

Belvedere Court action

A case involving Belvedere Court, a block of flats in Lyttelton Road, came before Barnet County Court in January. The 56 flats in the block are all tenanted and the landlords are Frogmore Developments Ltd. This company had granted long individual leases to a subsidiary company called Atherton Properties without first offering them to the tenants.

The residents considered that Frogmore Developments had acted illegally and decided to fight for their rights to buy their flats free of the Atherton Lease. They formed themselves into Belvedere Court Management Ltd and appointed the solicitors Philippsohn Crawfords Berwald to act for them. Throughout the

proceedings the management company was advised and financed by Safeland PLC.

In his judgment Judge Viljoen considered that the new leases were created in order to avoid provisions of the 1987 Landlord and Tenants Act. He ordered that Belvedere Court Management Ltd should be allowed to acquire the block free of "artificial" leases which the landlord had set up "to avoid the mandatory provision of the Act".

Unfortunately for the tenants, Frogmore Developments Ltd lodged an appeal, so it could take a number of years before the matter is finally resolved.

However, they are confident that in the end they will be successful. **Chris Kellerman**

Sixty and Going Strong

It's not such a long time since anyone over sixty was relegated to the rocking chair. Not so today. Mature movers worldwide are running marathons, climbing the Himalayas, cycling round the world, country dancing, orienteering and generally having a whale of a time. And whereas it used to be thought that after a certain point you should 'take it easy', for fear of 'wearing yourself out', current research shows that it is inactivity which causes the body to break down.

A good example of this is the individual (of whatever age) who breaks a leg and, after a couple of months of semi-sedentary living, has the plaster removed to reveal a limb, wasted and withered from lack of use, which has to undergo physiotherapy and a pretty rigorous training routine to bring it back into line with its active twin.

Exactly the same principal applies to the body in general. Use it and you won't lose it.

Clearly, this doesn't mean that any sedentary sixty year old should embark on a vigorous regime of aerobics and weight training. Such an approach would not only be counter-productive, but downright dangerous. Still most of us could build a little extra exercise into our daily life. Walking, swimming and, if you're lucky enough to have a competent teacher in the area offering 'golden oldies' classes, a couple of gentle work-outs a week, will not only get you up and running, it will open up your social life too. **Samantha Lee**

Samantha Lee is a Fitness Consultant specialising in exercise for Seniors. Her book 'Fit to be 50' is published by Chappans. She has recently moved to the Suburb and is looking for premises to start up 'Mature Moves' classes. She can be contacted on 0181-458 1557.

Neighbourhood Watch

Back to basics

Fit locking wheel nuts

More and more cars now have wheels without wheel trims and with the wheel nuts showing. As anyone can see when walking round the Suburb, the vast majority of these wheels do NOT have locking wheel nuts, and it is a fair bet that those cars with wheel trims which hide the wheel nuts from view are probably no better.

This is really pathetic when it is considered that the cost of a set of locking wheel nuts is only about £20 at most, whereas to have your car jacked up and all four wheels stolen will set you back at least £150 for each wheel and tyre, quite apart from the inconvenience caused to you and the fact that you are giving further encouragement to thieves to visit the Suburb.

Certain cars such as Renault, Peugeot and Citron carry a spare wheel outside and underneath the boot which is proving easy for a thief to remove. It should be secured with a K-LOC (price £40).

Locking wheel nuts and K-LOCs can be obtained from Chivers Bros, 113 High Street, East Finchley N2, or from other shops selling car accessories.

Callers at the door

Three out of ten strangers who call at your door are up to no good! Three out of ten who ring your front door bell hope to find the house empty. If you answer the door (with chain across please!), they will give you some cock-and-bull story about offering to unblock your drains, or fix a loose tile on your roof, or invite you to help them with a survey. If you are out, they will try to ease round to the side or back of your house in the hope of finding cover and a suitable patio door or window that they can prise open to get inside.

So, if ever a stranger calls, be

suspicious; note his (or her) appearance; say you are not interested; try to check which way he is going; and dial 999 with that information.

The police will check him out. If he is one of the seven innocent callers, you will NOT have wasted police time. If nothing else, it will have persuaded him to go to another district and waste householders' time there rather than on the Suburb. But, if he is one of the three up to no good, he may be just the man that the police have been looking for.

Burglary

Suburb burglary is on the increase again because, over the last few months, there have been a number of quite unnecessary burglaries. The reasons given in the monthly crime figures make depressing reading - insecure patio doors; through unlocked back door; insecure kitchen window; forced rear window; through open window; and so on.

There is no need for any Suburb resident to have a home that is not secure. Our Crime Prevention Officer, Peter Davies, who is a most experienced police officer, will carry out a free security survey on any Suburb home. If he is not there when you phone (733 5570), you can leave a message on his answering machine and he will ring you back to arrange an appointment to call. He will



'Are you street-watching or casing the joint?'



advise not just on 'locks and bolts' but on how to eliminate every weak spot, from where to keep your back door keys (not in the lock!) to ensuring you have adequate security outside your house for your garage and in your garden.

Warm weather

After the wettest winter for many years, suddenly it's spring again. There are lawns to mow, hedges to clip and gardens to tend - and then the pleasure of sitting outside in the garden in the sun, at peace with the world.

But our peace will not last for long if we go out leaving doors and windows open. Many young and agile burglars will be in and out again in less than 90 seconds taking silver, jewellery, cash and any other small objects of value in sight or in bedroom, or other, drawers.

Young confidence tricksters

Don't forget that this is the time of the year that some children, as young as 9 or 10, are dared by their elders or peers to see if they can work the 'lost ball in the garden' trick. "Please, Mrs, will you help me find my ball in your garden" says the angelic-looking little chap. The aim is to lure you from your open front door so that his accomplice can nip in and out before you return.

These are just some tips to make sure we all keep one step ahead of the criminals. We did so well in 1994 in reducing crime. Let's keep it up in 1995. The price of freedom from crime is still eternal vigilance. **Peter Loyd**

A new amenity for the Suburb

There was an interesting 'first' on 5 March at Joseph's Bookstore which opened recently, just across the Finchley Road from the Suburb, near the Post Office. Alan Isler, author of a stunning first novel 'The Prince of West End Avenue' came to read from and discuss his book with an audience of some 90 people. Michael Joseph has promised further such events, open to all and typical of the imagination and enterprise with which the shop is run. It offers hard-backs and paperbacks, classical and

new publications, attractively priced publishers' remainders, journals not easily found elsewhere in this neighbourhood, some original paintings and even greetings cards which are neither maudlin nor facetious.

It is to be hoped that this venture can be sustained by a population of surely more than average literacy, and that Suburb residents will take advantage of a friendly and highly efficient service, currently open seven days a week, on their doorstep.

Elizabeth Monkhouse



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HAMPSTEAD GARDEN SUBURB

The Movie

This film was made in 1975 to mark the European Architectural Heritage Year. Although it is 20 years old, the film provides a fascinating insight into the lives of residents as well as the history and architecture of the place.

The film is in colour and the commentary is spoken by Donald Sinden who lives on the Suburb.

It is now available as a VHS video from the Trust Office. There is no rental charge but a £10 returnable deposit is required.

The video is an ideal way for Suburb families to learn more about the very special place in which they live.

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