



Regular Events

Sport & Fitness

- **Badminton** Weds eves 8-10pm all abilities, contact George 8349 0170 or John 8444 7163.
- **East Finchley Flyers running club**, Tuesdays 7pm at the tube station, 7k run and socialising. Nick 07795 503752.
- **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

- **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.
- **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 Ladies Lunch Club** 1st & 3rd Weds, Ann Owen Ctr., Oak La. Call 8432 1415 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. Anita 8886 6140.
- **Muswell Hill Tetherdown Bridge**, contact 8883 4390

Daisy Pulls It Off

Review by Margi McAlister

Daisy Pulls it Off is now showing at Upstairs at the Gatehouse, that gem of a theatre in Highgate. Written by Denise Deegan and directed by Thom Southerland, it tells the story of Daisy Meredith, an elementary school pupil who wins a scholarship to Grangewood School for Girls, in the depths of the English countryside.

Set in 1927, the play shows how Daisy overcomes the prejudice she encounters because she is poor and not well connected.

Daisy (Holly Dale Spencer) is excellent and holds the stage for the whole performance. The cast is wonderfully chosen. Sybil Burlington (Suanne Braun), the spiteful Upper Fourth bully, plays 'bestly' tricks on her, aided by the school toady Monica Smithers (Norma Atallah) who has the audience in stitches with her creepy tittering and obsequiousness.



Will Daisy pull it off? A scene from the show *Upstairs at the Gatehouse*. Photo by Mitzi de Margary

Daisy's only friend is jolly Trixie Martin (Gillian McCafferty) who thinks up 'top hole' and 'capital' plans with Daisy to find the hidden treasure that will save the school from closing.

The humour never flags, notably, due to young and older members of the cast playing the schoolgirls with the awful gymslips and hockey sticks that some of us remember. There is a particularly well-choreographed hockey game when Daisy regains some kudos by scoring the winning goal for Grangewood.

The music throughout, played with animation by Joanne Cichonska on an upright piano in a corner of the stage, adds greatly to the emotional impact and atmosphere.

Don't miss seeing this marvellous production which appears to be a parody of a girls' boarding school from the pages of Enid Blyton but carries a thoughtful and sentimental truth. It is running until 14 April 2013. Judging from the hilarity and laughter from the audience, you won't be disappointed.

What's On... E-mail your listings to: the-archer@lineone.net

Sunday 7 April

- **Bothy Gardens open**, 3-5pm. Visit the secret garden at Avenue House, East End Road, N3.

Monday 8 April

- **Folk and country music** with amateur and guest acts including: *Lily and Meg*, *The Coach House Company* and *Good Clean Fun*, 7.30pm at Birchwood Hall, Fortis Green, Muswell Hill. £5.00 entrance, tickets at door. Bar. Supporting www.ambitiousaboutautism.org.

Friday 12 April

- **Battle of Barnet** special anniversary guided walk with City of London guide Paul Baker. Meet at junction of Great North Road and Hadley Green Road, 2.30pm. More details from 020 8440 6805 and www.barnetwalks.talktalk.net

Sunday 14 April

- **Free market at Avenue House**, East End Road, N3. 10am-4pm.
- **Free music concert at East Finchley Methodist Church**, High Road, 7.30pm. *Pocket Penguin*, exploring the sound world of melodica and guitar. Free admission, collection in aid of Palestinian music school Al Kamandjati. Venue fully accessible to people with disabilities.

Thursday 18 April

- **200 Years of Fashion**, original costume fashion show narrated by Frances Musker, former V and A curator, and presented by the Friends of Avenue House. Must be booked in advance. Tickets £20, (including wine and canapés) available from Avenue House, East End Road, N3 at reception in working hours, or phone 020 8346 7812 in working hours, or contact info@avenuehouse.org.uk.

Sunday 21 April

- **Seed and plant swap day**, Martin Primary

School, Plane Tree Walk, 2-4pm. Bring your spare seeds, seedlings and plants for this free exchange.

Wednesday 24 April

- **Friern Barnet and District Local History Society** hosts a talk on *Octavia Hill* by Pamela Wright. 7.45 pm at St John's Church Hall, Friern Barnet Lane (next to Whetstone Police Station).

Thursday 25 April

- **The Finchley Society's outreach meeting** at Christ Church, High Road, North Finchley. Mike Gee's slideshow presentation, *A Walk around Finchley*. Doors open 7.30 pm. Show starts 8pm, finishes around 9.30. Refreshments before show and in interval. All welcome.

- **Age UK Barnet's fourth annual quiz night**. 7pm at the Meritage Centre, Church End, Hendon NW4 4JT. Tickets £12 in advance including supper. Telephone: 020 8203 5040. Fully licensed bar available; opportunity to buy a raffle ticket or 10 for chance to win fabulous prizes. Maximum six people per table.

Thursday 25 April to Saturday 27 April

- **The Odd Couple** (female version) by Neil Simon, an amateur dramatics production by the Guild Players. 7.45pm and Saturday matinee at 3pm, Finchley Methodist Church Hall, Ballards Lane, Finchley, N3 1NB. Tickets £8 / £7 each for groups of 10 or more, from www.guildplayers.org.uk or on the door (advance booking advisable). Box Office enquiries 020 8346 6337.

Saturday 27 April

- **Spike Milligan quiz night**. Tickets £5, with nibbles provided. For details of venue, and to book, please contact Derek or Barbara Warren on 020 8346 5258.



Artist Elliott shows off his work. Photo by Benjamin Wilson.

Strength through art

Eye-catching art works created by adults with autism are making their mark. The artists all belong to a group called ARTS, which stands for Autism Requires True Strength.

The project, which covers photography, painting and other art forms, is funded through the Barnet Council Supporting Independence Fund and aims to build confidence and creativity.

Seven of the group's artists who met only in January have put together a major collaborative art piece to be shown in libraries around Barnet. Their textile wall-hanging will be unveiled to the public at a special event in Community Focus at artsdepot on 20 April from 6pm - 10pm. Everyone is welcome to come along, share the nibbles and listen to some live music.



A different kind of therapy: Caitlin Smail, seated, and her business partner Melanie Stevenson. Photo by Fred Sansom.

Art as therapy

By Linda Sansom

Graphic designer Cate Smail has been an artist all her life but had never heard of art therapy. Then a personal crisis led her to using it herself, and now she hopes to make its benefits more widely known.

With artist and business partner Melanie Stevenson she has started ArtTherapy4All to promote its benefits. At her home in Fortis Green Cate explained how it happened.

Show and tell

"I was working as a graphic designer. Then about five years ago I was going through a really bad time, a difficult divorce and selling the house, when a friend introduced me to art therapy," she said.

"I've never really got on with counselling as I find it hard to talk about myself, but with art therapy I was able to express myself through my artwork, and it enabled me to show the therapist how I was feeling, as well as being a vehicle for self-exploration.

"It's non-verbal although you do talk to the therapist. You often don't know what you're going to paint until you start. Then something develops, you and the art therapist talk about it and it helps you to understand what is going on."

Art therapy has in fact been

around for some time, after it was used to help shell-shocked soldiers during the war, and then established in former mental hospitals.

Spreading the word

Together with Muswell Hill business partner and co-therapist Melanie Stevenson she set up the Art Therapy Agency to help create jobs for art therapists. The idea behind ArtTherapy4All is to provide subsidised art therapy for those who otherwise would be unable to afford it, and also to spread the word about the therapeutic benefits.

Cate and Melanie have already held sessions for teachers at inset days, and will be running other workshops, including one on May 4. Their first exhibition, *Art and Healing*, shows in the gallery at University College Hospital from April 18 to June 5, with another venue at Archway, and Cate has been inundated with hundreds of entries, each of which tells a different, often very moving story.

For more information go to www.arttherapy4All.co.uk.