



Nina Gentry at the Barnet Lone Parent Centre at the Green Man. Photo: Mike Coles

Tea towels helping lone parent families

By Daphne Chamberlain

Sales of our Archer tea towels are helping three organisations this year. As well as the Finchley Youth Centre and the Monday Youth Club, proceeds are going to the Barnet Lone Parent Centre, previously known as Gingerbread, which has its main advisory centre in the Green Man Centre at Strawberry Vale.

Organiser Nina Gentry told us something about how it works, and explained how the tea towel money will be used.

A library with a difference

Over 100 families are in touch with the centre. Their circumstances vary: there are some dads, some parents who share care of their children, and also situations where one parent is absent or unavailable because they are sick or serving a prison sentence.

Time and again, parents ask "How can I tell my children about...?" For a long time, Nina has wanted to run a library of books that could help answer their questions. Many children's books can open a window into the heart of a problem, helping a child to understand and relate. This is how she will use the tea towel money.

Practical matters, too

Parents make their visits by appointment, but are given all the time they need. The priority is to listen to them and to gain their trust. Bringing up children takes years, and although some people need just one-off advice, others will have a much longer relationship with the advisors.

What to do if your fridge breaks down and you have no money? How to write effective letters. These are just a couple of examples of practical assistance the advisors can give.

Supplementing the work done at the Green Man is a new social group which meets on Sundays at Underhill, Barnet. For more information, contact Nina Gentry on Gentry@peabody.org.uk, and to buy a tea towel visit the Cherry Tree Gift Shop in the High Road.

Three good causes for The Archer tea towel

THE ARCHER

Archie:

Always on

tube station

First sold at the East Finchley Festival back in June, The Archer tea towel is this year's must-have item for any kitchen. We didn't quite get it into the Great British Bake Off tent, but maybe next year.

Each tea towel costs just £5 family or friends, especially if and every penny from every you're already planning ahead for Christmas.

sale goes to three youth groups in East Finchley. They are the Monday Youth Club, the Finchley Youth Theatre and a reading project for young people based at Strawberry Vale. You can find out more about all three

good causes in the stories on this page and page 4.

The Archer tea towel makes the ideal gift for posting off to

How to buy

Buy yours at the Cherry Tree Gift Shop in the High Road. Thanks to the staff there for giving us shelf space and passing on all the money raised.

You can also order your tea towel by post. Send a cheque made payable to The Archer for £5 per tea towel to The Archer, PO

Box 3699, London N2 2DE. Include your name and address and we'll deliver to your door or post to you free of charge.

Fun in the sun for the **Monday** Youth Club

By Maureen Clemetson, youth club leader

Back in July the younger members of the Monday Youth Club, along with a couple of mums and dads, went to Southend on Sea. It was a piping hot day but this didn't stop them going on the rides, then drenching themselves in the sea to escape the sweltering heat.

A wonderful time was had by all. Seeing the smiles on their little faces was an absolute picture.

Teens have their turn

Not to be left out, the teenagers had their trip at the end of August, something they had been looking forward to for many months. I was asked on a weekly basis when the Thorpe Park trip was coming up.

Well, the day arrived at the end of August and there was excitement in the air as they eagerly boarded the coach outside Martin Primary School. This was just for teenagers who attend the youth club and those who used to but are slightly older than 15. They still look forward to going to Thorpe Park and the Monday Youth Club still looks out for their welfare, making sure that they have somewhere to go during the summer months.

On arriving at Thorpe Park there was an eagerness to get going on the rides. Once the tickets were in their hands they were away, couldn't see them for dust until it was time to go home. Back on the coach they were very weary and tired out teenagers, almost half asleep, being absolutely exhausted from the rides. It was a very quiet journey home!

Can you deliver?

THE ARCHER is looking for a volunteer to deliver papers to Archer Gardens, the new homes between Lankaster Gardens and Strawberry Vale.

Can you spare 20 minutes once a month to deliver the paper to readers there? Please contact us by email at the-archer@lineone.net or by phone on 0800 612 0748. Thank you.

Japanese Acupuncture & Moxibustion

Gentle, dynamic & effective. Promoting health and vitality. Treatment is tailored specifically to your needs.



Ph 07795 203107 Please see www.fionahurlock.com Utopia Ia Leicester Mews, N2 9EJ



Photo: John Lawrence

It's a cat-cus!

This eye-catching garden ornament in Church Lane has become a comfy perch for Gugu the cat. It's perfect as a look-out post and keeps her nicely out of reach of the neighbourhood dogs.

Andrea Cosier, who owns the cat and the cactus, says Gugu can often be found sitting pretty there.

The cactus was a present from a friend 15 years ago and has just been given a new weatherproof coat.

A Local Handyman

available for general household & garden maintenance.

> No Job Too Small Free Estimates

Call John on: 0789 010 3831

Greene Driving School East Finchley N2

From £17.50 x 2 Hr lessons Safe driving for life Low Co2 footprint 114 **Eco & Low Maint Tuition**

Pass Plus 4 cheaper **Insurance.** *Greenedriving.co.uk*

> Call John M.I.M.I 0773 851 4406



ALMAR BUSINESS SOLUTIONS

Accountancy | Payroll & Book-keeping | Tax services

Business services:

Bookkeeping & Accounting
Business planning
Business start-up



- **■** Back Pain **Neck Pain**
- **Whiplash Injury**
- Sciatica
- **Sports Injury**
- Frozen Shoulder
- **Arthritis**
- **Tennis Elbow**
- **Sprain or Strain** Rehabilitation
- Neurological

Stroke

Wendy Longworth & **Associates physiotherapy** practice offers a variety of treatments at the clinic, or off-site, in patients homes. nursing homes, private hospitals and other organisations.

www.eastfinchleyclinic.co.uk 020 8883 5888 2-3 Bedford Mews Bedford Road London N2 9DF