

CINEWORLD  
ENFIELD  
WATCH FILMS  
HERE

COMMUNITY HOUSE  
WE ARE  
HERE

PYMMES PARK  
PLAY BOWLS  
HERE

THE  
GILPIN'S BELL  
CELEBRATE  
BIRTHDAYS  
HERE

WHITE HART LANE  
WATCH SPURS  
PLAY HERE

# Enfield Clubhouse

Annual Review  
2014 /2015



@EnfClubhouse

# Staff blurb and info:

## On the board:

Chair: Cheryl Paine (right)  
Treasurer: Mandy Hawting  
Secretary: Unassigned  
Trustees: Andy Frost and  
Mandy Hawting



## Words from the chair:

Clubhouse has enjoyed another good year with members improving their life skills and enjoying days out as a group and taking a summer holiday.

Members have sought both paid and unpaid employment and had support to work towards these goals.

Clubhouse would like to welcome new members and either the Care Coordinator or prospective members are invited to contact the Manager, **Richard Siddall** to discuss this on **07551993910**.

The board of Trustees would like to meet anyone interested in becoming a trustee, and they should contact Richard either by phone or email. They would need to offer a few hours a month and contribute to ensuring the financial stability of Clubhouse and have a say in future plans. Members are welcome to attend board meetings as guests and can become trustees if they wish.

On behalf of the Trustees, thank you for supporting Enfield Clubhouse.

**Cheryl Paine**

Chair of Board of Trustees for Enfield Clubhouse

## Roles and Duties:

The Memorandum & Articles of Association require that Trustees are elected by the membership at the Annual General Meeting. Trustees also present a list of nominations to the offices of Chair, Vice Chairs Secretary and Treasurer for election by the members.

Clubhouse members are able to stand as Trustees, make nominations and to vote at Clubhouse meetings.

The Trustees are responsible to the Charity Commission and Companies' House for the administration and financial management of Clubhouse.

The Board is the employer of all our staff with ultimate responsibility under Charity and Company Law, Employment, Health & Safety and other relevant legislation.

Induction and training is made available to all trustees on their responsibilities. The Board, the decision making body, is supported by professional advisors.

## Our Bank:

**CAF Bank**  
25 Kings Hill Ave, Kings Hill,  
West Malling, Kent, ME19 4TA.  
[www.cafonline.org.uk](http://www.cafonline.org.uk)

## Managers Report:

"Another enjoyable year with a variety of activities ranging from the sobriety of the Poppy display at the Tower of London to fun lawn bowl's sessions. As always good food continues to be a central theme of our outings."

"The annual holiday this year to Canterbury was a great success which I am sure will be covered later on in the review."

"Another new feature has been the creation of a DVD lending library – thanks to Dan, Lee and Chris for getting this going."

"Finally, once again well done to all our members who continue to contribute to their community in a number of ways."

## Our Accountants:

**TACTS ACCOUNTANTS**  
Chartered Certified Accountants  
81 Rayleigh Road  
Palmers Green  
London N13 5W

## Payroll Services:

**Star Payroll Services LTD**  
33 Star Street,  
Ware, Herts, SG12 7AA.  
[www.star-payroll-services.co.uk](http://www.star-payroll-services.co.uk)

## Dans update:

"Once again I have to dig down and help to produce the Annual Review. We have had a good year so far, 2014 likewise and I am glad that Clubhouse is still running as usual."

"I haven't smoked for nearly a year now and giving up has certainly helped me although I have put on weight."

"I feel my mental and physical health has improved by also cutting down on things like coffee, tea, fizzy drinks and alcohol: I drink a lot of water!"

This document has been compiled and produced by Daniel Crock with contribution from Clubhouse members, staff and trustees.

# News and Updates:

## Mental Health Awareness Week:

Our local venue was at Forty Hall House and Gardens in Enfield.

It was a family day out as well as supporting a good cause.

There were stalls, ethnic dancing, live music, food/drink and the Forty Hall house was open as usual.



## Day Outings:

Each year we have a number of day outings which we all look forward to.

In 2014 – 2015 our outings have included:

- Lawn Bowls at Pymmes Park Club
- Tate Britain
- Tate Modern
- Somerset House
- National Gallery
- Poppy Fields at The Tower of London
- Many pub meals
- Waltham Abbey and Town.
- RAF Hendon Air Museum
- Cinema Trips
- A walk in Epping Forest



## Members Volunteering:

Many of our members are engaged with voluntary work.

- Daniel Crock, Chris Stewart, John Illingworth – ‘Forty Hall Vineyard’
- Stephen Kannankara – ‘Forty Hall Gardens’ and during events
- Patrick Collins – for ‘1-2-1’ at the tea/coffee bar
- Jon B – ‘Cafe Elise’, washing up and shopping
- Spyros Toumba – ‘Park Avenue’ as a receptionist



## Annual Christmas Meal:

Every year we have our annual Christmas meal and Christmas 2014 was held at the Toby Carvery at Whitewebbs, Enfield for the second time.



## DVD Library:

What happens when you end up with a stack of DVD's you want to be rid of?

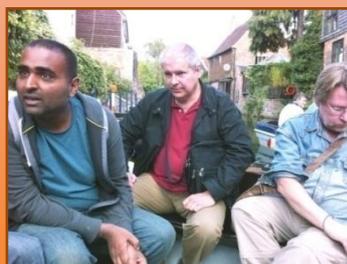
Our answer is to create a DVD library where we can share our stuff!



## Clubhouse Holiday - Canterbury 2014!

We stayed in a Youth Hostel about 10 mins walk from Canterbury Town Centre.

We got up to our usual tricks, eating out, visiting local attractions and doing plenty of walking.



## Lunch Club:



This spring saw the return of our very successful 'Lunch Club' based at the Angel Community Centre where we rent their kitchen. As usual a small team of cooks under the excellent direction of Gunsel produced various healthy, well balanced and delicious meals; a main and a desert; Subsidised by Clubhouse, the meals were free!



## Interviewed by Vampires?

This year Clubhouse was approached by the National Citizen Service (NCS) to become a Social Action Community Partner.

This involved meeting a group of young people to help them understand what we do.

The young people will then go away and develop projects they can undertake to help Clubhouse.

As part of their tasks, the young people have to make a "dragons dens" style pitch outlining their plans to a team of experts to explain their ideas

## Online Presence:

An organisation nowadays cannot exist without some form of social media and a website, Clubhouse is the same.

- We have a twitter account: @EnfClubhouse
- We have the Weebly website: [www.enfieldclubhouse.org.uk](http://www.enfieldclubhouse.org.uk)
- We have all our members/staff email accounts
- We have space on the Adult Social Care Marketplace on Enfield Council's website

One thing we need to add is a facebook page and maybe a YouTube video; something we can do in the future.



# Members Contributions:

## Proof positive:

**"I've been attending Enfield Clubhouse since 2006. It has been a very positive move for me."**

**"There have also been a lot of activities here including trips out. Clubhouse can help you in getting your life back in order."**

**By John Illingworth**



## The Benefits of Angling:

**"I have been involved with my angling hobby for a number of years."**

**"There is a lot of research that shows outdoor activities help you to produce natural well being."**

**"Catching fish certainly gets the heart pumping as well as giving you lots to talk about!"**



**Above - A pike caught by me at Jack's Lake, Cockfosters Summer 2014.  
By Daniel Crock**

## Annual Holiday:

**"I always enjoy going on trips and the highlight of the year is taking a 4 to 5 day holiday break".**

**"Going to Canterbury in 2014 was as good as anywhere we have been."**



**By Patrick Collins**

## College Life:

**"I started Southgate College in the beginning of 2014."**

**"I studied a 2 year course called Community Link."**

**"I have enjoyed every moment!"**



**By Jonathon Bolashodun**

## Moving on:

"In November I was transferred from ESA to JSA benefits."

"I am nervous about returning to work."

"I have applied for various jobs including at cinemas and garden centres and am awaiting replies."

By Stephen Kanankara



## Local Wartime Action:

"On 30<sup>th</sup> August 1940 the British shot down 2 German Messerschmitt fighter planes (see below) over Enfield."

"One crashed behind Durants Road and the other crashed on what is now Pickett's Lock Golf Course."



By Joe Ferrari

## Recipe for Magic Pie:



### You will need:

- 4 eggs
- ½ tsp baking powder
- 2 oz (50g) margarine
- 1 cup white sugar
- 4 oz self raising flour
- ¼ tsp salt
- 2 cups of milk
- 1 cup shredded coconut
- 1 tsp vanilla essence

1. Grease an 8 or 9 inch dish.
2. Put all the ingredients into a bowl and whisk together into a batter.
3. Pour the mixture into the dish and cook in a preheated oven for approx 1 hour at 180°C (gas mark 4).
4. The mixture will separate during cooking to leave a pastry base, an egg custard middle and a crunchy golden coconut topping.
5. Allow to set for at least 1 hour at room temperature then slice and serve!

From Richard Siddall (Manager)

## Lunches at the Gilpin's Bell:

"We have adopted The Gilpin's Bell pub, Fore Street, as our local."

"We go there more for meals at lunchtimes rather than for the booze."

"They do a good line in Fish and Chips so I have heard!"



By Daniel Crock

## Our latest supporters:

"In July 2015, the **Wilmington Trust** gave us a very generous donation."

"Since we are a not for profit organisation, we partly exist on the generosity of other companies to help bolster our funds."

"Part of the monies received has helped to pay for the printing of this Review."

"We cannot express enough thanks to them and any of our other supporters that have come and gone over the years."



By Daniel Crock

## My love for UFO's:

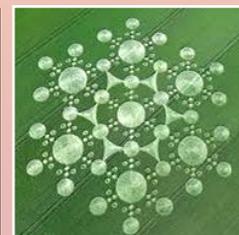
"I have always had an interest in the unknown, from an early age."

"I like the idea that something challenges explanation."

"With mobile phone technology, more and more strange things are caught on camera."

"**I have seen what I would class as a UFO**; it wasn't that spectacular but nevertheless apparently a common type of encounter!"

"If there is life out there then where are they? Are they keeping quiet? Are they friendly? Are we in danger?"



By Daniel Crock

# Gallery of our Members Photos:

## **Lunch on the Beach:**

Taken on a visit to Whitstable on last years' Holiday.



## **Photo by Pat:**

An otter feeding; taken during the Annual Holiday to Kent in 2014.



## **Ahoy Sailor !**

A boat trip up the Thames.

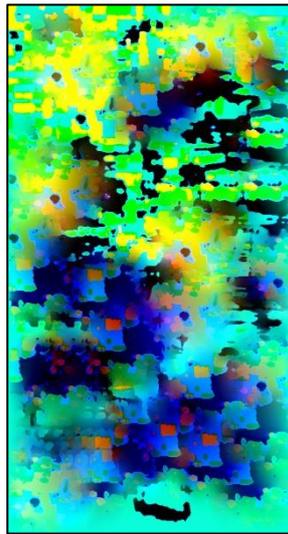


## **Photo by Dan:**

'Bacchus' - Taken at the St Albans Museum June 2015



## **Computer Art by Stephen K:**



## **Santa visits our Xmas Party:**

Every year we have a 'Secret Santa' Scheme.



## **A trip to Hampton Court**

We all enjoyed our Visit to the Iconic Palace.



## **Lunch at St Albans**

After a long bus journey we all enjoyed a pub meal.



# Puzzle Time! Answers below:

## Cryptic quiz:

Like a cryptic challenge? Try to solve the following:

1. Chin changed for measure? (4)
2. Observe - it's on your wrist! (5)
3. Hose altered? On your foot! (4)
4. Cheddar said during photo? (6)
5. Beard loses end. Sounds like drink? (4)

## In your head:

1. Is 225 divisible by 3?
2. What is  $222 \times 1001$ ?
3. What is  $13 \times 13$ ?
4. Is 451 divisible by 3?
5. What is 345345 divided by 1001?
6. What is  $9 \times 9 \times 9$ ?

## Anagrams:

All the following anagrams are terms relevant to mental health; some are more difficult than others!

- |                           |                        |
|---------------------------|------------------------|
| 1. THAT MEAN HELL (6,6)   | 4. CANNOT LUST (10)    |
| 2. MAGNETIC FIELDS (4,10) | 5. HAZIER PHONICS (13) |
| 3. AN APT DEITY (3,7)     | 6. PERSONISED (10)     |

### NEED HELP? TRY THESE CLUES:

1. What you might have when your symptoms are gone.
2. What you are if you control your own tablets.
3. What you might be if you are discharged from Hospital but still attend OT.
4. Who you might see at a Care Review meeting.
5. A mental illness or condition where the individual may experience hearing voices etc.
6. A low emotional state.

# Supporters of Clubhouse have included:



Mrs Smith & Mount Trust



Enfield Clubhouse is open **10am-4pm Wednesdays and Fridays** | Office Tel. **020 8373 6387**

For further info Contact: **Richard Siddall**, Clubhouse Manager | Email [richardsiddall@gmail.com](mailto:richardsiddall@gmail.com), Tel **07551 993 910** | or **Gunsel 07796 466 979**

Visit our website: [www.enfieldclubhouse.org.uk](http://www.enfieldclubhouse.org.uk) or find us on twitter [@EnfClubhouse](https://twitter.com/EnfClubhouse)

Enfield Clubhouse is the operating name of The Enfield Clubhouse Limited.  
Room 10, Community House, 311 Fore Street, Edmonton N9 0BZ.

Registered Charity No. 1103930 The Enfield Clubhouse Limited is registered in England and Wales as a Company Limited by Guarantee No. 4568108.

Answers to Puzzles:  
Anagrams: 1 MENTAL HEALTH, 2 SELF MEDICATING, 3 DAY PATIENT, 4 CONSULTANT, 5 SCHIZOPHRENIC, 6 DEPRESSION  
In Your Head: 1 Yes, 2 222222, 3 169, 4 No, 5 345, 6 729  
Cryptic Challenge: 1 Inch, 2 Watch, 3 Shoe, 4 Cheese, 5 Beer

## THE CLUBHOUSE MODEL...

In contrast to traditional day-treatment or day program models, Clubhouse participants are called "members" (not "patients" or "clients") and activities focus on their strengths and abilities, not their illness. Clubhouses focus on the strengths of the individual, rather than their illness. Participation in a clubhouse is strictly on a voluntary basis.

Members, staff & volunteers work side-by-side to manage Clubhouse operations, providing an opportunity for members to contribute in significant and meaningful ways.

It is a place where people can belong as contributing adults, rather than passing their time as patients who need to be treated.

The Clubhouse Model seeks to demonstrate that people with mental illness can successfully live productive lives and work in the community, regardless of the nature or severity of their mental illness.



*Above, "Afternoon Tea"  
Taken on a Clubhouse visit to the OXO Tower  
overlooking the river Thames.*

## ENFIELD CLUBHOUSE...

We are a small independent charity set up to help people with mental illness recover purposeful lives in the community. We help people with the most severe and enduring mental health problems such as schizophrenia, bi-polar disorder (or manic depression), psychotic depression and anxiety disorders find and sustain- meaningful work, active social lives and supportive relationships.

## ABOUT US...

We aim to offer a programme of support and opportunities by providing a range of social activities and outings that people can participate in, as well as trying to help people develop new skills & interests and to find meaningful employment or volunteering opportunities.

Enfield Clubhouse is a place where people can make friends in a safe non judgemental environment.

## HOW TO BECOME A MEMBER....

If you think you would like to join Clubhouse and your social worker has confirmed they can help you obtain funding, we are happy for a potential member to visit us and participating for a short period before deciding for certain whether Clubhouse is appropriate for them or not.

If you do decide you want to become a Member, you will need to complete an application form. We will then invite you for an informal interview where we can ask each other questions we might have before finalising your membership.

## IMPORTANT INFORMATION FOR GP's & MENTAL HEALTH WORKERS....

Clubhouse does not receive direct funding from the council to provide its services anymore. Instead members pay an attendance fee (currently £40 per session) from their personalisation budgets provided by the council. To be able to do this their personal support worker will need to identify membership of Clubhouse as a suitable support option for their care & support and then help them to obtain the appropriate funding.

Therefore if you feel someone may benefit from becoming a Member, discuss it with their social worker before referring them to us. If they confirm they are able to help them obtain funding, ask them to contact us.

Clubhouse is open **10am-4pm**  
**Wednesdays and Fridays**

For further information Contact:

**Richard Siddall**, Clubhouse Manager  
Email [richardsiddall@gmail.com](mailto:richardsiddall@gmail.com)

Tel **07551 993 910**

or

**Gunsel 07796 466 979**

Address: **Room 10 Community House**  
**311 Fore Street Edmonton N9 0PZ**

Web: [www.enfieldclubhouse.org.uk](http://www.enfieldclubhouse.org.uk)