



Manisha brings mental health front of mind

By Diana Cormack

A former teacher whose twin brother needed one-to-one care due to depression has created a way to raise awareness about mental health among primary school students.

Manisha Tailor has used her own experience as a sports coach, teacher and carer to publish *Child in Mind*, a teaching resource for schools, parents and guardians.

It encourages open discussion and collaboration regarding mental health and wellbeing which can be done through classroom workshops, training for adults/teachers or taking home a work-book to be used with parents or guardians.

Child in Mind includes lesson plans and ideas plus resources which can be photocopied. It covers topics such as coping with loss, being a young carer, disability, life as a refugee, bullying and much more. It is available on Amazon.



Twin's words inspire career move

Manisha was awarded the MBE for 'services to football and diversity in sport' (*The Archer*, page 12, April 2017). During her former teaching career Manisha had pioneered football amongst primary children of mixed ethnicity, encouraging girls particularly to participate.

Sadly her brother came to need one-to-one care due to mental health issues thought to have been brought about by bullying at school, which caused him to stop speaking. They shared a love of football and, recognising her football kit, he said his first words in 15 years: 'Football ... Manisha'.

This prompted Manisha to make a career change and become a football coach, which she hoped would aid his recovery as well as help others in a similar situation. She set up weekly sessions at the Wingate and Finchley Football Club, Summers Lane, N12, for those with a mental health condition and established a Disabled Fans Forum there. She also founded a football and mental health project www.swaggarlicious.com, following her belief that football has the power to change lives.

Manisha Tailor. Photo by Radhika Tailor

Memory walk

All over the country people are preparing to take part in the annual Memory Walk organised by the Alzheimer's Society. Among them once again is Archer deliverer John Michaeloudis, of Lynmouth Road, N2, who will be walking in memory of his mother and close friends.

He will be at the Honourable Artillery Grounds, City Road, EC1, on Sunday 13 October ready for an 11am start. In advance of the event, John will be seeking sponsorship locally by knocking on doors to ask for your support in the form of a cheque made out to the Alzheimer's Society. For more information visit www.memorywalk.org.uk.

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Time of knead: Bakers making bread by hand at Margot Bakery. Photo Mike Coles.

Bakery is dough-ing something right

By Nick Allan

It's over two years since local resident Michelle Eshkeri opened Margot Bakery on East End Road. In that time, the bakery and café has become a staple for an ever-growing number of customers.

They drop in for her popular sourdough breads, challah and bagels, vegetarian savouries, sweet pastries, biscuits and cake, all made on site, and the baking team is developing recipes all the time, often in response to customer requests.

Michelle said: "We have learned so much in the last two years and there is more I want to do with the business and the products. The response from

East Finchley residents has been amazing, it is a very special place to live and work."

Margot Bakery was featured as 'one of the best-patisseries-in-the-world' by Condé Nast Traveller last October and won two Time Out Love London awards in May this year.

Condé Nast remarked not only on the quality of the breads and cakes but also the interior of the bakery, formerly the derelict

Post Office, with its hand-made cement tiles which they said were reminiscent of 1920s' Parisian patisseries. Michelle said: "I wanted the interior to be relatively bare in order to focus customers' attention on the baked goods."

Now with a staff of 11, Michelle is still in most days mixing and shaping and covering baking shifts as well as creating and testing new recipes. For more information, pictures or comments contact her at michelle@margotbakery.co.uk.

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