



Tidy sum: The Suburb fundraisers and the grand total they've raised for Combat Stress.

A helping hand for those who served

Ten years ago, Ruth Smith and her neighbour Pamela Marenbach held a rummage sale in her kitchen in Hampstead Garden Suburb for Combat Stress, in memory of Ruth's soldier father. To their great surprise they found they had made over £300 and decided to move to a bigger venue in 2009.

From then onwards, what became their annual Winter Fair grew and grew, raising a total of £38,300 for the charity

over the years.

Peter Butterworth, community fundraising officer for Combat Stress, said the charity

spends the money to assist members of the armed forces recovering from the mental pressures of injury and service.



Slow stretch: Sunnah in the Cobra pose.

Take some time to slow down

By Sunnah Rose

Have you ever considered that doing slower and more mindful-based exercises may be beneficial to your health and wellbeing? For those who dread the thought of high intensity workouts or even those who love them there is a lot to be said for moving more slowly.

When we work in a softer and more relaxing way it gives us the ability to tune in and notice what our bodies need. Then we are able to start letting go of deeply held tension both in the body and the mind.

Cobra Pose

Try this slow exercise for yourself. It's a simple back bend that encourages us to open our heart and lungs, strengthens our spine and helps relieve stress and fatigue.

Start by lying on your belly and bring your hands to just by your rib cage, elbows facing the ceiling and hugging in to your body.

Extend both legs out behind

you and press the tops of the feet down.

Start to allow your lower back to lift your head and chest off the ground.

Your arms should stay hugged in to your side; try not to push in to your hands too much. The move should feel as though you are working the back a little but should not be painful.

Gaze at the floor in front of you so as to keep the neck neutral.

Stay here breathing for three to five breaths. The breath creates space and will possibly even lift you up a bit further.

Smile and let that smile

radiate from your heart centre.

To rest, lie back down on your tummy, relax your arms down to the side of your body and enjoy.

Sunnah Rose teaches a variety of weekly General, Pregnancy & Postnatal Yoga classes in East Finchley including a 'Slow Flow' class that is suitable for everyone. For more info visit www.stretchingpeople.co.uk.

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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, or by phone on 020 7161 9014. Follow the team on Twitter @MPSEastFinchley.

Distraction burglaries

Please make sure you know who it is before you open your front door. Use a window or peep hole. If you don't know the caller there's an excellent chance that you won't want to. Even if it is a genuine sales caller it's much easier to say "No, thank you" through a window.

One local resident answered the door to a man dressed in work clothes who said he needed to check the water pressure after fitting a washing machine next door. He asked the resident and his cleaner to empty the cupboard under the kitchen sink and watch the tap running to check for any change in the water flow.

While they were occupied, he stole a wallet from the bedroom and the cleaner's handbag from the hallway. In a similar incident, the "workman" wore surgical gloves and frightened the household with claims that the house might flood if he didn't check the water pressure. Two British Gas vans were stolen recently. They've been recovered but all the equipment has been stolen, including fleeces and jackets with British Gas logos. These may be used for distraction burglaries, so if anyone comes to your house apparently from British Gas, even if they've made an appointment, make sure you check with British Gas on 0800 0481000 before letting them in.

High Road scams update
May we remind folk that, although there has been a drop off in the incidents of cashpoint/parking meter scams on the High Road, please remain vigilant as there are still skilled fraudsters operating all over the borough who are gone in an instant.

At cashpoints they may put a newspaper over the machine to distract you while they take your card. If you can't take someone with you, use a machine inside a shop or bank, or get cash-back while shopping.

The very elderly or disabled are being approached at parking meters and told there's now a charge for Blue Badge holders, or a spot fine for having a wheel over the parking bay line. The council do NOT take any spot fines.

A big thank you to the retailers on the High Road who have supported us and the community by keeping a very sharp eye out.

What do you think of Capita?

What do you think of the services you receive from Barnet Council through its contracts with Capita? These include road maintenance, management of the council's land and property, regeneration, cemeteries and planning.

A public consultation exercise is under way, where you can give your views online. The council will consider the results when deciding whether to bring some services back under its own control. Capita has already agreed to pay Barnet £4.2 million for under-performing in some of its services.

To take part in the consultation, go to engage.barnet.gov.uk and search for 'Capita'.



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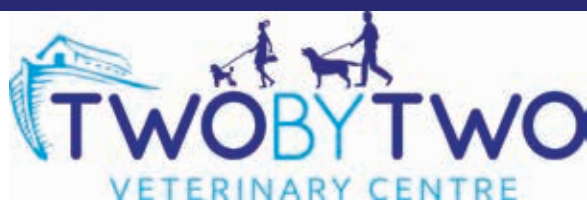
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