



18th August 2020 eNews 295

Dear Members

Hope all is well with you and your family and friends.

I would like to start off with heartfelt thanks to all of you who have renewed since receiving the latest copy of the Newsletter. We have been absolutely inundated and we have been very busy processing and getting the cards out. The post has been very sporadic here recently but has certainly picked up over the last week and I am hoping that the cards will be received by you in a timely manner. We are still concentrating our efforts on trying to restart activities and meetings and there will be more information available when this can be done safely.

Ruth Fathaddine

Office and Development Manager

ADVANCE NOTICE

Climate Change Meeting

Wednesday 2 September at 7pm

As the Covid-19 lockdown restrictions are gradually relaxed we are hopeful of a gradual resumption of activities. Recently we have been using the Zoom platform for regular committee meetings. We are intending to use Zoom to extend our meetings programme and by way of a pilot the Forum has arranged a joint meeting which **Enfield Climate Action Forum** is hosting for us. Climate change will affect us all and will increasingly impact on future generations and is an emergency that we need to prepare for now.

This meeting will have an impressive panel of speakers to talk about climate change and its impact. We can also learn about EnCaf, what it does and what we can do to make a difference **Please** make a note in your diaries to take part in this meeting. Fuller details of the programme and speakers will be sent out in the next eNews. You can register for this meeting at:-

https://us02web.zoom.us/meeting/register/tz0tdOitrzkoHtAwL7j8_LcgKDwLtmJV0mLJ

If you have not used Zoom before on your computer, tablet or mobile phone you can find our draft instructions on the Forum's website.

Fusion

Latest news from Fusion

We have received the following message about the re-opening of the leisure centres. Please note the changed dates and booking arrangements.

On Thursday 20 August the following centres and activities will be available again:

Albany Leisure Centre – gym and group exercise classes

Edmonton Leisure Centre – gym, group exercise classes and main swimming pool

Southbury Leisure Centre - gym, group exercise classes and main swimming pool

Southgate Leisure Centre - gym and group exercise classes

Fusion and the council are reviewing plans for the remaining facilities and will open these as soon as it is safe and viable to do so.

It has taken longer than hoped to open leisure centres again, because of Covid-19 requirements, particularly in relation to social distancing, fewer people will be able to use the facilities compared to normal which will mean substantially lower income received. There has been much discussion between the Council and Fusion regarding what it is both financially viable and safe for users and staff in order to be able to open again.

We have been specially asked to advise over 50s Forum members to check Fusion's website for information about how to book usage at the leisure centres (all time slots for usage - swimming , exercise classes, the gym will need to be booked online so that customers can be tracked and traced if required) and to read the new guidelines and rules in place at the centres, to keep everyone safe.

If you need more information, call or visit your local Fusion leisure centre from Thursday.

TV Licence Updates

All viewers aged 75 and over who had qualified for a free licence will have to pay as of 1 August, unless they are on Pension Credit. Around 900,000 people receive the benefit, yet it is estimated 1.5 million more could be eligible but do not claim. In total, 3.75 million people will have to pay the fee.

The BBC is sending out a 16-page letter and application form with regards to the over 75's free TV licence. The National Pensioners Convention (NPC) would like, as part of the next stage of its TV licence campaign, for people to tell it about their experiences of dealing with this application form and letter.

Comments or stories would potentially be used as real life cases in media and campaign information. It would only use any comments with permission and anonymously.

Should you wish, you can send your experience to NP. via email info@npcuk.org or leave a telephone message on 020 7837 6622.

Health News

Face Coverings

With face coverings now mandatory in many public places, we understand GP practices have had patients contacting them seeking verification of exemptions from their GPs. There is no requirement for an individual to prove that they have a valid case for exemption if they cannot wear a face covering, therefore, GPs are not expected to provide verification of exemptions.

Further, a patient should not be refused entry to a medical care premises or access to care if they are unable to, or refuse to, wear a covering. This should be clearly communicated to all patients. Those who have an age, health or disability reason to not wear a face covering should not be routinely asked to provide any written evidence of this.

Ordering Repeat Prescriptions

NHS England has clarified its guidance that suggested all patients will have to order repeat prescriptions online. It says that while GP surgeries are asked to encourage patients to go online, telephone orders are still acceptable.

“I can confirm that NHS England and NHS Improvement have not asked practices to stop taking requests for repeat prescriptions by phone,” said Dr Nikita Kanani, Medical Director for Primary Care, NHS England, in a written reply to Jan Shortt, General Secretary, National Pensioners Convention.

Changes to A&E

NHS bosses are planning to [introduce a “111 first” model](#) for accident and emergency before the winter. The new systems, aiming to prevent overcrowding in A&Es ahead of a second covid wave, are being trialled in Portsmouth and Cornwall and set to be tried in the North East soon.

Under the plans, NHS 111 acts as a “triage point” so people needing urgent treatment can “book” their care. Some would still go to A&Es, but others may be able to instead be sent to urgent treatment centres, primary care or specialist-staffed “hot clinics”. People who turn up to A&Es unannounced would still be treated, but it is hoped the public would see “111 first” as the most convenient way of accessing urgent care.

Flu Jabs

More than 30m people will be offered flu jabs this year in the UK's most comprehensive flu programme ever – posing a huge workload challenge for GP practices in the midst of the COVID-19 pandemic. The government has confirmed plans to extend the annual flu vaccination programme to all over 50s, although it won't begin until after immunisation of at-risk groups is ‘well underway’. This means around 10 million more people will be eligible for free vaccinations, in what ministers said will be the “most comprehensive flu vaccination programme in the UK's history”. Vaccinations are typically provided to over 65s and certain vulnerable groups.

COVID-19 symptoms

If you have any COVID-19 symptoms (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste) please stay at home and self-isolate. You should book home test immediately by calling NHS Test and Trace on 119 or visiting www.nhs.uk/ask-for-a-coronavirus-test

Worried about cancer symptoms during the coronavirus pandemic?

There have been up to 70% fewer suspected cancer referrals across north central London over recent weeks as patients with possible cancer symptoms are putting off contacting their GP practice for fear of coming into contact with the virus or because they believe their GP practice is closed.

The 'Worried about cancer symptoms during the coronavirus pandemic?' video features Macmillan Cancer Lead GPs Dr Kate Rees (Haringey), Dr Zareena Cuddis (Barnet), Dr Nitika Silhi (Enfield) and Dr Clare Stephens, Senior Responsible Clinical Officer for Cancer Commissioning in North Central London.

The video encourages patients who are experiencing unusual symptoms that could be cancer, to contact their local GP practice. Telephone and video consultations with GPs are available and patients will only be asked to come to their local GP practice or go to hospital if it is safe to do so. Early detection of cancer greatly increases the chances for successful treatment.

<https://www.youtube.com/watch?v=23B8aASyZ3A>

Translations

The Greater London Authority is offering translations of essential Covid-19 guidance.

It says: "From our engagement with communities we know translation is a key issue. As part of the Mayor's #LondonTogether campaign, we've been working closely with Doctors of the World to ensure all Londoners with limited English receive the health guidance and support they need.

"To help do this we've translated the key Covid-19 guidance below into priority languages, and have developed free social media assets and ads to make sure this information reaches key communities:

- General COVID-19 health guidance
- Face coverings
- Advice for migrants and non-UK nationals

Resources available

- **Infographics and videos** in this [Google drive](#) on social media. This includes: **Vietnamese, Cantonese, Turkish, Bengali, Kurdish, Romanian, Spanish, Portuguese, Bulgarian, Polish, Urdu, Punjabi (Pakistan), Punjabi (India), Gujarati and Yiddish.**
- [Translated audio guidance](#) by Doctors of the World.
- [Our website](#) with further translated information by Doctors of the World.

- Our [Employment Rights Hub](#) for information about different employment rights plus details of what to do if you're having trouble at work - translated into 20 languages.
- [Further resources](#) created by London councils including information on [Test and Trace](#).

www.doctorsoftheworld.org.uk/coronavirus-information

Enfield Council News



Free entertainment and arts events across Enfield

Enjoy Enfield Summer launches on 14 August, a fortnight of free, socially distanced entertainment across the borough. From walking tours, to poetry readings, comedy to art, there's something for everyone. Some events will need a free ticket which you can [book here](#). Don't forget the [colouring competition](#) where you could see your image of the Enfield beast displayed across the borough.



Tasty meal deals with the Eat Out scheme

Hundreds of Enfield restaurants are now offering tasty discounts to diners, with the Eat Out to Help Out scheme. The promotion gives people a discount of up to 50 per cent on food and non-alcoholic drinks. It is hoped the scheme will provide a boost to the hospitality industry, now that lockdown measures have been eased a little. To find out who is participating, check out the [online venue finder](#).



Going (Lady) Gaga for lockdown music lessons

Kids can start their journeys towards becoming the next Camila Cabello or Drake with online lessons from Enfield Music Service. So far, 10,000 lessons have taken place online and both lessons and group activities can be booked through the [Music Store](#). Frequently asked questions, including information on group sessions can be found [here](#).



Keep fit remotely with Active Enfield classes

If you're looking for a way of keeping fit, then you're in luck because [Active Enfield](#) has a tonne of online exercise classes to get you sweaty and healthy. Whether you fancy channelling Bruce Lee with a pot of martial arts, yoga in your PJs or prefer the slightly more refined online ballet classes, it doesn't matter - they're all really good for you.

SOCIAL CARE

AGE UK says: Boris Johnson promised to fix social care when he became Prime Minister over a year ago. In that year, our already broken care system has been decimated by coronavirus. The need to fix care for good has never been clearer. That's why we handed over 100,000 signatures to Number 10 demanding that the Prime Minister keep his promise to fix care. And the response we had was just amazing.

On the day of the hand-in, six national papers picked up our [story](#), over 6,000 people tweeted the Prime Minister and we sent nearly 10,000 emails to over 500 MPs asking them to speak up on care. I'm incredibly proud that we're making headlines and pushing a national conversation about care reform.

We're going to keep the pressure on in the next few months to make sure care stays at the top of the Prime Minister's agenda. We urgently need a new care system that we can all rely on to look after our loved ones.

News from the Police

Edmonton Police Station. This front counter is temporarily closing. We're creating better and more modern facilities and while refurbishment work is ongoing, this counter will be closed from 7 September 2020. We expect to be re-opening here on 9 November 2020.

We apologise for any inconvenience caused. During this time, your nearest police station front counter will be Enfield Police Station. This will be open 24 hours a day. This is located at Enfield Police station, 41 Baker Street, Enfield EN1 3EU.

The nearest tube stations to Enfield Police Station are Enfield Town (5 minutes' walk). Bus W8 from Edmonton Green Train station towards 'Chase Farm Hospital' will take you to the Civic centre which is next to Enfield Police station and takes about 20 minutes.

Detectives urge vigilance against distraction burglars

Metropolitan Police - Aug 12, 2020 07:00 BST

Detectives are urging people to be vigilant about who they let into their homes after receiving reports of burglars posing as a police officers to gain access to properties.

The safety advice is being given after recent incidents across London where a suspect has posed as a police officer so trick his way into homes.

Usually, the trickster would give a fake reason for needing to check their home and once inside would steal valuable items without the victim's knowledge. The victim would only realise something was stolen after the burglar had left.

Detective Inspector Daniel Thompson, from the North East Basic Command Unit, said:

"We want to remind the public to be vigilant against distraction burglars, who often prey on the elderly and vulnerable.

"Distraction burglars pose as someone with fake ID, or a uniform, to gain your trust and access your home under a false pretence to steal.

"They could say they need to check your meters, fix plumbing leaks, or virtually any official reason to enter your home – including posing as a police officer.

"Utilise your spyhole or door chain where possible and always remember to ask for an ID badge or paperwork. If you are in doubt, call the official number for the company they say they are from – do not call a number they give you - or contact the police.

"If they say they are a police officer, ask to see their warrant card and ask for their name and warrant number. If you are still in doubt, call the police on 101 to clarify what they are telling you is the truth. Any genuine police officer would not mind you doing this, and would in fact encourage it."

Top tips to protect against distraction burglary. Always:

- Check who is at your door through the window or spyhole
- Use the door chain if you do not recognise the person
- Ask for ID or documents – genuine employees will have these
- If unsure – call the company the person says they are from and ask them to confirm employment
- Anyone claiming to work for the Metropolitan Police Service will have a warrant card and can be confirmed by calling 101
- If you suspect a crime – call 999 or 101



After many long weeks, Forty Hall House is reopening!

*We hope you and your loved ones are well.
We wanted to share some good news with you.*

We are very excited as we are finally able to re-open Forty Hall starting from Saturday 4th July, and every weekend from 11am to 4pm. We have missed our regular visitors and are looking forward to welcoming new visitors to our beautiful Jacobean Manor House.

The Chamber is once again open after extensive repairs to a crack in the ornate ceiling that was caused by a defect on a beam that is nearly 400 years old! The ceiling looks amazing! You must see it! We also have two new oil paintings on display from Enfield Museum Service.

*Please make sure you book your slot in advance either [online HERE](#) or by calling our wonderful Box Office Team on **020 8807 6680**.*

There is no entry fee but your booking will help us manage social distancing in the hall. We also ask that you wear a face covering when you come to visit us and use the hand sanitiser that we will provide on entry. We have also set up one way directions around the house.

During your visit, wander through our period rooms or shop in our Gift Shop, with lovely new stock from local Artists including face masks by Tropical Bird, Jewellery by Abby Hook and summer scarves by Peony London. Please be aware that we can only take credit card payments.

We look forward to seeing you!

Don't forget, Forty Hall Gift shop is Open every Saturday & Sunday, 11am - 4pm.

With pocket money toys for the kids, our Forty Hall candle range, locally sourced summer scarves and Forty Hall Vineyard organic award winning wines, there is something for everyone.

CHICKENSHED

Are you of 'mature' years, or isolated/shielding and would like to correspond with a younger person?

Or do you know someone who you think would benefit from some extra correspondence each week during this time?

A person who would enjoy writing about themselves and learning about someone much younger?

Living Letters- an intergenerational letter writing project

During recent times we have appreciated connection more than ever, the value of a conversation and human interaction has become more important as time has passed. For many of us this regular communication is not as often as we would like and we are missing meeting people.

Chickenshed Theatre based in Cockfosters, is reacting to these challenging times with a brand-new initiative for people over 70yrs, or those who find themselves more isolated or having to shield during this period. Living Letters is a project that connects people, and in doing so aims to improve communication and develop intergenerational friendships. Our young people are keen to connect with the more 'mature' or isolated members of our community - finding out about their lives and comparing them with their own, especially during these times of uncertainty. We are all experiencing change in our lives - no matter what age we are - and it's good to share these experiences with each other.

Are you of 'mature' years, or isolated/shielding and would like to participate? Or do you know someone who you think would benefit from some extra correspondence each week during this time? A person who would enjoy writing about themselves and learning about someone much younger?

If you do, the only thing we ask is that you/they have access to email. We will guide you/them through the whole process and give plenty of support. There is no charge to be involved.

Living Letters - How Does It Work?

The participants are gently guided through a four week on-line programme of correspondence, where they are paired with a writing partner from Chickenshed's Young Company. The couples are encouraged, through letter writing, to reflect on life, share histories and swap stories with the aim that through this unveiling process, human connections are made and friendships are formed.

At the end of the four week process the pairs are brought together to finally meet in a virtual 'zoom' chatroom, they are then invited to join our social network where they can continue meeting people and interact daily with our Space Between Us community.

<https://www.chickenshed.org.uk/living-letters-summer-20>

Please contact Rachely@chickenshed.org.uk to sign up for this summer



EAWA
SOCIAL HUB
OPEN TO ALL
COMMUNITIES

ARE YOU 50 PLUS? WOULD YOU
LIKE TO MEET NEW
PEOPLE/MAKE NEW FRIENDS/
INTERACT /SOCIALISE?

OUR OFFER:
MEET WEEKLY.
PARTICIPATE IN
ACTIVITIES (**FREE**)
GO FOR
LUNCH/SHOPPING IN GROUPS
(**AT YOUR OWN COST**)

TO REGISTER YOUR INTEREST
PLEASE CONTACT ME:

CHHAYA TAILOR
TE:07782541789
EAWASOCIALHUB2020@GMAIL.COM

VENUES
EDMONTON GREEN LIBRARY
ENFIELD TOWN LIBRARY

FROM AUGUST 2020

Enfield & Southgate WEA

New on-line courses using Zoom

Nobel Prize-winners for Literature (course reference: C2421703)

A Social History of 20th Century Britain in Film (C2421684)

History of Ideas (ref not confirmed)

A Closer Look – 12 Masterpieces (C2421649)

A Cultural History of Victorian travels (C2421698)

Art – Ten Important Artists (C2421646)

England's Green and Pleasant Land (C2421680)

Starting from 14 September 2020

Booking opens 13 July for members and 20 July for non-members

Course fee £28.80

If you receive certain benefits you may be entitled to a free course.

To enrol please quote the course reference online at wea.org.uk or by ringing **0300 303 3464**

Affiliated Groups News

Mayfield Athletic Table Tennis section

The club, situated in Kenmare Gardens, is restarting after the lock down. If you are interested in joining the club details are available from Ben Payne ben.payne@talktalk.net

North London Humanist Group

The group provides activities for non-religious people. In normal times it holds monthly talks and discussions at the Ruth Winston Centre, social get-togethers such as meals out, a garden party in the summer and local theatre visits. During the lockdown our meetings are Zoom sessions, with interesting speakers. Details of our current activities and meetings can be found on our website: www.northlondonhumanists.org.uk

Groveland Bowling Club

The club in Grovelands Park is open during the restriction on every day between 2pm and 4.30 pm except for Sundays. Anyone fancying their hand at bowling just pop along or give Grovelands a ring on 020 8886 0484.

Adoramus Choir Still Singing Still Praising in Lockdown

2019-2020 will go down as the strangest year ever for Adoramus. A choir of 70 which performs three or four major concerts every year has had no concert performances at all. This is the first time such a thing has happened since our formation in 1996. First came the shock news in November just before our grand concert in the Grand Hall at Latymer School celebrating Berlioz' 200th anniversary, would have to be cancelled due to heating problems at the school. We stood down no less than 200 performers as this was a joint concert with the London Forest Choir plus the Children's Polish Choir based in Enfield and a large orchestra. Fortunately our insurance covered the expenses in full.

We then rehearsed for our Easter Concert performing a work written for us by Southgate composer and choir member Robin Stephenson. Then, of course the pandemic came and we had to postpone this concert and rehearsals stopped. A summer concert is out of the question. Singing, so good for our mental health, has become a high risk activity

When the start of term came we realised we needed to find other ways of doing things. For many of us it has been a steep learning curve to use Zoom for our rehearsals on Tuesday nights. The voice is an instrument and needs to be exercised regularly. We have learned how to become a virtually choir, singing individually at home and waiting for the results. We are so grateful to our Music Director David Hooke for his skill in facilitating this. You can hear a sample on this link: <https://youtu.be/1wD6tA5BJUY>. We hope more of our members can embrace this technology.

We also enjoy social time once a week as our fellowship is so important to us. We really miss being together as is the case with all our organisations.

Probus Club of Enfield

Here is some news of the Probus Club of Enfield and how the lockdown has affected us!

February saw us participating in the Enfield Over50's Forum Winter Fair with our usual table, advertising for new members and YES!! two prospective new members attended our early March Lunchtime meeting! Plus the promise of two future talks from other organisations also attending the Winter Fair.

Unfortunately we have not been able to meet since during the lockdown, but have kept in touch with phone calls and Club newsletters sent out by email and post. Our meetings are cancelled until September.

Our planned June visit to the Bluebell Railway has been moved to October but we are not hopeful that we will be able to visit even then!

A planned Special Luncheon in honour of our Ladies, re-scheduled for November, may also not be able to take place if the venue is unable to open for business. Time will tell!

We would normally meet at the Jolly Farmers, Enfield Road on the second Tuesday of each month at lunchtime.

If the venue is unable to accommodate us in September then the Club will review things, with a possibility of finding an alternative venue where Covid 19 precautions can be more easily taken. Again only time will tell!!

We are a retired Gentleman's Club. Our meetings include lunch and an after dinner talk from a visiting or in-house speaker .. usually illustrated. We also try to have visits to places of interest fairly regularly.

We have already enjoyed visits to the London Postal Museum and Railway, The Royal Hospital Chelsea .. home of the Chelsea Pensioners, the Bank of England Museum, Queens Club Wimbledon and Theobalds Farmhouse Gardens.

We welcome new Members .. please contact our Secretary, Mike Palos for information.
Email mp015b2441@blueyonder.co.uk

Winchmore Folk Dance Club

During lockdown it has, of course, been impossible for the Folk Dance Club to dance together and so they have made do with watching other people dance on videos, whilst sharing news and websites with each other. Below are the links to SHREWSBURY LASSES and MR BEVERIDGE'S MAGGOT. They say "In our mind's eye we are those gorgeous creatures sweeping to and fro in our silk dresses, or silken breeches.....
If only.

[Pride & Prejudice] Mr. Collins awkward dance with Elizabeth
<https://youtu.be/LKNj7wVhyP8>

<https://youtu.be/76fv-ws1rq4>

Enfield and District Veteran Vehicle Society (EDVVS)

The Enfield and District Veteran Vehicle Society (EDVVS) is a very active group with over 300 members with two main meetings a month and regular meetings for our sections: the Railway Modellers, Bikers and Custom Cars. Many of the Members are in the vulnerable category and some have had to shield throughout the lockdown. Only recently have we been able to drive our classics for more than a trip to the supermarket. We have literally been driven into our garages, sheds, workshops, and yards to work on the vehicles and activities related to our hobby. It has hit us hard and sadly two of our members have lost their lives to this awful virus.

We meet at the Whitewebbs Museum of Transport, which had to be closed by the Trustees on March 17th. The Museum is a charity and entirely dependent on the revenue from the regular openings each Tuesday and the special shows and events on our Open Days on the last Sunday of the month and the annual Enfield Pageant of Motoring. This event takes place, as I am sure readers are all aware, each year over the late May Bank holiday and uniquely is a three day event. Members of the Society work tirelessly to plan a huge attraction for families from far and wide-providing food, entertainment, music,

car displays as well as the famous autojumble and related stalls- literally creating a village on the Enfield Playing Fields each year. Pageant week is full-on, exhausting but hugely enjoyable for all the volunteers.

The Pageant was started 42 years ago. Its purpose was to raise money for a building to house historic vehicles and the Pumping Station in Whitewebbs Road was purchased, renovated, adapted and turned into the attraction we have now. It has been open for 25 years this year. It is staffed by members of the Society who work as volunteers under the direction of the Trustees of the Museum (EDVVT). Members of the Forum know how important volunteering can be to individuals and, as you can imagine, having no meetings and summer events to look forward to has been very sad. There is also the significant loss of income.

We are all looking forward to the day when we can re-open to the public and resume our activities.

For details of the EDVVS and the Whitewebbs Museum of Transport see our website www.whitewebbsmuseum.co.uk

Age UK Enfield – responding to the crisis

We at Age UK Enfield have been busy re-arranging and reorganising our services, to ensure that we are meeting the needs of older people throughout the borough. We know that many older people are feeling extremely worried and anxious, and that things are changing rapidly. We are here to help you through this.

As well as the thousands of older people we already help each year, we have been hearing from those who previously have been managing quite well, and who have never needed our services before. We want to make sure that everyone who may benefit from our services knows what we do, and how to get in touch.

Our Information and Advice service continues to provide essential support for people needing help with a specific matter, help with applying for benefits, issues with housing and much more. Our trained advisors are experts, and if there's something they don't know how to help you with, they will know someone who does.

ICan supports people to remain independent and healthy within the community, and can navigate around the various networks of services to ensure each person can get the personalised care they deserve.

Our specialist dementia hub the Parker day centre normally sees around 80 people per week; we have now reorganised this service so the staff are visiting clients at home – an essential source of continuity, stimulation, companionship and fun, as well as some much needed respite for their carers.

Our home care offers personal and practical care around the home, as well as stimulating social activities and respite where needed. Through our memory care project, and health and wellbeing project, we support and enable older people to maintain good health and keep their independence. As part of our Coronavirus response we provide emergency food parcels, and have developed a hot food delivery service in partnership with Enfield Catering, meaning that people are getting a nutritious meal delivered every day, as well as checking in to see that they are ok.

We have been collecting people's prescriptions, doing shopping trips, and our popular dementia choir is running weekly online sessions. We have delivered Home Exercise packs for people to exercise at home, as well as put exercise classes online for those with internet access.

We have a dedicated group of staff and volunteers who love working with older people, and take pride in providing the best service possible. If you think there is anything that we may be able to do to help you, or someone you know, please do get in touch.

Ben Ingber
Chief Executive Officer

GET MOVING!

Health professionals keep telling us that activities, such as walking, are essential to stay healthy. We are blessed in having several lovely municipal parks and the marvellous Trent Country Park on our doorsteps. To add a bit of variety in these long days of lock down it is worth thinking of the newly reopened pitch and put courses. You may have tried this at the seaside but the local courses are much better than the typical seaside effort. The pitch and put courses in Grovelands Park, near Southgate station, and Oak Hill Park, near East Barnet Village are well maintained attractive places to spend an hour or so. You can hire equipment at a reasonable price. Grovelands currently has an offer of £7.50 for a round of golf, a ball, a scorecard, a pencil and hire of clubs. Both can be found by Googling "Pitch and Put in Enfield" Just one caution: if you are a beginner and making slow progress round the course it is "good manners" to invite people who you are holding up to pass through. Maybe see you there.

John Ball
www.instructorlive.com

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