

# A GUIDE FOR PARENTS AND CARER'S AFFORDABLE & FREE ACTIVITIES






## CONTENTS

Free and cheap in and around Enfield	3-9
Neighbouring Boroughs	9-10
Free and cheap in London	11-13
Parks	14

## FREE AND CHEAP IN AND AROUND ENFIELD

VENUE	WHAT IS THERE
<p><b>Forty Hall</b> Forty Hill, London, EN2 9HA</p>	<p>Country house with interactive activities, Farm entrance fee - adult's £2 children free of charge, children's adventure playground and acres of land to walk and hike.</p>
<p><b>Lea Valley Park</b></p>	<p>You can cycle along the tow path from Hertfordshire right into London and there are camping sites availability at a number of sections of the park. There are also historical activities at Waltham Abbey. There are numerous picnic areas all along the river Lea.</p>
<p><b>Trent Park</b> Cockfosters Road, Enfield, Barnet, EN4 0PS</p>	<p>There is a wildlife reserve with a range of rescued animals, there are picnic areas, there is a large children's climbing frame and café. There are acres of land through which to hike and walk with ponds/lakes to explore.</p>
<p><b>Dugdale</b> 39 London Road, Enfield, EN3 6DS</p>	<p>Houses the Enfield Museum – providing a view into Enfield's past. Dugdale Centre also has an Art Gallery and a café.</p>
<p><b>Millfield House &amp; Theatre</b> Silver St, Edmonton, London, N18 1PJ Tel: 020 8807 6680 Boxoffice@enfield.gov.uk</p>	<p>Millfield House &amp; Theatre provides high quality and varied entertainment. The auditorium seat up to 362 &amp; plays host to a rich annual programme of professional shows that include drama, dance, musicals, comedy, cabaret, variety, popular music &amp; children's theatre. They also host productions by local amateur theatre companies &amp; local dance schools.</p>
<p><b>Woodcroft Wildspace</b> 020 8819 1662 Woodland Way, London N21 3QP</p>	<p>The wildspace is for everyone to enjoy. It is a place where people can bring their children to learn about nature - insects, birds, small mammals, pond life, plants and trees in a natural habitat.</p>
<p><b>Firs Farm Wetlands Tour</b> Firs Lane, Winchmore Hill, London, N21 2PJ</p> <p>To arrange a tour of Firs farm please contact Email: hello@firsfarm21.org or call 07956537974 – Ask for Firs Farm friends.</p>	<p>You can hope across the stepping stone, take a stroll around the wetlands, bike ride or jog along the new path. Plenty of spaces for picnics.</p>

<p><b>Myddleton House</b> Bulls Cross Enfield EN2 9HG</p> <p>How to find us</p> <p>By rail: a 15 minute walk from Turkey Street on the Liverpool Street line. Turn right out of the station, continuing under the subway and up to the end of Turkey Street.</p> <p>By bus: The nearest bus stop is on the A10 at Turkey street. Alight the bus at this stop and we're a 10 minute walk up Turkey Street. Bus No's 217, 317, 617, 629 and 327.</p> <p>By car: from M25 J25 take the Southbound A10 sign posted London. At the next junction (Bullsmoor Lane) take the right lane filter turning right into Bullsmoor Lane. Take the first exit at the mini roundabout into Bulls Cross (The Pied Bull Pub is on the right) then continue. Myddelton House Gardens can be found on the right hand side directly opposite the junction with Turkey Street.</p>	<p>Entry to the gardens is <b>free</b> plenty of space to picnic and relax. They are open all year round from 10:00 - 17:00 (or dusk if earlier) except for Christmas day and Boxing day.</p> <p>Car parking charges will apply for visitors to Myddelton House Gardens.</p> <p>They welcome assistance dogs only. There is a cost for private guided walks and other activities for full details Website: <a href="http://www.visitleevalley.org.uk">www.visitleevalley.org.uk</a> Tel: 03000 030 610* Email: <a href="mailto:info@leevalleypark.org.uk">info@leevalleypark.org.uk</a></p>
 <p><b>Face Front Theatre Company</b> <b>Interaction Theatre Group</b></p> <p>To find details of venue and other project please visit website: <a href="http://www.facefront.org">www.facefront.org</a></p>	<p>Open to all ages, youngest member is age 8 and the oldest is 92.</p> <p><b>Activities</b> The group learns music and theatre skills, write and perform their own shows, led by experienced professional artist/facilitators. As well as performing, the group can go on theatre trips and join in other social events.</p>

<p><b>The Play Centre at Edmonton Leisure within Edmonton Leisure Centre Complex</b></p> <p><b>There is also a children's soft play in Southbury Leisure Centre</b> (times and prices might slightly differ please see website for more information)  <a href="http://www.fusion-lifestyle.com">www.fusion-lifestyle.com</a></p> 	<p>Suitable for all ages: Babies and Toddlers (0-3), Young Children (4-8) and Older Children (9-12 yrs.)</p> <p><b>The Play Centre at Edmonton Leisure</b> is a bright and colourful adventure soft play facility which offers a safe environment where your children can play, explore, make friends and get lots of exercise. It's colourful double level main frame with sports arena, containing all the classic features from balls to slides via tunnels!</p> <p>Opening hours: Monday to Friday 9.30am to 5.30pm (maximum 2 hour stay) Saturday and Sunday: Session 1 from 9.30am to 11.30am, Session 2 from 11.45am to 1.45pm Session 3 from 2pm to 4pm. School holiday opening hours: Monday to Friday Session 1 from 9.30am to 11.15pm <b>Pricing: From £4.50</b></p>
<p><b>Soft Play</b>                  The Ark                  500 Montagu Road,                  London                  N9 0UR</p>	<p><b>Free</b> soft play adventure for children age 0 - 7 years. There is also a community café in the foyer.                  Opening times are:                  Wednesday &amp; Thursday 10am to 1pm</p>
 <p><b>Cattelgate Road</b>                  Crews Hill                  Enfield Middlesex EN2 9DX</p>	<p>Soft Play for children age 0 - 8 years                  Phone: 0844 288 5080                  Hours: 9am – 4.30pm Price £3.00</p>
<p><b>KidzBiz</b>                  220 Green Lanes, (entrance via Lodge Drive Car Park),                  London N13 5UD                  020 8886 7520  <a href="http://www.kidzbiz.co.uk">www.kidzbiz.co.uk</a></p>	<p>Exclusive venue hire, however, they offer fun mid-week 'Pay &amp; Play' sessions. Every Wednesday and Friday 9.30am until 1.00pm*, as well as other days during school holidays, children can enjoy the soft play as well as join in with free colouring in sheets and painting. They offer some arts and crafts fun at an extra cost, the children can paint and take away various items. £5 per child at the door or £4.00 online booking.</p>

## Fusion Lifestyle



(operates Enfield Leisure Centres)  
www.fusion-lifestyle.com

### Concession Card (Pay & Play)

The concession Card is available exclusively for concessionary groups who are **residents of the London Borough of Enfield** and provides a 50% discount on a range of activities at all centres at all times.

To qualify for the Concession Card you must pay an annual fee of £21.50, be in one of the following concessionary groups and provide proof of eligibility as detailed below; if you are a member of the over 50s forum the annual fee is £7.50 (proof of membership would be required)

- Registered disabled
- Registered unemployed
- Income support
- Student
- Junior (under 16)
- 60 and over (or member of 50+ forum)
- Carers
- **MUST** be a resident of the London Borough of Enfield

The concession Card provides up to 50% saving off the following activities:

- Swimming (Normal £4.30)
- Poolside sauna and steam rooms
- Spectators fee
- Casual gym sessions (Normal £8.30)
- Studio classes (Normal £8.30)
- Badminton, table tennis and casual bowls
- Crèche
- Over 50 activity days (Normal £8.30)

Other benefits include preferential 7 day booking of courts, all women and adult only swim and main swimming sauna and steam sessions.

To apply for your Concession card simply pick up an application form at reception or for information please contact your nearest centre with the membership you are interested in.

### Users with disabilities (Carer Access)

If a person/carers is attending with a person registered as disabled only this person will pay not the carer as long as they are supporting and not exercising independently. Please note this only applies when the carer is with the person with a disability if they are attending without them they would need to pay the concession price.

<p><b>Cineworld Cinema</b> 208 Southbury Rd, Enfield, EN1 1YQ</p>	<p>Movies For Juniors</p> <p>Want to introduce your child to the exciting world of cinema? Then get involved with Movies For Juniors, discounted weekly screenings of kids films at Cineworld Cinemas. Adults must be accompanied by children.</p> <p><b>From just £2.00 only</b> (£3.50 for 3D!) choose from selection of lively kids movies, from animated films to live action features</p>
<p><b>Odeon Kids</b> Picketts Lock Lane, London, N9 0AS</p> <p>For more information visit: <a href="http://www.odeon.co.uk">www.odeon.co.uk</a></p>	<p><b>£2.75</b> Special prices for adults and kids.</p>
<p><b>Teenscheme ECYPS</b> Allan Pullinger Centre 1 John Bradshaw Rd, Southgate, N14 6BT</p>	<p>Programmes for young people aged 11 – 17 during half term holidays excluding Easter &amp; Christmas</p> <p>Fun packed activities: Multi Sports, Healthy Living Cooking Workshops, Art &amp; Crafts, and Dance Workshop.</p> <p>Activity sessions are <b>FREE</b> at the centre.</p>
<p><b>Pet at Home FREE kid's workshop</b> Closest stores are:</p> <ul style="list-style-type: none"> <li>• Enfield Store, Enfield EN1 1TH</li> <li>• Chingford Store, E4 8JA</li> <li>• Waltham Abbey Store, EN9 1BY</li> </ul> <p>You need to book online for your chosen store, date and time on <a href="http://www.community.petathome.com/workshops/">www.community.petathome.com/workshops/</a></p>	<p>Pet at Home <b>FREE</b> kid's workshop</p> <p>Pet products retailer Pets at Home runs <b>FREE</b> workshops for kids in all of its 400+ stores during school holidays. Sessions last between 30 minutes and one hour.</p> <p>The activities will differ from store to store), but all children will be able to learn and interact with animals such as guinea pigs and hamsters to find out how to care for the needs of a pet.</p> <p>Children do not need to bring anything as all materials will be provided. They may also receive a certificate and/or stickers after completing the workshop. Children of all ages are welcome, but sessions are designed for kids aged 5-11 years and they will need to be supervised at all times by a parent or guardian.</p>



<p><b>Story Time and Play @ Enfield Town Library</b> Telephone: 020 8379 8341 Email: Enfield.Town. Library@enfield.gov.uk</p>	<p>For children under 5s a mix of stories, songs and <b>Free</b> play with toys. At all sessions parents and carers can meet others, find out what's going on locally and borrow books, DVDs and CDs.</p> <p>Toddler session – Wednesday 2.15pm – 2. 45pm Under 5's- Fridays 10.30am - 11.30am (This session is very popular only on a first come first serve basis (only 25 tickets available)</p>
<p><b>Story Time &amp; Play @ Ordnance Unity Library</b> 645 Hertford Road, Enfield EN3 6ND Telephone: 020 8379 1725 Email: ordnance.road. library@enfield.gov.uk</p>	<p>For children under 5s a mix of stories, songs and <b>FREE</b> play with toys. At all sessions parents and carers can meet others, find out what's going on locally and borrow books, DVDs and CDs</p> <p>Tuesday - Baby Rhyme Time 11.00am - 11.30am Thursday - Under 5's Play 2.15pm - 3pm</p>
<p><b>Story Time &amp; Play @ Palmers Green Library</b> Broomfield Lane, London, N13 4EY Telephone: 020 8379 2711</p>	<p>For children under 5s a mix of stories, songs and <b>FREE</b> play with toys. At all sessions parents and carers can meet others, find out what's going on locally and borrow books, DVDs and CDs</p> <p>Friday - 10.00am – 11am This session is via tickets only on a first come first serve basis (only 20 tickets available)</p>
<p><b>Baby Rhyme Time Story and Play@ Edmonton Green Library</b> 36-44 South Mall, Edmonton, N9 0TN Telephone: 020 8379 2610</p>	<p>For children under 5s a mix of Rhymes, stories, songs Wednesday &amp; Friday 11am - 12pm</p>
<p><b>Growbaby</b> 36 Brigadier hill Enfield EN2 0NQ</p>	<p><b>Growbaby</b> aims to provide good quality new and second-hand baby clothes and equipment (for children aged 0-5yrs) completely free of charge to anyone who need it, regardless of their income, background or faith. Growbaby take place every Wednesday, 10am-12 Noon (the smaller building to the left of the main building).</p> <p>There is also a <b>Free</b> child's play area and tea and cakes for the parent/carer</p> <p>Pop by or email: growbabyenfield36@gmail.com or find us on Facebook: Growbaby Enfield</p>



<p><b>IKEA</b> 6 Glover Drive London N18 3HF</p>	<p>Småland Keep the little ones entertained with <b>FREE supervised</b> play area</p> <p>Activities in Småland Everyday children can take part in many fun and creative activities</p> <p>SMÅLAND (Crèche) Opening Hours</p> <p>Monday - Friday 10:00 - 18:00 Saturday 09:00 - 19:00 Sunday 11:00 - 16:00</p> <p>Kids from 3-8 years old can spend up to 45 minutes in our free supervised crèche. Don't forget your child's socks as these are mandatory.</p>
<p><b>Neighbouring Boroughs</b></p>	
<p><b>Alexandra Park and Palace</b> Alexandra Park and Palace, Wood Green, N22 7AY</p>	<p><b>FREE</b> Park and garden hangout with playgrounds, deer and a lake</p> <p>There are other activities on site at a cost such as ice skating and paddle boats</p>
<p><b>Ryeassic Adventure Park</b> Rye House Kart Raceway, Rye Road, Hoddesdon, Hertfordshire, EN11 0EH</p>	<p>Venue type: Indoor, Outdoor Suitable for ages: Babies and Toddlers (0-3), Young Children (4-8) and Older Children (9-12) If you're looking for a park packed full of activities and guaranteed to satisfy the most energetic of adventures then visit RyeAssic Adventure!</p> <p>This indoor and outdoor play area is designed for 0-12 year olds and features a soft play centre with three zones – The Soccer cage, The Big Red Bus and the Giant Play Station, a mini bowling alley, pirate galleon, climbing walls, slides, gangplanks, swings and a basketball net. Park</p> <p>Kids (Monday to Friday): £3.95 Kids (Saturday to Sunday): £4.95 Adults/Under 1's: FREE There is an extra charge of £3.50 pence for all ages for Crazy Golf</p>

<p><b>Woodberry Wetlands</b>                  West Entrance via New River Path                  Lordship Road                  London, N16 5HQ</p> <p>Get in touch                  info@woodberrywetlands.org.uk                  020 8802 4573</p>	<p>Nature in the heart of London                  Free entry daily 9:00am-4:30pm, Woodberry Wetlands offers great opportunities for people to enjoy nature in the heart of London, free of charge, fully accessible and ten minutes' walk from Manor House tube station. Woodberry Wetlands is an operating reservoir, originally constructed in 1833 and closed to public access ever since. Working Thames Water, London Wildlife Trust has carefully built an urban wetland oasis rich in wildlife.</p> <p>Woodberry Wetlands wildlife                  Woodberry Wetlands is home to lots of wonderful wildlife. Kingfishers dart across water, whilst reed warblers, bees and dragonflies buzz around the reeds. You'll be amazed you are in London.</p>
<p><b>White Water Rafting Centre</b>                  Station Road, Waltham Cross EN9 1AB                  Hours: 8am-9:30pm                  Phone: 0300 003 0616</p>	<p>There is a charge for rafting, although there is no charge for taking a picnic and enjoying watching rafters negotiate the course.</p>
<p><b>Epping Forest, Chingford</b></p>	<p>Just yards up the hill from the station/bus station, you have the Queen Elizabeth Hunting Lodge, providing interactive experience of life at the time of Henry VIII onwards and next door is the wildlife and conservation studies centre with information on the life of Epping Forest. There is also a café.</p> <p>These are set on the edge of the forest - which offers plenty of scope for walking, hiking and sports activities.</p>
<p><b>Tottenham Marshes</b>                  Watermead Way,                  Tottenham, London,                  N17 0XD</p>	<p>Take a gentle stroll or cycle on miles of paths, there are plenty of walking and cycle routes. You can also connect with the River Lee towpath &amp; walk the eight miles up to the picturesque River Lee country park.</p>

## FREE AND CHEAP IN LONDON - MAKE YOUR OWN ITINERARY

VENUE	WHAT IS THERE
<p><b>British Museum, Science Museum, Natural History Museum, Victoria and Albert Museum, Museum of Childhood, Jeffrye Museum, Museum of London, Ragged School Museum, Museum of Egyptian Archelogy, National Maritime Museum, Museum of London Docklands, Bank of England Museum</b></p>	<p>London museums not only offer free of charge access, but the larger ones also offer interactive exhibit for children and young people as well as education programmes. There are charges to see very specific exhibitions but the museum collections are available to all free of charge. The interactive activities in the science museum will appeal to young scientists and the rock and pop exhibits in the V&amp;A to budding musicians.</p>
<p><b>Camden Market</b></p>	<p>There is no charge for entering the market and once there, you can enjoy the extraordinary choice of food from around the world offered all across the huge site or you can sit and watch the boats on the Regents Canal or walk along the tow path and grab a free look at some of the animals housed in London Zoo. If you want added excitement or an assault on the senses – spend time in Cyber Dog.</p>
<p><b>City Farms</b></p>	<p>The closest city farms to Enfield are at Kentish Town, Hackney and Spitalfields. Entry to all of them is free of charge and they have a wide range of activities in addition to looking after the animals on site. There is also Coram's Fields near Russell Square which has a very small city farm but large play and picnic areas as well as sports pitches and is one of the very few places where adults are only allowed in if accompanied by a child!!!</p>
<p><b>South Bank of Thames</b></p>	<p>There are always lots of free events and performances along the whole of the South Bank of the river close to the national theatre and London Eye. There are frequently free of charge concerts and musical events in the foyer of the Royal Festival Hall. But you can also develop your own walk with children and young people by starting at Tate Modern (free of charge to go in ) and walking along past the Globe Theatre to look at the replica of Shakespeare's original and past the old Clink prison onwards to the replica of the Golden Hind. There are ample picnic spaces near to the London Eye and outside the Tate.</p>

<p><b>City Hall, Tower Bridge, St. Katherine's Dock and the Tower of London</b></p>	<p>Starting outside City hall on the South Bank of the Thames (large picnic areas available) walk over London's most famous bridge and on reaching the north side turn right to St. Katherine's Dock where amongst the yachts you will also find the Queen's golden jubilee barge in all its finery. Turning back, walk along the river bank and enjoy the views of the tower of London and traitor's gate – where people passed on their way to be executed.</p>
<p><b>Buckingham Palace, Trafalgar Square and the Houses of Parliament The National Gallery art workshops and drawing sessions The Wallace Collection, Tate Modern, Tate Britain, Saatchi Gallery</b></p>	<p>Starting at Buckingham Palace – watch the changing of the guard ceremony (11.00am mostly daily during summer and less frequently during winter – but times and dates are on line) and then walk along the Mall (plenty of picnic spaces in the park) towards Admiralty Arch. Just before Admiralty Arch in Nash House on the left is the Institute of Contemporary Arts (ICA) – entry is only £1 for day membership. Through Admiralty Arch you arrive at Trafalgar Square.</p> <p>The National Gallery and National Portrait Gallery (free of charge entry) FREE activity workshops and drawing sessions different every month see website for what's on: <a href="http://www.nationalgallery.org.uk">www.nationalgallery.org.uk</a></p> <p>Parents or guardians will need to stay with their children during the workshops.</p> <p>To the left of the square plenty of picnic sites available in front of the gallery and by the fountains. Whitehall goes off to the right and you can walk down Whitehall past all the government ministries and Horse Guards' Parade (daily changing of the guard ceremony at 11.00) and past Downing Street (home of the Prime Minister and finally come to Parliament Square where you have the views of Westminster Abbey, the Houses of Parliament, Big Ben and the statues to both British and other world leaders. You can then walk down to the river for views of the London Eye.</p>
<p><b>Adventure Playgrounds</b></p>	<p>There are a number of adventure playgrounds across London. The nearest to Enfield are Somerford Grove in Haringey, Homerton Grove in Hackney and Timbuktu in Islington.</p>

<p><b>Covent Garden</b></p>	<p>There are always a large number of street performers in Covent Garden but in addition to this, there are also concerts daily in the market itself.</p> <p>On the edge of the Market Square is the London Transport Museum. Under 18's have free of charge access but under 12's have to be accompanied by an adult. Adult ticket prices range from £15 to £18</p>
<p><b>Diana Memorial Playground</b></p> <p>Getting there Kensington Gardens is readily accessible by public transport. There are a number of tube stations and bus stops that surround the park.</p> <p>Postcode for electronic device users is W2 2UH, but note this is for guidance only as the gardens cover a large area</p> <p>Parking is available for disabled drivers at Queen's Gate or along West Carriage Drive in the designated bays.</p> <p>By Tube The tube stations that surround Kensington Gardens are:</p> <p>Lancaster Gate &amp; Queensway (Central Line) Bayswater (District Line) High Street Kensington (Circle and District Lines)</p>	<p>A huge wooden pirate ship is the amazing centrepiece of the Diana, Princess of Wales' Memorial Playground. This children's wonderland opened on the 30th June 2000, in memory of the late Princess.</p> <p>Located next to her Kensington Palace home, the playground is a fitting tribute for a Princess who loved the innocence of childhood.</p> <p>Over 1,000,000 visitors enjoy this free playground each year. Kids love to play, explore dash about, and let their imaginations soar in this magical space. There is a sensory trail, teepees, a beach around the pirate ship and various toys and play sculptures; all set against a lush backdrop of trees and plants. There's plenty of seating so the grownups can relax too.</p> <p>The design has created an area where less able and able-bodied children can play together and seeks to provide for the physical, creative, social and educational development of your children. Inspired by the stories of Peter Pan, the playground encourages children to explore and follow their imaginations, learning whilst they play.</p> <p>Opening times The park is open from 6am to dusk all year round. <b>FREE</b> admission</p>

## PARKS

	Outdoor Gym	Tennis Basketball	Playground	MUGA	Paddling Pool	Skating Track	Putting Golf	Sports Pitches
<b>Pymmes</b>	x	x	x	x				x
<b>Tatum</b>			x			x		
<b>Albany</b>			x		x			
<b>Arnos</b>		x	x				x	
<b>Aylands</b>	x		x					x
<b>Bramley</b>			x					x
<b>Broomfield</b>			x	x			x	x
<b>Bush Hill Park</b>		x	x	x				x
<b>Craig</b>	x		x	x				x
<b>Cuckoo Hall</b>	x		x	x				x
<b>Elsinge</b>	x		x					
<b>Town</b>			x		x			
<b>Hazelwood</b>		x	x					x
<b>Ivy Road</b>	x		x					
<b>Jubilee</b>			x				x	x
<b>Ponders End</b>	x	x	x	x				x
<b>Oakwood</b>		x	x	x				
<b>Montagu</b>			x	x				x







ECYPS

The Ark

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