



Protect your skin as summer arrives

By Katie Leuw

Summer is approaching and whether you're going on holiday, having a staycation or spending a lot of time outdoors for work or pleasure, you're going to be exposed to strong UV rays.

May was Melanoma Awareness Month and a charity called Melanoma Focus has set up a campaign to encourage people understand their skin better. Susanna Daniels, the CEO, is based in East Finchley and is a cancer services hospital pharmacist with 20 years of experience.

She points out that melanoma skin cancer is the fifth most common cancer in the UK and the rates are rising. One in 36 males and one in 47 females will be diagnosed with melanoma skin cancer in their lifetime. If you have exposed yourself to five sunburns in your lifetime you have already doubled your risk of getting melanoma skin cancer. But 86% of melanoma skin cancers are preventable and if detected early it is highly curable.

Free helpline

Melanoma Focus offers a free helpline of qualified nurses who are experts in providing information and support for melanoma patients. These nurses won't be able to diagnose over the phone, and will always signpost you to your GP, but they will give you tips on what to do if you're concerned.



Know your skin: Susanna Daniels

The Helpline is also targeted at patients and their carers who have been diagnosed with melanoma and who would like emotional support or confidential information. You can call it on

Top tips from Melanoma Focus:

- Check your skin regularly.
- Contact your GP if you notice new or changing moles or lesions – if an area looks odd to you and looks different to other areas on your skin, get it checked out.
- From May to October, protect your skin using minimum SPF 30+ sunscreen.

RICKY SAVAGE ...

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Nothing like nul points

Eurovision excitement is over for another year. The 66th running of the musical cheese fest came fresh from Turin last month and in a bizarre form of torture I watched it. Yes, I know it's a dirty job, but someone had to do it.

Any trawl back through history shows just how dreadful most British entries have been. Yes, there have been highpoints down the years, Sandy Shaw, Lulu, Buck's Fizz with their exploding skirts, Katrina and the Waves, but mostly it's been the sound of barrels being scraped. Who can listen to Cliff warbling *Congratulations* without cringing at the smug lyrics? And what about Olivia Newton-John? In 1974 when ABBA won with *Waterloo* she turned up dressed in what looked like a set of net curtains nicked from her mum's front room.

The last few years have been the real dregs for Britain and in 2021 we not only finished last but joined Germany, Turkey and Norway on the list of countries who got 'nul points'. Why? Maybe it's because you won't find anyone really good doing it. No Adele, Oasis or even the blandness that is Coldplay giving it a go. I guess they have more sense.

But this year, it was always going to be different, if only because we all knew who was going to win.

The music was as expected, a weird mix of Euro disco and oddities like the Norwegian entry encouraging you to feed wolves bananas. Only this time, Britain came up with something that wasn't an embarrassment; this time, we were in with a chance.

This year the UK won the jury vote ahead of Sweden, Spain and Ukraine. But then came the popular vote. Ukraine won that, and a quick bit of maths revealed that just about every country gave maximum points to their strange mixture of folk music and 1980s rap. It wasn't a bad song, but if the Kalush Orchestra hadn't taken time off from defending their country, then maybe Sam Ryder in his suit of lights would have done better than second. Still there is always next year. Chicken Kyiv, anyone?



In business: Evi Prengezaj at work in Barber Troy and, right, his cousin Poli Prengzi in Aroma Cafe. Photos Mike Coles.



Cousins keep commerce in family

By Diana Cormack

Two new businesses opened on Aylmer Parade, N2, in April, right next door to each other. Not only are they close in location but also in relationships, for they are run by Albanian cousins.

One is a well fitted-out men's hair salon called Barber Troy, named after the young son of owner Evi Prengezaj, who lives in East Finchley. He trained and worked as a professional hairdresser in Albania for 20 years and, five years ago, followed his cousin Poli to this country.

Poli Prengzi used to run a beachside café and fish res-

taurant on the Adriatic coast before leaving his home shores six years ago. His Aroma Café next door has a definite Italian flavour, with all the coffees on the beverages menu being Italian, as are the fresh cakes on offer alongside croissants, baguettes and sandwiches.

Aroma Cafe's prices are very reasonable, so it's worth

popping in for a bite between 7am and 7pm Monday to Friday and 8am to 6pm on Saturday and Sunday. Phone 07460 082 337 for more information.

Barber Troy is open from 9.30am to 7.30pm weekdays, 9am to 7pm Saturday, and 10am to 6pm Sundays. Phone 07366 199 106 for more information.

Neighbours dig holes to help hedgehogs

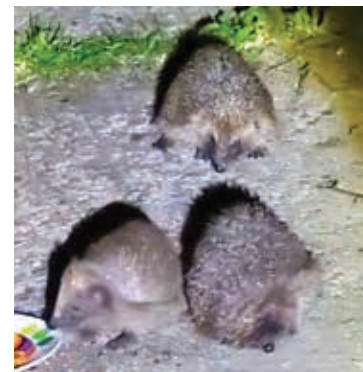
By Diana Cormack

According to a report this February, Britain's rural hedgehog population has fallen by 75% during the past 20 years (www.nhm.ac.uk). They are the innumerable victims of vehicles despite being reluctant to cross roads when it can be avoided.

This casualty rate isolates them into smaller groups, which makes them more vulnerable to disease and inbreeding. They also suffer from changes in farming methods and have to compete for the same food with other animals such as badgers.

However, urban hedgehogs seem to be surviving and may even be on the increase. This could be due to people being more aware of these animals, with many leaving out food or creating gaps in or under their fences for them to forage from garden to garden. Apparently the average hedgehog can cover up to two kilometres a night, so needs all the help it can get.

Nicola Wyatt, of Cherry Tree Road, N2, first saw two of these nocturnal creatures last spring when they came to eat some cat food she'd left on her wall.



Prickly customers: The Cherry Tree Road hedgehogs

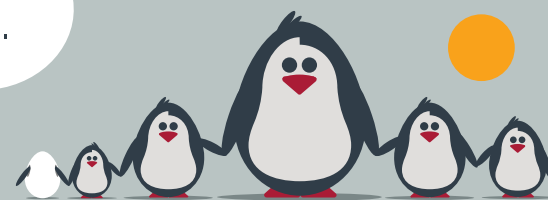
She noticed a hole had been dug under the fence on either side of her garden.

Knowing that their tracks follow a line and need up to a mile in space, she contacted her neighbours. Street WhatsApp messages have encouraged many of them to create hedgehog holes to link up their back gardens.

Whether on their own or in groups, up to four hedgehogs per night have been seen eating the food left out for them. In return, the Cherry Tree Road neighbours have noticed the creatures' hunting habits have brought about a definite decline in the local slug population.

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