



# My Marathon for a friend

Michael Michaeloudis of Lynmouth Road, is training hard for this year's London Marathon. Here he describes his heart-felt reason for taking part:



Michael Michaeloudis trains for his marathon charity run. Photo Mike Coles

As the result of a manoeuvre which was incorrectly performed on him, he unfortunately suffered significant injuries, becoming paralysed from the neck down. Nikhil had only recently turned 25 when he had this accident. After emergency surgery and months spent in hospital in Cardiff, he was then fortunate enough to become a resident at a Leonard Cheshire (Greenacres, Birmingham) home, so that he could be closer to his family. He has been a resident there for several years now and they have done a fantastic job in caring for him.

I will be running the London Marathon this April to raise as much money as I can for Leonard Cheshire. All the proceeds raised will be going to their Greenacres home. Nikhil did not wake up that morning thinking he would have an accident which would affect the rest of this life, but this is the reality that can happen to any of us at any time. Leonard Cheshire Disability does a fantastic job picking up the pieces afterwards. Please donate as much or as little as you can by visiting: [www.justgiving.com/michael-michaeloudis](http://www.justgiving.com/michael-michaeloudis)

On 27 November 2009, a close friend of mine, Nikhil Bali (also known as Nik Dutt) was involved in a wrestling accident. Nik was a keen amateur wrestler and still enjoys watching wrestling to this day. He was and remains well respected and loved by all. Nobody has ever had a bad word to say about him.

Nikhil was not due to wrestle that day, but being the kind of person he is and with his enthusiasm for wrestling, he agreed to help out at the last minute. The decision he took that day turned out to be a life-changing one.



The Aladdin panto at the Green Man Community Centre. Photo Mike Coles

## Pantomime time for young and old

Strawberry Vale residents of all ages thoroughly enjoyed a post-Christmas pantomime in the Green Man Community Centre. Two impressive performances of *Aladdin* were put on by Chaplin's Television Ltd Touring Pantomime Company of Ilford. The event was organised by the Green Man Management Group.

## Help children learn to read

Was one of your New Year's resolutions this year to do something rewarding and that makes a real difference to your local community? If so, you might consider volunteering as a Beanstalk reading helper, to help primary school children in your area learn to read.

Reading is essential in today's world. Unfortunately many children struggle to learn to read for all sorts of reasons. One in seven children in England left primary school in 2013 behind in their reading and one in six adults in the UK has a reading level below that expected of an eleven-year-old.

Beanstalk is a national charity that gives one-to-one literacy support to children in primary schools with pupils who have fallen behind with their reading. The local branch covers the boroughs of Barnet, Brent, Camden, Haringey and Enfield, and currently has 178 volunteers helping 534 children. It always needs more volunteers to help even more children in 2014. The charity gives a two-day training course and carries out a DBS check.

### Help Jack to climb

Each Beanstalk reading helper works with three chil-

dren and sees each child for two 30 minute sessions a week, during term-time, for a whole year. Together, they read, play and talk. With Beanstalk's support the child's approach to learning and enjoying reading is often transformed.

By becoming a reading helper, you will give a child the one-to-one attention they need to build their confidence and help them catch up with their reading. You will give them a chance to learn at their own pace and adapt your sessions to suit them.

Volunteering as a Beanstalk reading helper is extremely rewarding, makes a lasting difference to children's lives and is a great way to give something back to your local community. Why not make a different kind of resolution this year?

To find out more, call Harriet Watson on 020 7372 7523 or visit [www.beanstalkcharity.org.uk/reading-helpers](http://www.beanstalkcharity.org.uk/reading-helpers)

## Two new playgrounds for Strawberry Vale

Youngsters at Strawberry Vale have two new play areas to enjoy in 2014. Opened just before Christmas, one has equipment suitable for the very young and the other for the primary and young secondary school age range. Managed by the Peabody Trust and installed by Gingko, the project was voted for by tenants last year with funding coming from the North Circular Road compensation fund.

### Human Resource Solutions Plus

Helping you to manage, train and develop your employees at a commercially sensible cost.

[www.hrsp.net](http://www.hrsp.net)

Richard Pell: [info@hrsp.net](mailto:info@hrsp.net) • PO Box 27013, London, N2 0WX

# HRSP



### AFFORDABLE ACUPUNCTURE

Initial consultation and treatment £30  
Follow up treatments £20

£5 OFF YOUR FIRST TREATMENT WITH THIS ADVERT

69 Ballards Lane, Finchley Central, London N3 1XT  
020 3602 6724

[www.wellpointacupuncture.co.uk](http://www.wellpointacupuncture.co.uk)  
[info@wellpointacupuncture.co.uk](mailto:info@wellpointacupuncture.co.uk)

### TELEPHONE FAULTS REPAIRED

50% CHEAPER THAN BT \* the POST OFFICE \* TALK TALK etc  
HOME \* OFFICE \* FACTORY  
LINES \* EXTENSIONS \* EQUIPMENT - TESTED & REPAIRED

Call RON COLLINS 0208 883 9325 \* 07748 278728  
email: [roncallsaver@yahoo.co.uk](mailto:roncallsaver@yahoo.co.uk)

### Midhurst Butchers

Certified organic meat  
at reasonable prices  
Free-range poultry  
Home-made sausages  
(including Boerwors)

2 Midhurst Parade,  
Fortis Green, London N10  
Tel. 020 8883 5303



### brera gardens

- garden design
- hard landscaping
- soft landscaping
- indoor plants
- maintenance
- irrigation systems
- East Finchley based

Mob. 07939 557 934

Tel. 020 8920 3721

Email: [breragardens1@btinternet.com](mailto:breragardens1@btinternet.com)

## ACCOUNTANTS FOR SMALL BUSINESS

At TaxAssist Accountants we specialise in supporting small businesses. We can help with:



- Self Assessment Tax Returns
- Business Accounts
- Corporation Tax
- Bookkeeping and VAT
- Business Start-ups
- Company Formations
- Payroll and HR
- Help with Finance Raising
- ...and much more.

020 8883 5258  
[www.taxassist.co.uk/eastfinchley](http://www.taxassist.co.uk/eastfinchley)