



Happenings 25

June — September 2015

This issue includes news of various activities we have planned as well as reports on some that have taken place, including a report on a conference for International Women's Day, which was jointly organised with the London Borough of Enfield, and a very successful Vintage Tea Party.

We are working closely with the NHS IAPT Team (Improving Access to Psychological Therapies) to deliver a series of workshops which we hope will prove useful, as well as working together on referrals. Our Counselling Service continues to receive referrals from professionals across the borough as well as individual women referring themselves.

June will see the start of a new service for women and girls experiencing female circumcision. This project is in partnership with the Enfield Children's and Young Peoples Service. We welcome individuals and referrals for this.

We continue to hold our coffee mornings, some with speakers. These are an opportunity to meet us, other people and have fun. The New Horizons 50+ group is also being re-launched.

Summer outings include a trip to the seaside, Whipsnade Zoo and Knebworth House. Our children's street dance group 'EKnight's' are holding an afternoon of Streetomedy with the delightful '**Twist and Pulse**' (of 'Britain's Got Talent' fame). There are a few places left for 8—13 year olds—details inside.

Let us know what you think—write to us with your views— everything we do was somebody's idea once. We do welcome ideas and, where possible, we follow them up. The only constraints are time, people and money.

We hope you like the contents of this newsletter and also, that you are able to join us for some of these events.

Enfield Women's Centre

EWC is a charity operating in the North London Borough of Enfield. We provide women and girls a safe place where they can be listened to as well as opportunities to overcome challenges in order for them to take their rightful place in our community.

These include: Counselling (member of the British Association of Counselling and Psychotherapy). Training (member of the Enfield Council Learning and Skills for Work Service, Ofsted regulated) offering a range of courses including Personal Development and IT. We offer weekly street dance (kids) and Zumba classes, monthly walks, talks, etc. on various topics. We offer support and advice to individual women on a range of issues including referral to other services. Social activities include Leading Ladies cinema group, outings (theatre, seaside, other) socials, etc. We work in partnership with the local statutory sector through various fora including Domestic Violence, Enfield LGBT network, etc. We need and welcome donations to support our work (standing order and Gift Aid welcome). We are an Investors in People organisation.

Enfield Women's Centre

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Registered Charity No 1002117





LILY

drop-in sessions for women that have experienced female circumcision.

It's an opportunity to explore emotions that have arisen from that experience with a qualified counsellor either one to one, or in a small group.

Sessions will last for 50 minutes and take place
on a Monday from 10.00 - 3.00

For more information or to make a referral please contact the office

Equality for Women = Progress For All

International Women's Day Conference - 4th March 2015

About 130 people gathered at the Dugdale Centre in Enfield Town to attend the event jointly organised by the Enfield Council Communities Team and Enfield Women's Centre. Speakers included Cllr Yasemin Brett, Cabinet Member for Communities, Roxanne Halsey of UK Feminista (Workshop 1), Mirela Sula of Migrant Women Magazine (Workshop 2), Lucy Holmes, Founder of the No More Page Three Campaign (workshop 3), Kate Anolue, Chair of Bring Back Our Girls, Cllr Joanne Laban, Barbara Le Fevre and Ginnie Landon of Enfield Women's Centre. Themes for the conference were political, social and economic equality between women and men.

The three key speakers were followed by workshops on their talk - the first workshop was titled 'Getting Involved' and looked at how women can take a more active role in their communities at various levels. Recommendations from this workshop included; 1) provision of positive role models, 2) encouraging employers to provide work place nurseries and flexible working hours and 3) holding events such as the 'I Want A Say' event held by Enfield Women's Centre some years ago. The second workshop was titled 'The Economic Empowerment of Women' and recommendations included were; 1) Increased flexible and home working, 2) Workshops to encourage women to come forward in leadership roles and 3) Scrutiny of gender gap and pay. The final workshop was 'Countering Negative Perceptions of Women and Girls' and recommendations to come out of it included; 1) Many boys and men behave negatively through negative role models - need support to challenge this behaviour, 2) Individuals, groups and organisations to challenge casual sexism, join campaigns and support initiatives which challenge them and 3) Parents to be more aware that children are actually affected by media/culture acceptance of sexualisation.

There was a good mix of ethnic backgrounds and ages. The Council and Enfield Women's Centre are committed to arranging a conference next year and we hope you can be with us. A report is being completed and will be available when finalised.

Enfield Women's Centre would like to thank Councillor Yasemin Brett for her belief in this event and LBE Officers Ilhan Basharan and Tina Uhrnowycz for all their hard work and support in ensuring a successful event.



Outings in Summer 2015

We have arranged three trips this summer, Walton-on-the-Naze, Whipsnade Zoo and Knebworth House. We appreciate that many of us are finding things particularly difficult at the moment, and so have sought sponsorship for the trips. We will not know the outcome of that for a few weeks. It is fair to state that we are cautiously optimistic.

Many of you have asked if we are doing the trips and in order to ensure we do not disappoint people we have booked the coaches. Prices quoted are the 'cost' of these activities. EWC is not seeking to make any profit. In the event the sponsorship does come through, we will ensure that everyone is able to benefit from it. What we propose is that people pay 50% when booking. As soon as we hear about the sponsorship we will calculate what we need to do re any balance payment.

Walton-on-the-Naze Sunday 2nd August



Walton-on-the-Naze is a traditional English resort which, with sandy beaches, safe bathing and the UK's second longest pier, "ticks all the boxes". Close to rare bird life and fossil finds, Walton is a well-known site for collecting fossils, or you can buy from the man with a caravan on the Naze. He also helps identify your own finds. You are welcome to either, bring a picnic and join us on the beach or to make your own arrangements.

Whipsnade Zoo Sunday 16th August



Whipsnade is the largest zoo in the UK and has a range of animals, activities and facilities to help make your day a memorable one. Bring a picnic or try out one of the food outlets at the zoo. There are two buses and a train to help get around the zoo.

Knebworth House Sunday 6th September

This visit has joined Walton-on-the-Naze as a firm favourite with our supporters. A historic house, home to the Lytton family for over 500 years, surrounded by 250 acres of parkland including 25 acres of formal gardens, dinosaur trail and adventure playground and picnic area. It is fair to state that there is something here for all the family. Spot the location for a favourite film or TV show.



These prices are for EWC members			
All non-members please add £6.50 to the total for 6 months membership.			
(annual membership is £12.50)			
	Walton	Whipsnade	Knebworth
Adults	£12.50	£25.00	£17.00
Concessions	£10.00	£23.00	£16.00
Children	£7.50	£20.00	£12.00
Under 3's coach only	£7.50	£8.00	£6.00

Remember—if the sponsorship comes in we will immediately pass it on.

Coffee mornings

We have a series of coffee mornings, some of which will have speakers or other activities. Drop in for a chat and a cup of coffee; make friends or just find out what we are doing. Suggested donation for coffees etc. £1.00

**Meets at the Ponders End United Reform Church Hall, College Court, EN3 4EY
from 10.30 —12.30. Opposite Ponders End Library**



Wednesday 17th June

Come along for coffee and a chat. At this session we will be looking at ideas for future activities for the New Horizons 50+ Women's group. Do come along and share your ideas with us.

Wednesday 24th June



**"Overcoming Sleeping Difficulties" workshop
All are welcome to attend!**

Struggling to fall asleep at night? Waking up too early? Sleep is an essential part of feeling well and happy, but almost everyone experiences sleep problems at some point in their life. Come along to learn about what can keep sleep difficulties going, and the tried and tested techniques that you can try at home to get your sleep back on track.

Enfield IAPT (Improving Access to Psychological Therapies) is an NHS service offering brief psychological therapies for people with mild to moderate problems of depression, anxiety or stress. The service is available for all Enfield residents from the age of 16 registered with an Enfield GP, and can be accessed by self or GP referral. In addition to providing individual and group therapy, Enfield IAPT run workshops within the local community and will be running a series of workshops for the Enfield Womens Centre this summer.

Wednesday 8th July

One Support Tenancy & Benefits Sustainment Service



Come along, have a coffee, meet people and get information and advice on risks of homelessness, eviction, tenancy sustainment and benefits advice in general.

Dates for the summer sessions

Wed 17th June Coffee Morning - Discussion on New Horizons group activities

Wed 24th June Coffee Morning - Workshop on 'Sleep' with IAPT

Wed 8th July Coffee Morning - talk from One Support Tenancy & Benefits Sustainment Service

Wed 22nd July Coffee Morning - watch this space

Wed 19th Aug Coffee Morning - session with IAPT—topic to be confirmed

Wed 2nd Sept Coffee Morning - watch this space



National Play Day—Wednesday 5th August— Enfield Town Park.

12 noon till 4.00 p.m.

Playday is the annual celebration of our children's right to play. It is a national campaign where thousands of children and young people all over the country get out and play at locally organised events. Enfield Council's play development team has put together a day packed with exciting fun events.

This FREE day is open to everyone. Activities in the past have included; bouncy castles, arts and crafts, dance workshop, face painting, play activities, games, balloon give away.

We will be there on the day —do come and say hello.



EKNIGHTS

For a number of years we have supported a group of young people in providing a street dance class for children. For many years the group was known as STARZ and were frequently invited to perform at various festivals and other local celebrations. They changed their name last year to the EKNIGHTS.

This summer they will be performing at the **Southgate Beaumont Barchester Care Home on Saturday 4th July** at their annual garden party. Come along for a fun afternoon with entertainment and yummys. Southgate House 15 Cannon Hill, London N14 7DJ

On **Saturday 11th July** there will be much excitement amongst the younger members of the group—we have the wonderfully talented **'Twist & Pulse'** (Of Britain's Got Talent fame) coming along to run a **Streetomedy Workshop**. These are for 8—13 year olds and will run from 4.30—6.30. There are some places left at a cost of £20 per child.

Contact the office if you would like to book your child in for this fun afternoon.



Vintage Tea Party report

We were nervous about this event, but in the end, it was a major success. All those who came stated they had had a lovely afternoon. The food, sandwiches, cakes and scones with jam and clotted cream were plentiful. We thank all those who donated the crockery, baked cakes, made sandwiches and helped set up, serve and clear away. We specially thank Samantha Neal, Manager of Barchesters who arranged for us to have the party there and Tesco Ponders End who donated the scones, jam and cream. We fully intend to do it again.

EWC - Transitions

Things here at base are getting exciting. We have had a series of meetings about improving the facilities at Derby Road. Primary amongst the drivers for these changes is a need to ensure disabled access and provision of accessible space for services to the women and girls in this community.

We have been collecting quotes and preparing funding bids. We need, however, to show the funders that we are doing some fundraising to help ourselves. This is where we need the help and support of the people that have used our services and accessed our activities over the years.

We have the beginnings of a good Fundraising Sub-group who are busy organizing ways to raise the money we need. It would be good to hear from any of you that might be interested in helping with this. Activities planned currently include a Pamper Day and a charity stall in the Enfield Town market. We also have stalls at other people's events - including school fetes, etc. We clearly need to do much more and would like to have a team who can share doing stuff on a rota.

Why do we need a Women's Centre in the 21st century? For the same reasons we needed one before. Women and girls still face the same challenges and horrors including discrimination, physical violence and sexual violence. These have an impact on how we are able to cope with our daily lives and being able to access support for these is critical. We need you to help us provide that support.



How you can help us

By joining the previously mentioned **fundraising team**, either as a regular member or by going on the list to help out at events.



By helping out as a **volunteer**; we need people with a range of skills including:

Book-keeper - could suit a retired person or someone training to be an accountant - we would ideally like someone that can commit to being with us for a while.

Project workers - to help to ensure our various activities run well and to assist in the development of new ones.

Support at events - setting up at fairs and festivals, staffing the stall, meeting people, assisting at fundraising activities in a wide range of ways.

Coffee morning helpers - help set up, offer hospitality, join the group, etc. A chance to meet more people, find out what is happening, whilst helping out at the same time.

General admin/reception work - we welcome people with office skills and experience - we can assist in re-building confidence and building a CV if you have been out of work for a while.

Counsellors - must be in final year of Diploma or doing a Masters or PhD in a related area, e.g. Counselling Psychology

Walk Leaders - we need women who are keen on helping to lead our regular walks around the parks, we always work in teams and training will be provided

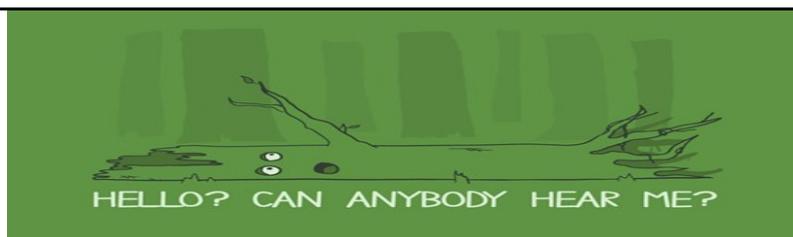
Membership - by joining Enfield Women's Centre as a member you help us know we have supporters out there as well as the financial benefit to EWC. The annual subscription has remained the same for the last two years and is £12.50 per year or £6.50 for 6 months.

Donations - Independent donations allow us to offer a range of services which we might not be able to offer under strict funding regimes. This means we can be creative and responsive to what women and girls need.

Walks for Women & their Families

An opportunity to meet new people, whilst wandering through beautiful parks and countryside. These social walks, for women & their families (includes male family members, children & dogs on leads!), generally last about 2 hours & cover mixed terrain.

We offer minibus transport to more remote parks and ask for a donation towards the costs - £3.00 per adult & £1.50 per child. Please call the Centre by noon on previous Friday to book a place on the minibus.



Date & time	Venue meeting point
Sunday 5th July 2.00 p.m.	Lea Valley Park , Fishers Green Car Park, Stubbins Hall Lane, off the B194 from Waltham abbey (Crooked Mile). Take the left hand fork (right hand goes to Hayes Hill Farm) Head for Fishers Green Car Park and Toilets
Sunday 2nd August	Coach trip to Walton-on-the-Naze. A traditional English seaside with safe bathing, walks, pier, etc. Prices on page 3
Sunday 16th August	Coach trip to Whipsnade Zoo. Prices on page 3.
Sunday 6th September	Coach trip to Knebworth House , gardens, dinosaur trail, adventure playground and more. Prices on page 3

Share a Hint

Ants, ants, ants everywhere... Well, they are said never to cross a chalk line. So, get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself and let us know

When you get a splinter, reach for the sticky tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, and then pull it off. Scotch tape removes most splinters painlessly and easily.

Crayon marks on walls? This worked wonderfully! A damp rag, dipped in baking soda. Comes off with little effort (elbow grease that is!).

Send us your tips. We can't pay for them but we will try to publish them.

CALENDAR
June — September 2015

June

- Sun 14th Walk - Epping Forrest - High Beech meet at coffee shop on hilltop at 2.00
- Mon 15th Launch of group - LILY 10.00 - 3.00
- Wed 17th New Horizons coffee morning
- Sat 20th Leading Ladies - cinema group
- Wed 24th Coffee morning - Workshop on Sleep with IAPT

July

- Sat 4th EKNIGHTS - Kids street dance perform at Barchester Garden Party,
- Sun 5th Walk - Lea Valley Park - car park end of Stubbins Hall Lane - 2.00 pm
- Wed 8th Coffee morning and talk from One Support Tenancy and Benefits Sustainment Service
- Sat 11th EKNIGHTS 'Streetomedy workshop' with 'Twist & Pulse' 8 - 13 year olds
- Sat 18th Leading ladies - cinema group
- Wed 22nd Coffee morning and session with IAPT

August

- Sun 2nd Walton-on-the--Naze coach trip - contact office for details
- Wed 5th National Play Day - Enfield Town Park - noon till 4.00
- Sun 16th Whipsnade Zoo trip - contact office for details
- Wed 19th Coffee morning and session with IAPT
- Sat 22nd Leading Ladies - cinema group

September

- Wed 2nd Coffee Morning - watch this space
- Sun 6th Knebworth House trip - contact office for details
- Sat 19th Leading Ladies—cinema group

Pricing Policy— EWC tries to keep the cost of services and activities as low as possible. We welcome donations to help us to continue with this policy to ensure those who need our services are able to access them irrespective of their economic status. This is even more vital in the current economic climate.

Proviso— All details are correct at the time of going to press. They may be subject to change and EWC reserves the right to make changes at short notice. Please Note: Enfield Women's Centre is unable to give refunds. We are sure you will appreciate that we are liable for total hire, admission and catering costs in all circumstances.