



KEBLE PREP

# SUMMER FÊTE

SATURDAY 25TH JUNE  
12PM - 4PM

Join us for a fun Euro 2016 Fête

See inside for sponsors offers

[parents.kebleprep.co.uk/summer-fete/](http://parents.kebleprep.co.uk/summer-fete/)  
Wades Hill, Winchmore Hill, N21 1BG



**Established since 1998,  
we offer a first class  
service in this charming  
conservation area.**

We specialise in residential sales and lettings we cover a wide area that includes N14, N13 and N21 postcodes selling and letting properties in all adjacent roads.

From studio flats to large detached houses, we have a large database of really good buyers registered and waiting to view properties.

**Reliable, honest and trustworthy,  
our experienced team handle  
enquiries personally and carefully.**

**ForresterLettings** can also let and manage your property offering reliable tenants — all of whom are vetted.

- Free Valuations / Appraisals for Sale and Rent
- Free EPC & Colour Floor Plans with Sole Agency
- Reduced / Discounted Fees for Sole Agency
- Escorted Open House Viewings
- Major Website Promotion including Rightmove®



**Find us at 36 Cannon Hill, Southgate N14 6LG | [www.forresterandco.com](http://www.forresterandco.com)**

**Forrester&Co.**  
Surveyors | Valuers | Estate Agents

**020 8350 4141**



**From The Headmaster**



## **WELCOME TO OUR ANNUAL SUMMER FÊTE AT KEBLE PREP**

As I write this on a drizzly morning in early May, the European Championships seem a dim and distant event for the future. Yet when you read this welcome message the first matches will be about to kick off. After a strong qualifying programme and some positive recent performances, hopes are on the up for the England team. I wonder how things will be on the day of the Fête? Hopes higher still or about to be dashed yet again?

In recognition of the championship, our Fête has a distinctly football theme and I hope you can join in with the excitement. I know that the committee, so well led by Donna Ozkor, has worked incredibly hard to provide something different this year but still keeping to the major aim, which is an opportunity for all of the Keble community to get together, have fun and support the school.

Thanks should also go to Lisa Tse who has helped with the brochure and banners and to Seed Property for their generous sponsorship. I am sure all of these individuals, like me, hope you have a smashing afternoon and enjoy what will be a great Keble Prep occasion.

**G.P.McCarthy**



All advertisements in this Keble Prep summer Fête brochure are published in good faith. The Keble Parents and Social Association (KPSA) committee makes every effort to ensure that details given are true and correct but cannot under any circumstances accept responsibility for the accuracy of any advertisement or message.

Keble Prep and its trustees specifically disclaim all and any liability to advertisers and readers of any kind for loss and damage of any nature whatsoever, whether due to inaccuracy, omission or error. Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not constitute or imply its endorsement, recommendation, or favouring by Keble Prep or KPSA.

For enquiries please email [office@kebleprep.co.uk](mailto:office@kebleprep.co.uk)



# OLD GRAMMARIANS RFC

Your friendly local North London Rugby Club

## Minis and Youth Rugby

From Sunday the 6th  
of September at

The Old Grammarians RFC  
180 Green Dragon Lane,  
N21 4EP

From  
9:30am

**£60** COST PER FAMILY  
FOR THE SEASON

See our website for details on Touch Rugby,  
Summer Training and Social Events

[www.oldgrammariansrfc.com](http://www.oldgrammariansrfc.com)

[ogsrfcminischair@outlook.com](mailto:ogsrfcminischair@outlook.com)



Tessa • Stevens  
Health & Beauty

Fat removal, cellulite and skin tightening without the need to exercise



Introducing

**3D lipo**   
A Powerful Three Dimensional  
Alternative to Liposuction

A revolutionary body treatment which will help with those stubborn areas of fat and cellulite. 3D Lipo also tightens skin and reduces the circumference of problem areas. The fantastic part is that it is a noninvasive procedure and instant result treatment using Cavitation, Radio Frequency, Lymph drainage and the body sculpting treatment Cryolipolysis.

**20% off for all new clients**

- Venus Freeze Radio Frequency
- Semi Permanent Make Up
- Lava Shell Massage
- IPL Hair Removal
- Dermal Rolling
- LED Light Therapy
- Visia Skin Analysis
- Obagi
- Mineral Make Up
- Skin Tag Removal
- Red Vein Removal
- Laser Facials
- Hot Wax Specialists
- HD Brows
- Non Surgical Facelift
- Yumi Lash Lift
- Environ
- Skin Ceuticals

Enfield Clinic: 76 London Road, Enfield EN2 6HU Tel: 020 8292 3467

Winchmore Hill Clinic: 948 Green Lanes, London N21 2AD Tel: 020 8292 4468

[www.tessastevens.com](http://www.tessastevens.com) [info@tessastevens.com](mailto:info@tessastevens.com)



KEBLE PREP

KEBLE PARENTS' SOCIAL ASSOCIATION



#### MERCHANDISE FOR SALE

- Golfing umbrella £21
- Jute bag £7
- Children's black or grey hooded top or black fleece £21
- Adult black or grey hooded top or black fleece £26
- Super cute teddy £16

Boys cosy black fleeces CAN be worn during playtime at school, so why not buy now and save 10% and be ready for those chilly Autumn days!

Golfing umbrellas, Jute bags and teddies are available to take away at the Fête. Hooded tops and fleeces are available in a range of sizes for you to try and an order with payment can be taken on the day. A receipt and an estimated delivery date will be confirmed within 3 days.

Please note: *Items of clothing are not part of normal school uniform. Only black fleeces can be worn at playtime.*

**10% off**  
selected items when you  
purchase at the Summer Fête!

For a quick preview of the merchandise OR to place an order visit  
[www.parents.kebleprep.co.uk/kpsa/](http://www.parents.kebleprep.co.uk/kpsa/)

# Cake Stand



*"Homemade Cakes"*

Visit us in the main hall!

**FREE TEA OR COFFEE WITH  
THIS VOUCHER**

Present voucher at the refreshment stall





**ARE YOU STRUGGLING TO REACH YOUR FITNESS GOALS?**  
Confused by conflicting information from friends, magazines and trainers?

**WE CAN HELP**

Using our years of experience, training education, an in depth assessment, and your specific goals, we design a program that will help you look, move and feel great.

**FIND OUT IF THIS IS FOR YOU**

Start with our 30 day trial for only £149 (usually £299)  
You get 2 personal training sessions, assessment and access to both the small groups and team training sessions for 30 days.

For more information or other training options visit  
[www.lisacunninghampt.com](http://www.lisacunninghampt.com)

**Tel: 07923471006**

**TICKETS  
£1 EACH**



**KEBLE PREP  
SUMMER FÊTE DRAW**



**1st prize** - iPad Mini worth £250

**2nd prize** - Juicer (sponsored by Mr & Mrs Ghattas)

**3rd prize** - Family Outing (Cinema & Restaurant Voucher) £200

**4th prize** - Necklace & Earrings (donated by Cos of London) £210

**5th prize** - Football Kit of your choice £100

**6th prize** - Personalised football boots £50

**7th prize** - Euro 16 footballs X 10

The draw will take place at Keble School on 25th June 2016 at 4pm



# THE LONDON DANCE FACTORY



**The London Dance Factory** provides professional training for students aged 3 and above in all popular styles of dance.

Our **Classical Ballet, Tap and Modern** classes follow the **ISTD Curriculum** and prepare students for yearly examinations. Our **Street Dance, Hip Hop, Breakin'** and **B-boy** classes are a fusion of up to date sounds with funky and original routines taught by a leading choreographer who's

commercial experience includes; **Beyonce, 50 Cent, Black Eyed Peas, Blue** and many more.

All classes are structured to suit both genders and cater for mixed abilities. We provide a safe, friendly and encouraging environment for all students to achieve and exceed their full potential.

**Tel 07983 447 191**

Twitter @\_DanceFactory

Facebook Facebook.com/ldf

Email info@thelondondancefactory.co.uk

Web www.thelondondancefactory.co.uk





## STAGECOACH SOUTHGATE CLASSES AND WORKSHOPS

Stagecoach offers your child a chance to explore the performing arts and gain important life skills. Our acting, singing and dance classes boost self-confidence, creativity and curiosity - skills that will stay with them for life.

### 'A Show in a Week'

**4-6 year olds** - 9.30 - 12.30pm daily

Single Fee: £110 / Sibling Fee: £95

**6-18 year olds** - 10.00 - 4.00pm daily

Single Fee: £150 / Sibling Fee: £120

**CHILDCARE  
VOUCHERS  
ACCEPTED**

**Call now to book for our holiday workshop  
or for more information**

## JOIN IN!

Find out more and start your child's journey today:

**W** [Stagecoach.co.uk/southgate](https://stagecoach.co.uk/southgate)

**@** [southgate@stagecoach.co.uk](mailto:southgate@stagecoach.co.uk)

**☎** 0208 868 9993

**f** /StagecoachSouthgate



**QUALITY  
TRAINING**

ESTABLISHED 1988

*"Thank -you so much for such a wonderful session, you put us all at ease,  
and the photographs are just stunning!"*

Family portraiture & fine art prints  
[www.katrinacampbell.co.uk](http://www.katrinacampbell.co.uk)  
10% off with this ad





## CREATIVE WRITING WORKSHOPS FOR CHILDREN



LET YOUR IMAGINATION FLY!

# 10% OFF

SUMMER WORKSHOPS 2016  
WITH THIS ADVERT

## CONTACT US

Telephone: (Helena) 07970 107518  
Email: [helena@storyroom.co.uk](mailto:helena@storyroom.co.uk)  
Website: [www.storyroom.co.uk](http://www.storyroom.co.uk)



# GEORGE DEMETRIOU GOALKEEPING

**BLOCK BOOKINGS AVAILABLE  
BOOK 5 SESSIONS GET 1 FREE**

**SPECIALISED GOALKEEPER TRAINING**

**VIDEO ANALYSIS**

**PERSONALISED TRAINING**

**IMPROVE TECHNICAL ABILITY**

**ONE ON ONE TRAINING**

**QUALIFIED FA LICENSED GK COACH**

**VISUALISATION**

**FIRST AID QUALIFIED & CRB CHECKED**

**PRO CLUB LINKS IN THE UK, EUROPE  
& USA**

[www.gdgoalkeeping.com](http://www.gdgoalkeeping.com)  
[george@gdgoalkeeping.com](mailto:george@gdgoalkeeping.com)  
07812854091



Vicars Moor Lawn Tennis Club

Sherbrook Gardens, Winchmore Hill, London, N21 2NU



**YOUR LOCAL FRIENDLY TENNIS CLUB  
FOR ALL AGES AND ABILITIES**

Look on our [website](http://www.vicarsmoorltc.co.uk) for further details about Vicars Moor coaching sessions:

[www.vicarsmoorltc.co.uk](http://www.vicarsmoorltc.co.uk)

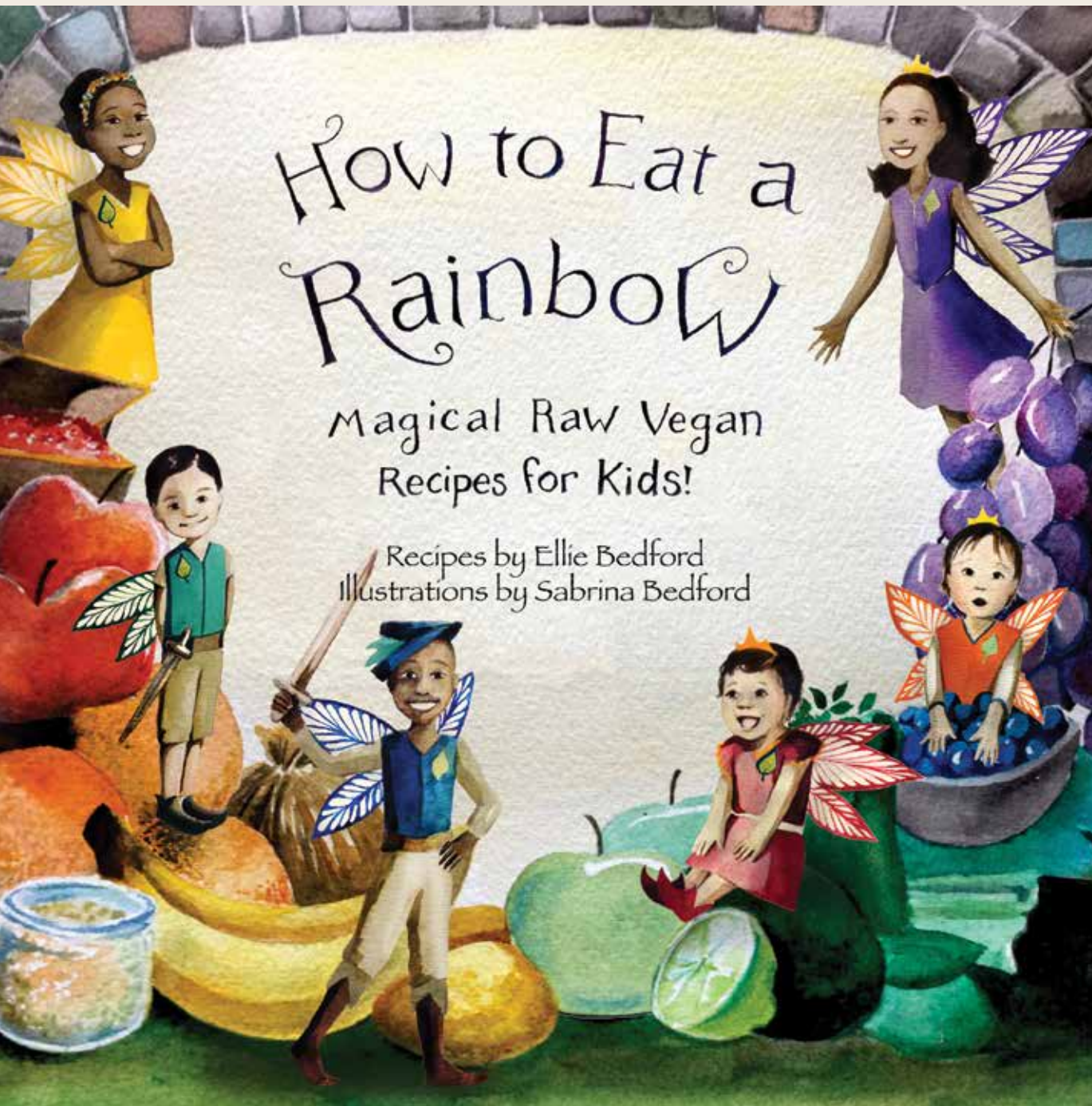
**BRING THIS ADVERT ALONG FOR A FREE TASTER SESSION AT ANY OF OUR  
GROUP COACHING SESSIONS**

We run specialist coaching clinics including Cardio Tennis / Rusty Rackets / Beginners' tennis; Improvers' Clinics;  
Advanced Team training; Junior tennis with dedicated Junior Night. Tots and Munchkins tennis for pre-  
schoolers; mid-week and weekend options. Popular social tennis sessions

Need to be a member but no joining fees.

For coaching and clinic enquiries contact Paul Rock on  
07961 282 347 OR [rockyafo@hotmail.com](mailto:rockyafo@hotmail.com)





## Raw Foods for Health and Vitality

*The raw food movement and industry are booming!*

*But what is it all about?*

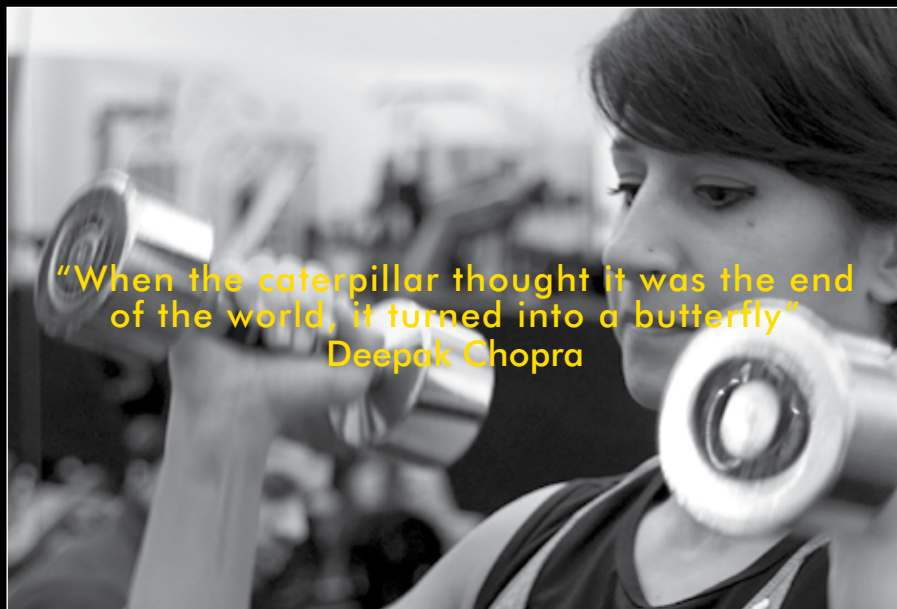
Raw food diets are mostly made up of fruits, vegetables, nuts and seeds. These foods are eaten as close to their natural state as possible and not heated beyond 46-48 degrees C to ensure the nutrients and enzymes remain intact and help to keep our immune systems in shape. They are also rich in fibre.

Aiming for around 50% raw foods is a realistic target and it's easy to do too when you focus on adding in alongside your regular meals. Eating a fresh, mixed salad alongside a hot lunch and dinner, enjoying raw courgette spaghetti with your cooked pasta sauce, or piling raw veggies on top of a pizza are all fun ways to add these foods into your diet. And while children often shun cooked veggies (it's a texture thing!), they will often react positively to raw foods. Most children will happily munch away on raw carrot and cucumber sticks and crisp fresh peppers, especially when they're used as a vessel for dipping hummus or guacamole!

If you're feeling adventurous, you can recreate many of your favourite foods into completely raw versions in your own kitchen. Some of the tastiest desserts can be made raw, including nut based cheese cakes, rich creamy chocolates, cup-cakes and cookies, and even ice cream, all without the need for an oven, making them fun and easy for children to help out with.

How to Eat a Rainbow is a healthy raw food recipe book for kids which covers the more trickier parts of children's diets to get healthy: snacks, treats and desserts. All the recipes are refined sugar free and plant based and are illustrated with fairies and magical creatures who highlight the importance of eating fresh fruits and veggies to stay healthy and strong. How to Eat a Rainbow is available in-store at your local Grape Tree Health Store, as well as online at The Vegan Society and Amazon.





"When the caterpillar thought it was the end of the world, it turned into a butterfly"  
Deepak Chopra



Achieve your goals.

Personal Training



Prevent. Relieve. Recover.

Sports Therapy



30 day healthy living programme.

New Skinny Me

**Become Fitter, Eat Healthier, Move Easier.**

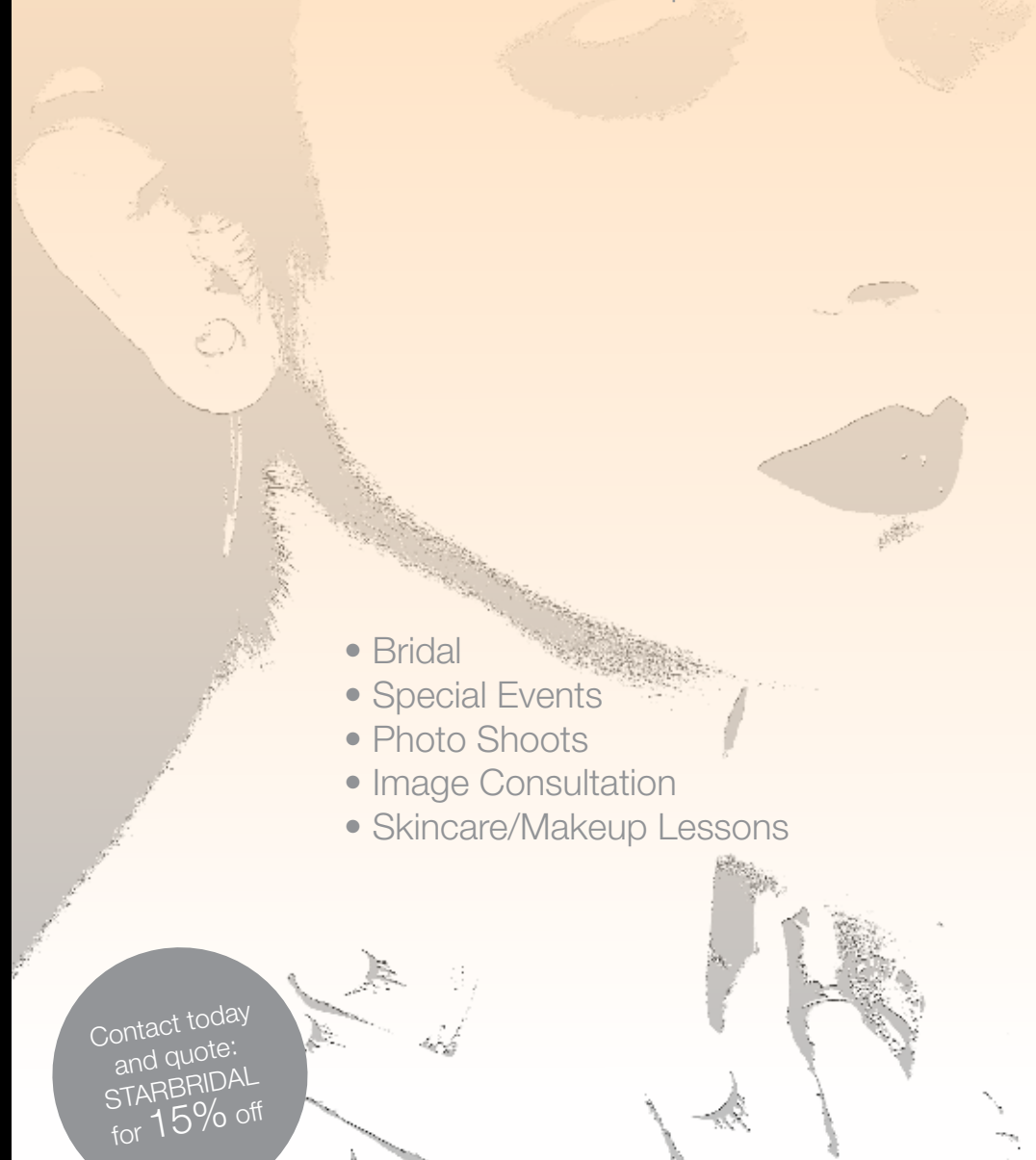
**Personal Training. Sports Therapy. Nutritional Advice. Weight Loss.**

*Lifestyle*

[www.amrittandt.co.uk](http://www.amrittandt.co.uk)

# Sinead McGowan

Professional Makeup Artist



- Bridal
- Special Events
- Photo Shoots
- Image Consultation
- Skincare/Makeup Lessons

Contact today  
and quote:  
STARBRIDAL  
for 15% off

T: 07739 533993

E: [sinead.mcgowan@hotmail.co.uk](mailto:sinead.mcgowan@hotmail.co.uk)

[www.sineadmcgowan.com](http://www.sineadmcgowan.com)

20% off your first treatment at

# The Body Place

Health & Beauty Salon

A professional salon offering treatments from waxing to massage, semi permanent make up, nails and facials. For more information on all of treatments and prices please go to [www.thebodyplace.co.uk](http://www.thebodyplace.co.uk) Online you can also purchase Tropic Skincare, a U.K. Based company that makes amazing make up and skincare that is Vegan & Cruelty free.



Crystal Clear Microdermabrasion  
A gentle yet extremely effective skin-resurfacing treatment.



**Shellac™**  
14-Day Wear.  
Zero Dry Time.  
Mirror Finish.  
(really!)  
CND

19 Queen Anne's Place, Enfield. EN1 2QB  
0208360 1101 [www.thebodyplace.co.uk](http://www.thebodyplace.co.uk)



**Lack of exercise? Need motivation?**



## Zumba with Sonia

If you want to exercise and don't want to join a gym. Why not try Zumba?

I teach beginner and advanced classes. Come alone, with a family member or friend but do give it a go. You burn lots of calories without it feeling like a heavy duty workout and guaranteed to put a smile on your face!

**Class info: [soniatonge.zumba.com/classes](http://soniatonge.zumba.com/classes)**

[sonia.tonge@gmail.com](mailto:sonia.tonge@gmail.com)

Tel: 0795 797 1473



# Gaia NUTRITION

8 Wades Hill | Winchmore Hill | London | N21 1BG

HEALTH FOODS | SUPPLEMENTS | NUTRITION | CLEAN COSMETICS | TEAS  
CLEANSING & DETOX | SUPERFOODS | RAW FOODS | VITAMINS & MINERALS



## TREATMENT ROOM NOW OPEN & AVAILABLE TO RENT

Oriental Massage Therapy | Acupuncture | Tao Yin corrective therapy | Cranial - Sacral Therapy  
Tui Na Massage / Amma Massage | Cupping | Holistic Massage | Hot Stone Massage | Reiki  
Rahanni | Theta Healing | Intuitive Anatomy

### JUICE BAR NOW OPEN!



**FREE!**  
HOLTWHITES  
PAIN DE CAMPAGNE  
LOAF WITH YOUR  
DELIVERY  
DISCOUNT CODE:  
KEBLE

(conditions apply)

# THE FOOD GATHERER

TOO BUSY TO SHOP LOCALLY?

NO PROBLEM, WE'LL BRING IT TO YOUR DOOR!

[www.thefoodgatherer.com](http://www.thefoodgatherer.com)



Delivering you great  
food & drink from top  
Enfield shops & producers:

**Holtwhites**  
artisan bakery and deli

PEACHEY BUTCHERS  
LTD  
PURVEYORS OF FINE FOODS


  
THE LARDER


Enfield Veg Co


The VILLAGE WHOLEFOOD STORE


 PALMAVERA  
So. Indian The Foods

PHOTO BY LOCAL PHOTOGRAPHER KATRINA CAMPBELL

 020 - 8886 - 7788

 [info@gaia-nutrition.co.uk](mailto:info@gaia-nutrition.co.uk)

 @gaia\_nutrition

 @gaia\_nutrition

 Gaia-Nutrition

[www.gaia-nutrition.co.uk](http://www.gaia-nutrition.co.uk)

# HEART HEALTH



Dr Mick Ozkor is Lead Consultant Cardiologist and Deputy Clinical Director at North Middlesex Hospital and Consultant Cardiologist at Barts Heart Centre. He also has private clinics at The BMI Kings Oak, The BMI Cavell and in Harley Street. Dr Ozkor went to Grange Park Primary School and Latymer before going on to study medicine at Imperial College. He lives in Winchmore Hill with his wife and three sons.

The heart is an amazing organ. It is a muscle about the size of a fist and when it beats it acts as a pump that keeps blood moving around the body. It works 24 hours a day to keep us alive. Each day, our heart beats about 100,000 times and pumps about 5,000 gallons of blood. This blood delivers oxygen and nutrients to all parts of our body which acts as our main energy and fuel source, and carries away unwanted carbon dioxide and waste products.

Some heart conditions are present from birth, however, the majority develop later in life including the most common, coronary heart disease. This is when fatty deposits called atheroma build up in the pipes which supply oxygen rich blood to the heart. This is more common when one has high blood pressure, high cholesterol, diabetes, smokes, is inactive, overweight and has an unhealthy diet.

People who have coronary heart disease are at risk of having a heart attack and developing angina. A heart attack can result in damage to the heart muscle affecting the way the pump works leading to heart failure and can affect you for the rest of your life.

However, there's plenty you can do to keep your heart healthy.

## Healthy eating

A healthy diet can help reduce your risk of developing coronary heart disease and stop you gaining weight, reducing your risk of diabetes and high blood pressure. It can also help lower your cholesterol levels. Everyone should aim for a well balanced diet. Try to eat plenty of fruit and vegetables and choose foods and drinks that are low in fat, salt and sugar whenever you can. The government recommends eating more than 5 portions of fruit and vegetables per day. This can prolong your life and I support it.

## Exercise Exercise Exercise

Making exercise part of your day and performing 30 minutes of physical activity a day can help reduce your risk of heart disease. It can also help you control your weight, reduce blood pressure and cholesterol and improve your mental health – helping you to look and feel great.

## Stopping Smoking

If you're a smoker, stopping smoking is the single most important step you can take to protect the health of your heart. Smokers are almost twice as likely to have a heart attack compared with people who have never smoked. The good news is that the risk to your heart health decreases significantly soon after you stop.

## Alcohol

Drinking more than the recommended amount of alcohol can have a harmful effect on your heart and general health. It can cause abnormal heart rhythms, high blood pressure and damage to your heart muscle. Alcohol is also high in calories leading to weight gain. If you are trying to lose weight, cut down on alcohol.

## Cholesterol

Total Cholesterol (TC), LDL-Cholesterol (Bad cholesterol), and HDL-Cholesterol (good cholesterol), are measures of lipid levels in the blood. Exercise is an important element in improving your cholesterol and can both lower bad cholesterol and increase the good cholesterol. This assisted by a sensible diet, low in cholesterol can be beneficial. Statins are medicines which can lower cholesterol and seem to do good in most people and have been proven to prevent heart attacks.

## Diabetes

Diabetes causes high levels of glucose (sugar) in your blood. It can occur in children and young adults (Type 1) when your body cannot make insulin. Type 2 diabetes is more common and tends to develop gradually as people get older – usually after the age of 40. It occurs when your body can't produce enough insulin or the insulin doesn't work properly. It's closely linked with being overweight, being physically inactive and in those with a family history of diabetes. You can greatly reduce your risk of developing Type two diabetes by controlling your weight and doing regular physical activity.

If you have diabetes, it's very important to make sure that you control your blood sugar,

blood pressure and cholesterol levels to help reduce your risk of coronary heart disease and other cardiovascular diseases.

## High Blood pressure

High blood pressure is known as hypertension. It accounts for 62% of strokes and 49% of all cases of heart disease. Regular exercise, weight reduction, a diet low in salt and high in fruit and vegetables can help lower blood pressure. Recently beetroot has also been shown to lower blood pressure.

## Obesity/Diet/weight loss

Managing your weight can make a real difference to your risk of heart disease. Research shows that reaching and keeping to a healthy weight cuts your risk of heart disease because it helps prevent and manage conditions like high blood pressure, high cholesterol, and type 2 diabetes.

Even if you don't have any of these conditions, it's important to keep to a healthy weight so you don't develop them in the future. Eating well and being physically active can help you manage your weight and keep your heart healthy.

Look after your heart and your heart will look after you!



## CONTACT

[drmaozkor@gmail.com](mailto:drmaozkor@gmail.com)

**Private Secretary 0759 3343965**





Here at Club Wembley, we are privileged to witness some of the greatest moments in English football up close.

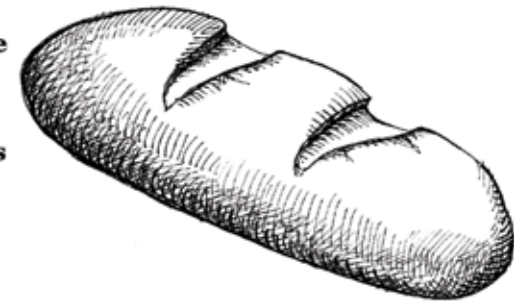
We are all incredibly excited to watch England compete in the Euros this summer, and Roy Hodgson has been working hard to ensure the squad are prepared for what is sure to be a fantastic performance in France.

We hope that you will all be watching, and roaring on the lions. I know each and every player values the support of all England fans, and we look forward to seeing lots of you here at Wembley over the coming years.

Kind regards,

**Nick Read**  
Head of Club Wembley  
Wembley Stadium

**Get in the French spirit with this recipe for Pan Bagnat from THE FOOD GATHERER — A Provençal pressed sandwich loaf, that's perfect for picnics or grazing on during those Euro Cup matches! Find more recipes on The Food Gatherer's website.**



## PAN BAGNAT (FILLED & PRESSED FRENCH BREAD)

*Serves 4*

### **Ingredients:**

*1 pain de campagne loaf (or large baguette)  
3 tablespoons of olive oil  
1 garlic clove, finely chopped  
1 red pepper, deseeded and chopped  
1/2 yellow pepper de-seeded and chopped  
1/2 green pepper de-seeded and chopped  
2 courgettes, cut into small cubes  
1 aubergine, chopped  
100g of tinned plum tomatoes, drained  
A handful of pitted olives, halved  
salt and pepper  
A handful of roughly chopped fresh oregano  
and thyme (or whatever herbs you fancy)*

### **To prepare:**

Heat the olive oil in a large saucepan, stir in the garlic and onions and soften over a moderate heat. When soft, add the mixed peppers and turn up the heat to medium

high. Cook for a couple of minutes, then add the courgettes and aubergines. Cook for a further 2-3 minutes, stirring gently. Add the olives and plum tomatoes and cook for a further 2 minutes, then reduce the heat to low and leave to simmer gently for 30 minutes, stirring every 5 minutes or so. Remove from the heat and add a good pinch of sea salt, a couple of twists of black pepper and the chopped fresh herbs.

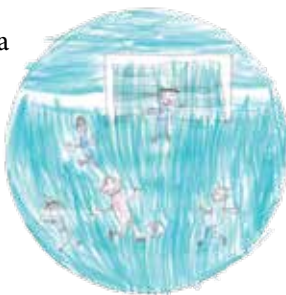
Slice the bread with one horizontal cut all the way through so you have 2 long halves. Using your fingers, scoop out the insides of the bread to make 2 canoes. Fill one half of each boat with ratatouille, place the other half on top and roll up in grease-proof paper or cling film and tie each end up with string or sticky tape so it resembles a cracker, then tie an extra piece of string around the middle of the loaf to hold the filling in nicely. Place a tray on the top of the bread and put a weight on the top (cookbooks will do the job) then place in the fridge and allow to firm for at least 2 hours. Unwrap and slice thickly to eat.

**FREE WITH FIRST DELIVERY FROM THE FOOD GATHERER**  
**PAIN DE CAMPAGNE LOAF FROM HOLTWHITES BAKERY, ENFIELD**  
**OFFER CODE: KEBLE**  
[www.thefoodgatherer.com](http://www.thefoodgatherer.com)

## STALLS

- Year 5 - 8 are back with a fabulous inventive games area
- Balloon Diva
- Crockery Smash
- Beat the Goalie
- Crossbar challenge
- Join in a Tug of War and win a prize every time!
- Get your 5-a-side matching looks with coloured hairspray and face painting or even a tattoo!
- Capture a moment at the photo booth
- Throw a wet sponge at your favourite teacher whilst in the stocks - without detention!
- Your chance to win an enormous jar of sweets in the Sweetie Tombola - back by popular demand!
- Delicious homemade cakes
- Don't miss the Voucher Tombola with a chance to win 4 tickets to Willows Farm, a free photo shoot or a range of hair and beauty, and restaurant gift vouchers generously donated by our sponsors
- Pocket Money Stall
- Hook a Duckling
- Splat-a-Rat
- Test your Strength
- See Stewart the Minion

**And many more.....**



## ACTIVITIES

### **Come on you Keblians!**

Back by popular demand and an obvious choice based on our Euro 2016 theme, a 5-a-side Football Tournament will be run by our in school Football Managers Mr McCarthy and Mr Gill.

### **Music**

Taking us into the summer vibe will be "Pan Vibration" Steel band who will be playing and running workshops. If this gets you in the mood for dancing but you need a little Dutch courage; a choice of Pimms or Prosecco is on offer.

### **Dance**

The London Dance Factory will be performing. And Zumba with Sonia will be putting you through your paces with a session for beginners and the more advanced!

### **Event Times**

- Euro 2016 5-a-side Tournament – 12 to 2pm
- Zumba with Sonia on the lower playground
  - 1.30pm Low impact
  - 1.45pm Advanced
- London Dance Factory – 2.30pm





# CAREY HALL PRE-SCHOOL FOR CHILDREN 2-5 YEARS

Providing Children With Better Beginnings  
Funding accessible for pre-school places  
Compton Road, Winchmore Hill N21 3PA



Enquiries: Lisa Walford Tel: 020 8366 5051  
07985 101286 / 07952 906969  
Email: careyhallpreschool@gmail.com

All qualified staff  
Monday to Friday 9am-4pm  
Part time and full time sessions available

[Careyhallpreschool.com](http://Careyhallpreschool.com)

# FIRS FARM WETLANDS FESTIVAL

FREE  
ENTRY

WETLANDS LAUNCH

LIVE MUSIC  
DOG SHOW  
STALLS  
ARTS AND CRAFTS  
PONY RIDES  
SPORTS  
DANCE  
FOOD, DRINKS  
& LOTS MORE!

11AM-7PM

SATURDAY 16TH JULY 2016

FIRS LANE, WINCHMORE HILL, N21 2PJ



Friends of  
Firs Farm



## CHILDREN'S PAGE



### Children Supporting Keble:

Jeremy Adu-Poku  
Sulaiman Ahmed  
Dawud Ahmed  
Aaryan Akshikar  
Christopher Antoniou  
Marissa Antoniou  
Dharman Arnold  
Tobias Asser  
Thomas Bass  
Kai Beekarry  
Charlie Buckley  
Jake Buckley  
Alexander Chakraborty  
Oscar Chakraborty  
Arthur Cintra  
Thomas Couch  
Charlie Coulouras  
Ieuan Crawley  
Laurence De Silva  
Max Dingle  
Patrick Doyle  
Samir Dulabh  
Viren Dulabh  
Oliver Ellis  
Joshua Eves  
Bleue Eves  
Jacob Eves  
Mohammad Faisal  
Ellis Fancourt  
Eoin Fazakerley  
Nicholas Ghattas  
Finn Grant  
Amaan Hafesji

Anthony Haralambous  
Christopher Haralambous  
Luca Hayward  
Estella Hayward  
Ethan Howard  
Jamie Jootun  
Kisanth Kabilan  
Sabishan Kabilan  
Zachary Kapterian  
Loucas Louca  
Sotiris Louca  
Gina Louca  
Sam Meadows  
Jack Meadows  
Sof Michael  
Harry Michael  
Emilio Milazzo  
Adam Mufazzil  
Joshua Nicholson  
Andreas Nicolas  
Leonidas Nicolas  
Leia Nicolas  
Fimi Olowookere  
Fola Olowookere  
Myles Opong  
Max Opong  
Roman Orros  
Lemuel Owa  
Leon Ozdil  
Duygu Ozkor  
Coshan Ozkor  
Arda Ozkor  
Daniel Park

Julian Polereczky  
Shahzeb Rashid  
Elijah Riaz  
Isaiah Riaz  
Thomas Rudd  
Oliver Sander  
Amaan Shah  
Shayaan Shah  
Aaniyah Shah  
Ava Sharma  
Krishan Sharma  
George Sinfield  
Grace Sinfield  
Armaan Singh Bihal  
Simriti Singh Bihal  
Louie Socratous  
Henry Stogden  
Leo Sumners  
Alexander Theocharopoulos  
Matthew Theocharopoulos  
Demetrios James Trichas  
Jayden Tucker  
Rohan Vadgama  
Vincenzo Velasco-Platter  
Ralph White  
Isobel Wright  
Harry Wright  
Oliver Wright  
Alex Zaidi

Each child kindly donated £3. Thank you!

Summer brochure creative support kindly donated  
by Oscar Wong from RA, and Family



*Fun! Games! Learning! Meet Friends!*  
*This is too good to be true....Let's find out more....*

**Monday - Friday**  
**3.15pm-6pm**

3.15/3.30pm-4.30pm  
**£8**

4.30pm-6pm  
**£8**

3.15/3.30pm - 6pm  
**£12**

**Chanelle Preko**  
07944212418  
jjangels@hotmail.co.uk





[www.leapfrognurseryschool.co.uk](http://www.leapfrognurseryschool.co.uk)

We are nestled in three quiet spots in prime locations of Winchmore Hill N21.

We would love to show you and your child around our exciting, warm and welcoming nurseries where you can experience the way we deliver the early year's curriculum, see how we plan and record children's progress and meet our friendly and experienced staff teams.

**Places available for an immediate start!**

Please call the office for an informal chat and for further information

020 8360 0022

Or email: [office@leapfrognurseryschool.co.uk](mailto:office@leapfrognurseryschool.co.uk)

Office address:

29 The Green  
Winchmore Hill N21 1HS

3 Sites – Please telephone the nursery directly if wishing to arrange a tour.

77 Compton Road  
Winchmore Hill  
London  
N21 3NU  
020 8882 0060

St Pauls Church  
Winchmore Hill  
London  
N21 1JA  
020 8886 4388

Church In The Orchard,  
Park Drive,  
Grange Park  
N21 2EU  
020 8360 0088



# From Schoolwear... to CoolWear!



- RELIABLE Service ☒
- OUTSTANDING Quality ☒
- ALL School Uniform Needs ☒
- Order Online ☒
- FREE Local Delivery ☒
- Personalised Bags ☒
- School Promotional Items with Logo ☒

I'd recommend Campino.  
Last year we were let down badly by our previous supplier. Campino was able to step in and provide good quality uniform, on time and were good value.  
- Parent



**Contact us NOW**  
**020 8447 4933**  
[info@campinoschoolwear.com](mailto:info@campinoschoolwear.com)

[www.campinoschoolwear.com](http://www.campinoschoolwear.com)





## Alice Nursery

Girls only Pre-Prep - aged 3 to 4 years



PALMERS GREEN  
HIGH SCHOOL

**OPEN MORNINGS - WEDNESDAY 9.30am**  
*Some places remaining for September 2016 entry*



- Outstanding EYFS inspection
- Academic curriculum
- Fantastic purpose-built facilities
- Nursery Education Funding
- Employers Childcare Vouchers
- Priority for Reception place at Palmers Green High School

Admissions, 104 Hoppers Road, N21 3LJ  
Tel: 020 8886 1135 [www.pghs.co.uk](http://www.pghs.co.uk)  
Email: [office@palmersgreen.enfield.sch.uk](mailto:office@palmersgreen.enfield.sch.uk)



PALMERS GREEN  
HIGH SCHOOL

*Independent Day School for Girls 3 -16*

## SEPTEMBER 2016 ENTRY

110<sup>th</sup> Anniversary Awards for entry at Age 7+, 9+ and 13+  
Enquire now for the latest available places



*Ranked 1st in The Sunday Times Parent Power National League Table for small independent schools for the last six years*

- Academically selective/outstanding exam results
- Small class sizes/excellent pastoral care
- Competitive fees/value for money
- Broad range of extra curricular activities
- Excellent/outstanding in ISI Inspection
- Celebrating 110 years of educating girls

For further details and to register please contact :

Admissions, 104 Hoppers Road London N21 3LJ

Tel: 020 8886 1135 [www.pghs.co.uk](http://www.pghs.co.uk) Email: [office@palmersgreen.enfield.sch.uk](mailto:office@palmersgreen.enfield.sch.uk)



RESTAURANT UPDATE

# Greek on the Green

RESTAURANT AND BAR

18 THE GREEN

N21 1AY

WINCHMORE HILL

Tel: 02088821066

NEW MENU HAS NOW ARRIVED

Filled with fabulous dishes and a new superb dessert menu, don't miss out the LUNCH from £9.95  
Tuesday - Sunday



Enjoy smoking summer savings with our

## BBQ DEALS

x6 bbq chicken pieces	£5.00
x6 lamb burgers	£5.00
x6 steak burgers	£10.00
x6 1/4 lb burgers	£5.00
x6 steak kebabs	£20.00
x6 chicken kebabs	£14.00
x6 lamb kebabs	£14.00
x6 lamb kofte kebabs	£7.50
whole rack of baby back pork ribs	£12.00

### Also available

a selection of cooked meats & pies  
platters of sliced turkey / ham / beef  
whole or pre-cut pork pies / gala pie  
sausage rolls / scotch eggs  
small & large tubs of coleslaw  
potato salad  
olives / sundried tomatoes  
and much more....

PEATCHEY BUTCHERS  
LTD  
PURVEYORS OF FINE FOODS

25 THE GRANGWAY  
WINCHMORE HILL  
LONDON N21 2HD

☎ 020 8360 4011



SHOP@PEATCHEYBUTCHERS.CO.UK

🐦 @PEATCHEYBUTCHER 📘 FACEBOOK.COM/PEATCHEYBUTCHERS

Available for club and private bookings

# DJ SRM

STEVE RUNNINGMAN

**SOUNDCLOUD :** Steve Runningman

**INSTAGRAM :** @djsteverunningman

**FACEBOOK :** Steve Runningman

**TWITTER :** @RunningmanSteve

**TEL/WHATS APP :** 07768484094

**EMAIL :** steverunningman@gmail.com

Venue and equipment hire can be provided

權



利

*Khin Lee*  
*Chinese Restaurant*

Create your own three course meal from:  
£17.99 Sunday - Thursday / £19.99 Friday & Saturday  
Starters - 8 Dishes  
2nd Course - Soup & Crispy Aromatic Duck  
Main Courses - 3 Dishes  
1 Rice and 1 Noodles

\* For a minimum of 2 people, tables of 5 or more can order up to 6 mains.

You can even order from our A La Carte Menu at the restaurant and pay for what you order, or simply order a Take-Away with Free Delivery for orders over £15

387 GREEN LANES, PALMERS GREEN,  
LONDON N13 4JG TEL: 020 8882 8678

# HUNTERS

*Your local friendly family Newsagents*

Not just a newsagent.

We specialise in greeting cards, gifts and stationary.  
Children's toys, newspapers and magazines.

*We deliver to any local address*

Palmers Green • Southgate • Enfield

- Pay your amenity bills here
- Pay and collect your lottery
- Buy your travel and oyster cards
- Royal Mail Postal and parcel services
- Order goods from [huntersonline.co.uk](http://huntersonline.co.uk) at competitive prices and get it delivered.

*... and much more*



*Make us your local one-stop-shop*



We accept card payments and Paypal

No. 2 The Green, Winchmore Hill, N21 1AY  
Tel/Fax: 020 8886 0549

e-mail: [huntersnews@live.co.uk](mailto:huntersnews@live.co.uk)

website: [www.huntersonline.co.uk](http://www.huntersonline.co.uk)



# DO YOU WANT TO QUIT SMOKING?

VISIT ANY OF THE STORES BELOW TO  
FIND OUT HOW WE CAN HELP YOU:



**ENFIELD TOWN** / 9 SILVER STREET, LONDON, EN1 3EF  
T: 020 3370 2111



**EAST BARNET** / 102 EAST BARNET ROAD, LONDON, EN4 8RE  
T: 020 8441 9427



**HOLLOWAY** / 213 HOLLOWAY ROAD, LONDON, N7 8DL  
T: 020 7700 2825



**CAMDEN TOWN** / 54 PARKWAY, LONDON, NW1 7AH  
T: 020 7101 2190



www.thevape.co  
hi@thevape.co  
@TheLondonVapeCo

*Best Wishes for a Pleasant & Enjoyable Day*

**Bramil Associates LLP**

*Chartered Certified Accountants*



First Floor  
677 High Road  
North Finchley  
London N12 0DA

*Telephone:* 020 8446 6055

*Fax:* 020 8446 6964

*E-mail:* [contact-us@bramill.co.uk](mailto:contact-us@bramill.co.uk)

Registered as auditors in the UK by the Association of Chartered Certified Accountants  
Members: M. Miltiadous FCA FCCA S. B. Brougham ACA FCCA D. Andrea FCCA P. Andrea FCCA  
Bramil Associates LLP is a Limited Liability Partnership. Registered in England and Wales No. OC363193.  
Registered Office as above.



# How to **sell your home** faster with **Seed**

Preparing your home for viewers, or "staging", is important. It will not only ensure your property is sold faster, but can potentially add thousands of pounds to its value. Let Seed guide you through the easiest ways to help your home sell fast!



## **Declutter – but don't depersonalize**

- Get rid of excess items that have accumulated. Put them in storage or give them to a friend. People need to be able to envisage what the property would look like if they were living there. Most find this difficult, so make it easy for them.
- Don't make it look generic; leave some personality. People are often buying into a lifestyle as much as a property. Show them the attractive side of yours.
- Consider removing bulky furniture that make rooms feel small and replacing with smaller items if necessary.

## **A fresh lick of paint**

- Give walls a fresh lick of neutral paint, it makes your home seem lighter and bigger. It will enable viewers to easily imagine how they would adapt the rooms to their needs.
- Create a good first impression – give the front door a coat of brightly coloured paint!

## **Fix and clean**

- Make minor repairs – holes in walls, cracked tiles, torn or threadbare carpets. Many buyers want to move in without making changes, so allow for this.
- Clean *everything* until it sparkles. Get rid of limescale, clean and repair tile grout, wax wooden floors.
- Tidy the garden: cut bushes back, clean the patio and furniture and cut the grass. While this doesn't add value it helps people visualise using the garden.



## **Update the kitchen**

- The kitchen is the most valuable room in a house. It is worth the most per square foot and can make the difference when buyers are unsure.
- Consider refacing your kitchen cabinetry it's much cheaper than installing new cabinetry and often as effective.
- Upgrading kitchen counter tops is expensive, but adds value.
- Declutter the surfaces and just leave a bowl of fruit out. Take out any bulky appliances.

With every completed sale either instructed by or introduced through a parent of Keble Prep, we will donate **£250** to the school. We are proud of our relationship with Keble Prep and will continue our support.

seedproperty.co.uk   sales@seedproperty.co.uk   020 8050 1747

## **Make it look pretty**

- Make sure the windows are properly dressed with blinds or curtains as naked windows make a place feel impersonal.
- Plants and flowers bring colour, life and light to a room and also smell wonderful.

## **Get the right smells**

- Bad smells are the single biggest turn off for prospective buyers. Clear drains, wash bins, open windows, air the kitchen.
- Conversely, good smells can make a property feel like an alluring home. While it might be impractical to bake fresh bread, cakes or brownies for every viewer that visits your home, you could perhaps brew some fresh coffee.



## **Showing the property**

- You'll have chosen a good estate agent in Seed so let us show the property.
- It's our job to know what things to say, what to highlight and what to downplay.
- We are also effective at answering those tricky questions about noisy neighbours.



## **Added Value**

- If there are any obvious conversions – adapting the garage into extra rooms, or going up into the loft – and you have some spare cash, why not take advantage of this cash cow rather than letting the new owners make easy money out of improvements. You should usually recoup your money.
- If you don't have enough spare cash to make the conversion, consider getting planning permission anyway.



# seedproperty.co.uk

Our **no obligation** valuation will take into account **all local benefits** whether the best schools, transport links, parks or restaurants surround your property.



Contact us for a **free** no obligation valuation.



Community Housing wishes  
keble School every success for their Summer Fête



## Worried about your loved ones as they grow older?

-  We are an award winning care agency helping many local people live safely in the comfort of their own homes.
-  From a few hours care a week to full time live-in support we are here to help.

To speak to a member of our friendly team:

**T: 020 8364 3670**

**[www.homecarepreferred.com](http://www.homecarepreferred.com)**

49 Station Road, London N21 3NB



# OSTEOPATHIC CLINIC

**MS MEYREM LUDLOW**  
**BSc OST MEDICINE, BSc HUMAN**  
**PHYSIOLOGY, DIP SPORTS MASSAGE.**

**Treatments for all aches and pains!**

**Treatments and Consultations are**  
**by appointment only.**  
**Deep tissue Sports Massages are**  
**available.**

**Please call: 07944 780162**

**www.themobileosteopath.co.uk**  
**Registered with most health insurance**  
**companies**

Osteopathy is a way of detecting, treating and preventing health problems by moving, stretching and massaging a person's muscles and joints.

It is based on the principle that the wellbeing of an individual depends on their bones, muscles, ligaments and connective tissue functioning smoothly together.

Osteopaths use physical manipulation, stretching and massage, with the aim of:

- increasing the mobility of joints
- relieving muscle tension
- enhancing the blood supply to tissues
- helping the body to heal.

## Tips for a healthy back

- 1** Drink plenty of water: to keep the body and intervertebral discs hydrated. Stop smoking as this also dehydrates the discs.
- 2** Exercise: strengthen your core muscles such as your back muscles and abdominals. Exercises that work these groups well are called planks, bridges and side planks. Trying a pilates or yoga class may help.
- 3** Avoid lots of sitting; support your spine when you have to sit. The discs in your lower back are loaded 3-times more while sitting than standing, so long periods of sitting can create or aggravate a painful back condition.

The right office chair plays an important role in promoting good posture and supporting the natural curves of your back.

- 4** During repetitive tasks take frequent breaks or vary your activity. Bend your knees when reaching down or lifting, and carry weight close to your body not at arms length – keep your back straight and recruit your tummy muscles to support your spine.

## LIFTING DO'S & DON'TS



For any further information please contact Meyrem Ludlow (Yalchin) on  
 07944 780162

[www.themobileosteopath.co.uk](http://www.themobileosteopath.co.uk)



## FIRST FOR LEGAL ADVICE

- Conveyancing
- Lease extensions
- Freehold acquisition
- Commercial property
- General Litigation
- Personal Injury
- Landlord & Tenant Litigation
- Professional / Medical  
Negligence Litigation
- Employment Law
- Wills & Probate

Contact: Andrew Joannides  
a.joannides@boulterandco.com  
Tel. 020 8340 0222

First Floor, 11-19 Park Road, Crouch End,  
London N8 8TE

## Chartered Accountants and Business Recovery Professionals



**CALL US  
NOW FOR  
FREE ADVICE**



**ACCOUNTANCY IS OUR PASSION**  
**TAX PLANNING IS OUR STRENGTH**  
**DEBT RESTRUCTURING IS OUR WISDOM**

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| ▶ Accountancy / Audit             | ▶ Bankruptcy / IVA               |
| ▶ Tax Solutions                   | ▶ Liquidations                   |
| ▶ Company Formation               | ▶ Business Startup & Consultancy |
| ▶ Confidential Tax Consultancy    | ▶ Solicitors Rules Audit         |
| ▶ Investigations / Tax Mitigation | ▶ Payroll / VAT / Bookkeeping    |
| ▶ Business Plans                  | ▶ Arrange Commercial Loans       |

BARNET-LONDON  
020 8216 2520

CROYDON  
020 8150 9950

CAMBRIDGESHIRE  
01354 707 911

SOUTHGATE  
020 8886 9589



Is your daughter ready to start school?



**Nursery and Reception  
places available for  
September**

**Contact us regarding  
availability in other classes**

We are proud of our small classes,  
high academic attainment, spe-  
cialist teachers, confident learn-  
ers, broad curriculum and wrap  
around care from 7.45 am - 6 pm

13 The Chine  
London, N21 2EA  
office@gpps.org.uk  
Tel: 020 8360 1469  
www.gpps.org.uk

**Grange  
Park  
Prep  
School**

**Independent school for girls aged 3 to 11**





# chapman pieri solicitors

the family and education law specialists



Divorce Civil  
Partnership



Financial  
Arrangements



Cohabitation  
Unmarried Couples



International  
Issues



Children  
Parenting Issues



Family  
Mediation



Education  
Law



Injunctions

**Fixed Fee Divorce**  
**£500 plus VAT plus Court Fees**

**Initial Consultation £75 plus VAT**

**Saturday Consultations**  
available by  
appointment

We have launched a brand new and dynamic legal practice. Our services are unique to Enfield because we are solely dedicated to providing specialist advice on all aspects of Family and Education Law.

**Call us now on 0208 882-9850**



Southgate Office Village  
Block D, 286 Chase Road  
Southgate  
London, N14 6HF  
Tel: 0208 882 9850

**Get in Touch:**

Web: [www.cpfamilylaw.co.uk](http://www.cpfamilylaw.co.uk)

 [@cpfamilylaw](https://www.facebook.com/chapmanPieriSolicitors)

 [www.facebook.com/chapmanPieriSolicitors](https://www.facebook.com/chapmanPieriSolicitors)  
E-mail: [info@cpfamilylaw.co.uk](mailto:info@cpfamilylaw.co.uk)