



Action and funding are needed for Cherry Tree Wood

By Debbie Linton

The Friends of Cherry Tree Wood feel there could be more investment and maintenance in the wood by Barnet Council and by people in the local community, and that they can help to make that happen.

At a meeting of the group in September it was agreed that Cherry Tree Wood provides a very popular and rather unusual local benefit of recreational facilities and ancient woodland alongside each other, and the right balance between them needs to be struck.

Suggested activities for the coming year included improving the amenities such as the tennis and basketball courts, having more regular litterpicks, liaising with the council about the lack of suitable bins and a small survey of the wood.

Pavilion

Improved engagement with the council generally, including attracting more funding, was also discussed. Councillor Alison Moore provided a brief update about the pavilion building and reported that a legal settlement between the lessee and the council was imminent. Consideration was given to what might happen at that site,

and possible other areas suitable for a café.

The history of the wood was also discussed and how the Friends could provide information about this to visitors. The Friends were pleased to note the successful cessation of vehicles parking near the High Road entrance of the wood.

Friends' AGM

It was agreed that many of the subjects discussed would be revisited at the forthcoming AGM with the desire to keep objectives for 2019 straightforward but also moving forward. The AGM takes place at 12 noon on Sunday 20 January at the Monkey Puzzle Day Nursery, Park House, 16 High Road, N2.

If you would like further information, or to help in any way to maintain the woodland and the facilities, come to the AGM or email the Friends of Cherry Tree Wood at a new address: friendsofcherrytree-wood@gmail.com.

Bishop Douglass Christmas party for over 65s

The Bishop Douglass Christmas party this year will be held on Thursday 6 December. The evening will start promptly at 5pm (arrival from 4.30pm) and end at 7pm. East Finchley residents who are over 65 are welcome and you should book your place without delay.

As usual, you will be welcomed with a glass of sherry by Year 10 students and enjoy a traditional Christmas meal, followed by carol singing and entertainment by pupils and staff. Games of bingo and a gift from Santa Claus will round off

the evening.

Transport offered

Transport can be provided for those who need it. To book your place, phone 020 8883 0433 and leave your name and a contact number and someone will get back to you.

Long Lane Pasture Calendar 2019

Long Lane, Finchley, N3 - opposite Finchley Fire Station (A39)
Winner of: Green Flag Community Award 2018/19
& The RHS & London in Bloom, 2018 'It's Your Neighbourhood' awarded 'Outstanding'



Out now: The Long Lane Pasture calendar

A year on the pasture

The new Long Lane Pasture calendar for 2019 is out now and it's a limited edition so get yours soon before they are all snapped up.

Still at only £5, this ninth edition shows a variety of views and wildlife seen on the Pasture throughout the past 12 months. Only 250 are being printed.

You can buy yours from the

volunteers who work on Saturday mornings on the pasture, opposite the fire station in Long Lane, N3. Alternatively, get one by contacting Donald Lyven on 07727 748209.



Training partners: Carlos D'Souza, left, and Lionel Grelet Photo Mike Coles

A strong mind for a strong body

By John Lawrence

When Carlos D'Souza was growing up, he wondered why he couldn't keep up with his friends at school. He was always restless and disorganised, and didn't seem to learn as quickly as they did. Despite that, he went on to get his first job as a personal trainer and studied on a four-year degree course in sports injuries and rehabilitation at Middlesex University.

It wasn't until he was 25 that his girlfriend realised why he might have been struggling all his life. She recognised the symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and a doctor confirmed the diagnosis.

Carlos was given medication and a course of cognitive behavioural therapy and he felt transformed. Shortly afterwards, despite no business experience, he set up his own

personal training studio and is now in his fourth year with head trainer Lionel Grelet at their base in Long Lane, N3.

The Carlos Method

Carlos, 35, says his personal story has a big impact on the way he trains: "Having a condition I didn't know anything about until I was 25 and wondering why I had made slower progress than everyone around me left me with very low self-esteem.

"I used to be frustrated but then I got my self belief back and realised I can do what I want. My Carlos Method is based around a strong mind and a strong body. Motivation, determination and perseverance

are the qualities of mind we teach while training the physical body."

Carlos and Lionel offer 30-minute personal training sessions at their gym and there is also a pilates studio. Next to the junction with Squires Lane, it's open seven days a week, including from 6am to 10pm on weekdays. Find out more at thecarlosmethod.com.

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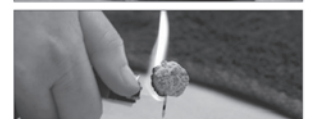
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