

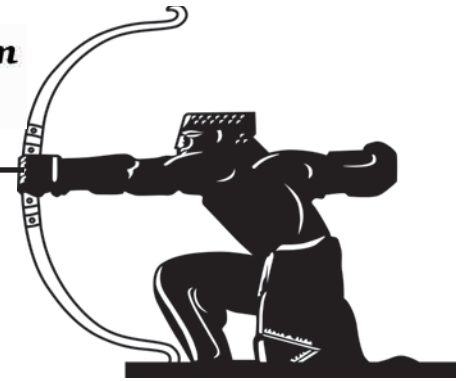


residential sales • lettings • management
020 8444 5222
www.jeremyleaf.co.uk

ISSN 1361-3952

The Archer

30 Local News is our Aim
30 years 1993-2023



February 2024 No. 358

Delivered free to 10,000 homes and businesses across East Finchley

Anger grows at impact of parking zone

By John Lawrence

Opposition to the new controlled parking zone, which will affect 2,600 homes and businesses in East Finchley from this month, is growing. Vehicle owners living and working inside the new 11am-3pm zone have been given until 19 February to register and pay for street parking.

As reported in our last two editions, Barnet Council is going ahead with an 18-month trial period for what it calls the 'experimental' CPZ and inviting public comments in the first six months only. Signs and road markings were being installed extensively last month.

By its own figures released to us in December, only a slim majority of 51 per cent of respondents to its online consultation two years ago were in favour of any new CPZ or identified parking problems in their road.

Protest petition

Now it is happening, many residents fear it will be impossible to reverse and are questioning the council's reasoning for bringing it in.

Resident Edward Butler has started a protest petition at <https://chng.it/F9cwG5Jd49> that had gathered more than 600 signatures at the time of going to press.

"The cost implications are unaffordable for many residents and businesses already struggling with high living costs in London," Edward claims. "We demand answers regarding consultancy involvement, cost breakdowns, motivations behind this move and expected income generated from it."

Barnet Council told us that CPZs were intended to be self-financing, and it has a legal obligation to reinvest any income generated to maintain and enforce the scheme. Any surplus income is used to maintain roads and other transport schemes. One signatory to the petition commented: "We don't have an issue with parking on our road. This is completely unnecessary and a four-hour restriction

is overkill and will seriously impact our local businesses and charities."

School staff

Separately, the headteacher of Martin Primary School, which falls inside the new zone, has written to all parents warning that the school could start to lose staff if they have to pay to park on surrounding roads.

Ziz Chater told parents: "Most of our 106 members of staff walk or use public transport to get to school but 44 people drive because they do not live in the local area (many cannot afford to) and have to bring books and resources to school. We have 20 parking spaces and two parking spaces for disabled users on site.



Staffing risk: Ziz Chater

"I strongly object to school staff having to pay Barnet Council £209 every year for a parking permit to work in a Barnet school providing an education for Barnet children. It is already very difficult to recruit and retain good staff, particularly as we are so close to the Haringey border and have to compete with offers of inner London salaries."

The new zone will encompass all residential roads inside the boundaries of the North Circular, East End Road and Creighton Avenue as far as Coldfall Wood, joining up with the existing CPZs south of Leopold Road and Hertford Road. See *Town Team*, p7, *Letters*, p11.



Spread the word: Young students take part in a storytelling workshop at the Artsdepot

Cash boost opens up arts to young people

Arts activities for young people in Barnet have received a boost over the next three years after the Barnet and Culture for Youth partnership received £500,000 to fund its activities. The money came from Arts Council England, Barnet Council and the John Lyon's Charity, and will be used particularly to help children and young people excluded from mainstream education, faith and home-schooled individuals and those with Special Educational Needs. Projects will be coordinated by the Artsdepot in North Finchley and will include creative learning events, touring shows and school artist residencies.

PRICKETT & ELLIS ESTD 1767

CELEBRATING 250 YEARS

East Finchley Office
82 High Road, N2 9PN
020 8883 0033

eastfinchley@prickettandellis.com
www.prickettandellis.com

SALES & LETTINGS AGENTS | SURVEYORS | VALUERS | PROPERTY MANAGEMENT

GENZO GREEK

WE ARE BACK

SERVING YOUR FAVOURITE GREEK AND CYPRIOT DISHES

WWW.GENZOGREEK.COM
0208 883 8823

212 HIGH ROAD, EAST FINCHLEY, LONDON, N2 9AY @GENZOGREEK

EVERYTHING ELECTRICAL

020 8444 7994
38 High Road, N2 9PJ

Scooter Time

We have a range of electric scooters from fun to city. Pop in Today!

In this issue

- Phoenix sells off land.... p2
- Black Gull shock closure...p3
- Boost for playground.....p3
- Folk revival..... p4
- Sunday pharmacies..... p5
- Quiz answers..... p8
- Your letters..... p11
- Charity winds up..... p12



The Archer

www.the-archer.co.uk Email: news@the-archer.co.uk

[f](#) [X](#) [@](#) @TheArcherN2

Voicemail: (messages only) 0800 612 0748 for editorial and general enquiries or 0800 612 4027 for advertising enquiries only

Published by East Finchley Newspapers CIC

Registered in England & Wales company no 14524944

Copy Editor

John Lawrence

Sub Editor

Lucy Moorman
Fiona Macdonald

Picture Editor

Mike Coles

Production Editor

Alison Roberts

Distribution

Toni Morgan,
Jane & David Marsh

Finance

David Marsh

Editorial Team

Ruth Anders, Daphne
Chamberlain, Diana Cormack,
David Gritten, David Hobbs, Janet
Maitland, Lynn Winton

Social Media: Justine Csaky

Printed by Sharman & Co Ltd on 100% UK-sourced recycled newspaper

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 - March: 16 February, April: 15 March, May: 12 April



Spare land: An aerial view shows the car park area at the rear of the Phoenix Cinema

Cinema sells off car park to fund second screen and future projects

By John Lawrence

The Phoenix Cinema has put the car park at the rear of its auditorium on the market for offers over £400,000 to raise cash for future refurbishment projects, including a long-awaited second screen.

Estate agents Martyn Gerard are handling the sale of the spare land measuring 2,600 sq ft, calling it “an exciting development opportunity”. It has been listed as ‘unconsented’ meaning any buyer would need to draw up plans and secure permission for building work.

The plot is accessed through a gate and single width entrance at the rear of the cinema. It is currently unused except for a couple of small outbuildings.

Phoenix trustees had once considered it as the site for the second screen that they hope will transform the fortunes of the cinema but that was ruled out because it would have involved knocking through the listed walls of the auditorium to connect it to the main building.

The latest plans for a second

screen are to house it in part of the space now occupied by the café and upper foyer. These have been given planning permission. A second screen would broaden the Phoenix’s programme options and enable it to show popular films for longer runs.

Alison Gold, chair of the Phoenix Cinema trustees, said the potential sale of the car park would be a massive step on the way to funding such a conversion along with other refurbishment work that the charity wants to carry out.

“Because we cannot connect this land to the main building without demolishing all or some of the listed walls on that side, it’s a plot that isn’t really helping us deliver the purpose of the charity,” she told *The Archer*.

“For years it has been sitting there empty, aside from a little bit of storage, so the time has come to make better use of it. We’ve come to the conclusion that selling it hopefully for a good price is the right move and we will certainly be able to make good use of any money it raises.”



Refurbishment plans: Phoenix Cinema. Photo: Alison Roberts

BE PART OF IT Volunteers wanted

Compiled by Lynn Winton

East Finchley Festival CIC is looking for a bookkeeper to assist with sending invoices and tracking income and expenditure. It involves 1-2 hours work per week and training can be provided. There are also assorted volunteer positions available - ranging from activity co-ordinators to general stewards for the 2024 festival. Please visit eastfinchleyfestival.org/volunteer for details.

Food Bank Aid provides essential goods to 31 food banks who in turn support over 20,000 people per week. The team is looking for drivers, and also for helping hands to sort and pack donations for onward distribution to the food banks. Their hub at the Great North Leisure Park in North Finchley is a fun place to work, with friendly people, music, cake, tea and coffee. Flexible shifts are available! Please drop them an email at volunteering@foodbankaid.org.uk

Could you spare an hour or so a week to chat to an older isolated person? **Age UK Barnet** is looking for befrienders to offer friendly chats, support and companionship. The charity also needs walking buddies to help older people to get out and about again after losing the confidence to leave their homes. Age UK Barnet is helping people who haven’t left their house for two years! Just a couple of hours a week of your time could make a big difference to an older person in East Finchley. Please contact Lisa on 020 8432 1422 or email lisa.robbins@ageukbarnet.org.uk

Proms at St Jude’s in Hampstead Garden Suburb needs enthusiastic and capable volunteers to join committees working year round to put on the annual festival of music and literature. Whether it’s education, fundraising, music planning, social media, catering or logistics, they’ll try to match you with the kind of task you would be happy to undertake, whatever time commitment you can offer. Find out more on the Volunteering page at www.promsatstjudes.org.uk

If you’d like your organisation to be included in this column and listed on the East Finchley community hub website, please complete the form at www.ILoveN2.co.uk/be-part-of-it.



PLANNING APPLICATIONS

Barnet Council

Land at Central Avenue (adjacent To Willow House) The Grange Estate, N2

Non-material amendments to planning permission for development of the site to provide eight affordable homes (Class C3) in a three-storey building, together with associated public realm, landscaping and play space improvements, and car and cycle parking. Amendments include addition of a UPS room to roof; omission of hit and miss brickwork to wall between plant roof and green roof, and introduction of opening to the wall; provision of 1,100mm railing to perimeter of green roof; relocation of rainwater pipes, including removal of brick shields; changes to main entrance door and balcony door fenestration; reduction in opening of refuse store door to allow for dry riser inlet; alterations to windows

Land At High Road (between East View House and Hilton House), The Grange Estate, N2.

Non-material amendments to planning permission for development of the site to provide eight affordable homes (Class C3) in a four-storey building, together with associated public realm, landscaping and play space improvements, and car and cycle parking. Amendments include: Omission of Hit & Miss brickwork to ground floor refuse store and plant room; addition of louvres to plant rooms one east elevation and louvred door to north of refuse store; relocation of rainwater pipes, including omission of brick shields; changes to main entrance door and balcony door fenestration; alterations to windows

78 High Road, N2

Conversion into two self-contained flats, including a single-storey rear extension

and mansard roof extension with front and rear dormers. Modifications to rear access to maintain one car parking space and external amenity space, cycle storage and refuse and recycling facilities.

First Floor Flat, 68 Huntingdon Road, N2

Roof extension, including rear dormer window and three front roof lights.

Ground Floor Flat, 68 Huntingdon Road, N2

Single-storey side and rear extension.

Adj to 48 Lincoln Road, N2

Erection of two-storey dwelling with rooms in the roof space. Associated refuse/recycling and amenity space.

Market Place Playground, N2

Submission of details of conditions pursuant to planning permission (ecological enhancement, construction management and cotoneaster control measures).

DR MARCO
AESTHETICS
LONDON

Medical Aesthetic
Treatments in East Finchley

Utopia Therapy Hub
1a Leicester Road N29EJ

www.drmarconicoloso.com

drmarcoaesthetics@gmail.com

IG: @drmarconic



Fillers
Anti-Wrinkles
Prophilo
Nucleodyn
Hair Loss
Skincare



New playground project buoyed by local businesses

By David Melsome

Fundraisers bidding to bring new life to the neglected Market Place Playground have praised local businesses and individuals for helping them bring in more than £27,000 for the transformation project.

In December, the Friends of Market Place Playground partnered with Aviva's Community Fund in a final chase for cash to turn the tarmac site near Holy Trinity Primary School into a green space and natural playground.

Aviva's crowdfunding initiative supports projects that

our part of north London a better place to be for everyone. We'd like to thank every single one who made a donation, no matter how small."

Supporters of the project include: Alan's Record Shop, Amici Delicatessen, Amy's, A.W. Luck & Sons, Casa Pepe, Clichy Cars, Cup of Joy, Dan



Rejuvenation: Market Place playground users Monica, Poppy and Mara look forward to it becoming a more nature-friendly space

bring nature back to urban spaces and their match funding meant that every pound donated was doubled. The money raised in just a month will go towards planting trees, hedgerows and shrubs.

Michelle Frith and Samantha Haycock, co-chairs of the Friends, said the community of East Finchley was as generous and supportive as ever but it was local businesses who helped push the crowdfunder over its original target by giving financial support, publicity and donations in kind.

Deep commitment

"Over £5,000 came from N2's business community," they said. "We are overwhelmed but not surprised by the kindness of East Finchley's traders. The companies that backed us represent the diversity of the business community from eateries to estate agents, fitness to finance, but the one thing they have in common is a deep commitment to making

& Decarlo, Debutots, Fish & Flame, Gertie Brownes, Going Greek, The Happiness Boutique, Iris Garden Services, Jeremy Leaf & Co, Meze & Shish, MighteeFit, N2 Food Centre, P.O. Joyce, Securebase, Tatler's Estate Agents, TaxAssist Accountants, Tony's Continental, Tops Dry Cleaners, Untitled Projects Management, UOE Store, The Windsor Castle, Yasar Halim and Zio Peppe.

Buoyed by this show of support from the community, the Friends are working with their design consultants Aileen Shackell and Phil Doyle and Barnet Council's project team on the final details and will have plans to announce very shortly. Find out more at www.friendsofmarketplace.org.uk

There is still time to donate to the project. While most money has been raised, key pieces of equipment and signage still need funding. Get in touch with friendsofmarketplace@gmail.com

Talent show and bake-off contest both postponed

East Finchley Town Team was sadly forced to postpone the two events they had planned for the end of January.

East Finchley's Got Talent and East Finchley Bake-Off were scheduled to take place in the Phoenix Cinema. Unfortunately the cinema's managers ran into complications with obtaining a film to show in conjunction with both events. The Town Team decided that the only option was to postpone them.

Town Team have now con-

tacted all those who have entered, the judges, and their contacts from schools and other groups.

Phoenix manager Ewelina Sadlowska told *The Archer*: "We're very sorry to have to postpone East Finchley's Got Talent, owing to programming difficulties and we look forward to announcing a new date very soon."



End of story: Black Gull Bookshop has no choice but to shut, says former leaseholder Chris Overfield, right

Shock at closure of much loved High Road book shop

By Ruth Anders

Staff and customers were dismayed to learn last month that East Finchley's much-loved book shop Black Gull is closing after 16 successful years in the High Road.

It's understood the decision was taken after the shop's new leaseholder was unable to come to an agreement with the landlord over the terms of his lease renewal.

Previous leaseholder Chris Overfield, who now owns Black Gull Flies South bookshop in St Leonards, near Hastings, said he couldn't express his sense of loss at his business leaving East Finchley forever.

He told *The Archer*: "When I moved to the south coast four years ago, I looked for a new owner. We were confident we had found the right person in Chris Masson, who runs our sister shop Boom Cat in Camden Market. But after months of negotiation, the landlord's stipulations became impossible to meet and Chris decided to pull out.

"Sixteen years embedded in this lively, creative community has been a profound pleasure... stimulating, challenging conversations with interesting, enthusiastic people who shared so generously."

He went on to explain that in order for booksellers to make a success of their business

they really need to own their building.

The sudden closure news was distressing for Black Gull staff Brian Schwartz and Robin Tomens and for many regular patrons who streamed in over the weekend of 20-21 January to express their bewilderment and commiserations. A farewell event is planned towards the end of this month, date to be confirmed.

Last literary event

In the meantime, Black Gull's last literary event will be on Sunday 18 February at 6.30pm when two translators

who worked on a new volume of the poetry of Simone Weil will talk about the process and read some of her poems.

Silvia Caprioglio Panizza, from the University of Pardubice in the Czech Republic, and Philip Wilson, from the University of East Anglia, published *Mirror of Obedience* through Bloomsbury last year, translating the French philosopher and political activist's poetry into English for the first time. Admission is free and there will be refreshments available. To book a place, email tierney-helen63@gmail.com

David Hillel Optometrist

BSc(Hons) FCOptom DipCLP MPhil DOptom

Dr David Hillel Burns is an experienced specialist in eyesight.

119 High Road N2
Tel: 020 8444 2233
www.davidhillel.co.uk



- Children's sight care
- Advanced clinical investigations
- NHS available
- Special contact lens fitting service
- On-site laboratory
- Hospital-level vision care
- Myopia Control

Appointments from 8am - 7pm

Advice, help and care for all eye and sight matters

Indoor car boot

The next Muswell Hill Indoor Car Boot Sale takes place on Saturday 24 February from 10am to 1pm at Hornsey Parish Church Hall, on the corner of Cranley Gardens and Park Rd, N10 3AH. Buses W7, W3 and 144 stop nearby. Admission is 50p and refreshments are available. More information from 020 8368 8180.

ALL WELCOME
ALL EQUIPMENT PROVIDED
OPEN PLAY BEGINNERS COURSES

LEMON PICKLEBALL

TRY THE FASTEST GROWING SPORT IN THE USA
CLUBS • COACHING • EVENTS
www.lemonpickleball.com

G&C Commercial Services Ltd
Your Trusted Cleaning Partner
With 10+ Years Experience

Carpet & Upholstery Cleaning
End of Tenancy & After Builders
Garden Cleaning & Jet-Washing

07592 872 868 @gc.services.ltd



Music makers: Instrument players jam in the Windsor Castle pub.
Photo Helen Tierney

Join the great East Finchley folk revival

By Helen Tierney

If you stop by the Windsor Castle pub in The Walks, N2, on the last Wednesday of each month you'll be greeted with a warm folk-infused musical welcome. Thanks to the collaboration of co-landlord Eamonn England and local musician Liz Menezes, there's now a very healthy folk scene emerging in N2.

Musicians of all ages have brought fiddles, guitars, mandolins, flutes, tin whistles, mandolins, accordions and even uilleann pipes, jamming with each other and entertaining the regulars with a growing following.

Eamonn has a background in Irish music and grew up surrounded by folk music. He has worked in artist management and the music industry, and was keen to get a musical presence going in the Windsor Castle. It all started with a successful Burns Night gig in 2023.

"Having spoken to Liz after that night, she said she was keen to get a space for musicians to network, so I thought why not use the Windsor Castle for a regular monthly?" Eamonn said. "I like the fact that musicians can come together and play. It's folk-focused but flexible. My personal preference is Irish folk but there's room for lots of diverse musicians to get involved."

Liz, who lives locally, was classically trained as an operatic soloist but has always played the violin along with guitar.

She cites folk as an early influence musically in her northern childhood.

"I've always been into folk, and Scottish and Irish songs were very important in my northern upbringing. I have an early memory of my mother teaching me Danny Boy," she told me.

Liz's work ranges from teaching to playing and singing with the Blue Grass Archway Mountain Lightning Boys, the Aspidistra Drawing Room Orchestra and also leading two East Finchley baby music groups – Stepping Stones and Teddy Bears Music – both held at the East Finchley Baptist church on Creighton Avenue.

She also stresses the importance of making the Windsor Castle folk nights accessible and friendly. "It doesn't matter how much you know or don't know – you can just come along and join in what suits. You don't have to read music or know all the tunes, but there is music for those who feel more secure using it. Folk can come along, have a drink, join in whenever they feel like it or just have a listen."

Bench of memories outside deli cafe

By Diana Cormack

Towards the end of last year, a new bench seat appeared on the pavement outside Amici Delicatessen in the High Road. Those passing by on this busy thoroughfare close to the junction with Fortis Green may have noticed it because it is not a Barnet Council bench bearing the borough logo.

Or they may have been attracted by the garland of pink and yellow flowers decorating the back rest where there is commemorative plaque. But of most intrigue is the fact that the bench is not facing outwards looking over the High Road like all the others, but inwards with a full view of the popular Italian café.

Maurizio, who runs the deli, told *The Archer* that arrangements for the bench had been made with Barnet by the family of a former long-term customer following the wishes in his will.

Unfortunately, after it had been put in place, Barnet work-



Memories: The family bench faces favourite spot Amici. Photo Mike Coles

ers had to return and do a quick turn-around, for the bench was facing the wrong way. As the family pointed out, the will had stipulated that the bench should be facing Amici's, not the High Road.

The plaque commemorates the parents of this local family. It bears the message: "In loving memory of our parents Chander Veer and Dharam Veer Kapoor. Always and forever in our hearts."

From The Archer archives...

By Jane Marsh

10 years ago:

February 2014

A controversial plan to turn Martin Primary School into an academy was finally rejected in the face of fierce opposition from parents. Their particular worry was that the ethos of the school would be damaged by becoming an academy, as the scheme involved Martin's becoming part of a multi-academy trust. It was thought that the majority of staff were also against the proposal despite the then headteacher Helen Morrison claiming the academy plan was an exciting opportunity for the school.

15 years ago:

February 2009

We reported that officers from East Finchley Safer Neighbourhood Team had arrested a 54-year-old man during a dawn raid on the Strawberry Vale estate in late December. They had also seized nearly £7,000 in cash, a quantity of drugs and four shotguns. The arrest followed a long investigation into a spate of thefts from vehicles at the nearby Islington and St Pancras Cemetery.

23 years ago:

February 2001

The loss of another local pub was highlighted. The George in Market Place was to be demolished to make way for a development of 14 flats and associated parking spaces. Local residents were becoming concerned about the growing number of housing developments planned for East Finchley, already the most densely populated ward in the whole of Barnet. In the past 30 years at least eight local pubs have been lost to residential development.



Live on stage: Sara Pascoe

REVIEW: LIVE AT THE PHOENIX WITH SARAH PASCOE

Phoenix Cinema, East Finchley

By Mona Scott-Norman

One of the best nights out I've ever had was back in November of 2022... it was East Finchley, I was 'out out' and it felt electric. Finally, last month came the long-awaited return of the *Live At The Phoenix with Sarah Pascoe* comedy night.

The first time, three of us had sat in the same row whilst our entertainers had ripped our middle-class lives into playful shreds. We'd loved every minute of it. This time, very cool host Alexandra Haddow warmed up the crowd and my girlfriends and I had already forgotten our January sluggishness by the time Leah Davis came on to give a cleverly written set brimming with sarcasm.

She was followed by Steen Raskopoulos, a phenomenal comic who expertly used audience members (thankfully not me this time) to create unscripted, physical hilarity. In fact, the physicality was such that his foot punched a hole clean into the architecture of

the historic Phoenix. He really made his mark.

Third up was Alisdair Beckett-King, a 'merman' with enviably long ginger, curly hair who was extraordinarily skilled at embodying people and imaginary comic situations.

Then headline act Sarah Pascoe arrived on stage direct from home where she'd been looking after her "two awful children". I was immediately hooked, and our group found ourselves giggling uncontrollably at the true human nature of her comedy.

Anight to remember thanks to the organisers of this show, who, I hear, are planning another show in March... probably to raise money to #fixthephoenixstage wall.



URBANCALM

Pilates

A new pilates class at Finchley Youth Theatre, High Road, N2
All levels welcome
Try your first class for free!
Fridays 10.30 am - 11.30 am
Fun friendly class £15
lucie@urbancalm.co.uk
Lucie 07895 615989



Could pharmacies open for service on Sundays again?

By Lynn Winton

Some readers may remember that pharmacies in East Finchley used to take it in turns to open on Sundays for anyone needing to pick up emergency prescriptions or treatments. This arrangement stopped many years ago, leaving people to travel to a seven-day pharmacy in Golders Green or Boots in Muswell Hill.

Reader John Briggs wrote to us this month (see Letters, pg 11) asking whether a Sunday rota could be re-established in N2. "The elderly and disabled and those without family or friends are going to find it hard to pick up their prescription outside their immediate area," he said. So we went out to canvass

the one at Finchley Memorial.

Paresh Shah, owner of C. W. Andrew Pharmacy in the High Road, noted that his business already provides 60 hours of dispensing a week, which is 20 hours more than its NHS contract, and by Sunday staff are exhausted. "We are an independent business with no

extra staff, we all have families, and we all really need one day to switch off for our own health and well-being," he said.

On the other hand, Herman Benjamin, owner of Oakdale Pharmacy in the High Road, confirmed that, as a second-generation pharmacist, he remembers there used to be a Sunday rota in East Finchley and he thought the idea could work again.

"We are here to help the needs of the community, and I'm happy to discuss it in principle, and maybe we could all manage one Sunday in four once we propose a rota to the LPC (Local Pharmacy Committee) and NHS England," he said.

We also contacted Links Pharmacy in East End Road and Cootes Pharmacy in the High Road but did not get a response before we went to press.



In favour: Herman Benjamin

opinion and ask the pharmacists themselves. Sandra, a hospital consultant for 30 years, who lives on Kitchener Road, said: "It's a marvellous idea, and I hope a Sunday rota gets off the ground". Others felt it was "good enough" that we are between Muswell Hill and Golders Green, both with pharmacies open on a Sunday, as well as some supermarkets and

Health screening in the community

By Diana Cormack

To mark World Diabetes Day on Monday 20 November, Age UK teamed up with Barnet Council to run a health screening clinic. Hosted by the Ann Owen Centre in Oak Lane, N2, these free 20-minute sessions were for those over 40. The event was fully booked.

After being weighed then measured for height, participants were asked a number of questions relating to their health and well-being, along with a finger-prick blood sample. Advice was given on Body Mass Index, cholesterol and blood sugar levels as well as for dietary and alcohol consumption.

Blood pressure, cardiovascular conditions and exercise regimes were among other topics covered, not forgetting smoking and mental health

queries.

Sensitive advice was offered throughout, with all the results and comments being subsequently emailed to the patient and their GP, if the patient wished it.

Such screening clinics have been running for a while in Barnet, providing an early warning system for people to act on and so are particularly useful for those who are not registered with a doctor. To find out more, visit barnet.gov.uk/healthscreen.



Team work: Food Bank Aid volunteers appeal for donations to support their crucial service

February is crucial fundraising month for in-demand food bank

By Lynn Winton

Naomi Russell, the driving force behind Finchley-based Food Bank Aid (FBA), will be having a nail-biting time in the run up to their critical fundraising campaign this month.

FBA began in humble beginnings in April 2020 when Naomi started a collection for her local food bank during the pandemic. Today it is a busy charity with 400 volunteers that has sent out almost £5million of goods in four years.

Its distribution hub at the Great North Leisure Park in North Finchley supports 31 food banks across north London, which in turn help more than 20,000 people including 5,000 children per week.

As a result of the cost-of-living crisis in 2023, FBA has recorded a 47% increase year-on-year in the number of food banks they support, along with a 50% increase in the cost of supplying them. It is helping 43% more people every week, but costs continue to rise.

Daunting challenge

I spoke to her about the daunting challenge of fulfilling

their commitment to supply 31 food banks with a minimum of 20% of the goods they need, which is way up on their previous year's pledge to supply 20 food banks.

"We have to raise £1.5 million this year just to stand still, and all that is for food and other necessities, nothing for running costs or salaries," said Naomi. "Food bank clients are being overwhelmed by working people who are struggling to feed their children. Around

23% of households in the UK with children are suffering 'food poverty', which is officially defined as those forced to eat less or go a day without eating because they could not afford food."

The good news is that FBA has found sponsors to double every donation over the fundraising weekend of 24-25 February, so whatever size your donation, you are actually giving double.

So there is an incentive for everyone, whether donating £5 or £5,000 to come together to support the 31 food banks through Food Bank Aid. There will never be a better time.

And the better news for Archer readers is you don't have to wait to donate: FBA have created the unique QR code printed here so that at any time up to Tuesday 27 February, your donation will be matched and doubled. Please scan the code on your phone and give what you can afford. Find out more about the charity at www.foodbankaid.org



No more hole in the wall

East Finchley lost another of its cash machines last month when the ATM outside the tube station entrance was bricked up. The machine was convenient for commuters but had also been the scene of a number of robberies over the years. In a world where cash is harder to come by, the removal leaves East Finchley with just three ATMs all within a few metres of each other on the High Road, at UOE, Sainsbury's and outside Coffee Bank.

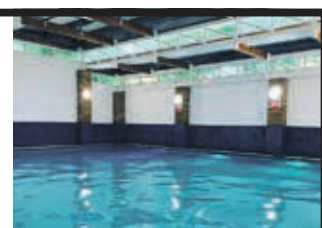


140 FORTIS GREEN, N10 3EF
TEL: 0208 883 0500

THE MUSWELL HILL CLUB FITNESS AND LEISURE

Membership from £35.95 (T&Cs apply) • Day passes £10
Over 100 classes per month • Swimming Pool • Sauna
Steam • Fully equipped gym • Spin • Yoga • Pilates
Studio • Free weights room • Pop in for a tour or free trial

WWW.MUSWELLHILLCLUB.COM



INFO@MUSWELLHILLCLUB.COM
[THEMUSWELLHILLCLUB](https://www.instagram.com/themuswellhillclub)

FOLLOW US!

@THEARCHERN2



Year of renewal lies ahead for recycling project

By Emma Frampton, Bin There Donate That wishes everyone in East Finchley a happy year ahead and hopes things improve for us all, particularly in the area of climate change. We continue to try to do a small bit with this project and we thank all of you who are invested. Here's our latest news.

Blister packs: Regarding the tablet blister packs which so many of you want to drop to local pharmacies again, I'm afraid we have no news yet. In short, we have to pay for a scheme and hope to get some funding to restart it. Fingers crossed and watch this space.

Food tubs: Plastic tubs are no longer being collected by the N2 Food Project. It would be good to see if any food outlets would be interested in reusing them. Any take-aways which would like us to collect for them should get in touch through bintheredonatethat@gmail.com or via Facebook.

Bras: As you may know, the Aliya J boutique has sadly closed and is therefore not taking in bras for recycling. However, once again Amy's has stepped up and you can take old unwanted bras to them there where they will be sent to Breast Cancer Now. Please note, this may not start until mid-February: please check with them.

Jeans: And finally we announced a short-term collection of heavy duty, quality material/unsellable jeans to be used by Grange Big Local to be dropped off to Amy's or Oakdale Pharmacy, which is being used in craft classes to make draught excluders. You may still have time to clear that wardrobe!

Request

Amy's, and in fact all our donation collection points,

request that you do not leave any bags outside their shops. Bags left will simply be thrown away as staff are busy doing their main jobs and don't have the time to sort through them. Please take ready-sorted items along during opening hours only. Thank you for your help.

Young recyclers

Back in October, Bin There Donate That members Gillian Reynolds and Isabella Barbaro visited Community Focus in Friern Barnet to kick off a week of events centred on sustainability and reducing waste. Community Focus is an arts centre for people with disabilities that tries to use recycled materials.

The pair engaged the young learners, whose ages ranged from 11 to 18, on topics such as what happens to the things we throw away, recycling in the local area, and creative ways to reuse 'waste' materials. The presentation finished with an artistic session making art with some recycled materials collected at Amy's here in East Finchley.

The innovation of the next generation was inspiring, and in a short time a diverse selection of artistic pieces had been made, all from donated material like old food containers, soft plastics, and unwanted textiles. This was a very successful first workshop and if your school/club would be interested in something similar, do get in touch. Find us at www.bintheredonatethat.org and on Facebook and Instagram @bintheredonatethat



Blank sheet: Schoolchildren stand with a hospice owl ready to decorate. Photo Daniel Graves

Get creative and hoot for hospice

By Lynn Winton

North London Hospice is inviting schools and community groups to play a major part in their summer art trail across north London.

The Big Fun Art Adventure will be a trail of at least 30 huge, uniquely painted owl sculptures that will be displayed for eight weeks before they are auctioned to raise much-needed funds to support the hospice's end-of-life care services.

On the trail, alongside the 6ft owls, will be a similar number of owllets. Schools and

community groups in North London Hospice's catchment boroughs of Barnet, Enfield and Haringey can apply to adopt an owl and let their imaginations run wild designing and decorating them.

All the owllets will be returned to the school or group after the public display as a lasting legacy of their

involvement. Participants can then have fun discovering the local area in a unique way by spotting owls on local streets, parks and venues.

The hospice is ready and waiting for applications. See www.bigfunartadventure.org/schools or contact the team at bigfunart@northlondonhospice.co.uk



Where to donate your unwanted household items for recycling

- Batteries to EF Electricals and Sainsbury's, High Road
- Bicycle inner tubes to Bike & Run, High Road
- Cables and small electrical items to EF Electricals, High Road
- Crisp packets to Cherry Tree Café, Cherry Tree Wood
- Dental products (toothbrushes and heads) to Cavendish Dental Practice, East End Road
- Electrical cables to Everything Electrical, High Road
- Ink jet cartridges to UOE, High Road
- Lightbulbs to Amy's or EF Electricals, High Road
- Make-up to Oakdale Pharmacy, High Road.
- Paper, cork, ribbon, foil, wood off-cuts, buttons, stationery, sequins, carpet samples to Amy's, High Road
- Spectacles to Stewart Duncan Opticians and David Hillel Opticians, High Road



FREE

Miele Triflex

Offer available until 29.02.2024

*Only valid at the Kutchenhaus Hampstead Garden Suburb with orders over £15,000



SCAN ME TO BOOK YOUR FREE DESIGN CONSULTATION

Rated 'Excellent' Trustpilot

Kutchenhaus Hampstead Garden Suburb

At Kutchenhaus, you can find the best and most affordable high quality German kitchens with a wide range of handleless, classic & contemporary designs and an exceptional service.

0203 948 5006

Kutchenhaus, 1 Lyttleton Road, Hampstead Garden Suburb, N2 0DR

showroom@hg.kutchenhaus.co.uk

@kutchenhaus_hampsteadgardens





Town Team to focus on concerns over parking

By Diana Cormack

Concerns over the new controlled parking zone (CPZ) being installed across the northern half of East Finchley (*The Archer*, December 2023 and January 2024) were discussed at the Town Team's first quarterly meeting of the year, held at the East Finchley Constitutional Club on Thursday 11 January.

The team plans to make the CPZ the main focus of its meeting on Thursday 11 April in response to the concerns expressed by local traders as to the possible effect on their businesses as well as the huge community reaction to these proposals.

Town square

At last year's London Festival of Architecture on the High Road the Town Team invited locals to submit their ideas and

Powers have used some of these ideas along with their own to map out a plan for a Town Square. Early drawings and details were revealed at the meeting and next month's *Archer* will publish them for all to see, so watch this space!

Attendees were also happy to hear that two drop kerbs have been created at Cherry Tree Wood for wheelchairs and buggies to use at the entrance opposite East Finchley station.

Join in

If you want to improve the local environment and services in East Finchley or help ensure the High Road continues to be an inviting and viable place for customers and traders, you are welcome along to the Town Team meetings. They

are held at the Constitutional Club, 9 The Walks, N2 8DE at 7pm for a 7.30pm start on the second Thursday of the month. Contact eftownteam@gmail.com for more information.



Transformation: Pavement plans on show. Photo Mike Coles

comments about how the wide pavement area between Budgens and Caffè Nero could be improved (*The Archer*, August 2023). Local architects Mills and



Connected: A guest gets help with her iPad at one of the Age UK digital support sessions

Age no barrier in a digital world

By David Melsome

Older people needing a little help to move into the digital age have been going along to laptop, smartphone and tablet sessions at the Ann Owens Centre in East Finchley, where friendly trained volunteers show them how to use their devices to stay in touch with friends and family as well as perform everyday tasks like online shopping, booking a GP appointment and paying bills.

Age UK has received a £50,000 grant from London Freemasons to Age UK Barnet to run the inclusion sessions and others like them across the borough. Others nearby are at The Mount, Mill Hill International School, Mill Hill from 1pm to 2pm on Wednesdays and New Barnet Leisure Centre on Saturdays from 10.30am to

12 noon.

CEO Helen Newman from Age UK Barnet, said: "We're very grateful to London Freemasons for their generous grant, which will allow us to help well over a thousand older people and their families to access the internet using iPhones, tablets or laptops. These days more and more

services are available online and they should be available to everyone, whatever their age."

To take part in the East Finchley sessions at the Ann Owens Centre, Oak Lane, N2, on Monday afternoons from 2pm to 4pm, contact Howard on 020 8432 1415 or email howard.chapman@ageukbarnet.org.uk.

Youth club coming-of-age party

By Diana Cormack

East Finchley's only remaining independent youth club celebrated its 18th birthday late last year. Launched in 2005 at the Methodist Church hall in the High Road, the club has had a number of homes over the years and is now based at Tarling Road Community Hub.

Despite being called The Monday Club, it meets on Thursdays for 13-16 year olds and on Fridays for 7-12 year olds. Organiser Maureen Clemetson is passionate about providing activities for local children, particularly those from Strawberry Vale and The Grange Estate.

In 2013 her voluntary work with them was recognised when she received a Barnet Civic Award. With the on-going debate regarding the value of youth clubs, Maureen told *The Archer* how strongly she feels about their benefits.

This year she aims to get

parents more involved and hopes to make it more of a community enterprise in which the teenagers feel they are an important part.

Maureen said that she is now on her third generation of youngsters and was thrilled to see them, along with first and second generation members, enjoying a celebratory outing to Roller Nation in Tottenham to mark the club's birthday. Everyone joined in the fun of a family skating session at the home of London's Roller Disco.

Congratulations to all concerned and roll on the next 18 years!



Birthday party: Monday Club members have fun at Roller Nation in Tottenham

Award-winning pasture open in winter

The volunteers who run Long Lane Pasture, the nature reserve situated opposite the fire station on Long Lane, are continuing to keep it open to visitors from 10am to 12 noon on Saturday mornings through the winter months. This is the time when many of them are there keeping it well maintained and new volunteers are always welcome to join the working party.

It has been an excellent year for the pasture team, who have won their 12th Green Flag Award in a row from the environment charity Keep Britain Tidy.

Long Lane Pasture Trust Chair Donald Lyven and Harriet Duffield, Barnet Council's

Biodiversity & Conservation Officer, travelled to Southampton to collect the award.

"Thankfully our continued success has inspired Barnet Council to enter some of its parks into the Green Flag Award scheme, with Cherry

Tree Wood being the first to be entered next year," said Donald.

The Green Flag Award signifies various achievements in green spaces including cleanliness, safety and available facilities.

BLACKEYED THEATRE IN ASSOCIATION WITH SOUTH HILL PARK PRESENTS

SHERLOCK HOLMES

THE VALLEY OF FEAR

BY SIR ARTHUR CONAN DOYLE
ADAPTED BY NICK LANE

SAT 9 & SUN 10 MARCH

arts depot **Box Office: 020 8369 5454**
artsdepot.co.uk



Were you ready for your close-up?

We hope you enjoyed trying to figure out the fiendish quiz photos we published in our December edition. Our photographer Mike Coles took them all at popular spots in East Finchley but they weren't so easy to identify in extreme close-up.

For anyone still puzzling over the answers, here they are:

- 1) Tube station window;
- 2) Sign at the corner of the High Road and East End Road;
- 3) Mary Wesley sculpture outside the Methodist Church on the High Road;
- 4) Market Place playground;
- 5) Leopold Road community garden;
- 6) Metal horse sculpture outside Hexagon Classics, Great North Road;
- 7) Cherry Tree organic shop, High Road;
- 8) Cherry Tree Wood sign;
- 9)... and another Cherry Tree Wood sign, this time on the noticeboard;
- 10) Mind charity shop, High Road;
- 11) Monkey Puzzle nursery, High Road, opposite the station;
- 12) Table du Marché restaurant, High Road.



Fan favourite musical makes it back on stage

Cult favourite song cycle *Songs for a New World* is coming to Upstairs at the Gatehouse in Highgate Village this month. First performed off-Broadway in 1995, the show has become a favourite among musical theatre fans.

A cast of four tell the stories of different characters from a variety of settings, ranging from a 15th century ship to a modern-day high-rise in Manhattan, spanning centuries, countries, and classes,

with themes of life, love and friendship.

The show runs at the Gatehouse from Tuesday 6 February to Sunday 3 March. For more details and tickets, visit upstairsatthegatehouse.com.

Art and yoga for pre-schoolers

Two friends have started running their yoga and art classes for pre-schoolers at the Bald Faced Stag pub in the High Road. Ros Davis and Sarah Balmond, both parents and experienced teachers, set up The Little Yoga Art Club in 2021 specifically for children aged 12 months to five years.

An escape

They offer fun-themed yoga movement and sensory art with each class themed around a story and activities specially designed for the age group. "Our class is an escape from the busy stresses of the day, offering both adult and child inspiring and imaginative moments of creativity and calm," say the pair.

Some parents may remember them from the outdoor classes they ran in Cherry Tree Wood during



Paper work: A young artist enjoys creating at the Little Yoga Art Club

part of the summer term last year. Their sessions at the Bald Faced Stag take place on Monday mornings from 10am to 11am during term time. Find out more on Instagram @thelittleyogartclub and on Facebook @The Little Yoga Art Club or by emailing thelittleartclub@gmail.com

Get results! advertise in
Your unique access to nearly 10,000 homes and businesses in East Finchley

The Archer

Generous rates for a range of sizes

For more details check www.the-archer.co.uk/ads_index.php or e-mail advertising@the-archer.co.uk

Hairdressing Offer -30%

Cut&Finish
Colour
Brazilian Blow-Dry
Home Visits for Ladies

Book Now
07355523837



Family memories behind the scenes at the RAF Museum

By Diana Cormack

Having spent my childhood growing up on various Royal Air Force camps both here and abroad, I was immediately interested in a series of talks organised by Age UK Barnet. These consisted of four fortnightly visits to the RAF Museum in Colindale, built on the former site of RAF Hendon.

The first was an introduction to the museum's archive and library collection, with a chance to see some items not usually on public view. The second was a tour of their Cold War aircraft with stories about that sensitive time.

The third was based around a huge Lancaster at the new Bomber Command exhibition, concentrating on the amazing equipment and clothing needed by the crew to survive the low temperatures at great height. Finally we learned about the extensive art collection housed there, with particular emphasis on a recent intriguing acquisition by Fiona Bannon.

All the talks were well presented with interesting facts

and fascinating details. For me they were often nostalgic as my father, mother and brother all served in the RAF, so seeing the uniforms and hearing names and expressions buried in my memory was somehow comforting. So was the mid-afternoon cuppa and biscuits we were treated to!

Entry to the museum is free. It provides for all ages, so families can find trails designed for specific age groups, and there is also a new themed outdoor play area for the under-11s. With so many aircraft housed in five modern hangers, it is easy to spend the day there. For more details search online for the RAF Museum London or call 020 8205 2266.

Falafel has a different recipe for success

By Claire Biek

Shoppers on the High Road will have noticed the new falafel counter that has opened by carving out some space in the Budgens store. The street-facing kiosk is run by owner and chef Hossan, whose Egyptian recipe uses chickpeas, fava beans and fennel to make it just a bit different.

Hossan has owned his fast-growing small business for nearly four years and Falafel N2 is his third branch. The others can be found at the Whittington Hospital and on Upper Street, Islington.

Business has been going well for him so far in East Finchley,



Counter offer: Owner and chef Hossan at the new falafel kiosk

which he describes as "beautiful" with a real sense of community. His peak period is lunchtime and he is starting to win custom from local workers and those working from home.

Cheeky monkey



All kinds of items find their way into our charity shops but even staff at the RSPCA shop in the High Road, N2, were surprised when a full-size monkey costume was donated. Manager Julie Brill had just put it in the window when three teenagers came in to ask if they could try it on. One of them liked it so much he bought it there and then. Julie said: "They were lovely kids. I think they were going to a fancy dress party."



No smoke: A young cadet gets to grip with ladder work at Finchley Fire Brigade

Learn new skills with Fire Brigade

By Diana Cormack

Not a lot of people may be aware of a youth project run by the London Fire Brigade where teenagers between the ages of 14 and 17 can become Fire Cadets. Under a scheme that started in 2013, they can learn about fire safety for themselves and others; what to do in an emergency; basic first aid; firefighting skills and life skills, encouraging them to be a positive citizen and active member of the community.

After completing the 12-month programme, young participants can apply to become an officer fire cadet and can then build upon the skills they have gained, helping instructors to teach others.

As well as using various types of firefighting equipment and experiencing different activities, cadets benefit from visiting other fire stations and meeting new people. They are encouraged to get active and learn the importance of keeping fit and healthy.

The Fire Brigade says being a fire cadet offers the opportunity to develop confidence and leadership skills whilst learning teamwork and making new friends. It can also make an impressive addition to a youngster's CV when the time comes. To learn more, visit www.london-fire.gov.uk/FireCadets.asp

RICKY SAVAGE ...

Hey, hi, goodbye

It's weird when your past runs away from you and that's what happened to me when the BBC announced that Annie Nightingale had gone to the great DJ booth in the sky. Part of me is not too sure why, the rest of me is dragged back to being a kid listening to Radio 1 on a tinny transistor and discovering that it was not just populated by old men.

By the time Annie turned up on the radio in 1970, with her regular greeting "Hey, hi, hello", she'd already got a track record as a journalist, had been on TV, was part of the 'scene' and had become a friend of The Beatles.

But she was the first female DJ on Radio 1. She had been trying to get on for years, but back then the blokes who ran Radio 1 aimed it at housewives and they turned her down for being a woman. In the end The Beatles press put in a word for her and they gave her the chance.

It had taken three years from the launch of a sanctioned pop station for the BBC to wake up and smell the coffee, but now she was there doing her stint on the evening Sounds of the Seventies alongside John Peel, whispering Bob Harris and others long since forgotten. And she had more in common with Peel than the rest of them, because like Peel she was interested in what came next, not what had gone before. Once she was there, she never left.

In 1978 she stunned the world of the ageing hippy by replacing whispering Bob Harris on *The Old Grey Whistle Test* on BBC2. Out went the soft rock, California country and flares, in came bands like The Damned, Elvis Costello, Duran Duran and just about everyone else who mattered.

She could have stuck with what she knew, but that wasn't her style; she always wanted to be one step ahead. When acid house and dance music happened at the very end of the 1980s she was there and started playing the latest sounds. It didn't matter if her new audience were young enough to be her grandchildren, she was there at the cutting edge, listening to the same stuff as 16-year-old clubbers.

That was her job; to be there and be ahead, looking for the next thing. She was still playing live sets and being loved by a new generation right up until her last shows a few weeks before she died. She not only outlasted all the blokes who'd been on the radio when she started, she'd outlasted the next generation. She wasn't just 'the bird on the wireless' She was far more than that, she was Annie Nightingale.

Beginners & All Levels
Tai Chi & Qigong
 Classes (E. Finchley)
 & LIVE STREAM
 Wednesdays am & pm
 (Trial session: £5)
 james@taiji.co.uk
 07836-710281
 www.taiji.co.uk

Simplicity3d Studios
 Design with that extra sparkle
 Tel: 0751 0651 430
 info@s3dsdesign.com
 Local Web & Graphic
 Design Studio
 s3dsdesign.com
 Give us a call
20% Off Web Prices
For Archer Readers



Don't try this at home: Revel Puck perform their chain saw routine

REVIEW: REVEL PUCK CIRCUS

Victoria Park, Finchley Central

By Dan Crute

Revel Puck are the kind of circus that's driven by the skills, energy, and chutzpah of the performers onstage, rather than technical wizardry in set design or lighting. It's rough and ready, and bursting with the joy of physicality that is the hallmark of good acrobatics.

The show's narrative thread is held together by a sweet clown being chased by a toy lion (zooming around the stage on the wheels of a remote-controlled car). At first, she's frightened of the 'beast' but, as the show progresses and the lion grows, they develop a friendship, culminating in them dancing happily together.

The wonderfully madcap ensemble sections illustrate the need to work together as a team.

In the first of these for example, a chainsaw swings free, and the cast twist and dive to avoid it, warning each other of its approach, perfectly embodying that most big top of aesthetics; playfully dealing with danger.

For acts, we had Cyr Wheel (a steel hoop the artist dances within), Teeterboard (a seesaw the artists somersault from), Aerial Straps (hanging belts the artist uses to fly), partner acrobatics, and Cloud Swing (a

rope swing, similar to swinging trapeze). Each performed with skill and verve.

As the clown and the lion danced and the applause died down, my seven-year-old's beaming smile gave the best review possible. He loved it, as did I.

Revel Puck are a brilliant throwback to the glory days of local circus shows. Long may they continue to wow families everywhere!

Hilary pulls some theatrical magic out of the hat

By Ruth Anders

Hilary (aka Hat) Townley has a lot to be excited about. She and four others have launched Just Like That Productions, a theatrical company producing magic shows.

Their first show was a runaway success in October at the Gatehouse pub theatre in Highgate. Upstairs at the Gatehouse is under new management and its intimate atmosphere provided the perfect venue for close-up magic.

Raised in north London, Hilary read geography at

Manchester University though she admits "I spent all my time in the drama department." She and her actor husband Christopher Hunter have lived in East Finchley for more than 40 years, both enjoying distinguished theatre careers.

Her company now includes three magicians: a retired GP, a retired ophthalmologist and a journalist who is a member of the Magic Circle. They are looking forward to their next



Conjurer: Hilary Townley

night of magic at the Gatehouse on Monday 26 February where audiences are invited to witness "miracles manifest before your eyes in an intimate cabaret configuration that puts you at the heart of the magic."

Hat told *The Archer*: "I'm thrilled about what we are doing together. We have at least five other projects in the pipeline." Find more details and book tickets at www.upstairsatthegatehouse.com.

Double act

Her first production company was a double act with a West End producer-turned-GP from Camden Town. Their one-man version of Shakespeare's *Venus & Adonis* was a tour de force that attracted critical acclaim in Edinburgh, before transferring to London's Rose Playhouse, the Verona Festival in Italy and is now slated to tour in the US.

The pair then commissioned and produced a mesmerisingly tense show at the Edinburgh Festival called *The Wireless Operator*, chosen by the Park Theatre, Finsbury Park as one of their Best of the Edinburgh Fringe season.

When she is not working, looking after her family and building her magic networks, Hat relaxes by swimming, running, gardening and spending time in the green spaces she loves such as Coldfall Woods and Hampstead Heath. Among the founders of the late lamented N2United, she is well known locally for a number of community activities.

What's On at the Phoenix in February

By Zalan Pall,
general manager



An extraordinary drama, hilarious comedies, a French indulgence, live opera and theatre, the return of Kids Club and many more treats await you at the Phoenix Cinema in February.

Dispassionately examining the ordinary existence of people complicit in horrific crimes, *The Zone of Interest*, from Friday 2 February, forces us to take a cold hard look at the mundanity behind an unforgivable brutality, in this case following the story of a Nazi commandant trying to build a life for himself and his family in a house next to the Auschwitz concentration camp.

American Fiction, from Friday 9 February, is Cord Jefferson's hilarious directorial debut, which confronts our culture's obsession with reducing people to outrageous stereotypes.

Then on Sunday 11 February, the past collides with our precarious present in Steve McQueen's bravura documentary *Occupied City*, examining life in occupied Amsterdam between 1940 and 1945.

As epicurean as French haute cuisine, *The Taste of Things*, from Wednesday 14 February, starts Juliette Binoche indulging our palates with an exquisite seven-course love story for the soul.

We're delighted to announce the return of the Phoenix KIDS CLUB on Saturday mornings. We start with acclaimed animation *Turning Red* on Saturday 10 Feb-

ruary and follow that up with new Studio Ghibli masterpiece *The Boy and the Heron* on Saturday 24 February.

For lovers of screen arts, we will have Royal Opera House Live's *Manon* on Wednesday 7 February and National Theatre Live's *Vanya*, starring Andrew Scott on Thursday 22 February. These are quickly followed by *EOS: Painting the Modern Garden* and *Hamlet*, starring Sir Ian McKellen, both on Monday 26 February.

In *Little Wicked Letters*, from Friday 23 February, fiery Rose Gooding (Jessie Buckley) has little in common with the pious Edith Swan (Olivia Colman) aside from them being neighbours in the seaside town of Littlehampton in the 1920s. But one day, Edith starts receiving scandalous letters written with foul language as eccentric as it is obscene, and she immediately accuses Rose of being the poison pen writer behind them. As Rose stands to lose her freedom and the custody of her daughter, outrageous letters continue to blight the town.

Find out full details of screenings and book tickets at www.phoenixcinema.co.uk or pop into our foyer.

Saxophonist out on tour

Saxophonist Theo Travis sets off this month on a tour of the UK as part of Soft Machine, the progressive rock band he has played with for 18 years that originally featured acclaimed musician Robert Wyatt.

Theo, of Hertford Road, N2, not only plays sax, flute and keyboards on their latest album *Other Doors*, he is also its main composer and producer.

He has his own band Double Talk, who played the Artsdepot in North Finchley last month, and has performed regularly at Ronnie Scott's Club in



Musician: Theo Travis

central London. Find out more at www.theotravis.com and www.softmachine.org

Theo says of living in East Finchley: "I love the fact that East Finchley is full of so many creative people. Within a road or two of me on Hertford Rd, I know musicians, composers, internationally respected artists, writers, actors and jewellery and automaton makers! It is a very vibrant and creative community."



Letters

Sunday pharmacies

Dear Editor,

My wife fell ill over the Christmas and New Year period and had to use the NHS 111 service. She was prescribed painkilling drugs by an NHS doctor over the phone on New Year's Eve, a Sunday. However, the NHS doctor told her that none of the four East Finchley chemists (three in the High Road and one on East End Road) opened on Sundays and she had the choice of picking up the prescription at a chemist in Golders Green or Boots in Muswell Hill. This surprised and disappointed us. Subsequently I asked one of the chemists in East Finchley why they did not open Sundays and was told "we are tired and need a day off". While I can understand their tiredness and desire for a day off, I think it unsatisfactory that between the four chemists in East Finchley, they cannot agree on a Sunday or half-day Sunday rota. The elderly and disabled and those without family or friends are going to find it hard to pick up their prescription outside their immediate area.

John Briggs

Address supplied.

No parking permit

Dear Editor,

Thank you for the Q&A about the controlled parking zone (*The Archer*, January 2024) and for highlighting the issues. I totally agree with the comments that it's now inevitable and is mostly a money-making exercise. I also note from one of the answers that someone like me would not be eligible for a parking permit as I live on a private estate in East Finchley. Not having a permit would directly affect my freedom to come and go whenever I want to work on our allotment at Vale Farm on Tarling Road, which will be within the CPZ area.

As someone well on the way to being 80, if I was to walk there and back or take a bus some of the way, I would have far less energy available for the allotment as well as having all the problems of transporting heavy items to and from the site.

Harriet Copperman,

Address supplied.

I can't keep quiet

Dear Editor,

Thank you for your excellent journalism and keeping our community informed. I have been a resident of East Finchley for some years now and I am always delighted to receive the paper as you're instrumental in bringing the community together. Usually I keep quiet but I felt compelled this time to write in regard to the controlled parking zone extension plans, which I know you will have received a lot of correspondence on.

I don't know a single person who is in favour of the move. I find the suggestion to be 'backwards policy' to be frank. In this dire time when the government should be finding ways to support local businesses, bring communities together and help our local economies grow it slaps on another ridiculous idea. It's just a kick in the

teeth for us all.

Would they prefer the community to come together and refuse to pay council taxes? Don't underestimate the power of the collective. The whole idea doesn't work for various reasons: 1) Local businesses will suffer; 2) You cut off the vulnerable who depend on being able to drive near to shops so they don't have to walk to carry their shopping or see their friends; 3) You increase loneliness in communities - visitors are less inclined to visit if they cannot park nearby; 4) You bar professionals from getting to their places of work, as per the comment by Ziz Chater, headteacher at Martin Primary School, about teachers who live outside the area and need somewhere to park all day. The only benefactors are Barnet council who are already receiving plenty of funds via rising council taxes, resident permits and so on. I'd rather we leave the parking situation alone which I feel is stringent enough as it is.

Anita Engebretsen,
Address supplied.

Don't blame cyclists

Dear Editor,

I read with interest Mr. White's letter regarding slow traffic outside East Finchley station. While I was not aware of the absence of any consultation period, I am not sure that his suggestions are without consequence.

Approximately four people a day are killed on roads in Great Britain, with over 80 seriously injured. The risk of death when being hit by someone going 20mph is estimated at around 5%, while going 30mph may increase this risk up to 20-45% (depending on the study used). Given the constant stream of people crossing the road at the mouth of Baronsmere Road, this risk to pedestrians is real.

Equally, assuming that a higher speed limit will reduce the amount of pollution to stop idling is incorrect, as it is thought that accelerations and decelerations contribute more to air pollution than stationary or slow driving in cars. Recent research has suggested London is the slowest city in the world to drive in and continues to get slower. It is infuriating. However, the idea that road infrastructure changes are going to make any significant impact on this is fanciful. There are simply far too many cars on the road.

Long stretches of road from Archway to the North Circular are single-lane regardless of cycle lanes, most typically due to on-street parking. Converting short stretches of single-lane traffic will do little to change driving times. We must simply accept that more journeys need to be made on foot, bike or with public transport to improve congestion for everyone.

With climate change and obesity being two of our major societal challenges, I think any changes that encourage use of public transport or cycling can only be a good thing on wider scale.

Michael Shaw,
Eastern Road, N2.



Hazard: The East End Road pothole, since filled in

Perilous roads

Dear Editor,

I sometimes wonder if Barnet Council cares about the state of our roads and pathways. Two weeks ago, my 89-year-old mother was coming back from visiting her friend five minutes from her home when she tripped over a hole as she crossed the road at the traffic lights on Hampstead Heights and East End Road, N2. Thank goodness the lights were red otherwise she would not be with us today.

We sent an email to Barnet expressing our concerns. The state of many roads is a disgrace and dangerous to pedestrians, cyclists and even car owners (suspensions get damaged). I know that, at this time of year, due to the freezing weather, the asphalt cracks but surely in 2024 councils should be prepared for remedial works and not wait till someone gets hurt.

Apologies if I sound negative but had to raise this matter as we pay thousands in road tax and council tax.

Mandana Merali,
Address supplied.

Cycle lane consultations

Dear Editor,

Please correct the letter in December's edition entitled Traffic Trials. The author Barry H White said that there had been no consultation about the A1000 cycle lane. This is incorrect. There have been two consultations.

Phase 1 included six workshops attended by a total of 60 interested parties including myself during November 2022. Phase 2 saw the formal consultation process from 21 November to 21 December 2022, to which 747 people responded.

The Archer reported about both phases ahead of time so there was every opportunity for people to engage.

As a cyclist who uses the A1000 cycle lane every day from East Finchley to North Finchley, I feel a lot safer since it was installed three years ago. Maybe a New Year's resolution could be for even more people to use it, promoting health, environmental and social benefits.

Adrian Haysome,
Address supplied.

Send your correspondence to: news@the-archer.co.uk

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.

So what goes on at a gong bath?

By Ruth Anders

Local yoga teacher Lucie Ormerod has been adding another tool to her collection of stress-relieving therapies with gong sound baths. She explained how they work: "After slow-flow yoga breathing exercises, participants lie down and cover themselves with blankets to get warm, cosy and comfortable. With their eyes closed, they just let the gong bath meditation happen to them."

The gong is one of the oldest man-made sounds, and its tones and vibrations cause the brain, heart and respiratory rates to slow down, helping stress to evaporate.

Once she had learned about the benefits of gong sound baths, with help from gong players like Siri Atma and Nick Stolerman, Lucie started adding

these increasingly popular pursuits to her yoga retreats and workshops.

She said: "Not everyone wants to try yoga, but people are intrigued by gong baths. You don't have to do anything but relax. A criminal barrister friend of mine attended a session, at first reluctantly, but then had to admit that it had helped

him have the deepest night's sleep for a long time. They are becoming social events now, and people often take part with their friends."

Along with Nick, Lucie will be holding a gong bath session at the Phoenix Cinema on the morning of Saturday 10 February. For more information, visit urbanacalm.co.uk



Resounding: Gong player Nick Stolerman

All Saints' East Finchley
Living the Catholic Faith in the Church of England

THE CHURCH OF ENGLAND

All Saints' Church, Durham Road,
East Finchley
Church of England

You are welcome to join us for:

Sunday mass at 10.00 a.m. and
Weekday masses as advertised on the website.

Or join our live-streamed services on our Facebook page:
<https://www.facebook.com/allsaintsef/>

Prayer requests are gladly accepted.

For more information,
contact the Vicar, Fr Ian Chandler, on
020 8883 9315
Email: vicar.saintsabounding@gmail.com
or check out our website:
allsaints-eastfinchley.org.uk



Transformed: Young ones at the Bhalam Armala school in Nepal built by Guy's Trust send their best wishes to Vicky Joseph, pictured right with Guy and husband Tony

Life-changing projects will live on in memory of Guy

By John Lawrence

An East Finchley charity that has worked hard over 11 years to build schools and libraries for disadvantaged children and communities in Nepal and Cambodia has taken the decision to wind up its operations.

Guy's Trust was set up by Vicky Joseph and her husband Tony in memory of their son Guy, who was tragically killed, aged 25, in a paragliding accident in 2011. They wanted to reflect his interests as a teacher and conservationist and operate in parts of the world where he had travelled.

Over the years, the charity's supporters brought in almost £1million to fund the construction of three schools,

four libraries and a computer room in Nepal, and five schools and a library in Cambodia, all of which continue to flourish.

But sadly now Vicky, of Southern Road, N2, has been forced to step back from running the charity due to ill health. She will be handing over any remaining funds to the trust's partner charities Pipal Tree and the CAIRN Trust, both of whom work in Nepal.

Talking to *The Archer* from hospital, Vicky said: "I'm absolutely gutted to be giving it up. It's such a big part of my life and I'm proud of what we have achieved and I will miss it. Sadly I don't have a choice.

Highlights

"In 11 years, we did more

than I ever thought possible. The highlights for me were going out to Nepal and Cambodia and getting our hands dirty on the building projects alongside a lot of supporters and local people.

"Then day by day running the charity from home I learned a lot of new skills, like building a website and organising events. It was a full-time job."

Vicky, who had been working on refugee befriending projects, recalled how Guy's Trust was created in those first terrible days following her son's fatal accident.

"When we got the news that Guy had been killed it was one

of the first things in my head that I wanted to do something in his memory," she said.

"We called a meeting with all of his friends and talked about ideas. They all wanted to get involved. I had meetings with my friends in the charity world and we had something set up within two months.

Manta ray

"One of the first things we did was some work on saving the habitat of the manta ray in Indonesia. That was something Guy had started and was one of his great passions as a marine biologist. Then we went to Nepal because that

was where he had been living and Cambodia because he had spent time there and I wanted to branch out."

Although the activities of Guy's Trust are coming to an end, the school and library projects it has already completed will continue to make a huge difference to the lives of hundreds of children and families for years to come.

And Guy's name will live on in other ways. The trust's partner charities have suggested using the leftover funds to plant a forest in southern Nepal in his memory. "We'd be very happy with that," said Vicky.

Warm space glows with guests and hot topics

By Diana Cormack

The first warm space session of the year at Holy Trinity Church, Church Lane, N2, took place on Thursday 11 January. It was a very cold afternoon so the free tea, coffee, mulled fruit juice and cakes prepared by organisers John and Sandy Barker were particularly welcome.

Sandy envisaged the opening session to be one where topics for future gatherings could be discussed and had asked local actress Carolyn Pickles to introduce this. After a few well received suggestions people began to question Carolyn about her career, which proved to be of great interest and they learned that she is now writing a book.

This linked well with another guest, the poet Fleur Adcock, who is having a new book published this month when she will be 90. As well as telling us intriguing facts about her life, Fleur read a couple of her poems, both set in East Finchley. All this evolved into exchanges about people's memories of the area, where they lived, why their family had moved here, with one 82-year-old having spent all her life locally.

There was a warm, friendly atmosphere and time just flew



Social space: Fleur Adcock reads her poetry at Holy Trinity Church. Photo Mike Coles

by. Proposed topics for January included Universal Basic Income, craft work, local and family history. February is scheduled to start with a free manicure session, then another local family/history session, discussion on the Trinity Road underpass upgrade, an art round-table and finally a community grants drop-in session at the end of March. However, if you

want to just sit quietly, do a jigsaw or read a book you are very welcome

These warm spaces are hosted for the Grange Big Local project and are held on Thursday afternoons (except half-term) from 3 -5pm in the church's warm and cosy community space. The space is wheelchair accessible. For more information email john.sandy@clara.co.uk

STEWART-DUNCAN
Ophthalmic Opticians
126 High Road,
London N2 9ED



Seeing beyond



Tailor-made, individual lenses with the ZEISS VISUFIT 1000.

Book your consultation by contacting us on:
020 8883 2020