



Ways we can all reduce our impact on the planet

By John Lawrence

East Finchley Town Team's first community event on Saturday 17 September was a roaring success with hundreds of shoppers stopping by to find out how we can make our High Road, and our lives in general, more sustainable.

'What do you like about the High Road?', 'What could a sustainable High Road look like?' and 'What can we do to make our buildings more sustainable?' were just some of the questions generating ideas on the Town Team's own stall.

The Power for People

organisation explained how community energy schemes could work, the People's Pantry provided a food and cleaning items refill service from their milk float parked up outside Budgens, Barnet Cyclists advocated the benefits of two-wheeled transport, and

general store Amy's displayed energy-saving goods and publicising the long list of items they collect for reuse and recycling. Also there was Tee Tarjan and the team of trainers from Mightee Fit, and James Drewe from Taiji giving demonstrations and advice on keeping

yourself healthy, the N2United network promoting local business and community connections and our own team from The Archer (we are printed on recycled paper).

Next in the Town Team's plans to breathe new life into the High Road and East Finchley

more widely is a day of music and arts in January and a food and drink event in March. Keep an eye on www.ILoveN2.co.uk/town-team for updates or follow their socials @eftownteam on Twitter and Instagram and @eastfinchleytownteam on Facebook.



Ideas from the adults of the future

Children at Martin Primary School came up with a wealth of ideas for ways to make our High Road more sustainable. They suggested swap shops,



where people can exchange items without money changing hands, and all-organic shops. They also wanted to see solar panels installed along the High Road and new flowerbeds or wildlife areas. The most ambitious ideas included a nature museum and a lido! Staff members Linda Kelly and Caroline Freedman were on hand to show off the models and drawings that the pupils had made to illustrate their ideas.

Protect our pollinators

Holly Pringle, of the Bumblebee Conservation Trust, showed that we can all play a part in giving bees and other pollinating insects places to feed and thrive. "Even planting a few bee-friendly flowers in a window box will give them somewhere to go," said Holly.



"The more little oases that we can provide for pollinators and the more we can link them up through East Finchley, the better they will be able to do their vital work in pollinating our plants and crops." Find out more at bumblebeeconservation.org



Crisp packets get a second chance at life

Gillian Reynolds joined the team on the Bin There Donate That recycling project stall to demonstrate how crisp packets can be turned into life-saving insulators for people living on the street in winter. Donated packets are sent to Terracycle where they are washed, cut open, fused together and given a thin plastic coating for strength, making a warm silver insulating layer to go over a sleeping bag. Crisp packets can currently be handed into the Cherry Tree Café in Cherry Tree Wood. Find out more by emailing bintheredonatethat@gmail.com

Sustain your body over the winter

Sustenance was on hand from vegan chef Sebastien Durand, who whipped up a risotto with mushrooms and a curry broth with tofu and toasted cashews using ingredients bought in the High Road the same morning. "When I arrived this morning I didn't know what I was going to cook so I based the menu on what I found," he said. Sebastien studied Chinese medicine and has been a vegan chef for 35 years. "I base my food a lot on its health properties. Autumn is the time to prepare your body for winter."



Alec the eel is slippery... and sustainable

Inventive puppeteer Jake Eiseman-Renyard made his children's show characters from a range of recycled materials. Alec the electric eel's coat comes from a duffle jacket bought at the All Aboard charity shop in the High Road, and his red mouth is the jacket lining. The material covering his fins comes from an old hoodie of Jake's and the cardboard inside them is toilet rolls. The movable jaw and the handles that make his tail flip are all fashioned from a broken umbrella. Jake gave performances of his *Alec and Tricity* puppet show throughout the Sustainable High Road event.



Thought-provoking film on life in 2040

The day after the successful Sustainable High Road event, the Phoenix Cinema screened *2040*, a visual letter to his four-year-old daughter from award winning Australian actor and director Damon Gameau, who embarks on a journey to the future, looking for ways to improve our planet for the next generation.

Difficult questions

The post-film Q&A session at the Phoenix raised questions about how challenging this would be and how much of our waste is really recycled. The panel members were Dave McCormick from Barnet Friends of the Earth, environmental documentary producer Abigail Manson and Cllr Alan Schneiderman, chair of the Climate Change and Environmental Committee on Barnet Council.

One contribution about the benefits of using charity shops came from a teenage girl and it was heartening to have youngsters there voicing concerns about their future.

Holy Trinity Parish Church

67 Church Lane, N2 0TH

www.holytrinityeastfinchley.org.uk

We are a community who welcomes everyone.
We meet in church and online. Please do 'come and see'.

Holy Communion & Children's Sunday Club: Sunday @ 10.00 am - In Church
Morning Prayer: Thursday @ 9.00 am - Online

For more information please contact us:

Email: maris.mirt@htef.org.uk

Tel: 020 3565 4430