



Push to spread benefits of pickleball to more children

By Lynn Winton

Pickleball is booming in the UK right now. It's a fun, lower impact alternative to tennis, with no expensive infrastructure, as any sports court or hall can be set up ready to play in a few minutes.

Here in East Finchley, the company leading the way is Lemon Pickleball. You can book their classes and play sessions in many local venues including Christ's College Finchley and Bishop Douglass schools. Their free taster sessions on the courts at the East Finchley Festival in June were very busy with whole families getting into the game.

On the strength of their success, the company founders have launched a charitable foundation to teach underserved children in London, one session at a time.

"More than half of London's children don't reach the government recommendation for daily activity," explained Lemon Pickleball's operations lead Josh Crine, who is experienced in advising charities providing sport in schools across London. "Pickleball is accessible, doesn't need any expensive kit, and can be played all year round inside and out. It's great fun from the get-go and every child deserves the chance to benefit from the physical, mental and social wellbeing we know it brings."

The Foundation will have its own trustee board, executive team, financial structure,



Lemon Pickleball sessions at the East Finchley Festival in June.

Photo Mike Coles

governance accountability and mission, and it will benefit from the knowledge and relationships that the current business has with schools and equipment suppliers, boosted by access to charitable grants alongside private and corporate contributions.

If you want to know more about being involved in the start of the Lemon Pickleball Foundation, whether by donating, giving your time and expertise, or suggesting your school as being one of the first to benefit, Josh would love to hear from you at josh@lemonpickleball.com. Find out more at lemonpickleball.com/pickleball-foundation.

Protect your parcels from doorstep theft

By Jan Lovell, East Finchley community police officer

People in East Finchley are continuing to fall victim to the theft of parcels from doorsteps with one or two happening every month. The best way to avoid this is to choose a more secure delivery option than your home address when ordering online.

There are several alternatives. Select a shop where you can collect your parcel. Many corner shops provide this service. When you choose this option, a list appears and you tick the shop that's best for you.

Or you can choose to pick up your parcel from an In Post locker near where you live, such as Budgens, or on the High Road by Creighton Avenue and Chandos Avenue. You can also post a parcel from an In Post Locker. Sometimes retailers

offer no options other than home delivery, but you can always provide delivery instructions in the event that you are not in, such as redirecting to a trusted neighbour who you know will take in parcel for you, or even a 'safe place' within the property boundary.

You could also consider buying a parcel box to put near your front door. Make sure it's sturdy, lockable, weather-proof and has an anti-fishing mechanism to prevent theft.



Always delivers: Jane Ray and Denise Ballard-Wyllie with their poster tribute to postman Manuel Dabey.
Photo Mike Coles

Fight to keep special postie

By Ruth Anders and John Lawrence

Celebration turned to sadness when neighbours around the Long Lane area of N2 marking the birthday of their treasured postman discovered days later that he could be taken off the round where he has delivered for nearly 20 years.

In that time, Manuel Dabey has become a treasured part of the local community in Long Lane, Elmfield Road, Trinity Road, Brighton Road, Chamberlain Road, Richmond Road and Font Hills.

Friday 26 June was Manuel's 55th birthday. Residents Denise Ballard-Wyllie, a professional artist, and Jane surprised him by distributing posters for people to display on their windows, gardens and doors by way of a thank you for all that he does.

But within days Manuel was notified by his managers that he was likely to lose his current round and be moved elsewhere. Neighbours were upset at the news and as we went to press on this edition many were writing to the North London Area Manager to protest. A petition has also been started at: <http://bit.ly/4vLOSKE>. The QR code in this article also links to it.

Testimonials say Manuel is always friendly and takes pride in his work. He knows the households he serves and knows the neighbours where he can leave parcels if someone is out at work.

Denise Ballard-Wyllie told The Archer: "Everyone seems to have their own story about Manuel's kindness and the genuine interest he takes in people. I've known him for well over ten years through his round and I've come to appreciate what a special person he is." Jane Ray added: "Manuel is much loved by us locals for his cheery welcome and total reliability.

We think he is also a life saver, as he was especially during Covid, for the way he supports the sick and the vulnerable."

Manuel was very touched by the community's response to his birthday, but also rather overwhelmed by the attention, saying that the appreciation should really be shared with the whole N2 postal team.



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