

Breathe, sing and relax

Vocalist and teacher Angie A, who performed on the main stage at this year's East Finchley Festival, is spreading her Better Breathing campaign, which aims to improve health and wellbeing through the fun of singing.

Since February, Angie has been hosting her Stomping @ The Clissold Arms nights at the pub restaurant in Fortis Green, N2, where people can try a free taster dance class and have a good sing-song. The next is on Friday 5 July from 7pm. Contact Angie for more details at missangiea@yahoo.co.uk

Angie has now delivered her Keep Calm & Sing workshops to Barnet Carers and staff at Middlesex University. If you are 50-plus you can sign up to her course

which is supported by the Mayor of London's Culture Seeds and runs until October 2019 at Barnet Copthall Leisure Centre.



Take a breather: Angie A

Hot chocolate and a friendly face for the homeless

By John Lawrence

Every other Tuesday evening, a small group of volunteers armed with flasks of hot drinks and tubes of squirry cream gets on the tube at East Finchley and heads into central London.

Their mission is simple: to meet with people living on the streets between Green Park and Covent Garden and have a friendly chat while sharing a tea, coffee or hot chocolate. In groups of three or four the volunteers head off in different directions for an hour or two before reuniting for a drink in a pub and heading home.

The Hot Choc Mob has been operating since January, co-led by photographer Lynn Hammarstrom-Craggs, who previously spent nine years providing warm clothing on similar trips with the Sock Mob.

Breaking the ice

"We make the drinks as fancy as possible, with marshmallows and toppings if people want them," says Lynn. "They are something different and a good ice-breaker for talking to people, and we have fruit, soup and socks on hand too. "The people we encounter can be all types. Some want to talk, some just say thank you and take what we can offer. One of the girls we often see is only 19, from Liverpool. She's adorable, so polite and always so happy with what we can give her."

Friendly listeners

Where the Hot Choc Mob differs from many groups who help the homeless is that volunteers don't need any special training and don't need to commit to turn up for every



Winter warmers: The Hot Choc Mob in action earlier this year

outing. An RSVP invitation is posted a few days ahead on MeetUp and those who can turn up at the tube the following Tuesday.

Lynn adds: "One of the hardest things about being homeless is that you can be ignored as people walk by you all day so the important thing for anyone in our group is that they are good listeners. Society has let these people down. They all have their own stories and always appreciate a friendly face."

Can you help?

Find HotChocMob on Facebook, Twitter and meetup.com. If you can't make the Tuesday outings but would like

to help the group buy supplies, you can find their Amazon wish-list at <https://amzn.to/2XswJkf> and donate directly at www.gofundme.com/f/helping-london-homeless.



Cream with your coffee: Lynn Hammarstrom-Craggs.

Station becomes a destination

By Daphne Chamberlain


Allow yourself plenty of time to go through East Finchley station this summer as customer services duty manager Nino Santos has interesting plans for it.

Last year, his garden design won the prestigious Station in Bloom competition, and he's hoping to repeat that success this year with new floral displays. Judging usually takes place in late July or early August, so watch out as it takes shape.

This year the theme is Heritage, which ties in well with an exciting display of artwork due to be unveiled at the station this month. It will be on permanent display inside the entrance and will be a reminder of the very popular Destination N2 exhibition of writing and drawing from Martin School that caught so many people's attention in 2017 and 2018.


The children's work was part of a project to discover the family roots of many of us in East Finchley. Santos himself, who comes from Brazil, very much enjoyed being

interviewed by the children. He values community feeling, and is hoping that the commemorative artwork will make a similar impact. The unveiling ceremony will be on 19 July.












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