



A community newspaper for East Finchley run entirely by volunteers.

Call for helpers as summer festival is fixed for June

By Alys Wainwright

East Finchley Festival is returning to its traditional early summer slot this year, it has been announced. The free community-run event will take place in Cherry Tree Wood on Sunday 19 June from midday to 6pm.

The festival is run by a team of volunteers overseen by East Finchley Festival CIC (Community Interest Company) and they're on the look-out for more people to join them.

specifically looking for an administrator, coordinators to roster volunteers and someone to liaise with activity providers on the run-up to the big day. Then on Sunday 19 June itself,

8pm on Wednesday 16 March. Contact them at eastfinchleyfestival@gmail.com or via www.eastfinchleyfestival.org



Last year's Late Summer Social in Cherry Tree Wood. Photo: Fiona Doyle

Two years ago, the festival was cancelled altogether due to the pandemic and last year it changed temporarily into the Late Summer Social to occupy a Sunday in September as restrictions were lifting.

This year's event will have live music and performance, licensed bar, food stalls, a makers' market, well-being zone, sports coaching and lots of children's activities, including laser tag in the woods.

The organising team is

there will be the usual appeal for dozens of stewards and marshals to help with directing stall-holders on and off the site, selling raffle tickets and merchandise, and generally keeping everything in Cherry Tree Wood running smoothly.

Your festival needs you

If you'd like to get involved, or just find out more, you're invited to drop in and meet some of the team in The Old White Lion pub, next to East Finchley tube station, from

Causeway attacker sentenced

By Janet Maitland

A man convicted of outraging public decency, assault causing actual bodily harm and assault by beating of an emergency worker in East Finchley has been sentenced.

Eridjon Hatia, 29, appeared in Harrow Crown court on 11 January and was sentenced to 150 hours unpaid work, 45 weeks in prison, suspended for two years, and £400 in costs.

Police were called to The Causeway, the busy footpath behind East Finchley tube station, just after 7pm on 19 March 2021 to reports of a man indecently exposing himself to a young girl after following her home from school.

Officers attended and, after a short chase, arrested Hatia on nearby Deansway, N2. A male and female officer were attacked during the arrest. They were treated in hospital and discharged later that day.

As we reported last month, CCTV was installed on The Causeway last September following a campaign by local residents, supported by local councillors, but it is due to be decommissioned at the end of March.



A towering presence

East Finchley has a new landmark in the shape of a sculpture of Susanna Wesley, known as the Mother of Methodism, created by tree carver Simon O'Rourke. For the full story behind this amazing addition to the High Road, turn to the back page.

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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.

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New playground designs are placed on the table

Rainstorms and a last-minute change of location did not prevent more than 60 people attending a special event to discuss the future of the Market Place Playground on Saturday 19 February. In the cosy shelter of East Finchley's Constitutional Club, local residents flocked to view a draft design concept by open space designer Aileen Shackell.

Play consultant Phil Doyle was also on hand to chat through ideas and learn about how East Finchley's young people, parents and carers use the site close to Holy Trinity Primary School and how they want it to look in the future. He said: "The level of enthusiasm and engagement was very high."

It was clear there are many passionate views about the playground, with sand, plant-

ing and fences the main topics of conversation. Next steps are to collate all views and data and finalise the concept design with fundraising to begin in the next few months.

If you were unable to attend, the Friends of Market Place Playground still want to hear your views and collect information about how you use the playground. Email them on friendsofmarketplace@gmail.com



Hands on: Visitors to the engagement day pore over the playground plans

Storm-force winds cause damage to trees and homes



Fallen victim: A tree toppled onto the front of a house in Summerlee Avenue during the high winds

High winds caused damage around East Finchley when Storm Eunice struck on Friday 18 February. Trees were toppled and property thrown around in the gusts which approached 100mph.

Tragically, Juliana Da Silva Queiroz Murilo, 37, was killed when a tree fell on her car in Muswell Hill Road, Highgate, at 4pm that afternoon. She was being driven by her husband Carlos, who was cut from the wreckage and survived.

Trees were felled in New Oak Lane, East End Road and in Summerlee Avenue, amongst other locations in N2. One tree in Summerlee fell onto the front of a house owned by Pauline Crilly and then an hour later a tall tree immedi-



Four winds: Bins were left scattered across the pavement in Manor Park Road, N2. Photos Mike Coles

ately opposite started swaying and fell across the road. "Luckily it fell not straight but at a slight angle, finishing up not in the middle of number 73 but across the road and in the hedge," said Pauline.

Elsewhere, garden fences were torn apart and wheelie bins thrown around the pavements. Clear-up work began on the afternoon of the storm and continued throughout the weekend that followed.

PLANNING APPLICATIONS

Barnet Council 14 Bedford Road, N2

New air source heat pump on flat roof of approved single-storey side to rear extension.

13 Chandos Road, N2

Single-storey rear extension.

53 Chandos Road, N2

Alterations to windows and doors, including increase in size and arrangement of existing rear windows and changes to front entrance door. Nine PV / solar panels to flat portion of rear south-facing roof.

208 Creighton Avenue, N2

Single-storey rear extension.

30 Deansway, N2

Removal of canopy structure and staircase, replacing with another canopy structure. Retention of alterations and extension to lower ground floor level. Access stairs from ground and lower ground floor level to garden. Glazed screening at upper ground floor level.

4 Dixey Cottages, 97 Great North Road, N2

Part single / part two-storey rear extension. New front porch.

Carmelite Friars, 63 East End Road, N2

Details of condition 30 (Cycle store), pursuant to planning permission.

20 Hamilton Road, N2

Single-storey rear extension.

In front of 52 High Road, N2

Replacement of free-standing double-sided advertising unit with one free-standing, double sided, internally illuminated advertising unit.

Wellington Place, Great North Road, N2

Non-material amendments to planning permission for two new floors at third and fourth floor level to four blocks of existing two-bedroom flats. Amendments include retainment of existing garages and installation of enclosed staircases to side elevation, in lieu of previous location.

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Felling of ten Coldfall trees may be 'futile'

By Ann Bronkhorst

Nearly a year has passed since Haringey Council suspended the proposed felling of some healthy young trees in Coldfall Wood after strong objections were raised by the Friends of Coldfall Wood, local residents and 66,000 nationwide petitioners.

First there was relief, then months of silence and uncertainty; then on 28 January this year ten trees were felled with four more to follow. The petition is active again with 2,000 more signatures.

As reported in *The Archer* in April 2021, AXA is the

were contributing to subsidence problems in the property, or might do in the future. In that case, Haringey would have to bear considerable costs if the trees remained.

Experts agree

Professor Jeff Duckett, whose report on the proposed

fellings last year supported the Friends' position, has called this year's actual fellings "futile". He points out that felling two mature trees close to the property a few years ago did not cure the subsidence problem and that this year's removal of ten smaller trees "will have no tangible effect."

He and another expert advising the Friends believe that the problem at the site is not vegetation but soil. Legal advice to Haringey Council has also warned of "the issue of heave as referenced by

Mr Duckett ... if the council do decide to go down this route."

Questions awaiting answers

Haringey have commissioned a report from an independent engineer but have not yet shared its findings with the Friends. Recently AXA has told the Friends they would prefer to stabilise the property without the removal of vegetation and are waiting for Haringey to reply to a proposal, details of which are as yet unknown but probably entail a large payment from the council.

A meeting is scheduled for early March between the Friends group and key council officers to establish why, if AXA has not in fact required the trees' removal, ten healthy trees have been felled with four more under threat.



PhoFor the chop: The trees are felled. Photo: Instagram.com/normlass

insurance company acting for a private property with a flank wall adjoining the wood. It seemed then that AXA was claiming that the group of trees

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Table service: Art activities under way at the Wave Café in Muswell Hill. Photo Kate Kuzminova and Annalie Eddy

Café with all abilities on the menu

By David Melsome

A new café has opened in Muswell Hill to bring together people with and without learning disabilities through art, yoga, food and community activities.

Wave Café is based in the new community area at the United Reformed Church in Queens Avenue, N10, and is open every Thursday from 9am to 5pm and every Friday from 9am to 3pm.

Young people with disabilities come from local schools and colleges to be part of the café's internship programme,

which gives them the chance to learn important work and life skills. They are part of a mixed ability team and they help with everything from setting up and clearing up to support in the art room and preparing and serving lunch.

All inclusive

Each week, people from the community, with and without

disabilities, come to take part in the inclusive art sessions, do some yoga, and enjoy a freshly prepared meal. Teenagers from local schools come to take part in the after-school arts programme.

You can find out more on Instagram and Facebook @WavecafeN10 or visit www.wavecafe.org.



Volunteers: Mayor of Barnet Councillor Alison Cornelius presents awards to food bank volunteers Helena Pugh and Anna Maughan

Honoured for work at food bank

Two volunteers from Finchley Foodbank have been recognised as Town Centre Heroes for the work they've done helping people in need through the pandemic.

Helena Pugh and Anna Maughan received their awards from the Mayor of Barnet Councillor Alison Cornelius in a ceremony at Hendon Town Hall in January. Helena began volunteering at the food bank two years ago before the virus came along. She works with a team sorting, packing and handing out food donations. She said: "No one

should need a food bank's help but while they do I'll do what I can, and there's much to do." Finchley Foodbank, which operates from St Mary's church hall in the High Road, N2, and takes donations on Wednesdays from 10am to 1pm and on Fridays from 12pm to 3pm, is celebrating its ninth anniversary this year.

Anna, who has volun-

teered at the food bank for eight years, said: "Back then, I only volunteered a few hours a week with around 20 others, supporting a few households. Over time as situations became more difficult, pre-pandemic, our numbers grew to around 70 individuals a week; today we are regularly helping 350-390 people weekly."



Pumped up: Sally Heathcote leads a class at the East Finchley Constitutional Club

Sally strikes out as personal trainer

By David Melsome

Sally Heathcote found it hard to get fit at the gym until she got a little one-to-one advice... and now she runs her own personal training business.

Sally has started her Lunge Fitness sessions close to home at the East Finchley Constitutional Club in The Walks, N2. She already has a small established base of regular customers and hopes more will join her classes.

Formerly in the world of recruitment, Sally admits she struggled to motivate herself at the gym until she began working with a personal trainer. After a while she realised that was something she might be good at too, so she switched career.

"I got work in a gym, teaching classes and lots of clients," she says. "I thought I'd loved my previous jobs but this was just amazing. I didn't feel like I was going to work as I enjoyed it so much, I got to meet some really interesting people and was helping them just as my trainers had helped me."

No pressure

Sally had the idea for her own business to fit better around her family life. "I've been working to create a warm environment where everyone's welcome to give it their best regardless of their fitness level, where people feel comfortable to enjoy a class and not feel pressured if they can't keep up or don't get the moves right during

the cardio classes," she says. Sally currently offers morning and lunchtime classes and one-to-one training. Starter classes are available for those who haven't exercised for a while.

Other classes include Body Weight, High Intensity Interval Training, Body Blast, Core Strength and Body Blast. Find out more at lungefitness.co.uk



Congestion: High Road traffic caught up in the aftermath of the collision. Photo Claire Robinson

Car in collision with pedestrian at traffic lights

By Janet Maitland

A woman was badly injured in a collision with a car while crossing at the traffic lights on the High Road, N2, at the junction with Fortis Green. She was treated at the scene by an ambulance crew who strapped her into a frame before taking her to a major trauma centre as a priority.

The London Ambulance Service and police were called at

11am on Friday 11 February to reports of the collision. The car involved was left in the middle of the junction for several hours before being taken away. Police described the injuries as "not life threatening".

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All change as bookshop owner closes chapter

By Iain Smith

It's hard to believe that Black Gull Books has been in East Finchley's High Road for almost 15 years, but it has. And right now, owner Chris Overfield is hoping it will be here for years to come. But that could be easier said than done, due to his recent move to St Leonards in Sussex, where he plans to retire.

There's no doubt that Black Gull would be missed if the shop were to close. Chris agrees and would like to hand on the business. "Yes, we've had fun here in East Finchley and I think we have added something to the local community," he says. "Anyone getting involved will need to know the book trade, not just books." Chris has long been fascinated by both. "Books can help you fly," he says, "whether that means escaping from everyday routine, picking up knowledge and skills for the future, or inspiring you to do something new."

And it's not just the actual books he has enjoyed; those whose books he buys and sells have been a constant source of inspiration. "I have met many remarkable and wonderful people in this job. Book people tend to be interesting people, perhaps because they are interested in things outside



Black Gull owner: Chris Overfield of themselves."

Use it and hope not to lose it

For now, Brian Schwartz is the more visible face of the bookshop, and a valued member of the East Finchley community, having worked at Black Gull since 2008. Let's hope that a way can be found to enable the bookshop to continue the great Black Gull brand of stocking interesting books, from antiquarian to quality 20th and 21st-century fiction and non-fiction.

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Clean-up plan for run-down High Road

By John Lawrence

A drive is under way to clean up East Finchley's "grubby and unkempt" High Road in time for the Queen's Platinum Jubilee in early June. Members of East Finchley Community Trust say they took a closer look at the main shopping street as part of submitting a bid to become a Town Team to run projects and events to regenerate the area for businesses and the community. This made them realise how grubby and unkempt the High Road is. Pavements have ingrained dirt and chewing gum, and lampposts and railings need to be refreshed.

"Litter bins could do with a good clean-up," said trust secretary Roger Chapman. "Shop frames in places are adorned with emergency shutter services stickers and other advertising material. Overall the appearance is one of griminess. "The High Road needs a really deep clean which we consider would involve at a minimum pressure washing of pavements, cleaning and washing of bins, lampposts, signs, all street furniture, graffiti removal and, as importantly, business and community involvement."

Council support for plan
The trust approached Geoff

Mee, Barnet Council's Executive Director, Environment, who backed the idea and asked his department to investigate ways of setting up a joint team to co-ordinate activity between council workers and East Finchley volunteers.

Details are still to be confirmed but any additional costs for the clean-up could potentially be funded by the trust from its charitable sources.

"Now would appear to be an ideal time to tackle this issue," added Roger. "We want to make the case for the High Road to be 'Clean for the Queen' by the weekend of her Platinum Jubilee celebration in early June."

Drop them off, don't send them to landfill

The number of shops and businesses in East Finchley accepting unwanted household items for recycling is growing all the time. Here's the current list of locations where you can drop off those difficult items that might otherwise just go into the bin and from there to landfill, supplied by N2-based group Bin There, Donate That.

- Unwanted glasses and frames to Stewart Duncan Opticians
- Electrical wires to Everything Electrical
- Cables, batteries, bulbs and small items to EF Electricals
- Toothbrushes and electric toothbrush heads to Nova Dental Clinic
- Batteries to Sainsbury's
- Tablet blister packs to Oakdale Pharmacy

Emma Frampton, one of the organisers at Bin There, Donate That, says there may be other drop-off points they don't know about and urged all local traders to get in touch if they want to be added to the list.

"This month we hope to find places to drop off stationery, ribbon, old make-up and used stamps," said Emma. "We also hope that Budgens and our other supermarkets will consider taking soft plastics like the scheme recently started at Tesco. The more we can do in East Finchley, the more our high street will be used."

To get in touch with the group, email bintheredonatethat@gmail.com. Volunteers are always needed to research new drop-off points and there are other roles available.



Grab pack: Residents of Lincoln Road clear their street of litter. Photo Mike Coles

Teams of neighbours take street cleaning into their own hands

By Mike Coles

Lincoln Road, like most streets in East Finchley, attracts a fair amount of litter: fast food wrapping, tins, masks and tissues, and all often made worse by the untidy habits of our local foxes.

With side-street cleaning no longer a priority for Barnet Council, Lincoln Road resident Alice Moss decided enough was enough and something had to be done. Posting on the Lincoln Road WhatsApp group she soon had a group of residents ready to join in a communal litter pick.

The next problem was to get hold of litter picking equipment such as pickers, bags, and hoops, but as a friend of Cherry Tree Wood who do their own picks, she

contacted their chair Roger Chapman, who lent her some of the necessary items.

A further phone call to Barnet Council revealed that there was similar equipment available at the East Finchley Library, which was news to everyone! Alice checked when the library was staffed and then collected more pickers, hoops and bags.

Neighbours set the date for

Sunday 6 February, the weather was fair, and in less than an hour the whole street was cleaned up with the bags dispersed among the local wheelie bins. To help things along, local junior cook Lily baked some chocolate cookies for everyone to enjoy.

The litter pick was so successful and improved the look of the street so much it was decided to make it a regular event every six weeks.

Wonders of the deep

East Finchley film maker Luca Pittalis was involved in making the BBC natural history series Wonders of the Celtic Deep, which has been showing on Sunday evenings and is still available on iPlayer.

Luca, of Bancroft Avenue, N2, worked as a shooting researcher on the series, which showcases the wildlife to be found off the coast of Wales. Narrated by Dame Sian Philips, the four episodes were made by the same team behind the BBC's Human Planet.

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Fresh milk from a dairy right on the High Road

By Jane Marsh

Last summer one of our *Archer* distributors asked me whether I knew anything about a dairy in East Finchley. He had seen an old map in an atlas of North London railways that showed a siding coming off the southbound railway track, just north of East Finchley station, leading into buildings on the west side of the High Road. It was labelled 'East Finchley Dairy'.



Delivered fresh: Early donkey-drawn milk delivery cart with signage emphasising "pasteurised" and "pure new milk". Photo courtesy of The Finchley Society.



Diploma Dairy: An old view of the High Road looking south, showing Diploma House on the right, situated about where Diploma Court now stands. The name can just be seen on the side of the building. Photo courtesy of Barnet Local Studies <https://boroughphotos.org/barnet/>

I thought it would be interesting to try and find out more about this and my first search produced, amongst other items, this snippet from the September/October 1999 edition of this newspaper. The late Noel Lynch wrote in his Out and About column:

"Whilst reading the Shell Book of Firsts recently, I came across the following entry – 'It was not until 1906 that fresh milk, untreated except for pasteurisation, began to be sold in bottles in Britain. The pioneer in this case being Ernest Lane, of the Manor Farm Dairy, East Finchley.'"

Sadly, I have been unable to find any more information about Ernest Lane himself but

it is known that the pasteurisation process he used was not widespread in the UK at least until 1922, when the Milk and Dairies Act was passed, so he truly was a pioneer and well ahead of his time.

Daily milk by donkey cart

There is a bit more information to be found regarding the dairy itself, which eventually became part of United Dairies, I think after the First World War, and operated until about 1960.

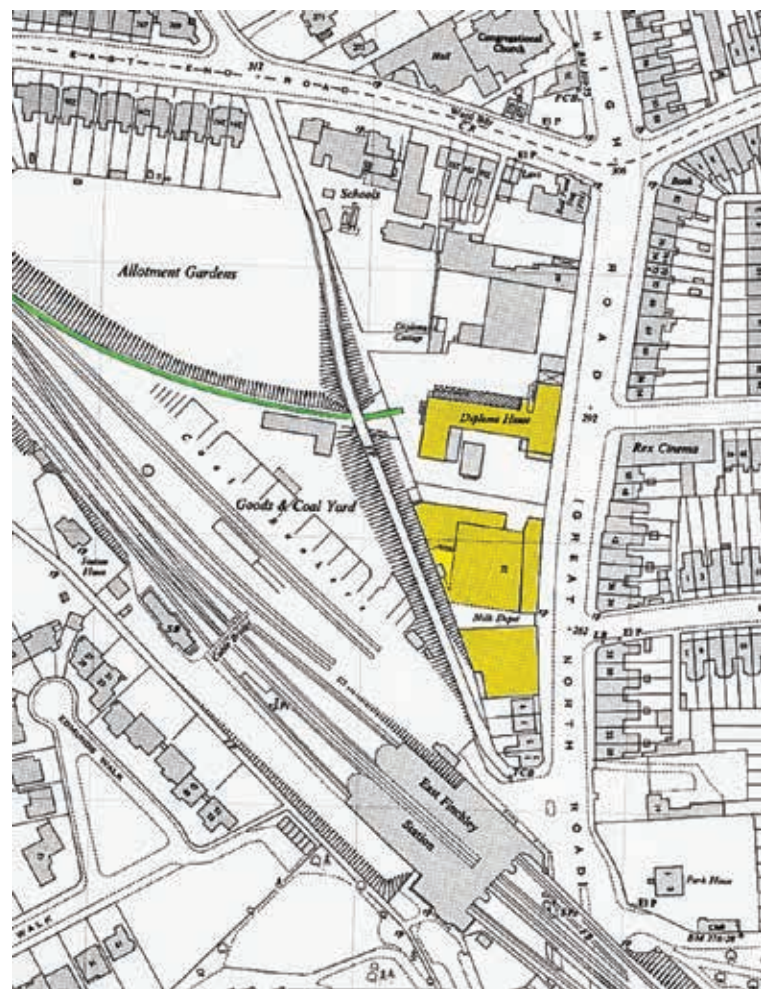
Bulk milk came into East Finchley daily in glass lined tankers by train from Staffordshire and was processed and bottled in the milk depot. It was then distributed around the area, initially in donkey carts and later by electric milk floats. By the

1940s about 12,000 bottles were being distributed daily.

A map of East Finchley station from about 1950 clearly shows the milk depot and the Manor Farm Dairy offices, which were located in Diploma House, 39 High Road, just downhill from the Bald Faced Stag pub, where Diploma Court now stands. It may have taken its name from Diploma Cottage, which was situated nearby. The depot site is now occupied by the headquarters of McDonald's.

Do you know anything about the dairy and its history?

If so please contact us at news@the-archer.co.uk or Freephone 0800 612 0748, and we'd be happy to publish more information.



1950 map of EF station: This map from about 1950 shows the extent of Manor Farm Dairy, comprising the milk depot and associated offices. At top left you can clearly see the siding from the main line coming into the dairy behind Diploma House.



Modernisation: After carts came the electric milk float, also emphasising the benefits of Manor Farm Dairy's pasteurised milk. Note its designated maximum speed of 12mph.

Photo courtesy of The Finchley Society.

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No funding to fix chronic flooding in the wood

By John Lawrence

The Friends of Cherry Tree Wood have been told by Barnet Council that no funding is available to permanently drain the flooded areas that are spreading through the park.

As we reported last month, large parts of the grassland, parts of the woodland and low-lying areas close to the newly-refurbished tennis courts are now affected by surface water. The Friends group had appealed to Barnet Council and Thames Water to carry out urgent drainage works to avoid the park's amenities becoming out-of-bounds.

Barnet Council has promised to inspect the gullies within Cherry Tree Wood and to deal with any local flooding issues where it can. However, a long-term fix looks unlikely because the natural topography of the park means water runs off the raised wood into the open area.



Inundated: Standing water on the field. Photo Jackie Briggs

Wetland suggestion

One solution that the council is considering is diverting this run-off into a purpose-built wetland area, which would store the excess water and become an environmental feature in itself.

However, that would require funding and currently there is none. Cherry Tree Wood is not on Barnet Council's priority list of 33 'critical drainage areas' across the borough where water levels are monitored and managed. Barnet Council has said it will keep exploring opportunities to find the necessary funding. The Friends of Cherry Tree Wood say they are considering the council's response and what other options are open to them. The council has also pointed out that the surface water problem has been exacerbated over the last 12 months by several extreme rainfall events that have caused significant flooding in areas of Barnet and other London boroughs.



Absolute shower: The film crew running rain machines, left, during the High Road shoot. Photo Mike Coles

Someone's raining on our parade

By Janet Maitland

An underwear commercial featuring a young woman modelling a Triumph bra was filmed outside La Gourmandise café on the High Road, N2, on the decidedly chilly morning of Thursday 17 February. The sun was out but this didn't help as the young woman was regularly drenched throughout the shoot by a rain machine stationed on the pavement. Between shots the crew tried to keep her from shivering by wrapping a coat round her. Let's hope her next shoot is on a warm beach somewhere.

Activities build bonds between schools

Martin Primary and the Archer Academy in East Finchley are building bonds with activity sessions in which students from both schools take part. Year 6 students from Martin Primary visit the Academy every Wednesday to take part in scouts, dance, yoga and multi-sports. As spring arrives, they will be widening the choice of sessions to include rock climbing.



Ambassadors: Extended Curriculum lead Miss Le with Year 8 Archer Academy students

Students from both schools got together for a celebration assembly and teamwork certificates were awarded to those who took part, as well as special awards for

ambassadors from among the Academy's Year 8 students, who demonstrated leadership skills by supporting the running of the programme each week.



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THE CHURCH OF ENGLAND



Tour guides couple in the running for national award

By David Melsome

East Finchley tour guides Karen and Adam Scott-Goulding were faced with a particular set of challenges as the pandemic took hold back in March 2020. As professional tour guides during a travel ban, they saw their livelihoods vanish into thin air.

Their solution was to go virtual with video clips and photographs and maps of London over Zoom. Now, having reached thousands of people worldwide with dozens of different tours, they're in the running for Visit England's Tourism Superstars 2022 Award.

you can handle a group of year 2 pupils on a London guided tour," smiles Karen, "you can handle anything so we were well prepared for the challenges of lockdown."

Kinks coming up

Adam also runs London Music Tours and his tour of



Follow me, please: Tour guides Karen and Adam Scott-Goulding



Zooming round London

Adam and Karen were founder members of The Story of London team who, with London Walks, provided virtual tours throughout the lockdowns. "It was a steep learning curve!" says Karen. "I've been a Blue Badge Guide for 20 years and I'd never even used Powerpoint before, let alone Zoom. But it was amazing to connect with so many people from all over the world. It kept our spirits up as well as keeping the boat afloat professionally." "One of the best things about being a tour guide," Adam adds, "is being a part of people's special occasions: tours for birthday parties and anniversaries and big, once-in-a-lifetime trips. It was very special to keep those connections alive."

The challenge of children
Karen and Adam live in Manor Park Road. Their daughter Isobella attends Christ's College Finchley and was a pupil at Holy Trinity Primary, where Karen often took classes on Great Fire Of London, Tower of London and Paddington Bear tours. "If

The Kinks In North London next takes place on Wednesday 30 March at 7pm from East Finchley Station (booking essential). You can find Adam and Karen's regular scheduled tour for London walks at www.walks.com. Adam's London music tours can be found at <https://londonmusictours.org/alltours>. You can vote for The Story of London team in the Tourism Superstars 2022 here: <https://tinyurl.com/vote-tourismsuperstar2022>. Voting closes on Tuesday 22 March.

Indoor sale

Muswell Hill's monthly Indoor Car Boot Sale takes place on Saturday 26 March from 10am to 1pm at Hornsey Parish Church Hall (foot of Muswell Hill), on the corner of Cranley Gardens and Park Rd, N10 3AH.

Admission is 50p and refreshments are available. More information from 020 8368 8180.

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Open for business: Borys and Viktoriya Shevchenko in their new store. Photo Mike Coles

New deli brings taste of Ukraine

By Diana Cormack

A new delicatessen specialising in food and goods from Eastern Europe has opened on the corner of the High Road and Baronsmere Road, N2. Suitably named Gurman, which means gourmet, it is offering an array of savoury and sweet foods, and distinctive drinks.

Owners Borys and Viktoriya Shevchenko came to the UK from the Ukraine more than 20 years ago and have been running a shop in Stratford for the last 14 years. However, living in North Finchley, they decided the vacant premises in the High Road, previously the Crazy Corner general store, would be more convenient.

A large percentage of their stock comes from Russia with much of the rest from the

Ukraine, Latvia and Poland. Asked to point out a unique aspect of the shop, Borys chose the fish products, indicating a plentiful display of smoked fish, squid, Siberian sturgeon and wolf fish.

Viktoriya pointed out their special cakes which can be ordered for any occasion and said they also serve freshly baked cakes and organic bread. They always carry a range of filled pancakes and for Shrove

Tuesday they were planning pancakes with special fillings such as caviar.

Not surprisingly, they stock a variety of vodkas as well as a number of Georgian wines amongst their alcoholic and non-alcoholic drinks. Also on their shelves are biscuits, sweets, chocolates and canned food through to meat products, pasta and dairy products. Gurman is open daily from 9am to 9pm.

Mind-body approach to motherhood

By Alys Wainwright

Modern parenting has never been so tough and rates of postnatal depression and anxiety among new mums rose during the pandemic, says local author Dr Caroline Boyd. Caroline, a parent-baby psychologist with more than 10 years' experience working in the NHS, has written a new book giving ideas to guide new mums through the highs and lows of adjusting to their new role.

Mindful New Mum is designed to be a soothing self-help book written as an antidote to all the parenting manuals that claim to know the right way to mother.

Pressure to be in control

"The Supermum myth, internalised by women from an early age, has us believe we must be Supermum, Superwife, Super-everything," Caroline told *The Archer*. "It creates the idea that women must be calm, coping and in control at all times and that experiencing any negative feelings means we're

somehow bad or failing. "This pressure, along with loss of community, understandably

creates stress, exhaustion, burn out, anxiety and anger in mums. What new mothers need is simply



Mums and babies expert: Dr Caroline Boyd

to feel held, heard and understood. My hope in writing my book is to help mums feel seen and understood amid the kaleidoscope of emotions arising on this journey." Caroline says she has integrated ideas from her clinical practice, published research, and her own experience as a parent. "My take home message for new mums is to learn to self-soothe. Parenting is both tender and tough and it's absolutely essential to look after yourself. It's okay not to know all the answers." *Mindful New Mum: A Mind-Body Approach to the Highs & Lows of Motherhood* is published by Dorling Kindersley. You can follow Caroline on Instagram.com/_drboyd



Coaching companions: Andrew Waddell and Lottie

Talkie walkies with one man and his dog

By David Gritten

Take a local stroll around some of our more peaceful, leafy places, East Finchley Cemetery, maybe, or further afield on Hampstead Heath, and you might encounter local resident Andrew Waddell. He'll be walking, often with another man and perhaps with his cocker spaniel Lottie trotting alongside too. He isn't just taking a casual stroll: Andrew, 46, is doing his job as a walking coach.

This involves giving advice on his walks to men, many of them in his age bracket and discontented in some way, and helping them to discover how their lives could be far better. In speaking of this, he cites his own experience.

"I was in advertising for 20 years, latterly as chief operating officer of a large marketing agency," he recalls. "When I turned 40, my Dad died of cancer, and I did the classic thing, not dealing with grief, but burying myself in work. And because of that I was missing everything I'd always wanted: my wife, my kids, a home. I started seeing a therapist and through her I came to realise I hated my job."

His therapist recommended Andrew to the Tavistock Clinic, where he completed a course in organisational psychology, then quit the world of advertising to re-train as a midlife coach.

Side by side

"The reason for it is to help men who are woefully misinformed about how to deal with their emotions," he says. "Society sees it as a joke, but men are having midlife crises. There's a whole generation of men who suffer from emotional self-doubt, yet they can't talk about it. They have no way of expressing it."

His first clients were all local to N2 and he started 'walking coaching' on the Heath: "I quickly discovered that the balance of exercise and nature created a positive space for my clients. And then there's the sheer pleasure of walking with someone while you're

coaching. There's something powerful about that combination of walking and talking."

As Andrew tells it, it's effective too: "Studies have shown that being side to side when you're talking, rather than face to face, feels less confrontational or judgmental."

Friends for Lottie

Andrew has had a full complement of clients who simply walk but he is now swelling the ranks by actively encouraging clients with dogs to bring them along to keep Lottie company. "There's something about those animals that's so free and happy," he explains. His new venture along these lines is called.... Talkie Walkies. Find out more at www.midlife-coach.co.uk/talk-walkies

Bake Off Matt brings star power to school campaign

By Chloe Davies

Comedian and *Great British Bake Off* host Matt Lucas is the new face of the campaign to raise funds to build a performing arts studio at the Archer Academy in East Finchley.

The TV star, who has spoken of how performing arts transformed his school days, will be patron of the school's Raise the Roof campaign. He will be drumming up support and hosting a special 'Evening With' event in the coming months.

Matt is also expected to come into the school to meet staff and students and run a workshop for drama GCSE students.

He said: "I know how vital it is to have a performing arts outlet growing up and how much of a difference it made to me. The Archer Academy has already been incredibly successful across the arts field, winning trophies galore. I now want to give future generations of young performers a dedicated studio, so the school can not only build on its achievements, but also allow more students to get thoroughly involved."

Onward and upward

He joins the campaign at a critical time, with the school halfway towards hitting its campaign target of £300,000. An application to the Wolfson Foundation for £100,000 has recently been approved, and £40,000 has

been allocated from the school's capital funding budget; a further £10,000 has been raised by the school community through initiatives including the annual Archer Adventure, the summer

demic year in September.

A special space

Head teacher Lucy Harrison said a new performance space was crucial to nurture talent in a school that is at full capacity following an increase in the number of students on the roll.

"We do not have a proper space in which our talented young people can rehearse or perform," she said. "This will provide a creative outlet which is more important than ever as our children continue to navigate the impact of the pandemic. And, of course, it will provide our wider community with a high-spec, professional standard space for hire. But first, we need to raise the additional funds to make it possible."



Studio backer: Matt Lucas

fair, and other Parents Association activities.

An architect and building company have been appointed and an application for planning permission is being submitted. If all goes smoothly, the aim is to have the building work done over the summer, and have the studio ready for the new aca-

The school is also welcoming information about, or links to, any trusts and foundations that might be interested in supporting the campaign. Individuals or organisations who may be able to help should contact the head teacher's PA, Jessica Bryant: jbryant@thearcheracademy.org.uk

Advice on how to never let down your guard against the scammers

A new service has been launched to safeguard older people against the growing threat of scams and to provide support to those who have fallen victim.

Sophisticated scams have been on the rise during the pandemic with criminals devising even more ways to target those they believe to be vulner-

able. In December alone, some 215 people in Barnet reported a scam, with a total loss to victims of nearly £840,000. Fraudsters can cold-call at your front door

and by phone, or try to catch you out by email or text message.

Age UK Barnet, which is launching the Scams Prevention and Victim Support Service for people over 50, says that age group can be particularly vulnerable to fraud and it often has a serious impact on their quality of life and wellbeing.

Personal help too

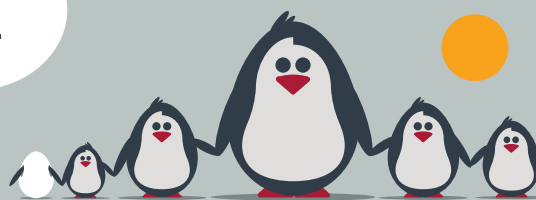
As well as putting on awareness-raising events to help people spot scams and creating links with local organisations and community groups to give people the tools to stay safe, advisers will provide one-to-one support to vulnerable older people.

Jenny adds: "We will also be working with participants on our computer support sessions, helping them to stay safe when they're shopping online."

To find out more about Age UK Barnet's service, to enquire about a talk or to report a scam, email scamsawareness@ageuk-barnet.org.uk or telephone 020 8432 2217.

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Open swimming: One of the Hampstead ponds

Stay safe! Top tips for cold water swimming

Last month **Jane Revell** wrote about the joys of cold water swimming in the ponds on Hampstead Heath. Here she gives some practical tips for anyone thinking of taking the plunge for the first time.

There's plenty of useful advice about cold water swimming online, so do a bit of research. I am no expert but here are some things that have worked for me. And remember, it's always wise to check with your doctor before taking to the water for the first time.

Getting ready

Take regular one-minute cold showers to get your body used to the shock of cold water. Do this in the days or weeks before you actually swim. Have very short showers to start with (10/20 secs), in *cool* rather than *cold* water, and gradually increase the time while decreasing the temperature.

Getting in and swimming

What you wear can make a difference. Although most winterswimmers just wear ordinary swimsuits (as opposed to wetsuits), many of us also wear neoprene socks and gloves, and a hat (rubber or pompom!), because your extremities tend to feel cold first.

But make sure your socks and gloves are easy to get on and off, especially off. You really don't want to be hanging

around in the cold after your swim, struggling to liberate your feet and hands.

Avoid diving in headfirst: get into the water gradually but confidently. Control your breathing as you enter the water; slowly breathe in through your nose and blow out through your mouth a few times. Then glide off and take your first strokes. Exhilarating!

Acclimatise. Have short, or very short, swims to start with, and build up progressively over time. Don't feel you have to swim huge distances. However short your swim is, it's going to do you good and make you feel great. Staying in too long will always make you feel colder afterwards.

Getting out

Get warm quickly! Dry off and get your clothes back on right away, especially on the top half of your body and your head. It's sensible to leave your clothes ready, turned the right way out.

If you do feel at all cold, get your body moving: walk briskly, jump or do some physical exercise. Having a hot drink from a flask is a good idea too. Enjoy!

Players return to stage

After two years being unable to perform to live audiences, the Guild Players return this month with a production of *Mary Shelley*, a drama-packed account of two years in the teenage life of the author who wrote *Frankenstein*.

The show runs at Finchley Methodist Hall, Ballards Lane, N3, from Thursday 31 March to Saturday 2 April at 7.30pm each night. Tickets are £10. More details from 07938 232027 or www.guildplayers.org.uk

Notice of name change

I hereby declare that I will be changing my name from Khaliq Ur Rahman Mohammed, as shown on my official Indian passport, back to Mohammed Khaliq Ur Rahman, as shown on my original birth certificate.

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Saddle up and travel to the ponds on two wheels

Are you ready to extend the buzz of swimming in Hampstead Heath ponds by getting there and back under your own steam? Or perhaps you just fancy a leisurely ride through tranquil streets to watch others braving the open waters. Either way, **Greta Brambilla** describes the best route to take.

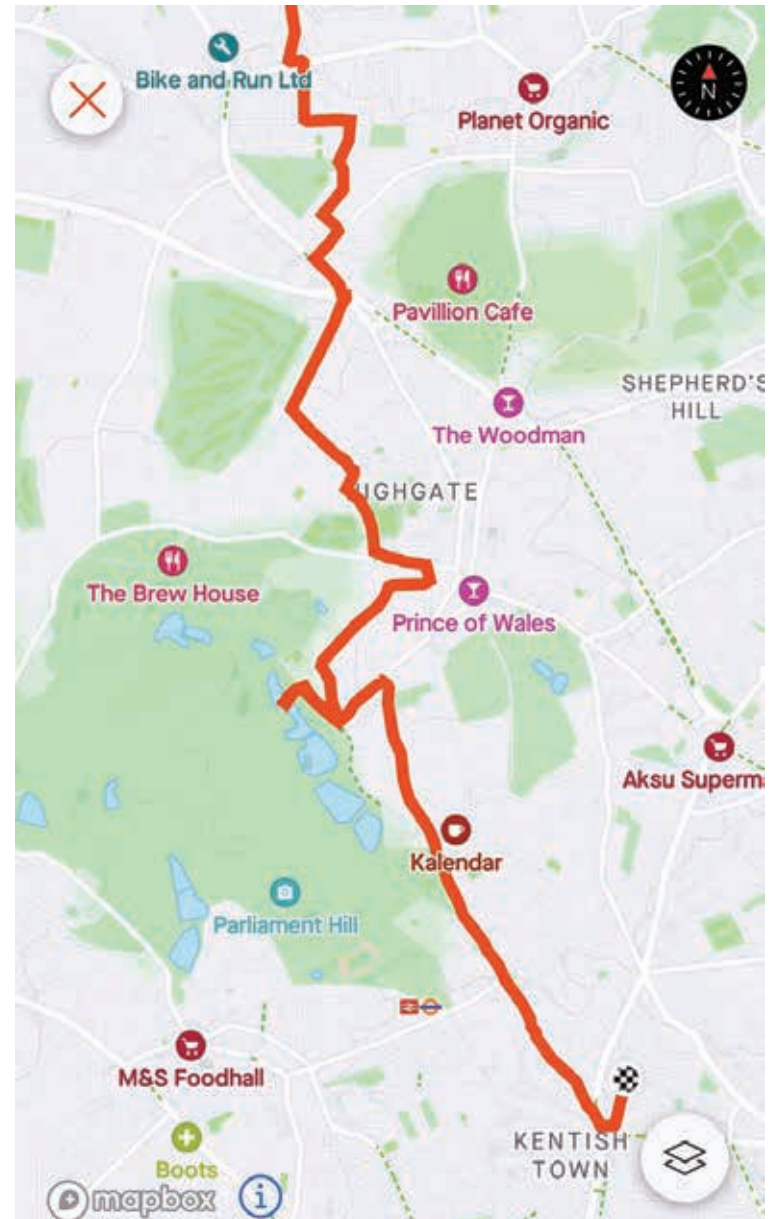
This time, we're enjoying a long leisurely journey to the beautiful, tranquil Hampstead Ponds (and back). The whole ride should take no more than an hour and a half. At this time of year I'd advise packing your most insulated swimming gear, even for your feet and hands – you'll probably need it!

Starting from Fortis Green in East Finchley, head down Springcroft Avenue, then left onto Southern Road. Dismount at Indigo Walk on the right and walk down onto Fordington Road. Follow that to the right, turn right at Woodside Avenue, then cycle over the bridge and turn left onto the Great North Road (or walk the short distance) to reach the crossing over the A1 to Sheldon Avenue. Cycle up the gentle slope of Sheldon, then take a left down peaceful Denewood Road, one of my favourite stretches. This is still uphill but manageable. At the end, turn right and then left, past Highgate School.

You will then reach Hampstead Lane, where you turn left for a short but steep section up to Highgate. Before reaching the village, turn right into The Grove and a short distance down on the right hand side you'll see a hidden entrance with a gate into Fitzroy Park, which is a right of way for cyclists.

Keep your hands on your brakes as you follow this idyllic private road all the way down to the Heath, then follow the directions either to the women's pond (sharp right) or men's pond (straight on).

Brave a refreshing open water dip if you can manage



Cycle and swim: The route to the ponds and beyond

it – you'll be invigorated for the rest of the day, I promise! Make sure to get dressed quick and jump back on your bike to regain some warmth.

Now head back to the end of Fitzroy Park where you can retrace your route home or alternatively take a right onto Merton Lane, then down West Hill to pick up a cycle path into Kentish Town for refreshments and then a ride home through Tufnell Park and Archway.

Sustainability always starts small

By Chris Stavrou, of N2United

The N2United February gathering was its first of 2022, and drew local residents, interest groups and businesses again to the East Finchley Constitutional Club for a meeting focussed on sustainability.

Maxine Klein, of No2PlasticsN2, discussed strategies to avoid the use of plastics, including opting for a shampoo bar to eliminate the need for plastic bottles. Maxine also explained the Five Rs of plastic reduction, those being Refuse, Reduce, Reuse, Repair and finally Recycle.

Emma Frampton, who has started the Bin There, Donate That project to reduce waste by donating your unwanted items to local collection points in East Finchley, spoke passionately about how unwanted items lying around your house might actu-

ally be wanted somewhere else.

Emma is looking for help with researching organisations that need our unwanted things, and also in finding local shops that will act as collection points for them.

Refill service People's Pantry has been running since August 2021, and co-founder Lisa Jones discussed how they remove the dependence on single-use plastics. Their repurposed milk float Ernie is at Cherry Tree Wood on the first Saturday of every month, where you can get household and pantry essentials ready to

refill from gravity and scoop dispensers.

Get involved

If you want to get involved with East Finchley's environmental sustainability journey, visit N2United.co.uk, or join our next meeting.

The focus of our next meeting, on Thursday 10 March at 8pm at East Finchley constitutional Club, will be support and collaboration between community groups and local business and will feature updates from current projects, including the upcoming East Finchley Festival.



Letters

Road empathy

Dear Editor,

I have read with interest various letters and articles bemoaning the cycle lanes installed in East Finchley in November 2020 and due for review in March. Like most things in life, empathy is the key. I am a motorist and a cyclist so can see both sides. I sincerely hope that drivers who don't cycle understand when I say that, as a daily cyclist from East to North Finchley and back, the cycle lanes have made me feel much safer. Yes, there are more traffic jams but if that cuts speeds down then it's a good thing as speed kills. Also it might encourage more motorists to take up cycling, which is a win on many levels. I particularly like the new Highway Code changes as they put the most vulnerable first and make the people who can inflict the most harm take more responsibility. I am still staggered each day when I cycle near drivers who are scrolling on their phones rather than concentrating on driving. Let's all just try to be kinder and understand each other for a better world.

Adrian Haysome,
Address supplied.

Save your stones

Dear Editor,

With spring around the corner, we could save the stones from the fruits we buy from any store, such as apricots, plums, peaches and nectarines, to plant them and create a fruit forest out of nothing. Most of these stones end up in the bin and that's a shame.

With care and starting life in a pot indoors or in a greenhouse, it is possible to grow fruit trees from seeds and stones. There is plenty of advice online to help you out.

Kostis Koutoulas
Address supplied

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correspondence to:

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Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.



New life: Artist Zoe Hirson with some of her creations made from reclaimed wood. Photo Mike Coles

Life stories on items reclaimed from the streets of London

By John Lawrence

Where most passers-by would see junk or litter, an East Finchley artist sees material for her environmentally-friendly art. Zoe Hirson takes reclaimed wood and metal that she finds on the streets of London and creates pieces using a new kind of needlework.

"I hand stitch all my memories and stories into it," says Zoe. "I am an immigrant and recording my life here is so vital to my identity. I found my first beautiful floorboard in a skip and I knew I wanted to decorate it with my found metal. I did not want to use glue so I sewed because that felt more authentic."

Zoe was born in South Africa and arrived in London at the age of 10. "When you can't take stuff with you, finding things that connect the country you live in to the one you left behind is vital for your well being," she says.

Sewing on paper was part of her degree work at Manchester Metropolitan University and she trained as a printmaker, finding her printing blocks more interesting than the prints they produced.

Back in London, she continued sewing and found a studio space in Cockpit Arts in central London. She made wood figures and wood textiles, as well as developing her technique of sewing wood by weaving in other materials. "Most of what I work with would be in landfills if I didn't rescue it," she says. "I love that the pieces I work with have already been marked by time. So they come to me with their own stories, which I seek to draw out."

Five years ago, Zoe held an exhibition of her very personal work at the Phoenix Cinema in East Finchley. Find out more about her work on social media @zoehirson and at fine art gallery www.fillingdon.com

Any reader who feels strongly about any matter is invited to use this "Soapbox" column.

Please note that opinions expressed are those of the writer alone.



A spring clean for the world

By Ann Inglis, No2PlasticsN2

Remember that shock of first seeing a gentle turtle fatally entwined in plastic waste? Immediately afterwards East Finchley responded and launched No2PlasticsN2 in 2018. When we launched we maintained it is the everyday decisions we all make that changes the behaviour of retailers.

Since then we have realised just what power the law has in changing behaviours and ensuring that change does happen. And that the present proliferation of plastics is a world problem as well as an East Finchley problem.

Fifty years ago in Stockholm the 1972 United Nations Conference on the Human Environment was the first time the world started to acknowledge that it is we ourselves who are damaging this world.

The recent, at that time, amazing images of an intensely blue, fragile planet tracing its lonely path in the vastness of space must have been the spur. It has also become blindingly obvious, there is only one world and it is we who must protect it.

The Environmental Investigation Agency's (EIA) report published in January 2022 lays bare that at this rate plastic items will outnumber fish in the seas by 2040.

This month the UN Environmental Programme (UNEP) meets in Nairobi, to agree on a first international treaty to control plastic pollution worldwide. We do hope that it can set enforceable standards.

Right now, The Ocean Cleanup organisation is running trials on techniques to capture plastic waste from the huge concentrations that have built up in almost every ocean. The largest concentration, in the Pacific, is now three times the size of France.

Then we will be faced with what to do with that waste? One proposal is to have some smaller, old container ships refitted with incinerator, turbine and water electrolyser plant to generate clean electricity. These installations would supplant existing power stations and, located in harbours close to particular waste concentrations, and so generally in developing countries, would support local economies.

Music medley

A free concert taking place at East Finchley Methodist Church will feature a variety of music styles from Schubert to Mancini, performed by mezzo soprano Viola da Cunha accompanied by a melodica, piano and guitar trio.

Everyone is welcome to the concert on Sunday 13 March at 7.30pm. The church, opposite the junction with Creighton Avenue, N2, is fully accessible. There will be a collection in aid of The Friends of Hornsey Church Tower.

All Saints' Church, Durham Road, East Finchley Church of England

You are welcome to join us for:

**Sunday mass at 10.00 a.m. and
Weekday masses as advertised on the website.**
Face masks must be worn for the time being.

Or join our live-streamed services on our Facebook page:

<https://www.facebook.com/allsaintsef/>

The church is also open for private prayer as advertised on the website.

Prayer requests are gladly accepted.

For more information,
contact the Vicar, Fr Ian Chandler, on
020 8883 9315

Email: vicar.saintsabounding@gmail.com
or check out our website:

<http://www.allsaints-eastfinchley.org.uk>

A Warm Welcome to Probus!

Come and meet us at the North London Probus Club for brunch, lively conversation and stimulating talks given by notable academics, journalists, media personalities and fellow members. Our Club welcomes all semi- or fully-retired PROfessional & BUSiness men and women, and we meet from 11am on the third Wednesday of each month at Stephens/Avenue House in East End Road, N3. More details from Eric (8449 0566) or, preferably, at ericdalton147@btinternet.com.



Eyesore tree is transformed into eye-catching landmark

By John Lawrence

Over five days in January, a neglected tree in the garden of East Finchley Methodist Church was transformed into a stunning sculpture that will stand as a prominent landmark for years to come.



Unmissable: Simon O'Rourke's carving stands out against the sky.
Photo Mike Coles

Professional tree carver Simon O'Rourke used a chain saw and smaller power tools to create what is believed to be the first public sculpture of Susanna Wesley, known as the Mother of Methodism, as part of the church's 200th anniversary

celebrations.

Standing at over 20 feet tall, the western red cedar was previously a bare eyesore overlooking the High Road. In an amazingly short time, Simon's skills turned it into a beautiful and imposing art work showing

Susanna with her welcoming arms stretched wide and surrounded by woodland creatures.

The sculpture project was funded by church members and the Heathfield Trust, a Barnet-based Methodist charity, as part of a major renovation of the corner garden for community use.

Branches become arms

Simon, who is based in North Wales, told *The Archer* that the tree had been a pleasure to work on and its natural shape had lent itself perfectly to the subject.

"We think this cedar tree, which is actually a type of cypress, is about 70 years old but its trunk is actually strong and healthy," he said. "It's a very soft wood to work with, so that meant I could get plenty of detail into Susanna's face and hat, and into the woodland animals down below."

"The two outstretched branches of the tree determined the whole shape of the carving. I could tell straightaway that they would become Susanna's arms and somehow the result is a perfect match for her personality."

Simon is used to working in peaceful forest or park settings



Woodland life: An owl nestles in the trunk



Transformed: How the tree used to look

so the bustling High Road was a new experience for him. "Being urban and with so many people around all the time, this could be my most viewed piece," he said. "I had lots of attention and people asking questions while I was working and everyone was so positive about it."

Linking church and community

During the carving, Simon found a length of telephone cable embedded into the wood from the time the tree had been used as a makeshift telegraph pole, but that was the only minor difficulty.

The cross symbol carved into the central section of the trunk is the same as that seen in the stained glass windows of the church behind. With care and a regular coat of decking oil, Simon expects the tree sculpture to look good for upwards of 25 years.

Senior church steward Jane Ray said: "We are excited to see Simon bring his vision to life. We

hope it brings the church outside and encourages the community to come inside."



Inspirational: Susanna Wesley

Susanna Wesley, the mother of Methodism

Susanna Wesley was born in Bishopsgate, London, in 1669 and was the mother of John and Charles Wesley, who both became founders of the new Church of England movement known as Methodism.

Susanna had 19 children in total, nine of whom died as infants, and she took responsibility for their education, teaching her sons and daughters Latin, Greek and other classical studies.

On Sundays, she would assemble the family in their kitchen for a devout service that included psalm singing and a sermon. Neighbours asked if they could join and at one time more than 200 people worshipped with Susanna and her children. She explained her devotion this way: "I cannot but look upon every soul you leave under my care as a talent committed to me under trust by the great Lord."

Her husband Samuel was a clergyman and poet but conducted himself poorly in financial matters, meaning Susanna was almost constantly battling with hardship and poverty.

She died in 1742 and is buried in Bunhill Fields, near Old Street. A number of her own writings and meditations on faith and spiritual life survive.

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