



Peabody pays compensation to estate residents

By Andy Shirlaw

Peabody Trust has paid compensation to residents of Strawberry Vale as a result of a central heating breakdown between October and the end of December.

Pensioners and families with small children suffered from the cold and damp, resulting in fears of a public health risk on the estate.

Faith Milsom, age two, was hospitalised twice as a result of asthma and was put on a nebuliser and an oxygen mask. Her sister Rebecca, who is three, caught pneumonia in October and did not recover fully until after the heating came back on in January.

Another resident, Nicola Lucey, said the heating was tepid and then stopped altogether on Christmas Eve. She said: "My son, Joe, who has asthma, has been on his pump a lot more than usual and my two year-old baby came down with a cold on Christmas Eve."

Gerald and Deirdre McCann are leaseholders on the estate and blame management for the heating problems. Gerald said: "A lot of people did not have heating during the winter. I asked Peabody what procedures they had put in place if the heating system went down over Christmas but I did not get a satisfactory reply. We pay £120 per month in service charges."

A spokesperson at Peabody confirmed that £115 has been credited to residents' accounts, for the lack of heating and the inconvenience. The trust will also reimburse people for additional electricity charges incurred from fan heaters. A new CCTV and intercom system will be installed in the summer.

Eat for your blood type

By our nutrition expert Judy Watson

We may all have health weaknesses due to our blood type. If the long drag through winter is making you feel under the weather then eating for your blood type may perk you up. Here's a run-down:

• **Type O:** the most common blood type, needing a 'hunter gatherer' diet.

Health weaknesses: you may be prone to excess stomach acid, arthritis, diabetes and allergies such as hayfever.

Dietary factors to consider: eat more protein and fewer carbohydrates. You should eat more meat and fish, berries and some nuts while keeping wheat to a minimum. Eat more starchy vegetables such as sweet potato, parsnips and swede. It is vital you don't skip meals. Avoid caffeine, which increases stress and can upset blood sugar levels. To keep your diet realistic, change white bread and rice for small portions of the wholemeal varieties including oats.

• **Type A:** mainly vegetarian.

Health weaknesses: you may be prone to low stomach acid, gallstones and an underactive thyroid.

Dietary factors to consider: Eat pulses but not kidney beans. Try aduki beans, black-eyed peas and lentils. Avoid traditional cheeses such as Cheddar. Eat more mozzarella, ricotta and goat's cheese; eggs are all right. Increase fish, particularly oily fish such as salmon and mackerel, plus cod. Avoid shellfish such as shrimps and crab.

• **Type B:** mix of meat and vegetarian.

Health weaknesses: you may be prone to urinary tract infections and flu.

Dietary factors to consider: most meat is all right but avoid chicken. Instead, try turkey, lamb, beef and venison. Have plenty of natural yoghurt and

berries to combat infections. Avoid shellfish and bass but you can eat cod, haddock, halibut and oily fish. Dairy products are mostly all right but avoid ice cream and blue cheese.

If you don't know your blood type check with your doctor or ask your chemist for a test kit. For more advice on this diet contact Judy on 07904 335763.

In search of a long-lost father

A woman who left East Finchley to go back home to Australia is searching for the father of her daughter after losing touch more than 15 years ago.

Deborah MacGillivray, originally from Brisbane in Queensland, was 19 when she came to England and ended up making a close group of friends in East Finchley.

It was with those friends that she met Kieran Bates, from County Wexford in Ireland. They started a relationship and Deborah became pregnant.

The relationship did not last and Deborah decided to move back to Australia to be close to her family. After 12 months, she lost touch with Kieran.

Their daughter Jayde was born on 30 January 1991. Now 16, Jayde has never met her father and Deborah is desperate to put the two in touch with each other.

She said: "My daughter would love to meet her father. She is very similar to him with dark hair and blue eyes. Unfortunately, I lost touch with Kieran many years ago."

Deborah lived in Chambers Gardens and used to meet

Philip King: 1946 – 2007

By Daphne Chamberlain

Philip King became known in East Finchley for his work to save Stanley Field, but he could have been famous in the film world. In his teens, he was making comedy films with his friends.

One, a parody of James Bond, was shot in a Finchley park. A National Film School student, tutored by Robert Kitts, Philip wrote and directed a Western, "Gundown", in 1973, which is held by the British Film Institute.

However, though a successful film and television editor, he never felt comfortable in the media culture, abandoning it for his brother's computer firm.

In 1995, Philip moved from Harrow to Oakridge Drive, East Finchley, to be with Isabelle, his future wife. Both of them became committed members of The Walks Residents Association, and Friends of Cherry Tree Wood.

Isabelle told *THE ARCHER* that they were disturbed by the progressive overcrowding of East Finchley, vandalism by young people, and cutbacks in support services to channel youthful energy. They were appalled by the deterioration of Stanley Field, which Isabelle remembers as a functioning sports ground. She says, "We couldn't believe what was happening under our noses. We felt we had to do something."

Philip contacted local councillors, the Football Foundation and the National Playing Fields Association. This impetus led to the formation of the Stanley Field Committee, which included already concerned representatives of East Finchley Community Development Trust and Holy Trinity School.

Philip worked extremely hard, approaching the National Playing Fields Association and



exploring successful examples of community-run sports centres. With the help of local architects, the Committee drew up plans for Stanley Field, which they have taken to Barnet Council.

Development Trust Chair Roger Chapman says: "Philip will be very sorely missed. He inspired us to keep fighting for Stanley Road Playing Field, even when it would have been so easy to give up. He was a tenacious fighter, and we will make sure that we keep up the pressure to keep the ground in sports use."

Family, friends and colleagues agree that determination, thoroughness, and finding a constructive way to put things right were typical of Philip, as was his love of nature, great kindness, generosity and gentleness. A loved and loving husband, son, brother and uncle, he was described by his brother Michael as "there when a helping hand was needed, and a quiet and moderating voice when passions flared".

Isabelle says: "There was never a day when we didn't laugh", and remembers the fun

they had flying his collection of kites.

At his funeral in January, one sentiment was repeated so often among the many mourners that it stands as a fitting epitaph: "He was such a lovely man".

Isabelle King wishes to thank everyone who contributed towards a fund for vital signs equipment at the Royal Free Hospital, Luck's the undertakers for their sympathy and understanding, and her neighbours for their continuing support.

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