



# Six of the best from Altogether Better

Six starter ideas have emerged from the East Finchley Altogether Better project, reported on in our October issue. Local people have come up with the ideas and they hope they'll have the support of the whole community. Here's an outline of the Big Six so far.

### 1. Back-to-work confidence workshops

Several people have pooled their skills and are suggesting a back-to-work confidence workshop where they would offer advice on CV writing, make-up tips for interviews and the workplace, and a photographer would take some great shots of attendees after the workshop. Can you offer any skills to get this workshop up and running or would you like to take part?

### 2. Cooking skills: share advice on simple meals for confidence in the kitchen

Some people may feel they lack the skills or confidence to prepare nutritious, affordable meals for themselves and their families. A couple of local residents are keen to share their skills with others. Do you also have cooking tips to share? Or would you benefit from learning some?

### 3. The Hub, young people's centre

This idea was for a centre or café run by young people, for young people, somewhere to go in the evenings to socialise in a safe place. This could be in an existing venue, run by student volunteers facilitated by parents/schools. Do you know of such a venue? Would you be keen to help supervise this group, or advise in getting it off the ground?

### 4. IT & Biscuits, learning to use computers and the internet

This group is keen to look at ways of giving people the opportunity to learn about IT and use it confidently. Do you know of a person or group that would benefit from this? Could you spare any time to teach some of your knowledge?

### 5. Table tennis group

This group is keen to have a table set up for use by older people in the day and younger people after school times. The idea is to socialise and get fit, with refreshments and coaching available at weekly sessions. Would you like to help lead or take part in this group? Do you know of a table tennis table or venue that could be used for this?

### 6. Information sharing, noticeboards and website

The need for one clear online source of information and local noticeboards around East Finchley was also discussed, so EFAB are looking into this idea further.

Besides these six ideas, other projects are in the wings waiting for people who might be able to get them off the ground. These include gardening group East Finchley Green Fingers, fitness group Mums Who Run and days out group Homes and Away for people living alone or in care or sheltered accommodation who don't get many outings.

If you are interested in finding out more or getting involved in any of these projects, call Lisa on 07909 998453. For information on progress and next events, follow East Finchley Altogether Better on twitter @EastFinchleyAB.



Children from the school council at Manorside School help out with the tree planting.

# New trees get watered in

By Diane Langleben

The torrential rain on the morning of 8 November did not deter the throng of people who braved the weather to attend the planting of an avenue of trees, comprising mainly oaks, in Victoria Park, Finchley.

Among those attending was the deputy mayor of Barnet, Councillor Bridget Perry, Councillor Dean Cohen, children from the school council at Manorside School in Squires Lane, the children of the Rocking Horse Nursery, Reverend Nicholas Pye of St Paul's Church, Long Lane, and many local residents.

The project was created and funds raised by an informal group of local residents, Etchingam Friends, co-ordinated by Brian Plen. The planting took place in conjunction with the London Borough of Barnet, whose Parks and Open Spaces Officer, Tracy Sawyer, provided much help and advice.

The Finchley Society was also involved and on the day, volunteers from the Pratap Shakra Finchley, the local branch of

the Hindu Volunteers' Organisation, Hindu Swayamsevak Sangh, were willing hands in setting up a refreshments tent.



# Crash destroys traffic lights

By Janet Maitland

A driver and a passenger ran away and left their car after being involved in a crash that demolished a set of traffic lights on the High Road.

Two vehicles were involved in the collision that wrecked the traffic lights and pelican crossing at the junction between the High Road, East End Road and Fortis Green in the early hours of 18 October, as shown in our photo by Nick Young.

When police arrived at about 5.45am, they found that only one driver had stayed at the scene. He was uninjured.

The traffic lights were secured and a police car remained close by for the rest of the morning. No arrests have yet been made. If you witnessed the accident please call police on 101.

**2Life** 2-Life is the trading name of all services offered by Joel Korn: Counselling, Group Therapy and Training.

Joel is a qualified counsellor based in East Finchley. Contact Joel on 07787 226 376 or email kornjoel@hotmail.com www.2-life.co.uk

**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](http://Greenedriving.co.uk)  
Call John M.I.M.I  
0773 851 4406

**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

**east finchley clinic**

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

**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.**

[www.eastfinchleyclinic.co.uk](http://www.eastfinchleyclinic.co.uk)  
**020 8883 5888**  
2-3 Bedford Mews Bedford Road London N2 9DF

**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](mailto:info@AlmarBSL.co.uk)

Visit our newly improved website with useful and topical information: [www.AlmarBSL.co.uk](http://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.

**AJL APPLIANCES**  
Sales  
Repairs  
Installations  
020 8444 4303 [www.ajlappliances.co.uk](http://www.ajlappliances.co.uk)  
Washing Machines Dishwashers Ovens  
Tumble Dryers And many more...

**Alexander Technique**  
Improve your posture, health and performance

- Backache
- Neck/shoulder pain
- High blood pressure
- Poor posture
- Stress
- R.S.I.

"Of all the approaches tested, [...] Alexander Technique lessons proved to be the most beneficial." British Medical Journal 2008

0780 861 2510 ~ [info@adrianfarrell.co.uk](mailto:info@adrianfarrell.co.uk) ~ [www.adrianfarrell.co.uk](http://www.adrianfarrell.co.uk)

**BRING YOUR OWN WINE 7 DAYS A WEEK**

**mezem**

£1 Corkage per person  
Max. 1 bottle between 2 people  
111 High Road, East Finchley  
**020 8883 5750**