

Palmers Green & Southgate LIFE

Autumn 2021 Edition
Issue 51

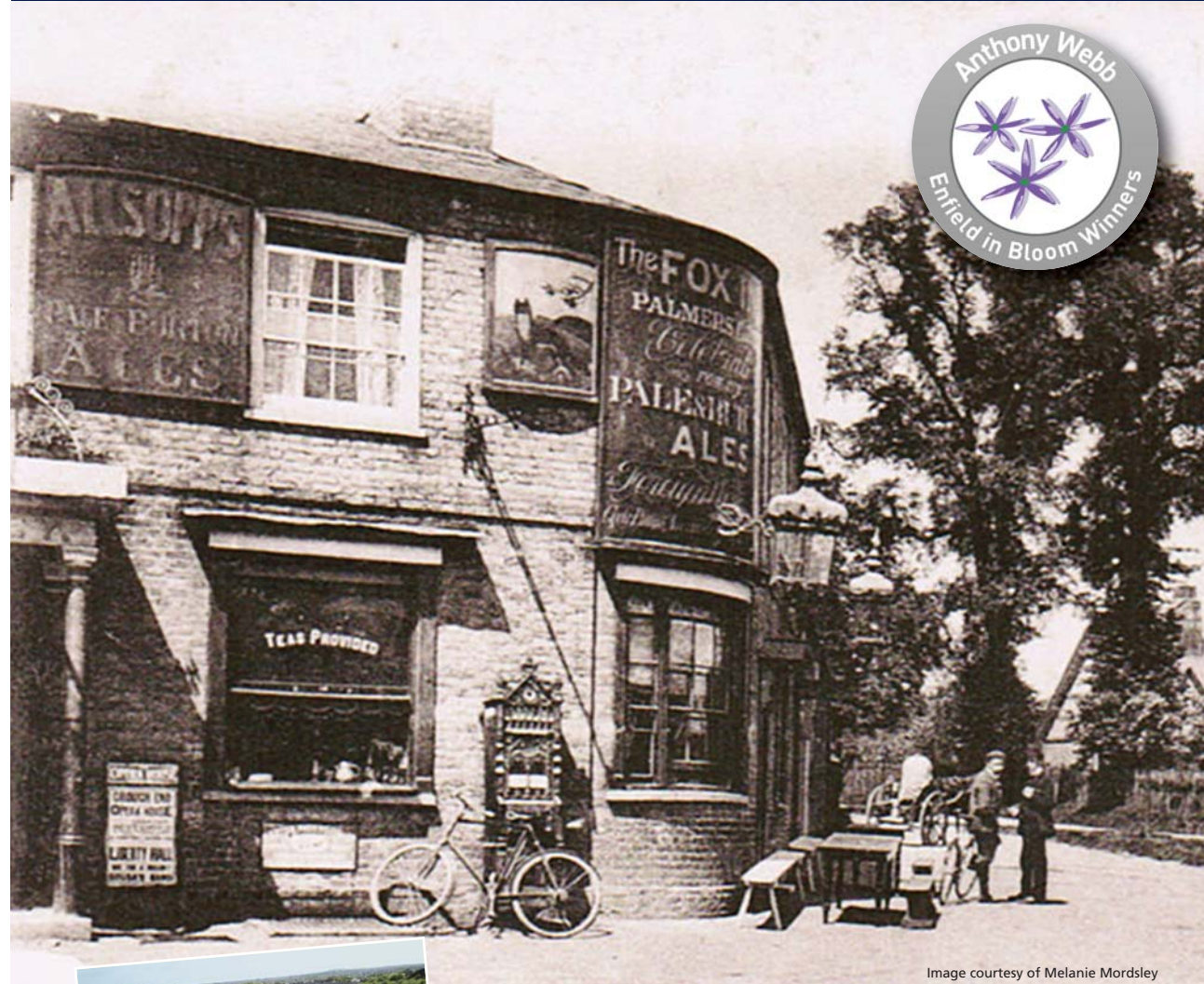


Image courtesy of Melanie Mordsley

The Fox Inn



One Fox Lane development



Welcome

This year seems to have flown by incredibly fast! The sales market continues to be busy despite the end of the stamp duty holiday and we have maintained our position as the most chosen estate agent in our patch – thank you to the community for choosing us!

We have seen a greater demand than usual in lettings for larger family homes and a boost in enquires from tenants returning to the market as restrictions end and they return to offices in town. This has helped bring rents back up to pre pandemic levels.

If you are considering a move our team are here to help. Our expert valuer can give you an appraisal of the value of your home or the rental income achievable. We can talk you through your options and our marketing techniques to help you realise the potential of your property. Please contact us on 020 8882 7888 to find out more.

It gives us great pleasure to announce that we have won a silver award in the 2021 Enfield in Bloom competition, sponsored by Tottenham Hotspur. The emphasis of the 'In Bloom' campaign focuses on the environment and sustainability issues that encourage communities to 'green



up and clean up their neighbourhoods'. I would like to thank Martin's wife, Suna for planting up our boxes and Mick Lawton for the installation of our irrigation system and hanging baskets!

In September we said goodbye to two of our office assistants, Harry has gone on to study politics at Southampton University and Zack who will be studying business at Greenwich University. We wish them well on their next endeavours.

I wish you all a happy and safe Christmas.

Tony

Director
Anthony Webb Estate Agents

If you've got a local business why not tell people about it in our magazine. It's distributed to 12,000 local homes and places of interest.
Quarter page £70 Half page £120
Full page £220 Double page spread £350
Contact us about your artwork requirements and discounts for repeat advertising at ellie@anthonywebb.co.uk

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ESTATE AGENTS

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For Sale £775,000



Hamilton Crescent, Palmers Green

Beautifully presented four bedroom Edwardian family home which has been extended to the rear and into the loft space providing over 1600 sq ft of bright and well appointed living space.



For Sale £760,000



New River Crescent, Palmers Green

A Beautifully presented four double bedroom Edwardian family home boasting a wealth of period features, two receptions, kitchen/diner, conservatory, two bath/shower rooms and a west facing rear garden.



For Sale £575,000



Huxley Place, Palmers Green

Chain free 1930s built end of terrace house offering two receptions, a galley kitchen, a shower room, off street parking and garden to rear.



For Sale £550,000



Hedge Lane, Palmers Green

A three bedroom end of terrace 1930s built house offering two good size receptions, a galley kitchen, first floor bath/shower room and separate w.c, garage and south facing garden to rear.



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This article was originally published in October 2013 and has been updated to reflect the new development

'The Fox' pub is one of the most recognisable landmarks in Palmers Green, but when you pass by you may not be aware that in its various forms it has a long, varied and interesting history.



The Fox Inn

The old 'Fox Inn', the original village 'local', started life as a country cottage in harmony with its surroundings, a two-storied brick building with sliding sash windows and a pillared entrance looking out onto a quiet and leafy Green Lanes. A sign board on the upper story showing a fox looking eagerly across Green Lanes was used to advertise its wares and to try and persuade weary travellers to stop and take a drink. At one time lanterns illuminated the frontage and billboards were propped messily along the front wall next to a sweet vending machine. At the rear there was a coach house and stables for up to 11 horses.

'The Fox' was one of 26 inns in Edmonton in the mid-18th century, and one family that had a long association with it at that time was the Storey's. In 1722 Joseph Storey took what might have been the fairly controversial step of changing the name to 'The Doe'. It must have proved to be an unpopular choice in the long run because over the next thirty years the name reverted back to 'The Fox and The Doe' before reappearing again in 1752 back as 'The Fox'.

In 1801 the inn was the freehold property of R.T. Williamson. Requiring a corn rent of 1s 7d per annum, payable to the Vicar

of Edmonton, by 1834 its rateable value was £48, second only to the 'Kings Head' in Winchmore Hill. Its clientele was almost certainly a varied bunch because it was able to boast a licensed tea room alongside serving as the meeting place for the 'Society of Tradesmen and Labourers'.



Inside the Fox Inn

By modern standards the mid nineteenth-century provision of pubs in the area was extensive and so it was no surprise that a large number of local court cases were drink related. Driving under the influence was sadly no stranger to the courts, although in those days charged as "drunk in charge of a horse and cart"!

In June 1870 Belinda Davey became licensee, paying a rent of £70 per annum for the privilege. It was Belinda's enterprising husband Robert Davey that

had the bright idea of taking the drink to the people. Every Sunday he used to hitch up a wagonette to an old black horse, fill it with ale and take it on a circuit selling to thirsty customers on the main road, Hoppers Lane, Dog and Duck Lane, Bourne Hill and then back home.

In those days the service we expected of our local publican did not stop at the saloon door. Long before any motorised transport or the coming of the railway, public transport relied much on the enterprise of innkeepers. The prestigious 'Illustrated London News' of June 1860 included in its columns an article, complete with an illustration, of an omnibus run by Robert Davey at 'The Fox' and housed in one of the large wooden sheds at the rear of the Inn. Indeed with his keen entrepreneurial eye, Robert Davey was the first operator to order and run a bus designed with a spiral staircase for access to the top deck, gradually replacing the slightly precarious older method involving a straight iron ladder at the rear (Of course this is not the only famous bus connected to the pub as keen eyed cinema-goers would have spotted 'The Fox' in the Hollywood block buster 'Harry Potter and The Prisoner of Azkaban' when Harry travels through Palmers Green in a three story omnibus!).



The inn, 1899

The Davey family established themselves in the area through several generations. Arthur Davey was born in 'The Fox' and he went on to become a highly respected and popular member of the community. His rise culminated in him being elected as a member of the Southgate Urban District Council in 1901 and upon which he served

for 18 years.

In 1902 'The Fox', at around 200 years old with about 1 ½ acres of land, was sold for the princely sum of £11,020 to brewer Huggins and Company. In 1903-1904 Arthur Davey as landlord witnessed the demolition of the old inn to make way for the grand Edwardian Public House that graces our High Street today. This was an action entirely in tune with the sprint of its time, great change was afoot and the growth of Palmers Green was well underway.

Arthur's community spirit remained strong for many years, and so it was that at the end of the Second World War his son-in-law Leo Whalen arranged charity billiards matches to raise funds for the Royal Northern Hospital annexe in Grovelands Park, then being used as a convalescent centre.

The Davey's family association with the pub finally ended in 1967, and in 1973 the function rooms were extended and turned into a restaurant. It was into this space that a fringe theatre group moved and at the end of the 1980's a group called the



'Company of Wolves' were performing 5 nights a week.

In 1994 the old function rooms were extended once more to create a theatre and the pub maintained a strong association with live entertainment encompassing theatre, music and comedy.

Of recent years the pub has seen an extensive development programme transform the site whilst maintaining

many of its exterior features. One Fox Lane is due to be completed in December 2021 and will offer 54 luxury apartments surrounding an internal landscaped courtyard, a refurbished gastro pub along with a gym on the ground floor.

"The Fox Inn" image supplied with the permission of Melanie Mordsley, chairman of Postcard Traders Association

"Inside the Fox Inn" prior to its demolition in 1903 from "Southgate & Edmonton Past"

ONE FOX LANE
PALMERS GREEN, LONDON
—
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One Fox Lane offers a selection of one and two bedroom apartments in the heart of Palmers Green. Designed to a high specification, lift to all floors, private balconies and terraces, communal court yard, parking* and under floor heating.

Anthony Webb

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*Parking by separate negotiation



The Basics of VAT for UK Businesses

by Alex Chrysostomou

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AN OVERVIEW TO THE MAIN BUSINESS TAX

VAT is a business tax on the supply of goods and services. It is charged at varying rates depending on what is being supplied, who it is being supplied to and where it is being supplied to. But with Brexit, temporary rate changes due to COVID-19, the rollout of Making Tax Digital for VAT and new rules relating to the reverse charge and subcontractors, this is a complex time for a business grappling to ensure VAT compliance.

Who should register for VAT?

Any 'taxable person' who makes 'taxable supplies' of goods or services, generally within the UK, will need to consider whether they should be registered for VAT. Since the criteria for VAT-registration is based on

taxable supplies being made, it is important to be able to identify what the taxable supplies are. As with all things VAT, this is not quite as straightforward as it may sound.

When to register for VAT?

Having identified the value of your business's taxable supplies, how do you determine whether your business should be registered for VAT? Keeping accurate up-to-date accounting records will be key to ensuring the business complies and is able to identify the point at which it must be registered by. You must notify HMRC of the liability to register for UK VAT if your taxable turnover has exceeded £85,000 in the last 12 months, or if you believe it will exceed £85,000 in the next 30 days alone (ignoring past turnover).

VAT & COVID-19

With the challenges that COVID-19 has brought to the business community, the Government has brought in some temporary measures to help ease the road to recovery. This began with the initial announcement that businesses could defer payment of VAT liabilities due between 20 March 2020 and 30 June 2020.

In Spring Budget 2021, rather than returning to the standard rate of 20% from 1 October 2021, it was announced there would be a new temporary reduced rate of 12.5%. This will cover supplies with a tax point between 1 October 2021 and 31 March 2022, with the purpose of easing these businesses back to the application of the standard rate of VAT on their supplies.

If you have an accounting question for Alex please e-mail him directly he will be happy to assist you, alternatively Alexander Associates offer an initial free consultation please contact them to find out more.

Disclaimer: The information provided in this article should not be construed as legal advice and the information is offered for information purposes only. You should always seek advice from an appropriately qualified accountant on any specific accountancy enquiry.

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Palmers Green Action Team: Who We Are and What We Do...



We formed our volunteer group in 2018, strangers united by a common desire to improve Palmers Green high street and make it a better place to shop, work and socialise. We all see the area's potential; great schools, parks, architecture and an incredible community.

Currently a committee of six and a volunteer group of over fifty people, in a few short years we have been busy! Starting with a Christmas window competition in December 2018, we worked with the Costas and the Green Lanes Business Association (GLBA) to encourage businesses to festively dress their windows. Following this, we were awarded a grant and held our first Spring Clean. Over 100 locals joined us to weed flower beds, litter pick and scrape off stickers and we began installing potted trees outside local businesses. We've also transformed and continue to maintain various flower beds in the area.

In late 2019 we held our first Vintage Flea with local trader Cara McDonagh, in the former Iceland unit; filling it with stalls, entertainment, food and drink. Over 4,000 local people attended and the event was a huge success.

During 2020/2021 we have focused on applying for more grants and earlier this year were thrilled to be awarded a grant from the Mayor of London's Make London fund, as a result we will soon have several mature trees in large pots along the high street.

Palmers Green is full of creatives and we're constantly seeking opportunities to showcase this. We were delighted to partner with Great Northern Rail to commission three art installations for the station; mosaics from local artist Alex McHallam, a bespoke planted sign and a mural from renowned artist ATM. We also commissioned a mural painted by local business Ginger and Green and there are more art projects in the pipeline.

A cornerstone of our work is bringing successful businesses to our high street; so far we have

brought Stitch! and Holtwhites Bakery and Deli to PG and we have two new exciting tenants on Green Lanes which we hope to announce soon! We have also used our reach on social media to help existing businesses, we did this for My Time Cafe who wanted to pivot their business to a delicatessen selling organic and artisan products.



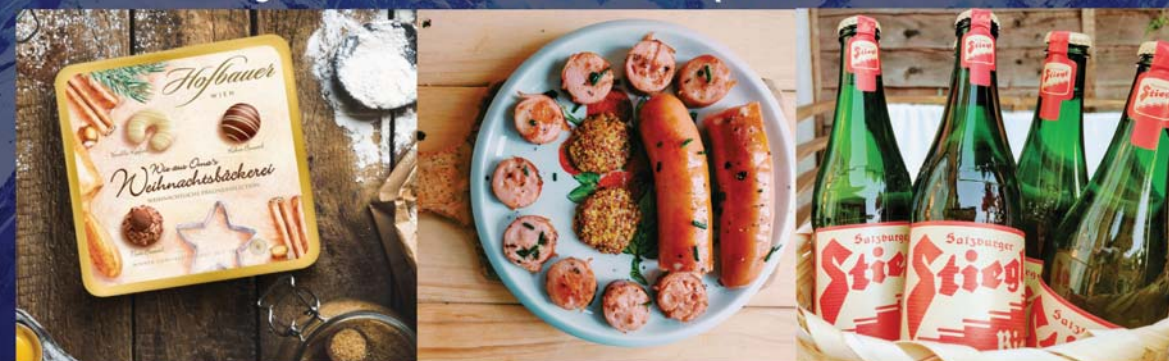
You can find out more on Instagram and Facebook @palmersgreenactionteam or visit, www.palmersgreenactionteam.org



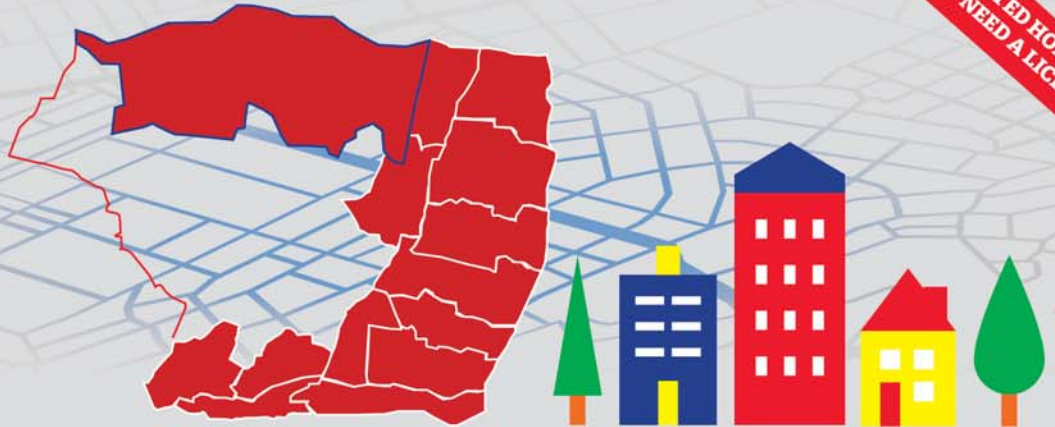
Austrian Food UK

Austrian Christmas market gifts in Palmers Green!

A festive selection of food & drink at Austrianfood.co.uk perfect for Christmas gifts or if you are missing the famous Austrian Christmas markets! We also offer gift vouchers & free local delivery within Enfield.



Find us on Socials: @AustrianFoodUK or email austrianfooduk@gmail.com




Property Licensing in Enfield SELECTIVE LICENSING SCHEME

From 1 September 2021, properties that are privately rented to one or two persons or one family households in 14 areas in Enfield need to be licensed by the landlord.

Landlords and letting agents need to check if their property is in the part of the borough that needs a licence by visiting the Enfield Council website www.enfield.gov.uk/propertylicensing

If you rent a property to three or more people, living in two or more households, sharing facilities you are committing an offence if you have not applied for a HMO licence.

For more information about Property Licensing in Enfield, go to our website www.enfield.gov.uk/propertylicensing




New regulations are now in force for Enfield landlords by Fariz Uvais

Fahri LLP
Law Firm

Fariz Uvais is a consultant solicitor at Fahri LLP based in Whetstone North London. With a modern and forward-thinking approach, their team of highly qualified legal experts are all committed to giving you the very best advice and exceptional service. Fariz is on hand to answer your legal queries, please send your questions to Fahri LLP, 1268a High Road Whetstone, London N20 9HH or by email to fariz@fahri LLP.com.

The government has approved Enfield's application to introduce a selective licensing scheme. The licensing scheme came into effect on 1 September 2021.

The London Borough of Enfield covers an area of 32 square miles. It is bordered by the boroughs of Barnet to the west, Haringey to the south, Waltham Forest to the east and with Hertfordshire and Essex to the north.

Selective licensing now applies to all privately rented residential properties occupied by one or two persons, or one family households, located in 14 wards (areas) across the Borough.

The wards covered by the selective licensing scheme are:

- | | |
|-------------------|-------------------|
| • Bowes | • Palmers Green |
| • Edmonton Green | • Ponders End |
| • Enfield Highway | • Southbury |
| • Enfield Lock | • Southgate Green |
| • Haselbury | • Turkey Street |
| • Jubilee | • Upper Edmonton |
| • Lower Edmonton | • Chase |

Failing to obtain a licence and ignoring the law could leave you at risk of being prosecuted by the Council, and if found guilty the Landlord may then hold a criminal record, be fined an unlimited amount and ordered to pay court costs and a victim surcharge. Following a successful prosecution, Landlords may then fail a fit and proper person assessment, therefore making it very difficult for them to obtain a property licence in the future.

In the alternative, the Council may issue Landlords with a civil penalty notice of up to £30,000 for failing to obtain the correct licence and this penalty notice may be served without any prior warning being given.

Landlords could also be subject to a Rent Repayment Order and may have to repay up to 12 months rental income back to the Tenant as a result of failing to obtain a Licence.

Additionally, whilst the property is unlicensed, it will be impossible to use a Notice of Seeking Possession under Section 21 Housing Act 1988 to evict tenants. This is the only "no fault" low cost option available to Landlords seeking to evict tenants after the fixed term expires.

Disclaimer: The information provided in this article should not be construed as legal advice and the information is offered for information purposes only. You should always seek advice from an appropriately qualified solicitor on any specific legal enquiry.



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Junior After School & Weekend Tennis Coaching & October Half Term Camps at Broomfield Park

Junior Tennis Coaching Programme available to book online
clubspark.lta.org.uk/JamesMottCoaching

Tots Tennis (Reception/ Nursery):

- Monday - 4.00 - 4.30pm
- Thursday - 4.00 - 4.30pm

£28.70 per half term block for 30 mins session

Mini Tennis (School Years 1-4):

- Monday - 4.30 - 5.30pm
- Wednesday - 4.30 - 5.30pm
- Sunday - 10.00 - 11.00am

Junior Tennis (School Years 5 - 6):

- Monday - 5.30 - 6.30pm
- Wednesday - 4.30 - 5.30pm
- Thursday - 5.30 - 6.30pm
- Sunday - 11am - 12pm

Sign up for special block booking price (7 weeks) £53.90 or
£7.70 per hour.

Junior Autumn Half Term Camps (25-29 October)
9.30am-3.30pm (Mon-Fri) - early drop off & late pickup
available to book. Juniors aged 4-15 yrs (all abilities)
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Tennis activity camps including rounders, football, multi sports
& arts & crafts.

Book here for Broomfield Park:
clubspark.lta.org.uk/JamesMottCoaching

1-2-1 coaching & adult groups available
All abilities welcome
Run by LTA accredited coaching team

Enquiries:

James Mott, Head Coach
07963 521 385 / jamesmott_tennis@hotmail.com



Have you sold a property and failed to notify to HMRC?



by Nadeem Iqbal – Founder and CEO at Heighten
Accountants Palmers Green and Walthamstow
Palmers Green, 84 Alderman Hill, Palmers Green, London N13 4PP
020 3900 2424 info@heightenaccountants.co.uk
www.heightenaccountants.co.uk



When you sell a property that you have not used as your only or main home for the period you owned it, you may have to pay tax. You must tell HMRC about it, and you must do so within certain time limits. If you do not do this, HMRC call this a 'failure to notify'.

HMRC collects information from multiple sources to make sure you have reported property disposal through your personal self-assessment or through direct reporting. They also have an access to the record to confirm if you have lived in this property or not.

If someone does not report such gain on the disposal of a property, HMRC usually write to the seller to check the details of the property disposal to decide whether

you have to pay Capital Gains Tax.

If you strongly believe that you do not have any Capital Gain Tax to pay, for example, if this is your main home or you have a separate property trading business and you have sold the property as a part of it, then you do not need to do anything. If you are not sure, you should check with your accountant and tax advisor. If you find that you have tax to pay then you are required to report back to HMRC by a certain date which is usually communicated to you by HMRC in writing.

If you receive such notice, it is advisable to seek help from professionals as they might be able to save you in tax, penalties and surcharges and advise you on what could be the strong grounds and reasons for not

reporting it on time. You can also make such declaration with due care online by visiting HMRC disclosure service page.

About Heighten Accountants?

Heighten is a London (UK) based Accountancy, Business and Tax Advisory firm providing practical accounting tools to landlord, property investors and business owners to increase their profitability, and maximise their business share, without affecting their work-life balance. They solve the problems that keep you up at night. Please visit their website www.heightenaccountants.co.uk or call them on 020 3900 2424 to know more about how they can help you to sort out your property and other taxes.



The Ark at St Johns, Palmers Green

by Rev Julie Coleman

St John the Evangelist
1 Bourne Hill, N13 4DA

The Ark has been running since March 2020. It was initiated following the first Covid-19 lockdown.

Over the last 18 months some members of the community have become tired, afraid, anxious, and vulnerable and a lot more people have come onboard to volunteer or seek assistance from our services. St Johns would not be able to sustain this initiative if it was not for the help of the people in the local and wider community who have become the resource for food and clothes donations as well as a listening ear. I will never be able to thank you enough.

What takes place on The Ark

The Boutique supplies clothing items for people of all ages. It also supplies nappies, baby milk, items for pregnant women, etc. Plus, a suit or outfit to assist people attending interviews.

Heart Rock Café runs a takeaway service from the Parish Centre door every Friday between 12noon and 2pm. It offers packed lunches, soup and a roll and a hot meal and

bags of food. We have been able to help up to 84 every day.

St Johns Food Pantry – A bag of food is given to every person who comes to the Ark on a Friday. If more is needed for a family, it is offered and toiletries are also available.

Food parcels and deliveries – Home delivered food bags are prepared on a Thursday. The deliveries take place on a Friday at 10.30am and 2.30pm to prevent overcrowding. Our food parcels currently support approx. 168 people.

Youth Provision – Our provision supports young people aged 11 to 17 years. We also offer a six-week life skills course.

Breaking Point and Mentoring – Often people are sign-posted to us via specific agencies. We work with parents of young people looking to leave gangs or those suffering with additions such as drugs and alcohol. We support young people through

mentoring sessions including access to an organic garden.

Men and Women refuge centres are supported by The Ark in a way that maintains the confidence of the centre and its individuals. We are presently engaged in obtaining and delivering resources for the Afghanistan refugees.

Conclusion – You will always find the occasional person who will grumble and moan about what you are doing or what you are not doing but we have risen above that. The Ark is a marvellous witness of community and faith actively working together to make a difference.

If you can help with food donations we would be very grateful. Please drop items off at St Johns Parish Centre or ring me on 020 8886 9557 and we can arrange collection.

With love in Christ, Rev Julie Coleman





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For Sale £475,000



Hazelwood Lane, Palmers Green

Newly decorated CHAIN FREE ground floor flat offering two double bedrooms, a spacious living room with wood floor and doors to garden, a fitted kitchen, bathroom, hallway with wood floor, parking space, 170 year lease remaining and own rear garden.



For Sale £400,000



Chase Road, Southgate

A chain free two double bedroom first floor maisonette requiring updating with spacious living room, own front door, 950+lease, gas central heating and section of rear garden..



For Sale £400,00



Old Park Road, Palmers Green

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Care Homes and Day Care Services for Older People
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Making a difference for World Alzheimer's Day

The month of September marked World Alzheimer's Month with World Alzheimer's Day on 21 September being the focal point of global activity and awareness raising.

This Autumn our homes are supporting the Alzheimer's Society by making personalised home-made crafts for loved ones to buy. All funds raised go directly to the Alzheimer's Society that campaign for change and fund vital research to find a cure and support people living with dementia today.

You too can support this great cause by visiting our fundraising page:
www.justgiving.com/fundraising/worldalzheimersday



4 things you should know about dementia

1. Dementia is not a natural part of ageing
Dementia is not a natural part of ageing and it doesn't just affect older people. Over 40,000 people under 65 in the UK have dementia. This is called early-onset dementia.

2. Dementia is caused by diseases of the brain
Diseases such as Alzheimer's disease cause nerve cells to die, damaging the structure, chemistry and function of the brain.

3. It's not just about losing your memory
When most people hear the word dementia, they think of memory loss, but dementia can also affect the way people think, speak, perceive things, feel and behave.

4. People can still live well with dementia
Until a cure is found, support and treatments are available that can help with symptoms and managing daily life. These can allow people with dementia to lead active, purposeful lives and carry on doing the things that matter to them most.

To find out more about our homes based in Southgate and Winchmore Hill visit:

autumn-gardens.com 020 8344 2600

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6PM – 8.30PM

NEW ENTRANCE TO THE SCHOOL FROM POWYS LANE AUTUMN 2021

www.broomfield.enfield.sch.uk

**Coffee Mornings and Virtual Roadshows happening throughout
September and October follow us on Instagram and Facebook**



@broomfield_sch

for updates

broomfield Sch Enfield



Broomfield School – part of our community Working with local businesses and initiatives



As part of their learning, Year 8 pupils at Broomfield School have been investigating the environmental impact of the textile industry.

During the 2021 summer term pupils were given the opportunity to learn how to reuse, upcycle and repair clothes with the help of staff at Stitch!



Year 7 pupils were invited to design and build a new "chill-out" area in Broomfield Park. This exciting project was in collaboration with the Palmers Greenery community café who funded the project,

the Friends of Broomfield Park, and the charity Build Up. The new seating area is located in the Community Growing Space, and we invite you to take a look!

Question time with our new Head Teacher Mrs Seymour

*What are the best things about
Broomfield School?*

The best things about Broomfield School are



the pupils and its staff. We are a small community school, so it has a real family atmosphere. Our dedicated and experienced staff always work hard to make sure our pupils achieve their potential.

*What are you most looking forward to
as Headteacher?*

I have been Deputy Head at Broomfield for several years and it will be a real privilege to be the Head Teacher. I look forward to the easing of lockdown so we can resume our extensive program of extra-curricular activities, school visits and learning outside the classroom.

*What are you most proud of about
Broomfield School?*

I am proud of our pupils. When I walk round the school, I see focused and ambitious young people working hard, rising to new challenges and taking on new responsibilities. We are a diverse and dynamic community united together in our learning.

*What advice do you have for
prospective families?*

Children are all individuals. It is important to make sure you get the right school for your child where they will feel safe, supported, and are able to thrive. I would always advise families to visit the school (when Covid restrictions allow), to look at the information available and ask questions. Broomfield School is an Ofsted rated Good School and we would love you to join us on our journey and be part of our success.

To find out more about our next open event please visit
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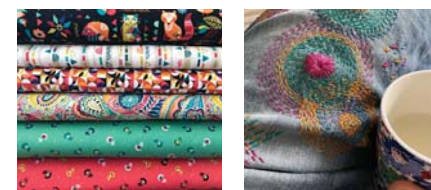
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Stitch!
Crafts & Classes



What is Amtico? by Russell Davies

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Amtico are manufacturers of Luxury Vinyl Tiles (LVT) that are made to look like wood, Parquet, stone and ceramic tiles.

Available in lots of different sizes they can be mixed together, so a tiled effect can join up to a wood effect with no threshold between them, because they are made from a PVC vinyl, they are a waterproof material so it can be used in kitchens, bathrooms and utility areas. In addition, because it looks so real and the quality is excellent we often fit to all areas of the home.

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Currently the parquet herringbone design is popular because of the choice of colours available and the price point, which can work out better than real wood.

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London: Enfield, Palmers Green

& the South West of England

Celebrating 40 years of Edmonton Running Club!

- **UK 1981;** Bucks Fizz win Eurovision, Inflation falls to 16.1%, Prince Charles and Lady Diana marry
- **London 1981;** Brixton riots, Spurs win FA Cup, 1st ever London Marathon and with it the start of the jogging boom
- **North London 1981;** Edmonton Joggers is formed.



Originally formed in a shop in Bounces Road, Edmonton, the club is celebrating its 40th year of running in 2021. Over the intervening years, along with a few changes of venue, a change of borough and a subtle name change to recognise we are now runners, Edmonton Running Club is now based in Winchmore Hill at the Hazelwood Sports Club. Some of our original founders are still members and still running. Many of the impressive club records are held by the early members of the club from the 80s – 31:20 for 10k anyone?

Whilst much has happened in those 40 years what hasn't changed is our passion and enthusiasm for running be it for the fitness, the racing or simply the camaraderie. We thrive on being a friendly and inclusive group with a welcoming atmosphere rippling through the club. We are serious but always have fun, whether it be a gruelling hill rep session, or drinks in the club bar afterwards.

Our much lauded Run the River (RTR) 10k takes place every October. We try to encourage as many local runners of all abilities to enter. With a grandstand finish on the track at the Lea Valley Athletics centre, medal and T-shirt what's not to like. You are sure to spot our bright RTR T-Shirts in and around Enfield and beyond. For more details check out <https://www.edmontonrc.co.uk/contents/1652-run-the-river-10k>.

We meet Tuesdays and Thursdays on the streets and trails in the surrounding area. On

Sundays we venture further afield, usually running around Whitewebbs Park.

So, don't think you could run 10k, let alone a marathon? then why not come down to the club and try us out for a while on our Tuesday runs. Just email us at enquiries@edmontonrc.co.uk or visit the website at <https://www.edmontonrc.co.uk> and who knows you could be part of the journey of the next 40 years of Edmonton Running Club!



In the garden with Outside Designs

by Paul Knight

Contact Paul on 07957 942728
info@outside-designs.co.uk
www.outside-designs.co.uk



Autumn is fast approaching and here are some plant ideas that will add colour and interest at this time of year.



Anemone

There are many different species of anemones but the ones that offer beautiful colour through autumn are the 'so-called' Japanese types. With most standing at nearly a metre high, their flowers, which can vary from purest white through to deepest pink, provide beauty and elegance in the garden from early September into October.



Cyclamen

C. hederifolium is a hardy autumn flowering species that survives in the UK climate. The attractive, patterned, ivy-like foliage follows to give interest through much of winter. They do well in dry shade so planting them under established trees and shrubs helps brighten darker spots.



Aster

One of the most quintessential herbaceous perennial for autumn colour, with many different varieties and colours to choose from.



Pennisetum

Known as the fountain grass, there are many different species of pennisetum, but all have the same distinctive bottle-brush flower. These clump-forming grasses do best in full sun but require varying soil types. Lovely throughout autumn, especially amongst herbaceous perennials flowering at the same time.



Helianthus

In particular, *H. 'Lemon Queen'*. This perennial can give an amazing colour through late summer and into early autumn. Lemony-yellow flowers with slightly darker centres provide a rich source of nectar for bees late in the season. This plant does best in a sunny position at the back of the border.

Outside Design Plants

It is always a good time to start thinking about adding or changing plants and planting schemes in the garden and we can help you with that. As well as being garden designers with our own landscaping team, **Outside Designs** also supply plants and shrubs, delivered to your door and at competitive prices.

We can supply plants that you can plant yourself or we can plant them for you.

We have a specialist team of horticulturalists with expert knowledge of plants who can help you to create a planting scheme for your garden with year round interest, structure, colour and texture. Plants bring a vital dimension to all great garden design and evokes all the senses.

We offer full planting plans for entire gardens or we can simply arrange to fill the gaps within existing planting, so whatever your requirements are we can help. Every garden is different and our team of plant experts will be able to assess your garden's conditions and find the right plants for the right place. A shady damp area or a dry sunny spot of the garden can sometimes be tricky places to establish plants, but we can choose those plants that will thrive in these conditions and transform an otherwise empty space.

All our plants are good quality and our planting service will then ensure that every plant is correctly planted and given the required compost and fertiliser for a healthy start. All that's left is for you to sit back and watch the plants grow to their full potential!

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Paul Knight 07957 942728
 or Vicky Harris 07779 252628



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Boost your language learning by reading

by Laura Scaramella of Parla Italiano

Are you stuck with learning a foreign language? Perhaps you have reached a plateau and cannot get going? You have tried everything and are starting to lose your motivation?



Well, reading is one way to get unstuck, learn quicker and discover more than the language. Joining a reading class or a book club might be just what you need!

The power of reading in context and storytelling

If you have been trying to learn a language by memorising lists of words, you might know by now that this does not work. Our brain and our memory function through connections and pathways. If you wish to store a new word in your memory it is more beneficial if you 'anchor' it to something already there. A list of words without connection to each other will

soon be forgotten. This is because our brain has evolved to retain only information that is meaningful.

The power of context and stories does not only lie in making vocabulary memorable, but also has the power of contributing meaning to a word, even a new word that the student has never come across before. Storytelling is the natural human way of passing on information and experiences, that is why it is so powerful as a means for learning a language.

For reading in a foreign language you need some techniques and tips. If you wish to learn these techniques, please

read a more extensive blog found here: www.parlaitaliano.co.uk/blog/

Why to join a book club or a reading class

Joining a book club or reading class helps with motivation, sharing the experience with others increases your enthusiasm and gives you more learning options: you can learn from your peers, as well as from the teacher running the club.

If you wish to learn Italian, as well as the book club, we also offer classes at all levels including for complete beginners.

All our classes are online. If you wish to know more please get in touch by email: laura@parlaitaliano.co.uk or phone: 07941 092593 or visit: www.parlaitaliano.co.uk

An extract from 'If At First You Don't Succeed'

by Sian Wright, Tutor Doctor Barnet



GROWTH MINDSET

INSTEAD OF SAYING...

THIS IS HARD.

I'm making too many mistakes.

I'm not smart.

I don't know how.

I don't like challenges.

I give up.

I am not good at this.

SAY THIS...

Practice will make me better at this.

Mistakes are how I learn and get better.

I'm really smart when it comes to ____.

I can learn!

Overcoming challenges helps me grow!

I can't succeed if I don't try!

I am not good at this yet, but with practice I will be!

"The way we talk about learning, mistakes, and failures at home has a significant impact on the type of mindset that is cultivated. Try to talk about errors positively, emphasising the learning that has taken place as a result. Some studies are also starting to show that focusing praise on effort rather than outcome can help to build a growth mindset. Praising the small steps taken towards learning emphasises that the learner's actions (something they can control) are more important than the result (which may be outside their control to some degree). For example, after a disappointing test score, you could praise the way that the learner planned a revision timetable and then encourage them to find a way to practice elements of the test again. Try to avoid commenting that some subjects are just 'hard' or that you weren't good at them at school, even though it's very tempting to empathise! Mindset changes take time and effort to embed, but the rewards of a growth mindset are worth striving for."

About the author: Sian is an experienced secondary school teacher who also runs a local tutoring organisation, Tutor Doctor Barnet. The tuition is overseen by experienced, qualified teachers. Tutors are hand-picked for their skills and relationship with students and matched to the learner's personality and goals. They also offer academic coaching to improve mindset, build self-belief and help with organisation and motivation at school.

www.tutordocor.co.uk/barnet
barnet@tutordocor.co.uk 020 8102 6702

It's rodent season, are you prepared?

by Sparta Pest Control

Sparta Pest Control Ltd
07493 447709
info@spartapestcontrol.co.uk
<https://www.spartapestcontrol.co.uk>



With winter approaching we will see a huge spike in the number of unwanted furry visitors in the form of rats and mice! With cold snaps on the way, these conditions will drive rodents into buildings and gardens in search of shelter and food. An unwanted infestation has the potential to lead to challenges for residents and businesses alike.

Since the introduction of fortnightly waste collections in Enfield, we have already experienced challenges managing rubbish, with overflowing bins and fly tipping in public areas.

A typical home may have several potential entry points for rodents, which can transmit a variety of diseases to humans. They get through gaps as small as 2cm, often using plumbing pipes and unscreened air brick vents or gaps in the eaves and roof edges.

The first evidence of rodents in a home is often noises under the floor, in the walls or loft as that's where most will head to once they are inside. Quite apart from the health risks, they will foul water tanks and chew on wood or electrical wires which can cause a lot of damage and pose a fire hazard.

Rodents breed rapidly so it's vital to act as soon as any evidence is found.

Our tips to help prevent rodents:

- Inspect properties thoroughly and seal up any external gaps, holes or crevices that could provide an entry point. Never use foam, rats will comfortably chew through this, and it can provide a food source.
- Remove potential nesting sites by keeping gardens clean and tidy, cut back overgrown areas and clear piles of wood, leaves or debris. Check your sheds for any gaps or rodent gnaw markings, usually where the wood has rotted away.
- Ensure doors and windows can be closed properly and that drain inspection covers are well maintained.
- Keep bins well maintained with their lids

closed. Compost heaps should be covered.
• Don't leave food in easy reach.
Prevention is the best method to stop an infestation rather than repair the damage after it has happened. Simple precautions can be taken to reduce the risk of rodents in your property and business. Contact us if you have any concerns or need help.



Sparta Pest Control and Prevention

We take a professional and discreet approach to solve your pest problems. Our services include:

Domestic Households

We work in partnership with you to safeguard your property, family and pets. Prevention is better than cure, so if you are concerned about pests please ask us about our **proofing services**.

We offer a comprehensive treatment plan to ensure the eradication of pests. We also offer advice and additional services to prevent future infestations.

Landlords Services

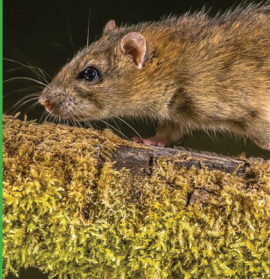
Pests are a nuisance that can damage your rental property. If left untreated they can cause stress to you and your tenants as well as **unnecessary voids**.

Our proofing services are a great way to prevent pests. We are able to deal directly with tenants to gain access and start treatment, if required, as quickly as possible.

Commercial Services

Pest infestations can have a significant impact on your business, brand and profits.

We provide a **preventative pest monitoring service** with regular inspections. You will receive a full report that can be made available to the Environmental Health Officer (EHO) when they assess your on-site pest control prevention and compliance plan.



Rodents



Cockroaches



Bed bugs



Ants



Wasps



Other Pests

Call 07493 447709
info@spartapestcontrol.co.uk
info@spartapestcontrol.co.uk





Fab Hair London has joined the Green Salon Collective

by Kiri from Fab Hair London

382 Green Lanes, N13 5PD
Tel: 020 8886 7070



How green is your hair salon? Hair salons are notorious for throwing away single use items like foil, plastics, disposable towels and many more items. There is no doubt that hair salons are a major contributor towards waste in the UK, this has been a growing concern for us at Fab Hair, and something we have been determined to address.

The Green Salon Collective was founded by environmental experts, hairdressers and eco campaigners, they are the original authority on salon sustainability throughout the UK and Ireland. We are

very proud to be among the first hair salons in North London to join their initiative.

Certain items such as hair and contaminated foils are not items traditionally accepted by recycling companies, but the Green Salon Collective accept almost everything. Once our waste has been sent off, the Green Salon team will divert everything to the right place so that it can be recycled - significantly reducing the amount of waste our salon sends to landfill. As a business, we are always trying to find new ways to be more

environmentally friendly and are proud to be taking our next step in becoming a more sustainable salon.

"Did you know your hair can be used to mop up oil spills, clean waterways and helps to grow food and plants?"

Any questions that need answering quickly, please email me kc@fabhair.london and I will get back to you soon as I can. If you enjoyed my article, let us know, you can also like us on Facebook or follow us on Instagram @fabhairlondon.



"No back pain for 5 years and I still don't understand how Amatsu works!"

by Nicola Forward, your local Amatsu Practitioner

This comment from regular client, Margaret, plus a very similar one from new client, Jean, got me thinking. And to be honest, after over a decade practicing Amatsu, I still find it difficult to explain. What follows is my best attempt.

Your body tells the story of your life. Over time it adjusts itself to accommodate your postural habits, any accidents, surgeries or emotional stresses you may have experienced and even to medications and lifestyle choices. But all these adaptations and compensations can lead to imbalances and creates the body you find yourself in today, together with its accompanying symptoms.

This is the body you bring into my clinic. For Margaret, who I first met in January 2017, it was a body which, for the preceding ten years, had "sudden debilitating back pain that can last up to ten days." And for Jean it was a fifteen year old knee injury that resurfaced when she "tweaked it putting on a spurt to cross the road."

However your body express its imbalances, my training as an Amatsu Practitioner helps me "read" your life story as torsions and tensions in your body and then, with you lying fully dressed on my therapy couch, I use soft touch, gentle pressure and natural body movement to help your body find its own balance which in turn can reduce your symptoms.

Initially Margaret and I worked together weekly until she felt her body was more stable and we have continued on a roughly monthly basis as a form of "maintenance" as these sessions "always leave her feeling lighter and more comfortable walking."

Jean contacted me within three weeks of her "tweak" which was "causing considerable

discomfort" and interfering with her work and her family life. After three sessions she commented that "I don't even think about my knee any more, unless I kneel down. I don't know how Amatsu works, but from my experience, I can tell you it does!"

Call me for an informal chat about how Amatsu could work for you.



Mobile: 07720 810 101 Email: nicolaforward@aol.com

Special Offer with this magazine, your first 3 sessions for the price of 2

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Tottenham Recreation Ground and Boundary Fields

It may not be considered as one of the "Crown Jewels" of Enfield's green spaces but Tottenham Recreation Ground is a gem nonetheless. Tucked away in the south east corner of Palmers Green, on the Enfield/Haringey border, this wide open recreation ground is much loved by the community.

The recreation ground, originally a farm, was all that remained of the original open space after rapid building in the 1930s. The park was home to a number of sports clubs in the early years including the Wesleyan tennis club and Southgate Athletics club; both tennis courts and athletics track have now disappeared but it remains home to the North London Shamrocks Gaelic football club and hosts excitable young football players each weekend.

The park already has a lot to offer local residents with an outdoor gym, playground and plenty of space to give the dog (and children) a run. However, it could still be so much more to so many more

people so, in the midst of the pandemic, a group of local residents joined together to form Friends of Tottenham Recreation Ground and Boundary Playing Fields to help do just that. This little group has big plans for the park; whilst they started small with regular monthly litter picks, there are hopes to reinstate the tennis courts, improve accessibility and open a community café.

The first changes came with an inaugural "Love your Park" day on 25th September with lots of activities to get local children invested in their park building bird feeders and bug hotels. For the grownups, there was more strenuous work involved digging a new wildlife pond to attract

frogs and dragonflies. This month, the park will be receiving a donation of over one hundred saplings from the Woodland Trust to make even more wildlife habitat in the future. The group have also applied for a grant to upgrade the playground to make it more accessible and install new benches to rest weary legs.



If you are interested in getting involved with the Friends group please visit FriendsOfTottenhamRec.org or email tottenhamrec@gmail.com

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Millstream Close, Palmers Green

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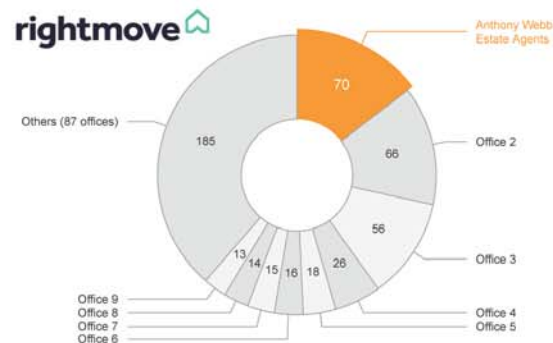
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Afghanistan and Britain's history of supporting refugees by Bambos Charalambous, Labour MP

bambos.charalambous.mp@parliament.uk

Parliament: 020 7219 3460 Constituency Office: 020 8882 0088

472 Green Lanes, Palmers Green, London N13 5PA

In August, the situation in Afghanistan reached breaking point. Following the US decision to withdraw from Afghanistan, the Taliban's return to power created a heart-breaking humanitarian and refugee crisis. This directly impacted many people and their families here in Enfield Southgate.

I have been supporting constituents affected by the crisis, including UK nationals and their families stranded in Afghanistan, interpreters, and government and support staff who worked alongside the British in Afghanistan. It has been a privilege to help those affected.

I would also like to pay tribute to our community. I continue to be deeply moved by the strength of feeling from constituents about the crisis. My office has received hundreds of e-mails, letters and phone calls about Afghanistan, and it has been wonderful to see local people come forward to support those in need. I would like to thank everyone who has got in touch, donated to aid organisations and charities, delivered clothing and essential items locally, or simply kept the conversation going with friends and family.

Let me be clear. I, like many others, was opposed to the American-led mission in Afghanistan in the aftermath of 9/11. Indeed, the last few months have shown the impact war can have on local communities like ours, thousands of miles away from the conflict.

We nonetheless had an important role to play in Afghanistan, in both supporting the Afghan forces against the Taliban and protecting the hard-won human rights of women, children and activists in the country. The rights of women and children matter, at home and abroad – and we therefore continue to have a responsibility to the Afghan people.

That's why I believe the Government's response to the crisis was severely lacking in planning, competence and compassion.

As Shadow Immigration Minister, I have seen the impact of this Government's hostile environment; there has been an absence of empathy towards refugees and asylum seekers among Conservative Ministers – and this is not British. The UK has a long and proud history of helping those fleeing violence and persecution abroad, from

rebuilding a shattered Europe after WW2 to the thousands of Cypriot refugees who came to the UK and settled in communities like ours in the 1970s.

This legacy goes hand in hand with the British values of fair play, decency and respect for international law.

Parliament has been in session since September and this month I am involved in the committee stage of the Nationality and Borders Bill. The provisions in this Bill will criminalise and punish many people seeking protection in this country – including Afghan refugees – while failing to get to grips with our broken asylum system. I believe it is a dangerous and draconian piece of legislation that diminishes the UK's international standing in the world.

As the Afghan refugee crisis shows, we need to introduce safe and legal asylum routes for those fleeing persecution abroad. We also need avoid the desperate hostile environment politics that created scandals like Windrush. I'll be making these points clear to Ministers this month as I oppose the Nationality and Borders Bill.

Local Politics is changing!

by Councillor Joanne Laban

email Cllr.Joanne.Laban@enfield.gov.uk

Conservative Member for Highlands Ward



The Local Government Boundary Commission prior to the Coronavirus pandemic undertook a review of the current ward structures in Enfield. The final proposals were published in March 2020.

The Local Government Boundary Commission carries out periodic reviews to ensure local politics remains representative as the borough's population continues to grow. It can recommend changes to ward boundaries, the number of councillors on an authority, the number of councillors per ward, the names of wards plus the creation and abolition of wards.

The result of the review carried out means that Enfield's 2022 local elections will be fought on new wards set on different boundaries to the existing ones. Residents

and business owners may find out that the name of the ward they live or work in may have altered.

Enfield will still have sixty-three councillors in total as it does now. The number of wards will increase. At present, there are twenty-one wards in Enfield but from next May there will be twenty-five meaning an additional four wards.

The new wards include a Highfield ward which will cover the area east of Palmers Green. Southgate Green is being replaced by new wards called Arnos Grove and New Southgate. Carterhatch, Brimsdown and Bulls Moor will replace Turkey Street and Enfield Highway wards. Two new wards called Whitewebbs and Ridgeway replace the current Chase and Highlands wards.

There are currently three councillors per ward across the borough. However, this will change at the next election with twelve wards out of the twenty five including Arnos Grove, Bowes, Bulls Moor, Carterhatch, Cockfosters, Grange Park, Highfield, New Southgate, Oakwood, Palmers Green, Ponders End and Winchmore Hill being represented by only two councillors.

Political literature starts hitting the doormats leading up to an election so hopefully this article helps explain why some of the usual information on them has changed. Your current councillors remain in office until the election so please contact them if you need help with a council related issue.

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for couples**

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