



# Happenings 29

Spring—Summer 2017

It has been a while since the last newsletter. And much has happened since then. Our youngest 'members' the children in the EKnight's street dance class; have excelled themselves and there is a report on their activities later in this newsletter. Coffee mornings are proving a popular activity and a new programme of talks and workshops is included in this issue.

We continue to share our space with other groups and have added Victim Support, Every Parent and child (EPC—previously Parents Centre) and Third Age Challenge Project. This means Victim Support are able to offer their services locally; they lost their premises as part of a funding cut some time ago. EPC are able to offer Saturday sessions and the Third Age Challenge Project can also provide services locally. This is a small building and timetabling is often a challenge. We hope to continue with our MOPAC (Mayor's Office for Policing and Crime) funded project (in partnership with CAB, EDA and Enfield LGBT Network); this enables us to provide joined up services to women who have experienced domestic abuse, ensuring they get the right support and information as well as access to therapy at a difficult time. At time of going to press we have not heard from the office of the Mayor on their intentions.

If you are on Facebook do please check out our page—we need loads more likes. We will be placing a calendar of activities on the page soon. We also post information, news and recipes. As always we ask you let us know what you think; write or email us 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 & money. We hope you like the contents of this newsletter and that you are able to join us at some of these events.

## Enfield Women's Centre

is a charity providing women and girls a safe place where they can be listened to and services to help them overcome challenges so they can take their rightful place in our community. We offer: Counselling, Training (Confidence, Assertion, Anger, Stress). Weekly street dance and Zumba classes, monthly walks, coffee mornings, talks, etc. We offer support/advice on a range of issues and 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).



**Enfield Women's Centre**  
Vicki Scarlett House,  
31A Derby Road,  
Enfield EN3 4AJ  
020 8443 1902 / 020 8351 9128  
info@enfieldwomen.org.uk  
Registered Charity No 1002117



## **Training Service**

There will be information on course dates very soon and we are taking names for a waiting list. If there is anybody out there who would like to sponsor one of these courses they cost about £1,000 per cohort. This includes tutors, venue hire, Learning Materials and Publicity (we will take on all admin and childcare through team members and volunteers).

All these sessions take place from 10.30—12.30 at  
**Ponders End URC Hall, College Court EN3 4E Y**  
(opposite Ponders End Library)

### **Mindfulness – what is it all about?**

**Wednesday 19th April**

Mindfulness has been described as a state achieved by focussing one's awareness in the present moment, while calmly acknowledging and accepting ones feelings, thoughts and bodily sensations.

### **How does stress affect our body?**

**Wednesday 24<sup>th</sup> May**

We look at the physiological effects of stress and the impact on our physical health.  
It includes a discussion on what would be a stress free life

### **Are you fit enough to handle stress?**

**Wednesday 21<sup>st</sup> June**

Includes discussion about being assertive, self-esteem and the link with taking care of health.

### **The value of time management**

**Wednesday 19<sup>th</sup> July**

To identify the benefits of time management on levels of stress.  
Essential skill to enable us to manage the tasks we carry around as our guilt package.

### **New Group For Help with Reading Starts Friday 21<sup>st</sup> April 10.30 – 12.00 at Ponders End URC Hall**

Do you or someone you know have difficulty reading? Would you/they like to be part of a small group with friendly tutors who can help you build your skills and confidence?

Please get in touch if you or someone you know  
would like to be part of this new group.  
020 8351 8934 or email on [info@enfieldwomen.org.uk](mailto:info@enfieldwomen.org.uk)



## Come along for a Wednesday Coffee morning

Join us for a chat, find out about what is going on.

10.30—12.30

Ponders End URC Hall—Opposite Ponders End Library, and AGE UK offices  
College Court, EN3 4EY



Check out our Facebook page for up to date info/new speakers, etc. added to activities

Unless otherwise stated we ask for a donation of £1.00 for these sessions

19<sup>th</sup> April – **Mindfulness** - Look on page 2 for more information

26<sup>th</sup> April – Coffee Morning

3<sup>rd</sup> May – Coffee Morning

10<sup>th</sup> May – **Staying Healthy and Being Well**—look below for more information

17<sup>th</sup> May – Coffee Morning

24<sup>th</sup> May – **How Stress Affects Our Bodies**—look on page 2 for more information

31<sup>st</sup> May – **Family Board Games** event—if you have a favourite board game bring it with you and bring your family and friends

7<sup>th</sup> June – **Volunteering info event**

14<sup>th</sup> June – **Afternoon event** – walk in **Myddleton Gardens**, go to café for cuppa after. Page 6 for details

21<sup>st</sup> June – **Are we Fit Enough to Handle Stress**—look on page 2 for more information

28<sup>th</sup> June – Coffee morning

5<sup>th</sup> July – Coffee morning

12<sup>th</sup> July – Coffee morning

19<sup>th</sup> July – **The Value of Time Management to Reduce Stress**—look on page 2 for more information

26<sup>th</sup> July - Coffee morning

## Staying Healthy and Being Well

Surviving or Thriving - Mental Health Awareness Week

Food for Thought

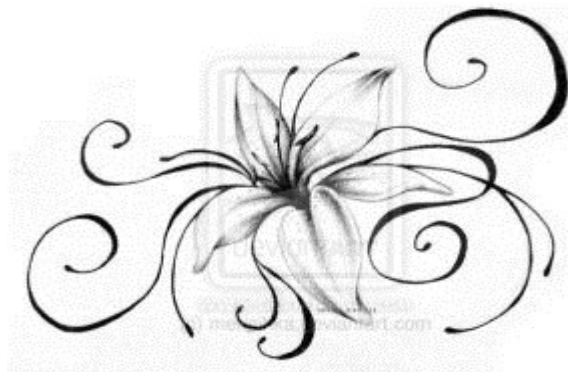
Wednesday 10th May 10.30—12.30



Studies indicate that there are foods that can affect our mood and well being. We will be looking at which foods are indicated and discussing how we might include them in our lives. We hope this will be a lively discussion which leaves us all feeling we can do something to help ourselves feel better.

### **Revd. Eric Greer Memorial Fund**

Father Eric Greer was the Vicar of St Peter's in Grange Park for over 20 years. Sadly Father Eric passed away in January this year. His family requested that, rather than floral tributes, donations be made to a charity and the charity they nominated was Enfield Women's Centre. We were proud to be chosen. At present the total has to be confirmed as we are waiting on the Gift Aid aspect to be confirmed. We thank the Greer Family for thinking of this charity and send our very best wishes to them all. Funds raised are to be used to ensure disabled access to our new Consultation Room. Our thanks to the Greer Family and all those who contributed, we are overwhelmed.



### **Potential Befriending Service**



We receive frequent requests for a befriending service. These are generally for women who have recently moved into this area, or have left violent relationships, are prone to low mood, anxiety and loneliness.

We wanted to make contact with people that have been part of such a service who might help us explore possible options. If you have had any connection with this kind of activity, either as support person or as a group member (we will all be members) please come along to a coffee morning to discuss this or contact the office via [info@enfieldwomen.org.uk](mailto:info@enfieldwomen.org.uk) or on 020 8351 8934 quoting 'Friend'.

We will arrange a time we can get together to discuss this. Professionals welcome.



## **Fun Family Disco Saturday 6th May 8.00 - 12.00**

**Come along and have fun with family and friends  
boogying to the sounds of DJ Sarah**

Subsidised bar

**Ticket £7.00 Adults and children 5 – 18 £4.00**  
( 4 and under free— all children must be accompanied)

**Our Lady and Saint George Parish Centre  
London Road, Enfield EN2 6DS  
(next door to the Dugdale Centre)**

All proceeds to Enfield Women's Centre Charity No 1002117

This event is sponsored by

Ismail & Co Solicitors, Southbury Road, Enfield

Tickets from Enfield Women's Centre, 31A Derby Road, Enfield EN3 4AJ

Info@enfieldwomen.org.uk

### **Volunteering info Day**

**Wednesday 7<sup>th</sup> June**

**10.30 – 12.30**

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

Come and talk to us about volunteering with Enfield Women's Centre and pick up information on other volunteering opportunities in the Borough.

Volunteering is an excellent way to gain new skills, improve and update existing skills and building a CV to help you gain work.

Enfield Women's Centre is seeking people with a range of skills including Admin, IT, Bookkeeping, Gardening, Project Development, Walk Leaders, etc. If you have a skill you would like to share or an idea for a new activity, please come along or contact us at the centre.

## Myddelton House Gardens Walk - Wednesday 14<sup>th</sup> June

Meet at the Visitors' Centre at 1.30. Free admittance. Join us for a walk round Myddelton House Gardens, eight acres of unusual and exotic plants, and wonderful sculptural and architectural features.

In recent years, the gardens have benefited from a major restoration project, supported by the Heritage Lottery Fund. You can also visit the Bowles Museum, where you can discover the story of E. A. Bowles, self-taught gardener, artist and expert botanist. Features include the Market Cross, the Stone Garden and the two 290 year old lead ostriches that proudly guarded the Wisteria Bridge that once spanned the New River. After the walk we can have tea at the Bowles Tea Room



Market Cross

**Access information:** There are surfaced paths which give access to much of the gardens; the surfaced paths have easy and moderate slopes.

**Car park:** Car up to 2 hours £2 Car over 2 hours £3  
Blue Badge holders park free if badge prominently displayed

**By bus:** The nearest bus stop is on the A10 at Turkey street. Alight the bus at this stop and it is a 10 minute walk up Turkey Street. Buses: 217, 317, 617, 629 and 327.

### Women Against State Pension Inequality (WASPI)

This national campaign is gathering momentum. "WASPI's aim is to achieve fair transitional pension arrangements for all women born in the 1950s affected by State Pension Age changes. This translates into a 'bridging' pension to provide an income from age 60 until State Pension Age. NOT means-tested and with compensation for losses for those women who have already reached their SPA. They do not ask for a reversal of any Pension Act to age 60.

WASPI is campaigning for ALL women affected by the changes to the SPA i.e. they do not favour a specific age group above others."

For more information on the campaign contact [www.waspi.co.uk](http://www.waspi.co.uk)

#### Gardener needed at Centre

The task is mainly one of keeping the grass under control whilst looking after a few plants in a flower bed. We would be happy to have someone come along and view the garden before committing to the task

#### Walk Leaders Needed

With a key member of the walking team unable to continue due to increased mobility issues we are keen to hear from women who would be interested in helping out with this popular activity. Walks are generally once a month, usually on a Sunday afternoon but we can negotiate this.

Training will be provided on matters relating to Health and Safety whilst walking.

No walk leader is ever left on their own to lead a walk—we always work in at least a pair.

Come along to an evening of great comedy, fabulous music and good company.  
Tickets are £10 each and all profits go to improving disabled access at the Centre.

**The Black Barn**

**Forty Hall**

Home of the Livestock Festival

Presents

An evening of fun and music

**Maureen Younger - Comedian**

*"If you have been lucky enough to see her perform you will be fully aware of  
just how funny and infectious this woman is."*

*(Time Out)*

**The Fabulous Byrne Sisters**

*"..will kick-start your party like nobody else can, combining an homage to the  
best girl bands of the 1960's with wit and pizzazz!"*

**The Covers Collective**

*"Playing Grooves to get you on your feet"*

**Saturday 24<sup>th</sup> June**

**Tickets £10.00**

Doors open 7.30 - first act on 8.00 - fun till late.

**Bar**

**The Black Barn, Forty Hall Farm, Forty Hall**

**Pre-sales from**

**Enfield Women's Centre**

**info@enfieldwomen.org.uk**

**020 8443 1902**

**via Facebook page "Enfield Women's Centre"**

We are raising funds to pay for disabled access alterations at the centre.

If you cannot make the concert but would like to help us make sure our services are fully accessible please send a donation to us at the office. If you are a UK Tax Payer you can increase your donation by stating that you wish us to apply for Gift Aid .

Enfield Women's Centre, 31A Derby Road, EN3 4AJ

For BACS payments contact us for details.

## EKnights



Our street dance group EKnights have entered 5 competitions in the last year and have placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in their categories. Teams/crews are entered by age group and we currently have three age related teams. Children also do duos and solos. If you want to know more contact us at the centre or look on the EKnights Facebook page. In picture above are some of our winners after a competition in Canterbury.

### Supporting women and families in Enfield

**If you would like to help support the women who come to us you can do so in various ways.**

- Bring your skills. Contact us to talk about it.
- Become a member—Costs £12.50 a year (every pound helps)
- Donate via monthly Standing Order
- One-off donations
- Increase the value of your contribution by Gift Aiding it

The 20% cut from our local authority funding is hitting us hard. We struggle to maintain the volume of support needed by the women who come to us. In partnership with Citizens Advice, Enfield Disablement Association and LGBT Network we are able to access expert people in a timely manner to help the families coming to us in distress having experienced violence, (in all its forms), benefits sanctions, supporting families with schools, welfare rights, health issues, housing, skills enhancement, loneliness, isolation, depression, the list goes on.

**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 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.