



Church Lane garden is best in London

Caroline and David Broome have received recognition for their hard work in all weathers by winning the award for Best Small Back Garden in the All London Championship run by the London Gardens Society.

The couple were handed their trophy and certificate in a ceremony at The Guildhall in the City on 13 October, with Royal Horticultural Society judge and gardening expert Jim Buttress as master of ceremonies.

They have been opening their garden in Church Lane, N2, for The National Gardens Scheme charity every summer for seven years. This year, they

added an 'electric tree' and redesigned their front garden.

David and Caroline also received silver medals for Small Front Garden, Patio, Roof & Balcony Displays, and Window Boxes, Containers and Hanging Basket Display.

Spurred on by these successes they are already making plans for new features and planting to inspire visitors in July 2017.



Silverware: Caroline and David Broome with their trophy



Getting in trim: John Havelock-Davis takes the weight

Fitness for the over-55s

A fitness centre in King Street Mews, N2, has started a programme designed specifically for the over-55s, promising to get them moving pain-free in time for Christmas.

One regular at Funxion Junction is John Havelock-Davis, 67, who found that everyday tasks were getting more and more difficult for him to do, like bending down to tie his laces, using the shower and going shopping.

He claims weight and fitness training over three months has

transformed his life. He said: "I'm now able to walk the dog daily, my right shoulder pain has diminished and unbelievably I now exist totally without painkillers."

Staff at the fitness centre say the over-55 classes are low paced and focus on mobility issues, working on hip mobility, glute activation drills, stretching and a range of motion development and core strengthening exercises. Call co-founder Tony Bowles on 07921 970783 for available times or email info@itsaddictive.co.uk.

Choral treat

Highgate Choral Society sings Brahms's German Requiem with soprano Katherine Watson, baritone James Newby and the New London Orchestra at All Hallows' Church, Savernake Road, Gospel Oak, NW3, on Saturday 12 November at 7pm. Book online at: www.ticketsource.co.uk/highgate-choral.



Signed, sealed and delivered

Archer distributor Maggie Eiseman-Renyard is pictured on a recent trip to the Finnish capital Helsinki, ensuring a far-flung finish to her September delivery in front of one of the city's spectacular statues. Photo by Kristiina Kumpeniemi-Cooper.

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Ricky Savage is unwell this month, but is expected to return in time for our December issue.

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