



Sallie meditates while Sunnah curves into crab posture, on an Indonesian pagoda. Photo by Erini Rodis

Bend Over Backwards for Local Health

By Erini Rodis

If it hurts when you bend down to touch your toes then you need to learn to stretch! Mother and daughter team Sallie and Sunnah Rose have been running local yoga classes for years.

Training together in the Indian town of Udaipur a few years ago, they started with the Sivananda method as a base, plus many forms of Hatha yoga; they then devised their own system, called *Transformational yoga*. This is a more meditative approach to get very relaxed before stretching into postures. Along with the potential spirituality of yoga, it also offers a sign of hope to all those who accept aches and pains as part of their normal existence; and as a practising homeopath for over twenty years, Sallie concedes that yoga is actually more effective than homeopathy.

The wide age range of the clientele is reflected in a flexible approach to teaching; and mother and daughter complement each other well. With her experience of meditation retreats Sallie brings a slower breathing element to the class, while those who want a more dynamic approach will follow Sunnah's workout.

Classes are held at Holy Trinity Church, on a mezzanine floor surrounded by Victorian stained glass.

"It brings a certain calmness into your life, a silence," says Sunnah. "It's a lifestyle thing... it gets you fighting fit, boosts the

immune system and keeps the body strong and supple, which is also good for the back."

"It's very healing," says Sallie, when describing the process of using postures and breathing exercises, "I've had elderly people come to the classes, some very arthritic and hardly able to move. Now they're doing salutes to the sun!"

They are open to people dropping in, but to avoid overcrowding, please do call first to reserve a space. Tel 020 8444 7217, or 07941 321 772 phone or text. Classes are on Sunday at 6pm and Tuesday at 8pm.

Delivery Stories

By Linda Mitchell

I have recently joined the team of people who deliver THE ARCHER. Delivering the paper is a story in itself! I am amazed at the things I have seen. Security, or should I say the lack of it, is my main reason for writing this.

I have seen keys left in street doors and keys left in car doors. Cars are left unlocked, with windows open and mobile phones, bags, etc. on seats. I have seen ground floor windows open, with a note stuck on the door saying, "Gone to Sainsbury's. Back in 20 minutes." I have also seen a note saying, "I am deaf. Knock very hard."

All sorts of good, expensive gardening tools are left out on front lawns. During the recent hot weather I delivered to several houses where the front door was open, and I could clearly see the owners out in the back garden. A burglar would think it was his birthday!

I saw a very young child left asleep in a buggy in the porch, which was open, with

the street door only just ajar. Just unbelievable!

Come on, neighbours! Crime can – and does – happen to anyone, given these wonderful opportunities.

I have had *THE ARCHER* thrown back at me by a lady who chased me down the path. "Don't want it! Don't leave it here!" she shouted. Another lady ran after me, saying, "Please can I have another copy to send to my sister?"

I really enjoy doing my round, seeing how lovely the front gardens look, and how most people are pleased to have their copy of the paper. Mind you, where do you put *THE ARCHER* when some people have taped up their letterboxes? Mmmm!

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Fluoride Worries Grow

Mayor Ken Livingstone recently stressed the urgent need for an independent study of the full health impacts of adding fluoride to water in areas such as London. Following probing by Greens on the London Assembly, Livingstone said he would support GLA funding for such a study. He also backed a recent decision of the London Assembly Health Committee to commission a poll of public opinion on water fluoridation in ten London boroughs.

The Mayor explained his position on water fluoridation in response to a question tabled by Green London Assembly member, Noel Lynch, at a London Assembly meeting in September.

Mr. Lynch welcomed the Mayor's call for an independent study into the full health impacts of adding fluoride to London's water, saying, "I believe it is vital that a genuinely independent study be completed before any decision is taken which would allow fluoride to be added to London's water".

Some have raised concerns about possible side effects, including brittle bones, accumulation in the pineal glands and thyroid deficiency. Fifteen out of eighteen Western European countries have totally rejected water fluoridation.

The Water Bill currently before Parliament contains a clause that will allow health authorities to require water fluoridation. London is likely to be a target area for fluoridation. MPs will be given a free vote on the proposal at the Bill's Third Reading, probably in November.

Partners in Crime Prevention

By Ann Bronkhorst

Vandals, burglars, car thieves; we all know the misery they cause. But when a pro-active local Neighbourhood Watch group got together in September there were plenty of ideas about protecting property, homes and people.

Twyford Avenue and the nearby roads of Church Vale, Beech Drive and Ringwood Avenue have a lively group co-ordinated by Terry and Charlotte Rushton. Socialising helps to keep the momentum going – last year they organised a street party – but the main purpose is to combat crime. At this event, held in All Saints' Church, about 40 neighbours heard a talk from a Haringey Crime Prevention Officer and were shown innovative equipment for home and personal protection. Free samples were given out, such as letterbox covers and door

spy-holes. A commercial firm, A.D.T. Security, demonstrated alarm systems. Terry Rushton felt that the profile of Twyford Neighbourhood Watch had been raised and neighbours brought together; he would welcome contacts from local co-ordinators planning similar events, on 020 8444 3334.

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