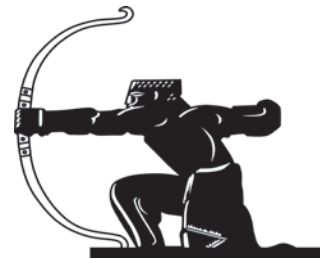


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By your side: Kikko keeps Stroma Leith company as she delivers The Archer. Photos John Lawrence

Kikko is the purr-fect paper boy

By John Lawrence

Stroma Leith has been delivering *The Archer* to her neighbours for 15 years... and she always has a willing helper. Every month, her handsome silver tabby cat Kikko accompanies her on her round, walking in and out of all the gardens with her, as she drops the newspaper through letter boxes.

When Kikko sees Stroma down her blue *Archer* bag he knows it's time for action and leaves the house with her. For the next 20 minutes he follows her faithfully, watching closely as she delivers her round in a quiet close off East End Road, N2.

Stroma says: "He's always with me. I only have to call his name and he knows what's

going on. He walks all the way and keeps an eye on me. I go in and out of the gates, of course, while Kikko sometimes takes a shortcut under the hedges." Stroma took in Kikko 10 years ago from the RSPCA when he was five years old. He'd previously had one careful Italian lady owner, who could no longer look after

him. So what made him want to be an *Archer* deliverer? "He's always been very friendly and he used to follow me to the shops but he doesn't do that anymore, thank goodness," says Stroma. "Still, he likes to be out and about in company and the round is ideal because it's a quiet road."

"When he's out, he's always on the watch for any of his rivals and tries to stay out of their way. Sometimes I lose sight of him and I think he's headed home; then suddenly he'll pop out from somewhere and carry on following me. He's very loving."

Could you help?

The *Archer* team thanks Stroma and Kikko for volunteering to deliver the newspaper. Are you able to spare a little time once a month to take on one of our spare rounds in Trinity Road, Mansfield Heights, Doran Manor or Linksvie? Copies are brought to your door and you can deliver them at a time to suit you. Rounds generally take between 20-40 minutes. Please email us at: news@the-archer.co.uk or leave a message on our free-phone line at 0800 612 0748. A cat companion is not essential!

How the N2 Food Project works

The N2 Food Project returns this month after its short summer break to help bring tasty and nutritious meals to hundreds of people and families in need each week. Dozens of volunteers help to make the project, turning high-quality raw ingredients into 200 nutritious meals handed out for free from the foyer of the Phoenix Cinema each Tuesday morning. Here's how:

Step 1

Chef Giuseppe Sollo and nutritionist Vincenzo Napoletano draw up a menu of a savoury dish and a dessert. Each meal is nutritionally balanced and the majority are vegetarian to cater for the widest possible range of dietary requirements. The kitchen team approves the choices, which can tie in with particular celebrations in the calendar.

Step 2

Giuseppe and Vincenzo order all the raw ingredients from local sources and supermarkets, usually spending around £300 each week. The staff and caretaker team at Martin Primary School in Plane Tree Walk, N2, take delivery of the food.



Volunteers: Vincenzo, left, and Giuseppe, centre, with kitchen helpers

Step 3

Members of the cooking team come into the Martin School kitchens on Saturday or Sunday to spend four or five hours preparing the meals and packaging them into individual sealed portions. These are stored for 48 hours in the school's large refrigerators.

Step 4

At the start of the week, the project team advertises the latest menu on social media and encourages people to come along. Volunteer drivers collect the meals on a Tuesday morning and take them to the Phoenix Cinema, where staff open the foyer early as a distribution point. The Food Project team station themselves at a table in the entrance from 10.30am to 12.30pm, handing out the dishes for free and taking donations.

Right: Meals are given out from the front of The Phoenix Cinema



Step 5

Once the Tuesday morning session has finished, any leftover meals are driven to homeless shelters and homeless charities around the area. None is ever wasted. Feedback from those who receive the meals is then taken into account when creating menus for future weeks.

The N2 Food Project is run by East Finchley Neighbourhood Support CIC. Please visit www.ILoveN2.co.uk/food-project to find out more and see how you can help.

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