



Hang in there: Babies and mums at the baby yoga classes

It's a topsy-turvy world

A mother-of-two has brought her baby yoga classes to East Finchley offering exercise for parents and their tiny ones.

Jay Ehrlich has lived locally for 26 years and has worked

with children and families in hospitals and the community for as long. She also specialises in yoga therapy for children from birth to 19 years with a variety of special needs, including children on the autistic spectrum.

Her baby yoga classes encourage young ones to roll, sit, crawl and stand with songs and signs to encourage speech and language development. For the parents, postures support their back care and they learn new ways to stand, pick up and carry their babies.

Jay said: "Dads are welcome and the class is fully inclusive of babies with special needs. Certain yoga postures help reduce the pain of teething and most babies have a long sleep after all the action."

Baby yoga is suited to babies from around 3.5 months to active crawling. Classes take place on Tuesday mornings at Yogalogy on the High Road, N2. The next course starts on 16 August. For more information, email jay@yogababies.co.uk or visit www.yogababies.co.uk.

New High Road development "would take away privacy"

By Daphne Chamberlain

There has been a second application to develop 12-18 High Road following the withdrawal in January of an earlier one after a meeting with Barnet planners. The site opposite the tube station is currently occupied by GLH, but their lease runs out next year (The Archer, December 2015).

Neighbouring residents, who objected strongly to the original application, are saying that the new one is very little different. Residents of Ingram Road, part of which backs on to the site, have sent a strong joint letter to Barnet's principal planning officer, and other neighbours have written individually. They are very concerned about lack of parking, overlooking, noise and loss of privacy.

The flat roofs of the proposed two four-storey apartment blocks would be about the same height as the tops of the pitched roofs of Ingram Road, with a communal roof terrace and high balconies included in the plan. There are just two parking spaces to serve 22 apartments

and some office space.

Because the developer is linked with a company which is building holiday accommodation, there has been speculation that the development could be intended as a hostel for tourists.

THE ARCHER put this to Safeland PLC, the company which is the would-be developer and also the owner of the site. Safeland told us: "As you may be aware, the proposals that have been submitted to Barnet Council are for the redevelopment of the site to provide 22 high-quality new homes, as well as new office space at ground-floor level. The homes would be for people to live in, rather than the kind of holiday hostel accommodation you refer to."



Arul Joseph (right) and the teachers reach the Eiffel Tower in the rain

Teachers go on school trip without the kids

Ever wondered what teachers get up to in the school holidays? Well, in the case of ten primary school colleagues they used the half term break to cycle all the way from north London to the centre of Paris to raise funds for a new kitchen.

Among them was Arul Joseph, who lives in East Finchley and whose mum is Sonia Singham, former head-teacher of Holy Trinity Primary School. The saddle-sore group took four days to complete the ride, dealing with six punctures along the way and arriving in the French capital under a torrential downpour that presaged severe flooding.

Arul said: "I hope that the people of Paris don't think that

it was our fault the banks of the River Seine burst but had we reached there a day later some of our triumphant photos would have been taken under water."

The teachers are raising money for a £175,000 community kitchen in the grounds of Rhyl Primary School, Ken-tish Town, where Jamie Oliver chose to launch his food revolution day last year. The hope is to construct a kitchen space where children will learn about nutrition, cooking and healthy eating, and which community groups will be able to hire.

Donations are still very welcome on the website www.rhylkitchen.org/donate or by texting RHYL00£10 (or any amount under £10).

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For more information please contact the Church Office
Tel: 8883 1544 (Minister: Simon Dyke)
www.eastfinchleybc.org.uk

Visitors always welcome

RSPCA shop needs help

Emma Prosser, the manager of the RSPCA shop in East Finchley, has put out a plea for donations. The shop urgently needs clothing, bric-a-brac, DVDs, toys and books in good condition.

Emma said: "Money raised in the shop funds the RSPCA's animal welfare work. There are a lot of charity shops locally but if you care for the welfare of animals and want to support the RSPCA please think of us when getting rid of your possessions."

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