



Glad to be home: Denise Wyllie signs prints at one of her shows.

Artist makes the most of staying put

By David Melsome

Artist Denise Wyllie was used to making regular trips to Japan and Russia to find inspiration for her work from natural landscapes and flower gardens.

With Brexit hindering artist travel to Europe and lockdown affecting countries further afield, Denise has had to adapt to life closer to home at her studio in Long Lane, N2, and with her family in Bristol.

But she found the natural world can be just as revelatory wherever she works. She said: "In truth, I think I missed the people I usually meet and stay with more than the exhausting travelling and work I put myself through. "Ordinarily, I would have been

fuelled by the experiences of travelling solo through Japan and following the news reports on the areas where cherry blossom is flowering. Instead, I was cosy with my family, painting the wild, hidden nature spots here in the UK."

Denise's international connections are still alive and well. She held her annual French printmaking event at her studio last month and she is putting together an exhibition of her work in Finland this summer.

Plant your own wildflower reserve

By Piers Reilly

This past year has shown us all the value of simply existing outside. Green spaces of all shapes and sizes became a refuge to take a break, get some exercise, and meet with friends, all while admiring the beauty of nature.

We are lucky to have a prime example of a green haven in our neighbourhood, the Long Lane Pasture. Blanketed in wildflowers from spring through to autumn, with its butterfly border attracting insects throughout the year, it is a pristine example of what a group of determined volunteers can do and has allowed wildlife to regain a foothold.

It is not as though we can all have a nature reserve for a garden. However, after talking with Linda Dolata from the pasture team, this is exactly what I am suggesting, though on a smaller scale.

Right time, right place

Wildflowers are easy to grow, thrive in poor soil, enjoy a bit of neglect, and provide a multitude of food and habitat for wildlife. They can be planted in a lawn, a pot, or a cut-up plastic bottle. You can get seed mixes for all locations, ranging from those containing taller speci-



Untamed beauty: Wildflowers at Long Lane Pasture

mens such as mighty sunflowers, to smaller mixes focused on buttercups and daisies, with bountiful poppies and cornflowers holding the middle ground.

Look for the bee-friendly logo, or go straight to charities supporting bees who will send you a packet of seeds for the cost of postage. June is the perfect time to plant wildflower mixes to have a kaleidoscope of colour all through to late autumn and, even for those without a green

thumb, it couldn't be simpler.

Pop some soil into a container with some drainage holes, scatter your seeds in, lightly cover with more soil and you're sorted. Keep it damp, place it in some sunlight and in a few weeks you'll have a beautiful display. They are the perfect project for children to look after, and by doing this we can expand the overall habitat friendly to wildlife across East Finchley.

Eat to boost your happy hormone

Nutritional therapist Serena Coan, who lives in East Finchley, shares tips for supporting your mental health through nutrition as we ease out of lockdown.

While many of us are enjoying the return to normality, having a sense of anxiety around this new freedom is not uncommon. It's likely most of us will be feeling this to some extent and looking after our mental health is as important now as it was when we were in the strictest of lockdowns. So how can we continue to prioritise our mental health?

With the pace of life picking back up, perhaps your meals have returned to being quick and easy plates; not a problem, nutrition doesn't need to be complex. Here are three key things we can focus on for mental health.

Healthy gut, brain and mind

1. Our gut acts as a major game-player in mental health by producing 90% of our happy hormone, serotonin. The gut loves variety so ensuring an abundance of plant foods can encourage optimal function. Ideally, we should aim for 30 different plant foods each week, including fruit, vegetables, herbs, beans and pulses.

2. Healthy brain function is vital for good mental health, and our brain is made up of 60% fats, meaning prioritising healthy fats in our diet is vital. Healthy fats

should be a small part of each meal and can be found in oily fish (sardines, salmon, trout, etc), avocados, extra virgin olive oil, nuts, seeds and good quality dairy products.

3. Mindfulness practices can encourage the body to shift into a 'rest and digest' system, where we not only calm the mind but also support the body's digestive system. Start by simply taking five deep breaths prior to eating.

For more nutrition information contact Serena on info@serenacoannutrition.com or www.serenacoannutrition.com or @theunflappable nut.

Football coach champions children's wellbeing

By Kelly Mason

Professional football coach and mental health advocate Manisha Tailor MBE has published her second teaching resource, aiding teachers in promoting wellbeing for children in a diverse classroom.

After a year where children's lives have been turned upside down by the pandemic, the topic of young people's mental health is increasingly important. Manisha, who has 19 years' experience in education, has spent her career championing inclusion, equality and the importance of sport in connection to mental health.

In her new workbook *50 Wellbeing Lessons for the Diverse Primary Classroom: Teaching Through Inclusive Practice*, topics such as anxiety, resilience and bullying are cov-

ered, focusing on inclusivity and the impact of discrimination. It includes detailed lesson plans, discussion points and classroom activities.

Manisha's path

It was the struggles of Manisha's twin brother, who suffered with severe mental health issues, which led her to a career in football, eventually becoming the first woman of South Asian heritage to coach a professional team at Queens Park Rangers. Football was a way for her to connect with her brother, but also to engage children in sport and the posi-

tive impact it can have on their wellbeing.

One of her first projects was on Summers Lane, N12, at Wingate and Finchley Football Club, where she set up weekly football sessions for children with mental health conditions. A decade later and Manisha continues to champion minority groups and tackle mental health through football.

50 Wellbeing Lessons for the Diverse Primary Classroom: Teaching Through Inclusive Practice is available on the Amazon, WH Smiths and Waterstones websites now.

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

You are welcome to join us for:

Sunday mass at 10.00 a.m. and
Weekday masses as advertised on the website.
Face masks must be worn for the time being.

Or join our live-streamed services on our Facebook page:

<https://www.facebook.com/allsaintsef/>

The church is also open for private prayer as advertised on the website.

Prayer requests are gladly accepted.

For more information,
contact the Vicar, Fr Ian Chandler, on
020 8883 9315

Email: vicar.saintsabounding@gmail.com
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