



Restaurant shake-up along the High Road

By Diana Cormack

The shake-up of eating places along the High Road that we first reported on last month has continued with two more restaurants going through refurbishment and opening with completely new menus.

Former Italian restaurant Va Pensiero is now Mama Jack, a gourmet burger restaurant, and former eastern Mediterranean restaurant Mezem has been replaced by Finch Restaurant and Lounge, offering British and international dishes.

Both these restaurants are reopening under their previous management but they follow the demise of Quality Tandoori, which closed after 34 years on the High Road, to be replaced under new management by Bangkok Lounge, serving Thai food.

New names, new offers

Finch Restaurant and Lounge proprietor Andrew Theodorou told *THE ARCHER* he hopes the new restaurants along the High Road will serve to raise

the standard for local diners.

His establishment is offering a 20% reduction to N2 residents on their first visit (proof of address required). Service starts with breakfast at 8am running through to dinner up to 10pm. There is a menu for children and Sunday lunches. On Friday and Saturday nights clients can enjoy a drink from the late licensed bar in the lounge area.

At Mama Jack the Union Jack burger takes top spot on the menu card with fish and chicken among the choices too. Vegetarians are catered for and there is a children's menu. Cocktails are available at the licensed bar. The restaurant is open from 11.30am to 11pm, and diners can get 20% off the main menu charges if they eat between 11.30am and 5.30pm.

Warm up for the winter festival

The first meeting to kick off the 2015 East Finchley Winter Festival will be held on Tuesday 29 September from 7.30pm to 9pm at Martin Primary School, Plane Tree Walk, off the High Road.

The successful winter festival has been held on the High Road for the past three years. To continue its success new ideas, volunteers, support and money are needed.

Roger Chapman, Chair of the Trust responsible for running the festival, said: "This event is a great opportunity to have fun and be involved in local voluntary action.

We are looking for people of all ages and backgrounds to make a contribution. Come along and share your ideas for making the festival better and to find out how you can get involved and contribute."

This year's East Finchley winter festival will be held on the High Road from 10am to 5pm on Saturday 5 December.



Feat of endurance: The record-breaking push-up session under way at Mighteefit.

Library march

Organisers of a march to save East Finchley Library are urging everyone to turn up and take part for a couple of hours on Saturday 12 September.

Children and families are being asked to swell the ranks of the marchers campaigning to save the library from closure or down-sizing under Barnet Council's budget cuts. Other Barnet libraries are under threat too.

Actor, writer and local mother Rebecca Front will launch the march at East Finchley Library at 10.15am. It will then go along East End Road to Church End Library where it will be joined by a brass band and a bus before heading up Ballards Lane to North Finchley Library.

Barnet Council is due to make its final decision on the future of the libraries at meetings this month and next. For more details about the march visit www.efug.org.uk or email savebarnetlibraries@hotmail.com

Strong arm tactics break a record

It's been a long wait but finally news has come through that keep-fitters at an East Finchley gym have helped to break a world record.

Back in March, Mighteefit Health Studio in Fortis Green was one of 43 venues in 12 different countries to take part in the Push-Ups for a Purpose event.

People of all ages sought to raise money for the Jay Fund, which helps children with cancer, by breaking the record for the most push-ups done in one minute around the world at the same time.

The record attempt day took on something of a party atmosphere, with participants receiving encouragement from gym director Tee Tarjan to the sound of music provided by local DJ Pat "Have Mercy" Leacock.

A total of 42 people at Mighteefit were able to complete

1,118 push-ups in the minute, raising £261 for the charity. They, and everyone else who took part around the world, then had to wait for several months before the Guinness Book of Records was able to confirm that the record had been broken, with over 50,000 push-ups having been completed in the same minute.

Push-Ups for a Purpose was the inspiration of American fitness expert Martin Rooney, himself an individual world record holder (having done 1,033 push-ups in 23 minutes last year). A live message from him to all participants had been live-screened at the gym just before the record attempt began.

Personal shoppers

EFAB and Advocacy in Barnet (AIB) are working together to recruit and train local people to get involved with the Personal Shopper Service, helping those who are less able to do their own shopping.

Many people have signed up in order to receive help, by either being taken out to shop, having their shopping done for them and delivered by a volunteer, or doing an "online shop" over the internet together.

All EFAB Shoppers will be given training and support,

along with Disclosure and Barring Service (DBS) checks, with no cost to themselves. To join up to become an EFAB Shopper, or to register your interest in receiving the service, please contact Heena Cornwell on 020 8201 3415 or email heena@advocacyinbarnet.org.uk.

Japanese
Acupuncture & Moxibustion

Gentle, dynamic & effective.
Promoting health and vitality.
Treatment is tailored specifically to your needs.

Fiona Hurlock

Ph 07795 203107
Please see www.fionahurlock.com
Utopia 1a Leicester Mews, N2 9EJ

Nicky Sharp
Osteopathy Clinic

Cranial and Structural Osteopathy and Acupuncture

All Major Insurers Accepted

For consultations and appointments:
Telephone: 020 8815 9433


260 East End Road www.nickysharposteopathy.co.uk
London N2 8AU e-mail: info@nickysharposteopathy.co.uk

Josephines

EXPERTS IN CREATIVE FLORAL DESIGN

For the freshest flowers around
Pop in and choose from the largest selection in the area. No excuses - to miss that special occasion

www.josephinesflowers.co.uk
Tel: 020 8444 9569
60 High Rd, East Finchley, London N2 9PN



ARE YOU LIVING WITH A FEAR OR PHOBIA?

Does it baffle and frustrate you?
Does it limit or dominate your life?

There will be a good reason why you have this problem.

HYPNOTHERAPY CAN HELP CLEAR DISABLING FEARS AND PHOBIAS PERMANENTLY, USUALLY IN JUST A COUPLE OF SESSIONS.

Free, no-obligation, introductory chat

Call or email me to find out more:
kathryn@kathrynskorza.co.uk 020 8444 5498 07703 404 839
www.kathrynskorza.co.uk

