



Regular Events

SPORT & FITNESS

- ❖ **Finchley & Hornsey Ramblers Group** Call Vivien 8883 8190
- ❖ **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- ❖ **Keep fit for the Retired** on Wednesdays, Christ Church N12. Call Bridie 8883 5269
- ❖ **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 1178.
- ❖ **Pilates** in East Finchley, qualified teacher. Contact Dee on 8883 7029
- ❖ **Pilates class** Wednesdays, 2.15-3.15pm at Youth Theatre, N2. Ring Penny Hill 8444 2882.
- ❖ **Tae Kwon Do** at The Green Man Thursdays 7-9pm 07949 612 706
- ❖ **Tennis club** with four clay courts off Southern Road. Call 8883 7723.
- ❖ **Wood Walk**, meet 10am at Cherry Tree Wood cafe on 1st & 2nd Mon of month for 1 hr walk, Call 8883 8750.
- ❖ **Yoga, breathing & relaxation.** Weekly drop-in classes - N2, N6, N10. Phone Judy on 8444 7783.
- ❖ **Yoga, pregnancy yoga, meditation** classes at Holy Trinity Church. Call Sunnah 07941 321 772 or visit www.stretchingpeople.co.uk

DANCE, DRAMA & CREATIVE ARTS

- ❖ **Art Classes.** For info call Henry on 020 8888 5133.
- ❖ **Ballroom Dance Classes**, Wednesdays. Beginners 7.30pm, Improvers 8.30pm. St Mary's Church Hall, Finchley. 020 8444 0280.
- ❖ **Club Dramatika** drama club for kids. Call 8883 7110.
- ❖ **Creative writing classes** in informal, friendly atmosphere. Tel Sallie Rose 0208 444 7217
- ❖ **East Finchley Writers Group** Creative writing 6.30pm every Weds at the Old White Lion. Contact Carola 8883 5808 or Lilian 8444 1793.
- ❖ **East Finchley Writing Workshops.** poetry writing monthly on Saturdays. Contact Dennis Evans 8346 9528.
- ❖ **Line dancing** Tuesdays from 8.30pm at The Constitutional Club. Call Maureen 8440 8530.
- ❖ **Memory Lane Singing Club** - a communal singing club. Call Idit Gold 8458 4508.
- ❖ **Over 50s Tea Dance** at Christ Church, North Finchley. Every Weds, 1pm. 020 8444 0280.
- ❖ **Pottery Class** for mothers & toddlers, Call Celia Holmes 8444 8702
- ❖ **Learn to sing** at Finchley Methodist Church. Call 8883 4070 for info.
- ❖ **Street Dance** every Tuesday at Old Barn for children of various ages Contact Lorna 07976 203669.
- ❖ **Symphonic Wind Orchestra** Contact Caroline Egan 8340 2706
- ❖ **Tap Dance** for children beginning at Old Barn every Monday, Contact Sharon 8349 4613

CLUBS & SOCIAL

- ❖ **Bingo Club** Mondays 7-9 pm, Green Man Centre, Contact: Jan 8815 5459
- ❖ **Contact Lunch Club** Tuesdays at the Green Man. Call 8444 1162 to book.
- ❖ **East Finchley National Childbirth Trust** contact Phoebe on 8349 0388.
- ❖ **Finchley & District Philatelic Society**, Contact Brian 8444 3251
- ❖ **Finchley Jazz Club** 3 & 17 Sept, 1, 15 & 29 Oct at 8pm, Wilf Slack Cricket Pavilion, East End Rd, N3.
- ❖ **Friendly Rubber Bridge** at The Old Barn. Contact 8349 4613
- ❖ **Friends of Cherry Tree Wood.** www.cherrytreewood.co.uk or call 020 8883 7544.
- ❖ **Haringey Recorded Music Society** informal meetings locally. Call David Mouldon on 8361 1696.
- ❖ **Highgate Film Society**, contact Admin Office 8340 3343 or email: admin@hlsi.net
- ❖ **North London Bridge Club**, Muswell Hill. Contact 8348 3495
- ❖ **Muswell Hill and Highgate Pensioners' Action Group** Call Bob Cottingham on 8444 7635.
- ❖ **Muswell Hill Tetherdown Bridge**, contact 8883 4390
- ❖ **Old Barn pre-school club**, contact 8349 4613/1961
- ❖ **Parent & Toddler Group**, Green Man Centre, Julia 8444 2276
- ❖ **Probus Lunch Club** for retired professionals. Call John 8883 8114.
- ❖ **Stepping Stones**, interactive play session for under 3's. Karen 07957 278860.
- ❖ **SwampRock** events feature a different band each month. See www.swamprock.org.uk



Institute Principal Fay Naylor (4th left) and Paul Homer, Chief Executive of The Phoenix, (2nd left) with tutors from the Institute. Photo by Geoff Stocker.

Good neighbours

Tutors in Arts & Creative Studies at the Institute showed examples of their work in a recent exhibition at The Phoenix Cinema. This was the second collaboration between these near neighbours, the Institute having moved to 11 High Road, just across the road from the Phoenix.

They hope that this will have inspired many new students to enrol for courses at the Institute. It offers the broadest range of classes in North London, from

Arabic to Furniture Restoration, and from Health Walking to Computer Studies.

Call in to find out more, or telephone 020 8829 4141.

Healing hands at the

Muswell Hill Festival

Hands-on healing will be offered at the Muswell Hill Festival this year, courtesy of the Soul Therapy Centre, which will bring its healing training clinic to Cherry Tree Wood for the day on 16 September.

Practitioners and students will give spiritual healing to all-comers on a drop-in basis, in exchange for donations to the Hornsey Trust. All proceeds will go directly towards helping children with cerebral palsy.

The Soul Therapy Centre in Muswell Hill is a group of internationally respected psychologists, psychotherapists and healers. Their aim is to provide healing at every level of existence: mind, body and soul.

Established in 1996, the Soul Therapy Centre combines the basics of systemic psychotherapy and CBT skills with spiritual healing, Feng Shui and other energy techniques. The Centre takes a small number of students each year on a part-time basis for its annual Foundation Diploma Course.

For more information, contact Ingrid Collinson 020 8883 8562 or Kathryn Scorza on 020 8444 5498, or go to www.soul-therapy.co.uk.

Theatre in the Suburb

Fans of open air theatre don't have to take their umbrellas to Regent's Park. Little Oak Wood, Hampstead Garden Suburb, has its own brand of outdoor magic. What's more, umbrellas appeared there on only one night of *The Tempest*, this year's July production.

In June, *Dame Henrietta's Dream*, written by a Dame Edna Everage scriptwriter, Ian Davidson, also played to packed houses. A pageant for the Suburb's centenary, it celebrated the life and times of Henrietta Barnett. Because she loathed drink as a cause of poverty and child neglect, the Suburb has never had a pub. It has, however, always had a theatre. Its first dramatic society was formed in 1908, with about 20 members.

Eventually, the Play and Pageant Union and the Speedwell Players combined into what is now known as the Garden Suburb Theatre, with over 200 members.

Actors and audiences don't have to be fresh air fiends. There are several indoor performances each year, usually at Henrietta Barnett School or Upstairs at the Gatehouse, though the Theatre

has brought back trophies from as far afield as the Isle of Man and Wakefield. The theatre's president is Donald Sinden, and costumier Frances Musker used to lecture on costume at the V & A Museum. Some members date back to the 1920s and 30s, but others are schoolchildren, many of whom had a whale of a time in *Dame Henrietta's Dream*. London Metropolitan Archives hold a mass of information about the Garden Suburb Theatre, which anyone can view or add to. If you have any likely material to donate, please email the theatre first. Email details and further information are on www.garden-suburbtheatre.org.uk. Membership information is also available on 020 8346 4448.

Meanwhile, watch out for "Pygmalion", to be staged at the Henrietta Barnett School in October.

Experiences in a lift

By Daphne Chamberlain

You've had your breakfast, you're off to work, you step into the lift in your tower block...what happens next? Community Focus Drama Group came up with an unexpected answer at the artsdepot in North Finchley in July.

This group of disabled adults devised, wrote and performed a 45-minute play *What Goes Up Must Come Down*. It was the result of a year's work, and Alastair Reid, their director, stressed that everyone taking part was of equal importance. He said: "I'm simply the facilitator," adding that what we were about to see was rather weird.

Weird, tense, the stuff of dreams and nightmares it certainly was, keeping the audience on the edge of their seats.

So what did happen when six commuters stepped into that lift? At each level, the door opened to reveal another world. A world of silence where everyone wore masks, and there was no way out. "Can you help me?" "Who are you?" "Where am I?" asked the bewildered passengers, but the only help

they received were giant keys in different colours, given to them one by one.

At last they found keyholes inside the lift, and returned to normal life. This interesting play went full circle, with the same commuters entering the lift next morning.

The drama group have been producing innovative shows for the past 14 years. They meet regularly on Wednesday evenings at the artsdepot, with new sessions starting in September. Community Focus provides many other activities for disabled people of all ages and mixed abilities in Barnet. Workshops are run by experienced tutors, but volunteer helpers are always welcome. For more information, contact Rossana or Caitriona on 020 8369 5483 / 84 or at admin@communityfocus.co.uk.

Who do you think you are?

If you want to find out more about your family history, you may be interested in an illustrated talk by Ian Waller, a professional genealogist and teacher.

The event is being hosted by The Finchley Society at Avenue House, East End Road, N3, on Thursday 27 September at 8pm. Entry for non-members is £2.

You will discover how to start family history research with family members and how to investigate online and

through record offices. Ian will also suggest the best ways to keep records and construct a family tree.

Annual membership of The Finchley Society costs just £9 a year. For details, contact Robert Winton on 020 8883 2633.

What's On...

E-mail your listings to: the-archer@lineone.net

Saturday 8 September

- **Guided charity walk of Hampstead Garden Suburb** to raise funds for Combat Stress (Ex-Services Mental Welfare Society). Starts 2 pm at entrance to Golders Hill Park, North End Road, NW11 (near Bull and Bush). Finishes at The Tea House, Northway NW11 with homemade cream tea. Tickets £7. Contact Ruth Smith at ruthafsmith@hotmail.com to book.

Sunday 9 September

- Public meeting at 11 am at café, **Cherry Tree Wood** (see front page)
- At 3 pm the **mayor unveils plaque for La Deliverance statue**, (junction of North Circular and Regents Park Roads) which commemorates allied victory at Battle of Marne, 1914.
- **From Stage and Screen:** evening of easy listening music featuring organist Christopher Thompson; East Finchley Methodist Church, High Road, 8pm; free admission; collection for Noah's Ark Children's Hospice. Venue fully accessible to people with disabilities.

Saturday 15 September

- **Dye Young/Stay Pretty**, written and directed by Adrian Berry, and performed by Beth Medley, artsdepot, North Finchley, 8pm.

Thursday 20 September

- **Finchley Forum:** a chance to air your views to local councillors, council officers and other residents. 6.30pm at the Green Man Centre, Strawberry Vale, N2 (but check venue beforehand). Further information: democratic.services@barnet.gov.uk or tel 020 8359 2156.

Friday 21 September

- **Zum**, the original gypsy-tango band, bring their stunning new show to North Finchley's Trinity Church Centre, Nether Street, at 7.30pm; tickets £12 (concs: £10) bookable via www.zum.org.uk or from 020 7738 2586.

Thursday 27 September

- **The Finchley Society** hosts *How to Research your Family History*, a talk by Ian Waller; 8pm at Avenue House, East End Road, N3. Everyone welcome; £2 entry for non-members.

Sunday 30 September

- **Elaine Delmar sings songs by George Gershwin and Cole Porter** at the Wyllyotts Theatre, Potters Bar, in aid of Noah's Ark Children's Hospice in north London, 7.30pm. Tickets £14 and £13 from box office on 01707 645005.

Wednesday 3 October

- **Visit to the London Metropolitan Archives**, 10.30am, arranged by Shirley Avery for The Finchley Society. Further details from 020 8883 2633.
- **East Finchley Arts Festival.** For full programme details, see page 5.

Friday 5 October

- **Friends of Barnet Libraries** host an illustrated talk by members of **The Archer** team: a chance to find out more about East Finchley's own newspaper; 11am-12 noon at East Finchley Library. Refreshments provided. Everyone welcome.