



What helping at the food bank means to me

Louis Victor joined the Finchley Foodbank team in an effort to give something back to his local community. Here he explains how he has gained a great deal personally from the experience.



Volunteer: Louis Victor

I have been a volunteer in a variety of roles at Finchley Foodbank for nearly three years and have felt very well supported both by the organisers and by the very strong teamwork ethic among the volunteer team.

In our current society there are many different reasons that people fall into the sort of hardship that prevents them from being able to feed themselves or their families adequately. To know that I am doing something

genuinely valuable and to work in such a kind and supportive environment has brought me real joy.

My enthusiasm for Foodbank work has even led to my wife Caroline joining the team and she has also got a great deal out of it, enjoying the camaraderie and the feeling of helping in a very worthwhile cause.

I love the colleagues with whom I volunteer and have also felt real warmth from the members of our community who come to make use of the service. This absolutely feels like local people coming together to offer much-needed help to their neighbours in a time of need... the sort of thing that makes East Finchley a fine place to live.

Finchley Foodbank needs more dedicated volunteers to fulfil a number of roles ranging from receiving deliveries, sorting food donations and restocking shelves to staffing food sharing sessions. Find out more by contacting finchley-foodbank@gmail.com

Looking for volunteers?

Are you looking for volunteers to help in your community group or organisation? Send your appeal to us and get included in our Be Part of It column, which is published on page 2 every month.

Be sure to give details of what the role involves and the time commitment, along with any contact details for

volunteers to get in touch. Many local organisations have done just that since we first published the column and they tell us it gets results. Submissions are free and are included subject to available space. Please submit your listing up to a maximum of 80 words to news@the-archer.co.uk, marking your email 'Be Part of It'.

LICENSING ACT 2003 NOTICE OF APPLICATION FOR VARIATION OF A PREMISES LICENCE

Notice is hereby given that (a) The Engine Rooms has applied to the Licensing Authority of London Borough of Barnet for a Variation of a Premises Licence to permit:

(b) Supply Of Alcohol and Music

Live music

Monday - Wednesday 10:00-00:00

Thursday - Sunday 10:00-01:00

Recorded Music

Monday - Wednesday 10:00-00:00

Thursday - Sunday 10:00-01:00

Late night refreshment

Monday - Wednesday 23:00-00:00

Thursday - Sunday 23:00-01:00

Supply of alcohol

Monday - Wednesday 10:00-00:00

Thursday - Sunday 10:00-01:00

For the premises (c) The Engine Rooms at (d) 82-92 Great North Road, London N2 0NL

A register of licensing applications can be inspected at 2 Bristol Avenue, Colindale, London, NW9 4EW. Appointments to inspect the register can be made by telephoning 020 8359 7443 during office hours.

Any person wishing to submit relevant representations concerning this application must give notice in writing to the London Borough of Barnet, Licensing Team at the address above, giving in detail the grounds of the representation no later than: 2nd September 2025. (e) date submitted 5th August 2025

The Council will not entertain representations where the writer requests that his identity remains anonymous. Copies of all representations will be included in the papers presented to the Licensing Authorities Sub Committee and will therefore pass into the public domain.

Representations must relate to one or more of the four Licensing Objectives: the prevention of crime and disorder, public safety, the prevention of public nuisance and the protection of children from harm.

It is an offence liable on conviction to a fine up to £5,000 under section 158 of the Licensing Act 2003 knowingly or recklessly to make a false statement in connection with an application.

Dated this 5th day of August 2025



Table talk: Plenty of interest at last year's HGS U3A open day

Busy menu of activities for those who like to learn

By Lynn Winton

U3A, or the University of the Third Age, is the international organisation that offers a host of learning, exercise and social activities for those no longer in full time work.

For readers of The Archer, the nearest branches are the North London U3A and the Hampstead Garden Suburb U3A, the latter of which is having its annual open day this year on Thursday 11 September from 10.30am to 12.30pm.

Those interested can just turn up, meet the chair and other members and find out what classes and activities to sign up for before deciding to join. A single subscription of £37 covers unlimited classes across

the timetable for 12 months, so for those who love to keep busy you could be out every day in pursuit of enrichment and camaraderie.

New skills

Since it was founded in 2017, the membership of HGS U3A, which is registered as a charitable body, has climbed to over 750 served by 90 activity groups all run by volunteers.

New groups established in recent months include Philosophy, Rummikub, Chess, French

Literature and growing demand has prompted creation of extra Bridge, Art, Table Tennis and Walking groups.

Carole Spiers is the group's chair and will be there at the open day along with her team to greet newcomers. She has just been awarded an MBE in the King's honours list for services to mental health and stress management. The open day takes place at **The Free Church, North Square, NW11 7AG**. Find out more at hgsu3a.uk

Academy headteacher is top class

Lucy Harrison, headteacher at The Archer Academy in East Finchley, has been named Silver Winner of the Headteacher of the Year in a Secondary School title at the prestigious Pearson National Teaching Awards after being chosen from thousands of nominees across the country.



Silver award: Lucy Harrison

She will now progress as a finalist for the Gold Award, which will be announced later this year at a national ceremony in London, to be featured on BBC TV's The One Show.

A spokesperson for The Archer Academy said the award recognised Miss Harrison as an exceptional leader and was an exciting and proud moment for the whole school community.

Late summer boot sale

The next Muswell Hill Indoor Car Boot Sale takes place from 10am to 1pm on Saturday 30 August at Hornsey Parish Church Hall, on the corner of Cranley Gardens and Park Rd, N10 3AH. Buses W7, W3 and 144 stop nearby. Admission is 50p and refreshments are available. For more information, contact 020 8368 8180.