



Owners clearing the contents from one of the damaged cars. Photo by Diana Cormack

Parked cars damaged near Park House

At least 10 vehicles in one road were damaged in the early afternoon of Thursday 15 November. They were hit by an out-of-control car in Brompton Grove, the unadopted road that runs alongside Cherry Tree Wood from the bottom of Summerlee Avenue towards the High Road.

Most of the vehicles had been left parked on the made-up area of Brompton Grove at the Park House end, opposite East

Finchley tube station. Five cars were shunted together almost up against the wall bordering the bus stop on the High Road.

Others suffered varying degrees of damage when they were hit as the car in question approached or left the scene. At some point a set of concrete steps at the side of Park House was partially demolished, leaving the metal support railings bent and displaced. No one is believed to have been injured.

Looking to the future

By Diana Cormack

Did you know that the NHS provides annual eye testing for children under 16 and for full time students under 19? I learned that at 53 High Road, which used to be Andrew's and is now Panoptica Opticians.

Optometrist Rob Ward told me that he is passionate about the importance of family eye care, particularly of children's eyes, and he feels that this testing is not advertised enough. As a young family man with many local ties, Rob aims to bring new ideas and state of the art optometry to the community whilst continuing the traditional service provided by Andrew's.

Being recently qualified and a strong advocate of the NHS, he is highly aware of the role optometrists play in the monitoring and recognition of eye problems, which can sometimes give an early warning sign of other diseases. Rob wants his patients to feel involved in their treatment and is providing new technology for both testing and educating people about their eyes. Computer-generated details about eye conditions for adults and cartoon characters and images



Rob Ward; photo by Paul Harmer

for children keep patients focused on the task in hand, helping them to learn about and understand their systems.

Being an independent business means that products and services not offered by some of the bigger chains are available. For more details pop in for a leaflet when you're passing or visit www.panoptica.co.uk.

Coldfall scrubs up nicely

By Ann Bronkhorst

On a bright autumn morning it's good to get away from streets and buildings into woodland surroundings. More than 18 people did just that on 6 October, giving Coldfall Wood its autumn clean-up and strengthening the dead hedge round the pool.

Children joined the volunteers, their enthusiasm contrasting with the destructiveness of some local youths who roll heavy logs into the stream and reed beds or who regularly burn out mopeds in the wood.

The team worked hard to repair the vandalised dead hedge and to extract some of the logs. Now the pool area looks great, providing an exciting new habitat already visited by a wide range of birds. By next spring's nesting time it should be well established.

Recently, however, detergent pollution was spotted in the pools, raising the question of bad plumbing once again. After 20 years of stream pollution problems, Thames Water finally tackled the issue this year. They traced drainage misconnections to 14 properties; now almost all have been rectified, so where does the latest fouling come from?

The Friends of Coldfall Wood hope local householders will keep a beady eye on their plumbers to ensure no more 'cowboy' connections damage the progress made in this much-loved ancient wood.

Start limbering up for the walk of the year

Now's the time to sign up and start raising sponsorship if you want to take part in the Big Fun Walk in aid of the North London Hospice.

This hugely enjoyable day out takes walkers on a seven-and-a-half mile journey through London's most beautiful parks, starting at East Finchley tube station and finishing near the Houses of Parliament.

Better still, the terrain is suitable for all ages and abilities. Regular participants include family groups with small children in buggies, wheelchair users, visually disabled walkers with their guide dogs and carers, keen runners who lead the field, groups happy to amble at their own pace and well-behaved family dogs.

Marshals and stewards ensure that nobody is likely to go astray. Refreshments, a sandwich lunch, musical entertainment, hot drinks and pastries are provided free, and there is face painting at the finishing line.

The 2008 Big Fun Walk takes place on Sunday 9 March. There is no entry fee but each walker must register in advance and every adult is asked to raise at least £25.

All the money raised by the walk supports the work of the North London Hospice in Whetstone, which relies on fundraising and donations to continue its work with terminally ill patients and their families.

Walkers can register online at www.bigfunwalk.co.uk and download a sponsor and check-in form immediately. The website has a gallery of photos from previous years' events and a link to the North London Hospice website. Alternatively a clear message left on the 24-hour phone line 020 8202 5586 will receive a prompt response.

New technology comes to the High Road

By John Dearing

Digital cameras have become almost ubiquitous. One of the main reasons is their convenience; you don't have to finish a film and send it away for processing before you can see your pictures, and you can load them onto your computer whenever you like.



Paresh and the new printer. Photo by Diana Cormack

However, printing them has always been a hassle. Having to source photo quality paper of the right size, to load it into your printer, and then to discover that the colour cartridge which you don't use so often is empty or blocked can be hard work.

Solutions include using a photo-printing website or finding an in-store digital printer. Now one is available in the High Road courtesy of Paresh Shah at C.W. Andrew

Pharmacy, where you can make instant prints from your digital camera.

Just go to the shop, take the media card out of your camera, pop it into the appropriate slot on the Snaplab printer, choose which pictures you want printed, and out they come, at 29p each. If you like, you can crop the image, brighten it, remove red eye from pictures taken with flash, add borders, or even join two images.

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

Sunday masses at 8.00 a.m. and 10.00 a.m.
Weekday masses at 10.00 a.m.
Prayer requests are gladly accepted.

The Parish has a flourishing social life.
Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.

All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.
Experienced singers are always welcome.
Contact Geoffrey Hanson on 020 8444 9214.

<http://www.allsaints-eastfinchley.org.uk>

DO JOIN US THIS CHRISTMAS SEASON

EAST FINCHLEY METHODIST CHURCH

197 High Road, London N2 (opp. Creighton Ave.)

www.eastfinchleymethodist.org.uk

Sunday 16 December

10.30 a.m. *Christingle Service*

6.30 p.m. *Carols by Candlelight*

Christmas Day Family Service - 10.30 a.m.

tel: 020 8346 1700

e-mail: info@eastfinchleymethodist.org.uk