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The Archer

Local News is our Aim

November 2026 No. 391

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The Archer is a non-profit-making, non-political & non-religious newspaper, run entirely by volunteers

Cinema unveils plans for major foyer redesign

By Ruth Anders

"Absolutely thrilled," said recent graduate Alex Smith, when told his team had won the competition to design a stunning new interior for the foyer of the Phoenix Cinema. "The Phoenix Cinema is a key part of what makes East Finchley special."



Part of the Phoenix foyer redesign

Alex is one of the students from Middlesex University's Interior Architecture Design course who took part in this summer's competition to propose a scheme for the revitalisation of the cinema's foyer and toilets, alongside fellow student Abyudh Gajja, Marco Leung and Niloofar Toutounchi.

Their winning design features a completely revamped box office and snacks counter beneath an illuminated menu board resembling a cinema marquee. Elsewhere in the foyer there are new seating areas backed by low-lit panels featuring designs reminiscent of projection rooms and celluloid film. The cinema's toilets are also given a smart makeover in keeping with the venue's art deco heritage.

Alex, who has lived in the area all his life, told The Archer, "I knew the Phoenix needed some help, and I took the idea to our tutor Jason Scoot. It was the first group project we'd done, and the four of us worked well together to agree a concept and then develop the detail."

Continue reading and see more of the winning designs on page 3



Golden arrow

Maggie Woolf demonstrates her skill with a bow perfected through 50 years in the sport of archery, which have included an influential role in helping to bring the Olympic Games to London in 2012. Friends and family came together at the Aquarius club in East Finchley to celebrate her five decades of shooting on target. Read the full story on page 4. Photo Geoffrey Davies

Christmas party

Bishop Douglass School in Hamilton Road, N2, will be holding its annual Christmas party for senior East Finchley residents again this year, on Thursday 10 December, from 5 to 7pm. Guests are asked to arrive by 4.45pm in order to make a prompt start. East Finchley residents who are over 65 are welcome and you should book your place without delay.

As usual, you will be welcomed with a glass of sherry by Year 10 students and enjoy a Christmas meal, followed by carol singing and entertainment by pupils and staff. Games of bingo and a gift from Santa Claus will round off the evening. Transport can be provided for those residents who are less able. To book your place, phone 020 8883 0433, leave your name and a contact number and someone will get back to you.

Light up the festive season

By Hat Townley

Everyone is invited to the East Finchley Town Square, outside Budgens in the High Road, to celebrate the start of the festive season on Saturday 28 November at 5pm.

Watch the area shapeshift into a blaze of seasonal light as our lights will switch on to the sound of music and carols led by our local choirs and the London Metropolitan Brass Band. And, of course, you!

As ever, thanks to the generosity of Budgens, there will be mince pies to cheer our souls and mulled wine to warm our voices and remind us all that 'tis the season to be jolly… Fa-la-la-la-la, la-la-la-la.

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Be Part of It
Volunteers wanted

Compiled by Lynn Winton

Finchley Foodbank is looking for a new kind of volunteer to help people with all things digital, such as searching the internet, sending emails and booking appointments. You will signpost people to help with the cost of living, employment, housing etc. You will need to be available for foodbank sessions on Tuesdays and/or Saturdays between 11.30am and 2pm twice a month. To find out more about becoming a digital champion volunteer, email: **hello@finchleyfoodbank.org.uk**

N2-based **Number Champions** is an award-winning charity that helps young state primary school children who are behind in maths. It trains volunteers to use games and other creative activities in one-to-one sessions in the pupil's school. The charity is active across London and is especially looking for N2 volunteers. If you have enthusiasm to help children, confidence in basic numeracy and 1.5 hours/week available in term time, visit **www.numberchampions.org.uk** or contact **volunteer@numberchampions.org.uk.**

Youth communications charity **Exposure,** based in Muswell Hill, is looking for two new trustees, people who share a genuine commitment to young people and can bring expertise in fundraising, digital media, finance, charity governance or equality and inclusion. The role will entail four or five trustee meetings a year, with hybrid options available. To find out more, contact: **info@exposure.org.uk**

224 North London Air Scouts (N6) are looking for adult volunteers to help run fun weekly sessions for young people. No experience needed, full training provided. Flexible roles to suit your availability. Even a couple of hours a week makes a real difference. Interested? Get in touch at **del@224.org.uk**

Do you enjoy swimming? **WeSwim** is a London-based charity that creates safe, welcoming spaces where disabled adults can swim with the support of volunteers in the water. They are looking for volunteers who are keen to make a difference by working with the disability community in Crouch End, giving just a few hours a month. No swim teaching/coaching qualifications required, although being comfortable in the water is a must. Contact **harriet@weswim.club** for more information.

Join the team at the new **Finchley Free Legal Advice Centre**. This new community-led initiative is providing free legal advice to residents who are most in need. If you have a legal background, and can spare two hours a month, your experience could make a profound impact on someone's life. They are particularly looking for lawyers with experience in immigration, housing, benefits, crime and family. The new Advice Centre will rotate to different venues in the constituency every other weekend. Find out more by emailing **sarah.sackman.mp@parliament.uk**

If you'd like your organisation to be included in this column please email **news@the-archer.co.uk**

Friends of the wood

Everyone is invited to the Friends of Cherry Tree Wood AGM at 7.30pm on Wednesday 21 January at All Saints Church, Durham Road, N2.

Drop in to hear what has been happening in the wood, and what the charity has planned for the year ahead in 2027.

Tell us the news

Have you got a news story or an interesting photo for us? Our readers are our eyes and ears, and we are always pleased to hear what is going on in East Finchley. Tips, ideas and stories, are very welcome. Please email **news@the-archer.co.uk** or leave a message on our free phone: **0800 612 0748**.



No roof: Young volunteers bed down in the open air for the Big Sleep Out

A glimpse into homelessness

By Gail Norcliffe

Residents have been braving a night outside as part of a fundraiser for Homeless Action in Barnet (HAB). On top of raising vital money, the Big Sleep Out aimed to increase awareness of homelessness and its impact on individuals.

'Under the Same Sky' inspired more than 40 people to give up their beds for a night between June and September. Participants were mostly young people, the majority under 18, including students from North Finchley's Woodhouse College and a scout group.

At the core of the Sleep Out was a demonstration of empathy, but importantly it recognised such an initiative could never recreate the hardships and despair experienced by those who do not have a home. Marcin Nocek HAB's Night Shelter Coordinator told me how the final event at the end of September differed from the experience of being homeless. It was held next to the Alyth Synagogue in Golders Green within the shelter of the Sukkah.

A restaurant donated food so all had hot food and fundraisers benefited from sleeping bags and mats. Unlike regular rough sleepers they were relatively warm, secure and not subject to physical and mental attacks. Participants Stephanie and Courtney raised an impressive amount of money and described the Sleep Out as: "A genuinely unique and rewarding experience. It gave us a small glimpse into the cold, discomfort and vulnerability that comes with not having a safe place to call home. It certainly made us appreciate the simple things we often take for granted."

The Big Sleep Out has raised more than £8,000, but demand for HAB's support has been higher than ever this year. While the charity always does what it can to help people rebuild their lives, it is finding traditional funding simply isn't stretching far enough. If you can help, donations may be made through HAB's website **www.habcentre.org**

PLANNING APPLICATIONS

Barnet

10 Sylvester Road, N2

New front porch with pitched roof. Ref: 26/3701/HSE. Single-storey rear extension with a proposed depth of 4.3 metres, maximum height of 3.15 metres and eaves height of 3 metres following demolition of existing store. Ref: 26/3700/PNH

252 East End Road, N2

Conversion of two existing self-contained flats into one single family dwellinghouse. Ref: 26/3671/FUL

30 Summerlee Avenue, N2

Roof extension including rear dormer window, juliet balcony and two front-facing rooflights including materials change from red clay to red zinc tiles. Ref: 26/3655/HSE

62B High Road, N2

Change of use of the property from a single family dwelling (Class C3) to a three-bed House in Multiple Occupation (HMO) (Class C4) for up to 5 people. Ref: 26/3635/FUL

First Floor Flat, 11 Leicester Road, N2

Roof extension with rear dormer with juliet balcony and outrigger dormer, and three front-facing rooflights. Ref: 26/3599/FUL

67 Manor Park Road, N2

Part single, part two-storey side and rear extension following the demolition of existing side and rear extensions/garage and shed. Roof extension with rear dormer window. Ref: 26/3572/HSE

78 High Road, N2

Submission of details of condition 9 (Demolition and Construction Management and Logistics Plan) pursuant to planning permission 26/0244/S73 dated 26/01/2026. Ref: 26/3578/CON

90 Manor Park Road, N2

Single-storey rear extension with a proposed depth of 6 metres, maximum height of 3 metres and eaves height of 3 metres. Ref: 26/3507/PNH. Roof extension involving hip to gable, rear dormer window, two front-facing rooflights and new side gable window. Ref. No: 26/3440/192

81 Bedford Road, N2

Single-storey rear and side extension with three rooflights (amended description). Ref: 26/3460/HSE

10 Oakview Gardens, N2

Single-storey rear extension with a proposed depth of 3.80 metres, maximum height of 3.00 metres and eaves height of 2.85 metres. Following demolition of the existing rear conservatory. Ref: 26/3423/PNH

Haringey

26 Fortis Green Avenue, N2

Erection of a single-storey rear extension. Ref: HGY/2026/2840

3 Shakespeare Gardens, N2

Minor Material Amendment application under Section 73 of the Town and Country Planning Act for variation to condition 2 attached to planning permission HGY/2025/2440 to amend design of the single-storey rear extension. Ref: HGY/2026/2497

Cinema unveils plans for major foyer redesign

Continued from page 1

By Ruth Anders

He led his group's presentation in June this year (The Archer, July 2026) when four groups of students proposed their ideas to Phoenix staff, trustees and others. The competition judges considered the views of the public, the board of trustees and, importantly, the cinema staff.

Paul Rossi, chair of the trustees, said: "All the designs showed huge creativity by the students, who were clearly engaged with the opportunities and challenges of our heritage building. We are very grateful for all those who took the time to express their views on these designs and thank them all for their feedback.

"It was vital to have input from the cinema's dedicated team of staff, as not only could they appreciate the aesthetics of the plans, but they also know what would work best when considering the practicalities of day-to-day delivery."

The Phoenix's executive director Kathryn Smith added: "Huge congratulations to our winning students for creating such an inspiring vision for the Phoenix Cinema foyer.

It's been wonderful to see the creativity and fresh ideas that the Middlesex University architecture students have brought to this project. "As a community-owned charity, we want the Phoenix to continue to be a welcoming, accessible and much-loved space for everyone, while preserving the unique character of our historic building. We're excited to take the next steps towards bringing this vision to life, with the support of our wonderful community." The Cinema's Phoenix Rising campaign is designed to raise the necessary financial support to start the building work. The staff and trustees are approaching corporate sponsors, philanthropic trusts and foundations and individuals to achieve this. Every penny counts and if you care about the Phoenix and feel able to make a donation, no matter how small, you can use the QR code in this article.



Screen glamour: The full set of winning designs by a Middlesex University student team chosen to revamp the Phoenix Cinema foyer and toilets.

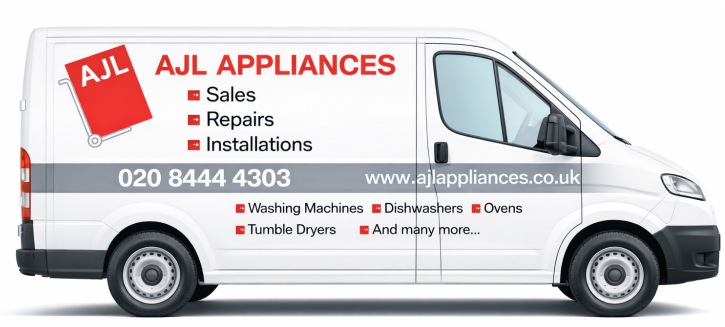
Christmas Fair at St Mary's

Enjoy a little Christmas magic close to home as the St Mary's Christmas Fair brings neighbours, families and friends together on Sunday 29 November, from 11am to 2pm. Everyone is welcome at St Mary's Parish Halls, 279 High Road, N2, and admission is free.

Whether you're coming with children, meeting friends or popping in on your own, there will be a warm welcome and plenty to enjoy. Explore more than 15 stalls offering Christmas gifts, crafts, jewellery and fabulous hampers, or try your luck at the chocolate and bottle tombolas.

Santa arrives at noon to hear Christmas wishes, while the parish choir will fill the halls with festive carols. Younger visitors can enjoy cookie decorating, face painting and glitter tattoos, with nail and henna art also on offer.

Come hungry for delicious hot food and home-baked treats. The fair raises funds to help maintain and heat St Mary's.



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Jeweller finds light out of the darkness

By David Melsome

When Aneesa Janering started her own business making beautiful glass jewellery, she was in a very dark place, suffering from severe post-partum depression and sleep deprivation. Her husband Hugo told her: "Make something with your hands, you love to create and you need to be creative to get through this."

That's when Aneesa set up The Eighth Hour Studio from her home in East Finchley… and just over a year later she has been shortlisted as a 2026 finalist for Best Home-Based Business at the UK Small Business Awards.

"When I moved to East Finchley eight years ago, I immediately knew I had found a remarkably supportive and vibrant community," says Aneesa. "Over the years, connecting with locals as an active stallholder at local markets and attending the East Finchley Festival four years in a row has deeply rooted me in this neighbourhood.

"East Finchley is a place I truly love and am incredibly proud to call home. That is why I was completely overwhelmed to receive the news that my company has been shortlisted. I have the distinct honour of representing East Finchley on this national stage. "The Eighth Hour Studio is now more thanjust a home business, it is a testament to the resilience we hold within ourselves. My deepest hope is that this platform and this nomination serve to empower other women." Aneesa moved to the UK from



Aneesa Janering

Canada 10 years ago and to East Finchley two years later. Hugo and his family have lived in N2 since the late 1970s.

The UK Small Business Awards encompass a range of categories to bring recognition to people starting out or thriving in commerce and services. Winners will be announced in December.



Aneesa's glass jewellery





Archery queen: Maggie Woolf during the afternoon of celebration at the Aquarius Club. Photo Geoffrey Davies

Maggie still on target after five decades

By Geoffrey Davies

Archers and their friends from across the UK and Europe came together at the end of September at the Aquarius archery club on the covered reservoir in Southern Road, N2, to pay tribute to the 50-year commitment of one woman.

Maggie Woolf joined Aquarius in 1976 along with her husband Alan Lake. Both were heavily involved in running the club as coaches and later Maggie became a celebrity not only as a prolific archer in her own right but also as a national judge.

She played a significant role in securing the 2012 Olympics for London, though her biggest legacy is her decades of encouraging young participants to try the sport.

Ever the renegade, people tell stories of 'Maggie's Rules' which, when official competitions had ended, allowed the youngsters to use water pistols and pull silly faces to distract other competitors.

While she thought she might have to give up the sport when she became pregnant, she in fact continued and coached not only her husband who made the British Field Team, but also made a name teaching disabled archers in Edgware.

Maggie has taught archery in dozens of schools across London, including Tetherdown in Muswell Hill and Queen Elizabeth Girls School in Barnet, and advised on several BBC programmes for children. "Learning archery when you are young is a great thing," says Maggie. "It is a relaxation from school and exams and teaches discipline and precision. It tends to appeal to those who play



Maggie Woolf's celebration cake Photo Geoffrey Davies

chess."

In 2020 Maggie was awarded The Silver Plaquette by Archery GB, the UK's governing body, in recognition of her decades-long judging and coaching career, specifically highlighting her profound impact on young, disabled and upcoming grassroots archers.

Events during the celebration afternoon included a competition to burst balloons on a target and the opportunity for visitors to try their hand. "The first arrow you shoot is perfect, because you are doing what you are told," says Maggie. "After that you need to be reminded."

Aquarius is one of the few clubs still running in North London with outdoor shooting, as rising rents and land development have reduced access. Aquarius also offers indoor shooting in the winter at the Army Reserve Centre in Barnet.

From The Archer archives…

By Jane Marsh

10 years ago: November 2016

The Finchley Society were instrumental in the placing of a blue plaque and information board at the site in Granville Road, N12, where Joseph Grimaldi once lived. Grimaldi, 1779-1837, was a hugely popular clown and pantomime performer, who spent much of his career in Drury Lane, Covent Garden and Sadler's Wells. He bought Tippity Cottage at Fallow Corner and lived there with his family for several years.

15 years ago: November 2011

All Saints' Church in Durham Road marked its centenary with a Solemn Pontifical Mass celebrated by the Bishop of Edmonton, The Right Reverend Peter Wheatley assisted by, amongst others, All Saints' vicar Father Christopher Hardy. Alongside the celebratory service, the church hall hosted the annual East Finchley Art Festival's art exhibition, which was much admired by the congregation.

25 years ago: November 2001

Following repeated requests by two local teenagers, Mehmood Ghazanfar, director of Pacey's Newsagent, made the brave decision to allow them to cover his shop's security shutter with graffiti art. After being shown examples of the boys' work beforehand he said "Personally, I think it's a good idea. Instead of having something silly on your shutter, you can have something done properly."

Shoppers urged to be alert for car park thieves

By Margaret Crockett

A reader has warned supermarket shoppers to be on their guard after her phone and credit cards were stolen whilst she loaded groceries into the boot of her car at the Waitrose store in Ballards Lane, N12.

The local resident had just exited the store around 1.30pm on a Monday afternoon when a man came up and distracted her, asking her to step away to check whether some items in the trolley she had returned to the stand were hers.

On verifying the stuff in the trolley was nothing to do with her she returned to the car, collected her handbag from the boot and got into the driving seat. She noticed the bag was lighter than it should have been and discovered her phone and credit cards were missing. Someone else had appeared and snatched them from her handbag as the man diverted her attention with the trolley ruse. By the time she realised the theft there was no one around.

Our informant, who does not wish to be named, went back into the store and reported the theft to Waitrose staff. There are no cameras in that part of the car park, situated about half-way down on the left after driving in.

In her 80s and a regular customer at this Waitrose for 50 years, she was then faced with the grim task of reporting the theft to her bank and credit card providers. She also had to buy and set up a new phone, which is particularly challenging for a non-digital native. Her bank had refused the thieves' attempt to remove thousands of pounds from her account. However, they had taken £100 which, fortunately, the bank will cover. Unsurprisingly she feels violated and is not sleeping at night. She tells us she has since been told about other thefts from the car park, and at cash machines in the area, all with the thieves using a similar distraction ploy. She feels Waitrose should have security cameras covering all parts of the car parkand implement regular patrols, as well as put up notices to tell customers there could be thieves at work.



Car park: The Waitrose store in North Finchley

Waitrose & Partners Customer Care responded to her suggestions and request for compensation for the £500 phone, stating they have taken on board the suggestions but "cannot accept liability for the loss or damage of personal property within our car parks."

The John Lewis Partnership Press Office told The Archer that they are not aware of other incidents in this car park and: "We are really sorry to hear of this incident and the distress it has caused. While we cannot comment on individual cases, we take the security of our customers seriously and will support the police in any investigation."

The company recently announced the re-opening of the North Finchley branch in Ballards Lane following a multi-million pound refurbishment.This incident also serves as a timely reminder to us all about personal security when shopping and generally:

- Keep your valuables on your person
- Don't leave your hand (or man) bag on the passenger seat lest someone tap on the window as if wanting to talk but really intending to snatch your bag.
- If you can, reverse into your parking spot. You can also ask a member of staff to help you load your shopping into your car.
- Finally, if you are so unlucky as to be robbed in this way, do not blame yourself – it is not your fault if thieves take what does not belong to them.



TV star Michelle Collins helps to get the digging started at the North London Hospice. Photo Mike Coles

Foundations for a new future

By Beth Gregory

EastEnders star and ambassador for North London Hospice, Michelle Collins, put on her hard hat and builder's boots to mark a very special moment in the hospice's history.

She joined the Mayor of Barnet, Councillor Zahra Beg, one of the hospice's founders Harriet Copperman OBE, hospice Chair Simon Morris MBE, CEO Declan Carroll, and two hospice nurses in laying the first foundations of a new £10 million Inpatient Unit rebuild at Woodside Park in Finchley.

The project is the most ambitious venture that the charity has undertaken since the unit was first built more than 30 years ago.

The new unit will help North London Hospice continue to meet the changing needs of patients and families across Barnet, Enfield and Haringey and will provide a modern and comfortable setting in which the hospice can deliver its specialist care and support for decades to come.

It has been funded through a mixture of major donors, trusts and private sponsors as well as some government funding but the hospice must still raise a further £1.7 million. A public appeal launch ing this autumn will invite the community to help.

The hospice will be continuing to provide both inpatient as well as community services during this time. A temporary Inpatient Unit has been operating from the Jade Ward at Edgware Community Hospital since July. It is anticipated that the newly rebuilt Inpatient Unit will open in the autumn of 2027.

The Clissold Arms: London's Best Family Pub

Many congratulations to the team at the Clissold Arms in Fortis Green, N2, for winning the title of London's Best Family Pub at the Great British Pub Awards. It follows hot on the heels of them winning the Best Community Pub award in 2025.

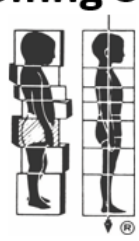


Natasha Markou, owner Kyriacos Pattichi and Christina T.

Besides everyday dining, the Clissold holds regular children's events around Easter, Halloween, Christmas and other occasions as well as being family-friendly all year round with baby-changing facilities, high chairs and colouring kits for young diners. It also hosts free arts and crafts workshops for youngsters twice a month on Sundays.

Recognition for the Clissold gives East Finchley its second prize-winning pub after Arina Piskunova and Eamonn England at the Windsor Castle in The Walks were named Licensees of the Year by the British Institute of Innkeeping in the summer.

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Inside a house full of history

By Margaret Crockett

Number 1 King Street is a fine property in the heart of East Finchley's old village dating back to the middle of the 19th century. A listed building due to its architectural interest, aesthetic merits and intactness, it has a fascinating history of owners and occupiers.







Sisterhood: Far left, the front aspect of 1 King Street in the 1990s when it was occupied by nuns, who enjoyed the property's private rear garden. Photos courtesy of the Daughters of Wisdom

Hugh Petrie, Heritage Development Officer at Barnet Local Studies, told The Archer that the house is not on the Tithe Map of the parish, drawn up before 1850 but is on the Ordnance Survey of 1863.

Hugh said: "I've always thought that this was the home of Edward Claridge. He was landlord of the nearby Red Lion pub, and had property in Church (Bulls) Lane, and is first on the list of the 1871 and 1881 census. But equally it could be Edmund Graves, a plumber, and Ann Graves, his wife, a laundress, who appear in Kings Corner in 1861 with their five children."

By the 1980s the house was being used as a small nursing home. Then readers may remember that from 1989 the property was home to nuns from the order of the Daughters of Wisdom. The Order purchased Homeleigh House next door in 1992 and internal access was created between the two properties.

The Sisters were active in the local community. For example, Sister Avis taught at Our Lady of Lourdes Catholic Primary School in North Finchley and Sister Kathleen Mary revived the Wednesday Club for elderly parishioners at the parish church of St Mary's in the High Road, N2, which included cooking their mid-day meal, taking them on outings, as well as cooking Christmas dinner. The Sisters had frequent visitors to their house, including Archbishop Vincent Nichols, then head of the Catholic Church in England and Wales.



Modern makeover: The rear garden as it is today

Over time most of the Sisters moved to new communities. By 2012 only two sisters remained and both properties were sold. Although sold as a vacant possession, the current owner Alan Warwick was happy to rent the nuns the ground floor of number 1 until 2014, when the remaining Sisters moved to Romsey. Number 1 King Street then became home to the Little Ladybirds independent childcare facility.



The fully restored house as it looks in 2026

When the childcare facility closed last year, Mr Warwick renovated Number 1 inside and out. "Numerous local residents have stopped me in the street to thank me for doing such a lovely job in saving this most attractive house in the centre of the old village from further neglect," he said.

The handsome property is now up for sale, ready to start the next chapter in its long and colourful life.

Summer weather for autumn nature club

By Diana Cormack

On the first Sunday of October, the final meeting this year of the Children's Nature Club took place in Cherry Tree Wood. With the seasonal theme of autumn, an enthusiastic bunch of children aged eight and under launched into their interpretation of that time of year.

Using crayons, felt tips, leaves and glue, they produced some interesting and colourful artwork, with rainbows being a favourite feature.

None of those was in sight on what was a beautiful summery afternoon, though there were many falling leaves to accompany everyone singing 'Autumn Leaves are Falling Down' led by Friends of Cherry Tree Wood organiser Kate Brown.

Assisted by Friends leader Roger Chapman, the free event took place in the Nature Circle next to the children's play park. Keep in touch with **friendsofcherrytreewood@gmail.com** for news of the start of next year's Nature Club



Youngsters get busy creating art at the Nature Club

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Chewing gum artist backs bid to save the trees

By Lynn Winton

The campaign to save seven healthy trees threatened by the proposed redevelopment of the Park House site opposite East Finchley station (The Archer, October 2026) continues to gather momentum.

Muswell Hill street artist Ben Wilson, famous for turning discarded chewing gum into art, is showing solidarity with the cause by creating three of his distinctive miniature pavement paintings right in front of the trees.

He spent two days lying on the pavement creating his artworks, whilst engaging with hundreds of curious passers-by who brought him coffees and snacks.

The healthy trees in peril all have Tree Preservation Orders but residents were told at a public meeting with the developers that they will be destroyed in order to build private sector housing on the site.

Five of the trees are birch, one is a yew, and the seventh is a crab apple, planted in memory of three-year-old Sonny Parmar, who was killed in a road accident on East End Road, and who attended Monkey Puzzle Nursery, which recently vacated the Park House premises.

"These trees are just amazing" said artist Ben, "and this green open space is so important. If this new building goes ahead as presented, going right up to the pavement, it will be a tragedy.



Detailed: Ben's finished miniature



Pavement artist: Ben Wilson gets down low to create one of his chewing gum artworks outside Park House in support of the Save the Trees campaign. Photo Mike Coles

"I hope everyone who passes will stop and realise what might happen and that they need to join in the campaign before it's all gone".Ben began his chewing gum art in 2004 and has created more than 10,000 tiny masterpieces on pavements across London, and around the UK and parts of Europe.

Readers who want to join the Save the Trees campaign can use the contact page to be kept informed at **friendsofcherrytreewood.home.blog**, and the QR code in this article to sign the petition on **change.org**.

Peaks challenge for primary school team

A team of 17 staff from Coldfall Primary School in Muswell Hill took on the gruelling Yorkshire Three Peaks Challenge in September, raising £10,000 to share between their school and the charity Educaid, which supports educational opportunities for children in Sierra Leone.



Teachers from Coldfall Primary on their wild and windy walk around the Three Peaks in Yorkshire

The team tackled the famous 26-mile route taking in Ingleborough, Pen-y-Ghent and Whernside, with the ambitious goal of completing the challenge within 12 hours.

Sinéad Queeney, one of those who took part, said: "It gave staff a chance to come together outside the classroom, push themselves physically, and raise money for two causes that are particularly meaningful to them."

The Coldfall Primary team's fundraising link is still open and they would welcome any further donations. Find out more here: **https://gvwhl.com/SGXDB**



A milestone for martial art club

By Matt Gidaszewski

Practitioners of Capoeira representing around 18 nationalities came together at the Green Man Centre in Strawberry Vale, N2, this autumn for the first grading ceremony in Capoeira East Finchley's history.

Masters, teachers and practitioners of the Brazilian martial art mixing dance, music and acrobatics travelled from across Europe, including Poland, Germany, France and Denmark, to take part in the event.

Organised by instructor Mateus Gato, the day included workshops covering Capoeira movement, music and history, followed by the school's first grading ceremony, during which seven East Finchley students received their first belts.

"The event was a massive success, and we're looking forward to making it a yearly tradition," said Gato. "We want to grow the school, help our students progress and share Capoeira with more people in the local community. It's about creating something positive through training together, singing together and being part of something bigger than ourselves." Capoeira East Finchley currently runs adult classes on Tuesdays and Thursdays at 8pmwith children's classes on Fridays at 4pm. More info at **www.capoeira-cppa.com**



Mixed martial art: Visitors and local practitioners of Capoeira at the Green Man Community Centre event

When anxiety gets in the way of learning

By Anne-Marie Conway

I have spent much of my working life in classrooms: first as a teacher, then as a children's author visiting schools, and now as a child, adolescent and family psychotherapist.

By this point in the autumn term, routines are familiar and expectations established. For many children, this brings reassurance. For others, the demands of school may be starting to feel harder to manage. I am reminded of a classroom observation I carried out before starting therapy with a young person, and of the emotional barriers to learning that some pupils carry each day.

It was a lively maths lesson. Most of the class seemed engaged and keen to learn. But my attention was on one child. While his classmates were halfway through the timed task, he was still writing the date. He rubbed his eyes and yawned. He raised his hand, then lowered it. By the time the worksheet was handed out, he had barely joined in. It would be easy to see this as time-wasting or a lack of effort. But I found myself wondering…Was he tired? Was something troubling him at home? Was the pace too fast or the prospect of being called on too frightening?

For some children and young people, the classroom is far more than a place of learning. It can be a place of constant alertness - to noise, pace, social rules, uncertainty and the risk of getting things wrong. When a young person is busy scanning for danger, there is little capacity left for fractions, French verbs or Shakespeare.

This anxiety can sometimes lead to school avoidance. It is not simply a child being wilfully difficult and there is no single explanation for emotional barriers to learning. A child may be living with family stress, trauma, grief, bullying, unmet learning needs or sensory overload.

What can help is a safe, consistent space in which a young person can make sense of what is happening inside them — through conversations at home, trusted relationships at school or therapy. With time and understanding, they can find words for distress that may previously have appeared only as tears, anger, tummy aches or silence.

The aim is not simply to get a child through the school gate, but to help them feel safe enough to learn, belong and believe that school has a place for them. Sometimes the most helpful question is not, "Why won't they engage?" but, "What might be making engagement feel so difficult today?"


Psychotherapist: Anne-Marie Conway

Anne-Marie Conway is a Child, Adolescent, and Family Psychotherapist working in local schools and private practice. Find more information at **www.annemarieconwaytherapy.co.uk**



Fundraiser urges men to get tested

By Diana Cormack

Fundraiser Brian Hooper speaks from experience when he urges all men over 50 to get themselves tested for the signs of prostate cancer.

Brian, of Fortis Green, N2, had cryotherapy surgery on his prostate after his PSA levels shot up in 2017. Unfortunately he had to repeat the cycle after the cancer returned in 2020. Since then Brian has been cancer-free, though he still needs some PSA testing, and he is determined to spread the word.

He told The Archer: "I have kept on at all the men I know over 50 and men from Afro-Caribbean and Asian ethnicity to get tested. Some followed my advice and have acted positively upon it. I hope people reading this will make the effort to get a test."


One step at a time: Fundraiser Brian Hooper

Meanwhile Brian has made great efforts at fundraising for Prostate Cancer Research, undertaking sponsored walks to a variety of localities around north London wearing the T-shirt provided by the charity. With the challenge to walk every day throughout September, he achieved his initial fundraising target within the first week. Brian paid tribute to friends and neighbours in N2, neighbours, his ex-pupils, church, Freemasons, family and relatives (even in Australia) who contributed to the total sum raised at the time of writing - a fantastic £1,250.

In November Brian is walking for Young Lives Against Cancer. Keep a lookout for him.

Buildings are stars of urban portraits

North London artist Mark Woods has an exhibition of his urban portraits running at Burgh House in Hampstead until Sunday 15 November. Originally from Bridgend in South Wales and a graduate of Central Saint Martins, Martin's work is rooted in direct observation, often treating buildings and places as subjects with their own visual language.

He has exhibited widely in London and recently received an award at the Chelsea Art Society Summer Exhibition. The Burgh House exhibition features 16 original images and entry is free. Check opening times at **www.burgh-house.org.uk**



Caring, committed and kind Ann Bronkhorst: 1942 – 2026

Ann Bronkhorst, who has died aged 84, was a valued member of our team here at The Archer and shared her energies with many other community groups in East Finchley.

Ann grew up around the horse-racing town of Newmarket, Suffolk, and was educated at Saint Felix Girls' Boarding School, near Southwold, an experience that gave her a slightly mischievous and rebellious streak.



Ann Bronkhorst

An avid reader in those school years of the 1950s, books remained her great passion in life. After studying English Literature at the University of London, she went on to take up a teaching post at Camden School for Girls, where she remained working for her entire career.

It was during her first year at university that she met her future husband Martin at an anti-Apartheid social event. They married in 1965 and the following year moved into Durham Road, N2, where they spent their whole married life in a home and garden they loved.

Through taking their children Daniel and Sarah to Martin Primary School and her involvement with the East Finchley Neighbourhood Association over the years, Ann came to know so many people in the area and was always happy to stop and chat.

When she finally retired from teaching, with her typical energy, she took up part-time editing and distribution of The Archer. Her knowledge of the East Finchley area and its history was invaluable. The whole team misses her wisdom and her way of passing this on gently and quietly. She had a wonderful way of calming any discussions that got too heated and was always willing to help, particularly as a staunch supporter of our East Finchley Festival stall.

Ann greatly cared about the environment and her locality. She was a member of The Friends of Coldfall Wood, where she would often walk, play and pick blackberries with her grandsons Jonas and Zac. She also loved the neighbouring Highbury and Islington Cemetery where one of her passions was to feed the foxes.

In August 2025 Ann was diagnosed with cancer. She bore her illness without complaint, showing dignity and grace throughout. She died at home surrounded by her entire family and holding the hand of her husband of 61 years.

A lifetime of service–David Smith: 1939 – 2026

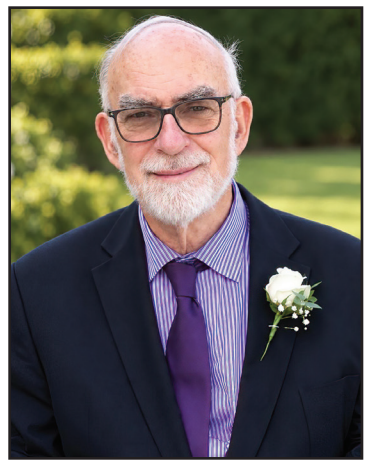
David Smith, a lifelong Finchley resident whose commitment to education, local history and community life spanned decades, has died aged 86.

Born on 7 November 1939, David grew up in Abbots Gardens, N2, an area that would remain at the heart of his life. He attended Holy Trinity Church of England Primary School in East Finchley and later Christ's College Finchley, before training as a teacher.

A lifelong love of France began during his teenage years. After studying French in Paris, David went on to teach in Bordeaux before returning to England, where he taught at Torrington Park and later Edgware School, remaining there until his retirement.

In 2007, David was awarded a London Borough of Barnet Civic Award, recognising 30 years of service as a governor of Holy Trinity Primary School and his wider contribution to community life.

His relationship with Holy Trinity Church in Church Lane, N2 stretched back to his childhood and continued throughout his life. Even when declining mobility meant he was no longer able to attend church himself, members of the church continued to visit him and Father Marius brought Holy Communion to his home.



David Smith

David was a founding member and President of The Finchley Society and had a deep interest in preserving and recording the history of the area in which he had spent so much of his life.

He was a prolific letter writer and correspondent. His family became accustomed to seeing replies from Prime Ministers, members of the Royal Household and well-known figures including Joanna Lumley and Spike Milligan.

Behind his public and community contribution was a devoted family man. David and his wife Joanna created their family at Abbots Gardens, raising their adopted children, Julian Smith and Miranda Burgum.

Miranda remembers a childhood filled with experiences, from camping in Norfolk to theatre, museums and lengthy family journeys around Europe. At the centre of many of those adventures was David's much-loved VW camper van, a refurbished German police van of which he was immensely proud, despite its habit of breaking down.

She also remembers the quieter moments: walking with her father and their red setter to Hampstead Heath before school, and growing up in a home where curiosity, independence and doing the right thing were encouraged.

She said David adored his grandchildren and later his great-grandchildren. His life was defined by the things that mattered to him: education, history, Holy Trinity, Finchley, community, family and, above all, people.

He is remembered by his daughter Miranda Burgum, his grandchildren and great-grandchildren, and the wider family he loved, alongside the memory of his late wife Joanna and son Julian.

Evening of light with Finchley Symphony Orchestra

Finchley Symphony Orchestra opens its new season this month with an evening of shorter pieces conducted by Christopher Stark. Debussy's Petite Suite and Ravel's Mother Goose, originally written for piano, will be performed in their full orchestral colours. Poulenc's Sinfonietta and Mozart's Haffner symphony complete the programme.

The concert takes place at Trinity Church, Nether Street, North Finchley, on Saturday 21 November, starting at 7.30pm. Tickets cost £18, £15 for those under 26 and are free to under 18s. Payment at the door is by card only.

You can save £1 per ticket by booking online in advance at **www.finchleysymphony.org**.

Puzzle time: Re-Griddable

Re-Griddable is a twist on the free daily online game griddable.co.uk created by two East Finchley residents, Stuart Miller and Matt Robinson. There may be more than one solution to each Re-Griddable but there is definitely at least one, which comes from a maximum scoring game of Griddable.

If you get stuck the official Griddable word-checker may help (griddable.co.uk/word-checker). If you like playing Griddable online, why not join the East Finchley Leaderboard? Go to Groups on the site and use code BUJRM4.

Re-Griddable No.9

Place the letters to create eight four-letter words — four left-to-right and four downwards.

BEEILORS

S	T		
		D	E
O	R		
		S	T

Turn to page 11 for this month's solution

Paul Savill: The man who made The Archer

By David Hobbs

***The Archer* as we know it today is largely down to one man, Paul Savill, who has recently passed away. The newspaper was founded early in 1993 by four friends but it was not until Paul Savill became editor the following autumn that the paper became what it is today.**

He moulded a team of enthusiastic volunteers into a group who could put together a monthly newspaper that was genuinely about East Finchley news for East Finchley people. It was under Paul's editorship that the paper took shape with cartoons, a Young Archer page, the Ricky Savage column and a gardening column alongside local news. Paul's view that the paper should be non-partisan and non-political ensured that it won respect and a wide readership.

Back then editorial meetings took place on Saturday mornings in Maddens in the High Road, where the next issue was planned and articles commissioned, with everyone encouraged to contribute. In those early days the same volunteers would all get together to deliver it around N2. Although we were all volunteers, Paul ensured that it was not an amateur operation.

Paul allowed writers the freedom to develop their own style. By the time he handed the editor's job to me in 1998 the paper was firmly established and I found he was a hard act to follow. He gave me one piece of advice: that if journalism is power without responsibility, then The Archer is different; it's run by volunteers so being editor is about responsibility without power. I hope he would agree that we have followed his advice.

Diana Cormack joined the newspaper team in those early days. She recalls: "To this day I recall Paul being very strict about three rules. These were to always write to length, always get the name right and always have an East Finchley connection. "Reaching the right number of words then, when submissions were hand-written and given to a typist to prepare for the paper, was not easy. However, it stood me in good stead and now, when I write an article, it is usually pretty near the required word count. This makes me think of Paul and I thank him for putting me on the right track."



Paul Savill, right, with David Hobbs in 2003

Paul was born in October 1941 and grew up in Barnes. After leaving school he chose not to go to university and found a job instead. He made his career in publishing and PR, working for a number of major companies before running his own PR consultancy.

After leaving The Archer, Paul and his second wife Ursula moved to Wales, before retiring to the Algarve where he wrote for the local English language newspaper. They returned to England about ten years ago. Sadly he was later diagnosed with dementia and died in May 2025 in the Whittington Hospital where the staff were very supportive of him in his last days.

Paul was married twice, having two sons, Daniel and Jonathan, from his first marriage. In the 1980s he met Ursula and became stepfather to her daughter, Lisa who still lives locally.

Showcase for young performers

By Caryn Becker Berlingieri

After the success of the Summer Soirée at the Coffee Bank on East Finchley High Road, the same venue held an autumn follow-up on Thursday 1 October. Tickets sold out for the event showcasing the talent of local musicians, singer-songwriters and poets.

Michael opened the show with an instrumental version of the theme music from the film The Odyssey. Minh and Ben, also known as Punk Roth, did a Donovan cover and original songs, with percussion touches and harmonies that got the crowd cheering for more.

Resident national poetry winner Elliot enchanted the crowd with the depth of his storytelling. New to the soirée stage was 15-year-old Eila, a singer-songwriter with an amazing voice and original songs. Rose, Alfie and Sas returned by popular demand to play new songs.

The soirée was even attended by local comedian and actor Sanjeev Bhaskar, whose son Shaan was performing his own very moving songs that evening. The Winter Soirée will take place Thursday 21 January. Follow on Instagram **@the_soiree_ef**



Singer-guitarist: Eila Zecevic John at the Soiree

Review: Island Tides

Young Actors Theatre, Islington

By Jessica Holt



Couples therapy: The cast of Island Tides

Written and directed by Jay Yu-chieh Chiu this interactive production was part of The Camden Fringe which lasts throughout August every year. As with The Edinburgh Fringe new writing is encouraged alongside new performers and innovative presentation styles.

This play uses the courtroom format to debate whether a married couple should divorce after the death of their child. The debate is between a female divorce lawyer played by Chia-Yi Chan and a male intimacy consultant played by Daniel Popescu.

The opening clash between these two is energetically performed but hard to follow at times. The audience must navigate many different ideas that the two opponents are debating such as love, gender, identity and how people make choices.

We are then shown a video of the couple in question, and it is revealed through scenes that though they still love each other they no longer communicate. It becomes clear at this stage that the action of the play is within a reality TV show and as the audience we must decide between the lawyer and the consultant who wins the debate using our mobile phones. This was an interesting way of thinking in more depth about the issues, but the couple were difficult to empathise with and maybe they should have been performing live on stage as the video created a distance between them and the audience.

The backdrop with the title in muted blues and pinks was beautiful to look at and as the writer explains: "An island can represent protection, autonomy and separation-qualities reflected in how we navigate relationships and communities."

This is an interesting piece of theatre and very enjoyable particularly when the two opponents have a conversation where they do communicate and this is perhaps the most important theme in this multi-themed play.

A response to the climate crisis putting our world on the brink

By Dave McCormick



Emergency briefing: The audience at the Phoenix screening. Photo Zalan Pall

Mix together a cinema, a film, concerned residents and representatives of local community groups and what do you get? Around 130 people came along to the Phoenix Cinema last month to watch a screening of The People's Emergency Briefing and discuss actions that we can individually and collectively take.

The film clearly summarises the climate and biodiversity challenges we face, why urgent action is both necessary and affordable, the solutions already available, and the barriers we must overcome.

While hearing about this urgent situation can create climate anxiety, many of the audience responses were cautiously positive: "It is essential viewing – we need to help everyone see the film;" "Everyone needs to understand that taking action will lead to a better world;" "A people-supported movement – wonderful and so necessary." Another said: "In an emergency I ring 999 and expect a rapid response. We need a rapid response from the Government and our Councils to the crises we face." Asking what actions we can take triggered great suggestions: "We need to get all our MPs to watch the film – write to them, talk to them, pester them, get them to realise that there are votes in taking action;" "Encourage more Cinemas to host screenings."

Yet a note of reality was introduced: "So far there have been a small number of screenings in Barnet, and we need to reach around four hundred thousand residents;" "The longer we delay just makes it harder."

By the end of the evening, people were signing a petition demanding a Televised Emergency Briefing by the Government, talking about joining local community groups and putting pressure on our councillors and MPs, and about how to organise further screenings at the Phoenix and across the community, Thanks to all those who helped organise and attended the event.



Letters

Climate change

Dear Editor,

I read with interest your article in September's edition about saving water during, I quote, "the hottest and driest summer on record". Many of us have been affected by hosepipe bans with gardens struggling and plants dying. There was even a grass fire at Alexandra Palace! Not to mention the difficulties faced by elderly family members and the youngest among us.

Extreme heat, drought and wildfires are happening right here right now! This poses a threat to our homes, our health and public services and ordinary people are paying the price. Whilst our community has to find ways to deal with the consequences, the science is clear that burning gas, oil and coal is driving the climate crisis and making extreme weather more frequent and more severe. All the while, companies like Shell are making billions in profit from the fuels driving the problem.Now Shell is pushing for approval of Rosebank, one of the biggest undeveloped oil fields in the UK, after approval was granted for the Jackdaw gas field.

After the summer we have just experienced, this would move us in exactly the wrong direction. Instead of allowing fossil fuel companies to keep profiting whilst the rest of us pay the price, the government should be investing in clean, renewable energy and moving us away from oil and gas. I feel that this is something we should all be pursuing, for ourselves, our community and for future generations.

Samantha Shaikh
Address supplied

Time for trees

Dear Editor,

During the summer I noticed that, while our very sheltered south facing back garden got hotter than open spaces, the East Finchley High Road was significantly hotter, although there are some patches of the road which are cooler by virtue of the shade provided by trees.

On 30 September The Guardian published an article highlight ing Environment Secretary Angela Eagle's pledge to make £53million available to, amongst others, Local Authorities and grassroots groups for tree planting. The aim is to plant half a million trees in three years, to help mitigate the effects of extreme weather conditions. This might be a good time to make the case for more trees to be planted along the High Road by the shops, to maintain the vitality of our shopping centre during the hotter summers which have been predicted.

Nick Vosper
Bedford Road,N2



Tree cover in the High Road

Community cinema

Dear Editor,

On Sunday 27 September I, along with over a hundred other audience members, attended a screening of Gentle Angry Women at the Phoenix. It was organised by Finchley CND and The Phoenix and was followed by a very informative Q&A. The film focused on three young women who joined the recreation of the march taken by women to Greenham Common 40 years ago to protest the siting of nuclear missiles at the base.

It was interesting to learn that in 1984, at the time of the peace camp at Greenham, the Phoenix screened the film Carry Greenham Home. The involvement of the cinema in local issues through special screenings and events is longstanding and we are lucky to have such a community-minded

Gail Coles
Lincoln Road,N2



The Phoenix audience for Gentle Angry Women

Miss takes and nothing is lost

By Nadia Savvopoulou

Isn't it a great feeling, the one that wraps up a bad outcome by tracing gracefully all the steps that brought it about? I think it is. Of course, I am talking about all the effort, care, and cost of attempting to grow something from seed and failing spectacularly.

Not knowing what the seed of something looks like, whether it's a bulb or tiny seeds that look like dust, comes with the lack of experimenting with growing stuff and not having set up one's own trusted sources of information (which only become trusted after experimenting). This knowledge could have saved me some disappointment.

In a year, I made three attempts to grow a favourite and expensive vegetable, globe artichokes on my East Finchley plot. The first time, the bag of seeds purchased from the nursery contained no seeds (I didn't know how big the seeds were supposed to be, so I thought, "Surely this bag of soil must contain something useful").



A mistake of artichoke proportions

Unsurprisingly, nothing grew. The next online order did contain said seeds. Leaves appeared within two weeks and kept growing strong. A first tiny artichoke poked its head from one of the six plants that were growing, but then stopped, never went to seed and never grew to full size either.



It took several weeks of denial for me to admit defeat. A few months later, attempting a third and final time, another online purchase from a different nursery proved to be equally futile, as my six plants only grew leaves and one even went to seed almost instantly, while the rest stopped growing. So, was the spot I picked to grow them wrong? The advice I followed suggested these plants need to be in a protected part of the allotment and receive some sunshine during the day.

These were the exact conditions I had. Was it the wrong time of year? According to the instructions on the packets, not at all, as I sowed exactly within the window suggested.

I think the answer came to me in a superficial way. Artichokes are sold at such a high price because every gardener knows they are cursed and no one but the worthy ones can grow them. This year, a seemingly healthy fox decided to curl up amongst my failed artichokes to take her last breath. This was the final sign to me to call it a day on this particular crop!

Odo no-no

Dear Editor,

Just in case no one else points it out, in Ricky Savage's often amusing feature last month on 1066 he mentioned William the Conqueror's half-brother Odo was Archbishop of Canterbury. In fact, he was Bishop of Bayeux and Earl of Kent after the invasion.

There was a Danish Odo (Oda) who was Archbishop of Canterbury from 941-958. Both, of course, worthy of mention.I always enjoy Ricky's articles so keep them coming.

Peter Kenny
Huttingdon Road,N2



Bishop: Odo of Bayeux. Image Wikipedia

Licensing Act 2003
Notice of Application

NOTICE IS GIVEN THAT an application has been made to Brent Council (the Licensing Authority) for a Variation to the Premises Licence by Christiane Wilson in respect of

One One Six Wine Bar & Shop,
116 College Road, London NW10 5HD.

The details of the application are that the premises is updating its hours to sell alcohol and close at 11pm on Tuesday – Saturday.

Details of the application may be inspected between the hours of 9am and 4pm at Brent Council, Regulatory Services, Brent Civic Centre, Engineers Way, Wembley, HA9 0FJ or by visiting the authority's website: www.brent.gov.uk

Any interested party or responsible authority may make representations in respect of the application, which must be submitted, in writing, to the above address within 28 days of the date below.

This notice remains in force from and including the day after the giving of this notice to the licensing authority, namely Tuesday 3rd November 2026 for 28 consecutive days.

It is an offence knowingly or recklessly to make a false statement in connection with an application. The maximum fine on summary conviction is £5,000.

Re-Griddable solution from page 9

Across:	Down:
STIR	SLOB
LODE	TORE
ORES	IDES
BEST	REST

Send your letters to:
news@the-archer.co.uk

Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

I ♥ N2
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A 100-mile run round London... in 24 hours!

By John Lawrence

Running a marathon is always a challenge, tackling two back-to-back would be incredibly tough but how would it be to run almost FOUR marathons one after the other in the space of just 24 hours?

Ask 49-year-old father-of-two David Russell and you get some answers. "What I realised was sometimes going up hills you can walk faster than you can run… and a fresh pair of socks has never felt as good as it does after 62 miles," he says.

David, of Vivian Way, N2, set himself the challenge of running 100 miles in a full loop of London inside 24 hours to raise money for the Survivors Fund, where he is UK coordinator in its work supporting women and families caught up in the 1994 Rwanda genocide. He set off from close to his home at an eye-watering 4am and made it back by 3.30am the next morning, after following the twists and turns and ups and downs of the Green London Way, which passes through Hampstead Garden Suburb.

David adds: "What I also took away from the experience is the sense of accomplishing something that I didn't know I could do. I've never run that far before and I had no idea how long it would take."

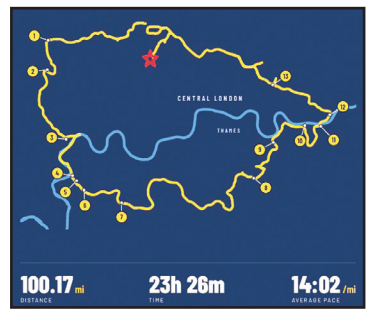
He ran the first 50 miles anti-clockwise via Richmond to Lewisham in 10 hours, effectively keeping up a pace of 12 minutes per mile, before taking a short break and embarking on the second half, where the scale of the task began to take its toll. "The last 20 miles was a run into the unknown," he says. Luckily his running friend Bernie joined him at midnight to give him a morale boost for the home leg. What also kept him going on his solo, self-supported challenge was knowing that every pound of his sponsorship would make a difference to the people of Rwanda. He expects to raise more than £12,000 in total.





David Russell setting off from home in East Finchley and arriving home 100 miles and under 24 hours later

"It was physically hard but I have some wonderful memories," David recalls. "It is amazing how beautiful and calm London's green spaces can be, and I also had some great chats with shopkeepers when I stopped for food and drink. Some of them gave me freebies to see me on my way. They probably thought I was completely mad."



Capital ring: David's anti-clockwise route around London

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Light and Flight by the lakeside

By Diana Cormack

In 2024, sports and fashion brands group Pentland moved from its lakeside office on Squires Lane, N3, to new premises in central London. Set almost on our doorstep, many locals had long wanted to explore this building and its interesting surroundings which have been used for TV and movie filming.

With a long history of involvement with the people of Finchley, Pentland has been working with Barnet Council and the Greater London Authority on a project to create positive benefits to the wider community within this beautiful setting.

Out of this has come a celebration of art, music, performance, heritage and collective fun called Light and Flight. Packed with free events, it takes place at Finchley Lakeside, N3 2QT and is the first time the building is open to the public. With stunning views from its fifth floor and many artistic activities in the surrounding lakeside pine area, why not take a look?

It takes place on the weekend of 14-15 November and is part of a year of creativity, connection and belonging in Barnet. Opening times are Saturday 12-5pm and Sunday 11am -4pm.
Visit **www.lightandflight.co.uk** for further details.

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