



Martial arts master: John Hickey at his new dojo in King Street Mews,

Fighter trains new generation of martial artists

By John Lawrence

A martial arts teacher who escaped a future of drugs and crime to train to national level in Thailand and China has opened his own dojo in East Finchley.

John Hickey grew up in London but as a teenager he was heading down the wrong path in life so he took up kickboxing and boxing, and this very quickly led him into a life of meditation, tea-totalism and tough training. At 18 he spent several months at a martial art school in the mountains of China before being offered a coaching job in Beijing. He also spent a few years in Thailand teaching and fighting MuayThai.

“After going through all of this I’ve come to realise that there are differences between being a martial artist and a fighter,” said John. “Being a fighter is a short-lived career that

you can only do when you are quite young. But being a martial artist is a life-long process that gives you health, physical and

mental strength.”

John has opened his MMA Dojo in King Street Mews, N2, and is offering classes in Muay-Thai, MMA grappling and Brazilian JuJitsu, with kids’ classes available too. Find out more at www.mmadojo.london. “Martial art had such a profound impact on me and lifted me out of a bad place,” he said. “And having coached it for so long I’ve seen it do good things for a lot of people. I hope that



All ages: John coaches a class of youngsters

the dojo has a positive effect on the community and that people are happier and healthier because of it.”

Pioneering peace walk through our many faiths

By Daphne Chamberlain

A pioneering Faith and Peace Walk in East Finchley organised by Barnet Multi Faith Forum (BMFF) and a local planning group, with support from Middlesex University Inter Faith Network, was such a success that they are looking to arrange another elsewhere in 2023.

Organisers thanked everyone who helped to make it so enjoyable. BMFF trustee Shaun Sanders told us: “East Finchley has a rich history which has been strengthened by the many diverse communities making it their home over the centuries. Our Faith and Peace walk took us to Jewish, Christian, Muslim and Hindu venues and a number of open spaces in East Finchley. “We encountered vibrant communities of faith, committed volunteers and environmental gems. We learnt about the history of local parks, pubs and pathways. As well as seeing the more obvious sights such as the Archer statue and the Susannah Wesley tree-carving, we also discovered places away from the main roads such as Barnwood Forest and the Pollinator Corridor.”

Environment and health
These last two community projects, both featured recently in *The Archer*, particularly emphasised the importance of supporting the environment. The multi-stranded aim of these walks is to encourage and support everyone in the community with their mental, physical and social health.

Middlesex University’s Monna Rizvi said: “We want to bring people together, get to know each other, live in harmony and celebrate the similarities between us rather than look at the differences.”

Quotes from participants included: “Every stop of the

way, we felt very welcome. It’s been such a pleasure being part of this walk,” and “It’s just wonderful that people are coming together sharing things.”

Towering achievement

Five friends who set off to cycle to Paris, despite one of them never having ridden a bike before, made it to the French capital and raised a fortune for two charities.

As we reported in July, the group of mums gave themselves the challenge of pedaling 275 miles from London to Paris over four days. Amazingly, they covered the distance in just three and half days, and without a single puncture between them. “We raised a wonderful £13,600 for Jo’s Cervical Cancer Trust and Refuge,” said rider Helen Style. “We were generously sponsored by Rock-



End of the road: The cycling friends reach the Eiffel Tower in Paris

man Jewellery in Mill Hill and The CyClub in NW11 but the biggest thanks go to Ian Gray, owner of Northern Heights Bikes in Muswell Hill, who,

along with his son Oben, planned the route, and led us all the way with such patience and kindness and unflinching humour.”

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Bring back real summers

Well, it’s over; the sport, the more sport and all that wall-to-wall sunshine. That wasn’t the type of summer we’ve come to expect. It’s been so hot that saying ‘walkies’ to man’s best friend didn’t get you some over-excited pooch dreaming of lampposts: it produced a whimpering heap of fur hiding behind the sofa.

As for the cat, master of all it surveys, it kept well away from hot tin roofs and it was the first year I’ve had to tip a load of ice cubes into the fish tank to keep the goldfish happy.

All of which makes it the right time for the Campaign for Real British Summers to fight back. This is nothing to do with climate change, it is all about getting back to tradition between May and September. And following the rules.

The first rule is about the sun. It must never be visible in the sky for more than half the time and never for longer than three days in a row. The remaining time must be divided between clouds, more clouds, drizzle, mist and rain. And then more rain.

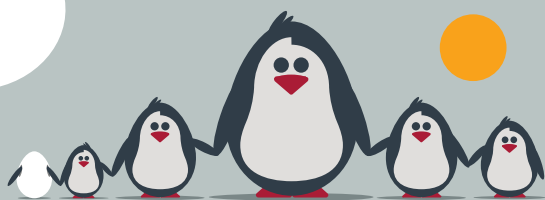
The rules for a proper summer holiday in Britain are simple. You must wear your wellies, a scarf and two jumpers at all times as this equips you to face the horizontal drizzle before drinking instant coffee from your Thermos flask in the back of a steamed up Ford Cortina. Food-wise, you are encouraged to steer clear of the traditional summer food of our continental cousins (something delicate with salad) and opt for a hot Cornish pasty with soup.

The Campaign for Real Summers invites nature-lovers to visit the Lake District for warm beer and extensive views of low cloud and fog in every direction, broken only by idiots in yellow anoraks slogging up the hillsides. Alternatively those in search of our native wildlife can head to Southend or Blackpool, buy a bag of chips and wait for the friendly local gulls to swoop down and steal them out of their hands.

Ah, that really is the true spirit of the English summer we all grew up with. None of this year’s ridiculous heat and sunshine to worry about. Until you try sitting out on the prom in Filey, that is, and realise the only sensible thing to do is get online and book two weeks in Spain. And quick!

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