



# Happenings 27

January — April 2016

Another season has come and gone. As we prepare this issue for the printers we are getting ready for Christmas and New Year. The last months have been extremely busy with the normal work of the Centre as well as frantic bid writing. The work of the Centre was commissioned by the LBE and we have, along with other charities funded in the same way, been told the funding may cease in April due to Central Government cuts in funding to the Borough. This now depends on the outcomes of the budget currently being set. We could sorely do with a patron or patrons who fund different parts of the work we do.

Our sessions with a variety of speakers seem to be growing in popularity. We have a further session with the NHS IAPT as well as talks on Dementia Friends, Inheritance Tax, Wills and the Lasting Power of Attorney. We also try to ensure we run family friendly fun events in school breaks. Once again we are working with the Borough to organise a conference to celebrate International Women's Day in March.

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. If you would like a simple notice by post we would request stamps to help us with the cost. You can also find us on Facebook, 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

is a charity providing women and girls a safe place where they can be listened to as well as services to help them overcome challenges in order for them to take their rightful place in our community. These include: Counselling, Training (Confidence, Assertion, Anger, Stress). We also have weekly classes in street dance (kids) and Zumba, monthly walks, coffee mornings, talks, etc. We offer support and advice on a range of issues including referral to other services. Social activities include cinema group, outings (theatre, seaside, other) socials, etc. We work in partnership with the statutory sector through various fora including Domestic Violence, Enfield LGBT network, etc. We need and welcome donations to support our work (standing order/Gift Aid welcome).



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Enfield EN3 4AJ  
020 8443 1902 / 020 8351 9128  
info@enfieldwomen.org.uk  
Registered Charity No 1002117



### **Training Service—Enrolling now**

These are the courses we are providing this term.

For further information please get in touch with the office - via email if you have it, or call us to discuss.  
Why not come along, learn new skills, meet new people and have fun?

**Other agencies please note:** for referrals please email office for a copy of the electronic referral form.

### **Courses this term**

We are offering two courses this term,  
**Exploring Anger on starting Wednesday 20th January** and  
**Handling Stress starting Thursday 21st January.**

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.

We will be offering Confidence Building and Assertive Communication Skills after Easter.

If you are interested in any other courses do please get in touch, for instance courses in  
Financial Literacy, help with budgeting, dealing with debts, etc.

### **Exploring Anger**

A course to help you to understand and control your anger.

Everyone feels angry at times; this is often due to life stresses such as money or housing problems or difficulties in relationships. For some people the problem becomes much worse and gets in the way of normal life. Anger becomes a problem when it:

Becomes too strong  
Spoils relationships

Happens too often  
Spoils work

Lasts for too long  
Leads to violence and aggression.

**How Can This Course Help Me?** You may feel you can do little to control your anger – but there are things you can do to make a difference. This is a self-help course to assist you in coping with your anger. It includes pen and paper exercises to help you begin to understand and deal with your anger in practical ways.

### **Handling Stress**

A short course that helps you to understand the causes and effects of stress and to improve your skills for handling stress in your own life.

This course emphasises personal action to work with the 'good' stressors and minimize the effects of the 'bad' stressors .

The course acknowledges the positive aspects of some stress but concentrates on how to handle the negative aspects.

The course features:

A series of group sessions of 2½hrs duration with 'take away' booklets to work on in your own home.

Activities to help you monitor your stress and build up skills for taking greater control of your life.

A personal stress protection plan which helps you put these new skills into action.

Training in different ways to relax so you can choose a method that suits you.

**Come along for a Coffee morning**  
**Join us for a chat, find out about what is going on.**  
£1.00 donation towards cost of refreshments  
Ponders End URC Hall—Opposite Ponders End Library, College Court, EN3 4EY



**Wednesday 6th January (10.30 - 12.30)**

**We would welcome donations of any unused gifts to help our fundraising efforts**

**Speakers booked to date include:**



**20th January**—afternoon event—see below for details

**17th February** - Half Term fun for kids and adults

**24th February** - Talk on Anxiety with Enfield IAPT

**2nd March** - Inheritance Tax, Wills and the Lasting Power of Attorney - how to get the most from your will, including measures on how to save inheritance tax and help protect your property -with Rebekah Hillman & Dan Mayman IFA of Hillman Legal Partnerships

**9th March** - Celebration of International Women's Day

**More events are being booked**

to get up to date information please either email us for regular updates  
or send a SAE to the office

**Half Term Fun for kids and adults**

Wed 17th February

10.30—12.30

Enjoy a coffee and a chat whilst the children enjoy various activities



**Wednesday 20th January**

**13.00 - 14.00**

**Talk - Become a Dementia Friend**

**Janice Nunn**

Dementia Friends give people an understanding of dementia  
and the small things you can do that make a difference

Come along and find out more—Dementia Friends is an Alzheimer's Society Initiative  
PEURC Hall, College Court , EN3 4EY

**Women's Get Active 5—10 week programme costs £10**

**for women and girls 14+**

Starts Monday 11th January

Sessions at a variety of venues

Range of options include: Body conditioning, circuits, yoga, aqua aerobics

All female instructors

For information contact—[enfieldfitness@fusion-lifestyle.com](mailto:enfieldfitness@fusion-lifestyle.com) [www.enfield-leisure.com](http://www.enfield-leisure.com)

077 47 614 855



Restarts Monday 4th January

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

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?

Would you like to join a small group working on our small garden?

Can you share skills or do you want to learn more about growing?

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

Food grown will be shared



Please get in touch with office if you are interested.



**Reader sent us her favourite winter warmer. Broccoli & Potato Soup**

**Serves 4; 242 calories, 10g fat per serving (includes croutons)**

**Preparation time 10 minutes, cooking time 20 minutes**

4 long shallots, sliced

2 cloves garlic, crushed

1.2 litres veg stock

2 tablespoons chopped fresh parsley

Blue Cheese croutons (optional)

115g baby new potatoes, chopped

2 teaspoons chopped fresh rosemary

225g broccoli florets

salt and freshly ground pepper

40g French bread cut into 4 thin slices 50g gorgonzola cheese

Place shallots, potatoes, garlic and rosemary in large saucepan. Pour in veg stock, bring to boil. Simmer gently till potatoes cooked (this will depend on the size they are chopped to). Add broccoli and parsley, continue cooking till broccoli tender. Pour into liquidiser, blend till smooth. Return soup to saucepan to reheat; add more seasoning if necessary. To make croutons, lightly toast bread on both sides under medium grill. Spread with gorgonzola. Pour soup into warmed bowls, top with crouton.

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.



## White Ribbon Event Wednesday 9th December

A group of women gathered to mark the drawing to a close of the sixteen days of action calling for an end to violence against women and girls. We shared thoughts, poetry readings, favourite music as well as photographs of loved ones no longer with us and those of women activists from around the world who had been killed in the last year campaigning for the rights and safety of women and girls.

Candles were lit in remembrance and a small tree was decorated with white ribbons. We finished with Helen Reddy's song—I am woman , Hear me Roar. The chorus —'Yes I am wise but it's wisdom born of pain'. We all found the words to this very affirming and we left feeling connected to something bigger than all of us. The knowledge, hope and love for each other and a belief that we are more than the pain we have experienced.

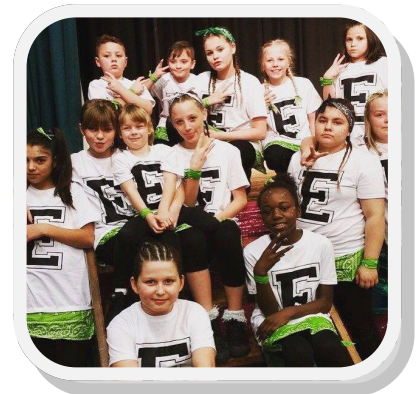
That we are not defined by that but rather it has helped us move to a better stronger place.

For sisters everywhere



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## EKNIGHTS



EKNIGHTS had a great winter dancing at the Bellyluptious showcase, and again joining the Enfield Town Christmas Carnival with their own float. They were the noisiest and happiest bunch of kids that night. The Enfield Women's Centre walking group were joined on the parade by happy parents, grandparents, brothers and sisters, aunties, uncles and friends—the group was about 50 in all. We have spaces for children to join at the start of this term. Mondays are 4—6 year olds and Wednesdays are 7+. Costs £3 4-6 year olds £3.50 7plus and 20% discount for siblings for more information and to book a free try out contact 'EKnight Street Dance Studios' on Facebook or email—[info@enfieldwomen.org.uk](mailto:info@enfieldwomen.org.uk).



## News—bits and pieces

**We are collecting information on a range of issues including: those listed below. We hope to use this information to help provide service which would help.**

**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.

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### You can help us by:

a) Joining the **fundraising team**, either as a regular member , attending planning meetings, etc. or by going on the list to help out at events.

b) 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.

**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.

**c) 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 (£6.50 for 6 months).

**d) Donations** - Enfield Women's Centre, as many other charities, is struggling with funding. Independent donations allow us to offer a range of services which we might not be able to offer under strict funding regimes e.g. some are only for women with children under 5. This funding allows us to then help women who have 6 year olds and over. This means we can be creative and responsive to what women and girls need. Every little bit helps.

£5 would cover the costs of a counselling session

£20 would go towards costs for a woman to attend one of our Personal Development courses

£120 would go towards our monthly phone and broadband costs

£300 would help towards a quarter's electricity bill (light and heat)

We are looking at ways businesses might be able to support our work —please contact us for info.

# 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
<b>Sunday 10th January</b> <b>1.00</b>	<b>Cheshunt Gravel Pits, Lea Valley Park</b> (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.
<b>Sun 7th February</b> <b>1.00</b>	Round and About in Enfield Town, explore the little alleys and find the hidden away corners (meet at Civic Centre)
<b>Sun 6th March</b> <b>1.30</b>	Forty Hall. Meet by steps in main car park. Come and explore one of Enfield's beautiful country parks

**Slow down for three minutes to read this. It is worth it.**

A group of professionals posed this question to a group of 4 to 8 year-olds, 'What does love mean?'

The winner was a four year old child whose next door neighbour was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his Mother asked what he had said to the neighbour, the little boy said,

'Nothing, I just helped him cry'.

## CALENDAR

January — April 2016

### January

- Wed 6<sup>th</sup> Coffee morning  
Sun 10<sup>th</sup> Walk—Gravel Pits, Cheshunt - Pindar Car Park  
Wed 13<sup>th</sup> Coffee morning  
Wed 20<sup>th</sup> Exploring Anger course starts  
Wed 20<sup>th</sup> Talk—Dementia Friends—with Janice Nunn 13.00  
Thurs 21<sup>st</sup> Handling Stress course starts

### February

- Wed 3<sup>rd</sup> Coffee morning  
Sun 7<sup>th</sup> Walk Round and About in Enfield Town  
Wed 10<sup>th</sup> Coffee morning  
Wed 17<sup>th</sup> Half Term coffee morning - fun activities for the kids  
Wed 24<sup>th</sup> Coffee morning - talk on Anxiety with Enfield IAPT

### March

- Wed 2<sup>nd</sup> Coffee morning - talk "Inheritance Tax, Wills and the Lasting Power of Attorney"  
Sun 6<sup>th</sup> Walk—Forty Hall  
Wed 9<sup>th</sup> International Women's Day - talking about the important women in our lives - who they are/ were, quiz on women, etc.  
Tues 15<sup>th</sup> International Women's Day conference -  
'Women – No Limits - You Can Be Whatever You Want To Be'  
Wed 16<sup>th</sup> Coffee morning  
Wed 23<sup>rd</sup> Coffee morning  
Wed 30<sup>th</sup> Coffee morning (Easter break)

### April

- Wed 6<sup>th</sup> Coffee morning—Easter break—contact us for details

**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.