



YOUNG ARCHER

Slime-makers take the class

National Science Week was focused on celebrating the international year of light and the Archer Academy approached the celebrations with their own brand of creativity. Students had the opportunity to be the teacher for a day as they led science workshops for 90 visiting Year 6 students from Garden Suburb Junior School, which involved making slime.

Normal lessons were suspended in Science and Design Technology as professionals gave lectures and workshops, including PHD student Matthew Tata from University College London, who filled students with enthusiasm about his specialist subject, developmental and stem cell biology.



Dine for £5

The Silver Service scheme has now kicked off, with several local cafés and restaurants offering £5 set meal deals to customers over 60 years of age, and their guest, on Tuesday lunchtimes.

The Bald Faced Stag, Baracuda, Big Chef, New Local Café, The Pelican Fish Bar (formerly Costi's) and Seasons restaurants are all taking part.

Look out for the silver sticker displayed in windows and each restaurant will set tables aside for Silver Service diners, clearly displaying their menu and what is included in the deal.

If you have a restaurant or café in East Finchley and would like to take part in this scheme



(for free), please call Lisa Smith of East Finchley Altogether Better on 07909 998453 or email us@efab.org.uk

Lyme's disease needs instant treatment

By Diana Cormack

Last year Radio 4 broadcast an item about the prevalence of Lyme's disease in the UK in 2014. This could have been due to the weather, with conditions being favourable to the tick whose bite causes the disease, along with people exposing more of their skin in the heat.

The disease was identified 40 years ago in Lyme, Connecticut, but is believed to have been in existence for much longer. Over there the tick was traced back to living on deer and on dogs. In this country sheep, grasses and bushes are its preferred habitat. So taking a healthy walk across the fields this spring or summer could mean you bring back more than you set off with.

Symptoms

Unfortunately the effect of a bite may not appear for days or, in some cases, even months or years. When it does, a give-away sign can be a reddened bull's eye shape (see photo) along with symptoms such as fever, headache, lethargy and muscle pains. There can also be characteristic joint inflammation typically affecting the knees and other large joints. However, some victims complain of suffering such symptoms for

years without the disease being diagnosed.

Complications affecting the heart or nervous system can occur too. This happened to my brother-in-law who was debilitated by Lyme's disease last summer. Luckily his wife comes from a part of Germany



where it is well known, so she was able to ensure that he got the necessary rapid medical treatment. Consult your doctor if you have any of the above symptoms, particularly after a tick bite. The disease can be confirmed by blood tests and treated with antibiotics.



Face to face

Woodhouse College student Pouyan Ahsani won the Young Artist prize at artsdepot's Open Exhibition for emerging and established artists.

The 17-year-old, who is currently studying for his AS levels, contributed a work called Portraits, which explores the different ways we can all interpret faces. The North Finchley venue's first prize winner was Judy Veal for a portrait sculpture and photographer Peter Steedman won second prize.

Frozen smiles

There's nothing better than a chance to dress up! Dozens of mini Elsas and Annas joined in a fundraising singalong to the Disney film Frozen at the Phoenix Cinema on Mother's Day in March. More than 100 children and their parents raised over £700 to help the Spread a Smile charity pay for a troupe of artists to entertain seriously ill children in hospital. Hosts from Let It Glow Events donated their services for free.



Sparkling: A young Frozen fan with Elsa and Anna from Let It Glow events at the Phoenix singalong.

Golden growers

By Sheila Armstrong

At the Ann Owens Centre in Oak Lane, N2, a variety of activities is offered by Barnet Age UK including a garden club called the Golden Growers. Run by garden therapist and designer Rebecca Smith, the weekly sessions are popular and need to be booked in advance by getting in touch with Amanda Radonich (email: amandaradonich@ageukbarnet.org.uk)

THE ARCHER went along to a session on planting bulbs where Ruth told us how to plant our pots using 'the lasagne method' (think layers of pasta and filling). A good selection of pots, compost and bulbs were provided: iris, anemone, and ixia. Violas were also provided. When the pots were all planted up members took it in turns to read from the well known book *Bulbs* by Anna Pavord, which gave the history and cultivation details of each bulb.

Ruth, who is a gardening

therapist and works for Thrive (www.carryongardening.org.uk), also gave us a talk on adapted gardening for the less able showing the group a variety of special tools for bad backs and weakened grips.

Age UK offers a variety of activities at the centre including ballroom dancing, art classes, seated exercise, a lunch club and tax advice. A hairdresser and chiropodist attend periodically. More details from www.ageuk.org.uk/barnet or phone the centre on 020 8203 5040.