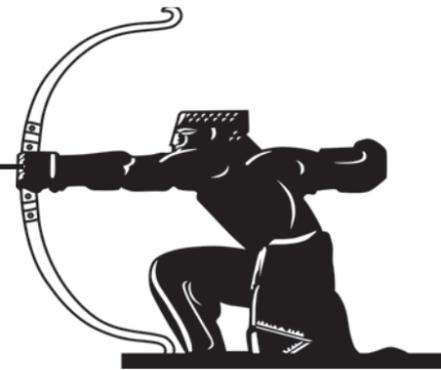




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The Archer

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A community newspaper for East Finchley run entirely by volunteers.

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Voicemail (messages only) 0800 612 0748 for editorial and general enquiries or 0800 612 4027 for Advertising enquiries only

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If you have a story for us, please contact us at the above address. Comments to The Archer may be published unless clearly marked 'Not for publication' within the text.

Copy deadlines – **November: 15 October, December: 12 November**
January: 10 December

USEFUL TELEPHONE NUMBERS

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Barnet Council 020 8359 2000	Childline 0800 1111	MIND 020 8343 5700
Recycling & refuse 020 8359 4600	Citizens Advice Barnet 0300 4568365	National Blood Centre 0845 7711 7711
Benefits 0800 882200	Cruse Bereavement Care 0808 8081677	
Haringey Council 020 8489 0000	EF Advice Service 0300 4568365	Crime
Recycling & refuse 020 88857700	Lone Parent Centre 020 3828 4834	Emergency 999
Benefits 020 8489 2800	Missing Persons Helpline 116 000	Police non-emergency 101
	National Debt Line 0808 156 7718	CrimeStoppers 0800 555111
Leisure	NSPCC 0808 8005000	Victim Support 0845 303 0900
Alexandra Palace 020 8365 2121	Rape Crisis helpline 0808 802 9999	
East Finchley Library 020 8359 3815	Refuge Crisis Helpline 0808 2000 247	Hospitals
Everyman, Muswell Hill 0872 436 9060	Relate Helpline 0300 100 1234	NHS 111
Garden Suburb Library 020 8458 3301	RSPCA 0300 1234 999	Barnet General 08451 114000
Muswell Hill Library 020 8489 8773	Samaritans 116 123	Edgware General 020 8952 2381
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Tarling Rd Community Ctr 02070186560	SENDIASS Haringey 020 3667 5233	Oak Lane Clinic 020 8346 9343
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Heathrow Airport 0844 3351801	Barnet MENCAP 020 8203 6688	Age UK 0800 169 2081
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	Drugs Helpline 0800 776600	

Have you seen my sun-tower?

Teresa Harrison must have a magic touch when it comes to sunflowers because the ones she planted in her front garden in June have grown to astronomical heights and become a talking point for the whole neighbourhood.

In spite of the cloudy summer, all the plants have shot up in the front garden of her home in Lincoln Road, N2, with the tallest reaching an incredible 19ft from base to petals, supported by a thick stem.

Bloomin' marvellous

Looking out from her front windows, Teresa regularly sees children and their parents stopping to point and admire the lofty blooms. She says they have brought a bit of cheer and positivity for herself and her neighbours after the gloom of lockdown.

Sunflowers are easy to germinate and don't need much attention while growing. Very early in their growing life they turn their heads to follow the sun but tend to stop doing that once they reach maturity. As high as Teresa's flowers are, they still have some way to go to beat the sunflower world record, which currently stands at an amazing 30ft 1in, grown by Hans-Peter Schiffer in Kaarst, western Germany, in 2014.

Are there any rivals to Teresa's tall sunflowers? If you live in N2 and can boast a champion bloom, send a photo to The Archer.



Head for heights: Teresa Harrison and her sunflowers. Photo Mike Coles

Afghan families to be resettled in Barnet

By Janet Maitland

Barnet Council has responded to the humanitarian crisis in Afghanistan by offering to take five of the thousands of Afghan families fleeing the Taliban. They will be given indefinite leave to remain in the UK and housed in the private rented sector.

"I am proud that Barnet is living up to our reputation as a welcoming family friendly borough by supporting those in need," said Cllr Dan Thomas, Leader of Barnet Council.

We asked the council how they decided on the number of households they would help. "We wanted to make an offer we knew we could deliver," said a spokesperson. "We took into consideration the various pressures on our local housing sector, and what we could afford if the council need to support any ongoing rental costs. Families will receive a package of support including English language lessons and advice on training and employment."

ARAP scheme

The council's offer is part of the Government Afghan Relocations and Assistance Policy (ARAP) which aims to rescue those who have worked for the

British armed forces or British Embassy in Afghanistan over the last 20 years who are at risk of imprisonment, torture or death. It is estimated that 7,000 of the 15,000 recent arrivals from Afghanistan are ARAP claimants.

Councils receive £20,520 for each person in the ARAP scheme, spread over three years. At a national level, government funding for ARAP includes an extra £3 million for the NHS and £12 million for extra school places. There will be £10 million for housing costs, spread over three years.

Further resettlements planned

The government is also planning another resettlement scheme, in addition to ARAP, which will take 5,000 people in the first year and up to a total of 20,000 'over the coming years', aimed at Afghans most in need, including women, girls and children. We asked if the council would help more Afghans when this is launched. "We don't yet know what the 'ask' of local authorities will be," said a council spokesperson. "Once we know more, we can take a decision."

Other ways to help

If you would like to help a refugee family into your neighbourhood and support them as they restart their lives, the Community Sponsorship Scheme enables groups of friends, neighbours, charities and faith groups to do this. For information, go to www.resetuk.org

PLANNING APPLICATIONS

Barnet Council

- 14 Bedford Road, N2**
Roof extension involving L-shaped dormer. Two front roof lights.
- 2 Briar Close, N2**
Front and rear access ramps with associated handrails.
- 18 Cecilia Close, N2**
Canopy to rear.
- 247 Creighton Avenue, N2**
Roof extension involving rear dormer window and two front roof lights. Conversion of garage into habitable space. Replacement of existing garage door with window.

- 174 East End Road, N2**
Roof extension involving rear dormer window and two front roof lights.
- 213 East End Road, N2**
Single-storey rear extension.
- 4-5 King Street, N2**
Details of cycle parking /storage and refuse/recycling store), pursuant to planning permission.
- 19 Lewis Gardens, N2**
Single-storey rear extension, depth of 4.6 m, maximum height 4 m, eaves height 3 m.
- 34 Oakview Gardens, N2**
Three-storey side extension.

- Alterations to front fenestration.
- 67 Summerlee Avenue, N2**
Rear outbuilding.
- Haringey Council**
- 189 Creighton Avenue, N2**
Hip-to-gable roof extension; rear dormer roof extension; front roof lights.
- 14 Ringwood Avenue, N2**
Lawful Development Certificate for rear dormer roof and roof lights.
- 29 Ringwood Avenue, N2**
Outbuilding to be used as artist's studio.

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Primary school playing field ‘no place for a phone mast’

By John Lawrence

Parents and governors at Martin Primary in East Finchley are fighting plans to install a phone mast immediately next to the school’s playing field

Hutchison 3G Ltd is seeking to install a 15m high pole with three separate cabinets to improve high-speed 5G signals in the area. The mast and cabinets would be situated on the High Road on the strip of grass that runs along the edge of the playground field, between the school and East Finchley Library.

When the mast was originally proposed at the end of 2020, there were 213 public comments lodged, 209 of them raising objections. School governors, parents and The Finchley Society all said next to a primary school was the wrong site for a phone mast.

In February, Barnet Council turned down the proposal but the phone company has taken it to appeal and now the new closing date for public comments is Thursday 7 October.

School’s and council’s concerns

Mez Raja, a parent governor at Martin Primary, said the school was urgently considering how to engage with the appeal. “Although the school is not against 5G technology itself, it seems to us that there should be more appropriate sites to situate the mast,” he said.

The school’s formal objec-

tions cite the unknown health impacts on children and adults of telecoms masts, the aesthetic impact of a large structure to the school’s surroundings, and the fact that the mobile 5G technology would bring no benefit to the school, which uses cables in the ground.

One of the reasons Barnet Council turned down the original application is that the proposed mast site is very narrow and therefore the mast and its cabinets could present obstructions to pedestrians on the pavement.

Case for phone mast site

For its part, Hutchison said high-speed mobile connectivity was “the lifeblood of a community... providing access to vital services and improving communications, with associated commercial benefits for local businesses, enabling e-commerce and working from home”. It said the height of the mast had been kept to a minimum and it would be sited amongst existing trees to minimise its visual impact.

Anyone wishing to make a comment about the appeal can do so by 7 October online at <https://acp.planninginspectorate.gov.uk/> by entering case number 3271788.

Prescription costs campaign goes on

Age UK have sent out “a massive thank you” to everyone who responded to the Government’s consultation on prescription charges for 60-65s in England. They say: “Over 39,000 of you responded. We’ve made sure our voices have been heard, loud and clear. Age UK and 23 other organisations have also written directly to the Health Secretary, urging him to rethink this potentially disastrous proposal.”

Whatever the outcome, people who receive certain benefits or with certain medical conditions will still get free prescriptions.

There are some options to help with costs related to this proposal. To check if you are entitled to any financial support, please call the Age UK Advice Line on 0800 169 65 65 or NHS Help with Health Costs helpline: 0300 330 1343. More links to assistance are on www.ageuk.org.uk/campaigns.



Jump for joy: A bulldog has some fun at the All Dogs Matter show. Photo Paul Abrahams / Ginger Pet Photography

The bulldog and the bubbles

By John Lawrence

Sometimes you’ve just got to jump to it, and this bulldog certainly did that chasing some bubbles at the All Dogs Matter dog show in Highgate Wood on Sunday 12 September.

Dozens of canine pals turned out to enter for rosettes or just to watch from the sidelines, many of them rescue dogs who found their families thanks to the East Finchley charity’s work. All of them mixed happily and were on their best behaviour throughout, seeming to enjoy the company of so many other dogs. There wasn’t even much barking. The event was hosted by actor Michelle Collins, who kept the judges on their toes and chatted to owners as they paraded round the ring with their pooches. All Dogs Matter is based in Aylmer Parade, N2, and has been working for years to rescue and rehome animals. Last year alone, the organisation rehomed 300



All smiles: One dog photobombs another’s portrait shot at the show. Photo Paul Abrahams / Ginger Pet Photography

dogs with new owners. Its annual dog show, which they were unable to hold last year, is a crucial event for raising much-needed funds as well as awareness about their work.

Groceries to go

The former HSS Hire shop on the High Road, N2, near the junction with Creighton Avenue, has been turned into a distribution point for the new 24-hour online shopping service Zapp.

The large property is now full of shelving containing a range of essential household items which the service claims it can deliver to local addresses within minutes, using a fleet of all-electric bikes and mopeds.

London-based startup, Zapp, has a number of dark stores across central London and employs its riders directly. Their emphasis is on urgent needs and impulse purchases and their stock includes everything from snacks to over the counter medicines.

Find out more at tryzapp.com

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N2United reunited

East Finchley’s community and business network celebrates its 5th birthday in October and is bouncing back with its first in-person meeting in over a year.

The free networking meeting is open to all local residents, businesses, traders and community groups and will take place at East Finchley Constitutional Club, The Walks, at 7.45 pm on Thursday 14th October.

See www.N2United.co.uk for details of how to join.

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Time to relax: Volunteers at the Archer Academy community garden funded by GBL

Free fun day is open to everyone

By Erini Rodis

The Grange Big Local team is hosting a free fun day next month with something for everyone, including crafts, activities, music and refreshments. All are welcome to the event, which will take place in Tarling Road, N2, on Saturday 6 November from 12pm to 4pm.

Grange Big Local (GBL) is the organisation set up to use lottery funding to improve and regenerate an area centred on the Grange Estate but many of its projects bring benefits to people across East Finchley.

Two great projects

One example is the funding of the Archer Academy's new community garden, whose designer Rachel Harvey says: "Thanks to GBL we managed to transform a wasted piece of land into a really powerful resource... bringing together our school community when it needed it most coming out of lockdown. Now the garden is flourishing and the children love it."

Aku Adjei, who was helped to organise some drum workshops in Tarling Road earlier this year, said: "I love that we reached many more through the playing of the drums. Some residents in their homes just followed the sound, mesmerised by the drums".

Looking to the future

The free fun day will also be a chance for the GBL team to



Masquerade: These masks were made by children at a GBL funded summer school

hold their annual general meeting and to talk to residents about future projects like having a community fridge, piloting a Universal Basic Income scheme, setting up a Youth Forum, and improving the run-down underpass between Trinity Road and Manor Park Road. Volunteer board member Sandy Barker said residents valued greenness and wanted more opportunities for children to

play, plus activities and work experience for teenagers. Adults wanted spaces to meet, talk and exercise.

And the line-up is:

The line-up for the free fun day includes: Aku's Drum Workshops; North London Music's Tuesday Club; Daisy Hale, of East Finchley Jungle; yoga for teens with CharmD; gentle yoga with Sunnah Rose; Ines Lanza's Go Flow With Sourdough; Art for All with Vanya Georgieva; Akana's Improv 4 Teens; Acting for Health; Little Volcanoes Science; Age UK's Shopping Bus; SOTO Summer Scheme; Tarling Road Little Garden; Forest School with Wild About Our Woods; East Finchley Tree Mural; Friends of Market Place Playground; Barnwood; N2 Mums Speak; First Aid training courses; and Hygiene Bank Barnet supplies.

SAFER NEIGHBOURHOODS

LOCAL POLICE, LOCAL KNOWLEDGE

Jan Lovell, of the East Finchley Safer Neighbourhood Team, updates us on the latest crime news. Jan and the team can be contacted by email at: EastFinchley.snt@met.police.uk, or by phone on 020 7161 9014. Follow the team on Twitter @MPSEastFinchley.

Cycle thefts

Although I am pleased to let you know that there were no house and business burglaries in East Finchley in August, there were five break-ins to sheds, garages and cycle stores, and high-end cycles were stolen from them. An arrest has been made in the borough where there was evidence of stolen cycles being handled.

You can register your cycle at BikeRegister.com and for a small charge purchase a cycle marking kit, which includes a label clearly stating the cycle is marked.

This not only discourages a thief, but if the cycle is stolen and found in the possession of someone else, police can use the mark to prove it is stolen, arrest the person and return your cycle to you.

Please do look to your shed, garage and cycle store security, according to the value of the goods you keep there. An excellent extra measure is a heavy duty chain through the cycle and around a fixed pole or floor staple.

Report crime

Report crime by calling 101 or in an emergency call 999. Remember, you can also report crime online on our website: www.met.police.uk



Party: Residents dance to Balkan band, Shunta. Photo: Alison Roberts

Dancing in the street

Leslie Road residents made the most of the mild weather with a street party on 12th September. Neighbours brought dishes to share and Balkan folk band, Shunta, whose drummer, Seppi, lives in Leslie Road, got everyone dancing.

Play group open again

A popular play group is restarting after being forced to close during the pandemic.

The free group, led by Lenka and Jean, meets in East Finchley Methodist Church, on the High Road opposite the junction with Creighton Avenue, every Tuesday and Thursday from 9.30am to 11.30am. Parents and guardians of children aged up to four are welcome to drop in for fun and activities.

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Before and after: How the wood entrance looks now, left, and an artist's impression of the new layout

Facelift for a greener gateway to the wood

By Debbie Linton

The Friends of Cherry Tree Wood have put forward a plan to radically improve the High Road entrance to the park opposite East Finchley tube station. They would like to change the tarmac area outside the current entrance into a green space with an improved path and gateway to make it more attractive visually and to give easier access directly from the High Road pavement.

Barnet Council has already marked the Park House site next to the entrance as an area for potential development for community use and housing. The proposal by the Friends group involves the small end section of Brompton Grove, between that site and the park entrance.

A new natural open space would be created, designed to complement the ancient woodland and improve shade and pollinator activity. Did you know that a B Line runs through Cherry Tree Wood, part of a nationwide network of 'insect

pathways' and wildflower-rich habitats in Britain's countryside and towns?

The proposals to extend the wood are on the Friends website at friendsofcherrytreewood.home.blog. At the East Finchley Festival last month, many people signed the petition asking Barnet Council to allow the extension. If you want to sign the petition it is now online (you have to create an account on the Barnet Council website) at <http://barnet.moderngov.co.uk/mgEPetitionDisplay.aspx?id=156>

Next meeting and litter pick

The next Friends of Cherry Tree Wood meeting will be at 7pm on Tuesday 5 October and everyone is welcome. Get in touch for further details or about anything else by emailing friendsofcherrytreewood@gmail.com Litter-picks are held on the second Sunday of every month. The next one will be at 4pm on Sunday 10 October meeting near the tennis courts. Again, everyone is very welcome and all equipment is provided.

Look out, squirrels! Now the rats are in the trees

By John Lawrence

Anyone walking through Cherry Tree Wood over recent months, particularly near the High Road entrance, will probably have spotted one of the park's growing population of rats crossing the paths and scurrying through the undergrowth.

Heavens above: A rat in the branches overhanging the path in Cherry Tree Wood. Photo Josh King



So bold are the rats becoming that they seem to be completely taking over the territory of the grey squirrels who have lived there for many years. Photos we were sent by reader Josh King show one particularly large rat up in the branches of a tree overhanging the pedestrian path. Rats have always been found near the railway line, and some will say that squirrels are just rats with furry tails, but there has undoubtedly been a massive increase in rat sightings in the last six to 12 months, with many being reported when the wood was full of visitors for the East Finchley Festival last month.

Bold as brass

Josh told us: "When I take the dog for a walk, I hear what

sounds like rain in the trees above us. When I look up I can often see the rats up there and I guess it is only time before one falls on someone... "I have also noticed they are becoming increasingly brave on the ground, gathering in groups on paths until the very last moment when they scurry away into the bushes on each side of the path. A nest of rats has also been seen in the fallen trunks by the playground. "It's pretty off-putting to walk down that path and no one wants to hang around, which is a shame for our small piece of green space. We have on one hand the local community trying to make that part of the park nicer with their new plants and

butterfly patch and next to it are rats dining out. Before they take over something has to be done."

Residents in neighbouring roads have told *The Archer* that they regularly see rats in their gardens backing onto the wood and some won't leave their back doors open now for fear of them getting in the house.

Council response

A Barnet Council spokesperson said: "Our pest control team visited Cherry Tree Wood to identify and target rat nests near specific locations where vermin sightings have been reported. We remain committed to tackling this issue in the most effective way possible, without using methods that may put other local wildlife or domestic pets at risk."

Café opens to crowds in the park

By Diana Cormack

The last Sunday of August saw the long-awaited opening of Cherry Tree Wood's café in the newly refurbished kiosk opposite the tennis courts. Queues formed throughout the day and by 4.30pm there was standing room only as the group Rangoon performed Country and Western style to the appreciative audience at the opening event.

There were more queues at the café during East Finchley's Late Summer Festival and complimentary comments about the products they provide have been appearing on local media. As we reported in August, leaseholders Sharon Harding and Sharon Hall have future plans for performances by local musicians and artists as well as activities marking annual events. This month may see Sunday jazz

sessions and special activities for Hallowe'en.

They told *The Archer* that the response from locals has been overwhelming: "We're so lucky to have had such support from people. They have been so welcoming and have even thanked us when it's us who should be thanking them."

The café is open from 9am to 5pm daily with some shelter at the side to avoid showers.



Musical opening: Rangoon play for the crowd at the Cherry Tree Wood Café's first day. Photo Diana Cormack

Phoenix hopes for Bond sell-out

The Phoenix Cinema is screening the new James Bond film *No Time to Die* until Wednesday 13 October and is hoping to sell out... even though there will still be some empty seats.

Executive director Oliver Meek said the cinema had decided to keep social distancing measures in place for the time being, leaving a one seat space either side of bookings. "It's been a difficult decision because everyone has a different view on this, but the feedback from our customers so far is that they are reassured that we have these measures in place," said Oliver. "We expect the film to be very popular and we are considering

whether to increase capacity on some shows, but we will only do this if we think audiences will be comfortable. "A new Bond film is always a major cinematic event and we look forward to seeing the cinema busy, but the safety and comfort of our customers will always be our top priority." For details of *No Time to Die* screening times and other films showing, drop into the cinema or visit their website: www.phoenixcinema.co.uk

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Time to relax: Festival-goers enjoying the food and music in Cherry Tree Wood

Like it had never been away!

East Finchley Festival made a triumphant return to Cherry Tree Wood on a sunny Sunday last month after being postponed earlier this year and cancelled altogether in 2020. Rebranded as the Late Summer Social, the festival revived its usual brilliant mix of live music, food, community and friendship for a six-hour event that drew in thousands of visitors.



DJ Pat 'Havemercy' Leacock keeping everyone entertained

It was a major feat of organisation for a hardworking group of volunteers at the East Finchley Festival CIC (Community Interest Company) who put the whole thing together in a matter of weeks once they knew that government restrictions would allow it. And they were joined by dozens more volunteers on the day who signed up to marshal stallholders, help the crowds and sell raffle tickets and merchandise.

The inflatable slides and climbing wall had been replaced by a soccer shoot-out area, a storytelling tent and a wellbeing area for all ages, and space had been left for families to spread out with their picnics. Dozens of local makers exhibited beautiful crafts in the sunshine and a slick contactless food ordering app ensured that there were no queues for food.

Congratulations to everyone involved in staging the Late Summer Social and making it a reason for people in East Finchley to come together again after 18 months of isolation and keeping a distance. And thanks to our own Mike Coles for capturing some of the best moments of the day in these festival photographs. We hope you enjoy them!



East Finchley rapper, WondR WomN



A huge range of local crafters and makers shared their wares



A free karate workshop with Kaishi Karate School



Rangoon headlining the music stage



Kids' yoga with Sunnah Rose in the Wellbeing Zone



Crowd pleaser: People getting into the groove in front of the music stage



Local musician Charlotte Besley performing



Folk group Dorten Yonder

Thank you!

East Finchley Festival CIC would like to pass on their heartfelt thanks to their sponsors, supporters and Friends of the Festival - without whom the festival wouldn't have been possible, in particular Rogers Removals, The Archer, 224 North London Air Scouts and Tax Assist.

Big shout to Almar BSL, ARCmedia, Barnet Council, JG Bryson's Printers, The Exchange, East Finchley Community Trust, East Finchley Constitutional Club, Fetch 22, The Finchley Charities, Finchley Dog Walker, Friends of Cherry Tree Wood, Hughes Design, Kokos Shoes, LBL After School Club, Martin School, The Muswell Hill Club, North London Photography, Phoenix Cinema, Rennie and Partners, Safety Adm1n, Stewart Duncan Opticians, The Windsor Castle, Wow Merchandise and all those who contributed to the Spacehive fundraiser last year.

A big thank you also to the organisations and businesses who ran activities for us, the artists and performers who gave up their time for free, and the many volunteers who helped out on the day. And most of all, thank you to you - the people of East Finchley - for supporting the event!



Councillor Arjun Mittra sampling the ice cream



Crafts in the kids' tent, run by LBL Club



Free tennis coaching with Stormont Tennis Club



Shady spot: Friends and families picnic under the trees



Host Kate Gee singing for the crowd



Stand and deliver: Lisa and Stephen with Ernie the milk float at the East Finchley Late Summer Social in Cherry Tree Wood. Photo Mike Coles.

How a 1972 milk float could be the future of shopping

By John Lawrence

A restored milk float from 1972 called Ernie could be leading the charge on a new way of shopping that brings goods to our doorsteps and reduces the amount of plastic packaging we all use.

Wife and husband Lisa Jones and Stephen Thomas found Ernie on eBay during lockdown and knew right away that he would be the ideal vehicle for their zero-waste venture

called The People's Pantry. They have loaded him up with around 130 staples, including oat milk, pastas, oils and cleaning products, many in refill dispensers and all sourced from suppliers with good sustainability credentials. Customers can book Ernie to make a visit to their road for themselves and their neighbours. At the same time, Ernie's little brother Eric, a former Royal Mail bicycle, can be pressed into action for individual deliveries. At the moment Lisa and Stephen's two-month-old business is most active in Muswell Hill but is already exploring new delivery rounds in East Finchley and other surrounding areas.

Live sustainably

"The response has been overwhelmingly positive," says Lisa. "So many people have been looking for doable solutions to living more sustainably; and the fact that we bring a bit of fun and nostalgia and an old-school sociable element back to shopping seems to really chime." Lisa, whose career until now has been in public relations, and Stephen, whose background is in IT, point out that UK supermarkets alone create 900,000 tonnes of plastic waste per year, of which less than 10% is recycled, so reducing the use single-use plastic is a crucial step for our planet. "Such is the climate crisis, that it is about 'reduce and reuse' now," said Lisa. "Recycle" is a last resort. But it's not really a new concept; we are essentially replicating the historic model of the milkman." Find out more at thepeoplespantry.biz

Are you getting the menopause care you need?

By Karen Finn

Menopause wellness coach Karen Finn says it's critical that women get proper support as they experience this natural decline in reproductive hormones. Here she reports on how it can be a bumpy ride.

A woman reaches the menopause when she hasn't had a period for 12 consecutive months. Her ovaries stop producing eggs, causing a drop in oestrogen and progesterone. This usually happens at around age 51, but the hormonal decline and related symptoms can start a decade before periods end, during the perimenopause.

Most people think it's all about hot flushes, but there are dozens of other symptoms, ranging from memory loss, insomnia, joint pain and low libido to anxiety and depression. A knock-on effect is that romantic relationships, work, family life and friendships can suffer.

Getting the support you need

Women in our community are feeling let down by some GPs. "The first thing my GP did was offer me antidepressants," says Jo, a local resident. "When I said I wanted to try hormone replacement therapy, he gave me a list of medicine options and told me to go away and research them myself." Meanwhile, Cath's

local GP surgery told her that they don't prescribe hormone replacement therapy (HRT) during the perimenopause.

I spoke with Dr Claire Phipps, a local GP with a special interest in the menopause, who confirmed that perimenopausal women can start taking HRT before their periods end. She recommends that women ask whether their surgery has a GP specialising in the menopause. If they don't, they can request a referral to a menopause clinic.

"I'm passionate about arming women with knowledge about their bodies so they can request the treatment they need, whether it's HRT or an alternative," says Dr Phipps. She suggests that women book a double appointment and write a detailed letter to their GP in advance. Her Instagram feed @themenopausesisters has a sample letter and other resources.

Women can also find plenty of helpful information at menopausedoctor.co.uk and menopausesupport.co.uk. For more info on Karen, visit karenfinn.net

A day to celebrate the power of poetry

By Daphne Chamberlain

This year's National Poetry Day is on Thursday 7 October. Always on the first Thursday in October, Poetry Day is a UK-wide celebration of poetry, and the theme this time is Choice. There is also always a basic aim, which is to enjoy and celebrate poetry, and that is becoming more widespread every year.

National Poetry Day is organised by registered charity The Forward Arts Foundation. They say: "Over the years we've had poetry in schools, poetry in burger vans, poetry on the news, poetry on the side of buildings, poetry strapped to the legs of carrier pigeons, and much, much more. We champion excellence in poetry and grow audiences through National Poetry Day, the Forward Prizes for Poetry and annual Forward books".

In case you still need per-

suading that poetry is for everyone and every situation, why not take a look at The Poetry Pharmacy, ISBN:978-1-846-149542, a book by William Sieghart of Forward Arts, who set up National Poetry Day. Here you'll find a selection of poems he calls "tried and true prescriptions for the heart, mind and soul".

Visit nationalpoetryday.co.uk for more inspiration, and keep enjoying and celebrating throughout the year.

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RICKY SAVAGE ...

"The voice of social irresponsibility"

Whistle for it

They say a week is a long time in music, as last week's star becomes this week's has-been. So where does that leave 50 years? Whistling, probably. And it's 50 years since the BBC decided to keep up with the times and launch a proper rock show called *The Old Grey Whistle Test*.

Back then there were only three TV channels and the only other music programme not aimed at the over-50s was *Top of the Pops* and that didn't count if you didn't like pop. So then-controller David Attenborough let the lunatics take over the studio for a late night show and *Whistle Test* was born.

It was different, it was cool and it had all those bands your parents hated. Even the presenter, bearded whisperer Bob Harris, was guaranteed to annoy the oldies, and that made him cool. It was go-to TV for dissolute teens with a healthy interest in mind-expanding substances.

For most of its 17-year lifespan, *Whistle Test* was the only place to go for bands who did albums, not singles. A quick romp through the archives gives you everyone from The Who to The Ramones via The Eagles and John Lennon.

Not that Whispering Bob liked all of them. He thought Roxy Music were too weird, the New York Dolls were mock rock and he looked like he was frightened of Patti Smith. What Bob liked was Californian hippies and soft rockers like The Eagles. The show once had an interview with some stoned West Coast guitarist discussing flared trousers on a beach, which Bob lapped up.

But to give him his due, he did give Bob Marley his first outing on TV, let David play Queen Bitch, introduced us Brits to Bruce Springsteen and let Meatloaf loose on an unsuspecting public.

By 1978 Bob was starting to look dated and Annie Nightingale took over, followed in the 1980s by the likes of David Hepworth, Mark Ellen and Andy Kershaw. The music changed and The Damned, Jesus and Mary Chain and The Stranglers got their chance to play songs that never would have got on *Top of the Pops*.

Had it lasted much longer it would have been where you'd have discovered Nirvana, but life's not like that. In 1987, the BBC appointed a head of youth programming who axed it for not being youthful enough. Now it's just a set of archive clips and highlights dragged out for a special history slot on BBC4. And real music fans of a certain age can tune in, turn on and remember when rock was still a teenager.



Solidarity with migrants and refugees in troubled times

By Liam Cunningham

With the crisis in Afghanistan, refugee policy is again at the top of the political agenda. As we know all too well at times like these the media can promote fear, politicians can use populist rhetoric and division can spread in our communities.

To combat this Initiatives of Change's Sustainable Communities Programme organised an inspiring and timely four-day training programme at the Tarling Road Community Hub in East Finchley entitled "Intergenerational Dialogue for Social Cohesion with Migrants and Refugees in Europe" from 23-26 August.

Across four days at the end of August, more than twenty participants gathered with members from the host community, activists, faith leaders, and local political representatives with the goals of building relationships across generations and strengthening relations

across religious, political, and ideological divides.

Speaking, listening and sharing

Amina Khalid who organised the training said: "With so much conflict in the world, we must double our efforts to work together towards a common humanity. Being a witness to war and conflict first hand, I have come to understand the importance of building bridges with those who do not share the same values as myself."

In dialogue with Tauhid Pasha, the International Organisation for Migration's acting Chief of Mission, Jimmy, an

activist and musician from Manchester, shared his story of internal displacement. He said: "Although I am a white British man, there have been many moments where I felt an 'outsider' in my own country".

Several local politicians spoke. Councillors Barry Rawlings, Sara Conway and Arjun Mitra joined in an interactive dialogue session as they shared some of the issues facing their communities. One of the younger participants asked Cllr Barry: "Did racism exist in the past?"

Over 60 people consisting of participants' family, friends and community members joined to celebrate the closing ceremony as participants gave moving testimonies and received certificates from Councillors Arjun Mitra and Sara Conway.

The project was run in partnership with the Spanish organisation Foro-Abraham, supported by the International Dialogue Centre and hosted by the Somali Bravanese Welfare Association



The gentle art: Instructor Rod McArthur holds a Tai Chi position. Photo Mike Coles

Martial arts that can heal your body

By David Gritten

For many people, the phrase 'martial arts' conjures up images from film or TV of two men using their legs and arms to land blows on each other. It often looks hostile.

But there's far more to the martial arts than that, insists Rod Macarthur, who teaches Tai Chi and a similar, if somewhat gentler discipline, Qi Gong (or Chi Kung), to a weekly class of some 22 students at East Finchley's Martin School.

Graceful movement

"My first teacher told us: 'You're healing your body when you're doing these movements,'" Rod recalls. "And for me that's been true. I've been learning about martial arts since I was a teenager. I don't like running, I don't like going to the gym. But something clicked with me when I was about 13. It may have been when the first rerun of David Carradine in *Kung Fu* came on TV! That got me hooked to this enchanted world of graceful movement.

"I did it for a while, but then moved away from it. I became office-bound and started to get a lot of neck trouble. I recognised I needed to move around more, saw an ad for a local Tai Chi class and went along. It had such an appeal for me and it sorted my neck out."

As for the notion that he was

healing his body, Rod admits to being sceptical at first: "But now I think there's definitely a grain of truth in it – and I'm testament to that. At least you're giving your body time to heal by exercising it in a way which is very low impact yet also beneficial to the way your body works."

Challenges and changes

He teaches classes under the auspices of the Mei Quan Academy, which was established in 1990 and began teaching Tai Chi in 1992; it now has 40 branches in Greater London alone and offers teaching in both Tai Chi and Qi Gong. Rod hopes to introduce a dedicated Qi Gong class soon.

"Some students are currently online," he observes. "So while I'm in the hall, I'm also delivering a 'broadcast class' on Zoom at the same time."

Rod, who has a notably relaxed manner, admits: "I'm a bit evangelical about it at times. I say it's changed my life, which is a grandiose statement – but it has. The change is linked to being set certain challenges in Tai Chi by teachers. They've made me assess parts of my life I felt needed to change."



Ready to serve: Viola Slodzinska was an excellent cook involved with East Finchley Neighbourhood Support's Food Project

Back to the table

East Finchley Table Tennis Club has resumed playing at the Green Man Centre in Strawberry Vale, N2. Players meet there to play on three tables on Tuesdays from 2.15 to 3.45pm and on Thursdays from 10.15 to 11.45am. New members are welcome, with a cost of £20 for six sessions. Call Mike on 07815 970475.

In memory of a local hero

By Carol During

Many of you will have come across the familiar face of local resident Violetta Slodzinska, who sadly passed away on 12 September.

Viola, as she was fondly known by many in the community, was one of the lead caterers with The Food Project, providing free meals to individuals and families who find themselves in need every Tuesday from the Phoenix Cinema in East Finchley.

The enormous support given by Viola to local people during the pandemic was the subject of a past article in this newspaper. As a result of her efforts, Barnet Council recognised Viola by featuring her on its community posters.

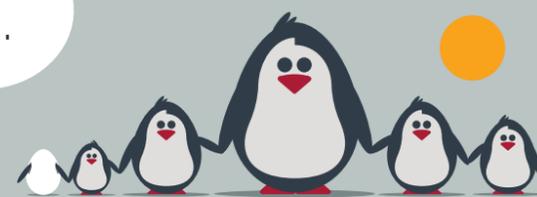
Before her illness, Viola was

a regular supplier of quality handmade food which was sold locally at Budgens and Tony's Continental on the High Road.

We, the friends and family of Violetta, are now asking the community to support our efforts to raise money to help with her funeral costs. For those who are able, please could you help by making a contribution at: justgiving.com/crowdfunding/violas-sendoff. Next month *The Archer* hopes to carry an obituary for Viola. Personal memories of her are welcomed at news@the-archer.co.uk.

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A tropical paradise getting ready for warmer times

By Ruth Anders

It's not often you walk through a house in East Finchley to find yourself in the tropics. In a T-shaped garden in Lauradale Road belonging to David Gilbert, a generous and more conventional first section leads down to a larger area full of curving pathways and hardy exotics.



Paths of glory: Walkways criss-cross David Gilbert's stunning garden of exotic plants. Photo Mike Coles

Still in its infancy, and created as a Paradise Garden with the aid of a designer friend, this segment suggests exciting Middle Eastern influences, with winding stone paths dividing the area into four quadrants radiating out from a central raised stone pond.

David's priorities of shape and colour are admirably demonstrated by spikey pines, banana palms, aloes and agaves, while feathery tree ferns, lavender and pittosporum provide a softer contrast. His own striking sculptures peep out at regular intervals from among the grasses, cycads and succulents. Form, texture and colour abound, dazzling the eye.

Looking south to the sun

"The garden was a blessing during lockdown," David told *The Archer*. "Its south facing aspect provides the perfect environment to grow plants more often associated with warmer climates." Restios, yuccas, aloes and eucalyptus sit alongside fruit trees bearing peaches, apricots and quince, while the mature greenery of neighbouring gardens provides an extended landscape. The bones of the new plot were provided by David's own more established trees and shrubs including cherries, bamboos, traychcarpus and cordylines.

Life and work abroad

This extraordinary plot gives a clue to the character and history of the gardener. David was brought up in Hampstead and East Finchley, until he moved to Rusinga Island on Kenya's Lake Victoria as a Voluntary Service Overseas cadet.

"That was a big experience for an 18-year old," said David. "We had no water or electricity and couldn't swim in the lake because of bilharzia." Back in

England, David studied experimental psychology, African politics and curriculum theory amongst other subjects.

He has lived and worked as a teacher in this country, and as a teacher and farmer overseas. His many different working lives have included conch diving and teaching two classes back to back in Belize, and battling drought

(NGS), welcoming 185 guests and raising £820 for charities.

Now a frontline academic, David's wide-ranging skills and interests reflect an awe-inspiring spectrum of disciplines. The broad takeaway is of a man whose appetites embrace science, art and horticulture with equal passion.

Future-proof gardening

David proudly pointed out



Form and colour: David is surrounded by beds where heat-loving specimens are becoming established. Photo Mike Coles

and hippos while growing vegetables in Kenya. He admits that his extensive foreign experiences have shaped his choice of gardening style.

David returned home to East Finchley in 1991. *Archer* readers who support East Finchley Open Artists will be familiar with his name via his sculptures. Visitors to Stephens House and Garden will have admired his timber sculpture, reflecting his year as Artist in Residence there in 2017.

If you are a fan of open swimming, you may know David as Chair of Highgate Men's Pond Association. And his own garden hosted an open day in September as part of the National Garden Scheme

his modern take on a rockery, built on a slope and re-purposing a heap of builders' rubble. "It provides perfect drainage," he said, "critical for the desert-loving plants we've sited here." He believes that climate change and water shortages point the way to more interest in this style of gardening, and who can argue with him?

This inspiring polymath looks forward to watching his garden develop and mature and to experimenting with propagation in his magnificent new greenhouse. *Archer* readers should make a note to look out for the NGS opportunity to gain inspiration from this exciting garden next summer. See www.ngs.org.uk

Live concerts pay off... and nobody was pinged!

By David Melsome

Organisers of the Proms at St Jude's music and literature festival in Hampstead Garden Suburb took a gamble by running the event back in June... but it paid off. Despite smaller audiences due to Covid rules, the festival was well supported and has been able to donate an amazing £60,000 to its chosen charities Toynbee Hall and the North London Hospice. As an added bonus, not a single person was pinged by NHS England after attending.

The Proms were one of the first live festivals in the UK in 2021, coming just weeks after tight pandemic restrictions were partially lifted in May. The line-up featured top class musicians and bestselling authors in a mix of live and online events over eight days.

Proms Chair Richard Clegg said: "Its success, both in terms of performer and audience

"The generosity of the Proms family never ceases to amaze us," said Robin Langrishe, Director of Fundraising at North London Hospice. "Every penny donated goes towards supporting 3,500 people reaching the end of their lives, and their families, in our community each year. The last 18 months have been extremely difficult, so it was wonderful to



On stage: The Jess Gillan Ensemble at the Proms

feedback and the remarkable financial outcome is in no small part due to the immense generosity of our partners, sponsors, advertisers, supporters, Friends and audiences. It is also a tribute to 12 months of dedicated work by the Proms Board and Committee members - I thank them all."

be back at St Jude's Church in the summer for this very special event."

Forward planning

The next Proms festival will be held at St Jude's Church and The Henrietta Barnett School from Saturday 25 June to Sunday 3 July 2022.

Don't look down!

The Nemeth family, of Summerlee Avenue, N2, donated a tightrope to Tetherdown Primary School's silent auction last term and here they watch as 12-year-old Isabelle, daughter of the successful bidder, tries it out in Cherry Tree Wood. Steady as she goes!



East Finchley Baptist Church

We meet each Sunday for worship at 10.30 am. If you would like to join us please go to our website for further details. All welcome.

For more information please contact the Church Office
Email: office@eastfinchleybc.org.uk
www.eastfinchleybc.org.uk



Letters

A plaque for William Dear Editor,

I was very interested to read your article about the sad death of young William Bowman, which eventually resulted in the underpass between Trinity Road and Manor Park Road (*The Archer*, September 2021). Alongside this historical vignette, you placed the news item that the Grange Big Local project is kickstarting work to improve the state of the underpass.

How about Grange Big Local incorporating a small plaque with this piece of local social history when the work is commissioned? It's a route heavily used by youngsters today so what could be more appropriate?

Heather Daniel
Trinity Road, N2.

Watch your step

Dear Editor,

I've just come back from visiting a country town, where I could take a walk without keeping my eyes fixed on the ground. What a joy! I could actually look around without worrying if I was going to end up in A&E, suffering from shock and broken bones. Not what the NHS wants!

Most of our pavements close to home are in a disgusting condition. We used to be told we could claim compensation if we tripped over a paving stone that was raised up by the height of a 50p coin. Well, we don't carry coins around now, but the raised stones are still there.

It makes you wonder why we still have paved surfaces. Wouldn't a smooth surface be so much better? Perhaps someone can tell us the pros and cons. Thanks in anticipation.

Steph Robinson,
East End Road, N2.

Blocked deliveries Dear Editor,

I have been a fan of *The Archer* for more than 20 years now. In the early days, delivery of the paper to the flats where I live was somewhat sporadic, so I resolved to volunteer to deliver to the roads in the immediate vicinity as a means of ensuring that I received a copy every month, and have delivered my round ever since then.

Over the years I have helped out from time to time by delivering extra rounds, for example when the usual deliverer is on holiday and I have covered many if not most of the rounds in East Finchley for *The Archer* at one time or another.

Access to flat blocks has often been a problem, such as when the so-called tradesmen's bells malfunction, or when external letterboxes become overfull, but in recent times it has become the practice for new flat block developments, of which there have been an large number in East Finchley, to forsake any kind of unrestricted access, presumably in the name of security.

Examples of this include Whitcomb Lodge, Mercian Lodge, Penrose Lodge, Beaumont Close and the former police station in Fortis Green – I am sure there are many more.

It is almost impossible for an outsider to deliver *The Archer* to people who live there without help from a resident, so if readers want to receive the paper, they could consider volunteering to deliver just to their building. That way many more people will be able to be part of the East Finchley community.

Lawrence Robinson,
Address supplied.

Editor's note: If you live in N2 and think your block of flats is missing deliveries of The Archer each month, please email us at news@the-archer.co.uk or leave a message for free on 0800 612 0748.

Send your correspondence to: "Letters Page"
The Archer, PO Box 3699, London N2 2DE or
e-mail news@the-archer.co.uk

Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

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
or check out our website:

<http://www.allsaints-eastfinchley.org.uk>

Southern visitor settles into London life

By John Lawrence

Thanks to former *Archer* editor Tony Roberts for these pictures of a striking moth he spotted while walking in Coppetts Wood. It appears to be a Jersey Tiger moth, a species officially labelled as scarce and previously confined to counties along the south coast but now increasingly seen in London.

Tony said: "When it opened its wings and flew off it was a brilliant red, with black and white edging, much like a Red Admiral butterfly. Our ancient guide book suggests it normally lives further south or south west. Perhaps evidence of global warming?"

The Jersey Tiger moth is thought to have first come to England in the 1970s and until recently was most often seen in Dorset, Devon, Sussex and the Isle of Wight. It favours rough undisturbed grounds, much like Coppetts Wood, and feeds on nettles, buddleia, borage and nettles.



Distinctive: A Jersey Tiger moth spotted in Coppetts Wood. Photo Tony Roberts

Street art with a meaningful construction

By Mike Coles

If you happen to be passing the building site on Twyford Avenue, near the East Finchley end and the junction with Fortis Green, you attention may be drawn by a striking piece of street art.

Written in huge text on the building site hoardings is the message 'Build Your Mind' and pedestrians who come in closer will notice that each letter is constructed from hundreds of individual words and messages.

It's the work of Taya De La Cruz, a Leicester Road resident, who as well as being a talented actor specialises in crafting images on canvas using fine-nibbed pens to inscribe tiny letters with painstaking precision (see *The Archer*, January 2020).



In detail: Taya De La Cruz's art work. Photo: Mike Coles



Writing on the wall: Taya De La Cruz's art work in Twyford Avenue, N2. Photo Mike Coles

the experience we have, no matter the circumstances life throws at us. Accountability for our own experience is healing. It all starts with the state of mind we choose to have."

'Build Your Mind' is the first in the 'Build Yours' series, which is set to be a collection of murals created on construction sites around London. Taya's mural will be available for a limited time as the Twyford Avenue hoardings will be coming down in a couple of months. Find out more on Instagram @handwrittenart

Shape your state of mind

So, what's behind her new work? "It was designed and created as a message of empowerment and hope following the year and a half of fear and isolation promoted by the pandemic," says Taya. "I was always encouraged to adopt an attitude of positivity through adversity, which is absolutely easier said than done, but not impossible. By taking ownership of the things we can control, we get to dictate

Fundraiser for rescues on the Thames

By Diana Cormack

London is not the place that first springs to mind when thinking about the Royal National Lifeboat Institution (RNLI) yet our city's Tower Lifeboat Station is the busiest in the UK.

Situated at Waterloo Bridge, it opened in 2002 and since then has launched more than 8,350 times, rescuing almost 2,000 people and saving 334 lives.

The Tower crew stay on the station in 12-hour shifts and are ready to launch within 90 seconds every day of the year. They consist of 55 volunteers and ten full-time crew members.

However, their present floating station is old and cramped, with the constant river movement and tidal conditions leaving it beyond economical improvement as well as causing uncomfortable conditions for the crew. The standard of facilities for giving the best possible care to casualties is poor and lacks privacy from the general public.

In early September an appeal was launched to raise £33,000 towards a brand new station to include modern facilities such as private, purpose-built spaces for casualty care, a drying room for kit and a new area for public engagement.

The RNLI is a charity funded by public donations. For more info visit www.towernli.com

Your news

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Faces from the past: East Finchley Methodist Church is trying to trace anyone in this photo of a Boys Brigade camp from the 1960s.

Do you recognise a face?

By David Melsome
East Finchley Methodist Church is preparing to celebrate its 200th year in 2022 and would like to get in touch with as many people as possible who have been involved with its life and activities over the years.

To start with, they have come across a photo showing the church's Boys Brigade troop at a camp on the Isle of Wight some time in the 1960s. Are you in the photo or do you recognise any of the faces?

East Finchley Methodist adopted a local branch of this worldwide Christian youth organisation in the 1950s and ran it for many years. Plans for the 200th anniversary year include numerous special Sundays featuring previous ministers of the church, a major upgrade of the church garden, the launch of a new history of the church, a special Birthday Weekend event in June and the resumption of the church's popular monthly concerts.

Organiser Andrea McTeare said: "We believe that the church has played a significant role in the East Finchley community over all these years and we would like to invite old and new friends to join with us in our celebrations." To get in touch, email David Isaac on info@isaacandede.com or phone Andrea McTeare on 020 8346 7325.

Indoor sale

The regular Muswell Hill Indoor Car Boot Sale will be held this month on Saturday 30 October from 10am to 1pm at Hornsey Parish Church Hall, on the corner of Cranley Gardens and Park Road, N10 3AH.

Admission is 50p and refreshments are available. For info, contact 020 8368 8180.

Grants of £500 for community projects

The Muswell Hill and Fortis Green Association has launched a Community Fund, making up to £500 available to fund local projects that benefit the community.



Muswell Hill: Funds are available for projects that benefit the community. Photo Zoe Norfolk.

They say: "The last 18 months have been a very difficult time for everyone, but your residents' association is here to help. We would like to support local organisations who are making a real positive impact on the area, so we came up with the idea of investing in local projects."

The application form and scheme conditions will be available on their website throughout September and October, and the deadline for applications will be 31 October 2021. All local organisations and community groups are encouraged to apply, and applications will be judged on

the basis of community impact. The emphasis is on organisations or projects which benefit the area. For more details, see mhfga.org/fund.

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