



Tour guides couple in the running for national award

By David Melsome

East Finchley tour guides Karen and Adam Scott-Goulding were faced with a particular set of challenges as the pandemic took hold back in March 2020. As professional tour guides during a travel ban, they saw their livelihoods vanish into thin air.

Their solution was to go virtual with video clips and photographs and maps of London over Zoom. Now, having reached thousands of people worldwide with dozens of different tours, they're in the running for Visit England's Tourism Superstars 2022 Award.

you can handle a group of year 2 pupils on a London guided tour," smiles Karen, "you can handle anything so we were well prepared for the challenges of lockdown."

Kinks coming up

Adam also runs London Music Tours and his tour of



Follow me, please: Tour guides Karen and Adam Scott-Goulding



Zooming round London

Adam and Karen were founder members of The Story of London team who, with London Walks, provided virtual tours throughout the lockdowns. "It was a steep learning curve!" says Karen. "I've been a Blue Badge Guide for 20 years and I'd never even used Powertpoint before, let alone Zoom. But it was amazing to connect with so many people from all over the world. It kept our spirits up as well as keeping the boat afloat professionally." "One of the best things about being a tour guide," Adam adds, "is being a part of people's special occasions: tours for birthday parties and anniversaries and big, once-in-a-lifetime trips. It was very special to keep those connections alive."

The challenge of children
Karen and Adam live in Manor Park Road. Their daughter Isobella attends Christ's College Finchley and was a pupil at Holy Trinity Primary, where Karen often took classes on Great Fire Of London, Tower of London and Paddington Bear tours. "If

The Kinks In North London next takes place on Wednesday 30 March at 7pm from East Finchley Station (booking essential). You can find Adam and Karen's regular scheduled tour for London walks at www.walks.com. Adam's London music tours can be found at <https://londonmusicstours.org/alltours>. You can vote for The Story of London team in the Tourism Superstars 2022 here: <https://tinyurl.com/vote-tourismsuperstar2022>. Voting closes on Tuesday 22 March.

Indoor sale

Muswell Hill's monthly Indoor Car Boot Sale takes place on Saturday 26 March from 10am to 1pm at Hornsey Parish Church Hall (foot of Muswell Hill), on the corner of Cranley Gardens and Park Rd, N10 3AH.

Admission is 50p and refreshments are available. More information from 020 8368 8180.



Open for business: Borys and Viktoriya Shevchenko in their new store. Photo Mike Coles

New deli brings taste of Ukraine

By Diana Cormack

A new delicatessen specialising in food and goods from Eastern Europe has opened on the corner of the High Road and Baronsmere Road, N2. Suitably named Gurman, which means gourmet, it is offering an array of savoury and sweet foods, and distinctive drinks.

Owners Borys and Viktoriya Shevchenko came to the UK from the Ukraine more than 20 years ago and have been running a shop in Stratford for the last 14 years. However, living in North Finchley, they decided the vacant premises in the High Road, previously the Crazy Corner general store, would be more convenient.

A large percentage of their stock comes from Russia with much of the rest from the

Ukraine, Latvia and Poland. Asked to point out a unique aspect of the shop, Borys chose the fish products, indicating a plentiful display of smoked fish, squid, Siberian sturgeon and wolf fish.

Viktoriya pointed out their special cakes which can be ordered for any occasion and said they also serve freshly baked cakes and organic bread. They always carry a range of filled pancakes and for Shrove

Tuesday they were planning pancakes with special fillings such as caviar.

Not surprisingly, they stock a variety of vodkas as well as a number of Georgian wines amongst their alcoholic and non-alcoholic drinks. Also on their shelves are biscuits, sweets, chocolates and canned food through to meat products, pasta and dairy products. Gurman is open daily from 9am to 9pm.

Mind-body approach to motherhood

By Alys Wainwright

Modern parenting has never been so tough and rates of postnatal depression and anxiety among new mums rose during the pandemic, says local author Dr Caroline Boyd. Caroline, a parent-baby psychologist with more than 10 years' experience working in the NHS, has written a new book giving ideas to guide new mums through the highs and lows of adjusting to their new role.

Mindful New Mum is designed to be a soothing self-help book written as an antidote to all the parenting manuals that claim to know the right way to mother.

Pressure to be in control

"The Supermum myth, internalised by women from an early age, has us believe we must be Supermum, Superwife, Supereverything," Caroline told *The Archer*. "It creates the idea that women must be calm, coping and in control at all times and that experiencing any negative feelings means we're



Mums and babies expert: Dr Caroline Boyd

somehow bad or failing. "This pressure, along with loss of community, understandably

creates stress, exhaustion, burn out, anxiety and anger in mums. What new mothers need is simply

to feel held, heard and understood. My hope in writing my book is to help mums feel seen and understood amid the kaleidoscope of emotions arising on this journey." Caroline says she has integrated ideas from her clinical practice, published research, and her own experience as a parent. "My take home message for new mums is to learn to self-soothe. Parenting is both tender and tough and it's absolutely essential to look after yourself. It's okay *not* to know all the answers." *Mindful New Mum: A Mind-Body Approach to the Highs & Lows of Motherhood* is published by Dorling Kindersley. You can follow Caroline on Instagram.com/_drboyd

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