

# Muswell Hill & Fortis Green Association

www.mhfga.org

Your Residents' Association working for the local community since 1948

## Do you fancy a Walk in the Woods?



Coldfall Wood consists of 14 hectares of ancient woodland on Haringey's western boundary with Barnet containing several streams, a seasonal pond, and a bank and ditch made long ago to prevent animals from entering the woods. The main stream runs north, then passes via a culvert under the playing fields, eventually joining Pymmes Brook. Stone and fossil deposits suggest that the wood marks the southern tip of Ice Age glaciers.

Until 1930 the wood was almost twice its present size, extending to Fortis

Green, but much of it was felled for residential development. The trees are mainly oak standards and hornbeam with some birch, hazel and wild service. The woods had probably been coppiced since Roman times. This is the practice of cutting trees near the ground to foster and harvest the new growth. By 1990 the consequences of decades without coppicing was a dense mature tree canopy stifling germination of woodland floor vegetation and limiting habitats for wildlife. From 1991 a small reintroduction of coppicing was followed by larger ones starting in 2006. Creating glades and an east-west 'ride' helped to let in light, later revealing the emergence of over 150 new seedlings such as trailing St John's wort and square-stemmed St John's wort, not seen elsewhere in Haringey.

A collaborative partnership between Haringey's nature conservation officer and other conservation bodies like the Woodland Trust, TCV (Trust for Conservation Volunteers) and Friends of Coldfall Wood and Muswell Hill Playing Fields worked together on a management plan and to source major funding from the Heritage Lottery Fund and others to implement it. Provision and improvement of paths, signage, benches and information boards, clearer vistas, good access points that allow wheelchairs, and re-built bridges led to Green Flag status in 2009. The regenerated wood has many ancient wood indicator plants such as wild service tree, wood meadow grass, wood speedwell, early dog rose, wood serge and anemone. The wood supports at least 32 species of fungi and a large variety of invertebrates including the rare lesser glow-worm. New reed beds filter pollution and offer habitats for grey wagtail and mallard. Nature reserve status was gained in 2013.

## May/June 2019

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Volunteers play an important role in preserving the wood. TCV regularly do maintenance and clearing work. Coldfall School not only have lessons in the woods but also do litter picking. The Green Gym even did a nocturnal litter pick wearing head torches. The Friends of Coldfall Wood run themed walks for adults and children on topics like herbs, geology, invertebrates, fungi, trees, bats, the dawn chorus and tree dressing. On these walks it is not unusual to discover a new resident, whether beetle, plant or fungus. The Friends raise funding for amenities like bat boxes, have just funded a bird survey and welcome new members.

Coldfall Wood is first and foremost a habitat for wildlife; we are visitors enjoying its beauty, colour, scent and sounds through the changing seasons. We gain peace and tranquillity. But we are also its guardians: ancient coppiced woods cannot be replaced. Let us take away only a photo, leave behind only a footprint.

To find out more about Friends of Coldfall view the website [www.coldfallwoods.co.uk](http://www.coldfallwoods.co.uk)

*Pauline Hudson*

## Notice of our AGM

Thursday 16th May 2019 at 7.45pm

Details on page 2

If you love us, you have to 'like' us on Facebook:

[www.facebook.com/MHFGA](http://www.facebook.com/MHFGA)

Visit us on Twitter for regular updates:

@theMHFGA

Follow us on Instagram for beautiful images of Muswell Hill:

@muswellhill.london

Visit our website:

[www.mhfga.org](http://www.mhfga.org)





## Member profile: Alison Watson

I am a Londoner born and bred but only discovered leafy Muswell Hill when I married in 1962 and we moved to a house in Wood Vale, a wonderful house and garden to bring up three boys.

My initial training in social work was at the London School of Economics and Boston University, and later I gained an MA at Brunel University. I first worked in Bermondsey during the years when families were being moved out to garden cities with very mixed results. Later I worked for Haringey Council as Development Officer for children for 13 years, long before the scandals, and in 1986 that led to helping to set up a charity for adults on the autistic spectrum, the Hoffmann Foundation for Autism which still has residential provision and a day centre in the area – in fact an art exhibition was flagged up in the last edition of this magazine. I became Chair of Trustees retiring this year. After retirement from Haringey I went back to work for another London borough overseeing contracts for adults with special needs.

Life now is very different and wonderfully rich. I am on the Committee of the Friends of Queen's Wood which, because it is owned by Haringey, has no paid staff so I help with membership and the newsletter. Volunteers are the eyes and ears of this beautiful nature reserve. Behind the Lodge Café in Queen's Wood there is a community garden where I am a volunteer gardener once a week.

I also belong to North London University of the Third Age (U3A) and greatly enjoy belonging to a book group which reads everything not English, so there are many challenges in translation.

I have been going to a class "The Shape of London" for fifteen years, and for U3A I lead a group called "Historic London Walks" which explores interesting corners within the Freedom Pass area. We are about to do our 101st walk!

Then there is music; I have been a member of the Highgate Choral Society for 25 years and feel immensely fortunate to still be allowed to sing. I also walk with the local Ramblers as often as possible.

Last year my husband celebrated his 90th birthday at another local and surprisingly little known spot, the Muswell Hill Bowling Club, a green oasis in the middle of houses.



Alison and her husband Michael at Kenwood

## National Garden Scheme

Visiting a garden is good for your health!

How could I have known, as I cried myself to sleep that night in 1966 at the prospect of living in a tiny terraced house in Muswell Hill, with a minute rubble-filled garden that, 50 years on, I would still be living there and feeling utterly blessed?

Over the years, opportunities arose to buy bits of adjoining land, giving me and my husband Earl, both artists, the impetus to create a unique evolving garden, full of fun, with a temple, pagodas, an oriental teahouse, carp pond, lawns and plants. Our garden has been featured in books, including *Ornament in the Small Garden* by Sir Roy Strong, and on TV programme *Britain's Best Back Gardens*, presented by Alan Titchmarsh.

The more we enjoyed it, the more we wanted to share it. Since 1996 we have opened three times a year for the National Garden Scheme raising £100,000 for nursing and caring charities. The benefits gardening have contributed to our well-being are manifest. It is officially acknowledged that even *being* in a garden enhances one's health. Recently, we invited groups who might not otherwise have the opportunity. Holocaust survivors, carers, beneficiaries like Macmillan, Marie Curie and Maggie's, patients and doctors, have enjoyed glorious afternoon tea parties. These are special occasions for us all, made possible by the support of our "dream team" of generous spirited volunteers.



In 2018 the NGS donated £3,000,000 in total to their charities. Without the support of visitors none of this would be possible.

Do come and refresh your spirits, enjoy delicious home-made cake and tea, peruse the plant sale and explore our open studio at: 5 St Regis Close, Alexandra Park Road N10 2DE. Admission £4. Children go free. Wheelchair access. Dogs on leads. **Sundays 2-6.30pm. April 28<sup>th</sup>, June 16<sup>th</sup>, July 21<sup>st</sup> and August 18<sup>th</sup>.**

We welcome private visits of 10 or more by arrangement. Please email [suebearlh@yahoo.co.uk](mailto:suebearlh@yahoo.co.uk)

See [www.ngs.org.uk](http://www.ngs.org.uk) for details of 3,000 private gardens England and Wales.  
Susan Bennett, NW London Assistant County Organiser



## New Shrubs in the Pocket Park....and daffodils in the horse trough



Georgia, Brian and Stuart Hopking



In mid-March, in the pouring rain, member Georgia Pairtrie and committee member Brian Livingston, supported by two gardeners from Haringey Parks, planted about 20 new shrubs at the Pocket Park. Haringey Parks provided all the plants selected by Georgia, planting soil and the muscle power to dig holes in the heavily compacted clay soil.

This all started with a meeting Georgia and Brian held on site in July 2018 with the Head of Parks and the Veolia Muswell Hill village manager to discuss how to improve the park. These shrubs should really make a difference when they get established.

We are also delighted that the Association has been awarded ward budget funding of £500 for planting flower beds and the cattle trough near Muswell Hill Library. We would also like to thank one of our members, who wishes to remain anonymous, for her very generous donation of £100 to buy plants and flowers.

## Membership Matters

**Our Association covers Muswell Hill, Fortis Green & Alexandra wards, and works closely with our corporate members**

Welcome to our new household members: Christa Kernick, Stephen and Jill Brice, Mary and Luke Russell, Rachel Norton, Petra Griffiths, Paramita Biswas, Matthew Ackroyd, Sally Cartwright.

Welcome also to our new corporate members: Saints N10, H Firkins & Sons, Connubio da Fabio.

Seventy local businesses and organisations support the Association. You can find the links to their websites on our Corporate page at [www.mhfga.org](http://www.mhfga.org) and click **Useful Links**.

11.04 Architects	Excel English Language School	Muswell Hill Methodist Lawn Tennis Club	Studio Moe Ltd
Alexandra Palace Farmers Market	Fagins Toys Ltd	Muswell Hill Pharmacy	Tatlers Estate Agents
Alexandra Park Brazilian Jiu Jitsu	Freehold Community Association	Muswell Hill United Reformed Church	The Hampstead Butcher & Providore
Angela Rose	Friends of St. James's Square	Muswell Hillbilly Brewers	The John Baird
Baby Sensory	Greene & Co	Panoptica - MH Optical Ltd	The Mossy Well
Barnet Furniture Centre	H Firkins & Sons	Planet Organic	The Real Greek
Barron Salon	Hollickwood Primary School	Point 5 Kitchens	The Robin Kiashek
Belmeis Jazz Club	Husen Moda	Pure Nest Café	Osteopathic Clinics
Broadway Pet Stores	Internet Express/PhoneRepairs4u	Rhodes Avenue Primary School	Victory Auto Services
Broadway Pharmacy	Lambert Welch Kitchens	Robert Linsky Optometrist	W Martyn
Capital Gardens	Mailboxes Etc.	RocketshipWP	Walter Purkis & Sons
Cha Cha Cha	Misk Boutique	S&D Express	WAVE Café
Children's Bookshop	Muswell Flyer	Sable d'Or	Woodland Tree Surgery
Clissold Arms	Muswell Health	Saints N10	Woollyland
Connubio da Fabio	Muswell Hill Bikes	Sally Bourne Interiors	Yogamatters
Cosi Homewares	Muswell Hill Bowling Club	Snappy Snaps	Zebra Ceramics
East Finchley Open Artists	Muswell Hill Creatives	St James's Muswell Hill	
Evelina's Patisserie			
Everyman Muswell Hill			

## Corporate Profiles

### Connubio da Fabio



I trained in Milan as a pastry chef and later as a sommelier. I have had a prestigious career around the world as an international sommelier and restaurateur for over 30 years. Currently I am fulfilling my dream and have launched my first restaurant in the UK. I have found Muswell Hill to be a cosy community, like a small village inside London, similar in some ways to my own town in Italy.

I am very passionate about the synergy between food and wine. Connubio is the place where I am practising all my passions: making desserts, tasting wines, running courses about wine tasting and playing my guitar with my jazz quartet. I like to offer my customers a uniquely personalized experience around food, wine and music, and especially pairing the freshest foods with meticulously selected wines from my extensive collection.

“Connubio” is an Italian word meaning the union of two or more things, in this case, food and wine from two different cuisines. Our cuisine is a Mediterranean assembly of products and flavours from both Italy and Spain. Many of the dishes are cooked in our

very special natural charcoal oven obtaining a typical balanced smoky aroma with perfect texture and flavours. It is an amazing way of cooking meat, fish and vegetables without having to use extra oil or butter, incredibly healthy and tasty.

Our wine list is a selection of products made from indigenous and peculiar kind of grapes. We like biologic, biodynamic and organic products; we're happy to offer fantastic wine selections.

We are open Tuesday to Sunday from 11.00 to 15.00 and from 17.00 to 22.30. To make your booking phone 020 8815 5998 or email [connubiodafabio@gmail.com](mailto:connubiodafabio@gmail.com).

*Fabio Aguzzi*

### Hollickwood School

Hollickwood Primary School is a vibrant community school, with a 52-place nursery, nestled within a diverse urban neighbourhood in Muswell Hill. It prides itself on its embedded community links, inclusivity and a strong focus on the children's social, moral and cultural development.

Ofsted recognised the 'outstanding' work that supports children's personal development and welfare in their most recent inspection, and this small school with a big heart continues to succeed in nurturing children with a thirst for academic and creative learning. Their motto of 'Respect, take care and try your best' runs throughout the school community.

Recently, the school - together with an active parent association, keen pupils and dedicated staff - transformed an area of their generous grounds into an engaging learning space to explore and enjoy local wildlife. After a fun-packed weekend of building, digging and planting, their Wild Garden is now a regular outdoor classroom and provides space for children to indulge their curiosity.

Hollickwood run a range of events throughout the year, including Fireworks Night, fairs and the ever-popular International Evening. More than 150 people attend the annual event, which features delicious foods from around the world and a variety of brilliant performances from pupils and parents. Children of all ages take to the stage and treat the audience to such performances as Ghanaian dancing, and captivating arrangements from the school's own choir and African drumming group. Live operatic singing and belly dancing are just a couple of the contributions made by talented parents!

Hollickwood offer tours of the school for prospective children and their families. Please contact the school office to arrange a visit. T: 020 8883 6880, E: [office@hollickwood.barnet.uk](mailto:office@hollickwood.barnet.uk)



### Photo Competition 2019

Throughout April, the Association ran the 2019 Photo Competition via Facebook where we have a large and growing number of followers. The subject was 'Spring in Muswell Hill'.

The winners will be announced on our Facebook page in May. Prizes have been generously donated by Snappy Snaps and Planet Organic.

## Meeting with local police teams



On Friday 22nd February the local police teams for the West of Haringey gave a talk and a Q&A session at Hornsey Town Hall, at the request of the Muswell Hill and Fortis Green Association. The meeting was well attended with about 60 people present. Inspector Rhona Hunt outlined how the police believe that they have caught the culprits responsible for some of last autumn's burglary spree, and that there will soon be arrests relating to muggings of teenagers on the Broadway. She also gave details of various crime prevention measures that the police are sponsoring, including a discount code for 'RING' camera doorbells and measures to secure sash windows, which are by far the most common method of illegal entry into houses in this area.

Inspector Hunt came across as very knowledgeable, helpful and competent and many of those present were impressed by her. However, questions from the audience indicated that there is still a systemic problem regarding information flow between local residents and the police. At the heart of it, many people are not yet aware that they can call their local police team on a dedicated ward phone number, and equally they can email a dedicated ward email address. For the benefit of our members these are included at the bottom of this report.

Some residents at the meeting also asked about the 101 phone number. The Inspector was clear that the most efficient way to report a crime is online at the Met Police website, [www.met.police.uk](http://www.met.police.uk). She assured us that every crime reported online through the website flows through to the same system as a crime reported via 101. The only difference is that it is much faster - waiting times for 101 are very long.

### Contact details for local police teams

#### Fortis Green ward:

0208 721 2506 / 07876 038059 /

[Fortisgreen.snt@met.police.uk](mailto:Fortisgreen.snt@met.police.uk)

#### Muswell Hill ward:

0208 721 2765 / 07760 170127 /

[MuswellHill.snt@met.police.uk](mailto:MuswellHill.snt@met.police.uk)

#### Alexandra ward:

0208 721 2675 / 07920 233788

[SN TYR-.Alexandra@met.police.uk](mailto:SN TYR-.Alexandra@met.police.uk)

## Haringey Borough Cyber Crime Annual Summary - 2018

In 2018, 786 reports were made to Action Fraud costing a total of £2,010,170 (an average of £2,557 per report).

### Online Shopping

Victims are tricked into paying money for items that don't exist or are counterfeit when shopping online, for example fake adverts on eBay.

**Never pay via direct bank transfers, always use the website's recommended payment method.**

### Advance Fee

Victims are encouraged to pay an advance fee with promise of a larger amount back in return, for example a scam email from the "Tax Office" stating that the victim is owed a refund for overpayment of tax, but requesting an admin fee first.

**Never give your bank details or personal information following an unsolicited email.**

### Investment Fraud

Victims are pressured in to making "investments" that don't actually exist or have no chance of the financial return suggested.

**Genuine investment companies do NOT cold call people. Seek impartial advice.**

### Payment Fraud (also known as Mandate Fraud)

When transactions between a genuine seller and consumer are intercepted and payment details are altered to an account controlled by the fraudster, for instance a builder having their email account hacked, and a fake invoice being sent to a customer.

**Always check changes in payment request via a trusted method. Be wary of out of the blue requests for money, even if it's by someone you know.**

### Two other frauds are Courier Fraud and Push Payment Fraud.

Victims are called by fraudsters pretending to be police, tax office or from the victim's bank and convince them to give their card details over the phone. Or in some cases, transfer money to a "safe account", buy gift vouchers or to go and withdraw money as part of an "investigation". The fraudsters arrange for a courier to pick up the victim's card or cash to take it away for "evidence".

**Your bank, the police, or tax office will never ask you to attend your bank, withdraw, transfer or pay money over the phone or send couriers to collect your card or cash. Nor would they ask you to buy goods or vouchers. This is a scam.**

- Hang up
- Take 5
- Verify

Always report scams, fraud and cyber crime to Action Fraud, either online at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or by telephone on 0300 123 2040.

## Useful online information service

Haringey has an online directory for adults who need care and support, where you can search local organisations to find the right services. <https://haricare.haringey.gov.uk/>

## Local Organisations and Events

### ST JAMES'S CHURCH

**Tuesdays, 11.00am-1.00pm.** Community Cafe - free coffee, cake and conversation.

**Wednesdays 2.30-3.30pm** -Tea Time for seniors in the Muswell Hill area. Tea, sandwiches and entertainment.

**Mondays & Saturdays 10.00am-12 noon-** free legal advice walk-in. Contact: [anything.legal@dial.pipex.com](mailto:anything.legal@dial.pipex.com).

**Sundays 4:45-5:45pm, Monday-Thursday 7:45-8:45pm.** Muswell Hill Soup Kitchen, located at the Muswell Hill Baptist Church. Donations of any non-perishable items would be welcomed. Contact: [soupkitchen@mhbc.org.uk](mailto:soupkitchen@mhbc.org.uk)

**10am on Fridays during term time** Challenge Group: for families with a pre-schooler with additional needs.

### THE FREEHOLD COMMUNITY CENTRE

9 Alexandra Road, N10 2EY. Please check at [www.familiesonline.co.uk/local/barnet/listing/freehold-community-centre-195857](http://www.familiesonline.co.uk/local/barnet/listing/freehold-community-centre-195857) for details of the various activities at the centre or contact [freehold2003@gmail.com](mailto:freehold2003@gmail.com) or ring 07935 324578.

### FRIENDS OF QUEEN'S WOOD

**Sunday 19 May 2.00pm** Tree identification walk Led by Sarah Graham-Brown and Lucy Roots. Meet at the Lodge Café, off Muswell Hill Road near 134 or 43 bus stop. **Sunday 2 June 2.00pm** Bug Hunt with Dan Hackett - families welcome, meeting as above.

These events are free but donations to FQW welcome. Working parties **last Sunday of the month, 10.30 -12.00.** Meet at the Lodge. Tools are provided but bring your own gloves and a mobile phone if possible. All information about FQW on our website [information@fqw.org.uk](mailto:information@fqw.org.uk)

### FRIENDS OF COLDFAILL WOOD AND MUSWELL HILL PLAYING FIELD

[www.coldfallwoods.co.uk/whats-on](http://www.coldfallwoods.co.uk/whats-on) **The first Tuesday of each month** at Coldfall Primary School.

### NORTH LONDON EPILEPSY ACTION

A support group which meets on the **third Monday of the month** and has lectures, information and social events. Contact Barbara Penney 020 8883 0010 or e-mail [barbarapenney@yahoo.co.uk](mailto:barbarapenney@yahoo.co.uk)

### HORNSEY PENSIONERS ACTION GROUP

We meet to discuss local and national issues with visiting speakers on the **third Wednesday of the month.** Our meetings are held in the main church hall of Hornsey Parish Church, Cranley Gardens, N10 3AH. Contact Ann Anderson (020 8340 8335) or [www.hornseypensionersactiongroup.org.uk](http://www.hornseypensionersactiongroup.org.uk).

### NORTH LONDON ESPERANTO GROUP

Free Esperanto lessons at beginners and advanced level. The group meets on **Monday evenings 7-8pm** in Muswell Hill Place. For more details (including the full address) contact [anna.lowenstein@esperanto.org](mailto:anna.lowenstein@esperanto.org) or phone 07943 137891.

### MUSWELL HILL PHOTOGRAPHIC SOCIETY

The club meets at **7.45pm every Wednesday** at Jacksons Lane Community Centre. We show and discuss our photographs, and we have guest speakers, competitions, and practical activities. More details: [www.muswellhillphoto.org.uk](http://www.muswellhillphoto.org.uk) or email [contact@muswellhillphoto.org.uk](mailto:contact@muswellhillphoto.org.uk).

### NORTH LONDON EPILEPSY ACTION

This support group meets on the **first Wednesday of the month** for coffee and chat 2.30-4.00 at Costa Coffee, East Finchley High Street. Those with epilepsy or living with

**IMPORTANT! Please check all times and dates with the organisers.**

someone with epilepsy welcome. Please contact Barbara Penney at 020 8883 0010 or [barbarapenney@yahoo.co.uk](mailto:barbarapenney@yahoo.co.uk) for details.

### HORNSEY HISTORICAL SOCIETY

Lectures take place at the Union Church Hall, Weston Park, N8. A donation of £2 is requested from non-members. Refreshments available from 7.40pm. The doors close at 8.00pm and latecomers unfortunately can't be admitted for security reasons.

**Wednesday 8 May - A North London Railway: pictures of the Edgware, Highgate and London Railway from the Alan Lawrence Collection**, by Hugh Petrie.

**Wednesday 12 June, The Bayeux Tapestry** by Mike Brown.

**First Saturday of the month, 10.30-2.30.** Local History Surgery in the Old Schoolhouse, 136 Tottenham Lane, N8 7EL. To book an appointment, phone 020 8348 8429 or email [hornseyhistoricalsurgery@gmail.com](mailto:hornseyhistoricalsurgery@gmail.com) with a brief outline of the problem.

### POPCHOIR MUSWELL HILL

**Wednesday evenings 8-9.30pm** at the Royal British Legion in Muswell Hill Rd. No experience, no auditions, no need to read music. Book a free taster session at [www.popchoir.com](http://www.popchoir.com) or email [info@popchoir.com](mailto:info@popchoir.com). 020 8659 5464.

### MUSWELL HILL & DISTRICT HORTICULTURAL SOCIETY

Contact: Jenny Kruss on 020 8442 0031 or [jenny\\_starick@hotmail.co.uk](mailto:jenny_starick@hotmail.co.uk).

### NORTH LONDON CHORUS

**Saturday 22nd June, 7.30pm** at St James Church, Muswell Hill. Summer concert, which will include John Rutter's *Magnificat* and George Dyson's *Hierusalem*. Yvette Bonner, soprano soloist, and the Meridian Sinfonia.

### HIGHGATE CHORAL SOCIETY

**Saturday 18 May, 7.00pm** at St. Michael's Church Highgate. Elgar Sea Pictures, Ronald Corp – Missa Andaluca. **Saturday 6 July** All Hallows Church Gospel Oak, Vivaldi and Zelenka.

### MUSWELL HILL BOWLING CLUB

**Monday 6 May (Bank Holiday)** Open Day at the club in King's Avenue N10 1PB (next to No. 36). Everyone is welcome to see the club's picturesque grounds, enjoy refreshments, and perhaps try playing a game of bowls. During the season (**late April to mid-September**) the club is open to all on **Fridays from 6:30pm**. For further information call Richard Johnstone on 07986 873 312 or [e-mail richardjohnstone@gmail.com](mailto:e-mail richardjohnstone@gmail.com).

### FRIENDS OF MUSWELL HILL LIBRARY

**Saturday 11th May, 2-3pm** at Muswell Hill Library. *Celebrating Poetry - 'Out of Doors'* - the next of our Celebrating Poetry series. Please bring along a short published poem on this topic to read to us, and say why you have chosen it.

### HOLLICKWOOD SCHOOL

Sydney Road, N10 2NL  
**Every Tuesday (Term time only) 9:30am-10:15am.** Songs and Rhymes playgroup for children under 5 run by Coppetts Wood Children's Centre. No need to book, just drop in! For further information email [childrenscentre@coppettswood.barnetmail.net](mailto:childrenscentre@coppettswood.barnetmail.net) or call 020

## Local Guided Walks led by Julian Woodfield

### The Beautiful Parkland Walk

Wednesday 1st May 2019, 10.30am  
Cost: £5 per person  
Meet at the Grove cafe in Alexandra Park.

Join us on a dog-friendly walk along one of London's most interesting (and perhaps less well known) nature reserves - the Parkland Walk. We'll walk along the line of the old railway which ran from Alexandra Palace to Finsbury Park station. We'll explore the entire length of the line and occasionally stop to learn about the fascinating history of the area. If you have a dog feel free to bring him or her along - it's a perfect dog walk.

Along the way you'll learn about the extraordinary history of the Parkland Walk, why the railway was built and why it was abandoned, discover disused railway stations, see panoramic views of London, learn about the tube line to Muswell Hill that was never completed, meet the mysterious Spriggan and find out why - according to a short story by Stephen King - the wall that divides our world from the spirit world is at its thinnest in Crouch End.

This is a lovely walk which will take about 2 hours. We'll end up in Finsbury Park where you are welcome to join us at the park cafe for refreshments.

### History walk around Muswell Hill

Sunday 4th May 2019, 2pm  
Cost: £8 per person  
Meet outside the Clissold Arms in Fortis Green at 2pm.

Join an original Muswell Hillbilly on a guided tour around our leafy hilltop village.

Learn about the end of the rural idyll and the rapid development of this Edwardian suburb. Visit the site of Muswell Hill's very own pleasure garden. See the house where rock and roll aristocracy grew up and discover why the Royal Oak was renamed the Famous Royal Oak.

We'll stop outside a house rented by a six foot seven blues icon and his pet goat and find out where a national treasure was straitjacketed in the 1960s.

This is a wonderful walk where you will learn about the history and characters that made Muswell Hill. The walk will take about 2 hours.

**You can reserve a place on either of these walks by simply emailing [julianwoodfield@mac.com](mailto:julianwoodfield@mac.com) or you can book online at [www.yourguide.london](http://www.yourguide.london)**

## Alexandra Palace - the Wellness Café in Transmitter Hall

Every last Monday of the month, a free café pops up at Alexandra Palace inviting older people to enjoy tea, coffee, cakes and a different creative activity with an artist.

Alexandra Palace is proud to partner with The Good Care Group and Home Instead, two companies that are committed to providing high quality care services to elderly people living at home.

The café welcomes a range of abilities and invites anyone who considers themselves as an older person (or old at heart!) to come along. Your attendance at a café should be requested via email or phone and spaces are reserved on a first-come, first-served basis.

Raya from the Good Care Group said:  
*The Wellness café first started when we were looking for somewhere to take clients that wasn't institutionalised, was safe and kept our clients active mentally and physically. Finding nothing appropriate, we decided to create the Wellness Café.*

Louise Stewart, CEO of Alexandra Park & Palace Charitable Trust said:  
*Alexandra Park and Palace is here for the enjoyment of people of all ages and walks of life, so it's wonderful to see this historic part of the building being used for The Wellness Café. Through our Creative Learning programmes, the work of the charity is reaching a more diverse range of people than ever before.*

The Wellness Café is part of a wider programme of creative learning opportunities that we are proud to offer to our local community.

Join us every last Monday of the month 2-4 pm in the Transmitter Hall. To find out more and to register your attendance at a café please contact: [community@alexandrapalace.com](mailto:community@alexandrapalace.com) or 020 8365 4187.

**Next Cafes:** April 29<sup>th</sup>: Spring Has Sprung; May 27<sup>th</sup>: All That Jazz; June 24<sup>th</sup>: Ready, Set, Go! Tour de France

Laura Howard, Projects Assistant (Restoration)



### Copy date for July/August 2019 edition of this Newsletter

If you would like to submit an article, letter or diary date for our next edition, please send your copy to [editor@mhfga.org](mailto:editor@mhfga.org) by 1st June 2019.