



Biggest pension rise for 15 years

The 'triple lock' ensures that the rise in the annual state retirement pension will be the biggest single increase since April 2001 – but this is not a time to be complacent

Thanks to the 2010-2015 coalition government's introduction of the 'triple lock' (to determine whether the rate of the annual state retirement pension increase should be linked to the rise in prices, earnings or 2.5%), pensions will go up in April by 2.9% or £3.35 to £119.30 per week for a single person to match the rise in average earnings.

Less well-off pensioners will get a rise of £4.40 a week as the means-tested pension credit rises to £155.60 a week (single) and £237.55 (couple). But more than a million pensioners who are slightly better off and receive what is called the 'savings element of pension credit' will keep just £2 of the £3.35 rise.

This is the first time the pension has been linked to the increase in earnings since the 1970s when the link was abandoned by Mrs Thatcher's government. It is the biggest single increase since April 2001 when the pension went up by £5 per week for single people following the rise in prices.

The Conservative government elected last May was the only major political party to pledge both the continued support for the 'triple lock' link to pension increases and to maintain the current band of universal benefits for pensioners, though it is shifting the near £700 million cost of free TV licences for the over 75s to the BBC until 2020 - and there's no guarantee what happens to free TV licences after that.

And we do not lose sight of the fact that at the same time as the Cameron government is doing the right thing for pensioners, it is hitting the working poor with cuts in their already low living standards, thus adding to the inequality, despair, frustration and hardship for millions of families.

And, according to the economic forecasters, the coming year will see earnings growth pegged back to around 2%, so next year's pension increase is likely to rely on the 2.5% guaranteed by the triple lock. And just seven days into the New Year we saw Chancellor Osborne warn that Britain's fragile economy faces a "dangerous cocktail of new threats".

Politicians from all parties must have been embarrassed when they read a recent report from the Organisation for Economic Co-operation and Development (OECD) which said that British pensioners faced almost the worst fall in income in the world when they retire. An average UK worker relying on the state for their pension income receives about 38% of what they had been earning. Only workers in Chile and Mexico fared worst.

The OECD said that Britain spends just 5.6% of its total income on public pensions compared with an average 7.9% by other developed countries. But the politicians will no doubt argue that this excludes the cost of universal benefits such as

the Freedom Pass, free prescriptions, winter fuel allowances, free eye tests and TV licences for the over 75s.

It is because the continued maintenance of these universal benefits are subject to the whims and decisions of individual politicians – and are not subject to parliamentary legislation like the state retirement pension – that we need to be on our guard against those who constantly seek to attack these benefits.

So, as we can now see that the government is sticking to its manifesto pledge to maintain universal benefits, it would be churlish on our part not to publicly place on record our thanks to the three Enfield MPs in the 2010-15 parliament, Nick de Bois, David Burrowes and Andy Love who met Forum deputations and we know they pressed the Chancellor to maintain the full range of universal benefits.

We also thank those who supported our 8,000-plus petition to the MPs and particularly those who collected signatures in the borough because it is worth recalling that it all helped to secure the benefits we are now receiving.

There is no doubt that before this Parliament ends in 2020 we shall be called upon to campaign again to defend what we have won – not just for ourselves but for all future generations of pensioners.

See the President's point of view page 3.

Forum Meetings not to be missed

Note all meetings are at 10am for 10.30 start

Thursday 11 February (at Millfield House)

Solicitor Michael Stennett discusses 'Living with the Kids and legal issues'

Tuesday 16 February (at Southgate Beaumont)

Chloe McNamara, Psychological Wellbeing Practitioner and **Karen Linanne**, Cognitive Behavioural Therapist look at what difficulties the **Whittington Hospital NHS** service IAPT (Improving Access to Psychological Therapies) helps people with and the psychological therapies through their presentation 'Look how the IAPT can help you'.

Tuesday 23 February (at the Civic Centre)

Anna Dixon, CEO for the centre for Ageing Better, talks 'about the aims, work and research programmes of the Centre'. This recently formed research facility was launched last year with a £60 million grant from the Big Lottery.

For full details of all meetings see page 15

Jan's Journal

At Christmas, the social committee put on some great Christmas activities and we rounded off the year with a Christmas lunch at the Picture Palace, funded by AGE UK and free for those over 80 and living alone. I hope Christmas was a good one for all.



Winter Fair dancing session (photo John Dennis)

2016 is promising to be a busy one for the Forum. On Friday 19 February we will be holding our Winter Fair at Enfield County School, focusing on keeping warm, safe and active. (SEE ADVERTISEMENT ON PAGE 6)

We have a room set aside for advice and information on keeping warm, (our volunteer advisor, Simon Heaton will also be there to give individual advice), we have a play especially for carers, a drop-in shop for those with computer problems, as well as scrabble, chess and dominoes and a range of other activities.

No need to ring the office to book – just turn up for registration and collect your programme on the day. Activities will be running between 10am and 4pm, ending with Zumba Gold and a free raffle for those who are still there.

Of course we hope that you will want to stay for the full programme, but for those who prefer to come just for the afternoon, we have introduced an afternoon registration time and will be keeping back places on the afternoon workshops for those people who come late. We will still be having our free sandwich lunch and also free tea, coffee and cake in the afternoon, so if you are over 50, come along any time you like and have an informative and fun day. We are also still looking for volunteers to help out on the day – if you are interested please ring Jan on 020 8807 2076.

Entertainment for all

Contacting older people living alone in specific wards within Enfield was made possible last year through contributions from the Residents Priority Fund. I'm pleased to say we will be able to continue providing facilities for isolated folk as we were successful in an 'Awards for All' bid enabling us to provide lunches and monthly afternoon entertainment of music, theatre, dance and so on.

We will be using a range of venues around the Borough and hope to be kicking off at **Millfield Theatre with a Steel Band and lunch on Wednesday 27 April**. A collection will be made on the day so you can pay whatever you can afford and free transport can be provided to those members who need it, so keep the date open and look out for details in the next newsletter.

Later in the year we will be holding a **Conference on Better Ageing** (see next newsletter for details) and in the summer will be planning our annual **Falls Awareness Day**.

Happy New Year

Jan Oliver

Office and Development Manager



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Forum stands up for all generations



Defending young people, universal benefits and social care is a priority for everyone and there are plenty of statistics to help promote our cause

I doubt if there is a bookmaker in the country who will give me odds that 6 April will not see a new wave of attacks on **"lucky pensioners"** getting an unaffordable rise at the expense of under-appreciated younger people. An example of what we can expect came

recently from the **Taxpayers Alliance**.

Here is what their research director, **Alex Wild**, had to say in calling for the immediate abolition of all universal pensioner benefits: **"The first will sound a little bit morbid – some of the people won't be around to vote against you at the next election. So that's just a practical point; the other point is that they may have forgotten by then."**

"If you did it now, chances are that in 2020, someone who has had their winter fuel payment cut might be thinking: Oh, I can't remember was it this government or was it the last one? I'm not quite sure."

Such was the outcry against this cynical, callous call to cut universal benefits – by hoping more people die or become victims of dementia and memory loss – that **Mr Wild** was forced to issue a public apology, saying he meant to say that universal benefits should all be means-tested. Believe that if you wish.

While we can treat the infantile comments of the Taxpayer's Alliance with the contempt they deserve, we also recognise they have the ear of government and the media. So more worrying perhaps was a recent report from the **Intergenerational Foundation** saying that **"poorer young people are financing richer old people as our society grapples with demographic change and increasing longevity."**

Young people now **"face an average £42,000 of debt from university, the prospect of long-term unemployment, record rent demands and now the abolition of housing benefit,"** says the report which then called for **"benefits to be cut fairly across the generations."**

"Let's talk about those benefits that go to everyone over 60 years of age, irrespective of wealth – winter fuel allowance, free bus passes and free prescriptions."

So it was good to hear the response from Liam Burns, president of the National Union of Students, say on the BBC: **"The issues affecting young people today already affect many poorer older people too. We should be looking to find common cause across the generations, not advocating a race to the bottom where the poor, whether young or old, continue to lose out."**

That is why **our Forum** fully supports the **National Pensioners Convention** policy that we should unite the generations in the defence of our welfare state and public services, rather than see one age group set against another. We need to make sure the campaigning voice of Britain's older people is heard loud and strong.

There has already been much talk in the media over the last few years about older people escaping austerity – and there will be a lot more in the future. A well-respected think tank, **the Institute for Fiscal Studies**, has suggested that the state pension **"triple lock"** is too generous and **should be abolished**. The claim follows the announcement that the basic state pension will rise in April by 2.9% in line with earnings.

Head of the IFS, Paul Johnson, said the answer in future lay in raising the state pension age to 69 and **"getting private provision right"**, but offered no answer as to what should replace the triple lock. And there are former Ministers such as **Dr Liam Fox** and **David Willetts** suggesting that now is the time **to cut pensioner benefits**.

So here are a few facts and figures that cannot be denied or challenged which you may like to cut out, keep and use as ammunition in the fight-back we will certainly need to undertake in the coming years.

1 We resent the state retirement pension being listed among the so-called **'benefits'** we receive. It is **NOT** a benefit – it is a **RIGHT** paid for over many years by our national insurance contributions, made throughout our working lives and **it is taxable**. So it is, in effect, already means-tested for so-called **'wealthy pensioners'**.

It is a reward for work done which does not have to be applied for or claimed. It is paid as a RIGHT.

2 In **1979** the basic state pension was roughly equal to **26%** of average full-time gross weekly earnings. It is now roughly worth **18%** of earnings. *We have been losing out for 30 years from 1980 when Mrs Thatcher's government removed the link with earnings and which was not restored until 2010 when the coalition government introduced the triple lock.*

3 In the OECD annual review of state pension provision among the world's most developed nations, **the UK is ranked 32 out of 34 countries, with only Mexico and Chile slightly worse off.**

4 There are approximately 11 million older people over state pension age living in the UK, of whom around 4.5 million pay tax at the standard rate and fewer than 250,000 pay at the higher rate. The remaining 6.4 million have an income below £10,500 and do not pay any income tax at all. **The vast majority of older people are therefore not wealthy.**

5 Nevertheless, **every year pensioners make a net contribution to society of £40 billion** through taxes including VAT payments, paid and unpaid volunteering and caring which is more than the estimated £8 billion a year cost of pensions, care and benefits. **Any suggestion that older people are therefore a financial burden on society needs to be challenged.**

6 The idea that the **'triple lock'** is too generous is ridiculous. In April 2016 the basic state pension will rise by £3.35 a week and by just £2 for many women who don't receive a full pension. Even after this rise, the weekly basic state pension will still be less than £120 a week. Nowhere near a 'living' state pension figure of around £190 a week.

7 The decision by the coalition government in 2010 to switch from the Retail Price Index to the lower Consumer Prices Index has already had a serious effect on pensioner incomes. **The figures for the last five years show we have lost around £1,353 between what we would have had with an RPI-based pension and one linked to the CPI.**

8 The new flat-rate state pension that comes into force in April will be less generous than we were led to believe. It will be paid to men born from 6 April 1951 and women from 6 April 1953 **and will be £155.65 a week, or just over £8,000 a year.** The Department for Work and Pensions has been compelled to admit that from 2016 to 2020 more than half of the new pensioners will get less than the flat-rate pension they expected under the new system. In the first year less than half the men and three out of four women will get less than they expected.

9 Since 2010, social care budgets have been cut by around **£4.2 billion**. **The system suffers from a postcode lottery of charges, limited access to services, badly paid and poorly trained staff, a lack of proper regulation, low standards, inadequate 'flying' 15-minute visits and a lack of dignity for both staff and residents.**

Over 1 million older people who were helped with, for example, getting out of bed in the morning, going to the toilet or getting dressed now have to struggle without any support. **This puts a huge strain on the army of unpaid family carers, many of whom are themselves pensioners. Yet the carer's allowance is not paid to pensioners.**

Most care homes are now run by the private sector, and at least half face serious financial pressures. **The system is simply unsustainable.** *Why should the care of older people be means-tested, when health care is paid for by society as a whole?* That is why there is an urgent need to create a new National Health and Care Service, funded through general taxation, that can provide for all our care needs. **There now needs to be a nationwide debate as to how this can be delivered.**

So as an Over 50s Forum with a proud record of achievements to make life better in Enfield for older people, we recognise we have a duty to do all we can to defend the state pension and universal benefits. Not just for ourselves, but for future generations of pensioners who will follow us and have a right to expect no less than the benefits we have enjoyed.

Monty Meth

Public Health cut goes ahead

Reducing funding for Public Health is a false economy as encouraging healthy lifestyles saves the NHS money

Despite the cross-party personal intervention of David Burrowes MP (Conservative, Enfield Southgate) and Joan Ryan MP (Labour, Enfield North), the government is pressing ahead regardless with a £1.034 million cut in the borough's annual public health grant – Enfield's share of a £200 million nationwide axing of public health budgets administered by local authorities.

The MPs wrote to Jane Ellison, the Minister for Public Health, and put questions to her warning that Enfield is already struggling with the 5th highest rates of obesity in London and wide health inequalities – but all to no avail. The Chancellor confirmed the further cut to the public health budget allocated to Local Authorities from central Government in his Spending Review last November. This is obviously a huge blow after the great efforts by the Over 50s Forum to protect the public health budget in Enfield.

It will make protecting and promoting the health of the borough more difficult and it will be incumbent on the local authority to do all that it can to promote health in all its work and help to protect NHS budgets. Whilst the coming year will be financially very challenging, LB Enfield is committed to the health of Enfield residents.

By slashing public health funding for in Enfield, the Chancellor will only be adding to the pressures facing the Enfield NHS Clinical Commissioning Group which is already running a hefty £14.6 million deficit.

In endeavouring to prevent the funding loss, the Forum held meetings with the MPs, and urged the CCG to ask Simon Stevens, chief executive of NHS England, to use his influence to prevent a further

cut to Enfield's public health budget which is already 13.6% below the target figure set by the Department of Health itself.

At the same time as we face another cut to the present under-funded grant, Public Health England has warned that nearly 12% of Enfield's population aged over 16 have dangerous blood sugar levels which can, if not controlled, lead to serious health conditions ranging from stroke to amputations and blindness – and 30,000 local residents are in danger of developing Type 2 diabetes.

Annual in-patient care, to treat short and long-term complications of diabetes is estimated at between £1,800 and £2,500 per patient per year. Enfield is the fourth largest London borough yet it ranks No. 25 in its funding allocation for public health. The government claims it has imposed a "straight line" equal percentage cut for all local authorities while ignoring those local authorities that are already under-funded.

It seems crazy to cut public health funding when long-term health conditions now accounts for 70% of the NHS budget and these conditions are reducible by changes in a person's lifestyle – the key task for public health in Enfield where obesity and people being overweight costs the borough some £80 million a year in health costs and diabetes accounts for some 10% of the local NHS budget.

Is it too much to expect Chancellor George Osborne to heed the plea of a former colleague and secretary of state for health who says "there needs to be a ringfence around health and social care, and not just the NHS" (The Times Saturday interview, October 24 2015). Stephen Dorrell also said that Public Health England should be independent of the Department of Health.

The Enfield Society - Join Now

The society was founded in 1936 as the Enfield Preservation Society and renamed The Enfield Society in 2007. The aim of the Society is the conservation and enhancement of the civic and natural environments of and around Enfield for the public benefit. Its 2,000 membership has a strong record of campaigning and action in defence of the local environment.

The Society holds regular meetings at its headquarters in Parsonage Lane. **In addition its special interest groups organise walks, coach outings, working parties and other activities.** Full details of the Society and its publications can be found at (www.enfieldsociety.org.uk).

Interested in membership? Then contact the **Secretary, The Enfield Society, Jubilee Hall, 2 Parsonage Lane, EN2 0AJ; or tel:020 8363 9405**



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Health snippets

Mum was right

Carrots really can help your eyesight. Carotenoids which are found in carrots, spinach and peppers can slow the onset of age-related macular degeneration, says a study led by Harvard University. Their team looked at data tracking 100,000 people over 50 for 25 years and found that those who ate the most carotenoids had a 40% lower risk of the condition.

Diabetes hits NHS budget

The number of people with diabetes in Britain has topped four million with the ever-growing cost to the NHS now estimated to be £10 billion a year. About 90% of cases are Type 2 diabetes, which is strongly linked to excess weight.

Get a move on

Enfield Council has launched a 'Move More' campaign in 2016 in an effort to help us all improve our health – both physical and mental

Enfield Council is encouraging us all to do more exercise and it lists some benefits:

- 1) Control your weight
- 2) Strengthen your bones and muscles
- 3) Improve your mental health and mood
- 4) Increase your chances of living longer
- 5) Reduce your risk of disease, including cardiovascular disease, type 2 diabetes and metabolic syndrome and some cancers
- 6) And, especially for older people, improve your ability to do daily activities and prevent falls.

Walk twice a day for ten minutes

The council suggests that one easy way is to walk for at least 150 minutes a week – anytime, anywhere, in sessions of just ten minutes if need be. This works out at just over two ten minute sessions a day (seven days x 20 mins =140 mins).

For many people, walking to the station or the bus stop to get to work provides an easy way of building up their walking time. And we are all familiar with the idea that we should walk up the stairs and/or get off the bus or train/tube one stop early and walk the rest of the way.

For people who do not have a regular journey into work, building in a walk may require a bit more thought. But, as the council says, go out of your front door, walk for five minutes in any direction and then walk back – and you have already done one ten minute session.

Move More classes

The council's Move More programme of events includes a wide range of sports, physical activity courses and events, including some specifically aimed at the Over 50s: ballroom and latin dance, bowls, dance social, keep fit mature moves, street safety, swimming and tennis.

More general adult classes include: badminton, boxing, women's gym, Nordic walking, tai chi, yoga and zumba. These all are a series of classes, held at various venues around the borough and do have to be paid for.

For more information visit

www.enfield.gov.uk/sportsbookings

Free walking groups

The council also runs regular weekly walks around the borough's parks for the Over 50s, which are all free to join.

- Grovelands Park: Monday 10.30-11am and 11-11.30am
- Jubilee Park: Tuesday 9.30 -10.30am
- Broomfield Park: Wednesday 10.30-11.30am
- Enfield Town Park: Thursday 2-3pm

Fusion Leisure Centres

Of course, the Over 50s Forum has negotiated excellent discounts with Fusion Leisure which runs the council's leisure facilities and we have specific Over50s Activity Days at Albany (Thursday), Edmonton (Monday), Southbury (Tuesday and Wednesday) and Southgate (Tuesday and Friday).

(See Fusion article on page 7)

Does exercise help brain activity?

One of our members **Robert Hughes** answered a call made through our email newsletter for volunteers and has taken part in an exercise and cognition project, results of which will be shown

On the BBC in a programme called '**How to Stay Young**' due to be screened soon (though the date was not set at time of going to press).

Robert explains: "I was one of 22 volunteers to take part. The objective was to see if increased levels of exercise gave rise to an increase in cognitive performance.

"We all had to attend Kings College at the beginning of August where we sat a batch of cognitive tests using i-pads which set the baseline for our cognitive performance.

"We were then randomly divided into two groups. My group was required to carry out two brisk one hour walks each week for ten weeks and to record the number of steps taken per walk.

"The other group were required to travel to London twice a week and play table tennis for two hours on each visit.

"Three people from each sub-group had an MRI scan of the brain at the beginning and at the end of the ten weeks.

"After ten weeks we all went back to Kings College and resat the cognitive tests. We were then presented with the results showing what improvement each subgroup had made and what the MRI scans had revealed."

So look out for the programme in the Spring.

The alternative point of view

The Over 50s Forum strongly supports all efforts to help us improve our health through physical activity, but we do recognise that some people have a different attitude (even if only tongue in cheek!). So here are a few other thoughts on exercise:

Walking can add minutes to your life.

This enables you, at 85 years old, to spend an additional 5 months in a nursing home at £5,000 per month.

My grandpa started walking five miles a day when he was 60.

Now he's 97 years old and we still have no idea where he is.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about £200. Haven't lost a pound. Apparently you have to actually go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise over the last few years,.....just getting over the hill.





ENFIELD BOROUGH OVER 50S FORUM

FREE WINTER FAIR

Friday 19 February 2016

KEEP WARM. KEEP SAFE. KEEP ACTIVE



At Enfield County School, Holly Walk, EN2 6QS
(Holly Walk is at the top of Church Lane, off Silver Street, Enfield Town).

Ample car parking. Buses to Enfield Town

Come all day or just for a couple of hours – see below for registration details

MORNING PROGRAMME (Register 9.30-10.00 and collect lunch voucher)

- **Starting at 10.15:** Speakers – Opening Joan Ryan, MP, Dr. Mo Abedi (Chair of Enfield CCG), Tom Ruxton (Home Energy Efficiency Training Project). Chaired by Christine Whetstone (Forum Chair).
- **Starting at 10.00:** Drop In Computer Advice (bring your own appliance) and at 11.15 Energy Best Deal workshop, Indoor Exercises, Yoga, Overcoming Stress workshop, Sleep deprivation workshop, free 10 minute head massages, dominoes, chess and scrabble + stalls from Enfield groups.

**FREE SANDWICH LUNCHES FOR THOSE WITH A LUNCH VOUCHER (collect at registration)
AND LIVE MUSIC FROM JAZZ DUO**

AFTERNOON PROGRAMME (Register 1.00 – 1.30 and collect free tea and cake voucher)

- **Starting at 1.45:** Folk dancing (watch or join in), Dementia's Journey (play for carers), Spot a scam workshop, individual advice on keeping down your heating bills and your home warm, free 10 minute head massages, Zumba Gold, dominoes, chess and scrabble, a free raffle + stalls from Enfield groups.



FREE TEA, COFFEE AND CAKES at 3.00 (collect ticket at afternoon registration)

No need to book – just turn up for registration. All those over 50 welcome.
PROGRAMME SUBJECT TO LAST MINUTE CHANGES. For extra information contact the Forum Office
020 8807 2076 or email info@enfieldover50sforum.org.uk.

**Funded by The Warm Homes Campaign and Greggs Bakery and with many thanks to
Enfield County School for the use of their premises.**

Keeping fit at Fusion

Prices have gone up at the council leisure centres run by Fusion, but Edmonton will get another Over 50s Day and other activities are also planned for Forum members

Forum members recently enjoyed the **Healthy Choices / Feel Alive Day at Southbury Leisure Centre and Dominic Hall**, Fusion's Over 50s Coordinator says he is planning more such activities.

"We had a good response to the day and so we are looking at running similar days in the future to help the Over 50s keep healthy – and simply for them to enjoy a day in the centre."

Activities included walking football, walking basketball, a chair-based exercise class and tai chi as well as a talk on nutrition and general health.



Walking basketball team

Forum member discounts

The Forum has negotiated very generous discounts for all activities at the Enfield leisure centres so even with the price rises implemented at the beginning of the year, our members still get very good value.

To be eligible for our discount you must:

- live in the Borough of Enfield
- be a member of the Over 50s Forum
- produce a valid Forum membership card at any Fusion leisure centre and buy a concession card (£7.50 compared with £21.50 usually)
- sign up for an annual or monthly membership or use the concession card to gain discount rates each time you visit.

Price rises

The Over 50s Days are now £4.15 (£8.30 without a concession card)

Swim £2.10 (£4.15)

Sauna, steam and swim £4.15 (£8.30)

Gym £4 (£8)

Studio class £4 (£8)

So you can see that we basically get all the activities for half price.

Swimming lessons

Fusion also offers swimming lessons for people over 50.

Wednesday at Southbury

1.15pm - 1.45pm Improver class

1.45pm - 2.15pm Beginner class

These are £ 4.70 per class

Friday at Albany

9.30am – 10.15am

£6 per class.

For more information, just go into one of the centres or visit

www.fusion-lifestyle.com/contracts/Enfield_Council

Lottery winners

The winners of the October and November draws of the Over 50s 200 Club lottery have been presented with their cheques by the lottery organiser and executive committee member Jim Cattle.

Both the October winner, Myra Miller and the November winner, Ruth Vincent, each received a cheque for £150.

The amount which can be won depends on the



October winner



November winner

number of people playing – a lottery share costs £5 per month. We are still looking for more members so that we can raise the maximum

amount of money for the Forum – and, just as importantly, increase the monthly prize to £500. This will happen when we reach 200 members, so contact Jim now to sign up and be in with a chance to win. The amount may not reach the giddy heights of the millions available from the National Lottery, but then your chances of winning here are significantly higher!

The draw is made on the last Tuesday of the month at our Civic Centre meeting, so feel free to come along and watch the draw being made.

For more information, contact Jim on 020 8363 4969 Monday to Friday.



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Chair based exercises

Over50s Days

An additional Over50s Day will be introduced at Edmonton very soon – a Friday to add to the existing Monday. Dominic says the exact launch date has not been set yet, so people visiting the centre should look out for signs, and we will publish it in our eNews as well.

Southbury added a Tuesday Over 50s Day to its existing Wednesday one last year and that is growing in popularity.

Southgate's Over 50s days are Tuesday and Friday. Please note that Albany's Over 50s Day is Thursday (**not Monday as stated in the wraparound Fusion advertisement in the last issue**).

Activities on these days range from swimming and gym to aerobics, yoga and pilates to badminton, bowls and walking basketball.

Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton, N18 1PJ

Tel: 020 8807 2076

email: info@enfieldover50sforum.org.uk

Secretary: Tony Watts

Development & Office Manager: Jan Oliver

Admin Assistants: Diane Barron & Liz Delbarre

Office hours: Mon-Friday 9.30am - 4pm

PHOTO COMPETITION

We need more photos of the Forum's social activities for this newsletter. So, when you take part in any event listed in the Social Calendar, please send your photo with a short caption (or longer article if you wish) to the editor Yvonne at editor@enfieldover50sforum.org.uk and copy in social secretary Irene at poosticks2@sky.com. At the end of 2016, all people who sent in photos of these events will be entered into a draw and the lucky winner will receive a bottle of champagne.

Chair's Column



We want your memories of living in Enfield

A rather belated Happy New Year to all our members but what on earth has happened to our climate? It would be nice to get back to normal - whatever that is. I do hope that you enjoyed the holiday period and that those of you who were able to attend our festive events had a good time. I certainly did and would like to thank the social committee and Jan, Diane and Liz for their organisation.

As you know our regular meetings started again in the New Year and hopefully you will find something of interest to you. In any case why not simply join us for a cuppa, a biscuit and a chat?

NEWS FLASH.....
.....A NEW PROJECT FOR YOU TO JOIN!
 At a recent Millfield meeting a fresh idea was suggested. How about recording our memories of living in Enfield?

We have many members who were born in Enfield but also quite a number of you who have come to live here having been born and raised in other parts of the UK and the wider world.

It would be intriguing to remember what it was like to grow here, to share our experiences of arriving here from other places and to compare Enfield with our homelands.

Would you be interested in participating in this project which I have agreed to lead? It could include simply talking, writing about your life, recording interviews or conversations (maybe a bit like the Listening Project on Radio 4). We may even consider filming some contributions.

However, I would like your ideas about how the project might be organised. If you would like to join in please telephone the office with your name and telephone number or email address if we don't have it. Tell us whether you would like a daytime or evening meeting (we can do both).

Once I have an idea of who is interested we can take it further. Please try to phone the office by the end of March as it would be great to get started by the beginning of April. Hopefully the end result will be not only a picture of the Enfield of our youth but a fascinating glimpse of the many interesting places where our members grew up.

I really do hope to hear from you. We have already received a request from a couple of primary schools whose students would like to interview some of us about our memories and hopefully we can incorporate this in the project.

Whatever you decide I would love to see you for that chat over a cuppa!

Christine Whetstone

Project to strengthen digital ties

Emily Groves, a researcher and designer at the Helen Hamlyn Centre for Design at the Royal College of Art is working on a project to design a digital communication service to help strengthen social ties for older people in existing communities. She'd love to talk to people who are over 75, or even over 65, who have little or no experience of digital technology such as computers, email and mobile phones.

She has already interviewed a number of our members but is seeking more volunteers.

"I'm looking to use your ideas and opinions about communication to inform the design of the final product," she says.

If you would like some more information, or if you are interested in doing a short interview with Emily at a time and place to suit you, please call her on 07731 501 146.

Staying safe online

These days criminals are just as likely to attempt to steal from you using trickery and unauthorised online access as they are to break into your house.

Advice from the police:

Cyber criminals target people like you, your family or your business, using data such as your email address, phone number or social network page. They gather together snippets of information you innocently put online, like your birthday or kids' names. That could be all they need to steal your identity... with disastrous results.

Six top tips to keep it personal:

1. Don't publish your date of birth in your profile or highlight your birthday in posts or tweets - it's useful information for a fraudster or identity thief.
2. Don't reveal your passport number, driving licence number or other official details to anyone unless you're certain they are authentic, and that providing this detail is necessary.
3. Don't be fooled into revealing your PINs or passwords in response to an email, social network post, text or phone call, however convincing it seems.
4. Don't write down or store login details electronically or on paper, where there's a chance they could be found.
5. Never open an email attachment unless you're 100% certain of who sent it, or what it is. It could contain a virus that steals your personal information.
6. If you use the names of pets, family members, or 'favourite' things in your passwords or memorable words, and reveal these online, you may be handing a criminal clues to your login details.

Unknown number banned

For people plagued by nuisance calls, one important victory has been won. The Which? campaign to stop nuisance calls has succeeded in forcing the Government to announce that companies will no longer be able to hide behind 'unknown number'. They must display their phone number when making marketing calls. Which? has campaigned for mandatory caller line ID since 2013 and says this will make it easier for people to report nuisance calls and it will also help regulators target companies that consistently break the rules.

Free confidential advice

Visit the Dugdale Centre (corner of London and Cecil Roads, Enfield Town)

Every Monday 10am to 12 noon

- An adviser from solicitors Stennett & Stennett
- CAB adviser Loraine Hopwood on benefits, debts etc
- Tax adviser Jeff Rodin 22 Feb and 21 March
- Screening for hearing tests on 1 February and 4 April can be booked through the Forum Office 020 8807 2076.
- LBE advice on council tax, housing benefit, pensions
- Jobs adviser Lorna Clark

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

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



Always look on the bright side of life



Who said nursing homes are boring?

Two elderly residents were alone in the lounge of their nursing home one evening. The elderly man looked over and said to the lady: **"I know just what you're thinking. For £5 I'll have sex with you right over there in that rocking chair."** The lady looked surprised but didn't say a word.

"OK then", the man continued, **"for £10, I'll do it with you on that nice soft sofa over there, but for £20 you can come back to my room, light some candles, and I'll give you the most romantic evening you've ever had in your life."**

The lady still says nothing but after a couple of minutes, starts digging down in her purse. She pulls out a wrinkled £20 note and holds it up. **"So you want the nice romantic evening in my room,"** says the man.

"Get serious," she replies. **"Four times in the rocking chair!"**

True question

A noted psychiatrist was a guest speaker at an academic function where Nancy Pelosi, the highest ranking female politician in American history, the only woman to be elected Speaker of the House of Representatives, happened to appear. Ms Pelosi took the opportunity to schmooze the good doctor a bit and asked him a question with which he was most at ease.

"Would you mind telling me, Doctor," she asked, **"how you detect a mental deficiency in somebody who appears completely normal? Nothing is easier,"** he replied. **"You ask a simple question which anyone should answer with no trouble. If the person hesitates, that puts you on the track."**

"What sort of question?" asked Pelosi.

"Well, you might ask: 'Captain Cook made three trips around the world and died during one of them. Which one?'"

Pelosi thought a moment, and then said with a nervous laugh: **"You wouldn't happen to have another example would you? I must confess I don't know much about history."**

Pretty polly

A magician worked on a cruise ship. As the audience was different each week, he did the same tricks over and over again. There was just one problem. The captain's parrot watched the show each week and began to understand how the magician performed each trick.

Once he understood the trick, he started shouting out in the middle of the show:

"Look, it's not the same hat!", or **"Look, he's hiding the flowers under the table"**, or **"Hey, why are all the cards the ace of spades?"**

The magician was furious but, as it was the captain's parrot, there was nothing he could do. Then, one stormy night on the Pacific, the ship hit a coral reef and unfortunately sank, drowning almost everyone on board.

The magician was one of the lucky ones who survived and found himself floating on a piece of wood in the middle of the ocean ... as fate would have it, he was with the parrot. They stared at each other with hatred, but neither uttered a word.

This went on for a day ... and then another day ... and a third day. Finally, on the fourth day, the parrot could not hold back any longer and said: **"Okay, I give up, where's the ship?"**

Never mind about so-called "Free Schools" and "Academies" most of our generation were "home schooled" - remember?

- My mother taught me TO APPRECIATE A JOB WELL DONE. *"If you're going to kill each other, do it outside. I've just finished cleaning."*
- My mother taught me RELIGION. *"You better pray that stain will come out of the carpet."*
- My father taught me about TIME TRAVEL. *"If you don't straighten up, I'm going to knock you into the middle of next winter!"*
- My father taught me LOGIC. *"Because I said so, that's why."*
- My mother taught me MORE LOGIC. *"If you fall out of that swing and break your neck, you're not going shopping with me."*
- My mother taught me FORESIGHT. *"Make sure you wear clean underwear, in case you're in an accident."*
- My father taught me IRONY. *"Keep crying, and I'll give you something to cry about."*
- My mother taught me about the science of OSMOSIS. *"Shut your mouth and eat your supper."*
- My mother taught me about CONTORTIONISM. *"Just you look at that dirt on the back of your neck!"*
- My mother taught me about STAMINA. *"You'll sit there until all that spinach is gone."*
- My mother taught me about WEATHER. *"This room of yours looks as if a tornado went through it."*
- My mother taught me about HYPOCRISY. *"If I told you once, I've told you a million times, don't exaggerate!"*
- My father taught me the CIRCLE OF LIFE. *"I brought you into this world, and I can take you out."*
- My mother taught me about BEHAVIOUR MODIFICATION. *"Stop acting like your father!"*
- My mother taught me about ENVY. *"There are millions of less fortunate children in this world who don't have wonderful parents like you do."*
- My mother taught me about ANTICIPATION. *"Just wait until we get home."*
- My mother taught me about RECEIVING. *"You are going to get it from your father when you get home!"*
- My mother taught me MEDICAL SCIENCE. *"If you don't stop crossing your eyes, they are going to get stuck that way."*
- My mother taught me ESP. *"Put your sweater on; don't you think I know when you are cold?"*
- My father taught me HUMOUR. *"When that lawn mower cuts off your toes, don't come running to me."*
- My mother taught me HOW TO BECOME AN ADULT. *"If you don't eat your vegetables, you'll never grow up."*
- My mother taught me GENETICS. *"You're just like your father."*
- My mother taught me about my ROOTS. *"Shut that door behind you. Do you think you were born in a barn?"*
- My mother taught me WISDOM. *"When you get to be my age, you'll understand."*
- My father taught me about JUSTICE. *"One day you'll have kids, and I hope they don't turn out just like you!"*

Sayings to remember

"Old lyricists never die – they just decompose" – Herbert Kretzmer, aged 90, who helped to write the songs for Les Miserables which has been performed in 42 countries and translated into 22 languages.

"Tact is the knack of making a point without making an enemy" – Sir Isaac Newton 1642 -1727, one of the greatest scientists that ever lived.

"Getting old is a fascination thing. The older you get, the older you want to get" – singer and songwriter Keith Richards.

"When you get to my age the Style Police says you shouldn't wear this or that. I say knickers to that. Why shouldn't I wear leather trousers at the age of 71" – Angela Rippon, newsreader and TV presenter.

"Anyone who stops learning is old, whether at twenty or eighty" – Henry Ford.

"You can't help getting older, but you don't have to get old" – George Burns.

Just remember, once you're over the hill you begin to pick up speed. Age is an issue of mind over matter. If you don't mind, it doesn't matter. Age should not have its face lifted, but it should rather teach the world to admire wrinkles as the etchings of experience and the firm line of character.

Pharmacy 2U doesn't actually get to you

Just over a year ago we warned our readers that the offer of "quick, effortless delivery" of medicines by Pharmacy 2U, a Leeds based internet company bombarding local residents with persuasive letters (which many thought had the OK of their GP), **was an offer they should definitely refuse.**

Our position was that we should support our network of local pharmacists who provide vital services linking patients with GPs. Pharmacy 2U's prime target was older, frailer and less mobile people and this rang alarm bells for us.

Unfortunately, neither the CCG (Clinical Commissioning Group), the GPs body, nor Healthwatch supported our warnings about the obvious dangers of discontinuity of supply, postal problems and lack of local advice and oversight, nor did they heed our observation that many pharmacies deliver to the door anyway. Before Christmas, the NHS, in a welcome initiative, arranged for large notices to go up at bus stops and the like urging everyone to ensure that their prescriptions were sorted out by 24 Dec – as there could be serious difficulty in getting medication over the holiday period.

On 23 December, **NHS England** sent a letter to GPs, the 111 service and others announcing that **Pharmacy 2U "was experiencing difficulty in dispensing medicines to some of its patients with some being unlikely to receive theirs until 11th January!"**

There follows a series of suggestions about how this failure can be covered by GPs and pharmacies. **In other words, the NHS has had to rescue a private company that can't deliver.**

NHS England does say that this is unacceptable but then that it will be working with P2U to rectify the situation. We think it should withdraw its support from an outfit that has failed to meet the urgent needs of its target market.

We don't yet have a full picture of the consequences for those left without medication but it no doubt caused great inconvenience, if not actual danger to many.

Sadly, our original analysis of Pharmacy 2U has been vindicated and we are asking our local MPs, Joan Ryan and David Burrowes, to take up what is clearly a scandal with Health Secretary Jeremy Hunt with a view to putting pharmacy back into the community and putting P2Us fitness to trade and prescribe under the strictest scrutiny.

Renew now and save!

Subscriptions for 2016/17 are due on 1 April. We are expecting to increase membership fees after the AGM so renew early – and for two years – and beat the price rise

It has been an excellent couple of months for renewals and I am delighted to say that they are still coming in. Also, much cheerful news on the new member front with a large number of you joining us recently, together with another new life member.

We would like to warmly welcome you all and also to offer greetings to our new affiliate member, **the St John's Art Group.** It's great to have you on board.

Sadly, a few of our former affiliates are no longer in existence and some affiliates have received a renewal reminder from our chair Christine Whetstone. We do hope you will still join up – we miss you and it's never too late!

As of January 2016 our membership stands at over 5,644 – how amazing is that?

As many of you know, our largest external funding grant came to an end last year and although we have been very fortunate to get a small amount of new funding this is for specific projects and cannot be used for our ongoing work.

Therefore the executive committee is proposing that from April 2016 the annual membership will go up to £9 for an individual, £13 for couples and £22 for affiliates. Life membership will remain at £100 for individuals and £120 for couples.

This will enable us to continue to produce the newsletter and to run our very popular weekly meetings, groups and clubs, not to mention the big events which are very costly to put on but we know are popular with our members.

By the way – do take a look in the Chair's column for news about a new group which is starting up.

I am sure that you will agree that this is a very small increase from the current £8. May I be cheeky enough to suggest that if you haven't already re-joined, you could join now for two years and you will save twice as much!

Finally, a gentle reminder that it is only members who reside in the London Borough of Enfield who are eligible for the special Fusion leisure centre membership discount.

Joyce Pullen

Membership Secretary

To renew your membership (or to join):

You need to complete a membership/renewal form and send it to the Forum office with your cheque or postal order. To obtain a form, call the office to ask for one to be posted/mailed to you, pick one up at a Forum meeting or download it from our website.

You can also pay (by cash or cheque) by taking your completed form to a meeting or to the office. At the moment we cannot accept card or bank payments.

Your membership card will be sent to you (or it will be issued immediately if you visit the office) within two weeks. If you can include a stamped, self-addressed envelope that may help speed up the process and will certainly help the Forum's funds!

Forum office: Enfield Borough Over 50s Forum, Millfield House, Silver Street, Edmonton, N18 1PJ. Tel: 020 8807 2076.

www.enfieldover50sforum.org.uk

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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.

Tea, coffee, juice and biscuits available.

**Wednesday 10 February 2-4pm
Wednesday 9 March 2-4pm
Wednesday 23 March 2-4pm
Wednesday 6 April 2016 2-4pm**

AT MILLFIELD HOUSE, SILVER STREET, LONDON, N18 1PJ.

Buses 34, 102, W6, 144, 217, 231

These sessions are great fun and for any member of the Forum who would like to come along to meet other members and/or to play scrabble, cards or a board game

No need to book. Just turn up..
Free tea, coffee and biscuits available.

Please ring 020 8807 2076 if you need more information.

Car parking available.

Forum Groups

Woodworking and Jewellery Group

The group held its end of year Christmas dinner at The Cricketers in Chase Side and thanks to the efforts of member



Christmas at the Cricketers

Patsy Bernard the evening was enjoyed by all who attended. Last year, members have been busy making enamel brooches, earrings, bracelets and rings while others were busy working on their projects in wood, some of the items include a folding table, laminated circular boxes, Christmas tree decorations and several bird boxes. All enquires to **John Lombard** on 020 8367 5921.

Chess Club

The Forum Chess Club meets every Monday from 2-4pm at the Dugdale Centre. Everyone is very welcome to come along – both beginners and more experienced players. For more information, contact **Jim Cantle** on 020 8363 4969 between 10am and 4pm.

Book Club

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

18 Feb: *Never let me go* by Kazuo Ishiguro

17 Mar: *The Tea Planters Wife* by Dinah Jefferies

21 April: *Red Joan* by Jennie Rooney

19 May: *Mr Mac and Me* by Emma Freud

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

Poetry Group

The Forum's Poetry Group continues to flourish and this has prompted us to print a short poem in each issue of the newsletter. If you would like to submit a poem to be considered for the newsletter contact **Irene Richards** on 0203 715 0946 or email poosticks2@sky.com

If you wish to join the poetry group (which meets on the third Thursday of the month in Enfield Town Library, contact **David Blake** on 01992 637 829 or email davidstanleyblake@gmail.com

Poetry Corner

The Traffic of Life

Life is like traffic
Ever unpredictable
Sometimes flowing smoothly, no
problems on the way
Then when you least expect it, a jam has
marred your day.

How annoying, how frustrating
Must keep going, must keep moving
You chose this route to go
Could be slow moving, could be smooth
sailing.

What could you do, what should you do
Could there be turning points ahead?
And which route should you choose
Would there be anything to lose?

By taking this route and not that
Would matters be made worse?
Relax, calm down
No turning back for now.

Who knows what lies ahead?
What is to be will be
Yes, life is like traffic
You just have to wait and see.

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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.

Wealthier and healthier

February, the shortest month, is welcomed by some as being closest to payday and regretted by others as containing the day that women can traditionally ask men to marry them.

In some countries tradition dictated that any man who refused a woman's proposal on 29 February had to buy her 12 pairs of gloves. Fortunately, for all of us for whom payday is never close enough there is a win-win in all this. It's not new, it's not on the news and you've (probably) heard it all before but just to remind you: if you or your family / friends smoke, then this is a very good time to stop. The weather is too bad to smoke outside, if nothing else.

The good news is that there are some 10,000 fewer smokers in Enfield than two years ago and even our young people are becoming healthier – we have the second lowest rate of 15 year old smokers in the country.

Smoking is already a minority activity but for those who do smoke there are a number of advantages to encouraging them to stop:

- * Less litter in the borough (up to 40% of litter may be smoking related)
- * They'll be healthier
- * We'll all be healthier through less smoke
- * Payday will seem closer.

Smoking is intimately tied to wealth – British American Tobacco, which sells Dunhill, Lucky Strike and Benson & Hedges, had a net income of £3.4 billion in 2014. Philip Morris, which sells Marlboro, a net income of \$7.5 billion and Imperial Tobacco, which sells Golden Virginia, a net income of £1.5 billion.

Small wonder that people notice the difference when they stop smoking. Neither is this particularly contentious – 70% of smokers want to stop smoking. Help and encouragement is all they often need.

If you or anyone you know would like to stop smoking then please ask them to either ring the **Enfield Stop Smoking Service** on 0800 652 8405 or visit www.quitsmoking.uk.com. The service is free, confidential and, more importantly, effective.

And a healthier, wealthier new year to you all.

Glenn Stewart

Assistant Director, Public Health Enfield

Obesity is the New Smoking

Four million people in the UK have diabetes, and 90% have Type 2 – which is largely the result of diet and inactivity. One in five retired people is a sufferer.

Treating diabetes is complex and crippling expensive for the NHS, which is under great pressure now, and most of it is preventable – though we will need legislation and tax changes to beat it.

About 80% of supermarket foods contain added sugars. We need to scrutinise labels a lot more carefully than we do. For instance, Coca Cola has 10.6% sugar, but Heinz tomato ketchup has 22.8% – it's almost a quarter sugar!

There has been a shift in eating habits to what dieticians call SFS: sugar, fat and salt, and early exposure to this sweet saltiness with an undertow of fat drives children's food choices, hence 700 new cases of diabetes are diagnosed every day.

Our children and grandchildren are growing up to crave unhealthy food, and nearly two thirds of us are overweight.

Obesity is the new smoking and sugar the new tobacco. We need to break the eating habits developed over the last few decades just as we gradually exposed and then restricted and banned or limited smoking. So, read the labels, go for a walk and stop giving the grandchildren so many sweets and crisps, and go easy on the ketchup.

For further reading: Bee Wilson First Bite: How We Learn to Eat.



The Grandpa Annexe

Michael Stennett examines the potential longer-term problems – and solutions – when an ageing parent is taken into a child's home and invests in the property

John is a widower. He has a married son living in Enfield and a daughter in New Zealand. John is finding it difficult to live independently but does not want to move to a care home because he is concerned about the expense and how it will affect his independence.

John's son tells his dad it would be a good idea to sell his house and use part of the sale proceeds to build an annexe onto his house in Enfield. The annexe will have its own front door and an adjoining door giving access to the main part of the building. The entire family believe this is the best solution as John approaches his later years.

What could go wrong?

1. John's son and daughter in law divorce and in the divorce proceedings the court orders a sale of the house in Enfield. How much is John's share?
2. John's son loses his job and cannot pay the mortgage and the lender forces a sale of the house. What happens to John and his beneficial share?
3. John develops dementia and becomes a risk to himself. It is no longer possible for him to receive the best care in his home and he enters residential care. What is his financial situation? To what extent must John's share in the house be used to pay for care? What is his share in the house?
4. John dies and in his last will he made many years ago he gave his son and daughter an equal share in the estate. He did not change his will to take into account that he used a substantial part of the proceeds of sale from his house to build the annexe. What about the reduced size of his daughter's share?
5. John's son failed to get planning permission to build the annexe and after it is built the Local Authority take action to have it pulled down.

The solutions:

1. Document everyone's intentions before any money is spent on the new annexe.
2. Prepare a deed of trust setting out how much John and his estate will receive from the sale proceeds, how the expenses will be shared, and who will be responsible to repay the mortgage secured on the property
3. In the document explain John's reason to invest in the annexe. Was it meant to be a gift thereby avoiding the possible claim it was a deliberate deprivation of assets?
4. John should consider changing his will to reduce his son's share of the residue.
5. John should make sure planning permission is granted to build the annexe before he invests in the construction.

Further information about legal matters can be obtained by calling Stennett Solicitors on 020 8920 3190. There is a free advice clinic on the first Wednesday in every month at its office at 4 Winchmore Hill Road, N14 6PT between 11 and 5. No appointment necessary.

Forum member Martin Griffiths goes to No 10 for lunch! His story.

I received an invitation to lunch at 10 Downing Street on Tuesday 15 December. I was collected at home by taxi and taken to Age UK's Head Office in Tavistock Square. From there all the older people, from a number of Forums, who had been invited were taken to Downing Street. We were offered a three course lunch, which included a salmon starter, roast turkey and all the trimmings. We were introduced to the Prime Minister who wished us all a Merry Christmas. We were then entertained by the finalists of *Strictly Come Dancing* who danced with us. It was a memorable occasion.

My thanks to the Forum and Age UK who arranged this.

Martin Griffiths

Forum members out and about

The Forum's Social Committee does a great job arranging a wide variety of activities which members can participate in. (You can see the forthcoming events on page 14.) We are encouraging people who organise or participate in these events to send in reports so that we can all see what a great success they are.

And maybe some of you will be prompted into suggesting other venues or events which we could visit. If you have not organised these types of visits before, social committee members are always happy to help you. Start with a simple visit to a museum or restaurant, and then you can build up to the more complicated events such as quizzes or days away!

The Magician is here – Oh no he's not!

That was the cry as we tucked into our tasty food at the first of our three Christmas celebrations.

One member won the Lottery? Oh no, they didn't - that magician again! He did turn up! Birthdays were celebrated, friends were made, old friends caught up over a delicious lunch with music and dancing to the Myra Terry Duo.

Thanks to all our loyal members for their generous contributions to the raffle and you certainly know how to party even at lunchtime! And thanks to my two hard-working helpers and the kitchen staff at the NECC.

One last thought from one of the attendees: "I am a new member and was a little apprehensive about coming on my own. However, sitting with similar members we were soon chatting away, so I am looking forward to the New Year to see what other events I can attend." This makes all the organising worthwhile. Thank you.

PS. So lovely to see Betty Meth, despite the absence of her husband and our president Monty Meth who was reluctantly recovering at home. You are missed Monty. Get well soon!

Jacky Pearce

Great success of quiz in aid of Cancer Research UK

One hundred people turned out at the St. Andrews Church Hall for the Quiz Night on 30 October. Our hosts for this Forum evening were Peter and Christine Padwick, well known locally for their entertaining and often unusual quizzes.

The questions were varied and searching but everyone seemed to have their heads screwed on and competed hard for the honour of coming first. The abundant supper was provided by the Fish and Chipper shop in Baker Street and many people were impressed by its quality.

Raffle prizes were donated by Fish and Chipper (vouchers), Waitrose and Young's Estates who we thank for their generosity. A sizeable cheque has been sent to Cancer Research UK. Thanks to all who helped in so many ways to make the evening a success.

Irene Richards

Trip to India's Golden Triangle

Seventeen Forum members had a wonderful trip to this crazy and beautiful country. We explored Delhi, Agra, Jaipur, Ranthambore national park, Samode Bagh and much more.



We marvelled at the palaces, forts, gracious people, colourful Diwali celebrations and stunning wildlife, while being shocked and surprised by the traffic chaos, litter, poverty and living conditions of so many people.

Our local guides were invaluable and our hotels were really lovely and provided us with great food at every turn. We were treated to a theatrical extravaganza, bicycle taxi, tuk tuk, first class train ride and outdoor dancing, fire eater and BBQ, so a real mix of experiences.

Although we didn't see any tigers on the safari, there was so much else to marvel at that we were very satisfied with the bumpy adventures. Everyone gelled well as a group and we also made friends with the other 10 people on the tour – one happy family for 10 days!!!

Olivia Goodfellow



Luckily our members had arranged their own transport and did not need to use the local bus



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SOCIAL CALENDAR

This is your first taste of our offerings for 2016. As usual, we try to cater for all tastes and pockets but are always looking for ways to ensure that we appeal to 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. 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 email: poosticks2@sky.com.

Tuesday 23 February. Bond in Motion Exhibition. Come along to the London Film Museum and see the amazing vehicles from all the Bond films including the latest, SPECTRE. It is a truly magical experience. Meet at Southgate tube at 9.45am. Cost £12.50, or £8.50 for over 65s. There are many good restaurants in the Covent Garden area for lunch afterwards. To book, phone Sue Scott BEFORE MIDDAY on 020 8368 0861 or email scotsf48@hotmail.com

Saturday 5 March. Tour of Broadcasting House. This very popular tour gives you a comprehensive view of the work which goes on at the "beating heart of the BBC!" in its state of the art multimedia broadcasting centre. The tour starts at 1.30pm and takes about one and a half hours and tickets cost £12. Group size is 25. To book and for further information, please phone Martin Griffith on 020 8805 7345.

Tuesday 8 March. A Private Guided Tour of The Wallace Collection. Hertford House, Manchester Square W1V 3BN. 10.30am. Enjoy the intimate and opulent setting of a former family house with exquisite treasures from the Renaissance and Rococo period. In the newly refurbished Great Gallery, view the finest collection of Old Master paintings in the world, including art history's most familiar paintings from Italy, Spain, the Netherlands and France. Also, a priceless collection of porcelain, furniture and armour. This tour is limited to 20 people. Cost: £12. To reserve your place and find out about meeting up contact Roy Barrows on 020 8360 8561 Email: roycar1939@btinternet.com Once you have a reservation, make your cheque payable to Enfield Over 50s Forum and post to Roy Barrows 72 Broadfields Avenue Winchmore Hill London N21 1AH with SAE for return of ticket and directions.

Highland fling in Southgate

Wednesday 9 March at 12.30pm. Lunch is a set three course menu including a drink and coffee for £15 or

Wednesday 16 March at 7.30pm. Dinner is a choice of set three course menus either at £15.95 or £21.95, including a drink and coffee.

Join us for either a lunch, dinner or both at the long established Highland Restaurant in Southgate, by the Cherry Tree and easy to access on public transport or by car. To book your place and to select your menu, contact Olivia on oliviagoodfellow19@gmail.com, or call 020 8447 8841.

Tuesday 29 March. Museum of London - Crime Museum Uncovered. A chance to see objects from the Metropolitan Police's Crime Museum, preceded by a talk from a curator about the exhibition. There are 30 places available for the 11am tour. Meet at Southgate Station by 10am or meet us at the Museum (Barbican tube) at 10.55. Cost is £20 per person (inc. talk). To book, phone Sue Scott BEFORE MIDDAY on 020 8368 0861 or email scotsf48@hotmail.com.

Saturday 16 April. Rock and Roll Walk—the comeback tour! Following requests for a repeat walk, come and join Graham and other Forum members again for a stroll though some of London's rock and roll history. See where Wings first performed, the site of two rock and roll tragedies; the location for the photo shoot for the Beatles first album 'Please Please me'; the first blue plaque dedicated to a rock musician; the cradle of rock music in the UK, and much more. In addition to this the route of the walk makes its way through some of London's grandest neighbourhoods.

Meet outside the Hard Rock café, Hyde Park Corner from 10.45 for an 11am departure. The nearest tube station is Hyde Park Corner on the Piccadilly line. Green Park is also not too far away. The walk is linear, mostly flat and will, time allowing, end at Holborn station at about 13.15.

There is no charge for this walk. For further information contact Graham on 020 8367 6360.

Tuesday 10 May. Secret Northamptonshire - Rose of the Shires. A delightful day coach trip to two lesser known jewels in our country's heritage. Spend the morning at Deene Park, mediaeval manor with gardens and home to the Brudenell family: coffee, a guided tour and a light lunch all included. Spend the afternoon at nearby Earls Barton, to enjoy the Aladdin's cave of exhibitions and history at the Jeyes Heritage and Pharmacy Museum. This offers a model funfair, celebrity bears, dolly lodge, museum of village life and of course the pharmacy museum. Add a walk through the village and a visit to the

beautiful church and Barkers shoe factory outlet, before enjoying a delicious cream tea prior to departure. The all inclusive trip costs £45 i.e. includes all travel, entries, refreshments and guides. This trip is best suited to those able to climb some stairs. Limited to 35 members. For more information and a booking form, please contact Olivia on 020 8447 8841 or preferably email oliviagoodfellow19@gmail.com

Thursday 25 August. Jesus Christ Superstar at 2.15pm at Regent's Park Open Air Theatre. Celebrating 45 years since the musical first hit the stage, Jesus Christ Superstar returns to London in a powerful new production. Cost of ticket £24. Please note that the theatre is about a 15 minute walk from Baker Street underground station. For further information and to book please contact Jean Mittins on 01279 899069 or email mercia1211@talktalk.net

And Olivia advises us that there are still a very few offers left on the following Adventures!

Wonders of Vietnam. March-April 2016. 14 day escorted holiday. Join us on yet another Travelsphere adventure, inspired by the trip to see Miss Saigon at the theatre last year!! With its intoxicating floating markets, ornate Cham temples and unforgettable aromatic dishes, Vietnam is an all-out assault on the senses. Take in all its visual dramatics on this fascinating journey by air, land and river. Please note that this holiday includes walking in areas of rough ground, gradients and steps. For prices, itinerary, further information and to book your place, contact Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com

Captivating Croatia, Montenegro and Albania. June 2016. 8 day escorted holiday. The forum returns for a second visit to this stunning region of Europe, so why not join us on this Travelsphere jewel? Medieval squares with al fresco cafes, antique emporiums and green-shuttered buildings in Croatia, Montenegro's sapphire seas backed by fragrant pinewoods, and intricate Ottoman architecture in unspoilt Albania. Unravel this trio of Eastern European gems. Please note that to maximize your enjoyment of this holiday certain amount of walking is essential. For prices, itinerary, and to book your place, contact Olivia on :

020 8447 8841 or email
oliviagoodfellow19@gmail.com

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.

Affiliate News

Please note that all groups which are paid-up affiliates of the Forum are entitled to one entry per year in this section of the newsletter. Please contact the editor, Yvonne Mulder, at editor@enfieldover50sforum.org.uk or call the office if you need more information.

Winchmore Folk Dance Club

The club welcomes people on their own or with a partner to join them in dancing to a wide range of music from the Pride and Prejudice era to the present day. Beginners will find the Tuesday morning session (10am -12 noon) particularly helpful. It is held at the Village Hall, St Peter's Church, Vera Ave, N21 1RJ. For those with some experience, other sessions are held with live music on the second Saturday of the month at 7.30pm at Trinity Church Hall, Church St/Gentleman's Row, Enfield EN2 6AN. Contact John on 020 8926 7293 for more information.

Keep Fit – Dance Fit

It offers Circle Dance (traditional village folk dances from around the world), as well as Keep Fit Association (KFA) classes which are designed to make the whole body move to improve posture, mobility and general well-being, all to a variety of musical accompaniment. Circle Dance is held on Monday 2-4pm at St Andrew's Parish Hall Centre, main hall, Enfield EN1 3EG. £5 per session with special half price offer to Forum members for first two weeks. KFA Moves classes are held on Wednesday evenings and Thursday afternoons at different locations, also with discounts for Forum members. For more information, contact Sylvia Brown on 020 8366 2347, email: Sylvia@15riverview.org

Have you ever dreamed of playing a



Why not turn your dream into a reality?

You might be thinking "I'm too old to start learning". Well, in my experience you're never too old. Providing you're prepared to put in some regular practice you'll be surprised at what you can achieve.

Now I'm not suggesting you'll be giving recitals at the Albert Hall but that isn't necessary to reap the rewards of being able to play. Whatever level you reach it can give you a deep sense of fulfilment. What's more learning to play has been shown to be one of the best things you can do to keep your brain in good shape.

I'm a teacher with many years' experience of teaching all ages. I particularly welcome older learners.

You can find out more about me at my website: www.johndennis.biz. Or phone me on 020 8363 4180 for a chat. You can also email me on johndennisuk@yahoo.co.uk.

Forum meetings

In Enfield Town (At the Civic Centre)

Tuesday 23 February at 10am for 10.30am start
Anna Dixon, CEO for the Centre for Ageing Better, talks about the work and research programmes of the centre. This recently formed centre was launched last year with a £60 million grant from the Big Lottery.

Tuesday 29 March at 10am for 10.30am start
Borough Commander Jane Johnson of Enfield Metropolitan Police talks about 'current and future of policing within the Borough'.

Millfield House, Silver Street N18 1PJ

Thursday 11 February at 10am for 10.30am start
Solicitor Michael Stennett discusses 'Living with the Kids and legal issues'.

Thursday 10 March at 10am for 10.30am start
Local Osteopath Ayshe Ibrahim from the Backbone Clinic in Southgate talks about 'treatments for back and other skeletal problems and the solutions osteopaths offer'.

Southgate Beaumont, 15 Cannon Hill, N14 7DJ

Tuesday 16 February at 10am for 10.30am start
Chloe McNamara, Psychological Wellbeing Practitioner and **Karen Linanne**, Cognitive Behavioural Therapist look at what difficulties the **Whittington Hospital NHS** service IAPT (Improving Access to Psychological Therapies) helps people with and the psychological therapies through their presentation 'Let's Talk Wellbeing'.

Tuesday 16 March at 10am for 10.30am start
Dr Helen Fry discusses the fascinating 'History of Trent Park and the buildings there.'

The Southgate Beaumont Care Community is the large care home at 15 Cannon Hill, N14 7DJ, near the Cherry Tree Pub. Buses 121, W6, 298, 299, nearest station Southgate Underground. There is ample car parking space.

Derek Butt General builder

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Contact me on: Home 01992 631814

Mob 07939 036369

e-mail derekbutt18@hotmail.com

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

Admission £3 is less than half normal prices

1 February	Suffragette
8 February	The Lady in the Van
15 February	The Hunger Games: Catching Fire Part Two
22 February	Sunset Song

Films are subject to change

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

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

Old age prisoners

Stairlifts, grab-rails and orthopaedic mattresses are becoming more common in the country's jails as the numbers of older prisoners keep rising

The chief inspector of prisoners has suggested that specialist detention centres, or secure care homes, should be built to cope with the soaring number of older criminals.

The number of over-60s rose above 4,000 for the first time last year – double the number ten years ago. There were almost 8,000 aged between 50 and 60, which is 8% up on the year before. There are more than 100 prisoners who are over 80 and five are over 90.

Much of the increase is accounted for by the huge rise in sex offenders, including those jailed for historical offences. And the increasing use of indeterminate sentences also means that individuals can be in prison for much longer than their original term.

The prison and probation ombudsman Nigel Newcomen, says the Prison service is not adequately prepared for the changing structure of its population.

“We have de facto care homes and hospices in our prison system. But physically the environment is not as it should be,” he says.
“Prisons are not designed for the elderly, the infirm and the demented, they are built for young, fit people.”

The Enfield men who have been convicted of the Hatton Garden safe deposit burglary are no doubt in the process of finding out just how (un)suitable prisons are for older people.

Supporting Self-Care

A Free Workshop Promoting Good Practice in Enfield
at

the Dugdale Centre, London Rd, Enfield, EN2 6DS
Friday 12th February, 10am – 12:15pm (registration @ 9.45am)

This workshop will explore self care for older people in Enfield.

What health and community resources are available and how they can be promoted.

Key messages for health and social care staff and how to build on the experience of local older people and organisations.

Speakers from: the Self Care Forum and Local Authority/
CCG representatives



To book your free place call Zara on



0207 820 6781 or email zghods@ageuklondon.org.uk



RUTH WINSTON CENTRE

Classes and Activities for 2016

At the Ruth Winston Centre we offer a great variety of activities for the over 50s including:

Make N Mend	Monday	1.00pm – 3.00pm
Dressmaking Workshops	Tuesday 4 th /5 th of the month	10.00am – 2.00pm
Tai Chi Beginners classes	Monday	11.10am - 12.10pm 7.00pm – 8.00pm
Creative Writing Group	Monday 4 th of the month	2.00pm – 4.00pm
Southgate & Enfield Friendship Club	Monday 1 st of the month	7.00pm – 9.30pm
Armchair Exercise	Monday Thursday	1.00pm – 1.40pm 10.00am – 10.40am
Zumba Gold	Monday Thursday	11.15am – 12.00pm 11.00am – 11.45am
Latin American Dance for Beginners	Tuesday No partners required	10.40am – 11.40am
Pilates To suit all levels	Tuesday Wednesday	6.30pm – 7.30pm 7.40pm – 8.40pm 10.40am – 11.40am 11.50am – 12.50pm
Tuesday Bridge Club	Tuesday	1.00pm – 3.00pm
Line Dancing	Wednesday	1.00pm – 2.30pm
Feel Good Fitness	Friday	9.30am – 10.30am
Whist Club	Friday	12.45pm – 2.45pm

And many, many more...

For a full list of our activities and more information please visit our website or come in and ask to take the tour – you'll be amazed!

Promoting independence, well-being and activities for the over 50's in Enfield

190 Green Lanes
Palmer's Green
London, N13 5UE

0208 886 5346
info@ruthwinstoncentre.com
www.ruthwinstoncentre.com

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The Forum eNews

The Forum now has email addresses for 4,500 members who have recently received our first new look eNews. This was sent with a PDF file attachment and a reminder that to read the file you would need to have or install the Adobe Reader software on your computer, laptop or mobile phone.

Adobe Reader can be downloaded from:

www.adobe.co.uk

Any member who has an email address and has NOT received the regular eNews updates but would like to should email info@enfieldover50sforum.org.uk requesting to be put on the circulation list.

The eNews updates are sent out every couple of weeks with the latest information and items likely to be of interest to members.

Any member NO LONGER wishing to receive emails from the Forum should click on Unsubscribe at the end of the eNews email. Also if you change your email address for any reason please advise us at:

info@enfieldover50sforum.org.uk