



Over 50s Forum E-News

6th February 2020

Issue 255

Contact Details

**Ruth Fathaddine (Office & Development Manager), Enfield Borough
Over 50s Forum, Millfield House, Silver Street, N18 1PJ, 020 8807
2076**

Ruth.fathaddine@enfieldover50sforum.org.uk

Website: www.enfieldover50sforum.org.uk

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Contents – control +click the link to go straight there

- Error! Reference source not found.
- **Health and Campaigns**
- **Forum Events and Clubs**
- **External Events**
- **Volunteer and Paid Jobs**
- **Films**
- **Regular Events**

COUNCIL 2020/21 BUDGET TUESDAY 18TH FEBRUARY 2020

Cabinet lead on Finance- Councillor Mary Maguire will discuss the 2020/21 Enfield Budget with Forum members and look at the options facing the Council.

**SOUTHGATE BEAUMONT CARE HOME,
15 CANNON HILL, N14 7DJ**

Buses W6, 121, 299 (Cherry Tree Bus stop). Free onsite parking available

QUALITY OF SOCIAL CARE IN ENFIELD TUESDAY 25 February 2020

Quality Assurance manager Samantha Gajadhar and Volunteer Co-ordinator Vanessa Phillips will talk about Enfield Council's Quality Checker project which recruits volunteers with experience of social care services to gather feedback on the quality of care currently provided by the council

**COUNCIL CHAMBER , ENFIELD CIVIC CENTRE
SILVER STREET, ENFIELD TOWN EN1 3XA**

Five minute walk from junction with Church St / Southbury Road so use any bus to Enfield Town.

Car park under the Centre

**FOCUS ON MENTAL ILLNESS
THURSDAY 12TH MARCH 2020**

Authoress of 'To Challenge or Not to Challenge,' Ruth Hanchet will talk about mental illness in her family. Her book was a Mind Millennium Award winner.

MILLFIELD HOUSE SILVER STREET N18 1PJ

Buses 34, 102, W6, 144, 217 and 231. Free onsite parking available.

Forum's free confidential drop-in advice service at the Dugdale Centre (corner of London and Cecil Roads. Enfield Town)

Every Monday 10am to 12 noon (except bank holidays)

* Gillian McNally, Enfield Citizens Advice, benefits, debts, pensions etc.

PLEASE NOTE ONLY THE FIRST 7 PEOPLE CAN BE SEEN BY THE CAB

*Solicitors Stennett & Stennett 10am-11am - Wills, Powers of Attorney, property and legal advice about paying for care.

*George Ttoui: chartered financial planner, will give advice on investments, equity release, inheritance tax and long term care fees

*North London Credit Union's Maureen Malcolm attends every Monday 10-11am offering information on affordable loans and secure savings. Established in 1994 it offers competitive loan rates, a choice of fully-protected savings accounts. Free and simple to join.

Enfield Police. Now that all police stations, except Edmonton Fore Street are closed, this is your chance for a personal 1:1 Chat to a Copper – any questions, worries, advice on crime and burglary prevention on 10 February and 9 March

Screening for Hearing Tests by an NHS audiologist. 17th February and 16th March. Appointments need to be booked in advance through the Forum office on 020 8807 2076

PLUS : Information on keeping your home warm, save money on fuel bills, advice on smart meters, help cut carbon emissions by HEET a non-profit charity.

An Enfield Over 50s Forum initiative in partnership with Enfield Council

The advisor will be present on 10 February and 9 March

The advisor can book a home visit or you can contact HEET by calling 0208 520 1900 or emailing info@theheetproject.org.uk.

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Wednesday Afternoon Drop in Group

Is at Millfield House - alternate Wednesdays 2.00 – 4.00

On:

5 February 2020 and 19 February 2020

Come along for a game of backgammon, dominoes or other board/card game + tea/coffee biscuits

No need to book – just turn up.

FREE

***HEALTHY LIVING... PREVENTION IS BETTER
THAN CURE***

**YOU ARE CORDIALLY INVITED TO ENFIELD
OVER 50S INDOOR WINTER FAIR 2020**

HOW TO LIVE WELL AND BE HEALTHY

FUNDED BY THE NHS CLINICAL COMMISSIONING GROUP.

ON FRIDAY 21ST FEBRUARY 2020

AT ENFIELD COUNTY SCHOOL, HOLLY WALK, EN2 6QG

(Car entry off of Church Street off of Silver Street, Enfield Town, free parking at the school . Bus, rail and London Overground services to Enfield Town)

**SPEECHES, WORKSHOPS, STALLS, DANCING AND LIVE MUSIC
OPEN TO ALL -FREE ENTRY – FREE WORKSHOPS & LIVE
MUSIC**

Come anytime between 9.30 and 4.00

Bring a packed lunch or sandwiches for sale at £2 per head (subject to availability)

Free tea, coffee and afternoon cakes.

**A WONDERFUL OPPORTUNITY TO SOCIALISE, GAIN INFORMATION
AND BE ENTERTAINED**

**WE WILL HAVE STALLS ALL DAY, WORKSHOPS AND SPEAKERS IN THE
MORNING AND AFTERNOON TEA- COURTESY OF WARBURTONS-
WHILST YOU ARE ENTERTAINED**

More information to follow

Health and Campaigns:

Important letter from the Forum President!

Life Expectancy Gap

The following letter appeared in the Enfield Independent on November 27 2019

You say the gap in life expectancy between women living in the east and west of Enfield is 4.8 years, but it is much greater than you report. (Independent, November 20 page 5 "Plan to resolve life expectancy gap"). Public Health Enfield figures show that women in Grange ward live 8.2 years longer than those in Upper Edmonton.

News that councillors have launched a three year plan to close this "unacceptable" gap will be welcomed. It has been with us for far too long but the proposed new measures like promoting walking and cycling and putting up more non-smoking signs are far too weak and uninspiring to make a difference. They lack the fresh thinking needed to end this dire East-West divide.

While councillors can do little about the low incomes and job opportunities experienced by too many people living in our most deprived wards, which creates the ill-health so prevalent in the Edmonton area, they can do much more to improve the health facilities and services available.

The Over 50s Forum wants to see a new Integrated Health Care Centre built and attached to the North Middlesex Hospital. It would be a multi-purpose centre offering primary care that will cut the 40% of North Mid.A&E patients who should be seen by a GP and could also provide mental health expertise, advice on social care support, smoking, diet, sexual health and many other problems.

This would both reduce pressure on the hospital and be an information centre aiming to win the hearts and minds of local people, too many of them are not even registered with a GP. We'd like to see the council create a volunteer health care task force to engage with the many diverse community groups.

Where will the money come from? The vast majority of Enfield residents do not realise that without any public involvement or consultation, the council endorsed an NHS plan to scrap Enfield's health authority which planned our local health services. From April 2020 we will be part of a single five-borough Clinical Commissioning Group, involving over 1.6 million people in Camden, Islington, Barnet, Haringey and Enfield, fighting for our share of a combined budget.

The test facing those who supported the creation of this monster monopoly will be whether they secure the money for something meaningful such as an Integrated Health Care Centre - or whether they think the life expectancy gap can really be closed by having five portions of fruit and vegetables a day.

Monty Meth

President, Enfield Over 50s Forum

HOUSING ALLOCATION CONSULTATION

Important – have a look at this as could well impact on members of the Forum.

The details of the proposed new draft policy and the consultation link can be found here;

<https://new.enfield.gov.uk/consultations/housing-allocation-consultation/>

The questionnaire is designed for responses from individuals, so if your organisation wish to make official comment then please email consultation@enfield.gov.uk.

IMPORTANT NEWS FOR OUR FORUM MEMBERS USING THIS FUSION FACILITY AT ALL 6 LEISURE CENTRES

CUSTOMER NOTICE

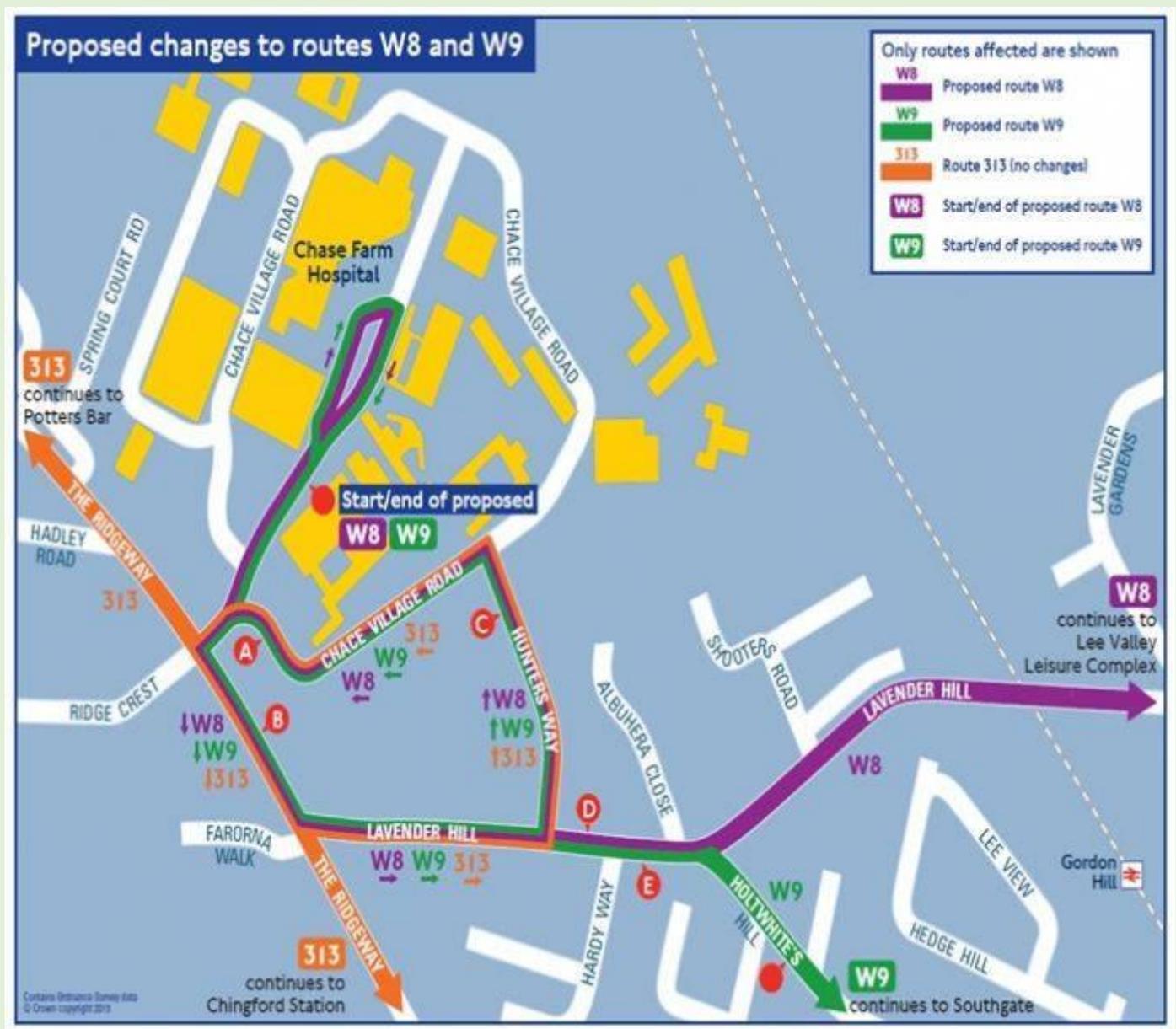
FUSION GOES CASHLESS

The Borough's leisure centres run by Fusion will no longer be accepting cash or cheques from Monday 2nd March 2020. For those who pay by cash or even cheque and don't have a debit or credit card, there are other ways to pay. You can go to a Post Office and ask for a pre-paid Mastercard which you would load with money in advance and the exact amount you need to pay is deducted. We do understand there is a minimum £50.00 that is required on this card initially. Please check with your local Fusion facility for further information.

The council is planning a major redevelopment of the Joyce & Snells Estate in Edmonton. They are keen to discuss their ideas with the local community and we can arrange for you to hear more and also give your views. If you are interested please call the office with details of when you are free on either February 25,26 or 27 and we will try to arrange a meeting.

Contact details below:

**Nafiisah Yurdal, Resident Engagement & Communications
Coordinator**
TEL: 0208 132 0705



TRANSPORT UPDATE

Transport for London's (TfL) announcement that from 18th January, the W8 and W9 buses will call at new bus stop inside the grounds of Chase Farm Hospital, close to the main entrance.

With the new bus stop being situated directly outside the hospital's main entrance, it will make life a lot easier for patients and passengers who use local bus services to visit Chase Farm Hospital.

Forum Events and Clubs

In order to attend any Forum social events listed here, you must be a current member.

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Bingo is back

Jim Cantle has launched a Forum Bingo Club every Monday.

The place: Malone & Co Restaurant bang in Enfield Town centre. It is in Burleigh Way, Church Street, situated between Starbucks and Santander.

The time: 3pm-5pm. The cost: £2 for five Bingo cards and you can buy as many as you like.

Prizes will be no less than 50 per cent of the income from Bingo cards sold on the day.

Restaurant owner Kwaku (Kwak) Appiah in welcoming the Forum is offering a 20% discount on Monday afternoons to Bingo players on his wide range of refreshments.

For the rest of the week, Jim Cantle has secured a 10% discount on production of your Forum membership card - a new bonus and benefit for Forum members.

Jim is aiming for 50 Bingo players and if you want to join the fun you must register your interest and get further details by calling him on 020 8 363 4969. And you must be a Forum member - and you can join at the Bingo Club.

In launching the Forum Bingo Club we are providing another opportunity for people to get out of the house, meet other people and socialise. And playing Bingo will help to keep the brain sharp as we get older which scientists now tell us can help to stave off dementia.

The Forum Bingo Club will return on Monday 17th February 2020

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ENFIELD BOROUGH OVER 50S FORUM

Like to find out more about your family history but don't know where to start?

Interested in making a family tree but not sure how to use the internet?

Looking for people to talk to about your family past?

If you answered yes why not join our new

GENEALOGY GROUP

On Saturday 8th and 29th February

And 7th, 21st and 28th March 2020

ALL GROUPS WILL BE BETWEEN 2.30 AND 4.30

**AT THE DUGDALE CENTRE, (CORNER OF LONDON AND CECIL ROADS,
ENFIELD TOWN, EN2 6DS)**

This group is a friendly, drop in group for any of our members wishing to talk about and get help in tracing their ancestry and/or making a family tree. **The group and volunteer assistance is free.** The group is very popular and whilst you can call in for a chat and to read our magazines any time, you will need to make an appointment to speak to one of our 1:1 advisors. Before attending please write out what you know about your family in advance – names dates of birth/marriage & death dates etc. This is where your research will start. **You don't need any skills – just yourself**

and an interest.

Remember to bring your Forum membership card – if you are not a member of the Forum, don't worry – you can join on the date (cost of Forum membership is £10 per year).

Or for more information call 020 8807 2076 or email info@enfieldover50sforum.org.uk

Coffee Club Drop in

Coffee Club – Drop in for an informal coffee and chat

First Wednesday of each month: 10.00 – 12.00 at Skylight Restaurant, Pearsons Department Store

Please come and join us on the first Wednesday of every month at the Skylight Restaurant on the top floor of Pearsons in Enfield Town for a coffee and chat. We will have a reserved space at the rear of the restaurant so come over and meet us. We start at 10.00 and go on until 12.00. Come for the whole session or pop in when you can. Afterwards you can stay on for lunch with friends or go to the shops as the location is a great place to meet. The dates for 2020 being: 5th February 2020, 4th March 2020, 1st April 2020.

Contact: Sue Scott 020 8368 0861 or Email: scotsf48@hotmail.com

Forum walking group – Meets Saturday morning at 10.30

Café at Grovelands Park (Broadwalk entrance), N21 3DA

We are a small walking group (usually about 10 of us). We meet every Saturday for a 40 minute walk around Grovelands Park and a chat in the café afterwards. Please join us – all welcome. Please ring Monica on 020 8886 6514 for more information.

OVER 50S FORUM POETRY GROUP **To Write, Read or Discuss Poetry**

Meetings are held on the 4th Thursday of each month (not the last Thursday as previously stated) at 10.15am to 12.00 noon in the upstairs community room at Enfield Town Library, 66 Church Street, Enfield, EN2 6AX.

Telephone Irene Richards for more information: 020 8715 0946

Email: poosticks2@sky.com.

Meetings are £1 FOR MEMBERS OF THE FORUM – to cover the cost of the room hire.

Our first meeting in 2020 will be 27th FEBRUARY NOT 24TH AS PREVIOUSLY ADVERTISED.

Then March 26th Food and Drink

Topic – Our popular “Your Choice!” No particular theme, just bring along a loved poem or two to read. And, perhaps a piece of music if you fancy!

OVER 50S FORUM BOOK CLUB

Meetings are held in the community room at Enfield Library starting at 10am. More details can be obtained from Sue Scott on 020 8368 0861 or online at scotsf48@hotmail.com".

Please see timetable below:

2020

20th February – No I don't want to join a Book Club by Virginia Ironside

19th March – My Antonia by Willa Cather

16th April – The Rumour by Lesley Kara

21st May – Normal People by Sally Rooney

18th June – Engelby by Sebastian Faulkes

The Forum Writing Group:

We meet on the third Friday of each month upstairs in the Dugdale Centre from 10 to 11.45 am – or until we stop talking – 12 noon max! Each month we read a piece of our own writing followed by a stimulating discussion – it is a really sociable, interesting and friendly group. Topics are suggested each month by one of our members. We would be delighted to welcome you. For more information please call Christine Whetstone on 020 8805 1180.

LUNCH CLUB

Is anyone interested in joining a lunch club, the purpose being to meet up once a month (day to be decided, possibly random) at different venues to enjoy a pleasant meal and good company. My aim is to find local eateries with decent menus and reasonable prices. This will be done via email and each occasion will be decided at the previous one. I will arrange for all participants to be kept advised and will require a confirmation of attendance each time in order to know numbers attending and be able to book. This will not be a gourmet occasion and people will pay for their own food and drinks. It will be an event, rather like Coffee Club to meet and chat.

Please contact me on scotsf48@hotmail.com or 020 8368 0861. Sue Scott

External Events and Clubs – DATE ORDER:



**A double
bill of
opera
favourites**

**TRIAL BY
JURY**
Gilbert & Sullivan

PAGLIACCI
Leoncavallo

20 to 22 February 2020
Evenings 7.30pm and Saturday matinée 2.30pm

Wyllyotts Theatre, Potters Bar



Box Office: 01707 645005
www.wyllyottstheatre.co.uk

Volunteer AND PAID JOBS



Volunteers Wanted!

Want to make a difference to older people's lives?



No matter how big or small, we need **YOUR** help

Join our team and help us reduce loneliness and isolation in the older community of Enfield through befriending, event assistance or being a volunteer driver

Volunteer with us today!

For more information on how you can help please call Toni Fielding (Scheme Manager) on **0208 3674137** or email **toni.fielding@mha.org.uk**

LIVE AT HOME

www.liveathome.org.uk



Registered Charity No. 1083995. Company Limited by Guarantee - No 4043124

Calling All Engineers & Technologists

Background in Industry, Engineering &/or Workshops? We're looking for one or more part-time Technicians for our member accessed workshop in Edmonton. We need your people skills, technical know-how, and experience.

Our Techs answer Member queries, assess their ability to use machines, and train them where needed. Techs are our machine custodians, maintaining them and performing workshop systems checks.

Desirable Experience: Metal Working, Lathes, Mills, CNCs, Engineering, CAD Skills. Must Have: Communication skills, be friendly, and enjoy working in a team.

Several 6 and 9 hour workdays available, mornings, evenings, and Saturdays between 8am & 8pm

Email: Al@buildingbloqs.com

Films

PLEASE NOTE

CINEWORLD TIMES ARE SUBJECT TO CHANGE FOR THEIR MONDAY MORNING FILMS

PLEASE ARRIVE AT 10.00 FOR A 10.15 OR 10.30 START

CINESENIOR – SOUTHBURY ROAD OVER 60'S FILM CLUB

Admission £3

Please be aware start times can be subject to change, please check in advance.

Film times can be found online at www.cineworld.co.uk or by calling our customer service team on 0333 003 3444

Regular Events – organized by day of the week.

MONDAYS



Deep



Indian 50 plus Association – (Enfield)

Charity registration no 1158445

**Deep's Malan Day Centre on Monday (except Bank holiday)
At the Darji Pavilion 26 Oakthorpe Road, Palmers Green London N13 5JL
From 11.15 am to 3.00pm**

Activities include:

- Tea/ Coffee Biscuit on arrival
- Physical Activities
- Yoga and chair-based exercises to improve health
- Complementary therapies like head massage and reflexology to help with relaxation and improve circulation and help with sleeping
- Arts and crafts.
- Social events in summer, outings workshops and seminars on healthy eating and well-being
- Keeping service users up to date on health and social care development in Enfield,
- Organise cultural events and celebrate Diwali, Eid, Mother's Day, Father's Day and Christmas

Provide a nutritional well-balanced vegetarian lunch.

The aim of this project is to encourage elderly Asian community members to benefit from socialising and enjoying company of others as well as assisting disabled members to get out of the house at least once a week and enjoy a home-cooked meal. All meals and activities are culturally sensitive providing volunteers and support workers who are bilingual so that they are easily able to communicate with all members.

Contact: Ramanbhai V Tailor 020 83615981 Alok Agrawal 0208 886 1945
Harendra K Raval 020 8881 9508 Kantibhai Topiwala 020 8368 8931
Ratilal D Tailor 020 8882 4676 Usha Bala Pandya 0208 888 1063

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Mondays

UNIVERSITY OF THE THIRD AGE

For people like yourself who are interested in making retirement enjoyable and fulfilling – in being able to study or follow various subjects to whatever level we wish, without the stress of taking examinations. In small groups with like minded people.

Monthly Meetings are held at St Paul’s Centre, Church Street, Enfield on the second Monday of the month except where otherwise stated.

Doors are open at 2.00. Meetings start at 2.30.

Attend up to 2 monthly meetings at a cost of £2 per visit and if you like what you see, you may join by seeing the Treasurer at any meeting, or please contact us for further information on 07925 123 763

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Mayfield Athletic Table Tennis Club

Our latest affiliate is Mayfield TT Club in Kenmare Gardens, N13 5DR (Just off Hedge Lane). This friendly club is open to all and runs Over 50s sessions on Mondays and Wednesdays from 10am to 3pm. If you want to stay fit and mobile this is the where to do it. For further information contact Ben Payne at ben.payne@talktalk.net or 020 8889 2301.

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Enfield National Trust Association

Enfield National Trust Association, a friendly group with an interest in beautiful houses, landscapes and gardens. We have coach outings, monthly lunches & London outings to a wide variety of venues. Monthly afternoon meetings are held at Holtwhites Sports & Social club, only a few minutes walk from either Gordon Hill station or Chase Side and monthly evening meetings at Enfield Grammar School in the centre of Enfield Town, entrance via Little Park Gardens & Wilford Close (behind Enfield post office, Church Street)

Full details may be found on our website; www.enta.btck.co.uk or ring Peter on 020 8363 1568 for more information.

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DAY CARE FOR ASIAN ELDERLY PEOPLE AND RESPITE FOR THEIR CARERS

Please see our Website www.eawa.org.uk

We are based at THE WHEATSHEAF HALL,
CORNER OF MAIN AVENUE AND ROMAN WAY, BUSH HILL PARK, EN1 1DS

From 10am to 3pm Monday to Wednesday inclusive

To try our service Call 0208 443 1197 or email info@eawa.org.uk

Contact Chetna Shah or Ooma Jukhoop

TUESDAYS

Join our Memory Lunch Club @Enfield Town Library

Every Tuesday from 11.00hrs to 13.30hrs at the Enfield Town Library
First Floor Community Room (66 Church Street, Enfield EN2 6AX).
This is a free event with Dementia Friendly games and entertainment
and a light lunch/refreshments is provided.

“ I'm Christine, and I look after Stanley. We love going on outings together
and the Memory Lunch Club is a great opportunity to socialise and
something for Stanley to look forward to every week. ”



– Christine G.
Stanley's CAREGiver



homeinstead.co.uk/enfield or call **0203 6418870**
info.enfield@homeinstead.co.uk

PERSONAL CARE | MEMORY CARE | COMPANIONSHIP | MEALS AND NUTRITION



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OVER 50S WALKING NETBALL

Tuesday mornings between 9.30 and 10.30. at Southbury Leisure Centre
No membership necessary – pay on the day.

For more information please contact Jodie Pearce, England Netball (07738 696858). Email:
Jodie.Pearce@englandnetball.co.uk

Friends of Jubilee Park N9

Walking Group at the Community Hall every **Tuesday morning at 9:15am.**

After the walk come back to the community hall for a cup of tea or coffee.

WINCHMORE SINGERS

Singing is good for your health
Why not join our friendly group of female voices?
We sing on Tuesday mornings from 10:30 – 12:30
At Enfield Baptist Church, Cecil Road, Enfield, EN2 6TG

We sing a wide variety of music to suit all tastes including songs from the shows

No audition required. No charge for taster sessions. Come and visit us to see if we would suit you.

Contact Barbara Waller
020 8361 7965 or barbara.waller@talktalk.net

We'd love to see you.

Probus Club of Enfield

The Probus Club of Enfield is an association of retired professional and business men founded in 1975.

We meet for lunch at :

The Jolly Farmers Public House, 2 Enfield Road, Enfield EN2 7QS on the second Tuesday of each month and generally have an after lunch speaker.

Theatre trips, outings and two 'Ladies Luncheons' are arranged throughout the year for members and their partners.

If you are interested in joining the Probus Club of Enfield please contact our

Hon. Secretary: Mike Palos

Telephone: 020 8366 4823 or email: mp015b2441@blueyonder.co.uk

Winchmore Folk Dance Club

Come and give us a try
Dance and keep fit to lovely music from the
Pride and Prejudice era to the present day

New Dancers are welcome.

Come on your own or with a partner.

Tuesdays 10 am – 12 noon

Especially helpful for beginners

The Village Hall, St Peter's Church,

Vera Avenue N21 1RJ

ALSO for those with some experience

Trinity Church Hall

Church Street/ Gentleman's Row Enfield EN2 6AN
Second Saturday of the month at 7:30
Live Music

For more information phone
Gillian 8360 6226

Tuesdays (cont)



Bespoke
Baby & Kiddies
Knitwear
From £5

Enfield Knit & Natter

Working with
the community

Supporting
Charities

Orders
taken

Please join us to knit and natter...

Tuesdays 2pm-4pm
Wednesdays 10am- 12pm

at The Dugdale Centre Cafe
London Road, Enfield Town

Donate your unwanted

Wool
Needles
Buttons
Patterns

All greatly appreciated
- we will collect

Enfield Knit & Natter

Contact Liz Gilbert:
Tel: 020 8360 7386
Email: lizzieg122@gmail.com

 Enfield Knit & Natter

Memorable Melodies (Bisri Yaadein) for People with Dementia/Carers and the 50 plus!

Come and Energise yourselves with Old Hindi Songs as a Group Singing Activity. Play Instruments / Dance / Sing and Remember the Good Old Days!!

The Program is on every last Tuesday of the month

The venue is the [Wheatsheaf Hall, Main Avenue, Bush Hill Park, EN1 1DS](#)

Memorable Melodies Activity 3.00pm to 4.15pm

Please come and join us!

You can call 0208 443 1197 to register your interest with Chetna Shah.

Fee: No charge. Own transport to be arranged

Lunchtime Taster Talks Spring 2020

All talks are FREE to attend but advanced ticket reservation is advised.

Tuesday 21st January, 1.30pm - 2.45pm

Homes Fit for Heroes by Joe Studman

2019 was the centenary of Addison's Housing Act that had promised servicemen returning from the First World War 'Homes Fit for Heroes'. This talk is a virtual visit to the Hyde Estate, Lavender Hill, the Welsh Estate and Carpenter Gardens to examine whether local councils delivered on this promise.

Joe Studman is a local history guide and speaker.

Tuesday 25th February, 1pm - 1.45pm

Enfield's Railway History (West) – The Hertford Loop by Dave Cockle

In 1910 GNR extended the railway from Enfield. The 'Hertford Loop' line is heavily engineered with deep cuttings, embankments, tunnels and viaducts necessary to take the railway through to Hertford and on to Stevenage. This illustrated talk will show the many changes and the social impact the coming of the railway had on the communities it served.

Dave Cockle is a railway historian and Chair of The Enfield Society.

Tuesday 17th March, 1pm - 1.45pm

Enfield Town's lost Palace by Ian Jones

Enfield's manor house – a Tudor building known locally as the 'Palace' - was situated where Pearsons is today until it was demolished in 1928. This talk examines the pictorial and archaeological evidence for the building and gardens with special focus on the surviving Oak room.

Ian Jones is a historian and current Chair of Enfield Archaeological Society.

Tuesday 21st April, 1pm - 1.45pm

Public Art in Enfield by Joe Studman

There are mosaics, sculptures, paintings and memorials in Enfield that many of us walk past every day without really noticing them. Take a virtual tour around the borough looking at the works of art displayed in public places for all to see.

Wednesdays

KEEP FIT ASSOCIATION CLASSES (KFA)*



KFA Moves = LABAN fitness through Exercise, Movement and Dance.

KFA classes use Laban's Principals of Movement, designed to make the whole body move, improving posture, mobility and general wellbeing, to a variety of music accompaniment. We are a friendly group with a range of abilities, Keeping Fit together in an easy, relaxed atmosphere.

Beginners always welcome.

Teacher Sylvia Brown - tel: 020 8366 2347 email: [sylvia@15 riverview.org](mailto:sylvia@15riverview.org)

KFA Teacher level 3, Register of Exercise Professionals, The Dance Register, Class Finder

KFA MOVES for women, 50+ on THURSDAYS, during term times 1.30 - 3.00 pm

St Paul's Centre, 102 Church Street, Enfield Town, EN2 6AR - (bottom of Windmill Hill)

KFA Moves - Mature Women on Wednesdays, during term times, 19.30 - 21.00

Chase Side Primary School hall, Trinity Street, Enfield, EN2 6NS

Cost £65 for 10 week term, or £7 per session.

A SPECIAL OFFER to Over 50's Forum members

- pay £7 for ONE week & get SECOND week free

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*The KFA is a founder member of the Exercise, Movement & Dance Partnership Ltd. (EMD UK)

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North London Morning Orchestra

The North London Morning Orchestra meets in the Scout Hut at the bottom of Slades Hill, down the lane opposite the Jolly Farmers every Wednesday morning between 10.00 and 12.00.

Our repertoire ranges from classical overtures and symphonies to Palm Court, opera, marches and musical medleys. Our friendly orchestra accommodates all sections, with vacancies for strings and brass and a waiting-list for woodwind.

We play approximately 8-10 pieces of music from our library of over 400 scores for a month and change the music every month. We do not give concerts and a minimum level of Grade 5 is recommended. (We are a rehearsal orchestra and do not give concerts, so no stress!)

Tea and biscuits included! No upper age limit!

Subscriptions £60 a year, single sessions £2.00 (First two sessions are free)

For further information contact Amanda Ladell on 020-8372-9647 or
e-mail amandaladell@yahoo.co.uk website: nlmo.org.uk





NEW for 2019

ACORNS CHESS CLUB



at
Salisbury House Arts Centre
Bury Street West
London N9 9LA

**DROP-IN AND PLAY CHESS
FREE OF CHARGE - FOR ADULTS ONLY
on Wednesdays: 4-4.45pm
Bring your own chess set or use ours**



Please contact us for details and further information:

email: acorns-chess@outlook.com

Tel: 07809 556427

'CHESS IS THE GYM FOR THE MIND' Blaise Pascal

Grange Park Methodist Church



"serving our community"



CHURCH IN THE ORCHARD

www.grangeparkmethodistchurch.com

You are warmly invited to join us to share in

Soup & Conversation
Every Wednesday
12 noon – 2pm

At Grange Park Methodist Church
Corner of Park Drive/Old Park Ridings N21 2LS

Queries 07930 920941

Weds (cont)

Chronic Obstructive Pulmonary Disease – Breath Easy Enfield

Hold monthly meetings to let members share experiences and provide mutual support and advice.

Specialist speakers help you learn more about your lung condition and find ways you may be able to help yourself.

2nd Wednesday of every month: at Holtwhites Sports Club, 1 Kirkland Drive, Enfield, EN2 0RN

For more information contact: Pam Blake (Chair) – 01992 763443 or Sylvia Napier (Secretary) 020 8350 3714.

Southgate Society of Art

Southgate Society of Art meets every Wednesday in term time 7.00 - 9.00 at Salisbury House, Bury Street West, N9. They have a varied programme, including models, demonstrations, general painting, workshops. Annual subs £12. £2.50 for general painting and £3.00 when there's a model or demonstrator. Please contact Pam Sandell, Secretary, if you would like to join this friendly group. Or, just come along one Wednesday.

The North London Morning Orchestra.

A friendly informal group which meets on Wednesday mornings from 10 to noon at the Scout hut in the track opposite the Jolly Farmers pub on Enfield Road. They play all kinds of music but give no concerts. Fees minimal!!

For further information, contact Amanda Ladell: Amandaladell@yahoo.co.uk

Enfield Arthritis Social Group

Come along to the next meeting of the Enfield Arthritis Social Group

First Wednesday of every month 6pm to 8pm

The Art Town, 29-30 The Town, Enfield, EN2 6LW

The venue is subject to change, please email to confirm meeting details.

Whether you have arthritis or care for someone with the condition, our Group is for you. Join us to share your experiences and meet other people living with arthritis.

For more information about the Group, please email

www.enfieldarthritisocialgroup@outlook.com or call Arthritis Care on 020 7380 6522

Weds (cont)

The walkabouts Rambling Group organises a walk most Wednesdays throughout the year and is happy to welcome new members.



Most of our walks are 5-7 miles long. Walks take 4-5 hours, including a stop to eat a packed lunch. About once a month we have a 4-5 mile walk, followed by a pub lunch. Most of our walks take place in the Hertfordshire or Essex countryside. Very occasionally we walk in London. We meet at 9.30 a.m., and then share cars to drive to the start of the walk. (All walks are circular.) Our annual membership fee is £25.

For further information, please email Jill Wright, Membership Secretary. Email address: jillwright32@btinternet.com

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THURSDAYS

Enfield N.H.S. Retirement Fellowship.

We meet on the 2nd Thursday of the month at Cedar House at St Michaels Community Care Centre, Gater Drive, EN2 0JB at 2 p.m.

Meetings include illustrated talks, quizzes and discussions, plus local visits. Membership is open to all NHS staff, their families and those working in Social Care services. For details please contact Brenda Hurford on 07388 786 122 or bk.hurford@gmail.com

Music, song and Dance – Every Thursday evening.

"Come and enjoy an evening of music, song and dance with Maurice Judge and friends. Playing anything from Country, Skiffle, Rock and Irish. All happening at the Southgate Club Crown Lane N14 every Thursday from 8.30pm to 11pm free entry with a collection for the Musicians. All welcome. Any budding performers out there please join in' For more information please contact pcolee@blueyonder.co.uk

Enfield Art Circle Welcomes new members.

The Enfield Art Circle (EAC) offers a friendly way for anyone interested in the visual arts to participate in a range of activities. Demonstrations, classes, workshops, talks and outings are organised throughout the year by the EAC and its associates. For a modest annual subscription, amateur and professional artists (and anyone with an appreciation of the arts) can join in a whole host of activities. The EAC meets every second Thursday each month apart from July and August at St. Andrew's Parish Centre in Enfield Town. In addition, there are a number of art classes run by Enfield Art Circle's teacher-members at various locations around the borough – from printing to painting, there are many fun, informative and lively sessions every week. The highlight of the EAC's year, without a doubt is the annual summer exhibition at Capel Manor. you could pick up a bargain by one of Enfield's top artists. If you would like to become a member or to find out about the EAC's classes, go to their www.enfieldartcircle.org.

The Arts Society Enfield

"The Arts Society Enfield meets at St Pauls Community Centre on the last Thursday of each month from 10.00 am to 12.00 pm. There is a wide programme of talks from professional speakers.

Details from www.theartssocietystenfield.org or info@theartssocietystenfield.org.uk.



Come and gain support on how to manage your diabetes

First Thursday of the month

1:00pm—2.30pm Dates for 2020

2nd January, 6th February

Open to all adults, to provide information, advice, diet, exercise and peer support

For more information please call

020 8375 4120

email ican@ageukenfield.org.uk

or visit ageuk.org.uk/enfield

Grange Park
Methodist Church ,
Old Park Ridings,
Grange Park,
N21 2EU

Age UK Enfield is a charitable company limited by guarantee and registered in England and Wales
Registered Charity Number: 100696
Company Number: 300060

Registered office is John Jackson Library, Agcock Place, London DN1 1SW

Thursdays (cont)



NATTER MORNINGS

OVER 50'S MEET-UP AT ENFIELD MARKET



**FREE TEA & BISCUITS
THURSDAYS 10-11AM**

MARKET PLACE, CHURCH STREET, ENFIELD EN2 6LN

**MORE INFO AMANDA@ENFIELDMARKET.CO.UK
SUPPORTED BY MHA LIVE AT HOME SCHEME
AND WEST LEA IN THE TOWN CHARITY SHOP**

[Thursdays \(cont\)](#)

HEART THROBS



CARDIAC SUPPORT GROUP

CARING FOR YOUR HEART

**If you have had a heart attack, cardiac arrest
or heart surgery then this is for you.**

HEART THROBS

is an independent cardiac exercise and social group,
affiliated to the British Heart Foundation, based in
Enfield. We run seven cardiac exercises classes every
week all with fully qualified instructors.

**PAY AS YOU GO
NO CONTRACT
NO MEMBERSHIP FEES**

Cost is £5 per session

We also have informal social evenings with guest speakers at
Holtwhites Sports and Social Club on the second Thursday each
month between 7pm and 9pm.

For more information please visit our website;

www.heart-throbs.org.uk

or contact our membership team;
Michele or Elizabeth:

07938 926772

Email: heart-throbs@hotmail.co.uk

Thursdays (cont)

Enfield Camera Club



Established Since 1950

Come and participate in the most popular of modern pastimes! The Enfield club is a most friendly one with members of all skill levels. We have regular competitions, workshops and guest speakers, as well as social events, camera walks both locally, within Central London and beyond. Visitors and new members always receive a very warm welcome, with advice being readily available.

Club meetings are held weekly on Thursday evenings at 8 to 10 pm at the Large Hall, Trinity Church, Gentleman's Row, Enfield EN2 6AN. The new season commences on September 6th 2018.

website: www.enfieldcameraclub.co.uk



Enfield Camera Club
[\(https://www.facebook.com/groups/10883151336/\)](https://www.facebook.com/groups/10883151336/)



Enfield Camera Club



enfieldcameraclub



enfieldcameraclub



enfieldcameraclub.tumblr.com



@enfieldclub

EAWA Over 50's Activity Club

Every Thursday at the
Wheatsheaf Hall, Main Avenue, Bush Hill Park, EN1 1DS

Yoga Chair Exercises

10.00am to 11.00am

Charge is £3.00

OM Chanting/Group Healing

11.15 am to 12.15 pm

(Every Thursday except 3rd Thursday of each month)

Free or Donation £2.00

Please come independently. Doors Open at 9.30 am

Open to all communities – Men and women welcome

Register: Please come along and register on the day

Call Chetna Shah on 0208 443 1197 or email info@eawa.org.uk for more information.

Thursdays (cont)

ENFIELD PHILATELIC SOCIETY



"If you collect stamps or have an interest in social matters then come and join us at one of our evening meetings where people give talks and displays on many varied subjects. Our meetings commence at 7.30pm until 10pm on the 1st and 3rd Thursday of each month at St. Luke's Hall, corner of Hawthorne Grove and Morley Hill, Enfield EN2 0BL".

The saddle Bags LINE DANCING

ABSOLUTE BEGINNERS

Weekly line Dance Class

9.30 to 10.30 am EVERY THURSDAY

Admission £5.

Room 1, St. Andrews Parish Centre
Enfield EN1 3EG
(Enfield Town Centre, behind the Market)

No need to book and no previous experience necessary. Just turn up for some gentle exercise and have fun with my step-by-step tuition to a variety of music.

Call Angie for details 07950 493058 or visit our website www.thesaddlebags.co.uk to see details of our other classes ranging from beginners to intermediate/advanced

Old Time Music Hall is coming again to The Dugdale centre.

On 13th February at 2:30pm

It`s a fun afternoon.

FRIDAYS



Keep Fit Exercise Class Every Friday 12-2pm

£3 suggested contribution per person (includes a light lunch)



Bush Hill Park Methodist Church 135 Wellington Road, EN1 2RS

No matter what level of fitness you are – why not come along and join in the fun. A gentle approach to exercise with music. Each Friday we'll be holding a Keep Fit class that will help you improve your strength, balance and co-ordination.

For more information please call Toni Fielding (Scheme Manager) on **0208 3674137** or email

toni.fielding@mha.org.uk

LIVE AT
HOME

www.liveathome.org.uk



Registered Charity No. 1083995. Company Limited by Guarantee - No. 4043124

MEMORY LANE CAFÉ AND CARERS CLUB

For people with Alzheimer's, Dementia and Carers

Join us every Friday

10.45am – 1.45pm

at

Our Lady of Lourdes

373 Bowes Road, Arnos Grove, London, N11 1AA

We are a self funding club offering a wide range of activities for anyone experiencing memory problems. We provide tea, coffee, biscuits, snacks, sandwiches, cakes, singing, dancing, games and entertainers or just sit and have a chat. Please note everyone has to be accompanied by a relative, friend or carer. All this for only £2.50 each.

For further details please call:

Mandi – 07961 881453

Adrian – 07788 429470

Fridays (cont)

Mary Magdalene Bridge Club

New members and novices welcome

Fridays at 10.00 a.m. we play 'Chicago'

Monday at 1.30 we hold a class for people who want to improve their game **but unfortunately we cannot teach absolute beginners.**

All at the Mary Magdalene church which is on the corner of
The Ridgeway/Windmill Hill .

Buses 121, 313, 307,377 all stop very near.

Cost is £2. which inc.tea/coffee and biscuits.

YOUR FIRST VISIT IS FREE

More details please phone Malcolm 0208 245 2587/07956505366.

The Well Being Fitness and Exercise Class

For Endurance, Flexibility, Strength and Balance

Brigadier Hall (formerly Four Hills ~Community Hall), Brigadier Hill, Enfield, EN2

Friday mornings from 10:45 to 12 midday.

Contact Daphne Marney

Tel: 020 8367 2601

Email: daphnemarney@gmail.com

St Johns Art Group

A very friendly art group for the over 50s. There are no teachers but we all help newcomers. We sell boards and oil paints etc. at a reduced price. **Meets on Fridays between 9.00 and 12.00** in St. Johns Methodist Church, Elsinge Road (off the A10 near Turkey Street). £2.00 per week includes tea and biscuits – pay as you come.

Phone Ann 020 8804 7154

FRIDAYS (cont)

Silver Fridays

Fun and Fitness Sessions at Broomfield Park Age 45 and over
Whether you have never exercised before or are a seasoned pro. Meet new friends and get healthy doing it!

Every Friday

All fitness levels catered for
Meet at Cyril Smith Court, Broomfield Lane, N13 4ET:
for sat nav & google maps please enter N13 4ET only)

- 11.00 am - Meet at Cyril Smith Court
- 11.30 am - Activities
- 12.30 pm - Tea & coffee back at Cyril Smith Court

Fun and Fitness Sessions
£2 members £3 non-members per session
First session free Membership £5.00/annum

www.silverfit.org.uk

Enfield Writers Workshop

Every Friday 8pm-10pm

ARE YOU INTERESTED IN WRITING AND LIVE IN OR NEAR ENFIELD, NORTH LONDON? WE MIGHT BE JUST THE ORGANISATION YOU'RE LOOKING FOR.

EWW is a friendly group interested in every type of writing. Members read some of their work and the group discusses it. We also have occasional writing evenings. Plenty of advice on getting published, etc, is available. We even publish an anthology of members' work from time to time and throw two parties a year for members and friends! VISITORS ARE WELCOME so if you have any kind of interest in writing, even if you haven't written creatively since your school days, why not come along to get a totally commitment-free flavour of what we do. Your first evening is free, then it's £5 annual membership with no charge for attendances. Just turn up or telephone Bernard, our secretary, for more details.

Salisbury House Arts Centre, Bury Street West, N9 9LA Edmonton Tel: 020 8364 5464

SAHELI

Empowering women to make informed choices

Emotional Wellbeing Service providing advocacy, advice and support to women who are isolated, feeling vulnerable or going through emotional distress

PLUS Drop In (Fridays)

Members Outings

Social Trips and Parties

Newsletters

Outreach Service

Telephone 020 8373 628 or email info@enfield-saheli.org.uk

www.enfieldsaheli.org

SATURDAYS

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Bush Hill Park Bowls Tennis & Social Club
Abbey Road, EN1 2QP
(Access - Corner of Abbey Road and Longleat Road)



We are a friendly club and welcome new members at any-time into all sections. Come and meet us, you will be surprised what club facilities we have at the club – we will give you a tour of the club house and grounds.

Our 'Bowls' open mornings commence

Saturday 27th April 19 from 10.00 – 12 noon – every Saturday morning until end of August 19.

Come and try a game of bowls.

There will also be tea/coffee and the bar open at 12noon. Hope to see you there.

Contact numbers: Jacquie (Ladies Captain) – 07505 136194

Barry (Men's Captain) – 07521 003260

ENFIELD CHORAL SOCIETY



Hildegard von Bingen, Fanny Mendelssohn, Clara Schumann, Mel Bonis, Cécile Chaminade, Lili Boulanger, Ethyl Smyth, Cecilia McDowall and Janet Wheeler.

SATURDAY 21 MARCH 2020

WOMEN'S VOICES: CELEBRATING FEMALE COMPOSERS

CONDUCTED BY MARK SPROSON

ST PAUL'S CHURCH, CHURCH HILL, N21 1JA, 7.30PM

Tickets £12 in advance, available from choir members, www.enfieldchoralsociety.org.uk,
07793 082991 or Eventbrite, (£15 on the door, £5 under 25s in full time education)  @enfieldchoral

SUNDAYS

Contact the Elderly

For people over 75 to help you get out of the house and back in touch with your local community. One Sunday afternoon per month meeting up for tea, cake and company. Our hosts take it in turns to welcome you and the rest of the group into their homes for a few hours and our drivers always make sure you get home safely. This service is free. If you would like to join a Contact the Elderly group or you know an older person who might, please call us on Freephone 0800 716 543.

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Try a different sport at the-

SELBORNE BOWLING CLUB

The home of bowling in Southgate since 1912

Bowling Green located off The Mall, N14 6LL at the end of Ye Olde Cherry Tree pub car park.

- *Free coaching available
 - *All equipment supplied
 - *Opportunities to play in matches and competitions
 - *Active social calendar
 - *Licensed Bar
 - *Free parking and frequent local transport service
- Meet the coaches every Sunday morning from 10:00a.m.
Details from Club Secretary: 07513 075239
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JAZZ BAND – EQUINOX

Sunday 9th February 2020

Mytime Coffee House , 375 Green lanes, Palmers Green, Enfield N13 4JG

Free entry – a mix of jazz standards, both swing and Latin, and a few jazz- funk tunes.

The café serves very nice teas and coffee, local craft beers, homemade cakes and meals

Soon to be performing at our Winter Fair also.

You are invited to the
Enfield Caribbean Association Black History Month event 2020
which is a
Celebration of Black British Literature.

The event will take place on **Saturday 29th February from 4.30pm to 9.30pm**
at

Trinity at Bowes Methodist Church Centre.

We have established writers who are inspirational speakers and performances by Spoken Word poets and musicians. The ticket includes the meal and refreshments. There will also be a number of stalls, a quiz and raffle.

This is an event not to be missed.

Tickets can be purchased on Eventbrite from £8 to £12. Under 5s free. Please use the link below.

There are discounts for children, students, over 60s and members.

Please see the flyer attached for more details.

You may also donate to ECA.

<https://www.eventbrite.co.uk/e/a-celebration-of-black-british-literature-tickets-91601698145>

Or ANY DAY

LGBT Networks

For times and locations of services in Enfield please contact 020 8245 3628

Email: info@LGBTenfield.org

Web: www.LGBTenfield.org

Introduction to Golf – Enfield Golf Club

For more information call Karen on 020 8363 3970.

Enfield Golf Club also offers Forum members a series of four 1 hour 'Get into Golf' taster sessions for a total of £40.

Grovelands Bowling Club

Grovelands Park

Beginners and experienced players welcome!

INSTRUCTION GIVEN

OPEN EVERY DAY APRIL - SEPTEMBER

Many social events: *Theatre Outings *Holidays

*Bridge & *Day Trips organised all year round
Come & join us!
For more information call Sandra on 020 8886 8404

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North Enfield Fellowship

Retired, looking for friendly chat and socializing with other retired people?
Why not join the Enfield Fellowship where you can play darts, cards, snooker and board games. We meet near Clay Hill. Please ring Gordon on 07505 983828 or Richard on 0208 367 3567 for more information.

RVS AND ENFIELD LIBRARIES

I wanted to spread the word about a **free** service that is provided by the Royal Voluntary Service in cooperation with the Enfield Libraries. We deliver library books, spoken word cd's, music cd's, and dvd's to housebound individuals and their carers every four weeks. We deliver to Enfield Borough residents in their homes, in residential homes, and are about to trial a service delivering withdrawn stock to a ward at Chase Farm hospital. All of our delivery volunteers have passed a DBS check.

We are trying to get the word out about the service as many people do not know that it exists, and if they do they assume there is a cost. If this is something that you would be interested in, or if you know someone who is, please contact me on the number or email address below. We have some leaflets available that I will gladly mail to you.

Shauna Teevan

Community Service Manager – Enfield Home Library Service

ROYAL VOLUNTARY SERVICE

Beck Court, Cardiff Gate Business Park, CARDIFF CF23 8RP

Telephone: 07826511094

Email: shauna.teevan@royalvoluntaryservice.org.uk

Web: www.royalvoluntaryservice.org.uk

Liberty Drives

*The best way to see
the parks for people who
find walking difficult*



Liberty Drives was founded by the Hyde Park Appeal in 1997 and has been operating with help from sponsors and donations from the local community. We run Monday - Friday 10:00-16:30, from May 1st to October 31st.

We have a fleet of six electric buggies which can accommodate 5 passengers plus one person in a wheelchair. These are operated by a team of enthusiastic volunteers from all walks of life who are keen to share their knowledge of the parks, and help make a difference to the quality of life for those less able.

We offer tours of the parks to take in the main sights. The tours take about 45 minutes to an hour. Tours can either start from our office in the Triangle Car Park or from a point of your choice. We can also offer a pick-up and drop-off service from various points within the parks.

We welcome bookings from individuals and groups. All we ask is that at least one passenger meets our mobility criteria.

This is a free service, but we do accept voluntary donations, which helps to keep the service running and make it available to more people.

Donations can be made either online or directly to your driver.



<http://www.libertydrives.org.uk>
07767 498 096
info@libertydrives.org.uk
Charity No: 1005326



Enfield Women's Centre

Try to help women achieve their potential through a range of services including counselling, training, health, exercise and fun activities. The ethos of the Centre is to support women to work towards economic independence and to become stakeholders in their own community by involvement in local structures rather than passive recipients of services. In particular we aim to work with women who are disadvantaged and marginalised

Telephone 020 8443 1902 or 020 8351 9128

info@enfieldwomen.org.uk

For more information and/or to book a place please message us on Facebook or contact us at 020 8443 1902 or 020 8351 8934 or email info@enfieldwomen.org.uk
Enfield Women's Centre, Vicki Scarlett House, 31A Derby Road, Enfield EN3 4AJ
Registered charity No 1002117

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Palmers Green and Southgate U3A: Learn, Laugh and Live!

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Play FootGolf at Lee Valley Golf Course

Lee Valley Golf Course is introducing FootGolf to the fairways! This fast growing sport is a fun fusion of football and golf and is perfect if you're looking for a unique group activity.



Book FootGolf today!

Adult £10

Junior (Under 16) £5

FootGolf is available to play on weekends and school holidays.

Call us on **020 8803 3611** to book your session.

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Soroptimist International of Enfield and District

Interested in making friends, meeting like minded women and raising money and awareness of issues which are important?

Come and join the Soroptimists, it may make all the difference.

Our focus is to help educate, empower and enable women, both at home and abroad.

We meet twice a month at The Bourne Methodist Church Hall, The Bourne, Southgate, N14 6RS



Contact Di Stracy
Tel: 020 8366 7641
Email: distracy@tiscali.co.uk

FOR WOMEN WHO WANT TO MAKE A DIFFERENCE

WWW.sigbi.org/enfield

WINCHMORE HILL BOWLING CLUB

Radcliffe Road N21 2SD

A FUN SPORT WITH A BRILLIANT SOCIAL PROGRAMME

Set in the heart of Winchmore Hill, just 4 minutes walk from the main line station.

We have 200 members comprising 135 players and 65 social members.

As a local club we are dedicated to providing an enthusiastic and friendly welcome to anyone thinking of joining us either as an experienced player or someone who is totally new to the game. If you just want to experience our wonderful social programme then join us as a Social member, you might in time like to give bowling a try.

We have qualified coaches who will teach you the game and provide expert guidance. All new playing members have a dedicated mentor to answer any questions during your first year and will also introduce you to other members. You will certainly build long lasting friendships when you join our club.

We offer discounted membership in your first year, a large free car park, bar, lounge area and a newly refurbished clubhouse.

We guarantee that you will not be disappointed.

GIVE US A CALL for more information. A no obligation visit can be arranged. Please come and visit... We look forward to meeting you soon....!

Membership Secretary... Bob Gowlett 020 83601772.

Bramley Indoor Bowls

Chaseside, Southgate (next to the Chickenshed Theatre)

This two rink facility offers affordable indoor bowling all year round.

Ladies bowl morning or afternoons Tuesday, Wednesday and Fridays.

Men bowl morning or afternoons Monday, Thursday and Saturdays.

Annual fee £70.

Come and join this friendly club.

Application forms available from Southgate Leisure Centre.

For further details email Margaret.Eustance@hotmail.co.uk

tel 020 8886 2013 or eric.devereux@yahoo.co.uk

Enfield Poets

Has it's own website. It has details about all our future readings and workshops, information about the group itself and our venue, and it will soon have a host of other exciting features, too. The website also has information about our great new poetry competition, judged by **Ruth Padel**, and you can download an entry form from the 'Competition' page. The address is:

www.enfieldpoets.com

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Holtwhites Bowls Club.

Holtwhites Bowls Club, originally a railway club until 1994, is 100 years old this year. We are a very friendly club with a good mix of competitive and social bowlers and have entries into National, County and local competitions and leagues.

We have a full programme of matches during the summer months (April to September inclusive) and many of these are mixed ladies and gents which are extremely popular. New members of all ages are very welcome and we run coaching sessions on Saturday mornings and other times by arrangement with Rod Smith (020 8366 3281).

Don't forget, we want all age groups and abilities to be represented so why not come along and give the game a try.

Holtwhites Bowls Club is affiliated to Middlesex Bowls, Bowls England and other Local Bowling Associations.

Membership of the bowls section includes social membership to Holtwhites Sports & Social Club.

Please do not hesitate to contact Rod for further details.

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OAKWOOD HORTICULTURAL SOCIETY -TRADING SHED

Our trading shed is open to all on Sundays from 10am to 12noon

We hold stocks of seeds, grow bags, potting composts, fertilisers, feeds, insecticides, fungicides, weed killers, and many other gardening products for sale at very competitive prices in large and small quantities.

Membership only £3.00.

To enquire about PLOTS, please ask in the Trading Shed on a Sunday

You can find us in the TRADING SHED, Oakwood Allotment Site, behind Ashridge Court, Reservoir Road, Southgate N14

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ENFIELD CROQUET CLUB

The Game

Croquet is a friendly outdoor sport for people of all ages which is easy-to-learn and played by both sexes. It is a skilful and tactical game which provides leisurely exercise and has a handicap system which enables players of different abilities to compete on level terms.

Please contact:

Marian Cuckson (Club Secretary),
Phone: 07982 259789, Email: marian7447@hotmail.co.uk

For more information please visit our website at www.enfieldcroquet.org

NEW

Enfield Croquet Club - free croquet course

Commencing 31 March, Enfield Croquet Club are offering a free training course in Bush Hill Park for anyone interested in learning about this delightful outdoor sport - ideal for both sexes, all equipment provided, optional dates available, coaching by experts. Flat shoes or trainers are the only requirement.

Enjoyable at all levels, it's a sport ideal for all which doesn't require strength, stamina or the ability to run around. Just stand still and hit a ball with a mallet!

Our friendly members look forward to passing on their skills and experience to newcomers.

Contact Marian Cuckson on 07982 259789 or marian7447@hotmail.co.uk for details, and www.EnfieldCroquet.org for additional information.

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SELBORNE BOWLING CLUB

Would like to invite you to join us at this really friendly club in Southgate. Learn to play bowls (coaching is free) and meet some new friends. It helps to keep you young! For more information, telephone Eric 07766 743 233 or Louis 07721 612 326

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The Game Of Bowls

Bury Street West (behind Salisbury House)

Have you ever thought "Now that's a game I'd love to try" but never got round to it, well now's your chance to have a go!

Bury Lodge Bowls Club is a very friendly club with an excellent social side, and would welcome anybody who is interested in giving Bowls a try without any obligation. It's a great game where you could make lots of new friends, and we are sure you would really enjoy it! So why not come along and one of our members will be more than happy to show you how to play this great game of Bowls.

We'll supply the tea, coffee and biscuits

For more info you can phone: - Peter on 8363 3099
Brenda on 8360 4632

There is a specially reduced membership fee for the first year
Please only wear flat soled shoes to protect the green from damage

new bus stop inside the grounds of Chase Farm Hospital, close to the main entrance.

With the new bus stop being situated directly outside the hospital's main entrance, it will make life a lot easier for patients and passengers who use local bus services to visit Chase Farm Hospital.



Scroll to next page for details of Enfield Chamber Orchestra

String players required!

**Do you play the violin or viola?
Have you made a New Year's
resolution to take your
instrument out and to play
again? Or are you new to the
area and looking for a
musical group to join?**

**ENFIELD CHAMBER ORCHESTRA
is looking for more members.
We rehearse on Monday
evenings during term time at
Oakwood Baptist Church,
Merrivale, Oakwood,
London N14 4TE**

**Why not give us a try?
You might enjoy it and we
would love to meet you!**

**Contact: 020 8360 4980
email:
info@ enfieldchamberorch.
org.uk
www.enfieldchamberorch.
org.uk/rehearsals**

**Conductor - Martin Smith
Leader - Sarah Colley**

