



Letters to the editor

Parking problems ahead

Dear Editor,

A developer, Safeland PLC, has applied for planning permission to build 24 apartments on the site currently occupied by GLH Cars, opposite East Finchley station.

The proposed building looks very unattractive and out of keeping with the area but the main problem is the impact on parking and traffic in local streets.

Barnet Council would normally require up to 32 additional parking places to be included in a development of this size, yet the developer has proposed only two spaces. There could be an additional 32 cars seeking parking in the streets around the station.

No space is provided on the development for turning circles for the two car spaces that are included. Likewise, no space for delivery lorries to park. This raises the prospect of cars reversing onto the High Road and lorries parked on the pedestrian crossing next to the development.

The developer will not be offering any parking for the large number of contractors who will be working onsite during construction.

Even if the future residents of this development are prevented from using the Controlled Parking Zone there will still be a significant impact in the evenings and on Sundays and in those streets that have only a 2-3pm restriction.

Yours faithfully,
Michael McGrath
Ingram Road, N2.

Oppose the library cuts

Dear Editor,

So Barnet Council wish to reduce the number of staffed hours at our local library to just 16 hours a week with, as you report, "staff replaced by CCTV cameras". They also want to halve the size of the library.

If these proposals go through how many people would be happy at entering an unstaffed library? What would be the point if there were no librarians available to answer queries, and do we want to see them lose their jobs?

If this is allowed to happen I suppose that in a year or so's time the council will say that because of the reduced numbers of people using the library, it will be shut completely.

The protests about these cutback plans have obviously been successful or the council would not be forced

into carrying out yet another consultation. I urge everyone who cares about the future of our library to read the proposals which are online at www.barnet.gov.uk or pick up a copy of the document at the library and then object to them most forcefully.

Yours faithfully,
Stephen Barry
Great North Road, N2.

After Paris

Dear Editor

We, the Communities Together Network (CTN) and Barnet Resilience Forum, a group of multi-agency partners representing Barnet's statutory, community and faith organisations, share the international condemnation for the acts of atrocity committed in Paris on Friday 13 November.

We are determined that Barnet will remain a special place where residents get on well together. We are justly proud of our diversity and community cohesion and we are determined that Barnet's diverse cultural communities will continue to live and work peacefully alongside one another. We will stand united in keeping Barnet as a great place to live. We will challenge all forms of religious and racial hatred and intolerant language or behaviour.

We will continue to work closely together to encourage and maintain the excellent work to promote and maintain our community cohesion in the Borough and promote the peaceful co-existence of the borough's community and faith groups.

Yours faithfully,
The Communities Together Network
Barnet Resilience Forum

Welcome back, Sainsbury's

Dear Editor,

Plus ça change. Those of a certain age with long memories will recall that there was, many years ago, a Sainsbury's shop in East Finchley. It was located at the junction of Fortis Green and the High Road. I've tried to locate an old image but without success so far.

Welcome back, I say. We then won't have to go on tolerating the limited choice of the dreadful Budgens with its dreadful check-out. A new Sainsbury's is likely to increase the footfall of shoppers in East Finchley, its cafes and restaurants and indeed the better local independent food outlets.

The only observation I'd make is about the new store's location. A better position would be the site now vacated by Amy's Hardware and the next door betting shop. Now, betting shops... they are the real blight of the local scene!

Yours faithfully,
Robin Dunn,
Springcroft Avenue, N2.

Sainsbury's is out to win

Dear Editor,

With regards to the application by Sainsbury's to open on the High Road it might be worth noting that when they recently opened in Archway the local long-trading Budgens closed to be replaced by a Tesco, so those seeking competition might well end up with it in a depressing form.

One certainty is that all of the big chain convenience outlets carry a very limited product range and higher prices. Budgens can be pricey but it costs more to carry range - hence why most big chains work to drive it out. The new ownership of the Budgens brand by Booker may bring down prices. Time will tell.

It's hard to understand how Sainsbury's feel their presence will positively increase trade in the area but, that said, existing outlets could do more to sell themselves better.

Budgens may well carry a vast range for its size but it duplicates endlessly and in a highly random fashion around the store. It may have had a revamp a few years back but the dreary frontage and poor attention to keeping the exterior and cluttered interior up to scratch really fail the store.

Most bewildering has been watching all the light tubes in the exterior sign die off in the past year only to finally be replaced, now showing quite clearly that the sign needs a thorough clean.

So if Sainsbury's does land in East Finchley then the only way for local businesses to fight back is to smarten up their act. Finchley Wines, which will be opposite, carries at times the best range of beers for miles but you'd not know it from the exterior appearance.

The new shop sign at Tony's Continental is a good move. They've got the right idea and other shops should take note. Sainsbury's will be out to win on every level.

Yours faithfully,
Almar Hafliadason
Lankaster Gardens, N2.

Yoga for mums-to-be

Here's one of Sunnah Rose's exercises for pregnant women, a seated spinal twist that eases back pain and sciatica as well as massaging the central nervous system and improving digestion.

1. Start either by sitting cross legged on a cushion or by sitting on a chair, feet planted on the ground with your back a little bit away from the upright part of the seat.
2. Place hands on knees and take a few breaths through the nose. As you breathe out imagine that your spine is growing in both directions. Feel your sitting bones spread out and the crown of your head draw up towards the sky.
3. Once your spine has lengthened you can slowly turn to the right. Reach your left hand over to your right thigh and your right hand to the floor or back of the chair behind you. Let your head gently turn keeping your chin in line with your heart.
4. You only need to turn a little to feel the lovely twisting effects in your body. Try to keep releasing tension in your body including shoulders, jaw, brow, and knees and hips.
5. To go further press down through sit bones and lift through head and turn a little deeper.
6. Come back to the centre and connect back to your breath.
7. Repeat in the opposite direction.



Perfect poise: An exercise for expectant mums

ALL SAINTS' CHURCH

35a Durham Road, East Finchley, London N2 9DP

Sunday 20th December

6.30 pm Christmas Carol Service

followed by mulled wine and mince pies

Thursday 24th December

Christmas Eve

3.00 pm Children's Christmas Service

with Carols

11.30 pm Sung Midnight Mass

with Blessing of the Crib

followed by wine and mince pies

Friday 25th December

Christmas Day

8.00 am Mass of the Dawn

10.00 am Sung Mass of the Day

Vicar: Fr Christopher Hardy SSC

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