

Hands off pensioners' benefits

They are all at it. Pick up a newspaper ranging from the so-called left wing Guardian to the right wing Sun or The Times in the middle and they are all telling the government it is time to **"ditch the rich pensioners."**

Then there's the politicians, Nick Clegg from the Lib-Dems, Lord Warner, the former Labour Health Minister and Iain Duncan Smith, the Tory work and pensions secretary, all singing the same song that it's time to end free bus passes, scrap winter fuel allowances and cut free TV licences.

Firing ammunition are the **"think tanks"** mostly staffed by bright young university graduates who like to make the headlines by what they call **"blue sky thinking."** The Social Market Foundation, for example, wants to cut out free bus passes for everyone and free TV licences and winter fuel payments to **"better off pensioners"** to help fund a £50 billion infrastructure investment.

The Nuffield Trust wants to see **"middle class pensioners"** pay more taxes or lose the winter fuel allowances and free bus passes to help meet the rising cost of social care for the elderly or they want to make pensioners that work pay National Insurance again. So here's the so-called **"rich and middle income"** pensioners being asked to find the money to both rescue the economy from the doldrums and fund the mounting cost of caring for the aged.

Yet a recent Ministerial reply in parliament recorded that 25% of pensioners had an annual income of £10,400 or less; 47% had an income between £10,400 and £20,800. Of the remainder, only 6% of pensioners about half a million people - had incomes of over £40,000 a year.

So what we are seeing is this mounting rhetoric to cut back on pensioner benefits by the age-old attempt to split and divide retired people, weaken our resolve, so that come the next election the promises made by the politicians before the May 2010 elections can be quietly buried.

Let's just remind ourselves of the words in the coalition agreement signed by Mr Cameron and Mr Clegg. It says:

"The Government believes that older people deserve dignity and respect in old age, and that they should be provided with the support they need. That means safeguarding key benefits and pensions and taking actions to make it easier for older people to work or volunteer. We will protect key benefits for older people."

No mention here of segregating rich, middle income and poorer pensioners – getting us to argue amongst ourselves about whether the winter fuel payment should be means-tested. And at the same time we would be forgetting that in fighting to retain what we now have, we are seeking to ensure that future generations of retirees will continue to enjoy the benefits we have secured.

So it is timely that the Forum is now circulating a petition launched by the National Pensioners Convention protesting at the unfair attacks being made upon us and calling on Parliament to oppose any changes in the benefits we have campaigned for over the years.

As part of this campaign, the NPC will be urging all its supporters to join a mass rally in London on Saturday 20 October to send a **"hands off"** warning to the politicians of all three main parties.

The Daily Telegraph says **"the cost of welfare payments to pensioners"** is £100 million and adds **"that a significant part of which goes to those who do not need it"**. No mention here of the annual loss in state pension increases already being taken from us by the switch from the Retail Prices Index to the lower Consumer Prices Index in measuring inflation; no mention either of the freeze on age related tax allowances.

No credit is given to the fact that we paid National Insurance contributions for all our working lives, paid our taxes and are still contributing massively in so many ways to the country's economy. For instance, people over aged 65 already account for a third of all carers providing more than 50 hours of care a week.

At the same time the value of informal child care by thousands of grandparents is put at around £4billion a year. In total, it is estimated in a University of London report that the over 65s made a positive net contribution to the economy in 2010 of £40 billion and that is after deduction of pension, welfare and health service costs and this will probably reach a staggering £80 billion by 2030.

That's more than enough to pay for all the so-called **"perks"** for today's pensioners and all those coming after us.

Monty Meth

Our mission statement:

Supporting older people in Enfield to remain independent and healthy, reducing isolation, fostering inclusion, community cohesion and working towards reducing the numbers of elderly people living in poverty

JOHN'S JOTTINGS

THE GOOD, BAD, AND MAD *With so much depressing news, from Europe, Syria, our financial services industry and the housing and employment markets I thought it might be good to mention a few things to be thankful for. Naturally, straining the cranium's contents to identify a few cheerful items for comment I noticed a few not so good, but most of what follows is uplifting, at least to me. Writing in Jubilee weekend the first on the list of good things is obvious.*



The good

H.M. The Queen

Bizarre is the word that comes to mind when thinking that the head of state is chosen by being the senior member of a hereditary entitled family. And yet the system works and most people seem to regard the Queen with something approaching affection.

Amongst those who do not share this feeling there is a general respect for her service during a long period in office. In 1867 Walter Bagehot (1826-77, an early editor of the Economist and an authority on the English constitution) suggested nobody could understand the British constitution unless they noticed there was a difference between the *dignified* part, that which would "**excite and preserve the reverence of the population**" and the *efficient* part, the bit that does "the work of government".

The Queen admirably fulfils the dignified part and plays a small but important role in the running of government. If you are sceptical about the monarchy imagine an elected conviction politician such as Margaret Thatcher or Tony Blair as President.....the Queen suddenly seems a very attractive proposition. Long may she reign!

The rain

The gentle rain that drops from heaven upon the place beneath and is twice blessed. It blesses gardeners whose plants would be dying faced with drought and hosepipe bans. It blesses water companies whose shameful lack of investment means water shortages in an island where even the driest areas average over two feet (600mm.) of rain in a year and the wetter areas average over a sodden five feet (1500mm).

The New River, which flows through Enfield, was opened in 1613 to provide drinking water for London. Are our politicians proud that what could be achieved 300 years ago cannot be repeated now? (Apologies to anyone who has had a washed out holiday.)

Falling inflation

Most of us will have seen our savings and or incomes failing to keep pace with inflation. At 3.5% in April the RPI showed the lowest inflation since December 2009. It is still difficult to get a safe after tax return on an investment which matches inflation but things are moving in the right direction.

HELP: Information needed

MPs are concerned about the effect of low interest rates on individuals. An All Party Group is asking for evidence of the effects of low interest rates. If you have experiences you would like conveyed to MPs please write a brief account and send it to the Forum office by post or e mail. Please put a heading "APPG on low interest" on your communication.

The bad

Paypal

Many of us will have paid for small items on eBay using Paypal. Paypal is a subsidiary of eBay and offers a seemingly secure money transfer service for ebay users. But Paypal is expanding to bigger things. I recently booked a budget airline holiday flight and was offered Paypal as the only charge free way of paying. My initial reaction was "**great**" but snags arose. Paypal wanted me to set up a direct debit arrangement from my bank instead of charging to my credit card.

I smelt a rat and read all the small print. I found that travel purchased through Paypal is specifically excluded from all the usual Paypal guarantees. It will doubtless take a court case to determine exactly who gets what, if anything, if a budget airline folds and people have paid for their tickets using Paypal. Meanwhile be cautious. Paying for airline tickets with Paypal appears to offer no more buyer protection than paying with cash.

Wonga

So called "Payday" loans are small amounts of money lent for a short period. Firms such as Wonga offer such loans at interest rates reported to be over 2,000% p.a. The people that pay are generally the least well off in society but Wonga correctly claim that they offer a service which some people appreciate. Legislating against these usurious rates would be difficult because lenders could replace high interest rates with a stiff administration charge. Apart from improving our education system, so people become more aware of such problems, it is not obvious that much can be done. But if you know someone who uses such services run the risk of being thought of as paternalistic or even being told to mind your own business. Point out to them that waiting takes the sting out of paying.

The mad

Bank of England

Senior Bank of England official Andrew Bailey announced he thought banks should end free accounts. His reason was that banks are not very profitable. But banks are not profitable because of poor or disastrous lending, not the cost of running accounts. Free banking arose as a result of competition for the profitable business of handling people's money. Does Mr Bailey yearn for the days when the bank manager would look at customer's statements and decide if the half yearly charge should be half a guinea or a guinea? It is very strange that a senior public sector employee should object to one of the benefits of a free market.

HMG

I am embarrassed when the PM and Chancellor lecture other European governments about the need to spend more money on public works. They should look around their own backyard where they would see a desperate need for new infrastructure. Water was mentioned above. The planes flying and stacking over Enfield illustrate the urgent need for a new runway at Heathrow (the most casual glance at a map shows Enfield to be around 10 miles north of the glide path to Heathrow.)

There is a shortage of housing which is leading to attempts to make the elderly feel guilty about living in their own homes. We are one of the few rich countries in the world without a network of high speed trains. We still do not have the motorway network considered essential by the post war planners. It is within the Government's grasp to rectify all of these problems. Many projects would enrich the exchequer by generating taxes and reducing benefits for the unemployed. All that is needed is the backbone to stand up to a few people who say "**not in my backyard**".

John Ball
Chair

Professor Kirkwood's TopTen Facts

Professor Tom Kirkwood CBE, Associate Dean for Ageing, Institute for Ageing and Health, Newcastle University, is a world-leading authority on life expectancy and the ageing process. He has been urging successive governments for many, many years to understand what life is really like for the growing numbers of older people.

Professor Kirkwood's team at Newcastle's renowned Biomedical Research Centre in Ageing, recently warned that the current figure of 2.7 million people over 80 in the UK – an increase of 1.2 million since 1981 - is likely to jump to 4.8 million by 2030 – and one in five of them will need regular care. This will lead to an 82% increase in demand for care home places, with an additional 630,000 older people needing accommodation – yet another reminder to government that it must do more to invest in “healthy ageing.”

With this in mind, Irene Richards, the Forum's former chair and current executive committee member, sought Professor Kirkwood's permission to reproduce in our Newsletter his TopTen Facts about Ageing and they are listed here.

- Life expectancy in most developed countries is increasing by five or more hours each day. In many developing countries the rate is even faster as these countries catch us up.
- Human ageing is much more malleable than used to be thought. Factors such as healthy lifestyles, better public health and education all contribute to the fact that on average we now age much better than in the past.
- There is no biological programming driving our bodies to age. Our bodies are programmed for survival. However, in earlier times, when life was much more hazardous, it was a higher priority for our genes to reproduce than to build a body that could last forever. We age and die through the gradual accumulation of damage in our cells and organs.
- Older people make a large positive contribution to the national economy. There are some costs associated with population ageing but the net effect is positive.
- Although ageing brings increased vulnerability to disease, many people aged 85 and above rate their quality of life highly
- Population ageing contributes much less to increasing health costs than is commonly perceived. The most expensive period for health care in each of our lives is our terminal illness, whether we die young or old. Because most people are now old when this cost is incurred, a false impression is so often gained that it is population ageing itself that is costly.
- There is no fixed point at which ageing begins. Indeed, the biological process of ageing begins very early in life, when we are still in the womb.
- Adherence to healthy nutritional patterns results in longer, healthier lives
- Longevity does run in families, but the contribution from our genes is only a quarter of what determines length of life. The genes responsible for above-average longevity include genes influencing body maintenance
- The biological mechanisms responsible for ageing are complex but beginning to be understood. This knowledge will help medical scientists better to understand the many age-related diseases for which age is the strongest cause. In time this knowledge will lead to new ways to prevent and treat these diseases, possibly by acting on the ageing process itself.

Will you sign a form for a good cause ?

The Barnet, Enfield & Haringey Mental Health NHS Trust has recently embarked on a membership recruitment campaign so that it can secure recognition as a Foundation Trust.

The Trust now has responsibility for the vast range of all our Community Health Services, which include, for example, district nursing, community matrons, palliative and intermediate care, podiatry and all the adult therapies from speech to physio.

We think it vitally important that older people should be strongly represented among the five places on the Trust management board that will be allocated for public member governors from Enfield - and they will be elected by patients, carers and residents who are members of the Trust.

Tom Devine, a trustee member of the Forum's executive committee is willing to serve as a governor on the Barnet, Enfield & Haringey Mental Health NHS Trust and naturally the Forum would like to have someone on the Trust's Board who can put its point of view as we have an active interest in the whole range of dementias, as well as other disorders, some of which worsen with age.

You can see we really do need to have some eyes and ears there, and someone who can speak up for us. So the Forum is asking you to become a supporter/member, which need involve nothing more than filling in a form and receiving a newsletter a couple of times a year, unless of course, you want to be more active.

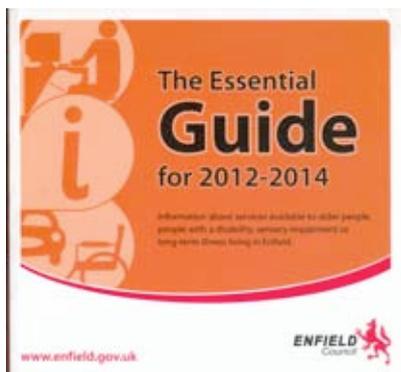
Tom has solid experience of working in the NHS and has been keeping a watching brief on developments for the Forum, so we'd be lucky to have him to vote for. Forms, which are single sided and very simple to complete, are available from Jan and Elena at the office and will be available at Forum meetings, and there is a FREEPOST return if you prefer to take it away.

The Forum needs to ensure that it has relevant representation on this important Trust. Please help us to make sure we get it.

Vivien Giladi

The Essential Guide 2012-2014

Enfield Council has just released a new essential guide giving information about services available for older people, people with disability, sensory impairment or long-term illness living in Enfield. The guide contains 196 pages and is freely available as a printed hard copy from Enfield libraries and the Civic Centre. It is also available online – go to the www.enfield.gov.uk and search on 'essential guide'. You can then browse through the document guide or use the guide's search facility to find particular information, services or support. Well done Enfield Council!



Raffle Prizes wanted:

Our Forum meeting raffles are a small but steady source of income. So please offer us your unwanted gifts. Call 020 8807 2076.

Members please Note

Make sure that any correspondence to the Forum is sent to Millfield House, Silver Street, N18 1PJ. Our telephone number is 020 8807 2076 and email addresses remain the same.

Michael Stennett sounds the alarm bell

Deadline time is running out to claim care home fees The Department of Health announced on 15 March 2012 that anyone wishing to claim NHS nursing care fee funding for the period from 1st April 2004 to 31st March 2011 must apply before 30th September 2012. Someone wanting to claim NHS care fee funding for a period from 1st November 2011 to 31st March 2012 must apply by 31st March 2013.

The deadline applies to previously unassessed periods of care and to those whose claims for funding have been turned down.

The reason for the deadline is because the responsibility for continuing care will transfer from Primary Care Trusts to Clinical Commissioning Groups and the Department of Health wants to set clear cut off points for historical cases.

Care home fee funding is determined by the individual's needs. If their need is primary health the NHS will cover the cost of care. If the need is mainly social, then the local authority will carry out a means test to decide if and how much care they will fund.

Michael Stennett, the solicitor specialising in protecting family assets, recently helped a son recover over £80,000 for his elderly mother. She suffered from dementia and in her younger days spent periods in hospital being treated for schizophrenia. The family were forced to sell their home to pay for care in a home and when the sale proceeds ran out, applied to Social Services for care fee funding.

The local authority refused to pay the full cost of care and the son turned to Stennett & Stennett, solicitors, for help. Michael Stennett helped them make a successful claim to the NHS for free nursing care. The mother had a primary health need and what is more, should have received free care from the start because the NHS had a duty to continue paying for the mother's "after care" upon discharge from hospital for treatment for mental illness.

The NHS refunded the entire cost of care and continues to pay the weekly home charges in full. Do not miss the NHS care fee deadline! Call Michael Stennett on 020 8920 3190 if you think you may have a claim or need advice about claiming social care fee funding from the local authority.

Bus things come to those who wait



This was the headline on the lead editorial in the Enfield Advertiser & Gazette on June 6 which added:

"They say when you wait a long time for a bus then two come along, but residents of Enfield have been waiting eight years for a bus route to be extended just a few hundred yards to Barnet Hospital.

"The relocation of the bus stop from Wood Street into the grounds of Barnet Hospital will make a world of difference to the many residents who are expected to attend routine appointments at the hospital, especially if Chase Farm does lose its services in the future.

"This is another triumph for Enfield's Over 50s Forum, but why it took so long for this bus stop to be moved cannot be understood. At last commonsense has prevailed.

Our picture shows committee members, Tom Devine, Peter Smith and Monty Meth at the newly installed bus stand at Barnet Hospital

Patricia Webb writes to the Forum suggesting we should all chat to fellow bus passengers to tell them about our events and we'd also hear about activities that may interest us and so widen the over 50s network and start a "revolution for friendship".

And **Forum member Michael Newland** wants us to list sources for really warm clothing at reasonable prices since he thinks we're in for a seven year bout of cold winters! Any ideas?

Poets' corner

The Over 50s Forum poetry group meets monthly on Thursdays at Enfield Town Library community room between 10.30a.m and 12 noon. Next meetings:

Thursday July 19 Trudy Khan and Annmarie Nicholson will jointly lead on the theme of Summer Time

Thursday August 16 David Blake will lead on Holidays.

Both are very seasonal subjects about which to write. So, come and join us with your offerings. **David Oliver**

Free Takeaway

Hewlett Packard DeskJet 930C

Collect from Oakwood N14

Tel: 020 8882 1303

Always look on the bright side

Final will

Sitting in his armchair one night, Bert bellows down to his wife: "When I die I'm going to leave everything to you, love." She shouts back: You always do, you lazy B*****d?

Donations

A driver was stuck in a traffic jam on the M25. Nothing was moving. Suddenly, a man knocks on the window. The driver rolls down the window and asks, "What's going on?"

"Terrorists have kidnapped all of our MP's during a sitting of parliament, and they're asking for a £100 million ransom. Otherwise, they are going to douse them all in petrol and set them on fire.

We are going from car to car collecting donations."

"How much is everyone giving, on average?" the driver asks.

The man replies, "Roughly a gallon."

Sound familiar?

A married couple had been out shopping for most of the afternoon, suddenly, the wife realised that her husband had "disappeared".

The irate spouse called her partner's mobile and demanded:

"Where the hell are you?"

Husband: "Darling you remember that jewellery shop where you saw the diamond necklace and totally fell in love with it and I didn't have money that time and said Baby it'll be yours one day?"

Wife, with a smile blushing: "Yes, I remember that my love."

Husband: "Well, I'm in the pub next to that."

Eavesdropper

A customer was overheard in a bookshop asking for A Woman's Guide to Adultery. A novel by Carol Clewlow. The assistant replied: "teach yourself books are on the second floor!"

For sale adverts in local papers

Complete set of Encyclopaedia Britannica. 45 volumes. Excellent condition. £200 ono. No longer needed, got married, wife knows everything.

Wedding dress for sale

Worn once by mistake. Call Stephanie.

Caring grandfather

A woman in a supermarket is following a grandfather and his badly behaved three year-old grandson. It's obvious that he has his hands full with the child screaming for sweets, biscuits and for fruit and pop in the other aisles. Meanwhile, Granddad is working his way around, saying in a controlled voice, "Easy, William, we won't be long . . . easy, boy."

Another outburst, and she hears the Granddad calmly say, "It's okay, William, just a couple more minutes and we'll be out of here. Hang in there, boy."

At the till, the little terror is throwing items out of the trolley, and Granddad says again in a controlled voice, "William, William, relax, don't get upset. We'll be home in five minutes; stay cool, William." So impressed, the woman goes outside where the Grandfather is loading his groceries and the boy into the car.

She says to the elderly gentleman, "It's none of my business, but you were amazing in there. I don't know how you do it. The whole time, you kept your composure, and no matter how loud and disruptive the child got, you just calmly kept saying that things would be okay.

William is very lucky to have you as his Grandpa." "Thanks," said the old chap, "but I'm William . . . the little b@stard's name is Kevin."

One liner

I rang the council to ask if I could have a skip outside my house. The bloke said: You can cartwheel round the block for all I care."

Another from Michael Winner (Sunday Times)

Becky and Hymie were in bed. Becky says: "When we were courting, you held my hand." Hymie held her hand for a second then tries to get to sleep.. Becky says: "And then you used to kiss me." Hymie gives her a peck on the cheek and again tries to get off to sleep. Becky says and then you used to bite my neck. Hymie angrily throws back the covers and gets out of bed. "Where are you going?" asks Berky. "To get my teeth," Hymie replies.

Aids warning

Senior citizens are the nation's leading carriers of Aids

Hearing aids

Band aids

Roll aids

Walking aids

Medical aids

Government aids

Monetary aids to the kids

Not forgetting HIV (Hair is Vanishing)

Re-tyreing

You may wonder, as I did - what happens to old tyres when they are worn out? We know what happens to us! However, since 2006 it has been illegal for tyre retailers to dispose of used tyres in landfill sites.

To help protect the environment and comply with UK and European legislation, retailers now pay to have your old tyres taken away by licensed collectors who ensure they are disposed of and recycled properly.

In the UK, we produce some 50 million used tyres every year. So, when you take your car to have new tyres fitted, the retailer will add a small disposal charge per tyre to your bill, typically under £2, to ensure they are properly and responsibly disposed.

New life is recovered from old tyres by using them, after shredding, processing, etc, for example to construct soft landing for children's playgrounds, running tracks, carpet underlay, riverbank reinforcement, artificial sports pitches, fuel for cement kilns, horse ménage exercise rings.

And some are used to generate electricity. In Australia, I believe, some have been used to help re-generate the Great Barrier Reef. So for the sake of our environment and the future of the planet, always use a member of the Responsible Recycler Scheme. Just ask about it when you visit your retailer for a new tyre.

Inene Richards



The Bells! The Bells!

On July 27 at 8.12am something most unusual will take place. There will be a three minute fast ringing of bells from all the churches and by individuals all over the United Kingdom.

This is to signal the start of the 2012 Olympic and Paralympic Games. The event is masterminded by Turner Prize winner Martin Creed.

Everyone can take part. If you have Internet, Google, [Any Bell](#),

[Anyone](#), [Anywhere](#) can follow the links to

"Take part" and you will be reminded by email. Even if you don't have access just join in at the right time. Ring any bell you have - bicycle, door or anything that will ring - and ring for the full three minutes! Join in and enjoy!

There's nowt inevitable about falling



Reducing the risk of falls and fractures has long been a key campaigning feature of the Over 50s Forum as we saw at last month's highly successful Falls Awareness Day attended by some 200 people at the Edmonton Leisure Centre. So we warmly welcome new plans

now being developed by NHS Enfield to create a local Falls and Bone Health Service with the aim of reducing accidents in the older population.

And it is long overdue judging by the figures disclosed at the Falls Day. North Middlesex Hospital sees some 2,000 patients a year who have had a fall – 150 with a fractured hip, said Dr Nicholas Rollitt. And they had a 1:5 chance of not being alive a year later producing a fatality rate worse than cancer.

In just one month - April 2011 - no less than 680 patients attended the A&E departments at Barnet and Chase Farm Hospitals following a fall. Of these, over 50% were aged 60 and over and 30% were admitted as in-patients, although in many cases this was a brief admission.

Take another month - October 2011 - 140 patients over 50 went to the fracture clinic at Chase Farm and 170 went to Barnet and some 30% of these patients, the consultants tell us, had the sort of fracture linked to osteoporosis.

The emphatic message from the consultants at Barnet, Chase Farm and North Middlesex Hospitals is: Don't be fobbed off by anyone telling you that a fall is a normal part of the ageing process. Something often can be done about the cause of falling and you should insist on being referred to one of the three fracture clinics at our local hospitals.

It may well be that your medication needs changing or there's some other reason such as an ear infection or even that a shoe needs raising – or something more serious related to the heart that needs attention. Epilepsy, for example, is very common in

the over 70s. Dizziness could be linked to early onset Parkinson's. And telling you it is arthritis causing the fall may not be the full story.

Don't wait for a hip fracture to happen because they are the most serious. In fact, it is estimated that 20% of older people die within four months and 30% within a year and that half of all people suffering a hip fracture never return to their previous level of independence.

A warning sign could be a more minor fracture to the wrist, ankle or vertebra. Indeed, half of all hip fracture patients have a history of these first fractures, indicating that treatment for osteoporosis might have prevented the subsequent hip fracture.

Yet Forum members have told us that some GPs have been reluctant to refer them to hospitals for osteoporosis scans to check their bone density and structure. And this could well be something to monitor closely when GPs gain full control of local spending budgets next April.

The National Osteoporosis Society manifesto says it wants to see a fracture liaison service linked to every hospital "to ensure that every fragility fracture patient gets the treatment and care they need" which could help to prevent that dreaded secondary hip fracture.

Because of the rise in the ageing population, the incidence of hip fractures is projected to increase across the country by 50% in the next eight years. Currently, over 300,000 fractures occur in the UK every year among older people, including 76,000 hip fracture victims which could rise to 117,000 by 2016.

The combined cost of hospital and social care for fracture patients is estimated to be in excess of £1.8 billion a year and that having an effective bone health and falls service here in Enfield could cut the incidence of falls by 15-30%. NHS Enfield is investing £150,000 in this service and we'll need to see that this level is maintained if, as planned, NHS Enfield is scrapped in April next year.

While welcoming the health and bones service, the Forum also believes that by keeping ourselves fit and healthy, by using the great facilities at our leisure centres, eating the right food, losing weight, we can all help ourselves to try and avoid that dreaded fall.

Forum forthcoming meetings programme

CIVIC CENTRE, Silver Street, Enfield Town

Tuesday 31 July - 10am for 10.30 start

Michael Stennett, of Stennett & Stennett, will consider 'avoiding paying for nursing care.'

Tuesday 28 August - 10am for 10.30 start

Helen Evangelides, who is working in partnership with the NHS and 'Arsenal in the community' to promote the 'Be Clear On Cancer' campaign, will talk about 'lung cancer and initiatives to reduce the incidence the disease'.

MILLFIELD HOUSE MEETINGS

Thursday 19 July 10am for 10.30 start

Millfield House, Silver Street, Edmonton

Neeru Kareer talks about "planning a better Enfield with you". *Have your say and influence the policies that will change the quality of life for residents of the Borough – the Draft Development Management Document.*

Thursday 16 August 10am for 10.30 start

Millfield House, Silver Street, Edmonton

Christine Whetstone, Chair of Governors at Holloway Prison talks about 'life for women behind bars, treatment of offenders and how the prison service is changing'.

SKINNERS COURT MEETINGS

Tuesday 17 July 10am for 10.30 start

Skidders Court, 1 Pellipar Close, Fox Lane

Dr Alan Faney chief executive of Barndoc - the local out-of-hours GP service talks about NHS changes in the pipeline that may affect every family in the borough

Tuesday 21 August 10am for 10.30 start

Marcia Cabey from Enfield Citizen's Advice Bureau will be talking about 'managing your personal finances and ways of making your money go further.'



Be alert to early signs and symptoms of lung cancer

Enfield Over 50s Forum is supporting the Be Clear on Cancer, lung cancer campaign launched by the Department of Health in May. The campaign will run until July 1 and is taking place across England and will include TV, radio and print advertising as well as a series of face-to-face events in public venues such as shopping centres.

It aims to raise awareness of the signs and symptoms of lung cancer and encourage those with symptoms to see their doctor, as early detection makes it more treatable.

Fortunately, Enfield's incidence of this disease has been declining, but we can help to hasten the drop in numbers. Lung cancer affects 33,000 people every year in England with the majority of cases occurring in those over 55. When diagnosed at its earliest stage, as many as 80% of patients are alive five years later.

Some of the early signs and symptoms include a:

Cough that has lasted three weeks or more

Cough that has worsened or changed

Coughing up blood

Breathlessness

Feeling more tired than usual for some time

Losing weight for no obvious reason

Aches or pains in the chest or shoulder which have lasted for some time.

The earlier the signs are spotted, the sooner the treatment can begin. The GP examination is very straightforward. If your GP thinks it could be lung cancer you will see a specialist in two weeks. You will either get reassurance that it is not lung cancer or receive treatment and a better chance of survival.

Go with your instincts, provided they're not to bury your head in the sand, and see your GP. Lung cancer remains the biggest cancer killer in England, and we have far more accurate statistics than many comparable countries precisely because we have a NATIONAL Health Service which can provide comprehensive figures, where others have no such administrative infrastructure.

Enfield Over 50s Forum is strongly committed to prevention of ill-health, and we're equally behind early detection and management and cure wherever possible. If you're in the slightest doubt, consult your GP.

Vivien Giladi

Fiona's Food Facts

Cooking for one

This time I would like to write about healthy eating and cooking for one. This can be a challenge for even the most skilled and inventive cooks. Eating nutritious food regularly should be your main goal. Try to eat at least three times a day. If your appetite is poor, consider five or six minimeals or snacks instead of large platefuls of food.

Simple nutritious snacks can include sandwiches with protein such as meat, fish, egg or cheese with some salad vegetables to contribute to your 5-a-day. Or maybe soup and bread, or cheese, eggs or beans on toast.

Cooking for one can generate a large amount of washing up! Try one pot dishes such as stew, casseroles or chunky soup. If you cook in larger portions, chill the remainder in the fridge for another day, or freeze in suitable containers (remember to defrost thoroughly and reheat until piping hot).

Some dishes can be transformed the following day - some chilli seasoning and kidney beans can turn yesterday's bolognese sauce into a chilli con carne to serve with rice, or as a jacket potato topping.

Buying smaller portions of foods can be more expensive - consider shopping with a friend or relative to split multipacks or take advantage of BOGOF (Buy One Get One Free) offers. Remember, BOGOF offers are only a good deal if you are going to eat all of the produce.

Try to plan your meals - this will make your shopping list an effective tool to minimise waste. Remember, food should be a pleasure - make time to sit down and eat. Savour your food and include some you really enjoy. Be brave and try a new recipe. Search out cookery books at the library, look at magazines for inspiration or try

www.lovefoodhatewaste.com, www.diabetes.org.uk or www.bbc.co.uk/food

Fiona O'Leary Senior specialist dietitian

Have fun in the sun

With summer fast approaching what better to do than spend some time outdoors enjoying Enfield's parks? Being outside can benefit your health and your family's health by enabling you to exercise, stock up on vitamin D, improve your emotional health and provide a sense of wellbeing.

Because we have quite an 'indoor lifestyle' and are often covered up when we go outside we are not getting as much Vitamin D or exercise as we should. Vitamin D is important for good health, growth and strong bones. Vitamin D is mostly made in the skin by exposure to sunlight.

The sun is the best source of vitamin D and it's free! 90% of our vitamin D is made in the skin with the help of sunlight. During the summer (April to September) spend 20-30 minutes in the sun with bare arms and face two - three times a week. This should keep your vitamin D stocked up throughout the winter.

If you don't get enough Vitamin D you may get aches and pains but a more severe lack can cause serious problems such as muscle spasms, rickets, poor growth, tooth decay and in extreme cases weakness of the heart muscle (in children) and softening of the bones (in adults).

It's also a good time to think about your family, kids and grandkids - active children are happy children - they like to be running around and having fun. Children need to do at least 60 minutes of physical activity that get their heart beating faster than usual - this includes playing.

And they need to do it every day to burn off calories and prevent them storing up excess fat in the body which can lead to cancer, type 2 diabetes and heart disease. It also keeps their bones healthy and encourages muscle strength and flexibility. It's important to try and do activities that really get their hearts pumping. This can be things like jumping, skipping, dancing and running. Not only does it make them feel good, but it helps to exercise their bones too and protect against brittle bone disease in later life.

Healthy eating is important in the summer too and although the ice cream van may look tempting it's better to forget the 99 ice cream. Why not go to the market and buy some fruit and chop it up; strawberries, raspberries, cherries, blueberries and melon all make great fruity treats for kids. If you are feeling adventurous why not make your own ice lollies by blending some fruit and freezing it - this makes a great rainy day activity for the children too.

Glenn Stewart

Assistant Director of Public Health

Our social committee members would like to pay tribute to the work of Roddy Beare who has stood down as our Chair / Secretary. He worked tirelessly and with huge good humour to keep us on track. Thank you, Roddy!

I have taken over as Chair / Secretary of the social committee. Any Forum member who would like to share their ideas about future events, trips, etc please contact me on 020 8363 875 or via email at poosticks@blueyonder.co.uk. The committee is open to all members willing to work with us.

Irene Richards

Please note that the following three events are now all fully booked:

Wednesday 12 September "Singing in the Rain"

Saturday, 15 September "Carousel"

Saturday 29 September, Day trip to Le Touquet

Presentation and guided tours of the News International Print Works (with pre-tour refreshments).

The works are situated on the A10 just past the junction with the M25. You will be expected to make your own travel arrangements. Each tour is limited to 11 Forum members, so please reserve your place asap for one of the following:

Tour 1 Tuesday 31 July. Arrive and check in with Security at 10.30am – tour finishes at 1.00pm. Contact Roy Barrows – 020 8360 8561

Tour 2 Tuesday 7 August. Arrive and check in with Security at 10.30am – tour finishes at 1.00pm. Contact Lorraine Murray – 020 8805 3606

Tour 3 Friday 17 August. Arrive and check in with Security at 8.30am – tour finishes at 11.00am. Contact Jacky Pearce 020 8482 3575

Thursday 6 September Come to the wonderful Royal Gunpowder Mills at Waltham Abbey.

Cost £11 which includes entrance and either a Military Track Tour or a Land Train Tour. There is free parking, picnic tables, café, exhibitions and wildlife and free tea or coffee. Meet at the Royal Gunpowder Mills at 11am. Details from Lorraine Murray 020 8805 3506 or lorraineofenfield@yahoo.co.uk

Friday 7 September All aboard-Cowes here we come!!

There are eight places available for a fantastic day's sailing from Southampton to Cowes on the Isle of Wight, pub lunch and back. This is a sailing experience so all hands on deck.. It is suitable for most abilities and no experience required, so why not join us?? I did this recently and it was fantastic - hence the repeat visit. The cost is £40 per head for the boat and skippers, all waterproof equipment and lifejackets provided Return train ticket from Waterloo is about £39 and lunch will be bought individually. **For further information either email Olivia or call 020 8447 8841/ 07881 832 783**

Saturday 8 September BBC Television Centre, Wood Lane, London. A guided tour of studios, newsroom, dressing rooms and more.

A two hour tour which will also include memorabilia from BBC TV programmes. Meet outside Platform 6, Liverpool Street Station at 9.45am. Then, by Circle Line to Wood Lane. If you go by car (you will need to check for charges) or make your own way there you must be there by before 10.20am. Cost £10.75 (includes a donation of £1 for the Forum). Contact Lorraine Murray on 020 8805 3506 or email lorraineofenfield@yahoo.co.uk

Thursday 4 October Come and visit Audley End House, one of England's grandest stately homes, including a tour of the house, gardens and recently restored historic stables.

Cost £24. 00. Coach leaves Enfield Town Argos/Lidl at 9.30am. Leave for home at 4.30pm. To book contact Lorraine Murray 020 8805 3506

Friday 5 October Brick Lane Music Hall welcomes you to their very own glittering tribute to that marvellous show-biz institution the London Palladium.

You will be treated to a fabulous afternoon tea with return coach to

Enfield Town. All this for only £36.00 each. Pick up at 12.15 from Lidl/Argos Enfield Town. Return at approx. 6.00pm. Contact Jacky Pearce 020 8482 3575 for details and to book your place

Thursday 25 October at 7.30pm Forum wine tasting evening at Majestic Wine, 70-76 London Road, Enfield.

Discover the importance of wine regions, comparing wines from France with the rest of the world. Learn where wine comes from and how it tastes in our whistle-stop tour of the wine world. Cost £4. 00. Limited to 20 people so reserve your place asap. **Contact Roy Barrows on 020 8360 8561**

And finally a note of appreciation we've had when the beautiful gardens of Myddleton House provided the perfect setting for the Forum's Jubilee picnic. Over 30 members enjoyed the lovely sunshine and sumptuous food, brought and shared by all. There was a raffle in aid of the Forum and Help for Heroes and a free prize draw of a massive jar of celebration chocolates.

"I had a lovely time and it is the sort of event you feel comfortable coming to on your own, particularly as it is outside and you can have a walk through the gardens if you want" - R.Lyons.



Maureen Jackson has written to say that:

"Thanks to the Over 50s Forum we have doubled our membership of the knitting group – 15 came to the second meeting and there are now 20 on the mailing list. For sure it seems to have 'taken-off' with a flourish. It seems the way you displayed the flyer really caught the eye."

The group meets on the third Monday of the month at Oakwood Library 185/187 Bramley Road N14 4XA 3pm-5pm. Next meetings Monday July 16 & Monday August 20. Bring your own materials and refreshments.

Once again, many thanks for your efforts.

Kind regards - Maureen

For more information contact:Maureen Jackson Telephone: 020 8360 7019

Email: maureen-jackson@tiscali.co.uk (type 'Knitting Group' in heading)

Forum to visit Gladbeck in Germany

In the May-June Newsletter we reported on the successful two - year Over 50s project led by our Forum with our twin towns Gladbeck (Germany), Courbevoire (France) and Halandri (Greece), which enabled us to put pressure on the EU parliament at Strasbourg to release funds for urgently needed research into prevention, management and possible cure of dementia.

Our limited grant came to an end, but we're pleased to announce that in this the European Year of Active Ageing and Solidarity between Generations, Gladbeck will host a large senior citizens' meeting. The conference which takes place on October 10 – 12 will cover sport, culture and intergenerational themes and is hosting 130 older people from Enfield, Schwechat, Marq-en-Baroeul and a Slovakian town, Skalika.

Enfield is invited to send 40 delegates. Gladbeck is providing accommodation and meals but, following the pattern we set to make the grant go further, participants are asked to pay for their own travel. This will probably be about £150. The Forum executive committee has decided that everyone who worked on the European project should have first refusal, but this will probably leave about 25 places.

This will be working conference with some very interesting and useful workshops and respected speakers. If you are a resident of Enfield and a Forum member and would like to register an interest please drop a note into the office asap* giving us a very brief idea of what you would like to contribute or learn from this gathering of determined older people.

MAKING GIFTS TO CHARITIES

Are you aware that the place that you visit to chat with friends, to get free advice, to learn how to use the internet, and to do gentle exercises, may be run by a charity? Such organisations need every help they can get especially since the government budget cuts. So why not consider making a gift to charity in your will?

Giving to charity in a will has many benefits. If your estate is more than £325,000 when you die inheritance tax (IHT) may be due. Gifts to charities are exempt from IHT. What is more, if your estate is liable to pay IHT and you leave at least 10% of your assets to charity, the tax due may be paid at a reduced rate of 36% compared with the usual rate of 40%.

When deciding to leave a gift to a

charity in your will make sure you have the correct name and don't forget to quote the Charity Commission registration number. In the case of the Forum, the charity number is 1122850 and you can always find it on the front of the Newsletter.

Skilful will drafting is needed when you are dividing your estate between charities and beneficiaries liable to tax (for example gift to children). A poorly drafted will may result in beneficiaries getting less than intended.

Using an experienced and regulated professional like a solicitor should ensure this does not happen.

Contact Michael Stennett at Stennett & Stennett Solicitors on 020 8920 3190 for advice about making or reviewing your will.

100 coming up?

Who will be our first Centenarian? We now have 96 life members, and each and everyone of you is very welcome. Three of you came along in May, so it may not be too long before we welcome our 100th life member.

Life membership benefits the Forum in two ways. It gives us a handsome £100 for an individual member or £150 for a couple and it saves us and you from worrying about renewing your membership every one or two years. So with just four to go to the first 100 life members I'm on the lookout!!

We have a paid up membership at 31st May 2012 of 3,197 with 1,399 still to renew. So I have to ask: Have you put your renewal plans on the pile of things to do and then forgotten about it? May was a good month with 124 new members and a good number of lapsed members returned along with a number who were previously individual members but have now joined with partners.

Of the 98 affiliated clubs and organisations, we still have 29 to renew so, hopefully, they will be reviewing their situation because, among other things, they will soon cease to receive supplies of our Newsletter.

Having given you the figures let's look at the benefits of renewing/joining. We have a hard working Executive Committee plus an equally hard working Social Committee but, we need your feedback with your points of view on what we provide for you, the members. For example we know that many of you work and would perhaps like events planned for the evening. Please complete the survey which accompanies this Newsletter.

As always, thanks to everyone who has helped in what ever capacity, to help the Forum survive and thrive. Finally, a reminder that our membership year starts 1st April till 31st March and you will find an application form (which will also serve as a renewal form) on the back page of this Newsletter.

Joyce Pullen Membership Secretary

Dugdale tops 400

The Monday morning free and confidential advice service at the Dugdale Centre – opened with the support of Enfield Council by the Forum last year – has now passed the 400 mark in the number of people seen by our various voluntary advisers.

Demand has been highest to see the solicitor Michael Stennett with more than 160 people seeking help. The Citizens Advice Bureau team, which joined the project later in the year, has been consulted by more than 80 people, and tax adviser Jeff Rodin, who came on board later still, has already seen more than 60 people.

Others have consulted the council's benefits team about council tax, housing benefit and pension queries and the council's jobs broker about employment opportunities. Taken together our team of advisers offer a unique drop-in service in the borough, while putting the Dugdale centre facilities to good use.

A 12-week advertising campaign in the local press – funded by a grant from the Old Enfield Charitable Trust certainly helped to establish the service and the Forum has been most fortunate in having volunteers Kath Young, Doreen Ashley and Rita Clayton manning our reception desk at the centre every Monday morning, making visitors welcome, organising appointments and recruiting new Forum members at the same time.

The advice surgery, which recently secured the additional help of LBE health trainers offering information and practical ideas for a healthier lifestyle, is open every Monday (except bank holidays) from 10am – 12 noon. While you wait to see your chosen adviser you can have a cup of tea or coffee and chat to Kath, Doreen or Rita, all in pleasant, relaxed surroundings. So spread the news and let others know of our presence at Dugdale on Mondays.

Published by Enfield Borough Over 50s Forum.

Contact: The Secretary, Millfield House, Silver Street, Edmonton, N18
1PJ **Tel:** 020 8807 2076

E-mail: info@enfieldover50sforum.org.uk

Web site: www.enfieldover50sforum.org.uk

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.



Help us to help you prevent burglary

The Met is cracking down on burglary. It can be financially costly and emotionally devastating for victims and their families. However, by taking just a few simple measures you can dramatically reduce the chances of it happening to you. Most burglaries tend to be opportunistic rather than pre-planned.

So if your home does not look secure, seems unlivid in, or provides unobserved access, it could be at risk. Understanding what burglars look for when choosing their target will help you identify weak spots in your home's security.

Fraud alert - mass market fraud

Commonly known as 'Scams', these frauds target the unwary and arrive in the form of unsolicited e-mail, letters or telephone calls. They can involve lotteries, prizes, awards, miracle cures, clairvoyants and other promises of good fortune such as investing in shares in phoney companies – even in Spanish lotteries you have not entered.

- The recipient will be asked to reply, whether directly by telephone, by post or e-mail and will be invited to send money, often to assist in the administration of the release of the winnings.
- Big winnings do not exist. Occasionally items of little value will be sent as prizes. They are a fraud and an attempt to elicit money from unsuspecting victims. As the winnings on offer are substantial, so too are the advance fees required to release the funds. The cruel part of the scam is that suspects build up a rapport with victims to continue the flow of money.
- Who are the victims? Anyone can be a victim. E-mails are sent to huge numbers of people and anyone can become a potential victim. Letters are more specific and in many cases the elderly are most at risk. The victim may respond and after sending a fee to the fraudsters, may have telephone contact.
- The fraudsters will gain the confidence of the victim, hence this is where the elderly are most at risk. Communications are often sent to accommodation addresses. These are then collected by couriers or third parties and sent on to the fraudsters.
- Payments are made through cheques, credit / debit card transactions or through sending cash via money transfer services. Cheques can be cleared through international clearing services and the money will go through a series of further transactions before finally arriving in the pockets of the fraudsters.
- What to do in the event of receiving an unsolicited communication: If you receive these "offers" do not reply to them. If you are a victim of this fraud, report it!
- Total Policing is the Met's commitment to be on the streets and in your communities to catch offenders, prevent crime and support victims. We are here for London, working with you to make our capital safer.

Enfield Choral Society Concert

An Evening with Rodgers & Hammerstein

Many favourites from great shows including Oklahoma, Carousel, South Pacific, King and I, Sound of Music

St Paul's Centre, 102 Church Street, Enfield EN2 6AR

Saturday July 14 at 7.30pm

Tickets: £10 (£8 concessions) until Tuesday July 10; £12 (£10 concessions) on the door.

Available from any choir member or call ticket hotline 07856 793434 or tickets@enfieldchoralsociety.org.uk

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Fusion Lifestyle promises an exciting summer

July and August promise to be one of the most exciting two months for leisure facilities in Enfield with the redevelopment of **Albany and Southgate Leisure Centres** preparing to be unveiled to the public after an eight to nine month build programme.

Albany Leisure Centre is looking to launch in July/August with a transformed centre from its new reception/foyer area and café facility to the brand new gym over four times larger than the previous one and its two studios including a purpose built indoor cycle studio and a fabulous new programme on offer. The spacious extension to the existing building offers excellent gym space with the very latest Life Fitness cardiovascular and resistance equipment. The existing changing rooms have been completely re-built to provide clean and modern flexible changing for male and female along with a separate changing area for users of the gym and studios.



both pool users and gym/studio class users. Once again a new gym and two new studios will offer improved space with excellent front elevation views from the gym to the front of the facility. The gym will have the very latest Life Fitness cardiovascular and resistance equipment, flexible warm up areas as well as a separate free weight area.

Both centres are planning special open weekends which will be posted on our websites once dates have been agreed. Please ensure that you check out each centres website pages for regular updates of these excellent redevelopments and watch out for some special membership offers. As part of the centres improved programmes an additional Over 50s activity day will be introduced at Albany Leisure Centre to complement the existing programme across Enfield and at Southgate the existing day will be improved to include a far more varied programme of activities.

For full details of these developments and all activities available please drop in and see our staff or visit www.enfield-leisure.com.

Southgate Leisure Centre is a little later but again we are looking to open in August/September. The centre will again be transformed into a modern facility and from the front it will almost be unrecognisable from what it was before. Its brand new entrance sits proud of a new build which houses spacious reception/foyer area and café offering a clean, fresh and relaxed feel to the centre. A huge improvement will be its all new modern changing rooms catering separately for



£11m promise for local primary care services

NHS Enfield says they will be investing £2.8m this year and almost £4m each in the following two years (£11m total) in a three-year strategy to improve local primary care services. The local NHS say they understand that for people to have improved access, better health outcomes and an easier journey through their experience of primary care they need to do more.

They add: "We will be working very closely with local GPs and community services to establish networks of providers to ensure all residents can access good quality services, more of the time close to home with well trained professionals."

In addition, we are told that NHS London approved the outline business case in April for a capital investment programme at Barnet, Chase Farm and North Middlesex Hospitals totalling around £100 million – around £79 million of this is for North Mid. and is on hold pending Department of Health and Treasury approval.

Investment of £11.8 million at Chase Farm includes the creation of an older people's assessment unit and switching the A&E into an urgent care centre, ready for the "reorganisation" of services from late 2013. Barnet Hospital has a £17.4 million investment budget which includes upgrading their A&E to provide sufficient resuscitation and paediatric facilities and new maternity facilities to meet the demand from a rundown Chase Farm.

Each of our three local hospitals will have to achieve "Foundation Status" to survive in the long-term – meaning they each will have to be independently profitable. At the same time the aim of the primary care strategy is to see more patients treated in the community "so as to avoid unnecessary trips to hospital."

We are now being promised "extra" primary care services closer to home, for example, podiatry and specialist diabetes care – and they say it will be easier to get an appointment for the usual GP services which will eventually become part of a network drawing upon a pool of specialist clinicians, nurses etc offering an extended range of services.

The Forum's health team – Vivien Giladi, Des Hegarty, Tom Devine and Monty Meth – has met Sean Barnett, the lead manager implementing the primary care programme and Dr Janet High, vice-chair of the "Shadow" local Clinical Commissioning Group, to raise our many concerns about the continued low rating of Enfield's primary care services in Enfield.

They also sought an assurance of further consultation on the list of possible improved primary care schemes before they are introduced, pointing out that in November 2008 a similar £10million investment scheme was promised and never materialised.

Meanwhile we watch and wait to see these developments on the ground knowing that they are all supposed to occur before the planned reorganisation at Chase Farm takes place.

Random round-up

Did you know?

According to the Royal Mint, 1p and 2p coins are legal tender only when paying for something costing 20p or less. You can spend up to £5 in 5p or 10p coins, or up to £10 in 20p and 50p coins.

Family help

Although many retired people are now living on a fixed or limited income that is declining in value due to high food cost inflation, the Real Retirement Report says that 21% of over 75s have helped their children financially over the past year because they were unemployed. But another recent survey said that one third of pensioners are actually borrowing money from their children rather than the other way round.

Heat up

Energy bills have risen five times faster than household income since 2004, according to Uswitch, the comparison company, The average annual energy bill for dual fuel is now £1,252 and it is likely to be higher after the appalling early June weather.

Inflation up

Inflation as measured by the consumer prices index is set to stay above the 2% government target until the middle of 2013, according to the Bank of England. Previously it had forecast it would fall below 2% by the end of this year.

Ponders End festival July 14/15

The EastEnders of Enfield - Ponders Enders to be precise.- promise that this year's festival will be the biggest and best yet. What? You didn't know there was such a thing? Well you must come along and see for yourselves.. In the newly refurbished Ponders End Park there will be something for everyone. The idea is to celebrate the good things about the area. It's been through some hard times but the residents still come up smiling.

In addition to the festival on Sunday 15 July, Face Front Inclusive Theatre - who are based in Edmonton Green just up the Hertford Road from Ponders End - have created a wonderful play. As a volunteer with the theatre group I have been involved in this project for several weeks. We have been working with local people: primary school children, teenagers, parents and grandparents. It's been brilliant.

In order to make a play about the people of Ponders End we asked for stories from residents past and present, young and old and of different ethnic and cultural backgrounds. These true stories were then mulled over by co-producers Annie Smol and Jon French, mixed and matched, filled out with imagination and fantasy, and shoe-horned together to make a fictional play.

Using elements of truth they have come up with a colourful set of imaginary characters who show us through drama, dance and song what life can be like for the residents of Ponders End. There's comedy and pathos, love and war, past and present, hardship and friendship. All of life's rich tapestry is here!

This short play will be performed in Ponders End Park on Saturday 14th July at 3.00 and 7.00pm. Just look out for the big marquee. Tickets are only £2.00 per person obtainable in advance from the Face Front Studio situated on the balcony at Edmonton Green (Telephone 020 8350 3461)

Mo Cross, Forum member



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Over 50s film club. Adm. £3 showing:

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July 9: Raven
July 16: Decedents
July 23: Salmon fishing in Yemen
July 30: Lucky One
6 August: Moonrise kingdom
13 August: Titanic

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(I/We/My Club) wish(es) to apply for or renew membership of the Enfield Borough Over 50s Forum. Enclosed is a payment of (£7.00 individual membership; £10.50 for couples; £17.50 for Clubs). (Delete as appropriate). Cheques should be made payable to Enfield Borough Over 50s Forum. You can register for two years at twice the above rates as this cuts down the administration burden. Life membership is on offer at £100, £150 and £250 respectively for single, joint and club subscriptions.

Surname

First name(s)

Organisation*

Address

Post Code

Tel. Number

Email

*** Ignore if joining as an individual or couple.**

As a registered charity the Forum can collect gift aid on donations and subscriptions made by you provided you pay income tax. If you agree to the Forum recovering gift aid from the tax office sign below. The tax office will not contact you.

Signed:

Date:

I want the Forum (a) to reclaim tax on all donations/subscriptions I have made to the Forum since February 2008 and on all future donations/subscriptions I make until I notify the Forum otherwise and (b) I pay sufficient income tax and/or capital gains tax equal to the amount to be reclaimed (currently 28p for every £1).

Please return this application form to:
The Membership Secretary, Enfield Borough Over 50s Forum, Millfield House, Silver Street, N18 1PJ or hand in at a Forum meeting. Receipt of the Forum newsletter will indicate you subscription has been processed.
Tel: 020 8807 2076 email: info@enfieldboroughover50sforum.or.uk