



Regular Events

Sport & Fitness

- **Finchley & Hornsey Ramblers Group**
Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **1-2-1 boxing and Pilates** training with Martin Carroll at home or private studio, call 07809 593952
- **Pilates** Classes Tue 9.30, Fri 9.15 & Sun 11am. www.pilatesineastfinchley.co.uk. Michelle 07767 804 564
- **Tai Chi & Qigong** in N2, Weds 12pm, 1pm, 6pm & 7pm. James 8883 3308/07836 710281 or james@taiji.co.uk
- **Tennis club** with four clay courts off Southern Road. Call 8883 7723.
- **Tennis group lessons** for adult beginners and intermediates, weekends, Park Road, N8. Contact Maz on tennisgift@gmail.com.
- **This Mum Runs**: Free social runs in East Finchley and Muswell Hill, Sunday 8am and Wednesday 7.30pm. Contact trishy.dixon@gmail.com.
- **Yoga, breathing & relaxation**. Weekly drop-in classes - N3, N6, N10. Phone Judy on 07956 375607.
- **Yoga beginners' course** at Yogalogy, High Road, N2. Contact 020 70187377 or info@yogalogy.co.uk
- **Yoga**, pregnancy yoga, meditation classes. Call Sunnah 07941 321 772 www.stretchingpeople.co.uk.
- **Women's kick boxing**, Thursdays 9.30am, East Finchley Combat Academy, Church Lane, N2. Contact 07956 340540.

Music, Dance & Creative Arts

- **The Archer Community Choir**, Tuesdays 7-9pm, The Archer Academy, Eagans Close, N2. Email: archercommunitychoir1@gmail.com.
- **Art Classes**. Call Henry on 8888 5133.
- **A-Chord**, friendly choir, all genres, open to all. Thursdays 8pm at NNLS, East End Rd. Laura 07732 120464. www.a-chord.uk
- **Ballroom & Latin American Dance Classes** - beginners & improvers. Wed & Fri eve, Bishop Douglass Sch. 8207 2323.
- **'Calm & Sing' workshops**. Contact Angie on missangiea@yahoo.co.uk
- **Creative writing classes** in informal, friendly atmosphere. Tel Sallie Rose 020 8444 7217.
- **Creative Writing** at Friern Barnet Community Library. Every Saturday, 12pm, 07488 230580.
- **Dance conditioning classes**. New body in 10 lessons. Diana: 07580 041270. www.boldbodies.co.uk.
- **East Finchley Writers Group**, Weds at the Old White Lion. Contact Ralph 8444 5903.
- **East Finchley Poetry Writing Workshops**. Monthly on Saturdays. Contact Dennis Evans 8346 9528.
- **Jazz Club** at the Bohemia, North Finchley. Call 020 7998 6217 or 07957 347411 for more information
- **Learn to sing** at Finchley Methodist Church, Ballards La. Call 8888 4412.
- **Muswell Hill after school ukulele club**, Wednesdays 4.15-5.15pm, ages 6-10. Contact Margie 07909 439513.
- **Rock 'n Roll dance lessons**, 8pm every Weds at the Constitutional Club, The Walks. Drop-in. Call Kav 07721 489489.
- **Traditional tunes** @ TOC Highgate Hill, join in playing by ear - 1st & 3rd Tues monthly from 8.30pm. Free. 07958 282898.

Clubs & Social

- **Bingo evening**, 8pm Sundays, at the Constitutional Club, The Walks, N2.
- **Bingo Club** Mondays 7-9 pm, Green Man Centre, Contact: Jan 8815 5452
- **French conversation** in small friendly group with native speaker. 8444 9395.
- **Friends of Cherry Tree Wood** friends-of-cherrytreewood.home.blog or 8883 7544.
- **Haringey Recorded Music Society** informal meetings locally. Call David Moldon on 8361 1696.
- **Muslim Ladies Lunch Club** 1st & 3rd Weds, Ann Owen Ctr., Oak La. Call 8432 1415 to book.
- **Bridge Club**, Thursday & Saturday afternoons, Age UK, Oak Lane, N2 8LT. Contact Ray Tiano 07944 562180.



Mistress of intrigue: Jessica Holt with her new novel at Black Gull Bookshop in East Finchley.

Back into the world of spies

By Lizzie McAllister

East Finchley author Jessica Holt has released her second gripping book, called *Travelling with Spies* (Austin Macauley Publishers), which sees her explore a genre familiar to her.

Like her first book, *The Man Who Changed His Name*, Jessica's new novel takes place within the spy world. However, it is a completely separate entity from the first, published three years ago.

Travelling with Spies begins in 1970s London but the protagonist soon finds herself venturing across Europe on missions in East Berlin and troubled Northern Ireland.

The novel combines romance and adventure as it follows the story of Natalie, a young English and drama teacher. Approached with a mysterious job offer, Natalie finds herself abandoning education and being whisked into the world of spying and into a love affair.

"I think there was something to say about society at the time," Jessica explains, "because it was

quite political. I went to Belfast to do some research where we stayed at the most bombed hotel in the world. I did learn something.

"I'm really interested in crime drama. I did enjoy writing the spy scenes in particular in the first book. The two books don't have anything to do with each other, but I enjoyed working in that genre."

The novel is available to order from Amazon and bookshops.

Ceramics fair

A new local ceramics fair will launch on Saturday 6 October at Hornsey Parish Church Hall, Cranley Gardens, N10, from 2pm to 5pm, with free entry.

There will be 19 stalls of wheel-thrown and hand-built ceramics to browse and buy direct from the makers. All the sellers are part of a community of East London-based potters, and are a mix of full and part-time makers. More details on Instagram @crouchendceramicsfair

Harpist all the way from Paraguay

East Finchley Methodist Church is welcoming a very special guest as part of its ongoing monthly series of free Sunday evening concerts. Paraguayan harpist Cristobal Pedersen will be performing at the church in the High Road, N2, on Sunday 8 September at 7.30pm.

Cristobal was born in the town of Villa Florida in Paraguay but now lives in the capital city Asuncion. With his wife, four sons and daughter he formed Arpa Roga (House of the Harp) at their home where he built a large studio. Their principal aim is to expand Paraguayan culture and enable students to study the instrument.

Cristobal is also an accomplished guitar, accordion and mouth organ player. During his East Finchley concert, he will be accompanied by



Harp player: Cristobal Pedersen

Michael Fergie on percussion and Miguel Sanz on mandolin, playing a programme of his own works and traditional Paraguayan ballads and dance tunes. Entry is free with a collection in aid of Help Musicians UK.

Choir back in action

The Archer Community Choir starts back for the autumn term on Tuesday 24 September at 7pm with a free taster session for anyone interested in giving them a try. New singers are always welcome and there are no auditions or requirement to read music.

The choir meets at The Archer Academy, Eagans Close, N2. Email archercommunitychoir1@gmail.com for further details.

Universities unite

Members of the University of the Third Age (U3A) in Hampstead Garden Suburb have announced a partnership with Middlesex University.

The retired and semi-retired U3A members have been attending weekly psychology lectures at the university campus in Hendon and in return they are passing on their own knowledge and skills to some of the university students.

New U3A member Lisa Woolfson, Emeritus Professor, helped to set up the collaboration in partnership with the head of the psychology department, Professor Bifulco.

What's On...

Friday 6 September

• **One Mic Stand at The Windsor Castle** pub, The Walks, off Church Lane, N2. 8pm to late.

Saturday 7 September

• **Rock and rockabilly favourites Sound of the Suburb** play live at Madden's, High Road, N2, from 9.30pm.

Sunday 8 September

• **Open garden** at 12 Lauradale Road, N2, in aid of the National Gardens Scheme: exotic, large and newly designed garden featuring tropical and Mediterranean plants; 12-6pm; home-made teas; adults £4, children free.

• **Free concert at East Finchley Methodist Church**, High Road, N2, opposite Creighton Avenue, 7.30pm; Paraguayan harp evening with Cristobal Pedersen and guest artists. Free entry with collection in aid of Help Musicians UK. Fully accessible venue.

Saturday 14 September

• **Spiders and Bugs Hunt**, 10am-12noon, Long Lane Pasture, opposite fire station, Long Lane, N3. The Pasture should be

alive with grasshoppers, spiders and other creatures. Discover more about insects and observe the wasp spider (which doesn't sting). Free entry.

• **Ruth and Stephen Kersley open their garden** at 66 Abbots Gardens N2 OJH, 2-6pm, in aid of Motor Neurone Disease research. The garden is designed by Stephen and features glass works by Ruth.

Tuesday 17 September

• **Friends of Cherry Tree Wood** meet at 7.30pm at Monkey Puzzle Day Nursery, opposite East Finchley tube station. Everyone welcome to discuss activities and issues in the wood.

Sunday 22 September

• **Bird and bat box making event** run by Friends of Cherry Tree Wood, free for all the family, 10.30am-12.30pm in the wood.

• **Ramblers Association walk** from East Finchley, five or seven miles, all welcome; meet 10.30am at East Finchley station for an urban walk through green spaces to North Finchley Leisure Centre. Catch bus

or walk two miles home. Leaders: Vivien Mallindine (020 8883 8190 or 07709 041 784) and Julia Reid (020 8368 2373 or 07792 281 679).

Saturday 28 September

• **Muswell Hill Indoor Car Boot Sale**, 10am-1pm at Hornsey Parish Church Hall, Cranley Gardens, N10 3AH; info: 020.8368.8180 or 07708.152354; admission 50p; refreshments available.

Sunday 29 September

• **Hampstead Garden Suburb: guided walk** with City of London guide Paul Baker. Meet outside Golders Green tube station, 2.30pm. A Dame's dream, an earthly paradise: one of the loveliest villages in England. £10, £5 under 12s. More information from Paul on 07506 761294 or www.barnet-walks.co.uk

Saturday 5 October

• **Pet blessing** service at Holy Trinity C of E Church, Church Lane, N2, 3pm, Saturday 5 October. All animals welcome under control: on leashes or in pet carriers. More

E-mail your listings to: the-archer@lineone.net

information: Father Mirt on 020 3565 4430 or marius.mirt@htef.org.uk or visit www.holytrinityeastfinchley.org.uk

• **North London Military Wives Choir and Royal Naval Volunteer Band** Northwood HQ in concert for Combat Stress centenary; 7.30pm, Free Church, North Square, Hampstead Garden Suburb, NW11 7AA. Tickets: £15 or £13 (concessions). Call 07710 098667 or email_hgscombatstress@gmail.com with requirements and contact details.

Sunday 6 October

• **Crouch End Ceramics Fair**, Hornsey Parish Church Hall, Cranley Gardens, N10 3AH; 2-5pm. 19 stalls of handmade ceramics, free entry, refreshments. Instagram: @crouchendceramicsfair

• **Fun Palace** run by Grange Big Local Project at new Tarling Road Community Centre, Tarling Road, N2, and next door in Barnwood green space, from 12pm. Free activities for all the family, including art, music making, crafts, science and nail art.