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## You looking at me?

Archer reader Gary Naseby shares this startling photo of a sparrowhawk feasting on an unfortunate pigeon in Fordington Road, just outside Cherry Tree Wood, during the middle of a bright day in November.

## A warm place to go

A local charity will invite people who are feeling cold at home to warm up at two of their local sites, when their Winter Warmers scheme goes into action.

East Finchley Altogether Better (EFAB) is leading the way in the project, as reported in last month's *ARCHER*.

When the weather is set to drop to 2°C for at least 48 hours, and enough helpers are available, those in need can come in to EFAB's venues for hot drinks, chats and activities, as well as getting advice on energy efficiency and keeping warm at home.

Those who are feeling cold and lonely at home are warmly invited to get in touch via the details below to find out about coming along to one of the sessions.

### Community friends wanted

EFAB is looking for more local people to put their names down as potential helpers. The Winter Warmers scheme could

happen on any given day and therefore needs a whole host of 'community friends' who are able to help out.

There are a variety of roles to be filled, including making phone calls to invite people to venues, driving those who can't get there easily, and being on hand at the venues to help out. There is no obligation to attend every session and community friends will only be called upon at times they have said are convenient to them.

To sign up, fill in a quick form at [www.surveymonkey.com/s/winterwarmers](http://www.surveymonkey.com/s/winterwarmers), email [us@efab.org.uk](mailto:us@efab.org.uk) or call Lisa on 07909 998453 for details. Visit [www.efab.org.uk](http://www.efab.org.uk) for more information.

The penetrating stare of this amazing bird of prey is fixed on the camera as it feasts on its kill. "We couldn't quite believe our eyes at first, and I just happened to have my camera with me to grab these shots," says Gary.

Sparrowhawks are most often seen hunting over farmland and country lanes but they have started to move into towns and cities, attracted by the abundance of prey and relatively safe nesting sites.

## Snapshots of the past

Barnet Council has opened up its picture collection to put hundreds of historic images on sale as high-quality prints. You can choose sizes from a small postcard to 20ins x 16ins prints. To see and buy these glimpses into the past, go to <http://boroughphotos.org/barnet/>

### Can you deliver?

*THE ARCHER* is looking for a volunteer to deliver papers to Archer Gardens, the new homes between Lankaster Gardens and Strawberry Vale. Can you spare 20 minutes once a month to deliver the paper to readers there? Please contact us by email at [the-archer@lineone.net](mailto:the-archer@lineone.net) or by phone on 0800 612 0748. Thank you.

## Look in on a neighbour this winter

A campaign to encourage people to think about their older neighbours this winter has been launched across Barnet.

Research from Age UK shows that more than 50% of those over 80 years of age in the UK are lonely. The same research also suggests that malnutrition amongst older people is increasing. It is estimated that 1.3 million people aged over 65 suffer from malnutrition, which most of the time is preventable.

Casserole Club is a meal-sharing project that puts you in touch with an older neighbour to whom you can bring a warm, home-cooked meal, sharing food but also friendship. The project has thousands of cooks across the UK eager to share meals and bring warmth into the life of the older people they meet.

### Meals and more

The club is calling on people to pledge to share a portion of good home-cooked food with an older neighbour this winter.

Ingrid Karikari, project leader for the Casserole Club, explains how residents can get involved: "You don't have to cook a meal for an older neighbour, though it is one of the ways you can help. Call round on an older neighbour or family member in the long dark evenings,

offer to pick up the newspaper or shopping if it's cold and icy out, or simply pick up the phone and see how they're doing."

### Angela and Diane

One example of how Casserole Club is making a positive difference to people's lives is the friendship between Angela Speight and Diane Collins, both of whom live in Barnet. Eighteen months ago they'd never met. Now they've become close friends.

Angela says: "I've brought her lasagne, sausage casseroles, roast dinners and (Diane's favourite) curry. My children always want to see Diane and her dog too. It's lovely: you make a friend, you know they're eating a good meal and you don't have to throw good food away."

Diane says: "She cooks lovely dinners and gives me big portions, so I put half in the fridge to eat the next day. Last year Angela brought me Christmas dinner. I said I'd be all right over the holiday, but she said: 'No bother.' You don't get many people like that in the world now."

Join the campaign at [www.casseroleclub.com](http://www.casseroleclub.com)

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