



Hospice marks 30 years in Finchley

By David Melsome

When North London Hospice opened its Finchley home 30 years ago this month it became Britain's first multi-faith hospice site and was the culmination of four years of hard work and fundraising.

The only other long-stay hospital in the area had closed 11 years earlier, leaving end-of-life patients with nowhere to go, until north London GP Dr Chris Hindley and Harriet Copperman OBE spearheaded the hospice project.



Centre of care: North London Hospice

The Woodside Avenue site was opened in 1992 eight years after the creation of the North London Hospice charity, whose small, dedicated team provided end-of-life and respite care at home and social work services.

Since its official opening, which was followed by a visit from the Queen, North London Hospice's inpatient unit has provided care to more than 10,000 patients.

The hospice team say it's a building where people are not

only helped to die peacefully and with dignity but somewhere they can create special memories too, by hosting weddings, christenings and special birthdays.

Thanks to supporters, staff and volunteers

Hospice chief executive Declan Carroll said: "Most of our care takes place in the communities we serve but our Finchley building is what many people picture when they think of North London Hospice. We've come a long way since its doors first opened. Visitors are often surprised by what they find inside our doors. It's a warm, welcoming and calm environment, with a team of staff and volunteers who make it a very special place.

"But it's thanks to our supporters, who have helped finance new kitchens, garden projects, patient facilities and currently our revamped café and lounge area, that we are able to keep the home of North London Hospice in good shape and ready to support our community for the next 30 years."



Sara Sibley and her daughter Morgan with their art works at the Phoenix Cinema. Photo Mike Coles

Memories and meaning in the little things

Favourite toys and beloved items that usually end up tucked away in the bottom of a drawer were placed firmly in the spotlight last month as part of an exhibition in the foyer of the Phoenix Cinema.

Dozens of framed artworks made from 'little things' that carry meaning and memories for their owners have been created by an East Finchley family, namely Sara Sibley and her daughters Morgan and Bethany.

Their Organised Chaos art arose out of a hobby of Sara's, took off during lockdowns and is now active on Facebook and Instagram for people to commission mini-collections of their own.

"I had been collecting 'little things' that I thought were cute throughout my adult years," said Sara. "However I had

nowhere to display them, so they all ended up in the bottom of a drawer. Then I started to make a picture of little things that went in a gradient colour order, and my pictures grew from that day.



"Each picture can take up to six hours to create due to choosing individually each item and hand placing them until I'm happy with the final result and then all is glued down. The best reward for me, is seeing people's faces light up when they receive their personalised picture. I have been told that each time you look at the picture you see something new."

Find out more at on Instagram @organised_chaos and on Facebook @Organised-Chaos2. You can also email Sara directly at: organised_chaos@outlook.com

Hospice doctor goes the extra 26.2 miles

By John Lawrence

Palliative care doctor Lucy Pain is training hard for the London Marathon next month when she will be raising money for the North London Hospice where she supports patients with life limiting illnesses who need specialist care.

Lucy, who lives in East Finchley with her three children and husband, is aiming to raise £2,500 by taking part in the event on Saturday 2 October. This is her third marathon but her first since having her children. "When I heard the hospice had a place to fill in their London Marathon team I thought I might be able to do this, even though it has been more than 10 years since my last marathon," said Lucy. "We must raise approximately £9 million each year to provide our services and I see first-hand the difference our specialist care makes to patients and their families. It's a very special place."

Lucy's training programme means she's running four times a week and is already clocking up at least 12 miles in her longest runs.



Marathon runner: Lucy Pain

Mixed emotions

As well as the physical strain of marathon running, Lucy will also face an emotional journey on the day. Her younger brother used to run with her and was at

the finish line to congratulate her at her previous London Marathon, but tragically died in a car accident shortly afterwards.

"Running up The Mall and reaching the finish line will bring mixed emotions for me, as he won't be there cheering me on like last time. But I will be over the moon

to complete the challenge and know that I've done it to help North London Hospice."

To support Lucy's London Marathon challenge, visit tcs-londonmarathon.enthuse.com and search for 'Lucy Pain'.

Chicken spotted in Cherry Tree Wood

Thanks to reader Mary Poulter for this photo of a spectacular fan-shaped fungus that has appeared in Cherry Tree Wood. Known as chicken-of-the-woods, its other common names include crab-of-the-woods and sulphur shelf.

Mary, of Park Hall Road, N2, took the photo after neigh-



Tree feeder: The Chicken of the Wood fungus

bour Ken McPherson spotted it growing from the trunk of a fallen tree. "It looks like cheesy popcorn or a fluffy omelette," said Mary. "It is bold in form and colour, and happy as can be despite hundreds of dogs, children, foxes and other wildlife running around nearby."

Chicken-of-the-woods is a species of bracket fungus found in Europe and some parts of North America. It will be actively involved in the decomposition of any tree on which it appears, particularly oak, sweet chestnut and cherry.



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