



# Sarah finds recipe for hope on the road to recovery

By Lois Lawrence

Sarah Berlingieri was told she had thyroid cancer just before Christmas last year. As a healthy 20-year-old, with no symptoms of disease, she was confused and overwhelmed by the diagnosis. Fortunately this type of cancer has a good prognosis and after an operation and a week in hospital, Sarah was able to return home to Durham Road.

## Therapy and fun

But there was still a long period of recovery facing her and Sarah didn't want to sit around doing nothing, so she started up her own food blog and website called The Hopeful Kitchen. "I wanted a project that was something I enjoyed," she says.

Her family have always been passionate about cooking, in particular the Italian recipes of her father Chris, who plays lead guitar in rock and rockabilly band Sound of the Suburb, favourites at the East Finchley Festival.

Having the blog as a project has helped Sarah in many ways; experimenting and trialling recipes has improved her physical health. After her operation and treatments, Sarah often feels

weak and tired but the movement involved in cooking is great therapy just to keep her active.

Her family get to sample her meals and give their opinions and then she posts her final piece online. Sarah's recipes all cater to her vegetarian diet, with many tailored towards her sister who is a vegan.

## Back to Brighton

Sarah is currently undertaking a year in industry, interning at Walt Disney, and is looking forward to returning to her third year at the University of Sussex. She expects then to add a 'cooking on a budget' spin to her site. At the moment her parents' well-stocked fridge is at her disposal but when she returns to Brighton she would like her recipes to be

more student-friendly and looks forward to seeing what Aldi has to offer.

In September Sarah will join family and friends to complete the fourth quarter of the Thames Path Challenge to raise money for The Royal Marsden Cancer Charity as a thank you for all their support during her treatment. Donations are very welcome at [www.justgiving.com/fundraising/sarah-berlingieri](http://www.justgiving.com/fundraising/sarah-berlingieri).

Check out Sarah's meal ideas at [www.thehopefulkitchen.wordpress.com](http://www.thehopefulkitchen.wordpress.com) and on Instagram @thehopefulkitchen and try this recipe taken directly from her blog.



Lunch is served: Sarah dishes up one of her recipes.

## Free Alexander Technique consultation for Parkinson's

Parkinson's disease is a progressive neurological condition with physical symptoms such as trembling, loss of balance and coordination, and impaired movement as well as feelings of anxiety, depression, pain and insomnia.

A policy statement from Parkinson's UK says: "The only therapy recommended by the National Institute for Health and Clinical Evidence (NICE) is the Alexander Technique to help day-to-day movement for people with Parkinson's."

Although the Alexander Technique cannot reverse the underlying cause, it can greatly help to get the most out of the resources that are still available by teaching, through experience, how to move more effi-

ciently and improve awareness in activity, as well as helping to manage anxiety.

A randomised controlled medical trial has shown that Alexander lessons led to a significantly increased ability to carry out everyday activities compared with usual medical care. The trial also showed that the rate at which symptoms progressed was reduced, as was the rate at which medication needed to be increased.

Local practitioner Adrian Farrell MSTAT regularly works with clients with Parkinson's who find the Alexander Technique really helps them to reduce their tremors, improve balance and coordination, breathing, posture and their confidence. He is offering a free, no-obligation 45 minute consultation. If this interests you, visit [www.alexander-technique.london](http://www.alexander-technique.london), contact [info@alexander-technique.london](mailto:info@alexander-technique.london) or call 0780 861 2510 for more information.



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## Spaghetti with Cavolo Nero and Spinach Pesto

Cavolo nero is a gorgeous winter vegetable that is becoming a common ingredient in everyday cooking and is often referred to as Italian kale as it originates from Tuscany. High in vitamins and iron, the combination of cavolo nero and spinach provides a healthier and tastier pesto for all to enjoy. Serves 6.

### Ingredients:

- 500g spaghetti (white or brown)
- 135g cavolo nero
- 75g spinach
- 15g basil
- 1 cup of extra virgin olive oil
- 4 small cloves of garlic
- 2 cups of grated vegetarian parmesan cheese
- 1 tsp ricotta cheese (and a sprinkle for garnish)
- 0.5 cup of sun blushed tomatoes for garnish
- 8 tsp pine nuts (optional)
- 1 tsp black pepper
- 1 tsp salt



### Method:

Boil a pot of water and add the cavolo nero and garlic; cook for 4 minutes. Drain the water and move the cavolo nero and garlic to a food processor. Blend until smooth.

Add the olive oil, spinach, basil, salt and pepper to the mixture and pulse until a paste is formed. Repeat this step with the parmesan, ricotta and only 4tsp pine nuts. Sample your pesto and add any ingredients to taste.

Bring a large pot of salted water to the boil and add your spaghetti. Cook for approximately 10mins; the pasta should be al dente. Meanwhile toast the remaining pine nuts in a dry pan or in the oven until golden brown. This should only take a minute or two so take care the nuts don't burn!

Drain the pasta and add to a bowl of pesto. Sprinkle parmesan and ricotta cheese on top, along with the toasted pine nuts and sun blushed tomatoes, and enjoy!

## Plant sales

This month gardeners will be able to take advantage of two plant sales organised by local horticultural societies.

• The Hampstead Garden Suburb Horticultural Society will be hosting its popular annual plant sale on Saturday 12 May from 10.30am to 12 noon at Fellowship House, Willifield Way, NW11.

For sale will be bedding plants, perennials, vegetable plants and herb seedlings for gardens and allotments. Bring your own bags.

• Finchley Horticultural Society is holding a two-day plant sale on Sunday 20 May and again on Sunday 27 May at its allotments in Gordon Road, N3.

Annuals and perennials, herbs, vegetable plants, and honey from their allotment hives will all be on sale and there will be refreshments served from a new accessible tea hut. Opening times on both days are 10.30am to 1.30pm and entry is free.

## Serenades for spring

The next concert by the Finchley Symphony Orchestra teams Beethoven with Dvorak in a programme of spirited music for a spring evening.

Two Dvorak serenades will combine Slavic dance rhythms with movements of dreamy relaxation; then Beethoven's first symphony is a cheerful and energetic work.

The concert takes place on Saturday 19 May at 7.30pm at Trinity Church, Nether Street, N12. Tickets are priced £15/£13 (concs), and £6 for under-18s. Save £2 per ticket by booking online at [www.finchleysymphony.org/concerts](http://www.finchleysymphony.org/concerts).

