



## A testing year ahead

The Forum certainly made great strides in 2005. Now it is all systems go not just to cement the gains we made last year, but to advance still further the aims we set ourselves to help improve the quality of life of all older people in the Borough in whatever way we can. That is our only mission.



At the same time we are encouraged to see that the Council has made an important start in improving its relations with older people, but we note the view of the Audit Commission that it is too early to know whether the strategic plan and the appointment of older people's champions will make an impact to the extent that we will notice any difference.

So this is a testing time for both the Forum and the Council which is said to be still spending less on social care of older people than the Government recommends. There is still no Better Government for Older People set-up in Enfield, although we read in the Audit Commission's Corporate Assessment Report that funding has now been found to recruit a development officer. We welcome any and every initiative that improves life for vulnerable older people, and the much wider body of older people whom we strive to keep fit, healthy and independent so that they can postpone the time when they need to draw on health and Council services.

The Audit Commission is an independent watchdog ensuring the Council is giving good value for money and there is little doubt that the Government's decision to ask them to look specifically at what councils are doing about older people has put us in the spotlight as never before. Enfield Council

had an overall assessment score of 3 - performing well and consistently above the minimum requirements - but one of the areas where it could have done better, says the Audit Commission, is in its work among older people.

And so, no doubt, could we. Just because our membership more than doubled in the year is no reason to be complacent. So you will see in this issue of the Newsletter details of many meetings and activities we are holding and planning. Our objective is to appeal in many different ways to as many people as possible, so that there will be events to attend for every Forum member, irrespective of their age or activity level.

Obesity Awareness Week in March will, we hope, see us cooperating with the Primary Care Trust in reaching across the generations from grandparents to grandchildren in holding an event that will spotlight the growing danger of an obesity epidemic causing heart disease, diabetes and premature death. We have received a £500 grant from the Enfield Sports Development team to run a fitness awareness taster day and among the many and varied ideas for 2006 we have is launching a Tuesday "Curry Club" after Forum meetings.

So we hope to see more of you in what we trust will be a very happy new year for all our members and their families.

*Monty Meth*

**Chair**

### Forthcoming FORUM Events

**Tuesday 31 Jan 10am for 10.30 start**

**Mark McLaughlin**, LBE director of finance and corporate services, speaks on:

**Your Council Tax and the Budget 2006-7**

**Tuesday 28 Feb 10am for 10.30 start**

**Averil Dongworth**, chief executive, Barnet and Chase Farm NHS Hospitals Trust, speaks on:

**Challenge and Change towards Better Health**

**Tuesday 28 March 10am for 10.30 start**

**O.J. Daya**, manager Waitrose (Enfield) discusses **Healthy Winter Foods - and Drinks**

**Tuesday 25 April 10am for 10.30 start**

**Annual General Meeting.**

Guest speaker: Borough Police Commander, **Chief Superintendent Sharon Rowe**

*All of these meetings will be held at the Civic Centre, Silver Street*

## Forum's 6-point response to Mayor's strategy

The Mayor of London has produced a draft older people's strategy for consultation which aims to secure greater recognition for the contribution made by older people to public life in London.

The strategy covers a range of issues from equality in employment policies to reducing pensioner poverty, from seeking to improve the quality of social care and health services to improving older people's quality of life.

However, it seems to us to be long on good intentions and short on actions that we believe the Mayor can and should activate. We think the plan should be amended by:

1. **Adopting a no compulsory retirement policy for all employees under the mayor's control and he should aim to become an AgePositive Champion just like Enfield Council.**
2. **Campaigning for the introduction of a more meaningful age addition at age 80 than the present derisory 25p.**
3. **Coordinating access to leisure centres and physical activity programmes through the introduction of concessionary charges for older people.**
4. **Ensuring all London boroughs offer fairer charges for home care services which currently range from £14.10 an hour in Enfield to nothing in Camden.**
5. **Improving public toilet facilities at London Underground and bus stations and working with the London boroughs for better public conveniences throughout the capital.**
6. **Pledging value for money when increasing the GLA portion of council tax which has risen 107% since 2000-01.**

None of these issues - or the special £20 a year Council Tax levy to pay for the Olympics - are mentioned in the Mayor's strategy paper and we hope they will be considered alongside other commitments which have to be sent to PP18, Freepost Lon 15799, City Hall, The Queen's Walk London SE1 2BR by February 8.

## Random Round-Up.....

**Emergency state medical treatment** in all 25 EU countries as well as Iceland, Norway and Switzerland is only now available with the new European-wide health insurance card which replaced the old E111 form which ceased to be valid from the end of 2005. You now need an EHIC card which is free and can be obtained by picking up an application form at the Post Office; calling 0845 606 2030; or writing to the Prescription Pricing Authority, EHIC enquiries, PO Box 114, Newcastle-on-Tyne NE99 2TL9

**People with disabilities** who are in receipt of the Disability Living Allowance, Attendance Allowance, registered blind or hold a disabled persons railcard can now join a national card scheme giving the holder one free admission ticket for a person accompanying them to the cinema. The card costs £5 and is valid for three years. Application forms should be available at your local cinema or you can call 0151 348 8020.

## Make a change in the ward where you live

The Forum is endeavouring to strengthen its community links, assisting in crime prevention, community safety and generally making life better in the wards where we live.

Forum Committee member Derek Friggens is a member of CAPE - Community Action Partnership in Enfield - covering the ward where he lives. Another Committee member Peter Smith now represents the Forum on the police incident advisory group and the Forum is represented on the Enfield Community / Police Consultative Group.

With the planned introduction of safer neighbourhood teams (**see page 11**) in every ward of Enfield by April, the links between the police and local communities will be strengthened. It is intended that each ward would hold a CAPE meeting every month attended by local police and their partners which should include Forum members.

These monthly ward management meetings will get together to undertake a number of different tasks linked to resolving local problems such as fly-tipping, graffiti, antisocial behaviour. It will be a professional minuted and chaired business meeting so that each ward has its own team gathering, held in the ward itself in various buildings and at various times.

The group will be made up of statutory partners such as local enviro-crime officers, local housing officers, councillors, local registered social landlords and similar as well as representatives of local groups of residents such as Neighbourhood Watch Coordinators, heads of residents associations and community leaders including Forum members.

The idea being that you get together those people who are interested in making a change for the ward, either because it is their job, they live there or they work there, the caveat being that they must represent a group of people and are not just individuals. The group will be responsible for:

- \* **Ensuring that effective public consultation is being undertaken**
- \* **Delivery of actions against public priorities**
- \* **Monitoring of Problem Solving activity**
- \* **Tasking - individuals take tasks away to assist delivery against priorities**
- \* **Information exchange - the group share information to assist in the management of the priorities and they also provide information to their particular group on what is happening on the ward.**
- \* **Intelligence exchange - intelligence is passed to assist decision making within the group and intelligence is provided to other agencies to assist in investigations**
- \* **Ongoing review of problem solving activity**
- \* **Bringing forward other priorities that may need dealing with.**

The new new Borough police commander, Chief Superintendent Sharon Rowe will be discussing the development of CAPE and other matters when she speaks at the Forum's meeting in April.

# Budget consultation

## Council tax will rise again

There's no stopping the inexorable rise in Council tax - that's the first message from the Council budget consultation paper made available to Forum members attending our November meeting. It will be fully discussed at our meeting on Tuesday 31 January with Mark McLaughlin, the LBE director of finance and corporate resources.

Although written submissions had to be made by the end of December, we will have plenty of opportunities to express our opinions at various meetings culminating in the Council Cabinet meeting on Feb 8 and the full council agreeing the final budget on Feb 22.

Meanwhile, we have asked the Council to come up with a plan to finance the installation of a number of automatic public conveniences which cost £100,000 each and £10,000 a year to maintain. It sounds a lot of money but it could, we believe, be spread over two or three years and some of the money could be borrowed without incurring penal interest charges.

Similarly, we have expressed disappointment that there does not appear to be any money allocated in the budget for the refurbishment of the cafe and toilets at Whitewebbs Park and the creation of a well-planned leisure area, although we were told months ago that a business plan was being compiled to make Whitewebbs the attractive site it ought to be.

We have also asked about the £4 million already raised from asset sales - and the £11 million anticipated sales to ask whether some of it could be ring-fenced for new toilets and Whitewebbs development.

Enfield Council will spend some £370 million in the current year of which about £104 million is raised from council tax - the rest comes in one form or another from the Government. So it is heavily dependent on the grant from Chancellor Gordon Brown which is expected to be about 2.8% higher than last year, but is still less than it ought to be if Enfield's population was correctly assessed and we were not assigned to East London.

Both decisions are rightly being challenged and until resolved, the council tax increase will not be known. Meanwhile, although the Council says it is not making cuts, it is raising charges or cutting budgets which many think amounts to the same thing.

For example, it wants to cut the grant to the leisure centres by £80,000 at a time when we and they are battling to get more older people to use them as part of our get fit for a longer life campaign. We await with interest to see whether this cut has any impact on the people we represent. And there are plans to increase charges for home meals.

## Home Care charges to rise again

Forum member **Brian Wright** has strongly objected on our behalf to the Council's proposal to increase its income by £161,000 a year by raising its hourly charge for home care services from £14.10 to £16.

**Brian** represented the Forum on a Council "**fairer charging**" working party for home care which revealed that Enfield imposed by far the highest charge for this service in North London. It was the only borough with no maximum charge, leaving people paying up to £664 per week.

This compares with Barnet having a maximum charge in 2004-5 of £320 per week; Haringey £380; Islington £275 and Camden not only has no maximum charge - it hasn't had any charges at all for homecare services.

With inflation running at around the 2% level, **Brian** points out that Enfield's proposed increases in homecare charges will be 15% and they are already much higher than in neighbouring boroughs.

If any Forum member receiving home care services has any problems with any aspect of the service, they can contact Brian on 020 8882 6572 or you can e-mail him [bsteadman.wright@tiscali.co.uk](mailto:bsteadman.wright@tiscali.co.uk)

The aim of the "**fairer charging**" for homecare policy was to help vulnerable people live more independently and enjoy more fulfilling lifestyles. While those on very low incomes may pay nothing, others are means-tested according to their ability to pay and some 14% of people are estimated to be affected by the higher charges plan.

The Forum argued when the scheme was introduced that once the higher charges were fixed, people should be assured that they would not rise above the level of inflation so as to relieve any anxiety about the future cost of homecare.

## Stop Press

At the Council "**fairer charging**" working party home care meeting on 11th January the recommendations were

- **The maximum weekly charge should be set at £300.**
- **Where home support needed to be provided by two carers then the daily charge should be for only one carer.**
- **Cabinet in setting the hourly charge for the coming year should reconsider and keep it at the current level.**

The point that Enfield's rates the highest in North London was reiterated.

## Need a loo?

**If you call the Continence Foundation on 0845 345 0165 we are told you can get a free credit-sized card which says: Urgent - the holder of this card has a medical condition and needs to use a toilet quickly. Please can you help?**

## More help on heating On your guard

Our flu jabs day at Edmonton Leisure Centre led to over 30 people applying for central heating grants which are now being extended. Free central heating installations are being offered to everyone receiving the pension credit. For all other pensioners, Chancellor Gordon Brown is making a £300 grant available towards installing central heating for the first time.

In his pre-budget report Gordon Brown said that Insulation and central heating can reduce heating bills for a typical pensioner household by £300 a year. The energy savings are now so great that no pensioner household should be without insulation, and no pensioner should be without help to install central heating. Although the governments warm front programme has so far insulated one million homes, there are still 2 million pensioner homes without insulation and half a million with no central; heating.

Although there was no new help to pay council tax or higher winter fuel bills, the very useful winter fuel allowance is being extended for the rest of this parliament. Every pensioner will, therefore, continue to receive £200 a year, or £300 if they are aged 80 or over. If you haven't received this year's allowance then you must call the hel-

pline on 08459 15 15 15. All claims must be received by 30 March 2006.

Energy companies are matching the government's £300 million warm-up plan by offering between £125 and £175 towards the cost of insulation for pensioners ineligible for the free loft and cavity wall insulation service. To get this help you have to be a private home owner or private tenant - not council tenant who need to talk to LBE. We have been told that pensioners whose central heating is on its last legs may also qualify for help.

The Met. Office forecasts of this winter being a very cold one has turned out to be all too true - and it's not over yet. So we must do more to help older people prepare to beat the cold, especially when we see that the winter deaths figure occurring between December to March for people aged 65 and over is on the rise again. In 2004-5 it was 28,700 compared with the normal annual figure of around 20,000 - compare these figures with the 3,400 people of all ages killed in road accidents each year.

**Anyone who thinks they qualify for help should contact the government's warm front programme 0800 316 6011 and for those not on pension credit call 0800 3366699.**

**Attention all car owners and drivers** especially if your laptop is in the car or your car is full of shopping.

Be aware of a new car-jacking scheme. You walk across the car park, unlock your car and get inside, lock the doors, start the engine and select reverse.

You look into the rear-view mirror to back out of your parking space and notice a piece of paper stuck to the middle of the rear window.

So, you shift back into park or neutral, unlock the doors and get out to remove the paper (or whatever it is) that is obstructing your view. When you reach the back of your car the car-jackers appear out of nowhere, jump into your car and take off.

Your engine was running and you would have left your handbag or briefcase in the car.

Apart from stealing anything of value, they might find your address - and they already have your keys. Remember, if you see your rear view blocked like this just drive away and remove the paper later! It is stuck to your window!

This scam is happening in London right now. Just be aware and take care.

**This warning was issued by Alliance Cornhill Insurance.**

## New over 50s activities centre opens

Enfield now has a new activities and resource centre for the over 50s. The New Year has marked the opening of a modernised and disability compliant Ruth Winston House in Palmers Green. It will be the centre for a range of day and evening courses including salsa dancing, flower arranging, healthy eating and cooking for one; genealogy, tai chi, computers for beginners, keep fit and much more.

Situated at the Triangle, close to the junction of Green Lanes and Aldermans Hill, the refurbished centre will be a handy spot to drop in for a cup of coffee and a chat and there's an open invitation to Forum members to view the bright new premises. Call 020 8886 5346 for a brochure or call in at 190, Green Lanes, Palmers Green, N13 5UE



**Forum members enjoying a Boxing Day curry festive feast at the Millenium Tandoori Restaurant, 12 Cambridge Parade on the A10, courtesy of the owner, Mr Mohammed Haque.**



## Olivia's Page... ..A Boomerang World.....



### Thanks for your support

After the resounding success of the Boxing Day

lunch at Enfield's best Tandoori Indian restaurant, I would like to invite members to join our new monthly curry club.

We will be having lunch at the Millennia Tandoori on the last Tuesday of each month at 1pm. The restaurant is located at 12 Cambridge Parade on the A10 near to the Halfway House pub and Carterhatch Lane. To book your place each month, simply call Olivia on 0208 447 8841. The restaurant's website address is [www.millenniaenfield.co.uk](http://www.millenniaenfield.co.uk).

The Forum would also like to place on record its grateful thanks to Mr Mohammed Haque, for hosting the complementary Boxing Day lunch and also the following for their raffle gifts: Gregg's the bakers, Wolden's nursery, Pearsons, Millfield Theatre, Kampung Malaysian Restaurant, Wades Hill Butchery and Marks and Spencer.

### Thought for the day - December 15

As I was walking outside yesterday, sipping my coffee and watching the sun climb over the horizon, I looked down and saw a curved twig on the ground that reminded me of a boomerang. Suddenly I was caught up in memories of me as a kid playing for hours on end in my granddad's garden with a small wooden boomerang he had given me as a gift.

Remember when you were a kid, how fascinated you were with boomerangs? (At least I was!) You take this flat, curved piece of wood and throw it and then watch in amazement as it curves around in the air and comes right back to you.

As "miraculous" as that seemed when we were kids, I've found that most of our life is like that. Whatever we "throw" out there, comes back to us. We live in a "boomerang" world.

Let me explain: If you smile at someone, in almost every case, they will smile back. Try it now with someone nearby and see if it works.

If you're kind toward someone, they will usually be kind in return. Of course, this also works in the other direction.

If you complain to someone, they will "share" their complaints with you. (In fact, you may quickly find yourself in a subtle competition to see who is more miserable.)

If you get angry at someone, they will usually get angry with you. And so on.

The fact is, whatever you decide to "throw" out into the world will usually circle around and land right back at your feet. (Much like the boomerangs we played with as kids.)

Here's what struck me this morning. I have a CHOICE about what I decide to "throw" out into my world. I have a CHOICE about what I WANT to land at my feet? If you want more JOY ... Throw it out there.

If you want more HAPPINESS. Throw some happiness out there to someone else and watch it "miraculously" come back to you.

It even works with money. Need money? Give some away. (Spiritual leaders from the beginning of time have been telling us this, but most of us are afraid to believe it.)

It works in just about every area of our life. When we give something away. When we "throw" it out there. It comes back to us.

But here's the good news (And this is really the "miraculous" part). We actually get MORE back than what we throw out there. Plant a seed and you don't just get one seed back. You get HUNDREDS (maybe even THOUSANDS!)

So today (and for as many days afterwards as you want), make a conscious CHOICE about what you want to "throw" out into the world. By doing this, you will be making a choice about what is going to come back and land at your feet.

Remember the boomerang. Whatever you "throw" out there WILL come back to you (many times over).

*Olivia Goodfellow*

## Listening to the experts.....

On December 6th, a small group of representatives from the Forum met Help the Aged to discuss and suggest ideas for the content, style and delivery of a proposed fitness video to be released next summer. We were shown excerpts from their existing video, which is titled "**Be strong, be steady**". This aims to reduce falls in older people - a subject well supported by the Forum. The new video will be targeting a fitter, more able, older audience. Our views on music, use of celebrities, locations, exercise methods, image and so on were carefully listened to. You will be updated on the progress of the video.

### A healthy soup for two on those winter days - when you need an energy boost.

**225g potatoes peeled and sliced, 1 small onion sliced, 1 pint of vegetable stock, grated nutmeg, 100g fresh spinach rinsed, drained and chopped, 2 tablespoons of creme fraiche, pepper.**

1. Heat a non stick saucepan and with a little oil or butter, stir fry the potatoes and onion for 1 minute. Reduce the heat to the lowest setting. Add pepper and put on the lid and allow the veg to sweat for 20 minutes until soft-stir occasionally to make sure it doesn't stick.

2. Add the stock, a pinch of nutmeg and the spinach and stir together. Bring to the boil and then blend in the liquidiser. Check the seasoning and then pour into bowls. Top each serving with a little creme fraiche swirled on the top.

Watercress can be used instead of spinach if you prefer-but leave out the pepper!

## Try, try, try again **Claiming made easy**

Pensions have been making news like never before with the publication of the Turner Commission report which mainly covers tomorrow's pensioners starting around 2020. Some of us won't be around by then so we're not too happy that the needs of today's pensioners have largely been ignored.

We've now written to the new Shadow Minister for Work and Pensions, Philip Hammond MP, seeking his views on the antiquated 25p age addition at 80. We said that we hope he'll be more receptive than his predecessor to whom we wrote on 12 August and never even had an acknowledgement.

The Turner Commission spent three years considering the pensions system and didn't apparently find time to consider the princely 25p age addition introduced 35 years ago - when it equalled 4 % of the single person's pension.

The Government admits that the 25p is "something of an anachronism" and we think a concerted campaign could produce results. The Government's only "defence" is that to change the age addition rule would require a new Parliamentary Bill subject to scrutiny and debate and they haven't got time for that! So, while consensus politics is the flavour of the month at Westminster we've asked Mr Hammond to offer the Government support in ending the 25p age addition and replace it with something all the major parties could endorse.

Now that we have the sixth new Pensions Minister in eight years, they'll probably tell us to wait till we see the new man's response. Meanwhile Turner proposes that everyone aged 75 and over should get a full basic state pension (currently £82.05 a week) - but there's no proposed starting date and no figures of what it should be.

It would, however, be a big boost for women only 30% of whom now qualify for the full pension compared with 84% of men. Turner also proposes to link the basic state pension to earnings from 2010 costing £300 million but which by 2020 would cost £7.6 billion a year.

So there's not much in Turner for today's pensioners and tomorrow's pensioners can look forward to working until they are 68 or 69 before collecting a pension in 2050!!

Nearly 1.5 million pensioner households are still not claiming the money they are entitled to, leaving £800 million a year alone in council tax rebates uncollected in the Treasury's coffers. We need to kill the idea that making a claim is a long and tedious job. Pension Credit applicants no longer need to complete a 26-page form to apply for it or the housing and council tax rebate. A simple 3-page form has now been introduced - and claims can be dealt with over the telephone. All the applicant has to do is check the form, sign it and return it in a pre-paid stamped addressed envelope.

True, we haven't stopped mean-testing yet but your income and savings details only need to be given once for the pension credit and the info is used for the housing and council tax rebates. People who apply cannot be worse off by doing so - and they could finish up better off. Even if they own their own home, they can still benefit from the council tax rebate - and the claims can be backdated for 12 months.

Applicants receiving the pension credit guarantees that nobody has to live on less than £109.45 a week (£167.05 for couples) and they may get back all the council tax paid in 2005 - and possibly even more. So it's worth spreading the message.

Our latest figures show that 11,515 people in the Borough are now getting more than the basic state retirement pension, compared with 9,900 people two years ago and the average increase per week is £61.83 in Edmonton, £62.25 in Enfield Southgate and £53.86 in Enfield North.

The local Pensions Service and the Council now have joint teams working to see that people entitled to the pension credit are also receiving any council tax or housing benefit they are due and it also operates in reverse. So far some 200 people have been identified and they are now getting what they are entitled to.

The Pension Credit application line is freephone 0800 99 1234 and it's open Monday to Friday 8am to 8pm and Saturday 9am to 1pm.

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## We visit the home of the Gunners

Over 50s forum members went to the home of Arsenal Football Club to enjoy a guided tour. The Highbury ground is closing in May 2006 to be developed for housing and a community park, as the Arsenal are moving to nearby Ashburton Grove in their brand new 60,000-seater stadium. The weather on the day of our trip was cold but sunny and as most of the tour was indoors it did not matter very much.

We started in the famous Marble Hall, where there is a bust of Herbert Chapman, a famous Arsenal manager in the 1930s, and many historic photographs from Arsenal's past. The Directors box was the next area to be seen and included in this was the trophy cabinet displaying the trophies won by Arsenal, over the years. The Press interview room was the next place visited, where the two managers face the media after every match and sometimes it is used for interviews with players, featured in the match.

Next to be seen was the dressing room used by Arsenal and we had the chance to take photographs alongside the football shirts of our favourite players. The most popular

shirts were Thierry Henry and Dennis Berkamp and members also had the chance to see the baths and shower area used by the players. Finally, we went outside to the area where the press, directors and other VIPs sit during the match and enjoyed sitting in the best seats in the Stadium, before going pitch side to the dugout area where the two managers and their substitute players sit on match days.

The final part of the tour was to the Arsenal Museum, where memorabilia was on display from the start of Arsenal's original ground in Woolwich before moving to Highbury, plus a 20 minute film with commentary by Bob Wilson on the history of Arsenal over the years, including television excerpts of their most famous matches. The film was called "The story so far" and featured interviews with the present manager Arsene Wenger and ended with the last FA cup final, which Arsenal won in Cardiff last May.

All the members who went on this visit enjoyed themselves and recommend that other members visit this Football Ground, before it closes to the public.

**Geoff Robinson**

## Toilets: Big push needed

Our campaign to improve the availability of public toilets in the Borough is making slow progress. Council leader Michael Rye has sent our survey to the director of the environment and street scene so that our "views can be taken into account as part of the constant review of public facilities" and he has agreed to meet a small group from the Forum to discuss the matter. But the Health scrutiny panel has been silent.

We have had good news and bad news regarding the long-promised Turkey Street toilet. The bad news is that the installation of the automatic public convenience (APC) has been delayed because the engineers have run into structural problems, but we have been told it could be up by March. More bad news is that the Council has sold off the toilets at Lancaster Road and Silver Street / Sterling Way for £101,000 and £138,000 respectively.

The good news is that we are assured the Council has already bought the Turkey Street replacement Healthmatic APC for £100,000 and we are pretty confident that the proceeds from the above mentioned auctioned toilets will be used for new automatic toilets in Lancaster Road and at the Angel / Fore Street. We are still campaigning for an APC at the new Edmonton bus station and await the result of the tripartite meeting convened in mid-January.

Meanwhile, the Forum's toilet subgroup has decided to compile a black and white list of stores and rail stations with and without toilet access. This is something in which everyone can help and we would ask all Newsletter readers to provide firsthand and accurate information on toilet access - or lack of access. **Elizabeth Henthorn** has agreed to coordinate your replies and you can telephone her with every snip of information - good and bad - on **020 8482 2460**.

# Hello, Sunshine

**Continuing our series on clubs affiliated to the Forum, we now have much pleasure in featuring the over 60s Sunshine Club sponsored by the Salvation Army.**

Affiliated to Enfield Over 50s Forum is the very popular Enfield Salvation Army Over 60s Sunshine Club whose membership exceeds 100. They meet on Wednesdays at 201 Churchbury Lane Enfield. Light refreshments are available from 9.30am in addition to a charity stall which has raised considerable amounts of money for very needy people in Africa-known as THE HELPING HANDS. The actual meeting starts at 10.15am with brief Christian devotions, then followed by various interesting weekly themes, features and speakers. These have included a talk by our Member of Parliament Joan Ryan; photographic slide shows on a variety of topics; talks on the Shelter homes for Animal Rescue; Bee Keeping, The History of Bell Ringing; Toastmaster Insights; Remembrance Day, National Saints Days and many other events.

Musically, there have been visits from A Salvation Army Senior Citizens Brass Band; the sheer delight of the sweet voice of the blind vocalist of "Chicken Shed" fame Lisa Hermans, and of course, the pleasure of our very own choir. This is led by Mrs Judith Charles and pianist Major Margery Chater. We also have a men's choir although small in

number, enthusiastically led by erstwhile NONAGENARIAN Stan Bye. From time to time on MEMBERSDAY we all have the opportunity of taking part when fun and much laughter are assured. A special touching aspect of the club, is the birthday acknowledgements when all birthdays are remembered. However, very special are the birthday celebrations in the club of those members attaining the age of 90. A sumptuous buffet is laid on and friends and relatives of the birthday person are invited. There were 5 such parties last year, and at one, Councillor Anne Marle Pearce attended, even though it was her last day in office as Mayor of the Borough.

The Birthday Activities are organised by Sue and Keith Wright and helpers. Other activities at the Sunshine Club include Club Holidays, Outings, Visits, Rallies etc. The club is most successfully chaired by Major Margery Chater who is a very friendly, caring, retired Salvation Army officer. She is ably assisted by Lt. Colonel Lila Halstead, who is also a retired Salvation Army officer. Albert Tredgett is our efficient treasurer and this leadership team are supported by a vast number of committee members and helpers all contributing to make this a happy and successful club for which the contribution is a mere £1.50 per month.

Contacts: **Major Margery Chater 020 8373 8923; Lt.Col Halstead 020 8363 7867; Ron Phippin 020 8360 9782**

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## A love story that's different

*I shall seek and find you....*

*I shall take you to bed and have my way with you....*

*I will make you ache, shake and sweat until you moan and groan.*

*I will make you beg for mercy, beg for me to stop....*

*I will exhaust you to the point that you will be relieved when i'm finished with you....*

*You will be weak for days....*

*all my love,  
the Flu*

**Now get your mind out of the gutter.....and GET YOUR FLU Jab!!!**



## Carole Sivak's New Year message

Forum social secretary Carole Sivak says the Christmas social event was a great success in every respect. The venue, the Enfield North Conservative Club was filled to capacity; the food prepared by Beverley and her team was excellent; and so was the vocal entertainment provided by Graham Hunter, which drew many people on to the dance floor.

Charlie Shoard, our 90-year-old guest keyboard player from the Salvation Army Sunshine Club was a special hit, especially as he even inspired our very own chairman Monty to show his crooning talents. What a dark horse!

So what about the New Year. We will kick off 2006 with a **'wild west'** line dance evening on Saturday 21 January at the Bush Hill Park Bowls and Tennis Club in Abbey Road, Bush Hill Park. Tickets are **£8** each and can be obtained from Carol Sivak, 56 Edenbridge Road, EN1 2LW. Please make your cheques payable to Enfield Over 50s Forum or phone **Carole 020 8360 7490 or Olivia 020 8447 8841**. The price includes sausages and mash of the highest quality (vegetarian food is also available and the evening runs from 7.30pm-10.30pm. A licensed bar will be open throughout the evening and there'll be a top class raffle. So come on down, folks!

A number of future events are in the planning stage including a trip to Aldeburgh in June with a 3-course lunch at Westleton and then on to Southwold and home.

## Holidays

Age Concern has a few vacancies for a March 20-25 holiday at the Sand Bay holiday village, Keystoke near Weston-Super-Mare, Somerset. It is within easy walking distance of the seafront and there's entertainment throughout the day. The price for the 4-night, 5-day half-board trip is £163 including two excursions. Accommodation is chalet style en-suite. Call **Maisie or Daniela** on **020 8351 2702**. There's similar holidays from 19-23 June at Lyme Bay holiday village costing £186 and from 18-22 September at the Warner Norton Grange classic resort costing £205.

## For those who enjoy Language

*(or interesting distortions of it)*

Those who jump off a bridge in Paris are in Seine.  
A backward poet writes inverse.  
Dijon vu - the same mustard as before.  
Practice safe eating - always use condiments.  
Shotgun wedding: A case of wife or death.  
A man needs a mistress just to break the monogamy.  
A hangover is the wrath of grapes.  
Dancing cheek-to-cheek is really a form of floor play.  
Reading while sunbathing makes you well red.  
When two egotists meet, it's an i for an i.  
A bicycle can't stand on its own because it is two tired.  
What's the definition of a will? (It's a dead giveaway.)  
In democracy your vote counts. In feudalism your count votes.  
She was engaged to a boyfriend with a wooden leg but broke it off.  
A chicken crossing the road is poultry in motion.  
With her marriage, she got a new name and a dress.  
The man who fell into an upholstery machine is fully recovered.  
You feel stuck with your debt if you can't budge it.  
He often broke into song because he couldn't find the key.  
Every calendar's days are numbered.  
A lot of money is tainted - it taint yours and it taint mine.  
A boiled egg in the morning is hard to beat.  
He had a photographic memory that was never developed.  
A plateau is a high form of flattery.  
A midget fortune-teller who escapes from prison is a small medium at large.  
Once you've seen one shopping centre, you've seen a mall.  
Bakers trade bread recipes on a knead-to-know basis.

## Get your 2006 diary out now!

**Enfield Borough Forum dates -**

(all meetings at the Civic Centre with 10am for 10.30 start)  
**January 31, February 28, March 28, April 25, May 30, June 27, July 25, August 29, September 26, October 31, November 28**

**Edmonton Forum meeting dates:**

**February 24, April 28, June 30, August 25, October 27, December 8.**

## Have more fun with words

A balanced diet is a cookie in each hand.  
Middle age is when broadness of the mind and narrowness of the waist change places.  
Once you get over the hill, you'll begin to pick up speed.  
Junk is something you've kept for years and throw away three weeks before you need it.  
Experience is a wonderful thing. It enables you to recognise a mistake when you make it again.  
I love cooking with wine, sometimes I even put it in the food.  
Whatever hits the fan will not be evenly distributed.  
Everyone has a photographic memory. Some, like me, just don't have any film.  
If the shoe fits buy a pair in every colour.  
Never be too open minded, your brains could fall out.  
Just going to church doesn't make you a Christian any more than standing in a garage makes you a car.  
If you look like your passport picture, you probably need the trip.  
Bills travel through the mail at twice the speed of cheques  
Some days are a total waste of makeup.  
Opportunities always look bigger going than coming.  
By the time you can make ends meet, they move the ends.  
Learn from the mistakes of others.  
Trust me, you can't live long enough to make them all yourself.  
I've tried!!

*Have a Wonderful Day*

## What's in a name?

Have you heard about the retirement home in Purley, Surrey called Purley Gates?

Or how about the retirement home in Peterborough located at St Peter's Close.

Another retirement home is in Dyer's Court or there's a funeral parlour in Terminus Road, Littlehampton, with a branch office in Ash Lane, Rustington.

**Good job we have a sense of humour!**



## Breast screening gets a lift

Women over 70 are now being encouraged to make their own free breast screening appointment by telephoning the new North London breast screening unit at Edgware Community Hospital directly on 020 8951 4045 (Monday-Friday 9:00am-5:00pm).

The new unit at Edgware Community Hospital recently moved from their old base in a 'bungalow' originally opened in 1988 to a three-storey building, which has been completely redesigned and refurbished for the service. The building work took seven months to complete at a cost of £1.9 million and has doubled the space available. The unit screens from 2 static sites - Edgware and North Middlesex Hospital and it has six mobile vans.

The North London Breast Screening service invites women aged 50 to 70 who are registered with a GP for free breast screening every three years. But after age 70 you have to ask for an appointment and we'd like to see this discrimination against older women abandoned and automatic breast screening extended to all women whether over 70 or not.

Breast screening (mammography) is an x-ray examination of the breast that can detect the presence of breast cancer at an early stage. The mammogram only takes a couple of minutes, with the whole visit to the mobile unit only taking half an hour.

Dr Will Teh, Director of the Screening Service said: "This is a very exciting time for the breast screening service as we extend the service to a greater number of women in order to detect breast cancer so that it can be treated as soon as possible. This year 55,000 women will be invited for breast screening and it is great that we can do this in such a comfortable and well designed environment."

- **Breast Awareness is about becoming familiar with your breasts and being able to recognise changes.**
- **Know what is normal for you.**
- **Look at and feel your breasts.**
- **Know what changes to look for (lumps, pain, discharge from the nipple or anything else unusual).**
- **Tell your doctor about any changes immediately.**

### Published by Enfield Borough Over 50s Forum.

#### Contact:

Olivia Goodfellow, development Officer

**Telephone:** 020 8447 8841.

**E-mail:** olivia.goodfellow@enfieldover50sforum.org.uk

**Web site:** www.enfieldover50sforum.org.uk

## Holocaust Memorial Day

**6.15pm Thursday 26 January**

**Civic Centre, Silver Street**

Refreshments served

"One person can make a Difference" is the theme of this year's event which aims to highlight the dangers of turning a blind eye and doing nothing about persecution and violations of human rights.

Among the many people who made a difference were:

**Charles Coward** who rescued over 400 Jewish prisoners from Auschwitz. From 1945 – 1976 when he died, Charles Coward lived in Edmonton.

**Oscar Schindler** who gave employment to Jews in his factory in Poland and saved 1100 Jews from the Concentration Camps.

**Sophie Scholl.** A film about her life will be shown at a special Cineworld, Southbury (UGC) free screening on **23rd January at 11a.m.** (See details below)

### Sophie Scholl – Die Letzten Tagen (2005)



Sophie Scholl

This is a true story of Germany's most famous anti-Nazi heroine. The film follows the last six days of the life of Sophie Scholl.

The setting is Nazi Germany in 1943. A group of students mount an underground resistance, *The White Rose*, in Munich, dedicated expressly to the downfall of the Third Reich. Sophie Scholl, the sole female member, and her brother Hans, are captured during a mission to distribute pamphlets on a campus. Sophie Scholl knew that she would be charged with treason with the punishment being the death penalty. This did not deter her from fighting for what she believed in.

Unwavering in her convictions and loyalty to the White Rose, her cross-examination by the Gestapo quickly escalates into a searing test of wills as Scholl delivers a passionate call to freedom and personal responsibility that is both haunting and timeless.

This film is distributed through ICA Projects.

PG classification  
Subtitles

The film will be shown, free of charge, at Cineworld on Monday 23 January 2006 at 11:00am. If you would like to watch this film, please contact Deborah Chapman (020 8379 3775) or Phil Webb (020 8379 4757) at Enfield Council. You may also write to us at: Corporate Policy Team, Civic Centre, Silver Street, Enfield, Middlesex, EN1 3XY.

For more information, please visit the web-site:  
[www.sophieschollmovie.com](http://www.sophieschollmovie.com)

# Local Transport Update A Free Holiday

Various changes affecting transport services in Enfield are scheduled for early 2006

## Route 310/311

Apart from four journeys each way during Monday=Friday peak hours, from 24th December 2005 Arriva, The Shires have withdrawn the provision of bus routes 310/311 between Waltham Cross and Enfield Town because the impact of traffic congestion was making the routes unreliable for those living in Hertfordshire. London Buses consider the remaining level of bus service provision adequate.

## Route N29

From 14th January 2006, the night bus route N29 will operate with articulated "bendy" buses between Enfield Town, Wood Green and Trafalgar Square. The N29 route from Enfield Town to Ponders End Garage is withdrawn. Remember that it is necessary to buy or be in possession of valid tickets or a pass BEFORE boarding this service. No cash fares are available on this service. In due course Roadside Ticket Machines (RTMs) are planned to be installed at certain stops.

## Oyster cards and New Fares

Oyster cards <[www.tfl.gov.uk/oyster](http://www.tfl.gov.uk/oyster)> used on a "Pay as you Go basis"

should be purchased by Freedom Pass holders who wish to travel by bus or Underground BEFORE 09:00 Monday to Friday. These "Pay as you Go basis" Oyster cards are NOT available for use by either WAGN or One Railway rail services AT ANY TIME.

## Railway service via Hertford North

The Train Operating Company (TOC) First Capital Connect <[www.firstcapitalconnect.co.uk](http://www.firstcapitalconnect.co.uk)> has been awarded the franchise for the train service via Palmers Green, Winchmore Hill, Grange Park, Gordon Hill to Hertford commencing 1st April 2006. Until the new contract is up and running, the First Capital Connect Managing Director, Elaine Holt, has appointed Karen Boswell of Arawak Management Services <[www.arawakms.com](http://www.arawakms.com)> an ongoing responsibility to liaise with local groups such as Enfield Borough Over 50s Forum on generic issues. Karen Boswell is being invited to the meeting of the Public Transport Consultative Group on the 9th March. The provision of toilets and pro-active CCTV are amongst the Day 1 issues already identified.

**Donald Smith**

## Care for an older cat? Did you hear.....?

Local cats charity, Cheshunt and Waltham Cross Cats Protection, which covers Edmonton in London to Welwyn Garden City, currently has some older cats in their care that would particularly suit retired people. Rose-Marie, the Homechecker for the charity, who rescue unwanted cats and kittens said: **"We always find it harder to home older cats, especially those that are black as many people want kittens and colourful cats, and its such a shame as we have loving older cats who would make a wonderful pet."**

if you want to find out more? If you are on the internet visit the webpage at [www.cheshuntcats.org.uk](http://www.cheshuntcats.org.uk) or telephone Rose-Marie.

**Rose-Marie** is on **0870 609 1241**.

A Forum member went into Boots and asked if they had some talcum powder. The assistant said **'Certainly, Sir, if you walk this way'**. The member retorted **'If I could walk that way I wouldn't need the talcum powder'**.

There was also the Forum member telling her friend that her husband was deeply religious. She said **'he worships himself'**.

## The North London Morning Orchestra

**If you play an orchestral instrument and are free on Wednesday mornings how about joining? This sociable fun orchestra is looking for new members.**

**Venue:** The Friends' Meeting House, Chusch Hill, Winchmore Hill, N21

**Contact:** Joyce on 020 8446 1729 or Eric on 020 8367 3169

The National Benevolent Fund for the Aged (NBFA) is a charity for older people, offering free holidays for people who live on a low income. The opportunity to go on holiday with the NBFA is the chance to have a change of scene, make new friends or to try new activities.

For others, it marks the chance to get back on their feet after illness or bereavement. The NBFA works with individuals as well as with organisations such as sheltered housing schemes and community groups to help people go on holiday.

The free holidays includes coach travel, meals (half board), hotel accommodation, entertainment and some outings. People need to be over 60 years old, live on a low income - which normally means they receive pension credit, housing benefit or Council tax discount -and have not had a holiday for at least 3 years. People also need to be generally mobile and be able to get on and off a coach on their own.

Through the Over 50s Forum, NBFA is offering a holiday to older people from the Enfield area to the Queen's Hotel, Eastbourne on 12th - 18th March 2006.

If you know anyone who might benefit from this holiday, please contact Olivia Goodfellow on **020 8447 8841** or you can apply directly to the NBFA for an application form or for further information: Enquiries to:

**Hazel Robinson**

**National Benevolent Fund for the Aged**

**32 Buckingham Palace Rd**

**London, SW1W 0RE**

**020 782 8020**

[Hazel.robinson@nbfa.org.uk](mailto:Hazel.robinson@nbfa.org.uk)

## Members' Renewal Drive Starts Now

Membership fees for 2006-7 remain unchanged at £4 for individuals, £6 for couples and £10 for affiliated clubs. Annual membership runs from April 1st to March 31st of the following year. A renewal notice is included with this Newsletter for all those whose membership is due for renewal. Recently joined members will already have received a membership card valid until March 2007.

To secure your new Energy Card and all other Leisure Centre discounts, it is most important that everyone has an up-to-date membership card to present when re-joining the leisure centre schemes. Members of groups affiliated to the Forum will need to join the Forum as individual members if they want a discounted Energy card - and to receive other discounts negotiate by the Forum at Millfield Theatre and Office Interiors at 407 Green Lanes, Palmers Green Tel: 020 8882 3319.

As the leisure centres energy card renewal date is April 1 we can help make the renewal process as smooth as possible by sending a cheque payable to Enfield Borough Over 50s Forum to Olivia as soon as possible - or you can put it in an envelope marked on the outside with your name, address and telephone number and bring it along to any Forum event - and if you can add anything in the form of a donation to our funds, it will be greatly appreciated.

**For full details about the Forum see our website**

[www.enfieldover50sforum.org.uk](http://www.enfieldover50sforum.org.uk)

## Advance Notice

There will be a Day Coach Trip to the Suffolk Coast on Thursday June 8th.

With time at

Aldeburgh, Westleton (for a 3 course lunch) and Sothwold (afternoon tea).

Tickets £21 and include lunch.

Details Olivia (020 8447 8441) or Carole (020 8360 7490)



ENFIELD BOROUGH OVER 50s FORUM

[www.enfieldover50sforum](http://www.enfieldover50sforum)

### Membership Application Form

Surname	
First Name(s)	
Organisation*	
Address	
Post Code	
Phone Number	
Email	

\* Not applicable if joining as an individual or a couple.

(I/We/My Club) wish(es) to apply for membership of the Enfield Borough Over 50s Forum. Enclosed is a payment of (£4.00 individual membership; £6.00 for couples; £10.00 for Clubs). Cheques should be made payable to Enfield Borough Over 50s Forum. (Delete as appropriate)

Signed:

Please return this application form to Olivia Goodfellow, Development Officer, Enfield Borough Over 50s Forum, 19 Wades Hill, Winchmore Hill, N21 1BD. or hand in at a Forum Meeting.

Please tick here if a receipt is required. Receipts are not usually sent as a full membership list is available at meetings.

How did you hear about the Forum?

Or  
Who introduced you?

**Get a friend to sign up NOW!**

**Chief Inspector Chris Barclay, Head of the Enfield Safer Neighbourhood Unit has said that for low-level crime issues the public can contact the local police officers listed below.**

### Neighbourhood police teams contact details

Ward	Phone Number	Mobile Number	Location	Sergeant
Edmonton Green	020 8649 3554	07843 065888	Edmonton police station	PS 2 YE Ben Edwin
Enfield Highway	020 8721 2903	07884 117287	Ponders End police station	PS Barry Green
Enfield Town	020 8721 2791	07748 320034	Enfield police station	PS 55YE John Mercer
Lower Edmonton	020 8649 3553	07843 065887	Edmonton police station	PS 81YE Hazel Harris
Palmers Green	020 8721 2835	07884 117283	Southgate police station	PS 93YE Andy Rippington
Southbury	020 87212763	07748 320117	Ponders End police station	PS 82YE Stuart Gill
Southgate	020 8721 2792	07748 320295	Southgate police station	PS 53YE Andy Bovington.
Upper Edmonton	020 8649 3552	07843 065886	North Middlesex Hospital	PS 80YE Michael Forbes



# No change is not an option

That was one of the many messages received loud and clear at the special very informative December Forum meeting called to discuss changes at Barnet and Chase Farm Hospitals (BCF). Many members expressed their appreciation at being given the opportunity to calmly discuss the future of all services at both hospitals - and at North Middlesex University Hospital which is also part of the debate - although the local press seems focused only on A&E at Chase Farm.

Simon Welton, director of the BCF consultation process, assured Forum members that the consultation process proper will start in mid-January and he and Averil Dongworth would attend the February Forum meeting to take the discussion further. Meanwhile, it is apparent from press reports that NHS Trusts throughout the country are facing deficits of £600-£800 million.

The BCF hospitals had to make £22 million savings this year to balance the books. They have to produce a plan to break even by 2007-8 and hence the need to develop a strategy that will meet the health needs of everyone in the Borough. Unless this is achieved, the planned rebuild of Chase Farm will be in jeopardy.

A&E currently runs 24 hours a day, seven days a week at the two BCF sites. They both require intensive care units, high dependency beds, emergency surgery facilities and diagnostic services 24 hours a day. Staff cover has to be provided across two sites with the right level of expertise and supervision.

Yet over 70% of patients going to A&E go home the same day - that's about 50,000 of the 70,000 people attending each year, 14,000 stay less than two days and about 6,000 are patients for more than two days.

So we are being asked whether there is a better way way to utilise hospital services, a better and faster way to treat minor injuries and release more resources to treat the serious illnesses requiring the use of operating theatres and intensive care?

Instead of the four-hour (or longer) A&E wait for everyone can we think about a walk-in minor injuries unit and a separate unit for real emergency medical admissions. At the same time it is envisaged that GPs will increase their primary care role and replace some hospital services. In future, BCF will have to compete with GPs and other hospitals for patients. It will have to compete for customers just like ASDA do against Tesco.

The results of a recent nationwide survey on the future of community based health services indicated that people wanted more services provided in the local community, rather than only in hospitals as they are more convenient for people to use. And they would like their GP practices opened in the evening and at weekends.

Against this background to do nothing is to invite a future threat over the very survival of BCF and so the debate will be resumed at the Forum meeting on Tuesday 28 February - make sure you are there.

## Stamping out domestic violence

One in four women in their lifetime will experience domestic violence and a staggering two women a week are killed at the hands of their partner.

In Enfield alone, the police were called to 2,973 incidents during 2004-2005 but according to the Crime in England and Wales 2001/2002 report, just less than 35% of actual domestic violence crime is reported.

An Enfield Multi-agency Domestic Violence Strategy was launched last November by Enfield Council, the police and other multi-agency workers. The Strategy, produced by the Enfield Domestic Violence Forum, aims to tackle the sensitive subject of domestic violence by placing a greater emphasis on co-ordinated service.

## Handy Reference Directory

- Age Concern (written information) **0800 00 99 66**
- Breast Cancer Care **020 7384 2984**
- Carers and people with disabilities confidential enquiry line - **0800 88 22 00**
- Claim Pension Credit **0800 99 1234**
- Counsel and Care advice line Mon - Fri 10 -1pm (care for people over 60) **0845 300 7585**
- Diabetes UK **0845 120 2960**
- Disability and Carers benefit enquiry line **0800 882200**
- Free confidential welfare rights advice **0808 800 7575**
- Free Home Security for people over 60 with savings below £16,000 **020 8379 3134**
- Free Passports for those born before Sept 3 1929 **0870 521 0410**
- Home Support Network **020 8351 1322**
- Macmillan Cancer Relief **0808 808**
- NHS Direct **0845 4647**
- NHS Smoking Helpline - for anyone wanting to stop **0800 169 0 169**
- Retirement Pension Forecast **0845 3000 168**
- SeniorLink 24-hour response line helping older people to live independently at home **01255 473999**
- Stop junk mail write Mail Preference Service, Freepost LON20771 London W1E 0ZT
- Stop junk phone calls **0845 0700707**
- Taxback on savings for people with low incomes **0845 077 6543**
- TaxHelp for older people - over 60 on low incomes **0845 601 3321**
- TV licences enquiry line (free for over 75s) **08456 036 999**
- Warm Front grants for over 60s receiving income-related help Freephone **0800 952 0600**
- Winter Fuel helpline **08459 15 15 15**
- PLEASE CUT OUT & SAVE**