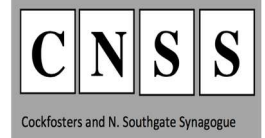


Community Information Sheet - Cockfosters & N. Southgate Synagogue



Our Synagogue

Address: Cockfosters & N. Southgate Synagogue, Old Farm Avenue, London N14 5QR
Telephone: 020 8886 8225
Office hours: Sunday & Friday 09:30-12:30; Monday to Thursday 09:30-16:00
Email: office@cnss.co.uk Website: www.cnss.co.uk Office Manager: Linda Cohen

Rabbi: Daniel Epstein

Email: rabbiepstein@cnss.co.uk

Rebbetzen: Ilana Epstein

Email: ilana@cnss.co.uk

e-Shofar (the CNSS magazine) has details of all CNSS activities and upcoming events, and is sent by email to members each week.

Religious Services and Communal

Service times: please see our website, e-Shofar (our email weekly newsletter) or check with the Shul Office

CNSS Mikvah: for all enquiries, please ring 07772 516314

Ladies Guild: please contact the Shul Office

Board of Deputies: 020 7543 5400

US Burial Society: 020 8950 7767

London Beth Din: 020 8343 6270

Children & Youth

Our **Youth Director**, Alex Fenton (youth@cnss.co.uk), runs :

▶ Services and activities for our **older children and youth on shabbat and festivals..**

▶ **Term-time activities for Years 4-8** on Monday evenings, and for **Years 9-10** on Tuesday evenings.

Contact Alex or see e-Shofar for more details

▶ **NOSH (No Ordinary SHabbat) - services and activities for ages 0-10 on shabbat and festivals.** Email Emma Simons (noordinaryshabbat@gmail.com)

▶ **Rainbows & Brownies Groups** at the shul;

▶ **Karate** – 3 groups run during the week; contact Loui (0845 869 5518)

▶ **Bnei Mitzvah Group** – meets monthly, for families with children of Bar/Bat Mitzvah age.

Adult Education and Social Events

▶ **CLC (Cockfosters Learning Centre)** presents a wide-ranging series of talks during the year on religious, cultural and topical subjects of Jewish interest.

▶ **Seed 1-to-1 learning programme.** Learn more about our faith on Wednesday evenings throughout the year. Contact 020 8958 0820 for information.

▶ **Shiurim with Rabbi Epstein.** Alternate Wednesdays for Men and Ladies - no prior knowledge assumed.

▶ **Lunch & Learn.** Wednesday lunchtime learning + lunch!

▶ **Schmooze/Talkback discussion group.** In the shul Bet HaMidrash on the 3rd Shabbat of each month. Lively discussions on Jewish-related topics + refreshments.

▶ **Special events linked to our festivals** such as a Communal Seder, programmes for all the family at Chanukah and Purim, as well as Shabbat UK & Mitzvah Day.

▶ **“Simply Social”** – we run a variety of social events during the year such as quizzes, guided walks, talks on topical subjects and health matters, film nights, and screening major football matches.

▶ **Zumba classes** - ‘gentle’ (Weds am) & ‘harder’ (Sun am).

For more details of all our activities, programmes & events, just call the office on 020 8886 8225.

We are always happy to discuss new ideas or forming new groups – please contact Ros Goulden via the office.

Seniors and Welfare

▶ **Community Care** : Do you know of someone who might appreciate some additional support (practical help, hospital visits, support at home, transport, etc.)? Please call the **Helpline** 020 8882 2332 and leave a message. We will respond as soon as possible - or contact the Shul Office.

▶ **Are you able to volunteer to help?** Please contact the Shul Office.

▶ We have many other social groups for senior members :

JACS - weekly; **AJEX** - monthly; **CNSS Community Care tea parties** etc.

WIZO - a social and fund-raising committee. **Just call the office for details**

Additional information for members new to the area :

Local suppliers of kosher products

Kosher Butchers (*London Board of Shechita supervised*)

La Boucherie (Kosher) Ltd 4 Cat Hill, East Barnet, Herts EN4 8JB Tel: 020 8449 9215; kosher meats, breads and cooked products.

A Perlmutter & Son 1-2 Onslow Parade London N14 5JN Tel: 020 8361 5441; kosher meats, cooked products, breads, greetings cards and a range of kosher grocery items.

Kosher food can also be bought at (*shops not supervised*):

Cockfosters Delicatessen 19 Station Parade, Cockfosters Road, Cockfosters EN4 0DW Tel: 020 8441 4754; frozen kosher meats, kosher breads, kosher milk and cheeses plus a range of sealed kosher grocery items.

Fio's 2-4 Cockfosters Parade, Barnet EN4 0BX Tel: 020 8920 6613. Well stocked with 2 aisles of kosher milk, kosher sealed products & wines.

Poisson Fishmongers 7 Station Parade, Cockfosters EN4 0DL Tel: 020 8449 0335; fresh fish and a range of kosher goods.

Mainstream supermarkets - ASDA, Sainsbury's and Tesco – all have kosher sections with a limited range of kosher goods and/or chilled items.

Local Jewish Schools

Wolfson Hillel Primary School (a United Synagogue nursery & Primary school), 154 Chase Road, Southgate, N14 4LG Tel: 020 8882 6487; nursery (age 3+) to year 6.

Stars Nursery, 154 Chase Road N14 4LG Tel: 020 8886 9522

JCoSS (Jewish Community Secondary School) (a pluralist cross-community Jewish school), Castlewood Road, New Barnet, EN4 9GE Tel: 020 8344; year 7 through to 6th form.

There is also a range of other Jewish primary and secondary schools outside our local area. www.findajewishschool.co.uk has details

Local Medical Services

Barnet Hospital Wellhouse Lane, Barnet, EN5 3DJ Tel: 020 8216 4600; includes Accident & Emergency Service (24 hours/7 days)

Chase Farm Hospital The Ridgeway, Enfield, EN2 8JL Tel: 020 8375 2999; includes Urgent Care Centre (9am – 9pm/7days)

Doctors and Dentists; there are 12 GP and 16 dental practices within 1.5 miles from the synagogue.

See <http://www.nhs.uk/service-search> on the internet or ask around at the synagogue!

Local Transport

The area is well-served with transport links. The M25 motorway is just a few miles to the north, and the North Circular (A406) is on the southern edge of the area. The Piccadilly Underground line runs through Southgate up to Cockfosters Station. Overground and National Rail services run from four stations within 2 miles of the synagogue – Winchmore Hill, Oakleigh Park, Palmers Green and Grange Park.