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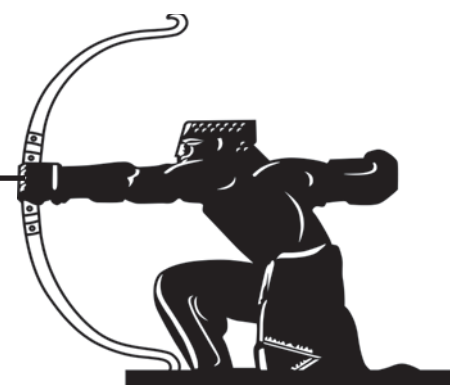
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# The Archer

Local News is our Aim



April 2020 No. 312

**A community newspaper for East Finchley run entirely by volunteers.**

## Stay safe

Turn to pages 6-7 for essential information and advice on staying safe and well, and caring for others, as East Finchley pulls together in the virus lockdown

The front of the temporarily-closed Phoenix Cinema says it all: "Stay safe & stay tuned." There couldn't be better advice as the whole of East Finchley comes to terms with a new way of living that could possibly last for months.

The situation has been extremely fast-moving with new rules and guidance emerging daily on our news programmes and social media. As a monthly newspaper, The Archer cannot compete, but we hope our round-up of advice and information inside this edition is a useful reference guide to what's happening on a local level here in N2.

Inside you will find information on shopping hours, food takeaway services and pharmacies. We have useful numbers for local help groups here, appeals from organisations looking for donations and volunteers, and recommended sources of the most up-to-date information online. Turn to pages 6-7.

### Support our traders

Now, more than ever, our hard-working East Finchley traders and business owners need our support wherever we can give it. We must all shop locally if we can, and continue to order food from the cafés and restaurants that have set up takeaway and delivery services. If we do, those shops and eateries will still be there for us when all this is over.

Hundreds of examples are already emerging of neighbours, streets and volunteer organisations banding together to look after each other and to take care of the most vulnerable

members of our community. Every connection and every offer of help will be absolutely vital in the weeks ahead.

### Pick up The Archer

Here at The Archer, we are making every effort to keep publishing. Thank you to all our doughty deliverers who told us they would carry on putting the paper through letter-boxes but unfortunately tighter restrictions on movement have overtaken us.

So this edition is being made available to pick up for free in many of the shops that remain open in the High Road, East End Road, Long Lane and Aylmer Parade. We thank them sincerely for their kind co-operation. Please take extra copies home for your neighbours if you can.

### Send us your news

Finally, don't stop sending us your news. Tell us about the amazing community support that is happening in your family, in your block of flats or in your road. And let us know about any useful local services we have missed, and any local businesses who are battling on. Email us and send photos to: [news@the-archer.co.uk](mailto:news@the-archer.co.uk) or leave a message for free on our phone line 0800 612 0748.

Thank you and take care, from everyone on The Archer team.



## The Phoenix needs you

The Phoenix Cinema has been forced to close its doors along with every other cinema and theatre in the country. The 108-year-old independent picturehouse is run by a charitable trust and relies on filmgoers coming through its doors to pay its staff and cover its costs.

Like so many local organisations without their regular income, the Phoenix has been thrown into a very uncertain situation. You can help this beloved entertainment venue and cultural gem to survive the virus crisis by making a donation, large or small, at [www.phoenixcinema.co.uk](http://www.phoenixcinema.co.uk)

The Phoenix trustees say: "This is a challenging time for small arts organisations like the Phoenix. We are a registered charity and a not-for-profit organisation, and this situation significantly threatens our ability to keep our doors open in future, and to support the livelihood of the cinema's staff."

"We want to ensure that the Phoenix is here for the community and for generations to come. If you are able, please consider supporting us by making a donation, buying a membership or a gift voucher."

## Don't miss The Archer

We will continue publishing The Archer for as long as there is news to share among the community of East Finchley. Please get in touch with us if you have useful information about local services and help groups, or any ideas that will help us all cope with living in the lockdown. Get in touch with us by email at: [news@the-archer.co.uk](mailto:news@the-archer.co.uk), or ring free and leave a message on 0800 612 0748.

Each edition is printed on the first Wednesday of the month and, while our deliverers are staying safe at home, we hope to have it available to pick up in the food stores and newsagents that remain open around East

Finchley. Please help yourself to free copies and take some home for friends and neighbours if you can.

Anyone unable to get hold of the newspaper can read it online at: [www.the-archer.co.uk](http://www.the-archer.co.uk).

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## The Archer

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Thank you to The Bald Faced Stag and New Local Cafe for providing us with a meeting place.

The Archer team wishes to thank all the generous people who give up their spare time, in all weather, to deliver the paper for us.

If you have a story for us, please contact us at the above address.  
Comments to The Archer may be published unless clearly marked 'Not for publication' within the text.

Copy deadlines – **May:** 10 April; **June:** 15 May  
**July:** 12 June

## PLANNING APPLICATIONS

### Barnet Council

#### Buckland House, 1 Thomas More Way, N2

Conversion into nine self-contained flats. Demolition of existing second floor and construction of two-storey extension above, to provide new second and third floor levels. Associated amenity space, refuse storage, cycle parking and off-street parking.

#### 14 Cherry Tree Road, N2

Single-storey rear extension. Roof extension, involving rear dormer window with Juliet balcony and three front rooflights.

#### 23 Fairlawn Avenue, N2

Single-storey rear extension with air conditioning unit to flat roof. Roof extension involving rear dormer window with Juliet balcony, two front roof lights and one roof light to both side elevations. New front and rear windows. Removal of chimney stack. Full external insulation and render. New front door.

#### 18 Hamilton Road, N2

Single-storey side/rear extension.

#### 4 Heath View Close, N2

Single-storey rear extension. Alterations to windows and increase in height of porch. Roof extension involving rear dormer window and three front rooflights.

#### 37 Hertford Road, N2

Roof extension involving rear dormer windows and two front rooflights.

#### 74A Hertford Road, N2

Roof extension involving rear dormer window and two front and one rear rooflights. Side entrance.

#### 132A High Road, N2

Installation of 1x 9m wooden pole.

#### 339 High Road, N2

Part single, part two-storey side and rear extension with new patio area. Roof extension involving hip to gable, rear dormer window, one rear and two front rooflights, and new side gable window.

#### 1 Ingram Road, N2

Single-storey side extension.

#### 32 Ingram Road, N2

Single-storey side extension with three rooflights.

#### Land adjoining Glebelands Open Space, North Circular Road, N2

One single side, internally illuminated 48 sheet advertising display.

#### Land adjacent to 1 - 12 Norfolk Close, N2

Details of privacy screens pursuant to planning permission dated 08/03/17.

#### 42 Leopold Road, N2

Change of use from dwelling house to small HMO for 4 occupants.

#### 367 Long Lane, N2

Single-storey side infill extension.

#### 368 Long Lane, N2

Single-storey rear infill extension. Relocation of the main entrance.

## Panel to advise on sites of historic interest

Barnet Council is considering setting up a panel of building and planning experts, along with community representatives, to help advise on planning applications that may have a significant impact on sites of historic interest.

The Heritage Advisory Panel's advice would be included in planning committee reports or made directly to planning officers to help inform decision making.

Members would be asked to consider applications relating to sites of architectural importance, and those on the Local List of buildings with heritage value. For more information, and to give your views on the idea, visit [engage.barnet.gov.uk](http://engage.barnet.gov.uk)

## USEFUL TELEPHONE NUMBERS

### Councils

<b>Barnet Council</b>	020 8359 2000
Recycling & refuse	020 8359 4600
Benefits	0800 882200
<b>Haringey Council</b>	020 8489 0000
Recycling & refuse	020 88857700
Benefits	020 8489 2800

### Leisure

Alexandra Palace	020 8365 2121
East Finchley Library	020 8359 3815
Everyman, Muswell Hill	0872 436 9060
Garden Suburb Library	020 8458 3301
Muswell Hill Library	020 8489 8773
Phoenix Cinema	020 8444 6789
Vue, North Finchley	0345 3084620

### Transport

BR Enquiries	0845 7484950
City Airport	020 7646 0088
Heathrow Airport	0844 3351801
National Express	0871 781 8181
TfL	0343 222 1234
Thameslink	0345 026 4700

### Help & Advice

Childline	0800 1111
Citizens Advice Barnet	0300 4568365
Cruse Bereavement Care	0808 8081677
EF Advice Service	0300 4568365
Lone Parent Centre	020 3828 4834
Missing Persons Helpline	116 000
National Debt Line	0808 156 7718
NSPCC	0808 8005000
Rape Crisis helpline	0808 802 9999
Refuge Crisis Helpline	0808 2000 247
Relate Helpline	0300 100 1234
RSPCA	0300 1234 999
Samaritans	116 123
SENDIASS Barnet	020 8359 7637
SENDIASS Haringey	020 3667 5233

### Health Advice

AIDSline	020 8363 2141
Alcoholics Anonymous	0845 7697555
Barnet MENCAP	020 8203 6688
Cancer Support	020 8202 2211
Carers' Line	0808 808 7777
Drinkline	0800 917 8282

Drugs Helpline	0800 776600
Health Info Service	0800 665544
MIND	020 8343 5700
National Blood Centre	0845 7711 7711

### Crime

Emergency	999
Police non-emergency	101
CrimeStoppers	0800 555111
Victim Support	0845 303 0900

### Hospitals

NHS	111
Barnet General	08451 114000
Edgware General	020 8952 2381
Finchley Memorial	020 8349 7500
Oak Lane Clinic	020 8346 9343
Royal Free	020 7794 0500
Whittington	020 7272 3070

### OAPs' Advice

Age UK Barnet	020 8203 5040
Independent Age	0800 319 6789
Age UK	0800 169 2081

## Site opposite station goes up for auction... at close to £5million

By Diana Cormack

The controversial question about the development of the site at 12-18 High Road, opposite the tube station, has often been aired in *The Archer*. Previously occupied by the GLH mini cab and courier service, planning permission was first granted for it nearly three years ago (*The Archer*, September 2017) despite vigorous opposition by locals and the Finchley Society.

A subsequent increase in the planned number of flats to 25 added to the objections, including from those worried about the lack of parking in the development and about road safety. This particularly involves the access and exit for service vehicles straight onto an extremely busy part of the High Road, along with disruption to the area in general.

Watchful eyes have seen little action behind the long-standing hoarding that surrounds the site; that is until boards appeared on it in the middle of last month announcing that the site would be auctioned on 26 March.

To quote the listing: "Lot 27: Planning consent granted for 25 flats (with no affordable housing requirement) and B1 Office on the ground and lower ground floor." The guide price was £4,750,000.

## Memories of victory celebrations

This year in May the country will be remembering VE Day (Victory in Europe) and in August VJ Day (Victory over Japan) both of which took place 75 years ago.

If you or any one you know has memories and/or photos of these events and their celebrations which you would like to share with our readers, please email them by Friday 10 April to [news@the-archer.co.uk](mailto:news@the-archer.co.uk) or write to us at *The Archer*, PO Box 3699, London N2 2DE. Thank you.



East Finchley's oldest building, Valona House

## OSTEOPATHY | ACUPUNCTURE

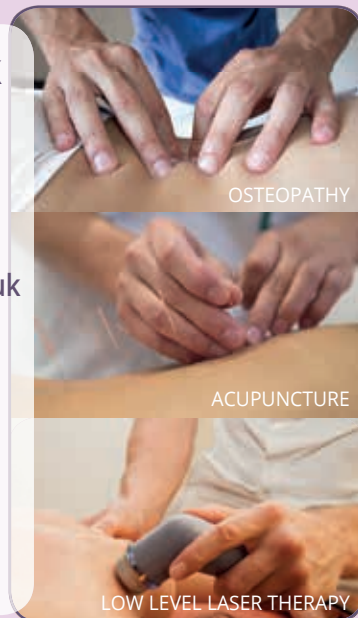
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# Comings and goings on the shop front

By Diana Cormack

Last month news that two long established businesses in Muswell Hill are to close caused consternation amongst their customers. Social media carried comments about Fagins Toys and Muswell Hill Bookshop, both of which have traded on Fortis Green Road for several decades, with people concerned not only about their loss, due to their joint owner's retirement, but also wondering what could replace them.

Around the same time in East Finchley there have been comings and goings on the local shop front. Various High Road premises which had been closed for months began to take on a new lease of life.

At 70 High Road, site of the former Pizza Hut take-away, workmen busy with renovations told *The Archer* it was going to be an Italian pizza place. Nearby a shop previously occupied by Josephines florist is to be a nail bar.

Higher up at 117, something is happening at what was The Big Chef café and, further afield at 42 Church Lane, work is progressing on the former Boyden's Pantry. At the time of writing there was still speculation about which businesses are to appear at those two places.

However, it has already been revealed what the renovations at

130 East End Road are preparing for. Here Niny, a beautician who worked at Sorbet on the High Road which closed last year, is setting up her own beauty salon.

Sadly, Tomato Tutors at 174 High Road is having to move. Despite all her hard work Laura Alvarado has not been able to make it work because of rent and rates on the High Road. The doors will close this summer but Laura hopes to relocate to somewhere else in N2 and is looking for suitable premises.

## Use them or lose them

Unfortunately other businesses are facing similar problems which will undoubtedly be exacerbated by the covid19 situation. N2United, East Finchley's community and business network, continues to exhort us all to support our local shops and traders for otherwise we are in imminent danger of losing them.

# Woman arrested for holding up shop with imitation gun

By Janet Maitland

A woman was arrested just minutes after holding up a shop on the High Road in East Finchley with an imitation gun in early March.

Specialised firearms officers tracked her down and arrested her so quickly because an officer from our Safer Neighbourhood Team (SNT) on the High Road had been able to identify her. The woman has been charged and remanded in custody for theft and having an imitation gun intended to cause fear of violence. The shop and the victims she targeted have not been named.

## Serious offences

Two other people were arrested in connection with serious offences in East Finchley last month, thanks to SNT intelligence.

A 16-year-old boy, a prolific offender in this region, was arrested and charged with carrying an offensive weapon, aggravated vehicle taking and four driving offences. Jan Lovell from the SNT said: "We worked in conjunction with county officers outside London to obtain the evidence to secure charges and hopefully a conviction at court."

A local man was also arrested after an SNT officer identified him from CCTV footage. He has been charged with burglary and is on police bail while police investigate further.



Ground level: Ben Wilson, inset, creates a new artwork outside the Offshoot Gallery. Photo Mike Coles.



End result: Ben's finished piece featured a cigarette butt and a globe. Photo Mike Coles.



Street scene: Another of Ben's tiny paintings shows East Finchley's High Road and the Bald Faced Stag pub.

# Miniature painter uses the pavement as his canvas

By David Melsome

Street artist Ben Wilson, known as Chewing Gum Man, created some of his trademark miniature works on the pavement outside the Offshoot Art Gallery in East Finchley at the start of an event

exploring climate change. Ben has become famous for decorating chewing gum left discarded on pavements around Muswell Hill. The pieces he painted outside Offshoot on Thursday 5 March showed a High Road scene featuring the

Bald Faced Stag pub, and a discarded cigarette butt encased next to an image of the Earth. The gallery's #FakeNews exhibition displayed works that asked questions about sustainability, inequality and immigration.

## Bicycle bandits

Police have launched an operation to combat a rise in the number of crimes carried out by people riding bicycles. The Met says they have seen an increase in instances of pedal cycles being used for offences like robbery.

The numbers are not as high as the stream of crimes of carried out by thieves on mopeds, scooters and motorcycles, which themselves are being reduced by the Met's Operation Venice. Police say they will target their patrols on hotspots, particularly in central London, to cut off the rise in bicycles being used to ride by and rob pedestrians.

## Roof destroyed in house fire

Four fire crews worked for two hours to get a blaze under control in Park Hall Road, N2, on the afternoon of Friday 27 March. The fire destroyed the loft conversion and a large part of the roof.

Part of the first floor of the three-storey home was also damaged. All four residents escaped uninjured. The cause of the fire is under investigation.

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# Could you be a Compassionate Neighbour?

Two men cycling together along the Parkland Walk to Ally Pally – quite an ordinary sight. What you wouldn't know by looking at them is that one has dementia and the other meets him once a week to help him learn new local cycling routes. It helps with his memory and they both enjoy the exercise.

When the weather isn't good you'll find them having coffee and playing cards in Coffee Bank in East Finchley. You might also walk past other Compassionate Neighbours on the High Road making their way to the Phoenix Cinema or doing a bit of shopping.

## Ordinary people

These are just a few examples of activities that the North London Hospice's Compassionate Neighbour volunteers undertake to help local people in their communities. It's simply ordinary people doing ordinary things with people who need a bit of extra support because of poor health and social isolation.

Volunteer Grace says: "It feels good to be of service without any conditions attached, and to make connections with people in my community I might not otherwise meet." Across Barnet, Enfield and Haringey the hospice's 133 trained volunteers are meeting up with and supporting people

who are lonely, isolated and living with chronic illness, by exploring their interests and finding out what's going on around them.

## Free training

The Compassionate Neighbours project is provided to the community free of charge by the North London Hospice and they are looking to recruit more volunteers in Barnet in order to increase the number of people they can support.

If you are interested in volunteering as a Compassionate Neighbour come along to one of the hospice's free training sessions in the Barnet area. How you get involved after that is up to you. There are many options, from visiting someone regularly to helping develop the hospice's local connections.

For more information look at the volunteering section of the hospice's website at [www.northlondonhospice.org](http://www.northlondonhospice.org). Alternatively, you can telephone 020 8343 6805 or email [cn@northlondonhospice.co.uk](mailto:cn@northlondonhospice.co.uk).



Healthy servings: Alvaro Jose Castano and his father Juan set up shop with their new juice bar in the MighteeFit studio on the High Road. Photo Mike Coles.

## Juice bar squeezes into fitness studio

By Kerstin Fenelon

**Father and son Juan and Alvaro Jose Castano are letting their passion for fitness and nutrition spill over into a new venture. They have opened a juice bar where shoppers can buy smoothies, juices, speciality coffee, snacks and organic tea.**

The pair set up shop in the front window of MighteeFit Health Studio, in the High Road, N2, where Alvaro is a personal trainer. They opened just before the virus crisis struck and will reopen as soon as it has passed. Everyone will be welcome to pop in to buy tasty drinks and snacks.

Alvaro said the concept for the MixFit Juice Bar came about "due to the lack of healthy options available" which he emphasises is important to him with his nutrition background.

All the products they sell offer immunity defences, all the juices are freshly squeezed, eco-friendly and are sourced locally from Tony's Continental. The coffee is Colombian and supplied locally in Barnet, the tea is organic and supplied from Tea Palace which produces the finest tea leaves in the world and is usually only found in Harrods department store.

After only a few weeks trading there were already a few pre-

and post-workout favourites on the menu such as Golden Milk, consisting of turmeric powder and coconut milk, favoured for its immunity boost and anti-inflammatory benefits, and Ginger Infusion, made with fresh ginger, mint and a slice of lemon.

Be sure to visit Juan, Alvaro and the MighteeFit team as soon as they reopen. Give a review on Google and you could be in with a chance of winning a free smoothie.

## Keyless car theft on the increase

By Janet Maitland

**Did you know that car thieves don't need to steal your key in order to steal your car? Gone are the days of smashing a window and hot wiring your car or even breaking into your home in order to steal your car key.**

Jan Lovell, from the Safer Neighbourhood Team, told us that keyless car theft is on the increase in East Finchley and across the borough.

Thieves can now use wireless transmitters to relay signals from your key fob inside your house to fool the car into unlocking.

Alternatively there are devices that transmit on the same radio frequency as your key fob to jam the signal that locks your car, so you think

you've locked it when you haven't.

Once thieves are inside your car, they can plug a device into your diagnostic port which can program a blank key fob to start the engine in less than 30 seconds.

## Jan's advice

We asked Jan for tips to deter car thieves. Key fob signals cannot be picked up through metal so a simple tip is to keep your fob in a metal box or a signal-blocker wallet that can

be bought for a few pounds.

"Generally, vehicles should be parked in a well-lit area, a garage, a staffed car park or an area covered by CCTV if possible," said Jan. "Check that your car is actually locked when you leave it and consider using an approved car alarm, steering wheel lock or gearstick lock, in addition to your vehicle's own security."

"You can also have an On-Board Diagnostics (OBD) lock professionally fitted to the OBD port. If you install a tracking device your vehicle can be traced if it is stolen."

For advice on recommended security devices go to [thatcham.org/what-we-do/security](http://thatcham.org/what-we-do/security) or visit [soldsecure.com](http://soldsecure.com)

## Child/Adolescent counsellor Hannah Grossmith-Dwek BACP

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## 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](mailto:EastFinchley.snt@met.police.uk), or by phone on 020 7161 9014. Follow the team on Twitter @MPSEastFinchley.

## Robberies

At the close of 2019 the ward was suffering from many robberies, mainly on foot by older youths on teenagers. This has dropped dramatically, but not gone completely.

At the end of February there were several moped-enabled robberies and attempted robberies late evening and overnight. So far we've been unable to gather any evidence to identify the mopeds or riders, but we have gained some intelligence on their methods and routes. Property has been found and returned to grateful victims.

Please be aware of your surroundings when on the street, especially after dark. There are undercover officers and units doing extra patrols across the borough and East Finchley is part of this operation.

## Air ambulance canvassers

We have received concerns about door-to-door canvassers from the London Air Ambulance (LAA) as to whether they were scammers. I checked with the LAA who confirmed that the N2 canvassers were working on their behalf. They are wearing red fleeces and an ID lanyard.

We would generally recommend not buying anything from cold callers at the door, including charity covenants, and to donate to charities by other means. Over time, this has reduced enormously the amount of legitimate and scam callers at your door.

## Team changes

PC Nikita Pittam left at the end of March to join a new specialised policing team at Wembley Park. Nikita has been a real asset to the East Finchley team and we were very sad to see her go. She will be replaced by a new officer.





# Staffing hours 'should be increased' at our libraries

By Daphne Chamberlain

**"We have great news! The Barnet Library review accepts our core concerns about unstaffed libraries, and makes clear that action is needed. Thank you to those who took part. It worked!"**

That was the reaction from Save Barnet Libraries to an independent survey into the borough's restructured library service. The report went to a Barnet Council committee meeting within 24 hours of a demonstration outside East Finchley library in March, celebrating World Book Day and demanding "Make Our Dreams Come True".

The dream of the mainly very young demonstrators was for greater access to their local library. For most of the time libraries are unstaffed, when access for children is only possible in the company of an over 16-year-old with a registered PIN card. Many adults, including people with disabilities, do not use the libraries then either. The report recommended

an increase in staffed service hours, and increased use of volunteers. The level of volunteering is lower than in other boroughs.

East Finchley library was the branch used most often by people answering the survey. Compilers of the report put on record that they were "struck by the passionate commitment shown by people who use libraries, and by the staff who serve them".

## Mystery shopper

As well as a general residents' survey, there was a targeted questionnaire for 11-18s, visits to every library, plus 'mystery shopper' visits to some, two public meetings, visits to focus groups, personal interviews and consideration of data.

The report had some kind words for Barnet Council, remarking on their "refreshing attitude" to hard feedback, but making firm recommendations.

It found that greater investment was needed in design and signage, and that some branches



Need to read: Children and parents demonstrate in the rain outside East Finchley library. Photo Mike Coles

were very short on space. They also found a significant failure to implement the new visitor count technology, making statistics for library visits unreliable.

Tying in with the most fre-

quent complaints from people interviewed, there were recommendations for two pilot schemes relating to self-service hours: toilets to be kept open before deciding on whether to make this permanent, and

the age-limit for access to be reduced, subject to parents' permission.

The vexed subject of commercial space in the libraries wasn't in the remit of the investigating group.



Pavement protest: 'Chewing gum man' street artist Ben Wilson showed his support with Emily Burnham of the Save Barnet Libraries group. Photo Mike Coles.

## Health club shuts down in the face of power supply problems

On the first Friday of March clients of The Manor Health Club in Fortis Green found it was closed. In addition to the disappointment at not being able to exercise, subsequent social media comments showed their frustration at a lack of communication. Notices were put on the front door and eventually this message appeared on the club's website:

"UK Power Networks has now reconnected the electricity, however, the air quality still has to be tested, along with various plumbing and electrical circuitry equipment.

"We have to make sure all is working before we can reopen the gym. We appreciate your patience and apologise for the inconvenience and please appreciate that this matter is still out of our hands.

"As you will be aware we had to take the decision to temporarily close the club following electrical problems and release of hazardous fumes. This was caused by works external from the club undertaken by outside contractors not connected to us. "We are taking steps to make sure we can reopen as soon as possible but this must only be when it is safe to do so. We will update you as soon as we can and hope that this is resolved soon.



Temporarily out of action: The Manor Health Club

"We care for the health and safety of our staff and members. We apologise for any inconvenience but this is a matter out of our control."

## Re-opening delayed

A club member received an email explaining that it was not just the air testing. Difficulties with boilers and pumps caused by the electrical problems needed to be fixed before the

club could open again. It said that once the club was back open, members would be compensated with time lost.

A message on the club's phone line apologised and thanked members for their loyalty. At the time of going to press, The Manor remained shut, along with all gyms and leisure centres, as part of the coronavirus lockdown.

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Clapping for carers: An image taken from a BBC News report shows residents in Park Hall Road, N2, joining the nationwide show of support for the NHS.

## Neighbours step out for a moment to applaud the NHS

Residents of Park Hall Road in East Finchley were filmed by BBC News as they came out of their homes to show their appreciation for the work of all NHS staff and carers. A camera crew was in the road at 8pm on Thursday 26 March to capture the lines of neighbours who came into their front gardens to clap and cheer, and the footage was shown across the BBC's news bulletins.

Residents in dozens of other streets in East Finchley did the same, with one video clip on Facebook showing someone living on the High Road raising a glass out of their second-floor window just as an NHS ambulance drove past sounding its horn in acknowledgment.

The nationwide applause certainly was a moving tribute to the hard work and selflessness of everyone in the caring and emergency professions who are in the front line of the fight against the spread of the coronavirus. We thank them all and wish them continued good health.



Lincoln Road residents clapped too. Photo Mike Coles.

### Essential advice and information for everyone

All the information and advice on these pages is correct at the time of going to press. If there is anything you think we should be sharing with the community across East Finchley, please get in touch.

You can email us: [news@the-archer.co.uk](mailto:news@the-archer.co.uk); telephone for free and leave a message on 0800 612 0748 or write to The Archer, PO Box 3699, London N2 2DE.

### Help groups

#### Volunteer group

East Finchley has its own Covid 19 Volunteer Response Group, with about 300 volunteers ready to help people in need.

They are aiming to assist with shopping, picking up prescriptions from pharmacies, dog walking, donations of food and

phone or video calls to people who are lonely. You can contact them at [www.facebook.com/EastFinchleyCOVID19](http://www.facebook.com/EastFinchleyCOVID19) or email [efcovid@gmail.com](mailto:efcovid@gmail.com)

#### Age UK

Age UK Barnet is working to help all older people who are in need. They aim to help with delivering cooked meals, admin tasks such as setting up prescriptions that can be delivered to the door, fitting light bulbs, regular chats over the phone to beat isolation, and activity packs including magazines, puzzle books and craft supplies.

Get in touch if you or anyone you know is self-isolating and might need some help. Email [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk) or phone 020 8203 5040.

### Useful contacts

#### N2United

Up-to-date advice and links to

useful local resources are available online at [n2united.co.uk/covid19](http://n2united.co.uk/covid19). This website is collating information as it becomes available.

#### Senior citizens help and advice

Age UK Barnet 020 8203 5040 or [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk)  
Age UK 0800 678 1602 8am to 7pm, or [www.ageuk.org.uk](http://www.ageuk.org.uk)

#### Hospitals

NHS 111  
Barnet General 020 8216 4000  
Edgware General 020 8952 2381  
Finchley Memorial 020 8349 7500  
Royal Free 020 7794 0500  
Whittington 020 7272 3070

### Appeals

Age UK Barnet is appealing for donations of tins, rice, pasta and other non-perishable items to help vulnerable elderly people who are unable to leave their homes. They can be dropped at the Ann Owens Centre, Oak Lane, N2 8LT, between 10am and 4pm from Monday to Friday.

Finchley Foodbank is appealing for donations of tins, packets, biscuits, soups and any packaged food to help individuals and families on low or zero incomes. Soap, shower gel and bathroom items are also welcome. They can be dropped directly to the Foodbank in the church hall behind St Mary's at 279 High Road, N2 8HG, on Fridays from 12pm to 4pm.

### Pharmacies

Pareesh Shah, who runs CW Andrews on the corner of the High Road and Baronsmere Road, N2, told us that all pharmacists are under huge pressure and asked for the help of customers to ensure their vital service can continue as smoothly as possible.

Most pharmacies do not have the time or the staff to deliver prescriptions so Pareesh's advice is as follows:

1. Anyone wanting to pick up a prescription, please call your pharmacist several days in advance to give them time to get it ready for you.

2. You can arrange for a friend or neighbour to collect a prescription on your behalf. Ring the pharmacist in advance to let them know who will be collecting for you.

3. Anyone with a specified medical condition who received one of the 1.5million letters advising them to self-isolate for 12 weeks, should ask family, friends or neighbours to collect their prescriptions.

4. Order your normal quantity of medication and don't over-order; that will help them keep their stock of drugs at manageable levels.

5. Observe the 'two customers at any one time' rule and keep apart from staff and other customers by at least 2m. Do not enter a pharmacy if you have any of the symptoms of Covid-19 or are in a self-isolation period. Staff need to be protected to keep pharmacies running.

6. Look out for pharmacies adjusting their opening hours to help them catch up with orders and maintain a sustainable service.

Pareesh told us: "This is a massive period of adjustment. People are generally being very good and they are getting used to the new rules and restrictions. If everyone abides by them, pharmacies can continue to provide a good service to their customers."

"Unfortunately, we don't have the staff to be able to deliver individual prescriptions to people's homes. People who can't get out should ask friends or neighbours to pick up prescriptions on their behalf, then phone us to let us know who is collecting for them."

### Shopping

Most of our local food stores and newsagents are remaining open. We thank their hard-working staff for keeping us all fed and watered. Please shop with them to keep them in business. Here are special notices:

**Tony's Continental**, High Road, N2, was closed for one week as we went to press after experiencing problems getting regular supplies of fresh produce. The team there said they were hoping to reopen as soon as they can. Check at the store.

**Dan & DeCarlo's**, opposite the station, is transforming from a café into a food store offering everyday essentials, some of which will be stocked and some available for pre-order. Check their website for details: [danand-decarlo.co.uk](http://danand-decarlo.co.uk)

**Margot Bakery**, East End Road, N2, is taking orders for bread to be collected from its doorway counter, and other items may be available in the shop. Details at [margotbakery.co.uk](http://margotbakery.co.uk).

**Budgens** has offered help with shopping to anyone aged over 65 or in an at-risk group. Anyone in those categories who has to self-isolate will be able to order by phone or email and the store will do its best to deliver up to any value and free of charge. Details available from cashiers in store, email [budgenseastfinchley@gmail.com](mailto:budgenseastfinchley@gmail.com) or phone 020 8883 9670. Budgens is also appealing for anyone in the community who can lend a hand with taking calls, picking orders and delivering. Please leave your details with a cashier if you can help.

**Iceland** is reserving 9am to 11am every Wednesday morning for anyone of pension age or in a vulnerable group to do their shopping.

### Takeaways

Restaurants, cafes and pubs are closed to diners but some are still offering takeaway services at their premises and delivery services via apps like Just Eat, Deliveroo and Uber Eats. Support our local food and drink providers whenever you can.

This is not a complete list. Check your favourite restaurant for details. All information correct at time of going to press. Let us know if there are any services we can add to this list by emailing: [news@the-archer.co.uk](mailto:news@the-archer.co.uk)

**Bangkok Lounge**, High Road, N2: Takeaway and delivery service available on their website [www.bangkoklounge-finchley.co.uk](http://www.bangkoklounge-finchley.co.uk)

**Campbell & Syme**, Fortis Green, N2: Order freshly roasted coffee, and teas and chocolates for delivery in East Finchley via [campbellandsyme.co.uk](http://campbellandsyme.co.uk)

**Majjo's**, Fortis Green, N2: Phone orders and phone payments only on 020 8883 4357, for collection only. Closed Mondays.

**New Local Café**, High Road,

### Holy Trinity Parish Church 67 Church Lane, N2 0TH

At anxious times we endeavour to be a beacon of faith, hope and love in East Finchley. While public worship is suspended, we continue to earnestly keep you, our community, our nation and the world in our prayers. If you would like to send us prayer requests, please contact us via our website:

[www.holytrinityeastfinchley.org.uk](http://www.holytrinityeastfinchley.org.uk)

For more information please contact us at:

Email: [marius.mirt@htef.org.uk](mailto:marius.mirt@htef.org.uk)

Tel: 202 3565 4430

## East Finchley Baptist Church

**Due to the Covid-19 virus our Sunday morning service has been suspended until further notice.**

For more information please contact the Church Office  
Email: [office@eastfinchleybc.org.uk](mailto:office@eastfinchleybc.org.uk)  
[www.eastfinchleybc.org.uk](http://www.eastfinchleybc.org.uk)





N2: Takeaway service available, and food deliveries can be ordered via Uber Eats and on their website: [new-local-cafe.business.site](http://new-local-cafe.business.site)

**Poseidon Fish Restaurant**, High Road, N2: Takeaway available and delivery service via Deliveroo and JustEat.

**Yasar Halim Patisserie**, High Road, N2: Takeaway only from the counter.

**In-Out Pizza**, High Road, N2: Takeaway available and delivery via JustEat. Telephone: 020 8442 0999

### Getting out

Cherry Tree Wood, Coldfall Wood, Highgate Woods, Queens Wood, Muswell Hill Playing Fields, Lyttelton Playing Fields, Big Wood and Coppetts Wood are all open as normal and are the perfect places to exercise and take a walk. Remember to keep your distance from other people who are out and about. Gatherings are not permitted.

Hampstead Heath was open at the time of going to press, but City of London Corporation has warned that, unless visitors start obeying distancing rules, the entire heath will be closed off.

Barnet Council has said that Cherry Tree Wood will no longer be locked at night, while they reallocate resources, and that the children's playground and public toilets will stay closed for the time being.

East Finchley's two cemeteries on the High Road and East End Road also remain open and are spacious and peaceful places to take a walk. Parkland Walk stretching down the former railway track from Highgate to Finsbury Park also provides a pleasant stroll or run.

Long Lane Pasture nature reserve, opposite the fire station in Long Lane, will be open from around 10am to dusk every day. It is still boggy in places so try to keep on the paths, and keep your dogs on leads.

Waterlow Park in Highgate and Alexandra Park remain open

for the time being, but Stephens House and Gardens in Finchley is now closed to the public.

### Scam warnings

Jan Lovell, of the Safer Neighbourhood Team in East Finchley, has issued a warning that there are reports of people knocking on doors saying they are doing coronavirus tests on behalf of the NHS or a local GP surgery.

Jan asks everyone to note that there are no such initiatives. If anyone knocks on your door, ignore them and call the police. These are thieves trying to take advantage of vulnerable people.

For anyone online, be wary of unsolicited emails claiming to be health or virus related. Never click on links or attachments in suspicious messages and never respond to unsolicited messages. Never give away personal or financial details online

### Food ideas

Local resident Allison Goodings has a collection of more than 250 cookbooks and has catalogued her recipes so it is always easy for her to find something to try with a limited list of ingredients.

Allison is offering help to anyone looking to cook something using what they have at home. She said: "This is something I do for friends, and especially my mother, quite often."

Allison is able to offer free advice on things that keep well, things to freeze and simple recipe ideas to get you through a couple of weeks at home. Get in touch with her via email at: [WhatCanICookWithThis@gmail.com](mailto:WhatCanICookWithThis@gmail.com)

### Festival

East Finchley Festival CIC has released the following statement:

"Due to the COVID-19 outbreak and in step with current official advice, it is very unlikely that the festival will go ahead as scheduled in June. For updates please visit [www.eastfinchleyfestival.org](http://www.eastfinchleyfestival.org)"

## Neighbours keep their distance...

Before the tighter restrictions came into force on 24 March, neighbours in Bedford Road, N2, were still able to do the responsible thing and meet in the street... all the time keeping at least 2m apart.

Two groups of about 20 residents assembled at different points in the road for an outside coffee morning where they were able to check on each other's welfare and share information about elderly and vulnerable neighbours who might need extra help.

Bedford Road already had an active WhatsApp group before the coronavirus crisis and now

that has really come into its own, enabling people to stay in touch from their own homes. Dozens of similar online groups have sprung up around East Finchley in recent weeks.

Resident and Archer team member Jane Marsh said: "We've had people offering food, setting up online yoga classes, and my request for jigsaws elicited an immediate response."



Keep your distance: Customers queue responsibly outside the UOE Post Office. Photo John Lawrence.

## Post Office will stay open

The entire workforce of the UOE Post Office in the High Road, N2, has been designated as critical infrastructure with key worker status which means the Post Office will remain open throughout the crisis.

Services that will continue to be available include cash, energy top-ups, banking and regular mail services. Opening times are Monday to Saturday, 9am to 5.30pm, and Sunday 12pm to 4pm.

Customers are being asked to queue at least 2m apart outside the store to avoid having too many people inside. The store will be closed on Bank Holidays.

### Climate Change

The East Finchley Open Artists hoped to stage an exhibition called 'Climate Change is Real' at the Offshoot Gallery on the High Road from 21-26 April. It was to feature websites on climate facts and science alongside artwork and exhibits.

The centrepiece was a tree which could be dressed with about 100 ceramic leaves showing messages of hope. The plan was for visitors to buy these leaves, write messages and attach to the tree, with the money being donated to the South Australian Bush Fire Appeal. Young Global Ambassadors from the Archer Academy were collaborating in this.

Then along came Coronavirus Covid19, forcing the Offshoot Gallery to close for the duration of the pandemic.

Extinction Rebellion groups generally were planning a busy April and May, featuring large-scale demonstrations, but these have been called off. In the words of their newsletter: "Rebels are encouraged to hold meetings online wherever possible, and to think carefully before organising in-person gatherings."

"Slowing this virus down will make a big difference to how well we can care for people who are affected. By limiting our contact with others, where possible, we can relieve unnecessary strain on healthcare providers and save lives."

"As rebels, we can choose to engage with and support our local communities in this crisis. This is an opportunity to prefigure the world we want to build: one that chooses life and regeneration over despair and fear."

### And finally...

Thankfully the worst excesses of panic buying seemed to be over as we went to press but some essential items can still be hard to get hold of. So remember, if things get desperate, The Archer has always been here to serve the community. We won't take offence.



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# Positive power

The Archer Academy in East Finchley and Woodhouse College in North Finchley launched a festival last month focusing on kindness and the power and positivity of young people to shape and change their world.



Guest speaker: Actor Hugh Quarshie at the Person of the Year Awards.

The academy hosted the A-W Exhibition where students were invited to submit work on the themes of youth and community, including speeches, art and poetry.

The week was brought to

The inaugural Power of Youth Festival was a week-long series of collaborative events and random acts of kindness between the secondary school and the sixth form college.

Gold letters from A (Archer Academy) to W (Woodhouse College) were placed in the windows of local businesses and students were invited to walk the trail and explore the local businesses and shops in their community.

a close with the Person of the Year Awards at Woodhouse, where *Holby City* actor Hugh Quarshie gave the keynote speech and helped to recognise the positive differences made by young people and staff.



Positive power: Students receive awards from Archer Academy headteacher Lucy Harrison at the Person of the Year event.

# Young players want to win

Under-13 football team Sintra AFA are aiming for the big time with the help of new sponsorship from East Finchley-based UOE Store and Post Office. The U13 team was only created at the beginning of this season, but players are already proving their ability and are currently second in Division Two of the Harrow Youth Football League.

Sintra's owner and head coach Fabio Carmo said the new sponsorship meant better facilities for the team at their training base at Glebelands, off Summers Lane in North Finchley. He said: "Previously our 11-a-side teams had to practise on a five-a-side pitch; now they can use a full sized pitch."

UOE's managing director Elliot Jacobs said: "I chose this particular project because I know the team's coach from his previous work and am keen to support it. UOE's sponsorship will hopefully help the team on its way to Division One."



New kit: Sintra AFA under 13 football team on the pitch.

# New trees for life

Pupils at Tudor Primary School in Queen's Avenue, Finchley, N3, have helped to plant around £30,000 of trees on the school grounds, which borders the busy North Circular Road.

The school was chosen for the planting project by charity Trees For Cities, which uses trees to help combat the effects of air pollution.

# Chess success

A semi-finals challenge awaits six young pupils from Coldfall Primary School in Muswell Hill after they finished in second place out of 18 schools at the National Primary Schools Chess Championship. Players Max Bird, Stanley Badacsonyi, Elizabeth Kuryan, Maya Corral, Alex Hector and George Bustin will compete in the semi-finals later this year. Stanley, aged 10, said: "I am so pleased with how the team performed. We all tried our best and then we triumphed. I love my silver medal."



Chess masters: Coldfall Primary's Max Bird, Stanley Badacsonyi, Elizabeth Kuryan, Maya Corral, Alex Hector and George Bustin.



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# New tube station manager wants to make connections

By David Gritten

It's been at least 25 years since people routinely referred to the Northern line as "the misery line"; since then it has improved out of all recognition. There's an extraordinary number of passengers to keep satisfied: the most recent statistics, for the whole of 2017, show that passengers entered or exited East Finchley 7.31 million times.

That requires a huge amount of work behind the scenes to ensure everyone's safety and maintain the reliability of the service. For the past six months, Stephen Read, a 22-year veteran with London Underground, has been the man responsible for running East Finchley station.

## Managing station and depot

His job is to ensure that for passengers everything is as it should be. "Even if someone has merely spilled their coffee on the floor," he says, "it gets cleaned up as soon as possible. We don't want people slipping, falling and injuring themselves."

Stephen's title is Train Operations Manager (a TOM, as it is known within the company). Because East Finchley is a depot as well as a station, he has a team of 100 drivers who start their day there and who report to him.

## Keeping track of the track

In his new post he is also the 'landlord' for the Northern line between East Finchley and Kennington, on the Bank branch. He says: "My responsibility is to the track, so we've got engineers out there, checking it constantly."

"My team of train managers has to plan general inspections, which involves having to walk the track all the way down to Kennington. At the end of the day, my job is to ensure the railway is safe for everyone."

## Connecting with the community

A large part of Stephen's



On the front line: Train operations manager Stephen Read at East Finchley station. Photo Mike Coles.

career with London Underground has been customer service, which has long filled him with enthusiasm. "When I was Area Manager at Angel, I built close relationships with the local community," he recalls. "These included the police, business partnership teams and local schools and colleges."

Now he intends to pursue

a similar course in his new job: "I'm keen to work with any business groups, neighbourhood watch groups, or any organisation that has a part to play in East Finchley." Stephen would be happy to explain the work of running a busy Tube station, and to listen to comments from locals about it.

# Northern line on track for four days of disruption

By Diana Cormack

**Tube travellers and residents living close to East Finchley station face four days of disruption and disturbance over the Easter holiday weekend while track replacement work is carried out.**

Residents living close to the Northern line have been informed by London Underground that round-the-clock work will take place between East Finchley and Highgate stations from 10pm on Thursday 9 April to 4am on Tuesday 14 April.

The Transport for London website says there will be no Tube service north of Archway on the Friday and Monday of the Easter weekend, and no service on the High Barnet branch north of Camden Town on the Saturday and Sunday. Notification

on replacement buses will be displayed nearer the time.

The track will be renewed by new-for-old replacement of the existing rails, sleepers and ballast. A tamper, road/rail excavators, a breaker and various hand tools will be used throughout the continuous process. In preparation a satellite depot will be set up in East Finchley Station car park on Saturday 4 April, remaining until Thursday 16 April.

## Car park changes

It is expected that, when the main works begin on 9

April, increased activity will be noticeable in and around the site access point at East Finchley station. The station car park will be used for staff parking as well as for staff welfare and essential vehicles. Track machines will be brought down the line from an access point at Finchley Central station.

London Underground say in their letter to local residents that, although some noise and increased traffic in the area will be unavoidable during the works, they will try their best to limit any disturbance.

## RICKY SAVAGE ...

"The voice of social irresponsibility"

## Don't panic!

In the past few weeks of panic buying and self-isolation, we've all had to get used to the spirit of the Blitz. The virus spreads in six stages, they say, so the only thing to do is keep calm and take inspiration from *Dad's Army*.

Let's start with stage one, and good old Sergeant Wilson, an impeccably polite gentleman who could be pretty relaxed about life even when the world was going mad. No hoarding supplies for him, except perhaps an extra bottle of claret.

Moving on to stage two, the pompous voice of Captain Mainwaring creeps in. Naturally he'd have been prepared and would have filled his air raid shelter with enough loo rolls and tinned soup to last a year, if he hadn't been stopped by rationing. He might have called Private Pike a "stupid boy" but he was no genius himself.

And of course Pike himself is stage three. Who else would be wearing an extra scarf (and a face mask) in high summer because his mum told him to?

In the weird world of Walmington on Sea, stage four has to be Private Walker. Today he'd be offering to sell the rest of the platoon bottles of hand sanitiser he'd picked up from a reliable source. And no they wouldn't be cheap; I mean, you can't get the stock these days.

Now things start to get a bit more serious as for stage five we have to turn to the dour Scottish undertaker Private Fraser. In the darkness of his funeral parlour he gets down the reality of it all in the way that only he can. Yes, "We're all doomed, doomed."

But, don't worry, salvation is at hand, not in the form of a vaccine or Walker's dodgy supplies but, as we finally get to stage six, in the reassuring shape of Corporal Jones. With his memories of fighting in the Sudan and his daily struggle to keep customers in his butcher's shop satisfied, he is the voice of reason when he tells us all, "Don't panic, don't panic."

So as you think about buying that 24 pack of toilet rolls to add to the 96 you've already got stuffed in the garage, don't do it. Think of others and remember: it was our wartime spirit that got us through the worst once and it will do so again this time.



'Good food fans: Diners tucking in at Dan & DeCarlo

# Supper club keeps café cooking after hours

By Ann Bronkhorst

**When his busy local café closed each evening the owner, Mikki Bartell, wondered how the premises might stay lively and bright for a few more hours. He found the answer online: Viola Slodzinska, a talented local cook with experience of home-based supper clubs, and they agreed on a joint venture.**

The outcome was a small, friendly supper club with a Valentine's day theme held at Dan & DeCarlo's on the High Road, N2, with 15% of the profits going to East Finchley Festival. The diners were strangers to each other before the meal but quickly relaxed, exploring a menu that included Viola's popular Polish dumplings as well as more unusual choices such as chestnut soup and dragon fruit sorbet.

Mikki, too, enjoyed the transformation of his café. "It all looked so different, with the lights, Viola's table decorations and the dark outside. For me, it was a nice change to stand back and watch."

Viola is planning her next supper club at Dan & DeCarlo's for later this year when the focus will be on her home region of Lower Silesia, for centuries a melting pot of cultures and traditions. Foodies can spot the Czech, Jewish and Bosnian influences as well as recipes from Austria and Germany. There will be details at Dan & DeCarlo and at [www.facebook.com/violasfood](http://www.facebook.com/violasfood)





Location, location, location: East Finchley station, top left, and Cherry Tree Wood, middle right, are among the scenes captured by artist Abi Fuller.

## What does 'place' mean to you?

By Abi Fuller

As an art student at Middlesex University who has grown up in North London, I'm looking for volunteers to share their thoughts and experiences on the term 'place'. This might include specific memories of holidays that you've had or areas that you've grown up in.

As part of my end of year degree show project, I aim to produce at least four or five abstract versions for each person of the places that you describe. I shall also be taking an audio recording of the interview and placing them next to the landscape drawings.

The concept for the project is this idea of an exchange. In return for your stories, I hope to create and give back to you an image which reminds you of that special place. Free coffee shall be provided for anyone wishing to participate.

Keeping to oil pastels and

pens, I often produce vibrantly marked and small-scale drawings. Contrasting primary colours and creating visual interest, my influences include artists like David Hockney. Their use of colour and expression has always fascinated me as they manage to

evoking happiness.

For the project, I would like to maintain my colourful style whilst also exploring the freedom of my imagination. You can reach me by email at [abiifuller@outlook.com](mailto:abiifuller@outlook.com) or mobile 07958 361872 if you would like to get involved.

## Get away from it all... next to the North Circular

Among the many pockets of woodland and parkland within easy reach of East Finchley there's one that's easily missed but definitely worth discovering if you are able to get out of the house for a circular walk.

Make your way to the most unpromising of starting points where the busy Great North Road crosses the noisy North Circular close to Finchley Lido leisure park. Walk down the slip road as if heading onto the North Circular but veer left immediately into the Glebelands Local Nature Reserve.

### Hidden treasures

Here you find yourself enclosed in trees and on the banks of a small pond full of underwater life and home to families of ducks. You are at the start of a long strip of woodland running along the bottom of Summers Lane playing fields and ideal for weaving through.

At the far end a small track takes you through to the hidden treasure of Coppetts Wood. Like walking through a door from the city to the countryside, you are suddenly surrounded by magnificent oak trees and hornbeams, and the noise of

the traffic has gone.

### Survival from the past

Coppetts Wood is full of enchanting paths, hollows and hideaways that are fun to explore. This peaceful relic of the ancient Finchley Common is home to breeding birds, wild flowers and several rare species of insects. It's hard to believe it exists behind the urban harshness of the Tesco superstore and Clown Town complex on Colney Hatch Lane.

Wander at will and soon you find the heart of the wood opens up into a wide expanse of waving grass and younger trees. Choose the path that continues east and steps will take you down past the back gardens of houses and out onto Colney Hatch Lane itself.

### One more wood

There is no mistaking that you are back in the city so turn right and walk briskly past Tesco, over the bridge and up Trott Road to Coppetts

Road. There you can find a path between the houses to reach the Muswell Hill Playing Fields and once more slip

into a woodland sanctuary, this time Coldfall, which of course delivers you onto Creighton Avenue and thence back home.



## Best edition yet for N2 Poetry

By Daphne Chamberlain  
"Best edition yet". "Nicest launch yet, and I've been coming to a few." These were some of the appreciative comments at the launch of N2 Poetry, Issue 8. The poets themselves would like to thank the many stalwarts who braved a fierce wind and freezing cold on the last night of February. Thanks as well to St Mary's Catholic Church on the High Road for providing a warm and user-friendly hall.

The aim of N2 Poetry is to be "interesting, thought-provoking and accessible". The 43 poems in this edition are the writers' thoughts inspired by a range of subjects, including Holloway Road, heathland, battles, allotments, knitting, memories and dreams.

Many contributors have attended monthly workshops run by East Finchley poet Dennis Evans, who founded N2 Poetry. One or two contributors come from another time; like Ovid, translated into English, and Christina Rossetti, translated into Portuguese. Well, the best poetry represents all times and all nationalities.

N2 Poetry is sponsored by Max Oldfield, the late Pam Kent, Rashda Alvi, Said Abdallah and Sawsan El-khadem. It is published at least once a year, and contributions for the next edition were already being submitted before the launch of this one. New contributors are very welcome, and can submit up to four poems each.

Please send to [n2poetry@outlook.com](mailto:n2poetry@outlook.com), including name and contact details, or typed on white A4 paper to Shereen Abdallah, Managing Editor, N2 Poetry, 3 Leslie Road, N2 8BN, including covering letter and SAE. N2 Poetry Issue 8, ISSN 2047-2242 is published by Steph Bramwell, 35 Pember Road, NW10 5LT.

## Let there be light

East Finchley Open Artists are helping to raise money to install improved lighting on the gallery wall of the Phoenix Cinema, which regularly plays host to exhibitions by local artists. Find out more at [www.east-finchleyopen.org.uk](http://www.east-finchleyopen.org.uk)





# Cash injection to help rough sleepers find a home

By Janet Maitland

**Barnet Council has been given £637,000 to help reduce the number of people having to sleep on the streets of the borough.**

The funding is from the Ministry of Housing, Community and Local Government who are targeting local authority areas with high numbers of rough sleepers and those at risk of sleeping rough. Barnet is 15th in the top 30 Local Authorities in England in terms of the number of people who are homeless.

## Help provided in Barnet

The money will go to the Rough Sleepers Project, set up by Barnet Homes a year ago with £220,000 from the same government fund. To date, the project team has provided 98 rough sleepers with temporary emergency accommodation,

and helped 26 into longer term accommodation.

"We set out at 5.30am to find people sleeping rough and offer them services and support to find routes away from the streets," said a Barnet Homes spokesperson. "Once we've placed people in temporary accommodation, we link them to health, mental health, benefits and longer term accommodation. If rough sleepers don't want emergency accommodation, we continue to visit them and refer them to Homeless Action in Barnet where they can get daytime support."

The extra funding will provide a short-term 'safe place to stay hub' for rough sleepers. A hostel in Friern Barnet Road is being refurbished to create the hub, planned to open in October.

## The wider picture

The housing charity Shelter estimates that 281,000 people in England were homeless in 2019, including 135,000 children without a home or living in temporary accommodation. The stock of council housing in England has fallen from five million homes in 1981 to 1.6 million in 2019. Of the almost £1.1 billion spent last year by councils in England on temporary accommodation for homeless households, 86 per cent went to private landlords, letting agents or companies.

If you are concerned about someone you have seen sleeping rough in London, go to [streetlink.org.uk](http://streetlink.org.uk) who will contact the local street outreach team. But if you think the person you are concerned about is under 18, ring the police.

# Boiler man seeks those at risk from asbestos

By David Melsome

**An East Finchley man who worked at a former psychiatric hospital is appealing for workers and patients to come forward and contribute to a register of those who could be at risk of developing asbestos-related disease.**

Mike O'Shea, a boiler man at Friern Hospital in Friern Barnet between 1987 and 1993, says he has seen former colleagues die from mesothelioma, an asbestos-related cancer and is concerned for his own wellbeing and the health of others who were on the premises in the same period.

Mike hopes a register will help others who find themselves facing mesothelioma, which can affect people up to 50 years following exposure to asbestos. Once described as the magic mineral, Mike recalls his own encounters with asbestos at the hospital vividly.

## Appalling conditions

Mike O'Shea said: "The conditions at the hospital were appalling from a health and safety perspective. Clumps of asbestos had fallen from pipework and torn asbestos lagging was visible everywhere in the boiler house."

"Having seen former friends and colleagues die from contact with asbestos, I live in constant fear that I will succumb to the disease, which is why I am keen to produce this register to help all those who worked and were patients at the hospital."

The giant psychiatric hospital which closed its doors in 1993 was one of the largest psychiatric hospitals in Europe, with up to 2,500 patients and known to have the longest corridor in England.

Ian Bailey, asbestos law partner at the London office of legal firm Irwin Mitchell, said: "Mike has already been generous enough to support the families of his former colleagues with asbestos diseases but his concern about his own health following from his own exposure is totally understandable and is a genuine worry that he has to live with."

## Letters

### Keep calm and... look out for others

Dear Editor,

The situation with the rising number of people affected by the Coronavirus is a worrying one. Now is the time for us all to work together as a community to make sure we all pull through.

More than ever, we should find time to check on elderly neighbours who may be unable or too scared to go out to get food. A note through their door or a chat through their letterbox is all it takes.

And the local shops and businesses who may already be having a tough time will find it even harder if we all stay at home. As long as it is safe for us to do so, we should continue to shop locally around East Finchley and keep supporting our wonderful cafés and restaurants, and places like the Phoenix Cinema.

**Julie Warner,**  
Kitchener Road, N2.

### We're in it together

Dear Editor,

In a very ironic way, I'd like to thank all those people who have in recent days stripped the shelves in Budgens, Iceland and Sainsburys of loo roll, other toiletries, milk, soup and other non-perishable foods, bread and frozen food.

Think of those more vulnerable than yourself, especially those who cannot shop online (where supplies are also limited) or buy in bulk. I have had to visit 12 shops before I could find any loo roll for an elderly relative. It is totally unacceptable, selfish behaviour and makes an already difficult time even more stressful. Thanks however to Budgens who are now rationing loo roll and offering deliveries for the over 65s and I'm sure many in the community will be helping others in the coming weeks and hopefully people will become less selfish in the shops. We are all in this together!

**Name and address supplied.**

### What's in a name?

Dear Editor,

St. James's Church in Muswell Hill ('Raise the roof to save the roof', *The Archer*, March 2020) lost its historical and grammatical spelling towards the end of the 20<sup>th</sup> century; a less than literate vicar had installed a new notice board with a new spelling.

Since then two variants have become common and have taken over, even spawning the bizarre new place name of St James Square, an area which is hardly square.

The historical and grammatical correct St. James's spelling remains evident in the adjacent St James's Lane name plates and on maps of the area. How can the status quo ante be restored?

**Peter Lack,**

**Address supplied.**

# How shopping sustainably is in fashion

*One third of harmful microplastics in our oceans comes from washing clothes. On behalf of campaign group No2PlasticsN2, Georgia Whitear talks to Aida Khaledi at clothing boutique Aliya J about steps we can all take to live and shop more sustainably.*

**Aida Khaledi opened Aliya J. in the High Road, N2, just over five years ago after a successful pop-up at the back of Rykers, a children's clothes and shoe store which is now unfortunately closed. After working in fashion from the age of 16, and a brief break to look after her daughter, she was working for a designer when she decided to do it for herself.**

The Aliya J. website, named after her daughter, was set up and soon customers were asking to try on the clothes, which led to the first pop up. Now settled in her shop, she is making changes to adapt to a more ethically conscious customer.

## Focus on fabric

"I noticed that people from East Finchley cared more where the clothes had come from, they would always check the label," said Aida. Much of the clothing she sells is ethically conscious, such as recycled polyester raincoats and the sustainable brand Thought. "I think about plastics a lot... I try to order natural fibres such as cotton and bamboo."

While recycled polyester is a step in the right direction, the microplastics that come off during the wash enter the water supply and can be very



Kinder clothing: Aida Khaledi, right, with Georgia Whitear at Aliya J.

damaging. This effect can be offset with items such as a Guppy Friend, a bag used for washing clothes that catches all microplastics. Aida points out that it is an investment and, yes, some customers would be interested and she is considering stocking them.

## Make-overs

Her most recent move has been to welcome a seamstress every Friday who offers a repair service and upcycles old clothes, as well as making garments from any fabric you have stored away at home. It's a service that has been spread

entirely by word of mouth and customers are happy making the sustainable decision to keep certain pieces in their lives for longer, rather than always buying new.

*To get involved with No2 Plastics East Finchley email Kate Robertson at [kgrlondon@gmail.com](mailto:kgrlondon@gmail.com)*

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## Floods, football and fancy weddings... from 85 years ago

By Diana Cormack

It has become an accepted fact that the contents of skips outside houses which are being cleared or renovated can provide useful pickings for interested passers-by. Recently in my road some ancient carpets were deposited, not one of which was worth rescuing, but something that had been laid underneath them certainly was. Blowing along the pavement were a couple of sheets of paper from the Daily Telegraph of November 1935, pictured below.



A quick look revealed similar subjects to those of today: fashion, football, fundraising, exhibitions, royal activities, photographs of flood scenes in the south of England showing houses completely marooned and complaints that the Oxford rowing team were prevented from practising because the river was two feet higher than usual and still rising.



### Wedding gifts

But the mention of a horse did catch my eye and that was in a wedding report. I was amazed to read that the bridegroom's present to the bride was a hunter. In return, she gave him oil paintings of hounds (presumably his own).

Gifts from others included a horse rug and head collar; a kitchen outfit; an Indian lamb fur coat; a fox fur; an Afghan knife and guns. Gold, diamonds, emeralds and rubies were abundant in the jewellery they both received but I was glad to see spoons, a toast rack and a glass bowl holding their

own and there were plenty of cheques mentioned.

### Coincidence

Of course it was a society wedding and I doubt if many present day gifts bear much resemblance to those listed but it certainly made interesting reading. I was also amazed to see a photo showing troops entering the Cathedral Church of All Saints at Khartoum for the 1935 Armistice Day service. At that time my father was based on an RAF camp there!

## Power pair prove they are London's strongest

By David Melsome

**Congratulations to Gaby Knops and Emma Whiteman, both from East Finchley, who took first and second place in the battle to find London's Strongest Woman.**

Personal trainer Emma met massage therapist Gaby at Pure Gym on East End Road and persuaded her to enter the competition. They were called on to squat with weights up to 120kg, repeatedly lift a 35kg log above their heads, hold a 15kg axe in front of them for as long as possible and deadlift as much weight as they could manage.

World's Strongest Man competitor Laurence Shahlaei and four-times Britain's strongest woman Andrea Thompson refereed the gruelling event at Genesis Gym back in January. Emma described it as "brutal" but said she and Gaby were pleased to take the top two positions.

She said: "Weight work has so long been seen as a male-dominated sport, but competing against 15 other women was a wonderful experience. And to place second behind Gaby made me feel really proud that I had introduced her to this sport. "For me, it was great to see so many women involved in a strength sport. Resistance work is so important for women, particularly as we get older. Women who use resistance work as part of their exercise routine have a higher bone density, which can help prevent osteoporosis in later life."



Strong women: Emma Whiteman, left, and Gaby Knops celebrate first and second place.

Follow Gaby on Instagram @beyondbasetherapy and Emma @north\_london\_lifter



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