



Chiropractor overcomes injuries to practise again

By Eva Weinstein

Chris Berlingieri, local chiropractor and former lead guitarist for East Finchley Festival favourites Sound of the Suburb, has faced a challenging recovery following an accident in April 2021 that significantly impaired his mobility.



Back in business: Chris Berlingieri

Despite undergoing multiple surgeries and a demanding rehabilitation process, Chris's steadfast determination fuelled his return to professional life. "I thought I had lost the ability to do the work I love forever," he reflects.

Yet his resilience has led him back to his role at a central London chiropractic clinic and now, with his mobility restored to a degree, Chris is channelling his 33 years of experience and

expertise into his own business at home in Durham Road, N2.

Dr Chris's Chiropractic Clinic offers high-quality chiropractic care at a fraction of the cost of central London clinics with a range of treatments, including spinal joint adjustments, acupuncture, and tailored lifestyle advice.

Chris says his journey back to health was buoyed by immense community support. Local fundraising efforts for his sponsored walk from East Finchley to the Princess Grace Hospital (where he had surgery) helped cover his substantial medical and rehabilitation costs. Further support came from a fundraising event at Madden's pub, a local favourite and a venue where Chris had performed many times with his band.

For more information about Chris's chiropractic services or to schedule a consultation, visit his website at www.drchris.org.uk.

Kitchen showroom voted one of the best

By Lynn Winton

If you are lucky enough to be planning to splash out on a kitchen refit, it's now official: a showroom in N2 has been voted one of the best kitchen suppliers and designers in the country.

Owner James Nicholson received this accolade at the industry BKU awards for his Kutschenhaus showroom on Lyttelton Road. Previously a Barclays Bank, it now houses various German-engineered kitchen displays and appliances.

As well as launching this new business, James and his wife are busy refurbishing a house in Cherry Tree Road, N2, which has not been modernised for 60 years.

James said: "We went for a contemporary Kutschenhaus kitchen, including an island and a pantry, with dark walnut doors and brass handle trims to keep the warmth in what we consider the heart of our home. So often a modern kitchen can be cold, clinical



Winner: James Nicholson

and soulless which is so wrong for these period houses. Experience led us to have porcelain worktops which are heat-proof and you can chop on them." James and the team have recently opened a second showroom in the Finchley Road, Swiss Cottage.



Class act: Co-headteachers William Dean and Becca Lewis celebrate their Ofsted rating with pupils

Top rating for primary school

Highgate Primary School children, staff, parents and governors are celebrating after being graded 'Outstanding' in its recent Ofsted report. Following a rigorous couple of days, the exceptional report concludes that at the school off North Hill, N6, all pupils receive an excellent education. Becca Lewis, co-headteacher, said: "Our children and staff are fantastic and inspectors noted this when they visited. Throughout the report, praise is given to them, and quite rightly as they are the ones who make the school such a happy place to learn and work."



Fresh air: The office workers who got out in the open to clear ground at Fuel Land Allotments

Allotment dig-nitarries for a day

Ten volunteers from financial planning company James Hambro & Partners leant their man and woman power for a day to clear space at the Fuel Land Allotments, off the High Road, N2. The aim is to grow food for the Finchley Foodbank, based across the road at St Mary's Church hall, and for The Finchley Charities' monthly brunches in Wilmot Close, N2.

Carmel Miedziolka, CEO, The Finchley Charities said: "This is a great example of how brilliant things can happen when people with shared values and passion come together."

The charity has been running the Fuel Land Allotments since the late 1800s. The land rent generated was originally used by the charity in order to buy coal for 'the poor of Finchley', hence the name. Today the site

is still there for the benefit of enthusiastic gardeners from the community and of course for a

diverse range of wildlife such as hedgehogs, slow worms, woodpeckers and voles.

Late summer boot sale

The next Muswell Hill Indoor Car Boot Sale takes place on Saturday 31 August from 10am to 1pm at Hornsey Parish Church Hall, on the corner of Cranley Gardens and Park Road, N10 3AH. Buses W7, W3 and 144 stop nearby. Admission is 50p and refreshments are available. More information from 020 8368 8180.