



The Archer

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Thank you to The Bald Faced Stag and New Local Cafe for providing us with a meeting place.

The Archer team wishes to thank all the generous people who give up their spare time, in all weather, to deliver the paper for us.

If you have a story for us, please contact us at the above address. Comments to The Archer may be published unless clearly marked 'Not for publication' within the text.

Copy deadlines – **December:** 15 November, **January:** 13 December, **February:** 10 January

USEFUL TELEPHONE NUMBERS

Councils	Help & Advice	Drugs Helpline 0800 776600
Barnet Council 020 8359 2000	Childline 0800 1111	Health Info Service 0800 665544
Recycling & refuse 020 8359 4600	Citizens Advice Barnet 0300 4568365	MIND 020 8343 5700
Benefits 0800 882200	Cruse Bereavement Care 0808 8081677	National Blood Centre 0845 7711 7711
Haringey Council 020 8489 0000	EF Advice Service 0300 4568365	
Recycling & refuse 020 88857700	Lone Parent Centre 020 3828 4834	Crime
Benefits 020 8489 2800	Missing Persons Helpline 116 000	Emergency 999
	National Debt Line 0808 156 7718	Police non-emergency 101
Leisure	NSPCC 0808 8005000	CrimeStoppers 0800 555111
Alexandra Palace 020 8365 2121	Rape Crisis helpline 0808 802 9999	Victim Support 0845 303 0900
East Finchley Library 020 8359 3815	Refuge Crisis Helpline 0808 2000 247	
Everyman, Muswell Hill 0872 436 9060	Relate Helpline 0300 100 1234	Hospitals
Garden Suburb Library 020 8458 3301	RSPCA 0300 1234 999	NHS 111
Muswell Hill Library 020 8489 8773	Samaritans 116 123	Barnet General 020 8216 4000
Phoenix Cinema 020 8444 6789	SENDIASS Barnet 020 8359 7637	Edgware General 020 8952 2381
Vue, North Finchley 0345 3084620	SENDIASS Haringey 020 3667 5233	Finchley Memorial 020 8349 7500
		Oak Lane Clinic 020 8346 9343
Transport	Health Advice	Royal Free 020 7794 0500
BR Enquiries 0845 7484950	AIDSLINE 020 8363 2141	Whittington 020 7272 3070
City Airport 020 7646 0088	Alcoholics Anonymous 0845 7697555	
Heathrow Airport 0844 3351801	Barnet MENCAP 020 8203 6688	OAPs' Advice
National Express 0871 781 8181	Cancer Support 020 8202 2211	Age UK Barnet 020 8203 5040
TfL 0343 222 1234	Carers' Line 0808 808 7777	Independent Age 0800 319 6789
Thameslink 0345 026 4700	Drinkline 0800 917 8282	Age UK 0800 169 2081



Free samples: Visitors enjoy the tastes of Muswell Hill Traders Week. Photo Mischa Haller.

Traders serve up a taste of shopping locally

Muswell Hill traders got together to run a special week of events designed to show off the attractions of shopping locally. People tried free samples, gathered discount vouchers, and pledged to support traders.

Traders' Week was conceived jointly by Muswell Hill Traders' Association and The Friends of St James Square. The association's Tracey Tommasini said: "In an increasingly online world, it was an opportunity for local businesses to show all of us the benefits of being able to really see what you're buying, to get expert advice and to have an enjoyable outing that only shopping in person affords."

OSTEOPATHY | ACUPUNCTURE

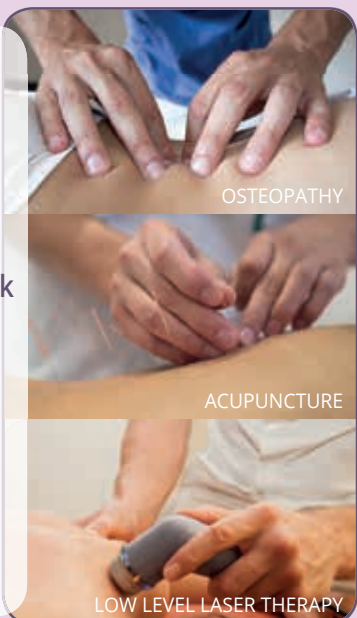
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Robin Kiashek | BSc (Hons) Ost Med., N.D., LicAc

PLANNING APPLICATIONS

Barnet Council

29 Heath View, N2

Ramp access to front of property.

58-60 High Road, N2

Details of conditions re. enclosure/boundary treatment) and refuse/recycling collection, pursuant to planning permission 15/03899/S73.

First Floor Flat, 24 Manor Park Road, N2

Roof extension, including rear dormer window and two front facing roof lights.

32 Pulham Avenue, N2

Single-storey rear extension: depth 4.5m, eaves height 3m, maximum height 3m.

52 Summerlee Avenue, N2
Single-storey ground floor side extension.

Haringey Council

34 Aylmer Road, N2

Part single, part two-storey rear extension. Two side and two rear dormers.

44 Bancroft Avenue, N2

Metal gates to front drive. Front extension to garage.

Night help for carers

A new service has been set up to provide night-time support for people caring for loved ones. The Night Owl

Secret world of the brain

Age UK Barnet trustee Professor Catherine Loveday, from the University of Westminster, will be giving a free talk on music and memory, explaining what happens in the brain when we listen to music and how it can help people with dementia.

It takes place on Wednesday 20 November at the Ann Owens Centre, Oak Lane, N2, at 6.30pm, with a licensed bar available. Tickets are free (donations are welcome) but booking is essential as places are limited. To book call 020 8432 1421 or email wendy.nutman@ageukbarnet.org.uk.

Service from Barnet Carers Centre will be significantly cheaper than the average cost of night care.

Homecare assistants will be available to check in on individuals at flexible hourly intervals throughout the night for administering medication and fluids, turning, toileting and any other necessary care.

There are an estimated 40,000 unpaid carers in Barnet, many of whom struggle in isolation. The average cost of overnight care in Barnet is £120, while the Night Owl Service will cost £25 an hour.

Donia Arnall, head of HomeCare at Barnet Carers Centre, said: "This important new affordable service will help to reduce the stress on carers and enable them to get a better night's sleep, confident that their loved ones are receiving the care they need."

The charity, based in North Finchley, has been providing care and support for adult and young carers in Barnet for almost 30 years. Contact the team there on 020 3995 1909; email: admin@barnetcarers.org or visit barnetcarers.org/home-care.

- Beginners -

Tai Chi & Qigong

** NEW COURSES ** in East Finchley

Wednesdays am & pm (Trial session: £5)

James Drewe is a qualified teacher and has been practising tai chi for 40 years. He is the author of 3 books on tai chi & is a member of the BCCMA.

Other classes: www.taiji.co.uk

email: james@taiji.co.uk phone: 020-8883 3308