



A place for teenage girls to talk safely

By Ruth Anders

One of the issues especially relevant to our troubled times is the wellbeing of our teenagers. In Kitty Nontle Dube's case, this is particularly true of teenage girls, as she has two of her own. Seeing the challenges faced by young people today, Kitty is launching an online and in-person programme called Live Well Teen Well that aims to tackle them head on, including bullying, social media pressures and bereavement.



Forum: Kitty Nontle Dube

"Covid has thrown all this into sharp relief," Kitty told *The Archer*. "Young people need a forum where they can share ideas and get professional advice about a raft of issues. They often find it difficult to talk to their parents, and I believe that talking to a professional and also in peer groups can really help to reassure and inspire them."

She added, "If I had had some one to talk to, a place to go with my problems, I would have made better life choices. I would also have had more understanding for other people's problems."

Acknowledging that teachers don't have time to deal with the very common issues

faced by young people, Kitty plans to run private sessions, family sessions and hopefully sessions in local schools.

Experience and qualifications

Born in Johannesburg, Kitty moved to England when she was 15. She worked for the NHS at Highgate's Mental Health Centre, at St Pancras Hospital and at the Whittington Hospital, where she ran three physio clinics. She recently completed a Postgraduate MSc Psychology of Education at UCL and a psychodynamic practice at Birkbeck. She is now concentrating on working with schools to develop a viable in-house programme which from January will be offered to schools in East Finchley alongside those in other areas of North London.

Contact

Talking to Kitty is a very cheering and uplifting experience. Her enthusiasm and energy are infectious, and the passion she feels for her subject shines through. Find out more about Live Well Teen Well on Facebook by searching 'YoungPersonWellbeingCircle' and by email: kitty@livewellteenwell.onmicrosoft.com

Take a seat for a simple form of talking therapy

By Diana Cormack

Two years ago, Cardiff resident Allison Owen-Jones came up with an idea to help people let others know that they were open for a chat. She made notices for public benches which said: "Happy to chat bench. Sit here if you don't mind someone stopping to say hello".

Her simple idea to tackle loneliness soon spread all over the world. Now hopefully it could be adopted in N2 with the help of the East Finchley Community Trust (EFCT).

Covid-19 prevented the group's previous plans coming to fruition, but they are now asking advice from Barnet Council's Streets and Environmental Team on the feasibility of having a designated bench somewhere on our High Road.

Sam Tarjan, of EFCT, told *The Archer* it would be easily identified by its yellow colour with an explanatory plaque and

clearly marked seating spaces. Questions about funding and upkeep as well as position need to be answered, as well as any health and safety issues.

However, with loneliness being recognised as a significant result of the pandemic situation, a chat bench might be the means to a happy ending. As Allison said: "All of a sudden you're not invisible anymore."

If you have any comments, thoughts or ideas about a happy to chat bench (or can think of another name) please email them to eastfinchleycommunitytrust@gmail.com and/or send them to *The Archer's* Letters page (contact details on page 2).



Quiet, please: The cameras roll during filming for *The Beautiful Game* in Cherry Tree Road. Photo Mike Coles

Football comes home... to the perfect corner house

By Diana Cormack

A film crew set up lights and cameras outside a house at the junction of Cherry Tree Road and Summerlee Avenue, N2, to shoot scenes for a new Netflix movie.

Householder Heidi Allsop told *The Archer* that their house had been chosen by a location team needing an end house for a particular scene. It was the last one of the shoot so, upon completion, other cast members bearing bottles turned up to celebrate.

The film crew had gradually

moved in with all their paraphernalia to an area close to the park entrance on the afternoon of Saturday 9 October. By dark, little action seemed to have taken place. One onlooker later saw actor Callum Scott Howells (*It's a Sin*) walk to the front door and have brief exchanges with a lady who answered it.

Callum plays Nathan alongside some other up-and-coming young actors in the Netflix film *The Beautiful Game*. Based on a true story, it is about a team of homeless English footballers managed by Bill Nighy who takes them from London to Rome to compete in the annual Homeless World Cup.

Laptop loan scheme for older adults

A laptop loan scheme for older people has been launched by Age UK Barnet, which lends laptops to older residents and supports them to get online.

"We're excited about reaching out to those older people who have not bought a computer, maybe out of fear or simply because they can't afford one," said Mandy Hong from Age UK Barnet, who is coordinating the laptop loans. The idea is that getting con-

ected online will help improve physical and mental wellbeing as well as social lives, hopefully reducing feelings of loneliness. "Once someone's been set up on their computer, they can come along to one of Age UK Barnet's digital inclusion sessions where they'll be shown how to manage

everyday tasks such as paying bills, and we will also link them up to online exercise and social activities," added Mandy. If you or someone you know would really gain from the laptop loan scheme, phone 020 8432 1415 or email mandy.hong@ageukbarnet.org.uk.



The Finchley Charities have been providing quality sheltered housing in a supportive community environment, across three sites in East Finchley and Finchley Central.

If you have lived in the Borough of Barnet for at least five years of your life, we can provide homes for individuals and couples aged over 55, in need of sheltered housing and able to live independently.

If this sounds like you or someone you know in need of a new home, please contact us on: 020 8346 9464 or email: info@thefinchleycharities.org to discuss eligibility.

020 8346 9464
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