



Archie makes his mark

Isabel Cude knew exactly what she wanted for her 18th birthday present: her first tattoo. And after casting round for ideas she realised there was only one choice for the design. It would have to be Archie.

Isabel grew up in East Finchley until she was seven when her family moved to Cornwall but she retains a strong emotional attachment to this area, not least because her grandparents Norman and Betty Cude are still here and have been Archer deliverers for many years.

Isabel, now a student at Falmouth University, told us: "Since we moved my grandad has sent us The Archer newspaper every month. I still have a strong connection to East Finchley and miss it immensely.

"My parents only agreed to get me a tattoo for my birthday because I knew what I wanted for at least a year prior to the appointment. Having Archie may seem a bit reckless and ridiculous but I see it as a tribute to my family heritage, particularly my grandad."



Tattooed lady: Isabel shows off her own personal Archie.



Get together: Isabel, far left on the back row, with her family, including grandparents Betty and Norman Cude, front centre.

Are you a Norris?

We have been contacted from Australia by Kellie Sheppard, nee Norris, who would be interested in making contact with any descendants of her father's side of the family, the Norrises, who lived in Bedford and Hertford Roads. You can email Kellie on sheppard.kellie@gmail.com.

Judge Rinder: Get into shape and help the hospice

TV judge and Strictly Come Dancing star Rob Rinder is an active supporter of Noah's Ark Children's Hospice. Renowned for his own fitness regime, he is encouraging others to support the charity and get fit at the same time.

"There are so many benefits to yourself as well as to the charity," he said. "You'll be taken out of your comfort zone. Your body will thank you. You'll get all your friends together to support you in a really worthwhile cause and you'll make new friends."

There are activities available for all levels of fitness or experience. Current options include the North London and Silverstone half marathons along with the Virgin London marathon and Ride London cycle ride.

Other ways to help

Noah's Ark Children's Hospice spokesman Alison Goodman said: "It costs us £1.7 million a year to provide our services to 150 families who

need help in caring for children with life limiting or threatening conditions."

If a fitness challenge isn't for you, giving your time to Noah's Ark as a volunteer is equally valuable. There are opportunities for home support volunteers, who are matched with families to help with household tasks, whether ironing, gardening or driving, as well as play activities with children or help with homework – providing families with more precious time together.

Full training and ongoing support are given to volunteers



'Judge' Rinder shows his support. Photo courtesy of Noah's Ark Children's Hospice

whether they commit to a regular slot or just a few hours now and then. For fundraising and volunteering opportunities visit www.noahsarkhospice.org.uk.

RICKY SAVAGE ...

"The voice of social irresponsibility"

Final days of the Brit abroad

Roll up, roll up to the end of Europe show. See a vicar's daughter turn back the clock to the days when the rest of the world was delighted that the British were isolated on an island. Yes, folks, it's time for a hard, clean, macho Brexit to separate Britain from civilisation. And it is all going to start in time for the holidays.

The last thing any other country wants is hordes of uncivilised Brits on a two-week hangover from hell stag'n'hen fest. In Spain, the people of Barcelona try to get out of town as soon as the Brits turn up, because the average non-sentient being from these shores likes nothing better than drinking, vomiting and getting naked in places they shouldn't. Like churches. In Palma there is graffiti reading 'tourists go home'. It's in English for obvious reasons.

In Latvia one tourist information company has stopped dealing with Brits, possibly because of the tendency of your average Brit to use war memorials as toilets. The beautiful city of Prague is a place where your average Brit abroad can't see further than the bottom of his beer glass. And Parisians, the winners of the Rudest City in the World prize for the last 50 years, get out of town every August just in time before the Brits show up.

A visit from GB Ltd has always been a bit of nightmare. Once upon a time when the Royal Navy was in charge it meant an invasion, followed by exploitation. So when homo stupido strips off on a sacred mountain for a laugh it just follows in a long tradition of Brits abroad.

Once the Vicar's Daughter has completed her hard, but clean and oven-ready Brexit and regained control of our borders, the rest of Europe will happily join in to help keep it that way. After all, she's not the only one who wants an end to free movement. The rest of Europe can't wait for the chance to keep us out.

Vintage Volunteering

Remember RSVP? Not the request to reply to invitations, but the Retired and Senior Volunteer Programme. This very successful Barnet-wide organisation of people over 50 offered their skills, and gave time back to our community, through many different projects. Well, they now have a new name: Vintage Volunteering.

Anyone of vintage years (50 plus) is welcome to get involved. Projects running now include visiting sheltered accommodation and care homes, telephone befriending, knitting groups (with the products distributed to homeless, ill or needy people), and a travelling WW2 reminiscence programme. The WW2 project was started some years ago, concentrating at first on interaction with schools.

If you are attracted by any of these, or would like to learn more about Vintage Volunteering programmes and/or to

suggest other ideas, here are the contact details.

Call 07546388433 or email vintagevolunteering@outlook.com.

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