



Valuable steps in the fight against dementia

By Diana Cormack

This month all over the country people will be taking part in the annual Memory Walk organised by the Alzheimer's Society. The London event takes place on the morning of Sunday 10 September at the Honourable Artillery Grounds, City Road, EC1, where many who have in some way experienced the effects of this dreadful disease will be using their foot power to fund raise.

Among them once again will be Archer deliverer John Michaeloudis, of Lynmouth Road, N2, who is walking in memory of his mother and close friends. John will be seeking sponsorship by knocking on doors in the locality to ask for support in the form of a cheque made out to the Alzheimer's Society.

Precious memories lost

The message from the Society in its current newsletter is that dementia does not discriminate, with an appeal from former England footballers Gordon Banks OBE and Sir Geoff Hurst. They reveal that fellow team members Ray Wilson, Martin Peters and Nobby Stiles are sufferers and may not now be able to remember that amazing day in

July 1966 when their team won the World Cup.

The ever-increasing number of diagnoses inevitably means more family members finding themselves taking on the role of carer, often a distressing task with little hope at present for the recovery of a loved one. Having been in this position myself 10 years ago, I was attracted to an appeal for volunteers to take part in dementia research.

Research needs volunteers

During that decade I have seen a change for the better with the systems in practice and a modernisation of the methods used. Cognitive tests are taken once a year and recently blood and urine samples (and lumbar punctures if you agree) have been added, in line with the latest theory that they may contain pointers towards the disease.

My husband now volunteers at the same Dementia Research Centre as me, where we were told that more men in particular are needed. If you are interested visit www.joindementiaresearch.nihr.ac.uk for more information.



Five plus one : The ladies winning team

Friendly rivalry in all weathers at five-a-side showdown

More than 70 players took to the pitch for a hard-fought five-a-side football tournament at the Archer Academy on Saturday 22 July. Teams from local schools, including Martin Primary, Highgate Primary and Brookland Junior, joined local businesses and groups to take part in a men's and

a women's tournament. With the sun shining, a barbecue sizzling and replica World Cup and Premier League trophies available to grab for a picture, family and friends turned out in force to support the teams.

However when the weather took a turn for the worse, only the hardened withstood the driving rain to watch Absolute Boys

FC win the men's competition on penalties over Barcherlona. The women's competition was won by the 'red team' (though next year they promise to come up with some 'proper team names!').

The community event was a great success and the organisers say they hope to make it an annual feature in the East Finchley calendar.

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Church welcomes new Pastor and his family

By Charissa Cheong

East Finchley Baptist Church on Creighton Avenue is set to welcome its new Pastor this month. John Lowrie will be the twelfth person to lead the church since it first opened its doors 140 years ago in 1877.

John has been involved in ministry for many years, having been a Pastor at churches in Edinburgh, Ballymena and Thamesmead. His personal interests include going to the gym, road cycling, hill walking, DIY, reading, music and sports.



New arrival: John Lowrie with his wife Lucille and their daughters Rachel and Rebecca.

He comes to East Finchley from Holmgate Evangelical Church on the edge of the Peak District in Derbyshire, and members of his previous Church will be travelling to attend his induction service on 9 September. He will be taking up his new post in the company of his wife Lucille and their two daughters Rachel and Rebecca.

Church elder Dr Dan Strange

said: "We're excited about John coming to lead us and the church increasing our contribution to our community in East Finchley."

All are invited to attend John's induction service on 9 September. The service will begin at 3.30pm followed by a buffet tea. You can RSVP to the event at: office@eastfinchleybc.org.uk.

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