



Edmonton's flying start



The magnificent new Leisure Centre at Edmonton Green has opened at a cracking pace and we aim to help make it even better with Monday being designated as a very special Over 50s Day - similar to,

but even more enjoyable than, the very successful Wednesday Over 50s Day at Southbury leisure centre.

We're kicking off with a free Taster Day on Monday 1 October with the following Monday 8 October being the official launch date offering a range of activities superior to those available at any leisure centre in the area. Plans are being made for pilates, yoga, table-tennis, short-mat bowls, gentle exercises, aqua-fit, swimming (with a special beginner's session), dance routines and full use of the most modern 90-stations gym.

The Forum now has the task of letting people know about the special Over 50s Day which will include lunch in the meeting room where people can get to know one another in a friendly informal atmosphere. Admission will be free to Forum members taking out a £28 monthly direct debit or a £280 annual fee to use all the facilities at any leisure centre in the Borough at any time. Forum members with just an Energy concession card will pay £3 for the day and non-members £6.

We will be publicising the launch of the Over 50s day and need help in covering the shopping areas around the leisure centre. So if you have some time - even half-an-hour to spare - please give Olivia a call on 020 8447 8841 and help to get the centre off to a flying start.

This is great opportunity for us to get a big boost in the Forum's membership. The total number of Forum members and over 60s with an Energy concession card or joining the Aspire membership scheme has now topped 1,500 which is evidence of the headway we are making in encouraging more older people to participate in physical activity as part of a healthy lifestyle.

Reminder: Being a Forum member entitles you to a special leisure centre discount. For an annual fee of £280 or a monthly £28 direct debit you can use any facility at any centre at anytime - a saving of £90 on the annual fee and £9 a month on the direct debit and there's no £35 membership joining fee. To obtain the discount you must contact Sue George in the ELC sales office 020 8245 5191.

Spread the word!

Future FORUM Events

Tuesday 25 September 10am for 10.30 start
Professor Sir George Alberti, NHS director of emergency care leads a discussion on **"Your Health - Your Future the proposed changes in local NHS services."**

This meeting will take place at the new **Edmonton Leisure Centre, Edmonton Green** (one minute from bus station)
Please note: This meeting is only for Forum members.
Admission by membership card

Forum meetings at the Civic Centre, Silver St, Enfield Town.

Tuesday 30 October 10am for 10.30 start
"Any Questions" with **Ray James, LBE Officers' Champion of Older People and director of health & adult social care.**

Tuesday 27 November 10am for 10.30 start
Keezia Obi, LBE Adult Protection Coordinator, speaks on **"Elder Abuse: The hidden menace in our midst."**

Coffee mornings at Skinners Court, Pellipar Close, Fox Lane opposite the Fox pub, Green Lanes, Palmers Green

Tuesday 18 September 10 am start
Samantha Gajadhar, Enfield Alzheimer's Society
With some 600,000 people already afflicted by dementia - and that number is set to double in the next 30 years - Samantha will open a discussion on the different types of Alzheimer's and dementia; the treatment and drugs available; carers experiences; accessing services; local provision and support and much more.

Tuesday, 16 October 10 am start
Perspectives 2008 - a special joint meeting with **OPTAG** (Older People's Thematic Action Group) for **all Forum affiliated groups** to hear **Lisa Greenshill, voluntary & community team leader at the Government Office for London,** open a discussion on how groups and organisations of older people can gain from local area agreements between Enfield Council and the Government.

Forum members wishing to attend should check with Tony Watts Tel: 8886 9125 or tony_watts@blueyonder.co.uk

Tuesday 20 November 10 am start
"Keeping older drivers on the road - safely and for as long as possible" Driving examiner **Denis Rowley from the Driving Standards Agency** is coming to help mature drivers retain their driving licence into later life. This event is restricted to the first 40 applicants - but we can repeat it in the New Year depending on demand.

Book your place with Olivia on 020 8447 8841

What's in a name?

The medicines prescribed by our GPs all have two names - a brand name and a chemical/medical name. So the antibiotic amoxicillin is the chemical name and Amoxil the brand name. Diabetes sufferers take Metformin tablets and the brand name is Glucophage. When the American company that makes Viagra was looking for a chemical name it settled on **Mycoxafloppin**. Alternative names discussed included **Mycoxafalin, Mydixadrupin, Mydixarisin, Dixafix and Ibepokin**.

Pfizer, the American makers of Viagra are about to produce the drug in liquid form and we hear it will be marketed by Pepsi Cola as a new beverage suitable for use as a mixer. It will be advertised under the slogan: **"Pour yourself a stiff one"**. Obviously, it cannot be marketed as a soft drink so it will be listed as a **"cocktail"** or a stiff drink called **"highballs"**.

Which reminds us that there is more money being spent these days on Viagra and breast implants than on research into Alzheimer's and dementia. This means that by 2040 there will be a large, elderly population with **perky boobs** and **huge erections** and **absolutely no recollection what to do with them**.

2shop4 a neighbour

We now have **18 volunteers** offering to do the shopping for somebody who is house bound and our next step is to get together with other good neighbour groups in the Borough. The Forum has been approached by **Meet a Need with Christian Care and the United Churches of Palmers Green** with a view to meeting and working with other groups, coordinating our drive for more volunteers and, most importantly, locating those who desperately need help.

We've been told that some people are so desperate for help that they are even paying people to do their shopping. Unfortunately we've also learned that there's no money in the council's coffers for this sort of activity even though it must help keep people out of hospital.

Here's a challenge for our councillors. If Bromley Council can fund such a scheme, making sure that some 300 people are getting the food they need why Enfield can't do something similar? To join our existing list of 18 volunteers call Olivia on 020 8447 8841.

Warburtons set big challenge to Forum

Support by **Warburtons, the Brimsdown-based bakers** for the Forum could be taking a big leap forward if, as we fully expect, **Arsenal qualify for the group stage in the European Champions League**. We have been offered four tickets by Warburtons for the home leg of one of the Arsenal ties against a top European club, together with dinner and drinks in a hospitality suite at the new Emirates Stadium. We propose to raffle these tickets, giving two top prizes each of two tickets. **Cost of the raffle tickets has been set at £2 each, five tickets in a book for £10.**

The raffle has been registered with the Council and all proceeds after printing costs will go to sustain the Forum in its vital work of improving the quality of life of older people in Enfield. Full details of the Big Draw will not be known until 11am on Thursday 30 August - after this Newsletter went to print. But we want all our members and friends to prepare for a major four-week raffle ticket selling campaign.

If we can sell 1000 books we'll have almost £10,000 in the kitty which will help guarantee the future employment of our much-appreciated development officer Olivia Goodfellow. So that's the challenge we've set ourselves and you can register your interest in selling any number of raffle books by calling **020 8447 8841 NOW**.

The raffle coincides with **Warburtons launching a new Healthy Inside Oats high fibre wholemeal loaf** with the added goodness of oats and oat fibre to actively lower cholesterol. The oats and oat fibre in Healthy Inside Oats contain the naturally occurring ingredient beta glucan, a soluble fibre which can help reduce blood cholesterol as part of a diet low in saturated fat and a healthy lifestyle.

The beta glucan acts like a sponge, soaking up and removing cholesterol from the body. Three slices of Healthy Inside Oats provides 1g of beta glucan soluble fibre, which is one third of the 3g suggested daily intake. So watch out for this special loaf in the supermarket **and watch out for the launch of that raffle**.

SILVER SCREEN FILM CLUB

Third Monday in the month at CineWorld, Southbury for **Enfield's Over 50s**

Forthcoming films are:

Mon **17 Sept 07** - **Ocean's 13**

Mon **15 Oct 07** - **Atonement**

Mon **19 Nov 07** - **The Namesake**

Doors open at 10.30am for coffee tea. Screening at 11am. Tickets £2.

Details on 020 8379 4640 or wriotheseleynn.rehill@enfield.gov.uk

Our Liz is a winner

Forum committee member Liz Henthorn has won a silver award in the Enfield in Bloom competition for her environmental and wildlife garden below which she and husband Giles, who is not in the best of health so much enjoy - despite the active life Liz leads.



Date for the diary

Wednesday 24 October

National Pensioners Convention Rally in Methodist Central Hall, Westminster at 12 noon

Followed by a lobby of MPs for higher state pensions, free long-term and social care

Climate change & the elderly

higher temperatures - more flooding - diminished water supply
a special discussion on the impact of climate change on health issues
Planning Aid Resource Centre 3rd floor, 65 Whitechapel Rd, London E1.

2-4pm 26 September.
Phone 020 7247 4900 to register

More public loos campaign

.....first flush of success

At last it's good news! Following a meeting between the Forum chairman, LBE's Cllr Terry Neville, cabinet member for the street scene and environment, LBE director John Pryor and leaders of the Enfield Business and Retailers Association (EBRA) we have been told that the community toilet scheme we've long campaigned for is now under starter's orders.

EBRA's officers have discussed the idea and they've told the Council that they **"are of the opinion that this is a worthwhile project that we can assist with implementing"**. They add: **"We are confident that we could find businesses to support the scheme in every town centre to make the project worthwhile"**

The Council now has to draw up a standard agreement with each business agreeing to open its toilet to the public without compelling them to purchase anything. It has to decide how much to pay each year for the service which ranges from about £500 to £750 a year to cover the cost of maintaining clean and accessible toilets. And there will need to be a suitable inspection system.

Forum members have long pressed for something to be done about the paucity of public toilets - it is the No.1 issue raised at meetings of older people - and now that the Council and EBRA have agreed to get a community toilet scheme off the ground, we need to assist them all we can.

Every Forum member and Newsletter reader can help by asking the boss of any pub, restaurant or shop they consider suitable for such a scheme whether they would be willing to open their doors in return for an annual payment. We will then pass the details on to the Council and EBRA in the hope that we can launch the scheme with 20 or more businesses already signed up.

We know from our own survey that the lack of adequate public toilets means that some people dare not go out shopping, go on a bus or tube journey or visit the theatre. Too often they are stuck in the house and become depressed and their quality of life is diminished.

And just like elder abuse, another taboo subject is incontinence, yet an estimated six million older people suffer from it and is second only to dementia as the reason why older people enter residential care. Social services, health professionals, council and the government all say they want to encourage more older people to stay at home and retain their independence in preference to residential care.

So here's their chance to help us provide more public toilets at minimal cost to the Council. Let's get the businesses signed up, publicise their participation and they'll get more customers and more older people will get out and about. Please help us to identify potential participants for this innovative community toilet scheme.

Osteoporosis guide

An informative guide to osteoporosis for all ages is now available. To obtain a free copy call Red Door Communications 020 8392 8040

Chat from the Chair



Talking in the changing area at Southgate Leisure Centre the other day, I met a man aged 58 who, having been diagnosed with high blood pressure was advised by his GP to do more exercise, so he had started swimming again after a long lapse. I was, however, taken aback when he told me he had signed up for a year's membership and paid £405 for the privilege. "Did he know about the Forum", I asked. "What's the Forum" was his prompt reply.

I explained that as a Forum member he could get annual membership for £280 - a saving of £125 and it would only cost him £5 to join the Forum or £7.50 with his wife. Now there's a lesson or two here for all of us who think the Forum is the cat's whiskers. Firstly, that good as our membership is at over 1,300, too few people in the Borough still know of our existence - and we can all do a lot more to spread news of who we are and what we do.

Secondly, although this Forum Newsletter is distributed to all 62 surgeries in the Borough, our existence has obviously not yet registered with GPs who could so easily tell patients about us when they recommend a change in lifestyle by building some physical exercise into their routine. So I plan to write to every GP telling them how popular they would be if they drew the attention of patients to the unique discount scheme we have negotiated for Forum members. And we can all do that little bit more to help reach our next target of 1,500 fully paid up members.

Looking through these Newsletter pages, I think you'll find a perfectly balanced blend of meetings, social and cultural activities and campaigning issues we have taken up. And there's a lesson here too because as individuals we can do so little, but working collectively as a group we can achieve a great deal more.

Without our Forum, would the community toilet scheme now underway ever have seen the light of day? Without our Forum, would the MPs, Ministers, council officials have the lack of funding for adult and community learning in Enfield on their agenda? The Forum is determined to do everything it can to win back the concessionary fees withdrawn without any consultation because we do not believe in a two-tier system which in effect discriminates against one section of pensioners because they are not in receipt of one benefit or another.

So our message is: stick together and we can achieve much. For those of you on the outside looking in I'd say come on in, give us a hand, there's plenty to do to make life better for older people.

Monty Meth

Chair



.....Olivia reports.....

Scots wha hae!

The largest Forum trip to date took place in August, when 90 members travelled north of the border to the Edinburgh Tattoo. The coach journey took us first to Harrogate in Yorkshire, which lived up to its reputation as a floral resort. The beautiful flower beds and carefully tended gardens were a joy to behold and those who had refreshments in Betty's were not disappointed. After a night's stay in a hotel in Stockton-on-Tees, we travelled on to Edinburgh, and crossed the beautiful Dales, teeming with pheasants, hares and rabbits and rolling fields of golden wheat.

Edinburgh is a beautiful city and was alive with the festival and lots of street action. The Tattoo was a truly amazing spectacle and representatives from America, Trinidad and Tobago, Russia, Scotland, Taiwan and many more, made this a memorable evening. The precision of the music, dance, motorcycles and horses was wonderful and roused the emotions in a truly international way. After a late Saturday night, we spent Sunday in York on the return leg of the trip and strolled around this ancient city. The visit was not without mishap but generally, the members enjoyed the weekend and this was a wonderful opportunity to travel a little further afield and experience a wonderful spectacle.

Edmonton forum

The July meeting of the Edmonton forum was another active afternoon at the Indoor Bowls Centre at Picketts Lock. 20 Forum members were allocated places to "have a go" and not one person had ever tried bowls before, so no-one had an advantage! Rita Law and her assistant, from the club were the coaches for the afternoon and began by explaining some basic rules and how to hold the bowls.

A really great afternoon of fun started and it even became a bit competitive towards the end. It is easy now to understand why bowls is so popular as the social chatter along with the skills to actually play the game, make it such a fun activity for all abilities. The Picketts Lock club is open during the winter months every day of the week and

three days per week during the summer months. For further information, call Rita on 0208 524 0052 or email her on rita.laws1@ntlworld.com or Ena Challis on 0208 372 4228

The Edmonton Forum September meeting is taking place on Wednesday September 26 and not on our usual Friday because we are going to the House of Commons for a guided tour, followed by a visit to the Jewel Tower; which is one of only two buildings from the mediaeval Palace of Westminster, to survive to the present day.

Places are limited to the first 19 Forum members with a N9, N18 or EN3 postcode, so call and book with Olivia (020 8447 8841) to avoid disappointment. There will not be a separate flyer sent out about this September meeting, so put the date in your diary. If there is a large response, it will be possible to have a second group visit on another occasion.

Calling all loose women!!!

I have arranged a visit to the London Studios on the South Bank on Monday 5 November. The studio visit begins at 4.30pm and finishes at 6.30pm and we will be part of the studio audience for the popular lunchtime TV chat show, Loose Women, which shows every day on ITV at 12.30

If you like to have a laugh and are relatively broad minded, this will be an enjoyable visit. The show includes celebrity guests and recently had Joan Collins in the studio. To make it a complete afternoon, we will be having a late lunch at 3pm in the Mulberry Bush pub, just across the road from the studios - details on application and a stroll in the South Bank area before going to the pub. Only 21 places are available and this will be strictly on a first come first served basis and is only open to paid up Forum members.

Fred's pleased

I've had a message from Fred Rolph telling me that his sponsored ride to Cambridge on 22 July raised a total of £207 for Breakthrough for Breast Cancer. Fred was delighted that his appeal at the last Forum lifted the sum from £185 and he wishes to thank all those who donated for their generosity.

Random

Free fire check for Enfield

The London Fire Brigade is funding a special campaign with Help the Aged in Enfield, offering a free full fire assessment, including a check on smoke alarms which, if necessary, will be replaced at no charge. This service is free to anyone over 60. If you want to book a home fire safety visit call 01255 473999.

100 not out

In 1952, Queen Elizabeth sent just 252 people congratulatory 100th birthday greetings. In 2006 she sent 4,767 to centenarians in the UK alone - and there were another 294 people greeted on reaching 105 and a further 259 people over the age of 105 getting a Royal message every year. Counting all the centenarians in the countries where the queen reigns the number of centenarians reached 7,930 in 2006.

Chase Farm season tickets

They don't advertise it, so too few people know that if unfortunately you have to go to Chase Farm hospital daily, you can get a weekly parking season ticket for £11, instead of paying the daily £4. You must first get a form from the cashier's office, get it signed by a ward nurse and then take it to the cashier's office in the Clock Tower which is open 8.30-12.30 and 1.30-4.30 Monday to Friday.

Phone enquiries directory free again

It's not very often that we humble punters can beat the big profit-hungry moguls, so it is good to see that their attempt to charge people to pay for phone numbers they need has backfired. Until four years ago we could dial 192 and get any listed number for nowt. Then a host of big boys tried to charge us for the facility using a variety of 118 numbers.

Not many people seem to know that this ruse was a financial failure and you can now phone a new number

Christmas markets trip - 30 Nov - 3 Dec

There are just 4 double rooms available for the Christmas Markets trip to Germany and Holland. If any new members would like to join the trip, please contact Olivia on 020 8447 8841 or email olivia.g@virgin.net for further information. Cost £229 per person. Visiting Aachen in Germany, Valkenburg in Holland and Germany's picturesque Monschau.

Thought for the summer

If everyone living in London walked just two kilometres a day instead of taking a bus or car, between them they'd burn off 27.3 billion calories this summer - equal to more than 100 million chocolate bars, or over two squares per person per day. Half of all car trips in outer London are of less than 2k.

Coping with Change

The first workshop of this kind was attended by 21 Forum members at Salisbury House on Saturday 23 June. The life skills trainer, Mary Jo Radcliffe, facilitated one of the most informative and thought provoking days of our lives in a gentle and open way. Looking at change and its effects on our lives was explored, and the mechanisms to deal with these changes were made clear. All participants had different and personal reasons for attending and this made the day a very rich experience for all. A shared lunch ended up being nothing short of a banquet and so with the sun shining, we were also able to enjoy the beautiful gardens at the house. Feedback from members included:

"I want to express my thanks and appreciation regarding the coping with change workshop that I attended yesterday. The workshop was well organised and was very helpful to me. Mary Jo Radcliffe is an especially gifted trainer and I appreciated very much the way she presented the session. If there are plans for any future similar workshops, I would like to know about them."

And "I have emailed you quickly while it's still fresh in my mind. I thought the workshop was helpful, entertaining and more important it made me think. I suspect that was one

of the things Mary Jo wanted us to do. Thank you for the opportunity and a good day." and another: "I just wanted to thank you for arranging such an excellent day yesterday. Cecilia and I enjoyed every moment and look forward to similar events in the future" There will be the opportunity to take part in further personal development workshops in the future.

Forum makes coffee sense

Forum members on production of their membership card can now get 10% off any purchases up to the value of £20.00 and 15% discount on any purchases over £20.00 at Coffee Sense, a small family run coffee shop on the Green in Winchmore Hill.

This is an ongoing offer and is valid on Mondays and Tuesdays only. A selection of coffees, soft drinks, cakes and hot and cold sandwiches are freshly prepared on the premises. Some Fairtrade products are available for purchase too. Pop in and make yourselves known to Diane and Terry-give yourselves a treat!

Help is at hand for women

Do you have little or no experience of computers? Do you want to find out about emails and the internet? Do you want to learn in a small group? Have you got two hours a week to spare?

Do you have a basic knowledge of computers but would like to learn more? Would you like to use table and columns? Would you like to use pictures in documents? Would you like to be able to produce a small newsletter? Have you got two hours a week to spare?

Do you feel there must be more to life? Are you lacking in confidence? Want to try something new but are a bit scared? Not sure how to make changes in your life? Why not try a confidence building course?

For more information on all the above Enfield Womens Centre activities call Olivia on 0208 447 8841 or email olivia.g@virgin.net

Olivia Goodfellow

Round-Up

0800 118 3733. Calls to this number from a landline phone will be free. You have to put up with a series of free advertisements, and you'll find the line uses automated voice recognition technology to trace a number rather than an operator at the end of the line - but it's still a victory for us ordinary mortals!

Help & advice for veterans

Free help and advice on any issue is now available to anyone who has served in HM armed forces. Advice ranging from benefits and pensions to checking on service records and medals can be obtained by calling a free helpline 0800 169 2277. Lines are open Monday-Thursday 8.15am-5.15pm and 8.15-4.30 on Friday.

A special badge honouring the wartime contribution of Merchant Navy sailors and fishermen has recently been extended to anyone who served on a vessel supporting British military operations up until 31 December 1984 -

it was previously restricted to anyone serving until 1954. Contact the Merchant Mariners' Association 16 Glebe Road, Brampton, Huntingdon PE28 4PH Tel: 01480 412 958.

Free TV call for all over 75s

We've now been told that there is a free telephone number to apply for a free TV licence worth £135.50 tax free - that is if you or anyone in your household is over 75. Over 4 million people are now getting free TV licences but as the number of eligible people naturally goes up every month, it is worth reminding people that the free licence has to be applied for.

So please check among your friends, family and neighbours that everyone over 75 has stopped forking out for a licence. And applying could not be easier: just use freephone 0800 328 2020 or write to TV Licensing, Bristol, BS98 1TL. All you need to give are your name, address, date of birth and national insurance number.

Your health, your future.....

This is a summary of the written evidence we were invited to submit to the Barnet, Enfield and Haringey clinical strategy joint scrutiny panel on the future of health services in the area. We first emphasised that with more than 1,300 individual members and over 30 affiliated clubs and organisations it would be presumptuous of us to pretend that we can speak with one voice on the NHS consultation proposals.

However, the Forum Committee unanimously decided that it would not be in the interests of older people to, in effect, boycott the consultation process. Instead, we agreed to urge people to read the documents which have been issued and vote for one of the two options. We thought it was unhelpful and undemocratic to advocate undermining the consultation by voting for something that we were informed was unobtainable, unworkable and clinically unsafe. - and this view was endorsed at the 31 July Forum meeting attended by some 85 people.

We also agreed to give evidence to the joint scrutiny committee meeting on 14 September on matters that all Forum members are agreed upon - matters which we have strongly advocated for many years because we believe they are an integral part of the health care debate. ***We therefore asked the joint scrutiny committee to give due emphasis to three items:***

- ***the urgent need for improved GP services;***
- ***for better transport arrangements to all three hospitals;***
- ***and that there should be no change in the present structure until new amenities, such as urgent care centres and polyclinics, are in place.***

We drew the attention of the scrutiny panel to the excellent facilities at the new Edgware Community Hospital, which could be a good model to be replicated in Enfield. A guarantee that similar services will be provided in Enfield would, we believe, be better than those currently available at Chase

Farm and would allay many of the fears that Chase Farm will be closed.

We also sought an assurance that the London Ambulance Service will be able to meet any new obligations in providing a 21st century service for patients quickly and effectively.

Hospitals and the availability of first class professional treatment and care are, of course, vital for the lifeblood of any community. But we think it would be tragic if we missed the opportunity and we did not seize this chance when we are having a major debate on the future of health care in the area, not to focus on primary care and its present inadequacies when eight out of 10 people using the NHS on any given day are seen and treated by their GP

What has the Forum found in Enfield?

- ***Only 16 of the 59 surgeries are open five days a week. The other 43 still have half-day closing - a relic from the days when GPs provided an out-of-hours service.***
- ***Only 27 of the 59 surgeries offer a phlebotomy service on their premises and we are told none has physiotherapy.***
- ***No GP practice in Enfield can provide diagnostics from ultrasound facilities to speed up the detection and treatment of patients, cutting the delay in referrals..***
- ***41 of the 59 surgeries are manned by just one or two GPs - a much higher percentage than the London average - and clearly unable to provide the level of service envisaged for the 21st century.***
- ***Although half the GP practices have internet access, we know of only one where patients can use it to book an appointment.***
- ***Although officially frowned upon, we are told that 11 practices are still using 0844 telephone numbers costing 5p a minute and forcing patients to pay more than the basic rate while the practice derives extra income.***

What.....

'Trauma units better than local A&E centres'

Rubinder Saini is the woman whose life has been saved by controversial health reforms. The 28-year-old would have died if she had been taken to the nearest accident and emergency department after suffering a severed left leg, and a shattered right leg and pelvis when a speeding motorist ran her over.

She was taken to the country's only specialist trauma unit at the Royal London Hospital, even though it was further away than five other hospital A&E departments. Controversial health reforms propose more centres like these, but critics fear it will mean local hospitals will be downgraded if patients are taken elsewhere for treatment.

Dr Gareth Davies, head of the trauma unit at the Royal London, who treated Mrs Saini of Ilford, north east London, said the UK operated a system where critically injured

patients were attended by a paramedic and then taken to the nearest hospital where doctors try to stabilise them before transfer to a specialist hospital. He said these secondary transfers were 'lethal' with up to 90% of patients dying on the way.

If a trauma consultant attends the scene with specially trained paramedics they can effectively begin intensive care straight away and, in some cases, can operate by the roadside. Dr Davies said: "Rubinder would have died if she had gone to her local hospital, they would not have been able to locate the bleed and stop it. For a long time it has been considered that patients with complex multiple injuries can be treated at their local hospital but we now know that is not the case. It is vital that you get to the right hospital in the right time frame by-passing certain hospitals because, for these small numbers of patients, it can literally be lifesaving."

.....we have our say

- **We have been told that 23 of the 59 surgeries are not providing access to patients for the 45 hours a week required under their 2004 contract and the premises of 11 are not fit for purpose.**
- **When considered alongside the decline in breast screening for women aged between 50 and 70 from 71.5% in 2004 to 62.6% in 2006, we think that there is room for a massive all-round improvement and this health debate should provide the stimulus for root and branch changes.**

We have read the Framework for Action report by Professor Sir Ara Darzi; the report by Professor Sir George Alberti, the NHS director for emergency access; and the King's Fund project report for Enfield Council and find all of them stress in one way or another that the need for access to GPs needs to be improved as does the services they provide.

We therefore think the joint scrutiny committee should, as a priority, urge the strategic health authority for London to build the first new polyclinic facility and an urgent care centre in Enfield by 2009, offering a far greater range of services than are currently offered by our GP practices. They would be a one-stop shop for healthy living advice and information, offering services for mental health, social care and diagnostics and with extended opening hours.

We welcome Professor Darzi's plea for "up-front investment to help put new services in place quickly and win public support for change". We have to heed Professor Darzi's warning that the status quo is unacceptable when we read that Barnet and Chase Farm Hospitals need £44 million spent on backlog maintenance, just to bring them up to an acceptable standard. Added to that the £20 million deficit hanging over the head of Enfield PCT - which we have been told is the worst in London - and the case for change is formidable. Indeed, the King's Fund report said that Chase Farm needed capital investment of £137 million to bring it up to modern standards.

We endorse the points made by Professor Alberti in his report to NHS London - the clinical case for change - that

local services should be strengthened as an urgent priority before any hospital changes occur. He also says that it is essential that PCTs work closely with the local authority and transport services to ensure adequate public transport.

Public transport to local hospitals has been on our agenda for at least five years. We hear of meetings with Transport for London but we see no progress, save for one additional route to North Middlesex University Teaching Hospital. We hear of PCT plans to invest £6.5 million in primary care with the employment of 28 more doctors, but there's no timescale and yet it is widely accepted that our primary care services are performing poorly and there is, we believe, general agreement that this must change before any A&E services are withdrawn.

The Over 50s Forum now urges the joint scrutiny committee to broaden the parameters of this health care debate and recognise that it is in a powerful position to end the health care inequalities in this area and secure a rapid improvement in health services for the 80% of NHS patients for whom the GP is their first port of call.

Signed on behalf of the Over 50s Forum by:

Monty Meth (Chair),

Tony Watts (Secretary)

Roy Barrows and Irene Richards (joint Vice-chairs).

If you have not received the NHS consultation document and questionnaire or want to give your own views phone 0800 321 3129

CHAMPS

(Carlton House Association of Motivated Patients)

Invite you to to **Seeing Eye Care Differently**

Speakers: Geoffrey Brace of Ronald Brown Opticians Enfield Town and **Dr. Parul Desai**, Consultant in Ophthalmology & Public Health at Moorfields Eye Hospital

At the Lecture Theatre, Postgraduate Building, Chase Farm Hospital on Friday 28 Sept 2007 @ 2 pm.

.....the papers say

Dr Karim Bohri, a consultant surgeon who also treated Mrs Saini, said: "People don't die in ambulances, they die in their local A&E because they can't access the expertise that can deal with them".

DailyTelegraph 30 July 2007

and this is a letter from The Times

"As clinicians and partners working in the capital we find it sad that your story on Professor Darzi's excellent report Healthcare in London concentrates on hospital closures and not on the main theme, that patients need the best quality care in the right place. The care provided to stroke patients in the capital is just not good enough. There are many small GP practices without the facilities to offer even blood tests and ultrasound to their patients, while the hospital may not

be the right place to go for a wide range of relatively minor complaints.

That is why the polyclinic is proposed. We agree with Professor Darzi that better specialised care in major acute hospitals, treating in particular stroke and heart attack patients, will significantly improve the outcomes for a large number of people".

- signed by Cathy Warwick, visiting professor of midwifery, Kings College Hospital; Professor Sir Cyril Chantler; Dr Martin Wake; Dr Tom Coffey; Dr Maggie Barker, deputy regional director of public health, London; Simon Crawford, chief executive West London mental health NHS Trust.

The Times 12 July 2007

Age discrimination: last hurdle to fall?

No fair-minded person can really doubt that we have come a very long way in recent years in tackling and removing many forms of discrimination - new laws have been introduced against discriminating against disabled people; there's a new law on age discrimination in employment and new regulations to deal with sexual orientation and maternity leave reducing discrimination against women in the workplace.

There's a long way to go, however, when you think that women are still paid a lot less than men for doing the same job in many cases, disabled people are twice as likely to be unemployed and ethnic minorities still have a tough time getting jobs and promotion in many companies. The Government is now proposing to introduce a new single equalities law, bringing all the different rules and regulations into one combined Act covering race, religion, age, disability, employment with the aim of making equality law clearer.

Nine different pieces of legislation will be rolled into one new law and the Government is asking whether there are significant gaps in protection that should be stopped. That sounds fine until we realised that the Government is making no proposals to end the many forms of discrimination against older people such as in travel and car insurance or medical treatment.

The Government is asking for examples of discrimination and whether legislation is the most appropriate way of dealing with it. They've asked for exam-

ples and we've given them the following: Forum secretary Tony Watts was told by Direct Line they wouldn't give him travel insurance - he was too old at 67! Forum chairman Monty Meth was turned down for motor insurance by Coop Insurance - maximum age 76; Privilege Insurance (79); Frizzell (79); Marks and Spencer (80); MirrorSure Auto Direct (80).

Unfortunately, there is no law at present protecting us against age discrimination in the area of services such as insurance. People over 70 are barred from serving on juries just because of their age and not their ability to serve. Some voluntary organisations have had to turn away volunteers because they can't insure them. So we hope the debate on the new law will lead to the removal of these anomalies.

By way of good news on this front we've now found out that you can get a car insurance quote by phone from Intune by calling 0800 022 3174. Intune group Ltd is a wholly owned subsidiary of Help the Aged and any profits generated from selling products go directly to support HtAs charitable activities which have included our Forum.

Intune tell us they have no upper age limits for car insurance or for travel insurance, (0800 0223176), which can also be a problem. They insure over 400 drivers over the age of 90 and their oldest travel client with a world-wide annual policy is aged 110. They even insured someone of 86 for winter sports!

Free bowel screening will save lives

In Enfield last year there were 36 deaths where the principal cause was bowel cancer. So it is good to hear that the first free bowel screening campaign will be launched here on 22 September when men and women aged 60-69 who are registered with an Enfield GP should begin to receive invitations to participate in the programme.

The invites will go out soon after their birthday to be followed by test kits and so it is important that your GP has your correct name, address and date of birth. Patients over the age of 70 can request a test kit by phoning the freephone helpline 0800 707 60 60.

The NHS national bowel cancer screening programme is being rolled out across the UK and it is predicted that if just 60% of eligible people participate in the simple test it will save up to 20,000 lives - and if even more people respond then the number of deaths caused by bowel cancer will be even less. The screening aims to detect bowel cancer at an early stage in people with no symptoms. It will also detect polyps which are not cancerous but may develop into cancers over time. Cancer Research UK estimates that about one in 20 people will develop bowel cancer during their lifetime.

Bowel cancer is:

- * **the second most common cause of cancer deaths**
- * **over 16,000 people die from it each year**
- * **regular screening reduces the risk of dying from it by 16%**
- * **eight out of ten people diagnosed with bowel cancer are over 60**
- * **people at the greatest risk are those who don't take much exercise, are overweight, eat a lot of red meat and not much fruit, vegetables and fibre**
- * **if bowel cancer is detected at the earliest stage there is over a 90% chance of survival**

The screening kit enables you to collect samples of your bowel motions in the privacy of your home which will be sent away for analysis. The screening test will take place every two years and if any abnormalities are found you will be asked to have a colonoscopy, but even then only one in ten will be found to have cancer.

Do your bit - use the kit!

Support Skinners Court



Grilled minute steak, chips & salad £3

1 Pellipar Close, Fox Lane

Lunch at their fine restaurant. It is not widely known that the restaurant is open to the public and can provide a super 3 course lunch for £4.50. You can just drop in at noon or book a place on 020 8886 4562.

So why not give it a try!

David Snell Remembered

Forum members have sent the £70 proceeds from a Forum meeting raffle to Macmillan Cancer Support as a tribute to the memory of David Snell, a stalwart supporter of the Forum, Heart Throbs and Bury Lodge Bowls Club. The gift will be used to help fund a Sarcoma clinical nurse specialist to work directly with patients and carers

Get up and go - with Roy Barrows

Our Forum is not just about meetings. We try to promote ideas to encourage an active lifestyle in the belief that keeping the mind and body busy and creative can help secure a longer life. So in addition to our drive to use the leisure centres as much as possible, here are some of the activities we have carried out - and are planning - since the last Newsletter. And we could do even more if new people will help to take a lead.

Our active day trip to the Suffolk coast on Wednesday 18 July was yet another oversubscribed event. Regrettably not all the people who wanted to go could be accommodated. However, at 8-30 on a bright summer morning 50 Forum members set off from the Civic Centre in Enfield to the Suffolk coastal towns of Aldeburgh and Southwold.

Thanks to the very generous support of Waitrose, the Flower Stall in Palace Gardens and Papadelli's in Enfield Town we had a raffle on the way for "Sense" (the blind/deaf charity) and raised £100. This brings the total to £230 donated for this most worthy cause.

Arriving at Aldeburgh, we were greeted with a brief downpour, undeterred our members hurried off to find the various delightful cafes and hotel bars for morning coffee. After this suitable interlude we set off for the Suffolk village of Westleton, where we had pre-booked lunch in the the Westleton Crown. The sun come out to greet our arrival and we were shown into the conservatory dining area of this old coaching inn.

Since there was no seating plan, this was a good opportunity for Forum members to mix and get to know each other whilst enjoying a good lunch. It was great to see so many people chatting to each other, so obviously enjoying the occasion. (The Forum at work at it's best).

Well repleted, we rejoined the coach and headed off to Southwold, again to be greeted on arrival by a sudden downpour. Fortunately, the sun soon reappeared and we were able to stroll along the seafront to the pier or walk into town to take tea or browse around many of the interesting shops.

Alas all too soon 50 well contented members made their way back to join the coach for the return journey home. This second Suffolk coastal trip had again been a huge success and many people expressed the wish to return again next year. It was suggested that we reverse the destinations, going first to Southwold for morning coffee, Westleton for lunch and Aldeburgh for afternoon tea.

It would be an advantage to leave Enfield an hour earlier at 7-30 to make the most of this day trip and after leaving

Aldeburgh we could then include a visit to the nearby Snape Malting's (the home of the Benjamin Britten Festival concerts).

So Forum members be advised, watch out for details of next year's trip and reserve your place early to avoid disappointment.

Freedom Pass Day to The Palace of Westminster.....

Our third Freedom Pass Day took place on Thursday 23 August which was limited to 20 places that were very quickly filled. It included a tour of the Palace Of Westminster which includes the House of Lords and The House of Commons. After the tour, we visited the mediaeval Jewel Tower and the exhibition in Westminster Hall commemorating the 200th anniversary of the end of the British slave trade.

The Forum is indebted to our sponsor Major A M Charlesworth MBE at the House of Lords and Forum member, Major Peter Horsfall MBE who has made this tour possible.

.....and to The Guildhall and the Bank Of England

Our fourth freedom Pass day took place on Friday 7 September for a tour of the City of London Guildhall, the City church of St. Lawrence Jewry and the Bank of England Museum. During the tour of the Guildhall we visited the Guildhall Art Gallery to see the Thomas Telford exhibition on one of Britain's greatest civil engineers. This tour was limited to 35 places and all of them were taken up very quickly.

Future Freedom Pass Days

Forum Committee member Carol Ricketts has agreed to assist me with future events and we are planning to organise trips to the following places:

- Albert Hall and The Victoria and Albert museum in Kensington
- The Queen's Gallery at Buckingham Palace
- The Wallace Collection in London's West End
- The Ceremony of the Keys at the Tower of London (a late evening event)
- A return visit to Greenwich to Old Naval College, The National Maritime Museum and time permitting The Royal Observatory.
- The RAF museum at Hendon which can be reached via the tube to Colindale

Any Forum member can suggest places for a future visit. Better still, they can also assist with the planning. We say it often: the Forum is no closed shop, so please contact Roy Barrows (0208 360 8561)

.....Roddy writes.....

I hope you have already noted that our Christmas Party will be held at the Bush Hill Park Bowls, Tennis and Social Club on Wednesday 12 December, so put this date in your diary and keep it free. More details to follow.

You will see many other social events in this newsletter, make a note of them and come and support us and enjoy yourselves at the same time. We have talked about a theatre outing, and I was looking at the programme for the Millfield Theatre. So I thought what about going to the Pantomime, this year they are doing Peter Pan. It runs from 30 November right through to 6 January, and there are performances afternoon and evening.

So what I want you to do is this. First decide if you want to go, then either ring me or e mail me with the following details. Name, phone number then tell me if you wish to go afternoon or evening, before Christmas or after Christmas, or if you don't mind which. From your answers I will decide if and when we will go and get some tickets Always remember we are always looking for your ideas and your help in running things.

Roddy Beare

Social secretary
020 8292 4324 roddybeare@blueyonder.co.uk

Never too late to learn

That's what they tell us. So why have they withdrawn the concessions that were for many years given to pensioners wishing to take advantage of almost a million courses now said to be available for mature students at further education colleges?

Forum members who used to attend courses for yoga, art, French or Spanish tell us they are no longer able to afford the hefty increases in fees. Christina Rankin, for example, paid £155 in 2004 for two art classes each of two hours. Now she is expected to pay £270 for one two hour class - an increase of over 70% for half the tuition. No wonder Enfield College tells us there has been a 49% drop in 50+ learners between 2004-2007.

The facts are simple: the number of older learners is in steep decline because of the switch in policy - without any consultation - away from fee concessions for pensioners. Not so long ago the emphasis was on encouraging people to make full use of the years after retiring; to make it easier through adult learning for people to find satisfaction by mixing with others and widening their interests and knowledge.

Many people study for the sheer enjoyment of it. A stimulating lecture or short course can be a way to meet new, like-minded people. The all-round benefits can be immense. Mental aerobics,

they say, are as important as physical exercise for general wellbeing. And Alan Tuckett, the director of NIACE, the National Institute of Adult, Continuing Education, says: **"studying delays the social impact of Alzheimer's. It prolongs active citizenship and enhances the quality of life."**

That is why we are campaigning to get a fairer share of the funding for adult and community learning coming to Enfield - a campaign we are pleased to report supported by all three local MPs and Enfield council leader Michael Rye. Andy Love MP and David Burrowes MP wrote to Mary Vine-Morris, the area director of the Learning & Skills Council (LSC) questioning the comparative funding for Enfield, Waltham Forest and Haringey, which we revealed in the last Newsletter.

Joan Ryan MP forwarded our case to Bill Rammell, the Minister for Higher Education and Michael Rye, together with Rob Leak, the LBE chief executive, have invited the Forum to attend a meeting with them and Mary Vine-Morris which has been arranged for later this month.

Steve Jakubowski, vice-principal of Enfield College told us: **"I can assure you that the College is committed to supporting access to education and training for the people of Enfield. Towards this end, any additional funding which supports adult education**

would be used to promote access - subject to the provision being economically viable".

We want to break the vicious circle that led Enfield Council to withdraw its grant of £49,950 to Enfield College, because its grant from the L&SC for 2006-7 was only £443,809, compared with £1,764,816 for Waltham Forest and £2,131,411 to Haringey even though we have some 20,000 more pensioners than Haringey and 16,000 more than Waltham Forest.

In a recent letter to the Forum, Mary Vine-Morris says: **"I am highly supportive of the aims of the Enfield Over 50s Forum. To this end I will continue to seek to secure a broad range of high-quality education and training in the area and the LSC remains committed to protecting learning opportunities for those for whom the cost of learning is most prohibitive - adults in receipt of means-tested benefits including pensions guarantee / credit"**.

Welcome as this statement is, we really cannot accept its endorsement of a two-tier fee charging system for older learners based on income. If we do, what is to stop those who have already tried and failed to change the Freedom Pass arrangements from introducing a two-tier Freedom Pass based on income or end the winter fuel grant paid to all pensioners?

Tosca was tops

see info.royaloperahouse.org/hamlyn

Along with 19 other Forum members, I was privileged to see a matinee performance of Tosca at The Royal Opera House, Covent Garden. Held in July, it was unfortunately the last to be sponsored by the Paul Hamlyn Foundation - but the first to have been attended by our Forum. We received 20 tickets through our affiliation to the Greater London Forum and I had been lucky in the draw for one of them.

In fact, we did better than many Covent Garden patrons paying up to £100 for a seat because before the performance we joined in some well organised free activities, each lasting an hour. The first one I was allocated was called "Sing-a-long Tosca" and held in the ROH chorus rehearsal room. I sat with a party of primary schoolchil-

dren, accompanied by their headmistress and music teacher, and a very jolly time was spent learning how to sing a few of the choral pieces. There were three principal artists present, including Violeta Urmana, who sang the part of Tosca later at the matinee.

The second free activity I attended was a lecture: "An Introduction to Tosca" given by Duncan Macfarland, assistant director at the Opera House, who was accompanied by a very accomplished pianist illustrating with great feeling aspects of music from the opera that he referred to. In his lecture, Mr Macfarland reviewed the history of opera, then spoke about the character and life of Puccini and ended with an analysis of Tosca, the opera.

Thanks to the Paul Hamlyn Foundation thousands of people, especially youngsters and older people, have been able to sample the delights of opera at a very modest cost through the Paul Hamlyn Performances which have been running since 1986.

I hope that another benefactor can be found for this venture because seeing such an excellent performance of Tosca at our premier Opera House was a stimulating experience which should be available to many more older people and not just be a once-in-a-lifetime experience.

David Oliver

A Nightingale sings in Lancaster Road

The Nightingale Community Hospice Trust (NCHT) was founded in the summer of 2002 as a charity to provide non-residential care, support, help and information to people with cancer and their families living in Enfield. The Hospice is based in the Lancaster Centre, Lancaster Road, Enfield and the services we provide are free and readily accessible both to those suffering from cancer and their carers.

The services include weekly drop-ins on Wednesday and Friday afternoons from 1.30-4.30 pm where people meet in a friendly, relaxed, uplifting atmosphere and over a cup of tea share their thoughts, play games or talk. Complementary therapies such as reflexology, and massage also counselling sessions are held to coincide with these sessions and are for one hour by appointment.

NCHT offers a home sitting / befriending service to enable the carer to have a couple of hours break with the knowledge that their loved one will be well looked after by one of our volunteers. A bereavement group meets on Tuesdays from 5pm-6pm and we welcome anyone who has lost a loved one to cancer to join the group by registering interest at the hospice. We run a Lymphoedema Clinic every Thursday, this is a side effect of cancer and its treatment which if left unattended could become permanent.

At the NCHT we offer an advice and information service on benefit claims and any other queries people may have. In May of this year a breast cancer educational group was formed

to help ladies newly diagnosed with breast cancer. The four week course is led by the breast care nurses from Chase Farm Hospital and is sponsored by the Nightingale. The course covers issues surrounding treatment and management of cancer. The meeting is for one hour only and runs from 1.30pm-2.30pm on Wednesdays.

£504 a day needed

As a charity offering our services free of charge NCHT welcomes help and support from volunteers in all areas of the hospice. We have an extensive programme of fundraising events which Forum members are invited to support by attending one of our events. We have to raise £504 every day to maintain the services at their current level. Our service base is growing every day, showing the need for NCHT in Enfield.

Saturday 15 September Multicultural evening

An evening of good food, and entertainment. Try something different at the Kings House Trust Church, Edmonton. For more information contact Mary or email mary@nightingalehospice.org.uk Tickets £10 each available from the NCHT on 020 8366 9674

All proceeds to the NCHT.

Sunday 30 September - Do the Enfield 8

An 8km walk in Trent Park, bring all the family, enjoy a lovely walk, and raise money for the NCHT. £7 to register £5 per t/shirt (optional) walk starts at 11am call Mary Rose or Sally Ainsworth on 020 8366 9674/4333.

Please join us and support your local hospice.

A personal postscript by Forum Committee member Joyce Pullen

"We can't add a day to life but we can add life to a day" is our motto at the Nightingale Community Hospice which I first became aware of several years ago, but my involvement as a volunteer did not come about until 18 months ago, after a friend introduced me to the drop-in one afternoon.

The warm, friendly atmosphere among staff, clients, carers and volunteers appealed to me straight away and I felt I wanted to be part of it. We offer sit-ins for those who wish to take a break from caring for their loved one, counselling, discussion groups and different therapies, after which people say how much they have benefited.

If you just want a chat, you can have that too with a variety of people. If you like competing and aspire to being champ for a day, we have board games and I must not forget the outings we arrange. The volunteer's role in all of this activity, is to drive clients to and from hospital appointments, back and forth from drop-ins on a Wednesday and Friday afternoons, make the tea, befriend, administration and assisting at events in a number of ways.

Announcing an Over 50s Forum Curry Evening

Monday 12 November 2007 at 7-00 for 7-30 pm at the "Taste of Raj" Restaurant, 76 Aldermans Hill, Palmers Green (Buses W6 and 121 pass the door)

For Forum members there is a special price of £7-95 (excluding drinks) from the very extensive menu.

The restaurant can take up to 30 forum members. Reserve your place for this "Forum First" by calling Roy Barrows on 020 8360 8561.

Welcome & thanks

The Enfield Diabetes Support Group is the latest organisation to affiliate to the Forum. They hold monthly meetings at Chase Farm 7.30-9pm and the dates to the end of the year are 11 September, 9 October, 13 November and 11 December. Any diabetes sufferer who would like to be a patient representative on the NHS working group looking at hospital and surgery treatment of diabetes should call 020 8360 4821.

And we'd like to record with thanks a grant of £201 from the **London Borough of Enfield** from its fund that aids small clubs in the Borough.

STOP!

Don't throw your computer out the window!



Call WCS for fast, friendly, competent expert help on all IT matters, from blue screens, advice on broadband, email setup, slow computer problems, new computers and laptops, help and support (and you actually get to talk to a UK resident!).

PC healthchecks - £40+VAT ,
Call 020 8360 8234
www.winchmorecomputing.com

Let's beat the Flu jab target

We haven't had much of a summer and sadly winter's on its way and with it comes our support for the Primary Care Trust's Flu vaccination campaign. This year we are aiming to beat last year's record 72% of those eligible in Enfield being immunised, by getting as many people over the age of 65 as we can to get the simple jab.

We are surprised to hear that we are the only Forum in the area engaged in spreading the message of how important the jab is to older people in avoiding many of the serious illnesses that can follow the Flu. While most people recover in a couple of weeks, flu can cause serious illness and even death in older people - and the very young. In older people it can lead to serious illness like bronchitis and pneumonia, which may need hospital treatment.

Flu vaccination is freely available to all over 65s and people of any age with diabetes, a chronic chest complaint, including asthma, chronic kidney disease and lowered immunity due to steroid medication or cancer treatment. While many people will get vaccinated at their GP surgery, we are having a series of informative meetings on health and nutrition at which community nurses will, as usual, be present to administer the vaccination.

These will take place at:

Ordinance Road Methodist Church on Thursday 11 October 9.30 - 12.30pm

Edmonton Leisure Centre, Friday 19 October 10am-2pm

Boots in Palace Gardens Shopping Centre, Enfield Town, Saturday 20 October 9.30-12.30pm

Please come along and help the Forum in making people welcome.

Your good morning smiles.....

Age doesn't matter unless you are a cheese - **Ken Dodd**, comedian, age 79

Intellectual growth should commence at birth and cease only at death - **Albert Einstein**

Every woman should have four pets in her life. A mink in her wardrobe, a Jaguar in her garage, a Tiger in her bed and a Jackass who pays for everything - Paris Hilton, wealthy socialite

No offence meant

Have you heard about the three men who all went to heaven with big smiles on their faces? There was the Frenchman of 69 who died in the arms of his mistress; the Scotsman aged 38 who having won £100,000 on the lottery spent it all on whisky; and the Irishmen aged just 30 who was struck by lightning - he was smiling because he thought he was having his picture taken!

A very religious Jewish man was slipping in and out of consciousness when a wonderful smell comes from the kitchen. "Ah your mother's salt beef" he says to the children gathered by his bedside. "Before I die, I'd like one last mouthful of your mother's wonderful salt beef. The children go into the kitchen but come back empty-handed saying, "sorry, Papa, Mama says the salt beef is for after".

There's another world

Research carried out nationwide by Homewise, a specialist retirement finance and property company, claims that there are hundreds of thousands of older people lacking basic household appliances such as fridges. They estimate that 180,000 pensioners do not have a fridge and more than 680,000 do not have a washing machine and about one in ten - 900,000 - do not have central heating.

The report coincided with one by MPs which said that up to 1.6 million less well off pensioners are still not claiming the pension credit, though they are entitled to the money. Take-up was said to be lowest among older pensioners, those from ethnic communities and people living in more affluent and rural areas.

The pension credit aims to ensure that everyone aged 60 and over has an income of at least £119.05 a week if you are single and £181.70 if you have a partner. People aged 65 and over on low incomes may be eligible for an additional £19.05 if they are single and £25.26 for couples. Find out more by calling Freephone 0800 99 1234.



0800 99 1234

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(I/We/My Club) wish(es) to apply for membership of the Enfield Borough Over 50s Forum. Enclosed is a payment of (£5.00 individual membership; £7.50 for couples; £12.50 for clubs). Cheques should be made payable to Enfield Borough Over 50s Forum. (Delete as appropriate)

G]l bYX

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