



ECO-FRIENDLY EAST FINCHLEY

Recycle your food tubs... and bring along your bras

By Diana Cormack and John Lawrence

The N2 Food Project, which hands out free nutritious meals to people in need from the Phoenix Cinema every Tuesday morning, is run by volunteers but relies on donations to cover the cost of its ingredients and the plastic tubs it uses. Now it has joined forces with the local Bin There Donate That project to recycle more of these containers and to set up points where people can donate their own spares.



The tubs they need are the ones often used by restaurants and cafés that do home delivery. For the purposes of the Food Project they must measure as follows: 17.5cm x 12cm x 5.5cm. You can return any you've got from the Food Project or any other source as long as they are the correct size and have been cleaned. Take them to the Phoenix Cinema or Amy's in the High Road any time. Each week, the Food Project team helps scores of people in need of a balanced meal. Anyone else who just enjoys good food is encouraged to take a meal too, ideally in return for a donation which will help to pay for the next week's ingredients and tubs.

Bra recycling

And not far away from the Phoenix, Aida Khaledi, the director of Aliya J Boutique, has joined the sustainability scene by installing a Bra Bank in her shop to prevent used, new or surplus bras going into landfill.

The pink container is supplied by Against Breast Cancer which funds pioneering research into secondary spread, the main cause of breast cancer-related deaths. Unwanted bras are passed to a textile recovery project and many find a new lease of life in some African countries where bras are expensive to produce.

Against Breast Cancer receives £700 for every tonne of bras collected. Delivery and collection of the bra bank is free, but supporters are asked to fill at least four bra bank liners for each collection. At the time of writing Aliya J's first one was three-quarters full, so come on ladies of East Finchley, let's see if we can reach the required total by Christmas!

Re-use: The type of food tub that can be reused



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
- Ink jet 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



Climate concerns: Students from Christ's College Finchley at the Phoenix after the 2040 Q&A session.

Young voices are heard on climate

By Chloe Marden

Students from Christ College Finchley provided a voice for young people at the recent East Finchley Town Team's screening of the environmental film 2040 at the Phoenix Cinema. The school's Climate Council members asked plenty of questions in the panel discussion hosted by Barnet Council's environment committee chair Alan Schneiderman, environmental documentary maker Abigail Manson and Friends of the Earth campaigner Dave McCormick. Afterwards, Councillor Schneiderman invited the students to contribute to the council's upcoming Citizens' Assembly on climate change.

Plenty to go around

One grower had plenty to share when ploholders at East Finchley Allotments gathered for a party last month to celebrate the harvest. He arrived with a giant squash, thought to be an Italian tromboncino, and certainly turned a few heads.

The harvest party also featured apple pressing, a demonstration of solar-powered water systems, music from a group of fiddlers, and a very large paella and barbecue food. Organisers of the event at the self-managed site off Plane Tree Walk, N2, said it was "a beautiful day".



Giant veg: One man and his tromboncino

Did you know?

The Archer is printed each month on paper made from 100% recycled fibre, mostly retrieved from old newspapers collected by local authorities around the country.

It is made here in the UK in King's Lynn in Norfolk, some 50km from our printers Sharman and Co in Peterborough.



THE MUSWELL HILL CLUB
FITNESS AND LEISURE

Membership from £35.95 (T&Cs apply) • Day passes £10
Over 100 classes per month • Swimming Pool • Sauna
Steam • Fully equipped gym • Spin • Yoga • Pilates
Studio • Free weights room • Pop in for a tour or free trial



INFO@MUSWELLHILLCLUB.COM
THEMUSWELLHILLCLUB

140 FORTIS GREEN, N10 3EF
TEL: 0208 883 0500

WWW.MUSWELLHILLCLUB.COM

Nicky Sharp
Osteopathy Clinic
*Cranial and Structural Osteopathy
and Acupuncture*
All Major Insurers Accepted

For consultations and appointments:
Telephone: 020 8815 9433

260 East End Road www.nickysharposteopathy.co.uk
London N2 8AU e-mail: info@nickysharposteopathy.co.uk