

ARCHIVIST

# Barnet Borough News

*(In association with Marketing Media)*

No. 9 August 1985



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Barnet Council's monthly magazine for residents

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## **BIGGER AND . . .**

Due to the present level of customer demand, The Toy Box has enlarged its premises, effectively doubling the size. This means even more fun and games for the many happy customers of The Toy Box.

## **BETTER!!!**

Mr Roy Bidd, owner of The Toy Box strives, along with his helpful staff, to offer the best value that money can buy. He hopes that by combining the best service with top quality toys at the very best value to be 1985's NATIONAL Toy Shop of the Year!

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Marketing Media,  
K House,  
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Lesley Mitchell

Barnet Borough News is a monthly magazine carrying news of Council activities and community organisations. The What's On in Barnet diary is open to local organisations and carries a comprehensive list of events and meetings taking place within the Borough.

Barnet Borough News is distributed door-to-door throughout the Borough reaching some 113,000 homes and businesses. Further copies are sent to libraries and council offices. The cost of production and distribution will be offset by advertising.

Barnet Borough News is edited by the Press Office of Barnet Council by Bill White, Rosemary Jude and Fiona Harcombe.

The co-publishers are the London Borough of Barnet and Marketing Media. Editorial features are the copyright of Barnet Council.

Copies of most photographs can be obtained by contacting the Editor.

## Front cover

A pony, goats, chickens, geese and an aviary of canaries all play a part in the life of the residents of The Leys. A council-run hostel for mentally handicapped adults at Elstree it also doubles as a day care centre during the week.

# Action plan for the elderly

**BARNET Social Services are working on an eight-point action plan to ensure a broader-based care service for elderly and handicapped people.**

They intend to spend an extra £30,000 on home care and £10,000 on meals services in 1985/86.

A working party on services to the elderly carried out a survey of 1,529 people visited by home helps.

The survey identified a need for a wide range of support for increasing numbers of frail, elderly or handicapped people, including good neighbour projects and the Council's meals on wheels and day care facilities.

The action plan includes:

- Extension of the meals on wheels service with an emergency borough-wide round and an additional round of 30 meals per day.
- Drawing together all facets of services from social services and health authorities and volunteers to form a complete 'care package'.
- Informing applicants for home help care of the services available from other agencies.
- Building up the home care services in conjunction with day/residential care.
- Cover for the health service's more rapid turnover of hospital

stays for the elderly and other patients.

● Expansion of the Home Care and Good Neighbour schemes. In the long term the Council plans to:

- Provide training for home help organisers in their expanding role.
- Strengthen out-of-hours home care services.

Councillor Victor Lyon, Chairman of Social Services, said: 'This is all part of a policy which has been changing over the years directed towards giving the greatest possible support to people within the community and not looking at individual needs in isolation!'

## Packed programme for appeal fund

**A PACKED programme of events marks the launch of this year's Mayor's Appeal Fund, and more than £1,000 is already banked, the treasurer, Mr George Hopkins, announced at the July committee meeting.**

The Mayor of Barnet, Cllr Mrs Barbara Langstone, has chosen a twin appeal with the money going to the local St John Ambulance Brigade and Red Cross.

Events already held include a sponsored walk which is expected to raise about £1,800 and a charity cricket match between a Barnet Council side and a Town team.

Mr Willie Webb who ran the funfair at Finchley Carnival has donated £200. Finchley Golf Club are making a donation from Mr Michael Green's Captain's Day and

hope to donate more from other events at the club.

The programme of events is expanding rapidly and will include:

**Sunday, September 8:** Sponsored Tennis Tournament, Chandos Lawn Tennis Club, Wellgarth Road, Golders Green. 2pm. Organised by Cllr Stuart Scott.

**Saturday, September 21:** Wine and Cheese Party at the home of Cllr Denis Dippel.

**Saturday, November 2:** Jacket Potato Supper at Whetstone.

**Thursday, November 14:** Beaujolais Run organised by Barnet Press.

**Sunday, November 24:** Victorian Luncheon.

**Saturday and Sunday, January 11 and 12:** Charity Bridge Tournament. Sponsorship and prizes are needed for this event. If you can help contact Valerie Cowan, 45

Clarendon Court, Finchley Road, NW11 (458 4508).

**Saturday, February 1:** Film and Supper Evening.

**Thursday, February 27:** Mayor's Charity Ball at The Dorchester, Park Lane, London.

**Saturday, March 15:** Sponsored Swim at Copthall.

**Saturday, March 22:** Old Time Music Hall.

**Sunday, March 23:** Hendon Times Marafun, Copthall Stadium. 11am.

Other events to be arranged include a car rally, sponsored tandem cycle ride from Brighton, a charity shop, car rally and a car boot sale organised by the Metropolitan Police.

Details of where to get tickets can be obtained from the Press Office, Town Hall, Hendon, tel: 202 8282 ext. 71.

## ALISON'S WINNING DESIGN

ALISON Tutton, a first year student on the Graphics Design course at Barnet College, has had her designs chosen by Barnet's Career Service for their new literature and publicity brochures.

Students on the course were invited to submit designs for a new 'logo' to achieve a visual identity for the service. Four took part and Alison's scheme featuring a triangle which could act as an arrow, was chosen by a panel of judges which included her own tutor, John Marsh, Jack Dawkins, director of education services, Neil Gill, deputy director, Mike Leonard, head of Barnet's careers service, and her fellow students.

After an informal presentation at Friern Barnet Town Hall, the students invited the educationalists to visit Barnet College where their end-of-term exhibition was in progress.

The B.Tech course in graphics design is a two-year course taking up to 30 students in each year, all of whom have previous qualifications from art school or industry.



Mike Leonard shows off Alison's winning design.

The careers service, which helps young people to find jobs and opportunities in career development and acts as liaison between local employers and school leavers, is planning new information literature to tie in with their move to new premises in Stanhope Road, North Finchley, at the end of July.

The new offices, which opened

on August 5, are in Castle Road, North Finchley. Tel: 368 1255. They will serve the Eastern half of the Borough, replacing the offices at Barnet College, Wood Street, and Colney Hatch Lane, Friern Barnet. The offices at Orange Hill Road, Burnt Oak, Edgware, will continue to serve the Western half of the borough.

# Help Lines

## A specialist service

**BARNET Community Mental Handicap Team offers a specialist service to people with a handicap and to their families living in the Borough.**

The team's offices are on the First Floor, Winifred House, Barnet Road, Barnet Gate, Arkley, and are open from 9am to 5pm Monday to Friday.

Their specialist team brings together community nurses, a social worker, a consultant psychiatrist, a senior nurse and an administrator. A clinical psychologist is to join them.

Their aims are:

- To help people with a mental handicap to live as normal a life as possible by encouraging them to become integrated members of the community.
- To ensure that each client has access to some form of day-time occupation; short-term care; and appropriate accommodation for their individual needs.

Advice is offered on day-to-day problems by assessing and

advising individuals and groups. This includes advice on:

- General care and management
- Skills training
- Counselling
- Aids and equipment
- Long or short-term care
- Holidays
- Recreation
- Evening classes
- Welfare benefits
- Help with finding places to live for those who are ready to leave hospital and other long-term establishments.

Out-patient clinics are held at Edgware General Hospital and arrangements made for short-term admission for assessment and treatment in specialist units.

Clients and their families are encouraged to visit the team. If you wish to see a particular team member, please make an appointment by telephoning 441 6102. Messages may be received out of hours on the same number.

## Questions answered

**DID** you know that if you live in East Finchley you could call in any day of the week for answers to your questions about social security, housing, recreation, consumer rights, local education facilities etc.

East Finchley Neighbourhood Centre is open:

Mornings: 10am — 12 noon  
Afternoons: 2pm — 4pm  
Evenings: 6.30pm — 7.30pm  
and Saturday morning to meet your local ward councillors.

We have staff who can speak Asian languages. There are reg-

ular activities at the Centre including lunch clubs, providing both English and Asian meals; English as a second language; sewing classes (with creche); and much more. We also have rooms for hire at:

42 Church Lane, N2  
(just off High Road N2)  
Telephone: 444 6265

We need volunteers to help with our advice sessions — if you are interested in this kind of work, please contact us. There is support and training for all our volunteers.

## 'Lend an Ear — Barnet'

**PARENTS** of children with impaired hearing have formed a new group in the borough — 'Lend an Ear — Barnet.'

Many children with impaired hearing attend special schools in other parts of the country and are away from their families for long periods. As a result, at weekends and during school holidays they become isolated because they do not have local friends. The group's aim is to foster friendships and to extend the range of social activities

in which they can take part.

The group also want to link families in common activities and parents are invited to meet on the first Tuesday of each month.

It is intended to raise funds to cater for various activities such as day trips, sports and games.

Anyone interested in helping or wanting to know more about the group should contact Miss Christine Pearce, Social Worker for Deaf, tel. 446 4354.

# do you need our support...

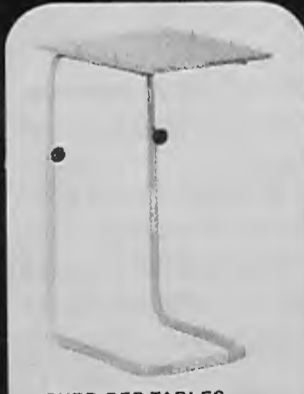
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# Recreation and Sport

## Blueprint for Copthall

**TREMENDOUS** interest has been created by Barnet Council's decision to give the preliminary go ahead for an indoor sports stadium at Copthall Playing Fields, Great North Way, Hendon.

This exciting venture is still in its early stages and only the principle that planning permission be granted has been approved by the Town Planning and Research Committee. It will be unique in this country in that the stadium will be purpose built and cater for athletics, squash, netball, tennis and many other sports at all standards.

The proposal has already raised considerable controversy among residents, particularly in the immediate area.

The application was advertised on site and in the local press. Consultation letters were sent to approximately 560 properties in the area. Local and other organisations were also consulted and the application plans and documents were displayed at Gateway House, Finchley; the Western Divisional Planning office, Burnt Oak; Mill Hill Library; and Copthall Swimming Pool.

There were 70 letters in reply from individual residents and a number of petitions, one, from the Copthall Residents Association, signed by 1,365 people from 1,278 households, against the plan. This, says the association, is 96 per cent of the households in the local areas of Mill Hill and Hendon. Mill Hill Preservation Society submitted two letters of objection, the first on behalf of 73 members and the second to the Secretary of State for the Environment on behalf of a number of other organisations.

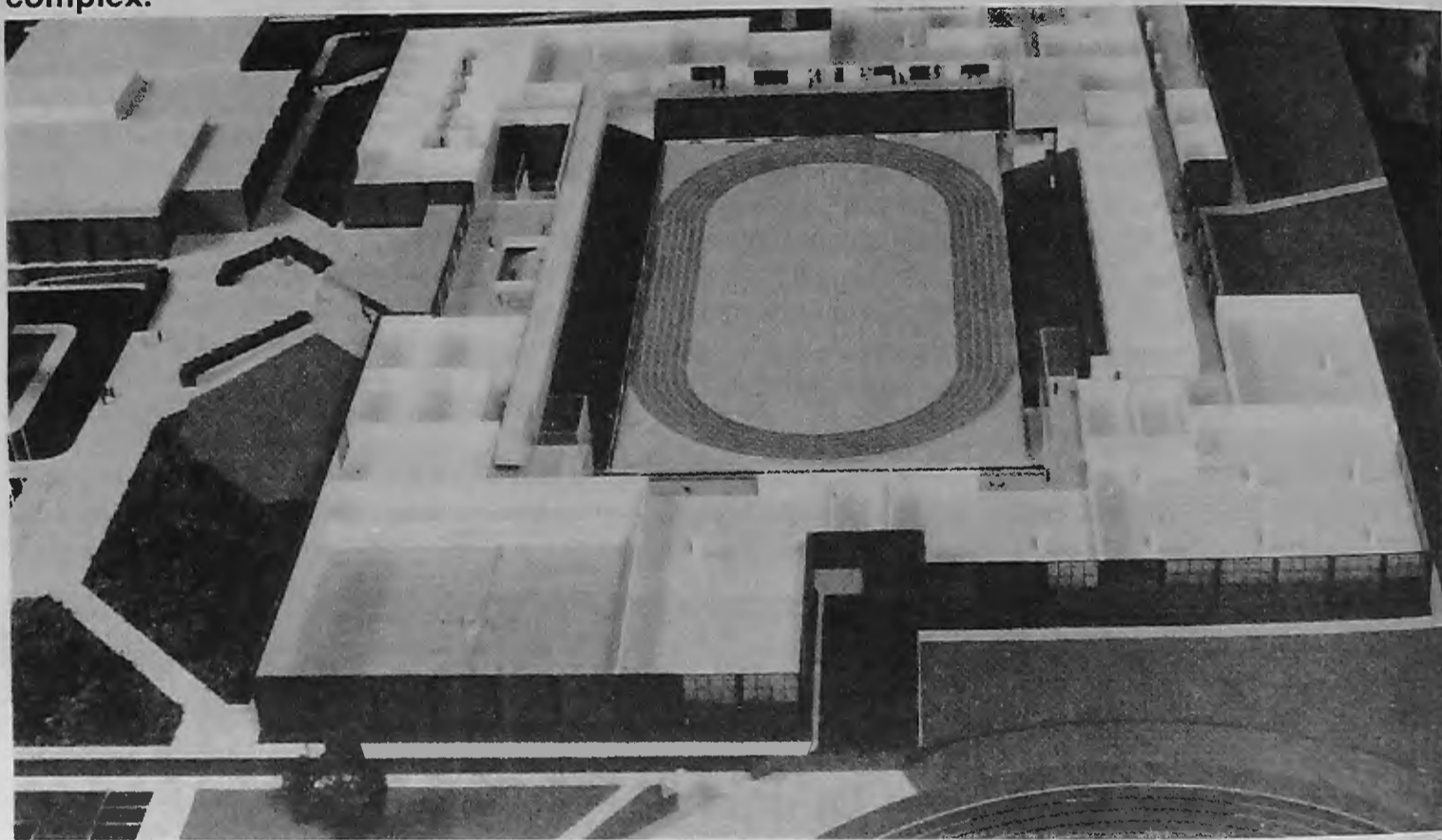
The main petition supporting the proposal comes from the Borough of Barnet Council for Sport and Recreation, signed by 1,857 people representing 1,511 households. It states that 28 per cent of the households were in the Mill Hill and Hendon areas.

This article presents a brief summary of the facts and observations on the plan submitted to the Western Divisional Planning Subcommittee.

It should be made clear from the outset however, that Barnet ratepayers will not be expected to foot the bill for construction. The money will come from outside sources.



A model of the proposed indoor stadium at Copthall by Sports Design Consultants, 30b James Street, Covent Garden WC2. The picture above shows the complex with the roof on, the present Copthall Swimming Pools being in the bottom left hand corner. The picture below, with the roof off, is taken from a different angle and shows the inside layout of the complex.



Photos by John Rifkin, tel. 958 1370.

If the plan goes ahead the indoor stadium will be on land to the east of the swimming complex and directly north of the existing sports stadium.

Rectangular in shape it will have four 'wings' at each corner. Each 'wing' will be rectangular or square and the complex a maximum of approximately 618 feet long and 455 feet wide.

The central part of the stadium, enclosing the arena, will be about 52 feet high, the four 'wings' about 36 feet high and a tower housing the boiler flue and bearing the Sports Council logo, a maximum of 78 feet high.

As the application is for outline permission, no other details of the design and external appearance of the stadium have been submitted at this stage.

These are the facilities the new complex will provide:

In the foyer of the main entrance on the west side of the stadium, a box office, shop, cloakroom and security office. A staircase and lift will lead to first floor level where there will be seating for spectators, a restaurant, cafeteria, bars, private

boxes, conference rooms, offices, press room, club room, sauna, an area for martial arts and cloak-rooms.

On the ground floor is the main arena comprising a demountable six lane 200 metre track, a separate 100 metres sprint training track, multi-purpose hall, a squash complex, changing and rest rooms, lecture rooms, a practice hall, weight training areas and stores. When the demountable track is removed the whole of the arena will be available for five-a-side football, tennis, badminton, basketball, boxing, roller skating and other spectator sports including show jumping.

### Squash complex

The squash complex will be completely self contained with its own changing rooms and club. Of the 12 courts two will have seating for 300 people for each court as well as equipment for televised tournaments. Viewing for the other 10 courts will be at first floor level.

The changing rooms at the north end of the building will be used exclusively for schools and organised groups. Those at the south

end will serve athletes using the existing outdoor track.

There will be permanent accommodation for the press and television.

The total seating room for the main hall will be 5,000 and the number of parking spaces within the whole Copthall complex increased by more than 1,000 to 1,922.

### Traffic

Major alterations to the existing access from Copthall on to the A1 trunk road to enable traffic leaving the site to gain entry to both the northbound and southbound carriageways will be required. Also for traffic to enter the site from both carriageways.

An underpass link from the site to the northbound carriageway of the A1 is suggested with the road being in a cutting on land which forms a small part of Sunnyhill Park. New slip roads will be reconstructed over part of an existing service road which gives access to Nos. 7 to 10 Hilltop Gardens and a new junction formed to connect the foreshortened service road on to the A1.

# Recreation and Sport

A new slip road will also be provided on to the site from the southbound carriageway of the A1 and new junction arrangements in front of Nos. 1 to 6 Northway Court to enable southbound traffic to leave more easily.

Existing barriers on the trunk road will be extended to prevent direct access between the site and the M1 motorway.

The proposed access arrangements will also require the construction of a new roundabout within the site about 325 feet from the trunk road, as well as new slip roads.

The Page Street, Mill Hill, entrance will be restricted to participants, competitors, coaches, VIPs and the disabled. On major event days this access will be subject to controls.

There is an existing pedestrian access from Pursley Road via a public footpath and a second is proposed from Sanders Lane.

After an in depth study of the traffic proposals the Controller of Engineering Services considers that the scheme is acceptable although the council will continue to press the Department of Transport for an improvement to Fiveways Corner.

At the same time public transport to Copthall will need to be improved and the pedestrian link to Mill Hill East station developed as

an integral part of the overall plan.

## Landscaping

There will also be comprehensive landscaping designed to assimilate the buildings and parking areas into the surroundings to minimise their visual impact.

In the context of Green Belt policy it is clear that building proposals on the scale envisaged need careful consideration. Indoor sports facilities are generally not considered appropriate in the Green Belt and there need to be special reasons if such a development is to be approved.

In 1980 the GLC listed Copthall as a site for a 'National Indoor Arena' and the regional sports council have identified it as a suitable location for an indoor sports centre in their regional Recreational Strategy.

In 1982 the Council's planning brief for Copthall considered both these facts together with the question of Green Belt designation. At that time it was thought that it might be more appropriate to consider Copthall as part of the Metropolitan Open Land network within the urban area bearing in mind its particular character and its importance as the borough's leading sports venue.

However, because of more recent Government advice on Green Belts

issued in 1984 a decision has been taken to retain the Green Belt status of Copthall. But, at the same time, to recognise it as a special policy area with a dual role to play both as part of the overall Green Belt area and as a suitable location for an agreed level of development for indoor sports facilities which will be of major benefit to the borough.

## Major events

Many local residents have expressed concern at the possible impact of events taking place at the stadium on surrounding areas. It is anticipated there will be only five or six major events a year although the stadium will be well used for minor events at least twice a week.

Conditions will be attached to any planning permission to control any such impact on the locality. The Council, as owners of the site, will also ensure that effective management measures are taken at all major events which will lead to firmer control than that which could normally be achieved by conditions attached to a planning permission.

The planning application has been referred to the GLC who have expressed the view that it would be the subject of a planning inquiry and the matter is presently with the Secretary of State for the Environment.

## Barnet boost for Bradford disaster fund

BRADFORD CITY, whose stand was so tragically devastated by fire at the end of the last soccer season, are visiting Barnet Football Club's Underhill ground in Barnet Lane on Friday, August 9, for a special friendly match against the Gola League Club.

All the proceeds will be donated to the Bradford fire disaster fund. Barnet FC are hoping that as many borough residents as possible will come along to Underhill to give their support, and that the fund will benefit by as much as £10,000.

For the match against Bradford City who won promotion from the Football League Division III to Division II last season, all seats will be reserved and each will cost £6.50. There are 800 stand seats and selling all those alone will bring in more than £5,000. It is hoped that companies and local business people will buy seat tickets in bulk.

Anyone wishing to support the fund by buying seats should do so now. Applications with cheques made out to 'Barnet Football Club' should be sent to Trudy Archer, the club's commercial manager, at the Barnet Lane address (tel 449 4173).

Ground admission is £2 and kick-off at 7.30pm.

Make a date for Friern Barnet Summer Show — the family festival of fun and entertainment with a special focus on arts and crafts.

Friary Park, Friern Barnet Lane, Friday and Saturday August 9 and 10.

The gates open at 2pm on both days and the programme is full of music, dance and laughter. There are clowns and Punch and Judy; bands including a Caribbean group and the Middlesex Yeomanry; Scottish and English folk dancing; children's fancy dress and sports. There's something for everyone!

With the fun fair and pony rides, baby



show, dog show and pet show, craft market, domestic skills and flower arranging displays in the marquee, and pony

rides and cowboy town — you just can't afford to miss it.

Local artists who wish to exhibit and sell their work can join in the art exhibition. Entries for the exemption dog show are taken at the ringside, but for the baby show contact the shows organiser.

And everything ends with a grand firework display at 9.20pm on Saturday.

Programmes are available at local libraries and the Information Office at Ravensfield House, The Burroughs, Hendon.

Full details from The Shows Organiser, Gateway House, 322 Regents Park Road, Finchley, N3 2LP, tel: 349 9121 ext 441.



PHONE FOR DETAILS

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PROSPECTUS**

*Full details of  
courses and  
enrolment  
times, full- and  
part-time  
classes starting  
in September.*

**DON'T MISS  
IT...**

**GET PAID  
WHILE YOU  
TRAIN AT  
HENDON  
COLLEGE**

There are a number of courses starting in September at Hendon College that provide people with financial support while they are training. These courses are sponsored by the Manpower Services Commission through the TOPS Programme.

The courses on offer cover clerical and secretarial work and are open to adults (18+) who have been away from full-time education for two years. The courses are of 16 or 18 weeks duration and cover Typewriting, Office Practice, Word Processing, Audio and/or Shorthand skills.

To find out more about these courses, visit your nearest Job Centre or contact the College on 202 3811 extension 215. Alternatively, informal interviews are being held on Monday 12 August at 11.30am in room F4 of the Williams Building at The Burroughs site. People interested are invited to call in and ask for Mrs Daley.



**LONDON BOROUGH OF BARNET**

## HENDON COLLEGE

**THE BURROUGHS HENDON NW4 4BT**

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# Higher Education

## HOUSE A STUDENT AND STRETCH YOUR BUDGET

LOCAL RESIDENTS are finding a way to help meet the rising costs of owning property by letting vacant rooms in their homes to Middlesex Polytechnic students.

Many people find they enjoy having young people living in their homes and also find the income they receive from letting rooms to be a welcome supplement to the household budget.

Students tend to make convenient tenants as they usually only want accommodation from September until June each year. Many students are away during the Christmas and Easter breaks, allowing the landlord to perhaps use the room for a member of their own family.

Mr David Barnard, head of Accommodation Services at Middlesex Polytechnic would like to hear from local residents with rooms or whole properties to let. "More than 2,400 first-year students will be starting their studies at the Polytechnic this autumn, and most will be seeking somewhere to live," Mr Barnard says.

"Local residents who let rooms to students not only provide a valuable service to our students,

but also make their own budgets go further. Although the Polytechnic does have some halls of residence there are not nearly enough places for all our 7,000 full-time students."

The Polytechnic runs a Central Accommodation Office which landlords can contact to register their accommodation with the Polytechnic. The office also provides a landlords' information package which gives useful details and a registration form.

The Central Office then forwards details of available accommodation to the Accommodation Offices on the major Polytechnic sites. The six main teaching sites

are: All Saints; Tottenham; Bounds Green; Cat Hill; Cockfosters; Enfield; Hendon; Trent Park, Barnet.

Most students prefer to live close to their place of study but some are prepared to travel a reasonable distance to find suitable accommodation.

### Charges

Rents vary with the area and the facilities offered. Average weekly rents, as a guide only, are house or flat shares, £25 to £30; self-catering bedsits, up to £25; bed and breakfast, up to £28; bed, breakfast and evening meal, up to

£35. As student grants have only risen by 3% this year, students are less able to afford higher rents.

### Student needs

Most students prefer to live in self-contained, self-catering accommodation in houses, flats or single-bedroom bedsits. Shared rooms are very difficult to let. Very few students are prepared to accept rooms with meals provided, as students' lifestyle do not usually fit in with family meal times. Many students, especially those from overseas, follow special diets.

### Accommodation services

Mr David Barnard, head of Accommodation Services, is keen to emphasise that the services of the polytechnic's accommodation staff are free to both parties.

If you have accommodation to offer or if you are thinking about letting accommodation you should contact: The Accommodation Officer, Middlesex Polytechnic, Wood Green Hall, Station Road, London N22 6UZ. Telephone 01-881 3784.



Accommodation in the Hendon area is in particular demand from students on business studies and management courses at the Middlesex Business School.

# LET TO STUDENTS

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General rooms are not always required providing the kitchen facilities are of a reasonable size. So every room could be bringing you an income and fulfilling an important need.

Fill in the coupon to find out more or telephone 01-881 3784

Post to: Accommodation Officer, (ref AC/28B), Middlesex Polytechnic,  
Wood Green Hall, Station Road, London N22 6UZ.

Name \_\_\_\_\_

Address \_\_\_\_\_

Tel. No.: \_\_\_\_\_

**Middlesex  
Polytechnic**

# What's On

**WHAT'S ON IN BARNET** is a monthly list of activities taking place in the Borough.

Your entry, and contact telephone number, should be sent to the Borough News, Town Hall, The Burroughs, Hendon, NW4 4BG, tel. 202 8282, ext. 479.

Entries for the September issue must be received by Tuesday, August 13 and before that date if possible.

Although every effort has been made to check the August meetings it has not been possible to cover all the entries, so please check with the organisers before you go.

\*Asterisk denotes regular weekly meeting.

## Saturday, August 10

\*North London Rambling Club organise Saturday walks. Contact (SAE) Ray Todd, 31 Blair Close, St Paul's Rd, London N1 2YP.

British Tinnitus Assn (NW London), Meritage Club, Church End, Hendon. 2pm. 444 9657

## Sunday, August 11

\*Sailing and sailboarding, Wembley Sailing Club, Birchen Grove, NW9. 455 5073

\*Mind in Barnet 'Libra' Club, Etchingham Park Day Centre, Etchingham Park Rd, Finchley. 3.30pm. 455 2850

## Monday, August 12

\*Bells Hill Prams & Pushchairs, St Stephen's Church Hall, Bells Hill, Barnet. 1.30pm.

\*Barnet Blind Bowls Club, Finchley Tudor. 449 7058.

\*Community Links in Cameras, photography group primarily for disabled, 43 Flower Lane, Mill Hill. 1.30pm. 346 9789

## Tuesday, August 13

\*Hendon and Edgware 18 Plus Group, Games Room, Royal Oak Pub, Finchley Rd, Temple Fortune. 8.15 pm. 205 1455

\*Barnet Blind Bowls Club, STC Sports ground, New Southgate, 2pm. 449 7058

\*British Red Cross Society, 10 Downage, Hendon. Sale of nearly new clothes 10am-3pm. 203 0567/1654

\*CRAB photography for mentally handicapped adults, 43 Flower Lane, NW7. 11am-12.30pm. 346 9789

## Wednesday, August 14

\*National Council for the Divorced Separated, North West London Branch. Friendly club evening near Brent St, Hendon. Details: 226 3752, 203 5739/3269

\*North London and District Divorced/Separated Club, The Firs Hall, Winchmore Hill (August only). Please bring proof of qualifying status. 8pm. 363 4130/452 3591.

\*Club 81 for unattached people 24-45, Torrington Arms, High Rd, Finchley. 9pm. 349 0026.

\*Barnet YHA Group, 1st Lyons-

down Scout Hut, York Rd, New Barnet. 8pm. 449 1553/445 3492

\*Bingo is back! St Alphage Church Hall, Playfield Rd, Burnt Oak. 8pm

\*Badminton — players welcome, friendly groups. 883 4437. Also Thursdays and Fridays.

Pensioners' Voice (Barnet), Wesley Hall, High St, Barnet. 1.30pm. 361 2787

## Thursday, August 15

\*Hendon Chess Club, Hyde United Reformed Church, Edgware Rd, Colindale. 7.30pm. Welcome players of any age or strength. 952 3129

\*Mind in Barnet Thursday Club, 154 Station Rd, Hendon. 7.45pm 202 5845

\*CRAB Carpentry for disabled, John Grooms, Stoneyfields Rd, Edgware. 1.30pm. 346 9789.

Civil Service Pensioners Alliance, Avenue House, East End Rd, N3. 10am. 346 6994

Friern Barnet and Whetstone Rotaract Club, Bull and Butcher Pub, High Rd, Whetstone. 8.15pm. 446 4008. Also September 5.

## Friday, August 16

\*Barnet and Finchley Photographic Soc, rear of 37a Salisbury Rd, Barnet. 8pm. 886 7071

\*Barnet Blind Bowls Club, Old Court House Rec. 2-5pm. 449 7058

\*Finchley Cine Society, Avenue House, East End Rd, N3. 8pm. 346 4265

## Tuesday, August 20

Single, widowed and divorced (25-65) Finchley area. 8pm. 889 0513/441 5532. Also September 3.

## Monday, August 26

London Hash House Harriers — Hampstead Heath — car park at junction East Heath Rd/Downshire Hill, NW3. 7pm. 349 2338

## Thursday, August 29

Pensioners' Voice (Whetstone & Finchley), N. Finchley Library, Ravensdale Ave. 1.30pm. 445 7413

## Friday, August 30

Jewish Gay Group Chavura, Alyth Youth & Community Centre, Alyth Gardens, NW11. Light Vegetarian meal — food welcome. Special service for New Year. 7.45pm. 958 4590

## Sunday, September 1

Hampstead Book Fair, Old Town Hall, Haverstock Hill, NW3. Admission 25p. 11am-5pm. 959 2936

## Wednesday, September 4

Pensioners' Voice (Golders Green & Dist), Trinity Church Hall, Rodborough Rd, NW11. 1.15pm. 455 7952

Finchley & Dist Philatelic Soc, Avenue House, East End Rd, N3. 'The Letter O'. 8pm. 883 8724

Barnet Animal Rights Group, Christ Church, High Rd, N Finchley. 8pm. 440 1715

## Keep fit

### Mondays

\*Stretch and shape, Christchurch Hall, High Rd, North Finchley. 11 am. 349 1449 (also Fridays)

\*Pensioners Health Group, Methodist Hall, Rodborough Rd, NW11. 2pm. 794 6376. 60p session.

\*Get Fit & Trim Workouts to music, St John's Hall, Friern Barnet Lane, N20. 6.45pm. 440 5811. Also Wednesdays 7.50pm.

\*Aerobics, Christchurch Hall, High Rd, N12. 10am. 349 1449

Freston Fitness Club, Freston Gardens (off Cat Hill), Cockfosters. £1.50 per session. 7-8pm.

### Tuesdays

\*Yogacise 7.15pm; body-tune, dance, keep fit, 8.10pm, All Saints School, Oakleigh Rd N, Whetstone. Also Thursdays and daytime classes. 441 1336

### Wednesdays

\*Yoga for people with handicaps. Special class, St Mary's Hall, East Barnet. Gentle movement, breathing, relaxation. 4-6pm. Qualified teacher. Other classes available. 440 1828

\*Aerobics, Cophall Swimming Pool, Page St, Mill Hill. 9.45am. 349 1449

\*Get Fit & Trim Workouts, Manor Drive Hall, N20. 10.15am (creche). 440 5811. Also Fridays.

### Thursdays

\*Mixed exercise class for people with problem backs, Queen Elizabeth's Girls' School, Meadway, Barnet. 8pm. 445 6986

\*Yoga. British Wheel trained teacher, Union Church, Northiam, N20. 7-8pm. 349 2972

## Martial Arts

### Mondays

\*North London Karate Club, Mill Hill School, The Ridgeway, Mill Hill. 8-9pm, 9-10pm. 440/7733/8633

\*Barnet Shotokan Karate Centre. Recreation Hall, Barnet General Hospital, Wellhouse Lane, Barnet. 6-7pm children; 7-8.30pm adults. 449 3150

\*Cobra Karate Club, Christ's College School, Hendon Lane, N3. Beginners 7pm; advanced 8pm. 959 4338

\*Watling Karate Club, Watling Boys' Club, Dryfield Rd, Burnt Oak. Under 12, 6-7pm; over 12, 7-8pm. 40p a session (and Wednesdays)

### Tuesdays

\*J.L. Kung Fu Centre, All Saints Church Hall, Durham Rd, N2. 7pm. 959 2605

\*Hampstead Garden Suburb Shotokan Karate Centre, Nautilus

Fitness Club, 39 Market Place, Falloden Way, NW11. 7.30pm. 959 8228/97 30917

### Wednesdays

\*Barnet Shotokan Karate Centre, Children's Karate, Lyonsdown Hall, Lyonsdown Rd, New Barnet. 4.15-5.15pm. Minimum age 8 yrs. 449 3150

\*Cobra Karate Club, Christ's College School, Hendon Lane, N3. Beginners 7pm; advanced 8pm. 959 4338

\*Judo for children, Pymmes Youth Centre, East Barnet Lower School, Westbrook Crescent, E Barnet. 6.30-7.30pm; 7.30-8.30pm. 440 6473

Wing Chun Kung Fu, Simon Lau Martial Arts Academy (Mill Hill Division), Hartley Hall, Flower Lane. 7pm. 998 1055

\*Finchley Karate Club (Okinawan Goju-Ryu Karate), Manorside School, Squires Lane, N3. 8pm. 346 9505

### Thursdays

\*North London Karate Club, Mill Hill School, The Ridgeway, Mill Hill. 8-9pm, 9-10pm. 440 7733/8633

\*Judo for Adults, Pymmes Youth Centre, East Barnet Lower School, Westbrook Crescent, Barnet. 7.30-9pm. 440 6473

### Fridays

\*Shin Do Kwai Kendo Club, Whitefield School (gym) Claremont Rd, NW2. 7.30pm. 863 7574

## Women's clubs

### Tuesday, August 20

Friern Barnet and Whetstone TWG Open Day, Manor Drive Methodist Church, York Way, Whetstone. 2pm. 445 4984

### Monday, September 2

New Barnet (evening) TWG, Brookside Methodist Church Hall, East Barnet. 'Herb Cushions'. 7.30pm. 441 1864

### Tuesday, September 3

Totteridge WI, Village Hall, Badgers Croft, Totteridge Lane. 7.30pm. 445 5700

Friern Barnet Friary TWG, Christ Church URC Hall, Bellevue Rd, N11. 2pm. 445 8011

Royal British Legion Women's Section (N. Finchley), Legionway, Summers Lane, N12. 8pm. 445 9911

### Wednesday, September 4

Edgware TWG, Parish Hall, Rectory Lane. 'Hand glass engraving'. 2pm. 952 3311

Barnet Evening TWG, Church House, Wood St. 'Glass blowing' demonstration. 7.30pm. 449 6809

### Thursday, September 5

Ashley Evening TWG, Mill Hill East Free Church, Salcombe Gdns. 7.30pm. 906 1952

East Barnet Valley TWG, St John's Hall, Mowbray Rd, New Barnet. 2.15pm. 449 8601/3885

# What's On

## Horticulture and floral art

### Sunday, August 18

Garden open, 26 Princes Ave, Muswell Hill. (Mr and Mrs Graham). Admission 40p, children 15p. 2-6pm.

### Wednesday, August 21

Hendon Floral Art Group, West Hendon Community Centre, Marsh Drive. 7.30pm. 346 8916

### Saturday, August 31

Barnet & Dist Fuchsia Soc Late Summer Show, Ewen Hall, Wood St, Barnet. 2.30pm. 0727 59989

### Saturday, September 7

Finchley Horticultural Soc Autumn Show, Christ Church School, Hilton Ave, N12. 2.30-5pm.

Mill Hill Horticultural and Allotment Soc 37th Annual Show, Hartley Hall, Flower Lane. 2.30pm. Presentation of awards by Mayor 5pm. 959 2848

## Bridge/Whist

### Mondays

\*Intermediate Bridge Class, 41 Northumberland Rd, New Barnet. 7.30pm. 449 0960. Also Tuesdays, 10am

\*Bridge Class, second year students, Woodside Park Club, Southover. 8pm. 445 1108 (also Tuesdays)

### Wednesdays

\*Intermediate bridge class, 41 Northumberland Rd, New Barnet. 2pm. 449 0960

### Thursdays

\*Northside Bridge Club, E Finchley Methodist Church Annexe, High Rd. Duplicate first Thursday, rubber remaining Thursdays.

\*NW London Duplicate Bridge Club, Michael Sobell Centre, Limes Ave, NW11. Admission £1.50. 7.45pm. 455 3745

### Fridays

\*Beginners' bridge class, 41 Northumberland Rd, New Barnet. 7.30pm. 449 0960

\*The Fern Room Whist Club, Salisbury Road, Barnet, 2pm. 441 4853

## Council meetings

Members of the public are invited to attend council and committee meetings in the Town Hall, Hendon, at 7pm.

Wednesday August 21: Planning Sub-committees

Tuesday August 27: Public Works; Social Services

Thursday August 29: Libraries and Arts

Monday September 2: Housing; Development and Estates

Tuesday September 3: General Purposes Committee

## Councillors' and MPs' surgeries

### CHIPPING BARNET

John Major, GLC councillor, and a borough councillor available Saturday, August 17, 10.30am to 12 noon, 163 High St, Barnet.

Sydney Chapman, MP, and a borough councillor available Saturday, September 7, 10.30am to 12 noon, 163 High St, Barnet.

Arkley Ward — Councillor Wilf Lipman (Conservative) available Friday, August 16 and September 6, 7.30pm, Dollis Valley Community Centre.

### FINCHLEY AND FRIERN BARNET

Conservative councillors available Saturday September 7, 10.30am to 12 noon, 212 Ballards lane, N3.

Margaret Thatcher, MP, can be contacted by constituents only through her local constituency office, 212 Ballards Lane, N3, telephone 445 4292.

East Finchley Ward — Labour councillors available Saturdays, August 10, 17, 24, 31 and September 7 & 10, 10am to 11.30am, East Finchley Neighbourhood Centre, Church Lane, N2.

St Paul's Ward — Labour councillor available Wednesdays, August 14, 21, 28 and September 4, 7pm to 8pm,

Northside School, Percy Rd, N12.

### HENDON NORTH

John Gorst, MP, no August surgery. Constituency advice available at 2 Apex Parade, Selvage Lane, Mill Hill (959 1446). Conservative councillors available by appointment at above address, Wednesdays, August 14, 21, 28 and September 4.

Colindale Ward — Labour councillors available Saturday, August 24, 11am to 12 noon, St Augustine's Church, Grahame Park.

### HENDON SOUTH

Peter Thomas, MP, available by appointment with secretary Mary Lucas (219 4079). Conservative councillors available for consultation (202 7484)

West Hendon — Phone Cllr Tim Sims (734 8080, office hours) for appointment at West Hendon Ex-Servicemen's Club, The Broadway, NW9. Cllrs Doreen Neall (202 9927) and Agnes Slocombe (202 4074) available by appointment.

### EURO MP

John Marshall, Euro MP, may be contacted at 2 Birkdale Rd, London, W5, for appointments.

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NATIONAL HOUSE BUILDING COUNCIL ANNUAL REPORT, 1984

‘Wimpey... Britain's best value for money builder.’

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## PART-TIME BTEC HNC/D courses in ENGINEERING

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Wednesday  
11 SEPTEMBER  
10am — 8pm

at Middlesex Polytechnic, Bounds Green Road, N11. Students must bring detailed evidence of qualifications and three passport-sized photographs, fees or sponsorship letter

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- BTEC HND in Mechanical Engineering
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- BTEC HND in Production Engineering

These BTEC programmes are held at the polytechnic's Bounds Green location in Bounds Green Road, N11, close by Bounds Green underground and New Southgate BR stations. Each programme requires two years of part-time study, one day and evening a week.

A brochure describing the courses is available from: Admissions Enquiries, (ref C966H), Middlesex Polytechnic, 114 Chase Side, London N14 5PN. Telephone 01-886 6599 (24 hours).

**Middlesex Polytechnic**

# Social Services

## The Leys' 'country club' way of life

NOT for nothing is The Leys affectionately nicknamed 'The Country Club' by its staff.

The peace and tranquility of the house is more akin to a well-run club or hotel than to a council-run hostel for 23 mentally handicapped adults which doubles as a day care centre during the week.

A visit to Barnet Social Services' hostel, in Barnet Lane, Elstree, might persuade people to change their attitude to community care for others who are different from them.

To spend the day there is not only to have a lot of fun, but to see how community care really can work.

David Blinkhorne, officer in charge, and his staff place a lot of emphasis on the community side, even to the extent of renting allotments in the grounds to people from 'the outside world'.

They and the residents have their own horticulture and animal husbandry project, as our front cover picture shows.

Barbecues, bonfires, football and hockey tournaments, fetes and summer afternoon teas all bring in a whole range of visitors not ostensibly connected with the hostel.

'We call it the country club because that's how it feels to us,' said David. 'There's a very good atmosphere among staff and residents and that's what I try to push.'

All the residents have their own way of life and most have families whom they visit and who visit them. It's all fairly free and easy and there's no appointments system.

There are six care workers, including David, and four care assistants. On the volunteer side the list is long: a YTS student, police cadets, community service volunteers, Haberdashers' Aske's schoolgirls, staff from other Barnet Council departments, to name a few.

The emphasis is on doing things with the residents and day care members rather than for them.

In the main building the top floor flat is designed to help the adults prepare themselves for life outside the hostel and bedsits are being built in the old coach house as part of the programme of encouraging more self-help and independence.

Residents go to social education centres during the day to learn social skills, while the hostel becomes a day centre for other groups.

One day, staff may care for physically handicapped and severe-



The Leys . . . more like a well-run club or hotel

ly mentally disturbed people, another for the elderly confused.

At the same time they receive flying visits from other groups, like multiply handicapped adults and mentally handicapped children. Visitors tend to drop in unannounced, much to David's rueful dismay at times.

'The animals bring in a lot of people. It's a fantastic public relations exercise,' he said. 'Playgroups and schoolchildren come to see the animals, and that normalises life for the residents. It takes away the stigma that could be attached to a place like this.'

Bubbles the pony is one of the favourites, with Cain and Unable the goats, geese, chickens, and 50 baby chicks, ducks and an aviary of canaries for breeding.

Work is done on a voluntary basis by residents and day care members under supervision. They are given rewards and there is no time schedule.

They sell the chickens' eggs — money from which goes into the hostel's funds — and are breeding fish in the pond they built themselves, one of the latest projects along with coach house conversion.

'We are always on the lookout for new projects,' David said. 'That's part of our reason for being. It means that something else is coming back into the lives of all our different groups, something they can all cope with.'

'What is nice is that they get on well together. They all know each other now, which is super, and there is absolutely no ill-feeling between them.'

The staff have a special attitude, too, and all are prepared to muck in and do their bit.

After they have finished their normal duties, many will take a wander outside to see what's going on and where they can lend a hand. There are no demarcation lines.

That extends even to tending the

eight acres of grounds. All the work is done by residents, day members and staff, which is quite a tall order.

Frequent cinema/theatre, pub and shopping trips are the norm, social evenings are held in the licensed bar for residents, friends and relatives and magical mystery tours in the hostel's mini-buss are laid on.

Last summer a group went to Brittany and another to Benidorm.

'We all paid for ourselves. The residents get money from work they do at SECs and we do our own fund-raising from all the activities and extras', David explained.

Their fund-raising efforts have been boosted by the use of a marquee which they bought with part of a £1,300 donation from Southgate Working Men's Club. It was used as a refreshments tent during the summer fete held at The Leys in June.

Apart from the activities planned by staff, residents also have a large sitting room with TV and a smaller one for when they want some peace and quiet.

The dining room has a pool table, while the main hall has a stereo and snooker table. Residents are encouraged to take up hobbies, such as painting, knitting, rug-making, photography, making jigsaws and writing.

Their cheery faces and quiet — or not so quiet — enjoyment of it all might go a long way towards convincing the Doubting Thomases that community care holds no fears for the 'outsiders'.

**THE Leys is a listed building and the main house was built in 1901 by architect George Walton for J.B.B. Wellington, a technical innovator, industrialist and photographer.**

**Major influences on Walton's design were the art and craft style of William Morris and C.F.A. Voysey and the Art Nouveau movement of the late 19th century.**

**In World War Two the house was used by the Army and in 1947 was bought by Middlesex County Council for use as an old people's home.**

**Then in 1980 Barnet Social Services began to use it as a hostel for mentally handicapped adults.**

**Each bedroom has its own style, there are numerous sitting rooms and all residents have the freedom of the building.**

## Home Insulation Grants

Home insulation grants are now available from the Borough of Barnet Environmental Health Department. Homeowners can get assistance towards the cost of insulating lofts, water tanks and pipes. Not surprisingly, most people don't even think of insulating their homes until the autumn. The result being a delay in processing and approval of the grant. The best advice is "Apply Now" and beat the rush.

To qualify for a Home Insulation Grant, insulation material in your home at present must not exceed 30mm (1¼") in depth in any part of your loft. Should you have more than one loft, this rule applies to all. Don't worry if there is no access to the loft, as the cost of providing access is eligible for grant aid, too.

The grants available are 66% of installation and material costs up to a total maximum of £69. Old age pensioners who may have financial hardship can claim 90% of the costs up to a maximum of £95. The loft must be lagged to a depth of 85-100mm (3½ inches to 4 inches) depending on the material used and pipes and tanks must also be covered.

To secure a Home Insulation Grant you must submit your application to Barnet Council and when it is approved, you will receive a claim form, then you may proceed with the work. One other reminder, work must be completed within four months of the application being approved.

Due to some questionable practices on the part of contractors, a number of grant applications have recently been rejected by Barnet Council. Some companies have apparently told prospective applicants, often elderly people, that their firm have the authority to approve applications or have a special arrangement with the Council. This, quite simply, is not true! It must be emphasised that no one company has any arrangements with the Council, nor do our Council surveyors go "house to house" selling loft insulation.

If you have any questions at all ring the Improvement Grants Section, Peter Robertson, Gateway House, Regents Park Road, N3. Tel: 349 9121, Ext. 76 or 77.

## KEEP WARM THIS WINTER!!

### APPLY FOR YOUR HOME INSULATION GRANT NOW!!



CUT FUEL COSTS ★ IMPROVE HOME VALUE  
AVOID BURST PIPES ★ SAVE £££s

RING: 349 9121

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HEALTH  
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DO YOU HAVE

- ★ GOOD HEALTH
- ★ A SPARE ROOM ON THE GROUND FLOOR
- ★ A VERY LARGE HEART?

IF YOU HAVE ALL THREE,  
COULD YOU CARE FOR

## DEBBIE?

She is 16 years old, and is a responsive lovable person. She was born with Down's Syndrome, and recently suffered a stroke which has rendered her wheelchair bound — at least temporarily.

She urgently needs a family to help and encourage her until she leaves her special school.

Please contact:

Mavis Brown, Barnet Social Services,  
South East Team, 16 High Road, N2.  
Tel: 01-444 4411.

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**barnet**

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# Fitness For All



## FIT AND FUN

Opportunities for sport and fitness on your local doorstep — that's what's on offer at Barnet's activity centres. No need to travel the length and breadth of the borough, find out what your friendly neighbourhood centre has to offer. With the new school term starting early next month the centres will be back in full swing from September 9.

Based on school buildings which turn into public activity centres after school hours and at weekends, the centres are able to offer top quality facilities for a wide range of sports.

For Barnet residents the Queen Elizabeth Centre, Meadway, Barnet, offers almost an A to Z of sports, from aerobics to yoga. There's swimming from mothers and baby classes to advance life saving. There's sports including FA superskills, badminton and a wide range too long to list. QE also offer a pleasant wine bar and refreshment room. For full details tel: 441 2933.

Finchley is served by Manorhill Centre, Summers Lane, where youngsters aged seven to 11 can take part in gymnastics and FA superskills; teenagers can be coached in tennis and junior badminton, and adults are offered keep fit, badminton, volleyball and basketball. Tel: 368 3616 for details.

For Hendon, Colindale, Burnt Oak and Edgware residents, Centre Point, Corner Mead, Grahame Park, also has a wide range of sporting activities for all ages. There's FA superskills, recreational swimming, karate, relaxation through movement, popmobility, short tennis, trampolining and others. These activities start on Monday, September 2, so tel: 205 7113 for further details.



## CENTRE POINT WEEKLY ACTIVITIES

AUTUMN 1985

(COMMENCING MONDAY, 2nd SEPTEMBER, 1985)

### FA SUPERSKILLS

MON 6-7pm and 7-8pm \* AGES 7+

### KARATE

TUES 6-7pm and THURS 7-8pm \* AGES 7-13  
TUES 7-8pm and THURS 8-9pm \* AGES 13+



### TRAMPOLINING

WED 6-7pm \* AGES 6-8  
WED 7-8pm, SUN 2-3pm, 3-4pm and 4-5pm \* EVERYONE

### TAP DANCE

TUES 6.15-4.15pm \* AGES 5-12  
TUES 6.45-7.15pm and 7.15-8.30pm \* EVERYONE

### KEEP FIT

(STARTS 16th SEPTEMBER)  
MON 8-10pm \* EVERYONE



### AEROBICS

THURS 7.30-8.30pm and 8.30-9.30pm \* EVERYONE

### POPMOBILITY

WED 7.30-8.30pm and 8.30-9.30pm \* EVERYONE

### RELAXATION THROUGH MOVEMENT

TUES 8.30-9.30pm \* EVERYONE

### SHORT TENNIS

SUN 10am-11am and 11am-12 noon \* EVERYONE

### RECREATIONAL SWIMMING

(No formal instructions but qualified instructor will be present to give tips)  
MON 8-9pm \* ADULTS

COSTS: 50p per hour 16 and under  
80p per hour 16 and over

ALSO AVAILABLE: Public swimming, gymnastics, badminton, gym dance and more

### RING AND BOOK NOW: 205 7113

GRAHAME PARK CENTRE, GRAHAME PARK SCHOOL, CORNER MEAD,  
GRAHAME PARK WAY, COLINDALE NW9

A LONDON BOROUGH OF BARNET YOUTH COMMUNITY SERVICE

## MANORHILL CENTRE COURSES IN FINCHLEY

FOR 7-11 YEAR OLDS

### GYMNASTICS

TUES 5-6pm and 6-7pm, THURS 5.30-6.30pm

### FOOTBALL

WED 5-6pm

### TRAMPOLINE

SAT 10-11am

FOR 11-15 YEAR OLDS

### BADMINTON

TUES 6-7pm

### TENNIS

WED 6-7pm

NEW!! BASKETBALL NEW!!

ALL ABOVE COURSES £8.00 FOR 10 HOURS INSTRUCTION

FOR ADULTS

### KEEP FIT

MON 7-8pm and WED 7.30-8.30pm

### BADMINTON

THURS 8-10pm

### VOLLEYBALL

TUES 6-8pm

PLEASE CONTACT MANORHILL CENTRE ON  
368-6316 FOR FURTHER DETAILS  
A LONDON BOROUGH OF BARNET YOUTH COMMUNITY SERVICE



## QUEEN ELIZABETH CENTRE

HALF TERM BREAK FOR CHILDREN

MONDAY 21st OCTOBER — FRIDAY 25th OCTOBER

### CASUAL ACTIVITIES

NO BOOKING NECESSARY

### PAY AS YOU PLAY

10-12.30 daily (90p per session)

### CASUAL SWIMMING

2-3pm and 3-4pm daily (children 40p/adults 80p)

### COURSES

(Booking necessary)

### SWIMMING

(Cost £5 per week)



### NON SWIMMERS — AGE 4+

10-10.30, 10.30-11.00 and 11-11.30 daily

### WEAK SWIMMERS — AGE 4+

11.30-12.00 daily

### INDOOR FOOTBALL SUPERSKILLS — AGE 6+

2-3.30 and 3.30-5 daily

(Cost £7 per week)

BLUE/RED/BLACK/SILVER/GOLD AWARDS

### AUTUMN 1985 ACTIVITIES

STARTING WEEK OF SEPTEMBER 9

LIFESAVING COURSE — AGE 12+

TRAMPOLINE — AGE 6-16



### ADULTS ★ ADULTS ★ ADULTS

KEEP FIT ● WEIGHT TRAINING ● BADMINTON  
YOGA ● SWIMMING

For further details phone 441 2933  
Queen Elizabeth Centre, Meadway, Barnet

A LONDON BOROUGH OF BARNET YOUTH COMMUNITY SERVICE

## THE CLUB AT HENDON — FOUR YEARS ON!!

Tucked away in the heart of Hendon is a marvellous sports and leisure facility, known as THE CLUB AT HENDON. With the terrific facilities, easy access and ample parking, it is hardly surprising the tremendous popularity that the Club enjoys.

There is a superb heated indoor swimming pool where the temperature is kept at between 82° and 84°F. A jacuzzi which holds up to 20 people is kept at a temperature of 103° to 105°F.

A new gymnasium with air conditioning has the latest and most up-to-date Nissan International equipment including computerised bikes. The gym is staffed at all times with highly qualified instructors and is used by all ages from 16 to 86. Every member is tested and given a chart depending on age and fitness, weight etc.

**It is interesting that the gym is used by as many ladies as men.**

There is also a dance studio where classes of all kinds are held including aerobics, yoga etc. Many ladies even prefer the gym to these classes.

There are ten squash courts, racket ball and table tennis. Spacious changing rooms with lockers, saunas etc. There is also a free creche along with a boutique selling all the latest leisure fashions.

The Club has a restaurant which serves breakfast to the early birds, ie the businessmen who come in for a workout before going to the office. They also serve fresh salads and other health foods and drinks. You can also indulge in home cooked food and there is a well stocked bar.

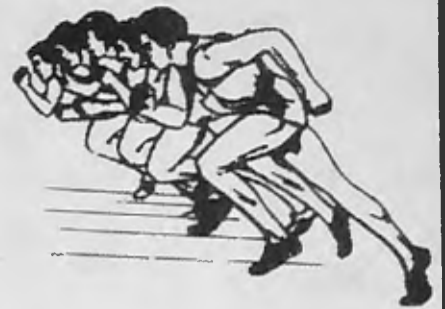
The latest addition to the Club is the new beauty area where there is a beautician, hairdresser and masseur, sunbeds and a rest area.

The Club is open from 7.30am until 11.00pm Monday to Friday, 9am-8.00pm Saturdays and 9am-11.00pm on Sundays. To make life easy for the members there is an all inclusive charge and no extras are payable for including pool, sauna, squash, gym, table tennis, creche etc.

Besides full membership which is £350 per person plus an entrance fee of £125 we have a day membership, very suitable for housewives and mothers, the fee for this is £255 plus an entrance fee of £50 for the first year only.

The Club caters for a highly sophisticated up-market clientele who in the past have not been able to find a Club with the facilities provided at Hendon.

**READY,  
STEADY  
GO FOR IT!**



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at Hendon*

# What's On in the Arts

## Dance

### Mondays

\*CRAB dance club for disabled, King Alfred School, Manor Wood, North End Rd, NW11. 50p per session. 7pm. 346 9789

### Tuesdays

\*Sequence dancing, 20th Century Sequence Dancing Club, All Saints Hall, Oakleigh Rd North, Whetstone. 7.45pm. 440 6508  
Wheelchair dancing, Grahame Park Community Centre, The Concourse, NW9. 1.30pm. 346 9789. Transport possible.

### Wednesdays

\*CRAB Barnet youth dance workshop for 12 to 18-year-olds, Friern Barnet County School, Hemington Ave, N11. No experience necessary. 6.30-8pm. 346 9789.

Mountfield Old Time & Modern Sequence Dance Club, Martin School, High Rd, East Finchley. 8pm. 959 5185

\*CRAB Creative dance for mentally handicapped adults, Outlook House, 59 Flower Lane, NW7. 2-3pm. 346 9789.

### Fridays

\*Latin & ballroom, Subud Hall, 97 E Barnet Rd, New Barnet.

8.30pm. 449 3336/6034

### Saturdays

\*Children's disco & ballroom, Subud Hall, 97 E Barnet Rd, New Barnet. 11.30am. 449 3336/6034

## Arts workshops

**Barnet Arts Workshops** summer holiday activities for young people (4-12) Thursdays and Fridays until August 16. Sessions 10.30am-12.30pm and 2-4pm. Arts and crafts, music and movement, puppet making etc — members 60p session, non-members 70p. Membership 10p. 346 7120

### Old Bull Arts Centre

The majority of classes at the Old Bull Arts Centre, 68 High Street, Barnet, will not be held during the summer holidays but some will continue.

**Sian Horn**, well known graphic artist, is taking art and design workshops on Tuesdays and Thursdays, 3.30 to 5.30pm offering children five to 15 a chance to experiment with different medias.

These include making a basic silk screen kit using paper-cut stencils, fabric printing, lino-cuts, collage and poster design. Old-

er children will produce posters to advertise events at the Old Bull. 75p per session. Telephone 449 5189.

### Dance and drama

Deep See Dancers will be organising a day of Jungle Dance plus circus workshops and a Day of Dance at the North Pole — all for primary school children. Dates and times: 449 5189.

## Drama

### Wednesdays

\*Incognito Theatre Group, Theatre, Friern Barnet. 8pm. 886 5791

\*East Finchley Theatre Group, Methodist Church Hall, High Rd, N2 7.30pm. 883 2633

### August 12-16

Drama workshops with Gill McNeill for 13 to 16-year-olds, Old Bull Arts Centre, 68 High St, Barnet. £5 course. 10.30am-4pm. 449 5189. Also August 27-31.

### August 19-23

Drama workshops with Bronwen Rowton leading to a performance, Old Bull Arts Centre, 68 High St, Barnet. 75p day. 10am-2pm. 449 5189

### Tuesday, August 27

Elstree Youth Theatre present 'Streetwise', Old Bull Arts Centre, 68 High St, Barnet. Admission £1.50 (concessions £1) + 25p. 8pm. 449 5189

## Exhibitions

### Until August 10

Prints by Julia Wilson, N. Finchley Library, Ravensdale Ave. Library opening hours.

### Until August 24

Paintings and pastels by Mary Bence, Hendon Library, The Burroughs. Library opening hours.

### Until September 8

Church Farm House Museum, Greyhound Hill, Hendon. Miss Holgate's Hendon — 'A Victorian Ladies Sketchbook.' Opening hours: Weekdays (except Tuesday) 10am-1pm, 2-5.30pm; Tuesday 10am-1pm; Sunday 2-5.30pm. 203 0130.

### Until August 15

Cultural Festival of India, Alexandra Palace, Wood Green. 25-acre site transformed into a vision of India.

### Until August 30

Display of patchwork and quilting — the work of Pauline Brown and her students — at Hampstead Garden Suburb Institute Central Square, NW11

# Carnival funtime

WONDERFUL weather attracted near record crowds to Finchley Carnival at Victoria Park. More than 22,000 enjoyed the entertainment and fun of the three-day festivities, reigned over by Carnival Queen Marie Otigba. The Prime Minister, Mrs Margaret Thatcher, was among the visitors, welcomed by Barnet's Mayor, Cllr Barbara Langstone. A strong international youth element was featured with Indian dancing and Greek dancing by children from local schools. **AND A GREAT TIME WAS HAD BY ALL**

Photos by  
Maria Bartha  
Tel: 449 2154



A wave from Barnet's Carnival Queen, Marie Otigba.



Story time from Barnet Libraries had the children enthralled.



The ladies are in charge: left to right: Pauline Varnalls, shows organiser, carnival princess Sarah Clyde, Cllr Mary Phillips, chairman of the organising panel, Mrs Margaret Thatcher, Prime Minister, and Cllr Barbara Langstone, Mayor of Barnet.



A touch of Disneyland came to Barnet with toys galore for the kids to enjoy.

# Artscene

## Creative success

ONE of the students of the creative writing courses run by the borough's writer in residence has had her play accepted by BBC Radio. Teacher Sonja Lydon will also see it performed at the Edinburgh Festival and published as a university textbook in Japan.

Sonja, who calls herself 'a frustrated radio actress', wrote her play specifically for broadcast, but events snowballed after it was accepted for a 55-minute afternoon theatre programme. She has been writing only since last summer and joined the course, run by John Abulafia, when it started last October.

Among other things, John is a playwright and novelist, freelance director and drama tutor. At the moment he is working on a four-part TV serial.

Sonja's was the first piece to be read by the group when his Wednesday playwriting workshops began. He was appointed by Barnet Libraries and Arts in September, his post funded by regional development money from the Greater London Arts Association.

His brief was to encourage creative writing in the borough, with special reference to schools and colleges, youth clubs, arts centres and libraries.

His adult workshops — the other being a short story course — have been centred on North Finchley Library, Ravensdale Avenue.

The playwrights have been a particularly enthusiastic lot, valuing the experience and gradually learning to harness their talents. Through group readings of each other's plays and constructive



criticism they have been finding out what to aim for and what to avoid.

Group member Tim Haigh said: 'Seeing other people work and noting their blindspots helps you see your own.' Taking up the discussion, Michael Wayne explained: 'John allowed us to work within our own frameworks and gave us ideas on how to polish up our work.'

'Some would like to have their work accepted, but a lot are doing it purely for fun,' John said. 'But don't get us wrong, we all take it seriously. We're not just playing around.'

John Abulafia (third from left) makes a point after a group reading of Michael's play ... that's him in the centre, left of Sonja.

They have never been afraid to say what they think of each other's work, according to Tim (left), who enjoys the social side of meetings.



A NEW local company which has pledged its commitment to community involvement was visited recently by the Mayor of Barnet and her escort, Councillor Barbara and Mr Roy Langstone.

Mary Kay Cosmetics opened at West Hendon Broadway last September and have already given £1,200 towards the music in libraries events organised by Barnet Arts Officer, Hazel Sharples. The money will help pay for three recitals in Hendon Library: by Doug Wootton, lute and voice, October 19; Aline Brewer, harp, November 16; and Cathy Thom, guitar, December 7.

Pictured: the Mayor with, left to right, Peter Scott and Hugh Rogers, directors, and Steward Brodie, UK President.

## New director at arts centre

THE first director of the Old Bull Arts Centre, Barnet, has been appointed.

Graham Bennett, 39, was welcomed by Councillor Olwen Evans, Chairman of Barnet Libraries and Arts.

He said he was attracted to the job by the possibilities and the back-up team.

His main aim is to put the Old Bull, in Barnet's High Street, on the Arts map.

Graham was appointed by a selection panel which included Barnet Arts Officer, Hazel Sharples, and Chris Richards, Arts Centre Development Officer, Greater London Arts.

Prior to joining the centre, he was administrator at Jacob's Wells Community Dance Centre, Bristol.



Graham Bennett.



● Self portrait, Hendon. June 1885.

## History in paint

HENDON'S answer to 'The Country Diary of an Edwardian Lady' is on show at Church Farm House Museum, Greyhound Hill, NW4, until September 8.

Entitled 'Miss Holgate's Hendon ... Pages from a Victorian Lady's Sketchbook', this is an exhibition of paintings and sketches by Agnes Beattie Holgate who lived in the area until her marriage to an Italian in 1859.

The pictures are a valuable record of a Hendon which has vanished.

They are an interesting example of the work of a leisured member of the Victorian middle class and show that Agnes was an accomplished artist.

# Security

## Don't let strangers in your home

EVERY WEEK the local newspapers seem to have a story about bogus officials who got into a house and robbed the owner.

'We're from the gas board and are checking a reported gas leak — we need to inspect your appliances' they might say. Or...

'We are surveyors from the Council checking roof timbers.'

They probably flash some type of identification. Beware! Don't let them in!

Here's some advice from Peter Hayward, crime prevention officer for Golders Green and Finchley Met. Police area:

Don't accept an indentity card as proof of identity. Anyone can put together a card with a photograph.

Never let an uninvited caller into your home until you are completely satisfied that they are genuine.

Remember — your telephone is better than any identity card. Ask the caller for their name, the office they come from, their boss's name, the name of their company. Don't always believe them if they give you a telephone number. The real con men have thought of that and have an answer service rigged up.

Ask the caller to wait while you check. A genuine caller will accept this happily. Look up the telephone

number and check that the caller is who they claim to be. Only then should you answer the door.

If the caller makes off fast when you say you are checking then call 999 and tell the police what has

happened.

If you have no phone, simply ask the caller to go away and write to make an appointment.

Gas and electricity officers are probably the only unexpected cal-

lers who have a reasonable excuse. Their identity can quickly be checked by asking them to quote your account or reference number. This number is on your bills.

Never leave an uninvited caller or stranger with the front door left open. It is not impolite to ask them to wait with the door shut. If it is open they could walk into your house as you turn away to collect your handbag or make a phone call.

If you have a chain or limiter on your door put it on before you open it. It does two things. It stops the caller walking in as you open the door. And it buys you time to think.

Remember if you let a stranger into your house without being very sure he or she has official business then you are putting yourself and your property at risk.

By the way. Just to remind yourself to put the chain on before answering the door ask your local police station for a sticker which says:

**STOP!**  
**CHAIN the door**  
**before you OPEN**

### ANTIQUES ROGUES SHOW

THE MAN had a clip board and a smart suit. His voice was educated, his manner charming. And he wasn't asking for money, he was offering it.

He was the kerb crawler of the antiques world, calling door to door in Barnet persuading people to sell their bric-a-brac, heirlooms and jewellery for cash. It all sounded very convincing but the prices he offered were well below true value. Talk about 'Going for a song!'

So what should you do if you would like to raise a little money by selling paintings, porcelain, Victoriana, or some fine old furniture?

The first piece of advice is don't open your door to the casual so-called antique dealer. The price he offers may seem tempting but is probably well below market value and it could be a come-on for acquiring a valuable piece he has spotted in your room.

If the item is portable it is well worth going to London to one of the reputable auction houses. Sotheby's, Christie's, Phillips and Bonhams are always helpful and they have separate auction rooms for what might be called 'lesser' items — so don't be afraid they will take a superior attitude. Or contact a reputable local antique dealer who has a shop and a reputation for fair dealing to maintain.



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# Housing

## New homes in Edgware

NEW LIFE has come to Springwood Crescent, Edgware. The first show houses in Knights Wood, the Barratt development, are now open. Soon many first time buyers and young families will be moving in. And people who are Barnet Council tenants or on the housing waiting list, will have first choice.

This is the happy new beginning of a story which had a sad ending three years ago: the story of the New Broadfields Estate.

Perhaps we should really trace the tale back to the 1960s. Throughout Britain there was a chronic housing shortage. Governments vied with each other to increase the house building rate, aiming at 500,000 new homes a year.

Faced with this almost impossible demand the Government and the construction industry looked to Europe where, in Scandinavia, France and Germany, houses were being built at great speed using industrialised methods. Blocks of flats were built with concrete panels, made under factory conditions and bolted together on site. A few years later many of these housing schemes revealed a variety of technical problems. For their residents life became unpleasant if not unbearable.

In many cases, where structures

were basically sound, methods were found to alleviate the faults. Better insulation, new roofs, and other improvements were installed. But on the New Broadfields Estate, the problems were too great.

An unprecedented meeting of the Housing Committee was held in the Town Hall, Hendon, in March 1982 at which representatives of the Tenants Association were invited to put their views. Unanimously they asked for the estate to be demolished. Repairs could have been undertaken but they would have cost several million pounds and there was no guarantee that the problems would have been permanently solved.

Following that meeting and further consultation it was decided to demolish the whole estate and plan the redevelopment of the site.

THE Ashmore, Knights Wood one and two-bedroom flats



To rebuild council homes was felt to be too expensive. There was still a £1.2 million debt to be repaid on the original properties, and that, together with the cost of the new homes, would have had to be charged to the Housing Revenue Account and passed on to council tenants in their rents.

So the decision was taken to sell the site to a private developer, laying down a policy for 'starter' homes and reserving nomination rights.

Barnet's Housing Needs service did a tremendous job. In just over 18 months they had succeeded in rehousing all 250 families leaving the estate free for the demolition squad in June 1984.

Since then things have moved quickly. Barratt purchased the site for £2.7 million and are now build-

ing 226 new homes in traditional brick construction.

These range from studios and one bedroom flats to three-bedroom houses. The majority of the properties are aimed at first-time buyers and prices are being kept to the lower end of the market. All the new homes have fitted kitchens and central heating and the grounds will be landscaped.

Barnet Council has nomination rights for a limited period and preference is giving to housing tenants and people on Barnet's housing waiting lists.

For details phone Barnet Council on 202 0355 if you are a council tenant or waiting list applicant, or phone Barratt sales office on site telephone 958 8133. The show houses are open every day except Wednesday including weekends.

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# Money Matters

## Solicitors

### Kleinman Klarfeld

#### move to new offices

Stanley Klarfeld, well known north London solicitor, opened his new practice, Kleinman Klarfeld, at Hendon Central recently.

Based in attractive new premises in this busy shopping centre, Kleinman Klarfeld will offer a full range of professional legal services covering Residential Conveyancing, where written estimates will be given on request, plus Commercial Conveyancing, Business Sales and Acquisitions, Litigation, Marimonial, Probate and Wills.

Stanley Klarfeld has practiced as a solicitor in Hendon for 24 years and he and his wife Jackie are very involved in local community affairs.

Mr Klarfeld has held several honorary appointments such as Honorary Solicitor and Vice-Chairman of The Hendon and District Chamber

of Commerce and Hendon Citizens Advice Bureau. He is the present Chairman of the London Borough of Barnet Citizens Advice Bureau now covering all Bureaux in the Borough. He is a member of the Executive of the Barnet Borough Voluntary Service Council and for many years was a member of Hendon Rotary serving on many committees.

Many changes have taken place in the legal profession in recent years making it much easier for the public to be aware of the many services they offer. The introduction of modern technology now enables solicitors to concentrate on the more important aspects of their work, leaving computers to deal with the purely routine preparation of documents.

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### Are you a voluntary organisation?

### Do you help residents of the Borough?

### Could your funding be affected by the abolition of the GLC on 1st April 1986?

### **YES — then help may be available from the London Borough of Barnet**

The Local Government Act, 1985 abolishes the GLC with effect from 1st April, 1986 which will mean that from that date Grant Aid to voluntary organisations currently made by the Greater London Council will cease.

Voluntary organisations on a London-wide basis may be assisted by a joint scheme being organised by all London Boroughs and they will be dealt with by a special grants fund based in the London Borough of Richmond Upon Thames. There are, however, voluntary organisations of a more local nature which will not be covered by this scheme and the Council therefore wish to ensure that any voluntary organisations helping residents of the Borough who will lose funding through abolition after 1st April, 1986 have the opportunity to apply to this Borough for consideration of replacement funding.

Application forms must be returned by 2nd September to enable the Council to comply with the Government's timetable for financial allocations for this category of grant.

Other voluntary organisations operating in the Borough who do not receive any funding from the GLC should not

apply as they will be covered under a separate procedure which will be advertised in the near future.

**The Council wish to help any worthwhile local voluntary organisations** provided sufficient funds are available and if your answer is yes to the following questions:

**Are you currently assisted by the GLC?**

**Do you assist residents of the London Borough of Barnet?**

**Will you have no alternative funding to replace the lost grant?**

**THEN APPLY NOW TO:**

E. M. BENNETT  
Chief Executive and Town Clerk  
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**(You must return your forms by 2nd September 1985)**



# Money Matters

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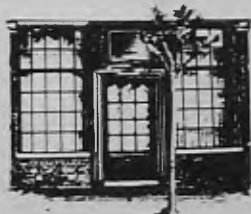
Are you able to cope with the complicated tax legislation?  
Do you think you are paying too much tax?

This is the first of a series of articles on taxation and other financial matters. This month the subject is "Your Income Tax Return". Some likely problem areas are:

1. **Income.** You must be sure to enter details of income from all sources, whether taxed or not (apart from certain specific exemptions, such as National Savings and Premium Bonds). Full details must be included for husband and wife, on the one Return.
2. **Capital Gains.** Full details must be given of the acquisition and disposal of capital items subject to Capital Gains Tax. This includes the purchase or sale of your own private house, even if for the most part any gain is exempt from Capital Gains Tax.
3. **Allowances.** You must look carefully through the "Allowances" section of the Income Tax Return, being sure to claim all allowances due, remembering:
  - (a) Mortgage interest relief.
  - (b) Other interest paid might be allowable.
  - (c) Dependent relative relief for elderly relatives on minimum income.
  - (d) Special arrangements for personal allowances during the year of marriage.
  - (e) Special bereavement allowance for widows.
  - (f) Any retirement pension premiums to be claimed.
  - (g) No tax relief for children.
  - (h) Additional personal allowance available for single parent families.
4. **Payments Under Deed of Covenant.** Although such payments are made under deduction of tax, full details must be included, whether for charitable donations or covenanted payments to adult children receiving full-time education.

This article really highlights some of the problem areas. If in doubt you should consult an accountant. Accountants are experts in such matters — and are not necessarily as expensive as you might think! You can always ask for a rough estimate of the costs involved.

It would be nice to promote a correspondence column under "Money Matters" each month, and if you would like to put a question on any taxation matter please write to MM "K" House, 2 Monk's Way, London NW11.



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# Borough Development Plan

## TOWARDS 2000 — preserving the Green Belt

ALMOST one third of the Borough of Barnet lies within the Green Belt. Sweeping across the north of Barnet, Hadley and Edgware, and down through the centre to Woodside Park and Mill Hill are 6,300 acres of open space used mainly for agriculture, leisure and outdoor sport.

This means that the new topic study on the Green Belt, now in its consultation period, is of great interest to all local residents.

The topic study is one of a series on which the Borough Development Plan will be based. Each study takes a particular aspect of planning — such as population,

housing, transportation, shopping, and the environment — and during the consultation period views are welcomed from residents, people who work within the borough and from groups and organisations concerned about the need to control development and to promote the conservation and improvement of the environment.

Copies are available for reference at local libraries and planning group offices, or may be purchased from the Controller of Development Services (Borough Development Plan Publications), Gateway House, 322 Regents Park Road, Finchley N3 2LP, price £1.50.

Following an examination of the boundary of the Green Belt the policies suggested within the topic study are grouped under four headings: agriculture; recreation and leisure; other uses and building development; and environmental quality.

Summarised, these policies are:

- To safeguard and support the use of Green Belt land for agriculture, open air recreation and countryside leisure pursuits.
- To encourage wildlife and nature conservation.
- To improve access to the countryside.

- To consider Cophall Playing Fields as exceptional with regard to the possibility of indoor sports development.
- To permit, generally, only limited building development or land use changes which are necessary for farming and other activities which are appropriate to the rural character of the area; and to allow only small scale building and extensions which can be justified in view of their limited impact on the landscape.
- To safeguard the Green Belt from intrusive development on neighbouring land.
- To oppose developments which would have an adverse affect on the quality of the rural environment.
- To seek to promote, through landscaping proposals and countryside management work, the proper maintenance and improvement of Green Belt land.

Observations and views on the Green Belt Topic Study should be sent to the Controller of Development Services, Gateway House, 322 Regents Park Road, Finchley N3 2LP, by September 2, 1985.



The pond outside the Orange Tree, Totteridge Lane, Totteridge, almost in the heart of Barnet's Green Belt.

## Carry on travelling

WHEN the GLC is abolished next April, pensioners need not fear that they will lose their free travel permits on buses and the underground.

Barnet Council, along with other London Boroughs, will take over responsibility for the permits which will cover the period from 9.30am onwards and will also apply to handicapped and blind people in just the same way as now.

A meeting of the London Boroughs Association discussed the issue in June in an effort to get an agreement for the whole of London.

Much detailed work needs to be done to get a new scheme started with London Regional Transport so that pensioners receive their new permits by the end of next March.

Unfortunately, a London-wide agreement was not possible because the Labour-controlled boroughs refused to attend the meeting.

However, the London Regional Transport Act, 1984, included a reserve powers scheme to guarantee

by law concessionary travel for pensioners if some boroughs were unwilling to provide it.

This was the scheme the LBA recommended and the one Barnet will adopt.

The LBA were unable to consider the addition of a 9am start time or a concession on British Rail services in London, as this would have required the agreement of all the boroughs.

There will be a reissue of free permits early in 1986 and arrangements will be made for people to pick them up from post offices as usual.

They will be valid for two years, instead of one as now, and publicity about the arrangements will be given in good time.

Councillor Victor Lyon, chairman of Barnet Social Services Committee, said: 'We think it is very important that elderly, blind and handicapped people should be reassured that there will continue to be a free travel scheme.'

## Pupils in the swim

EACH week in term time 3,500 pupils from 17 secondary, 31 primary and a few special schools in the borough visit Barnet Cophall Swimming Pools complex.

Such is the success of the programme that by the time children finish primary school virtually 100 per cent of them are able to swim.

Recently Cllr Frank Gibson, with Cllr Leslie Sussman, Chairman of the school governors, arranged for a few of the mothers of pupils at Chalgrove Primary School, Finchley, to watch their children in action during one of the lessons in the training pool.

The schools' syllabus at the pools covers confidence activities, strokes, water skills, safety survival tests and basic diving. Then there are the borough certificate tests for secondary school pupils — elementary and intermediate leading to the tough advance test. Any pupil passing the advanced standard has a free season ticket for one year to the borough pools.

Barnet's special schools have

seven periods a week at the pools and quite a few distance badges have been obtained by their pupils.

The senior swimming teacher for schools is Patsy Moy Beavan who is based at Cophall with Miss Anne Wraight and Margaret Nowak who deals with most of the special schools.

This is another success story for Cophall Pools whose yearly attendance is almost half a million and whose schemes cater for mothers and toddlers up to swimmers to the international arena.

## NEW ADDRESS

BARNET Family Practitioner Committee have moved from Wembley to a four-storey office block at FPC House, 313 Ballards Lane, North Finchley, tel: 446 5351. Records will be on computer which will also be used in the Health Authority's cervical screening programme for women patients. It will be fully operational on September 1.

## NEWS

## BARNET CENTRE PLAN

A SHORTLIST of 11 developers has been drawn up for the Borough of Barnet's plans to redevelop the Stapylton Road car park area. Debenham Tewson and Chinnocks are acting as the Council's advisors and there has been very strong interest in the scheme.

The car park area is in the centre of Chipping Barnet west of the High Street and the development area, which includes High Barnet Methodist Church, covers approximately 4.7 acres.

This will be a mainly shopping development of 50,000 square feet gross and will include a shopping precinct linked to the existing High Street shops. In addition up to 10,000 square feet of office space may be included.

As part of the scheme the Methodist Church will be relocated on a nearby site.

The existing car park has about 430 spaces and the council considers it essential to retain at least that number in the redevelopment.

Earlier this year Cllr. David Clarke, chairman of the Development and Estates Committee, gave an assurance that the development would go ahead as soon as possible.

Following a joint meeting of the Development and Estates, Finance, Housing, Libraries and Arts, and

Public Works committees on April 15, the development brief was approved by the full Council on April 23.

The Council feel a precinct style development will provide an attractive and safe, traffic-free shopping environment which will bring further vitality to the town centre. The inclusion of smaller units, particularly within the entrance Mall, will be an interesting and colourful feature.

It is hoped that the developer for the scheme will be announced by Spring, 1986.

## Chess club plan courses

IF there is sufficient response, Hendon Chess Club, which meets in the United Reformed Church, The Hyde, Colindale, will organise short courses for beginners and players wishing to improve their game.

It is planned to start the courses in September and there will be 12 Thursday evening sessions.

If you are interested please contact Mr F. Scharf, tel: 952 4448 or Mr N. Fisk, 200 5823.

## Delighted at response

GOVERNING bodies of Barnet Borough schools now have a stronger parent-teacher representation.

Under new legislation, secondary schools will have two parent members and two teachers. Primaries, according to size and organisation, will have either two parents and two teachers, two parents and one teacher, one parent and two teachers or one parent and one teacher.

Barnet Council will continue to nominate their own local education authority members.

The Education Department arranged for nominations to be made from every school through head teachers and where more than one candidate for each vacancy was proposed an election was held.

Out of the 75 schools involved, there were 56 places contested out of a possible 150.

The 1980 Education Act also provides for head teachers to elect whether or not to be governors themselves.

Cllr. John Hart, Chairman of Barnet Schools and Special Services Sub-committee, said: 'I am delighted with the way Barnet schools have responded to the new Government initiative.'

'I am sure that this wider representation will strengthen the involvement of parents and teachers in the wellbeing of our schools.'

'I would also like to congratulate Education staff for the way they dealt with the extra work.'

As a first step to familiarising the new governors with the purpose and nature of the work of a governing body, Barnet Council held induction seminars last month.

## Education conference

NEARLY 1,500 sixth form students attended the Higher Education Conference held by Barnet's Careers Service at the RAF Museum hall in July.

Parents were also invited and many schools on the boundaries of the borough also took part.

Informality was the style of the day. The wide range of university and polytechnic courses included building and civil engineering, modern languages, agriculture, music and the arts, computer technology, mathematics and sciences and business studies. There was a special stand for advice for disabled students.

## New engineering controller



Mr Max Caller

Mr Max Caller, 34, has joined the London Borough of Barnet as Controller of Engineering Services, a chief officer appointment within the Technical Services directorate.

An engineering graduate of University College, London, he has spent his career to date in local government in London.

Since 1981, he has been

Assistant Director of Development (design and works) with the London Borough of Merton. Prior to this he was with the London Borough of Newham and was involved with the Docklands projects. He has also served with the GLC, where he started his career, with Thames Water Authority, and with the London Borough of Hammersmith.

His new appointment is essentially a managerial role, but behind it lies considerable practical experience. He belongs to the exclusive Sewers Synonymous club whose members have walked beneath London, the length and breadth of its major sewers. He has been involved in major development programmes in Merton and has chaired the London working party on Highway Adoption.

His home is in Edgware and he and his wife have four children aged from 3 to 11. Among his interests are bridge, competitive board games and playing cricket (badly but enthusiastically).

Nature Notes  
AUGUST

By Clive Herbert, of Barnet Wildlife Group

The breeding season is drawing to a close and our woodlands can seem strangely quiet in August. The bird song which was so noticeable in May and June has now virtually ceased.

Our summer visiting birds will be feeding busily in preparation for the long migrations ahead. The Swifts, identified by their sickle-shaped wings and screaming flight calls, will soon be departing.

Of course, for a naturalist there is something of interest every month. A couple of hours in King Georges Fields, Barnet, will reveal many flowers including Ragged Robin and the square-stemmed Water Figwort. Visit early in August before the grass is cut. Should you return at dusk you will probably see bats flying along the hedgerows hunting for insects.

Twenty species of mammal can be found in Barnet out of a British total of about 57. Not bad for a London suburb!

I am currently preparing a booklet on the mammals of our Borough and would like everyone to send me details of any mammal sightings — including the ubiquitous garden squirrels. Please record the name of the animal, where you saw it, and send your observations to me at: 67A, Ridgeway Avenue, East Barnet, Herts.

M o t o r s

# 'C' FIAT

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## The Regata Range

Fiat are entering the August peak sales season on a high note with the Uno now the top selling car in Europe, in addition to having been awarded 1984 Car of the Year, with sales of over one million since its introduction in 1983.

The Fiat Panda has now become a cult car with three models starting from only £3,297. The Panda is the most versatile small car on the market and great fun to drive. All models are very well equipped, the Super version having five speeds as standard and sun roof optional. Panda is also available as the lowest priced four-wheel drive car, ideal as a leisure vehicle and unbeatable in snow and ice.

The Uno is made in a range of six cars from 900cc to 1300cc and priced from £3,297. The long awaited Uno Turbo will be introduced in August at under £7,000 with a performance to outshine all competitive cars.

For July and August, Fiat are offering Uno at low rate finance of 3.99% (7.7% APR) with a deposit of 30% and the balance over 36 months.

The Regata comes in seven models from 1300cc to 1600cc with two estate versions. Prices range from £5,188 to £7,548. The top model 100 Super includes the famous Fiat twin-cam engine, 5 speed gear box, power steering, sun roof, central door locking and electric windows. With a performance of 112 mph and 0-60 in 10 seconds, with a very competitive price of £7,249, this model has no rivals.

Lindsay Brothers are offering a minimum part exchange price of £1,000 or 0% finance on all Regata models for August. A visit to their showroom at 920 High Road, North Finchley, will be well worth while.

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#### CAR OF THE MONTH

**1985 JAGUAR XJS CABRIOLET**  
3.6, manual. Antelope with doe skin,  
16,000 miles only. This is a fantastic  
opportunity to own the latest model,  
must be seen.....POA

**1983 (A) JAGUAR XJS.** Finished in  
sebring red with black trim, elec  
sunroof, only 12,000 miles, supplied  
& serviced by Henlys. Absolutely  
pristine condition.....POA

**1982 (Y) DAIMLER SOV. 4.2.** Finished

in silver, 1 owner, 27,000 miles ... **£9,495**

**1982 JAGUAR 4.2.** Finished in British

racing green. Excellent value for money.  
..... **£8,995**

**1984 (B) JAGUAR SOV. 4.2.** British

Racing Green, doeskin trim, 1 owner,  
FSH, only 13,000 miles, superb car  
..... **£16,995**

**1983 (A) JAGUAR XJS HE.** Black with

doeskin, 1 owner from new, FSH, immac.  
throughout, 28,000 miles ..... **£15,250**

**1984 JAGUAR SOV 4.2.** Finished in

cobalt blue, biscuit interior, superb  
condition throughout, 13,000 miles  
..... **£16,250**

**1985 (B) JAGUAR SOV 4.2.** Finished in

claret with doeskin, 3,500 miles only  
..... **£18,495**

**1985 (B) JAGUAR SOV HE.** Finished in

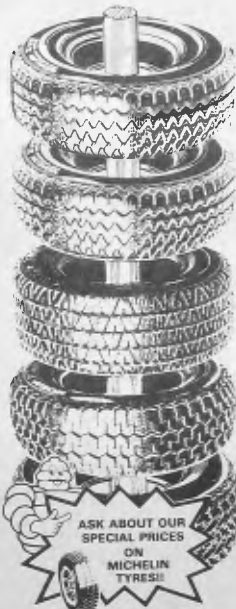
claret with doeskin, 3,000 miles only,  
Immac. condition ..... **£20,750**

**1983 (A) JAGUAR 4.2.** 1 owner from

new. Finished in cranberry with doeskin,  
FSH, Immac. maintained ..... **£12,995**

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## Legal Assistant

**Salary Scale 3 £6,597—£7,077 per annum inclusive (pay award pending).**

Are you interested in a career in Law?

You will be trained in a wide range of legal duties, initially working on all aspects of Housing Act Advances and the Sale of Council houses. Legal or Local Government experience is not necessary but applicants will be expected to study for the Associate Examination of the Institute of Legal Executives.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 26th August, 1985.**

**Application forms, quoting reference 103, available from address No. 1.**

## Printer

**Scale 4 £7,212—£7,986 per annum inclusive.**

Required to join our team in the Printing Section of the Department which is equipped with Multilith 1250 Offset Printing machines. Previous experience on this type of equipment would be an advantage.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 23rd August, 1985.**

**Application forms, quoting reference 247, available from address No. 1.**

## Audit Assistants

**(Two Posts)**

**Scale 3/4 — £6,579—£7,986 per annum inclusive (pay award pending).**

To join the Internal Audit Division currently based at Friern Barnet with relocation to Hendon a possibility in the near future.

The posts involve audit of a range of Council services and the Middlesex Polytechnic and would be suitable for applicants actively studying for an accountancy qualification or for experienced auditors wishing to develop a career in internal audit.

These posts are subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories,

other candidates will be considered.

**Closing date 23rd August, 1985.**

**Application forms, quoting reference 325 and 328, available from address No. 1.**

## Estate Assistants

**(2 Posts)**

**Scale 3 — £6,579—£7,077 per annum inclusive plus Casual User Car Allowance.**

Are you looking for a career in Housing? If you have the necessary drive and ability to relate sympathetically but firmly to members of the public you may be the person we are looking for.

Each post is attached to a District Team covering approximately 5,500 properties and offers the opportunity to gain experience in all aspects of Estates Management including arrears control, tenancy problems, consultation, Tenants' Associations and supervision of Caretakers. It combines training with the opportunity to gain practical experience which will include both office based clerical tasks and supervised fieldwork.

Applicants should be educated to at least 'O' Level standard, but preferably 'A' Level, and experience in other fields will also be taken into account. Study facilities for the Institute of Housing Professional Qualification may be available in approved cases.

Applicants should hold a current driving licence as a car is required for official duties.

The postholder will initially be based at the Estates Management Division, Stag House, Burnt Oak Broadway, Edgware, but post 215 will be moving to Whetstone N20 on a future date.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 26th August, 1985.**

**Application forms, quoting reference 606/215, 216, available from address No. 1.**

## Resident Caretakers

**(Two Posts)**

Be a **Resident Caretaker** on one of our Housing Estates and get:

- £95.15 per week basic wage for 39 hours.
- Plus good rent and rate free accommodation worth approximately £35.00 per week (to allow for out of hours duties). It is intended in both cases to provide a 3-bedroom flat.
- Opportunities for paid overtime at management's discretion.

- Good working conditions, in an outer London Borough with ready access to Green Belt countryside.

In return you must be hardworking, enthusiastic and capable of producing a high standard of cleanliness on the communal areas of the estates.

Duties include identifying and reporting repairs, dealing with emergencies, attending to refuse systems, giving advice and help to residents and the clearance of gullies and rainwater goods. (One of the vacancies also involves some gardening duties).

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 23rd August, 1985.**

**Application form available from address No. 1.**

## Skilled Automobile Electrician

**£121.80 per week inclusive, 39 hours per week.**

Required for our Hendon Way Workshops. Applicants should have a good commercial vehicle experience, preferably with a Local Authority or Municipal type vehicle operation. A driving licence is essential and a H.G.V. licence an advantage.

It is expected that there will be opportunity to work overtime for which the appropriate rates will be paid.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 23rd August, 1985.**

**Application forms available from address No. 2.**

## Welfare Assistant

**(Part-Time)**

**Grade NA11 — £1,913 — £2,183 per annum inclusive.**

Required for 15 hours per week, at Summerside School, Crossway, Finchley, N12. Duties include reception of children into school and administering first aid for which a current certificate is required. A flexible approach to the job is essential to carry out a wide range of non-teaching duties.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

**Closing date 16th August, 1985.**

**Application forms from address No. 3, quoting reference ADM/S/088/5.1.1.**

BARNET COLLEGE OF  
FURTHER EDUCATION**Clerical Assistant**

(Full-Time)

**Scale 1/2 rising to £6,426 per annum inclusive. 36 hours per week, 52 weeks per annum.**

Required at Barnet College to assist with the busy Adult Education Programme. The ability to type and work under pressure is essential and the postholder will be a person who has common sense, patience and initiative.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 23rd August, 1985.**

Application forms and further details available from Senior Administrative Officer, Barnet College, Wood Street, Barnet, Herts, EN5 4AZ. Telephone 01-440 6321. Reference 892/314.

**Cleaners**

(Part-Time)

**£29.57 per week.**

Five vacancies exist at Mill Hill County High School, Worcester Crescent Site, for 12½ hours per week each, Monday to Friday, the times to be arranged with the caretaker.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

**Closing date 16th August, 1985.**

Application forms available from address No. 3, quoting reference ADM/S/JC.

**General Kitchen Assistant****£37.85 per week. 16 hours per week.**

Based at Finchley Catholic School Kitchen, Woodside Lane, N12, as a Pool Member but required to work in any school canteen in the Finchley area to cover for staff shortages.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

Please apply in writing to the Education Catering Office, 321 Colney Hatch Lane, Friern Barnet, N11 3DF, by Friday 6th September, 1985.

**School Officer****Salary Scale 3 — £5,330—£5,734 per annum inclusive.**

Required for 35 hours per week, 40 weeks per annum at Henrietta Barnett School, Central Square, Hampstead Garden Suburb, NW11.

You must be adaptable and able to assist with a variety of non-teaching duties in addition to clerical tasks, with responsibility for discipline and first aid for which a current certificate is required. Car owner preferred.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 23rd August, 1985.**

Application forms from address No. 3, quoting reference ADM/S/166/4.1.1.

**Clerical Assistant**

(Part-Time)

**Salary Scale 1/2 — £1,415—£1,785 per annum inclusive.**

Required for 12 hours per week, 40 weeks per annum at St James's Catholic High School, Orange Hill Road, Edgware.

You must be a proficient typist with some accounting experience and an ability to handle money.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

**Closing date 16th August, 1985.**

Application forms, quoting reference ADM/S/173/121, available from address No. 3.

**Deputy Officer in Charge****£9,189—£10,134 (pay increase pending)**

Wingfield Day Nursery is a purpose-built nursery on Grahame Park Estate, Colindale, NW9, where each child is seen as part of a family and there is a strong commitment to the involvement of parents.

You would be a member of the

nursery's management team, assisting in the day-to-day running of the nursery, development and supervision of staff, taking full responsibility in the absence of the Officer in Charge.

You should hold an appropriate qualification (eg CQSW, CSS, NNEB) with experience at senior level, have the ability and skills to undertake management tasks, be experienced in working sensitively with young children and their parents and have a sound knowledge of child development and care practice.

Informal enquiries to Virginia Herron (Officer in Charge) on 01-205 6175 or Monica Candy (Management Officer) on 01-446 1488 Ext 247.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

**Closing date 26th August, 1985.**

Application forms, quoting reference 411, available from address No. 4.

**Social Work Assistant****£7,212—£7,986 (pay award pending).**

The appointee will be involved in the delivery of services to handicapped people in the community as part of a team including Occupational Therapists and Specialist Workers for the deaf and blind.

Duties include assessment, delivery of aids and instruction in their use, assessment of housing needs and resources provided by the borough, escorting clients, linking with voluntary organisations and taking part in a duty system.

Previous experience of working with handicapped people an advantage. The postholder will work under the supervision of an Occupational Therapist or Specialist Worker.

Essential User Car Allowance and assisted car purchase scheme available.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 23rd August, 1985.**

Informal enquiries welcomed on 01-446 4354. Application forms, quoting reference 178, available from address No. 4.

1 Personnel Officer, Room 35 Ravensfield House, The Burroughs Hendon, London NW4 4BE. Tel: 01-202 8282 Ext. 481 (01-202 6602 24 hr answering service)

4 Director of Social Services Ivy House, 1331 High Road, Whetstone London N20 9HZ. Tel: 01-446 6857 (24 hr answering service)

2 Directorate of Technical Services Gateway House, 322 Regents Park Road Finchley, London N3 2LP. Tel: 01-349 9121

5 Borough Librarian, Ravensfield House, The Burroughs, Hendon, London NW4 4BE Tel: 01-202 5625 Ext. 48

3 Director of Educational Services Town Hall, Friern Barnet London N11. Tel: 01-368 1255

6 Geoff Fish, Chief Environmental Health Officer Grove Lodge, 287 Regents Park Road Finchley, London N3 3JY. Tel: 01-349 9121 Ext. 151

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## Part-Time Social Worker

(18 hours)

£4,594—£5,382. (Increase pending)  
plus Casual User Car Allowance.

As part of a busy, well-established and friendly Hospital Social Work department which covers three hospitals in Edgware, Middlesex, you will provide social work cover on Geriatric and Acute medical wards.

The department is committed to supervision and regular staff meetings, and there are excellent opportunities for professional development.

Applicants should possess the CQSW or equivalent.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

**Closing date 26th August, 1985.**

**Informal enquiries to Anne Peet, Principal Social Worker, Tel: 01-952 2381, Ext. 625. Application forms, quoting reference 68A, available from address No. 4.**

## Administrative Assistant Area Team

Salary Scale 6 — £9,189 to £9,771 per annum inclusive.

We are looking for an enthusiastic and energetic person to join our North Area Social Services Team, based in New Barnet, to be responsible to the Area Administrative Officer, and act as her deputy. The major tasks include the day-to-day supervision of the administrative and clerical staff, and administrative duties relating to: finance, dissemination of information, confidential files and records, office maintenance and assisting field workers in responding to clients' needs.

You must be able to cope with the varying demands of the team's work and decide priorities. Candidates should have empathy with social services aims, be effective communicators and able to pay attention to detail. Ideally applicants should have experience of supervising staff and possess or be pursuing an administrative or managerial qualification, or a relevant degree.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 26th August, 1985.**

**Application forms, quoting reference 635, available from address No. 4.**

## ADULT BOARDING-OUT SCHEME

## Part-Time Homefinder/Social Worker (18 hours)

£4,594—£5,382 (increase pending)

If you are a qualified Social Worker and want to break new ground, you will be interested in this small but enterprising scheme which was launched six years ago. Elderly, handicapped and mentally ill clients of varying ages are placed in families within and outside the Borough.

The scheme is based at our Central Office, Whetstone, but has close links with area and hospital teams, and Day and Residential Care. This is one of two established part-time Homefinder/Social Workers posts responsible to a Senior Management Officer, Adoption and Fostering.

Applicants should possess the CQSW or equivalent.

Essential User Car Allowance payable.

**Closing date 26th August, 1985.**

**Informal enquiries (on Mondays and Thursdays) to Mrs Morrison, tel: 01-446 1488, Ext. 224. Application forms, quoting reference 6B, available from address No. 4.**

## Part-Time General Assistant

£2.36 per hour — 20 hours per week.

Required at Springwood Day Centre for the Elderly (Edgware) to work in the kitchen over the hours 9.00am-1.00pm Monday-Friday, plus occasional overtime.

The duties are of a general domestic nature, including vegetable preparation, and sometimes there will be the opportunity to take part in special functions such as Open Days.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 23rd August, 1985**

**Apply to: Miss Calcagni, 01-958 9123.**

## Nursery Officers

Kingswood and Wood Street Day Nurseries

Day Grade 2 — £6,579 to £7,077 per annum inclusive.

To join staff teams working to create a happy and stimulating environment for children under five and their parents.

Applicants should be suitably qualified (eg. NNEB, CSS) and preferably have some experience in working with families under stress. Good in-service training opportunities available.

Informal enquiries to:

**Brenda Evans — Kingswood. Tel: 346 4290. Ref. 369.**

**Jean Wood — Wood Street. Tel: 205 6175. Ref. 406/407.**

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

**Closing date 26th August, 1985.**

**Application forms, quoting references, from address No. 4.**

## Part-Time Care Assistants (Two Posts)

£2.62 per hour.

Required at the Cedars Home for the Elderly, New Barnet, to attend to the personal needs of the residents. Candidates should have a strong interest in the well-being of elderly people and preference will be given to those having relevant experience.

Hours of work are 25 and 20 per week; timings are open to negotiation. Alternate week-end and Bank Holiday duty is involved.

This post is subject to LMGSC procedures and priority consideration will be given to applicants from the GLC and other London Boroughs alongside internal applicants. If no appointment can be made from within these categories, other candidates will be considered.

**Closing date 23rd August, 1985.**

**Apply to: Mrs P. Blissett, 01-449 9252**

**For full-time posts we offer a minimum of 20 days basic annual leave, with additional leave at most Bank Holidays, a subsidised canteen and schemes to assist with temporary separation and relocation. Assistance with housing may be available; 100% of removal expense; interest free loans for annual season tickets.**

1 Personnel Officer, Room 35 Ravensfield House, The Burroughs Hendon, London NW4 4BE. Tel: 01-202 8282 Ext. 481 (01-202 6602 24 hr answering service)

2 Directorate of Technical Services Gateway House, 322 Regents Park Road Finchley, London N3 2LP. Tel: 01-349 9121

3 Director of Educational Services Town Hall, Friern Barnet London N11. Tel: 01-368 1255

4 Director of Social Services Ivy House, 1331 High Road, Whetstone London N20 9HZ. Tel: 01-446 6857 (24 hr answering service)

5 Borough Librarian, Ravensfield House, The Burroughs, Hendon, London NW4 4BE Tel: 01-202 5625 Ext. 48

6 Geoff Fish, Chief Environmental Health Officer Grove Lodge, 287 Regents Park Road Finchley, London N3 3JY. Tel: 01-349 9121 Ext 151

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barnet**

# Views of the past



▲ ABOVE: High Road, East Finchley (circa 1904) before the tram lines were laid in 1905. Note the drinking fountain on the right of picture (beside the street light). There are street lamps in the background (behind delivery van) which were special high-pressure gas lights, paid for by the shop owners.



◀ LEFT: Huntingdon Road, East Finchley (1900s). The building on the left is now the Huntingdon Works of J. G. Bryson, printers. The late J. G. Bryson was a former alderman of the borough.

▶ RIGHT: High Road, East Finchley (circa 1910). The doorway on the left can still be seen today. The centre poles carrying the overhead tram wires were replaced by side poles and span wires just before First World War, when they became a hazard to increasing motor traffic.

BELOW: The Old Hog Market, East Finchley (circa 1900). The hog market, said to have been one of the finest and largest in the country, was held on open space in front of The George public house until 1860. The shop on the left was a butcher's and the shop at the back (Dowlen & Co.) housed the Post Office.



These are four of a set of five postcards of East Finchley, available for sale at all borough libraries, price 40p.

Postcards can also be obtained singly at Church Farm House Museum, Greyhound Hill, Hendon, at 8p each.

If you have any old photographs suitable for reproduction in postcard size then the Libraries Department will be pleased to hear from you on 202 5625.



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For Musculo-Skeletal Pain & Disorders

Conditions Treated by Chiropractor: Back pain, sciatica and other leg pain. Neck and arm pain. Pins and needles plus other numbness sensations. Hip, knee, wrist, foot and ankle problems.

Clinic times and days:

Natural Therapy Clinic, 3A Southend Road, Hampstead NW3 Tel: 794 8531  
Tuesdays 10am-5pm

Wood Street Clinic, 113 Wood Street, Barnet. Tel: 441 0231 or 449 7656  
Thursdays 10am-8pm

Mill Hill Clinic, 4 Sunnyfield, Mill Hill NW7 Tel: 959 1341  
Fridays 9.30am-12.30pm

Neals Yard Therapy Rooms, 2 Neals Yard, Covent Garden, London WC2. Tel: 379 7662.  
Mondays 9am-1pm. Wednesdays 9am-3pm

## What is CHIROPRACTIC?

Chiropractic is an independent branch of medicine which specialises in the diagnosis and treatment of disorders of the joints, particularly those of the spine, and their effects on the nervous system.

The nervous system communicates with the body via the spine. Normal spinal function helps to ensure normal, vital nervous impulses.

Spinal function is affected by injuries, sport, work, posture, exercise, habits, child-birth etc.

The role of the chiropractor then, is to ensure normal spinal function by specific, gentle adjustments of the spine and the pelvis. In order to aid diagnosis X-rays may be needed in certain cases.

Regular chiropractic check-ups for the whole family are recommended as preventative medicine.

About 50% of all people who consult a chiropractor do so because of back-pain. Other complaints most frequently helped by chiropractors include: neck and arm pain, headaches, sciatica and other leg pain; hip and knee problems; pins and needles or numbness sensations; wrist, elbow, ankle and foot pain can also be treated.

Often problems apparently not related to the spine are helped by regular chiropractic care e.g. some migraines, asthma etc.

Only in Britain is Chiropractic virtually an unknown science (often confused with Chiropodists, which is totally different).

In USA Chiropractors are primary health care providers, making up the largest branch of alternative medicine.

# KNIGHTS



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Telephone: 01-202 8282

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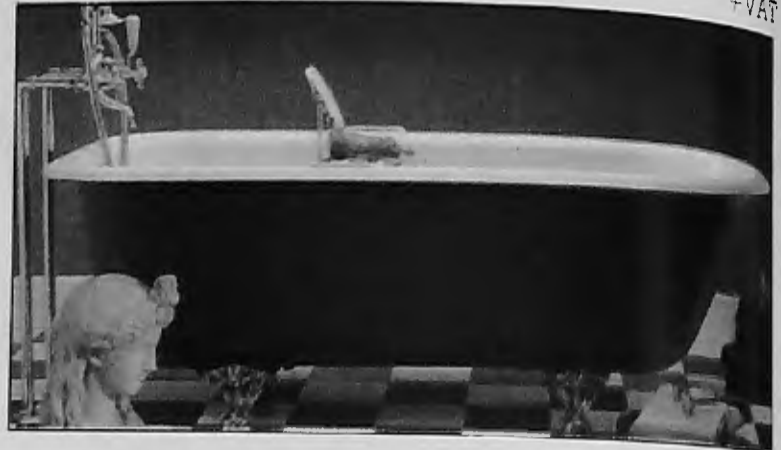
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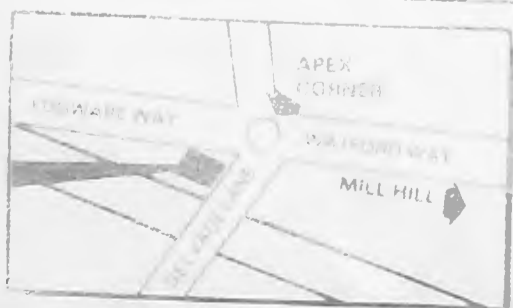


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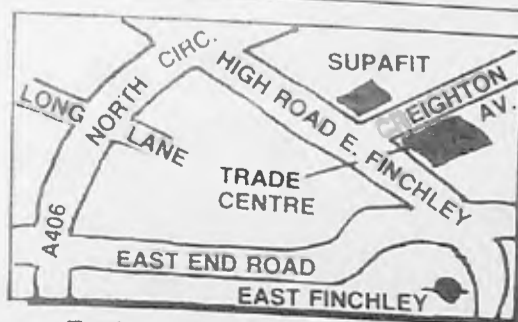
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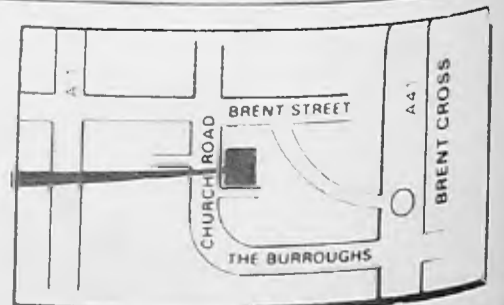
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