



Baby farmers: Amelia Sach and Annie Walters

Every house has a secret

By Daphne Chamberlain

When author Caitlin Davies moved to her house in Holloway, she was intrigued by the thought of who had lived there before her. As she told a recent Finchley Society meeting, what she discovered inspired a book, *The Ghost of Lily Painter*. It also uncovered an infamous part of East Finchley's history.

Lily Painter never existed in life, only in Caitlin's imagination, but a Painter family had once occupied her house. Her researches opened up the world around Holloway at the end of the 19th century, an area then known for its show business connections. The Holloway Empire stood on the corner of Manor Gardens, by the old Royal Northern Hospital, and the teenage Lily of the novel became a singer in the music halls.

Infanticide

Only half a mile away was a very different institution. Holloway Prison was being reorganised for women only, and in 1903 two women were hanged there for murder. Amelia Sach, a 29-year-old East Finchley midwife married to a local builder, ran a nursing home, also offering private adoption, in Hertford Road, N2. An associate, Annie Walters, was discovered elsewhere in London with a dead baby, and police suspected that many others had been killed as part of their gruesome trafficking of unwanted infants. (We've

recounted the story in previous editions: search 'Amelia Sach' in our archives at www.the-archer.co.uk).

As Caitlin Davies explained to the Finchley Society, we know only the outlines of the case. Both women protested their innocence, but we don't know why neither spoke during the trial that led to their executions.

Fiction meets reality

Caitlin has made contact with the great-granddaughter of Amelia Sach's sister, who helped her identify the house in Hertford Road. Her fictional Lily Painter represents one of the young women whose baby was actually adopted.

Caitlin Davies herself is haunted by the lives and fates of the inmates of Holloway Prison. A new book, *Bad Girls*, will be published very soon, as will *Daisy Belle*, the story of 19th-century women swimming champions.

The Ghost of Lily Painter, ISBN 978 - 0 -099- 53813-4, was published by Windmill Books in 2012.

Amy feels at home with yoga

By Diana Cormack

The beneficial effects of yoga continue to be recognised, with classes thriving in health studios, fitness centres and church halls. Now a growing number of classes are based in instructors' homes.

Yoga teacher Amy Quirke holds Sunday morning classes suitable for all levels of ability at her house in Cherry Tree Road, N2. She told *The Archer* that with an entirely different environment to the gym, home sessions have a much warmer feeling. With a maximum of four per class, Amy says she can cater for each participant's particular needs.

Over the last six years she has taught yoga at University College School Active Gym in Hampstead and held private classes in the area.

Breathing and mindfulness

She took up yoga after university as a way of relieving work-based stress and found that both her physical and mental condition improved. She teaches a mindful style of Hatha yoga which focusses on building core strength, stamina and flexibility in the body.

Because the way we breathe has a huge impact on our mental and emotional states, she integrates pranayama - simple breathing exercises.

Viniyoga, a therapeutic style of yoga tailored to individual needs, has greatly influenced Amy. Interestingly, she studied this under East Finchley's renowned yogi Carl Hargreaves. It has contributed highly to her belief in the benefits of an ongoing daily practice.

Amy's two young daughters often join in this practice, copying their mother's poses with no instruction needed. For more information call 07972 240957 or email alquirke@gmail.com.



Strike a pose: Amy Quirke. Photo Mike Coles

Outstanding results

Pupils at Holy Trinity School in East Finchley have ranked sixth in the whole of Barnet for their performance in reading, writing and maths.

Almost one in four of the 10 and 11-year-olds at the primary school in Eagans Close achieved the higher standards of the Standard Attainment Tests, or SATS, in response to a more rigorous government curriculum introduced in 2016.

The school was also in the top 20 maintained schools in the borough for the percentage of children meeting the expected standard.

Headteacher Roz Kimani said: "We're really proud of all the hard work by our children and staff. The 2017 Year 6 class performed particularly well achieving 100 per cent in spelling, punctuation and grammar."

Headscratcher

Word Ladder

By Oliver Skanberg-Tippen

Fill each step of the ladder with a new word that differs from the previous word by just one letter. Answer on page 11.

shark
dying



Rockin' fundraisers

North London based band W3Detour eagerly rallied in support of a great cause when they played for commuters on a charity stage at Charing Cross Station. Their distinctive style of blues and psychedelic rock got the pennies rolling in for The Samaritans. Find out more about the group at www.w3detour.com.

**All Saints' Church,
Durham Road, East Finchley
Church of England**

Sunday mass at 10.00 a.m.

Weekday masses at 10.00 a.m.

(11.00 a.m. on Wednesdays)

(Coffee served after mass on Sunday and Thursday)

Prayer requests are gladly accepted.

The Parish has a *flourishing* social life.

All Saints' also has a strong musical tradition and an enthusiastic choir.

New singers are always welcome.

Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315

<http://www.allsaints-eastfinchley.org.uk>