



## Letters

### Safe passage

Dear Editor,

I totally support the call for a new pedestrian crossing in the High Road (*The Archer*, June 2017). The distance between the two existing crossings at Huntingdon Road and Fortis Green is too far and I very often see pedestrians chancing their luck to cross to and from the Post Office and other shops midway. Many of them are elderly and put themselves in serious danger.

Aside from giving shoppers safer passage, a new crossing near the NatWest bank would calm traffic generally along this busy stretch. The only problem I can see is making sure cars can still turn out of Beresford Road.

**Yours faithfully,  
Peter Lodder,  
Kitchener Road, N2.**

### Thanks, everyone!

Dear Editor,

Please can we say a huge thank you to everyone who has donated and supported our cause. Claire, Robyn and Julia ran the British 10k on Sunday 9 July, raising money and awareness for the ME Association. We have raised over £1,000 and we are so very grateful to everyone who has donated including all the Archer readers, some anonymous, who have very generously supported our cause. Thank you so much! If you wanted to donate but didn't get round to it, there's still time at [www.justgiving.com/fundraising/team-amyandme](http://www.justgiving.com/fundraising/team-amyandme).

**Yours faithfully,  
Claire Carter,  
Leicester Road, N2.**

### Access denied

Dear Editor,

Multiple Sclerosis, a brain haemorrhage and arthritis have left me with severe walking problems. One of the few places I can get to on my own in my adapted car is Highgate Woods. With my Blue Badge, I can drive straight in and park near enough to the cafe to get a coffee and a small illusion of independence.

Sadly, recently the access gate has been shut. One has to press a buzzer to get in, a buzzer out of my reach as I am not strong enough to keep getting in and out of the car. There is a number to call, but it's not always answered. This matters. To suddenly find restricted access was like a blow to the face (I can no longer go to Kenwood since they changed the disabled parking rules).

However, having emailed the Highgate Woods management, they have offered to meet me and discuss access, so at least there is some hope. Fingers crossed!

**Yours faithfully,  
Harriet Connides  
Manor Park Road, N2.**

**Send your correspondence to: "Letters Page"  
The Archer, PO Box 3699,  
London N2 2DE or e-mail  
[the-archer@lineone.net](mailto:the-archer@lineone.net).**

Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

# Don't try to stand up straight

By Daphne Chamberlain

**Don't try to stand up straight, stand on your bottom! This is what local Alexander Technique teacher Adrian Farrell tells his clients, and many doctors agree.**

What is the explanation? F. M. Alexander talked of the proper use of the self, which means that we stop harming ourselves with muscular and mental tension. The AT is against stress and strain. Pulling back shoulders and pulling in stomachs creates tension, and therefore stress. Learning how to relax the body, undo patterns of tension and move easily and fluidly will create poise. One of Adrian's mottos is 'Poise, not posture'. We'll come to the bottom later.

### Taking care of oneself

Adrian emphasises that he is not a therapist. Alexander Technique teachers are just that: teachers. Clients learning the technique are learning to take care of themselves. Quite a few of Adrian's clients come to him with back problems. He told me he has one client with Parkinson's, who has managed to stand up on tip-toes for the first time in years, thanks to improved balance and co-ordination. NHS Choices recommends the Alexander Technique to help improve quality of life. Elderly people generally benefit from improving balance and mobility.

### Body and mind

What about standing on the bottom? Slumping onto the base of the spine destroys the balance of the body. Sitting on your "sit bones", which are below the base of the spine keeps the whole body balanced. So your



Right technique: Adrian Farrell helps a client to sit with poise.

body should be in the same alignment sitting as standing.

Keeping the body balanced and fluid makes every aspect of life, for example getting in and out of a chair, so much easier. The Alexander Technique believes that mind and body are one (not just linked, but one entity). So it eases emotional stress and depression as well as physical aches and pains. Adrian Farrell believes that it "allows you to be more you". He can be contacted at [adrian@alexander-technique.london](mailto:adrian@alexander-technique.london) or 07808 612510. Learn more on [www.alexander-technique.london](http://www.alexander-technique.london).

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## Free music taster lessons

**Does your son want to be a concert pianist or your daughter want to be in a rock band? Perhaps you once played the piano and would like to start again. Finchley Music School is offering a programme of free taster sessions for potential pupils in September.**

The school in Long Lane, N3, specialises in teaching piano and guitar to children, teenagers and adults, running classes for complete beginners and for people who've played before. All students have the opportunity to play in the school's twice-yearly concerts.

For information about new classes and to book a taster lesson, go to [www.finchleymusicschool.co.uk](http://www.finchleymusicschool.co.uk) or call 020 8144 6212.

# Christelle Naim

**With the passing in June of Christelle Naim, East Finchley has lost one of the most recognisable and warm members of the community. Christelle had lived in Ossulton Way for over 40 years, and regularly attended St Mary's Church on the High Road, actively participating in parish life.**

Having worked at St Theresa's Primary School she was loved by a generation of the area's children. Her children Jasmin and Julius attended local schools.

Christelle had an unshakeable sense of working towards the greater good, and would often voluntarily improve the appearance of the local streets or parks, tidying greenery or clearing obstructions and litter, because it was the right thing to do.

Jasmin also recalls her mother's many hours spent visiting the residents of Nazareth House or manning stalls at school fetes, and her commitment to helping anyone suffering ill-health or adversity, in particular never failing to bring floral gifts to lift the spirits at times of crisis. Gardening was a strong interest for her, as were painting and drawing.

Anyone who knew Christelle will testify to her sunny disposition and impeccable manners, qualities she maintained despite life's many challenges. Her positive attitude and quirky sense of humour will be greatly missed. She leaves two children and two grandchildren.



## These two were made for walking

**East Finchley-based journalist Jeff Robson and his partner Sue Bayford are putting their walking boots on again, this time to raise money for Macmillan Cancer Support.**

Their 50k trek to Cambridge last year raised over £1,500 for the Blind Veterans charity and they're hoping that the public will be equally generous when they take part in the Thames Path Challenge on 9 September.

Sue said: "We are doing the Challenge in memory of Jeff's dad, Max, who passed away in December. Max received great support from Macmillan and we'd like to give something back by raising as much money as possible."

Jeff added: "The walk to Cambridge was great fun and we were determined to do something similar for another worthy cause this year. As before, we'll be keeping people updated on our progress via Facebook. And we're hoping there won't be so many blisters to show for it this time!"

You can donate to Jeff and Sue's JustGiving page by logging on to [justgiving.com](http://justgiving.com) and searching for 'Sue Bayford'.



Hot on their heels: Sue and Jeff on a previous walk

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