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THE ARCHER




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CARS & COURIERS

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A community newspaper for East Finchley run entirely by volunteers.



Low-speed tackle: Walking footballers enjoy their game

Footie at a gentler pace

R.I.P FC sounds a morbid name for a football team but a self-confessed motley band of ageing brothers is very much alive and kicking. Kicking footballs, that is.

This is a club for walking football, where players have to be at least 50 and running is prohibited. Some players come with significant health problems such as heart and lung disease or conditions like Parkinson's while others have knee or hip

problems. All are welcomed.

One is Howard, who retired last year but wanted to stay active. He said: "My knees cannot cope with serious running these days. Discovering walking football was a delight. People tackle but with care. And you still get that glorious feeling when you hit the back of the net."

Paul, who recently retired, concurs. He was made aware of walking football by a piece in *THE ARCHER* last year. He told us: "It's hugely enjoyable, I'm playing football again and keeping fit too."

Brendan had to retire early on medical grounds and because of his health has to exercise regularly. He said: "An hour's football every week without running, which I cannot do these days, really helps me maintain my exercise regime."

Jeffrey, who joined a few months ago, said: "Walking football has been great for me. I'm 79 and not even the oldest player. It helps me keep fit and is played in a great spirit, competitive but caring."

To join R.I.P FC contact Martin on 07951 813 677. To find out about other walking football teams email andy.perren@middlesexfa.com.

Free advice service opens again after five years

By Janet Maitland

At last, we have a local advice service again, thanks to the Grange Big Local (GBL) and the National Lottery. The service is run by Citizens Advice Barnet and opened in July at St Mary's Parish Centre, towards the north end of the High Road.

Relieving stress

"We chose to invest in this project because we know how much people valued the old East Finchley Advice Service on Church Lane which had to close," said Pat Murphy, Chair of GBL. "We want to help people who need good advice on issues like debt, benefits, housing and consumer rights."

"We want to put more money into the pockets of local people and help lift the burden of stress that these problems may cause. We're very grateful to Father Terry for letting us use St Mary's Parish Centre at a subsidised cost."

It is one of the priorities identified by GBL following an extensive consultation with local residents about how to spend the £1 million of National Lottery money awarded to the north-west corner of East Finchley.

The old advice service closed after Barnet Council cut its funding in 2011. Its new successor is open on Friday mornings between 9am and 1pm at St Mary's Parish Centre,

279 High Road, by appointment only, which can be arranged by calling 0300 456 8365.

Citizens Advice outreach

"We're delighted to offer this weekly outreach session and hope that local people will be encouraged to seek advice on their problems and concerns," said Daniel Bamford, Head of Operations at Citizens Advice Barnet. "Our service is always confidential, independent, impartial and free."

Citizens Advice Barnet is a charity that relies on local people to volunteer with them, in a variety of roles. "We hope that having this new service encourages East Finchley residents to join our team of volunteers, without which we could not continue the important work we do," said Mr Bamford. For more information go to www.barnetcab.org.uk/volunteering.

To find out more about the Grange Big Local project and how to get involved, contact Jon Woolfson at info@grangebiglocal.org or call 020 8364 8400, ext 241.

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