



No room for scams, says decorator

By David Melsome

It was a chance meeting at a bus stop that gave painter and decorator Michael Dudman the idea to go it alone with his own business.

Michael, 41, who has been in the trade for more than 20 years, was told by his mum and dad about an elderly lady they'd met at the 143 bus stop near East Finchley Cemetery in East End Road.

She'd mentioned the terrible experience she was having with a decorator who was repeatedly failing to turn up to work on her house and, when he did show up, taking her to the cashpoint to draw out money for work he hadn't done.

"It was so sad and shocking to see somebody being put through this kind of ordeal," says Michael. "So I took over the job and after completing it

the lady was so happy. It was such a good feeling to see."

That's when Michael decided to set up his own business called Painting for Pensioners. He says: "I've lived here all my life and want to stop people being exposed to that kind of criminal practice. Working for myself, I can give that kind of time and commitment."

Based at his home in Thomas More Way, N2, Michael will carry out all work himself while his mum will be answering the phone and staying in charge of the admin side. For enquiries, telephone 020 8349 3902 or 07756 916845.



Lick of paint: Michael Dudman at work.

A way to keep healthy handed down through thousands of years

In these days of compulsive gym-going, weight-lifting and get-fit-quick programmes, it may be comforting to know that there is still a form of exercise that can be as gentle or as demanding as you wish.

Qigong was originally created by Chinese monks as a method of keeping themselves healthy. Developed over many thousands of years, it is still practised by people of all ages and abilities.

Qigong has close connections with traditional Chinese medicine and is used extensively in that country as a therapy to complement other types of medicine.

What is Qigong?

Qigong falls into two types of exercise. 'Static' qigong requires that you hold postures, whilst 'moving' qigong consists



Slow and strong: James Drewe practising Qigong

of short exercises where you move into and out of a particular position whilst using the breath.

These latter exercises might involve some stretching and

twisting, because one of the aspects of Qigong is to enhance the body's potential, whilst simultaneously trying to repair the body.

James Drewe, who teaches the exercise in East Finchley, as well as in central London and Kent, said both types of qigong were said to be particularly beneficial for the heart, but in reality they are good for all the organs of the body.

"Qigong can help to increase your energy, your balance, and coordination, as well as helping with your breathing," said James. "Moving qigong falls into sets of exercises for individual organs like the liver, lungs, heart and digestive system, and helps relieve problems with bones, tendons and joints, and problems such as diabetes."

James can be contacted via www.qigonghealth.co.uk or 07836 710281.

YOUNG ARCHER



All abilities: The North Middlesex CC girls' teams last season

Cricket practice ahead of new season

North Middlesex Cricket Club Girls' teams will have indoor practices in the run-up to the 2019 outdoor season, splitting them by age groups in order to provide coaching appropriate to everyone's abilities.

Practice sessions will take place in the Archer Academy gym hall on the Stanley Road campus, off Eagans Close, N2. Under 12 Girls meet on Saturdays from 5pm to 6.30pm starting Saturday 2 March, and Under 13 and older Girls meet on Saturdays from 6.30pm to 8pm, again from Saturday 2 March.

Part of the cost of hiring the gym is being paid by a Jack Petchey Award so the cost is only £5 per session, which can be paid on the day. New members are welcome. Contact nmccgirlsricricket@gmail.com for more details.



Drama in the sky

Thanks to Harry, aged 12, for sending us this photo of a monumental cloud, rather like an enormous sandstorm, that moved over East Finchley as the sun went down on New Year's Day. Harry took the photo from the attic window of his home in Bedford Road, N2, catching the cloud as it reflected the warm glow of the sunset.

FUN and MUSIC for BABIES and TODDLERS in N2 on **TUESDAYS** and **THURSDAYS** at 10am



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Welcome to Probus!

Convivial Probus Lunch Club with talks for semi- or fully-retired PROFESSIONAL & BUSINESS men and women on third Wednesday each month at Stephens House East End Road N3 3QE. Next meeting 20 February Esther Samson (aka Esther Cheo Ying) talks about early life in Shanghai, upbringing in the Midlands, returning to China aged 17 during the 1949 Communist Revolution and on to Mao's Cultural Revolution in 1960. Reduced sub for new members. Contact Eric (8449 0566).

Holy Trinity Church Church Lane, East Finchley Church of England

*We're a warm and friendly congregation
who look forward to welcoming you*

Sunday Parish Communion at 10.00 am

Children's Sunday Club ♦ Meet over coffee after church
Fr. Marius Mirt is happy to answer any enquiries:
email: marius.mirt@htef.org.uk tel: 020 3565 4430
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