

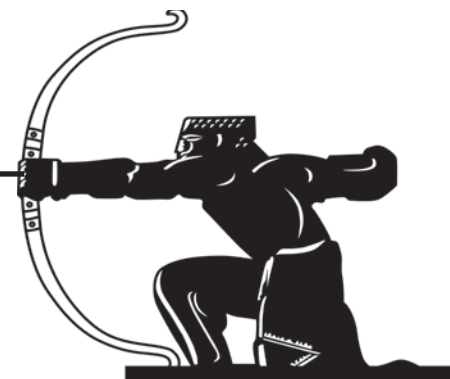


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ISSN 1361-3952 **20p**
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The Archer

Local News is our Aim



September 2022 No. 341

A community newspaper for East Finchley run entirely by volunteers.

First steps to the High Road of the future

By John Lawrence

East Finchley Town Team is bringing a whole day of activities and useful information about recycling and reducing waste to the High Road on Saturday 17 September. The Sustainable High Road event will take over the area outside Budgens, Amy's and Iceland from 11am to 4pm, and will be free and open to everyone. Twenty groups and organisations will be there to help us find ways to recycle, repair and reuse items in our daily lives, and to use transport and energy in ways that reduce our impact on climate change.

Project co-ordinator Chris Hampson said: "This event is about the many aspects of sustainability: the traders, the High Road of the future and what East Finchley can do to reduce climate change. The aim is to have plenty of useful

Mightteefit gym, Goodgym and MillsPower Architects, who are currently working on the Trinity Road underpass. There will also be a central East Finchley Town Team Information point.

Everyone has a chance to win £25 by bringing along their answers to the Town Team's sustainability quiz. Turn to page 2 for part two and see last month's *Archer* for part one.

2040

Screening

Following the High Road event on the Saturday, the weekend will be rounded off on Sunday 18 September when the Phoenix Cinema

hosts a special screening of the documentary film *2040*, which investigates the effects of climate change over the next two decades.

More events planned

The sustainability day is the first of three consultation events being planned by the Town Team to bring people back to the High Road and boost the profiles of local traders and services. You can find out more at www.N2United.co.uk/TownTeam or follow them on Instagram and Twitter @eftownteam and on Facebook @East Finchley Town Team



information but to keep it as fun and enjoyable as possible."

Taste the juice, meet the bees

Amongst the groups with stalls on the day will be The People's Pantry and Fairwell zero packaging refill services, general store Amy's, recycling project Bin There Donate That, Rewild my Street, Barnet Cyclists, Friends of the Earth, clean energy campaigners Power for People, beekeeper Lucie Chaumeton, Roger Chapman of The Pollinator Project and his apple press, East Finchley Festival CIC with their cotton shopping bags,



Party time: Guests and carers came together at the Your Choice Barnet centre in Colindale to mark the service's 10th birthday

A celebration of independent lives

More than 300 guests came along to a summer party to celebrate the 10th birthday of specialist care and support service Your Choice Barnet, which helps people across the borough with a range of physical and learning needs to live independent lives. The service employs about 500 care and support staff to carry out its work, which has recently expanded to help elderly people too. Find out more at www.yourchoicebarnet.org or telephone 020 8080 6587.

Electric cars

Motoring is moving slowly but inexorably away from fossil fuels towards electric vehicles, but how ready is East Finchley to cope with the demand for charging points that this shift is starting to create? Find out on page 6.

Store burgled

A local grocery store has been burgled in the latest of a spate of callous attacks over the last two years, just when small businesses have struggled to keep going. Turn to page 3.

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Published by East Finchley Newspapers	Editorial Team Diana Cormack Daphne Chamberlain	Finance David Marsh
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Production Editor Alison Roberts	Advertising Richard Tank	Printed By Sharman & Co Ltd
Picture Editor Mike Coles		

Thank you to The East Finchley Constitutional Club for providing us with a meeting place.

The Archer team wishes to thank all the generous people who give up their spare time, in all weather, to deliver the paper for us.

If you have a story for us, please contact us at the above address. Comments to The Archer may be published unless clearly marked 'Not for publication' within the text.

Copy deadlines – **October: 16 September; November: 14 October; December: 11 November**

Test yourself on the environment, part 2 – your chance to win £25

Last month, we printed part 1 of East Finchley Town Team's sustainability quiz and here's part 2. Take your answers to both parts along to the Sustainable High Road event on Saturday 17 September for your chance to win £25. Answers to both parts will be in next month's Archer.

Sustainability quiz: Part 2

- How many tonnes of carbon dioxide is created per person per year in the UK?
 2
 3-5
 6-10
 11-20
 21-30
 - How does this compare to 1990?
 Three times
 Double
 The same
 Half
 A quarter
 - What are the four biggest contributors to carbon dioxide levels, for example transport?
 1
 2
 3
 4
 - What could you do to improve this?

 - The UK is responsible for what % of global carbon dioxide emissions?

 - Put in order the countries with the highest carbon dioxide emissions per person (2016 figures)
 Canada
 USA
 Saudi Arabia
 Russia
 Australia
 - Name four shops on the High Road that do repairs so you don't have to buy new.
 1
 2
 3
 4
- Bring your answers to both parts of the quiz to the Town Team stall on 17 September.
- If you missed part 1, find it in online at: www.the-archer.co.uk/archive/2022/2022Aug03.pdf

Help available for young people and their families

By Janet Maitland
Free activities in the sunshine were a lively backdrop to an open day at the Tarling Road community centre in East Finchley on Monday 25 July organised by Barnet's Family Services.

Entertainment was provided by Finchley Charities, who ran a Tai Chi class open to everyone, an Iranian dance display by the Community Networks Group and a pop-up nail bar run by Art against Knives. Toddlers could also join in a Boogie Mites dance session.

The event was designed to promote Early Help, a council initiative supporting children and young people aged 0 to 19 (or 25 if they have special education needs or a disability) and their families to tackle any problems swiftly, before they become more serious.

"We wanted the event to promote stronger working partnerships between the council's Early Help Hubs and the local grass-roots community organisations who are their partners," said Tayo Rotibi, Partnership Coordinator.

"We also wanted to encourage parents to become 'parent champions' to help shape our services."

There were talks throughout the day, including an introductory speech from the Mayor of Barnet Counsellor Alison

Moore. About 20 information stalls run by organisations such as Solace Women's Aid, Home-start Barnet, Age UK Barnet, Barnwood N2 and Grange Big Local were grouped around the community centre garden.

Early Help contact
 East Finchley's nearest Early Help office is at the Newstead Children's Centre on Tarling Road. For more information call 020 8359 3460 or go to www.barnet.gov.uk/0-19



Family feeling: Mayor of Barnet Councillor Alison Moore, centre, with Early Help Hubs staff at the open day event in Tarling Road, N2. Photo Mike Coles

Apple pressing on the High Road

As well as being sustainable the High Road will be juicy on Saturday 17 September. The East Finchley Pollinator Project will be preparing, cutting and pressing locally sourced apples as one of the activities at the event. Depending on space people will be able to help in the preparation work, learn how we only have apples because of pollinating insects and get to see how a scrapper and apple press work.

Apple pressing along with fresh apple juice tasting in compostable paper cups will take place at 12 noon, 1pm and 2pm. Do come along and try some

fresh apple juice.

Apples wanted!

Do you have spare apples that you would be happy to donate to be pressed on the High Road?

The Town Team can arrange to come and pick from your tree if you want. Email: efpollinators@gmail.com or eftownteam@gmail.com

PLANNING APPLICATIONS

- Barnet Council**
 85 Abbots Gardens, N2
 Rear pergola.
Alder School House, 37 Elmfield Road, N2
 Carport with associated hard-standing, vehicle access and gates.
6 Brighton Road, N2
 Single-storey rear extension: depth 3.2m, maximum height 3.8m, eaves height 2.5m.
Carmelite Friars, 63 East End Road, N2
 Details pursuant to planning permission.
20, Elmhurst Avenue, N2
 Front outbuilding.
37 Fortis Green, N2
 Single-storey aluminium-framed garden room over existing rear decking. Associated alterations to decking and access steps.
150 High Road, N2
 New shop front with retractable awning. One internally illuminated fascia sign.
Former 217 to 223, High Road, N2
 Details of construction and logis-

- tics plan pursuant to planning permission.
373 High Road, N2
 Demolition of existing building and erection of buildings of part three and five storeys, to provide 20 residential units. 11 one beds; 6 two beds, 3 three beds. Amenity space, car and cycle parking and associated landscaping.
401 High Road, N2
 New antenna on existing roof structure.
1 King Street, N2
 Conversion of two self-contained flats into single family dwelling. Parking, cycle parking and associated landscaping.
32 Leopold Road, N2
 Single-storey rear extension. Roof extension involving hip to gable, rear dormer with Juliet balcony, and two front rooflights.
380 Long Lane, N2
 Lawful Development Certificate for roof extension, involving side/rear dormer, outrigger roof slopes and one front rooflight.
12 New Oak Road, N2
 Roof extension involving rear

- dormer, rear outrigger dormer and two front rooflights.
3 Oakview Gardens, N2
 Conversion of garage into habitable space. Window to replace garage door.
57 Ossulton Way, N2
 Single-storey side/rear extension, involving garage conversion to habitable space, and associated changes to rear patio. Rear outbuilding. One rear and one side rooflights.
The Grange, N2: (1) Land at Central Avenue, adjacent to Willow House
 Development of eight affordable homes in three-storey building. Associated public realm, landscaping and play space. Car and cycle parking.
(2) Land at High Road, between East View House and Hilton House.
 Development of eight affordable homes in four-storey building. Associated public realm, landscaping and play space. Car and cycle parking.

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Spat of burglaries claims another victim

By Janet Maitland

A local grocery store has been burgled in the latest of a spate of callous attacks over the last two years, just when small businesses have struggled to keep going.

Thieves broke into East Finchley Supermarket on the High Road at about 3.30am on Friday 12 August. They forced the shutters open, shattered the glass door and stole stacks of cigarettes, leaving the shop sprayed with shards of broken glass.



Burgled: East Finchley Supermarket. Photo: Mike Coles

Undaunted, the intrepid owner repaired the damage and had the shop up and running again before noon.

Police enquiries are ongoing. Anyone with information is asked to contact the police on 101 or Tweet@MetCC quoting CAD1110/13 AUG. Alternatively, you can contact the independent charity Crimestoppers on 0800 555 111 or visit crimestoppers-uk.org

Plucky owners

Eight shops in East Finchley have been targeted by thieves since July 2020. The now-closed New Local Cafe was

also burgled twice in 24 hours by different thieves and there have been two other attempted burglaries on shop premises. In every case, the owners have defiantly picked up the pieces and carried on.

The burgled shops were the East Finchley station shop; the Ella Food Centre; the King Street Food and Wine shop; the N2 Food Centre; CW Andrew Pharmacy, robbed twice in less than a year; Sainsbury's and now the East Finchley Supermarket.

A Barnet Council review of CCTV street cameras to "ensure they're in the right places to monitor and deter crime" is due to report in early November. "I look forward to the publication of the review and the opportunity to discuss how we can keep our community safe," said East Finchley Councillor Arjun Mitra.

You can find current police security advice for businesses by going to www.met.police.uk and searching 'Keep burglars out of your business'.

Whodunit and Robin Hood are highlights of new theatre season

A whodunit comedy-mystery and a specially written family show about Robin Hood are part of an ambitious new season announced by Garden Suburb Theatre.

Fresh from their summer success with *James and the Giant Peach* in the Little Wood theatre in the Garden Suburb, the company has five shows planned to take it into 2023.

The season starts with *The Game's Afoot*, a whodunit mystery with equal measures of high hilarity by Ken Ludwig from 6-9 October, followed by *Calendar Girls* (the play not the musical) by Tim Firth from 24-27 November, both of which will be performed at the Upstairs at The Gatehouse theatre in Highgate.

Then in February 2023 comes the specially commissioned family show *Robin Hood and the Brotherhood of Justice*, followed in April by a modern verse production of Moliere's *The Misanthrope*. Finally, next June's production in the outdoor arena at Little Wood will be Shakespeare's *Macbeth*.

Proud tradition of community theatre

Garden Suburb Theatre (GST) chairman Miriam Clark, who lives in East Finchley, said: "We are the latest incarnation in a series of community-based



Forest fantasy: The Garden Suburb Theatre cast of *James and the Giant Peach* in the Little Wood theatre.

theatre groups which began in 1908.

"We're a registered charity and our programme of pieces is chosen as much for their dramatic interest as box office draw. We also pride ourselves on our range with something for everyone."

Tickets for their Gatehouse productions can be purchased via upstairsatthegatehouse.com. Alternatively, becoming a Friend of GST at £35 per year includes a ticket to see all their shows. Find out more about membership at www.garden-suburbtheatre.org.uk.

Plastics group wraps up... but the fight goes on

The No2PlasticsN2 group, which fought hard to eradicate single-use plastics, is winding up its operations. Founding member Ann Inglis is moving on to dedicate her time to campaigning against the proliferation of plastics in general.

Ann set up the group to highlight the problems of food wrappers and other plastic films and to ask shops and shoppers in East Finchley to substantially reduce their use. She and fellow campaigners persuaded local shops to come on board and tirelessly lobbied MPs and influential groups to stop industry producing the plastics in the first place.

Group member Margaret Singer said that even though No2PlasticsN2 is closing in its original form, everyone in East Finchley can carry on choosing to buy products that use no wrapping or that avoid plastics. "Dealing with single-use plastics is an ongoing battle and we ask all the East Finchley community and beyond to run



with Ann's endeavours by doing their bit and by encouraging others to also reduce, or better still eliminate these plastics," she said.

"With sustainability issues in the forefront at present, particularly with the East Finchley Town Team's High Road Sustainability event on Saturday 17 September, we feel sure that the community would like to join us in sincerely thanking Ann for her staunch commitment and success in the reduction of single-use plastics."



Sitting pretty: James Masters, Iain Clark and Janine Keech take it easy in Tarling Road. Photo John Lawrence

Convivial corner created out of creeper jungle

By John Lawrence

An overgrown corner of land once covered by brambles and creepers is now a valued spot for socialising or simply taking a moment to sit down and rest. The two benches and sheltered pergola erected on a paved area and surrounded by grass are the work of ploholders at the Vale Farm Allotments, off Tarling Road, N2, and neighbours living in nearby roads.

They successfully applied for one of the community grants offered by the Grange Big Local regeneration project before the pandemic and spent £6,000 to clear the site and buy materials, as well as the benches made of recycled plastic.

Resident Iain Clark said: "It was a rubbish tip before and totally overgrown." Janine Keech, from Vale Farm Allotments, said: "Now it's very well used. People walking to and

from North Finchley might take a break here, and others just use it as a good spot to meet up." James Masters, chair of Grange Big Local, said: "This is a great example of an idea from people wanting to improve their community and who were willing to put in the work to make it happen. We were happy to be able to support them with a grant." He added that Grange Big Local hopes to be able to offer a new series of community grants in due course.

Grow your own veg

By Janet Maitland

Do you want to grow vegetables but don't have anywhere to plant them? If so, a gardening club that's just started at Tarling Road Community Centre in East Finchley might be right up your street.

It's free, open to everyone of any age, and is looking for more members. No experience is necessary, you just have to wear comfortable clothes and shoes and want to grow things to eat.

"We have some raised beds that we're trying to clear out so we can plant vegetables which members can take home when they're ready to harvest," said Sonile Zimba, the new centre manager, who started the club.

The club meets every Tuesday between 11am and 1pm. Tea, coffee and water is provided and members can bring along a snack or picnic to eat afterwards if they want to. To let the centre know you'd like to join, call 020 7018 6560 or email Sonile.Zimba@ymcal-can.org



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BE PART OF IT Volunteers wanted

Compiled by Lynn Winton of N2United

Did you know **The Archer newspaper** can help with fitness and stamina? Join our team of dedicated deliverers and get more steps into your schedule. We need people to help distribute the paper, ideally in the first week of each month but always at a time to suit you. We are particularly looking for deliverers to cover Trinity Road, Mansfield Heights, Manor Court, Doran Manor, and Linksvie. Rounds usually take around 30 minutes once a month. Please contact: news@the-archer.co.uk

Driving Aid to Ukraine is a new non-profit organisation based in N2 started by local resident Michael Byrne, who delivers lorries of humanitarian aid to the Ukrainian conflict zones via border transfer points.

You can read more on crowdfunder.co.uk by searching for Driving Aid to Ukraine. His mission requires volunteers to help scale up in building and sustaining a social media campaign, fundraising and grant writing. This is an opportunity to use your skills to bring vital aid to utterly devastated people and learn about the international aid sector at a grass roots level. Please get in touch with Michael at 07791 912389.

Could you spare an hour or so a week to make a real difference to an older isolated person? **Age UK Barnet** is looking for **befrienders** to offer friendly chats, support and companionship. The charity also needs walking buddies to help older people to get out and about. Just a couple of hours a week of your time could make a big difference to an older person in East Finchley! Please contact volunteer manager Lisa on 020 8432 1422 or email lisa.robins@ageukbarnet.org.uk Any enthusiastic home cooks or retired food tech teachers out there who might fancy running some of **Age UK Barnet's cookery sessions** for over 55s in East Finchley? It's a chance to share your skills and make new friends. The charity says it's open to ideas and all types of cuisine. For more information, contact Lisa (see above).

Bin There Donate That is a successful local initiative, driven by Emma Frampton's passion to create a more sustainable neighbourhood. All types of help are needed for research, liaising with local shops to take in items for recycling/reusing, web and social media updates and project managing. Whether you have one spare hour a week or much more, email bintheredonatethat@gmail.com for more details.



N2United is East Finchley's Community and Business Network. If you wish to be included in this column please send details to volunteer@n2united.co.uk. Max 60 words please.

New members flock to U3A

Hampstead Garden Suburb's U3A group celebrated its fifth anniversary with an open day when 36 new members signed up, taking the total of current members over 500 for the first time since the start of the pandemic.

The HGS U3A is a learning and social network for people in retirement or semi-retirement, with more than 50 wide-ranging activities such as arts & crafts, current affairs, days out, languages, literature, music, photography and walks. During the last year, celebrated journalists like Dame Jenni Murray and Dame Esther Rantzen have both given monthly Topical Talks as a part of a varied programme of speakers, which have also included Leslie Cavendish, known as the Hairdresser to the Beatles, and John Plews, artistic director of the Upstairs at the Gatehouse theatre in Highgate. Richard Abramson, Chairman of HGS U3A, said: "We are delighted that so many prospective new members decided to attend despite the heatwave and that so many of them have already decided to join us for the next year. We anticipate and hope that many more people will join before the new year begins on 12 September." Find out more about HGS U3A at <https://hgsu3a.uk/>.

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Essential supplies: Ukrainian families collect the items taken from East Finchley to their country's border by Michael Byrne and his team.

More vital supplies reach Ukraine

By Lynn Winton

Last month we reported on East Finchley resident Michael Byrne who is driving a seven ton truck filled with vital supplies across Europe every month as part of his Driving Aid to Ukraine project.

In order to continue his mission to help civilians living in areas that have been reduced to rubble, Michael has just completed his sixth solo trip. He confirms that the desperately needed items such as sleeping bags, medicine, food, clothing and toiletries were distributed within hours of his handover to his trusted Ukrainian partners,



Man on a mission: Michael Byrne

this time in the Donbas region. More details and photos of the latest operation can be seen on his crowdfunder.co.uk page, by searching for 'Driving Aid to Ukraine' or by using the QR code below.

Michael, of Lynmouth Road, N2, was able to cover some of his costs this time thanks to a fundraiser in Cherry Tree Wood organised by the Muswell Hill Karate Academy which held a sponsored class for children aged six to 15 and raised £225. "I was delighted," said Michael. "It paid for 25% of the fuel for the latest trip."

As well as hoping for more local fundraising and volunteers, Michael is starting the process of applying for charitable status. "Ukraine has fallen off the front pages of our newspapers, but that does

not reflect the vast amount of people who need aid just to stay alive," he said. "I will not stop delivering goods to Ukraine until they tell me they don't need my help anymore. This is my journey in life."

If you would like to help Michael in any way, please contact him at michael@drivingaidtoukraine.co.uk or 07791 912389 or donate via his crowdfunder.co.uk page



Apostrophe catastrophe

By Diana Cormack

One of the most misunderstood and misused items in our punctuation must be the apostrophe. Whilst I never joined the Apostrophe Protection Society, I have always supported its mission 'to champion the use of the apostrophe'. Nor have I ever contributed to the photographs of various errors shown on the society's website. But I do have a habit (about which many would comment 'get a life') of correcting mistakes where possible on signs and notices.

Recently, above a display of patriotic paraphernalia in a local shop window, I saw a sign headed 'Queens' Jubilee'. The polite young man behind the counter told me that it had been supplied by head office and that there was nothing he could do about the misplaced apostrophe.

Later, when I spoke to head office, an equally polite older man confessed that he'd never understood apostrophes and just

put them in hoping to find the right place.

I explained where the apostrophe should be, there being only one queen involved and, only a couple of days later a new sign reading 'Queen's Jubilee' had been installed.

So well done that shop, but which was it? One of the three on the High Road with its own apostrophe to deal with: Amy's Housewares.

Saturday car boot sale

The Muswell Hill Indoor Car Boot Sale will return on Saturday 24 September from 10am to 1pm at Hornsey Parish Church Hall, on the corner of Cranley Gardens and Park Rd, N10 3AH. Admission is 50p with refreshments available. Further info from: 020 8368 8180.

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On the pitch: Andy Francis trains a team on the sports courts at the Archer Academy in East Finchley.

Years in the making: the glory of the women's game

By David Gritten

It was by far this summer's most remarkable sporting moment: the Lionesses, England's women's football team, joyously triumphing 2-1 over their German rivals at Wembley to become European champions, thereby boosting the women's game in front of millions of viewers across the country.

Women's football is sporting, joyous and exciting. It seemed to emerge suddenly from nowhere recently but in truth it has been popular, if somewhat under the radar, for at least a decade.

In East Finchley, resident Andy Francis had already made a name for himself by coaching all-girl football teams in local schools. "I started coaching back in 2013," he says, "and I first became involved with women's football in 2014. It definitely seemed unusual back then."

Team building with fives and sevens

Andy started out at the Archer Academy, where he knew a few governors: "We had this wonderful 3-G (artificial grass) pitch, and we started with about a dozen players, mainly mums who hadn't played before." Having realised that mixed-gender squads did not allow young girls to shine and fulfil their potential, he set up all-girl teams: "Now we have something like 80 women a week playing."

His teams get to enhance their skills on a weekly basis on one of three midweek days: Mondays for advanced players, Tuesdays for intermediates and Fridays for beginners.

"We've played seven-a-side competitively for a few years, says Andy, "and now I've found a league for our five-

a-side beginner teams. That way they can get some experience of playing five-a-side football competitively, which really does make a difference."

Joyous and friendly

Like so many football fans, he was enthralled by watching the triumph of the Lionesses at



Coach: Andy Francis. Photos Mike Coles

Wembley. For him, that final vindicated his feelings about the women's game: "It was joyous and everything you want football to be." He was also impressed by the friendly atmosphere among spectators:

"Seeing German and English people in the crowd together, that was just wonderful."

It would seem that things are getting even better. As Andy points out, his team have just begun their first-ever season in the Greater London Women's League, a competition for 11-a-side teams. Their opening match was due to be played on Sunday 4 September. Who's to say East Finchley won't become synonymous with first-class women's football?

Tea is served

Age UK Barnet is holding a traditional afternoon tea on Thursday 6 October, serving sandwiches, cakes and scones with all the tea you can drink, all for £5 a person. "There'll be live music from members of Barnet Youth Orchestra, too," says chief executive Helen Newman. "A lovely opportunity to get together with friends and family, or come on your own and meet other people."

The tea will be hosted at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT and one-hour slots are available from 2-3pm or 3pm-4pm. To book your place, contact Teresa on 07502 989 403 or email Teresa.gallagher@ageukbarnet.org.uk

A groundbreaking moment for sport

Manisha Taylor MBE, who grew up in Finchley, is assistant head of coaching at Queen's Park Rangers and is the only South Asian woman in such a role in the English professional game. Here, she gives her reaction to the victory of the Lionesses at the UEFA Women's Euros 2022 in July.

The Lionesses lifting the Euros 2022 trophy will go down in history as a monumental achievement not just for women's football, but for sport in our nation and around the world. It really is groundbreaking and something that will not be forgotten.

off the pitch and I am certain that the success of the England Team will aid this further.

Role models

Manisha has just published **Dream Like Me: South Asian Football Trailblazers** profiling 42 pioneering individuals working in all parts of the game,



Skills: Coach Manisha Taylor says young female players should be inspired by the success of the Lionesses in the Euros.

As a young football-loving girl who grew up in the 1980s, the sport was not seen to be for girls and certainly not a South Asian Indian girl like me. Opportunities were limited and the visibility of the amazing women involved in the game at the time was not as we see it now.

I didn't have a pathway in the game as a player; however, thanks to the success of the Euros tournament young girls all over the world can now dream and believe that it is possible to have a career as a female professional footballer.

The game is continuing to inspire those from all communities and backgrounds, with the support of organisations that do brilliant work day in day out to ensure that football is accessible to all.

For me personally, it is fantastic to see so many more South Asian girls and women involved in football both on and

from male and female players to coaches, referees, board members, administrators, sports scientists and medical staff. She says: "Young people need to see people like them in order to believe that goals are possible: the role models in this book will show South Asian children and teens that their football dreams can come true." Find out more at www.hoperoadpublishing.com.



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Plug in and go with your electric car. If only it was that simple!

We know climate change is serious and we know we must reduce our dependency on fossil fuels, writes Mike Coles. Changing to an electric car is billed as one way we can help. We also know that electric cars are more expensive to buy and cheaper to run. But how cheap? Read on.

Electric motors are simple and reliable. Think of your fridge where motors can run continuously or frequently for decades without breaking down. But when it comes to electric cars it's the battery technology that's expensive to produce.

Let's put aside hybrid cars, which use an internal combustion engine supplemented by an electrical system, and concentrate on totally electric-powered vehicles. Here, the main battery technology is lithium-ion, the most expensive component of which is cobalt. Fifty per cent of the world's cobalt is mined in the Democratic Republic of Congo under questionable labour conditions and its future availability is already recognised as a problem.

But back to the practicalities of running an electric car in East Finchley. You decide to bite the bullet and purchase an electric family saloon. Three of the most popular offerings by Renault, Kia and Nissan are all around £28,000-32,000, about 40-50% more than a similar petrol car. Having bought the car you plug it in and start to enjoy pollution-free cheap motoring.

It's a minefield

If only it was that simple. One consideration with your new electric car is how far it will go on one charge, or more realistically 80% of its charge, since lithium-ion batteries can be damaged if they run flat and they charge more slowly above 80%. Your range depends on the capacity of the battery, your driving style and the ambient temperature.

Car battery capacities are measured in kilowatt hours, ranging from 6kwh for small city cars to 100kwh for the most advanced and expensive. The bigger the capacity the longer the range: a whopping 400 miles in the top of the range Tesla 100kWh car or less than 100 miles in a small city car like a Smart Car.

Charge anxiety

Then charging an electric car is another minefield and something prospective owners should research carefully. There is even a new medical condition recognised as 'range anxiety' or more accurately 'charge anxiety'. In short, what if your battery goes flat and there is nowhere to charge it?

Currently this not an unrealistic concern. Electric car sales, currently about 20% of all new car registrations, are outstripping the availability of charging points. Predictably, this availability is uneven throughout the country, although locally we are quite well served.

You must plug your car in somewhere. The cheapest option, which provides the cost benefits that you hoped would offset the

purchase price, is charging it off-road at your house using a home charger and off-peak electricity. This means having a two-tariff electricity supply: normal during the day and cheap at night. The difference in the two tariffs can vary a lot, perhaps from 45p to 7p. You'll need to research the options as energy charges continue to rise anyway.

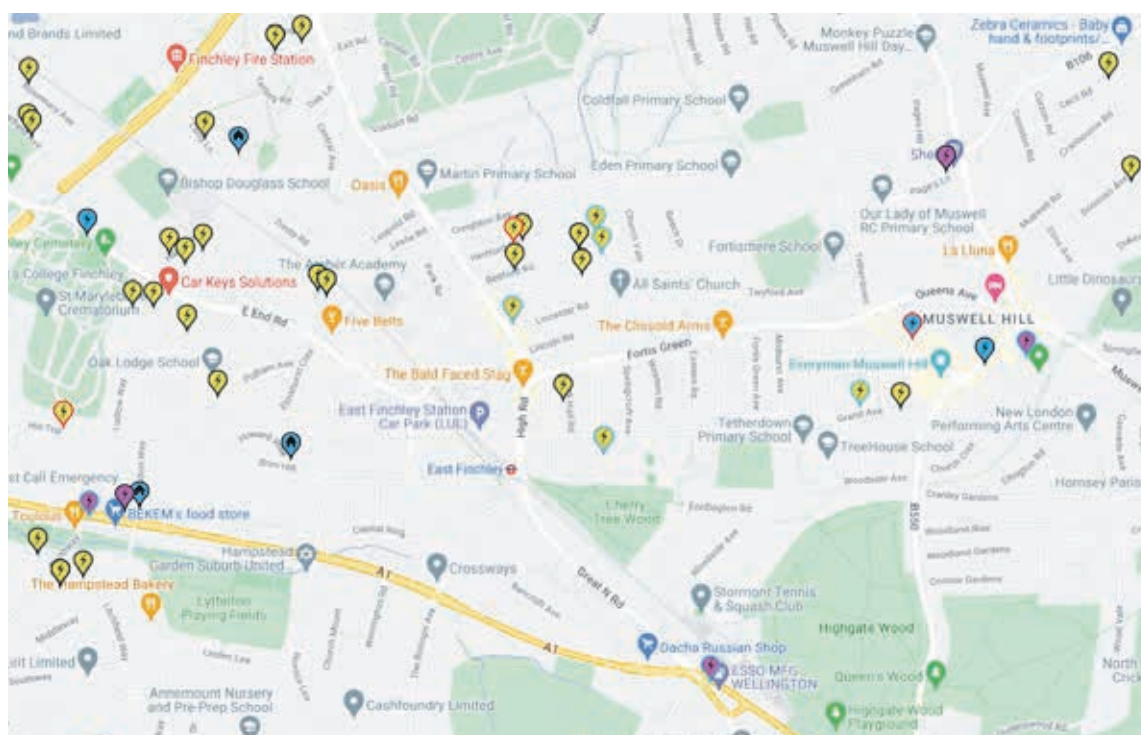


Roadside: A lamppost charging point

Local charging points

However, in East Finchley only a small minority of drivers have off street parking. Those without, or who live in multi-storey buildings, will depend on public charging points. This is where costs can vary wildly and caution and more research is needed.

Readers will have noticed charging points appearing all around N2. Some of these have been installed in lampposts courtesy of Barnet Council and Ubitricity, a subsidiary of Shell Oil (see the map for locations). There are some commercial ones at the tube station and other public ones outside the UOE Post Office. Over the past five years the government has been incentivising charging points by offering grants. Some supermarkets and leisure centres have offered free charging while you shop or swim but now with the increasing uptake of electric vehicles the situation has become more commercial and expensive.



Plug it in: The map of car charging points around East Finchley taken from the zap-map.com website

Charging times

Let's look at a few details. The larger your car battery is, the more electricity it will need to recharge. Not all chargers charge at the same rate. Home chargers and lamppost chargers charge typically between 3kWh and 5kWh, so if your car has a 50kWh battery it will take around eight hours to get to 80 - 90%.

Most of the commercial public charging points charge at a higher rate called rapid charging. Some even offer ultra-rapid charging or super-charging where you can substantially recharge your car in 20 minutes. You won't be surprised to hear that the faster the charge the more expensive it is.

Get the right plug

Here is another consideration: there are three different types of charging plug. Many public chargers have tethered plugs, where you bring the plug from the charger and plug it in to the car, much like filling it with petrol. Others, including lampposts, require your own cable and you must have the right plug and cable for that charging point. Of the three plug types, what's called the 'type 2' seems to be becoming the most common.

If you live near a lamppost you can apply to the council to have a charging point installed, providing you meet certain conditions (see below for link). There are no marked bays at the lamppost sites so there is nothing stopping a petrol car or another electric car parking there and blocking its use unless you have a long-enough extension and can park safely nearby.

How much does it cost?

Costs by the major suppliers have already gone up twice this year as the result of the energy crisis. Recharging at home is now

43% higher than a year ago, but still cheaper than the equivalent amount of petrol.

For public charging points it's a little murkier. A general increase of 25% of on road charging was quoted by The Guardian, but that's on top of already high costs. National supplier Instavolt, which operates a charging network across Britain, has increased its prices twice so far this year, first from 45p/kWh to 50p/kWh and then to 57p/kWh. Ubitricity, found locally, increased prices from 24p/kWh to 32p/kWh in the spring. Another quirk: domestic electricity users are taxed at a VAT rate of 5% whereas public charge-point supply is taxed at a VAT rate of 20%

minutes for £9.36. A 22kWh 'fast' charger would give you 172 miles but in two hours and cost £12.48. A lamppost could also give you 172 miles for £12.48 but in 10 hours.

As we can see, there is a 'charging divide' between those with home access to charging and those relying on public chargers. The government is seeking to reduce the disparity in prices across the charging network and stop those without access to at-home charging paying a much higher rate.

But regardless of public charging costs, if you don't have home charging then, for the moment, you have to roam the streets to find a charging point and hope for the best, or sit on a garage forecourt



Forecourt: Charging bays at the Esso garage opposite Aylmer Parade

A real-world example

Costs are very fluid but as a rough guide let's take a Renault Zoe, a decent average compact electric car. About £29,000 to buy, you pay no vehicle tax on it, it's exempt from the ULEZ, and residential parking permits are cheaper or even free. It has a 54kWh battery and a range of just over 200 miles.

Fully charging it at home, off-road, with off-peak electricity would cost you £5.82. If you relied on public charging, a 50kWh charger could give you 129 miles in 36

and wait your turn at the limited line of chargers there.

There is also concern over how your charging electricity is generated in the first place. But that's another story!

Useful links

To apply for a lamppost socket outside your house:

tinyurl.com/4xa9b3av
Barnet Council's 'transport vision':
tinyurl.com/ym2nkyby

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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.

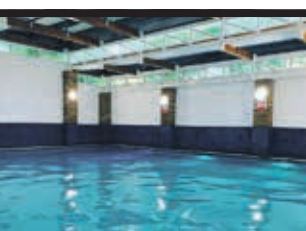


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THE CHURCH OF ENGLAND



From newspaper to novel

By Daphne Chamberlain

If you were living in East Finchley in 1993, you might remember a single sheet of newspaper calling itself *The Archer*. You might also remember the name of Cathy Young, who was one of the enthusiastic team that started our local newspaper all those years ago and who was a prolific writer of both news and feature stories.

After a break of several years, she returned to the team until moving away in 2017. Well, you can take the writer out of East Finchley, but it seems you can't take East Finchley out of the writer. Now living in Whitstable, she has just published her first novel, titled *What Once Was Lost*.

She told *The Archer*: "The main character lives in East Finchley, is at one time found wandering on the North Circular, and then, through an incident at the Lido, sets in motion a series of ultimately life-threatening events."

The story tells of a 71-year-



old woman placed against her will in a secure care home, who believes she had a baby

as a young teenager in the 1960s. A top politician is the only person who might help her but he is trying to stop her convincing anyone else. Cathy describes the story as dealing with themes around power and female autonomy, and says it will keep readers guessing.

Archer apprenticeship

Cathy says that she writes fiction using skills learned through working on *The Archer*. She told us: "I still have many close links to East Finchley, and would be very pleased to attend any groups that might like to discuss the book. It is available on Amazon.co.uk as a paperback at £7.99 and on Kindle at £1 under my 'posh' name, Catherine Young."



First-time author: Cathy Young on the beach in Whitstable and, left, her new book

From The Archer archives...

10 years ago:
September 2012

We highlighted the experiences of local residents who had been involved in the London Olympics. Heathview residents Peter Hales and Mary Hogben worked 12-hour shifts as Games Makers, NHS information scientist Lina Gulhane took part in the opening ceremony, local teenager Anum Bandey represented Pakistan at swimming and Archer team members Ian and Diana Cormack hosted an Olympics volunteer from Australia.

15 years ago:
September 2007

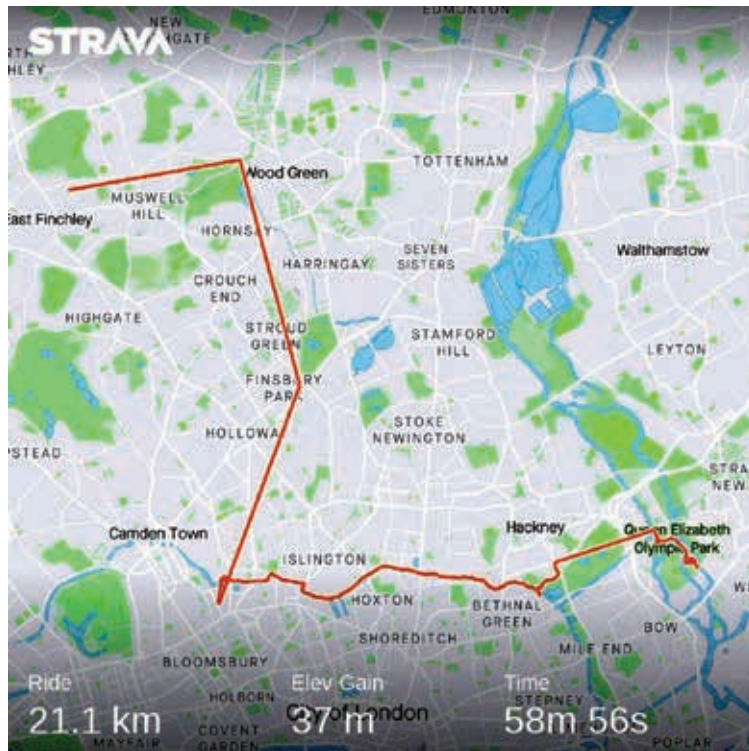
This month marked the opening of the newly amalgamated Martin Primary School, bringing together infants and juniors under headteacher Maggie Driscoll. She said "The new Martin Primary School provides wonderful opportunities for improving even further the educational standards of all pupils." Martin Primary School has since been enlarged and is rated as outstanding.

27 years ago:
September 1995

The UK was coming out of a summer of drought and heatwave with rainfall the lowest since records began and the hottest temperatures since 1976. Barnet Council's Tree Officer reported that young trees planted around the borough were having to be watered weekly and it was predicted that roads and services such as water pipes could also be affected. An interesting reminder of times past in light of the weather conditions we've experienced this summer.

A day out in the saddle fit for an Olympian

Ten years ago this summer London and the UK hosted the Olympic and Paralympic Games. You can jog some memories of that sporting bonanza by jumping on your bike and exploring the Olympic park in east London, with *Greta Brambilla* as your guide.



Heading east: The route to the Olympic park

This new ride route goes all the way from East Finchley to the iconic Queen Elizabeth Olympic Park. It takes about two hours there and back, thanks to the magic of train travel.

To begin, head to Alexandra Palace overground station via Dukes Avenue in Muswell Hill

and then through the far section of the palace park. Take the overground towards Moorgate but make sure you change at Finsbury Park in order to get to King's Cross.

Exiting the station, follow the signs for Granary Square and Regent's Canal. Once across the bridge at Granary

Square, turn right and ride along the towpath, making sure to wave to the houseboat residents on their glorious barges as you go.

After passing Muriel Street, veer left (the canal temporarily ends here). Barnard Park will be up ahead and you should turn right just before. Continue straight until Upper Street, going right then the next left to follow Regent's Canal once again.

Now enjoy the long meandering ride right next to the water, all the way to Victoria Park. Turn into the park and cycle through to the diagonally opposite corner (towards Hack-

ney Wick Overground). This is an especially cool area for a little pitstop, with plenty of street art & murals to admire all around.



Waterside: Cycle along the canal towpath through Hackney

Afterwards, continue straight, turning right when you see Stratford's London Stadium, the final destination of the day. Why not finish with a thrilling ride down the ArcelorMittal Orbit slide while you're there?

To get home, you can just retrace the way you came, or alternatively jump on the overground at Hackney Wick. Leave at Highbury and Islington, cycle up Holloway Road and take the third right turning into Drayton Park. You'll see the train station on your left before Arsenal Stadium and this will take you back to Ally Pally.



Olympic landmark: The ArcelorMittal Orbit

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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, teetotalism 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 unfailing humour.”

RICKY SAVAGE ...

“THE VOICE OF SOCIAL IRRESPONSIBILITY”

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.

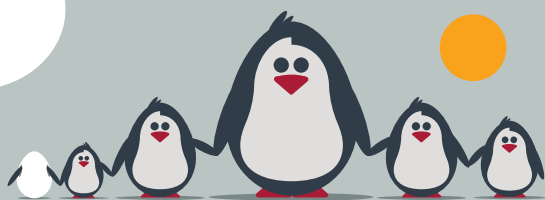
The rules for a proper summer holiday in Britain are simple. You must wear your wellies, a scarf and two jumpers at all times as this equips you to face the horizontal drizzle before drinking instant coffee from your Thermos flask in the back of a steamed up Ford Cortina. Food-wise, you are encouraged 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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Premiere: Guests and stars at the special showing of *Fifty-Four Days* at the Phoenix Cinema.

Packed premiere for film about grief and hope

By David Melsome

The Phoenix Cinema hosted a fully packed premiere earlier in the summer for *Fifty-Four Days*, an acclaimed short film about mental health, grief, wild swimming and hope.

Directed by Phoebe Torrance, it stars Celia Imrie, Juliet Cowan and Cat White, who also wrote and produced the film. When tragedy strikes, a spirited young woman turns to wild swimming in search of answers. By swimming each day at dawn and forming an unlikely friendship, she learns to accept her grief and the grief of those around her.

"I created *Fifty-Four Days* as I tried to make sense of the darkest time in my life after losing a loved one to suicide," said Cat. "I was so thrilled to

now see this special film on the big screen at the wonderful Phoenix Cinema, a venue with an ethos of inclusivity, community and supporting under-represented groups. To see this film now inspiring hope, healing and creating change is one of the greatest honours of my life."

Zalan Pall, the cinema's general manager, said the project aligned with the spirit of the Phoenix as it found its own path towards a prosperous independent future. "Phoenix was very proud and honoured to get behind a film like *Fifty-Four Days*, that's not only representational filmmaking at its very best, but also tackles a subject beautifully that we need to have more discussions about," said Zalan.

Free concert

Free concerts restart at East Finchley Methodist Church at 197 High Road, N2, this month with a performance by the Serafini Baroque Chamber Ensemble, playing musical gems from the French baroque by Lully, Couperin, Leclair, Rameau and Telemann.

The quartet of musicians are Janet Marsh on baroque flute, Elizabeth Dockrell-Tyler on violin, Dinah Beamish on cello and Christopher Rowland on harpsichord. Admission to the concert on Sunday 11 September at 7.30pm is free with a collection in aid of the Friend in Need Community Centre in East Barnet.

What's On at the Phoenix in September

By Zalan Pall, general manager at the Phoenix Cinema



The next month belongs to the 1950s at the Phoenix! A highly anticipated whodunit, an uplifting crowd pleaser, plenty of live music and theatre among old classics mean there're lots to enjoy.

We are starting the month with *See How They Run*. Set in 1950s London, a world-weary inspector played by Sam Rockwell and an eager rookie constable played by Saoirse Ronan find themselves thrown into a puzzling whodunit within the glamorously sordid world of underground theatre, investigating a mysterious homicide at their own peril. Uncover the mystery at Phoenix from Friday 9 September.

Our beloved classic season brings us two masterpieces from 1957. On Sunday 4 September, we screen Ingmar Bergman's *The Seventh Seal* and then on Sunday 2 October it's Stanley Kubrick's *Path of Glory*. October starts with *Mrs Harris Goes To Paris* about a widowed cleaning lady in 1950s London, played by Lesley Manville, who falls madly in love with a couture Dior dress, and embarks on an adventure to Paris that will change not only her own outlook but the very future of the House of Dior. Jumping forward in a few decades, Norwegian 80s pop legends a-ha are presenting *True North*, a multimedia experience giving fans a chance to hear songs from their new album first on the big screen. Come along to see it on Thursday 15 September.

On Sunday 18 September, we look forward to hosting the East Finchley Town Team's sustainability event with a screening of the movie *2040*, which explores ways we can all tackle climate change.

We also have a lot to offer theatre and opera lovers with NT Live bringing us *Much Ado About Nothing* on Thursday 8 September and Glyndebourne showcasing *La Boheme* on Sunday 11 September.

The Royal Opera House season kicks off with *Madama Butterfly* on Tuesday 27 September and on the next day, Wednesday 28 September, the RSC presents *Richard III*. Then Wednesday 5 October sees us playing *Mayerling* from the Royal Opera House and NT Live lands again on Thursday 6 October with *Jack Absolute Flies Again*.

A story about having a stammer

The latest children's book by award-winning East Finchley author Anne-Marie Conway tackles two issues that affect thousands of young people: stammering and cyber-bullying.

How to be More Hedgehog is an uplifting story about Lily, who finds friends laughing behind her back when her class presentation is uploaded onto YouTube, but then finds the courage to speak out.

Aimed at nine to 12-year-olds, it has been recommended by Monty Python star Michael Palin, who founded a centre to help people who stammer. He said: "The story of Lily and how she deals with her stammer is touching and inspiring and above all firmly based in real experience. This is a compulsively readable story, full of drama and full of hope."

Anne-Marie, a drama spe-



Author: Anne-Marie Conway

cialist who taught at the Archer Academy and set up the Full Circle Children's theatre group, said she was inspired to write the book after teaching several children with stammers.

"There can be unnecessary pressure put on children to be confident, fluent speakers," she said. "It is so important that we provide an environment where children are given the time and space to express themselves without any sense of urgency or the need to rush."

How to be More Hedgehog, published by UCLan, is Anne-Marie's eighth book. Others have included *Butterfly Summer*, *Forbidden Friends* and *Unicorn Girl*. If you would like Anne-Marie to make an author visit at your school you can email her at: shawconway@btinternet.com



Anne-Marie's new book



On stage: Christ's College Finchley's production of *Matilda*

A musical show to remember

Young actors and singers at Christ's College Finchley received standing ovations from an appreciative audience on the two nights they performed their end-of-term musical *Matilda*, taken from the story by Roald Dahl. Students and staff from the drama and music departments at the secondary school, off East End Road, N2, worked hard behind the scenes and on stage to make it a show to remember.



Any reader who feels strongly about any matter is invited to use this "Soapbox" column.

Please note that opinions expressed are those of the writer alone.



Crass grass

By Isobel Grant

Walking along Twyford Avenue in East Finchley, I spotted a large expanse of plastic grass installed, presumably by the developer, in front of one of four new houses built near Fortis Green. My hackles rose as this is so bad for the environment and I wondered yet again how it is still allowed.

A recent edition of BBC Radio 4's *You and Yours* focused on the subject, highlighting the evils of artificial grass for what is supposed to be a nation of gardeners. One of those interviewed agreed that the sooner this feature disappeared from our lives, the better.

Trevor Dines, botanical specialist for charity Plantlife, has been quoted as saying that the popularity of artificial grass shows how disconnected we have become from the natural world, commenting: "Whenever I see artificial grass my heart sinks; more nature smothered by more plastic."

The root of the problem lies in social pressure for a perfect lawn. But plastic grass stops drainage, overheats, prevents birds and insects from thriving and stifles the ground. And it doesn't last for that long. It has to be vacuumed rather than mown and it can't be re-laid or reseeded so must be rolled up, lifted and sent to landfill.

Notices in the High Road proclaim the East Finchley Town Team's Sustainability event on Saturday 17 September, so perhaps this is a timely moment to reflect on the pleasures of natural material in our gardens rather than seas of green plastic.

The beauty of a good friendship in business

By Diana Cormack

A new beauty salon recently opened at 174 High Road, occupying a site which had been empty since it was vacated by Tomato Tutors. The salon's name, S&H, derives from those of the two long-term friends Suna Karakuzu and Hatice Cinpolat, who launched the business in mid-July.



Open for business: Suna Karakuzu and Hatice Cinpolat at their new salon in the High Road. Photo Mike Coles

Suna told *The Archer* that she is a college-trained beautician who had previously worked in Archway. Unfortunately illness had forced her to give up and she paid tribute to the help and support Hatice had given her through this very difficult time. It really aided her recovery when Hatice encouraged her to share in this joint venture which is coming to fruition in smart, new surroundings.

Out of the long list of beauty treatments available including waxing, eyebrow shape and tint along with various facials and laser for men and women, Suna emphasised the aesthetics section. For more details, pop in for a chat and pick up a leaflet. S&H is open from 10am to 7pm Monday to Friday, and 10am to 6pm on Saturday. Tel: 020 8442 1783.

Letters

Pinch point

Dear Editor

In response to last month's letter from Mike Segal and the current situation regarding the High Road in East Finchley, there is only ONE solution for a cycle lane to please both the cyclist and the driver.

Where is the traffic getting faster on the High Road and where does the cyclist feel vulnerable? It is where the road narrows and has a hill/bend, just after Martin School and before the junction with the North Circular.

The existing speed bump outside Martin School is a great success at slowing drivers down. However they then speed up again going downhill. Why cannot the two pedestrian islands outside the cemetery be replaced with speed bumps?

That way the driver is not swerving around the island, traffic is kept parallel, the speed bump naturally slows the traffic down, making the cyclists safer and the pedestrians able to cross the road in the village of East Finchley.

In other boroughs some roads have speed humps every 100 yards and this works very well in calming traffic, for example on the road leading from Highgate to Muswell Hill. It could be an effective and easily implemented solution in our High Road too.

Abigail Brambilla,
Address supplied.

Send your correspondence to:
news@the-archer.co.uk
or post to The Archer, PO Box
3699, London N2 2DE

Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

ECO-FRIENDLY EAST FINCHLEY

Recycling habit grows

By Emma Frampton

The Bin There, Donate That project has been a bit quiet over the summer but people continue to donate their unwanted items, which continue to be taken to their next homes, all of which helps to reduce waste in East Finchley.



New logo

Last month we announced the introduction of our new logo, and here it is! The logo was kindly designed by Ellen K Stone who worked with us to create something that really suits the project. I hope you like the result as much we do. Look out for it in all the local shops that are participating in our recycle and reuse schemes.

New opportunities

Ellen is quite a new designer, so this was a mutual benefit: we have gained a great logo and she has gained further skills by working on a public project. Find out more about Ellen's work at www.ellenkstone.co.uk

Bin There, Donate That offers other chances to gain experience that could be good for your CV or future career. I am the founder of the initiative but I am not multi-skilled! My tech and social media abilities are, at best, limited and I work full time.

The project would welcome someone to set up and run Facebook, Instagram and other social media accounts for us and to manage our email account, or

take a role in the other activities that keep us running. Are you or a friend in between jobs or perhaps a recent school or university graduate looking to gain new skills? Please email me on bintheredonatethat@gmail.com

Old bras for breast cancer

Aliya J, the boutique clothes shop near the Phoenix Cinema, will now take old bras and send them on to help raise money for breast cancer research. I would like to thank Celia Green, who I met at East Finchley festival, for doing the research into this.

Calling keen gardeners

Bin There is urgently looking for a local green-fingered resident who can collect donated second-hand plant pots from Amy's in the High Road. Residents have been leaving their unwanted pots there but we need one or two volunteers to collect them weekly or monthly either to use themselves, or to distribute them amongst fellow gardeners. I suggest someone who regularly does cuttings to sell, someone who has an allotment or someone who volunteers at a place where plants are grown.

Stamps

People use fewer stamps nowadays, so we may not find a collection place for them. However, charities such as Oxfam and Age UK still collect them, and a quick internet search will bring up a range of options. If, in your research, you find a local place or one that offers a pre-paid envelope, please get in touch as potentially we could still include them on our recycling list.

Sustainable High Road

Bin There, Donate That will have a stall at the Sustainable High Road Event outside Budgens between 11am - 4pm on Saturday 17 September, so come and say hello.

What and where to donate

- Lightbulbs to Amy's or EF Electrical
- Broken electrical items to EF Electrical
- Electrical wires to Everything Electrical
- Ink cartridges to UOE
- Bras to Aliya J Boutique, High Road
- Blister packs to Oakdale Pharmacy
- Unwanted spectacles to Stewart Duncan Opticians and David Hillel Opticians
- Crisp packets to Cherry Tree Café, Cherry Tree Wood
- Paper, cork, ribbon, foil, wood off-cuts, buttons, stationery, sequins, carpet samples to Amy's.

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For further details and an application form visit our website:
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 email jenny.coomey@ageukbarnet.org.uk or
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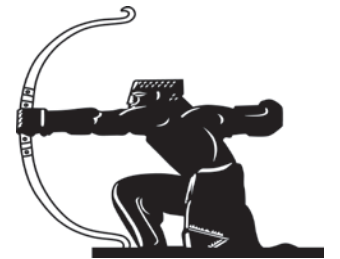
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The Archer

Published by East Finchley Newspapers, P.O. Box 3699, London N2 2DE. www.the-archer.co.uk



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

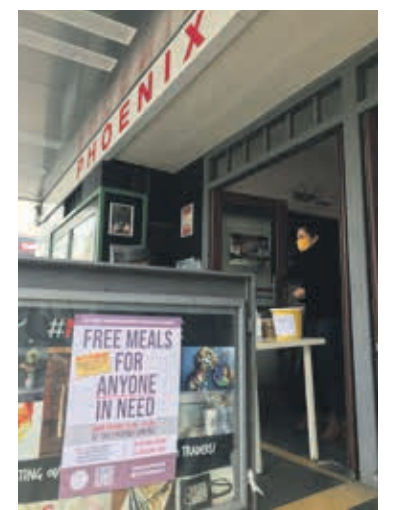
Step 3

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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