



Birth advice: Poppy Child focuses on pain management techniques

Mother helps others to manage birth in a natural way

By Diana Cormack

An East Finchley mother has set up an online hub providing free natural birth resources, helping pregnant women and their partners towards a happier birth experience.

At a time when there is an NHS epidural shortage and a cost of living crisis, Poppy Child decided to share the methods she had used when having her own baby during the first lockdown.

At that time she had found herself able to cope with childbirth by successfully utilising pain management techniques, so much so that she was determined to tell others about them. Initially Poppy shared her knowledge with a free podcast on Spotify, producing it in her garden shed.

With people all over the world listening to her tips and suggestions, Poppy decided to take a hypnobirthing training course, studying such things as visualisation, massage, relaxation and deep breathing techniques. She then began teaching it on Zoom and, last year, set up an online course which has had hundreds of downloads.

Epidural shortage

Recent shortages of epidural supplies prompted her to create a TikTok account. Poppy said: "As soon as I began to hear about people giving birth and being denied interventions such as epidurals, I knew I had to help in providing them with effective strategies to help them at what can be a scary time."

This has resulted in more than 10,000 new followers. In addition Poppy has formulated a free hypnobirthing kit which is available for all. Also as a trained doula (a professional assistant who provides physical and emotional support to

women and their partners during pregnancy, childbirth and for a while afterwards), Poppy holds group hypnobirthing sessions in her East Finchley home or she will come to yours.

Find out more on TikTok and Instagram @popthatmumma, and on Poppy's website at www.hypnobirthing-positive-birth.com

A celebration of black culture and food

To mark Black History Month in October, Age UK Barnet has announced that musician, celebrity chef and *Dragon's Den* success story Levi Roots will be joining them for an afternoon of music, food and spoken word. "Levi will be talking about his early childhood in 1970s Jamaica and his subsequent success with his Reggae Reggae sauce," says Age UK Barnet's Jenny Jean-Charles. "There'll also be music by fantastic steel pan orchestra Pan Nation as well as a singalong, a cookery demo and taster plus heart-warming stories and poetry from older residents."

Age UK Barnet says it will be celebrating black culture but also wants to shine a light on some of the tougher challenges

Letters

Too many charity shops

Dear Editor,

It is with almost total amazement that I see yet another charity shop has opened in Muswell Hill which I believe makes the total there and in East Finchley of about 13.

Are the local councils trying to downsize Muswell Hill's and East Finchley's facilities as the rapid expansion of just charity shops is not doing our area any service? I realise that the rent of the shops must be enormous and that charity shops have a special discount, so that in order for the shops to be utilised the councils are taking this short-sighted way out.

However this area will soon be much less desirable if it only offers 13 charity shops and a massive amount of coffee shops and restaurants. People will spend their money in better locations with a wider variety of shops. Why doesn't the council, or whoever owns the freehold of these shops, take a hit and reduce the rent for businesses rather than just running down the very nice area and community?

**Naomi Inwald,
Lanchester Road, N6.**

Be Part of It

Dear Editor,

You kindly mentioned our charity Number Champions in your Be Part of It volunteers column. We're delighted to update you that it's resulted in several great people volunteering with us. So we wanted to say a big Thank You, and what a wonderful idea to devote a section of the paper to local volunteering opportunities.

**Sarah Manson,
Trustee, Number Champions,
N2**

Editor's note: Turn to page 4 for this month's Be Part of It



Black and white: JoJo the cat at the pub. See 'Whose round?'

Stop-start cycle lanes

Dear Editor

I am responding to my friend Mike Segal's letter in the August edition of The Archer. I applaud his enthusiasm for cycling, and indeed I cycled daily from East Finchley to the City for 14 years some 50 years ago. Traffic then was a fraction of today. However I cannot see how making cars crawl along, stopping and starting, will reduce pollution, compared to the steady flow of traffic around East Finchley station which existed before the current scheme. Particularly bad is the cycle/bus lane on the left being used by buses going north which turn right at the lights into Fortis Green, as they block the road for cars behind causing queues.

Also, as this is a major approach road from the north into central London, I think it unlikely that today's drivers will abandon their cars in favour of cycles. I did ask Barnet Council how many cycles used the route, and what changes the scheme had made, but they refused to answer saying the provisional experiment was still under way. I repeat briefly my earlier comments on the downside of the present set-up: rat runs, difficulties in using local shops due to new parking restrictions, shops closing, and even cyclists saying that the new lanes end then restart several times which is itself dangerous. Let's have cycle lanes indeed, but in appropriate locations

**Barry H White,
Fordington Road, N6.**

**Send your correspondence to:
news@the-archer.co.uk
or post to The Archer, PO Box
3699, London N2 2DE**

Whose round?

Dear Editor,

I enjoyed the article about the lady whose cat accompanies her on her delivery round ('Kikko is the purr-fect paperboy', The Archer, September 2022). Whilst I cannot compete with that, I give you JoJo (pictured above) who, in the hot weather, followed me from home to the Windsor Castle pub in The Walks, although he didn't seem to enjoy the Guinness.

**Linda Dolata
Leopold Rd, N2.**

Plastics thanks

Dear Editor,

I was taken aback by such a validating article in The Archer last month ('Plastic group wraps up... but the fight goes on'). The visceral response of East Finchley-ites to David Attenborough's *Blue Planet* programme [in 2017] showing a turtle entangled in plastic was evidenced by the number of people who immediately volunteered to join the nascent No2PlasticsN2 group.

I want particularly to thank the group's cofounders Ruth Anders and Joanne Westgate for their enthusiasm, plus Vanessa for her wonderful brand design, Joanne for making the signs and each and every one in No2PlasticsN2.

We questioned every shop, awarded signs and spoke to residents at our Saturday tables and on our East Finchley Festival stalls. There are just too, too many to thank individually. You all know who you are, thank you (and especially the coterie of us five, there at the end).

**Ann Inglis,
Huntingdon Rd, N2.**

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.

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

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

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>

Quiz night

Join Age UK Barnet for their next Quiz Night on Thursday 17 November at the Ann Owens Centre, Oak Lane, East Finchley. Arrive at 6.45pm for a 7.15pm start.

Tickets cost £15 and include a tasty two-course meal, plus there'll be a raffle during the evening and a cash bar. To book, contact teresa.gallagher@ageuk-barnet.org.uk or phone her on 07502 989 403.