



Kitchen duo: Chef Ainsley Harriott with Age UK beginner Kanti.
Photo Karen Williamson

Cookery lessons dish up a plateful of friendship

By David Melsome

Learner cooks taking part in Age UK Barnet's easygoing kitchen lessons for older men have turned into TV stars, just as a new cookery course starts in East Finchley.

ITV News spoke to Don, 86, about attending cooking classes when his wife fell ill. "I was looking after her and it gave me a break in the day to come here for a couple of hours and then to cook," he said.

BBC Breakfast spoke to Frank, 90, at home where he looks after his wife who has Alzheimer's. "I pick up cooking skills to help me care for my wife and it's the highlight of my week," he told them.

Volunteer cook Nancy, who runs sessions and was interviewed live on the BBC Breakfast couch, says the classes have helped cultivate and nurture countless friendships over the years.

Celebrity chef Ainsley Harriott spent a day cooking with the men for BBC's Holding Back the Years show and entrepreneur Levi Roots dropped in to show the men how to make his famous jerk chicken.

A complete beginners' course is starting on 4 February at the Ann Owens Centre, Oak Lane, East Finchley, for men who have never cooked before. At the end of the course they will have a handful of dishes they can cook confidently at home.

For men's beginners and all other cookery courses for over 55s, contact Karen Williamson on 02081500967 or email karen.williamson@ageukbarnet.org.uk.

Pizza of Napoli on the doorstep

By Diana Cormack

A change of management late last year at Bufi, the pizzeria at 84 High Road, heralds a new look to the Italian restaurant which opened five years ago in the former Barclay's Bank building.

Sandra Razzano told *The Archer* that all will be revealed after a short closure in January for the necessary work to be done.

The business, she said, is something she and her husband Enrico had been wanting for their three sons. It is a truly family affair for, despite Antonio and Federico having full time jobs and Lorenzo being at university, they all work at Bufi during the evening and at weekends.

Enrico is a native of Naples, so it is not surprising that the menu includes the traditional Neapolitan pizza, made with Italian flour and prepared by a chef who is also from Naples. Food they serve has already been praised by bloggers.

Keep an eye on the A-board outside and on social media



The new team at Bufi - Sandra Razzano centre with chef Domenico, left, and Pizzaiolo Luigi, right. Photo Mike Coles

to see what is on offer in Bufi, which is family-friendly too. An opening time of 5.30pm caters for children. On Friday,

Saturday and Sunday it opens for lunch. If you can't make it to the restaurant, there is a Deliveroo service.

Don't give up on your New Year resolution just yet

By David Melsome

A recent poll revealed that losing weight and eating more healthily is in most people's top three New Year resolutions... but 80% of people have given up by February. So, should we just not bother and open that last tin of Quality Street? Of course not!

Nutritional therapist and long-time East Finchley resident Thalia Pellegrini has started her own business and is on hand to give some motivational and practical advice.

"Most people go hell for leather on 1 January," says Thalia. "They're determined to make changes. But making change is more challenging than we realise. That's why most of us give up and return to familiar habits. Small changes, made consistently, and, most

importantly, with support, are much more likely to endure."

Thalia specialises in helping women to find ways of improving their health and well-being. She says women are fantastic at looking after everyone around them but often push their own health to the bottom of their to-do list. Long term, this can affect their

weight, sleep, energy levels, hormonal health and mood.

Bespoke planning

Nutritional therapy is focused on improving your wellbeing using dietary advice, lifestyle changes and where appropriate, nutritional supplements.

Thalia's recommendations are bespoke to each client and backed by scientific research. She helps draw up shopping lists, meal plans and dietary



Nutritional therapist: Thalia Pellegrini.

hacks, all given with weekly support and no calorie counting.

Thalia sees clients one-to-one in East Finchley. Readers of *The Archer* can quote GOODHEALTH for 10% off all plans booked in January. And if you're not sure if nutritional therapy is for you, call Thalia for a free wellbeing call on 07939 516512 to find out more. You can find her online at www.thaliapellegrini.com.

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