

Palmers Green & Southgate LIFE

Winter 2022 Edition
Issue 52



Barclays Bank in Enfield home to the world's first cash machine



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past issues online

Anthony Webb
ESTATE AGENTS

anthonywebb.co.uk



Welcome

Anthony Webb
ESTATE AGENTS

Happy New Year! We were pleased to end last year on a high following our sponsorship of the Palmers Green's high street festive lights competition. Thank you to all the shop keepers that took part and helped add extra sparkle to Palmers Green while raising funds for Save the Children.

Property Market Update

Last year saw many factors effecting the property market. The end of the stamp duty holiday in the summer saw less properties coming to market towards the end of the year. Despite this, and according to Zoopla, 1 in 5 people were still eager to move with the majority wanting additional space or benefiting for flexible working patterns allowing them to move out of urban areas.

With increased buyer demand but lack of housing stock, house prices increased month on month. It also meant that buyers with their property already on the market or, even better under offer, were more likely to secure an offer on their dream home. If you are thinking about moving this year we can help you with a market appraisal, find out what to expect in our article on page 26.

Financial analysts predict that interests rates will continue to rise this year, but on a positive note there are plenty of active leaners in the mortgage market. We work closely with The Residential Mortgage Hub (page 12), helping our client secure the most competitive rates, please ask our team for more information.

2021 saw an increase in landlords selling portfolio properties totally 9% of the UK sales market. There have been several reasons that have contributed to this locally including a lack of rental demand and falling London rents at the start of 2021 and increasing legislation that has multiplied in recent years making it even harder for landlords to ensure they are safely renting out their properties. Rents are now returning to pre pandemic levels, and we recommend landlords get an up-to-date valuation. Read more about our managed service and why it could be perfect for you on page 14.

Our team are certainly looking forward to the year ahead, please do pop in and see us and our newly refurbished office.

Tony

Director
Anthony Webb Estate Agents

If you've got a local business why not tell people about it in our magazine. It's distributed to 12,000 local homes and places of interest.
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NEW Diamond Listing



For Sale £815,000

River Avenue, Palmers Green

This beautiful Edwardian four bedroom period family home, with many original features, offers in excess of 1600sq ft of living space over three floors.

River Avenue is a quiet residential turning located within easy walking distance of both Palmers Green and Winchmore Hill's shops, restaurants, bus routes and mainline stations into Moorgate.

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Our **Diamond Marketing Strategy** includes additional services and marketing enhancements with the aim of achieving the best possible price for your property. Listings benefit from virtual tours, bespoke printed brochures, targeted social media campaigns and a Rightmove premium listing worth £350! Ask the team to find out more.

 4  2  2



For Sale £1,150,000



Conway Road, Southgate N14

A character filled period home situated in the sought-after Lakes Estate. This spacious chain free Edwardian house boasts six bedrooms and a wealth of beautiful character features.

 5  3  2



For Sale £850,000



Windsor Road, Palmers Green N13

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 4  2  2



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Classes and events

Our friendly and expert practitioners run affordable creative classes in sewing, dressmaking, repairs, crochet, quilting, embroidery, knitting, calligraphy, kids crafts and a stitching circle from beginners to advanced. We also sell our products online.

For full details on all classes and how to book, go to www.stitch.org.uk OR drop by and see us at our shop!

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Blue plaques of Enfield – The world's first cash machine

by Ellie Sales

Blue plaques are found right across Greater London, showing us where important people in history have lived and worked, and linking the past and the present. A blue plaque can be found on the wall of Enfield town's Barclays Bank branch where, on 27 June 1967 the world's first chase machine was unveiled. But the inventor of the cash machine has been a source of dispute for years, with two Scottish men claiming the credit.

James Goodfellow first patented automated cash machines that use pin numbers - but for years the only credit he received was a £10 bonus. At the time, Mr Goodfellow was working as a development engineer for Glasgow firm Kelvin Hughes in the mid-1960s when he got involved in a project to design a machine that could dispense money to customers when banks were closed.

The driving force for the move was unions putting pressure on banks to close on Saturday mornings. At the time most people worked during the week and could not get to the bank, which closed at 3pm on weekdays. Many people went to the bank on Saturday mornings, but the unions were pressing for staff to work a five-day week. The banks wanted a way to give working people access to their money when they were closed.

James Goodfellow lodged his patent in May 1966, more than a year before the first cash machine was ceremonially opened by local resident and comedy actor Reg Varney at a Barclays bank branch in Enfield, north London. But this was not the ATM card and Pin system we know today.



This machine was developed by John Shepherd-Barron, who was born in India, to Scottish parents, and lived much of his later life in Portmahomack in Ross-shire. Shepherd-Barron's ATM

beat Goodfellow's machines, which were installed at branches of Westminster Bank (later to become NatWest), by just a month. Therefore, Shepherd-Barron became known as the "man who invented the cash machine" and not Goodfellow, the man who patented the system we use today.

Shepherd-Barron's machine did not use plastic cards, instead it used cheques that were impregnated with carbon 14, a mildly radioactive substance. The machine detected it, then matched the cheque against a Pin (personal identification number). It only dispensed up to £10 at a time which, at that time, that was worth around £370 in today's money.

Shepherd-Barron worked for banknote manufacturer De La Rue, which never patented its machine. Before his death in 2010, he told a BBC documentary that he didn't patent the idea because he did not want fraudsters knowing how the system worked.

The original plastic card invented by Mr Goodfellow was credit card sized and resembled a computer punch-card and it became the forerunner of the system we recognise today. His patent for the card and Pin ATM was licensed for millions but Mr Goodfellow, as a humble technician, did not own the rights and did not get rich from his invention. He signed patents for 15 countries around the world and got a dollar for each - worth about £10. Mr Goodfellow left the firm in 1967 when it moved its operations to England, and he went to work for IBM.

There have been arguments for years over who should officially go down in history as "the inventor of the ATM". In 2005, Mr Shepherd-Barron received an OBE in the New Year honours list for services to banking as the "inventor of

the automatic cash dispenser".

However, since then Mr Goodfellow, the man who patented the invention, has regained his place. In 2006 Mr Goodfellow received an OBE for services to banking as "patentor of the personal identification number". He has also been placed in the Scottish engineering hall of fame alongside John Logie Baird, the inventor of the television.

A half a century later there are estimated to be 3 million cash machines across the globe, with about 70,000 in the UK. More recently, Brits have been turning away from using cash. Last year, electronic debit card payments outnumbered physical money. Unsurprisingly, the number of ATMs in Britain has been shrinking alongside the drop in physical cash transactions.



Throughout 2022 Palmer's Green and Southgate LIFE magazine will be focusing on blue plaques in the borough of Enfield. If you have one on your street or know of one you would like us to feature please get in touch and email ellie@anthonywebb.co.uk.



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For Sale £725,000

Cranford Avenue, Palmers Green N13

A chain free well presented three bedroom semi-detached house requiring updating. Benefits include two receptions, a kitchen/diner, garage via shared drive, off street parking and a 90ft rear garden.



For Sale £550,000

Lytton Avenue, Palmers Green N13

A rarely available, chain free, two double bedroom semi-detached bungalow requiring modernisation located in a quiet residential cul-de-sac on the borders of Palmers Green and Winchmore Hill.



Anthony Webb feature on all UK leading property portals, book your valuation today!



The tax advantages of electric vehicles

by Nadeem Iqbal – Founder and CEO at Heighten Accountants Palmers Green and Walthamstow
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www.heightenaccountants.co.uk



Thinking of buying an electric car? There's never been a better time. In this article you'll find some tax advantage you might want to consider when buying an electric car.

Electric cars are cheaper to own when considering exemptions on road tax and the Congestion Charge in London. And they're better for the environment too. There are a wide range of tax benefits available.

'benefit in kind' for electric cars

If you use your company car for your private use then you are required to pay additional personal tax ranging from 16 to 20% of the list price. But with the electric car this rate is reduced to 1% for 2021/22 and then increases to 2% for 2022/23. The benefit value needs to be included on the P11D

form for company cars. Charging company electric vehicles at the employer premises falls outside the usual fuel benefit rules and there is no taxable benefit in kind.

'benefit in kind' for hybrid cars

There have also been reductions for electric hybrids, depending on their electric-only range. For example, a vehicle costing £35,000 with CO2 levels of 32 g/km and an electric only range of between 30 and 39 miles will have a benefit rate of 12% for the tax year 2021/22 with a taxable benefit of £4,200.

'benefit in kind' for electric Vans

There is zero taxable benefit in kind consideration if you use a company owned zero-emission van outside of business hours as you may require it for private use. Thus,

investing in an electric van could be highly tax efficient.

Additional incentives for e-vehicles

Until 2025, the road tax for all 100% electric cars is zero. Plug-in hybrid electric vehicles have reduced rates. Another incentive includes the 100% first year allowances relief. The new super-deduction capital allowance offers a 130% first-year allowance on qualifying electric charging points for cars and vans.

VAT Considerations

The general VAT rule applies i.e. if the car is not available 100% for business used then no VAT is recoverable. However, if an electric vehicle is leased, half of the VAT paid on the leasing charges is recoverable.

If you are thinking to buy an electric car for your business and would like to explore more on tax advantages, feel free to contact **Heighten Accountants. Website www.heightenaccountants.co.uk or call them on 020 3900 2424.**



Covid Update for Commercial Landlords and Tenants by Fariz Uvais

Fahri LLP
Law Firm

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

The Government has recently introduced plans to implement new legislation dealing with commercial rent arrears accrued due to COVID-19. The **Commercial Rent (Coronavirus) Bill** and accompanying Code of Practice are designed to aid businesses that have accrued rent arrears due to forced closure or restrictions throughout the pandemic.

What does the Bill do?

The bill is designed to ring fence arrears accrued during the 'protected period', this being from 21st March 2021 to when restrictions were removed from a particular tenant's sector (ending no later than 18th July 2021). This ring-fencing will occur through the implementation of a new

binding arbitration scheme, where the arbitrator will assess the viability of the business against a landlord's solvency. On assessment of this, the arbitrator will have the power to do the following:

- Write off a proportion of the ring-fenced rent.
- Provide further time to pay the rent.

Who is eligible?

The Bill sets out that the arbitration process will only be available in situations **where rent remains unpaid and the parties have not already reached agreement** regarding the rent. As part of this, once the Bill comes into force, landlords will not be able to bring a debt claim against their tenant and all those claims commenced on

or after 10th November 2021 will be automatically stayed. This will mean that the binding arbitration scheme will be the primary method of dealing with these rent arrears.

The proposed Bill presents a helpful avenue for commercial landlords and tenants to negotiate an agreement over rent arrears accrued during this period of uncertainty. Whilst it is still advisable for parties to negotiate and find an agreement between themselves, in the event that agreement is particularly difficult, the scheme will be a useful last resort.

As always, it is advisable to speak with a professional to ensure the most cost-effective route is pursued.

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.



The importance of using a travel expert

by Rebecca Berzins

If the last 2 years of ever changing Covid related travel restrictions have taught us anything it's that there's more to using a humble travel agent than meets the eye.

When the world first began to lockdown those travellers that had booked online 'diy' style were left scrambling for answers. Yet those that booked with Travel Counsellors had everything taken care of. Always available at the end of the phone I dedicated my time to making amendments to my clients precious and often long-awaited travel plans. For those that couldn't travel, refunds were given in a timely manner without fuss. Every booking made with Travel Counsellors is financially protected by the unique Travel Counsellors Financial Trust meaning your money is secure – no ifs, no buts.

Now, as people begin to make travel plans for 2022 and beyond having

someone you can trust at the end of the phone is essential for your absolute peace of mind. When you book with me, Rebecca Berzins – your local Travel Counsellor based in Palmers Green – you won't have to worry about a thing. From start to finish I'll take care of all the details including trip research, planning and bookings. All whilst offering expert destination advice with unique personal recommendations. You can relax safe in the knowledge that you'll have an expert on hand throughout to help you navigate any Covid-19 entry restrictions and testing requirements. Plus, with our Duty Office continually monitoring world events, and on hand 24/7 whilst you're travelling, you really are in the safest possible hands.

travel counsellors



I suggest whenever you may next be planning to travel; always consult an expert. Perhaps remember me and bear in mind what Martin Lewis, MoneySavingExpert.com was quoted as saying;

"Travel will return and my hope is that when travellers are booking they remember the likes of Travel Counsellors and reward them with their repeat or possible first custom".

New Year, New Career, New Life by Oxana Bristowe

Career & Life Coach and Experienced Recruiter
www.oxanabristowe.com



Are you ready to take the next step in your career, or are you thinking of changing your job completely? Whatever you decide, now is a good time to make it happen. As companies are struggling to attract and retain the talented staff they need, you truly have a great chance to get the type of work you want and to strike the 'work-life balance' that meets your individual needs. These opportunities have come about due to a shortage of staff in many sectors of the economy, the acceleration in the pace of technological advancement, and the way in which changing consumer values are forcing businesses to innovate to meet customers' needs. The world that is emerging is changing how we shop, live, work and interact with each other. It will be one where it is easier to find a job or career where you feel happy, fulfilled and valued.

Don't miss this opportunity. Now is the time to find a job you would love, get a promotion, upgrade your skills, change employer or industry, get better pay, and achieve a better life-work balance. We can help you achieve these goals. We have a proven track record in providing career coaching and helping people to learn the art playing the hiring game successfully. Our clients vary greatly in the fields of employment they work in and the career stage they have reached. They also vary greatly in age, nationality, and personality. We provide them with bespoke 1-2-1 coaching programmes that are tailored to their individual needs. All our programmes are underpinned by three key pillars - Clarity, Confidence and Communication. We empower our clients to make positive changes in their career at the present time and teach them skills and techniques to manage their careers in the future.

The services we provide include working with you to define your goals, identify your strengths and weaknesses, prepare an effective CV and LinkedIn profile, improve your job-search techniques, become a good networker, improve your ability to "sell yourself", and improve your interview and salary negotiation skills. We will help you sharpen your ideas about what you want and give you the confidence you will need to overcome obstacles to achieve your objectives.

Career coaching is a great investment in yourself and your future. The secret of getting ahead is getting started. Start your new career journey with a free 30min Career Review Strategy Session and achieve your career success in 2022 and beyond.

Happy New Year!



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3 1 2



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1 1 1



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Park Avenue, Palmers Green N13

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2 1 1



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Autumn Budget 2021 Summary Highlights

by Alex Chrysostomou

Alexander Associates

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Chancellor Rishi Sunak delivered his Budget 2021 speech to the House of Commons on 27th October – an economic approach designed to prepare the UK for an “age of hopefulness” in the post-Covid-19 economy.

With the previous announcement that corporation tax is set to increase from April 2023, the freezing of personal tax thresholds and the introduction of the new Health and Social Care Levy.

What did the Chancellor announce on the day of The Autumn Budget that affects business owners and the self-employed?

• National Living Wage set to rise

The National Living Wage will rise on 1st April 2022 by 6.6% to £9.50 an hour. Young

people and apprentices will also see increases in the National Minimum Wage rates.

• Basis period reforms and Making Tax Digital

The complex basis period rules for the self-employed will be transformed so business profit for a tax year will be the profit or loss arising in the tax year itself, regardless of the accounting date. The transition to the new rules will take place in 2023-24 with the new rules coming into force from 6th April 2024.

These changes are being made to support the move to a digital tax system. The Government had already announced they would give sole traders and landlords, with income over £10,000, an extra year to prepare for Making Tax Digital. MTD for

income tax will now be introduced from 6th April 2024.

• Annual Investment Allowance (AIA) extended

The Government announced the temporary AIA limit of £1million of expenditure on qualifying plant and machinery has been extended to 31 March 2023.

Along with the above there are many other key areas that would affect business owners and self-employed. Some of these areas are:

- Recovery Loan Scheme Extended
- Business Rates Reformed
- Landlord and second homeowner – CGT payment and report window increases

Get in touch with us to find out more ...

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.

Meet Josh Newham, the new Headteacher at Hazelwood Schools

Mr Newham joins Hazelwood School with over 14 years' experience in the education sector, most recently as Headteacher at Forty Hill CE School in Enfield. We chatted to him to find out more about his recent appointment.



Q: What motivated you to become a teacher?

A: My mum says that I was always born to be a teacher - From a young age, I used to play schools with my little sisters, helping them read and write. With children, no two days are the same. I'm honoured to be part of the process that shapes children to become our future - there is nothing more rewarding.

Q: Looking at your time as a Headteacher, what are some of the things you are proudest of?

A: There are so many reasons to be proud - I have worked with fantastic teachers and staff, with brilliant parents within so many different communities who come together as one community to provide wonderful opportunities for children. At my previous school, I was proud to lead changes to ensure that the quality of education we were providing for the children was suitable for their needs. The school lacked technology and a vibrant curriculum so I made sure that we improved this and was delighted when the school achieved a secure “good” rating from Ofsted.



In terms of specific things, I am incredibly proud to have developed a fully functioning children's kitchen where children from Nursery aged to Year 6 could learn the skills of cooking and invite members of the community to create an annual multicultural food festival that is still going strong within the community.

Q: Tell us one fact about yourself that we would not find on your CV

A: I am a little obsessed with monkeys! I have over 20 cuddly monkeys in my office and the children often like to see them waving from the windows.

Q: What attracted you to the role at Hazelwood School and what is your vision for taking the school forward?

A: Having led my previous school through a period of huge change and then through the first wave of the pandemic, I felt it was time for a change; to have an impact on the lives of more children in another part of Enfield - the borough I am proud to have been born and bred in. Hazelwood is an amazing school with wonderful children and families - you can see this from the minute you walk in. But I feel there are things we can do to make it even better. I want to develop the curriculum with the leaders and teachers so that we can provide the very best, knowledge and vocabulary rich education for our children. I want to enhance the way we learn, through exciting and innovative technology, state of the art resources and enrichment opportunities. And finally, after an incredibly difficult couple of years, I want to - when it is safe to do so - place Hazelwood back at the very heart of this wonderful community.

I am relishing this exciting challenge and feel privileged to be the new headteacher of Hazelwood Schools.



Is it time to switch to a fully managed rental service? by Tony Ourris

Anthony Webb
ESTATE AGENTS

Becoming a buy-to-let landlord can be a time-consuming and demanding investment. Recently we have helped several accidental landlords manage their rental property.

Over the last 20 years the UK has seen a significant shift from individuals using an established agent to manage their properties to D.I.Y landlords. However, in the same period we have seen a significant rise in regulations and legislation, with over 180 laws governing this area, not to mention the recent addition of a private rented licensing scheme

introduced in September 2021 by Enfield Council.

Using a professional letting agent enables landlords to take a step back and allow someone else to manage everything. Our service will give you peace of mind knowing that your property and tenants are looked after by an experienced and professional team.

Why you should consider letting with a management agent:

- ✓ We will qualify tenants, even before they are shown your property, ensuring the highest quality applicants are successful
- ✓ We will ensure that all regulations and safety checks are met
- ✓ Our team is on continuous training, keeping up-to-date with ever changing legislation
- ✓ We will ensure that tenants are reference checked and eligible to rent in the UK
- ✓ We will create inventories, conduct check-in and check-out inspections as well as regular inspections throughout the tenancy
- ✓ We will use a Government approved deposit scheme
- ✓ We are responsible for rent collection
- ✓ We have a range of trusted contractors to help with any cleaning, maintenance and emergency work that may need to be carried out at short notice
- ✓ We will support your tenants 365 days a year taking the stress out of dealing with issues at unsocial and inconvenient times
- ✓ We will manage the transfer of utilities
- ✓ Statistically, tenants tend to stay longer in professionally managed properties therefore reducing the risk of voids

Our management fee starts from 10%+vat (12% incl vat) and gives landlords access to our experience, contacts and legal advice (where required).

We do offer a let only service, however this is geared towards professional landlords that are proficient in what is required to run a successful tenancy.

Rental prices are rising in our area. To find out more about our services and to see if you are getting the correct price for your property, speak to a member of our team.



Using a professional letting agent enables landlords to take a step back and allow someone else to manage everything



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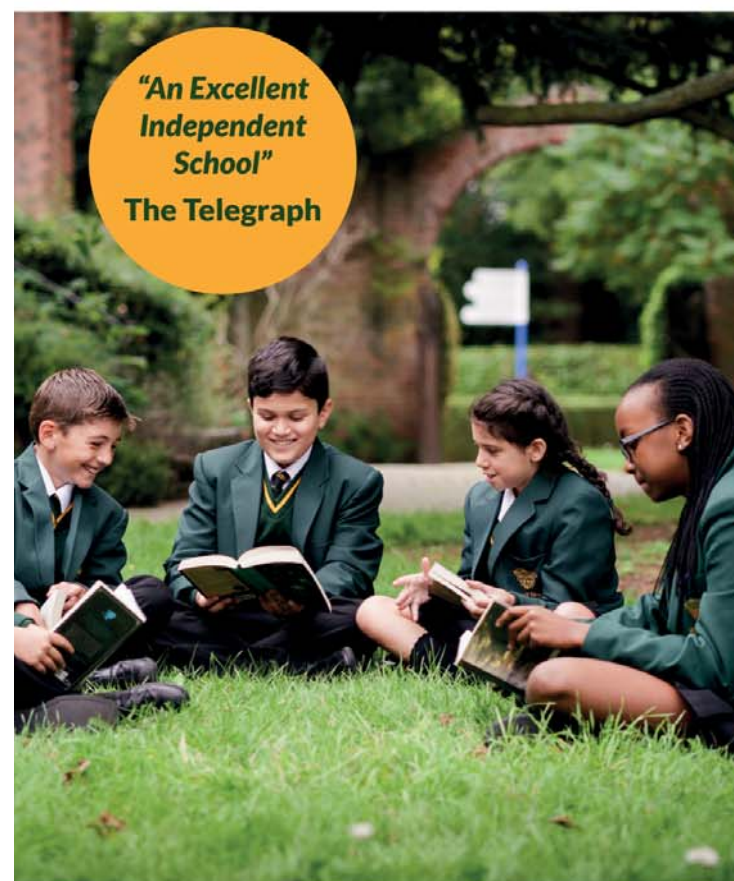
ASSESSMENT DAY FOR 11+ 2022 ENTRY / Saturday 8th January 2022

ASSESSMENT DAY FOR 13+ 2022 ENTRY / Thursday 20th January 2022

TASTER DAY FOR SIXTH FORM / Thursday 20th January 2022

GENERAL OPEN DAY / Friday 4th March 2022

GENERAL OPEN DAY / Saturday 25th June 2022



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HAPPY NEW YEAR TO YOU ALL FROM ALL THE TEAM AT CHAPMAN PIERI SOLICITORS

I hope that you had a happy, joyous and peaceful festive season. Let's hope that this year sees the back of Covid and all the associated variants. It's very almost two years since the first lockdown and somehow, it doesn't seem that long. What strange and unprecedented times we have encountered. Covid has a lot to answer for including a sharp increase in divorce/separation instructions. We had a surge of new enquiries shortly after the first lockdown and it has been really busy since that time.

For this edition, I thought that I would write an article on parenting children upon separation which can sometimes be a thorny issue and below are some tips on how best to deal with child arrangements.

PARALLEL PARENTING

There is a lot of media attention on the concept of "Parallel Parenting". It also seems like it's the buzz words for us family lawyers. Don't just take my word for it – just Google those words and it will come up with over a million search results.

It's impossible to cut ties with one another when there are minor children to take into consideration. As I always say, the children must be shielded, so far as possible and their best interests must be at the forefronts of both parents' minds. It is the adults that are going their separate ways and not the children which is something that tends to be forgotten especially if it has been an exceptionally bitter separation. Focus your energy on positive parenting rather than focusing on the negative relationship that you may have had.

Minimise the stress for all (including the child of course) by trying to agree as much as possible and as far in advance as possible so that everyone knows what they are doing and when they are going to do it. This provides the child with the much-needed security and stability that they need at this difficult time.

Essentially, the idea behind this is to plan how to share your time with the children with as little conflict as possible and with the hope that minimising the need for extensive

communications which sometimes cause misunderstandings and animosity between you. Keep communication to a bare minimum as this can sometimes cause stress for both of you.

Parallel Parenting may also increase your safety in cases where this has been an issue. It allows you to agree boundaries and puts some distance between you wherever necessary. The aim is to facilitate and prioritising your child's need to spend time with the non-resident parent.

You should ideally agree in advance and in writing the following matters. This is not in any way an exhaustive list and should be adapted to suit your particular circumstances:

- Create a Parenting Plan;
- Set out the dates/times that the children will spend with each of you;
- Who will be collecting and who will be dropping off and at what location which may be a neutral or public location;
- Agree the minimum timeframe for any cancellation of contact setting out the reasons;
- Agree the sharing of any school holidays before the start of the new school year;
- Agree how the child's birthday is to be shared each year and how much time each party will spend with the child during the Christmas/New Year and Easter holidays,

or any other religious festivals, and whether the other party will consent to the other taking the child away on holiday;

- Plan on how to deal with any conflicts and how they are to be resolved – sometimes a mutual and neutral third party can assist or a specifically trained family mediator;
- Set boundaries between you;
- To let the child's school, know that you have separated and provide your contact details so that both parties are kept informed of any issues, parents evening, school plays, inset days etc.
- Consult one another on important issues concerning the child's health/education and other such matters;
- Keep communication and interaction to the point and do not make it personal – limit this to issues surrounding the child only. Preferably, agree that communications should only take place via a joint calendar. Do not allow yourself to be provoked and perhaps keep any relevant interaction business like and formal.

I also like to advise my clients to consider downloading a joint calendar where you both have access and communicate directly on matters concerning the children. Some calendars do not allow for any negative communications and have put word blocks in place which I think is an excellent idea.

The above article should not be construed as being independent legal advice. If you need legal advice on any family law matter including children's matters, please contact us at info@cpfamilylaw.co.uk or 020 8882 9850 for a Fixed Fee Consultation for which we charge £75 plus VAT of £15 = £90. Also do visit our website, www.cpfamilylaw.co.uk where you will find lots of helpful info.

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How to Transform Your Bedroom into A Sleep Sanctuary

We all have our bedtime rituals to get a good night's rest. And even though we try to go to bed early and stick to a bedtime routine, getting those all-important hours of rest can sometimes seem impossible, especially when we spend most of the night tossing and turning. But could your bedroom décor be improved to create an ideal bedroom that will provide an environment for rest, positivity, and relaxation? By making some simple changes, you'll be able to change your sleeping environment within hours – just in time for bedtime! Soft, muted colour palettes, warm white light, luxurious bedding, and the absence of electronics can all form part of the most intimate room in the home.



KEEP IT QUIET

Rugs can help reduce noise. Plush materials like faux fur, shag, wool, silk or chenille, not only feel and look beautiful, but they can also help you move around the bedroom more comfortably. Although difficult in a digital age – it might be worth keeping your bedroom a no TV zone, which can often distract us late into the night.

USE WARM WHITE LIGHT TO GET IN THE MOOD FOR SLEEP

When getting dressed in the morning, or for an evening out, I like to make sure there is enough light to see clearly. But during the evening hours, when I want to wind down, the light needs to be more subtle with the use of recessed lighting that softly washes the wall. Controlling the brightness in your bedroom will help you relax and set the tone for respite and sleep, helping you fall asleep easier and relax.

DIAL DOWN YOUR PALETTE

In the bedroom, busy patterns and bright tones could have an opposite effect on a peaceful evening. For an overall feeling of cocoon-like warmth, a wall treatment that is calming is key. Painting or wallpapering a room in a darker hue can help create a calming atmosphere. But don't forget – it's also down to textures, and lighting that evokes serenity in the space, that go hand in hand.

GET RID OF CLUTTER TO REDUCE STRESS

It's time for that annual wardrobe clear-out. Clutter is stressful and can make it difficult to switch off. Being able to see and gain easy access to things that are stored in the drawers or wardrobes can reduce a huge amount of stress when we're in a rush to get ready in the morning. Using dividers or custom-built furniture, can really help get rid of, or organise items we've been holding on to. When a bedroom is clean and clear it's much easier to relax and enjoy your bedroom!



BRING IN CALMING SCENTS

It's very relaxing to light an aromatic candle in the bedroom. You can even choose your scents by season—richer in the winter, brighter and citrusy in the summer. Whether it's a candle, a beautiful ceramic incense holder, or a sleek stone diffuser, tranquil scents are great to bring into the bedroom for their stress- and anxiety-relieving properties.

Renovating your home is the perfect chance to make your mark on your home that suits your personality and style. I can take the stress out of your daily routine by managing the full design project on your behalf. Get in touch and let's make a start on your dream home.



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hello@interiorsbylena.com
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Making Palmers Green a safer place to live, work and visit by Jon Howarth



Firstly I would just like to introduce myself. I am **Jon Howarth** the Sergeant for Palmers Green, Winchmore Hill and Southgate Green wards. I was previously the local ward officer for Palmers Green and was for 4 years.

Role of Dedicated Ward Officers

Dedicated ward-based police teams are a significant part of the Metropolitan Police Service drive to make a local area a safer place to live, work and visit. Our sole focus is to respond to issues that matter to local communities. Our officers will tackle local priorities and anti-social behaviour, identifying people vulnerable to, or at risk of becoming involved in crime, and solving local issues.

We aim to establish what matters most to our communities whilst using problem solving methods to improve things. We play a key role in delivering crime prevention advice and building stronger relationships with residents, businesses and partners to increase trust and confidence in the police.

Community Priorities

We currently have three main priorities for the area which are Robbery, Burglary and Motor Vehicle crime. We are aware of other concerns which include drugs and anti-social behaviour.

Tackling Crime & Engagement

Officers regularly patrol areas where concerns are raised, we use stop and search where grounds exist and we have recently recovered a Rambo knife and cannabis from in Southgate Green which is still under investigation. Two males were chased on Connaught Gardens N13 and one arrested with a large amount of drugs this male is under investigation. We have also issued anti-social behaviour warnings, community protection warnings and notices to persons that have been causing a nuisance to residents and businesses. A number of our prominent offenders have recently been arrested for various offences and we are working hard to apprehend those who are still wanted by police.

We have an upcoming Positive Activity Initiative which involve officers and volunteers working in partnership to conduct high visibility patrols, drugs/weapon sweeps, community engagement with schools and faith establishments. This will go on through the Christmas period and into the New Year.

Crime Prevention

During the dark winter evenings we see a rise in Burglary offences. Can we ask that people ensure that they lock and secure all doors and

windows to deter any opportunist thieves, try not to advertise that you are going away on social media, leave lights on timers which will give the impression that someone is home.

For motor vehicle crime please lock and secure your vehicles and take all valuables with you and do not leave anything on display. Try to park your vehicle in a well-lit area.

Further information about crime prevention can be found on the Metropolitan Police website – www.met.police.uk

Contacting Us

PalmersGreen.snt@met.police.uk
WinchmoreHill.snt@met.police.uk
SouthgateGreen.snt@met.police.uk

Every three months we hold a ward panel meeting with local community members to discuss areas of concern, set ward priorities where work of the local neighbourhood team is scrutinised. This is to involve the local community in problem solving, crime prevention and to support the local team in building trust and confidence. If this is something you would like to be involved in please get in touch and we can discuss further.

Finally, I would like to wish everyone a Happy New Year.



KEEP
PALMERS GREEN
SAFE
N13

- Non-emergency number - 101
- Crime stoppers - 0800 555 111
- Palmers Green Police - 0208-721-2835 (answerphone)
- If there is an immediate risk - 999
- Email: palmersgreen.snt@met.police.uk
- Website: www.met.police.uk (report online)

And most importantly look out for each other

This leaflet has been produced with the cooperation of the Palmers Green Safer Neighbourhoods Team, Palmers Green residents, St. John's Parish Church and the Palmers Green Business Group.

Cut this out and keep it somewhere visible



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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 your 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

Winter 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 supply plants and shrubs, delivered to your door and at competitive prices. We can supply plants that you can plant yourself or we can plant them for you.

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

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

All our plants are excellent 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

Viburnum x bodnantense 'Dawn' is a strong-growing large deciduous shrub of upright growth, with dark green, ovate leaves and clusters of scented, light pink and white flowers opening from autumn to spring, from red buds.



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What is Amtico flooring? by Russell Davies

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

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

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

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Enfield Landlords, are you up to date with your licensing obligations?

Last September the government approved Enfield's application to introduce a selective licensing scheme. This scheme now applies to all privately rented residential properties occupied by one or two persons, or one family households located in 14 wards (areas) across the Borough.

By failing to obtain a licence and ignoring the law you risk:

- being prosecuted by the Council
- being fined up to £30,000 and ordered to pay court costs and a victim surcharge
- being subject to a 12 month Rent Repayment Order to your tenant
- being unable to secure a licence in the future preventing you from letting your property.

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

If you do not have a licence we urge you to apply immediately. Our team are able to apply on your behalf, removing the stress and ensuring that you are not breaking the law. Contact our property management team for advice and to find out more on 020 8882 7888.

Properties located in these areas are affected by the scheme:

Bowes	Lower Edmonton
Chase	Palmer's Green
Edmonton Green	Ponders End
Enfield Highway	Southbury
Enfield Lock	Southgate Green
Haselbury	Turkey Street
Jubilee	Upper Edmonton

Anthony Webb
ESTATE AGENTS

Friends of Broomfield Park – planting seeds for tomorrow

In 2021 and despite all that Covid could throw at us, Broomfield Park thrived.

The volunteers of Friends of Broomfield Park have transformed the herbaceous borders, planted over 100 trees, managed the wetlands, entertained over 10,000 people at events and educated hundreds of school children about the wonders of nature. This is on top of the wonderful work which continues in the Palmers Greenery café, conservatory, community orchard and the apiary - which makes such tasty Broomfield honey from our local gardens!

Our partners Enfield Council have made a huge difference in the netball and tennis courts which now entertain thousands of active people each year. A mention should also go out to the work carried out in the regular maintenance of the park.

We have lots of ideas for 2022, but we need even more volunteers. If you are interested in any aspect of Broomfield Park and you have the time and enthusiasm to get involved, just drop us a line at secretary@friendsofbroomfieldpark.org



What to expect at a valuation appointment

by Martin McKelvey



Buying and selling property is likely to be the biggest financial decision you will make. With over 20 years' experience the team at Anthony Webb can help take the stress out of the process starting with an expert valuation.

What is involved in a valuation

A valuation will begin with an informal chat with the valuer. This will enable the agent to fully understand your circumstances and give sellers the opportunity to ask questions. The valuer will then take a tour of your property, either accompanied by the owner or on their own - it is up to you. This will allow them to evaluate the property. Following the tour, the agent will share local market insights, marketing techniques and comparable sales information.

An experienced agent will come prepared, and with their extensive knowledge they will be able to give you a good idea of the value of your property and the optimum asking price.

Preparing for your valuation

Good estate agents can see past clutter or small jobs you need to finish before putting your house on the market. It is important that your home looks good for the photographs, not the valuation. In fact, if you are considering whether to make minor improvements or redecorating before selling your agent is expertly placed to give you advice, they should know what demand is like for your type of property in the area and be able to offer some tips about what you can do to get the most money for your home.

Allow an hour for your appointment

A valuation appointment will normally last about an hour. It is worth allocating

this time to get to know your agent, their service levels and what you can expect.

Understanding the fee

Alongside the agents marketing strategy, they will also discuss their fee. Remember the cheapest fee will not always deliver the best price. Determine what differentiates each agent to understand what you are getting for your money. You need to feel confident that the agent you choose can get you the best possible return for your property.

If you are thinking about moving and would like an expert valuation, please contact Martin on 020 8882 7888.



Hair trends for 2022

by Kiri from Fab Hair London

382 Green Lanes, N13 5PD

To book an appointment call 020 8886 7070



Hello, I hope I find everyone well and safe, and recovering from a fabulous Christmas. Over the last year I have written about how Fab Hair have been working towards becoming a sustainable hair salon. In this article we are going back to talking about hair - specifically hair trends for 2022!

In the last two years, through numerous lockdowns, self-isolating and social distancing, as a salon we have witnessed how a global pandemic has impacted the average hair appointment. Towards the beginning of the pandemic, lockdowns meant that many of our guests had no choice but to embrace their true hair colour. This led to people becoming more confident than ever with their grey hair. This is something that we love to see!

Another huge impact of lockdowns was the rise in popularity of the balayage. Balayage is

a more natural alternative to foil highlights. Although highlights are great, they require regular upkeep – a balayage on the other hand is relatively low maintenance and can still look good months after your service, and during lockdowns this was a huge bonus. However, as things have slowly returned to normal, our appointments have begun to do the same. In recent months we have seen less balayage work, and more clients moving towards contoured, face framing highlights with a root colour smudged for a more natural blend.

Another thing that we love to see is curls! And make no mistake, they are back. The days of straightening curls are over, our guests are enjoying the natural texture of their hair. As stylists, we are confident in cutting curly hair, as well as advising the correct hair products and methods to manage our clients' curls. Curly hair should look shiny, structured and defined.

There is also a strong resurgence of the 90's bob, but this time it's a little longer, not a LOB (long bob) but also not a short classic jaw length bob. This bob sits just above the shoulders and has a very strong centre parting, Kim Kardashian has recently worn this style. Don't be afraid to wear this bob stacked (think volume) to give your hair more dimension.

Curtain bangs (fringes cut shorter in the middle and longer towards the outside, imagine the neck of a bottle) were huge in 2021, and this year they are only going to get thicker and stronger, curtain bangs are a perfect compliment to a 70's shag (a medium to long haircut with lots of layers).

There are so many trends this year and only a small amount of space to write about them all, catch up on all the trends in our next article.

If you have any questions that need answering quickly, please email me at 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 and click the Instagram & Facebook icon.



Amatsu – caring for those who care

by Nicola Forward, your local Amatsu Practitioner

During this last year or so we have all been made very aware of just how much we rely on those who care for others and just how many carers there are. And not only that, just how much they give of themselves to care for others...sometimes quite literally.

Recently I have had the privilege of meeting Olive who called me hoping that Amatsu could help with her hip and knee pain. But as we talked it became clear to me that her issue was actually that her pain was interfering with how well she felt able to look after her husband, who lives with a degenerative condition.

She talked about the constant worry and exhaustion and then about the guilt of needing time for her own feelings. "Being a carer leaves little time for oneself," she said "and I almost lost touch with my own identity." She had not been able to keep up her yoga

practice and felt that, not only had her body become more constricted, so had her life.

Amatsu can help settle you both physically, mentally and emotionally using touch, pressure and natural movement to gently realign your body, working to release any twists and tensions that may have developed. This helps restore your natural cranio-sacral rhythm and calm your nervous system. Olive describes this very aptly as "gentle coaxing." As your body begins to relax, your mental and emotional state too is soothed. For most of our session you lay fully clothed on my therapy couch while

I work with your whole body, finishing off with cranial balancing.

At the time of writing Olive and I had only had three sessions together and realistically we need a little more time than that to achieve a long lasting improvement in her physical comfort. "I hope eventually for pain relief," says Olive, but for now "Amatsu is helping me relax and be more balanced in mind and body. Caring for myself enables me to care for my husband."

Call me for an informal chat about how Amatsu could support you in your life.

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

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

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Make it your new year resolution to go and get your jobs! by Councillor Joanne Laban

email Cllr.Joanne.Laban@enfield.gov.uk
Conservative Member for Highlands Ward

I wrote this article in December and the Prime Minister had just announced that the vaccine booster programme would be expanded. It is important that residents take the opportunity of receiving their third jab. I am due to have my booster in the next few days. I am having my vaccine not because it is a pleasant experience but because it is the right thing to do.

The Evening Standard ran an article informing readers of London's unvaccinated hotspots. It claimed that 84,826 people in Enfield had not been vaccinated whatsoever meaning that they had not received both their first and second doses. I cannot stress enough how important it is that people take up the vaccine.

I am encouraging people to have their

vaccinations because they have been shown to be effective at stopping people from becoming seriously ill or dying from COVID-19. An analysis by Public Health England in 2021 found that the vaccines have prevented between 26,000 and 28,000 deaths in England alone and between 6.4 and 7.9 million infections.

I am not the only one urging people to have the jabs. Leaders from Muslim, Hindu and Jewish faiths have all said that the vaccines are suitable for people of their religions and people shouldn't hesitate to get them.

I know that some people are worried about the speed in which the vaccines were developed. However, this should not stop you from having the vaccinations. The main reason that the vaccines were developed so

quickly is that finding a vaccine for COVID-19 was a worldwide priority. Funding was made available very quickly and scientists across the world have worked together to develop the vaccines, which has meant they were able to complete years of work in months.

Similarly, thousands of people across the world volunteered to take part in the clinical trials, whereas it usually takes a long time to find enough volunteers for a vaccine trial. The trials demonstrated that the vaccines are consistently safe and effective across different communities.

Please if you have not had your vaccinations yet, make it your new year resolution to go and get the jabs!



New year, new opportunities for our high street
by Bambos Charalambous, Labour MP

bambos.charalambous.mp@parliament.uk
Parliament: 020 7219 3460 Constituency Office: 020 8882 0088
472 Green Lanes, Palmers Green, London N13 5PA

A very happy new year to readers. 2021 was another challenging year and I hope you all managed to enjoy a happy and restful break over the festive period.

Before Christmas, I had the pleasure of celebrating our local businesses here in Palmers Green during last month's Small Business Saturday.

High street businesses are at the heart of our community and do so much to enrich our lives; they provide jobs, training, and economic growth, and Small Business Saturday is an opportunity to champion these firms and say thank you.

Recently opened in December, Holtwhites Bakery is one of these businesses. Many readers will know of the delicious, handmade bread, cakes and more from its base in Chase Side, Enfield, and I was delighted to visit Richard and Kate's new shop on Aldermans Hill in Palmers Green. Be sure to check out some of their sweet and savoury treats and drinks; I know I'll be back before long.

During the pandemic, small independent businesses have played a vital role. They have

often stepped up to support those who needed help. From providing free school meals to completely redesigning their shops to keep customers safe from Covid-19, I would like to pay tribute to everyone who has worked tirelessly to keep our economy going during the pandemic.

My time is another local deli in Palmers Green that readers will know well. A family-run business selling everything from organic cheese and chocolate to locally sourced craft beer, the owner Brian prides himself on showcasing local and independent suppliers and supporting other small businesses. His shop is a testament to how our community can work together – something which we have seen throughout the pandemic here in Enfield Southgate.

Enfield Council was another leading example of this community resilience. They set up a supply centre to distribute 30,000 food parcels and over 10,000 prescriptions, mobilising volunteers to help with deliveries. For businesses, the Council distributed grants that local firms needed to survive, and it will continue to support them in 2022.

However, these same businesses now face further confusion and more coronavirus related challenges. We also have supply chain issues, rising inflation, rent debt, soaring energy costs and a national insurance tax hike.

The Government needs to do more to give the high street the boost it desperately needs, including additional support for businesses during this difficult period. Too often, the burden of recovery has been placed on the smallest of shoulders.

One way we can support small, independent businesses is by looking at reforming the business rates system, to provide small, local businesses the support they need to grow while bolstering investment in our high streets. A fairer business rates system would also enable small and independent firms to rebound properly from the pandemic by creating a level playing field between bricks and mortar businesses and online giants.

I look forward to continuing to support local businesses in Enfield Southgate in 2022, listening to concerns and raising them with the government.



A Council without ambition is a bird without wings.
by Rob Aaron-Wilson

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Happy new year.

May the new year bring us all happiness. This year we will select a new Council and we have a choice of what direction we want to follow. We have been through a lot this last couple of years and have all experienced new things. During the lockdowns, especially the first, we had moments of uncertainty, our normal lives turned upside down. We became nervous even about how we were going to get basics such as food into our houses. However, for most of us it was just fleeting, we got through it, but it took a level of support that isn't normally available.

However, for some of us this is day to day life and the support isn't there, the safety net we grew up with has gone. Even if all is ok for us now the last two years has shown how quickly this can change. It is no good for us to compare the situation now with the situation as we experienced it, we grew up in the main with Council social policies, housing rights that could be fulfilled and help. Street begging was rare, you were not left to go hungry. It is no good to say 'well we grew up poor and we were ok', the rules have changed, the rules have gone. It is often said that we grew up poor but at least we were clean, now instead of water rates we force

people to economise on even this.

Now both Conservative and Labour will say this is a state of affairs which of course they regret but due to the other parties actions its impossible to do anything about. This is wrong, we can do something, there is such a thing as society and we are part of it. Whilst not all ills can be solved locally if our sole ambition is to have a slightly more regular bin collection then we are wasting our time. We can rebuild our services, but it will take work and new ways of doing things.

Not all will work but some will and the one way to guarantee failure is not to try.

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