



Happenings 26

September 2015—January 2016

Is it just us here at the Centre or is time flying by? It seems we have only just started a season when here we are in the next one already. This copy includes a quick catch up and a view of the coming months.

The sessions with IAPT went very well; all those who attended felt they had gained information and techniques on how to deal with their concerns around Sleeplessness and Stress. We have a session planned for the autumn period on Depression—see info inside—and will be offering more on Anxiety and Panic Attacks in the New Year. These sessions are open to all women over the age of 16.

We held a very successful demonstration on Street Dance with the EKNIGHTS team and all those present joined in the workshop. The Centre team has learned (and will be practicing) a dance to perform over the Christmas period.

We plan further talks, demonstrations and workshops including Belly Dancing and Street Dance.

In addition to this newsletter we also offer regular email updates with information on activities, services and courses etc. If you would like to receive these please contact us with your email address.

We are also on Facebook—Enfield Women's Centre—we hope you find this an interesting way of getting information but also news, etc. on women's issues and stories.

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 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).



Enfield Women's Centre

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Courses this term

We are offering two courses this term, Confidence Building on Wednesdays and Assertive Communication Skills on Thursdays. Both of these courses take place from 10.00—12.30 and last 8 weeks. There is a weekly charge of £2.00

If you are interested contact us urgently as they are due to start before the end of September.

We will be offering Handling Stress and Exploring Anger in the New Year.

If you are interested in any other courses do please get in touch and we will see whether we can help.

For instance we are currently exploring funding to provide a series of courses on Financial Literacy, help with budgeting, dealing with debts, etc.

Come along for a Belly dance demo and workshop with Samnara

Wednesday 30th September (11.30 - 12.30)



The session starts at 10.30 with coffee and a chat followed by a demonstration of the amazing artistry of Samnara.

Sam will then take us through a workshop on belly dancing.



Join in or watch

£1.00 donation towards cost of refreshments

Ponders End URC Hall—Opposite Ponders End Library, College Court, EN3 4EY



Half Term Fun for kids and adults

Wed 28th October

10.30—12.30

Enjoy a coffee and a chat whilst the **children decorate cakes and biscuits.** Followed by a **street dance demo and workshop with EKNIGHTS**

£1.00 donation towards costs

Ponders End URC Hall—Opposite Ponders End Library, College Court, EN3 4EY

Let's Talk - Low Mood

Wednesday 2nd December 10.30—12.30

Feeling down can have a huge impact on your life. This workshop will look at how low mood or depression affect us and practical things you can do to boost your mood. Enfield IAPT (Improving Access to Psychological Therapies). Enfield IAPT run workshops within the local community and will be running a series of workshops for the Enfield Womens Centre.

£1.00 donation towards cost of refreshments

Ponders End URC Hall—Opposite Ponders End Library, College Court, EN3 4EY



Zumba is a Latin inspired dance fitness class that incorporates Latin music and dance movements to create an exciting, exhilarating and effective fitness class.

Lead by Keno - Zumba instructor

Mondays 6.30 - 7.30 pm

£3.00 EWC members £4.00 non-members

Ponders End URC Hall—Opposite Ponders End Library, College Court, EN3 4EY

Do you like gardening?

Do you want to learn more about growing?

Are you interested in joining a group to share your skills or to learn new skills in growing?

We have a space and the equipment to help grow some food.



If you are interested in joining in this do please get in touch.

We will be starting this very soon.



Mums, Dads and Carers

Are you interested in learning skills to help you provide a fun, safe atmosphere in your own new toddler playgroup?

Enfield Voluntary Action are organising a series of 8 events and workshops to help you gain the knowledge and skills needed. For more information or to book a place contact:

0208 807 4726 or 0208 350 5573

Email: hubadmin@raynham.enfield.sch.uk

A warming blast from our past Corned beef hash recipe from Princes

1 x 12 oz can of Corned Beef, cut into small cubes, 2lbs of potatoes, boiled and roughly chopped, 1 lb of onions sliced, 1 teaspoon mixed herbs, 3 oz lard, Salt & freshly milled black pepper, 2 tablespoons parsley chopped

Place large heavy pan - must be non-stick- on to a low heat and in it melt the lard. Fry the onion and corned beef until softened, but not brown, stir in the potatoes and mixed herbs and fry for 15 minutes, stirring occasionally. Season well, stir in the parsley and serve hot. Serves 4.

We would like to share other recipes that are your family favourites—do please send them in. Please note that sending them in releases us from copyright although we will acknowledge unless you specify otherwise.

Calling all 'Inspiring Women'!

Business Programme Set to Empower Female Entrepreneurs in Enfield

Women who want to become their own boss can now get expert tuition and support to turn their ideas into successful businesses, through the "Inspiring Women Programme" - an intensive 6 month scheme providing a unique opportunity for women in Enfield to increase their business knowledge, personal skills and confidence. The scheme is now recruiting Enfield women for its next programme.

The RSA Trust Inspiring Women Programme, delivered by Enterprise Enfield, is now in its eighth year - and has helped over 150 women looking to start their own businesses. The scheme, which is predominantly funded by local charity, The RSA Trust, provides women with a unique opportunity to develop their business and personal skills to enable them to start up and run their own businesses successfully.

Participants learn about all aspects of running a business including business planning, raising finance, bookkeeping, marketing, website development and social media. In addition, the programme covers areas of personal development such as presentation skills and selling to decision makers - enabling participants to gain the confidence required to achieve their dreams.

All the dedicated support is provided FREE of charge and is designed for women, resident in the borough of Enfield, who want to develop their talents and skills to give their new business the best possible chance of success. Sue King from Enterprise Enfield says: "The aim of this course is to give practical guidance to women thinking of starting up their own business.

It is all about helping women to unlock their potential and convert their money making ideas into viable businesses".

The next programme will run from January- June 2016 and will include:

Business seminars covering essential business skills including: Financial Forecasting, Bookkeeping, Marketing and Brand Awareness, Presentation Skills, Assertiveness and Communication Skills, Networking, Planning a Website and Online Marketing

Business Mentoring - one to one advice and guidance sessions to help you formulate your ideas and develop your business plan

Personal coaching and training - to help you keep motivated, on track and focused!

Networking opportunities and peer group support

A 'Get to Know You' residential weekend at a The Royal Chace Hotel

For more information visit www.EnterpriseEnfield.org or call **020 8443 5457**.





White Ribbon Day—25th November A brief history from the White Ribbon Campaign Website

Three sisters – Patria, Maria Teresa and Minerva Mirabel (political activists in the Dominican Republic) were assassinated in a 'car accident'. **They were killed for their involvement in efforts to overthrow the fascist government of Rafael Trujillo.** The Mirabel sisters quickly became symbols of dignity and inspiration. **July 1981** Women from across Latin America came together in Columbia. Appalled by the extent and diversity of violence against women, **they agreed to hold an annual day of protest, and they decided to adopt 25th November as the date** for this International Day Against Violence Against Women in memory of the Mirabel sisters.

1991 The first White Ribbon Campaign was launched by a group of men in Canada after the brutal mass shooting of 14 female students at the University of Montreal. The men drew up a pledge which other men are invited to sign.

The movement escalated, South Africa's National Network on Violence Against Women launching their own White Ribbon Campaign in 1996 the first White Ribbon Day in the UK was in 1998. The following year the UN officially recognised **25th November as International Day for the Elimination of Violence Against Women.**

The White Ribbon is a symbol of hope for a world where women and girls can live free from the fear of violence. Wearing the ribbon is about challenging the acceptability of violence – by getting men involved, helping women to break the silence, and encouraging everyone to come together to build a better world for all. There are 16 days of action planned (enfield.gov.uk—search for White Ribbon events).

The 16 Days of Action end on Thursday 10th December – UN Human Rights Day. We are planning an evening of remembrance and celebration with readings, music and dance. If you are interested in this please contact us.



EKNIGHTS

EKNIGHTS have had a great summer, a wonderful workshop with Twist and Pulse and many new dancers joining the group. Their winter programme includes a performance at the Bellyluptious showcase (Saturday 28th November), and they will have their own float again in the Enfield Town Christmas Carnival (Sunday 29th November).

For information on the group or tickets to the performance (proceeds to McMillan Cancer charity) contact the office.

For the second year running, Enfield Women's Centre walking group, will be joining the Street Dancers on the parade. If you would like to be part of the fun and excitement please get in touch with the office for details.



News—bits and pieces

Coming in the New Year is a support group for women—if you are interested in joining a group please get in touch and we will send you the information as soon as it comes available.

We are collecting information on a range of issues including:

Activities for girls and younger women - please get in touch with ideas you may have for any activities you think we could help you to set up.

Women Living with Differing Abilities — we would like to hear from you if there are any support needs or other concerns you or someone you know has—we are trying to find out what women need and want so we can look at how we can support.

Are you struggling with the new Universal Credit, Housing Benefit Caps, relocation to another area? Please get in touch so we explore how we might assist you.

How you can help us

By joining the **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:

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

Minibus drivers - there is a test to take—we are members of Enfield Community Transport who provide minibuses for the voluntary sector to hire.

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 4th October 1.00	Forty Hall Park Meet at the stairs in the main car park
Sunday 1st November 1.00	Trent Park Meet by the cafeteria (Cockfosters Road entrance)
Sunday 29th November	Join the Christmas Parade in Enfield Town contact office for times and meeting place
Sunday 10th January 1.00	Cheshunt Gravel Pits, Lea Valley Park (meet at Pindar car park, Windmill Lane - close to Cheshunt station) for a walk around the lakes and along the river to shake free of the festive cobwebs.

Six year old children were asked

If you could change one thing about your mum, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mum smarter. Then she would know it was my sister who did it not me.
3. I would like for her to get rid of those invisible eyes in the back of her head.

CALENDAR

September 2015— February 2016

September

Wed 30th Belly Dance demonstration and workshop with Samnara

October

Sun 4th Forty Hall Walk

Wed 14th Coffee morning

Wed 28th Half term fun with the kids and coffee for the grown ups
Decorate cakes & biscuits - street dance demo and workshop

November

Sun 1st Trent Park Walk

Wed 11th Coffee morning

Wed 25th White Ribbon Day

Sat 28th Bellyluptious concert with EKNIGHTS

Sun 29th Christmas Festival of Light - Enfield Town - walk with us and join in the fun

December

Wed 2nd Coffee morning - Talk on Low Moods/Depression with IAPT

Wed 16th Coffee morning - Christmas Special

January 2016

Wed 6th Coffee morning

Sun 10th Gravel Pits, Cheshunt - Pindar Car Park

Wed 20th Coffee morning

February

Wed 3rd Coffee morning

Sun 7th Walk Round and About in Enfield Town,

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.