



## Energy and positivity at charity's opening night



Party people: Singers took to the mic and DJs were on the decks at the opening of the Art Against Knives gallery in the High Road, N2. Photos Art Against Knives

By Daniel Crute

On a normally quiet Wednesday evening, the High Road lit up with music and excited young people as the Art Against Knives (AAK) official launch party went off with a resounding bang, in their new flagship space at number 162 (*The Archer*, November 2023).

Headlined by TikTok stars' Altego and DJ Tiny Nukes, ably supported by young music stars who have honed their DJing and performance skills through

AAK's music programme, revellers, clients, and supporters danced and celebrated the charity.

An open mic session gave

voice to poets, and speakers gave testimonials on the positive effects of working with AAK. There was Caribbean street food provided by One

Love Kitchen. In Our Hands ran a nail bar where attendees could get creative with their fingertips. Shelves were stacked and walls hung with fine art and print work on everything from t-shirts to mugs to phone cases, produced by both young people through the charity and recognised artists such as Camille Walalal, Jess Wilson, and Hattie Stewart.

The rooms buzzed with

energy and a real sense of excitement about what was. It was a pleasure to see so much positivity produced for so many of East Finchley's youth. Judging by the heaving dancefloor by the time this reporter arrived, and the happy faces all around me, AAK has a very bright future in East Finchley. Pop in and have a look at the work they do and see how you can get involved.

## New gym space opens its doors

A new personal training gym owned and run by East Finchley local Chris Ekeleme has opened in Aylmer Parade, N2.

Called F.I.I.T, the studio offers classes and workshops that dispense with the plethora of fads and social media-influenced 'systems' seen in many gymnasiums. Chris, a qualified personal trainer, says he wants to promote a clear approach, free of pseudo-science.

F.I.T.T stands for Fitness, Intensity, Time, & Type-of-training. Chris considers these four elements to be the pillars of quality fitness programming, and he adjusts the bal-



Studio owner: Chris Ekeleme

ance of these to fit the requirements of each individual client he works with.

He has an app to support your program, one-to-one classes, and a range of comprehensive group classes for all ages from as young as seven years old, with no upper age limit. His studio is also available for free to host community health lectures and talks. Find out more at [www.fittstudio.co.uk](http://www.fittstudio.co.uk).



Helping hand: Lucy Alterman and Diana from East Finchley Open Artists present a cheque for £1,250 to Finchley Foodbank coordinator Anna Maughan. Photo Mike Coles

## Arts and crafts help hungry households

By Mike Coles

The East Finchley Open Artists winter fair raffle held in November raised donations totalling £1,250 for the Finchley Foodbank, EFOA's charity of the year. The fair showcased handmade art and crafts by local artists in East Finchley.

The donation helps the food bank provide a variety of essential foods, toiletries, and baby items in the coming winter months. Supporting this cause made Christmas a bit brighter for families in our community who are struggling right now.

Finchley Foodbank is currently supporting 720 people from 248 households. The donation will be used to fund gaps in the food donated by shops and people in the community.



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