



Active fundraiser: Gemma Barlow gets the crowd moving at a previous dance event



ECO-FRIENDLY EAST FINCHLEY

Recycling: What a difference a year makes

By Emma Frampton

It was about a year ago when my neighbour and early member of Bin There Donate That, Isabella, suggested that I just go for it and launch the scheme that we both hoped would help reduce rubbish and unwanted stuff in East Finchley. The first article for *The Archer* was penned and we began.

Successes

The full list of what can be dropped where is in the box below and via the QR code on signs in East Finchley shop windows. Some of these shops, such as EF Electrical and Everything Electrical, were already recycling. However, one aim of Bin There is to let you know what initiatives are out there. Special mentions do need to go to Amy's, whose manager Dominique has embraced the concept and works with us to grow it; and to the team at Oakdale Pharmacy, our first shop, who have taken thousands of used tablet blister packs on our behalf. In case you were wondering, none of the shops or staff gets any financial incentive to collect for us. They help because they want to.



Unsuccesses

Sadly we are going to stop collecting plant pots and jam jars for reuse. I had really hoped to find a couple of small organisations who plant seeds and make jam to sell at festivals etc. However, despite several attempts, this has not worked. For now, please DO NOT donate any more plant pots or jam jars. This is not to say we cannot reinstate if we find suitable groups in the future.

The team

Since starting Bin There, there have been several people who have come and gone, but there is a constant small group of us. Every one of them is vital and so appreciated. They give their time, skills, petrol costs and knowledge free of charge. I cannot thank them enough for having faith in the project, and me.

Christmas reminder

If you are not reusing your Christmas paper and decorations, please take them to Amy's. The Children's Scrapstore will take the lot, even the ripped and broken bits. And please consider one of your New Year's Resolutions to be volunteering with Bin There, Donate That. Merry Christmas!

What and where to donate

- Batteries to EF Electricals and Sainsbury's, High Road
- Bicycle inner tubes to Bike & Run, High Road
- Blister packs to Oakdale Pharmacy, High Road, and Links Pharmacy, East End Road
- Bras to Aliya J Boutique, High Road
- Crisp packets to Cherry Tree Café, Cherry Tree Wood
- Electrical items including cables, broken appliances, bulbs and batteries to Everything Electrical and EF Electrical, High Road
- Food tubs (clear plastic takeaway containers, 17.5cm x 12cm x 5.5cm), washed, for reuse in the N2 Food Project to the Phoenix Cinema or Amy's, High Road
- Inkjet cartridges to UOE, High Road
- Lightbulbs to Amy's or EF Electricals, High Road
- Make-up to Oakdale Pharmacy, High Road
- Paper, cork, ribbon, foil, wood off-cuts, buttons, stationery, sequins, carpet samples to Amy's, High Road
- Spectacles to Stewart Duncan Opticians and David Hillel Opticians, High Road
- Toothbrushes and toothbrush heads to Cavendish House Dental Practice, East End Road

Dance in December for Ukraine

By Lynn Winton

Fitness and dance trainer Gemma Barlow has an infectious energy and joie de vivre that permeates everything she sets her mind to. She trains private clients and holds a host of classes locally and online, including a popular Saturday morning Zumba at Martin Primary School, as well as ballet, jazz, Pilates and general toning and cardio fitness.

Spending so much time in the gyms, homes and cafés of East Finchley, it was inevitable that she would eventually pick up a copy of *The Archer* and there she read about Michael Byrne and his Driving Aid to Ukraine project, delivering vital aid to border points, then tracking its successful distribution in bombed towns and children's centres.

Fitness and fundraising

Gemma had already been looking for a way to use her skills and energy to help the Ukrainian people and told me all about her plan for a special dance and fitness fundraiser.

"I've got together a group of top class instructors for a festive fitness fundraiser, Unite

for Ukraine, on Saturday 10 December from 11am to 1pm at Fortismere School's South Hall on Tetherdown, Muswell Hill," she said. Her two hours of festive dance fitness and Zumba will finish with a chilled yoga stretch flow led by Jane Wrafter of JCW Fitness.

How it works

The suggested donation is £20 (£10 for accompanied children 8-16) and 100% of the proceeds will go straight to drivingaidtoulkraine.org for their next trip.

"I'm aiming to raise enough money to cover the fuel and hire costs for a huge lorry load of donated winter clothes for displaced people who are freezing," said Gemma.

Booking is essential: the QR code above will take you to a secure payment page and you will receive an email confirmation from Gemma. Or search 'Unite for Ukraine' on crowdfunder.co.uk. Any queries can be sent to gemmabfitness@hotmail.com or call Lynn on 07973 432086.



Favourites: Father and daughter Dave Gardner and Samantha Alderino at the race night

Place your bets, please

East Finchley Constitutional Club hosted a lively Night at the Races in October and their evening of light-hearted betting raised an impressive £2,700 for the University College London Hospital Cancer Fund.

Members and their guests could place money on horses in filmed races, with half their stake going to the charity and half helping to pay for the prizes on the night. The evening was organised by Dave and Elizabeth Gardner with Bill and Therese Harrigan providing the race commentaries and running the Tote.

Club member Sally Heathcote said: "The charity is very close to members at the EFCC who work tirelessly to support those with cancer and their families. Everyone had a fantastic night raising money, enjoying the buffet and a few drinks from the bar. It was not a quiet evening!" The club has thanked all the local businesses who supported the evening by donating prizes: The Nail Studio, Maddens Bar, Table Du Marche, Bangkok Lounge, Amy's, Poseidon restaurant, Gus hairdressers, Tony's Continental, Chin Massage, Oakdale Pharmacy, Methin & Sam hairdressers, Purple Ladies hairdressers, Lin Yang Chinese Medical, Meze Meze and Lyn at Doctor's Surgery.

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