



Motorcycle racer misery

By Janet Maitland



Badly repaired: The motorbike barriers between Durham Road and Creighton Avenue'

Gangs of youths have been causing misery to local people by racing motorcycles and mopeds through the streets at all hours of the day and night.

"They go up and down King Street in the early hours," said one resident. "I even saw two boys on scooters with no number plates tearing through The Walks the other day. It's so dangerous."

Another resident told us: "They go speeding round and round Market Place, Beresford Road and Kitchener Road, revving and doing wheelies."

Built to last?

The streets along the east side of the High Road have also been plagued by this anti-social behaviour. The Safer Neighbourhood Team (SNT) tackled this in June by fitting motorcycle barriers at both ends of the alleyway between Creighton Avenue and Durham Road. The chicane gates were described as a "small but pleasing victory" by PCSO Jan Lovell.

But this victory was short lived. The gates were torn down in the early hours of 5 July, a few days after they were erected. So Jan Lovell asked the Highways Department for the gates to be refitted more securely. They were cemented in again, but the workmanship was so shoddy the gates were still insecure.

Councillor Arjun Mittra, who assisted the SNT in getting the funding to put up the barriers, has again stepped in to help. "The work wasn't done properly first time," he said. "When I complained to the council, they repaired the gates but the repair job isn't very good. I've asked for it to be done properly."

When the barriers are securely fixed Jan Lovell thinks that residents of the county roads should find their streets a little quieter and safer. "The gates do mean a bit of a weave for buggies and pedal cycles, but well worth it."



Brain haemorrhage survivor: Rachel Steadman

I'll never forget the pain... but I'm alive!

Rachel Steadman is a freelance violinist who has played at Glastonbury, the BBC Proms and in the West End. She teaches at home in Long Lane, N2, and has been involved in fundraising for the National Brain Appeal for many years. Here, she explains why.

Once upon a time I had a brain haemorrhage. It was 12 years ago when I left my house to go busking in Covent Garden. As I started playing I was suddenly struck with the most horrendous pain in the back of my head.

I remember the pain, I remember not being able to tell the ambulance man where I lived, I remember not being able to walk and staring at a pair of pink slippers dangling from my feet trying to work out how to make them move. I remember my Dad having to feed me, I remember my brain not working properly, I remember not being able to write my own name and I remember the long struggle back to 'normality'.

The National Hospital for Neurology and Neurosurgery fixed my brain by putting about 20 bits of metal into my head to stop it bleeding. Each piece cost around £1,000. That's a lot of expensive metal! I owe more than money; much, much more.

This precious life

BUT I want to raise money for them and I want to thank them by using every little scrap of the life they gave back to me. So I am going to trek the Grand Canyon! I have never done anything like this before. I have been warned it will be tough but I have good reason for wanting to push myself.

Fifty per cent of people suffering a subarachnoid haemorrhage like mine die. Only 25% make a complete recovery. I can never forget how lucky I have been. I have a 'glad to be alive party' every year on the anniversary and I try to squeeze every possible bit out of this amazing precious life.

Please help me raise money for the National Brain Appeal that supports the hospital that made this possible. All donations would be very welcome. Find my page at www.justgiving.com/fundraising/RachelSteadmansbrain.

Unity in the community

By Yasmin Escayg-Lee

Parag Depala grew up in East Finchley. He believes that there has been a renewed fear recently about integrating within different communities... and he has decided to do something about it.

He believes his new project will help tackle the issue and reinforce the bonds that keep our community together. Unity in the Community is a fun fitness and food orientated programme that he hopes will allow people to embrace each other's cultures by sharing their culture.

Parag, 35, a fully qualified fitness instructor, will be running FREE exercise classes focusing on calisthenics training and kick boxing. He is also encouraging attendees to bring with them enough food to share so that participants can enjoy a post work-out picnic.

There will also be a chance for networking; each person will be allowed to talk briefly about their lives, their business or about what they do.

When asked why he thought fitness classes would be effective, he stated that people would be brought together by "similar goals that they can help each other to achieve".

Parag will be accepting donations for a charity, for which he has already started



Big idea: Parag Depala

to raise money by donating £1,000. All money raised will go towards buying sports equipment for orphanages and disadvantaged children.

He says his favourite motto is "We are all one family under the stars", an attitude inspired by one of his idols, Bruce Lee, and one he hopes he can inspire other people to have.

Classes will run every Sunday from Sunday 7 August in Cherry Tree Wood. Please call 07737303887 to book your place. Find out more about Parag at www.reshape-personaltraining.com.



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