doors to front/rear with PVC double glazed windows/doors.

Library to stay open at lunchtime

By Daphne Chamberlain
East Finchley Library is open at lunchtime once again. Barnet Council told THE ARCHER that this is "part of the service's drive to increase opening hours (as specified in the Library Strategy)". An increase? Until 2006, the library always was open throughout the day. Then closing came in "as a response to budget pressures". Many people wondered at the time how closing for one hour would save money.

Changed criteria

We knew that there were staff cuts. So have there now been staff increases? Barnet said no, and stated that none of the former staff from Hampstead Garden Suburb library, which is now being run on a voluntary basis, were involved. Has the minimum staffing level changed? Barnet said: "We operate on a staffing level that is appropriate for the size and nature of the library building, and which corresponds to the activities taking place within the site on any given day."

The council said there "was lots of demand from the public over the course of several years, and so it was something that we were keen to make happen." Well, East Finchley has always been keen to see it happen. So, take note. The revised library hours are 9.30am to 5pm on Tuesday, Thursday and Saturday, 9.30am to 8pm on Wednesday, and 10am to 5pm on Friday (closed Sunday and Monday).

Floral facelift for tube station

By Sheila Armstrong

The news from N2 Gardeners following our front page story last month is that planting has started to put East Finchley in the running for the Station in Bloom competition.

Readers will have noticed that the ticket hall pots have been planted up with a mixture of ferns, palms and red begonias and busy Lizzies. At the time of writing, plans were for the big tubs on the platforms and the front of the station to be planted up too.

Sponsorship for this floral facelift has come from London Underground and the East Finchley Community Trust, amongst others. Commuters arriving home at the station also donated about £70 in one evening alone.

The N2 Gardeners are very grateful for all donations and to all the sponsors, but still need more donations to cover costs and to give East Finchley the best chance of winning the competition.

Donations can be made direct by BACS into the N2 Gardeners' account using the following details: The Co-operative Bank - East Finchley Community Trust; sort code 08-92-99; account number 65444614; please use the word 'Station' in your payment reference.

ROBIN KIASHEK

BSc (Hons) Ost Med

OSTEOPATHY in Fortis Green

including the Perrin Technique for Chronic Fatigue Syndrome/ME, (Western Medical) Acupuncture Nutrition, Life Coaching/NLP and Autogenic Training

52 Twyford Avenue
Fortis Green
London N2 9NL

020 8815 0979
07956 213 759

www.robinkiashek.co.uk



Piano Lessons

Theory, composition, arranging, song-writing,
keyboard harmony, GCSE & A level music

James Drew-Edwards LTCL GTCL PGCE(music), CRB checked
email: james.drewe@virgin.net phone: 020-8444 0655



Children's centre faces hours cut

By Linda Sansom

Parents facing proposed budget cuts in their local children's centre will see the childcare hours slashed by over 20%, if proposed changes are agreed by Barnet Council.

An information document circulated by the council shows that Newstead Children's Centre, in Fallows Close, would open for only 38 weeks per year, instead of the current 48 weeks, although the centre would open slightly earlier and have capacity for additional sessions.

If agreed, the changes, which the council say reflect the demand for flexible childcare in line with the free early years provision for three- and four-year-olds, would come into effect in September. They would provide an additional 20 childcare sessions over the morning and afternoon, and an additional four childcare places in both the extended day and tea club services.

Year-round needs

But Cheryl Connell, a nurse and centre user who is a member of the campaign group that has

been fighting to keep the centre open since it was first threatened with closure, is unhappy with the proposals.

"People access childcare all year round and obviously working mothers will have a big problem if they can only have childcare during the term time," she said. "I don't just speak for myself when I say that this nursery is considered to be a fantastic community resource. It has just been rated outstanding yet again in all 17 areas by Ofsted, and we rely on it."

The council document follows proposed changes to the way it funds children's centres, which will no longer receive money to deliver childcare. Barnet has agreed to explore with partner agencies the possibility of childcare provision in the school holidays to minimise the impact on parents and carers.

Mark Healey, Olympic torchbearer

By Daphne Chamberlain

Mark Healey, manager of the Green Man Centre until last month, will carry the Olympic torch through Lewisham on 23 July. He was nominated four times for voluntary work with families and friends of victims of the nail bomb attacks on Brixton, Brick Lane and Soho. 17-24-30, set up by Mark, arranges April acts of remembrance and October vigils against hate crime.

Mark, who has been featured on the BBC World Service, told THE ARCHER, "At the moment you carry the flame you are the only person in the world doing so. That's how enormous the honour is, but in my case I am carrying it for people who should be alongside us to enjoy the Olympics, but are not because they have been victims of hate crime. In particular I am remembering Nick Moore, Andrea Dykes and John Light from the Soho bombing, David Morely ("Cinders"), killed by a gang of "happy slapping" teenagers on the South Bank, and Ian Baynham, homophobically abused and beaten in Trafalgar Square."

Inspiration

His "fantastic day", when both his parents will be cheering

him on, is the eve of his mother's 70th birthday. She lost her father during World War 2, when she was two years old, but Mark says that the thought of his late grandfather inspires him to do his best to help others.

Torchbearers are given a white/gold Adidas tracksuit, but supply their own trainers. Mark has paid £199 to keep his torch. He told us, "I'm not sure about people selling their torches, but then again if I could raise £100,000 that would cover the costs of the next ten 17-24-30 vigils!" Follow the run live on the BBC website. Discover more about 17-24-30 at <http://172430nohatecrime.wordpress.com/2012/03/19/mark-is-an-olympic-torchbearer/>

Academy seeks local links

By Helen Drake

The team behind The Archer Academy, the proposed free school in East Finchley, is continuing to seek out local organisations, charities and businesses which could help it ensure the school is at the heart of the local community. And it's also keen to hear from anyone who might consider joining the school's governing body.

Avis Johns, spokesperson, said: "We're reaching out to local groups to see how we can help each other. If you run an organisation, business or charity in the area and would be interested in working with us, please get in touch. Similarly, it would be brilliant if

our governing body could be truly representative of our community, composed of local people with a wide range of experience."

See www.thearcheracademy.org.uk for more information or email at info@thearcheracademy.org.uk.

Slip into something speedy

By Nick Young

Fancy going skiing this summer? That might not be such a crazy idea thanks to a new invention from East Finchley-based company Feetrac UK Ltd.

The idea? Their own patented grass skates, which can be fastened on to regular shoes, thus enabling the user to 'ski' on grass – and any other terrain apart from snow.

"I got the idea from the technology used on certain off-road vehicles," explains company founder Yaragi Abdul. "The prototype was developed two years ago, and since then I have worked hard to improve it."

Yaragi was able to establish his business thanks to a bank loan and investments from friends. Following some trial and error at the development stage, his skates have recently gone on the market, retailing at £135 a pair (plus VAT).

When he applied for the patent, Yaragi discovered that no-one had thought of this particular idea before. "I was very surprised," he said. Yaragi has the patent for his grass skates in the US and Europe, as well as the UK. However, he hopes to establish his product in this country before turning his attention abroad. Assuming the weather improves, that is.

You can find out more about Feetrac grass skates by visiting the company's website at www.feetrac.co.uk



Yaragi Abdul with the skates

EF Electrical 115 HIGH RD, EAST FINCHLEY
020 8444 5630
WWW.EF-ELEC.CO.UK

CALL IN TO 115 HIGH ROAD FOR FRIENDLY ADVICE AND EVERYTHING YOU NEED TO KEEP COOL, SAFE AND SECURE THIS SUMMER.

Nicky Sharp
Osteopathy Clinic
Cranial and Structural Osteopathy and Acupuncture
All Major Insurers Accepted

For consultations and appointments:
Telephone: 020 8815 9433

260 East End Road www.nickysharposteopathy.co.uk
London N2 8AU e-mail: info@nickysharposteopathy.co.uk

KF COMPUTERS AND IMAGING
93 High Road, East Finchley, N2 8AG
www.KF-Computers.com / www.LondonMobilePhone.co.uk

- LAPTOP/PC REPAIRS/SALES **FREE CHECKUP**
- MOBILE PHONE REPAIR/UNLOCKING **NO FIX NO FEE!**
- WEBSITE DESIGNING **£99 ONLY**
- WEDDING VIDEOS & PHOTOS **£499 ONLY**
- STUDIO PHOTOSHOOT **£49 ONLY**
- PHOTO PRINTING **6 ID PHOTOS £4.99 ONLY**

02088159898

KATHRYN SCORZA

**HYPNOTHERAPY
SOUL THERAPY
SPIRITUAL HEALING**

Kathryn Scorza
Registered Hypnotherapist
Soul Therapist
and Spiritual Healer

Contact me for more information or to make an appointment

07703 404 839
kathryn@kathrynskorza.co.uk
www.kathrynskorza.co.uk

Hypnotherapy offered for a wide range of issues excluding only weight loss and smoking cessation.

Josephines
EXPERTS IN CREATIVE FLORAL DESIGN

For the freshest flowers around
Pop in and choose from the largest selection in the area
No excuses – to miss that special occasion

www.josephinesflowers.co.uk Tel: 020 8444 9569/020 8883 3598 60 High Rd, East Finchley London N2 9PN



A mountain to climb: Francesca is raising funds to reach Everest base camp

Everest, here I come!

Francesca Rolle, of Sedgemere Avenue, has spent months raising funds for a trip to the Himalayas. Here she explains why she's going.

I am climbing to Everest Base Camp in the name of charity. I hope to reach the camp at approximately 5,400m height in around nine days, braving harsh weather conditions, potential altitude sickness and mental challenges.

I am doing the trip in order to raise money for the well-deserving charity Childreach International, www.childreach.org.uk, which works to create better lives for vulnerable children around the world. I have to raise £2,450, of which £1200 will go towards covering the costs of the

trip and the rest will go directly to Childreach. I am trying to raise a minimum of £3000 or more, in order to increase the donation. The money raised will go towards helping children in Nepal, Cambodia, Tanzania, Bangladesh and India for access to education, healthcare, food and clean water, and to live a sheltered, safe life free from abuse.

What I love about Childreach is that it doesn't simply provide financial aid to these countries; it invests time and energy in providing training and grassroots development, personally communicating with and advising those affected by the issues at hand, and ensuring that money and aid is given to the right people.

If you wish to donate to the cause I am supporting please do so at: <https://mydonate.bt.com/fundraisers/francescarolle>

Cree Godfrey Wood Solicitors

Commissioners for Oaths
Hours: 9.30am to 5.30pm.

email: admin@creegodfreyandwood.co.uk

28 High Road, London N2 9PJ
Tel: 020 8883 9414 / 9496 0989
www.creegodfreyandwood.co.uk

AP Exclusive in the UK to:
Gentlemen's Barbers
CRAZY BULL Hair Products
"You deserve the right
to have beautiful & stylish hair every day"
50 High Road, East Finchley, London N2 9PJ
t: 0203 441 8048

east finchley
smiles
expert general & cosmetic dentistry

NHS CHECK-UPS £17.50
(this includes x-rays where necessary)
NHS EXEMPT PATIENTS AND CHILDREN UNDER 18 ARE FREE

new NHS list now open

member of the
BDA and the BDHF



smile with confidence

020 8444 3436

144 The High Road, East Finchley, London N2 9ED
www.eastfinchleysmiles.co.uk

Parking review as traders lose "up to £100 per day"

By Linda Sansom

Traders in East Finchley are losing thousands of pounds a year thanks to the new parking regime, according to Michael Doukaki, who runs Josephine's Flowers and Gifts in the High Road.



Michael Doukaki parked on the High Road. Photo by Diana Cormack

"Previously, customers could put 20p in a meter, get their flowers and sit in the nearby café and grab a coffee," he says. "They can still do this, but now they have to pull over, have a credit card, phone, and register their card. We are pushing shoppers to Brent Cross and other places where they can park and don't have to worry." Michael, who has owned the 60-year-old business for the past eight years and has a staff of five, says the owners of many local businesses have voiced the same concerns to him, and cites the closure of The Watch Factory further up the High Road as proof of the drop in trade (*THE ARCHER*, May 2012).

He says it's difficult to quantify the effect of loss of trade in monetary terms, but that it could be anything up to £100 a day, and even half that amount would equal an annual loss of almost £20,000. Michael would like to see the introduction of a borough-wide 20-minute free parking slot.

But there might be some good news. Cllr Dean Cohen,

Barnet Council's cabinet member for the environment, has announced a review of parking charges in the borough's town centres.

Half-day visitor vouchers for controlled parking zones, priced at £2.20, will be introduced as soon as possible and businesses will be able to buy vouchers at a discount. Cllr. Cohen has also asked officers to explore the possibility of introducing a 50p for 15 minutes parking tariff.

He said: "I appreciate that many people just want to nip into a couple of shops and this would make it much easier, although we have to look at the economics. I will also launch a review of parking prices in each of our town centres and major shopping parades.

"We need to strike a balance between ensuring a steady turnover of spaces for cars in these areas and ensuring that people have time to shop. I will be consulting with businesses in each of these centres before coming to a final decision."

Pasture's past

By Linda Dolata

Many of you already know about the Long Lane Pasture nature reserve, but for anyone who has never seen it now is as good a time as any. Situated behind the houses opposite the fire station on Long Lane is a relict hay meadow from the days when fodder was grown for London's horses.

It is at its very best right now, and only needs a smidgeon of sunshine to bring out all the native butterflies, bees, hover flies, grasshoppers and beetles that breed there.

Flower spotters

As it is the pasture's centenary year, archive research has been done. It substantiated links with Octavia Hill, of National Trust fame, and discovered a list of wild flowers collected by children from the local primary school on Squires Lane back in 1920. It makes lovely reading. In a few short weeks, 57 species were gathered as they flowered, from local lanes, fields, hedges, banks and ditches which the children passed on their walk to school.

The pupils who did this were named. Maybe someone reading this is a descendant of Kitty Saunders, Fred Barker, Doris Wright, Doreen Mellor, George Stanford, Eva Robinson, Harry Pike, D.Embleton, Stanley Sharpe, Mabel Sag, Nellie Selves, Lily Beadle, Sybil Cook, Irene Spear, or Gladys Cul?

We checked the plant species and do still have most of them, with beautiful old country names like honesty, creeping cinquefoil, knapweed, primroses, cowslips, Queen Anne's Lace, mouse-eared chickweed, goosegrass, tormentil, honeysuckle, speedwell, woody nightshade, jack-by-the-hedge, heartsease, goatsbeard and ladies smock. A hundred years ago the children would probably have known many of the names as a matter of course. The only plant that we have lost from their 1920 list is the early orchid, so we are doing a good job.

Centenary competition

Please take the time to come and see this fragment of our area as it would have appeared in their time. Even better, bring your camera or your paint box and enter our centenary Photo and Art Competition, which will be judged in October, and the best entries displayed at artsdepot, North Finchley. Entries must be of the Pasture in 2012, but could be drawings, paintings or photos of anything seen there.

Long Lane Pasture is always open at weekends from 10am until 5pm, and entries can be handed in on Saturdays between 10am and noon. Full details from www.longlanepasture.org/centenary. We hope to see you there.

Klages Plumbing & Heating Agency LTD.

CONTACT TELEPHONE No: 020 8346 7218 / 8636

KLAGE

A NAME IN PLUMBING FOR OVER 40 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>



Day services for older people under review

By Daphne Chamberlain
Barnet is planning radical changes in "day opportunities for older people". These do not concern residential care or care for people in their own homes, but will certainly affect day centres like Ann Owens in Oak Lane and existing neighbourhood help schemes. A consultation on the proposals, which began in March, finished last month.

One proposal is that meeting places for older people should be in places like libraries and community centres, which raises a question mark over the future of existing day centres.

The council says that current day services may not offer enough choice, and are only available for a small minority of older people in Barnet. For example, East Finchley is one of the better provided areas, while Totteridge is not. Barnet propose spreading services across the borough and they are likely to depend on volunteers.

Consultation "flawed"

The council has already withdrawn funding from many voluntary services but its consultation questionnaire asked clients of day centres to indicate which services were most important. The council says this will influence cash allocation.

Age UK's Mark Robinson told THE ARCHER that they found the questionnaire very difficult to use, and he said that the whole process was "very flawed".

Age UK is suggesting that existing voluntary organisations should provide the day services, with one of them being the contract holder. Mark Robinson says, though, "It is quite possible that it will go to tender, and we know that outside organisations have already expressed interest. 95% of our clients are saying No to these proposals, and existing providers are saying that any transition should be slower and better organised".

A report of the consultation and recommendations will go to Cabinet on 17 July. Copies of the questionnaire and relevant documents can be seen on www.barnet.gov.uk, under Consultations or Citizen Space.

Burglars caught on CCTV

By Janet Maitland

Three youths broke into David Hillel Opticians in the early hours of Sunday 3 June. They smashed the glass on the front of the High Road shop with a sledgehammer. Once inside they shattered the glass on a display cabinet and grabbed five pairs of Tom Ford sunglasses priced at £300 per pair.

CCTV footage showing every detail of the burglary has been given to the police. "The film is very clear," said David Hillel. "It records full face footage of all three of the youths. It also shows that one of them was stooped and another had a gangly way of moving."

Police informed THE ARCHER that all three of the burglars were white and that one of them was wearing a dark deer-stalker type hat. With the help of the CCTV, police are in the process of locating possible suspects.

Mr Hillel said that the most expensive part of the break-in was the damage done to the premises, but the two-day Jubilee Bank Holiday provided

enough time to repair the damage before the opticians opened again on 6 June.

"I've been in practice for more than 30 years and have never before displayed high-value eyewear in the window," said Mr Hillel. "But two days before the break-in, that's what I did. I was trying to make the premises look less like a clinic. I strayed into bling, but now I think I'll be getting back to eyesight."

If you have any information about this crime, please call the police on 101 quoting crime reference number 2413023/12. If you want to remain anonymous, please ring Crimestoppers on 0800 555111.

Multi-coloured swap chop

Local GCSE student Kathryn-Isadora is raising money for the Teenage Cancer Trust by dyeing her hair and then shaving it off. Her initial goal was £500, at which she said she would dye her hair any colour for which people voted. She reached it after much hard work and dyed her hair rainbow as it got the most votes.

She is now looking for help to achieve her goal of raising a further £500, to bring her total up to £1,000 overall. If Kathryn-Isadora reaches this second target, she will shave all her hair off at Ian Michael Hair Design in East Finchley.

Kathryn, who attends North London Collegiate School in Edgware, says many people close to her have died of cancer and she chose the Teenage Cancer Trust because of the excellent work they do and the lack of government funding they receive.

Pictures, information about her progress and opportunities to donate can be found at www.justgiving.com/shavingiscaring



Hair-raising: Kathryn-Isadora (right) is using her locks to make cash for charity.

20mph zone on the cards?

Hot on the heels of winning the reinstatement of safety railings outside Martin Primary School, representatives from campaign group WALKSAFE N2 attended a Barnet Council meeting when new cabinet member Cllr Dean Cohen unexpectedly turned up and appeared supportive.

Emily Burnham, spokesperson for WALKSAFE N2 at the meeting, reported: "For the first time, the highways officer present mentioned the possibility of a 20mph speed limit on Church Lane. After the meeting, the officer told us that localism - letting people have more say in the area where they live - makes sense."

"We were really pleased that the council seems to have had a change of heart but will be looking very closely to see that their actions match the apparent improvement in their attitude to these fundamental local issues." WALKSAFE N2 has been invited to a meeting in early July to find out the Highway Department's detailed response to their demands, including a three-way signalised junction at Church Lane/High Road, a pedestrian crossing on Creighton Avenue and a 20mph speed limit on Church Lane. In the meantime, the campaign group is keen to keep up the pressure and has invited Cllr Cohen to attend a site visit.

Seen and heard...

The best thing about alcohol hand gel in hospitals isn't the hygiene, but that everyone walks around like they're hatching a dastardly plan.

Luci Bloom Design
Personalised arrangements for window boxes, patios and gardens.

Renew your windowsills and enhance your property!

We serve Muswell Hill, Finchley, Highgate, and Crouch End
lucibloomdesign.blogspot.co.uk Tel: 07805 179 813

Home Appliance - Sales & Repairs

Washing Machine Leaking? Dishwasher Not Cleaning?
Tumble Dryer Not Spinning? Oven Not Heating?

Looking for New Appliances? Freestanding or Built In?

AJL 020 8444 4303 sales@ajlappliances.co.uk
020 8365 3484 www.ajlappliances.co.uk

AJL Appliances Ltd **Miele**

ALMAR BUSINESS SOLUTIONS
Accountancy | Payroll & Book-keeping | Tax services

Business services:
Bookkeeping & Accounting
Business planning
Business start-up
Company Secretarial
Corporate tax planning
eCommerce & Payment Solutions
Payroll
Service Charge Accounting
VAT

Personal services:
Personal tax planning
Self assessment

Specialist sectors:
Building profits
Charities
Owner directors
Retail
Sole traders

Why choose us?
By providing high quality of service and not charge over the top fees, we retain the business and loyalty of our customers, as well as win many new ones through word of mouth. We also work with tax specialists, investor advisors and auditors to provide clients additional services where there is a need.

Call us for a FREE review of your requirements and to discuss best way forward, with no obligation.
Tel: 07894 473309 or email: info@AlmarBSL.co.uk

Visit our newly improved website with useful and topical information: www.AlmarBSL.co.uk

Almar Business Solutions Limited is a registered company in England and Wales (registered number 04541322), holder of ACCA Practising Certificate with Association of Chartered Certified Accountants and has Professional Indemnity Cover for its business activities.

A Local Handyman
available for general household & garden maintenance.

No Job Too Small
Free Estimates
Call John on: 0789 010 3831
or: 020 8350 2188

Greene Driving School
East Finchley N2
From £17.50 x 2 Hr lessons
Safe driving for life
Low Co2 footprint 114
Eco & Low Maint Tuition
Pass Plus 4 cheaper
Insurance. Greenedriving.co.uk
Call John M.L.M.I
0773 851 4406

east finchley clinic

Wendy Longworth & Associates physiotherapy practice offers a variety of treatments at the clinic, or off-site, in patients homes, nursing homes, private hospitals and other organisations.

- Back Pain
- Neck Pain
- Whiplash Injury
- Sciatica
- Sports Injury
- Frozen Shoulder
- Arthritis
- Tennis Elbow
- Sprain or Strain
- Rehabilitation
- Neurological
- Stroke

www.eastfinchleyclinic.co.uk
020 8883 5888
2-3 Bedford Mews Bedford Road London N2 9DF

SUZANNA ADAMS
MCFHP/MAFHP
MEMBER of CHIROPODY ASSOCIATION

FOOT CARE

Toenail Maintenance Callus/Corn Removal
Fungal Infection/Veruca Treatment of Ingrown Toenail
Athletes Foot

HOME VISITS
02081664599 07789716633
adams.footcare@gmail.com



Jubilee celebrations bring out the red, white and blue

Streets and partygoers were resplendent in red, white and blue as they celebrated the Queen's Diamond Jubilee in roads and community centres around East Finchley.



Charlie McKee, three, and Molly show some dogged loyalty to the Queen at the Hertford Road party. Photo by John Lawrence

Some struck lucky with the weather, others moved indoors or bailed out early to avoid the rain but everyone made sure they had a good time mixing with friends and neighbours.

People in Strawberry Vale celebrated in the Green Man Community Centre with crown-making, a tombola, plenty of food and drink, and commemorative china mugs donated by Greater London Hire.

Leslie Road residents left it too late to apply for a road closure so had their party on the pavement instead. People in Lincoln Road and Leicester Road put up canopies to catch the rain and partied under shelter. More than 150 residents turned out for a combined party in Brighton, Chamberlain and Richmond Roads, with a tug of war and egg and spoon races among the activities for young and old alike.

Thank you to everyone who sent us Jubilee party photos. Here's our selection of the best from around N2.



Hats and headwear were the theme for Hertford Road residents. Here Marg Donnachie, Sean Conry and Angela Carey show off their apparel. Photo by John Lawrence



Heave-ho! There was no love lost between neighbours from Brighton, Chamberlain and Richmond Road when the tug of war got under way. Photo by John Lawrence



Residents in Leslie Road left it too late to apply to have their road closed but that didn't stop them having a party on the pavement instead. Home-made signs slowed down the traffic and they gathered together for a jubilee quiz and plenty of food and wine. Photo by John Lawrence



Tables groaning with food and drink lined the centre of Richmond Road and more than 150 residents, including neighbours from Chamberlain Road and Brighton Road, enjoyed meeting each other, and joining in a fancy dress competition, a penalty shoot out, egg and spoon races and a tug of war. Photo by John Lawrence

Holy Trinity Church
 Church Lane, East Finchley
 Church of England

We're a warm and friendly congregation who look forward to welcoming you

Sunday Parish Communion at 10.00 am
 Children's Sunday Club ♦ Meet over coffee after church
 Michael Stanway is happy to answer any enquiries:
 Tel: 020 8346 8591
www.holytrinityeastfinchley.org.uk

East Finchley Baptist Church
 Just off the High Road in Creighton Avenue N2

Sunday Mornings at 10.30 am

For more information please contact the Church Office
 Tel: 8883 1544 (Minister: Simon Dyke)

Visitors always welcome

vintage clothing
retro homeware
hand produced gifts
greetings cards

OPEN EVERY FRIDAY & SATURDAY / 10am-4pm

King Street Mews / East Finchley N2 8DY
www.aroominmyhouse.co.uk

MARTIN SCHOOL
 EAST FINCHLEY HIGH ROAD
 KING STREET
 CHURCH LANE
 LEOPOLD RD
 LESJIE RD

aroominmyhouse ltd



Sonia Singham, granddaughter Josie and neighbour Pat Watson were ready for the showers at the pavement party in Leslie Road. Photo by John Lawrence



Youngsters decorated this pavement at the Abbots Gardens bash.



Judith Filkin's jubilee cake was a work of art in itself and probably didn't last very long among the residents at the Park Hall Road party. Photo by Annie Wright.



David Glick made the party go with a banger when he manned the barbecue at the Lincoln Road party. It was certainly typical British barbecue weather. Photo by Mike Coles.



Alison Lawson and Adam Penny with daughter Lili Mae. Aged five months, it's possible there could be another Diamond Jubilee within her lifetime
Photo by Diana Cormack



Makeshift canopies and plenty of warm coats made sure everyone still had a good time, despite heavy rain, at the Leicester Road shindig. Youngsters even had a bouncy castle to keep them happy. Photo by John Lawrence.



Conor Maroof, 13, made his mark with this jubilee banner that took pride of place at the Park Hall Road party. Photo by Annie Wright.

Messages in the sky

By Frances Buckingham

Pupils at Martin Primary School had a great start to the jubilee weekend as they watched hundreds of white balloons take to the sky to mark the Queen's 60-year reign.

Each child at the school decorated a label to attach to a balloon, many had drawn colourful Union flags and there were some wonderful pictures of the Queen. The labels each had a unique reference number with a request to the finder of the balloon to contact the school. A certificate will be awarded to the pupil whose balloon travels the furthest.

The biodegradable balloons were generously donated by Martyn Gerrard Estate Agents. The whole school gathered on the field to count down and watch the release of the balloons and the children and teachers were thrilled to see the balloons rise up, high into the sky, and be carried away by the wind.

Early results from the emails show balloons had quickly travelled as far as France, Austria and Germany. The school is looking forward to plotting on a map the final destination of the balloons and making connections with some of the lucky finders.



Staff and pupils at Martin Primary School release the jubilee balloons.

Mudlark Kitchen Gardens

Health, Learning, Economy, Resilience, Independence
Do you want to 'Grow Your Own' at home? Using organic, ecological and permaculture principles, I can set up a kitchen garden for you to grow salad leaves, fruit and vegetables at whatever scale suits your space, lifestyle and budget.

Let me do the heavy work to get you started and perhaps help you along the way. Free initial consultation. Reasonable rates. References available.

guybardoe@hotmail.com
020 8883 4109

Midhurst Butchers

Certified organic meat at reasonable prices
Free-range poultry
Home-made sausages (including Boerwors)

2 Midhurst Parade,
Fortis Green, London N10
Tel. 020 8883 5303

Japanese Acupuncture & Shiatsu

Gentle, dynamic and effective

For more information please phone or visit my website
www.fionahurlock.com.

FREE 20min consultation

Ph 07795203107

Fiona Hurlock MACS MRSS Dip Ac
UTOPIA 1a Leicester Mews, N2 9EJ

TELEPHONE FAULTS REPAIRED

50% CHEAPER THAN BT * the POST OFFICE * TALK TALK etc
HOME * OFFICE * FACTORY
LINES * EXTENSIONS * EQUIPMENT - TESTED & REPAIRED

Call RON COLLINS 0208 883 9325 * 07748 278728
email: roncallsaver@yahoo.co.uk



FENIX
DECORATING

Plumbing 

Electrics 

Decorating, Kitchen, Bathroom,

Decking, Full refurbishment, Loft conversions

We are recommended in the Belsize Park Residential Association Newsletter

www.fenix-decorating.eu | www.facebook.com/FenixDecorating
phone: (+44) 07946 632 437 | e-mail: fenix@fenix-decorating.eu

TaxAssist Accountants Small Business Specialists

- Free Initial Meeting
- Fixed Fees payable monthly
- Annual Accounts
- Company and Personal Tax
- Payroll and VAT



For a FREE initial meeting, call us on 020 8883 5258
or visit us at 209 High Road, East Finchley



brera gardens

- garden design
- maintenance
- hard landscaping
- irrigation systems
- soft landscaping
- East Finchley based
- indoor plants

Mob. 07939 557 934

Tel. 020 8365 3615

Email: breragardens1@btinternet.com



YOUNG ARCHER

Our sneak peek at Olympic site

By Anna and Tyler

Year 3 at Holy Trinity Primary School were lucky enough to go to the enormous Olympic park on Wednesday 9 May. When we got there, there were lots of staff in bright pink waist jackets showing us where to go. Some even had megaphones. Kindly they let a few lucky people speak into them.

It was quite a long walk to the stadium. We walked past interesting buildings such as the basketball arena and the aquatic centre. We saw lots of TV people carrying cameras. There were school children everywhere.

At the Olympic stadium there was even more security. We had to give our tickets and eventually everybody got through the security check. When we got inside there were 80,000 seats. The

pitch was enormous with loads of activities going on including hurdles, high jumps and discus. Our favourite was the high jump and the 100m sprint.

We were all supporting the South East Team. Around us there were loads of people singing and shouting "Come on". Our class were shouting like wild animals.

It started to rain even more but that didn't stop us having fun. We went outside to lots

of activities. Our favourite activity was riding the bikes because we got free smoothies and then Year 3 got to dance the Olympics mascot dance. Then we went to the bus and went back to school. Hope our next school trip is as fun as this one!

Mrs Wharton would like to say a huge THANK YOU to Mrs Huegdon for organising this trip and thank you also to Mr Ritson, Ms Sheppard and Jackie for all their help.



Making music: The Tudor Orchestra in rehearsal.

Discover the secret orchestra

By Sam Warner

Having run for over 20 years, the Tudor Orchestra is north London's best-kept secret. Made up of amateurs and professionals, the orchestra is incredibly welcoming and willing to give anyone with an interest in classical music or just a simple passion for playing music the chance to join.

With a strong foundation of 38 committed members from a broad range of ages and backgrounds, the orchestra is a true community venture. The members' passion for their craft shines through, producing enthralling performances that demonstrate a communal appreciation of music. They prove that enthusiasm truly triumphs.

The orchestra has been conducted by Owen Leech for the past seven years, and each concert boasts a different professional soloist. Polish pianist Maciej Raginia will take up this prestigious role for the

next concert, having gained a reputation from the Guildhall School of Music and Drama and the Royal College of Music, as well as winning awards in his native country and the UK.

The concert takes place in the Hampstead Garden Suburb Free Church on 7 July and will include Beethoven's 5th Piano Concerto ('The Emperor'), Schubert's 8th Symphony ('The Unfinished') and Scottish themed *The Land of the Mountain and the Flood* by Hamish MacCunn.

Check out the orchestra on their website www.tudor-orchestra.org.uk.



Moving and memorable: the young cast of Journey's End.

Journey's End

Review by Ed Chappel

Huge congratulations are in order to all of the pupils and staff involved in Christ's College Finchley's sensitive and moving production of R.C Sherriff's First World War play *Journey's End*.

Head of drama Alison Hinds said after her first school production: "I think it's amazing that a group of year 9 students, many of whom have never performed before, were able to perform with such confidence and integrity." A special mention must go to the cast who helped to create such a memorable and moving reminder of the horrors of war. Isaac Rudden delivered a brilliantly tortured portrayal of Captain Stanhope, a heavy-drinking officer who knows that he is sending innocent young men to an almost certain death. There were fantastic, composed performances

from the relentlessly cheerful 2nd Lieutenant Trotter (James Wise), the emotionally shattered and trench-shy 2nd Lieutenant Hibbert (James Klingher), the sinister but highly convincing Colonel (Shohn Ranasinghe), the strong and level-headed Osborne (Julius Andresier), the fresh-faced but tragically naïve recruit Lieutenant Raleigh (Stefan Denieffe), and the kind and tireless cook Mason (Jonathan Amui).

There were also outstanding performances from Sergeant Major (Camara Jack), Soldier (Haider Mukhles), Hardy (Ricardo Rodrigues) and the German prisoner

of war (Daniel Burgoyne). The pupils and staff can be proud of delivering a performance which reduced many in the audience to tears and was a tribute to the former pupils of CCF who sacrificed their lives in the last century and to the soldiers fighting in wars today.

Judo champ

On Sunday 6 May, Luke Koumourou, who is in year 5 at Holy Trinity School, represented the London Borough of Barnet at the Open Championship Judo Competition 2012 in Northampton. He was competing against 36 other children in his category and came 4th. Well done, Luke!

THE ARCHER needs volunteer distributors for:

- Strawberry Vale and
- The Grange (several rounds)

Distribution takes place once a month. A typical round takes 30-45 mins to deliver. Please contact 020 8883 0433 or the-archer@lineone.net for details



Come and join the Full Circle drama and music group.

Summer holiday fun

Full Circle Children's Theatre is running a one-week workshop at the Finchley Youth Theatre this summer. If you love to put on a show, go along and join the fun.

Children will learn several big-show dance numbers, as well as act out scenes from musicals and write their own comedy sketches. They will also have the opportunity to perform to friends and family on the last day of the course.

Full Circle founder Anne-Marie Conway says: "We welcome children of all abilities and the emphasis is firmly on having fun. If you love to get involved, make new friends and perform, then this is the course for you"

The workshop will run from Monday 23 to Friday 27 July, 10am-3pm, and is suitable for children aged 7-15 years. The cost for the full week is £70.

Full Circle is a friendly, well-established local theatre company, run by three qualified teachers and well known for its high quality musical productions. For further details about the summer workshop, or weekly Saturday sessions, please call Anne-Marie on 07958 409863.

A friendly welcome awaits you

EAST FINCHLEY METHODIST CHURCH

197 High Road, London N2 (opp. Creighton Ave.)

tel: 0208 346 1700

www.eastfinchleymethodist.org.uk

**Sunday service at 10.30 a.m.
With Crèche and Young Church**

Worship Music Social events Wheelchair friendly
e-mail: info@eastfinchleymethodist.org.uk Room hire tel: 020 8444 9887



Waste plant inquiry suspended

By Nick Young

A public inquiry into plans to build a major waste processing plant on Pinkham Way, near the Friern Barnet retail park, was suspended after just two hours last month.

The plant is the idea of the North London Waste Authority (NLWA), which co-ordinates how seven North London authorities – Barnet, Camden, Enfield, Hackney, Haringey, Islington and Waltham Forest – are to deal with waste disposal in the long term.

The inquiry opened at Camden Town Hall on 12 June but was adjourned on the same day due to concerns that the councils involved had not fulfilled their legal duty to co-operate under planning legislation.

Barnet Councillor Barry Rawlings (Labour, Coppetts ward) is opposed to the plans and was due to speak at the inquiry. He explained that “the councils have a duty to co-operate with authorities outside London”.

The proposed plant would manufacture bricks from household waste which would then be sent elsewhere to be burned. Counties such as Hertfordshire are concerned that the plans are incompatible with their own plans for receiving waste.

Toxin concerns

Local residents from the London Boroughs of Barnet, Enfield and Haringey, which all border the area, are worried about the toxins that could be produced in the process of forming the bricks and have formed the Pinkham Way Alliance to protest against the plans.

Access to the site, which is also intended to be used as a vehicle depot, is also a controversial issue which has led to objections from nearby areas including East Finchley.

A decision on whether to continue the inquiry was due three weeks after 12 June. If the decision is that the councils have failed in their duty to co-operate, the plan becomes invalid and they will have to start again. If there is sufficient evidence that they have fulfilled their duty, the inquiry will resume in September.

Around one million tonnes of household waste are generated each year in North London. At present, around half of this goes to landfill sites outside the London area.

Grammar school reunited

Past pupils of Finchley County Grammar School are coming together in September to meet up with old friends over a buffet meal. The venue and timings will be disclosed to former pupils on application.

More than 120 former pupils have already booked. Any other interested former pupils should email the organiser, Ian Thomas, at ianc.thomas@live.co.uk for details and a booking form.

Ian said: “We have already had a response from various parts of the UK and from overseas but it is difficult to maintain contact within a group that has been steadily declining since the school closed in the 1970s and following the demolition of the old buildings.”

The grammar school was sited just north of the North Circular Road opposite the Finchley Lido. The land is now occupied by a modern housing development called Crowder Close.

How to improve your posture and boost your health

By Sharik Ali, of the Spinal Health Centre

Many people are unaware of the relationship between posture and good health. In fact, posture is a lot more than the way one consciously chooses to stand or sit. We’ve all been told to sit up straight, but in reality our posture is the balance and position of our body under gravity. This position is controlled by the alignment of our spine, because it is the central core of our body.



Do you know anyone who walks with a stooped back? Or maybe someone who stands with one shoulder higher than the other? These are distortions that can be caused by a spine that is out of alignment. It is these subtle signs which place increased strain on joints and muscles, which can cause a number of knock-on problems such as headaches, neck and shoulder tension and lower back pain.

Poor posture is also linked to oxygen levels in the body. There is a significant increase in the amount of air our lungs can take in if we breathe while sitting straight compared to slouched!

Here’s a great self-help 60-second neck strengthening exercise: practise tucking your chin back and giving a ‘double-chin’ appearance, while maintaining eye level. Now push your tongue against the back of your top front teeth. Maintain this position for five seconds, and repeat four times. This will benefit you by strengthening the weak muscles at the back neck and loosening the often tight muscles on the front of your neck.

Dr Ali is a registered chiropractor and his Spinal Health Centre is located at 98a High Road, N2. For more information, call 020 7183 2911 or email info@spinalhealthcentre.com.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Travel tips for our Olympics visitors

With only a few weeks to go until the Olympics, it’s time for all Londoners to help visitors to our wonderful city get the most from the experience. Many of them will have never travelled on the tube before and it is our responsibility to help them enjoy their journeys. So here are a few tips for visitors on using the world’s finest underground railway.

Let’s start with food. For many cultures, breakfast is the most important meal of the day and Londoners will think it strange if you do not combine travel with eating breakfast. Make use of local coffee shops, cafes and McBurgers before joining the train and settling down to eat. The general rule is that anything that does not require the use of cutlery can be eaten between the hours of 7.30am and 9.30am.

If you want to bring along a three-course meal you should ensure that your journey is long enough for you to enjoy it. This matters now that the Circle line isn’t a circle and no one wants to end up in Hammersmith. But anyone heading for Heathrow should have plenty of time for dessert. However, for health and safety reasons you are advised not to light barbecues when the train is busy.

Next, we come to the question of space. It is so important to get it right or you might upset the entire fabric of space and time, potentially releasing cybermen from the dark recesses of the Northern line. So, always make full use of all seats. We Londoners normally occupy at least two seats and you should resist all suggestions to move your bags.

The fabulous and famous station announcements will keep you informed, but in the fast-moving world of modern London they can seem confusing, so remember that ‘mind the gap’ is advertising for a well known high street retailer and that keep left and keep right signs are political slogans. On a more serious note, ‘baby on board’ badges merely relate to the wearer’s love of surfing.

Finally, Londoners are well known for their love of music and we’ll be disappointed if you don’t share your music with us. Please make sure that your iPod is turned up loud enough for us to join in the listening experience. After all, it is the Olympics and you are welcome to them.

THE ARCHER online

Did you know you can catch up with past issues of THE ARCHER online?

Every edition since the start of 2000 is available on our website www.the-archer.co.uk. The site also gives information on advertising in our pages and how you can contribute to the paper.

Budgens East Finchley

Our huge **NEW Own Brand Range**

SWITCH AND SAVE

SuperValu from Budgens

SUPER QUALITY and on average **20% CHEAPER** than leading brands

Pay Parking Charges in Cash at PayPoint in Budgens East Finchley AVAILABLE NOW

Budgens

WESTERN UNION
moving money for better

Human Resource Solutions Plus

Helping you to manage, train and develop your employees at a commercially sensible cost.

HRSP

www.hrsp.net

Richard Pell: info@hrsp.net • PO Box 27013, London, N2 0WX



Regular Events

Sport & Fitness

- **Badminton** Weds eves 8-10pm all abilities, contact George 8349 0170 or John 8444 7163.
- **Finchley & Hornsey Ramblers Group** Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **Keep fit for the Retired** on Wednesdays, Christ Church N12. Call Bridie 8883 5269
- **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 0433.
- **Pilates** in East Finchley, qualified teacher. Contact Dee on 8883 7029
- **Pilates class** Weds 3.30 & 7pm at Ann Owens Ctr, N2. Call Penny 8444 2882.
- **Pilates Beginners Classes** Tue 9.30-10.30am, Holy Trinity Church Hall, Church Lane N2. Contact: Michelle 07767 804 564
- **Tae Kwon Do** for children & adults at Finchley Lido Mon & Fri 7-9pm 07949 612 706. www.taekwondo-uktd.co.uk
- **Tai Chi** class at EF Methodist Ch, Weds at 1pm. Call James Drewe 8883 3308 or james@taiji.co.uk
- **Tennis club** with four clay courts off Southern Road. Call 8883 7723.
- **Yoga, breathing & relaxation**. Weekly drop-in classes - N3, N6, N10. Phone Judy on 07956 375607.
- **Yoga**, pregnancy yoga, meditation classes. Call Sunnah 07941 321 772 or see www.stretchingpeople.co.uk.

Music, Dance & Creative Arts

- **Art Classes**. For info call Henry on 8888 5133.
- **Ballroom Dance Classes**, Wednesday eves for beginners & improvers. St Mary's Church Hall, N3. 8444 0280.
- **Ballroom & Latin American Dance Classes** - beginners & improvers. Wed & Fri eve, Bishop Douglass Sch. 8207 2323.
- **Creative writing classes** in informal, friendly atmosphere. Tel Sallie Rose 020 8444 7217.
- **East Finchley Writers Group**, Weds at the Old White Lion. Contact Carola 8883 5808 or Lilian 8444 1793.
- **East Finchley Poetry Writing Workshops**. Monthly on Saturdays. Contact Dennis Evans 8346 9528.
- **Memory Lane Singing Club** - friendly singing club meets every Friday in Finchley. Call Valerie 8458 4508.
- **Over 50s Tea Dance** at Christ Church, North Finchley. Every Weds, 1pm. 020 8444 0280.
- **Learn to sing** at Finchley Methodist Church, Ballards La. Call 8888 4412.
- **Symphonic Wind Orchestra** Contact Caroline Egan 8340 2706
- **Traditional music** at TOC, Highgate Hill on 1st & 3rd Tue each month from 8.30 pm. Free. All musicians welcome. 07958 282898.

Clubs & Social

- (See p8 for Parent & Toddler Clubs)
- **Bingo evening**, 8pm Sundays, at the Constitutional Club, The Walks, N2.
- **Bingo Club** Mondays 7-9 pm, Green Man Centre, Contact: Jan 8815 5452
- **Contact Lunch Club** Tuesdays at the Green Man. Call 8444 1162 to book.
- **Finchley & District Philatelic Society**, Contact Brian 8444 3251
- **French conversation** in small friendly group with native speaker. 8444 9395.
- **Friends of Cherry Tree Wood** www.cherrytreewood.co.uk or 8883 7544.
- **Haringey Recorded Music Society** informal meetings locally. Call David Moldon on 8361 1696.
- **LGBT?** 1st Weds every month in a local pub. Welcoming atmosphere. Email efinchleylgbt@hotmail.com
- **Muslim Lunch Club** 1st & 3rd Weds, Green Man. Call 8444 1162 to book.
- **North London Bridge Club**, Muswell Hill. Contact 8348 3495
- **Northside Bridge Club**, EF Methodist Church, Thurs 7.30-11pm. 8346 8145.
- **Jewish Friendship Club** for over 60s, Tues 1-3 pm at Muswell Hill Synagogue, Tetherdown. Call Anita 8886 6140.
- **Muswell Hill Tetherdown Bridge**, contact 8883 4390



Archie in art

Archie and the tube station featured in this eye-catching screen print by artist Natasha Barton as part of her exhibition at the Phoenix Cinema. Natasha graduated in fine art and graphic design from Camberwell School of Art and her work celebrates the local landmarks of London, where she has always lived.

A colourful Ally Pally, the monumental Hornsey Town Hall and the smart new exterior of the Phoenix itself were among the other subjects of her work. Natasha's exhibition finished in early July but you can see examples of her work online at <http://nb-prints.blogspot.co.uk>



Two of the off-beat characters from the Cabaret of Pottiness show.

Come to the Cabaret

By Nick Young

Local comedy troupe the Cabaret of Pottiness will be performing at the Camden Fringe this summer. *Time Out* recently described the Cabaret of Pottiness as "a monster line-up of comedy, music and dance, from improv to drag with handmade props and costumes and a bizarre perspective on life, sex and more."

"The show is a vaudeville experience with its theme based on my love of old movies and the Art Deco period," explains founder Gareth Nash, who operates the Cabaret out of his flat on Park Farm Close. "It includes songs funny and emotive, linked together by character performance and engaging stories about human relationships."

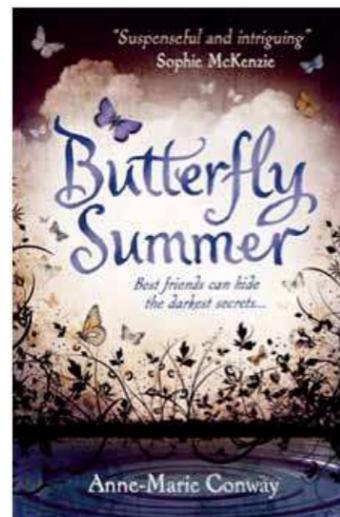
Gareth and his comedy

partners perform monthly at the Black Heart pub in Camden. Their appearances at the seventh annual Camden Fringe will take place on 6, 7 and 8 August.

Cabaret of Pottiness can be found on Facebook, while further details of their evenings can be found on the Black Heart's website www.ourblackheart.com and on the website for the Camden Fringe www.camdenfringe.com.

Butterflies inspire children's writer

Local children's author Anne-Marie Conway has just released her fourth book, *Butterfly Summer*, a haunting tale of intense friendship and dangerous discovery.



When 12-year-old Becky finds an old photo in a box under her mum's bed, everything she thought she knew comes crashing down. The only place where she finds comfort is the local butterfly garden, with the wild and unpredictable Rosa May, but in the heat of the sun-drenched summer it seems that Becky is the only one in the dark.

Anne-Marie, who has lived in East Finchley for 11 years and runs a drama group at Finchley Youth Theatre on the High Road, has written three other books. She says *Butterfly Summer* was inspired by a visit to the Butterfly World project in St. Albans.

"I wanted to write a story where the beauty of the setting was in stark contrast to something much darker seething away just beneath the surface," she says. Described by the *Independent on Sunday* as "haunting and compelling", the novel was listed as one of their top children's books this year.

Published by Usborne, and suitable for children aged 9+, *Butterfly Summer* is available online and at Waterstones, WH Smiths and Muswell Hill Children's Bookshop.

Open house for artists

See artwork up close at the East Finchley Open Artists' Open House Weekends on 7-8 and 14-15 July. More than 60 artists are opening their doors in this free exhibition, running from 11am to 6pm each day.

This is a great opportunity to view a wide variety of unique artwork for sale in EFO members' homes and studios, as well as local shops. Members include ceramicists, jewellers, painters, photographers, textile artists and sculptors, glass makers and wood workers.

For 2012 there's the work of ten new members as well as an online map of all the venues at www.eastfinchleyopen.org.uk

Break for Madden's

Madden's Ale House will be closed for refurbishment for the first three weeks of July.

Owner Kieran Madden confirmed that the pub was closing on Monday 2 July and would host a re-opening night party on Friday 20 July once the work was complete.

The family-run pub, at 130 High Road, opened its doors 16 years ago and has become a popular local venue for televised sporting events and live performances by local bands and singers. These will continue to be features of the pub following the refurbishment, as will the Thai food menu and the Tuesday night quiz.

Pride in the House

Lauderdale House in Highgate is now inviting submissions from UK-wide gay and lesbian professional artists for its annual Pride in the House competition and exhibition.

One of the few free-to-enter art competitions in the UK, Pride in the House celebrates the artistic talent of the LGBT community and is now in its 12th successful year. Three finalists will showcase their work in a group exhibition where an independent panel of judges will select the overall winner. The main prize will be an exclusive two-week solo exhibition at Lauderdale House later in the year. Deadline for submissions is 10am on Monday 23 July. Further details from www.lauderdalehouse.co.uk or by phone on 020 8348 8716.

What's On...

Saturday 7 to Sunday 8 July

• First of two **East Finchley Open artists' Open House weekends**, 11am to 6pm; 65 artists, free exhibition. Unique artwork for sale in local homes and studios. 2012 show includes ten new members and three new open houses. Full details: www.eastfinchleyopen.org.uk

Sunday 8 July

• **Free music concert** at East Finchley Methodist Church, High Road; 7.30pm. Piano recital by Beatrice Nicholas with works by Schubert, Schumann, Chopin, Debussy and Rachmaninov. Free admission

with collection in aid of Iris Ministries, Mozambique, caring for children across Southern Africa. Venue fully accessible to people with disabilities.

Saturday 14 to Sunday 15 July

• Second of two **East Finchley Open artists' Open House weekends**, 11am to 6pm; 65 artists, free exhibition. Unique artwork for sale in local homes and studios. 2012 show includes ten new members and three new open houses. Full details: www.eastfinchleyopen.org.uk

Sunday 15 July

• **Open gardens**, 79 Church Lane, East

Finchley N2, and 66 Muswell Avenue, N10, 2-6pm, in aid of the National Garden Scheme.

Thursday 19 July

• **Community Focus Open Morning**, 11am to 12.30pm at artsdepot, Tally Ho Corner. Come and see the wonderful work created in our outreach programme. To book a free place and for more information contact Lili Barcroft on 020 8369 5483 or email lili.barcroft@communityfocus.co.uk

Sunday 22 July

• **Open garden**, 5 St Regis Close, Alexandra Park Road N10, 2-7pm, in aid of the

National Garden Scheme.

Wednesday 25 July

• **Olympic Torch Relay passes through Barnet**, entering the borough at The Hyde, Hendon, at 12.15 pm and leaving at new Southgate at 3.15 pm. Full details: www.london2012.com/olympictorchrelaymap.
• Victoria Park, N3, from dusk, free performance of **Bells, an aerial theatre and dance spectacular** by Theater Tol and Academi (Belgium/London). Opens with dazzling procession into park; climax has angels above, suspended from cranes, moving with the dancers below.



Letters to the Editor

Money-grubbing parking service

Dear Editor,

How many of your readers assume that Barnet will remind them about their parking permit renewal? We did, and in previous years we have received a reminder letter instructing us how and how much to pay.

This year we were reminded by finding a penalty fine notice attached to our car 14 days after the permit expired. When we phoned the Parking Team, they informed us that they could not guarantee that residents would be reminded. Is an email reminder really too much to ask of an organisation that expects residents to respond online or by mobile phone to parking issues? Alternatively, couldn't the parking attendant who regularly checks that permits are valid leave a note on the car on the expiry date instead of a penalty notice 14 days later? Some constructive service would be a pleasant change and might even alleviate the council's money-grubbing image.

Yours faithfully,
Michele Benjamin,
Hertford Rd, N2.

Where was my parking reminder?

Dear Editor,

I am writing to complain about the service I have received while renewing my CPZ permit. I am also seeking explanations for the Parking department's actions. The sequence of events is as follows.

On 5 May, I received a Penalty Charge Notice for not having a current parking permit. I had been on holiday in April. When I returned I opened all my letters but there was not a renewal form among them. I assumed that the Post Office had failed to deliver the form and therefore paid the fine online on Sunday 6 May.

On 8 May I phoned the CPZ Permit section and paid the yearly subscription of £100. When I enquired why I hadn't received a renewal form, I was told that they had not been sent out in April due to a computer glitch with regard to wrong post codes.

On 15 May another penalty notice was put on my car. I explained to the warden that I had purchased the permit but it had not arrived. He said he had no record of it and issued the ticket. I requested, in the circumstances, that both Penalty Charge Notices were cancelled

and that the £30 fine I paid was returned.

I have the following questions which I think should be answered: Why weren't permit renewal application forms sent out in April? May I remind you that when CPZs were introduced the Council gave an undertaking that charges would be levied at a rate to only cover administration costs. As I am paying £100 for the privilege of parking outside my own house, it should not be beyond the budget or wit of the Council to send me the application form.

How many days in April was the IT system not working properly? Surely any competent IT department would have it fixed in a couple of days if not hours. It was a very convenient time for the IT system to break down in April with permit renewals due in May. How much extra revenue has been raised in Zone M for the first two weeks of May compared to the same two weeks in 2009, 2010 and 2011 and what are the percentage increases?

Yours faithfully,
Jim McAdam,
Summerlee Avenue, N2.

Hidden treasure

Dear Editor,

If you drive down Sedgemere Road off East End Road and turn right or if you walk down Church Lane and turn left, you will find a tiny shop owned by John who over the years has been doing tiny jobs for me.

Such as? Well, there was a tear in my sheepskin glove by the thumb; he put on a patch for me. My bag strap was so long; he shortened it for me. I broke the zip in a bag; he sewed in another one for me. One pair of shoes had heels I wanted higher; he made them higher for me.

John repairs soles and heels. He sells all sorts of things too. He is a lovely man. If only he had an apprentice because his skills are invaluable. He is usually only open in the afternoon until about 7 but if you go in and ask for his phone number, you can phone before you come. He is a one-off.

Perhaps other readers can reveal their hidden treasures.

Yours faithfully,
Lorna Roberts,
East End Road, N2.



From Land Girls to Van Girls

By Cathy Young

When Emma Lanman was a young girl at Henrietta Barnett School, her headteacher drummed into her that she should always be the best she could be and disregard the limitations others might impose on the careers of women.

So it is no surprise that last year, when Emma perceived a gap in the market for an all-female moving business, she set up her own company called Van Girls. "As soon as you mention a van service, people know someone who needs one and they all seem to like the fact that it is a woman and van service – men and women both like the idea," Emma explained.

Emma feels her all-female staff provide a friendly, reliable service and that many people feel more comfortable with allowing women into their homes.

So, from moving a set of shelves for a cousin, the business progressed to transporting merchandise for a lingerie company to a trade fair in Birmingham, theatre sets from Hackney and running a regular pick-up service from IKEA. In one run, they helped three generations of the same family swap around pieces of furniture all in the space of a day.

While many people assume they need the stereotypical "Man with a Van" when looking for someone to shift heavy furniture, Emma, like the Garden Girls in our March issue, is inspired by the Land Girls in the Second World War who are featured on her website: www.vangirls.co.uk

"We're pretty strong. I like to remind people of all the jobs women took on during the war when men weren't around. There are plenty of people who would rather get a man and a van but we are offering an alternative."

FREE PRESCRIPTION SUNGLASSES

STEWART DUNCAN
The East Finchley Opticians
126 High Road East Finchley
020-8883-2020

Buy any pair of glasses and get a pair of prescription sunglasses absolutely free or upgrade to a designer pair like the model shown for just £49. Bifocals and varifocals, high prescription and special lenses available for additional charge, ask us for details. While the stock lasts.

Methodists' jubilee walk

By Andrea Whittaker
Members of East Finchley Methodist Church figured prominently in a 20-mile walk held over two days in May and June as part of celebrations to mark the jubilee and the Olympic Games.

The event linked all ten churches in the Barnet & Queensbury Methodist Circuit. The first day covered the churches in the East of the Borough, from Wesley Hall at Barnet to East Finchley. The second day began at Golders Green and ended at Queensbury.

Over 100 people took part either as participants or in providing support and encouragement, and refreshments, at each church. Participants could travel by any method of their choice and for as many sections as they could manage. Most walked, but a few cycled, drove by car or used public transport for part of the way. Much enjoyed by everyone involved, this may well become an annual event.



By Adam Justice-Mills

After the wettest April and the coldest June, here's hoping July onwards will be 'normal' again (whatever that is). We can't leave the windows open for security reasons, so how to keep cool? Seems like the right time to think about heating and power, particularly as fuel prices rise and the use of tumble dryers and air conditioners increases.

Since April this year, you can install solar heating and electricity generation within the 'permitted developments' on your home, so most won't require planning permission. It's not for everyone; check with an installer registered with the Solar Trades Organisation. The Muswell Hill Sustainability Group has experience of many local contacts too.

Of course, you need to ensure your home is energy-efficient first (which will save you money anyway). The Energy Saving Trust website can guide you on that and also has a "how much will I save using solar" calculator, which takes your roof position and pitch into account.

Best-use tips

To get the most out of solar hot water, you might have to change some habits, using more of your hot water in the evening, after the sun has had time to heat it up. To get the most out of solar electricity generation, use as much as you can of the electricity your system generates, rather than exporting it back to the grid. Use your main electrical appliances (washing machine, dishwasher, tumble dryer) during the day, when electricity from the sun is free. You can even use it to heat a hot water tank if you don't have solar hot water, or to help run air conditioning. Lots to think about, but where's the hurry? Though the 'feed-in tariff' (the government incentive) is dropping, the price of solar kit has halved since 2005 and is set to halve again in the next few years. Meanwhile, fuel prices just go on rising.



Shoes, Trainers, Sandals, Bags and Luggage

Complete Repair Service by a craftsman
Same day if required

Key Cutting

1 Manor Park Rd. N2, behind 88 Church Lane, opposite Trinity Church
Tel: 07956 329 150 Open 12-7pm



Published by East Finchley Newspapers, P.O. Box 3699, London N2 8JA. www.the-archer.co.uk

Farewell to a local hero

By Daphne Chamberlain

George Robb died last Christmas Day, triggering many memories in Finchley. The footballer called a “dashing, dark-haired raider” by *The Independent* was a local hero in the 1950s. A Tottenham and England player, he also taught PE and Geography at Christ's College. His pupils remember discussing the Saturday match with him, and a film crew turned up at the school for a programme about famous sportsmen's daytime jobs.

This hero was very local, because he started with Finchley Football Club, which was famous then too. In 1953 they reached the third round of the FA Cup, knocking out Crystal Palace at Summers Lane. On winter Saturday afternoons, you knew if they were playing at home by the stream of supporters walking up the High Road.

That year George, their most famous player, a very fast left-winger shooting with either foot, attracted the attention of Italian club Padua. But he turned professional for Tottenham, where he already played as an amateur.

Spurs should have reached the Cup Final in 1956. George Robb appeared to have been brought down before an open goal in the last minutes of

their semi-final, but no penalty was given (some things never change.)

He retired through injury after 200 games and 58 goals for Tottenham, just too early to be in Bill Nicholson's Double-winning side, but did appear in the 1952 Olympics, and stood in for the great Tom Finney in 1956, when Hungary beat England 6-3. He never played again for England's first team, but won three B caps and 18 as an amateur international.

George Robb was born at Finsbury Park, attended Holloway School, and spent the last 47 years of his life at Ardingly in Sussex, but to many people of a certain age the Wingate and Finchley website had his obituary right with these words: “We take this opportunity of saluting the Finchley legend.”



Good neighbours: Leona hands over her mosaic to Spiros at East Finchley Allotments.
Photo by Mary Poulter.

A few of my favourite things

By Mary Poulter

There was a lovely example of neighbourliness and good will at East Finchley Allotments when an artist made a special mosaic to thank her fellow plotholder for his kindness to humans and animals alike.

Leona Matuszczak created the artwork from ceramics and glass to reflect the things that her friend Spiros loves the most: KitKat the allotment cat, Percy the fox, a robin, two dahlias and a cup of Greek coffee.

She said she wanted to say thank you to Spiros, who has turned part of his allotment shed into a sort of café where he makes coffee, fresh mint tea and snacks for his neighbours, and who is always

looking after the allotments' animal life.

Leona runs children's parties, hen parties and teaches art and crafts workshops. Find out more at www.artists-resource.co.uk



Double celebration for estate agent

Martyn Gerrard Estate Agents had cause for a double celebration when it marked its 48th year in business and on the following day won the Silver Award for best Medium London Agent at the Letting Agency of the Year Awards, sponsored by the Times and Sunday Times.

The awards were presented by four times Olympic Gold medallist Sir Matthew Pinsent and more than 5,000 offices from across the country were represented. Managing director Simon Gerrard said: “I am proud that the professionalism, expertise and hard work of our lettings team have been recognised by this award.” Martyn Gerrard has eight branches across north London, including one in East Finchley.

Joyce Harris

Investigators are looking for Joyce Harris, the niece of retired music shop owner Malcolm Jacobs, who died on 13 July 2003.

Joyce may be in line for funds from a superannuation trust in Australia, connected to Malcolm's estate. Joyce's last known address was in Grays, Essex, but she might still have some local connections. Anyone who can help can email Roger Pearce on roger@factual.com.au or write to Roger Pearce, Suite 204, 30 Fisher Rd, PO Box 2086, Dee Why, NSW 2099, Australia.

COLIN SCLARE

Sales & Lettings

119a East End Road, East Finchley, London, N2 0SZ



We have got off to a great start

having sold and rented many properties
but we are running low on stock!

Serious enquiries for all types of property for sale or rent!

Great rates and, more importantly,
a quality service to you.

Contact us on

020 8444 3351 www.colin.sclare.co.uk sales@colinsclare.co.uk

SECUREBASE

DOMESTIC COMMERCIAL INDUSTRIAL SECURITY

Est 1988

CCTV
Access Control

Intercom Systems

Intruder Alarms

Locks Doors

Safes Grilles

+ EMERGENCY
LOCKSMITHS

WHY NOT HAVE
Your Security Problems Solved!
A FREE ALARM SURVEY



020 8442 0660

112 High Rd • East Finchley • London N2

www.securebase.co.uk