

# Palmers Green & Southgate LIFE

Spring 2022 Edition  
Issue 53

Sir Hugh Myddelton,  
the man responsible  
for constructing  
the New River



*Fontes Foditur.*



Sir Hugh Myddelton built Bush Hill House, in Winchmore Hill, to oversee works while the New River was built



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# Welcome

## Spring Property Market Update

It's been a great start to 2022 at Anthony Webb. We have maintained our top position, in the 1st quarter, as the most chosen agent in our area with new and returning customers confident that our expertise and experience will help them obtain the best price for their property. Nationwide in March, the UK has seen another new price record as the average price of property coming to market jumped by 1.7%. This rise is the largest seen at this time of year since March 2004. The most expensive sector of four bedrooms plus sees the biggest average 3.8% (+£23,619) monthly price surge encouraging new sellers to come to market, with 12% more new listings in this sector than at this time last year.

**Tim Bannister, Rightmove's Director of Property Data comments:** *"There's a hat-trick of reasons for home-owners to follow the normal trend and make it their goal to sell this spring. Firstly, the potential to achieve a record price for their property. Secondly, the imbalance between high buyer demand compared to low available property supply is the greatest that we have ever seen for the start of a spring market, meaning that the chance of being able to pick and choose between several suitable buyers is strong. Thirdly, the proportion of properties finding a buyer within the first week is also at an all-time high for this time of year, so sellers with an appropriately priced and well-presented property can expect a shorter marketing period than the norm."*

If you have been thinking about moving now is the time to take advantage of the strong market. Having a buyer for your own property, subject to contract, puts you in a powerful position when buying your new home compared to buyers who have yet to sell. 'Power buyers' are more likely to get the property that they want and negotiate the best deal on price. Contact our team for your free market appraisal on 020 8882 7888 and get your journey started!

I wish everyone a lovely Easter break!

*Tony*

Director  
Anthony Webb Estate Agents

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





## Local artist helps to add a special touch to our recent refurbishment by Tony Ourris

Over the Christmas break we took the opportunity to refurbish our office on the corner of Hazelwood Lane and Green Lanes. We wanted to incorporate a bespoke piece of artwork commissioned by a local artist.

Back in 2020 a book called 'What Happens Underground?' written and illustrated by local mum of two, Laura Arnold caught our eye and we approached Laura about our exciting project.

Laura said "I was thrilled to be involved in Anthony Webb's refurbishment project and very excited to produce an illustration of Palmers Green houses to use as a large

backdrop in the office. I've always admired the myriad styles of houses in Palmers Green and love the intricate nature of drawing brickwork so this was a perfect project for me. Research is always a fun part of any project so I trawled different streets in Palmers Green looking for houses that are typical of the area and that have interesting architectural features such as carved wooden porches, sash windows, deep bays and black



and white tiled pathways. The final illustration incorporates several house styles rather than being a true representation of any one street."

Feel free to pop in and view Laura's artwork in person. For more of Laura's work visit [www.LauraArnold.co.uk](http://www.LauraArnold.co.uk) / follow her on instagram @lauraarnoldillustrations



**For Sale £1,100,000**



### Fox Lane, Palmers Green N13

A stunning Edwardian four bedroom family home boasting an incredible wealth of original period features, planning permission for a loft conversion and a landscaped rear garden.



4



2



1



**For Sale £925,000**



### Caversham Avenue, Palmers Green N13

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4



2



2



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## Blue plaques of Enfield - Sir Hugh Myddelton (1560-1631) by Ellie Sales

**Sir Hugh Myddelton** a civil, water and mining engineer gained notability for supplying clean water to the City of London with the New River scheme, transforming the health and quality of life of London's citizens.



Bush Hill House

Today, on the corner of Cunard Crescent and Bush Hill Road, N21 a blue plaque marks the location of Bush Hill House, built by Myddelton so that he could live close to the works while the New River was built. His home later became Halliwick School For Girls, a Special School for disabled girls. By 1984 the school had moved out and the building was demolished to make way for the development we see today.

### Sir Hugh Myddelton



Myddelton was born in Denbigh, North Wales and moved to London in 1576 at the age of 16 to become an apprentice Goldsmith. Records show that he was an Alderman of the City at that time with local records stating that he was a merchant adventurer. He was born in the middle of Queen Elizabeth I reign, during a period when a world of international trade was opening up for England beyond the known boundaries of Europe. He embraced the trading opportunities, travelling alongside his brothers who were linked with the East India Company. He was also an active member of the Society of Merchant Adventurers which contributed to the growth and wealth of the City of London.

At the time London was a dirty city. Filth and poverty made it unpleasant and unhealthy. Its water was contaminated and there was little distinction between sewage and drinking water. London's early

infrastructure was incapable of supporting the growth as thousands flocked, quite literally to try and make their fortunes in London.

In 1605 both Hugh and his brothers served on a Parliamentary Commons Committee to consider how to bring fresh water from the River Lea in Hertfordshire to central London where lack of clean water was the major impediment to growth of the City. By 1609 the Corporation of the City of London adopted the findings of the Parliamentary Commons Committee to construct a 38 mile long (New River) to bring clean water from springs in Hertfordshire into the City. A major engineering project for its time with minimal automation, it was dug-out and constructed between 1609-1613. Originally running completely above ground, it relied on gravity to convey the water southwards into London. The total fall on the 62 km (39 miles) of the original course was only 5.8 metres (approx. 10cms per km). Over 200 labourers were paid the equivalent of 4p a day to dig out the New River channel. Water was brought to the city streets via hollowed-out elm pipes and skilled carpenters received the equivalent of 6.5p a day to wharf the banks and erect bridges. The total cost of the construction was estimated at £18,500, about £5million today.

At the time, the scheme was met with considerable opposition from landowners who worried that it would devalue their farmland, however the New River was strongly supported by the King James I, and opponents were eventually paid off with generous handouts.

The impressive feat of engineering was completed in 1613, the year Hugh became Prime Warden of the Goldsmiths Company and his brother Thomas became Lord Mayor of London. A formal opening ceremony took place at the Round Pond in Islington; this is sited near the present New River Head, just below Sadler's Wells.

Enfield's blue plaque is not the only public commemoration recognising Sir Hugh Myddelton's contribution.

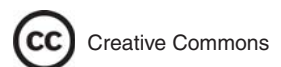


In 1845 a statue of Sir Hugh was made by Samuel Joseph and placed in a niche on the north side of the then newly built Royal Exchange. And, in 1862 a marble statue of Sir Hugh, sculpted by John Thomas, was erected along with a drinking fountain on Islington Green.



Sir Hugh died on December 10 1631, he is buried in the church of St. Matthew Friday Street, London where he had been church warden.

The New River still remains an essential part of London's water supply with up to 220 million litres a day being carried along the channel daily for treatment, which represents some 8% of London's daily water consumption.





# Young Palmers Green scouts selected for a trip of a lifetime!



**Oliver Heaviside and Tilly Wenham** are two of the 3,240 young people that have been selected from the UK to join 50,000 young people taking part in the World Scout Jamboree.

The Jamboree is a skills, cultural and adventure festival taking place in the sensational and scenic South Korea. The pair will be meeting thousands of Scouts from nearly every country in the world – sharing their skills and learning new skills from others. They were selected because they demonstrated leadership skills and scout values. The skills they learn will help in all aspects of their lives, as well as campaigning for change on key world issues that matter to them.

In preparation for a 'roarsome' time ahead, young people from the UK Contingent have adopted a logo featuring a Siberian tiger, the national animal of Korea. They have named the tiger 'Chingu' a word that means 'friend' in Korean.

Between now and July 2023, Tilly and



Oliver will attend training camps and team building events, preparing them for living on the hot and humid site in SaeManGeum, Korea. They will also be working towards raising £4,100 each to

help send other young people from a diverse range of backgrounds and countries. The money raised will be used for those less able to afford the full fee, both here in the UK and from developing countries. So, watch out for them over the next 18 months as they test their baking skills, wash cars, organise raffles and yard sales and set themselves some personal challenges! They recently helped at the 23rd Scouts annual quiz where they ran a successful cake sale, as well as keeping tabs on the scoring! Finally, a big thankyou to the 23rd Scout Group for donating a healthy portion of their raffle funds to support them both.

If you would like to contribute and help sponsor Tilly (20th Southgate Scouts Group) or Oliver ( Red Barons ESU ) or both! you can do so here:

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## Welcome to the 23rd Southgate Scouts Group



Scouts are the UK's biggest mixed youth organisation and the 23rd Southgate Scout Group, based at the United Reform Church in Fox Lane(N13) is one of the many groups preparing young people with skills for life.

Over the last 100+ years thousands of boys, and girls, have benefited from being members of our Scout Group.

Currently we have over 75+ youngsters (beavers, cubs, and scouts) who meet every week to learn life skills, have fun and adventure while developing the skills they need to succeed, now and in the future. We're talking about teamwork, leadership, and resilience!

We are proud to have continued our meetings throughout lockdown, and, as we all adjust to the new normal, we are now able to join district events such as the swimming gala and sports day. We have a fun packed comprehensive programme of badge challenges, camps, cooking, games, treks and all things outdoors, not forgetting campfires! You name it, we'll do it if possible. Some of our young people have gone on to do bigger and more challenging events such as the Chiltern 20

and Southern 50. Many go on to join Explorers groups at 14+ years where they have the chance to participate in opportunities such as the Duke of Edinburgh Award scheme.

Like lots of charities we have been limited in our fundraising opportunities over the last two years, but now, looking ahead we have some exciting ideas to help raise some much-needed funds to support our young people. Following on from our quiz evening we are planning to hold a 'Race Night' in September. This will be a

fantastic opportunity for local businesses to promote your business and give you a chance to get involved in supporting young people in your local community. We hope that this along, with other initiatives will help us replenish our funds.

Scouts is open to all and we want to reflect our local community. To find out more about how to support our fundraising, volunteer or simply want to sign up your young person please contact [enquiries\\_23rdsouthgate@outlook.com](mailto:enquiries_23rdsouthgate@outlook.com).



# Bringing biodiversity and beauty to the high street



Over a year of fundraising, planning and logistics sees trees blossom in Palmer's Green!



In an effort to start building a green corridor between Hazelwood Recreation ground and Broomfield Park and to improve the attractiveness of the high street, Palmer's Green Action Team successfully crowd funded for four trees to be placed on the pavement in large pots in the high street. The Mayor's Make London fund gave the project a grant enabling it to go ahead.

Palmer's Green is in the middle of a B-Line (which aim to create corridors for pollinators) but the high street is very short



Pyrus Chanticleer from Barcham Trees and two olives which have been very kindly donated by a local resident. We would like to say a big thank you to Thor's Trees who gave their time to co-ordinate arrangements.

Thanks to everyone for supporting the project, to the Mayor of London for funding and to Enfield Council for their support and planning. If anyone is

on pollinators' habitat.

We are excited to let you know the trees have now taken pride of place in Palmer's Green and we are overwhelmed by how great they look. We took delivery of four stylish pots and compost from Thompsons, two



interested in getting involved with greening projects, please get in touch with the team on [palmer'sgreenactionteam@gmail.com](mailto:palmer'sgreenactionteam@gmail.com) or visit [palmer'sgreenactionteam.org](http://palmer'sgreenactionteam.org)

Please follow us on Facebook and Instagram. We would love to see your pictures with the trees, please post on social media and tag us.

Thank you to all those who are helping us to bring the green back into Palmer's Green.

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# Travel is back – but it pays to book ahead

As life post Covid-19 slowly returns to normal, foreign travel is firmly back on the agenda for many.

There is definitely something in the air. After two years with limited opportunity to travel, I can feel that people have decided life is short. Many are making the most of the chance to get those big ticket items ticked off their list. I'm talking epic Canadian or American Road Trips and one-in-a-lifetime family holidays to Disneyland or Lapland.

Time with family is more important than ever. With many families across multiple generations coming together to celebrate milestone birthdays, anniversaries or just to enjoy unrestricted moments in each other's company.

Many people have not travelled abroad for over two years. Now with all remaining testing rules for both vaccinated and un-vaccinated

travellers dropped, plus the Passenger Locator Form (PLF), scrapped, foreign travel finally feels easy again. Don't get caught out though – whilst the UK is relaxing its own rules some destinations still have their own Covid-19 testing and entry-requirements in place. Always speak to a trusted travel advisor or check the Foreign, Commonwealth & Development Office Foreign travel advice website before travelling.

However, anyone thinking they might secure a late deal for the summer may be left sorely disappointed. If you've got your sights set on a holiday for 2022 it pays to book in advance. This way you'll benefit from early booking offers and the pick of the availability in the most popular destinations. After two years of no or limited business hoteliers, tour operators and airlines all

have costs to recoup and with demand now surging, prices are too. I'm seeing this particularly for key dates such as summer and school holidays. Paired with rising fuel costs some travellers have been left surprised at the increase in cost of a like-for-like holiday compared to the last time they travelled pre-pandemic.

Usual booking patterns are skewed too. Typically, pre-pandemic, at this time of year most people would only be thinking as far ahead as Summer, or perhaps Christmas. Now, increasingly more people are planning ahead and with enquiries and bookings for both Summer and Christmas 2023 already coming in.

If you are looking to book your next holiday contact me – your local travel expert – on 0203 432 4720.

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## New changes to Ground Rents

by Fariz Uvais

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**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@fahrilp.com](mailto:fariz@fahrilp.com).

The Leasehold Reform (Ground Rent) Bill is set to come into effect within the next six months with gradual changes being implemented over time. The changes are coming into place in an attempt to address the issue of tenants (Leaseholders) having problems when seeking to sell, re-mortgage and buy their freehold or extend their leases due to unaffordable ground rents.

The Act will effectively abolish ground rents on all new long residential leases (long leases are those with a term longer than 21 years) that are granted for a premium. There will now be no financial value to any new ground rents, as annual ground rents on these new long leases will be restricted to a token peppercorn (i.e. nominal consideration, used to satisfy the requirements for the creation of a legal

contract).

It is yet to be announced as to when the main provisions of the Act will come into effect, however it is expected to fully commence within the next six months. Ground rent will be removed from the date of the variation for any existing leases. In connection with lease extensions that are agreed outside of the statutory provisions, ground rent cannot be increased above the amount charged under the existing lease.

There are types of leases excluded from the Act, which include business leases, statutory lease extensions of houses and flats, community housing leases and home finance plans. The Act will also not have an effect on any leases granted under contracts entered into before the Act comes into force. For retirement homes,

introduction to provisions will not begin until at least 2023.

Trading Standards will monitor the Act and will be able to enforce fines in the region of £500 - £30,000 for failing to comply. Any ground rent received in breach of the Act must be returned within 28 days of the demand for payment.

Many house builders have already adapted by no longer imposing ground rents, with anticipation of being in accordance with the Act. There could be a problem for those continuing to charge rents under current schemes, as some properties on a development having been sold on market ground rents and others not. Buyers looking to purchase leasehold property still need to pay attention to the ground rent provisions in existing leases.

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## Using your pension to cut Inheritance Tax

by Alex Chrysostomou

**Alexander Associates**

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Inheritance tax was thought to be ripe for reform in last year's Autumn Budget but, as it happened, it was left untouched for another tax year.

What that means is the £325,000 nil-rate band has been in place since 2009, while the 40% standard rate of tax that can apply on any amount above that figure goes back even further than that. If you're married, you leave your estate to your surviving spouse and you are the first partner to die, no inheritance tax will apply. If your nil-rate band has been unused, your partner can transfer the unused balance and add it to their own, up to a value of £1m.

Pensions usually fall outside of your estate

for inheritance tax purposes. If you've ever nominated a beneficiary to inherit your pension, the pension will not form part of your estate. As pensions are excluded from the calculation of whether your estate is worth £325,000 or more, the level at which inheritance tax typically becomes payable, they are a tax-efficient estate planning strategy. Secondly, the pensions system can make it straightforward to pass on certain unused pensions to your beneficiaries, especially if you hold defined-contribution or money-purchase pension plans. Finally, if you die before your 75th birthday, your nominated beneficiaries are entitled to all the money with no tax to pay. If you die after age 75,

they will still get the cash, but they must pay income tax at their marginal rate. The rules do change in certain situations, so please do check with a financial adviser.

One of the best features of using a pension to save for retirement is tax relief. When you pay into your pension, some of the money that would have gone to the government as tax goes towards your pension instead. This can help reduce the amount of tax you pay. Similar rules apply if paying out of your Ltd company.

As you can see, the rules affecting inheritance tax are complex and getting the details right is essential.

Get in touch to discuss inheritance tax.

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.

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## Is Your Landlord Insurance Leaving You At Risk?

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- Policy validity - many insurers consider properties let via an agent or a housing association to be sub-lets, leading them to invalidate or even void customers' policies.
- Poor recommendations - often insurers that are recommended with these schemes, are unable to provide the cover required for properties which are sublet.
- Agents offering ineffective cover - many letting agents advertise guaranteed rent schemes but can not guide their landlords to those providing suitable cover.
- Insurer exclusions - many leading insurers can not offer cover for properties housing asylum seekers, tenancy agreements that are not between the landlord and the tenant, properties that are unoccupied for over 24 months, or a HMO.

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**New  
Headteacher  
for September  
2022!**

# Introducing Grovelands Forest School Nursery, N21



## A new outdoor nursery for two to five-year-olds is launching this summer at our local Grovelands Park

Mike and his wife Martha are Aussies living in Palmers Green. They are determined to bring the benefits of the outdoors to all North London kids.

There is a buzz forming in the neighbourhood as more and more people are becoming aware of the opportunity for their kids to go to a local Forest School Nursery at Grovelands Park. Set in nature, kids spend the day learning, growing and exploring whatever the weather.



Mike & Zadie in the great outdoors

With a generation of children who were raised through repeated lockdowns, it is so important to counterbalance that experience with more time in the great outdoors.

Inspired by the Scandinavian “forest school” approach and run by an Australian, the nursery will help kids become more curious, creative, confident and caring.

Research shows that kids are spending less time outdoors than previous generations and that being outdoors has enormous benefits for children. Our team would like to see a change for the better in our local neighbourhood for the kids. We would like to see young people being good stewards of nature, prepared for the future by leaning into their creativity and building resilience to keep fit and healthy.

If you would like to learn more about the new Grovelands Forest School Nursery register for a tour via the website.

### Did you know?

One in ten preschools in Denmark are held outdoors. Many local primary schools are now incorporating the Forest School approach as children spend part of their school week learning outdoors.

### What if it rains?

We pull our hoods up and keep learning in a new changing environment.

### Is it safe?

With typically double the number of trained educators present at a session than at an indoor nursery, children’s development is prioritised and safety is ensured.



Read more on our website, [grovelandsforestschoollnursery.com](https://grovelandsforestschoollnursery.com)





GROVELANDS FOREST SCHOOL NURSERY

# LAUNCHING THIS SUMMER



GROVELANDS  
FOREST SCHOOL NURSERY

## CURIOUS, CREATIVE, CONFIDENT AND CARING KIDS.

Grovelands Forest School Nursery provides a unique opportunity for two to five-year-olds to learn, grow and explore in a natural outdoor setting.

REGISTER YOUR CHILD ON OUR WEBSITE  
LIMITED PLACES AVAILABLE



- With excellent educators, generous staff-to-child ratios and the right kit to handle the elements, children are able to develop
- curiosity, creativity and confidence to make them enthusiastic learners ready for school.

## BENEFITS

*Some of the benefits and features of Grovelands Forest School Nursery include:*

- Safe Nature Setting
- Fit and Healthy
- Less sick days
- Child-Centered
- Vibrant Community
- Your Key Person
- Tech Enabled
- Our Educators Keep Learning

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*Victoria Gustave - Registered Nurse*

"From the very beginning of my career, I realised that working in adult social care was the best choice for me. Working in a care home for older people gives you the opportunity to get to know the residents and care for them holistically. I have been able to develop my clinical skills whilst supporting residents in all aspects of their care. My role is incredibly rewarding and I really enjoy spending time with our residents."



*Aourela Naka - Care Assistant*

"I will always remember how I felt when I started working at Autumn Gardens six years ago. This was a very new experience for me and, even though I was very eager to learn, I was nervous about how to get started. With the support, training and guidance I received on the job I am now an experienced and qualified care assistant. Going to work every day makes me happy as the team at Autumn Gardens is like my second family!"

We are offering up to £650\* to care assistants and cooks who join our team and up to £2,500\* to qualified nurses. To find out more please contact us.

Call our friendly team on 020 8344 2600

Email us at [welcome@autumn-gardens.com](mailto:welcome@autumn-gardens.com) \*T&Cs apply

To find out more about our services and homes based in Southgate and Winchmore Hill visit [autumn-gardens.com](http://autumn-gardens.com)



# BROOMFIELD PARK TENNIS COACHING



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Just £25.50 per day / £110 per week - 10% Sibling Discount

### **Weekly Junior Group Coaching - Monday, Thursday, Sunday**

£7.70 per hour lesson - classes for ages 2 up to 16

Book here for **Broomfield Park**:

[clubspark.lta.org.uk/JamesMottCoaching](http://clubspark.lta.org.uk/JamesMottCoaching)

Book here for **Bounds Green Tennis Club**:

[clubspark.lta.org.uk/BGBTC](http://clubspark.lta.org.uk/BGBTC)

### **1-2-1 coaching and adult groups available**

[clubspark.lta.org.uk/JamesMottCoaching/Coaching/Adult](http://clubspark.lta.org.uk/JamesMottCoaching/Coaching/Adult)



### **Enquiries:**

**James Mott, Head Coach**

**07963 521 385 / [jamesmott\\_tennis@hotmail.com](mailto:jamesmott_tennis@hotmail.com)**

- Broomfield Park Tennis • Bounds Green Tennis •
- Junior Coaching • Adult Coaching •
- Holiday Camps • Tennis Parties • Restringing •

# New Netflix film launched features market traders from Edmonton Green Shopping Centre



As a part of the Netflix UK Documentary Talent Fund 2022, two market traders from Edmonton Green Shopping Centre have had their first claim to fame.

The film, showcasing woman of markets in London, highlights one of the underrepresented voices within the community. It showcases their talents, trading, stories, personalities and the market from their eyes.

Ameya John-Lewis, owner of Ameya World Professional Style, and Rakel Ewan-Bouly, owner of Brothers Fruit and Veg Store, have been working in Edmonton Green Market for years. Throughout the film, both Ameya and Rakel show true vibrancy, passion and positivity about what they do and the community they serve.

Rakel said, "I love it when customers visit as they get a taste of their home while they are here. Not only with the



added vibrancy they bring to the individual markets represented and their communities.

Rebecca Bird, Retail Manager at Edmonton Green Shopping Centre, said, "We are truly so proud of Rakel and Ameya. Watching them live was fantastic. They really are such a joy to know and be around and they bring a different element to the market."

produce we sell but the people, the place and the food. It all just reminds them, as well as us, of being back home and that fills us with immense pride."

Markets tend to be very male dominated with long hours and with traders being on their feet all day. The film hears the voice of some of the women in markets; demonstrating their strength and the

Ameya added, "I love what I do and all the customers I create clothes for. When I make them feel good in what they are wearing, it makes me very happy. I can't wait to get to work every day. Even if I am sick, I am still excited to go."

Stream the movie on Netflix and see the ladies in action for yourself!



## We are proud to sponsor Hazelwood Schools' new sports kit

When Hazelwood School reached out to the community for local businesses to sponsor their sports kit we jumped at the chance.



The last two years have seen many children miss out on the enjoyment of playing with others. Primary school sport gives children an opportunity to be active which has many benefits on physical, social and mental health. It's a pleasure for us to support the school alongside Rebecca Berzins, the local travel counsellor (you can find her on page 9 of this magazine). Sarah Hammond, head of PE at Hazelwood School, is already reporting a string of wins for the teams. Well done everyone.

I would like to thank the children for presenting me with a 'Thank you' folder including lots of great photos and signatures. You never know when you grow up and become famous sports stars, those signatures could make me a fortune!

Good luck with the season ahead.







# Outside Designs garden design and landscaping

by Paul Knight

Contact Paul on 07957 942728

info@outside-designs.co.uk

www.outside-designs.co.uk



We offer a professional garden design service from a very experienced team who can discuss the requirements for your garden and work toward a design that you love. Our landscaping team can then build your garden from the final plans.

## Outside Designs Plants

Spring is here! 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. Some of my favourite early spring plants are Cyclamen, Hellebours, Iris reticulata, the sweetly scented Sarcococca confusa and my top plant is our native Primrose (*Primula vulgaris*).

Gardening, growing and nurturing plants is a wonderful thing as well as great exercise and relaxing at the same time. Now 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 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 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

#### Primrose (*Primula vulgaris*)

Our beautiful native primrose prefers moist soil and partial shade. This is one of our most loved spring flowers and creates a natural look in garden borders.



Cyclamen coum



Hellebore



Iris reticulata



Sarcococca confusa

Call us for all your garden needs; Garden design • Planting design • Landscape construction  
• Irrigation. Follow us on Twitter @outsidedesigns1

# Enfield's Biggest Cancer Walk Is Back!

It's been three years since our last Night Hike and here at The Nightingale Cancer Support Centre we couldn't be more excited. Not only is the Night Hike returning but it is also our 20th Anniversary, so we plan on making this year's event bigger than ever.



On Friday 20th May, hundreds of people will be walking our 10K or 15K Night Hike route around our beautiful borough, you guessed it, at night.

It's THE event of the year. We meet outside the Enfield Civic Centre, Silver Street, Enfield for a welcome reception to get the party started, where you can pick up your goodie bag (worth £20!), t-shirt and enjoy a fun warm up to get you ready for the walk. It's a great way to spend the evening with friends, raise money for your local cancer

centre and help us celebrate our 20th.

If you don't know who we are, The Nightingale Cancer Support Centre is a local, independent charity supporting the people of Enfield and surrounding areas affected by cancer. This means cancer patients but also their families, friends and colleagues, anyone who has had cancer impact their lives. We provide free physical and emotional support to help people cope with and come to terms with their new lives after a cancer diagnosis.

1 in 2 people will be diagnosed with cancer in their lifetime, which means if not already, we will all be touched by cancer. It's a staggering statistic and we want to make sure we are there for everyone, providing vital and free support.

That's why we hold the Night Hike every year; to ask our community to help us, so that we can help others.



You can walk our Night Hike at your own pace, dressed how you like (though we suggest dressed to party!), with who you like. Children over 12 and well behaved dogs (on leads) are permitted to join the walk. You can walk in memory of someone you love, for someone who has cancer or to support all those touched cancer.

Please, sign up to walk the Night Hike today, because you can't run from cancer, but together we can walk for it.

[Nightingalesupport.org.uk/nighthike](https://Nightingalesupport.org.uk/nighthike)

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The poster features a central white oval containing the text. Surrounding the oval are various colorful illustrations: musical notes and a treble clef at the top; a watermelon slice, a taco, a chili pepper, and a flower on the sides; and a group of five people sitting on a grassy hill at the bottom. The background is a vibrant green with stylized hills and foliage.

# FAMILY THEATRE MUSIC FOOD

**BROOMFIELD SUMMER FESTIVAL**

**JUNE - SEPTEMBER**

**[WWW.FOBP.EVENTS](http://WWW.FOBP.EVENTS)**



## The best hair extensions method for you



by Kiri from Fab Hair London

382 Green Lanes, N13 5PD

To book an appointment call 020 8886 7070

Hello and welcome back! In the last few months we have seen an increase in enquiries for hair extensions and wigs. The hair extension market is currently worth over 3 billion is expected to grow to 13 billion in the next 5 years. Hair extensions are a great way of adding length, volume and colour, in this article let's look at two types available that I consider popular and safe.

### FUSION HAIR EXTENSIONS (Individual Strands)

**Pre-Bonded Extensions.** Also known as fusion hair extensions, I-Tip, U-Tip or V-Tip hair extension strands are bonded to the natural hair with various types of adhesives such as keratin, glue, plant based and petroleum-based adhesives. If pre bonded, an application machine is used to soften the bond. All other methods use a glue gun.

**Pros:** Fusion hair extensions are generally the most discrete (depending on the application techniques).

- They're permanent, meaning you have gorgeous thick hair everyday for up to 6 months.

- They're easy to maintain if you have the correct guidelines. With a little extra TLC (and

depending on the bond) you care for fusion hair extensions in much the same way that you would your natural hair.

**Cons:** If not applied and removed by a trained technician, you could risk damage to your natural hair.

- Fusion hair extensions can require up to 4 hours for application depending on the amount of strands needed.

- Many fusion extensions are applied with "glue guns" which are messy and time consuming.

- Many fusion hair extensions use polymers which are petroleum based or glue adhesives - these are not compatible with the human hair and may cause unnecessary damage.

### TAPE HAIR EXTENSIONS

Tape weft extensions are semi permanent and

very quick to apply. Tape hair extensions are applied quickly and easily. The pre taped weft of hair is typically sandwiched on either side of the natural hair. Results are seamless.

**Pros:** Tape weft extensions are semi permanent lasting anywhere from 6-12 weeks.

- Tape extensions are easy to maintain - they are washed and styled in your natural hair.

- Tape extensions are very quick to apply.

- Cheaper than fusion.

**Cons:** Some tape extensions are made from synthetic or low-quality human hair.

- Most tape extensions do not have clear bonds and can at times be seen through the hair.

- Much harder to remove than other extension systems

- It can be harder to tie your hair up as you need to be sure that the wefts are covered.

If you have any questions that need answering quickly, 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. Just go to our website at

[www.fabhair.london](http://www.fabhair.london) and click the Instagram & Facebook icon.



## So how's your Posture?

by Nicola Forward, *your local Amatsu Practitioner*

I bet some of you straightened up and pushed your shoulders back as you read that! The fact is we don't often think about our posture unless someone mentions it or until we start getting aches and pains in our neck and shoulders or down our back.

Although I see a lot of clients whose pain relates to a specific injury, I see just as many people whose discomfort has been brought on by unconsciously sitting, moving or standing unevenly. I describe these as postural habits or "lifestyle" injuries. We all do it...maybe you hunch over your desk or always hold your child on the same hip or perhaps you favour one leg kicking a ball? Even curling up in the same corner of the sofa encourages your body to orient itself around this imbalance, causing it to lose some of its natural freedom of movement.

Amatsu client Nursen was suffering with headaches and right side neck and shoulder stiffness. The pain in her arm was interfering with her writing and she got pins and needles when she raised it above

her head. We talked about her current symptoms, her health history and her daily life, looking to discover what could be impacting so negatively on her wellbeing.

An Amatsu session always begins with a good conversation and then you lie on my therapy couch. There is no need to undress as we work with your clothing. We may continue to talk once you are lying down or you could use this time to relax and let go.

Using various muscle and orthopaedic tests I built a clear 3D understanding of Nursen's imbalances, and then with soft touches and gentle movements I helped realign her body to restore its inherent balance. To support these changes she now uses a different handbag and takes regular movement breaks.

After each Amatsu session Nursen describes feeling, "lighter, taller and more grounded" and over time stated, "my neck and shoulder is much looser and I feel less tension in my whole body. Now I feel relaxed as if I'm on holiday!"

Could Amatsu support you living more comfortably with your body?



Mobile: 07720 810 101 Email: [nicolaforward@aol.com](mailto:nicolaforward@aol.com)

Special Introductory Offer with this magazine...your first three sessions for the price of two





# FABHAIR L O N D O N

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### A cost of living crisis in Enfield



by Bambos Charalambous, Labour MP

Email: [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

Since my last article in December, it's fair to say a lot has happened. We've had the Omicron variant and a brief return to Covid restrictions, evidence of several lockdown-breaking parties in Downing Street and the Russian invasion of Ukraine.

Time moves fast in politics, and one of my main concerns at the moment is around the rise in the cost of living, especially as Russia faces sanctions and we begin to feel economic pain at home.

I would also like to share my solidarity with the Ukrainian people. I fully support the sovereignty and territorial integrity of Ukraine, and it is right that Britain offered practical assistance to help Ukraine defend itself from Putin's heinous violation of international law, including economic, diplomatic and humanitarian support.

We must be prepared for difficulties ourselves too, as Europe frees itself from dependence on Russian gas and we clean our institutions of money stolen from the Russian people.

However, before Russia's aggression in Europe, we were already seeing a massive rise in the cost of living, which continues to rise at the fastest rate in nearly three decades.

In January, inflation hit 5.4% according to the Office of National Statistics. People across our community are feeling the pinch amid rising taxes, rising prices and a sustained squeeze on wages and living standards. I fear it is only going to get worse in the coming months.

For example, I know that fuel poverty has been impacting a number of people in Enfield Southgate during the winter months, including pensioners and working families. Some constituents have contacted me to say they have been forced to choose between heating their homes or eating.

An estimated four million households were in fuel poverty in the UK in October 2021, according to National Energy Action, and this will rise again, due to a rise in the energy price cap in April, to a total of six million households - the highest level of fuel poverty since records began in 1996.

At the same time, the Government is introducing a National Insurance tax rise. This means people in Enfield Southgate will face a triple whammy affecting their cost of living, with an energy price cap rise, spiralling inflation and a tax rise.

I do not support this rise in National Insurance. I believe it places a huge burden on working people and businesses at a crucial time in our recovery from the pandemic. With the situation in Ukraine, and as inflation soars, I hope the Government will change course and rethink this tax rise, scheduled for April.

For those who are struggling with the cost of living and risk being pushed into poverty, please do not hesitate to get in touch with my office. There will be support available and I can also raise your concerns with the Government. It is important that we keep the pressure on and force the Government to go further in its support for families in Enfield during this difficult time. This will be my priority in the coming months.





## Have your say at the 5 May council elections



**by Councillor Joanne Laban**

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

**Conservative Member for Highlands Ward**

On Thursday 5th May 2022, the council elections will be held. You will get the opportunity to decide who runs Enfield Council. It is an important election because Enfield Council operates many of the services that residents and businesses rely on, like waste collection, social services, roads, parks, and housing.

Labour has run Enfield Council for twelve years. Over the last four years you will have seen fly-tipping visibly increase, our bins are collected fortnightly when it used to be weekly, high-rise tower blocks have been approved, low traffic neighbourhoods have been installed and the council was slow at awarding vital grants to businesses during lockdown periods.

This council election is the most important in my lifetime. Enfield's landscape is under threat. Enfield's charm is that it is close to central London but also has large areas of Green Belt and countryside. Labour is proposing to build on our Green Belt. These proposals are contained within its disastrous Draft Local Plan document which sets out where different types of development are located in the borough. If Labour is re-elected it will continue with its plans to allow mass development on our Green Belt and

countryside. Enfield's suburban landscape will change to one similar to an inner London borough. The only way to stop Labour's plan to allow building on the Green Belt is to vote them out on Thursday 5th May.

Labour's decision to implement Low Traffic Neighbourhoods [LTNs] in Bowes and Fox Lane has divided the community. It has led to protests on the streets. Residents did not ask for the schemes to be installed but got them anyway, whether they liked them or not. The LTNs have caused traffic congestion on main roads and streets adjacent to the zones. The congestion has led to engine idling which only increases pollution.

The Labour Administration recently decided to make the Fox Lane LTN permanent even though the report stated that on boundary roads, traffic volumes were up by 6% on average, with the largest rise of 11% in Southgate High Street. This information, along with the fact that the consultation showed a lack of support for the scheme, did not stop Labour from making the Fox Lane LTN permanent. The Labour Administration ignored the outcome of the consultation on the Bowes LTN as well. If Labour win another term, there will be more LTNs which will just create gridlock traffic across the borough.

The Conservatives will save Enfield's Green Belt and countryside from Labour's dreadful plans. We want to protect it for future generations. We believe Enfield's mix of town and countryside makes it a special place to live and should not be built on.

Conservatives will remove the Bowes and Fox Lane LTNs. Working with residents we will implement more school streets, pedestrian crossings, school crossing patrols and 20 mph areas to improve road safety in the borough.

Conservatives will take a zero-tolerance approach to fly-tipping. We have seen mattresses and electrical goods dumped, black sacks left by bins and general litter on our streets. We want to clean up Enfield by installing more CCTV, returning to a weekly bin collection, providing larger bins in our town centres and increasing the number of fly-tip crews in the borough.

The Enfield Council elections on Thursday 5th May 2022 matter. When you go to the Polling Station you will be deciding on the future of Enfield. If you value our Green Belt and countryside, want cleaner streets, improved road safety and a council that listens to the community it serves then I ask you to vote Conservative on Thursday 5th May 2022.



## Judge the Council's decency by how it chooses to treat its most vulnerable residents



**by Matt J. McLaren**

**Email: [matt@mattjmclaren.com](mailto:matt@mattjmclaren.com)**

**Liberal Democrat Council candidate for Winchmore Hill**

In recent months we've heard a lot about decency in public life. The actions of the Prime Minister and senior people around him in Downing Street have clearly exposed the Conservative Party's unwillingness to hold itself to the reasonable standards of decency people rightly expect of those who govern us. However, with a local election looming on the horizon and attention turning to our local Labour-run Enfield Council, decency should absolutely be a topic of discussion there too.

In judging the decency of Enfield Council, we should look at how it treats the borough's most vulnerable residents – including people with disabilities and those living in more deprived areas.

By instituting Low Traffic Neighbourhood (LTN)

schemes without genuinely listening to the local people affected, the Council has ignored the concerns of those with disabilities reliant on cars to do basic things. I have seen letters with some residents describing their lives as 'devastated' by the effect of what should be a 5-minute journey to their doctor's office transformed into 45-minute traffic nightmare! Similarly, those reliant on social care workers reaching them to provide care and support in the home are finding it increasingly difficult to have their needs met. Last year, the Council even fined a mental health worker driving into one of the LTNs despite rushing to reach a suicidal patient. Outrageous!

Likewise, the Council, fully supported by the Conservative Councillors sitting on the Waste

Authority Board, has approved the new, hugely expanded Edmonton incinerator despite enormous local objection. This will pump out toxic nitrogen dioxide and micro-particulates linked to shortened life spans and even death from air pollution into what are already some of the most deprived neighbourhoods in London.

So in judging this Labour-run Council by its actions rather than its words, it seems to be fundamentally lacking in decency. It is thus vitally important that residents use the power of their vote in May to force a change in priorities, electing Liberal Democrat Councillors who will put decency at the heart of all decision-making in Enfield.

# Autumn Gardens & Anastasia Lodge



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\*Turn to page 22

To find out more about our care homes in Southgate and  
Winchmore Hill please visit [autumn-gardens.com](http://autumn-gardens.com) or  
contact our friendly team on 020 8344 2600.

