



Bespoke: Jeweller Karen Phillips. Photo Mike Coles

## Jewellery design can be child's play

By Diana Cormack

**Recent reports about the rising demand for Lego must have brought a smile to the lips of goldsmith and jewellery designer Karen Phillips. As a child who attended Coldfall School, N10, she constantly played with the building bricks and now credits that, along with her love of drawing, for her success.**

Last year Karen won the Lux Global Excellent Award for Regeneration Services and Best Bespoke Jewellery Designer, London.

“Regeneration is taking heirloom jewellery with all its memories and stories and using the parts to make a contemporary new design so the next generation can enjoy wearing it,” Karen told *The Archer*.

As part of her regeneration work she spends time talking with clients about the treasured objects, discussing family connections and stories behind them and even studying them in old photos. Some go back as far as great grandparents.

When presenting the finished design, Karen produces a small photo book tracking from the original piece and wearer to the new, thus ensuring historical continuity. For environmental as well as sentimental reasons she uses all the elements possible of the original's stones and materials.

Karen is one of those fortunate people who is doing exactly what she wants. After studying her craft in Manchester she worked in the jewellery industry in places like Hong Kong, Jakarta and New York. Returning to the UK she settled locally to raise her family and began to study the skills needed to produce her unique designs.

Her jewellery is distinct due to the technique she uses of incorporating a number of individual gold wires which, after a special process, are built up individually piece by piece. What does that remind you of? Back to the beginning, with Karen commenting: “When I was a child I loved playing with Lego and in many ways I feel my work is an extension of this joy of process.”

Learn more at [www.karen-phillipsjewellery.com](http://www.karen-phillipsjewellery.com) or visit the Handmade in Britain craft and design fair in Chelsea Old Town Hall from 8 to 10 November.

## Five years of fitness

**When Tibor Horvath took over a former office building in Church Lane, N2, and transformed it into a gym, he had no clients of his own and no experience of running a business. But the personal trainer soon found his feet and is now celebrating his studio's fifth anniversary.**

Tibor, who previously worked at the David Lloyd centre in North Finchley, struck out on his own so that he could follow his own fitness training ideas in a friendly and non-intimidating environment. “It wasn't easy at first,” he said. “I had no business training so I just learned as I went along.”

He now has two fellow trainers working with him part-time at The Fitness Studio and finds that running classes with small groups of four to eight people at a time can be very effective.

“In my first years here, I ran one-to-one sessions but I began to realise that clients needed to turn up at least three times a week to get results and not everyone was that motivated,” said Tibor. “Whereas with small groups, I find there's a lot of camaraderie. Everyone is at a different level but they encourage each other to push themselves and do their best.”

Tibor says the location he found for The Fitness Studio in Church Lane is ideal because it's secluded but accessible. The long, airy room has plenty of



Fighting fit: Tibor Horvath, front, with a group of customers at his studio in Church Lane.

room for equipment and gives clients privacy, even with the front and back doors open. Find out more at [thefitnessplace.london](http://thefitnessplace.london)

Any reader who feels strongly about any matter is invited to use this “Soapbox” column.

Please note that opinions expressed are those of the writer alone.



## Bus passengers are being let down

By Anna Lowenstein

**The stretch of the High Road in East Finchley between Fortis Green and some point further north has high density housing and only one, infrequent bus service. If you regularly had to wait eight to 13 minutes for a bus, you would not call that high frequency.**

Since I am energetic and a good walker I regularly walk to Fortis Green rather than hang around waiting for the bus, but my husband is 78 and does not have that option and neither do I, if I am accompanying him.

I used to live in Muswell Hill, and that has frequent and very satisfactory bus services. It is rarely necessary to wait more than five minutes for the 43 or the 134, and since there are a number of bus routes going in the same direction there is usually a large choice of buses available. Now that I live on the High Road in East Finchley there is only one very unsatisfactory bus and no alternatives apart from walking.

One evening I stood at the bus stop opposite East Finchley library with two heavy bags of shopping.

I had seen at least ten people waiting so I thought the bus must be due. I was surprised to find it was not expected for another five minutes. When the bus arrived, it stopped to let someone off, but did not pick anyone up because it was already full. The next bus was not due for another eight minutes. At that point I decided to walk, carrying my shopping.

I have no idea whether the next bus was able to pick up the people waiting at the stop, or whether by that time it was already full of people coming home from work who had got on at the previous stops.

This is clearly not a satisfactory state of affairs. More buses are needed on this stretch of road, perhaps a small frequent shuttle bus rather than another 263. It would be enough if there was a second bus service going as far as Highgate tube station, since at that point there are plenty of other buses as well as the tube that people could transfer to.

## Letters

### Caught short

Dear Editor,

As we age, our control muscles weaken and the need for a nearby lavatory can suddenly become acute. Some communities already have a scheme where shops help and I suggest it's time for N2 and N10 to follow suit.

What better and cheaper advertisement exists? A notice in the window welcoming embarrassed oldies and parents with a needy child will make them eternally grateful, and relieved. We all prefer to shop where there's evidence of concern for customers; it's human, and the good news travels fast.

Public conveniences often fall foul of trashing teenagers seeking attention. These conveniences can then be out of commission until the local council restores them, after a delay and at public expense. Oldies don't trash; we appreciate, and remember.

Wood Green has its well-equipped Shopping City; Crouch End's library is available, but what about N2 and N10? Wetherspoons is available in Muswell Hill, albeit accessed by steep stairs. We need more!

Yours faithfully,  
Peter Lack,  
Address supplied.

Send your correspondence to: "Letters Page" The Archer, PO Box 3699, London N2 2DE or e-mail [the-archer@lineone.net](mailto:the-archer@lineone.net).

Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

**All Saints' Church, Durham Road, East Finchley**  
Church of England

Sunday mass at 10.00 a.m.

Weekday masses as advertised on the website  
(Coffee served after mass on Sunday and Thursday)

Join us for an  
**Open Day and Mini Market on Saturday 12 October**  
from 2.00 p.m. to 4.00 p.m.

with lots of opportunities for all the family to explore our heritage.

We shall also be launching our new Parish History and “In Memoriam” – Biographies of our WW1 Casualties.

The Parish has a *flourishing* social life.

All Saints' also has a strong musical tradition and an enthusiastic choir.

New singers are always welcome.

<http://www.allsaints-eastfinchley.org.uk>

For more information, please email: [saintsabounding@gmail.com](mailto:saintsabounding@gmail.com)

**Holy Trinity Church**  
Church Lane, East Finchley  
Church of England

We're a warm and friendly congregation who look forward to welcoming you

Sunday Parish Communion at 10.00 am

Children's Sunday Club ♦ Meet over coffee after church

Fr. Marius Mirt is happy to answer any enquiries:

email: [marius.mirt@htef.org.uk](mailto:marius.mirt@htef.org.uk) tel: 020 3565 4430  
[www.holytrinityeastfinchley.org.uk](http://www.holytrinityeastfinchley.org.uk)