Councillor Yasemin Brett – LBE (YB)
Rob Leak (Chair) – LBE (RL)
Shaun Rogan - LBE (SR)
Niki Nicolaou - LBE (NN)
Debbie Gates – LBE (DG)
Sabena Ahmed – LBE (SA)
Barbara Atkinson – LBE (BA)
Bindi Nagra – LBE (BN)
Williamz Omope – LBE (WO)
Ineta Miskinyte – LBE (IM)
Alan Weinstock – Age UK Enfield (AW)
Chandra Bhatia – Enfield Racial Equality Council (CB)
Ginnie Landon – Enfield Women’s Centre (GL)
Hamida Ali – Enfield Children & Young Persons’ Services (HA)
Jill Harrison – Enfield Citizens Advice Bureau Services (JH)
Jill Raines – Crossroads Care (JR)
Lesley Walls - One-to-One (Enfield) (LW)
Pamela Burke – Enfield Carers Centre (PB)
Paula Jeffery – Enfield Voluntary Action (PJ)
Rita Melifonwu – Stroke Action (RM)
Tim Fellows – Enfield LGBT Network (TF)

1. Introductions and Apologies

1.1 The Chair (RL) welcomed everyone to the meeting and introductions were made.

1.2 Apologies were received from Graham MacDougall, Ilhan Basharan, Tim Harrison and Rosie Lowman.

2. Minutes of the last meeting and matters arising

2.1 The minutes of the meeting of 19/9/2016 were agreed as a correct record.

2.2 YB asked if groups and their service users were experiencing account issues with Enfield Connected. Issues were raised about organisations applying for rates relief – two organisations said they ended up having to create two accounts, another reported that their password was not being recognised. Additionally some of the on-line forms will not allow people to go back to them once they started filling in the form. The system is not allowing you to go back as it will not save the page and wipes out all you have written – even if you open an e-mail whilst filling in the form. Once you start the form you have to finish it – organisations were complaining because often clients have to get information to continue filling in the form and once they return to the form everything previously written has disappeared. Those in supported housing have had their support cut which does not allow enough time to get forms filled in by their workers as they cannot go back to the form. Organisations say they
are being swamped with requests to fill in the forms. Suggestions of a working group were discussed with organisations like Enfield Women’s Centre and Enfield Parents and Children willing to participate. Organisations asked whether the Council could set up training for volunteers to help with filling in forms. Library volunteers are helpful but they do not assist with form filling and those with technical and language barriers may need extra assistance. RL asked NN to invite Sally McTernan/Paul Kearsley to give a progress report at the next VSSG meeting.

| 2.3 | WO runs a Job Club on Monday mornings offering employability support to residents including form filling etc. HA advised that the Bountagu project has volunteers that provide IT support to residents. GL suggested that it would be helpful if a matrix of such support could be made available. |

3. **Update from Health Housing & Adult Social Care – Bindi Nagra**

3.1 BN introduced Ineta Miskinyte, Learning Disabilities Commissioning Manager. Ineta explained her role in HHASC and how the team is looking at different ways to support people with learning difficulties.

3.2 BN updated the group on VCS recommissioning arrangements and the plans to restart the process to develop service specifications for each of the outcome areas building on the work that has been done with the VCS earlier in the year and moving forward to re-focus on the following outcomes:

- Helping People Continue Caring
- Supporting vulnerable adults to remain living healthily and independently in the community including avoiding crises
- Supporting people to improve their health and wellbeing/improving self-management
- Helping Vulnerable Adults to have a voice
- Preventing Social Isolation
- People recover from illness, safe and appropriate discharge from hospital

Information and advice provision to be clarified.

The current arrangements with VCS commissioning will remain until November 2017 then 6 months’ notice will be served to VCS providers followed by a tendering process for April 2018 start.

3.3 BN acknowledged the comments received from the VCS representatives regarding the timescale for recommissioning and gave his commitment to putting together a firm timetable and keeping the VCS informed with regular updates on the process. BN will advise if Cllr Cazimoglu and Cllr Brett can be involved in the discussion groups supporting the development of the service specifications.

3.4 PJ gave BN a copy of the report from the co-design prevention workshops held in partnership with Enfield Voluntary Action, in January this year.

4. **Social Prescribing and Health Champions – Williamz Omope/Paula Jeffery**

4.1 WO explained the Health Champions project, training Enfield residents to become health champions to improve the health and
wellbeing of residents. The project is initially focussing on the most deprived parts of the borough in Upper Edmonton, Enfield Lock, Chase, Jubilee and Ponders End and is seeking to recruit and train 45 volunteers. The volunteers will gain two fully accredited qualifications which are the Royal Society of Public Health Understanding Health Improvement Level 2 and the Royal Society of Public Health Encouraging Physical Activity Level 2.

4.2 PJ explained the relevance and importance of health champions for social prescribing. The eligibility of people to train as health champions is an issue. The cost to train 15 people is approx £5,000. They are considering applying for ESP funding to run a pilot project. The group agreed it was a good idea to take forward. VCS members would be keen to participate.

4.3 RM explained the work of Enfield Health & Social Care Partnership (EHSCP) that is currently funded by the Council to recruit and train community health champions and would welcome collaborative working with voluntary sector partners. SR commented that we need to get a good overall picture of what the health issues are and Enfield’s priority targets and agreed that it would be a good idea to get EHSCP involved in future discussions.

4.4 YB advised that it would be useful to link up with the Leisure & Culture Partnership Board and she would pass on details to Paul Everitt, LBE Acting Head of Arts and Culture, for WO/PJ/RM to be involved.

4.5 YB suggested putting the information on the Council’s website. NN advised that it could go on the Third Sector Development Team Facebook page and in the next team e-bulletin.

4.6 JH advised that the DCLG New Communities funding to local authorities working with community groups has been launched – deadline for applications is 16/1/2017. SR will discuss further with HHASC colleagues.

5. Enfield Clinical Commissioning Group (CCG)

5.1 In Graham MacDougall’s absence, BN gave a brief update.

5.2 The five north central London CCGs (Barnet, Camden, Enfield, Haringey and Islington) are moving to a five borough management arrangement. The CCGs do not have any political representation on their boards and this will probably remain unchanged. They are about to enter a two-year planning and contracting round for 2017-19. Enfield CCG currently has a deficit of £14.4m.

5.3 The draft north central London Sustainability and Transformation Plan (STP) which sets out plans for the future of health and social care across the five boroughs of Barnet, Camden, Enfield, Haringey and Islington has been published. YB advised that Kate Osamor MP has organised a public meeting at Green Towers, Edmonton on 15/12/16 at 5.15pm to discuss the STP document and encouraged VCS representatives to attend.

6. AOB & News

6.1 LW raised issues with the Council’s Money Matters leaflet that was sent out with the Our Enfield magazine. It did not include the direct link to the online page for comments on how the Council should prioritise spending or make savings, and also that the cost of care example used in the article may have been misleading. GL
<p>| | |</p>
<table>
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<tbody>
<tr>
<td>commented that it would have been helpful if households had received more than one consultation form, also that it did not include the deadline date. SR/IB to discuss.</td>
<td>SR/IB</td>
</tr>
<tr>
<td>6.2</td>
<td>BA provided a commissioning update from Schools &amp; Children's Services. A briefing note is attached as Appendix 1.</td>
</tr>
<tr>
<td>6.3</td>
<td>GL will send details of Enfield Women’s Centre projects to NN for circulation.</td>
</tr>
<tr>
<td>6.4</td>
<td>AW explained Age UK Enfield’s Memory Care Navigators project to support people with a diagnosis of dementia and their carer’s. Agreed for item to be on next meeting's agenda.</td>
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<tr>
<td>6.5</td>
<td>AW advised that Age UK Enfield received funding from BUPA to run a Carers' Fitness Group, enabling older carers in Enfield to access gentle exercise programmes to support active, fit and healthy lives.</td>
</tr>
<tr>
<td>6.6</td>
<td>AW explained that Age UK Enfield is carrying out further analysis on the increase in safeguarding alerts for older people.</td>
</tr>
<tr>
<td>6.7</td>
<td>NN advised that she is running a pilot project in partnership with Trinity at Bowes, to run a free breakfast club for up to 50 children during the Christmas Holidays on 28-30th December between the hours of 9-11am for primary school children that would otherwise be eligible for a free school meal during term time. NN has contacted four schools in the local area for them to put forward names of children that would be eligible to attend. Volunteers are welcome.</td>
</tr>
<tr>
<td>6.8</td>
<td>NN advised that EVA is organising a meet the funders workshop on 7/3/2017 at Community House, with the Big Lottery Fund, BBC Children in Need and City Bridge Trust to give presentations on their funding streams.</td>
</tr>
<tr>
<td>6.9</td>
<td>NN updated on the success of the 100 Hours Volunteering Scheme. The next awards ceremony will be held in March. NN will look at promoting the scheme in Our Enfield magazine.</td>
</tr>
<tr>
<td>6.10</td>
<td>HA updated on the ECYPS training programme and advised that they are waiting to hear from Schools and Children’s Services about funding for the mental health first aider training.</td>
</tr>
<tr>
<td>6.11</td>
<td>RM advised that two of their stroke ambassadors had won awards.</td>
</tr>
<tr>
<td>6.12</td>
<td>PJ explained that discussions are being held to take forward the Doing It For Themselves project at Enfield Island Village.</td>
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<tr>
<td>6.13</td>
<td>PJ advised that EVA’s computer suite will be refurbished in the new year.</td>
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<tr>
<td>6.14</td>
<td>PB explained that Enfield Carers Centre is involved in a London-wide pharmacy referral scheme.</td>
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<tr>
<td>6.15</td>
<td>PB advised that Enfield Carers Centre is in talks with Age UK/North Middx community nursing about Health Education England’s funding programme for carers and their communities.</td>
</tr>
<tr>
<td>6.16</td>
<td>PB informed that the London Fire Brigade were organising Christmas lunch events for the most vulnerable members of the community and their carers.</td>
</tr>
<tr>
<td>6.17</td>
<td>JH explained that Enfield CAB is working with the Council’s landlord forum to improve housing conditions in the borough.</td>
</tr>
<tr>
<td>6.18</td>
<td>JH advised that Enfield CAB has introduced a new search facility on their website to improve service.</td>
</tr>
<tr>
<td>6.19</td>
<td>TF informed that the Staying out of the Closet report has been finalised. This piece of research by Quality Checkers focused on the</td>
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<tr>
<td>6.20</td>
<td>CB advised that Enfield Racial Equality Council (EREC) received Big Lottery funding to set up a Community Cohesion Network to help build relationships across the wider community. 16 organisations attended an introductory meeting in November. Some of the funding will be allocated to six organisations willing to work with the project and be part of the steering group. They will need to showcase their work and culture to people from other communities through holding their own event and taking part in the main cross-cultural event to be held by EREC next year.</td>
</tr>
<tr>
<td>6.21</td>
<td>CB advised that EREC had received £5k funding from Santander for train the trainer workshops on how to manage money better.</td>
</tr>
<tr>
<td>6.22</td>
<td>RL left the meeting at this point and YB chaired the remainder of the meeting.</td>
</tr>
<tr>
<td>6.23</td>
<td>SR explained that the Enfield Community Support Fund will be going live this week with a funding pot of £75,000 available for new projects to bid for. The maximum amount for individual bids is £5,000 for projects starting from April 2017 onwards and lasting for no longer than 12 months. The deadline for submission of bids is 22/2/2017.</td>
</tr>
<tr>
<td>6.24</td>
<td>SR advised that a joint programme with London Councils ESF community grants match funding for projects focusing on employment and training may be launched at the EVA funding workshop in March.</td>
</tr>
<tr>
<td>6.25</td>
<td>YB and VCS representatives discussed the idea of voluntary organisations that may benefit from setting up a charitable trading company that is a company which is set up to trade on behalf of a charity, as a means of raising funds for that charity. JH explained that Enfield CAB is opening a shop within their charitable objects. JH will send out some links to information about trading.</td>
</tr>
<tr>
<td>6.26</td>
<td>Leisure update: NN circulated information on the sport and physical activity programmes in the borough and promotional leaflets with information about the Active with Ease Programme and the Women Get Active Programme. NN will ask Tim Harrison to circulate info earlier to VCS groups. The briefing note is attached as Appendix 2.</td>
</tr>
<tr>
<td>6.27</td>
<td>Date of next meeting. The next meeting will be held on Monday, 13th March 2017 at Civic Centre, Room 6.</td>
</tr>
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</table>

Experience of Lesbian, Gay, Bisexual and Transgendered individuals in care homes.
1. Mental Health

The Young People’s Mental Health Forum of 18 November showcased the work of several VCS organisations supporting children and families’ mental health in the borough, including newly formed First Hope Families. The forum brings together providers who deliver preventive and early intervention support across the borough, forming the Tier 2 services which contribute towards the CAMHS Transformation Plan. Currently only 25% of young people with mental health issues access CAMHS services, although this will increase to 35% through the FiM programme; there remains a need for support to build resilience in young people and their families. In recognition of the importance of the Tier 2 role, members of the forum have been supported to combine strengths as 3 consortia and having received funding to employ bid-writers, have now submitted several funding applications. Information was presented on the prevalence of poor mental health amongst Enfield’s young people to assist further bids.

4 options for additional training to support preventive work were discussed in order to making the preferred option available this year. *Introductory training, Training the Trainer, Parent Awareness and Specialist Support.*

Young Peer Supporters trained earlier this year are now delivering school assemblies and PHSE classes in secondary schools around the subject of young people’s mental health. 2 further courses will be run this year and voluntary organisations are invited to encourage their young people to attend.

2. Early Help

**Background**

Enfield is faced with a number of demographic challenges, including increasing levels of poverty and deprivation, a shortage of school places and a rising number of families with a range of complex needs.

The Council must also continue to sustain and strengthen existing relationships with key partners and provide high quality services with reducing levels of funding and increasing pressure on limited resources.

Despite challenges we have several opportunities on which to capitalise, including:

- Excellent examples of partnership working
- 97% ‘Good’ and ‘Outstanding’ schools (March 2016)
- A skilled and committed children’s workforce
- High quality Children’s Centres able to demonstrate improving outcomes for young children, particularly in terms of their speech, language and communication
- A well-developed model for Troubled Families
Progress to date
- An initial draft of the Early Help Strategy was compiled in summer 2016. Due to an evolving landscape and following feedback from various partners, Enfield Safeguarding Children’s Board and DMT, the strategy has been revised.
- The strategy has been renamed the Family Resilience Strategy (hereafter referred to as the ‘Strategy’) to better reflect our commitment to prevention as well as early help and has four key themes:
  - ‘Think Family’
  - Family resilience
  - Developing the workforce
  - Embedding new ways of working
- The key recommendations from the original draft have been incorporated into the Strategy and it further embeds the Signs of Safety (SoS) and Thrive models.
- The Strategy sets out how we will provide early help and preventative services to families through an effective multi-agency approach, and also explains how we are delivering on phase two of the Department for Communities and Local Government (DCLG) national Troubled Families Programme, known locally as Change and Challenge.
- Alongside the Strategy, a draft action plan and proposed governance structure were presented to the DMT and discussed at a preliminary scoping meeting in November 2016.
- The preliminary scoping meeting invited key officers, including 2 representatives from the voluntary and community sector, to feedback on the Strategy and help develop the governance of the Family Resilience Programme moving forward, including identifying who needs to be involved.

Next steps and key dates
- The Strategy has been circulated to all who attended the meeting on 21st November and we continue to invite feedback
- The Strategy will be presented to the Enfield Safeguarding Children Board on 15th December
- A core steering group will be set-up to provide strategic oversight and three thematic workstreams will support the delivery of the Strategy:
  - Workstream 1: SPOE, Early Help Pathways and Processes
  - Workstream 2: Family Hubs and Commissioning
  - Workstream 3: IT, Data and Performance
- The first meeting of the steering group is scheduled for January 2017 and the VCS will be represented at this group

Early Years Update
Citizen’s Advice Bureau are delivering advice sessions in Children’s Centres. The work was re-tendered early in 2016 and the current contract has been in place since April 2016. The revised contract sees the number of sessions per day increase from 4 to 6 and this has been achieved by splitting them into three types; half hour gateway sessions, gateway plus sessions (additional information is given) and full hour advice sessions for more complex cases. Advice is given on a range of subjects mainly around benefits, debts and housing.
Work has commenced with Barnardo’s to develop an additional offer of 1-2-1 and group support around more complex financial issues and we hope to be able to roll this out during the Spring. This is funded from a private donation to Barnardo’s to work across Greater London.

Solace Women’s Aid have also been re-commissioned from April, although the nature of the work has changed. Rather than providing a helpline and 1-2-1 appointment/drop-in sessions, Solace now provide 1.5 FTE caseworkers to lead on up to 40 family support cases at any one time, as well as providing advice, guidance and casework support to Children’s Centre staff. This has been driven by the upturn in cases where domestic abuse has been a primary presenting factor.

Compass have been running a pilot wellbeing clinic at Eldon Children’s Centre Hub (Galliard school site) during the autumn term. The aim of the sessions is to provide advice and support for parents who may be casual substance misusers, where there is a risk of escalation. The take-up of this service has not been good to date and a review of this will be conducted early in the new year.

EVA have delivered ‘Doing it for Themselves’ – a programme to reduce social isolation and encourage volunteering – in two Children’s Centre hubs and are working with commissioners to continue this provision. To date, the service has provided support to 43 parents (30 of whom have completed the programme). In total, 28 have gone on to volunteer (including setting up stay and play sessions within Children’s Centres) and 4 have gone onto employment.

3. **Special Educational Needs and Disability (SEND)**

   **Tendering for Visual Impairment Outreach and Hearing Impairment Outreach Services**

   Tender processes are almost complete for these two SEN (Special Educational Needs) services. It is expected that tenderers will be informed of final decisions by the end of this week (16th December).

   These services have never been formally tendered. The tendering of these services will ensure that the service providers have greater accountability, helping the Council to ensure a quality service for some of our most vulnerable children and young people.

   Consultation with parents was included as part of the commissioning process, and their comments and suggestions fed into the specification that formed part of the tendering documentation.

   Termly data will be collected from the services as part of a full monitoring programme. Annual reports will also be produced by the service providers.

   **SEND IASS (Special Educational Needs and/or Disability Information, Advice and Support Service)**

   The tender process for this service has been delayed pending further discussions.
Sport and physical activity programmes taking place in Enfield

Active with Ease

These sessions are aimed at inactive people with medical conditions such as heart conditions, stroke victims, type 2 diabetes and those people who are overweight. The weekly activity sessions take place at several leisure centres in Enfield and activities include badminton, swimming, gym and pilates. Research shows that doing physical activity can significantly improve the health of people with such conditions. It is necessary to register onto a programme, each programme lasts for a period of 12 weeks and the cost is £6 for the programme ie 50p per week. Please see attached leaflet for details of the sessions that are commencing in January 2017 along with their times, locations and how to register.

Women’s Get Active

These sessions are aimed at inactive women and involved delivering exercise sessions within community locations including schools, community centres and leisure centres. Activities include zumba, bokwa, pilates and circuit training. It is necessary to register onto a programme, each programme lasts for a period of 12 weeks and the cost is £6 for the programme ie 50p per week. Please see attached leaflet for details of the sessions that are commencing in January 2017 along with their times, locations and how to register.

Over 50s Day

In Enfield we offer plenty of opportunities for older people to be active and socialise by running activity days at the leisure centres. Various activities are offered throughout the day. Over 50s days take place on the following days and locations:

Monday: Edmonton Leisure Centre
Tuesday: Southbury Leisure Centre & Southgate Leisure Centre
Wednesday: Southbury Leisure Centre
Thursday: Albany Leisure Centre
Friday: Edmonton Leisure Centre and Southgate Leisure Centre

The days are offered at a cost of £4.50 if people hold a concession card and are members of the over 50s forum. Current figures show that we have over 3500 people registered on concession cards or direct debits who are registered with the Over 50s Forum. The sessions are very popular and are as much about meeting people and socialising as they are about being active.

Free assistance with activity sessions by the Tottenham Hotspur Foundation

As part of permission for Tottenham Hotspur Football Club’s training facility at Bulls Cross, the club is required to assist with sport, physical activity and community programmes for the local community. If your community group might be interested in receiving assistance with a physical activity programme from the Tottenham Hotspur Foundation please get in touch. An expression of interest form will need to be submitted however in the first instance please contact Gareth Dace at gareth.dace@tottenhamhotspur.com tel: 020 8365 5116 to discuss your proposal.
**Active Enfield**

**Do you have a health condition?**

**Are you worried about your health?**

**Do you want to be more active?**

Come and join us on our new 12 week Active with Ease Programme.

**Sessions at**
- Albany Leisure Centre EN3 9SH
- Edgwarely Leisure Centre N9 0DR
- Southbury Leisure Centre EN1 5PE
- Southgate Leisure Centre N14 6AD

**Attend 9 of 12 Sessions you will receive a free water bottle.**

**In partnership with**

**Greater London Authority**

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**Women’s get Active Programme**

**Come and Join Us**

**On our New Women’s Get Active Programme**

**And start a healthier lifestyle.**

Sessions will take place at the following community venues in Enfield:
- Green Tows Community Centre N9 0BQ
- Angel Community Centre N8 2JP
- Wilbury Primary School N8 1DE
- Oasis Academy Hadley EN3 4PX
- Ayward Academy N8 INB
- Boreham Wood Primary School N8 2ET
- New Options Centre EN3 5XW
- The Cube, Penckers End EN3 4EZ
- St Albans Field Primary School N9 9J

**Programme £6**

**Programme Dates**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
<th>Activity</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>11.00-12.00</td>
<td>Edmonton Leisure Centre</td>
<td>Swimming</td>
<td>Jan 5th - Mar 27th 2017</td>
</tr>
<tr>
<td>Mon</td>
<td>13.00-14.00</td>
<td>Albany Leisure Centre</td>
<td>Stretch &amp; Tone</td>
<td>Jan 9th - Mar 27th 2017</td>
</tr>
<tr>
<td>Mon</td>
<td>19.30-20.30</td>
<td>Southgate Leisure Centre</td>
<td>Judo Dance</td>
<td>Jan 9th - Mar 27th 2017</td>
</tr>
<tr>
<td>Tues</td>
<td>11.45-12.45</td>
<td>Southgate Leisure Centre</td>
<td>Bo Chi &amp; Chi Gong</td>
<td>Jan 10th - Mar 27th 2017</td>
</tr>
<tr>
<td>Weds</td>
<td>11.00-12.00</td>
<td>Edmonton Leisure Centre</td>
<td>Tai Chi &amp; Tai Chi Gong</td>
<td>Jan 10th - Mar 27th 2017</td>
</tr>
<tr>
<td>Weds</td>
<td>13.00-14.00</td>
<td>Alban Leisure Centre</td>
<td>Beginners Indoor Cycling</td>
<td>Jan 11th - Mar 26th 2017</td>
</tr>
<tr>
<td>Thurs</td>
<td>12.30-13.30</td>
<td>Southgate Leisure Centre</td>
<td>Stretch &amp; Tone</td>
<td>Jan 12th - Mar 30th 2017</td>
</tr>
<tr>
<td>Thurs</td>
<td>14.45-15.45</td>
<td>Southgate Leisure Centre</td>
<td>Low Intensity Circuit</td>
<td>Jan 12th - Mar 30th 2017</td>
</tr>
<tr>
<td>Thurs</td>
<td>19.00-20.00</td>
<td>Edmonton Leisure Centre</td>
<td>Badminton</td>
<td>Jan 12th - Mar 30th 2017</td>
</tr>
<tr>
<td>Fri</td>
<td>9.30-10.30</td>
<td>Edmonton Leisure Centre</td>
<td>Micro Gym</td>
<td>Jan 13th - Mar 31st 2017</td>
</tr>
<tr>
<td>Fri</td>
<td>19.30-20.30</td>
<td>Southgate Leisure Centre</td>
<td>Low Intensity Circuit</td>
<td>Jan 13th - Mar 31st 2017</td>
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<tr>
<td>Fri</td>
<td>11.30-12.30</td>
<td>Alban Leisure Centre</td>
<td>Micro Gym</td>
<td>Jan 13th - Mar 31st 2017</td>
</tr>
<tr>
<td>Sun</td>
<td>14.00-15.00</td>
<td>Southgate Leisure Centre</td>
<td>Micro Gym</td>
<td>Jan 15th - Apr 2nd 2017</td>
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</table>

All sessions are supervised by a qualified instructor/teacher.

For further information and to book your place on the 12 week programme, please drop in or contact your local leisure centre.

For Alden Leisure Centre on 020 8375 3730, Southgate Leisure Centre on 020 8826 7963, or alternatively for additional information you can email enfield@fusion-lifestyle.com or contact 07747 614555.

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**The Women’s get Active Programme**

The Women’s get Active Programme provides local women 16 years and over with the opportunity to take part in a range of fitness classes including Zumba, HIIT Circuits, Latin Fusion, Boke and Pilates.

Fitness classes are delivered by female instructors and will take place within local community settings in Enfield, as shown in the table below.

**Women’s get Active Programme Activity Timetable**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
<th>Activity</th>
<th>Date</th>
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<tbody>
<tr>
<td>Mon</td>
<td>10.30-11.30</td>
<td>Angel Community Centre N8 2UF</td>
<td>HIIT Circuits</td>
<td>Jan 9th - 27th March</td>
</tr>
<tr>
<td>Mon</td>
<td>18.30-19.30</td>
<td>Green Tows Community Centre N8 9RJ</td>
<td>Tai Chi &amp; Tai Chi Gong</td>
<td>Jan 9th - 27th March</td>
</tr>
<tr>
<td>Tues</td>
<td>14.30-15.30</td>
<td>Kedleston Primary School N13 7ET</td>
<td>Latin Fusion</td>
<td>Jan 9th - 27th March</td>
</tr>
<tr>
<td>Tues</td>
<td>19.30-20.30</td>
<td>St Albans Field School N9 9J</td>
<td>Women’s Warrior Workout</td>
<td>Jan 9th - 27th March</td>
</tr>
<tr>
<td>Weds</td>
<td>18.30-19.30</td>
<td>Wilbury Primary School N8 1JE</td>
<td>Latin Fusion</td>
<td>Jan 9th - 27th March</td>
</tr>
<tr>
<td>Weds</td>
<td>19.00-20.00</td>
<td>New Options Centre EN5 5XH</td>
<td>Zumba Toning</td>
<td>Jan 9th - 27th March</td>
</tr>
<tr>
<td>Weds</td>
<td>19.00-20.00</td>
<td>Wilbury Primary School N8 1JE</td>
<td>Cardio Flow</td>
<td>Jan 9th - 27th March</td>
</tr>
<tr>
<td>Weds</td>
<td>19.00-20.00</td>
<td>Green Tows Community Centre N8 9RJ</td>
<td>Tai Chi &amp; Tai Chi Gong</td>
<td>Jan 9th - 27th March</td>
</tr>
<tr>
<td>Thurs</td>
<td>19.00-20.00</td>
<td>The Cube, Penckers End EN3 4EZ</td>
<td>Judo Dance</td>
<td>Jan 9th - 27th March</td>
</tr>
</tbody>
</table>

*To attend this session you will need both shoes of the shoes!*

Please note, all sessions (except Weds 19.00-20.00 at Wilbury) will involve a fee. Please take classes during full-term – not half-term period.

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**In addition, if you attend 9 sessions we will reward you with a prize to use for activities and classes at your local leisure centre.**

For further information and to book your place on the programme please drop in or contact Edmonton Leisure Centre on 020 8375 3730.

Alternatively you can email enfield@fusion-lifestyle.com or contact 07747 614655.

Please note you will need to fill in a signup sheet in order to register for the programme. Please note If you have completed the 1st or 2nd programme unfortunately you won’t be able to sign up again.

You can also find information at www.enfield-leisure.com and for terms and conditions visit www.fusion-lifestyle.com.