



# In good shape at a good age

In the summer of 2013 Hilda Silver started her Hatha Yoga for seniors (and beginners) class in Fellowship House, Hampstead Garden Suburb. It was so popular that a second class was started in the Free Church Hall that October.

A year on, students have come and gone but the core group has enabled Hilda to provide small groups (12 people) with personal attention, enabling them to see great personal improvement both physically and mentally.

Students find the class enjoyable because it is perhaps the only time in the week where they can work on themselves without interruption.

Yoga can be adapted for all ages and all levels, so beginners can work together with the more advanced.

The only male student to stay the course started about 11 months ago. He realised that he was not taking exercise and that he had poor posture. Arthritis was starting in his toes, fingers and elbows. His partner suggested he come along to the class and he has not looked back.

Hilda Silver said initially it was challenging but after six weeks he noticed his balance was improving and some postures were becoming easier.

You can join one of Hilda's yoga classes in The Free Church Hall, Northway, NW11, on Thursdays at 10am or Fridays at 9.45am. Find out more at [www.yogawithhilda.yogaclubnearyou.co.uk](http://www.yogawithhilda.yogaclubnearyou.co.uk) or by telephone on 07810 205343. Private sessions and teenage groups are available on request.



Stretching back to feeling better. Photo Hilda Silver

## Letters

### Does parking have to be this difficult?

I have always considered that I attempt to park safely, pay when required and in approved places at all times. I think that I am a reasonably intelligent individual but over the last couple of years I have found parking my car has become increasingly difficult in Barnet.

This is mainly due to the confusing information and different modes of paying for parking in approved places around the borough. I have three particular examples.

1. Telephone payment. This requires a credit/debit card, a mobile phone, knowledge of parking number and not least good hearing and the hope that it is not raining when trying to pay! Once last year, with my hands full holding phone card, umbrella and handbag, I ended up by mistake paying for 24 hours! Also, not only do you pay for the parking but also for use of the card.

2. Parking meters that only allow card payments. The signage is not clear and on a recent attempt to pay with coins I discovered I could not. After three attempts to pay by card it did not give me a ticket to display so, presuming it must be similar to the pay by phone method, I left my car. I returned later (within the time that I had actually paid for) to find

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Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

a parking ticket on my windscreen. It took three letters before I was released from paying the penalty notice even after supplying my credit card details clearly showing the payment to London Borough of Barnet.

3. On Boxing Day (a bank holiday) I assumed, wrongly, that parking in a safe position on a single yellow line in a quiet residential street was similar to arrangements for Sundays in that street but after 10 minutes I received a parking ticket. I checked the London borough of Barnet's website and could not find any helpful information about bank holiday parking arrangements. Also on checking the local signage it makes no mention of bank holidays.

Am I the only Barnet resident who tries to keep within the law but keeps hitting a brick wall when trying to park and pay if necessary in Barnet? Yours faithfully, Name supplied, Brackenburg Road, N2.

### Holy Trinity Church Church Lane, East Finchley Church of England

We're a warm and friendly congregation who look forward to welcoming you

Sunday Parish Communion at 10.00 am

Children's Sunday Club ♦ Meet over coffee after church  
Michael Stanway is happy to answer any enquiries:

Tel: 020 8346 8591  
[www.holytrinityeastfinchley.org.uk](http://www.holytrinityeastfinchley.org.uk)

## Winter warmers at the ready!

The winter has been fairly kind so far but there's usually a cold spell in February. If it comes, East Finchley Altogether Better and Finchley Charities will be offering a warm welcome

to anyone who is finding it difficult to heat their home. Turn up for a hot drink and some company at a friendly venue just off East End Road not far from the Five Bells Pub. Contact Lisa Smith on 07909 998453 or email us@[efab.org.uk](mailto:efab.org.uk) to find out more about coming to a session or helping out.

## Sight and sound tips for dementia carers

A person who has dementia has difficulty with sensory perception. To help people with hydration and make sure they get enough drinks, use brightly coloured blue or red cups.

Probably better known is the fact that music, especially popular music from the patient's youth, can help recapture many lost memories and bring a sense of well being.

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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.  
Weekday masses at 10.00 a.m.

(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>

A friendly welcome awaits you

### EAST FINCHLEY METHODIST CHURCH

197 High Road, London N2 (opp. Creighton Ave.)

tel: 0208 346 1700

[www.eastfinchleymethodist.org.uk](http://www.eastfinchleymethodist.org.uk)

**Sunday service at 10.30 a.m.**  
**With Crèche and Young Church**

Worship Music Social events Wheelchair friendly  
e-mail: [info@eastfinchleymethodist.org.uk](mailto:info@eastfinchleymethodist.org.uk) Room hire tel: 020 8444 9887