



HIGHBURY COMMUNITY NEWS

FROM THE HIGHBURY COMMUNITY ASSOCIATION

Treasure shops to be found on the northern section of Blackstock Road



What luck as local residents, to have Blackstock Road (between Monsell Road and Seven Sisters Road) and its range of quite unique small shops, tucked into this busy street. These include one shop which only bakes and sells naan bread, and a DIY shop, with the most wonderful red frontage, hand painted all over with images of household goods including drainage pipes. They should 'list' this frontage, and I dread the day that this work of art is ever painted over and 'modernised'. To give a flavour of some of these unique shops: At number 16 Blackstock Road, before the turning for Prah Road, 'Good for Food' prides itself on home baked food, run by a Portuguese woman for seven years. Tuna cakes, caramelised red onion and parmesan tarts, special lunches and bureks tantalise the customer. A local resident eating there, when I visited, advised me that, 'this was the best food around'. Across the road, nearer the junction with Monsell Road, at number 51A, the shop appropriately called 'SIAMIX DIY', has been run by Mrs Lee since 1979, who lives close by in Hackney.

This shop is a cornucopia of any household good that you may want, with small passageways winding through the shop. Mrs Lee takes pride in that most of the items sold are as individual items, not in packets; a great bonus for small households. You can buy individual nails, screws, timber pieces, garden equipment and cups. They hire out a drill for £5 day, and cut keys, as well as sell locks. Opposite this shop is



'La Princesse', at 66 Blackstock Road, where an enticing range of French and Algerian influenced cakes and pastries are baked and sold. This shop has been there for about 15 years and sells the most wonderful coffees, as well as exquisitely designed cakes for special occasions. A little further south, opposite the new police station on the corner of Ambler and Blackstock Roads, is 'Bakhtiar's Naan' shop, where only naan bread (traditional tandoori bread) is baked and sold mainly to local families. Four plain naan breads costs £1; two zetar (spicy sesame) naans cost £1.50; and for those not so socially inclined, two

garlic naan breads cost £1. And those of you wanting 50s, 60s and 70s quality furniture, suitcases, mirrors, lamps, chandeliers and vases, I recommend the second hand shop 'Eighty Seven', at 87 Blackstock Road. As one enters this shop, walls of suitcases surround you, as well as African masks and vases lined up at various levels. The assistant told me that many of the goods in the shop come from Germany and Denmark. Apparently there is an international trade of such second hand goods and that the Germans, Danes and French prefer goods from the UK! Blackstock Road is an amazing street; I have only described some shops in one small section. As well as all the other shops here - cafes, restaurants, pubs and general



grocery stores, we also have an interesting range of workshops. These will be described in another newsletter. In the meantime, those of you wanting to purchase something unique, the northern section of the road awaits you!



The HCA represents over 900 residents and businesses on all aspects of living and working in Highbury, Lower Holloway and Finsbury Park.

Membership is free. Members receive bi-monthly newsletters like this one. New members will receive the newsletter by email (unless you don't have email).

To join or talk to us about anything Highbury-related, please email hcanews@hotmail.com

The opinions expressed in HCN are not necessarily those of the Highbury Community Association and its committee members.

Meet the neighbours

It is 1860 and kids are fishing for trout by the sluice gate where the Arsenal Tavern pub now stands...I love stories about old Islington - and the characters who live here. That's why I write an interview a week with people who live or work in Islington. The interviews are published here: at <http://islingtonpeople.wordpress.com>. So far many of my interviewees are based near Highbury, so you may know them - like Yehia El-Nemer from Oasis Café; Angela Sinclair-Loutit who worked in the East End during the Blitz, or Alan Banks the N4 milkman who drives a spaceship. I especially love collecting stories from people who move to Islington (perhaps because I did back in 1986 after finishing university). Such as Joan O'Donovan, who grew up in Ireland and now runs fabulous charity shop Second Chance. Joan has also worked in a Holloway Road shop, run the Plimsoll pub (now The Aulde Triangle) and been the cook at Highbury Community Nursery. But it was the locksmith's family, the Scarbroughs, who not only boast five generations born here, but unlocked the best stories about Islington's rags and riches secrets, including the one about fishing for trout off Blackstock Road...Do follow the interviews on the site. There's a special prize for the 25th follower. You can also make interviewee suggestions at nicolabaird.green@gmail.com.
NICOLA BAIRD



Alan Banks, N4 milkman (above)
Nicola Baird, Islington people (top left)
Yehia El-Nemer, Oasis Café (bottom left)

Don't be fooled: **HOW TO SURVIVE A HEART ATTACK WHEN ALONE**

In this era of the internet and the mass availability of information there is a lot of scope for erroneous or incorrect information to reach us, often without our prior knowledge or consent. One such way is through spam emails, many of which may contain 'vital information' or 'need to know' procedures, with alarming titles in the subject box. An example of this is the email 'round robin' that began life in 1999 and has been circulating the internet since: **HOW TO SURVIVE A HEART ATTACK WHEN ALONE**. It is quick to get to the point, short on medical detail and heavy on generalisations, for example, *Many people are alone when they suffer a heart attack, and without help. The person whose heart is beating improperly and who begins to feel faint has only about ten seconds before losing consciousness. Do not panic but start to cough repeatedly and vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged as when producing sputum from deep inside the chest. A breath and a cough must be repeated every ten seconds without let up until help arrives or until the heart is felt to be beating normally again. Deep breath gets oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm .in this way the heart attack victim can get to a hospital.* This 'Cough CPR' theory is not endorsed by the American Heart Association or the Resuscitation Council UK. Rather, these two sources advocate advice in direct conflict with that of the spam email, 'the usefulness of 'cough CPR' is generally limited to monitored patients with a witnessed arrest in the hospital setting' (American Heart Association) - so not when you find yourself alone and suffering a heart attack; the Resuscitation Council takes it a little further, '[it]knows of no evidence that, even if a lone patient knew that cardiac arrest [heart attack] had occurred, he or she would be able to maintain sufficient circulation to allow activity, let alone driving to the hospital'. The advice in the spam email is incorrect and not endorsed by medical experts. Don't be taken in by spam email and remain vigilant; often simply putting the subject title of the email into a search engine (such as Google) can reveal many 'hits' about the spam, and some of these will be from sites whose sole aim is to debunk this mistruths. To learn medically correct information about how to resuscitate visit Resuscitation Council UK (<http://www.resus.org.uk/pages/info.htm>)

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Islington combats Massaria disease of plane trees



There is a tendency for serious tree diseases to be specific to particular kinds of trees - Ash dieback being just the latest of

many around the country. In Islington, there's Massaria, a tiny fungus that sucks water from the branches of plane trees such that they become brittle and may snap and fall. For donkeys years the fungus has been helpful to the trees in cleaning out weak branches no thicker than your finger, but it became a problem in Germany ten years ago when branches of 30-40 cm in diameter started to be attacked; the development has been associated with increased dry spells. This severe problem was found at Highbury Fields last year. The council tree service worked hard to identify the many problem trees across Islington, remove potentially dangerous branches and safeguard us against a serious knock on the head. That's why, this year, some benches on Highbury Fields were moved to new locations thought safe from an unexpected fall. Monitoring the borough's plane trees continues and a plan to combat the disease has been developed. Three different types of trial have been initiated in the park, all novel stuff, an Islington first and quite experimental. The aim is not to kill the Massaria fungus - there is no known fungicide - but to put the trees into better general health and rely on their natural resources to combat such attacks. The trial trees will be watched closely for 2-3 years for signs of greater vigour. The different tests include pruning just the tips of branches to stimulate new growth and vitality all along the branches; the spreading of mulch around the trees that should help de-compact the soil, add air and nutrients and develop micro-organisms and worm activity, giving the trees a better growing medium; and last, a specially prepared compost, mixed with water to produce a sprayable 'tea', aims directly to feed the trees by regular spraying of the leaves and drenching of the root systems, the effects of which should include promoting some very different fungi, the *mycorrhizae* that are especially beneficial in the roots' search for food in nutrient-poor soil like that at Highbury Fields. The council commissioned Treework Environmental Practice, a specialist arboricultural company, to develop the trials. For more details, see <http://www.treetree.co.uk/massaria-research.html>.

ROBIN HULL

Website update

The new Highbury Community Association (HCA) website has been up and running since September. The completely renovated site has a new design and updated content explaining the HCA's role, current campaigns and even a 'latest news' section. The website is a fantastic resource for anyone living in Highbury. The website, highburycommunity.org, contains a noticeboard for upcoming community events, allows new members to join the HCA and you can even make a donation to the HCA online, just by clicking on a link. Usage of the site has tripled since September, and had over 4,000 visitors in October - a great way for the HCA to get in touch with the online community! The HCA also launched their Twitter account at the same time - @HighburyCA - and now has 85 followers! We're aiming to get to 100 members by Christmas, so please do sign up if you haven't already 'followed' us...Please do let us know if there's anything else you'd like us to feature on the site - if we can, we will. Also, don't forget to email us, or send us a message on Twitter, of any upcoming community events. We'll advertise them on the site to make sure as many local people as possible get the opportunity to come.

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Gillespie Festival

The Gillespie Festival, Highbury's main community event, was held on 9 September 2012. As usual, the HCA had a stall to recruit new members and to remind the community of what we do. Among the many visitors to our stall we were delighted to welcome the mayor of Islington, Councillor Jilani Chowdhury. We also had visits from ward councillors, the leader of the council, Councillor Catherine West, and our MP, Jeremy Corbyn.

JOHN EGAN



New theatre to open in Spring 2013

A beautiful new theatre - Park Theatre - is being built a very short distance from Finsbury Park tube station. There will be two theatres, a cafe, a restaurant/bar, and a space for education classes, workshops and rehearsals. It is due to open in Spring 2013. Its mission is 'to be a welcoming, vibrant home for the local community and beyond, providing world class entertainment that challenges perceptions and enables people to build a new tradition of theatre.' The theatre has its own website and newsletter, please do visit and follow the theatre's progress. You can follow the theatre on Twitter @ParkTheatreLive or join/like the Facebook page www.facebook.com/parktheatrelondon

WILL PARKES



Fair's fair with local neighbours

The HCA has submitted a response to the recent Arsenal consultation: a proposal to raise the number of concerts held at the Emirates stadium from three concerts a year to nine. Our response included pointing out to the club that, '[t]he season proper runs for nine months from mid-late August until late May, leaving us with only two and a half summer months of peace and quiet. Recently several preseason friendlies have eaten into July and the first part of August as well. We really object to any more of our year, especially in the summer time when we would like windows open, and to be on our balconies or in our gardens if we have them, being sacrificed to Arsenal's desire to make more and more money at our expense. June, July and half of August ought to be mainly peaceful and silent in the name of good neighbourliness...' The response was an opportunity to remind the club that perhaps they should be careful of pushing the limits of what residents will tolerate. And that they may not have consulted wide enough, '[t]he Arsenal website states that the current consultation document has gone out to 6,000 homes. (Average household occupancy in Islington is 2.06 people per household, so this represents the contacting of about 12,400 people). We will keep readers up to date with how this progresses, if you would like to read the full letter please visit our website: <http://www.highburycommunity.org/>

The HCA uses the adverts in this newsletter to fund the printing, paper and postal costs of those members who choose to receive hardcopies through their letter boxes.

The hosting of adverts in the newsletter has the added benefit of encouraging readers, members, and the wider local community to support the local shops and amenities.

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How to identify a Stroke

'During a summer party, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics). She said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, she went about enjoying herself the rest of the evening. Her husband called later telling everyone that his wife had been taken to the hospital - and sadly she had passed away. She had suffered a stroke at the party. Had they known how to identify the signs of a stroke, perhaps she would be with us today. It only takes a minute to read this...' If a neurologist can get to a stroke victim within 3 hours he can greatly improve their chances of living the semblance of a normal life after the stroke. The key is getting the stroke recognised, diagnosed, and then ensuring the patient is medically cared for within 3 hours, which is tough. The recent campaign aimed at raising the public's awareness for stroke has been cited in the National clinical guideline for stroke as helping to improve stroke recognition. This campaign, called 'Act F.A.S.T', bears repeating:

F - Face: Has their face fallen on one side? Can they smile?

A - Arms: Can they raise both arms and keep them there?

S - Speech: Is there speech slurred?

T - Time: Time to call 999 if you see any single one of these signs.

For information about how to reduce the risk of stroke, or learn of real life stories from stroke survivors visit NHS Choices (<http://www.nhs.uk/actfast/Pages/stroke.aspx>) and the Stroke Association (<http://www.stroke.org.uk>)

DAVID FENTON and HANNAH BRISTOW

Taking pride in Highbury Grange

In Highbury Grange, with some support from our local Councillor, we have been working to make our street a lot brighter. In the process, it has knitted residents, and those who pass through a street, together, and builds new friendships around a common interest. Gabby's front garden (some of us know her as Gail as well) on the corner of Highbury Grange and Highbury Park, is always a delight and brings a smile to your face when you pass in the summer. Briody Flaherty, who lives further down has a front garden which she cares for lovingly and is always a riot of colour. The Tenant Management Office on the Taverner's estate has funded planters to brighten up a dreary corner of the estate and bring some greenery to the road. Inspired by the Blackstock Triangle Community Gardening project we have put plants in some of the tree pits. People in the building on the north west corner of Aberdeen Road and Highbury Grange who landscaped their front garden, and which is now a talking point for the street. Terry Stacy, our local Councillor, has worked very hard to improve the open space outside the Doctors surgery and Woodstock House at Highbury Grange. Armed with the results of a survey of the block and users of the surgery, Terry spear-headed a major revamp of the green, with new planting, new cycle racks, and two new litter bins. This once tiered and neglected space has got a new look. Added all this together, and Highbury Grange is a greener place in which we can all take pride - and 2013 is just around the corner!

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HIGHBURY COMMUNITY ASSOCIATION

www.highburycommunity.org

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Breast cancer fundraiser almost 80% up on last year!

On
Saturday
20th
October,
Michelle
Lovell,
her staff,
family



and friends ran the now annual breast cancer fundraising event, at Mrs Lovell's Greengrocers and the To Be Established card and gift shop, in the Highbury Barn. It is timed to coincide with the annual UK Breast Cancer Awareness month. Michelle is a breast cancer thriver, having been treated for the disease some years ago. She responded to the experience by beginning these fundraising days, and also offering opportunities for those affected by breast cancer to go for a quiet walk to discuss the issues which arise, and how to deal with them. The figure for this year's fundraiser



(themed as Paint Highbury Pink – since pink is the colour of Breast Cancer Awareness month) currently stands at £3,108.33! To put that in context, last year the sum raised was about £1,800. It is a tremendous result! Many people contributed to the event by conducting their own 'bake-a-thon' with mouth-watering items for sale on the stalls including: bread pudding, Victoria sponge,

cheesecake, cupcakes, lemon drizzle cake, chocolate cake, chocolate brownie, scones, meringues, mini coconut cheese pasties, pink, Tottenham cake, cake pops, pink chocolate ribbon lollipops almond Danish rings, fruit loaf, apple pies, rock cakes, coconut cakes, chocolate goodie bags, strawberry sticks dipped in white chocolate, and bread by Nora from Mrs Lovell's Greengrocers.

There was also home-made dog food! The wide range is a tribute to the abilities and commitment of those who made items for sale. In addition to the stalls selling food etc., there was also a tombola and a raffle, both of which were very successful and featured prizes generously donated by local traders, family and friends. Commenting on this year's event Michelle said 'I am very grateful to everybody who contributed to the very large sum of money we raised this year, which despite the economic conditions, is around 77% up on last year's figure. I would like to thank those who donated things to sell and prizes, my family, friends and staff, but most of all those who came and bought items we were selling, tombola and raffle tickets – they are the ones who really made this such a success.' Some people asked why I



(i.e. a man) helped on the stalls. The answer is because breast cancer affects men too. The number of men diagnosed with the disease is quite low, but it affects them in other ways because it can make their loved ones suffer, or take them away. Supporting a loved one who has breast cancer while dealing with the emotional issues, it raises poses significant challenges in itself. Official information from Breast Cancer Care to support Breast Cancer Awareness month (October 2012) says that the number of people being diagnosed with breast cancer is increasing, but the good news is that survival rates are improving. This is probably because of more targeted treatments, earlier detection and better breast awareness. Breast cancer is not one single disease there are several types of breast cancer. Not all breast cancers show as a lump, and not all breast lumps are breast cancer. Less than 10% of breast cancer runs in families, so having someone in your



family with breast cancer doesn't necessarily mean your own risk is increased. Breast cancer also affects men, but it's rare – around 300 men are diagnosed each year.

GRAHAM COULT