



Sudden death: George Smith

The hidden heart condition that killed my son

In our January edition, we reported on the sudden death of George Smith, a team member at Hair 202 in the High Road, N2, at the age of just 24. Here his mother Angela Bosompem-Twum makes an important plea.

Few can comprehend the colossal trauma of losing an apparently young, fit and healthy loved one without warning. But tragically, this is the nightmare bolt from the blue that struck us on Sunday 6 December, when my dearest son George died as a result of a hidden heart condition.

George was probably the healthiest person I know but now my two daughters have lost their only brother. He was just 24 when we came home on that fateful Sunday and found him lying dead on his bedroom floor. We initially presumed he had suffered a fall or had an accident.

George was a healthy child growing up and never seemed to be ill. He was lively, inquisitive and full of life. George went to Muswell Hill Primary school and later to Fortismere. He made many friends and he loved all of them.

After school, George started

hairdressing and was doing well; it was something he had always wanted to do from a child.

George had an undetected heart condition but none of us had any idea as he was fit, slim and strong physically, so we had no reason to think anything was wrong.

Six weeks after he died, the longest six weeks in our lives, we learned that George had died of sudden cardiac death. We are currently receiving support from the charity Cardiac Risk in the Young (CRY). All of us are going to undergo testing to make sure no inherited

heart conditions run in the family and we now want to help raise awareness of underlying heart conditions in George's name. We'd encourage young people to take advantage of heart screenings that are run by CRY for 14 to 35-year-olds. It's so important, as a lot of people only get it done once they've lost somebody, because they didn't know about it beforehand. We know now that if George had had it done, there might have been a different outcome.

Find out more at www.c-r-y.org.uk or call the charity on 01737 363222.

Thoughtless dumping causes station book stall to close

By Daphne Chamberlain

Thoughtless behaviour by a tiny minority of people has threatened the future of the book exchange at East Finchley station, which until now has always functioned brilliantly and proved very popular. Some users have called it a lifeline in recent times, and similar bookstands are a valued feature of other Underground stations. Recently, however, the area around it became a dumping ground, and last month it was closed.

Last month, however, the area around it became a dumping ground, and users were dismayed to see the facility removed from the station entirely for nearly three weeks.

Local resident Lynn Winton, who started the book exchange three years ago, told *The Archer* that at some time between two of her daily visits it had been left in a terrible state.

She said: "Piles of books had been left there, despite there being clearly no room for them. Also a deckchair! For the station superintendent it was the last straw, as the week before other idiots had left bags of old clothes and goodness knows what else. It only takes one or two of these people to ruin it for everyone. Probably as a result of charity shops being closed, people are just looking to selfishly dump stuff wherever they can."

Lynn immediately wrote to the station superintendent, asking for the exchange to be reinstated when non-essential shops were reopened. Then, unexpectedly, almost three weeks later, the original book stall reappeared overnight, this time neatly stocked and with the area around it kept clear to allow for proper social distancing.

Station staff did not give an explanation directly to Lynn but they clearly considered it was safe to reinstate the exchange. It will be important now for anyone who uses and values the book stall to keep it tidy or



Disappearing act: The bookstall vanished for some weeks

station staff may be forced to reconsider and remove it again.

Fun, friendship and everyday adventure

224 North London Air Scouts Group, based in Sheldon Avenue, is for children from 6-14 years and is looking for more adult helpers, writes Derek Chambers.

Does scouting match up to the headline above and what do our young people think of their volunteers? "It's good to get badges for music, dancing and story-writing," says Anna. "And I love the Scout Pantomime each year. The Laser tag night was great. And the silent disco on the Heath!"

"We did fitness on the Heath!" Dan exclaims. "And Dad helped us with orienteering in the woods. The doctor teaching us first aid was good. We've made bird boxes, bug hotels and small engineering projects. And learnt about aeroplanes and Morse code." Normally the scouts would run around a lot but they've had to adapt to

lockdown Zoom meetings. "Scouting at home has been good," says Daniel. "The session when we met the group in Trinidad and Tobago was really interesting." Anna adds: "My mum likes using the home help badge as a way to get the vacuuming done! I really enjoyed that camping at home night where we had the image of a campfire on the TV and ate sausages we'd helped to cook, sitting on the floor."

Whether you want to recapture the joy of your youth, are an ex-RAF or Air Cadet or you're looking for useful experience for your CV, why not get in touch and see what Scouting can do for you as an adult volunteer. Email Del, the deputy group scout leader at enquiries@224northlondonscouts.org.uk or visit www.224northlondonscouts.org.uk.

ARE YOU LIVING WITH A FEAR OR PHOBIA?

Does it baffle and frustrate you?

Does it limit or dominate your life?

There will be a good reason why you have this problem.

HYPNOTHERAPY CAN HELP CLEAR DISABLING FEARS AND PHOBIAS PERMANENTLY, USUALLY IN JUST A COUPLE OF SESSIONS.



Free, no-obligation, introductory chat

Call or email me to find out more:

kathryn@kathrynskorza.co.uk 020 8444 5498 07703 404 839
www.kathrynskorza.co.uk

Martin Primary School
Co-Opted Governor vacancies

Martin Primary School is a large, inclusive and successful community school in East Finchley.

We are currently looking for two committed, and resourceful people to join our Governing Body.

We welcome applications from anyone, but especially people currently not part of our school community. If you are interested in becoming a governor and have skills or experience in any of:

- Human Resources
- Wellbeing Services and Safeguarding
- Grant Applications and Fundraising
- Facilities Development and Health and Safety

Please email our Chair at: office@martinprimary.barnetmail.net
Deadline for applications: midday on Monday 22 March 2021

healthier pizza

nudo

BUY 1 GET 1 FREE

Bring this ad to our store and redeem this offer. Valid throughout March 2021.

70 High Street, East Finchley, N2 9PN