



Try it out: Young visitors to last year's Fun Palace find out about a jelly baby wave machine.

Fun Palace opens up

The Grange Big Local Fun Palace returns on Sunday 6 October with a line-up of music and the chance to take part in art, storytelling, science experiments, cooking, nail painting, calligraphy and more.

This completely free community festival has been running for a few years and this year takes place at the brand new Tarling Road Community Centre, N2, and the Barnwood woodland space next door, from 12noon to 4pm.

Organisers from the Grange Big Local project say it is also a chance to meet your neigh-

bours and have your say on how the project's lottery money should be spent in the area. Everyone is welcome on the day. For more details or to get involved follow @grangebl on Twitter or @grangebiglocal on Instagram or keep an eye on the Grange Big Local page on the map on funpalaces.co.uk or grangebiglocal.org

An Act of Faith

Book review by Jane Marsh

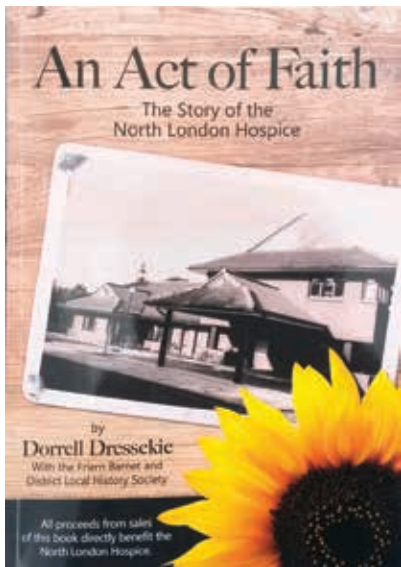
Dame Cicely Saunders, pioneer of the hospice movement, described the function of a hospice as "a community place, somewhere people come to get relief, patients from their symptoms and relatives from their anxieties".

As a project of the Friern Barnet and District Local History Society, member Dorrell Dressekie has written *An Act of Faith*, a history of the North London Hospice, which has recently been published.

It chronicles the hospice's development from humble beginnings in 1984, as a home care service operating from a small flat in Muswell Hill, to the thriving 18-bed inpatient unit in Woodside Park and award winning day care centre in Enfield that provide hospice services today for the citizens of Barnet, Haringey and Enfield.

The book describes in great detail the enormous amount of work undertaken by committee members, trustees, patrons, management and staff, volunteers, fund raisers and local communities over the past 35 years to realise Dame Cicely's vision for the populations of these three north London boroughs. It is a fitting tribute to all those involved in this huge project.

Copies of *An Act of Faith* can be purchased from the hospice in Woodside Avenue, N12, or its charity shops for £10. All proceeds from sales will be donated to the hospice.



Hospice history: Dorrell's book.

Crafty Fridays

Do you want to unleash your creative side? You might want to check out Age UK Barnet's new over-55s craft sessions at their activity centre in East Finchley.

Whether you like painting and drawing, knitting or card making, there'll be something for you. And according to the latest research, it might even improve your memory and heart health.

"Fitness classes exercise the body but there's a lot of scientific evidence that crafting can exercise the mind," says Teresa, who is running the sessions. "According to the Mayo clinic, older people who engage in crafts are 30-50 per cent less likely to have a mild cognitive impairment.

"Other studies have linked crafts such as knitting to lowered blood pressure, reduced risk of depression and improved well-being. And a Harvard Medical School study found that knitting induces the relaxation response and lowers the heart rate by an average of 11 beats per minute."

The classes will provide paints and pencils for art, craft materials for card making and wool for Knit and Natter sessions. Complete beginners are welcome and there is help on hand for every project. If you're a knitter, you can take your own wool but you can also join in making little hats for the Big Knit.

Crafty Fridays start on Friday 6 September and run every Friday from 10.30am-12 noon at the Ann Owens Centre, Oak Lane, N2 8LT. Sessions cost £1 and refreshments are included. Just turn up or contact Teresa.Gallager@ageukbarnet.org.uk for more information.

Letters

Consultation on parking changes

Dear Editor,

Your front page article in the August issue entitled 'Parking zone could be extended' presented a rather limited view of what has been a successful effort by Leopold and Leslie Road residents (not Barnet Council) to secure a new CPZ consultation to ease the worsening parking problems in these two roads.

A CPZ is certainly not a prospect that residents fear facing, as the report implied. A residents' survey conducted in June 2018 had revealed the extent of the parking problems and a strong majority in favour of becoming part of the N2 CPZ.

This 'petition' was presented to our Ward Councillors, then the Residents' Forum and finally the February Area Committee meeting in February, and together with other evidence was successful in persuading Barnet Council to organise a further consultation, which ended on 1 August. Early indications, based on responses from a door-to-door survey, show that an overwhelming majority of residents in both roads are still in favour of a CPZ. Barnet Council should inform residents of the outcome of the consultation by letter in September/October.

**Yours faithfully,
Kathy Batten, Delory Lowndes,
David Johns and Valerie Teague
Residents of Leopold Road, N2.**

Cross with care

Dear Editor,

While walking or cycling down the High Road in East Finchley I've been alarmed to see pedestrians step out dangerously at the new crossing point near Beresford Road. It is a safety island designed to make crossing easier but it is not a marked crossing so pedestrians should be aware that traffic still has the right of way.

**Yours faithfully,
Julie Fordham,
High Road, N2.**

Toilet trouble

Dear Editor,

I was walking to East Finchley station down Market Place today and saw a man with his dog. As I passed them, the animal, who was off the lead, leapt over a low wall into a front garden and had a wee on the nicely kept square of grass there.

I assumed it was the dog owner's house but when I looked back I saw the dog leap back over the wall and the pair move on up Market Place. The owner was looking at his mobile phone throughout and made no attempt to stop his pet urinating on what was obviously someone else's property.

If that isn't the height of ignorance and disrespect for other people, I don't know what is.

**Yours faithfully,
Rob Miller,
Address supplied.**

Where have all the flowers gone?

Dear Editor,

Returning from a few days away, I was puzzled to find the pansies and other flowers I had planted around the base of the cherry tree outside my house were dying. This puzzled me as it had rained during my absence and I had previously looked after them properly. They have since gradually completely deceased, but not before I read on social media that Barnet had carried out its summer weed control sessions. Surely the sprayers should be able to tell the difference between weeds and flowers specifically planted to enhance the look of the street and avoid them?

Now I am reluctant to plant any more in case the soil around the tree is contaminated and concerned that snowdrop bulbs beneath the surface could have been affected. I've noticed that other East Finchley residents plant flowers in such places and wonder if any of them have suffered the same fate?

**Yours faithfully,
Name supplied,
Cherry Tree Road, N2.**

Welcome to Probus!

Convivial Probus Lunch Club with talks for semi- or fully-retired PROfession & BUSiness men and women on third Wednesday each month at Stephens House East End Road N3. Next meeting 18 September Professor Josephine McDonagh, University of Chicago, discusses the life and work of free-living novelist George Eliot, author of *Mill on the Floss* and *Middlemarch*.

Details from Eveleen (8455 6431).

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)

Prayer requests are gladly accepted.

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

Over 25 classes on a range of subjects starts from September 16

admin@hlsi.net www.hlsi.net

Subjects range from

- Fitness & Pilates
- Art History
- Painting
- Architecture
- Languages

Hi
Lit & Sci

020 8340 3343
11 South Grove.

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 tel: 020 3565 4430
www.holytrinityeastfinchley.org.uk