



## SAFER NEIGHBOURHOODS

LOCAL POLICE, LOCAL KNOWLEDGE

Jan Lovell, of the East Finchley Safer Neighbourhood Team, updates us on the latest crime news. Jan and the team can be contacted by email at: [EastFinchley.snt@met.police.uk](mailto:EastFinchley.snt@met.police.uk), or by phone on 020 7161 9014. Follow the team on Twitter @MPSEastFinchley.

### Introducing OWL

I'd like to tell you about OWL, which stands for Online Watch Link (not Ordinary Wizarding Level, shame). It's a new Met communication tool which will complement the SNT newsletters and emails we send out and give you access to much more specific information. Do go to [www.owl.co.uk/met](http://www.owl.co.uk/met) and have a look. Messages such as crime alerts with timely crime prevention advice are sent out, often within half an hour of a crime occurring.

I'll carry on with the newsletters but I suggest that you register with OWL and keep your SNT newsletter for a couple of months to see which you prefer. You are welcome to have both. If you don't already get the newsletters, and would like to, contact me at [EastFinchley.snt@met.police.uk](mailto:EastFinchley.snt@met.police.uk).

### Survey

Thanks to everyone who completed our recent survey.

We read all responses carefully and take action where we can. People were most concerned about the area around the station, Brompton Grove, around Cherry Tree Wood, the High Road and the Market Place green space. We'll be spending a good section of all our patrols at these places and we'll also inspect them with regard to lighting, cleanliness and visibility, working with the council to get these improved if necessary and the vegetation cut back before the warmer weather is here.

### Theft from motor vehicles

It's been a quiet start to the year crime-wise, apart from increased thefts from motor vehicles. Some of these have been a forced entry and in some cases the vehicle may not have been locked. Do remove all items of value as thieves will enter even for a few pounds of parking coins, or the hope of a wallet in a coat.



Bend me, shape me: Sam Grove (blue sleeves) leads a circle of keep-fitters at the Green Man.

## Free fitness classes for all

By Daphne Chamberlain

**"Fitness for all" is the aim of a free exercise class started recently at the Green Man Centre by Samuel Grove. Sam, a qualified personal trainer with 15 years' experience as a fitness instructor, has lived in East Finchley all his life. Passionate about fitness, he emphasises that everyone is welcome at this class.**

He told *The Archer*: "I have plenty of experience providing simultaneously for the fit and less fit. So it wouldn't be a problem if someone wanted to exercise really hard, but this is a class for all abilities, and all are welcome to take part. There is particular attention on improving posture, flexibility and core strength, which is what we need to live an active, pain-free life."

### Wealth shapes health

Sam is particularly con-

cerned by statistics showing that people living in the poorest areas of England die an average of seven years earlier than those living in the richest areas, are more likely to be disabled through ill health as they get older, are more likely to suffer mental health problems and are twice as likely to die of cancer or heart disease than people on high incomes.

He commented: "At the same time, gyms and exercise classes are becoming increas-

ingly expensive. We all have a right, if not an obligation, to look after our health, but differences in resources, time capacity, and knowledge mean that those of us less well-off suffer disproportionately. This is why I have started a free exercise class at the Green Man Community Centre every Monday at 10am. See you there!"

The Green Man Centre, N2 9BA, is just off the High Road, at the entrance to Strawberry Vale



## Almar BSL

Accountancy | Tax Consultancy | Bookkeeping & Payroll

<p><b>Business services:</b></p> <ul style="list-style-type: none"> <li>Bookkeeping &amp; Accounting</li> <li>Business planning</li> <li>Business start-up</li> <li>Company Secretarial</li> <li>Corporate tax planning</li> <li>eCommerce &amp; Payment Solutions</li> <li>Payroll</li> <li>Service Charge Accounting</li> <li>VAT</li> </ul>	<p><b>Personal services:</b></p> <ul style="list-style-type: none"> <li>Personal tax planning</li> <li>Self assessment</li> </ul> <p><b>Specialist sectors:</b></p> <ul style="list-style-type: none"> <li>Building profits</li> <li>Charities</li> <li>Owner directors</li> <li>Retail</li> <li>Sole traders</li> </ul>
--	--

**Why choose us?**

By providing high quality of service and not charge over the top fees, we retain the business and loyalty of our customers, as well as win many new ones through word of mouth. We also work with tax specialists, investor advisors and auditors to provide clients additional services where there is a need.

Call us for a FREE review of your requirements and to discuss best way forward, with no obligation.

Tel: 0203 151 0750 or email: [info@AlmarBSL.co.uk](mailto:info@AlmarBSL.co.uk)

Visit our newly improved website with useful and topical information: [www.AlmarBSL.co.uk](http://www.AlmarBSL.co.uk)

Almar Business Solutions Limited is a registered company in England and Wales (registered number 04541322), holder of ACCA Practising Certificate with Association of Chartered Certified Accountants and has Professional Indemnity Cover for its business activities.

## Man jailed for murder of student

A man found guilty of murdering student Seyyed Rast Mir-Feyzi at the leisure park in North Finchley last summer has been jailed for life.

Haaris Rana, 22, of West Drayton, was sentenced to life imprisonment with a minimum term of 19 years for murder. Yasir Ibrahim, 22, of Maddison Close, East Finchley, was sentenced to eight years in prison for attempting to cause grievous bodily harm. Both men were found guilty by a majority jury at the Old Bailey on Friday, 9 February.

### Car driven at victim

Police were called at 8.30pm on 31 May 2017 to reports of a car in collision with a pedestrian in the carpark of the Great North Leisure Park off High Road in North Finchley.

Mr Mir-Feyzi was assaulted during a fight involving a number of people in the car park and shortly afterwards the car was deliberately driven at him. He died from catastrophic head injuries.

The car, a white BMW, was abandoned at the location but Rana and Ibrahim fled the scene heading towards Finchley High Road.

### Tribute paid to son

Detective Chief Inspector



Murder victim: Seyyed Rast Mir-Feyzi

Gary Holmes, from the Met's Homicide and Major Crime Command, said: "This was a violent attack with tragic consequences which has had a devastating impact on Mr Mir-Feyzi's family."

Mr Mir-Feyzi, from North Finchley, had completed his Bachelor of Science degree in computer network security at Westminster University shortly before his death.

His father said they had donated his organs and four people had been given the gift

of life because of his death. He said: "We were informed that a man in his 30s received one kidney, a female in her 20s received the other, a man in his 30s received his liver and another man in his 40s received our son's heart."

"It is terrible that his life was cut short in such an unnecessary way. He had a future, he wanted to join the Royal Navy or the Police. He had plans; he had an amazing life; he was loved and I know he would have gone on to do great things."



### Wendy Longworth & Associates physiotherapy practice offers a variety of treatments at the clinic, or off-site, in patients homes, nursing homes, private hospitals and other organisations.

- Back Pain
- Neck Pain
- Whiplash Injury
- Sciatica
- Sports Injury
- Frozen Shoulder
- Arthritis
- Tennis Elbow
- Sprain or Strain
- Rehabilitation
- Neurological
- Stroke

[www.eastfinchleyclinic.co.uk](http://www.eastfinchleyclinic.co.uk)  
**020 8883 5888**

2-3 Bedford Mews Bedford Road London N2 9DF