



Street furniture with a function

By Diana Cormack

Shoppers have been enjoying the Stagesette seating that appeared on the pavement earlier in the summer between Budgens and Amy's on the High Road, an area already being reimagined as East Finchley's town square.

Consisting of two wide, slatted, wooden benches which can be moved into various positions or made into a community stage, it has been well-used and talked about as an alternative to the traffic-facing benches already there.

The Stagesette was a temporary installation organised by East Finchley Town Team after a successful bid for Barnet Community Grant funds. At the time of writing it is due to be moved to a new home, probably Martin Primary School further up the High Road.

Also causing comment and speculation has been the wigwam/teepee bamboo construction using the empty Christmas tree space in the raised garden outside Budgens, as reported in last month's edition. It is to remain there for the rest of the year.

Many have questioned the origins of the 'flag on top, which turns out to be a handy piece of material used by one of the constructors. Others have suggested that the teepee stays there and is decorated as our



The stage is set: Singer Eila Zecevic entertains in the High Road.

Photo Mike Coles

Christmas tree, a good example of reimagining.

Unfortunately we may soon see less welcome examples of street furniture. Despite strong objections from Town Team members and local councillors, Barnet Council is set to go ahead with the installation of more digital advertising hoardings like the two large examples already outside Budgens and

Amy's. The new units will each house an EV charging point.

Citizen scientists monitor air quality

By Dave McCormick, Friends of the Earth Barnet
In early June, some local residents met with Clean Air Barnet in the High Road, N2, to talk about local air quality and how they could get involved in measuring our air using five portable monitors purchased by East Finchley Community Trust.

The use of monitors is a borough-wide project, led by Clean Air Barnet, Middlesex University and Barnet Council to build a database of indoor and outdoor air quality across Barnet.

The project involves seven small groups of volunteers having monitors for a month before passing them on to a different group to use. Data analysis is carried out by the university in ways that meet data protection requirements.

The Atmotube Pro monitors gather data about volatile organic compounds, air pressure, humid-

ity, temperature and location. Pressing a button gives an instant composite score of the data and an app provides more detail including a map of results from other monitors around the world.

"I used to be a scientist and now I do science for fun," said one volunteer. Another, on hearing that she was now a citizen scientist, said: "Brilliant. That is going straight onto my CV."

If you would like to become an air quality citizen scientist or would like to help fund buying more monitors please contact eftownteam@gmail.com

Insights from a local menopause expert

Dr Charlotte Iveson is an experienced NHS GP and menopause specialist, who practises in Fortis Green, Muswell Hill. Charlotte went through early menopause herself and has compiled a set of answers to the questions about the perimenopause and menopause that she gets asked most frequently.

What is the difference between the perimenopause and menopause? The perimenopause is the time leading up to the menopause, which can be up to 10 years before the menopause. The menopause is the point in time when you have not had a period for 12 consecutive months.

What symptoms might I get in the perimenopause or menopause? There are a whole host of symptoms that can be caused by fluctuating hormone levels. The most common ones are: changes in mood, poor sleep, night sweats, hot flushes, and changes in periods. Women may also experience palpitations, weight gain, muscle and joint pain, hair loss and dry skin.

Do I need a blood test to diagnose the perimenopause/menopause? For most women over the age of 45, blood tests are not very helpful as hormone levels can fluctuate over the day. However, for women under the age of 45 it can be helpful to have a blood test to decide if they are going through an early menopause.

What can I do to help my symptoms? Look at your lifestyle first! Get out into nature for walks and do some weight-bearing exercise. Try to eat a wide variety of fruit and vegetables as well as increasing your protein. Reducing your alcohol intake and stopping smoking is also key.

What is Hormone Replacement Therapy (HRT)? HRT is made up of oestrogen and progesterone (for women who still have a uterus) to replace natural hormones. HRT is important during menopause as it protects against heart disease and osteoporosis. Oestrogen can come in

the form of a tablets, patch, gel or spray. The topical ones (applied onto skin) are the safest. It is crucial to use progesterone with oestrogen, to protect against the potential complications of endometrial (lining of the womb) thickening. Progesterone can be given in the form of a capsule or Mirena coil.

Charlotte is available for appointments at 360med in Fortis Green, Muswell Hill, offering menopause consultations at <https://360med.co.uk/>. You can follow her on Instagram @dr_lotte.



Q&A: Dr Charlotte Iveson

RICKY SAVAGE ... THE VOICE OF IRRESPONSIBILITY

Give it five rings

It's here, the climax to a long wet summer of sport. Yes, it's the running, jumping and falling in the water festival that is the Olympics. But these are no ordinary Games, these are being held in the place that Parisians call the centre of the cultural world: Paris. And that means it's my job to tell you how to survive a trip to that fair city and what not to look out for at the Olympics.

This is the third time Paris have played host and it feels like a good time to look back at the forgotten sports that thrilled the world the first time they hosted in 1900. Back then sport was different, it wasn't that it was pretty much a men-only affair, Paris went in for some weird sports.

They had angling: 600 people trying to find out if there was anything alive in the Seine worth catching. There was live pigeon shooting as a one-off Olympic sport. Maybe they had run out of clay or the Parisians just want to do a bit of pest control in the name of either sport or cooking.

You want to talk about animals and water, what about the aquatic horse long jump? Yes seriously. Someone came up with the weird idea of a man on a horse jumping as far as he could down an elongated, water-filled long jump pit. And that's before you get to the completely insanity of the obstacle swimming race involving boats, poles and some sort of underwater obstacle. And to top it all off, that school fete favourite, a tug of war.

But if you go to Paris this year please remember your manners. When getting on the Metro always shake hands with the other passengers before taking your seat. You'd be thought rude not to in a city that prides itself on courtesy and good manners. You should of course ensure that you have learnt French, but do not be surprised if Parisians refuse to acknowledge your efforts, they are merely trying to help you improve.

In such a centre of gastronomic excellence it is rude to ask what variety of bird or small furry animal has given its life for your lunch, particularly if it has been drowned in cognac before being fried in butter. The same goes for wine. There are two sorts of wine in Paris: French and undrinkable foreign muck, so never order Chianti.

And finally, don't mention Waterloo, Wellington or French wartime collaboration if you want to get out alive, and remember to apologise for Brexit every chance you get. Thank goodness the Olympics only come round every four years.

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