



## Relax into the long stretch of winter

By Sunnah Rose

The festive days are gone, the days are short, cold and dark and we are heading into what some might think of as the 'January blues'.

It is common to feel low at this time of year and there can be a lot of pressure on us to set new goals, start something new, get on that diet, change!

Here are some simple tips to support and keep you feeling positive over this time.

1. Accept that it might feel

a bit tough and allow yourself to be okay feeling that.

2. Take rest when you need it. The lead-up to the holidays is very busy, so use this time to help reset your brains and body.

3. Explore your creative side; start that knitting project, cook some healthy food, read a book.

4. Do some exercise, join a new class, go for a swim or get on your mat and do some breath work.

5. Money may be tight but there are still plenty of free

things you can do: walks in the woods, getting together with friends and loved ones, board games....

6. Get outside and find something that you find beautiful about this time of year.

Remember that we have already had the shortest day of the year so things are only going to get brighter. And finally, a little mindful movement for you to add to your daily lives

1. Sit or stand with your spine nice and long, arms by your side.

2. Notice the rhythm of your breath.

3. Inhale and sweep your arms up to either side of your head and lift your gaze to the space between them.

4. Exhale and sweep your arms down and lower your head to its natural placement.

5. Repeat three to five times.

This will encourage your breath to draw deeper into your lungs, help open your chest & heart centre and will assist you in being present in the here and now. Find out more at <https://stretchingpeople.co.uk/>



Stretch to the light: Yoga for winter days

## Take on a literary classic

*Ulysses* by James Joyce has a reputation of being one of the most challenging novels ever written... but here in East Finchley there is an expert reading group on hand to help.

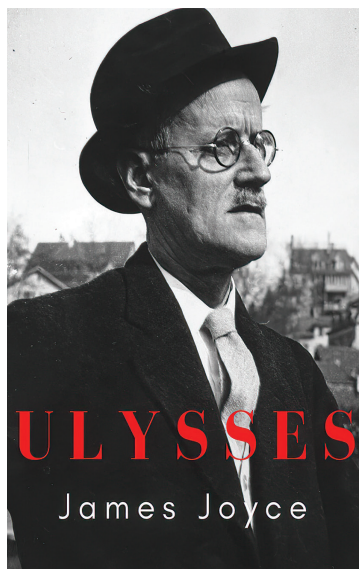
Local resident Russell Raphael created North London Ulysses in 2019, since when he has been publicly reading *Ulysses* in pubs around the area and guiding eager readers through.

He loves reading it out loud to an audience. He enjoys the noise it makes, the accents, the commotion, the shock at its naughty bits, the hilarity of its funny bits and the pin-dropping silence at its tender parts.

It takes 50 to 60 weekly readings to finish and then he starts again with another group of eager listeners who invariably add a new twist to his own understanding.

The current group is the third full cycle, plus during lockdown Russell delivered a series of 22 online lectures on the novel. The fourth full reading will start on 13 January at 8pm and is likely to be at The Clissold Arms, 105 Fortis Green N2. It will then be each Monday evening throughout the year, finishing in early December 2025.

This year, the live readings will be complemented with weekly online videos so readers can keep up even if they can't get to the pub (either sometimes



Classic: James Joyce's *Ulysses*

or at all) and they will still get to hear some of the reading plus commentary and analysis.

Russell is the author of two *Ulysses*-related books. *An Understanding of Ulysses* and *The*

*Fine Trousers of Almidano Artifoni*. If interested in joining the next reading, please email [russell@northlondonulysses.org](mailto:russell@northlondonulysses.org).

Wednesdays  
Mornings  
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Original works: The Fresh Art Fair is coming to Alexandra Palace

## Ally Pally gets taken over by art

An art fair offering visitors the chance to buy original works priced from £50 to £30,000 is coming to Alexandra Palace later this month, showing 7,500 pieces by 750 artists.

Fresh: Art Fair will be providing a platform for many of north London's galleries and artists. Amongst the exhibiting galleries will be Galleri Aurelia, Highgate Contemporary Art, Fine Art Consultancy, C-A-K-E Art, North London Printmakers and Pap Art.

The Hampstead School of Art, the oldest, non-profit, contemporary art-making and learning centre in north London,

will be running free 'making clay heads workshops' at the fair on the Saturday and Sunday.

Fresh: Art Fair opens at 5.30pm on Thursday 30 January with a Private View and is then open 11am to 6pm from Friday 31 January to Sunday 2 February, closing at 5pm on the Sunday. Tickets are on sale at <https://bit.ly/BookFreshTickets>

## Somewhere to take the little ones

By Diana Cormack

Since becoming a grandparent, I am much more aware of activities available for babies and toddlers. Looking after little ones takes up a lot of time and energy, so how nice to find a place not too far away where they can play whilst adults can relax with a coffee.

Balloon, at 593 High Road, just past Summers Lane in North Finchley, opened last October. Aimed at children of six and under, there is a separate ball pool section for babies and toddlers adjoining a two-tier area comprising a trampoline, rollers, slides and a secret tunnel.

It is open every day of the week from 9.15am to 6pm. Booking is essential at weekends, with walk-ins for the two-hour time slots during the more flexible weekdays. Space is available for 20 children and 20 adults. Private parties can be catered for where food, drink and ice cream are provided as well as party bags containing five items. For more informa-

tion visit <https://balloon.uk>

Yesim Muyan, who runs the family business, having studied for a business degree in Turkey and a Masters here, told *The Archer* that there are no parking restrictions in the streets nearby. Plus she offers a Mediterranean-inspired menu offering a good choice of food and drink for all ages.



Indoor play: The new soft play centre on the High Road in North Finchley

## Did you know?

*The Archer* is printed each month on paper made from 100% recycled fibre, mostly retrieved from old newspapers collected by local authorities around the country. It is made here in the UK in King's Lynn in Norfolk, some 50km from our printers Sharman and Co in Peterborough.