



Get spinning: Cyclub founders Sharon Jaffe and Hilary Bentwood

Round and round for Multiple Sclerosis

A charity run by women joined forces with a spinning studio in Hampstead Garden Suburb also run by women for a very worthy cause and smashed their fundraising target.

MS Positive and The Cyclub in Market Place, NW11, wanted to raise £8,000 but in fact after four hours of non-stop spinning they managed to raise more than £12,000.

Toni Krok, founder of the charity and herself diagnosed with Multiple Sclerosis 10 years ago, was in the room and even got on the bike to inspire

the crowds. Three people managed three full hours of spinning while several also completed two hours, including three 15-year-olds.

The CyClub started as a pop-up established in only 12 days when a local gym closed. It now boasts in excess of 3,000 members from teenagers to grandparents and offers full classes seven days a week.

Parking ticket appeal after film crew failed to arrive

By Diana Cormack
An elderly resident of Fairlawn Avenue, N2, is appealing a Penalty Charge Notice (PCN) imposed in questionable circumstances.

On 6 February, 24-hour parking suspension notices were put up in the road ahead of filming due to take place the following day. On attempting to move her car that evening she found it would not start thanks to a dead battery.

Being somewhat disabled and also unwell with bronchitis, she was unable to push the vehicle away from the suspension boundary, so called on a neighbour to borrow jump-leads. Unfortunately he was away so she decided to leave a notice on the dashboard stating that the car had broken down.

Whilst still in bed the following morning, she was alerted by neighbours to a group of traffic wardens who had "descended on the street". One knocked at her front door and, to deal with the situation, she left the house wearing night clothes and dressing gown but without slippers. Although she pointed out her Blue Badge and the note she had left clearly displayed, a PCN was issued and fixed to her windscreen.

Questions needing answers

The RAC (who had been inundated with emergency calls due to the cold weather at the time) subsequently confirmed the resident's diagnosis as to why the car would not move. But, she says, two things continue to annoy and puzzle her.

One is that other cars parked in the restricted areas were not penalised and the other is that the film unit did not turn up so the parking bays were empty for the entire day. All this raises another question: how much money is made by councils from parking suspensions and PCNs in places where residents have already paid to park?

SAFER NEIGHBOURHOODS

LOCAL POLICE, LOCAL KNOWLEDGE

Jan Lovell, of the East Finchley Safer Neighbourhood Team, updates us on the latest crime news. Jan and the team can be contacted by email at: EastFinchley.snt@met.police.uk, or by phone on 020 7161 9014. Follow the team on Twitter @MPSEastFinchley.

Fake texts

Please be aware of a flood of texts claiming to be from Lloyds Bank. The text says "Your account has been locked because we were unable to validate your information. To avoid suspension, validate your account here ... (with a link)." Don't click on the link, even if you're a Lloyds customer and just want to check if everything's okay. It is a fake link. If you have any concerns, telephone your bank using a trusted number, or go online and type their website address in the address bar.

Remember, a real text from a bank will never ask you to confirm personal or financial information, never give you a link to your internet banking log-on page, or a page that asks for security or personal details, never ask you to carry out a test payment online, and never ask you to move money to a new sort code and account number, even if it's described as a 'secure',

'safe', or 'holding' account.

Cashpoint thefts

Thanks are due to vigilant members of the public who helped police to trace a man who allegedly robbed people at cashpoints all over Barnet by distracting them as they were withdrawing money. He allegedly committed 42 fraud offences by using the bank cards he stole to withdraw cash and make purchases totalling £16,000. The man was arrested after members of the public reported suspicious activity and is now awaiting trial.

Distraction thefts at cashpoints have increased across Barnet. Look out for devices attached to the machine. If it doesn't look or feel right then steer clear and report it. Always be aware of your surroundings. Never take your eyes off the machine, especially if someone taps you on the shoulder or tries to speak to you. Put your card away immediately after you've finished.



Clearance event: The GoodGym runners tidy up at Long Lane Pasture. Photo courtesy Long Lane Pasture newsletter.

High-speed clear-out from visiting runners

Nine energetic members of Barnet GoodGym ran from their regular starting point at the Phoenix Cinema in the High Road to Long Lane Pasture, opposite the fire station, and spent a soggy afternoon clearing and composting huge amounts of bramble and wet scrub.

Pasture volunteers thanked the athletic visitors for accomplishing weeks' worth of hard work in one afternoon. Find out more about GoodGym at www.goodgym.org, where you can also suggest good deeds for their runners to do.



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