



## Regular Events

### Sport & Fitness

- **East Finchley Flyers running club**, Tuesdays 7pm at the tube station, 7k run and socialising. Nick 07593 367134.
- **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. Michelle 07767 804 564
- **Tai Chi & Qigong** in N2, Weds 1pm. James 8883 3308/07836 710281 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 [www.stretchingpeople.co.uk](http://www.stretchingpeople.co.uk).

### Music, Dance & Creative Arts

- **Art Classes**. Call Henry on 8888 5133.
- **A-Chord**, friendly choir, all genres, open to all. Thursdays 8pm at NNLS, East End Rd. Laura 07732 120464.
- **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.
- **Ladies Keep Fit** Class for over 50s. Tues 10.30-11.30am at Tetherdown Hall. Sheila 8444 0084.
- **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.
- **Muswell Hill after school ukulele club**, Wednesdays 4.15-5.15pm, ages 6-10. Contact Margie 07909 439513.
- **Traditional music at TOC**, Highgate Hill, on 1st & 3rd Tues each month from 8.30pm. Free. 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
- **French conversation** in small friendly group with native speaker. 8444 9395.
- **Friends of Cherry Tree Wood** [www.cherrytreewood.co.uk](http://www.cherrytreewood.co.uk) or 8883 7544.
- **Haringey Recorded Music Society** informal meetings locally. Call David Moldon on 8361 1696.
- **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
- **Bridge Club**, every Saturday 1.30-4pm, Ann Owens Centre, Oak Lane, N2 8LT. Contact Ray Tiano 07944 562180.
- **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



## In memory of Mary

Staff at the RSPCA shop in the High Road have said a big thank you to the Rotary Club Mill Hill for handing over a cheque for £100. The donation was in fond memory of Mary Powell, the late wife of Rotary Club member Ron Powell, left, who volunteered for the charity for more than 20 years. Also pictured from left to right are East Finchley shop manager Gabby, local RSPCA chairman Anne Lewis and Rotary Club member George Mason.

Next up for the RSPCA shop is a fashion show and late-night shopping event to celebrate its one-year anniversary in East Finchley. Tickets for the show are available in store. The event will run from 6pm to 6.45pm with shopping open to the public from 7pm until 8.30pm.



Santa's here: Happy faces from last year's Martin Primary fair. Photo Emily Hands

## Winter wonderland

On Saturday 13 December from 12pm to 3pm, Martin Primary School will become a winter wonderland with fun for all ages.

There will be all sorts of delicious homemade treats to feast on including mulled wine and mince pies. Pupils will be spreading their festive cheer singing for visitors and Santa will be welcoming families into his gorgeous grotto. The Martin Home School Association has had a very successful fundraising year. Much of the

money raised has been used to enhance outdoor play areas in the expanding school. Money raised from the Christmas Fair will buy more equipment for these spaces.

Martin School has thanked local businesses for their support and says it is appreciative of help from The Exchange and sponsors Budgens, Martyn Gerard and GLH.

## What's On... E-mail your listings to: [the-archer@lineone.net](mailto:the-archer@lineone.net)

### Saturday 6 December

• **East Finchley Christmas Festival**, High Road, 10am to 5pm. Stalls and activities plus live entertainment: **10am**: Dog show, with categories for general dogs, dogs who look like their owners and festive dogs.

**11.30am**: The Archer Academy choir, **12noon**: East Finchley Bake Off. Bring your home-made cakes and mince pies, **12.30pm**: Popchoir, **1.15pm**: Young Ukulele group

**1.30pm**: Rob Thom with Christmas folk music, **1.45pm**: EFYT Dance Group, **2.15pm**: Sound of the Suburb, **3.15pm**: Mightee Fit Christmas Challenge, **3.30pm**: Disco time, **4.15pm**: Brass band with Martin Primary School

### Tuesday 9 December

• **Christmas Fair at Ann Owen Centre**, Oak Lane, N2, 11am-2pm, in aid of Age UK Barnet.

### Saturday 13 December

• **Martin Primary School Christmas Fair**, Plane Tree Walk, 12noon to 3pm; lots of lovely food on offer as well as Santa's Grotto and all sorts of fun for the whole family.

### Wednesday 17 December

• **A Merry Little Christmas at Stephens House**, East End Road, N3, 2.30pm; afternoon tea with musical accompaniment. A festive Victorian-themed entertainment exploring the origins of favourite Christmas customs and most-loved Yuletide melodies. Tickets £9.50 via [www.stephenshouseandgardens.com](http://www.stephenshouseandgardens.com), at the House or by phone on 020 8346 7812.

**Wednesday 17 December to Sunday 25 January 2015**

• **Singin' in the Rain**, based on one of the world's best-loved movies, Upstairs at The Gatehouse, Highgate Village, N6 4BD. Tickets £14/£12 concs. Box Office: 020 8340 3488.

## December at the Phoenix

By Elizabeth Taylor-Mead, Phoenix Cinema executive director

We're all on journeys of one kind or another and this month we run the gamut. *Homesman*, starring Tommy Lee Jones and Hilary Swank, tells a pioneer tale of wilderness, wildness and meeting your match. *Kon-Tiki* carries us on an epic raft crossing of the Pacific, based on the best-selling book. *Manakamana* is an intimate documentary shot in a cable car in Nepal as we meet unforgettable people en route. In *Open Bethlehem* a filmmaker goes back to her village to discover herself and her purpose.

Bill Murray plays a curmudgeonly and misunderstood man with a good heart in *St Vincent*. Then Christopher Waltz and Amy Adams play husband and wife in the surprising story of *Big Eyes*, about the artist Walter Keane who created a series of popular paintings in the 1960s.

*Phoenix Nights* invites guest curators to host our monthly Friday late-night slot. Join us at 11.30 pm on 5 December when writer/director and Python member *Terry Jones* selects and presents one of his personal favourites, the classic comedy *Groundhog Day*.

Feel the need to work off the effects of those early Christmas parties? Start by exercising your brain at our *Use It or Lose It Film Quiz* at 11am on Sunday 7 December and the interactive *Phoenix Film Salon* on Mondays 8 and 22 December. Nick Walker provides the cerebral aerobics.

Get your inner princess on with our *Frozen Singalong*. Not in the mood for a tiara? Then sharpen up with *Edward Scissorhands* if you dare. We also go to France for the WW1 story *Joyeux Noel* and to the North Pole for cult comedy *Elf*.

Check show times on our website [www.phoenixcinema.co.uk](http://www.phoenixcinema.co.uk) or visit our foyer, where you can also buy Phoenix Friends gift cards.

## Speaking up for older people in hospital

By Daphne Chamberlain

Being in hospital can be a lonely and worrying time, especially for an older person who may not have effective support from family and friends. Any number of problems may be troubling them, and this is where Advocacy in Barnet (AIB) can help.

AIB, a registered charity, has been running for over 17 years, operating with a team of knowledgeable and skilled staff and volunteers and has now expanded its 50 Plus Matters services into hospitals, visiting older patients in the Royal Free at Hampstead, and in Edgware Community and Finchley Memorial Hospitals. All advocates speak up for people, and these advocates speak up for people of 50-plus, living in Barnet and neighbouring boroughs.

Advocates visit Marjorie Warren ward in Finchley Memorial once a week. As always, they start by listening. They go in as potential friends, and once they know what the patients need they can help them. Sometimes patients are worried about care and health issues or personal problems, sometimes about finance, Lasting Powers of Attorney and wills, or moving into care homes. Sometimes they need help with getting letters written or phone calls made.

Advocates are there with the consent of the hospital authorities, and accept referrals from professionals and agencies including Barnet Carers Centre, social workers, ward managers, physiotherapists, occupational therapists, GPs and dentists, not forgetting families and friends of patients, and patients themselves.

Contact 020 8201 3415 or

020 8201 3148 to make a referral. Advocacy in Barnet's 50 Plus Matters offers free, confidential and independent services.

## Grants available for Strawberry Vale

A new fund has been set up by the Peabody Housing Trust to help their residents improve community life, health and leisure.

Various ideas are possible, such as social and keep-fit activities, gardening and schemes to promote well-being, but the beneficiaries must be Peabody residents. Youth-led projects will be encouraged.

Residents on the Strawberry Vale Estate can suggest ideas and a grant-making panel will consider the proposals. Up to £75,000 a year for three years will be available, with £500-£5,000 possible for each project. The cut-off date for the first round of grants is very soon, 12 December, but the next round will continue until 6 March, 2015.

The scheme is managed by the London Community Foundation. To find out how to apply, visit [www.londoncf.org.uk](http://www.londoncf.org.uk) or email [info@londoncf.org.uk](mailto:info@londoncf.org.uk) or phone 020 7582 5117.