



Photo: Tony Brand

A busy Launch Day for HGS u3a, back in early 2017

Enjoy life after work with u3a

DAPHNE BERKOVI

Ask people what retirement is like, and they might say more time to travel, enjoy hobbies and spend time with family. But, when it happens, it can also feel like a loss. Whilst a lack of routine can be liberating, it can also be unsettling, especially in the early days.

So, this is where u3a can fill that void, as it is a national organisation where members form interest groups dedicated to continued learning on a self-help basis. HGS u3a has a diverse

variety of interest groups such as Art, Book Groups, Conversational French, Jazz Appreciation to name just a sample. In these times online opportunities for learning proliferate, but few offer the active and enjoyable participation available from u3as.

Not a member of our HGS u3a? During June and July 2021, we are offering free 'taster' sessions, so you can try up to three interest groups as our guest. If you enjoy your experience with us, you are warmly welcome to join us as a member. U3a sessions have an informal structure and are

run by members for members, so there are also opportunities to become more involved.

We pride ourselves on the quality of our interest groups and our dedicated group leaders. Our members are people no longer in full-time employment, keen to expand their horizons and make new friends – just like you!

So, please do explore our full programme by visiting hgsu3a.uk and you can also fill in your Guest Application form – we really look forward to hearing from you.

Participate and experience, then join us!

Boys Dance

SALLY HACKING

The Archer Academy in East Finchley is becoming known as a creative and performing arts powerhouse. The school encourages students of all abilities to take part in showcases and competitions and has won many awards for dance and drama. Perhaps unusually, a large number of boys get involved in dance, as choreographers, as performers and as GCSE students. Two of the school's former top dance students share their experiences.

Alex Pang was involved in the Creative and Performing Arts Department throughout his time at the school. Alex writes, "I was able to experience so many things; workshops with external mentors, trips to see professional pieces and being surrounded by people who share the same passion."

Payem Saney, now in year 12 at Woodhouse College, writes he was originally "just having fun" but that his teachers spotted his talent for dance which led him to perform at award ceremonies. Payem writes, "Dance is a way of expression; a space where I can escape reality and have some time for creativity in my heavy academic week. Dance has given me confidence and made me feel powerful during times of hardship."

For further information visit thearcheracademy.org.uk.



Pavements for pedestrians

ISABELLE FICKER

Walking down Temple Fortune Hill one morning, I came across a scene of chaos (left picture). It is a scene replicated all over the Suburb every Wednesday. Just how are the elderly, disabled and mothers with young children and pushchairs supposed to cope? But it was nice to see a few roads on (right picture) some public-spirited resident had tidied the bins up.

So could everyone please be considerate by either putting their bins away as soon as they have been emptied, or, if passing by, moving them to the side of the pavement so pedestrians can walk unimpeded.



Photos: Isabelle Ficker



The RA AGM 2021 *continued from front page*

the HGS Trust Property & Plans committee; Philip is involved in the running of the Suburb allotments. Marie-Christine and Shelley-Anne will be familiar to readers as the co-editors of this paper. The Suburb is lucky to

have so many residents who are willing to serve their community but the RA is always looking for more help.

In normal times the meeting would have moved on to questions from the floor, often the liveliest part of the proceedings, but not this year. Three topics on the agenda were chosen for discussion: crime and security, street lighting and the annual fireworks.

Crime and security is a recurrent topic at AGMs and has been the subject of RA Open Meetings in the past. The online format of the meeting did not lend itself to the subtlety of real debate, but our local constable, Sandy Clifford and Richard Davis, Chair: Police & Community Action Panel for Garden Suburb were able to address some areas of concern and offer advice. Numbers for burglaries and robberies had increased; many involved thefts of bikes and other property from sheds or outside houses. The importance of securing items and locking premises was stressed, while using quality steering-locks was advised for the prized brands of SUVs. The police were aware of problems around Sunshine Corner and trying to tackle them using bans and ASBOs. A hope for a real-life residents' open meeting on the subject of crime when circumstances allow was expressed.

When this does eventually happen, Suburb News is looking forward to being there to report on the debate.

Street lighting was up next and Isabelle Ficker gave us some information on the situation in Barnet and how she felt it should change. She highlighted the human health problems associated with modern high-intensity lighting, and how it impacts on all life forms on our planet; this even includes an apparent reduction in carbon uptake by trees exposed to light at night – in particular the blue-rich light used on so many streetlights. She would like to see Barnet reduce the Correlated Colour Temperature, or CCT as it is known, down from 4000 Kelvin Degrees – the current blue-rich light – to around 2700K – a red or orange light. She thought a trial and consultation involving Barnet residents would provide the platform to bring about change when the present bulbs become due for renewal.

There was no time for the final subject, the future of the New Year fireworks. A survey of members is being considered with the conclusions shared by e-mail.

Virtual meetings may well continue but let us hope next year's Annual General Meeting will be held, as usual, with members gathering in the hall at Henrietta Barnett School.

HAMPSTEAD

DENTAL STUDIO

- General Dentistry
- Advanced Dentistry
- Smile Makeovers
- Invisalign® & Orthodontics
- Dental Implants
- Facial Aesthetics & Skincare
- Anti-Snoring Treatment

Special Discounts for HGS Residents & Businesses

FREE video consultations available with our expert dentists

Affordable monthly payment plans & 0% finance available

Under New Management & Ownership
Formerly Confident Smile Dental Practice

9 MARKET PLACE • FALLODEN WAY • LONDON • NW11 6LB

Tel: 020 8455 8012 • 24Hrs Whatsapp: 07788 232 346 • Instagram: [hampstead.dental.studio](https://www.instagram.com/hampstead.dental.studio)

WWW.HAMPSTEADDENTALSTUDIO.CO.UK