



Confidence to get back to work

Help is at hand for those hoping to find a job or going back to work after a break. Local professionals have offered their time and skills to support an East Finchley Altogether Better (EFAB) project of confidence-boosting Back to Work sessions. The programme includes tips and guidance on improving your CV and advice on interview skills, as well as personal careers advice tailored to each participant.

Attendees on a recent workshop day said: "It's really useful and interesting: you'll learn a lot" and "This workshop is fantastic and definitely a 'must do' to be more prepared and get shortlisted!"

A free one-day workshop for people looking to boost their self-assurance and increase their chances of finding work is planned for a Saturday late in

September or early in October, at a venue to be confirmed in East Finchley. To register your interest, or find out more, contact Laura on 07976 511506 or at laura@createyouridealfuture.com

More information will be available on www.efab.org.uk. Updates on EFAB can also be found on Twitter @eastfinchleyab or on its Facebook page: 'eastfinchleyab'.



Mike Gee, left, presents John Randall with his prize as winner of The Finchley Society's Front Garden of the Year 2014. Photo Mike Coles

No time for sitting around...

Staff from estate agents Jeremy Leaf and Co will step out in the Cancer Research London Shine Marathon Walk on Saturday 27 September. The firm says 11 employees from its two offices in N2 and N12 will join the Walk together, curbing their naturally competitive instincts for the event. They've been training with regular fitness sessions and walks throughout the borough of Barnet. Your support and donations will be gratefully received; please visit www.justgiving.com/Jeremyleafco/ or drop in to their office on the High Road.



Ready to go: The Jeremy Leaf team will walk their socks off

John has plenty of front

By Mike Gee, Environment and Transport Chair of the Finchley Society

In March this year The Finchley Society launched a new Finchley in Bloom competition to find the best front garden. There was a good response, with 53 entries from every corner of Finchley, and the winner in the Best Medium/Large Garden category was John Randall from Edmunds Walk, N2.

John was a standout winner. He carried out all the work himself, creating a lovely closely planted cottage-style garden, with plenty of year-round colour, which perfectly complements the house and road.

Endangered gardens

Front gardens are important. They define the suburbs, providing a habitat for all manner of wildlife, combating pollution, and brightening up our neighbourhoods. The simple fact, though, is that front gardens are disappearing at an alarming rate. They are nearly always converted into large areas of block paving to park cars.

In this borough alone an estimated 590 acres of front gardens have already gone, which is 45 times the size of Cherry Tree Wood!

Unfortunately there's no easy solution to this complex situation. But the Finchley Society set out to highlight the problem by this competition, to raise awareness of gardens, and show just how important even one well maintained garden can be. A front garden affects its whole neighbourhood, and benefits the whole community as well as passers-by.

Other winners

The winner in the Best Small Garden category was Sally-Ann Lever, of Village Road, N3, and the Best Envi-

ronmental/Wildlife Garden award went to Deena Kestbaum, of Fitzalan Road, N3. A special runners-up award was made to two gardens that had been reinstated from block paving.

The Finchley Society has

thanked sponsors Finchley Nurseries, Bennett and Hall, and B. Green Healthfoods and also thanks everyone who maintains a front garden which, whether prize winning or not, makes Finchley a better and more attractive place to live.

Dance Classes

www.fortitudedance.com

TUESDAYS

Ballet For Fun - Ages: 4-5, 6-8, 9-12

THURSDAYS

Little Groovers - Ages: 4-5

Fortitude Dance Crew (All styles of dance) - Ages 6 - 8, 9-11, 13 +
Dance Aerobics - Adults

To enquire about these classes contact Marie on 07950 484979 or info@fortitudedance.com



brera gardens

- garden design
- maintenance
- hard landscaping
- irrigation systems
- soft landscaping
- East Finchley based
- indoor plants

Mob. 07939 557 934

Tel. 020 8920 3721

Email: breragardens1@btinternet.com

Exceptional Care and Support Exceptional Care Homes



Comfortable, en suite, private rooms now available at:

- Dell Field Court - Etchingam Park Road, N3 2DY
- Apthorp Care Centre - Nurseryman's Road, N11 1EQ
- Meadowside - Holden Road, N12 7DY

The Fremantle Trust is a leading not-for-profit provider of exceptional care and support for older people across north London offering high quality, modern, residential homes and day care places*. Respite care is also available and can be booked up to six months in advance.

*Day care is available at Apthorp Care Centre and Meadowside.

For vacancies, please call - 01296 737 371 or email enquiries@fremantletrust.org

passionate about care



www.fremantletrust.org

Quality IN PEOPLE

The Fremantle Trust is a company limited by guarantee (Company Number: 2722437). A registered charity. Not for profit. (Registration Number 1014986).

Human Resource Solutions Plus

Helping you to manage, train and develop your employees at a commercially sensible cost.



www.hrsp.net

Richard Pell: info@hrsp.net • PO Box 27013, London, N2 0WX

Midhurst Butchers

Certified organic meat at reasonable prices
Free-range poultry
Home-made sausages (including Boerwors)

2 Midhurst Parade,
Fortis Green, London N10
Tel. 020 8883 5303

ACCOUNTANTS FOR SMALL BUSINESS

All The Accountants are specialists in supporting small businesses. We can help with:

- Self Assessment Tax Returns
- Business Accounts
- Corporation Tax
- Bookkeeping and VAT
- Business Structure
- Company Formation
- Payroll and HR
- Help with Finance Raising and much more.

020 8883 5258

www.accountantsforall.co.uk