

Palmers Green & Southgate LIFE

Spring 2021 Edition
Issue 49

Rebalancing the scales to protect women and girls
by Bambos Charalambous MP

What is Amtico?
by Russdales flooring

Landlords – is it time to protect you rental property?
by Tony Ourris



Palmers Green Post Office circa 1890

Anthony Webb
ESTATE AGENTS

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Welcome

Anthony Webb
ESTATE AGENTS

The property market in Palmers Green, Winchmore Hill and Southgate has seen a tremendous surge of activity since the original stamp duty holiday was announced back in July 2020.

In the recent March Budget this stamp duty holiday, a saving of up to £15,000, was extended until the end of June 2021 with a further smaller incentive, a saving of up to £2,500, until the end of September 2021.

The Chancellor also announced that the government will be releasing a scheme that will guarantee 95% mortgages for buyers with only a 5% deposit to help people get onto the housing ladder. This scheme is available to anyone with a 5% deposit wanting to buy a property up to the value of £600,000. This is a great opportunity that will help people from 'Generation Rent' finally become homeowners.

In the hours immediately after the budget announcements we saw a massive increase in telephone calls and incoming emails from potential new buyers registering to buy a property. A similar story was also reported by Rightmove which said that, "We saw an immediate spike in activity on Budget Day following the chancellor announcement." Rightmove went on to record its busiest day ever as visits to its website on Wednesday 3rd March surpassed nine million for the first time.

The stamp duty holiday extension, coupled with the introduction of 5% deposits, has given many people the certainty they have been looking for to press ahead with their home-moving plans. If you're interested to know what your home is worth in today's market, contact us on 020 8882 7888 to arrange an appointment or book a valuation online at anthonywebb.co.uk.

Tony

Director
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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.

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Anthony Webb, supporting local schools, charities and local action groups to enrich our community.





Park Avenue, Palmers Green

A stunning Edwardian family home built in 1911 boasting a wealth of period features, three reception rooms, two bath/shower rooms and a beautiful 130ft south facing rear garden with a summer house.

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✓ 360° Virtual tour available online

 4  3  2

For Sale O.I.E.O £825,000



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Stunning location on Southgate Green. A rarely available and beautifully presented two double bedroom converted apartment offering bright and airy living accommodation. The property is situated on the raised ground floor of this fantastic grade II listed Georgian building.

 2  2  2

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 4  2  2

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Anthony Webb
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Past Times... Palmers Green Post Office by Ellie Sales

In the early years of Palmers Green village, a small charming two-story cottage stood on the corner of Hazelwood Lane and Green Lanes. Established in 1864, it served as the Post Office and General Store with its attractive pantiled roof, splayed corner entrance, and billboards usually propped up against the white picket fence.



Palmers Green Post Office circa 1890, on the corner of Hazelwood Lane and Green Lanes

At the time, Palmers Green was still a quiet and peaceful hamlet and the demands on its services were far from pressing. As the area started to develop and its numbers increased, the Post Office was moved in 1904 to The Triangle. The sorting Office remained for a time at Hazelwood Lane. Then, in 1907, a new single-storey Sorting Office was built on the same site as the present Post Office building, opposite Fox Lane.

In 1931 the Sorting Office was demolished to make way for a grand,

new, combined Post Office and integral Sorting Office. Typical of many interwar buildings of the era, with its traditional red brick facade, it would now be described as Neo-Georgian in appearance, a popular architectural style of the early 20th century. At street level, three arched metal windows each sit within a decorative Portland stone surround. Beneath the middle window is an attractive cast iron 'Posting Box', which is sadly no longer in use, having been replaced by a red pillar box in December 2018.

The new Post Office was formally opened on 1 January 1932 and still serves our community today.

With the rise of email and electronic banking having reduced the need for many existing counter services, numerous Post Office closures have taken place in recent years, yet Palmers Green, now in its 89th year, has always managed to escape the cuts and still serves its original purpose, for the same company that it was built for, an increasingly rare feat for buildings of this age.

More recently, a local community business, Stitch! can also be found within the Post Office building. It offers a variety of sewing and crafting classes and drop-in sessions to suit all ages and skill levels. To find out more visit, www.stitch.org.uk

Content sourced from www.thenewwiperstimes.com/2019/02/11/palmersgreenpostoffice/ and, Once upon a time in Palmers Green by Alan Dumayne.



The new Post Office was formally opened on 1 January 1932.
© Royal Mail Ltd, Courtesy of The Postal Museum



None of its original internal features remain today.
© Royal Mail Ltd, Courtesy of The Postal Museum

Rebalancing the scales to protect women and girls by Bambos Charalambous MP



bambos.charalambous.mp@parliament.uk Parliament: 020 7219 3460

Constituency Office: 020 8882 0088 472 Green Lanes, Palmers Green, London N13 5PA

Any MP or politician will tell you, that when a woman suffering from domestic abuse comes to you for help, or a survivor tells you her story, the details are harrowing. But, not every woman survives. In England and Wales, a woman is killed by her male partner or former partner every four days. Not all victims of domestic abuse are women and children, but it is a highly gendered form of hate deeply rooted in patriarchal inequality. The tragic death of Sarah Everard and the events at Clapham Common have rightly triggered an outpouring of grief and frustration from women wanting to be heard and wanting action. No woman, or girl, should ever have to put up with harassment or be in fear just because they are walking home.

Violence Against Women and Girls has unfortunately persisted in all societies, but the pandemic has placed it under a spotlight. Hope Not Hate recently published their 'State of Hate' report, highlighting the pandemic's violent knock-on effects on women and children who suffer from domestic abuse. Since the first lockdown, domestic abuse and sexual assaults have increased, but referrals to NHS Sexual Assault Referral Clinics (SARCs) have halved compared with previous years. They are calling for anyone who needs assistance to urgently come forward.

The inequality that allows this violence, is the same inequality that benefits men in other ways. The misogyny and harassment that women face every day - just because

they are women - is a threat to them reaching their potential, while giving men a far clearer run at things. Hope Not Hate has also reported a disturbing trend of male far-right activists targeting female public figures. We see it online, we've seen it here in Enfield and we know it can incite hatred. We must educate young boys and men. It cannot be allowed that any boy or man can view a woman's achievement as a threat to their own entitlement. Everyday misogyny must be made a hate crime, and street harassment must be criminalised.

As a man in a position of power, it's my duty to work with women to rebalance the scales and end the deep-rooted inequality that allows Violence Against Women and Girls.

Vaccine roll out by Councillor Joanne Laban



Cllr.Joanne.Laban@enfield.gov.uk

Conservative Member for Highlands Ward

I am writing this column a year after the first COVID-19 lockdown started, we have come a long way since then. The vaccination programme has been a success, I am sure some of you will either have had your first injection or at least know someone who has.

It is very important that when people are contacted by the NHS that they take the opportunity to have the vaccine. The vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness set out by the independent Medicines and Healthcare products Regulatory Agency (MHRA). Any coronavirus vaccine that is approved must

go through all the clinical trials and safety checks that all other licensed medicines go through. The MHRA follows international standards of safety.

Across the United Kingdom nearly 24.5 million people have had their first jab. This is an incredible achievement considering that the roll out only started just before Christmas. The UK is currently third highest in the world for the number of vaccines administered. This is something that we all should be positive about.

The vaccination programme could not be accomplished without the hard work of the NHS, the British Army and volunteers. It has been fantastic to witness the commitment,

determination and love involved in making the vaccination programme the triumph it has been.

We are on the Coronavirus Roadmap and if all goes according to plan there will be further easing of restrictions in the coming weeks, including the reopening of businesses. I am, like many others, looking forward to a haircut, going shopping and meeting friends outside at least. The ability to have conversations face to face even if socially distanced, rather than over Zoom will be a joy.

The vaccination programme and the knowledge we now have of the virus is making this possible.

How not to win friends and influence people by Rob Aaron-Wilson



rob@enfield-libdems.org.uk Liberal Democrat Parliamentary Spokesperson for Enfield Southgate

Every politician's dream is having the public on their side in everything they do. Any consequences of the politician's actions are then magically transferred onto the people as they were only doing the public's bidding. But having to go through that process, actually talking to people and gaining consensus and who knows... even having to change your mind, well that seems to be the process of a bygone age.

These days you just have a 'Consultation', a word that seems to combine the words con and insult. This magical process will tell you what you want to hear. You ask leading questions not about actual issues more about values. For instance, ask the question

'Do you think we should have low carbon energy?' and then use it to justify putting a nuclear power plant in someone's back garden.

Should this not be enough, well don't worry. You can get people from all over the country in the right interest group to fill in your consultation. They will not know the area or the issue, but they will fill in the consultation with the answers you sent them.

There is still however the issue that people still want to be heard. This for your modern politician is a sticky problem. People will organise and will sign a petition against

whatever you want to do. However, you still have a tool in your arsenal to avoid having to actually talk to people. You just ignore the petition, maybe you can say it's in the wrong format or it doesn't have the correct information on. Now all of these issues may also be true of the original consultation, but hey, why let facts get in the way.

All of this is wrong, it does not have to be this way. This is being done locally and nationally every day and we should not accept this. Even if the consultation is for something what you want, next time it may not be. There is still time for us to change this. If we do not, we lose our right to be heard and we will not get it back.





In the garden with Outside Designs

by Paul Knight

Contact Paul on 07957 942728

info@outside-designs.co.uk

www.outside-designs.co.uk



What a relief to see spring arrive after a dark and very wet winter! The days are lengthening and the temperature is slowly rising. It is a great time to get outside and see the changes that nature brings. The birds are singing more loudly and many plants are in bud along with the delightful sight of Crocus, Snowdrops and Daffodils.

Gardening, growing and nurturing plants is a wonderful thing as well as great exercise and relaxing at the same time. It is a mindful process that reduces anxiety and helps us to appreciate each moment by moment experience. Go outside to get yourself closer to nature and in tune with the sights, smells and sounds of our natural world.

Introducing Outside Design Plants - plants delivered to your door!



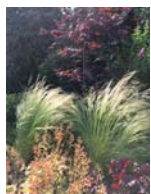
It is a good time to start thinking about adding or changing plants and planting schemes in the garden and we can help you with that. As well being garden designers with our own landscaping team, **Outside Designs** are now supplying plants and shrubs, delivered to your door and at competitive prices.

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 gardens 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. However, we can choose plants that will thrive in these conditions and transform an otherwise empty space.



All our plants are good quality and our planting service will 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!

Please contact us for your plant orders or to discuss a planting plan.

Paul 07957 942728 or Vicky 07779 252628

Plant of the month Hellebore, *Helleborus*

These are a really lovely, early flowering plant from the buttercup family. There are around 20 varieties and they have a long flowering period from late winter to spring.



They have a long flowering period and prefer a shady position with moist but well drained soil.

They are poisonous to cats and dogs but their foul taste prevents them from eating them!



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Is now the time to ensure your rental property is properly protected? by Tony Ourris

For many landlords rent and legal protection has not always been a priority. However, the UK is now facing difficult times and recent figures show the biggest slump in employment for more than a decade. With Government assistance schemes coming to an end the economic cost of the pandemic is huge.

This has led to a substantial increase in the number of rent arrears from tenants since the start of the Coronavirus pandemic and, added restrictions mean that it is not currently possible to progress possession hearings through the courts.

You may know how difficult it can be to remove a non-paying tenant, even if it is of no fault of their own. Challenges brought about by the pandemic have seen Landlords negotiate with tenants to protect their own investments but also help tenants that have found themselves in an onerous situation.

As part of our ongoing commitment to our clients we can offer a new Rent and Legal Protection policy with HomeLet which offers a superior level of cover for landlords. If your tenant falls into arrears or breaches their tenancy agreement, then the Homelet policy can help pay the rent (subject to the protection limits) and evict the tenants for you. Meaning that if your tenants can't or won't pay, or if you need possession of your property, you are protected.

Get added protection for £400 + VAT per property, per annum and know that your investment will benefit from:

- Monthly rent paid for up to a maximum value equivalent to fifteen months, which includes 2 months at 50% following Vacant Possession (where applicable) from the date of the first arrears.

- No policy excess
- Legal expenses up to £100,000 to cover eviction costs if the tenant is in breach of their tenancy agreement.
- Professional court attendance on your behalf.
- Tenancy changeovers (fully transferable to ensure no gaps in cover when tenants change – providing full referencing is completed on new Tenants).

If you would like to find out more, please contact our lettings team on 020 8882 7888.

We are also offering a free Covid-safe 360° virtual tour on all new managed listings (providing the property is vacant).

If you are thinking about letting or have an existing portfolio, we would be happy to offer you an up-to-date property appraisal.

**To book your appointment contact us on
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Landlords

Is it time to protect your investment?

Anthony Webb
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Budget 2021 – what does this mean for you?

by Alex Chrysostomou

Alexander Associates, your local accountants
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Corporation Tax Rises:

The main tool that the government are using to help repay the massive debt caused by the COVID pandemic is by increasing corporation tax from its current rate of 19% up to 25%.

The main points to note here is that this change will start from 1st April 2023 and will only impact companies with profits exceeding £50k a year, as the corporation tax on the first £50k profit will remain at 19%. The new 25% rate will be for profits exceeding £250k, with companies earning between £50k - £250k receiving a marginal rate relief on a sliding scale.

Super-deductions:

To help stimulate an investment in capital expenditure, the Chancellor announced a super-deduction of 130% in capital expenditure. This is to encourage businesses to invest in 'Plant and Machinery' whilst receiving quite generous tax breaks.

Income tax rates:

There will be no change to income tax rates for the rest of this government. The only small change is that the personal allowance will increase to £12,570 (currently £12,500) from April 2021 and the higher rate threshold to £50,270 (currently £50,000). These rates will be frozen until 2026.

Other announcements:

The lower VAT rates for hospitality firms will be maintained at 5% until September 2021 and then will increase to 12.5% for the following 6 months.

Further premises grants will be paid to business premises, which will be based around the type of industry and the size of the premises.

Business rates holiday for firms in England to continue until June 2021 with a 75% discount after that.

Incentives for firms to take on apprentices to rise to £3,000.

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.

Thinking about moving this Spring?

Our Palmers Green team offer specialist conveyancing advice, liaising directly with your estate agent to ensure your home move is as stress free and quick as possible.

Our team prides itself on delivering an exceptional level of personal customer service. Our aim is to build a trusting relationship so that you will want to use and recommend our conveyancing services time and time again.

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What is Amtico? by Russell Davies

774 Green Lanes, Winchmore Hill, London N21 3RE

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Email: info@russsdales.co.uk

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Russsdales

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

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With over 300 designs and colours to choose from you can really achieve a special unique look for any room in the house.

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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Amtico Carpets Rugs, Laminate Wood, Stair Runners and Accessories

Our showroom has the full range of Amtico large samples and has designs on the floor so you can really see and feel what it is like, please call for advise or to make an appointment our showroom in Winchmore Hill **020 8360 1836**



Introducing the Debt Respite Scheme – and what it means for Residential Landlords by Fariz Uvais

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 Debt Respite Scheme (Breathing Space Moratorium and Mental Health Crisis Moratorium) (England and Wales) regulations is due to come into force on 4th May 2021. The scheme allows a debtor to apply for "breathing space" if they have qualifying debts that they are unlikely to be able to repay. The scheme provides individuals with legal protections from creditor action while they receive debt advice.

Debtors can only access a breathing space by seeking debt advice from a debt adviser. Although all applications must be considered, the debt adviser may decide that a breathing space is not appropriate for a debtor.

There are two types of breathing space provisions: a standard breathing space and a mental health crisis breathing space and each type is very different from the other.

A standard breathing space is available to anyone with debt problems and gives them

legal protections from creditor action for up to 60 days.

A mental health crisis breathing space is only available to someone who is receiving mental health crisis treatment and this provision has stronger protections. This breathing space will last as long as the person's mental health crisis treatment lasts plus 30 days (no matter how long the crisis treatment lasts).

If a residential landlord is notified that their tenant has been awarded a breathing space in relation to his/her qualifying debt, then under the new regulations, the landlord must not take steps to pursue or enforce that debt. This would include serving a notice seeking possession on grounds of rent arrears, starting possession proceedings in the court, obtaining a warrant or taking steps to enforce an already obtained judgment.

If there is a guarantor then the landlord can still

pursue them for payment of a debt otherwise excluded as a "breathing space debt" (unless the guarantor themselves qualify for breathing space in their own right).

A breathing space is not a payment holiday. While a creditor cannot enforce a "breathing space debt" during a breathing space period or charge interest or fees on it, a debtor is still legally required to pay their ongoing debts and liabilities as and when they arise.

In these unprecedented times, it is all the more important for landlords to seek professional help and as always, it is advisable to speak with a professional to ensure the most cost-effective route is pursued.

Also note that business debts and other types of debts are not covered under this scheme and anyone wanting to use the provisions of this scheme should also seek proper advice.

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For more information contact:

Steve Baldwin - 07718 762 619

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Conway Lawn Tennis Club, 93 Conway Road N14 7BD

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The duties of a carer are varied, and no two days will be the same. Our residents are individuals, and they all deserve to be treated as such. Duties include supporting with personal care needs, as well as helping to take part in a range of special interests and activities that support our residents' health and general wellbeing.

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We are also looking for an experienced builder to join our team. Skilled in all home repairs and renovations, the successful candidate will carry out building and maintenance works at our care homes as well as properties throughout North and East London.

This is a full-time position - 5 to 6 days a week.

To find out more please contact us on 020 8344 2600, email: welcome@autumn-gardens.com or visit autumn-gardens.com.

autumn-gardens.com



For Sale £1,000,000



Broomfield Lane, Palmers Green

Stunning Edwardian four bedroom semi-detached family house built in 1910 boasting many original features, two spacious receptions, a kitchen/diner, rear garden and off street parking.



For Sale £675,000



Appleby Court, Aldermans Hill, Palmers Green

A luxury penthouse apartment offering over 1300sq ft of bright living space situated within this beautifully converted and maintained Edwardian gated development. The property has fantastic views via its own private balcony of Broomfield Park and the London skyline.



For Sale £550,000



Lakeside Road, Palmers Green

A large split level three bedroom converted flat occupying the entire first and second floors of this semi-detached Edwardian home. The property offers a great amount of family accommodation and benefits from its own private rear garden.



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.



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PrimeLocation
Find the home you deserve





For Sale £625,000



Crothall Close, Palmers Green

Well presented three bedroom semi-detached house built in 1989 located in a quiet residential cul-de-sac with garage and drive off Fox Lane.

Both Broomfield Park and Grovelands Park are within easy walking distance.



For Sale £575,000



Broomfield Avenue, Palmers Green

A spacious stunning three/four bedroom split level converted flat occupying the first and second floors of this Edwardian property within a few minutes walk of Palmers Green shops and mainline station. The property has many period features and fantastic views over Broomfield Park.



For Sale £409,995



Corrib Court, Fox Lane, Palmers Green

Stunning two bedroom split level apartment in a grade II listed former school building with SHARE OF FREEHOLD, a fabulous living space with 22ft high ceiling, modern kitchen and secure gated parking. Located on Fox Lane with easy access to Palmers Green's high road.



For Sale £399,995



Lightcliffe Road, Palmers Green

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The Transition to Secondary School

Palmers Green High School

Your local independent school for girls aged 3-16 years

104 Hoppers Road, London N21 3LJ Tel: 020 8886 1135 www.pghs.co.uk

Moving to Secondary School can be a daunting step for children (and parents) as this is an important transition in their lives.

For some, this transition is more seamless if they are in a 'through-school' such as ours. PGHS is an independent school for girls aged 3-16 years, and pupils move with confidence into the Senior School.

Early Transition

At PGHS, we often have pupils make an early transition to our Junior School (Years 3-6) when there are available places. Making the move at this age is often easier and they are then well-placed for the 'bigger' move to our Senior School.

Why Choose PGHS for Secondary School or Early Transition?

As Headmistress of Palmers Green High School, I am very aware of how important this decision is. Some parents may not have considered an independent education for their child until now and it is worth looking at why many parents choose PGHS for their daughter's Secondary School education:

- PGHS offers small class sizes where each girl is treated as an

individual and all her talents are nurtured. Girls are selected for entry and join like-minded individuals who are encouraged to achieve their full potential.

- PGHS is a small, friendly and caring School with kind pupils, who follow our School motto 'By Love Serve One Another', chosen by our founder, Alice Hum, in 1905.
- At inspection, every aspect of Palmers Green High School received the highest grades of outstanding/excellent.
- The School has a reputation for excellence and is ranked Number One in The Sunday Times Parent Power national league table for small independent schools.
- In 2020, pupils attained outstanding GCSE examination



results with 66% graded at A*/9/8 and 87% graded at A*/9 to A/7.

- Pupils go on to study their A-levels at a wide variety of sixth forms, including Haberdashers' Aske's School for Girls, North London Collegiate, St Albans High School for Girls, Dame Alice Owen's, Henrietta Barnett, The Latymer School and Woodhouse College.

Pastoral Care

Pastoral care and wellbeing is a priority to us and we pride ourselves on the pastoral care that we offer. Our year groups are very small, meaning every pupil is well known to all staff. In Year 7, pupils are split into two forms, allowing an even greater staff:pupil ratio. All Senior School forms have at least two Form Tutors, giving them a choice of who to approach if they have questions, worries or concerns.

Extra-Curricular Activities

It is very important to us that we equip pupils for success in more than just academic subjects. Extra-curricular activities are a great way to try something different and



make new friends. Some examples are: Book Club, Art Club, Debating Society, STEM Club, Speech and Drama, Duke of Edinburgh's Award, Creative Writing, Choirs and Orchestra. Pupils can also join the netball, football, athletics, rounders and tennis clubs, which take place at our excellent off-site sports facilities at The Walker Ground.

School Trips

At PGHS, we work hard but we play hard too and there are many trips available to pupils. For Year 7s there is a 3-day team-building trip and a day visit to Boulogne. In Years 8, 9, 10 and 11 trips have included Hampton Court, theatre trips, cultural trips to Berlin, Paris and Naples, the Duke of

Edinburgh Award Expeditions and an optional Ski trip.

If you are interested in becoming a part of the PGHS family in the Lower School or the Senior School,

please check the latest availability of places by calling Admissions on **020 8886 1135** or emailing **office@pghs.co.uk**. You can also visit us virtually at **www.pghs.co.uk**

"Moving up to secondary school is a daunting yet very exciting experience. Personally, I found the transition from the PGHS Lower School to the Senior School very comfortable as it was a familiar environment. However, at the same time it felt like a whole new experience as we were taught by new teachers, going to new classrooms and making new friends."

HANA (Year 11)

"I could not imagine what life would be like had I not joined PGHS. My favourite aspect of my secondary school experience is the friendships I have formed and the support I have gained, which enthuse me to reach my personal best and make the most of every day at PGHS."

ISOBEL (Year 11)



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New River Crescent, Palmers Green

A beautifully presented unfurnished two double bedroom Edwardian flat located close to Palmers Green's shops, restaurants and mainline station into Moorgate.



To Let £2,500 pcm



Pymmes Green Road, New Southgate

A spacious extended 4/5 bedroom semi-detached house located in a quiet residential turning off Waterfall Road close to Arnos Grove shops, bus routes and underground station (Piccadilly). The property is also half a mile of several good primary schools.



To Let £1,000 pcm



Ecclesbourne Close, Palmers Green

A well presented one bedroom flat situated on the first floor of this purpose built block. The property is conveniently located in a quiet residential cul-de-sac within easy reach of Palmers Green's shops, restaurants and mainline station (Moorgate within 30 mins).



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Millstream Close, Palmers Green

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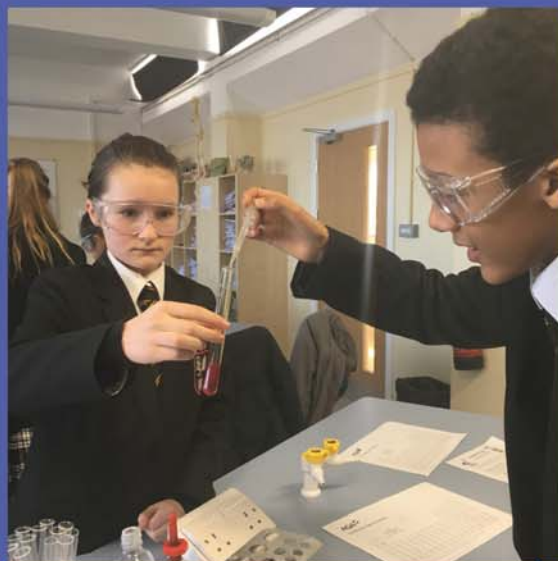
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Kemon Organic hair products at Fab Hair London

by Kiri from Fab Hair London

382 Green Lanes, N13 5PD

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I cannot believe it has already been a year since the world stood still, Covid-19 has taken centre stage in everybody's lives. Personally, I have seen how this deadly virus can affect people we love and ask everyone to continue to follow government guidelines. By the time you receive this magazine many businesses will still be closed and waiting for an end to the latest lockdown. If you have read our previous articles you would know at Fab Hair we are constantly working towards sustainability, recycling, and

reducing our carbon footprint. Our goal is to work with organically grown, ethically sourced vegan hair products and to work with a product company who value and respect the environment as much we do. Kemon hair products are a small family-owned company based in Umbria, Italy, Kemon is the first Icea Vegan- and Love Nature-certified professional hair styling line.

In 2006, Kemon converted 20 hectares of land on the hills near their manufacturing plant for organic farming. This is how they

started an extensive experiment in the Kemon Open Lab, an open-air laboratory, which has led them to achieve unprecedented results for cosmetics. What I really like about Kemon is their Nayo yoghurt based, ammonia free permanent hair colour with no PPD or fragrance which cover 100% grey hair and the Acqua Micellare Essenziale detoxifying treatment which helps to remove impurities and return the scalp and hair back to its natural beauty. If you want to find out more visit www.kemon.com.

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, like us on Facebook or follow us on Instagram and we will enter you in our monthly competition for a chance of winning a Kemon hair mask treatment worth £25.

Visit www.fabhair.london and click the Facebook/ Instagram icon to follow and a chance to win a Fabulous hair treatment.



How have you been sleeping these past twelve months?

by Nicola Forward, your local Amatsu Practitioner

If you are having trouble sleeping then you are not alone. Lately I have become aware that more of my clients have been saying that their sleep is an issue. For some this is completely new, but for others sleep is a familiar problem that has worsened in recent times.

Amatsu client, Susie described herself as "tired, but wired." By the time she got into her bed she was feeling absolutely exhausted, but then she'd be tossing and turning, unable to get to sleep. Maybe for you though, you're asleep as soon as your head hits the pillow, but you wake during the night and then struggle to get back to sleep. Or perhaps you wake feeling groggy and need that caffeine to start your day.

Amatsu is a hands-on whole body approach to wellness, with you as the client lying fully clothed on my therapy couch. As practitioner I use a unique combination of gentle touch, pressure and natural movement to work with your body, creating the space for your nervous system to rest. I know working with the physical

body to solve a sleep problem may seem counterintuitive, but taking away bodily stressors and giving your body back its poise means your nervous system gets a chance to recover.

"It's hard to describe an Amatsu Balance," says Susie, "but it's so relaxing...the tension in my shoulders is gone, it's like a weight has been lifted and I sleep the whole night. It's a miracle!"

My clients frequently say that they have their "best night's sleep ever" after an Amatsu session. Your sleep can be disturbed by pain and discomfort from an injury or a specific health issue or it could be your racing thoughts keeping you awake. But whether it's pain or your

thoughts, or even a miserable mix of both, keeping you from getting a good night's sleep then Amatsu could be what you are looking for...

Call me for an informal chat about how Amatsu could help you get the sleep you need so you wake refreshed.



Mobile: 07720 81 01 01 Email: nicolaforward@aol.com

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Spring is here, are you thinking about refreshing the exterior of your property?

by Mick Lawton, Home renovator and specialist decorator



Fresh paint can completely change the look of your home, its kerb appeal and add all important value.

In fact, it is one of the most cost-effective remodelling jobs you can do if you choose a professional to do it correctly! Also, you can feel reassured that, despite the pandemic, you are still able to maintain the exterior of your property without the concerns of trades people within your home.

With the weather improving and longer days, now is the ideal time to plan the exterior painting of your property. It is

important to paint at a time when weather conditions are consistent, and temperatures don't vary significantly overnight or from day to day. Exterior paint requires an ambient temperature to dry and inexperienced painting contractors risk poor paint application if they paint during the winter or in wet periods.

A typical exterior house painting job should last for at least five years, but quality hand painting

can last for up to 15 years. Preparation prior to painting is key to ensure you get the best longevity and value for money from your exterior decoration.



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www.micklawton.com, or contact me on 07985 412 599

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Kenmare Gardens, N13
SOLD £568,000



Connaught Gardens, N13
SOLD £580,000



Park Avenue, N13
SOLD £735,000



New River Crescent, N13
SOLD £610,000



Harlech Road, N14
SOLD £860,000



Berkshire Gardens, N13
SOLD £598,000



Hazelwood Lane, N13
SOLD £635,000



Brackendale, N21
SOLD £1,110,000



Riverway, N13
SOLD £685,000



Hertford Court, N13
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2021 Successes



The Grove, N13
SOLD £738,000



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Princes Avenue, N13
SOLD £505,000



Munster Gardens, N13
SOLD 520,000



Madeira Road, N13
SOLD £605,000



Rayleigh Road, N13
SOLD £439,995



Wentworth Gardens, N13
SOLD £719,000



The Grove, N13
SOLD £325,000 (1 bed flat)



Palmerston Crescent, N13
SOLD £752,750



Crothall Close, N13
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Greetings to you all. I hope that you are all keeping well during this third lockdown. I am writing this introduction on a bright spring day with the hope that the Government's Road Map, (although it's not really a Road Map - it's a Timeframe) all goes according to plan and we are then going to be free to see and spend time with our family and friends again. And obviously get to go on holiday again!



Christina Pieri

We have missed spending time with those that we love and care for and it really has been a difficult and an unforgettable year for all of us.

Karen and I have coped okay, albeit in different ways. Karen has been juggling work and home-schooling her two primary school aged children. Things have been a little easier for me as my children are much older, with my son having come back from University several months ago. I am more than happy to have my beloved Stefan back into the family fold. I will no doubt miss him when he goes back to University so I am enjoying spending time (indoors) with him.



Karen Chapman

Also, over the last six months or so, I have had a wonderful opportunity to "share a dog" with my daughter, Anna-Maria (who is Chapman Pieri's office manager), and have been on regular walks which has actually been great fun and not something I have ever done before.

For this addition of Palmers Green Life, I thought that we should do something a little different and rather than writing about Family Law, I felt it would be good to introduce you to our new paralegal Isabela who is half Italian and half Brazilian. Also I asked a few members of the Chapman Pieri team to tell us how they have coped over this last year where they have been working remotely. It's always interesting to get someone else's perspective on the Pandemic.

I wish you and your loved ones all the very best and hopefully see you on the other side!



Isabela Assumpcao

I joined Chapman Pieri as a paralegal in March 2021. I am an LLM-Legal Practice (Solicitors) student at BPP University and a Student Director of the university's Family Law Clinic. I read Law as an undergraduate degree in Brazil followed by the Graduate Diploma of Law and I hold a Master of Laws Degree from the London School of Economics with a specialism in Public International Law. I am particularly drawn to people-oriented fields and alternative methods of dispute resolution, having acted as a family mediator in Brazil. In my spare time, I enjoy playing football, dancing and writing.



Kristina Nickoli

The past year of working from home has been a rollercoaster; to say the least. It goes without saying that I've missed my family and friends, and we've missed milestones in each other's lives; births, deaths, and in my case, moving home. Early on, I couldn't imagine enjoying this new lifestyle; I have always preferred the structure of travelling to an office to work, but I can now say that I am enjoying parts of it. Eating is one of the only things in my life which hasn't suffered; deciding what to cook and testing new recipes has become a main focus of every day. Like most people I have taken up "walking" as a pass-time, which gives me a chance to listen to a podcast, wind-down and get some much-needed exercise! I try to make time for a Yoga (for beginners!) routine, every morning before work, which is



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not something I could ever have imagined fitting into my schedule before Lockdown – now I find myself looking forward to it. I wouldn't say I am any good at Yoga yet but I hope I can keep it a part of my routine once we finally return to normality. Otherwise, I'll be the first in line to book a table at a restaurant, and filling my diary with plans to see friends and family.



Rene Panayiotou

Lockdown has been a lonely time for most and I definitely struggled to adjust to life without seeing my colleagues every day or socialising with friends. Luckily zoom calls have made the transition easier and we have all quickly adapted to working remotely as a team and with our clients. It hasn't all been bad as I have enjoyed the two-step commute to work, the unlimited food from the fridge, the ability to work flexibly and go for a walk even if only once a day. The beauty of working remotely is being able to control and organise your time throughout the day. Despite this, I still haven't found the time to commit to a daily exercise routine! At some stage I hope to let go of the banana bread and get on my bike. Until then, I will continue to bake, eat and repeat.



Peter Vassila

It's still hard to believe how much the world has changed over the last year which has been a difficult time for everyone. From a professional standpoint, remote working is something that I have had to adapt to, having never tried it before. As with any change of environment it definitely took some getting used to. What has helped is having a designated 'workspace' in my house which becomes the 'Chapman Pieri Office' when I step into it. This helps to keep work and family life at home separate. I think ultimately we are all grateful for how valuable technology has proved to be at a time like this, especially as it allows us to stay connected to friends and family. Seeing friends and family is definitely the thing that I, along with so many others, have missed the most. Finally, an unintended consequence of the lockdown is that I have become quite proficient at Zoom Quizzes - having taken part in far too many over the last year!



Sarah Peters

Since the beginning of the first lock-down, in March 2020 I have been working from home and through part of it, home-schooling my two young children at the same time. It's been a testing time; like everyone I have missed seeing family and friends, but I have also missed seeing my colleagues in the office. However, there has been a determination by everyone to keep things going; the Courts have been open and we are still meeting clients, albeit remotely. We have had to adapt to a new way of working, which has had its positives too. Less commuting has meant I've been able to spend more time with my family at home, and being paperless means a more streamlined way of working. I've enjoyed working from home and when this is all over, I can see myself continuing to do so for part of the week; however, I also look forward to the day I can go back into the office to see, and work with, my lovely colleagues again!

Chapman and Pieri Solicitors are here when all avenues have been exhausted and you need professional support to help you navigate what may be a very emotionally challenging time ahead. We have a team of experienced family lawyers chosen for their warm approach to help you through your journey. If you want to speak to a solicitor please call on **020 8882 9850 where we can offer you a no obligation initial consultation via Zoom/Facetime/WhatsApp/Telephone for £75 plus VAT.** Initial consultations are helpful as you will be given advice on the best way forward and also a number of options to consider so that you can, in due course, make an informed decision.



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