

The following groups use Finchley Quaker Meeting House on a regular basis. Ad hoc hirings are available.

You can find out more about them from the links on this page and [directions to our building](#) here.

Monday morning:

Monkey Music (High Barnet, Mill Hill & Whetstone)

Tel: 020 8449 4025

email: <mailto:katy.miller@monkeymusic.co.uk?subject=Finchley%20Meeting%20House>

Website: www.monkeymusic.co.uk

Monkey Music voted 'Best National Pre-Schooler Development Activity 2010' by parents across the UK!

Monday and Wednesday afternoons:

MATWORK PILATES: <http://www.pilatesmatwork.co.uk/>

Allison Swan

Email: info@pilatesmatwork.co.uk

Tel: 020 8346 8803

Monday Evening:

Heruka Buddhist Centre

7.30pm - 9pm

Contact Tel: 020 8455 7563

Email: info@meditateinlondon.org.uk

Website: <http://www.meditateinlondon.org.uk/>

Tuesday Morning:

Debutots

Jennifer David

[Debutots Finchley, Hampstead, Muswell Hill](#)

Tel: 020 8442 2380

Email: jennifer@debutots.co.uk

Tuesday evening:

Yoga for Birth

Weekly yoga for wellbeing during pregnancy, combined with physical and emotional preparation for birth.

Contact Jill Benjoya Miller at

<mailto:jillactivebirth@aol.com?subject=Finchley%20Meetng%20House>

Wednesday morning:

North London Baby Massage and Yoga

Baby Massage - A gentle first activity for new mums. Massage routine includes tummy massage to help with colic, wind, constipation and reflux. Relaxing baby into better sleeping patterns.

Baby yoga allows new mums to gently stretch and relax with our post natal yoga moves. The baby yoga routine aids in building muscle tone, co-ordination and balance helping babies with their next milestone of sitting, crawling and walking.

LIMITED PLACES to book please email babymassageandyoga@yahoo.co.uk or call sharon on 07582069378.

For more information on dates of courses please look at

<http://www.babymassageandyoga.co.uk/>

Wednesday evening:

Wendy Pilates

Wendy C G Bernardelle

0044 208 446 7202

<mailto:thewendyhousen12@btinternet.com>

<http://www.thewendyhousen12.com/>

Thursday morning:

Baby Sensory - Precious Early Learning for Babies

Classes held in Finchley/Muswell Hill/Southgate/Totteridge - Hendon classes coming soon

Finalists for the 2010 whatson4littleones Best National Baby & Toddler Development Activity (newborn to 2 years)

Thursdays 4-6pm

TOM'S TUTORING - AFTER SCHOOL TUITION IN ECONOMICS AND MATHS

Weekly after-school tuition classes for GCSE and A-Level in small groups. Led by a local, experienced, Oxford-educated tutor.

Tom's Tutoring

www.economics-maths-tutor.com

Tom Startup

Tel 07981 048432

email tomstutor@gmail.com

Thursday evenings:

NCT Antenatal classes

For course details in Barnet, Enfield and Haringey please contact: 0844 243 6901 / bookings5b@nct.org.uk

NCT, Alexandra House, Oldham Terrace, London W3 6NH

Tel: 0844 243 6000 Fax: 0844 243 6001 Web: <http://www.nct.org.uk/>

Breastfeeding Line: 0300 330 0771 Pregnancy and Birth Line: 0300 330 0772

National Childbirth Trust is a registered charity (801395)

Friday Morning:

The University of the Third Age

A voluntary, self-help organisation located throughout the UK and overseas. It is run for and by people who want to keep active in mind and body when they are no longer working full-time. It is about involvement in learning new things, expanding horizons, sharing skills and experiences, making new friends, helping others to learn, accepting new challenges to show that age need be no barrier to learning or to helping others to learn. And to enjoy – if it's not fun, it's not U3A! We believe learning need never stop and should be a pleasure.

For all details of North London U3A, look at our website, <http://www.nlu3a.org.uk/>. Membership this academic year is £32, but if you join after 1 January, it is £26 (see the "Join Us" section of the website).

Friday Afternoon:

Barnet Voice

contact: elsie@bvmh.co.uk

Alternate Friday evenings:

Finchley Filmmakers:

www.finchleycinevideo.co.uk/

Finchley.Film.Makers@gmail.com