



Doughty dancers have the time of their lives to help Ukraine

By Maxine Klein

When I told my son that I was going to a Zumba marathon in aid of Ukraine he enquired whether we would be dancing for 26 miles. Well, it certainly felt like it. Two hours of non-stop Zumba is quite a challenge.

The school hall at Fortismere School was filled with women of all ages and a few very brave men. On the stage were a team of instructors put together by Gemma B Fitness. They took it in turns to show us the moves.

They had breaks between dances but we punters danced solidly (well, maybe with a

if exhausting time.

The amount raised at this event, the third of its kind, will enable local organisation Driving Aid to Ukraine to deliver 22 tons of donated medical aid to hospitals and devastated parts of Ukraine, including a special rehabilitation centre for amputees.

Michael Byrne, the driving force behind this scheme has

is no longer frontline news as there are so many other wars going on globally but they continue to struggle with rocket attacks, shortages of food and medication and, consequently, constant fear.

In this troubled world it is easy to get very frustrated and depressed and I find that the only way to keep sane is to do



Mass movement: Scores of Zumba fans enjoy the Dance for Ukraine event at Fortismere School

few breaks) for two hours. The music was compelling, the dances were varied and the Zumba instructors were enthusiastic, so we had a great,

already organised 20 trips to Ukraine delivering 200 tons of vital aid like medical supplies and baby food. The situation in Ukraine gets worse each day. It

the little that we can to help. A lorry load of food and medical equipment won't win the war but it will be of benefit to those who receive the goods.

What is semi-permanent make-up?

A growing trend in the cosmetic beauty world in recent years has been the demand for semi-permanent make up. But what exactly is it and how does it work? Danielle Corlass, who runs a studio at the Utopia Therapy Hub in East Finchley, explains.

What is semi-permanent make up or micro-pigmentation?

Semi-permanent make-up is a safe form of cosmetic tattooing to enhance eyebrows, eyes and lips to add definition. Pigment is implanted and dotted into the upper layers of the skin using a digital microblading machine to create the subtle effect of make-up.

How long does it take?

The initial consultation takes 20-30 mins to carry out a patch test and full consultation. The actual procedure can take from 45-90 mins depending on the area being treated. A top-up is required six to eight weeks later to perfect the treatment.

What can I expect after the treatment?

Immediately after the treatment you may experience tenderness, mild swelling and slight

aftercare which is crucial for the first 12-14 days. Colour retention can last for up to two years and it is recommended to maintain the fresh look with a colour boost procedure every 12-18 months.

permanent make up?

Anyone under the age of 18, pregnant or breastfeeding, anyone who has undergone chemotherapy in the last six months, had recent cosmetic surgery, and clients with a history of keloid scarring or poor wound healing. Who would benefit from semi-permanent make up?

Clients who have sparse, thin or over plucked brows, anyone who wants to save time in the morning, anyone who is sporty, a gym-goer or swimmer, anyone who lacks confidence or is unable to apply their own make up.

Find out more from Danielle directly at www.elles-pmu.co.uk



Lip blush: These picture shows lips before treatment, immediately after and then six weeks healed

Will it be painful?

This can vary depending on the area being treated and the individual's pain threshold. Ultimately the procedure will feel scratchy rather than painful and the area can feel a little tender afterwards (in lip blush the lips may swell for the first 24-48 hours).

Who should avoid semi-

redness. However this will reduce within 24 hours. The treated area will look considerably darker for the first few days and then will reduce and soften by 30-50%.

How long does it last?

This varies and very much depends on skin type, lifestyle, metabolism and careful



Off the shelf: Richard Neville stocks the new-look bookcase at the station. Photo Mike Coles

Second edition for station bookcase

By Lynn Winton

It's hard to believe that the Community Exchange Bookcase is only eight years old, as it's now hard to imagine East Finchley station without it. However, it was looking rather rough around the edges, so when Richard Neville, who lives in Elmhurst Avenue, offered to upgrade it, and The Archer offered to sponsor it, I accepted with alacrity.

Richard is the creator of Bookwise, (Bookwise.io) where people can download and read thousands of classic books for free, and over half a million books have been read there.

Helped by neighbour and carpenter Dan O'Dwyer, it became Richard's parting gift to us all, as he's moving to Bath. And all the books in the photo were donated by his mum.

One study recently concluded that regular readers live longer, calmer lives, so please continue

to pick up a book, drop off a book, and share the joy of reading.

Indoor sale

This month's Muswell Hill Indoor Car Boot Sale takes place on Saturday 30 March from 10am to 1pm at the usual venue of Hornsey Parish Church Hall, on the corner of Cranley Gardens and Park Road, N10 3AH. Admission is 50p and refreshments are available. For more information contact 020 8368 8180.

RICKY SAVAGE ...
THE VOICE OF IRRESPONSIBILITY

If you know of a better hole...

Places are famous for different things; Iceland is the home to more mad volcanos than anywhere else, Paris comes first in the rudest cities competition year after year and California has more blue sky thinking than anywhere normal. But what about us?

Once East Finchley was voted the happiest place in London by Time Out, that was at least something to be proud of when your Northern line train was cancelled again. Then nothing. We slipped down the charts and got replaced by Richmond. But, hey, we're back!

Yes, folks, in the weird world of a dog-end government Barnet has something to be proud of once again. Why? Because according to a report by Smart Survey we are Britain's pothole capital. We can confidently say that the High Road is more holes than road and what makes cycling dangerous is not the cars but the possibility of falling into a void and having to climb out.

Nowhere in the country has as many unfilled potholes as Barnet. There are over 4,500 of them; that's one for every 100 residents when most councils keep the figures down to one per 1,000. And our council is slowest at filling them in, sorting out less than a third when places like Lewisham are close to 100%.

This is not all bad news, well not if you own a two-ton SUV car, because you now have an excuse for doing your bit to increase global warming. No more jokes about not needing something designed for a war zone to go to Tesco, because in Barnet you do. How else are you going to get there when the road looks like it's been converted from a tank trap?

But what the hell. In the weird world of Iceland's latest exploding volcano and an alphabet soup of winter storms heading towards us, it's nice to have something to celebrate, even if it's only our potholes.

Beginners & All Levels
Tai Chi & Qigong
Classes (E. Finchley) & LIVE STREAM
Wednesdays am & pm
(Trial session: £5)
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