



THE ARCHER

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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 Comments to THE ARCHER may be published unless clearly marked 'Not for publication' within the text.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 – **September:** 15 August,
October: 12 September, **November:** 10 October

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
Transport for London	0843 222 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
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
CrimeStoppers	0800 555111
Victim Support	0845 303 0900
East Finchley Safer	
Neighbourhood Team	020 7161 9014

Help & Advice

Advice Barnet Project	0844 826 9336
CAB Money Advice	020 8201 7727
Carers' Line	020 8343 9698
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
RSPCA animal clinic	020 8365 3910
Samaritans	08457 909090
Refuge Crisis Line	0870 599 5443



Former pupil David Bernstein opens the new Christ's College Sixth Form Centre. Photo Mike Coles

Sixth formers find a new home

Sixth formers at Christ's College Finchley now have a new block to call their own. Their centre was opened by old boy David Bernstein, chairman of the Football Association.

The block will be the home of post-16 education at the school. Sixth formers launched it by staging a balloon race in celebration.

Mr Bernstein was at Christ's College between 1954 and 1961, going on to a successful career in business, including French Connection and Manchester City FC.

Library service brought to your door

Do you struggle to get to the library as often as you would like, or would you like to go but just can't get there? Barnet Council runs a free home library service for any older or disabled person who may enjoy reading, listening to audio books and music, or renting DVDs, but struggles to get out regularly.

Once every four weeks clients receive a delivery of their preference of ordinary or large print books, audio books, music or DVDs. Specific titles can also be reserved for free. To find out more, or to register for the home library service, call 020 8359 3901.

Don't just dismiss a 'funny turn'

Since Stroke Month in May, GPs in Barnet have been promoting awareness of the signs of mini strokes and advising people not to dismiss them as just a funny turn.

Unlike a full stroke, mini-strokes (TIAs) can pass after a few minutes so it's easy to think they result from tiredness or migraine. However, they can be serious and, sometimes, an early warning sign of a more serious stroke to come.

It is vital people do a FAST check if a stroke strikes, because it is so important to get the right treatment quickly and in the right place.

Face: Your face may have dropped on one side, you may not be able to smile or your mouth or eye may have drooped.
Arms You may not be able to lift one or both arms and keep them there because of arm weakness or numbness.

Speech: Your speech may be slurred or garbled, or you may not be able to talk at all despite appearing to be awake.

Time: It is time to dial 999 immediately if you see any of these signs or symptoms.

Locally, as in the rest of London, stroke services have been concentrated in eight hyper-acute stroke centres which offer expert care 24 hours a day, 7 days a week. For Barnet, the main stroke centre is run by University College London Hospitals (UCLH). It offers services for strokes and TIAs.

Local GPs can help too, offering an NHS Health Check

service which aims to prevent stroke along with other common illnesses such as diabetes, kidney disease and heart disease.

Can you deliver?

THE ARCHER needs a volunteer to deliver papers to Ludlow Way, Maurice Walk and part of Ossulton Way (Brim Hill to Market Place), total 110 papers. Can you spare 20 minutes once a month? Please contact us by email at the-archer@lineone.net or by phone on 0800 612 0748.

The Archer tea towel ... now available on the High Road

The Archer tea towel is now on sale at the Cherry Tree Gift Shop in the High Road. Pop in and buy yours, and

you'll be helping to raise funds for three youth groups in East Finchley.

Every penny we raise from selling them will support the work of the Monday Club, the Finchley Youth Theatre and the 3rd Space Youth Club at Strawberry Vale.

And you can still order your tea towel by post. Send a cheque made payable to The Archer for £5 per tea towel to The Archer, PO Box 3699, London N2 2DE. Include your name and address and we will deliver to your door.



ROBIN KIASHEK

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- Beginners -

Tai Chi & Qigong

2 Classes in East Finchley

Wednesdays at either 12.00 or 1.00pm (Trial session: £5)

James Drews is a qualified teacher and has been practising t'ai chi for 37 years. He is the author of 3 books on t'ai chi & is a member of the BOCMA.

Other classes : www.taiji.co.uk

email: james@taiji.co.uk phone: 020-8883 3308