



On stage: Comedian and writer Mark Maier

## Stand-up comedy will return to the Stag

By Mark Maier

**In my 25-plus years of being a stand-up comedian, I've often heard people say "I don't know how you can stand up on stage and tell jokes." Well, after a six month enforced absence from the job I love, I was beginning to wonder the same myself.**

I've travelled the world performing stand-up comedy. From Australia to Dubai, Mumbai to Cape Town, finding places for people to find the funny has never been an issue. And then lockdown. Comedy clubs are closing their doors left, right and centre at a time when, ironically, the country needs to have a laugh.

I live in Muswell Hill and have been running a monthly comedy night for the last ten years in a variety of venues in and around N10. With government guidelines dictating our every move, I am absolutely delighted to have found a new home at The Bald Faced Stag in East Finchley.

### Bald Faced Comedy

Our first show back was to a packed house/restaurant, with all

## Lockdown limericks

**Are you starting to think you can't cope?**

**Are the ifs and buts wearing down hope?**

**It's really no trouble To make your own bubble. Just reach out for a big bar of soap.**

*Daphne Chamberlain*

**There was a young lady called Iris, Who didn't believe in the virus. She partied and dined With friends of like mind, That late lamented girl Iris.**

*Greta Sadur*

social distancing and guidelines very much in place. The evening was a tremendous success and I look forward to many more nights of fantastic comedy here, government guidelines permitting.

Our Sunday night shows feature three superb acts and I can promise, with my many years of treading the boards with my fellow comedians, all performers are of an extremely high standard.

Past shows have featured the likes of Stewart Lee, Harry Hill and Alan Davies which is one of the reasons we sell out, month in month out.

Until lockdown returned, the next sell-out show had been due for Sunday 8 November. Book ahead for the show on Sunday 6 December.

## The Archer on the move

**The Archer's website is now easier to use on your mobile phone. Our online pages have been redesigned to make it quicker to find important information like contact details and deadlines, and simpler to read our latest edition or search and browse past editions of the newspaper in our archive stretching back to 1993.**

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

Our church building is now open for worship.  
**Sundays: Holy Communion @ 9.30 am**  
We continue to meet online for prayer and mutual support:  
**Morning Prayer: Monday to Friday at 9.00 am**  
**Bible Readings and Prayers: Sunday at 11.00 am**  
If you would like to join in prayer or 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

# Abigail does a repair job on her own career

By Ruth Anders

**This time last year, Durham Road resident Abigail Brambilla could hardly have imagined the avenues down which the Covid-19 pandemic would take her. Fortunately she has the transferable skills to give her a certain degree of flexibility.**

Starting life as a shoe designer, Abigail went on to become a design technician in schools. Until lockdown, she worked with local students, teaching them how to make a variety of products in wood, metal and plastic. A new role in a school was due to begin at Easter but the pandemic caused many international students to cancel their attendance, and Abigail's new contract was withdrawn.

### A second life for clothes and furniture

Never one to sit on her hands, she thought about what else she might do in the very changed environment, and hit on the idea of launching a new initiative called Tuck, Pin & Repair, offering tailoring advice, clothing alterations and upholstery repairs direct to your door.

Abigail told The Archer: "I'm committed to keeping costs down and I can work with anything from a staple gun to a needle and cotton."

Happy to work with soft furnishings of all descriptions including loose covers and curtains, she has also recently restored an old Parker Knoll chair, sanding the very tired looking timber back to its virgin beech. A new and contemporary looking item has risen phoenix-like from something that many would have taken to the tip.

She's particularly keen on reducing the amount of consumer shopping by helping the local public to "give their clothes and furniture a second life". Passionate about recycling, she admires the achievements of No2PlasticsN2. "We're not doing enough fast enough", she said, adding that "If the dustbin collectors announced that they would no longer collect plastic, cardboard or general waste, our habits would change overnight."

Abigail can be contacted on 07951 268452 or via [abigail.brambilla69@gmail.com](mailto:abigail.brambilla69@gmail.com)



Making and mending: Abigail Brambilla

## Don't forget to breathe

By Sunnah Rose

**The simple breath, often taken for granted, is so important in our everyday lives, but even more so in these challenging times. When we breathe well and deeply our bodies and our health benefit so much.**

Good breathing, and by that I mean deep breathing, helps restore diaphragm function and increase lung capacity, which in turn lessen feelings of anxiety and stress and help us to exercise and sleep better.

So how do we breathe better? Below are some short, simple exercises to try at home, sitting upright or lying down with your spine lovely and long.

When you try any of these breathing exercises stay relaxed and don't force anything. If possible practise each for two to three minutes and then spend a few minutes at the end noting how you feel. I enjoy practising with my eyes closed but do what feels right for you.

1. Breathe through the nose: seems simple but apparently over half of us breathe through the mouth. So place your lips together and try to inhale and exhale without force through the nostrils. The nose is designed for our breath and allows more oxygen into our body
2. Inhale 4, Exhale 4: Still breathing through the nostrils and adding a count will help us to start to control the breath. This helps us to lengthen the exhale which is associated with our relax response, as well as helps us to stay focussed. I suggest the count of 4 but if you naturally breathe in for less or more then try making the exhale the same length as the inhale.
3. Inhale 4, Pause 2, Exhale 6: Once you feel comfortable with the breath add a hold at the end of the inhale. This gives the breath time in the lungs and also helps encourage the exhale to lengthen. That's why I have added an extra 2 counts.

*Sunnah is a longstanding yoga teacher based in East Finchley. She runs yoga, pregnancy yoga and postnatal yoga classes and one-to-one and private group sessions. For more information on her and her current teaching schedule visit [www.stretchingpeople.co.uk](http://www.stretchingpeople.co.uk)*