

*A snippet of what happens at The Nightingale  
with the people that make it all possible...*

Autumn 2024



***Lucy Wyndham-Read visits the Centre***

Who's up for a Challenge?  
Living in Fear  
Night Hike 2024

**ENFIELD  
NIGHTINGALE CENTRE**  
187a Baker Street  
Enfield EN1 3JY  
0208 366 4333

**ENFIELD  
CHARITY SHOP**  
188 Baker Street  
Enfield EN1 3JY  
0203 911 4164

**WALTHAM CROSS  
CHARITY SHOP**  
71 High Street  
Waltham Cross EN8 7AE  
0203 911 4166

**OAKWOOD  
CHARITY SHOP**  
171 Bramley Road  
Enfield N14 4XA  
0203 911 4165



[nightingalesupport.org.uk](https://nightingalesupport.org.uk)



## What can you do?

**Easy Fundraising** - Over 5,065 well known retailers including Tesco, Boots, Deliveroo, M&S, Waitrose, Argos and John Lewis, donate a percentage of what you spend to The Nightingale when you shop with them via Easyfundraising. Go to [easyfundraising.co.uk](https://easyfundraising.co.uk) and choose the retailer you want to shop with, then everything you spend with that retailer earns a free donation for The Nightingale at no extra cost to you.

**Tick The Box** - If you have made any donation to The Nightingale over the last 4 years, we could gain an additional 25% on top of your donated amount. All you have to do is tick the gift aid box at [nightingalesupport.org.uk/giftaid](https://nightingalesupport.org.uk/giftaid). If every person who donated to the charity since October 2022 had ticked the gift aid box, The Nightingale would have received an additional £25,846.96! All from ticking a box!

**Foreign coins** - Hands up if you have loads of Dollar, Dinar, Yuan, Peso, Cedi or any other currency sitting in a drawer somewhere collecting dust? Yeah, we're the same. Well, you can donate your dusty coins by bringing them to our centre and we can exchange them for UK Pounds. Last year we raised nearly £1,000 from foreign currency that may have never seen the light of day again.

**87★★★★★  
REVIEWS  
to date.**



**WOW!** We are so grateful for all of your kind reviews.

Did you know that the more reviews we have, the more we get seen by people needing our services. Your reviews do a lot more than just stroke our egos!

If you like what The Nightingale do then please leave us a review so that more people can benefit from our services. Google The Nightingale Cancer Support Centre and click 'Write A Review' to share your thoughts.



## Who we are

The Nightingale Cancer Support Centre's aim is simple; to improve the quality of life of cancer patients, their families, friends and colleagues by helping them come to terms with and cope with their changing lives.

We know that every cancer diagnosis is different. Therefore, we provide a range of free services designed to provide physical and mental relief. With timely support you can learn to self-manage and develop coping skills to recognise and reduce anxiety and plan for your future.

Cancer support is not one size fits all and nor are our services. We work with you to make sure you are getting the help you need. All of our services are provided by a wonderful team of qualified professionals and volunteers.

No isn't top of our vocabulary. Even though we don't have all the answers, we will do our best to find them.

**So don't be afraid to get in contact.**

### Emotional Support

One-to-one counselling  
Mindfulness  
Art & Movement

### Complementary Therapy

Reflexology  
Massage  
Reiki

### Centre Activities

Coffee Club  
Knit and Natter  
Look Good Feel Better  
Nicola Jane Bra Fittings  
Tropic Skincare

### Physical Support

Fitsteps  
Exercise Class  
Pilates  
Yoga  
Mambalsa

If you have questions about anything in our newsletter, need advice or are looking for support

**Contact us 020 8366 4333**



[nightingalesupport.org.uk/get-support](https://nightingalesupport.org.uk/get-support)

Registered Charity Number: 1094435



Welcome to the Autumn 2024 edition of The Nightingale Newsletter.

## In August The Nightingale turned 22! We celebrated with a surprise fitness guest in the centre, delicious cake and with businesses all over Enfield putting our Nightingale candles in their window. We truly felt the birthday love in the community.

Looking back over the last 22 years I am very proud of how much we've grown, helping more than 20,000 people in that time cope with a cancer diagnosis.

With over 20 years of expertise, The Nightingale is now in a position to offer advice and support to other charities and organisations who are looking for more ways to support people in their communities affected by cancer. Fiona, Head of Services, shares more on that on page 4.

I was very excited when Lucy of LWR fitness enthusiastically agreed to create a prehab workout and film it at our centre with our clients. I've personally been following Lucy for a couple of years and know how dedicated she is to fitness being available and accessible to all. You can read more about her visit on page 6.

Not only will this video help our clients with their fitness before their cancer treatment but it will also help thousands of people all over the world with the exact same thing. Prehab exercise is something rarely found online and so to be part of this project with Lucy and bringing cancer support to people beyond Enfield is something I'm incredibly proud of.

Of course, my introduction to our Autumn newsletter wouldn't be complete without a mention of the Night Hike 2024, another record-breaking event! Over 1,000 people turned up with their walking shoes on ready to support all those in their community battling cancer.

I won't spoil the surprise of how much we raised, you can find that on page 10. Though I will say it is an absolutely outstanding amount. A massive thank you to every person who walked, donated and supported the Night Hike.

The Nightingale is only able to boast our amazing accomplishments because of our dedicated trustees, selfless staff, loyal volunteers and because of each and every one of you that support the charity. We are here because of all of you!



I ask for your support once more, on **Sunday 17th November** for **36 hours** to make sure we are still here in 2025 and beyond.

Cancer isn't stopping and with your help neither are we. Read more about what we're trying to achieve on page 14 and how you can get involved.

I hope you enjoy this edition of The Nightingale Newsletter.



**Samantha Seth**  
Chair of Trustees





# Let's fill you in on what's new with us!

I have never felt more popular than I have in the last six months and it's a great feeling. Though it's nothing to do with my hilarious wit or shining personality.

It is in fact because The Nightingale is now seen as a leading service provider in the wider cancer care sector, not just in Enfield.

I'm proud to say that The Nightingale, through the hard work of the team, has gone from strength to strength. In the last 3 years we have introduced 7 new activities, employed 10 new counsellors and have welcomed 904 clients into the centre.

This achievement is now something we're sharing with the wider community of health and support providers. Though we only have the capacity to help people in Enfield, our outreach doesn't stop there.

I have met with North London Hospice, Cherry Lodge, UCLH and UCL to discuss cancer care and what we at The Nightingale have learnt during our 22 years. It was a great opportunity to share and learn so that we can all continue to grow.

Am I boasting about The Nightingale? Yes, I am. We feel that we look after your body, head and heart.

If your body, head or heart needs a little extra support, please contact the centre.

I'll leave you with a few words we hear often in the centre which I think perfectly captures what we do here.

***“You're my home from home and my safe haven. The friends I've made at the Coffee Club aren't my cancer friends they're my friends for life.”***



**Fiona Connell**

Head of Services

[fiona@nightingalesupport.org.uk](mailto:fiona@nightingalesupport.org.uk)

To see more photos of the Fashion show scan the QR code



# There's A New Biggest Cause Of Cancer In The UK

Cancer Research UK recently reported that the number of cancer cases caused by smoking in the UK has reached an all-time high of 160 cases every day.

This has increased by 17% since 2003, meaning that over 20 additional people a day are being diagnosed with cancer caused by smoking compared to 20 years ago. In the time you've read this newsletter, 6 people will be diagnosed with cancer caused by smoking.

It's a frightening fact and what's even more frightening is that tobacco is the largest cause of **preventable** cancer in the UK.

We are all in control of lowering our likelihood of smoking related cancer.

You might be wondering how exactly cigarettes cause cancer. The harmful chemicals in cigarettes damage our DNA, including the parts that protect against cancer and also make it harder for our cells to repair the DNA damage. The build-up of DNA damage in the same cell over time can lead to cancer.

Lung cancer still has the strongest link to smoking but the links to liver, throat and kidney cancer have all doubled in the last 20 years. This is also the first time Cancer Research UK has included breast cancer as a type of cancer caused by smoking, bringing the number of different types of cancer caused by tobacco to 16.

In light of this, charities such as Action on Smoking and Health, British Heart Foundation, Alzheimer's Research UK and Stroke Association were just a few of the 1,400 charities, health leaders and organisations that urged the government to commit to the reintroduction of the Tobacco and Vapes Bill.

Due to the uniquely harmful impact of tobacco, the bill aims to create the first smoke-free generation as well as encourage smokers to cut back or give up all together, which is more commonly wanted than we think. 75% of smokers would never have started smoking if they had the chance to make that decision again.

We are not preaching or trying to scaremonger with this article but we do want you to be aware of the impact of tobacco and make fully informed decisions regarding smoking and lifestyle.

If you're thinking about quitting smoking, want to cut down or want to quit entirely, [stopsmokinglondon.com](http://stopsmokinglondon.com) has some excellent free resources to help you no matter what stage you're at.



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

**STOP  
SMOKING  
LONDON**



## You've heard of rehab but have you heard of prehab?

It's about improving health and wellbeing before cancer treatment (surgery, chemotherapy or radiotherapy).

Evidence shows that improving your health prior to treatment can help you recover quicker. Just like training for a marathon, it is important to help your body thought one of the toughest things it will ever go through.

After a cancer diagnosis, no one's first thought is to hit the gym and start training.

Enter Lucy Wyndham-Read and her vision to help!

She may not be familiar to everyone but to her 2.2 million Youtube followers and million social media followers, she is the 'go-to' online personal trainer. During lockdown she was the most viewed online personal trainer and was ranked the most popular fitness YouTuber in 2020 in the UK (yes, beating Joe Wicks!). Her channel has racked up nearly half a billion views.

What we're trying to say is that Lucy is one of the biggest names in the online fitness world.

A Nightingale client took a chance one day and messaged Lucy to tell her about The Nightingale, what we do and to ask if there was any way that she could support us.

Cue the absolute shock when Lucy responded and wanted to visit our centre to have a chat and learn more about the charity.

An idea was born when Lucy and Fiona were talking about cancer and fitness, realising there is a lot out there for rehab fitness but not much out there for prehab.

Lucy wanted to create an at home 10 minute workout with standing and seated exercises, accessible to all and record it at our centre with our clients!

### **We don't think a faster, 'YES' has ever been shouted!**

It was such a fun day of filming for everyone at the centre. Our clients loved being part of this project and they especially loved when Lucy put out a teaser video which received 11,000 views. They're social media superstars now.

The excitement Lucy and Sandie (her right hand lady) had about coming into the centre and their enthusiasm to create something that will not only help our clients but thousands of others is incredible. It left quite a few of us speechless and our Lucy very teary.

A massive thank you to Lucy for her visit and dedication to supporting people's mental and physical health.

The final video is due out very soon so keep an eye on The Nightingale and LWR Fitness social media for the Prehab Fitness video coming soon!





You get the 'all clear', you ring the bell,  
**you walk out of the hospital  
leaving months (or years) of cancer  
behind and live happily ever after,  
as cancer becomes a distant memory**

Well, not quite. We all imagine that there is a glorious happy ending when treatment finishes but it actually begins a time of reflection on the past and the future. Many start to find that it's not really a cancer-free life when you become cancer-free.

If you asked someone about post-treatment life, many would say that the fear of their cancer coming back (recurrence) is high up on their list of concerns. Life After Cancer found that 92% of their community found life after cancer harder than cancer treatment.

After cancer there are so many uncertainties around the future and what might happen in the coming weeks, months or years. It can make planning life post-treatment difficult and tinged with doubt. Thoughts like, *'Why would I plan for the future when the cancer might come back and ruin those plans? Why tempt fate? Why dare to think I have a future?'* are common post-treatment.

It's not just looking ahead that causes worry. Where before changes in the body might have caused a slight concern they now induce panic and fear. Once in this cycle, thoughts are heightened to look for signs of cancer. One of our clients perfectly describes how cancer still lingers on after it's gone:

*"I remember getting a UTI not long after the 'all clear'. I hadn't had one for years so I just thought, 'Omg this must be bladder cancer or something'. It would have never entered my mind before my diagnosis.*

*A couple of weeks later I got a pain in the base of my spine and thought, 'Omg I've got bone cancer now'. Any new twinge or feeling, I always think, 'Cancer!'"*

It seems overwhelming and these irrational thoughts and feelings won't stop and can't be shut out. From our recurrence research here are the top four tips we found to help you.

**Know your triggers:** Many find that their recurrence anxiety is linked to significant times like birthdays, hospital check ups or even hearing about someone else's diagnosis. Learning what increases your anxiety can make it easier to prepare for upcoming emotions and worries without being caught unaware.

**Don't be afraid to make plans:** you deserve it. Cancer derails so many things in life and forces you to put a lot on hold. Allow yourself the chance to look ahead to fun and joyful things in your future (this will also increase your self-esteem and confidence!).

**Talk it out:** You're not alone and talking to people helps you remember that. It also helps to hear that what you're going through is real and isn't just some silly thoughts.

**Be gentle with yourself:** You are going through a lot and navigating new grounds and new thoughts so be patient while you figure out this new life.





# It's not often we're left speechless but we really cannot find the words to describe Night Hike 2024.

Thank you to each and every walker, thank you to all of the sponsors, thank you to the strangers who made donations when they saw Enfield painted red with Nightingale baseball hats, thank you to the cars that tooted their support along the route.

There were more than a few happy tears shed from The Nightingale staff and volunteers because of the sheer joy we all felt seeing over 1,000 walkers cross the Night Hike finish line.

**We hope you're all proud of what you did, being part of The Nightingale community and the amazing achievement of Night Hike 2024!**

## Hear From Our Walkers

**Emer and Sophia** - We wanted to join the Night Hike to do something lovely in our local community and help to raise awareness of the amazing work The Nightingale is doing. It was the first time we had done something like this before! We reached out to our friends and family who were so happy to donate to this great cause and it was overwhelming how many people were happy to donate. Doing the Night Hike has spurred me and my daughter to take part in more events to raise awareness!

**Ruyan** - The whole experience was fantastic. To be able to do something positive and show my cousin how many people were supporting her, truly left us both emotional and speechless. We are incredibly grateful for the amazing work The Nightingale does and are thrilled to have had the opportunity to support their mission. Thanks to the generosity and enthusiasm of our community, we were able to raise a significant amount of money to contribute to your cause. We believe deeply in the positive impact you are making and were honoured to be a part of it.

**Girl Power** - A group of six determined 10-year-old girls and their very proud mums took to the streets to take part in the Night Hike. There was such an incredible atmosphere in the air as the community joined together to support this wonderful local charity. The girls paraded around the borough dressed in their red tutus, glow sticks and balloons, making memories and honouring those around them who have been touched by cancer.

It truly was an emotional end to the evening as they reached the finish line and received their medals. Every step of their 15K journey was worth it, as they raised just over £1,000 between them.

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**The final amount you all raised was...  
£92,857.52**

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That is 20% of what we need to raise each year to continue to keep our doors open. That amount pays for 2,000 hours of counselling for over 160 clients throughout the year all coming to terms with a cancer diagnosis.

**Friday 16th May  
NIGHT HIKE 2025!**



**Scan our QR Code  
and sign up 2025.**



Night Hike 2024 - Emer and Sophia



17.05.2024

Night Hike 2024 - Girl Power



17.05.2024

Night Hike 2024 -The Skyline Team



17.05.2024

Night Hike 2024 - Ruyan and Cemaliye



17.05.2024



## Win 5 Night Hike 2025 Entries

All you have to do is 'Snap The Cap' 📷 like Freddie and Barney here. We want to see where you are with your Nightingale cap this summer!

The more outlandish and fun the better. The Nightingale Centre staff will judge your photos, and our favourite will win

**5 free entries to Night Hike 2025!**

Send your pictures to [aycan@nightingalesupport.org.uk](mailto:aycan@nightingalesupport.org.uk) to enter.





# Fairview New Homes Football Tournament

Every year Fairview New Homes ask their employees, 'What charity should the company fundraise for and support for the next year?' We were delighted to receive a call at the start of the year to say that over 50% of Fairview New Homes employees chose **The Nightingale as their charity for 2024!**

Since then we have been working with Fairview New Homes on fundraising initiatives (including their bake sale) and also their big event, The Fairview Homes Football Tournament.

Held at Trent Park Fives, the tournament included 40 teams made up of companies that work with Fairview Homes, love football and want to support their charitable work.

The day started with group stages for the 280 players and then progressed to knockout stages culminating with Cognition Land and Water Limited (Cognition on a mission!) winning the tournament and Montague Evans claiming the Plate Tournament.

Nick, Lucy and Aycan all attended the event (unfortunately they weren't playing) and were absolutely stunned during the cheque presentation.

They still can't get over the astounding amount Fairview New Homes raised through attendees and sponsorship for the event.

Nick said 'I was honoured to be able to present the trophies at the end of the event and thank all those involved for their generosity, particularly **Matt and Dora who have been instrumental in raising over £36,000 for the charity since the start of the year!**

Dora, the incredible organiser of the day said, 'Fairview New Homes were proud to support The Nightingale by hosting our 3rd Annual Football Tournament. Their services are provided by a wonderful team who have made such a positive impact on so many lives - they are truly inspirational!'

*Thank you so much to Fairview New Homes for their support and for helping to change the lives of people with cancer.*





# It's Cheap But It Cost

Shein, the world's largest fashion retailer, known for its low prices, rapid trend cycles and heavy discounts. They've had a slew of very high profile exposés regarding their environmental, social and governance standards.

To counteract this or any negative press, big fashion brands do something called greenwashing, where they make false and misleading claims about their environmental impact.

On Shein's website there is a whole section dedicated to sustainability, even going so far as to appoint a Global Head of Environmental, Social and Governance. Meanwhile, they are producing upwards of 35,000 items each day, made from synthetic materials that will take 100 years to decompose and releasing 6.3million tons of carbon dioxide into the atmosphere.

Of the 100 billion garments produced by clothing brands each year, 92 million tonnes end up in landfills. To put things in perspective, this means that the equivalent of a rubbish truck full of clothes ends up in a landfill every second.

This is all before mentioning Shein's horrific worker conditions. While Shein reported a revenue of £18.9bn in 2022, their workers, on 18-hour shifts, were paid \$20 per day which could be docked to \$14 if any garments had mistakes.

Knowing all of this, one influencer purchasing from Shein was quoted as saying, 'I feel quite bad when I purchase things but at the same time, it's convenient.'

It seems easy to remove yourself from the cost of fast fashion when the cost to your purse is so low. Many use Shein and other fast-fashion brands because they can't afford high-end clothing.

**To that we say...have you heard of a charity shop!?**

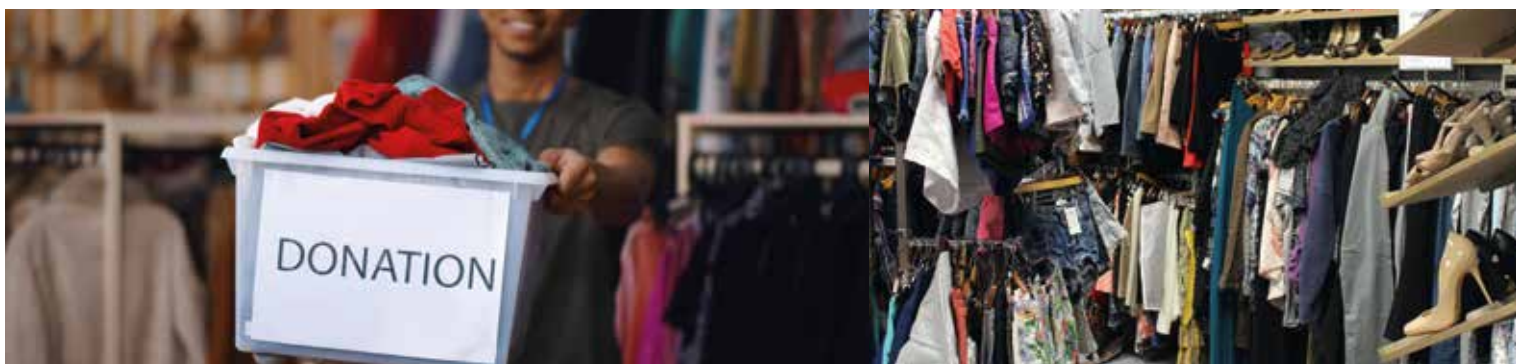
All the savings with none of the environmental and human rights issues. Sounds like a win for everyone.

The average Shein item costs £7.90. **The average charity shop item is £3.90.**

Vinted, Depop, charity shops, eBay, clothes swaps, there are so many ways to shop affordably and with a smaller impact to the world.

We'd love to see you in our shops and help you find a great outfit for a fraction of the cost, where you know your purchase isn't damaging the environment while lining a billionaire's pocket but supporting your friends and family with cancer.

Information gathered from TIME, The Independent, ELLE, Earth.org and BBC.



## — CHECK OUT OUR CHARITY SHOPS —

**ENFIELD**  
188 Baker Street  
Enfield EN1 3JY  
0203 911 4164

**WALTHAM CROSS**  
71 High Street  
Waltham Cross EN8 7AE  
0203 911 4166

**OAKWOOD**  
171 Bramley Road  
Enfield N14 4XA  
0203 911 4165



[ebay.co.uk/str/nightingalecancersupport](https://ebay.co.uk/str/nightingalecancersupport)

# Who's up for a Challenge?

In the last year alone our services have grown by 30% to match the increasing number of new clients we have walking through our door.

Despite this increase, at a time when 1 in 2 people will be diagnosed with cancer, there are still no dedicated government funds or grants available for service providers such as The Nightingale.

This means that we are fully reliant on our own fundraising efforts to continue the work we do.

Currently, we need to raise an additional £150,000 by the end of the year to meet the high demand on our services and to do this we're calling on our Nightingale Champions, supporters like you who see the positive impact we have in the community and want us to be here next year to continue this work.

On **Sunday 17th November** we intend to run a **36 hour online campaign** where Nightingale Champions help us to raise this shortfall by reaching out to their network of family, friends and colleagues to donate to our cause.

**We aren't asking you to raise £150,000 or even £1,000 but if every one of the 20,000 people we've supported over 22 years raised £7.50, then we would reach our target easily.**

We have only lasted this long as a charity because of our loyal and generous supporters. Everything described in these newsletters, every service we provide and every client we help is directly because of you and your support.

*Thank you, from  
The Nightingale Team*

Aycaan Rebekah Lucy Melanie  
Peter Maria Marie Nici Sue

# Becoming a Nightingale Champion for **36 hours**

is as simple as 1, 2, 3!



**Scan below and become  
a Nightingale Champion**



**Share your fundraising  
page with your network**



**Watch online as we raise  
£150,000!**

**You're already a Champion for reading  
our newsletter!**

**Scan the code to make it official.**



# Nightingale Fundraiser Spotlight

*Our fundraisers go through so much effort for us, the least we could do is give them their spotlight moment. By no means is this all of our fundraisers, we're just showing a few from the last couple of months.*



**Plant Sale** – Another resounding success of a plant sale for Carol, Alison and their team of volunteers. With queues along the street before 9am they raised a whopping £3,588.70.



**Barclays Bank Enfield** – At the Mayor of Enfield's Gala she kindly held a raffle for The Nightingale and One-To-One raising £1,208, which Barclays kindly matched! Bringing the total raised to £2,208 for both charities.



**St Andrew's Open House and Coffee Morning**  
Bell ringing, choir performance, Organ recital, refreshments, biscuit decorating, church tours, craft sale and knit and natter. What an open house! Ruth and the team raised over £1000 on the day.



**A Run Down Memory Lane** – Joe didn't just run a marathon, he made a marathon. Going down memory Lane, Joe stopped off at all the important points in his life link to his aunt and his dad. Raising £1,238.75



**Southgate Opera** – During their run of La Vie Perisienne at the Wylyotts Theatre, we held a bucket and their supportive audience raised £75.98.



**Sign the Skyline** – Daniel has been driving his Skyline around the country (and to our Night Hike). Hundreds of people have made donations to draw, sign and write on the car throughout this season's rallies and he has raised over £650.



**Botany Bay Farm Céilidh** – A big thank you to Vickie, Mick and the whole Botany Bay team for putting on their first ever Céilidh on behalf of The Nightingale. The fantastic Irish band Wraggle Taggle got everyone off their seats dancing and The Little Green Dragon provided a great pop up bar to give people Dutch courage to get out on the dance floor. They raised an incredible £1,486!



**Lesley Mitchell** – Some Salsa fun was had (no, not the dip, the dance!) by Lesley Mitchell and her fitness crew with a Salsa Session raising £385!



**Twalking Challenge** – Carol, her husband and daughter joined the Twalking Challenge which encourages people to get out into nature and get fitter, helping mental and physical health. After completing the 255 MILE virtual walk of London to Norfolk, they joined with another team to hold a charity evening to celebrate their accomplishments and raised £345.



**Triffic Trail** – Another Te-riffic Trail with the Trent Park Running Club who have been supporters of ours for a very long time. They raised £400 for us and other charities in the community. Maybe next year we'll put a Nightingale team in. Who do you think will be the fastest?





**Tell your GP instead.  
Ask for a simple at-home test.**

Bleeding from your bottom or blood in your poo could be nothing to worry about, but it's worth making sure.  
Bowel cancer is treatable when found early.



# Upcoming Events 2024/25 for your diary



**Dec**  
12

## Festive Flower Demonstration

**Cuffley Hall, EN6 4JA**

Thursday 12th December 11.00am

International floral designer, tutor and author Gill McGregor will share her extensive floral knowledge, expertise and floral arranging tips. Enjoy refreshments, demonstrations and a lovely buffet lunch, with the chance to win one of Gill's arrangements.

**Dec**  
12

## Christmas Party

**Enfield Golf Club, EN2 7DA**

Thursday 12th December 11.00am

International floral designer, tutor and author Gill McGregor will share her extensive floral knowledge, expertise and floral arranging tips. Enjoy refreshments, demonstrations and a lovely buffet lunch, with the chance to win one of Gill's arrangements.

**May**  
16

## Night Hike

**Enfield Civic Centre, EN1 3XA**

Friday 16th May 6.00pm

Join hundreds of people walking our 5K, 10K or 15K Night Hike route around our beautiful borough, with a Welcome Reception where you can enjoy some music and a fun warm up to get you ready for the walk.

**May**  
24

## Plant Sale

**78 Tenniswood Road, EN1 3HE**

Saturday 24th May 10.00am

The flower girls are at it again. You'll find a wonderful collection of bedding plants and vegetables including petunias, pansies, gazanias, runner beans, courgettes, baby cucumbers, red chilli, plenty of tomatoes and much more!

**Jun**  
27

## Annual Charity Golf Day

**Crews Hill Golf Club, EN2 8AZ**

Friday 27th June 11.00am

It's tee time! Gather your golfing pals and have a day out on Crews Hill Golf Course, with refreshments, a two course meal and a chance to be crown winner. Remember the worst day of golf is better than the best day of work.

**Thank you to all those  
who continually support  
The Nightingale and see  
the value in what we do  
for our community**



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The Ronald And Joan Johnston  
Charitable Trust



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**2025**

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[@fandlkitchens](https://www.instagram.com/fandlkitchens)

