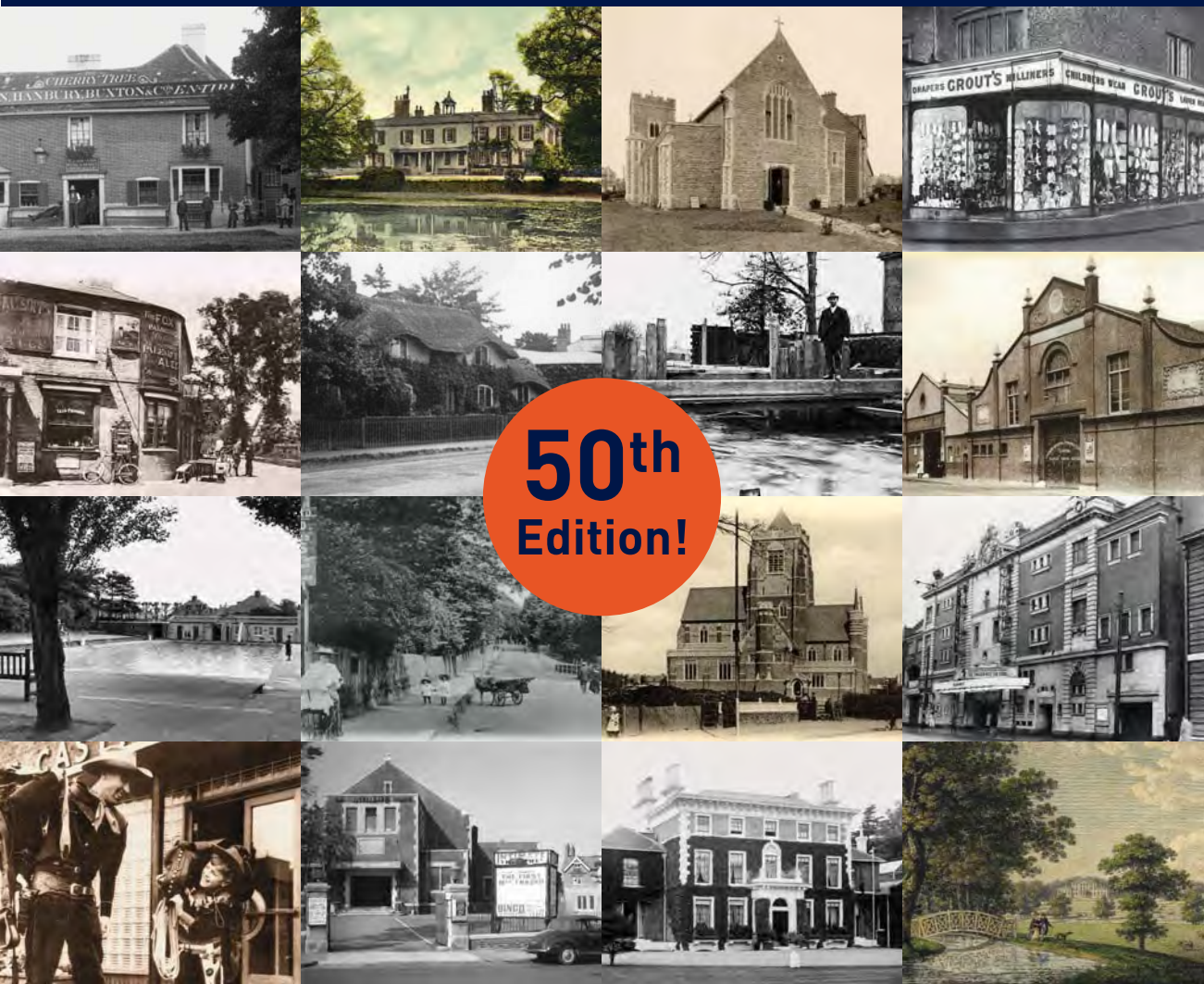


# Palmers Green & Southgate LIFE

Summer 2021 Edition  
Issue 50



Celebrating 50 issues! A collection of our front covers from past editions

**Anthony Webb**  
ESTATE AGENTS

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# Welcome

**Anthony Webb**  
ESTATE AGENTS

I can hardly believe that this issue of our magazine is our **50th edition!** I would like to thank all our columnists and people that have contributed to the magazine to make it such a great local read.

I would also like to thank our editor Ellie. If you have a local story to share or would like to advertise please contact [ellie@anthonywebb.co.uk](mailto:ellie@anthonywebb.co.uk).

The last six months have been our busiest on record. The stamp duty holiday certainly helped to boost the number of instructions coming to market. It was also a catalyst for those that were undecided about moving to encourage them to take the leap. If you have been thinking about moving, please contact us on 020 8882 7888 for advice and a free valuation.

We are pleased to say that, according to Rightmove, over the last six months we have maintained our number one position for new instructions in Palmers Green. Our dedication to customer service, marketing techniques and the buoyant market have all contributed to this. Thank you to all our clients for choosing us and recommending us to others.

Landlords, I urge you to read my article on page 8 regarding Enfield's new selective licensing scheme that comes into force on 1 September 2021. This scheme will affect all local landlords and requires you to pay a £600 fee to register your rental property. For advice on this please do not hesitate to contact our team on 020 8882 7888.



Finally, last month we celebrated Martin's McKelvey 20th work anniversary at Anthony Webb. As the restrictions lifted it was lovely to go out as a team to recognise the occasion. Martin is a valued member of our team and an expert in his field – thank you for your dedication.

I hope you have a lovely summer.

*Tony*

Director  
Anthony Webb Estate Agents

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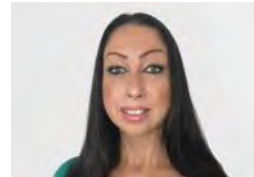
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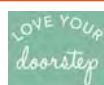
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Anthony Webb, supporting local schools, charities and local action groups to enrich our community.







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# Local Deputy Head Teacher completes a 70-mile walk in memory of her dad

Local deputy head teacher at Hazelwood School, Stella Gannon, took on a momentous 70-mile challenge throughout May with her two siblings, Cleo and Michael, to raise much needed funds in the fight against prostate cancer.



Their journey started with a 26-mile walking marathon on the 3 May, what would have been their father's 70th birthday and three years since his passing. Throughout May, and despite the atrocious weather, the family were able to complete their challenge and raise well over their £2,500 target. Stella said "Thanks to our friends and family support and generosity

we are so proud to have been able to complete our walk for such a great cause. It was great fun that took us across roads, waterways, hills and even farms! The time together allowed us to recount many happy childhood memories of dad." There's still time to support Stella here: <https://buff.ly/3gMo5HY>.

### How to spot the signs of prostate cancer

As men get older, the prostate gland increases in size, this is normal and, in most cases, does not lead to cancer. Here are some symptoms that are usually caused by an enlarged prostate, not prostate cancer. So do not worry if you have any of these symptoms but do go to your doctor to have them checked.

- Difficulty or pain in passing urine
- Having to rush to the toilet to pass urine
- Frequent visits to the toilet, especially at night
- Starting and stopping while urinating
- Dribbling urine
- A feeling of not having emptied the bladder fully

The following symptoms could point to signs of prostate cancer and should not be ignored; blood in the urine or semen, back pain, pelvis pain, or hip pain, difficulty getting or keeping an erection and unexplained weight loss.



## From a pipe dream to a bestselling novel

*Author and Palmers Green parent Natasha Boydell on how she penned a bestselling novel during the Covid pandemic...*

I've wanted to be an author since I was a little girl but life always seemed to get in the way and I was very good at finding excuses to avoid trying. But when I read about a local course for people who wanted to prioritise their writing, I signed up on impulse and vowed to write my first novel before I turned 40 the following year. I knew it would be a challenge but what I didn't account for was a global pandemic, lockdown and having to juggle home-schooling the children while keeping up with my day job. But seeing how unpredictable and precious life is spurred me on and I was determined to keep writing, finding pockets of time I didn't even know existed before! I finished my novel, a psychological

suspense called The Missing Husband, last summer and was offered a publishing deal in October. It was released in May this year – two months after my 40th – and became an Amazon top 100 bestseller within two weeks. My next novel, The Woman Next Door, is out in the autumn. I wrote much of it during the second lockdown which was hard going but at least I had a good routine established already. Now I'm working on my third book and it's lovely to have a bit more child-free time and headspace for this one! The Missing Husband is available to buy online at Amazon, Waterstones and WH Smith. The Woman Next Door will be released on 29 September 2021.





## Past Times... Yaşar Halim, Enfield's Fresh Food Market celebrates 40 years in business! by Ellie Sales

Following the sad passing of its founder, Yaşar Halim aged 77, in January 2020 we look back at the success of his Supermarket that celebrates 40 years in business this year.

Yaşar Halim supermarket opened in 1981 and continues to be the most recognised brand of the Turkish and Turkish Cypriot community in north London. Upon opening, it was considered as an early example of a combination of street selling and a supermarket, which was a relatively new concept combining a bakery, patisserie and butchers which also sold vegetables and groceries products.

When speaking of his background, Yaşar revealed that a blind midwife delivered him before placing him on a bread tray - suggesting this could be the reason for his long-standing love of baking. Even as a young child he was a hard-working lad working as a gardener, construction worker after primary school and gained his entrepreneurial skills selling vegetables and fruit on the back of donkeys!

When he was 18, Yaşar left the comforts of home to travel to London where he found his half-brother who was 10 years older than. At the time there were around 1,500-2,000 Turks



concentrated in Angel, Newington Green and Essex Road. In those days, most of them worked in bottle or tyre factories, textile workshops or in cafes. Yaşar worked for five years in Pittas Pastries at Dumington Road, Stoke Newington before learning even more about baking by working for PSP Patisserie in Kentish Town for a further 14 years.

Yaşar, who spoke English and Greek fluently, flourished in the baking industry. So much so that his own recipes were published in a variety of British cookbooks. His authentic Turkish style baklava and cakes attracted a lot of attention and were a nice alternative to the classic English apple pie.

Yaşar Halim went on to open his own bakery and patisserie in Green Lanes and the aroma of freshly cooked bread, in stone ovens, would entice passers-by into shop. It was not long before he purchased the unit next door and added a successful café that was popular with locals. The concept of selling Cyprus vegetables and fruits alongside a bakery, butchers and patisserie set him in good stead to open a further store in Palmers Green.

Following a recent refurbishment, the Supermarket continues to flourish and now offers free home delivery too.

**Happy 40th Anniversary  
Yaşar Halim!**



Photo credit: Parikiaki.com



# COMPETITION time



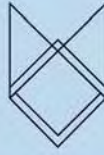
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## Enfield Council introduce new selective licensing that will affect local landlords by Tony Ourris

The government has approved Enfield's application to introduce a selective licensing scheme which will start from 1 September 2021.

Selective licensing applies to all privately rented residential properties occupied by single households, or two unrelated individuals, located in the following 14 wards (areas) across the Enfield borough:

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

The designation makes it compulsory for all private rented properties in these wards to have a licence. Landlords will need to obtain a selective licence for each property they rent out, excluding those properties needing a licence under the mandatory or additional HMO licensing schemes.

### How much will the new Enfield licence fee cost?

The fee for a selective licence is £600. This is split into two parts:

- **Part 1** (£260) is taken on application to cover the costs of processing the application.
- **Part 2** (£340) is taken after the licence has been granted to cover the costs of managing and enforcing the scheme.

### Are there any exemptions to Enfield's licensing scheme?

Some tenancies and licences are exempt. These can be found under The Selective Licensing of Houses (Specified Exemptions) (England) Order 2006.

If your property is already licensed as a House in Multiple Occupation (HMO) under Enfield's mandatory or

additional HMO licensing schemes, you do not need to apply for a selective licence.

### Do I need to apply for a selective licence in Enfield?

If your property is in one of the 14 wards (areas) above, you will need to make an application for a licence.

Applications for a property licence can only be made online through the property licensing website from 1 August 2021. You can access the site by phone, tablet and PC devices and make multiple licence applications, pay the licence fee and provide the necessary application documentation.

The team at **Anthony Webb Estate Agents** are experienced at submitting applications on behalf of Landlords.

If you would like us to handle the process for you, please contact our lettings management team on **020 8882 7888**.

**Don't miss the new licensing deadline**







## Cryptocurrency - What's actually taxable?

Over the past 12 months we have seen many more questions pop up around Taxation and Crypto assets, due to their ever-increasing popularity. Questions such as what is taxable, and how it should be treated? In this article, we have listed down the important information you need to know about crypto taxes including how and where to report and what rate of tax should you expect on your crypto transactions?

**Here are some of the most frequently asked crypto tax questions to Heighten Accountants on a regular basis:**

### Who should I report to?

In the UK, HMRC is the tax authority where you are required to report your income earned or through investments, including crypto asset gains. You report all income, and gains through a system called, self-assessment tax. You do not need to register for crypto related income if you already pay your taxes through a Self-Assessment tax return. If you are not registered and would like to know more about it, please get in touch with your local accountants who are familiar with Crypto taxes.

### When should I report?

The current tax filing year covers the 06/04/20 to the 05/04/21 with an online filing deadline of 31.01.2022. All income related transactions arising in this period are reportable, therefore, make sure you get your paper work ready in time to avoid heavy penalties.

### What type of Taxes are payable?

If you are paid in crypto currency for a work you have done, then the income received is subject to income tax rules, and will be reported alongside all other sources of income. You will pay tax on your all income above your personal allowance.

If you are buying and selling crypto assets including all types of crypto currency then you will be liable to Capital Gain Tax depending on your circumstances at a rate of 10% (lower rate) and 20% (higher rate) for total gains above your capital gain tax allowance of £12,300.

### What happens if I made a loss?

If you have made loss during a tax year you can offset that loss against other gains in that year, and you may also be able to carry forward any unused losses to future gains.

### What is actually taxable?

Here are some of the transactions that are subject to the UK taxes; selling crypto for fiat, trading crypto to crypto, paying for goods & services with crypto, mining crypto, earning crypto, airdrops, reward from staking, lending and referrals, gifting or donating crypto etc

### Can I reduce tax by Pensions contributions?

HMRC does not consider cryptoassets to be currency or money so they cannot be used to make a tax relievable contribution to a registered pension scheme.

### Is crypto subject to Inheritance Tax?

Cryptoassets will be property for the purposes of Inheritance Tax.

Please note, the cryptoassets sector is developing all the time and so the tax treatment, and terminology to describe such transactions may vary in the future.

### About Heighten Accountants?

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# Take your staircase to the next level!

by Russell Davies

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# Latest changes to Evictions and Notice Periods

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**.

Times have been hard for everyone during the Pandemic, but Landlords were hit particularly hard when it came to trying to regain possession of their Properties.

On 31st May 2021, the ban of bailiff evictions was finally lifted and general bailiff evictions were able to proceed.

On 1st June 2021 changes to the notice periods to terminate certain residential tenancies in England were introduced:

**Section 21 ("No-fault evictions")** – If a Landlord wishes to regain possession via Section 21, at least 4 months' notice must be given. This restriction will remain in place until 30 September 2021 (unless extended).

**Section 8** – Under Section 8 of the Housing Act 1988 (as amended), a landlord may serve a notice on a tenant of an assured shorthold tenancy if the landlord can establish one of the statutory grounds such as arrears of rent.

On 1st June 2021, notice periods were reduced

for the majority of statutory grounds to 4 months.

However, the following notice periods apply for the Section 8 Notice grounds set out below:

- Where a Section 8 Notice is served between 1 June and 31 July 2021 and grounds 8, 10 and/or 11 (the usual grounds for rent arrears) are relied upon, with no other ground, and where there are **less than 4 months'** rent outstanding, at least 4 months' notice must be given;
- This period reduces to 2 months' notice where a Section 8 Notice is served between 1 August and 30 September 2021 and grounds 8, 10 and/or 11 are relied upon, with no other ground, and where there are less than 4 months' rent outstanding;
- Where grounds 8, 10 and/or 11 are relied upon and there are more than 4 months' rent outstanding, at least 4 weeks' notice must be given;
- Where ground 7 (death of tenant) is relied upon, at least 2 months' notice must be given;

- Where grounds 7B (no right to rent), 14A (domestic violence and social landlord), 14ZA (riot conviction) or 17 (false statement by the tenant) are relied upon, at least 2 weeks' notice must be given

- Where ground 7A (conviction, breach of injunction or closure order) is relied upon one months' notice must be given; and

- Where ground 14 (nuisance, annoyance, immoral or illegal user) is relied upon, proceedings not to be started earlier than the date of service of the Section 8 Notice.

When will notice periods return to pre pandemic levels? This will all be subject to the public health advice and progress with the Government's roadmap out of the pandemic.

It is now more than ever necessary to seek guidance from a professional with expertise in this field before proceeding, because if the notice is wrong then not only will landlords suffer wasted costs, but will also inevitable suffer unnecessary delays.

**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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## Converting a house into an HMO – what do you need to consider from a tax point of view? by Alex Chrysostomou

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I have written various articles over the years explaining how the changes in tax rules have impacted landlords. For every pound you earn from renting properties, you're paying more tax today than you were, 5 years ago. This has led to people having to be more creative with their investments and one option is to turn a house into an HMO.

A HMO (or house of multiple occupancy) is a method of creating more rooms in a house so that you can rent them out individually and so that you can earn more rental income, rather than renting the house to say, one family. There are other rules that must be adhered to in order to qualify as an HMO, which I won't go into here. I will mainly focus on the tax implications.

With the changes in stamp duty rules, where there's a 3% surcharge on any second home, converting a house into an HMO will save you on the additional stamp duty fees, which you may have incurred had you decided to purchase a new property. This would also be the case if you say split your existing house into two flats, rather than an HMO.

Although the costs of an HMO won't be allowable deductions in your annual rental accounts, they will be deemed allowable capital enhanced expenditure, which will help reduce any capital gains tax, should you decide to dispose of the property in the future.

There are also VAT implications to consider. The normal rate of VAT is 20%, so you would

assume that the cost of the works in converting a house to an HMO will suffer VAT at 20%. However, there are special provisions which can mean that 'qualifying' property conversions, qualify for a 5% reduced rate of VAT. This applies to materials and services related to the conversion, in addition to any repairs or construction works within the immediate vicinity of the building site, e.g. a garage. This additional saving could make the difference between a viable project or not.

It is important that you consider all factors when deciding on carrying out any work on properties, in particular the tax issues but also legal ones too. If you need further advice around this area, or anything else relating to tax, please get in touch.

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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Autumn Gardens has won the award of "Leading Provider of Elderly Nursing Care, 2021, London", and Anastasia Lodge has won the award of "Best Person-Centred Specialist Care Provider, London".

These awards commend those who demonstrate passion for the work that they do and great empathy towards the individuals they care for. During these challenging times it is imperative

that those committed to delivering social care services ensure that they do so to an outstanding level and the Social Care Awards, hosted by Global Health & Pharma, rewards those who go that extra mile to help and protect our most vulnerable members of society.

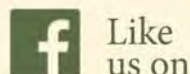
"Our residents are like our family and this award reflects the dedication and commitment of our staff to provide the highest level of care for our community. Well done to all the team, a well deserved accolade!" Norma, Manager



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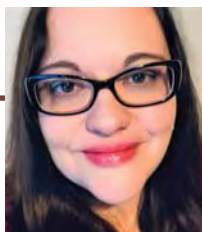
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## A Season of Reconnection? by Christine El Issa

As the second long period of Covid-19 restrictions are easing, I've spoken with many people about their thoughts about what's next. This unprecedented time has been like a double-edged sword, with its challenges and benefits.

Something I've found interesting is our opportunity to pause and reflect on our lives. The result for many has been to re-evaluate their career or their lifestyle, and to begin to make some major changes. So what has this meant for you? What reflection have you had about your life? What have you learned about self-care and what this means for you? Have you found you're doing too much and need to re-prioritise?

For me, even as an introvert, I've found myself realising how much I really do need connection and community with people I care about. For you extroverts, I can only imagine how much more challenging you may have found all that time stuck at home. We all seem to be sick of something I call 'Zoom fatigue;' those endless video call meetings!

We've all been facing our own battles during this challenging time, perhaps with less support than we normally would have had. Given the length of time, it can be easy for this to become a pattern for us. So as we are able to start doing a few more things 'normally' again, I want to encourage you to reach out for support if you need it. Even if you'd rather 'just get on with it,' remember that this past year has



been difficult and it is okay to *still not be okay*. Maybe you're feeling anxious, or burned out, or guilty about feeling this way. Remember that you do not have to suffer in silence just because you know someone who has it worse than you. If you're feeling okay, be that extra hand or listening ear to someone else. We really do need each other to recover fully. According to UN Women.org, women have been disproportionately affected worldwide by the pandemic.

I'm Christine El Issa, a certified women's coach and qualified social worker with nearly 20 years' experience working with families and children with a range of complex challenges. As a coach, I work with busy women juggling work and home life, often alongside other challenges such as children with special

needs, toxic family dynamics, abusive relationships or difficult childhood experiences.

My coaching programme teaches you new tools in order to address your identified challenges. You can choose the level of support that fits your diary and your budget. All programmes include as and when phone or email support between sessions, subject to the number of participants.

Unlike psychotherapy which supports you to resolve psychological problems, coaching operates from the assumption that the client has all the resources for change inside them. The coach merely helps to unlock this potential through powerful questioning and observation.

If you decide to work with me, we'll take a deep dive to discover the underlying reasons behind your challenges. I'll show you some helpful tools to help you manage your energy, rediscover your voice, re-prioritise your life and move forward with clear intentions. I will hold you accountable so that you can get the results that you want. So as lockdown is lifting and our future is a little uncertain, use this opportunity to decide what's next for you.

Book your free discovery call today and receive 10% off any coaching programme.

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## In the garden with Outside Designs

by Paul Knight

Contact Paul on 07957 942728

info@outside-designs.co.uk

www.outside-designs.co.uk



The weather is warming up nicely after the coldest and wettest May I can remember. The trees, shrubs and plants are bursting with growth and there's lots of colour to be seen. My personal favourites for this time of year are Wisteria, with its beautiful cascades of fragrant flowers. I also love the new vibrant red foliage of Acer palmatum. One plant that is really catching my eye in my own garden is Hesperis matronalis (Dames violet). This fragrant biennial has tall stems with purple, cream or white flowers and looks great at the back of a sunny herbaceous border. Planting this plant in groups can create a really spectacular display.

### 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 as being garden designers with our own landscaping team, **Outside Designs** are now supplying plants and shrubs, delivered to your door 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 please contact us for advice. 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!

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

Paul Knight 07957 942728 or Vicky Harris 07779 252628

### Plant of the month Dames violet *Hesperis matronalis*

Dames violet is a rosette forming biennial that will grow to around 90cm. It flowers in late spring with mid-purple, cream and white flowers that are scented. It will tolerate most soil conditions and likes full sun to part shade with moist but well drained soil.



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# One man's trash is another man's treasure! by Ellie Sales

On a recent visit to Forty Hall Farm, run by Capel Manor College, I spotted two local companies **Thors Tress**, and **The Felix Project**.

Capel Manor College alumni Lawrence owns a successful local tree surgery company, Thors Trees. In the past they have had to pay to dispose of their waste product – wood chippings. Now, they donate wood chipping to Forty Hall Farm which is used for pen bedding. Subsequently, the bedding is then composted and spread on the market garden which goes on to supply produce for Enfield Veg Co. veg boxes and the Forty Hall Farm shop!



There are other benefits to using wood chippings as opposed to straw as animal bedding. There is less water run off as the wood chipping are absorbent and the smell is certainly sweeter. You can discover this for yourself at Forty Hall Farmer's Market, held on the second Sunday of the month, the next one being held on 11 July 2021.



I also spotted ladies from The Felix Project (Enfield branch). The charity collects fresh, nutritious food that

cannot be sold and delivers this surplus food to charities and schools so they can provide healthy meals and help the most vulnerable in our society. To prevent further waste, some of the food that cannot be donated is delivered to Forty Hall Farm for animal feed.



It was great to see local companies working collaboratively to help cut costs on the Farm and create a more sustainable future by reducing waste and ultimately adding it back into the land.

Find out more amount these organisations online:  
**Thors Trees:** [thorstrees.co.uk](http://thorstrees.co.uk) **The Felix Project:** [thefelixproject.org](http://thefelixproject.org) **Capel Manor College:** [capel.ac.uk](http://capel.ac.uk)  
**Forty Hall Farm:** [fortyhallfarm.org.uk](http://fortyhallfarm.org.uk) **Enfield Veg Co.:** [enfieldveg.co.uk](http://enfieldveg.co.uk)

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## From Disused Park Toilets to Community Cafe and Beyond



A small group of Palmers Green neighbours had a vision to convert long-disused toilets into a small scale community cafe serving healthy, affordable and where possible locally-sourced treats - we opened our hatches as a volunteer-powered social enterprise in June 2014.

**Has it been easy?** No! We all juggle other commitments and are volunteers ourselves, along with our committed team of around 30 amazing regulars. We've been broken into, vandalised and of course impacted by the pandemic. Opening 5 days/week takes a huge amount of time and energy.

**Has it been worth it?** Yes! We've met wonderful people and made fabulous friendships over the years. We're a friendly smile and a listening ear to those who are lonely and provide work experience opportunities for young people with special educational needs who otherwise



wouldn't get the chance. Plus, we've invested over £20,000 of our surplus into park enhancing projects - most recently a

design and build project with Year 7s at Broomfield School.

**What's next?** We are committed to using the cafe as a vehicle for change and building local partnerships. In 2021/22 we will focus on two priorities:

- 1) Improving our environmental credentials
- 2) Empowering local young people

**Want to know more?** We'd love to hear from you if you have time or skills that you're able to share!

You can get in touch by emailing [thepalmersgreenery@gmail.com](mailto:thepalmersgreenery@gmail.com).

You can also follow us on our socials:

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**Thank You Palmers Green for your ongoing support!**

# “ **Brand-new home care service in Barnet and Enfield** ”

**Home care specialist, Helping Hands, now has operational branches in both Barnet and Enfield areas, offering a more local, dedicated home care service and an enhanced home care experience.**

As well as providing specialised care to those in need, particularly during the COVID-19 outbreak, the branch also brings with it many vacancies for those who are looking for a role in care in Waltham Cross, Barnet, Enfield and the surrounding areas.

Britanee Catchpole, Care Co-ordinator at the Enfield office, said: “At Helping Hands we are able to provide all kinds of care, with practical and emotional support. We make sure that every care package is tailored to the individual – as it should be!”



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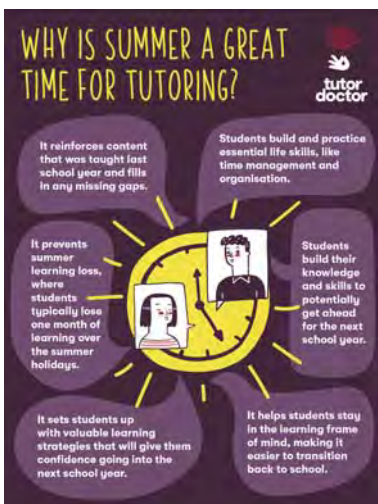


# After the rollercoaster, don't head for the slide! Tutor Doctor Barnet explains more...

After rising to the challenge of another disrupted and difficult academic year, students and teachers will be looking forward to the summer holidays with plenty of fun and rest planned. However, the holidays are also a great opportunity for students of all ages to consolidate prior learning, prepare for the year ahead, and avoid the learning loss that has been proven through many research studies and plenty of anecdotal evidence from teachers, parents and students alike!

**Did you know that you can take some simple steps to reduce the impact of the 'summer slide' on learning during the long holiday? Why not give some, or all, of these a try?**

- Many schools have access to **online learning platforms** for a variety of subjects, and students don't always keep parents updated about what is available. Before school closes for the summer, check with the teacher(s) what is available and make sure you have the login details. Some schools even have textbooks online now – great for exam-age students to review the year's learning or make an early start on revision.
- Another option for online learning is the **BBC Education** website, an excellent web-based curriculum which is free to access. There is a mixture of text, videos, and interactive activities for a wide range of subjects and age groups, presenting information in a fun and interesting way with opportunities for quizzes and games. Why not also try the new **BBC Bitesize Revision app** for 14 to 16 year olds which includes flashcards and revision materials, whenever you want and wherever you are?!
- Schedule time for learning** each week (this might also give you some well-deserved rest during the summer!). Set a time each day or week for reading (search 'scholastic' for age-appropriate book lists), and perhaps visit the local library rather than buying new. Could you consider a small reward for each book completed?
- Exercise is great for the mind and body, but for extra mental stimulation add in some creative activities such as **drawing, painting or crafts**. Why not work together to design a treasure hunt to develop problem-solving skills, grow plants to learn science, cook to practice real life maths, or encourage budding performers to create their own play or song?
- Keep an eye out for **local competitions** to capture your learner's interest! Whether it involves designing a poster, taking a photograph, or writing a story, competition can add an element of excitement that lights the spark of creativity and gets them learning without realising it.
- If you are concerned about the extent of lost learning, you might consider **summer catch-up tuition**. Our free assessment with an experienced educator will identify gaps in knowledge, so that a flexible, bespoke tutoring programme can be designed for the summer holiday to give your learner a head start for September.



**SUMMER READING BINGO**

Fill up the sheet with summer reading fun and see if you can get BINGO by the time you go back to school!

Read for 15 minutes	Read a book with more than 12 chapters	Read a graphic novel or comic book	Read with a friend	Read a book that became a movie
Read to a sibling or family member	Read in your bed	Read a story you wrote to a parent or grandparent	Read outside	Read a book someone else picks
Read in the morning	Read a book that makes you laugh	<b>FREE SPACE</b>	Read for 30 minutes	Read a fiction book
Read an entire book series	Read after dinner	Read a mystery book	Read in a fort	Read a non-fiction book
Read on the couch	Read to your pets or stuffed animal	Read on a rainy day	Read a book by your favourite author	Read a poem

For more tips and ideas, feel free to contact us on [barnet@tutordocor.co.uk](mailto:barnet@tutordocor.co.uk) or follow our Facebook page - we're always happy to help. **Have a wonderful summer and stay safe.** Sian and Simon, Tutor Doctor Barnet



## Top tips to protect your hair from sun damage

by Kiri from Fab Hair London

382 Green Lanes, N13 5PD

Tel: 020 8886 7070



Hello, as summer approached let's look at the signs of sun damage to your hair which can include faded hair colour, dry, brittle hair, broken or split ends, frizzy hair, weakened and thinning hair.

Follow these top tips to protect your hair from sun damage:

### Hats Off!

Actually, keep the hat on! The best way to protect your hair from the sun's rays is to block the exposure to the sun.

### UV Protection Shampoos & Conditioners

Look for a professional range with a deep cleansing shampoo, intense hydrating conditioner and a conditioning spray with

sunscreens you can spray into your hair to keep topping up your sun protection. In our salon we recommend **Kemon Linfa Solare** collection - it protects your hair and also reduces colour fade.

### Protect with Style

Many styling aids, leave in conditioners, and hair sprays include an SPF look out for these when purchasing!

### Do not Forget These Final Tips

Half the battle of protecting your hair from the sun happens when you are not even in the sun!

• **Clarify!** If you are using a UV protection in your hair, don't forget to use a clarifying shampoo once a week as SPF will build up

on your hair shaft.

• **Swimmer's hair** Try rinsing out your wet hair with ¼ cup apple cider vinegar and 2 cups water to get rid of discoloration and dullness. It also helps to wet your hair before entering pool water so it will not absorb as much chlorine.

• **Protect Your Part!** Use full strength SPF directly on your scalp where you part your hair.

• **Maintain Moisture!** Weekly deep conditioning treatments will help keep the damage by the sun at a minimum.

• **Just Say NO!** To alcohol, peroxide, lemon juice, and "sun activated hair lightening" products.

If you have any questions please email me at [kc@fabhair.london](mailto:kc@fabhair.london) and I will get back to you soon as I can. If you have enjoyed my article, let us know by following us on Instagram & liking us on Facebook. Visit [www.fabhair.london](http://www.fabhair.london)



## The Confessions of a Holistic Therapy Sceptic

by Nicola Forward, *your local Amatsu Practitioner*

"Amatsu, huh! Yet another holistic therapy! What you gonna do for me with all your "woo-woo" ideas?" Such was Gareth's attitude when we first met. But he was in such a state that he was prepared to try anything...even Amatsu!

The pain in his upper back had got so bad that "he couldn't stand up straight or turn his head and he could hardly lift his right arm." He hadn't enjoyed his gym sessions in a while and his other interests, quad biking and scuba diving, were simply out of the question. He was completely fed up and hardly sleeping because he just could not get comfortable.

I began by explaining to him that, although Amatsu has its roots firmly in Japan, modern Amatsu is supported by a thorough understanding of western practice, including its anatomy and physiology. Indeed he was reassured to note that, included in my assessment were some of the same orthopaedic tests used by his consultant and physio. I also asked

similar health questions, but Amatsu trains us to consider you, our client as a whole person, not a list of symptoms. We build the whole (or holistic) picture of you and what is going on for your body.

So as Gareth lay on my couch, fully dressed, and I worked to realign his body and relieve his discomfort, he commented, "Amatsu feels completely natural, very gentle. I can definitely feel that you are actively doing something, but there are no cracks or clicks and actually I feel really relaxed."

He wasn't expecting much from Amatsu but he reported that the pain in his upper back was reduced after our session and had completely gone over the next two days. "Basic tasks feel effortless now," he

said. "Even the way I walk is easier. I am lost for words at how effective your light touch is and I am more than a little embarrassed at being so sceptical."

Perhaps you could try Amatsu and you too could be surprised and relieved?

**Call me for an informal chat about Amatsu and you.**



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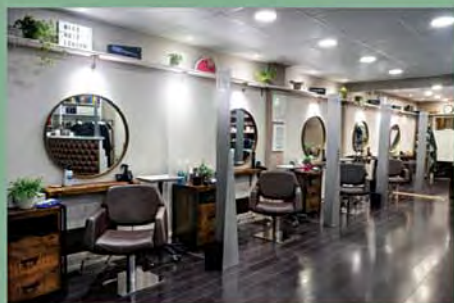




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# BROOMFIELD SUMMER FESTIVAL

FO  
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## BROOMFIELD PARK SUMMER FESTIVAL NOW - SEPTEMBER

**If you are planning your ‘staycation’ this year, you won’t be short of things to do with the kids at the Broomfield Summer Festival. There is plenty for grown ups too!**

Robin Hood, Dr. Doolittle, Mr Stink, Hexwood School of Sorcery, Chickenshed and a summer panto are amongst the delights being organised by Friends of Broomfield Park. From now to September.

One of the highlights of the festival (image above) is the ‘So What Stories’, created and performed by an accomplished cast of local school parent panto actors and musicians, performing daft songs and telling well-worn jokes. Aimed at the 6 – 10 age range, the stories will be an unforgettable experience for adults and children alike.

Our local Chickenshed Theatre are performing four shows from their ‘Tales from the Shed’, a series of vibrant, interactive theatre shows that are perfect for under 5s with plenty of colourful puppets and live songs.

Several nationally renowned travelling theatre groups bring magic, talking animals, a stinky friend and further bags of family entertainment breathing life into the school holidays.

The festival also features the annual Talkies Cinema family ‘picnic in the park in the dark’ outdoor cinema, this year starring Shaun the Sheep in ‘Farmageddon’.

Breda Patterson, the organiser behind the Palmers Green Parents group says “we are knocked out by the things on offer for families. There is something for children of all ages and as parents we are thrilled to have this available on our doorstep”.

**Don’t miss these events and many more at [www.fobp.events](http://www.fobp.events)**





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## Parliamentary Comment

by Bambos Charalambous, Labour MP

### Protecting our children's future

[bambos.charalambous.mp@parliament.uk](mailto:bambos.charalambous.mp@parliament.uk)

Parliament: 020 7219 3460 Constituency Office: 020 8882 0088

472 Green Lanes, Palmers Green, London N13 5PA



Some of you may know that I am Chair of the All-Party Group on Future Generations. My co-Chair is Lord Bird, the co-founder of the Big Issue. Our focus is on what is vitally important for our children's children (and beyond), by highlighting how political short-termism can cause neglect and missed opportunities on hot topics with widespread ramifications for the UK and beyond – like climate change, public health trends and catastrophic and existential risk. All of these are inextricably linked.

As Sir David Attenborough has warned that humans may be about to destabilise the entire planet, we must accelerate our work in safeguarding our future. Rewilding, green walls and tree planters are all positive interventions to make our environment greener and cleaner by capturing more carbon. And I'm so proud that these initiatives are being taken in Enfield, along

with good old-fashioned tree planting.

In April, I helped the Friends of Broomfield Park with their mammoth tree planting effort. I planted three goat willows, which is just a drop in the ocean compared to the 44 mature trees, 16 small trees plus another 24 alder saplings and around 1,000 native hedgerow whips planted in the park. I am also looking forward to seeing the lovely green of Broomfield Park extended outside the boundaries of the park. Thanks to the Mayor of London's 'Make London' programme, Palmers Green high street will be one step further to having a green corridor to Broomfield Park. While just a short walk from Broomfield Park is Bowes Primary School, whose green wall with ivy has successfully reduced pollution by 22%. Extending these walls and introducing them in other areas would help ensure even more improvements to the environment. Finally, Enfield Council is

embarking on an ambitious plan to rewild areas in Enfield with thousands of trees.

Trees can also help us to pause and reflect. I believe we need a meaningful memorial to all the people in Enfield Southgate and across the borough who have endured loss as a result of the pandemic. I am delighted to support the Soroptimist International group who are working with Enfield Council to plant a special group of trees in memory of all those lives lost to Covid-19. Not only will this memorial help heal the environment, but it will offer a peaceful place in the borough where everyone can go to pay their respects and reflect on the suffering of the last 18 months.

From the small things that we do every day, to the big funded projects, every one of them counts towards bringing us back from the brink of ruining our children's futures.



### Enfield's Local Plan

by Councillor Joanne Laban

[email.Cllr.Joanne.Laban@enfield.gov.uk](mailto:email.Cllr.Joanne.Laban@enfield.gov.uk)

Conservative Member for Highlands Ward

Enfield's Labour Council is in the process of preparing a new local plan for Enfield. The council has published its draft document which at the time of writing is due to go out to consultation. The draft plan that has been published sets out what type of developments could go where in the borough. The plan proposes development on the Green Belt.

#### What is the problem?

The proposal would make provision for large scale development on our precious Green Belt. This includes opening up Crews Hill, Vicarage Farm and Enfield Road for development. There is potential for many thousands of new properties through using these sites for development.

This will cause irreversible damage to our communities and an end to the borough as we know it. Enfield has not seen development on this scale on its green space

for decades. The natural environment should be valued for its intrinsic and irreplaceable benefits and not consigned to the history books.

#### Why is this bad?

Simply put, once the Green Belt is gone, it's gone forever. The Green Belt is one of our nation's greatest achievements and is as relevant today as it has ever been.

Towns and cities spread organically as they try to cater for increases in workforce and general population and the Green Belt is designed to help contain this spread, while also providing areas for agriculture, forests and habitats for native wildlife.

The Green Belt is not just an asset for the North East of our borough, it is the lungs of London. Whether you live in Edmonton, Enfield or Southgate, the Green Belt plays a vital role in supporting your physical and

mental health. It has been vitally important during the pandemic as many residents have used the Green Belt areas for their exercise.

As we look to fight climate change and support healthy living, Green Space must be protected and not concreted over.

#### What's the alternative?

Building on the Green Belt is the lazy option, it's cheap and easy for developers. But residents pay a hefty price. The Council needs to look more creatively at brownfield sites and campaign for more industrial land to be declassified for residential development. It also needs to quicken the pace of existing development projects such as Meridian Water in Edmonton. We cannot allow Enfield Council to bulldoze the Green Belt. Please look out for the Local Plan consultation and give your views as this document will determine the future of our borough for many years to come.







## There's no quality in control

by Rob Aaron-Wilson

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Why do we always have Councillors voting as a party block in Council meetings? Councillors from the same party from vastly different parts of the Borough vote on motions along party lines, not because of their Constituents needs and interests. When one party makes a proposal, whatever the idea, this alone is enough for the other party to automatically vote against it.

Most people would find it inconceivable that a Councillor from one area, where perhaps a motion suits their constituents, has to vote the same as a Councillor from a different area where the motion does not suit their constituents - simply because they are in the same party. Yet this is what happens virtually every single time.

Party affiliation and control dresses up personal antipathy as a principled difference.

Councillors are whipped (a system where councillors have to obey their party line) to vote on low level decisions that would be best served by actually allowing Councillors to represent their local residents' views, regardless of party doctrine.

There is a level of confrontation between parties on the Council that just fights tired old national issues. A descent into a decades-old debate about what party x did when once in Government is irrelevant. It just means a polarised irrelevant debate that helps no one.

It stops any sort of change of policy. Things change, events change, times change. Party x can't change a policy because party y scream U-turn and party x can't be trusted. Since when did a period of reflection causing a change of heart become such a bad thing?

The odd thing is if you Councillors in a less divisive environment you will often find they agree on many things and on the things they don't agree, compromise. This kind of non-adversarial, pluralistic and inclusive politics that puts residents first is exactly what the Liberal Democrats stand for. In a time where most political phrases involve taking back control, the one thing we need locally is less of it. We need Councillors to be allowed to do their job.

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