



One of EFAB's sessions at East Finchley Library helping people learn about computers.

Computer skills, ping pong and running

Sessions on computer and internet skills, under the guidance of local volunteers, organised by EFAB (East Finchley Altogether Better), have been running throughout July at East Finchley Library.

Those attending the 'IT and Biscuits' project learn, among other things, how to get online, send attachments, and troubleshoot problems, followed by tea and biscuits. Anyone who would like to attend future sessions or volunteer their time to help those less confident, should call Lisa on 07909 998453 or email us@efab.org.uk

Table tennis

Another EFAB project is a regular Table Tennis club which meets between 2.30 and 4pm on Tuesdays at the Shree Aden Depala Mitra Mandal Community Centre on Church Lane. Additional sessions, including evenings, should be up and running soon. Get in touch if

you would like to be involved.

Mums who run

The Mums Who Run also meet weekly on Thursday mornings from 9.30am at Cherry Tree Woods. All women are welcome and runs can be tailored to suit different abilities. New runners are asked to check on Thursday mornings that the run is happening, on www.facebook.com/EastFinchleyAB or call Sue on 07970 641789 for an update.

Go to www.efab.org.uk for more information. Updates on EFAB can also be found on Twitter @eastfinchleyab or on the Facebook page: 'eastfinchleyab' or call Lisa on 07909 998453 or email us@efab.org.uk.

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All Saints' Church, Durham Road, East Finchley Church of England

Sunday masses at 8.00 a.m. and 10.00 a.m.
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(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>

Holy Trinity Church Church Lane, East Finchley Church of England

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www.holytrinityeastfinchley.org.uk

Football academy kicks off

A new football academy has opened to give young men between the ages of 17 and 19 the chance to pursue a career in the sport.

The London Coaching School is a voluntary organisation set up by East Finchley resident Darren O'Connell to work with disadvantaged players.

It is based at Powerleague Finchley on Summers Lane and offers training at subsidised rates as well as the chance to obtain a football scholarship at a number of universities in the US.

More than 40 young men have signed up and there is room for more. Coaches from Crystal Palace are attending training sessions. Find out more from Darren at darren.connell@googlemail.com

Pop in with your ideas

East Finchley Altogether Better (EFAB) is a volunteer-led community project seeking to empower local people and reduce isolation by helping residents start up and run projects which they feel would benefit the area.

The EFAB team would love to meet you and hear your ideas. What is needed in the area? Is there an activity/group you are keen to join? Could YOU help to make it happen?

The team will be holding 'pop up information shops' in early September at the Phoenix Cinema on Tuesday 2 September from 11.30am to 2pm and Thursday 4 September from 1pm to 4pm, and at Finchley Youth Theatre, 142 High Road on Monday 8 September from 10am to 12pm and Thursday 11 September from 10am to 12pm. Go along and have a chat.

For more information or to ask any questions, please email us@efab.org.uk or call Lisa Smith on 07909 998453.

30,000 intruders in one room

By Daphne Chamberlain

Last month an East Finchley resident had a day out by the sea. While she was away, an estimated 30,000 bees entered her flat. "I was scared stiff," she told us. "If my neighbour and some workmen hadn't seen them going in, I would have come home and walked right in among them."



A bee swarm on the move

Fortunately, neighbours and family had closed the door on the room where the swarm was gathering, blocked up the space under the door, and arranged an appointment with a beekeeper.

Home, sweet home

Why did so many bees invade her home, and how did they get in? Entry was through a ventilator grille, and they were just looking for a nice cosy home.

The British Beekeepers Association explains that bee colonies can grow to a great size, sometimes as many as 50,000. When a colony gets as big as this, not all the bees can receive vital pheromone signals from the queen, so they divide. Some remain with a new queen, while the rest leave with the old queen to find a new home.

Usually, they don't go very far, and thanks to a large honey meal before leaving, they are generally quite docile. Unless they are attacked, they are not

likely to sting. All the same, removal of a swarm should be left to someone who knows what they are doing.

Beekeeper numbers grow

Threatened by pesticides, honey bees are on the verge of becoming an endangered species. However, the fight back has started. A few years ago, we had only 10,000 registered beekeepers. Now there are about 24,000. It is important for anyone keeping bees to be properly trained, and/or monitored.

It's also important for the public to distinguish between honeybees, bumblebees and wasps. The British Beekeepers Association has pictures of all these similar insects, advice on what to do if encountering a swarm, and lists of beekeepers willing to collect them. The trick is to lure the queen into a collecting box and wait for the rest of the swarm to join her. See www.bbka.org.uk for more details.

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