



Walkers, runners and riders could be in the loop

By Lynn Winton

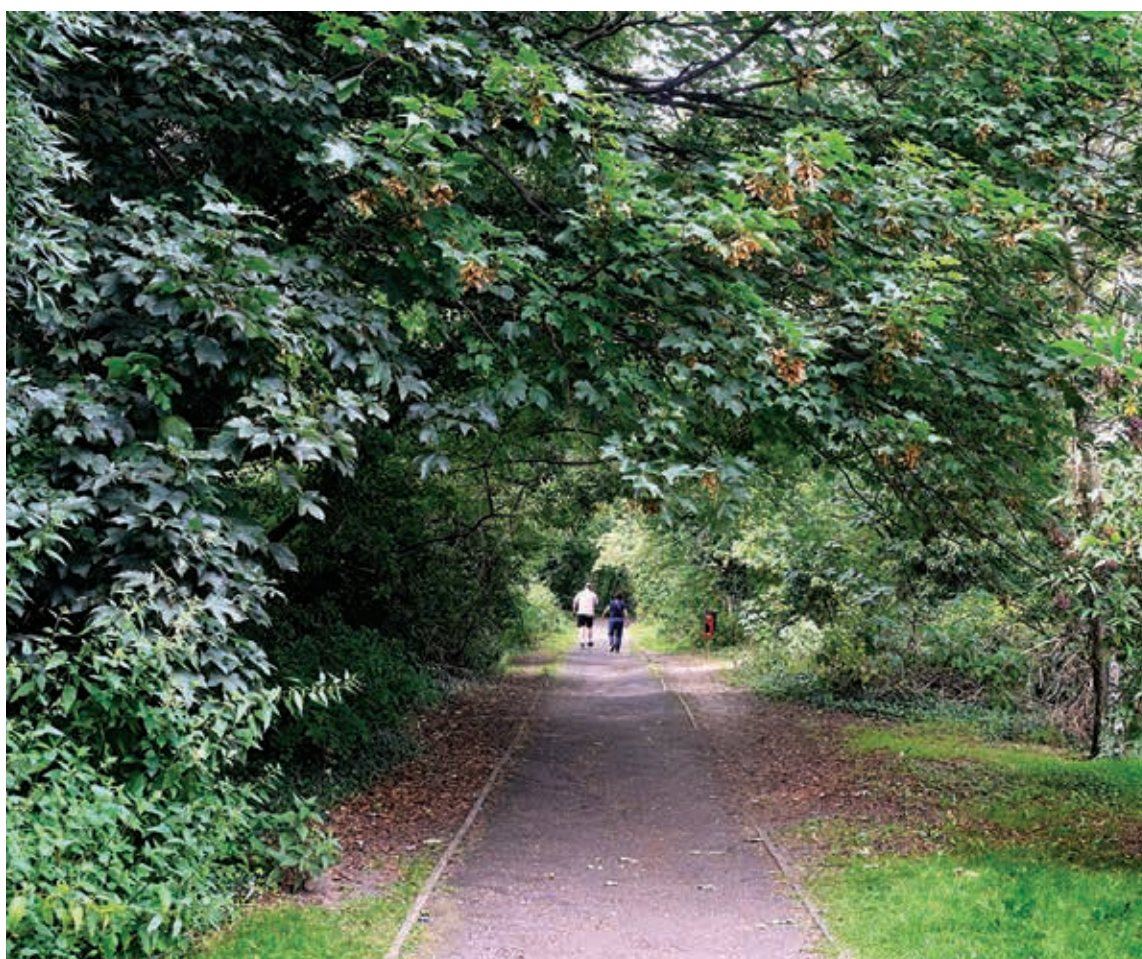
Many of us will be familiar with the wonderful Capital Ring, which is a 78-mile walking route circling London, divided into 15 manageable sections. Now Barnet Council, inspired by its success in getting people out and about, is proposing a 17-mile Barnet "Loop".

East Finchley is not in the prospective loop itself but our nearest entry point is no distance away in Finchley Central along the Dollis Valley Greenwalk. The network, proposed to encourage walking, cycling, running and wheeling, will connect urban areas with existing walking paths, sometimes merging with The London Loop.

Due to its length, it has been divided into eight segments, including linking Hendon and Colindale to Totteridge

and Whetstone. Transport for London estimates that there are nearly half a million journeys per day in Barnet that could be made using these routes, which would significantly reduce pollution, to say nothing of the health benefits for individuals not using their cars.

You can find more details, including the proposed route map at www.engage.barnet.gov.uk or get in touch with the project team at barnetloop@barnet.gov.uk



Woodland walk: A section of the proposed Barnet Loop passing along the Dollis Brook valley



High-flyer: Instructor Daniel Beard demonstrates a spectacular move

Martial art kicks off for new students

New classes in the Korean martial art of Taekwon-Do have started in East Finchley for students from the age of eight upwards. They are run by Daniel Beard, who has been training in the discipline for 15 years.

Taekwon-Do, which translates as 'the art of hand and foot', is known especially for its impressive kicking techniques but there is much more to this martial art than fighting. It is valued as a vehicle for achieving self-esteem, confidence, peace of mind and a positive attitude toward life.

"Martial arts can appear daunting from the outside, but you needn't be apprehensive," says Daniel. "We strive to offer

an inclusive and supportive training environment, where people of all abilities and ages can train well and enjoy doing so. Whether you have prior experience or not, all are welcome."

The classes are being held in the sports hall at Christ's College Finchley, off East End Road, N2, and prospective students are offered one free trial. Find more information at risetkd.co.uk

Spaces are still available on Grange job support scheme

By John Lawrence

A pioneering job support scheme set up on the Grange Estate in East Finchley has begun helping local residents... and there are still plenty of spaces for others to join.

As we reported last month, the Jobs Plus project has been given funding to support up to 100 people to find work or improve their job situation. The only criteria is that participants must live on or facing the Grange Estate. By signing up to the Jobs Plus project, residents will get one-to-one support from a dedicated Senior Employment Advisor with over 10 years' experience in the employment sector. There is also financial help if required, such as travel costs or tools if you are offered a job, and even a back-to-work bonus.

Unlike many back-to-work schemes, the Jobs Plus team work with a small caseload of residents so that the support they receive is thorough, personalised and effective.

Project manager Andrew Potter said in the first three months of working with residents of the Grange his team had met an overwhelmingly friendly and positive response.

"As we get to know the community, and by accessing the local services within East Finchley, it has been a wonderful experience," he said. "Everyone has welcomed Jobs Plus with open arms, from the East Finchley Library to the Tarring Road Community Centre, Newstead Children's Centre and The Big Grange Local and Martin Primary School.

Get in touch

Jobs Plus is being delivered to pilot sites across the UK in

collaboration with the Department of Work and Pensions and the Learning & Work Institute. You can email jobsplus@barnethomes.org for more information. If you don't live on the Grange Estate, email boost@barnet.gov.uk who will be able to advise on other schemes.

Andrew Potter added: "As well as looking for people needing our help, the team are also keen for other residents to volunteer as Community Champions, helping to spread the word about the programme on the estate. Please get in touch with them at the above email or pop into the library to find out more."

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