



Freddie's powerful motivation to conquer the London Marathon

By John Lawrence

When the going gets tough for Freddie Rand in the London Marathon this April, the 24-year-old will have two very good reasons to keep running through the pain to the finishing line.

Freddie and his sister Lottie, 22, have lost both their parents to cancer. Their father Chris died from a brain tumour in 2006 when Freddie was just 12 and Lottie still at primary school. And a year ago they lost their mum Fiona to breast cancer.

Freddie, who lives in Bedford Road, N2, and works as production manager for an energy news

website in Muswell Hill, has set himself a fundraising target of £5,000 in support of Cancer Research UK.

A family's story

"I want to do something big to raise as much money as possible in the hope that no other child or young person has to go through what my sister and I have," said Freddie.

Freddie was only nine when his mum was first diagnosed and underwent a mastectomy. While she was still in recovery, his dad's tumour was found. The family, who were living and working in Singapore at the time, flew back to the UK where his dad died. Five years later, his mum discovered she had secondary cancer and was given a year to live. In fact she lived for six, passing away just a couple of weeks into 2017. Later in the year, Lottie got married and it was Freddie who walked her down the aisle.

"They'll carry me through"

Freddie said: "I'm pretty active but I don't think I'd be able to do the Marathon without mum and dad to think about. When I'm out there on the route and it's all getting a bit much I will have them in my mind and they will carry me through."

Last summer Freddie and a group of friends completed the daunting Three Peaks Challenge, climbing Ben Nevis,



Inspirations: Freddie's parents Chris and Fiona



Limbering up: Freddie Rand is ready for his 26-mile challenge.

Snowdon and Scafell Pike in 23 hours, again for Cancer Research. "That was hard, particularly because we drove ourselves between the mountains," he recalls. "By the final climb we could hardly see straight."

Freddie would welcome any donations to help him reach his Marathon fundraising target. You can donate by going to <https://fundraise.cancerresearchuk.org> and searching for 'Freddie Rand'.

Strawberry Vale residents settle legal battle over gas supply

Fifty-seven residents of the Strawberry Vale estate in East Finchley who were left without a power supply for up to four months in 2016 have won a financial settlement.

After a two-year legal battle led by law firm Hodge Jones & Allen, estate manager the Peabody Trust has agreed to pay more than £30,000 as compensation.

Gas supply not reconnected

In January 2016, the gas supply to an estimated 267 homes on the estate was cut off because National Grid deemed it unsafe due to a faulty meter. The defective meter was replaced, but the Peabody Trust did not reconnect the supply, leaving residents without gas for cooking and, in some cases, for heating and hot water.

By late May 2016, all residents were reconnected, but many had run up considerable debts due to large electricity bills.

'David' wins dispute

Jayesh Kunwardia, partner and head of the social housing team at Hodge Jones & Allen, said: "Residents of the Strawberry Vale estate suffered major upset and upheaval as a result of Peabody's direct failure to reinstate the gas supply for so long. It was never right that residents should be out of pocket for Peabody's mistakes and I am grateful to them for entering into negotiations and avoiding a long and costly trial."

Shona Perkins, treasurer of the Strawberry Vale Residents Association, said: "Some families were also without heating and hot water and at one point the Red Cross came to the estate with hot meals for residents. This was all during the winter, affecting vulnerable people's

health and leaving many with considerable debts. I never thought I would experience such an episode in modern times.

"Our community came together to challenge Peabody's actions and after a long David and Goliath battle I am pleased that we have finally settled the case. Importantly, we also received an apology from Peabody. We now look forward to more positive times ahead and a better relationship with our landlord, Peabody."

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Through a glass lightly

Glass work by Kate Pasvol, a local artist and member of the East Finchley Open Artists group, has been selected from over 1,500 entries to appear alongside paintings by some of Britain's leading artists at The Royal Society of British Artists Annual Exhibition this month.

Founded in 1823, the Royal Society of British Artists was originally set up to rival the Royal Academy. Today it prides itself on exhibiting an eclectic mix of sculpture and paintings in all media.

You can see Kate's work at the Mall Galleries, The Mall, SW1 from 10am to 5pm on 21 to 31 March. Admission is £4 with concessions £3, but the Society has kindly offered free entry for two for anyone mentioning *The Archer* at the Gallery desk or taking along a copy of this article.



Landscape portrait: Kate Pasvol's glass piece.

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