

featuring Lee & Ofra Raphael



Lee and Ofra Raphael moved to the Suburb in 1991. Ofra, originally from Tel Aviv, only intended to come to the UK for a few months to improve her English. Whilst in London, she met Lee who was from Ilford and had recently qualified as a podiatrist. They have three children, Daniel, 16 and Yoav, 12 who study at Jewish Free School and a daughter Mika, 7 who attends Brooklands.

Having now lived in the Suburb for over thirteen years, they very much feel at home although to many residents they are still regarded as relative newcomers! Like many other residents of the Suburb, they were attracted by the unique 'village feel' along with the greenery of its tree and hedge lined roads. "I remember first viewing my house in April 1991 and the whole road was a mass of pink cherry blossom," says Lee. "After thirteen years I am still in awe when Brookland Rise is in bloom."

Ofra took a degree as a mature student in Art & Design and, following this, opened an art and jewellery business. She creates her own textile designs and has exhibited locally as well as in central London. Ofra is a member of the Society of Design Craftsmen and, as well as making her own woven fabrics, which are sold as pictures and greetings cards, she also imports and sells jewellery from Israel.

They extended their house in Brookland Rise seven years ago for Lee to open the Brookland Foot Clinic. This is his second surgery as he has

been in practice in Ilford for eighteen years. He has now firmly established himself as a podiatrist within the area and his patients come from both the Suburb as well as surrounding areas.

The Raphael's have recently acquired a Welsh Springer Spaniel pup; a breed that needs plenty of exercise. With Bigwood, Littlewood, the Lyttelton Playing Fields and Heath Extension all nearby, Ofra says the dog should be spoiled for choice. Lee, who was a keen marathon runner, says that after thirteen marathons he has 'gone into retirement' and now prefers to play jazz on his piano. He tells me that he intends to enjoy Suburb life at a more sedate pace and let the dog do the running!

Time does not permit the Raphaels to be active members of the Hampstead Garden Suburb Residents Association, but they fully support its work and objectives and would encourage other like-minded residents to join.

SUBURB

Charity

featuring Phyllis Ellis

Phyllis Ellis has lived on the Suburb for thirty years with her husband Keith. They have two children James 27, and Joanna 24. She was latterly Head of Training for the National Blood Service in London and the South East. She now works for Safe Blood in Africa, a charity set up to provide a supply of safe blood from voluntary, unremunerated blood donors.

There has been much press coverage recently on the desperate plight of the developing world and the incidence of HIV. No continent has been worse affected than Africa, which also has to cope with serious diseases such as malaria and tuberculosis. In sub-Saharan Africa more than 25 million people are infected with HIV, and 12 million children have become orphans already. This latter figure is expected to rise to 18 million within five years.

Kofi Annan has already established the 'Global Fund to fight Aids, Malaria and Tuberculosis' and now Gordon Brown is seeking support for his international finance facility which would enlist help from wealthy nations for medical research and to improve current medical facilities.

World Health Organization figures suggest that 10% of HIV in the Third World is contracted through tainted blood transfusion and this affected blood has a deleterious impact on other diseases and illnesses too. This is why Safe Blood for Africa is so important and the tireless work of experts like Phyllis is invaluable.

Phyllis travels to Africa regularly, and drawing on her vast experience with the Blood Service in the UK, she helps African countries to develop their own, safe, transfusion infrastructure. She trains hospital staff, and Safe Blood's own transfusion staff in order that they will become self-sufficient in the way that they recruit donors, and test and provide blood. She says that one of the major problems she encounters is that those in poverty will sell blood for money to feed themselves, but this may be contaminated. Meanwhile, the kits which test it's quality are not foolproof, and are not used or stored correctly. Her work and that of the volunteers is to introduce 'clean' blood that is available for all. They have already achieved improvements in Botswana and are now assigned to Nigeria.

Phyllis is very encouraged by the attitude of the local medical communities, who are eager to learn how to cope for themselves. There is an active education programme for those who are vulnerable which ranges from advice bureaux, to posters, to radio phone-ins. The positive attitude that she and her fellow workers receive in Africa provide both the stimulus and the motivation to continue facing their challenges, and also the knowledge of how their efforts are very much appreciated.

Blood donors are needed desperately worldwide. If you would like to become a donor please contact the local offices of the National Blood Service at Colindale on 0845 7711711. Thank you.



Deborah Warland

Suburb Style editor Deborah Warland, talks to residents about some of their favourite things

Queens Court - "best of modern architecture"

Queens Court on Hampstead Way was designated a Grade 2 Listed building by the Department for Culture, Media and Sport in September. Resident Janice West tells us, "Queens Court is possibly the only suburb building which still embodies the spirit of Henrietta Barnett's dreams and is one in which she took particular interest."

Queens Court was built in 1927/28 as housing for women by the United Women's Homes Association, now part of Circle 33, who still own it. It continues to provide social housing.

The most well known plan for Hampstead Garden Suburb by Parker and Unwin shows a public garden on the site behind Arcade House but there were

earlier plans that showed housing on this site. This was the plan that Henrietta Barnett and the Liberal Reformers, Lord and Lady Emmott referred to when the architects, Hendry and Schooling, designed the building. Sir Edwin Lutyens, who was responsible for the churches and Institute buildings on Central Square as well as houses in North Square, described Queens Court as the "best bit modern architecture you have on the estate."

Some of the interiors contain original features such doors, tiled fireplaces and balusters. These will be retained when the property is refurbished and improvements including central heating are added in 2005/6.

An invitation to sing Haydn's Nelson Mass

The music department of Henrietta Barnett School is forming the Henrietta Barnett Choral Society for a performance of Haydn's Mass in D Minor, or Nelson Mass.

They will be performing the work as the second half of a concert in St Jude's on April 27.

Suburb singers are invited to join for rehearsals in the School Hall Feb 23 6.30 - 8.30, March 15 7.30 - 9.30. There will be four more rehearsals in April.



NORTHWAY BADMINTON CLUB

Small, friendly club Intermediate standard

Meets Monday evenings Free Church Hall, Northway NW11

Call Heather Tomlin on 8455 6676 for details

Fine Art
home and property insurance

020 8658 4334

zen

Brownhill Morris and West
(insurance services) Ltd

e-mail masterpiece@brownhills.org www.brownhills.org

Do you suffer from chronic pains, stress, allergies or other ailments? Are you disappointed with the results of conventional medicine? Are you ready to try alternative treatments which have proven results?

If so, 'Helping Hands' can help you.

Choose from:
**ACUPUNCTURE • REFLEXOLOGY
EMF BALANCING® • REIKI**

Maxine Anders BSc (Hons), LICAc, MBACc, ITEC, BA (Hons)

Call now on 07866317952 or book an appointment with Maxine at the Isabel Douglas Centre, 90-92 High Road, East Finchley, London N2 9EB, Tel:0208 4441516