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The Archer

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

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

Copy deadlines - September: 11 August, October: 15 September November: 13 October



Crowd-puller: Last year's street festival in Muswell Hill attracted hundreds of people to Fortis Green Road.

Street festival celebrates the best of Muswell Hill

The Best of Muswell Hill Festival is back next month with a busy shopping street being taken over by performers and vendors for a whole afternoon. The free family-friendly event is organised by traders' association **Muswell Business.**

One of the organisers, Deanna Bogdanovic, said: "The Best of Muswell Hill is one of the biggest local highlights in our cultural calendar this year. We hope to draw not just local residents and businesses but also visitors from outside the neighbourhood. "Our aim is to increase footfall in our high street, help put our local indie businesses and local artists on the map, and together celebrate Muswell Hill's diversity and heritage."

Gillian White, festival committee member, added: "Our community and traders have experienced extraordinary difficulties over the past few years. On the other hand we've also seen the strength of our local community and friendly support when it was most, most needed."

Fortis Green Road, N10. will be closed for the festival, which takes place on Saturday 9 September from 1pm to 7pm.

The organisers are looking for volunteers to help them organise and deliver the event and more food vendors to sell their goods to festival-goers. Find Muswell Business on Facebook, Business Muswell on Instagram or visit https:// muswellbusiness.wordpress. com.



Garden therapy: Dorothy Kightley and Tracey McCarthy spread the benefits of outdoor spaces to people recovering from spinal injuries. Photo Mike Coles

Heroes helping spinal patients

Bv Lvnn Winton

I first encountered Tracey McCarthy outside her house in Durham Road, N2, where she was manning a plant stall. After stocking up on the most enormous hardy geraniums, I learnt that all the plants had come from the gold medal-winning 'Horatio's Garden' at the Chelsea Flower Show.

Tracey was selling them to raise funds for the charity of the same name that creates and maintains beautiful outdoor spaces at the 11 NHS centres that look after people needing long term care after life-changing spinal injuries. Tracey is the garden administrator (and tireless volunteer) based at their garden at the Royal National Orthopaedic Hospital in Stanmore, just the other side of Mill Hill.

Space for access and reflection

"Spinal injuries can happen to anyone," said Tracey. "Whilst every case is unique, the result is always devastating, and the garden is a place for vital reflection and readjustment. Horatio's Garden and Pods are seen as very much part of the rehabilitation process and not just a space for intense physical and occupational therapy.

"For instance, in this one week alone, I've organised botanical pottery workshops, photography, book talks, sewing and live music sessions. all with cakes baked by our wonderful band of volunteers."

Tracey went on to explain that the patients' rooms all connect with nature, having garden views and skylights: very different to the usual NHS set-up. Beds and wheelchairs have full access to all parts of the garden, including the greenhouse and raised beds.

Another EF volunteer

Working alongside Tracey is Fairlawn Avenue neighbour Dorothy Kightley, who befriends patients, and helps with fundraising. "Our volunteers are the backbone of the charity and absolute gold dust," said Tracey. "Having people in the garden like Dorothy with the time to chat to the patients make it a lovely community."

Tracey is currently recruiting more volunteers and is also happy to hear from anyone who would like to be notified in advance about her occasional plant sales. She can be contacted attracey@horatiosgarden.org.uk

Be Part of It Volunteers wanted

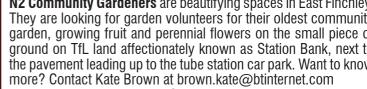
Compiled by Lynn Winton

Can you help deliver **The Archer**? We are East Finchley's very own newspaper, written and delivered by your neighbours to keep you informed and entertained on local. We have an amazing band of 80 volunteer deliverers and urgently need a few more to deliver to parts of The Grange and Strawberry Vale. It only takes 30-60 minutes once a month. Also we would like to hear from some "understudies" who we can ask to fill in when regular deliverers are on holiday. Contact us by email at news@the-archer.co.uk or leave a voicemail message for free on 0800 612 0748.

Food Bank Aid urgently need volunteers. Flexible shifts mean you can volunteer when you want, helping to sort pack and deliver donations to food banks from a hub in the leisure park, opposite the Vue Cinema, in North Finchley. The hub is a fun place and there's always tea and cake! The charity provides essential goods to 30 north London food banks who in turn help more than 16,000 people every week. Please email volunteering@foodbankaid.org. uk and put 'The Archer' in the subject line.

N2 Community Gardeners are beautifying spaces in East Finchley. They are looking for garden volunteers for their oldest community garden, growing fruit and perennial flowers on the small piece of ground on TfL land affectionately known as Station Bank, next to the pavement leading up to the tube station car park. Want to know

Become a Proms volunteer! Could you give a few hours a month to help make next year's Proms at St Jude's a success? The skills or experience the team needs include admin, IT, organisation and logistics, fundraising, and education. It's a great opportunity to get involved in a local community project, gain experience and meet new people. There will be an open house for more information from 6.30pm to 8.30pm on Thursday 28 September at Fellowship House, 136A Willifield Way, London NW11 6YD, or go to www.



promsatstjudes.org.uk/volunteering.

If you'd like your organisation to be included in this column please send details to news@the-archer.co.uk. Max 80 words please.



Barnet Council

109 Abbots Gardens, N2

Two-storey front extension incorporating a front porch. Replacement of first floor windows to match

existing window design, and new garage door.

188 East End Road, N2 New front porch. 29 Edmunds Walk, N2

Conversion of existing roof space, including insertion of two rear conservation roof lights. 2 Elmfield Road, N2

four roof lights. 37 Neale Close. N2

Single-storey rear extension with

Replacement and changes to existing windows and doors. New

decking area and pergola. 31 Park Hall Road, N2 Single-storey side and rear

extension. 18 Trinity Road. N2 Part single, part two-storey rear extension with one roof light.

Haringey Council 34 Aylmer Road, N2

Single-storey rear extension; two-storey rear extension; rear loft extension with rear dormer; two side dormers; minor changes to front façade; internal alterations.

66 Twyford Avenue, N2 First-floor front extension and associated alterations.