



## Letters

### Accident waiting to happen

Dear Editor,

Last week I had occasion to cross The Bishops Avenue at the junction with the Great North Road. I was reminded of just how dangerous a junction this is, especially for pedestrians.

People have been complaining about this junction for as long as I can remember and still nothing has been done.

I am reminded of a campaign many years ago to put a crossing on Fortis Green. Nothing happened until a woman was run over and killed. Then finally a crossing was put in near the junction with Summerlee Avenue.

The council are fully aware that the junction at Bishops Avenue is far more difficult to cross than Fortis Green ever was.

Does this mean that once again we are waiting for someone to get killed? Maybe we should bear in mind that the Archer Academy school is very near this junction.

It's possible that the council is considering controlling the traffic with complicated and expensive schemes such as traffic lights, roundabouts etc. A simpler and cheaper solution which could be implemented in the meantime would be an island refuge at the end of The Bishops Avenue.

People other than aspiring Olympians would then stand a fighting chance of making it across the road in one piece.

**Oliver Craig**  
Cherry Tree Road, N2.

### Solicitor struck off

Dear Editor,

I was greatly saddened to read in your January issue that George Nosworthy, principal solicitor at Cree, Godfrey & Wood, had been found guilty of dishonesty by a disciplinary tribunal and struck off the Roll of Solicitors.

When the charges were brought about two years ago I could not believe it, and even now they have been proved I still find it hard to accept.

I have lived in Fortis Green for nearly 50 years, and George's East Finchley practice has been my family's solicitors during most of that time. George often appeared to be under pressure, and sometimes harassed, but I invariably found him to be warm, charming, helpful and knowledgeable in all my dealings with him over the years. I also never felt cheated by him, whether we were dealing with conveyancing of property, preparation of wills, or anything else.

I feel sorry for his family and his employees, who will have lost their jobs when the practice was forced to close.

**Eugene Myerson**  
Annington Road, N2.

Send your correspondence to:  
[news@the-archer.co.uk](mailto: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.

# How to tackle your low mood in the winter months

By Dan Roberts

**It's easy to forget that we are seasonal animals, as much as bears who hibernate or swallows who migrate south for winter. Even if we live in an urban environment like north London, we are highly sensitive to seasonal changes, especially lower light levels on these chilly winter days.**

When the days are colder and darker, it's natural for our energy and mood to dip a little. But for some of us that change in mood can be difficult and even lead to depression.

If you are struggling with depression, please seek help. Start with your GP, who may recommend either talking therapy or medication. Both can be very helpful but remember there is a great deal you can do to lift your mood, in ways which cost nothing and are readily available.

### Exercise and natural light

Perhaps the most effective drug-free treatment for low mood is exercise. In one study, regular cardiovascular exercise like swimming, cycling, jogging, dancing or brisk walking was found to be equally effective at treating mild-to-moderate depression as antidepressants. Do whatever you enjoy and can build into your daily life.

During these darker days, take any opportunity to get outside and maximise the natural light. Again, go walking or time your exercise to be outside during the day. If you suffer from Seasonal Affective Disorder (SAD) you will benefit from regular use of a specialist light box.

### Helping others

There is a great deal of research right now into the healing potential of compassion. We know it's good for

your brain, whether you are being self-compassionate or taking compassionate action for others. With so many people struggling with the cost-of-living crisis, why not volunteer at a local food bank, take a meal to an elderly neighbour, or give time or money to a charity that's close to your heart. This is a win-win, as it helps others while giving your mood a much-needed boost too.

I hope some of these ideas are helpful for you. Finally, remember that it's natural for



Psychotherapist: Dan Roberts

our moods to go up and down, so don't worry if yours has dipped lately. Taking a few simple steps like these can really make a difference – and remember that spring is just around the corner, so these wintry days won't be here for long.

Dan is a psychotherapist based in East Finchley and founder of Heal Your Trauma, offering affordable mental-health workshops at Terapia, in Finchley Central, throughout 2023. Email [info@danroberts.com](mailto:info@danroberts.com) or visit [danroberts.com](http://danroberts.com) for details.



People person: Jan Lovell enjoys being out and about in her role as a Police Community Support Officer

## Questions and Answers

Interview by Ruth Anders

**Jan Lovell is East Finchley's Police Community Support Officer (PCSO). A long-term Barnet resident, Jan was born and brought up in Chichester. She came to London in 1975 and never left.**

**When did you start in your current role?**

I joined the Met as PCSO in 2004. Before that I worked in the law courts including Waltham Forest Magistrates Court, Harrow Crown Court and as a Dock Officer at the Old Bailey.

**What does a typical workday look like?**

I start my day by reviewing all our systems looking at crimes and ASB (antisocial behaviour) that have been reported overnight, and I spend a lot of my time liaising with our different partnerships such as housing associations, the Council, schools and local businesses to solve problems.

**What do you enjoy most about the job?**

The personal side without a doubt. I love meeting people, offering information and reassurance.

**What do you like least about it?**

The paperwork!

**Any advice for locals?**

If you see something odd, no need to be confrontational – say something like "Are you looking for something?" If you see a suspect vehicle, note its registration. Report issues immediately – a week later is too late!

**What are your main concerns about East Finchley?**

The lack of youth facilities and the play areas need a lot of improvement.

**What do you like best about the area?**

People really care about each other, and our ward Councillors are very accessible. A good community spirit leads to a lower rate of crime. And we have terrific schools, both primary and secondary.

**How do you relax when you're off duty?**

I used to enjoy dancing – salsa, modern jive and blues, but now I prefer a peaceful walk.

**Where would you take someone in East Finchley?**

To both our cemeteries. There are wonderful headstones with art deco bronzes and marbles, and loads of wildlife.

**How would you describe your approach to life?**

We have a great work team and always enjoy a laugh. I suppose I'd say a sense of humour keeps me sane!

You can report crime by calling 101 or in an emergency call 999. You can also report crime online at <https://www.met.police.uk/>

**Holy Trinity Parish Church**  
67 Church Lane, N2 0TH  
[www.holytrinityeastfinchley.org.uk](http://www.holytrinityeastfinchley.org.uk)

*We are a community who welcomes everyone.*  
We meet in church and online. Please do 'come and see'.

**Holy Communion & Children's Sunday Club:** Sunday @ 10.00 am - In Church  
**Morning Prayer:** Thursday @ 9.00 am - Online

For more information please contact us:  
Email: [marius.mirt@htef.org.uk](mailto:marius.mirt@htef.org.uk) Tel: 020 3565 4430

## Foodbank fundraiser

Carol singers who went from pub to pub in the High Road, N2, on Thursday 15 December raised more than £360 for Finchley Foodbank. The singers thanked staff and customers who donated so generously at The Old White Lion, The Bald Faced Stag, Gertie Brown's and Maddens.