



North London U3A

Summer Programme 2026

Welcome to the Summer Programme 2026 for North London U3A. Our aim is to offer a range of activities during the summer period when most of our regular Interest Groups are on holiday.

Please note, booking for Summer Programme events is open to both NLU3A members and non-members.

The various events fall into a number of categories:

- ▲ Continuation of an existing group , e.g. Friday Short Walks, through the summer months
- ▲ Specialist activities organised by a group over the summer, e.g. Art on Location
- ▲ One-off 'tasters' of a particular group, e.g. Wine Appreciation and Singing for Pleasure, especially if they are looking to recruit new members
- ▲ Specially organised visits or walks to museums or historic buildings, e.g. Thames River Police Museum, Eyes on the Spies walk
- ▲ Purely social events, including both daytime and evening get-togethers, which we know members enjoy
- ▲ Finally, the popular Quiz Evening will be on Saturday 1 August, and this year will transfer to St Margaret's

Details of every activity are available below.

To book, please use the contact email provided with each event.

The seven-week schedule of events starts with a **Coffee Morning at The Woodman Public House, Highgate on Monday 20 July** and ends with **Evening Drinks at The Old White Lion, East Finchley on Friday 4 September**.

We hope you enjoy the programme. And if you are not yet a member of NLU3A, please consider joining us!

We welcome your feedback on what you enjoyed and how we can improve the programme in the future. Please contact the organiser, **Mike Lewin**, at michaelglewin@gmail.com with your ideas.

List of events

Date: **Monday 20 July 2026**

Programme Launch Coffee Morning at the Woodman Pub. Highgate

Time: from 10.30

Location: The Woodman pub, Highgate (next to tube station)

Join your event host Kathy Kyriakides and others for a friendly meet-and-chat event at the Woodman Pub in Highgate, to launch the programme and highlight what we have on offer in the schedule.

If the weather is good, we'll be in the garden.

To reserve your spot, please contact Kathy on 07956 352137 or via email at: kathleenkyriakides@hotmail.com

Date: **Tuesday 21 July 2026**

Museum Visit: Museum of the Home (formerly Geffrye Museum)

Time: 11.00 to 13.00

Meeting point: Hoxton station on the Windrush line of the London Overground.

Led by: Mike Lewin

Cost: Entry to the museum is free but donations on the day are appreciated.

The Museum of the Home is housed in a 18th-century Grade I-listed former almshouses on Kingsland Road in Hoxton, London. The museum explores home and home life from 1600 to the present day, with galleries which ask questions about 'home', present diverse lived experiences, and examine the psychological and emotional relationships people have with the idea of 'home' alongside a series of period room displays.

To book a place please contact Mike Lewin on michaelglewin@gmail.com, booking required by **10 July**.

Date: **Wednesday 22 July 2026**

Lunch at Five Bells Pub, 165 East End Road, N2 OLZ

Time: From 12.30

Meeting point: Five Bells Pub, 165 East End Road, N2 OLZ

Join Martin and friends for lunch and conversation from 12.30. Pub food. Some dishes are discounted Mon-Wed and smaller appetites are also catered for.

Please let Martin know of your attendance ideally by email: martinsumm48@yahoo.co.uk Tel: 07821 578685.

Date: **Thursday 23 July 2026**

Taster Session: Scrabble Prussia

Time: 14.00–16.00

Venue: The King of Prussia, Regents Park Road, N3 1DH

We meet once a month at The King of Prussia in Regents Park Road, N3 1DH, which is almost opposite Finchley Central tube station and on several bus routes. We would welcome new members particularly to this Summer Programme taster session. If you can, please bring your own Scrabble set with you, at least for the first couple of meetings.

Please email Martin at martinsumm48@yahoo.co.uk if you are coming

Date: **Friday 24 July 2026**

Short Walk 1: Totteridge to Darland Lake

Time: 10.30 start

Place: Darland's Lake, Totteridge (Part of Darland's Nature Reserve)

Meeting point: Totteridge Underground Station at 10.30am

We will meet at Totteridge Station and get a bus up to The Orange Tree pub. We will walk down a long slope through countryside to the lake, which is a nature reserve and walk round the lake. Then we will walk back along the gradual slope, taking our time, to the pub.

To book your place on this walk or for further information, please email Janet Leifer at: leiferjanet@gmail.com

Date: **Monday 27 July 2026**

Coffee Morning at The Orange Tree, Totteridge

Time: From 11.00

Place: The Orange Tree, 7 Totteridge Village, Barnet N20 8NX

Directions: 17–20-minute walk or three stops on 251 bus to Totteridge Green from Totteridge and Whetstone Underground station on the Barnet branch of the Northern Line.

Join your event host Sally Atkinson and others for a friendly meet-and-chat event at The Orange Tree, Totteridge.

To book your place, please email Sally at: sallyatko24@gmail.com

Date: **Tues 28 July 2026**

Art on Location 1: Broomfield Park

Time: 10.00–12.30 (join, leave at any time)

Venue: Broomfield Park, Palmers Green

Meeting point: By the lake (Powys Lane end)

This year the NLU3A art groups, will be meeting up again at local venues during the summer to work 'en plein air'. Please note that benches at the venues are limited, so it is recommended that you bring a portable stool. If you haven't worked outside before, please bring materials you enjoy working with and can carry.

There are refreshment areas available at all venues, but you may prefer to bring your own particularly if you want to make a day of it. All sessions are open to the public, and you do not have to be an NLU3A member to attend.

To book a place, please contact Judith by email at judithmcgirr@hotmail.com

Date: **Wednesday 29 July 2026**

**Museum Visit: The Linnean Society
Burlington House, Piccadilly**

Time: 10.30 start – finish by 12.30

Meeting point: 10.15 outside the entrance to Burlington House for entry at 10.30am.

Led by: Kathy Kyriakides

Cost: £13 in cash paid to Kathy on morning of visit.

Visit bomb-proof vaults, a cavernous library and shelves upon shelves of natural history treasures. Walk with us on this behind-the-scenes tour.

Learn more about the Linnean Society – birthplace of the theory of evolution – and venture into our bomb-proof underground strongroom where the priceless library, archive, and biological specimen collections of Carl Linnaeus, the ‘father of taxonomy’, are securely stored.

To book, please email Kathy at: kathleenkyriakides@hotmail.com or telephone **07956352137**

Date: **Thursday 30 July 2026**

**Celebrate England winning the World Cup in 1966
with a Lunch at the Mossy Well Pub**

Place: The Mossy Well Public House, 258 Muswell Hill Broadway, N10 3SH
Time: from 12.30

Yes, exactly 60 years to the day. Where were you on 30 July 1966? Re-awaken your World Cup Willy!
Celebrate England’s success at the World Cup in 1966 with lunch and convivial conversation and reminiscences with Martin and friends. The Mossy Well, named after a medieval Holy Well, is located on the Muswell Hill roundabout, and we will be seated upstairs at the long tables. It’s the perfect opportunity for good conversation and great food!

Please let Martin know of your attendance ideally by email: martinsumm48@yahoo.co.uk Tel: **07821 578685**.

Date: **Thursday 30 July 2026**

Coffee Morning with Ruth Silver

Time: 10.00–12.00
Venue: Collingridge House, 5 Old Park Road, Enfield Chase EN2 7BE

Join Ruth and others from the northern reaches of our catchment area for a friendly meet-and-chat event at Collingridge House, Enfield Chase which is just a short walk away from Enfield Chase station. If you don’t fancy walking up Windmill Hill, there is a bus stop outside the station and one stop to the top of Old Park Road. Bus numbers 121, 307, 377, 313 and 456 stop at the top of Old Park Road. There is plenty of on-street parking.

To reserve your spot, please contact Ruth at: membership@nlu3a.org.uk and she will confirm the flat number.

Date: **Friday 31 July 2026**

Short Walk 2: Enfield Chase

Time: 10.30 start
Place: Enfield Chase
Meeting point: **TO BE CONFIRMED**

Walk through Enfield Chase by the New River

To book your place on this walk or for further information, please email Janet Leifer at: leiferjanet@gmail.com

Date: **Saturday 1 August 2026**

Evening Quiz

Time: 18.45 for a 19.00 prompt start (finishing by 22.00)
Place: St Margaret’s United Reform Church, Victoria Avenue, London N3 1BD.
The venue is five minutes’ walk from Finchley Central tube station and can be reached by buses 13, 125, 143, 326 and 460 from Hendon Lane or Regent’s Park Road.

Cost: £40 for a table of 8 people, or £5 for individuals.

Please bring your own refreshments – plates, glasses and cutlery will be provided.

Following the success of the Quiz Evening in last year's Summer Programme, we are proposing to repeat it in this year's schedule. We have however decided to move the event to St Margaret's Church Hall, where we hold our monthly meeting, to utilize the exceptional audio/visual provision and make it more accessible by public transport. Last year's event was booked up very quickly, so with a limited number of tables available, please do not delay and risk being disappointed.

To book a table please contact Mike Lewin michaelglewin@gmail.com, **booking required by 10 July**.

Date: **Monday 3 August 2026**

Coffee Morning at The Old White Lion, East Finchley

Time: from 11.00 (the pub opens at 11.00am)

Location: The Old White Lion, East Finchley (next to tube station)

Join your host Mike Lewin and others for a friendly meet-and-chat event at The Old White Lion, East Finchley. If the weather is good, we'll be in the garden.

To reserve your spot, please contact Mike Lewin michaelglewin@gmail.com

Date: **Tuesday 4 August 2026**

Art on Location 2: Stephen's House

Time: 10.00–12.30 (join, leave at any time)

Venue: Stephen's House, Finchley

Meeting point: Rear of the café

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There are refreshment areas available at all venues, but you may prefer to bring your own particularly if you want to make a day of it. All sessions are open to the public, and you do not have to be an NLU3A member to attend.

To book a place, please contact Judith by email at judithmcgirr@hotmail.com

Date: **Wednesday 5 August 2026**

Museum Visit: The Wellcome Collection, Euston Road

Time: 10.15 for entry at 10.30

Place: The Wellcome Collection, 183 Euston Road, London NW1 2BE

The venue is a short walk from Euston Square, Warren Street and Euston tube stations and numerous bus routes on the Euston Road

Led by: Kathy Kyriakides

Cost: Entry to the collection is free.

Visit to the 'Coming of Age' Exhibition

"Bringing together different perspectives from art, science and popular culture, this exhibition challenges assumptions about life stages and asks what greater longevity means for all of us." Wellcome Collection

To book, please email Kathy at: kathleenkyriakides@hotmail.com or telephone **07956352137**

Date: **Thursday 6 August 2026**

Talk: TITLE TO BE CONFIRMED given by Angela Cox

Time: 10.30 – 12.00

Place: The Blue Beetle Room, St Mary's Church, Finchley N3

FURTHER INFORMATION TO FOLLOW

To book your place, please email Angela Cox at: angelacoxx@yahoo.co.uk

Date: **Friday 7 August 2026**

Short Walk 3: Kenwood to Burgh House

Time: 10.30 start

Place: Kenwood to Burgh House

Meeting point: Kenwood House Café at 10.30

We start from the café at Kenwood House and walk to Burgh House, Hampstead across Kenwood House grounds and Hampstead Heath.

To book your place on this walk or for further information, please email Janet Leifer at: leiferjanet@gmail.com

Date: **Monday 10 August 2026**

Coffee Morning

Time: from 10.30

Location: The Woodman pub, Highgate (next to tube station)

Join your event host Kathy Kyriakides and others for a friendly meet-and-chat event at the Woodman Pub in Highgate. If the weather is good, we'll be in the garden.

To reserve your spot, please contact Kathy on 07956 352137 or via email at: kathleenkyriakides@hotmail.com

Date: **Tuesday 11 August 2026**

Art on Location 2: Highgate Woods

Time: 10.00–12.30 (join, leave at any time)

Venue: Highgate Woods

Meeting point: Cranley Garden Entrance,

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There are refreshment areas available at all venues, but you may prefer to bring your own particularly if you want to make a day of it. All sessions are open to the public, and you do not have to be an NLU3A member to attend.

To book a place, please contact Judith by email at judithmcgirr@hotmail.com

Date: **Tuesday 11 August 2026**

Museum Visit: The Thames River Police Museum

Time: 11.30 start – the visit lasts about 90 minutes
Meeting point: 11.10 at Wapping Station on the Windrush line of the London Overground
Led by: Sally Atkinson
Cost: The visit is free but please donate (cash) to the museum on the day
Numbers: Maximum 15 people

The Thames River Police Museum offers visitors a unique insight into the history of the World's first police force. Exhibits include uniforms and documents, which trace the history of the Thames River Police from its inception in 1798 to the present day. There is also a fine collection of the everyday hardware of policing from handcuffs to cutlasses. We will receive a talk from the curator who has many stories to tell of the history and activities of the River Police.

The museum is situated within the headquarters of the Metropolitan Police's Marine Police Unit, in what was once the carpenter's workshop of Wapping Police Station, and **access is by a flight of stairs.**

To book, please email Sally at: sallyatko24@gmail.com, please book by **27 July**

Date: **Wednesday 12 August 2026**

Taster Session: American History Group

Time: 10.30–12.00
Venue: St Paul's Church, Long Lane, N3 2PU

Our group started in 2013 and considers American History in the broadest sense, with the scope covering USA, Canada, Mexico and Central and South America from pre-colonial days to mid/late 20th century.

We have recently welcomed several new members and are seeking to further expand our activities. No prior knowledge is needed – anyone who wants to learn or share knowledge of this fascinating subject is welcome.

To book a place, please send an email to: owen_jenkins@btinternet.com

Date: **Thursday 13 August 2026**

Taster Session: Wine Appreciation

Time: 10.30–12.30
Venue: Finchley Victoria Bowls & Croquet Club, Ballard's Lane, N3 1LP
Note: The entrance to the bowls club is just to the right of the main entrance to Victoria Park.
Cost: **£5 for non-members**

This will be a special meeting of our monthly NLU3A wine appreciation group, in which non-members are encouraged to join us. Members will be bringing their favourite wine for everyone to try, along with a description of the wine and where it can be purchased. This is a social group with minimal lecturing.

As members will be subsidising this meeting, there is a small charge of £5 for non-members of the wine group to cover the cost of wine and nibbles. Please note that we have limited availability, so make sure to book early to reserve your spot!

Please bring **£5 in cash** to pay on the day. To book a place, please send an email to: stewartmaugham@gmail.com

Date: **Friday 14 August 2026**

Short Walk 4: Trent Park Lake

Time: 10.30 start
Place: Trent Park Lake
Meeting point: Cockfosters Underground Station at 10.30am

From Cockfosters station we enter Trent Park and make our way to the lake.

To book your place on this walk or for further information, please email Janet Leifer at: leiferjanet@gmail.com

Date: **Friday 14 August 2026**

Taster Session: Yoga 2

Time: 11:00–12:00

Venue: Quaker Meeting House, N12

We meet weekly on a Friday morning in term time, with our activity leader, Elizabeth Taylor, a qualified yoga teacher who is happy to have some people on mats and others in chairs, or sometimes, a combination of both! This means that even if you're new to yoga you won't feel under pressure to work beyond what you feel your capabilities are, but you will gain in confidence and might be surprised what you can do!

Please email Henrietta Cohen at henanded@gmail.com to book or for further information.

Date: **Monday 17 August 2026**

Coffee Morning at The Old White Lion, East Finchley

Time: from 11.00 (the pub opens at 11.00)

Location: The Old White Lion, East Finchley (next to tube station)

Join your host Mike Lewin and others for a friendly meet-and-chat event at The Old White Lion, East Finchley. If the weather is good, we'll be in the garden.

To reserve your spot, please contact Mike Lewin michaelglewin@gmail.com

Date: **Tuesday 18 August 2026**

Art on Location 4: Kenwood House

Time: 10.00–12.30 (join, leave at any time)

Venue: Kenwood House,

Meeting point: Park side of the house,

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There are refreshment areas available at all venues, but you may prefer to bring your own particularly if you want to make a day of it. All sessions are open to the public, and you do not have to be an NLU3A member to attend.

To book a place, please contact Judith by email at judithmcgirr@hotmail.com

Date: **Tuesday 18 August 2026**

Taster Session – Singing for Pleasure

Time: 10.30–12.30

Venue: St Mary at Finchley, 26 Hendon Lane, N3 1TR

Singing with others can be great fun. It is not only a pleasure but positively good for us. We sing familiar songs and learn new ones, singing in unison and harmony. We welcome new and existing members, with or without prior experience – we truly enjoy singing for pleasure.

To book a place, please contact Maureen by email at maureenomah@btinternet.com

Date: **Wednesday 19 August 2026**

Historic Walk: Eyes on the Spies

Time: 10.45 for a 11.00 start – the walk will last approximately 2 hours 15 minutes
Meeting point: Green Park underground station
Led by: Paul Barwick of <https://barfieldcapitaltours.com>
Cost: £15 per person
Numbers: Maximum 22 people who will each be provided with personal headphones

For those of you who were enthralled by Agent Zigzag's exploits, as recounted by Paul in his excellent talk at April's Monthly Meeting, we have retained his services to provide a walk that again delves into the world of spies and international intrigue.

The St. James area of Mayfair has many locations of interest on our tour, including watering holes of double agents, secret wartime committees and tales of famous agents of espionage such as the Cambridge spies. We pay tribute to a fallen police officer whose death was caused in part because of a failure of intelligence

To book, please email Michael Lewin michaelglewin@gmail.com – please book by **27 July**

Date: **Thursday 20 August 2026**

Historic Walk: Southwark Cathedral Tour

Time: 13.50 for 14.00 tour start – the tour lasts 90 minutes
Meeting point: Welcome Desk via the Millenium Courtyard.
Led by: Sally Atkinson
Cost: The visit costs £12
Numbers: Minimum 10, maximum 20 people

Explore the cathedral and uncover its long and varied history. Discover connections with London's hospitals, the theatre land of Shakespeare's day and the bishops who held power over the area. Remember that the cathedral is a place of worship, and daily prayers are said on the half hour lasting two minutes – you are asked to remain silent during this time please.

To book, please email Sally at: sallyatko24@gmail.com – please book by **27 July**

Date: **Friday 21 August 2026**

Short Walk 5: Highgate Wood to East Finchley

Time: 10.30 start
Place: Highgate Wood to East Finchley
Meeting point: **TO BE CONFIRMED**

FURTHER INFORMATION TO FOLLOW

To book your place on this walk or for further information, please email Janet Leifer at: leiferjanet@gmail.com

Date: **Monday 24 August 2026**

Coffee Morning at The Old White Lion, East Finchley

Time: from 11.00 (the pub opens at 11.00)
Location: The Old White Lion, East Finchley (next to tube station)

Join your host Mike Lewin and others for a friendly meet-and-chat event at The Old White Lion, East Finchley. If the weather is good, we'll be in the garden.

To reserve your spot, please contact Mike Lewin michaelglewin@gmail.com

Date: **Tuesday 25 August 2026**

Art on Location 5: Lauderdale House

Time: 10.00–12.30 (join, leave at any time)
Venue: Lauderdale House,
Meeting point: The café at Lauderdale House,

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There are refreshment areas available at all venues, but you may prefer to bring your own particularly if you want to make a day of it. All sessions are open to the public, and you do not have to be an NLU3A member to attend.

To book a place, please contact Judith by email at judithmcgirr@hotmail.com

Date: **Tuesday 25 August 2026**

Pooter Walk: The Diary Of a Nobody walk

Time: 11.00 start – the walk will last a little over 90 mins, so allow 100 mins.
Meeting point: It starts near Upper Holloway station (less than 5 mins from Archway station) and ends at the Nags Head junction 8 mins walk to Holloway Rd station or lots of buses in all directions.
Led by: Jane Parker of <https://www.janeslondonwalks.com/>
Cost: £16 per person, payment on the day to Steve Marston
Numbers: Minimum numbers 6, maximum 20

This 90-minute walking tour shows you the inspiration behind the places and characters created by the brothers Grossmiths in their satirical diary of a middle-class Victorian.

The walk visits places where Mr Pooter and his family and friends might have lived, visited and shopped (had they been real). Along the way I point out buildings and references whilst reading some relevant amusing passages from the book. It's a pun-tastic delight, even though I do say this myself!

To book, please email Steve at: lavgvisits@gmail.com please book by **12 August**

Date: **Wednesday 26 August 2026**

Historic Walk: Kings Cross and St Pancras

Time: 10.30 start – finish by 12.30
Meeting point: **TO BE CONFIRMED**
Led by: Maggie Sparrow and Maggie Smith

The aim of the NLU3A London History Group is to provide a comfortable walk for exploring the historical interest of a particular area, including viewing buildings, churches, ruins, and open spaces.

FURTHER INFORMATION TO FOLLOW

This walk is free for all and has limited spaces.

To book, please email Maggie Sparrow on maggiesparrow7@gmail.com

Date: **Thursday 27 August 2026**

Taster Session: Scrabble Prussia

Time: 14.00–16.00

Venue: The King of Prussia, Regents Park Road, N3 1DH

We meet once a month at The King of Prussia in Regents Park Road, N3 1DH, which is almost opposite Finchley Central tube station, and on several bus routes. We would welcome new members particularly to this Summer Programme taster session. If you can, please bring your own Scrabble set with you, at least for the first couple of meetings.

Please email Martin at martinsumm48@yahoo.co.uk if you are coming

Date: **Friday 28 August 2026**

Short Walk 6: River Lea

Time: 10.30 start

Place: River Lea

Meeting point: **TO BE CONFIRMED**

FURTHER INFORMATION TO FOLLOW

To book your place on this walk or for further information, please email Janet Leifer at: leiferjanet@gmail.com

Date: **Tuesday 1 September 2026**

Historic Walk: North Bank of the Thames Walk

Time: 10.30 for a 10.45 start

Place: From Westminster Pier to Walbrook Wharf

Meeting point: Westminster station – which is on the Circle and District line, one stop west from Embankment on the Charing Cross branch of the Northern line

This walk is based upon an article included in a Londonist blog by Matt Brown on 11 February this year. It also visits some locations mentioned in my London's Public Conveniences talk, including last year's 'Loo of the Year', and will finish at the Queenhithe mosaic and close to the site of Whittington's Longhouse.

More details about the walk and the meeting point arrangements will be sent to those who have registered closer to the date of the event.

To reserve a place on the walk, please contact Mike Lewin at michaelglewin@gmail.com

Date: **Wednesday 2 September 2026**

Historic Walk: The Heart of High Barnet

Time: 10.00 start

Meeting point: Meet outside Barnet College in Wood Street at 09.50

Led by: Paul Baker, a qualified City Guide and a member of Barnet U3A

Cost: £10.00 (pay Sally in cash on the day)

Numbers: Minimum 10 and maximum 20 people,

Join us for a walk through 1000 years of history. See the brewery that became a town hall, and a church that became a shopping centre. Marvel at some truly beautiful houses and alms-houses. Hear about the Battle of Barnet, and a fair that was so famous that Cossacks flocked to it, and so infamous that the Victorians tried to close it down.

To book, please email Sally at: sallyatko24@gmail.com , please book by **12 August**

Date: **Thursday 3 September 2026**

LAV Group: Oxford and the Bodleian Library

Time: 10.00 start – to be confirmed
Meeting point: Marylebone Mainline station for train journey to Oxford
Led by: Steve and Jill Marsdon for London Architectural Visits Group
Cost: £15.00 for conducted tour of Bodleian Library
Numbers: Maximum 14 people

The visit will include lunch at the King's Head and a 60 minute conducted tour of the Bodleian Library at 2pm (costs £15) followed by free time in the City of Oxford.

The Bodleian Library – Delve into the drama of the university and stories of student high jinks. Starting in the Divinity School and ending in the exquisite Duke Humfrey's Library, hear how Oxford University maintained order in the 17th century and also housed King Charles I's parliament whilst the king was resident in Oxford during the English Civil War (1642–1651). You will see the Divinity School, Convocation House, Chancellor's Court, and Duke Humfrey's Library.

To book or for further information, please email Steve and Jill at: lavgvisits@gmail.com , please book by **12 August**

Date: **Friday 4 September 2026**

Short Walk 7: Golders Hill Park

Time: 10.30 start
Place: Golders Hill Park
Meeting point: TO BE CONFIRMED

FURTHER INFORMATION TO FOLLOW

To book your place on this walk or for further information, please email Janet Leifer at: leiferjanet@gmail.com

Date: **Friday 4 September 2026**

Summer Evening Drinks with Sally at The Old White Lion, East Finchley.

Time: 16.00–18.00 onwards
Venue: The Old White Lion pub next to East Finchley

Join Sally and friends for a drink to mark the end of the Summer Programme from 4pm in The Old White Lion, East Finchley Station.

To book a place please contact: sallyatko24@gmail.com
