



Reflected glory: Sunset over Cherry Tree Wood. Photo Jackie Briggs



Frozen solid: The lake outside Stephens House was a disc of ice in the cold spell. Photo Ivor Gaber

## Welcome to the Lake District... in the heart of north London!

By David Melsome

Endless weeks of wet weather over the winter have left our parks brimful of surface water, turning grass areas and lawns into no-go areas. At the same time the sudden appearance of mini-lakes has

added a new touch of natural beauty.

The notoriously low-lying field in the centre of Cherry Tree Wood, which is prone to flooding at the best of times and was used historically for watercress beds, has had water lying on it all year so far.

### Wetlands

Our front page photo shows local kayaker John Cormack making the most of the new facility and the striking photo here sent in by reader Jackie Briggs captures the lake reflecting a beautiful winter sunset.

Meanwhile in Stephens House and Gardens, off East End Road, Finchley, the large lawn area popular as a spot for summer picnics was flooded too. Ducks happily moved in to occupy the new pond until one of the cold snaps came along and turned it into a vast

disc of ice, as the photo sent in by reader Ivor Gaber shows.

What both parks need now, and the same goes for anyone with a soaked back garden, is a warm and pleasant early spring to give them a chance to dry out and allow the grass to recover.

## Gifts that come with the personal touch

A designer has started her own business offering personalised decorations that customers can hang around their homes or give as special presents.

Mischa Spiegel started making her designs as a thank you to her carers after spending a long period in hospital before the pandemic struck. She has complex medical conditions which means she needs to use a wheelchair full time and return to hospital periodically. Mischa said: "The first designs

caught people's attention. More and more were interested in purchasing so, taking into consideration the fact that I wanted to give a portion to charity, specifically charities that support disabled people with mobility equipment, I decided to continue. "I love personalised gifts, and realised that others do too. It's something I can do from home and I love designing, making and seeing the end result. It's difficult being disabled and with chronic pain but I can lose myself in creating beautiful gifts for people." Customers are offered a one-to-one consultation and all Mischa's designs are made to order. You can see a sample of her work online at [mischalaurendesigns.bigcartel.com](http://mischalaurendesigns.bigcartel.com) and also on Instagram and Facebook @mischalaurendesigns



Crafty creation: One of Mischa's designs



New business: Mischa Spiegel

## A mural inspired by nature

Local resident and artist Rebecca Miller is leading a free, nature-focused community art project for young people that aims to create an East Finchley trees mural.

The two-month project will get young people involved in weekly, online art workshops and in-person sketching surveys of the trees and nature in their patch of N2 before painting a public mural for the whole community to enjoy at a site to be confirmed.

Rebecca said she wants to encourage others to explore our area and make the most of the rich pool of inspiration that can be found on our doorstep.

The workshops, funded by Grange Big Local's Community Grants Programme, will take place on Saturday mornings at 11am, starting on Saturday 6 March. Sign up by contacting Rebecca at [beccalizmiller@gmail.com](mailto:beccalizmiller@gmail.com).



Free yoga: Sunnah Rose leading one of her classes early last year

## Free yoga classes starting soon

Barnet-based yoga teacher Sunnah Rose has been awarded a Grange Big Local grant to offer gentle yoga for health and wellbeing in East Finchley. These classes will be completely free and are geared towards residents who haven't been able to access traditional yoga sessions before, due to financial or other constraints.

Residents living in the Grange Big Local area bordered by Church Lane, the High Road, the North Circular and East End Road will get first priority for sign-ups but, if there is space, then others from the N2 area will be welcome to take part, with all participants required to sign up and commit

to a three-week run of sessions.

Classes will be held in person at Tarling Road Community Centre in April, with Covid safety and social distancing practices in place. Times and days will be confirmed. To register your interest, please email [sunnahrose@hotmail.com](mailto:sunnahrose@hotmail.com).

FUN and MUSIC for BABIES and TODDLERS in N2 on **TUESDAYS** and **THURSDAYS** at 10am



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### St Mary's Catholic Church

279 High Road, East Finchley

St Mary's Church is open for Mass.

Details of Mass times can be found

on our website at:

[www.stmaryseastfinchley.org](http://www.stmaryseastfinchley.org)

Please join us either in person or online via:

[www.saintmarys.online](http://www.saintmarys.online)

For any other help or information please phone us on 020 88834234 or email [finchleyeast@rcdow.org.uk](mailto:finchleyeast@rcdow.org.uk)