



Letters

Wanton destruction

Dear Editor,

We already have a wonderful leisure centre at the Great North Leisure Park with a fantastic pool and wave pool which our grandchildren have enjoyed many times, as well as a multitude of other leisure and fitness facilities, built only 30 years ago and serving East, North and Central Finchley as well as a wider area.

We continue to feel that both the environmental and financial cost of pulling it down, disposing of the rubble and building another one is shameful and hugely adverse to the environment and Barnet Council's green credentials.

Instead of such wanton destruction of this very successful leisure area, including Hollywood Bowl, cinemas and restaurants, could the new proposed site for the leisure area in North Finchley be used instead for housing.

Failing that, has anyone got a great crested newt to spare?

**William and Mary Tayleur,
Lankaster Gardens, N2**

Meaningless consultation

Dear Editor,

Have you seen the ridiculous consultation letter delivered to homes in East Finchley from developers Regal about the Great North Leisure Park?

On one side it shows a small-scale map of the area around the development, with irrelevant and unaffected facilities like a hospital and nature reserve clearly marked. The existing facilities on the area for development, bowling centre, cinema, restaurants, leisure centre are not marked. Why might that be?

On the reverse is the proposed development shown on an entirely different scale with only the proposed 'leisure facility' marked. Nothing else - it's just a green doodle. In the entire letter there is only one single use of the word homes, housing or residential.

Is it any wonder that so many people don't trust developers and instinctively push back against these companies?. They can't be trusted to carry out meaningful consultations and people certainly don't trust them to shape the places where we live, work and spend our leisure time.

**Alan C,
Address supplied**

Seats are history

Dear Editor,

Luxurious as it will be to sink into a high-back seat at the refurbished Phoenix Cinema (*The Archer*, September 2024) I do wonder if the upgrade will deter film-makers from using the main auditorium as a location for period productions. It's always a thrill to spot our much-moved local picture house in a movie or TV drama set in years gone by. And no doubt it's been a nice little earner for the Phoenix Trust. Here's hoping any revenue loss will be offset by extra bums on those plush new seats.

**David Brindle
Durham Road, N2**

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



Move it: Exercise is crucial to well-being

Embrace autumn glow

By Sunnah Rose

As the days grow shorter and the air begins to crisp, it's easy to feel a shift in our energy. While cosy nights and hibernation can sometimes overshadow our motivation, let's embrace this season as a time of renewal and self-care. Autumn can be an opportunity to cultivate new habits and nourish our well-being. Small, achievable steps can make a big difference.

Get outside, use the day!

Even if it is not very inviting it's important to get outside when the days are shorter. Drink your morning tea or coffee outside or go for a short walk at lunch. A walk after any meal aids digestion.

Move intentionally

It doesn't have to look like a workout and you don't have to change from your normal clothes but some simple stretches away from the desk or the sofa or a quick walk around the block can make a massive difference

Eat well

Try to add more fruit or veg to your diet. While salad may not feel so appealing now the summer warmth is gone, autumn is the perfect season to nourish yourself with a good soup or roasted vegetables. Remember to stay hydrated and drink more water.

Explore passions

Autumn can have very back-to-school vibes and as we settle back into our routines maybe think about starting a new class or rejoining one that you took a break from over the summer. It could be exercise, a book club, a dance class or even learning a new skill. Engaging in activities will keep both our body and mood boosted.

Sunnah Rose is a local yoga teacher and offers a variety of general yoga, pregnancy yoga and postnatal yoga with babies sessions in East Finchley. Visit www.stretchingpeople.co.uk for more information.

Spring in their step

Newly renovated diving boards are now in use at Park Road Pools and Fitness in Crouch End. They were unveiled on Monday 29 July, the same day as British diving pair Tom Daley and Noah Williams won silver at the Paris Olympics.

After a long period with the boards out of action, Haringey Council has spent more than £50,000 to renew the diving facilities at Park Road, in partnership with Divegym and Haringey Aquatics Club.

Club chairman David Skinner said: "With so few diving facilities remaining in London, the importance of the refurbishment work cannot be understated in terms of promoting access and opportunity at a grassroots level."

Stretching workshops

A series of workshops to help people who have been affected by trauma is running through October and November. The Stretching Through Trauma sessions provide a safe space for people from all walks of life to come together.

The hour-long sessions blend deep stretching with release exercises and meditation. Participants will be guided through stretches designed to unlock and release the trauma stored in their bodies. Each workshop is carefully structured to ensure that participants feel safe and supported.

Spaces are limited so booking is essential. The workshops will be held at Holy Trinity Church, Church Lane, N2, on Wednesdays 16 and 30 October,

and 6, 13 and 20 November from 7pm to 8pm. To book scan the QR code or go to Eventbrite.co.uk and search 'Emily Catherine Haldane'



In business: The team from Old Marine Arts Group

Express yourself

A new creative hub has opened in Muswell Hill bringing together fine art, fashion, tattoos and body piercing in one studio. Old Marine Arts Group, on Colney Hatch Lane, N10, has two tattoo artists and a professional

piercer working alongside a curated collection of art by local and international artists. There is also clothing to buy.

"Our goal is to offer a full range from the artwork you wear on your skin to the pieces you hang on your walls and the clothes you wear," said co-owner Julie Russell. Find out more on Instagram @oldmarineartsgroup and email oldmarinearts@gmail.com

Two markets in one

The Courtyard Market returns on Sunday, 27 October, bringing together local artisans, crafters, and makers in The Engine Rooms Event Space, alongside the East Finchley Farmers Market.

Over 30 local vendors will showcase everything from handmade jewellery, ceramics, and textiles to original artwork, homewares and seasonal gifts.

The popular kids' Lego play table will also be back, allowing

parents to shop in peace!

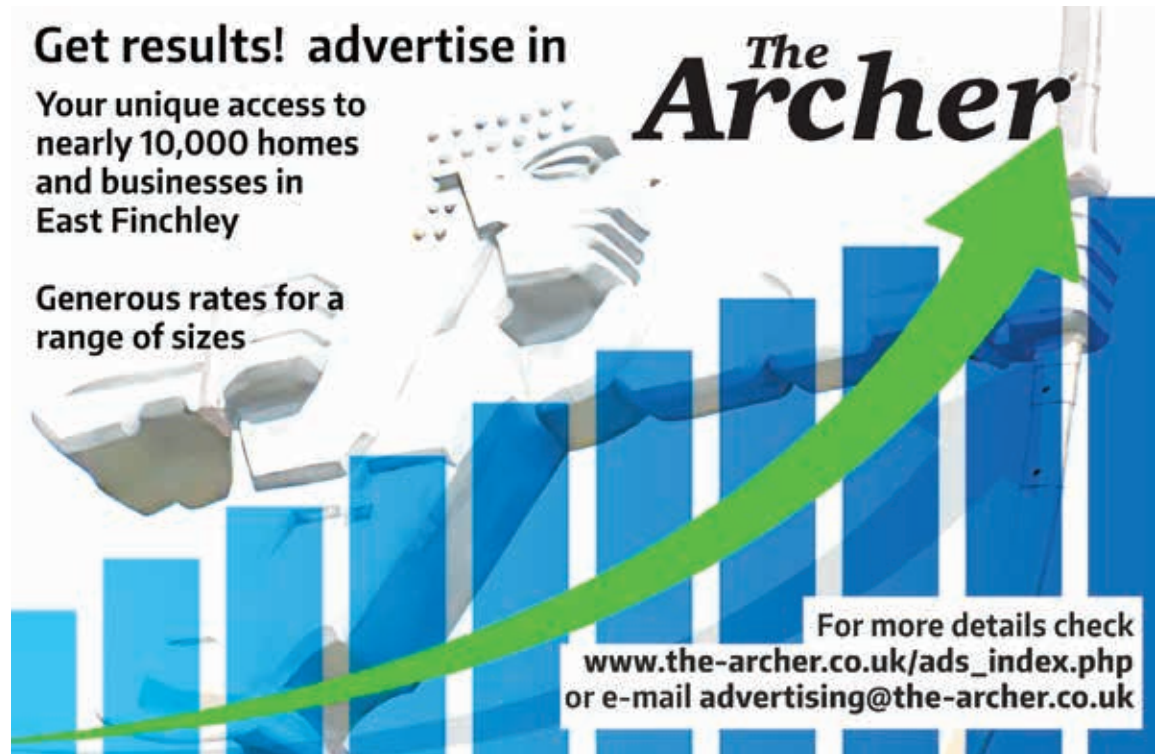
Entry is free. Sunday 27 October, 10am-2pm, The Engine Rooms, 82-92 Great North Road, N2 0NL. See iloven2.co.uk/courtyard-market for further details.

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