



Double car theft is warning to all drivers

By Janet Maitland

A car was stolen in Huntingdon Road, N2, a few weeks ago, swiftly followed by another from the same road. A week or two later, a window of a car parked in a disabled space there was smashed.

“The recent spike in car crime in our road is shocking,” said a Huntingdon Road resident. “Most recently one of my neighbours with severe mobility issues had her car window broken. The vehicle was clearly parked in a disabled space which makes the break-in doubly egregious. Disabled peoples’ cars are their lifeline.”

Thieves use tech

As in every other aspect of life, technology has changed the way car thieves operate. They no longer need to break a window. They no longer even need to break into your house to steal your key, or steal it at all.

If your car unlocks automatically when you are near to it, thieves can now fool the car into unlocking by using wireless transmitters to relay signals from your key fob. Or they can use a device to jam the electronic signal from your key fob when you lock your car, so you think it’s locked but it isn’t.

Protect your vehicle

If you own this kind of ‘keyless-entry’ vehicle, police advise you to protect it by keeping your key well away from the car and putting it in a signal-blocking pouch, such as a Faraday bag. When you park your car you should also check that it is actually locked.

Not all car thieves are technologically savvy. It is not unheard of for thieves to literally lift vehicles from the street using an illegal tow truck. Visible steering wheel locks can be a deterrent in these cases.

And drivers should stay alert even when they are in their vehicle. To avoid ‘carjacking’, police advise keeping car doors locked, and, if bumped from behind, to wait to pull over somewhere safe and near people, as you don’t know who has collided with you and they might be planning to force you out of the car to then steal it.



Seeded area: The site of the future wildflower meadow on the field behind Coldfall Wood

Grassland becomes a wildflower meadow

By Laura Fox

Children from Coldfall Primary and Eden Primary schools have been busy outdoors recently. They have sowed seeds and made scarecrows to create an important wildflower meadow on part of Muswell Hill Playing Fields close to Coldfall Wood.

Their teachers said: “The meadow will provide an excellent education opportunity for our schools, as learning about, and being involved with biodiversity is more crucial than ever.”

The Friends of Coldfall Wood and Muswell Hill Play-

ing Fields have been lobbying for this initiative for several years. Now it is part of a larger pilot project undertaken by Haringey Council across the borough. More information can be found at www.haringey.gov.uk by searching ‘Meadows Pilot Project’.



Blue sky thinking: Hospice nurse Sarah Wilsher takes the plunge and, inset, back on terra firma

Daredevil hospice nurse ‘always wanted to jump out of a plane’

By David Melsome

A thrill-seeking nurse seized the day when she jumped out of a plane at 13,000ft to raise money for the North London Hospice. Sarah Wilsher said she was most nervous of, but also enjoyed, the first seconds of the plunge and the feeling of her stomach being in her chest.

A skydive was something she’d always wanted to do but first she had to meet another personal challenge: losing nine stone in weight in order to qualify. That done, she took off from an airbase in Peterborough last month for the tandem jump.

Seize the moment

Sarah, 36, admitted to always having been a “bit of

daredevil”, but this took a back seat as she got older and had her children. It was her experiences working at the hospice that made her rethink. “They made me realise I should seize the moment and live for now because today and tomorrow are not promised,” she said.

Sarah started working for North London Hospice as part of its community palliative care

support team in 2018 and is now a bank nurse there at weekends after working as a specialist nurse with the NHS during the week. Her skydive has raised £1,800 for the hospice’s work supporting patients and their families.

Find out more and make your own donation by visiting www.justgiving.com and searching for ‘Sarah Wilsher’.

Go behind the garden gate again

By Susan Bennett

Originally established to raise funds for district nurses, the National Garden Scheme is now the most significant charitable funder of nursing in the UK. Our beneficiaries include Macmillan Cancer Support, Marie Curie, Hospice UK, Parkinson’s UK and Carers Trust.

It is more and more evident that gardens contribute to our physical and mental well-being, so the NGS is funding projects to promote gardens and gardening as therapy, and giving grants to community projects.

My husband Earl and I have opened our Muswell Hill garden three times a year since 1996, helped by a team of wonderful volunteers, along with Earl’s amazing cakes and our popular plant sale.

Described as ‘a cornucopia of sensual delights’ and voted Best Back Garden in Haringey in Bloom 2022, our garden’s



Burst of colour: Susan and Earl’s garden in Muswell Hill

opening dates this year are Sunday 30 April, Sunday 25 June and Sunday 30 July, all from 2pm to 6.30pm. You can find us at 5 St Regis Close, Alexandra Park Road, N10 2DE. Entry is £5, children free. Please bring cash.

And there are plenty of ways for you to contribute too. You don’t have to commit to an

official garden opening but why not hold a Coronation garden tea party fundraiser with friends, neighbours and family? You don’t even need a garden... how about a picnic in the park? Gardens opening in East Finchley this season include 7 Deansway, N2, on Sunday 7 May. Find out more at ngs.org.uk



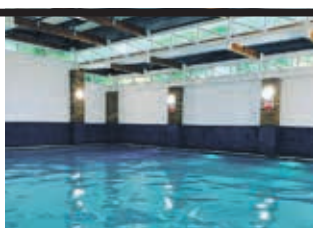
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