



Fairer funding battle goes on - and so do the cuts

Enfield faces more government cuts so we need even more people to sign our petition to help influence decisions by 'needs assessments' teams now starting work on Enfield's future funding allocation

Although the Department for Communities and Local Government still claims its mission to be: *"to give more power to local people to shape what happens in their area"*, the basic government grant to Enfield council to maintain its wide range of services for every resident has again been cut by £24.7 million for the 2017-18 financial year.

Ministers have warned it will be cut again in the following two years by an additional £31.4 million. Combining the two figures adds up to a 42% reduction in income. Since 2003-04, successive governments have robbed Enfield of at least £100 million.

At the same time, cost pressures on the council are rising for adult social care, for transporting children with special educational needs and providing homeless families with temporary accommodation.

Because the grant for the next financial year has been cut to £108.9 million and there is unlikely to be any policy change before the next scheduled General Election in 2020, the Forum executive at its January meeting decided unanimously to continue gathering signatures to its Fairer Funding for Enfield petition. In doing so we hope to influence Ministers now setting up a local authority **'needs assessment'** team to determine future policy.

We are therefore urging all our members and friends of the Forum to support the petition until early March, so that we can present it to Ministers before the Chancellor delivers his first budget expected to be on March 22.

Meanwhile, new blows are being hurled at our borough, the latest being the end of the £4.2 million Education Services grant which has traditionally been used to fund many educational functions outside the school, such as the school's human resources service and the school's improvement service.

Increasing homelessness in borough

In 2015, Enfield topped a nationwide league table drawn up by Shelter, the homeless charity, listing the number of Enfield families facing claims by landlords to re-possess their property. Currently, there are still over **3,000** families in the borough living in temporary accommodation and therefore at risk of being evicted.

Yet the Government's Homelessness Prevention Fund has granted the borough only £537,296 this year, while Westminster council is receiving £7,971,080; Lambeth £2,738,530 and Kensington and Chelsea £2,151,703. This is just one more example of the under-funding that for years has blighted Enfield and which led the borough's Over 50s Forum to launch its Fairer Funding for Enfield petition.

Pressure on the council to provide emergency shelter is almost certain to increase following the latest arrival of a Hertford Road-based company called Eviction Aid – which claims to be a tenant eviction specialist aiming to "put landlords first". It will offer "free no obligation consultation" to landlords wanting their property back – often to secure higher rents.

With private sector rents continually rising at the same time as many families are having their benefits capped at a lower amount, many families are no longer able to afford their rent. The result is that Enfield has more families in temporary accommodation than most other places and homeless applications are growing by up to 100 a month.

Since 2012 the number of families needing temporary accommodation has increased from under 2,000 to more than 3,000, forcing the council to almost double the spending budget on finding homes for homeless families from £23 million in 2011/12 to £41 million in the last financial year.

It is almost certain to be higher still in the financial year starting in April as more landlords are shifting from giving long-term leases to a more expensive payment system where tenants are charged rent by the night.

Responding to the homelessness challenge, Enfield Council is embarking on the largest housing scheme of its kind in the UK providing 10,000 new homes at the Meridian Water project and there are other housing regeneration sites planned for the Chase Farm Hospital redevelopment and new homes on the Alma and Ladderswood estates. The council has also formed a new company which has purchased 110 homes that it will let to homeless families at rents they can afford.

Reverend Ian Gallagher, Minister of St James's Church, Enfield Highway, whose graveyard is used by rough sleepers – who are also using Durants and Jubilee parks – told the Over 50s Forum: *"The issue of homelessness in Enfield might come as a surprise to some local residents, but the situation is real, and its causes are twofold: Social isolation is a real factor, particularly among the elderly and the vulnerable, when there is no family, or where there has been estrangement."*

"Add to this an unfortunate turn in circumstances, it's easy to imagine people with no human networks, resorting to sleeping rough. Homelessness is not merely an inner London issue, but is affecting Enfield, and particularly and acutely in the borough's east."

"Awareness is the first step to bring about solutions from borough and local charities alike, to adequately respond to a situation that is lamentable and preventable. I wish the Over 50s Forum every success".

To sign the Fairer Funding for Enfield petition online please go to www.change.org - search Fairer Funding or call 020 8807 2076 for copies of the petition.

Forum Meetings not to be missed

Note all meetings are at 10am for 10.30 start

Thursday 9 February (at Millfield House)

Richard Edwards from the House of Commons talks about **'Women and the vote'** - the suffragette movement and its influence on Parliament.

Tuesday 21 February (at Southgate Beaumont)

Tom Owen, Co-Director of My Home Life will discuss **'What are we going to do about care homes?'**

Tuesday 28 February (at the Civic Centre)

Joanne McCartney AM, Deputy Mayor for London GLA talks about **'her role in ensuring that local voices are heard in City Hall.'**

For full details/addresses of all meetings see page 15

Jan's Journal

New Year – new opportunities

Sadly 2016 has seen the end of our free Wednesday afternoon musical events, which were funded only for a year by the Big Lottery. It was good to see so many people enjoying themselves but I am hoping that 2017 will bring another set of opportunities.

- I have just applied for funding to help people who are over the age of 75 receive free computer advice mixed in with some social events. We know many older people hate computers but I am hoping to persuade some of you to come along and join in with other like-minded people, have a bite to eat, a bit of a chat AND learn a little bit about what you could gain from computers with very little pain!! Contact with other people, with services, and with information about your medical conditions for example.
- In the meantime, for those people who don't have an email account but need to contact Enfield Council, we are offering some free help with setting yourself up with an email and learning how to use the online Enfield Connected Service (See page 4). This provides advice and help on everything from dustbin collections to carers. This really is the easiest way to contact the Council and, if our efforts to help you prove popular we will be offering the service at our Drop Ins at Millfield House and the Dugdale Centre. (See also our advertisements on pages 3 and 12.)

Winter Fair – 17 February

I am looking forward to seeing crowds of people at our Free Winter Fair on 17 February at Enfield Town School (see opposite).

This year we have a great programme of varied musical entertainment lined up. For those who like to boogie along, we have a steel band and two dance classes. For those who like it quieter, a mellow jazz band and beautiful classical music.

In between times you can visit our stalls, offering masses of information about local activities and groups, and receive advice and information on reducing energy costs, keeping warm and using the latest technology, including LEAP and smart meters.

Keeping warm with LEAP

If you have health problems, find it difficult to keep warm or are struggling with paying energy bills you are very likely to be eligible to receive advice, support and energy saving measures from the new Local Energy Advice Programme (LEAP).

LEAP helpers will carry out a home visit (by appointment) to assess your home and deliver immediate help through a range of simple measures – radiator panels, LED light bulbs, draught proofing, pipe lagging.

They can organise the installation of new heating controllers, identify energy efficiency measures that will improve the property, look at potential savings for switching energy suppliers, identify other hazards and organise income maximisation advice.

You can be referred to this service through us at our Energy Best Deal workshop at the Winter Fair.

Smart gas and electricity meters

Smart meters are on their way to replace traditional gas and electricity meters. Smart meters offer you an in-home display which shows you how much gas and electricity you are using, helping you to reduce your carbon output and to save money on bills.

Meter readings can be taken remotely by the energy companies and so there will be no need for meter readers to call – making door step crime less likely.

Installation will be free from April. At the moment, you opt in to the service but eventually all meters will be replaced by smart meters. There have been scare stories in the local press recently, but to find out the facts why not come along to our Winter Fair where Smart Energy GB will be speaking and running a workshop to answer all of your worries and questions. (See also article on page 6 called smart meters coming this way)

Computer advice

As if all this wasn't enough, we are also running our free computer device workshops again so turn up in the afternoon with your troublesome devices (Apple Macs, Laptops, Notebooks, Smart Phones etc) or just if you want some advice.

At the Winter Fair everyone is welcome to join in the fun and the workshops, but free lunches are limited and will be provided to MEMBERS ONLY this year.

Please ensure you have your current membership card with you and turn up early to collect your lunch voucher. Free tea, coffee and cakes will also be provided in the afternoon.

Jan Oliver

Office and Development Manager

ENFIELD BOROUGH OVER 50S FORUM

INDOOR WINTER FAIR Friday 17 February 2017

KEEP WARM, KEEP HEALTHY, KEEP ACTIVE

Talks, workshops, live music and dancing

ALL WELCOME. FREE. NO NEED TO BOOK

On Friday 17 February. Registration from 9.30am. Raffle and close at 4pm

**At Enfield County School, Holly Walk, Enfield, EN2 6QS
(top of Church Lane, Enfield Town). Car parking available, buses to central Enfield.**

TIMETABLE (subject to change). A full timetable will be available on the day.

MORNING ACTIVITIES 9.30am registration

Speakers on keeping warm and healthy and on the new energy smart meters

- Opening - Joan Ryan, MP for Enfield North
- Danni Crossland, National Energy Action
- Glenn Stewart, Assistant Director, Public Health, Enfield
- Tom Ruxton, Co-ordinator of the HEAT AND EAT PROJECT.

Stalls from Enfield groups and energy providers

**Live Music from Equinox – MELLOW JAZZ, LATIN RHYTHMS + A TOUCH OF FUNK
Folk Dancing from Winchmore Hill Folk Dance Group – INTRODUCTORY CLASS**

- Workshop on the new smart meters
- Indoor exercises to keep warm

PLEASE NOTE THAT CURRENT MEMBERS OF THE FORUM (with a membership card) WILL BE ELIGIBLE FOR A FREE SANDWICH LUNCH (numbers permitting).

AFTERNOON ACTIVITIES 1pm registration

- Whittington Steel Band – BOOGIE ALONG TO JAMAICAN BEATS
- Classical/Folk from Andrew Massey Duo – FLUTE AND GUITAR ENSEMBLE MUSIC
 - Energy Best Deal Workshop and Individual Advice
- Ballroom/Latin American Dancing – AN INTRODUCTORY CLASS
 - Drop-in Computer Advice
 - FREE RAFFLE AND CLOSURE



WINNER OF WARM HOME CAMPAIGNS AWARD

Let us make our voices heard in 2017

We need to continue to make sure that we hold the government to account for wasting public funds and prevent it trying to cut pensions



Because I read newspapers and watch TV news bulletins, my children and grandchildren consider me old-fashioned. It is claimed that 64% of news is now accessed through social media – the digital revolution – like Facebook, Twitter, blogs and other sources of information often found to be fake, with hoax

stories like those that featured in the American presidential election.

So I prefer to stick to the printed word; the fact-checked article, for my information. Articles, for example, which challenge the waste of public funds that could be better employed supporting our cash-starved health and later life care services.

Take for instance the £285 million the government spent on building an airfield on the Atlantic island of St. Helena. Ministers claimed it was a “brilliant” project, completed on time and on budget.

The only snag, not identified until it was too late, was that the winds over St. Helena were always too strong to allow aircraft to leave or land on the island. The sequel to this story was that the top civil servant involved was awarded a knighthood in the 2017 New Year's Honours. Can you just hear Victor Meldrew with one foot in the grave saying: **“I don't believe it”**?

Or there's the £500 million the Royal Navy wasted building five offshore patrol vessels it now finds it doesn't need, while our newly knighted Defence Secretary, Sir Michael Fallon, blandly claims 2017 to be **“the year of the Navy”**.

Or take the latest example of exorbitant charges for off-patent medicines being charged by rapacious manufacturers of generic drugs. In 2015 alone, the NHS spent an extra £262 million on the increased cost of some 50 generic medicines, the licences for which were sold to people who promptly used a loophole in NHS price regulations allowing them to implement larger price increases for newly-licensed medicines.

It seems the NHS has for years relied on the virtuous **‘free market competition’** to set the price of unbranded generic medicines, which left the licence-owner free to impose huge increases for products on which they had a virtual monopoly. And did you notice that the American pharmaceutical company Pfizer was recently fined £84.2 million for allowing the price of its epilepsy drug to be increased **2,600%** (that's not a misprint).

The government is only now – well after the horse has bolted – legislating for the health secretary to have some new powers over medicine prices, something I would have thought the NHS chief executive Simon Stevens should have noticed while he has been driving his nationwide 220 Clinical Commissioning Groups, such as the one here in Enfield, to cut their medicine bills.

Instead of sorting out the medicines price racket on his own doorstep, Mr Stevens, I am afraid, chose to join the cats chorus of those attacking so-called **‘pensioners perks’** by calling on the government to slash our bus passes and end the Triple Lock which guarantees annual increases in the basic state retirement pension whichever is the highest between earnings, price inflation or 2.5%.

Mr Stevens goes for the cheap headline saying the savings from pensioner benefits should be used to fund adult social care. Like so many others, he doesn't say what should replace the Triple Lock – and that's the big challenge we need to make every time we hear or read these attacks.

There are some who say state pension increases should be linked to a Double Lock – to prices or earnings and ending the 2.5% guarantee. But what would that achieve if as freely forecast price inflation is expected to reach 2.6% or even 3% in the next year or so? And when Transport Minister Christopher Grayling defended the 2.3% increase in rail fares which kicked off 2017 he brazenly claimed this was below the current increase in earnings. Believe that if you like.

So there's no easy answer to the Triple Lock and I'll never get fed up in arguing that every attack on current pensioner income is an attack on the income of all future generations of pensioners.

The pretence that cutting income from today's pensioners is for the benefit of today's working population is a myth. Just like the myth governments tried to sell in the 1960s and '70s that if the miners didn't ask for a pay rise it would help the nurses.

So my message for 2017 is: let's continue to make our views known. Make our voices heard loud and clear and let's defeat those who seek to divide us from future generations of pensioners. They are, after all, our own kith and kin.

Monty Meth

Enfield Over 50s Forum

East of Borough Drop In

Open to all. No need to book, just come along for a game of scrabble, chess, cards or other games or just for a chat.

Wednesday	-	22	February
Wednesday	-	8	March
Wednesday	-	22	March
Wednesday	-	5	April

Sessions are open from 2pm to 4pm

AT MILLFIELD HOUSE, SILVER STREET, N18 1PJ.

Buses 34, 102, W6, 144, 217, 231 Ample car parking.

These drop in sessions are great fun for any member of the Forum who would like to come along to meet or chat with other members and/or to play scrabble, cards or a board game. Free tea, coffee and biscuits available.

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Christmas parties

Once again, the Forum's Christmas lunches were highly successful, in no small part due to Jacky Pearce from our Social Committee who tells us all about them

Oh come all ye faithful Forum members, and come they did – old and new to both our Christmas and Encore Celebration Parties, at the NECC. Our Honorary guests included Deputy Mayor Cllr Christine Hamilton.



Forum members enjoying our pre-Christmas party

Suzie astounded us with her usual tasty and very plentiful buffet. Everyone was dancing and enjoying the banter with The Myra Terry Duo at the first Party.

For the Encore we were entertained by Bonnie Diamond and Coe with a fantastic Christmas atmosphere, even though it was January! We even had a prize for the best Christmas jumper!

We have been holding Christmas Celebration at the NECC since 2005 and it proved so successful that it quickly progressed into two celebrations due to its popularity and your fantastic response.

Thanks to the co-operation of all those involved, we have maintained the low cost and high standards. We have been able to provide truly great Christmas Celebrations for the last seven years holding the cost at £17 per head whilst managing a contribution to the Forum funds - quite an achievement.

Again our members say it all: **"Excellent food, excellent value. Good to be amongst so many 'young' oldies. Long may the Forum flourish."** (Betty).



A cracker time was had by all with president Monty Meth



Many thanks to our party organiser Jackie Pearce (right) who celebrates here with Rita Clayton and Alan Atkinson

PS

As some may know, Terry from the Myra Terry Duo suffered a heart attack recently. They both would like to thank their friends at the Forum for the lovely flowers and M&S vouchers sent by the members attending the January party. The gifts certainly brightened up their day! **Get well soon Terry.**

Photos by Enfield Independent

Help to plan the new Chase Farm Hospital

The Forum is setting up a Working Party to assist a team from the Hamlyn Centre for Design at the Royal College of Art who are eager to ensure that patients and visitors easily find their way around the new hospital site.

They are eager to hear your ideas and thoughts, both of what is wrong with present signage and information at local hospitals and how they can make finding our way easily and comfortably around the new site.

The new Chase Farm Hospital will have to cater for people with limited mobility, people and their carers using wheelchairs and other mobility machines – and the site will be more than a hospital in that it will offer different activities and exercise sessions. So easy access and clear directions will be important.

If you have had a bad – or good – experience at other hospitals or have professional experience of designing directional routing over a large site your ideas will be welcome. Just contact the Forum office 020 8807 2076.

Connecting to the Council

The fastest and easiest way to contact Enfield Council for all of its services is now through their website - Enfield Connected.

You don't need any technical know-how just an email address and access to a computer (which could be your own, a friend's or a library computer). If you do not have an email address but would like to set one up, the Forum can help. **BUT PLEASE NOTE - WE ARE NOT PART OF ENFIELD COUNCIL AND DO NOT TAKE COMPLAINTS NOR OFFER ADVICE ON THEIR SERVICES.**

Please call into the Forum office (Millfield House, Silver Street, London, N18 1PJ) between 10am and 12 noon on either Thursday 23 February or Monday 13 March for help in setting up an email and/or connecting to the website. If you cannot make either of these dates please ring the office on 020 8807 2076. We may soon offer this service through our drop in advice sessions.

Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton, N18 1PJ

Tel: 020 8807 2076

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Secretary: Tony Watts

Development & Office Manager: Jan Oliver

Admin Assistants: Diane Barron & Liz Delbarre

Office hours: Mon-Friday 9.30am - 4pm

Health plans need proper funding

Your Forum is becoming increasingly concerned about the possible implications of the STP plan which proposes a largescale “transformation” of health services in Enfield and throughout the UK

As part of the Sustainability & Transformation Plan (STP), the country has been divided into 44 ‘footprints’. We are in Number 41, called North Central London (NCL), together with Barnet, Haringey, Camden & Islington, home to 1.5 million people.

Hospitals, councils, commissioners, GPs and mental health trusts are being combined on an unprecedented scale to “transform” and improve care. So far, so good.

Recently published, *The Case for Change* talks a good talk mentioning, for example, the need for far more preventative care, an end to postcode lotteries, improved cancer services and the integration of health & social care – all strongly supported by the Forum. So, what’s not to like?

Well, put simply, the absence of funds to support the plan. Not only is there no money to kick start the changes, but the so-called transformation is actually required to save money.

Most hospital trusts and many local Clinical Commissioning Groups (CCGs) and mental health trusts are in what NHS England calls deficit; we call it under-funded. Our STP has to save money “to bridge the gap”.

We spend less of our GDP on health than any comparable country and the NHS is more economic than other systems. If the STP were a properly funded introduction of 21st century health & social care, we’d be hanging out the flags, but it is obvious that what we’re being offered is a cost-cutting exercise, not a transformation.

NHS England has said that the level of demand in the NHS is not sustainable. It names as “demand” what the Forum calls “need”. Our position is that a 21st century NHS is sustainable but, already, under the curious title of “evidence-based medicine”, our STP has listed conditions where “thresholds” are to be altered, meaning raised. These include: hips and knees, hernias and hearing aids. We all want evidence-based medicine, not a return to the Dark Ages, and we need services to provide it.

Failure of transparency

Apart from this, there has been a serious failure of transparency in the formulation and swift driving through of the STP. Financial appendices are not available, leading some to interpret the ‘S’ in STP as “secret”, others as “slash”. There is no information about the

proposed integration of health and social care, which is certainly an excellent idea, but with no specifics about how this will be paid for or organised.

After six years of unprecedented budget reductions, the number of those over 65 accessing publicly funded social care has fallen by at least 26%, imposing significant social and financial cost on older people, their families and carers. Since local councils are currently responsible for care and also being starved of funds, we can’t see a viable way forward here. Our care system needs fundamental reform, not to be tacked on to an over-hasty savings exercise.

Given that councils have been written-in to the STP, it is extraordinary that no accountable local politicians sat on our Transformation Board, and patients and the public have also been absent. It is, after all, our NHS.

Offer is undeliverable

We fear, in the absence of evidence (their word), that the STP’s offer of improvements is undeliverable in NCL given the financial shortfall, the lack of a stable and engaged workforce or investment in digital services, for instance.

There is a sensible proposal that expensive hospital consultations and stays should be used less, but there is no uplifting of primary care or public health to relieve the pressure. Indeed staff shortages, some entirely due to the unaffordability of housing, are not solvable by the STP and will mean fewer GPs and more travel and more “self-help”.

So, we see too little hard and fast information about the crucial issues of finance, adult social care, the workforce, risks, governance and likely outcomes for the patient – which appear to be fewer appointments, longer periods of pain and further to travel as services are “consolidated”.

The STPs don’t need parliamentary endorsement and yet they will change the delivery of and limit NHS services. They’ve slipped in with far too little scrutiny and we’ll be keeping a careful eye on developments and reporting back.

Mind you it’s not all bad news; you’ll be pleased with assurances that, unlike people in other STPs, we need have no worries about losing our A&E in Enfield: we already have!

Vivien Giladi, Exec Committee Member

Winter deaths and fuel poverty still too high

The Office for National Statistics (ONS) figures for December 2015 to March 2016 reveal that 24,300 people died of cold related illnesses, equivalent to over 202 a day. Those affected the most were older women, who make up 53% of all winter deaths. There were 43,900 winter deaths between December 2014 and March 2015 – the highest for 15 years.

At the same time, the government has announced that more than 2.3 million people in England are living in fuel poverty – that’s 10% of households – not being able to heat their homes properly in winter. Fuel poverty hits families whose income falls below the poverty line if they spend what is needed to heat their home. Single parents with children are at the highest risk, as are families renting from private landlords.

The government says it intends to tackle the root causes of fuel poverty – people still paying too much for their energy and offering some two million households discounts on their energy bills this winter.

Whilst any help with energy bills and the winter deaths reduction is welcome, the extra deaths last winter still represent a 15% increase on average for the rest of the year, according to ONS data. Death

rates rise in the colder weather because of more respiratory illnesses. Experts blamed the increase in the number of winter deaths in 2014-15 on the flu vaccine being less effective than previously.

Dr Anne Campbell of the ONS said: “One of the key factors behind the lower excess mortality this winter was a fall in the number of deaths among the elderly. This was mainly due to the most prevalent strain of the flu virus impacting younger people rather than older people, who are more at risk.”

London regional members of the National Pensioners Convention released ‘black balloons’ when the winter death figures were released on November 23 – one balloon for each 1000 additional deaths.

A Populus poll of more than 2,000 people aged over 65, published on January 16, revealed that a million over 65s expect their health to suffer this winter because they will be unable to afford to heat their homes properly. Two fifths of pensioners said that they would dip into their savings or cut down on food, to pay higher energy bills.

Come to our Winter Fair to find out more about keeping yourself and your house warm (see ad on page 2)

Smart meters coming this way

Smart meters are the new generation of gas and electricity meters which will replace the traditional meters in our homes. Every home in England, Scotland and Wales will be offered a smart meter by their energy supplier, at no extra cost, between now and 2020.

Smart meters will enable you to see exactly how much energy you're using, as you use it, and what it is costing in pounds and pence. This will help you to stay more in control of your energy use.

Smart meters take regular readings and share these wirelessly, through a secure network, with your energy supplier.

This means your bills will be accurate, not estimated, and you will no longer need to have manual meter readings. Along with your smart meter, you will receive an in-home display, a handheld digital device that shows exactly how much energy you're using and what it is costing in near real time.

Your smart meter has information about how much gas and electricity you've used, but doesn't store other personal information that could identify you, such as your name, address or bank account.

Remember to take care when people come to your home. Smart meters will always be fitted by appointment, so don't believe anyone who just knocks on your door. Set up a password with your gas and electricity supplier, so you know callers are genuine.

For more information about smart meters and how they can help you visit www.smartenergyGB.org or come to the Winter Fair on 17 February to find out more.

Think twice before you buy

Citizens Advice Enfield has asked us to alert everyone to problems with special equipment for older people such as riser-recliner chairs and adjustable beds. They have heard of a couple of people who have paid enormous sums of money for these products and then either got something very inferior or nothing at all.

CAB advises that if you are thinking of buying this type of product you –

- Ask a friend for a recommendation
- Look on the Internet and read reviews of the company from other purchasers before you agree to meet a salesman. Local library staff will show you how to do this.
- Buy goods using a credit card as this gives you extra protection if there are any problems

If you don't have a credit card, it might be worth getting one just for these kinds of major purchases. As long as you pay the balance off straight away, it will not usually cost you any more than buying with a cheque or cash.

Make sure you keep all the paperwork about your purchase, including any adverts for the product which led you to purchase it.

If you need to know about more your rights, do call the Citizens Advice consumer helpline: 03454 04 05 06 or Textphone: 18001 03454 04 05 06, Monday to Friday, 9am to 5pm, except bank holidays.

Switch Your Energy Provider and Save Money

A recent CMA investigation into the energy market found that around two-thirds of customers of the big six are still on expensive standard tariffs, paying an estimated £1.4 billion a year more on average than they would on more competitive tariffs.

You can easily switch to a cheaper tariff, either by phoning around or researching on line. There are lots of websites that will give you comparisons. All you need to start are your last year's bills. Ofgem has a list of comparison sites approved by them.

Even if you don't want to change companies, phone your current provider and ask them if you are on their cheapest tariff. Lots of people save money just from one phone call!

So what's stopping you?



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Always look on the bright side of life



Tied up

A City gent tried to get into a gentlemen only club in London but he didn't have a tie. So he searched in his car and found a set of jump leads which he tied around his neck as a substitute. "Will this do?" he asked the doorman who replied. "OK, you can come in, but don't start anything!"

Travel ideas for 2017

Some travel firms are having a tough time and we hear they are offering new trips to many places in 2017, such as Kahoots. Apparently, you can't go alone. You have to be in Kahoots with someone.

Have you ever been seen in Cognito. No one recognises you there; or ever been in Sane. They don't have an airport. You have to be driven there and thanks to my children, friends, family and work, I'm often there.

I would like to go to Conclusions, but you have to jump to it, and I'm not too good at physical activity anymore. I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable. I go there more often as I'm getting older. One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, but I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.

Christmas crackers

What do you call a husband and wife fishing together? *Rod and Annette*

Why did the orange take a prune to the party? *Because it couldn't find a date*

What's brown and creeps around the house? *Mince spies*

What do you call Santa when he stops moving? *Santa Pause*

What kind of paper likes music? *Rapping paper*

What does Santa suffer from when stuck up a chimney? *Claus-trophobia*

Who corrects Santa's grammar? *A subordinate clause*

Who hid in the bakery at Christmas? *A mince spy*

What do elves learn at school? *The elf-a-bet*

How do sheep greet each other at Christmas? *A merry Christmas to ewe*

Why did the doughnut maker sell his shop? *He got fed up with the hole business*

Demon drink

A preacher during a Christmas service at a Methodist church denounced the demon drink. "If I had all the whisky in the world, I would throw it in the river." He said the same about beer, gin and rum, until every beverage had been consigned to a watery grave. He then stepped down from the pulpit and said: "We shall now sing hymn number 723: Shall we gather at the river?"

One liners

"I want a man who is kind and understanding. Is that too much to ask of a millionaire?"

"How many husbands have I had. You mean apart from my own?"

"I'm a marvellous housekeeper. Every time I leave a man, I keep his house."

Zsa Zsa Gabor who died age 99 on December 18 2016.

Old but clean

A Jewish boy tells his mother that he has won the part of the husband in the school play. "That's nice," she replies. "But you should have asked for a speaking part." Popular broadcaster **Rabbi Lionel Blue** who died age 86 on December 19 2016.

Changing perspective

A group of women meet once a year to catch up on old times.

In their forties, they go to the Palm View Restaurant because the waiters are really very attentive and attractive.

In their fifties, they go to the Palm View Restaurant because the food is really good.

In their sixties, they go to the Palm View Restaurant because the view is lovely.

In their seventies, they go to the Palm View Restaurant because it has good access and no stairs.

In their eighties, they go to the Palm View Restaurant because they have not been before.

Last word on health

The Japanese eat very little red meat and suffer fewer heart attacks than the British.

The Mexicans eat a lot of fat and red meat and suffer fewer heart attacks than the British.

The Chinese drink little red wine and suffer fewer heart attacks than the British.

The Italians drink a lot of red wine and suffer fewer heart attacks than the British.

The Germans drink a lot of beer and eat lots of sausages and suffer fewer heart attacks than the British.

Conclusion: Eat and drink what you like. Speaking English is what kills you.

Forum Clubs

Book Club

The Book Club meets monthly on Thursdays in the Community Room at the Enfield Town Library, 10am-12 noon. Forthcoming meetings and books are:

- 10 February: The Unlikely Pilgrimage of Harold Fry by Rachel Joyce
- 16 March: Brideshead Revisited by Evelyn Waugh
- 20 April: The Paying Guests by Sarah Waters

Contact Sue Scott for further details at scotsf48@hotmail.com or call her on 020 8368 0861.

Walking group

This small walking group (usually about 10 people) meets Saturday mornings at 10.30am by the café in Grovelands Park (Broad Walk entrance), N21 3DA. We do a 40 minute walk around the park and have a chat in the café afterwards.

Everyone is welcome so please feel free to join in. Ring Monica on 020 8886 6514 for more information.

Woodwork and Handicraft Group

The group finished 2016 with a Christmas dinner at the Beehive in Bush Hill Park. Most of the projects that were started last September have now nearly all finished and members of the group have produced a wide range of objects including an umbrella stand and a CD storage rack involving vacuum formed skin over a wooden frame, as well as jewellery in our bead-making activities. There are no free spaces at the moment unfortunately as numbers are very limited due to the size of the workshop, but for more information, call John Lombard on 020 8367 5921.

The Forum Poetry Group

We are members who come together each month to read and talk about poems, some well-known, some written by us spiced with some music. It is a very sociable time and we all enjoy it. So, why not come along and try us out? We meet in the Community Room, Town Library on the last Thursday of each month 10.15 – 11.45am.

23 February – on Valentines, led by Andrew Oliver

23 March – will be on portraits/pictures, interpreted however your fancy takes you, led by Irene Richards.

Apologies for the cancellation of the January meeting due to Council requiring use of the Community Room. For further information, contact Irene Richards on 020 3715 0946 or by email: poosticks2@sky.com

In every newsletter we publish an original poem by a Forum member. You don't have to be a member of the group to submit your work for consideration. Please send your poems to Irene.

Cineworld – Southbury Road Over 50s Film Club every Monday at 10.30am

Admission £3 is less than half normal prices

6 Feb	The Accountant
13 Feb	A Street Cat Named Bob
20 Feb	The Light Between The Oceans
27 Feb	Nocturnal Animals
6 March	Arrival
13 March	Allied
20 March	A United Kingdom
27 March	Sully

Films are subject to change

Note the dates and tell your friends of some great films you can see for half the normal price.

Cineworld is at the Corner of Southbury Road and A10
Buses 121, 191, 307 and 313 to the door

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INVITES GARDENING CLUBS AND SOCIETIES FOR 'TALKS' ON GARDENING TOPICS

- Soil structure
- Healthy Soil
- Benefits of humus
- Pruning
- Silty, clay and sandy soils
- Plants that flowers each month
- Bulbs that flower each month
- Plants for shady gardens
- Shrubs for the seasons
- Seed types and planting
- Indoor/outdoor seed planting
- Popular plants and their habits
- Plants for early summer/midsummer
- Fragrant shrubs
- Plants to encourage wildlife
- Plants for rockeries
- Plants for dry gardens



Help Us to Help You

Enfield, London, the UK, the world. The Forum's social committee organises trips to an amazing range of places. Why not join the committee and get the fun and satisfaction of bringing a lot of pleasure to Forum members?

Last year, a piece was written about the role of the Social Sub Committee and its role within the Over 50s Forum. Now we ask you, as members, to help the committee to put on more events. Many of you will have spare time and perhaps want to do something worthwhile with some of that time. Many of us have served for a number of years and we need new blood to give us more inspiration and support.

We know that many of you have good ideas about what to do with free time in retirement and most agree it is often more fun with others. Now is a good time to make new friends too and share the benefits that group activities bring.

Making suggestions is easy. What we need is for you to organise the event – not on your own, but with the help, support and experience of the committee.

It may seem daunting, but we all had to start with our first event and it does get easier. And you can please yourself what you do – we all follow our own particular interests and find many others want to join in.

The event can be a regular one or a one off. It can involve eating out at a restaurant or seeing a show you like, visiting somewhere or a travel experience. In fact, anything you can think of which pleases you.

With a huge increase in Forum membership, nearly 6,000 now, we need more people to help out. Otherwise, fewer events will be organised, with more people wanting to attend and the chance of disappointment growing. The committee can only do so much and as we get older can't do as much as we used to.

So we ask – could you become one of the people who help to make our members' lives more interesting and rewarding by including them in your own? Please come and join us at one of our monthly meetings (no obligation) which are held on the fourth Thursday of the month from 12 – 2pm in the Community Room at the Town Library. You will be very welcome. Or contact Irene Richards on 020 3715 0946 or Sue Scott on 020 8368 0861 for a chat.

YOUR FORUM NEEDS YOU!!!!

Join our lottery club for just £5 a month



November winner
Jackie Pearce with
Jim Cante

You could join our lottery club to help raise money for the Forum. We are currently working towards purchasing a new PA system to ensure our members can always hear clearly at meetings. Or you could join simply because you'd like the chance, once a month, to win

£200 for an investment of just £5 a month!

Either way, sign up today and you too could be featuring on these pages as one of the lucky winners. Jacky Pearce was the winner in November and Martin Granger in December.



December winner
Martin Granger
with Jim Cante

To find out more or to join, call Jim Cante on 020 8363 4969.

The draws are made at the Forum's monthly Civic Centre meeting (see Meetings on pg 15) so you are welcome to come along to witness that as well. Tickets are £5 per month.

The Chair's Column - the Forum's writing project



Happy New Year to you all. I hope that 2017 will be good to you and to your families and friends. As I write this column (in January) it is snowing, but due to recent warm weather there is already blossom on the trees – a vision of spring – it inspires me to look forward with a smile. I am delighted to report on the first meeting of the Enfield Over 50s Forum Writing Project. (Some of you will say – at last!) Five members met in the Dugdale Centre and what a pleasure it was.

We talked for ages, sharing stories about our lives and backgrounds which are very varied – two of us were born in Enfield and other members have come here from as far afield as Antigua, India and Whetstone. I suspect that we could easily become a chat group we got on so well.

When we eventually stopped talking, we started to make plans. We have decided that as a first step we will bring to the next meeting a short personal story about ourselves, although we also agreed that when we share our stories we may want prompting from others in the group to help us to expand on our experiences. It is hoped that eventually we will be able to make a contribution to this newsletter and possibly to a wider audience.

We are planning to approach various organisations with which we already have connections including a charitable organisation, a church, schools and a care home to see whether there is any interest in working alongside us.

I don't want to be too specific until we have more information to give you. Two of the group have previously been involved in such projects.

We already have a message for you which I hope you will endorse. Please (and this chimes with the intergenerational workshops we enjoyed at the Forum's October 16 conference) talk to the younger members of your family. Tell them about your experiences and encourage them to ask you questions.

It is so easy to forget to reminisce in the wild hurly burly of our lives. We all agreed that there is so much we wish we had asked our parents and grandparents. Don't leave it too late. Try to make sure they write it down!

If you take photos and have them printed put a date on the back and write the name of the people in the picture. How many of us have a drawer full of old family photos – and no idea who they are?

Of course, we would like you to start or continue to write your own personal histories – and to join our group to share them.

We are Maureen Bond, Rhonda Challenger, Mala Hingorani, Eric Misselke and me. We hope that Jan and Irene, who were unable to come along, will be joining us at our next meeting which is at 10am on Friday 10 February in the Dugdale Centre café.

How about you? Why not join our group? I suspect you might like it – I did!

Christine Whetstone

Seats while you shop are needed

Standing Up 4 Sitting Down is a new campaign calling on retail stores to improve the lives of older people by offering them – and their shopping companions – seats while they shop, and seating in shopping precincts and high streets. Launched by the charity Anchor Trust, the campaign has the support of a wide range of organisations working for older people.

With more seating and resting areas, going shopping would be more attractive and would benefit people living alone by encouraging them to go out to see and talk to people.

Walking while shopping is another form of physical exercise, enjoying the outdoors and meeting friends.

For the shops it would mean more customers and more business, but Forum members have tried to get seating placed in the Marks and Spencer store in Palace Gardens, Enfield Town, for example, but the management has resisted our overtures.

Some supermarkets do have seating placed after the check-out, not at the end of an aisle so you can rest while you shop. So we are looking for people who do feel strongly about this to contact their local stores – tell them about the Anchor Trust campaign – and tell us their response.

"Not being able to sit down is a real impediment that stops many older people going out and engaging in society. As we age, we often have a range of different conditions that can give us pain, or make us breathless and tired," says Professor Martin Green, chief executive of Care England. "If there were more opportunities for older people to take a rest when they are out, I am confident we would see far more older people continuing to pursue community activities."

The Standing Up 4 Sitting Down campaign is also supported by the Employers Network for Equality and Inclusion, the National Federation of Occupational Pensioners, United for All Ages, Arthritis Action, the Civil Service Pensioners Alliance and Grandparents Plus.

P.S Sainsbury's in Newcastle on Tyne is introducing a weekly "slow shopping day" to help elderly and vulnerable customers, with chairs at the end of the aisles and they offer free samples of fruit, biscuits and cake. ASDA in Manchester has a "quiet hour" to help disabled shoppers.



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Care homes need greater scrutiny

Janet Morrison, Chief Executive of Independent Age, argues that the government needs to take more responsibility for collecting core information about care homes to give greater transparency about quality of care

There are more than 17,500 registered care and nursing homes in the UK, offering a range of services, with varying levels of quality and costs. However, Independent Age research conducted in late 2016 found that many people have a negative view of care homes, often based on media coverage or – more worryingly – personal experience.

Our research revealed that over half of British adults (52%) believe that abuse and neglect in care homes for the elderly is common. Of those, many say their opinion is based on personal experience – either from knowing someone in a care home (15%), working in a care home (5%), or hearing personal experience from others (25%).

It is of huge concern that so many people have a negative view of care homes based on personal experience. That's why we need new measures to truly understand the scale of neglect and abuse in care homes.

The government must take responsibility for collecting a basic set of core information about care homes to give earlier warnings of poor performance. Better information and transparency about quality of care must be available when choosing a care home.

At Independent Age, we know there is excellent and innovative practice happening right now in the care sector, with a lot of talented, committed people in the workforce. While we hope and expect that abuse and neglect is not as widespread as many believe, it is essential that we know for certain.

The research also found that the vast majority of adults (85%) said that they had not visited a friend or relative living in a care home in the past year. 22% said that, if they wanted to find a care home for a relative or friend, they would not know where to go for information.

This points to the fact that care homes often exist in a kind of 'parallel universe'. We know they exist, we may even live near one

(if you live in Enfield, there are over 150 registered care homes listed on the Care Quality Commission website), yet most people have never been in one.

There are three times as many older people living in care homes as there are in hospital beds in England at any one time. Yet consider how much we know about what our local hospitals are like and how they are performing, compared with how much is known about care homes. This needs to change.

It is no exaggeration to say that the adult care sector is in crisis. Week after week we hear dire warnings of the workforce gap, providers of home care services handing back contracts, and cash-strapped councils struggling to pay for residential and nursing care places.

A lack of provision for social care in the Autumn Statement in November was swiftly followed in December by the announcement of new powers for local government to raise council tax by 3% in 2017/18 and 3% in 2018/19, specifically to pay for social care. While any new money is welcome, this really was a missed opportunity to tackle the problems of social care in the long-term.

Independent Age will continue to campaign for improvements in social care. We also provide free information on social care, if you're worried about any of these issues.

We have an advice guide ('How to find the right care home') to help older people and their families identify things to ask when choosing a care home. We also have a guide ('Staying in control when you're older') available on how to avoid being mistreated, and what to do if you are.

These are available from independentage.org. You can also arrange to speak to one of our advisors for free and confidential advice and information. Just call Freephone 0800 319 6789 or email advice@independentage.org.

Nursing 'associates' puts patient safety in danger

A new 'Nursing Associate' role has been created to sit alongside fully-qualified nurses in both health and social care. The role, in theory, was created to provide another route for individuals to gain access to jobs in the NHS.

The role would allow nursing associates to work under the supervision of qualified nurses who would provide them with the experience and skills to qualify as nurses. It was designed as an alternative vehicle for individuals to build up their portfolio and allow progression into qualified nursing roles.

However, in practice, the role has been grossly misused and puts patient safety in great danger. The Patients Association has become aware that nursing associates are being hired in place of qualified nurses as a way to reduce costs. Nursing associates do not have the relevant training and experience to perform the tasks of qualified nurses safely.

Leaked documents reported by the *Daily Telegraph* have shown that nursing associates with as little as two years' experience will be entitled to measure out doses of medicine and carry out invasive procedures without supervision.

This is a breach of the original intention of nursing associates and one that could have potentially lethal consequences as unsupervised and underqualified staff would pose a serious threat to patient safety. Cutting qualified nursing staff numbers to replace them with unqualified, under-experienced nursing associates is a dangerous and unacceptable attempt at lowering costs, one that compromises patient safety.

The Patients Association would like to see a return to proper staffing levels on wards, with the appropriate number of qualified staff and nursing associates, which is the only way to ensure proper patient safety.

This article appeared in the Patients Association weekly newsletter

Get active with Spurs Foundation

The Tottenham Hotspur Foundation, which aims to support the community through sports and other activities, has been working with Public Health on health projects in Haringey and is now branching out into Enfield, as Forum members heard at a recent meeting. It has launched three programmes:

1) **After Cancer Exercise Programme** – this is for anyone who has had a cancer diagnosis (from Borough of Enfield or Haringey) within the last five years, with the aim of preventing recurrence. It is funded by the Big Lottery and offers 1:1 sessions tailored to individual needs for up to 12 weeks. Benefits include reducing tiredness, relieving pain, improving flexibility, improving mood and quality of life, improving bone health, helping to achieve and maintain a healthy weight and improving general fitness. To apply: a referral form needs to be completed, signed by a health professional. Referral forms are available from GP surgeries, online at www.tottenhamhotspur.com/foundation or telephone 020 8365 5138.

2) As part of the **Walking for Health Programme**, a walk has been launched from Chase Farm. Meet at the walking gym/ New Clock Café at 1pm for a walk of about an hour to Hilly Fields Park and back. It is free (including a piece of fruit from the café) and all are welcome, including dogs. Contact: Kewayne.Muti 020 8365 5138 or by email to: Kewayne.Muti@tottenhamhotspur.com

3) **Walking Football**. These sessions are open to anyone over the age of 50 and held at Barnet and Southgate College, Wednesdays 5-6pm. (This is a techniques based group). Or for fun, try Southbury Leisure Centres on a Tuesday or a new session which will be starting in the spring at Edmonton.

Further details: Frank Kain - frank.kkain@tottenhamhotspur.com (07903 088 390) or Peter Stone - peter.stone@tottenhamhotspur.com (07787 504 237)

Save local pharmacies

Threat to cut funding to pharmacies could be challenged in court

The High Court has granted the Pharmacy Services Negotiating Committee (PSNC) permission for a Judicial Review of the Health Minister's decision last October to slash the funding to community pharmacies that could lead to 750 closures in London alone.

The hearing should be in early February, though this could be delayed if the Minister pleads for more time to prepare his case. PSNC sought permission to apply for the Judicial Review on the grounds that it believes the Secretary of State failed to carry out a lawful consultation on the proposals.

Among the PSNC allegations are that Ministers failed to analyse the level of pharmacy closures as a result of cutting some £300 million from the NHS pharmacy budget over the next two years; and that they used outdated data.

The National Pharmacy Association is also seeking leave to appeal in the courts against the cuts on the grounds that they will adversely affect and disadvantage minority ethnic groups in highly populated areas.

PSNC Chief Executive Sue Sharpe said: **"PSNC's role is to represent community pharmacy contractors. We have always sought to do this by working positively with the NHS to ensure that community pharmacies can do their best to meet the needs of the NHS, patients and local communities, and that the NHS recognises and acknowledges the value they provide."**

"PSNC has spent the past twelve months trying to work constructively with the Department of Health and NHS England to enable community pharmacy to help the NHS to meet the increasing challenges that it faces."

"We have sought to avoid taking legal action and very much regret that the process the NHS has followed has made this impossible."

On another note:

The Lloyds pharmacy chain has now joined Pharmacy2U in offering to dispense prescriptions by mail and so undermine the personal face-to-face contact and advice available from your local independent pharmacist which the NHS on one hand urges us to use instead of seeking a GP appointment – while at the same time threatening to cut the number of pharmacies.

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Getting to the toilet on time

I suspect that Dr Atul Gawande is a fine surgeon. I am more certain that he is a very fine writer.

His book **The Checklist Manifesto** outlines how surgery has become safer and more effective by adopting the use of checklists as pioneered by the aircraft industry.

In **Being Mortal** he asks more fundamental questions of **'what is medicine for?'**. Here he meets a geriatrician who tells him that the job of a doctor is not necessarily to treat the most significant medical condition but to support quality of life.

This means as much freedom as possible from the ravages of disease, and the retention of enough function for active engagement in the world. I agree wholeheartedly, hence the title of this article.

However much as I go on about physical activity, it's for a reason. For those of you who know me, I go on about utility cycling and Cycle Enfield but that's because cycling makes physical activity part of everyday life (24% of trips by people aged 75+ in the Netherlands are by bike).

Difficult as it may be to believe, but someone much cleverer than I has put this in much more pragmatic terms: **"physical activity is about getting to the loo in time"**.

I haven't got to this particular conversation with my parents but I have got them to go to Tai Chi now (though my Dad calls it Kung-fu) so that is one potentially distressing conversation averted.

For those who might seek other or additional ways of being active, Fusion is looking to increase the numbers of over 50s who use their sessions. The current dedicated Over 50 Day programme exists of seven sessions which take place Monday-Friday and include numerous activities specially catered for the over 50s including gym, swimming, badminton, yoga, tai chi, walking football and lots more.

Not that anyone would ever consider calling me a dog with a bone but as I was writing this, the first two news items on the BBC website were **1) research showing increased risk of dementia in those living closer to main roads and 2) record car sales in 2016.**

Just saying....

Glen Stewart

Assistant Director of Public Health, Enfield

Our Free confidential drop-in advice service

At the Dugdale Centre

(corner of London and Cecil Roads, Enfield Town)

Every Monday 10am to 12 noon

- Enfield Citizens Advice benefits, debts, pensions etc
- Solicitors Stennett & Stennett
- George Ttoui: tax and HMRC queries
- Enfield Alzheimers Society: Remi Oke, dementia support worker, 13 and 20 February, 13 and 20 March
- (New Service) North London Credit Union (established 1994): Maureen Malcolm offers information about affordable loans and secure savings.
- Screening for hearing tests on Mondays 13 February & 3 April can be booked through the Forum Office 020 8807 2076.

Please note: The confidential advice service is open every Monday except Bank Holidays.

An Enfield Over 50s Forum initiative in partnership with Enfield Council.

The Forum's Knit & Natter Group

The Knit & Natter Affiliated Group has two weekly sessions at the Dugdale Centre, 39 London Rd, Enfield.

Tuesday afternoons 2-4pm and Wednesday mornings 10.30am -12.30pm.

Both experienced knitters and complete novices are welcome. 50p per session. For details, **contact Liz Gilbert** on 020 8360 7386.

Over 50s Days at Fusion

Fusion runs Over 50s Days at Southbury on Tuesday and Wednesdays; at Southgate on Tuesdays and Fridays; at Edmonton on Mondays and Fridays and at Albany on Thursdays. Many activities and classes have been added to the programmes since they were launched, so we print a full list below. Some can be booked in advance and others on the day. The cost is £8.30 per day or £4.15 per day if you have an energy concession card. This concession card is normally £21.50 for 12 months, but for Forum members it is only £7.50. Note that only Forum members who are Enfield residents are eligible for this discount. Also note that sometimes Over 50s days are cancelled or activities are restricted for school or public holidays. Call the relevant centre for more information. Fusion runs many other activities and classes, so visit the website or call in to your local centre for more information.

http://www.fusion-lifestyle.com/contracts/Enfield_Council

Edmonton (Monday) Tel: 020 8375 3750

09:00 - 16:00 Badminton, Sports Hall
09:00 - 16:00 Table tennis, Sports Hall
09:30 - 10:30 EasyLine, Sports Hall
10:15 - 11:00 EasyLine, Sports Hall
10:30-11:30 Pilates, Studio
11:30 - 12:30 Total workout, Studio
11:00 - 11:45 EasyLine, Sports Hall
09:00 - 16:00 Swim, Steam and Sauna
12:00 - 12:45 Zumba Gold, Sports Hall
13:00 - 15:00 Short Tennis
13:45 - 14:30 Aquafit, Activity Pool
09:00 - 16:00 Use of the Fitness Suite

Southgate (Tuesday) Tel: 020 8882 7963

08:00 - 09:00 Table tennis, Activity room
09:00 - 10:00 Gym circuit, Fitness suite
09:30 - 10:30 Pilates, Activity room
10:30 - 11:30 Gym Circuit, Fitness Suite
11:30 - 12:30 Gym Circuit, Fitness Suite
11:30 - 13:00 Yoga, Activity room
12:30 - 13:20 Zumba, Fitness studio
13:20 - 14:15 Tai Chi, Studio
09:00 - 16:00 Use of the Fitness Suite
12:00 - 16:00 Swim, Steam and Sauna

Southbury (Tuesday) Tel: 020 8245 3201

08.30-09.25 - Tai Chi, Studio
09:00 - 10:30 - Badminton
09:00 - 16:00 Gym
10.45-12.15 Walking football, Sports hall
11.45-12.45 Walking netball/Basketball, Sports hall
13:45-14.45 Indoor short mat bowls, Sports hall
09:00-16:00 Swim

Southbury (Wednesday) Tel: 020 8245 3201

08:30 - 09:30 Pilates, Studio
09:30 - 10:30 Pilates, Meeting room
10:30 - 11:25 Aerobics, Studio
11:40 - 12:40 Yoga, Studio (last Wednesday each month - chair based)
12:45 - 13:45 Yoga, Studio (last Wednesday each month - chair based)

Southbury (Wednesday) (Continued)

10:00 - 16:00 Badminton, Sports Hall
13:00 - 16:00 Table tennis, Sports Hall
14:45 - 15:30 Aquafit, Main pool
09:00 - 16:00 Swim, Steam and Sauna
09:00 - 16:00 Use of the Fitness Suite
14:00 - 16:00 Tea dance, Sports Hall (2nd and 4th Wednesday every month)
14.00 - 16.00 Short mat bowls (1st & 3rd Wednesday each month)
14.00 - 16.00 Pickle ball (1st & 3rd Wednesday each month)

Albany (Thursday) Tel: 020 8804 4255

10:30 - 11:00 Gym circuit, gym floor (coming soon)
11:00 - 11:30 Gym circuit, gym floor (coming soon)
10:30 - 11:25 Aerobics, Studio
11:30 - 12:25 Zumba Gold, Studio
12:30 - 13:25 Toning, Studio
13:30 - 14:25 Pilates, Studio
14:45 - 15:30 Aqua, Pool
09:00 - 16:00 Swim, Steam and Sauna
09:00 - 16:00 Use of the Fitness Suite

Southgate (Friday) Tel: 020 8882 7963

10:30 - 11:30 Gym Circuit, Gym floor
11:30 - 12:30 Gym Circuit, Gym floor
11:30 - 12:25 Bokwa, Studio
12:30 - 13:25 Aerobics, Activity room
13:30 - 14:25 Pilates, Activity room
15:00 - 15:45 Zumba Gold, Studio
09:00 - 16:00 Use of Fitness Suite
12:00 - 16:00 Swim, Steam and Sauna

Edmonton (Friday) Tel: 020 8375 3750

8.30 - 9.25 Tai Chi
8.30 - 10.00 Badminton
10.15 - 11.10 Zumba
11.30 - 12.30 Walking football (coming soon !)
12.30 - 15.00 Badminton/ Short tennis/table tennis/pickle ball
09.00-16.00 Gym available 9 - 4 and swim sauna and steam subject to opening times.
09.00-14.00 Meeting room available 9-2pm

Affiliated Groups

Enfield Writers' Workshop

This is a friendly group of people who meet every Friday from 8-10pm at Salisbury House Arts Centre, Bury Street West, Edmonton N9. Members read some of their work and group discusses it. Whether you are interested in poetry, prose, plays, journalism, short stories or novels, why not come along with something you have written. Or just listen as the other members read their work and get a flavour of what we do. Just turn up or telephone 020 8364 5464 (Note, this is correct contact number).

Walkabouts

The Walkabouts rambling group organises a walk most Wednesdays throughout the year and is happy to welcome new members. Most walks are between between five and seven miles, taking about four to five hours plus a stop to eat a packed lunch. About once a month we have a pub walk, usually four to five miles long. Sometimes we have a walk in the centre of London. Our usual meeting place is the west end of Bullsmore Lane, at 9.30am. Our annual membership is £25 per year. For more information, please contact our chairman Alison Harris on 020 8367 6583 or email alandsteve@btinternet.com or our walks co-ordinator and membership secretary Elizabeth Wright on 07757 865 541.

Enfield National Trust Association

This is a friendly group with an interest in beautiful houses, landscapes & gardens and we invite you to join us for monthly afternoon & evening talks, outings by coach, outings by public transport & monthly lunches. Our evening meetings are held at The Grammar School, Market Place, Enfield, (entrance via Little Park gardens and Wilford Close), meetings begin at 7.45pm, parking in school playground.

Thursday, 9 March: The Life & Music of Irving Berlin by Geoff Bowden

Afternoon meetings at Holtwhites Sports & Social Club, Kirkland Drive, Holtwhites Hill, Enfield, a short walk from Gordon Hill station, parking in Kirkland Drive. Meetings start at 2pm.

Wednesday, 15 February: Britain in Bloom & World Gardens by Jim Buttress.

Wednesday, 15 March: Undiscovered Norfolk, a wildlife programme by Chris Ward
Details can be found on our website; www.enta.btck.co.uk or ring Peter Hunt on 020 8363 1568 for details.

Southgate Opera

Southgate Opera invites you to Come and Sing (or just enjoy watching) *The Mikado* with them on **Saturday, 25 March** at 7.30pm at St Mary Magdalene's Church, Windmill Hill, Enfield, EN2 7JA. It will be a costumed, semi-staged production of the Gilbert & Sullivan operetta and free scores will be provided for those who wish to join in the choruses.

Tickets are £10 and are available on the door or in advance from Southgate Opera, 46 Borden Avenue, Bush Hill Park, Enfield EN1 2BY (020 8360 0788). Email: colinbdavis@sky.com.

Well-deserved honours

Congratulations to staunch friends and supporters of the Forum, **Vijey Rattan** and **Tony Kingsnorth**, who have received British Empire Medals in the Queen's New Year Honours list. Tony and his wife Jean have been stalwart members of the Bush Hill Residents Association, helping it grow from fewer than 20 households to the major force it is today.

Tony organised one of the largest community protests against TfL's proposal to reroute the 377 bus away from the area and had the steps at Bush Hill Park station made safe for people with mobility problems. He campaigned against the closure of the

A&E unit at Chase Farm and has organised many meetings between local people and councilors, parliamentary candidates and other representatives.

Vijey Rattan was recognised for services and activities to support and empower Asian women. She is originally from Punjab in northern India and has set up voluntary groups to help female victims of domestic violence and prejudice. Ten years ago, she set up the charitable foundation **Naree Shakti**, which means "women's strength" to provide a meeting place for Asian women to socialise, further their education and get advice about personal issues.

SOCIAL CALENDAR

As usual we try to cater for all tastes and pockets but are always looking for ways to ensure that we cater for as many members as possible. We can only do so much and whilst we are a pretty imaginative and adventurous group most of us have busy lives: don't forget that we are volunteers. More events will be added as we develop our programme. We welcome suggestions which you would be prepared to carry forward with the experienced assistance of committee members. Be creative!! If you have ideas to put to the committee, you can contact me, Irene Richards, on 0203 715 0946 or, preferably, by email: poosticks2@sky.com. NB: Do please note the occasional advisory warning re limited mobility – this is done when necessary to avoid you booking for a trip, etc. for which you are not able. You cannot always rely on others to help you.

Sunday 19 February. A walk around Hampstead village. Join Graham and other Forum members for an afternoon walk around Hampstead village past a number of places of interest, including Constable's burial place and Keats's former home. Graham will endeavour to provide some information about these points of interest. The walk will last approximately two hours and because it is hilly in places it is not really suitable for anyone who has walking or mobility difficulties. Meet outside Hampstead underground station (Northern line) at 2pm for a 2.15 departure. There is the possibility of refreshments in the Flask pub afterwards. For further information contact Graham on 020 8367 6360. There is no charge for this walk.

Wednesday 15 March. Brick Lane Music Hall. Irish Themed Music. Join us for an afternoon of fun, laughter and loads of blarney. Enjoy a scrumptious afternoon tea served in the interval. £44.50. Coach pick up at Lidl/Argos Enfield Town 12.15pm prompt, returning approx. 6pm. Limited tickets available. To book ring Jacky Pearce 020 8482 3575

Thursday 27 April. 'Stepping Out' at the Vaudeville Theatre at 2.30pm. After 26 years, this wonderfully funny and heartwarming comedy returns to the London stage. Do not miss this opportunity to buy your tickets at £44.50 (face value £77). To book, please contact Jean Mittins on 01279 899 069 or email mercia1211@talktalk.net.

Tuesday 2 May. Coach trip to Stratford Upon Avon and Chipping Campden. Join the Forum on a day trip to Stratford Upon Avon, birthplace of William Shakespeare and home of the Royal Shakespeare Company, with a visit to Chipping Campden, one of the Cotswolds' most attractive villages, en-route for morning coffee. We should arrive in Stratford about midday and there will be ample time to have lunch and explore the town. If time allows, we will also visit nearby Shottery to view Anne Hathaway's cottage. The coach will depart from Lidl/Argos Enfield Town at 08.30am prompt and arrive back in Enfield by approximately 7.30pm. The price for this is £22 (excluding any entry fees and meals). To book your place, and for further information please contact Graham Thomas on 020 8367 6360.

Thursday 1 June. 'On the Town' at the Regents Park Open Air Theatre, 2.30pm.

'New York, New York, it's a helluva town!' And a memorable score by Leonard Bernstein. To book your tickets for £24 p.p. please contact Jean Mittins 01279 899069 or email mercia1211@talktalk.net.

Tuesday 20 – Friday 23 June. Three night break in Leeds. Sightseeing, shopping, a three-mile stroll (55 mins approx.) along the Leeds-Liverpool canal towpath from the world heritage site of Saltaire through Bingley to the unique Five Rise 'staircase' lock. No money required yet but to express an interest ring Cheryl Byamukama on 020 8363 0732.

Tuesday 25 July. The Cream of Leicestershire and Rutland Water - escape to the country! A gentle day tour of Leicestershire's countryside famous for its dairy farming. We stop for lunch in Melton Mowbray, famed for its pork pies, Stilton cheese and Tuesday market. Later we drive and stop in Oakham, Rutland's county town. On arrival at Rutland Water, we board our touring boat *Belle* and later enjoy an included tea stop at the Harbour Café beside the largest reservoir in the Midlands and a paradise for wildlife. For a booking form and further information contact Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com. Cost per person is £48.

Thursday 14 - Monday 18 September. Five days experiencing the Isle of Man Heritage Rail Adventure. Delve into the culture of this fascinating island on this very special Forum trip. Traverse beautiful green hills aboard the Heritage railways, admire far-reaching views and discover coastal towns and unique communities that draw people from all over the world. Price from £579. For all details and a booking form, please contact Olivia on 020 84478841 or email oliviagoodfellow19@gmail.com

Early October. We are planning a four night trip to the vibrant city of Liverpool. At the moment, the cost is estimated to be around £375 for twin/double occupancy and £475 for a single room, and will include some excursions. To express your interest, and to go on the list for future contact, please phone Jean Mittins on 01279 899 069 or email mercia1211@talktalk.net

Looking and booking further ahead to 2018 !

Thursday 19 April - Tuesday 1 May 2018.

Trip of a lifetime to the Thunder Kingdom of Bhutan! This incredible adventure in the mountain nation of Bhutan and Nepal, a kingdom long hidden from the world, offers views of the mighty Himalayas, sacred shrines and spectacular temples as well as exploration of Buddhist monasteries and impressive fortresses. One Forum member has just returned from here and says he will book to come again with us, as it was so fantastic. Yes, it's not cheap at £3,399 per person but there is plenty of time to budget and it will be worth it when you see the itinerary! For further information, booking form and any questions, contact Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com

Please note: all are welcome as long as you are in good physical health and with full mobility.

Poetry Corner Old Age

My bones are creaking as I move around
with my slow walking pace,
Oh! I was young once when I use to have
spring in my steps,
Now to get up from a sitting position,
Several rocking motions like a baby in a
pram is required,
Why am I complaining I can still move
about?
Be it slowly there is still life left in this
here body,

My Bionic knees triggered the alarm at
the airport, on my way to Israel,
As the attendant weald her electronic
wand to scan my right leg,
She exclaimed, 'Oh you had a knee
operation'
Onto the left leg 'Oh another one'

Much to my amusement I responded,
I have to tell my Grandson,
'Nana Deeta set off the alarm at the
airport with her Bionic knees'
So much for getting old,
Other parts of me has lost their sell by
dates,
But what the heck, I am still standing.

Condeta Flandrin
Member of Forum Poetry Group

Please note: If you have to cancel your place on a Forum social activity/trip, we will make every attempt to fill your place. If this is not possible you may lose your booking fee/deposit.

Disclaimer: The Enfield Over 50s Forum is not liable for any personal injury/accidents that may occur during any of its activities/events.

George Ttoulis Burlington Wealth Management

APFS Chartered Financial Planner
Member of The Society of Later Life Advisers

and

Michael Stennett Solicitor

Member of Solicitors for the Elderly

Invites you to:

A mid-morning presentation followed by Buffet Lunch
entitled:

**How to fund for Long Term Care Fees
and mitigate Inheritance Tax.**

&

**The role of trusts in planning for Long
Term Care.**

Wednesday 26th April 2017

To be held at:

**Enfield Golf Club, Old Park Road South
Enfield, Middlesex, EN2 7DA**

10.00 am – Welcome and Beverages

10.30 am – Presentation.

12 midday – Questions and close.

A Buffet Lunch will be served.

**You should attend this event if you want to
benefit from understanding:**

- **The 6 ways to manage money to pay for Care Fees**
- **How to set up Trusts to reduce or mitigate Inheritance Tax.**
- **The impact of lifetime trusts and will trusts on paying for Long Term Care**

Please confirm your attendance by contacting:

Stennett Solicitors T: 020 8920 3190

E: enquiries@stennett-stennett.co.uk

or

Burlington Wealth Management

T: 020 8882 6688

E: george@burlington.uk.net

Disclaimer:

This newsletter is for general information. You are urged to seek competent professional advice before doing anything based on its contents. The Forum takes no responsibility for any of the services provided by any advertisement in this newsletter.

Forum meetings

**Note for all meetings we assemble at
10am for a 10.30 start**

At the Civic Centre, Enfield

Tuesday 28 February

Joanne McCartney AM, Deputy Mayor for London GLA and Assembly Member for Enfield and Haringey talks about **'her role in ensuring that local voices are heard in City Hall.'** Joanne currently sits on the Economy and Transport committees at the London Assembly.

At the Dugdale Centre, Conference Room 1

(Thomas Hardy House, 39 London Road, Enfield Town, EN2 6DS)

Tuesday 28 March (NOT at the Civic Centre)

Tim Dixon, Program Manager of the International Energy Authority Greenhouse Gas Organisation, will talk title about **"Carbon Dioxide Capture and Storage. What, Why, and Where?"** He will discuss this new technology to combat climate change, how it works, where it can be used in the world, why it is needed, and the role of the UK.

At Millfield House, Silver Street, N18 1PJ

Thursday, 9 February

Richard Edwards from the House of Commons talks about **'Women and the vote'** - the suffragette movement and its influence on Parliament.

Thursday, 9 March

Ashraf Choudhury National Wellbeing Manager - London and South from the Independent Age Charity will talk about **'its work in enabling older people to stay independent and live well with dignity, choice and control throughout the UK.'** The charity was founded over 150 years ago.

Southgate Beaumont, 15 Cannon Hill, N14 7DJ

Tuesday 21 February

Tom Owen, Co-Director of My Home Life will discuss **'What are we going to do about care homes?'**

My Home Life is a UK-wide initiative that promotes the quality of life for older people in care homes and is hosted by City University of London in partnership with Age UK.

Tuesday 21 March

This double bill meeting will have **Savita Tailor** talking about **'the Dementia Garden project at Chase Farm Hospital'** and **Mo Cross**, volunteer co-ordinator, talking about **'Enfield in Bloom, Past and Present'**.

Enfield Choral Society

The Society's spring concert Haydn's Paukenmesse – Mass No: 9 in C Major, will take place on Saturday 25 February at St Mary Magdalene Church, Windmill Hill, Enfield, EN2 7AJ.

The programme also includes works by Mendelssohn, Schubert, Brahms and Mozart. Conducted by Mark Sproson and in collaboration with Enfield Chamber Orchestra conducted by Martin Smith.

Tickets £12 (£10 conc) if paid for in advance by Friday 17 February, £14 (£12 conc) on the door. Under 18s and full time students £5. Available from any choir member or call our hotline on 07856 793434 or via email Tickets@enfieldchoralsociety.org.uk or via our website: www.enfieldchoralsociety.org.uk/tickets

Membership Matters

Dear Member

For those of you whose membership expires on 31 March 2017 then for continued membership of the Forum renewals are due on the 1 April. As you will see below there is a renewal form so please help us doing so early.

The form includes the current subscription rates. Also If you pay income tax please do sign the gift aid part of the form, we can get 25p back from the tax authorities for every £1 you pay. You will not be contacted further by the tax office or anyone else.

If you are not already a member you can also use this form to join. Forms can also be obtained from our website www.enfieldover50sforum.org.uk or by email to info@enfieldover50sforum.org.uk



Membership Application/Renewal Form Enfield Borough Over 50s Forum

(I/We/My Organisation) wish(es) to apply for or renew membership of the Enfield Borough Over 50s Forum. Enclosed is a payment of £9.00 for Individual membership; £13 for Couples; £22 for Organisations. (Delete as appropriate). Cheques should be made payable to Enfield Borough Over 50s Forum. You can register for multiple years. (price above multiplied by amount of years required). This reduces the Forum's administration burden. Life membership is available, at £100 for Individuals, £150 for Couples.

Your Surname: _____ First Name(s): _____ Title: _____
 Partner's Surname* _____ First Name(s):* _____ Title: _____
 Your year of Birth _____ Partner's Year of Birth* _____
 Organisation:** _____
 Address: _____
 Post Code: _____
 Telephone Number: _____ Email: _____

* Ignore if joining as an individual

** Ignore if joining as an individual or Couple.

Please note that any newly joining member who looks as if he/she is under 50 may be asked to provide proof of age in order to satisfy our arrangement with Enfield Leisure Centres.

Gift Aid

As a registered charity the Enfield Borough Over 50s Forum can collect gift aid on donations and subscriptions made by you, providing you pay income tax. If you agree to the Enfield Borough Over 50s Forum recovering gift aid from the tax office please sign below. The tax office will not contact you.

DECLARATION

I confirm I (or my Partner) have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to, will reclaim on my gifts for that year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand The Enfield Borough Over 50s Forum will reclaim 25p of tax on every £1 that I give. Please treat as Gift Aid donation, all qualifying gifts of money made and *tick the box on the next line.*

On this and all future donations

☐

Applicant Signature: _____

Date: _____

Ethnicity

Please give us information about your ethnicity. It is not mandatory to do so but helps our Forum in applying for grants which in turn help us carry out our charitable aims. Do so by ticking the appropriate box below.

Black African	<input type="checkbox"/>	Partner	<input type="checkbox"/>	Indian	<input type="checkbox"/>	Partner	<input type="checkbox"/>
Black British	<input type="checkbox"/>	Partner	<input type="checkbox"/>	Pakistani	<input type="checkbox"/>	Partner	<input type="checkbox"/>
Black Caribbean	<input type="checkbox"/>	Partner	<input type="checkbox"/>	Asian Other	<input type="checkbox"/>	Partner	<input type="checkbox"/>
Black Other	<input type="checkbox"/>	Partner	<input type="checkbox"/>	White British	<input type="checkbox"/>	Partner	<input type="checkbox"/>
Asian British	<input type="checkbox"/>	Partner	<input type="checkbox"/>	White Irish	<input type="checkbox"/>	Partner	<input type="checkbox"/>
Bangladeshi	<input type="checkbox"/>	Partner	<input type="checkbox"/>	White other	<input type="checkbox"/>	Partner	<input type="checkbox"/>

If none of the above then please state your ethnic origin: _____

Please tick if you have a disability

☐

Or your Partner

☐

Please return the completed application form to:

The Membership Secretary, Enfield Borough Over 50s Forum, Millfield House, Silver Street, Edmonton, London N18 1PJ. (You can also call in person or hand in at Forum meetings and events). Although we welcome others to become members of our Forum only those who live in Enfield are eligible for discounts at Enfield Leisure Centres.

Telephone: 020 8807 2076

Registered Charity No.: 1122859

www.enfieldover50sforum.org.uk

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