



Coldfall calling

By Ann Bronkhorst

Coldfall Wood feels far safer to visit now that there are encouraging notices, paths and bridges as well as more daylight. But if you do spot something anti-social or dangerous happening in the wood, whom should you call?

Haringey Council has disbanded the previous Police Parks Constabulary and a new system is in place. Police officers with off-road motorbikes patrol all the Haringey parks, varying their routes and responding to calls when there are incidents, with further back-up from the Met when needed.

Three numbers

In an emergency, the public are asked to phone 999. This might include, for example, a motorbike being ridden in the wood or on the field in a dangerous manner, stolen vehicles, and aggressive or criminal behaviour.

If a crime may have been committed but there is no emergency, phone 0300 123 1212;

for example, if a fence or building has been damaged but there is no sign of the culprits.

The Safer Neighbourhoods number, 020 8721 2506, should be used for long-term problems where just leaving a message on an answering machine would be sufficient. Examples might be people drinking on the field in growing numbers, or rough sleepers starting to use the wood.

Notices giving police contact numbers are displayed at several of the Creighton Avenue entrances. Carrying those numbers with you, along with your mobile, is good advice for walkers even though Coldfall Wood is crime free most of the time.

Tudor School is transformed

Tudor School has been busy improving its environment since the summer term. With the addition of a second Reception class to help Barnet Local Authority cope with the increased demand for places this September, a new mobile unit has been erected giving not just one new classroom but two.

The second new classroom is being used for a variety of activities enjoyed by the whole school community. A weekly family numeracy group meets in there where parents and children can enjoy learning together and the children have opportunities to do creative work in a larger space.

The outdoor areas for Foundation Stage (ages three to five) children have been improved. Children in the Reception unit now have access to a larger, safe and enclosed outdoor learning space and the Nursery children are enjoying a new

canopy allowing them access to the outside all year round.

If you have a young child, visit the Nursery Open Afternoon on Monday 7 December from 1pm to 3pm to see what Tudor can offer or call the school in Queen's Road, N3, on 8 346 6010, to make an alternative appointment.

The main school has not missed out either. A total refurbishment of the shared area has created a self-contained library, with additional work-stations for children to work in groups. Improved ICT facilities have transformed the learning environment.

Cat rescuers play the waiting game

By Betti Blatman

During July, I tried to ignore a particular cat which was a persistent visitor to my garden. Then I noticed a kitten one day, two kittens the following day and then four kittens, which I couldn't ignore.

As I've never had a cat or known much about them, I didn't have a clue what to do and contacted Animal Aid who sent their cat catcher within a few hours. I was advised to leave out food to establish a routine for the cat and kittens, which would assist in catching them, but it still took an entire week of daily visits by the cat catcher during sunshine, rain and thunder before they were found.

Late one night, after I'd held

a ladder for the cat rescuer to climb over the garden fence to locate the last missing kitten, it was eventually found and all were medically checked before being re-homed.

I was very impressed by the dedication and care shown to the cat and kittens and would highly recommend their service if you find yourself with a similar predicament. Contact Animal Aid and Advice at 48 High Road, London N2 9PJ or 020 8444 6290.

Slimming club reaps rewards

A slimming club is celebrating after being named the area's warmest and most friendly slimming group no less than seven times in 2009.

The Slimming World group, which meets on Tuesdays at 5pm and 6.45pm at the East Finchley Baptist Church in Creighton Avenue, earned the accolades from the national organisation, which is itself celebrating its 40th anniversary.

Two members won the prestigious "Woman of the Year" award. They were Laura St Clair-Charles, who lost four stone to reach her target weight in October, and Stacey Sadler-Clark,



Above: finalists (6.45pm session) Beth Hickman, Nathalie Gillies and Nicky Kay with winner Stacey Sadler-Clark.

Left: finalists (5pm session) Samera Aidrus-Shaith and Betty Mason with winner Laura St Clair Charles.



with a weight loss to date of six stone.

Natalie Hanna, the group's consultant, said: "I am so proud of the entire group. They have worked exceptionally hard this year to make changes in their eating habits and the results on the scales have been fantastic."

The group of men, women and children has already lost a combined weight of 234 stone and are gunning for the 300 stone mark before Christmas.

Readers' discount

January sees a new launch for the club with an "Extra Easy" eating plan. The club offers specialist help for people with diabetes, pregnant or breast-feeding women and vegetarians.

Slimming World is offering a special discount for readers of *THE ARCHER*. Bring along a copy of the paper to any group and receive £5 off the joining fee of £10. For details, call Natalie on 07889 252548 or e-mail nma@btconnect.com

'ello, me old china

By Betti Blatman

Whilst visiting China Repairers in August for a quotation to repair broken china, I found to my surprise that my dentist's retired colleague was working there. Gill Epstein became an apprentice china restorer and enjoyed it so much that she stayed on. Her dental background has assisted her in coping with very difficult and challenging repairs.

Despite the current recession, China Repairers are still very busy but their premises in The Old Coach House, King Street Mews, are due to be developed soon and they may have to relocate temporarily or

close for building works.

If you have any china requiring repair or restoration, please contact proprietor Virginia Baron on 020 8444 3030, 07973 121043 or virginia@talktalk.net

TONY'S CONTINENTAL

EST 1971

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Bread
Oat Cakes
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Organic English Flour including Spelt & Rye

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including: Ricotta
Buffalo Mozzarella
Fetta
Halloumi
Goats Cheese

26 Varieties of Oil

including: Rapeseed, Sesame, Flax, Walnut & 16 types of Olive Oil

Fresh loose olives

from self-serve counter

Fresh Fruit & Veg & Specialist Bread Daily

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40 Varieties of Grains & Pulses

Organic Eggs & Breakfast Cereals

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Offering finest quality, variety & exceptional value for money. ...more than just a Green Grocers