

COMMUNITY HEALTH COUNCIL

We are a body of 24 volunteer members set up by the NHS to represent the patients' interests. We do this in two ways. First, we talk to Barnet people about their experience of the local health services (hospitals, clinics, GPs etc). We visit hospitals and clinics to talk to patients, keep ourselves informed by reading and seminars and campaign for the best possible service for you.

Second, we help individuals with problems and complaints about the NHS. People often need simple information (such as how to change their GP) or sometimes advice as to whether they are entitled to a second opinion. Other people may want to make a formal complaint about the outcome of an operation or the care they received in hospital. We can help

by listening and by discussing with clients the options open to them.

Many people unfortunately do not yet know of their CHC. We rely on the public for information about the local services to do our job and we may miss opportunities to help those who are experiencing difficulties. Please make sure that your family and friends know we are here. If you are a member of a group which would like a speaker about the CHC, please let us know. Our members are very happy to speak to groups, to answer any queries and to take up any issues which are causing concern.

For further information please contact: Mrs Shirley Sadler, Secretary to the Council at 104 Watling Avenue, Burnt Oak, Edgware, Middlesex HA8 0LN Tel: 959 2038.

SUBURB BUDDHIST

One of the courses initiated by the Institute this year was 'Exploring Other Faiths', under the chairmanship of the Rev Peter Barraclough, MA, with invited speakers introducing the religions of the Eastern world. Among them was the exponent of Buddhism — an American, now the Venerable Santachitto, a monk from the Amaravati Buddhist Centre in Great Gaddesden. He was an im-

pressive figure with shaven head and sandalled feet, wearing orange robes which represented the earth. He spoke of the Buddhist tenets and way of life, of suffering, overcoming desires, and meditation. He brought with him an atmosphere of spiritual strength and serenity, of which his Jewish and Christian hearers must have been aware, and which they will long remember.

Nineteenth Dame Henrietta Barnett Memorial Lecture

Particulars of the lecture are:

Date: Wednesday 27 April 1988 at 8.00 p.m.

Place: The Institute, Central Square

Subject: The three J's — Judges, Juries and Justice

Memorial Lecturer: His Honour Judge John Slack, TD

Admission: Free by ticket obtainable in April from The Institute or The New Hampstead Garden Suburb Trust, 862 Finchley Road, NW11 6AB.

Collection: Retiring collection — proceeds to The Hampstead Garden Suburb Charitable Trust.

PRACTICAL GARDEN TIPS

Gardeners will soon be obtaining packets of seeds. If you write immediately '1988' on the top of the packet where the name of the contents is — and then remember to open the BOTTOM end of the packet, you will not be likely to accidentally tear and/or lose the name of the contents, nor will you fold under the name of the seeds when closing the packet for future use. By recording the date you will, in years to come, know how old the seeds are, and thus be less liable to the disappointment of having very poor germination as a result of using seeds that are too old. Plastic ice cream boxes make excellent air tight containers for seed packets and help prolong the seed life.

Now is a good time to prepare 'stocking ties'. All gardeners have to use string or plastic garden ties for tying plants to stakes, tying bean poles together to make a frame etc. With very little effort you can make superior ties from ladies nylon stockings and tights. Using a pair of scissors, cut the stockings horizontally, in roughly one inch strips, from the heel to the thigh. This gives you approximately thirty nylon loops that may either be used as double ties, or cut each loop to make longer, single ties. Their great advantage is that when a small plant which is tied to a stake grows, the nylon tie stretches to allow for the growth and does not have to be replaced at regular intervals. A whole stocking makes an excellent article for tying thick, thorny blackberry or loganberry canes to a wire support.

If you are tired of carrying cans of liquid fertiliser all round your garden each year, take a look at the gadget 'Phospray Dilutor' that the makers of the fertiliser Phostrogen have in-

vented. You dilute Phostrogen in two gallons of water in a watering can, and you then, very easily, fit the Phospray Dilutor onto your hose with a pipe of the Dilutor fitted into the spout of the can. By turning on the hose you are then able to apply 50 gallons of water, automatically diluted with the fertiliser, from just one filling of your can. Definitely the fastest, easiest and most economical way I know of feeding the flower beds and lawn.

People frequently ask what can be done with pine needles. They can be made into a very special form of acid compost. Allow the needles to rot down in a separate compost pile. Use this compost for lime-hating plants such as azaleas or rhododendrons. If used on a regular basis it will turn pink hydrangeas blue, the colour being determined by the pH of the soil (the more acid the soil the deeper the blue). White flowers will not change colour.

For some after-Christmas fun why not try growing a tangerine tree from a pip? It will produce a pretty, manageable pot plant which matures early and often bears edible fruit. Plant pips just below the surface of the soil in small individual pots and place in a polythene bag near a radiator or in the airing cupboard. Germination time is three to five weeks. Don't be surprised if more than one seedling appears. If you want to grow fruit, because of the rather involved genetics, you are more likely to succeed if you separate and grow on all the seedlings from ONE pot (ie from one multiple sprouting) rather than try to grow one seedling from each original pot. Use the same method to grow oranges, lemons or grapefruits.

CLAYFINGERS

AYKBOURN AND PINTER AT INSTITUTE THEATRE

For their final productions of 1987 the Hampstead Garden Suburb Dramatic Society chose two modern plays which in style could hardly be more dissimilar. Both Alan Ayckbourn and Harold Pinter deal with people and human relationships and it was interesting to discover that the HGSDS coped magnificently with the obscure Pinter and failed with the more obvious Ayckbourn.

Comedy, in any case, is very difficult and most of Ayckbourn's comedies have much more under the surface; below the glittering dialogue his characters are suffering in various ways.

In *Table Manners*, Annie, the spinster sister is pursued by the dull vet, Tom, but longs for the excitement of an illicit week-end with Norman. Indeed it is to allow her to get away for a brief holiday that her sister, Sarah, has come to look after the house and their bedridden mother.

Sarah has brought with her her henpecked husband, Reg, but is also drawn to the impossible Norman. The main problem with the production by Jo Hann was that she was unable to convey the pull of family relationships and to indicate the underlying desires and motives which motivate the action.

The two best performances came from Wendy Marsden (Annie) and Roger Rose (Reg), both of whom managed to get below the surface. Richard Kinder's eccentric portrayal of Norman did not come to terms with the reasons why he was so attractive to women and able to make them act out of character.

The production also lacked variation of pace and one of the things that helped make Malcolm Willey's production of Harold Pinter's *The Birthday Party* interesting was the variation of pace; the slow movements, the lulling calm, the quickening of the tempo, the tension of danger and menace, though one would have liked a little more menace about the paper tearing scene with McCann. The real find of this production was Patricia Lord who was extremely good as Meg Boles, the landlady who harbours the unfortunate Stanley. She knew just how to handle the Pinter dialogue. Peter Bracken, as her husband Petey; Jon Blend as Stanley and Julia Barker, as Lulu also gave telling performances.

As the two strangers Goldberg and McCann, who mysteriously arrive and ingratiate themselves into the household, both Colin Gregory and Philip Grant could have been more menacing. It was a good attempt at a difficult and absorbing play which when it was first produced twenty-nine years ago lasted for only one week at the old Lyric, Hammer-smith. LS

LETTERS

17, Ossulton Way NW11 Nov 20

Dear Sir,

It occurred to me that you might think that some of our neighbours in the Suburb — and fellow-beneficiaries of the services provided for us by the New Hampstead Garden Suburb Trust, the Barnet Council, the police, for all of which we pay handsomely — would be interested to learn of the benefits of those services in Ossulton Way and Maurice Walk.

I must declare an interest. As the owner-occupier of 17 Ossulton Way, I sought and obtained, on behalf of my neighbour at No 19 and myself, full planning permission for a small back extension; the application cost me £2,000. When my neighbour, for entirely valid reasons, decided not to proceed at once with his part of the extension, I sought permission to proceed with mine meanwhile. That was immediately rejected, and the rejection confirmed on appeal, presumably on aesthetic visual planning grounds; although to whom it would be visible, save from the air, is difficult to imagine. But this, after all, is positive action and decision in protection of our amenities in this conservation area.

So what happens in the case of the Nautilus Fitness Club in the Market Place? It was in 1984 that the Club was established and opened for certain hours on weekdays (Monday to Saturday, 10am-8pm, closed Sundays). Almost at once the proprietors flouted and ignored those conditions, publicly advertising opening weekdays Monday-Friday, 7am-10pm, Saturdays and Sundays 10.30am-6pm. And have continued to do so ever since. They obviously have good advice, since, when their action was challenged, they at once applied for planning permission (May 1985) which was refused, and refused on appeal; so they appealed to the High Court and, having regard to the state of the lists, that will be heard, I understand, on 26th November 1987. So for something like three years they have been getting away with flouting the conditions on which permission was

granted. Now, in November 1987, they apply for planning permission for further use of the ground floor as a hairdressing/beauty salon 'and ancillary uses' — notwithstanding the plethora of such facilities already in the Market Place. Let us hope that the Court and the Planning Authorities will join in compelling the Club to abide by the conditions of use originally permitted.

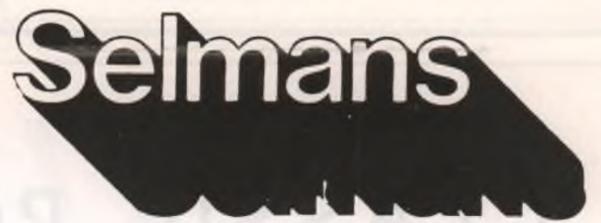
The relevance to the amenities of the area is obvious. There is constant parking all day long on both sides of Ossulton Way (and Maurice Walk) from Hill Top to Market Place, so that residents (who garage their cars) can rarely bring them to their own front doors, or get into or out of their garages. Ossulton Way is now a bus route as well as being virtually the only through way from the North Circular Road to the A1 spur between Finchley Road and the Bishops Avenue. The 'yellow band' at the approach to the Market Place is ignored and cars are parked, partly on the pavement, right up to the junction without any action being taken by the police or otherwise. The litter and debris (cans, bottles, cartons, rubbish), thrown over or thrust into the hedges or cast on the pavement is removed only by residents since the road is not swept for months.

Not all of this is caused by customers of Nautilus, but it has been greatly exacerbated by the increase in opening hours, and I would hope that serious consideration would be given by the Trust and the planning authority to refusal of the use of Nautilus premises altogether and at last to take steps with police help to keep the traffic flowing and safe, and take action to preserve amenities, such as street cleaning and healthy conditions for which they are paid.

I am accordingly sending a copy of this letter to the policy authority, the Barnet Council and the Trust.

Yours faithfully,

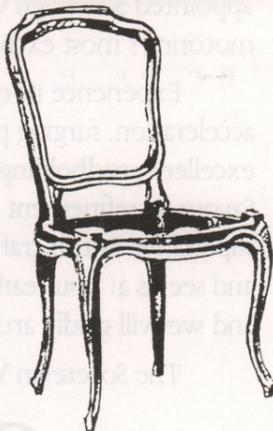
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