

Ten weeks to save the NHS

After so many warnings went unheeded from all the Royal Colleges, doctors, nurses, consultants, patients and health experts – even select committees of MPs - that their sweeping NHS reforms spell disaster. I wish we could be sure that the old axiom **“better late than never”** applied to the late Cameron-Lansley conversion to **“pause, listen and learn.”**

Having virtually ignored the 6,000 largely critical comments made during last year’s consultation period on the draft legislation, the government has now been compelled to stop the mad rush to implement its untested plans to change the NHS pending the publication in June of the result of this ten-week **“pause for reflection”**.

On one hand we are told by some Ministers that there will be **“significant and substantial changes,”** while Mr Lansley, the health secretary, thinks the principles of the reorganisation will remain intact and the pause is to enable him to merely sell his **“misunderstood”** scheme to a sceptical nation.

Meanwhile, the head of the NHS, Sir David Nicholson, has told his staff to **“maintain the momentum”** for changes such as cutting jobs and services to save £20 billion in four years, and this is certainly the case in Enfield which no longer has its own NHS management board. Instead we have Nigel Beverley installed as the interim Borough Director – but only he intends to be on the scene for a few more months.

Our Primary Care Trust has been abolished and we are now part of a **“cluster”** comprising **Enfield, Barnet, Haringey, Camden and Islington** – based in Camden and running with an overspend of millions which will probably result in long waiting lists and cancelled operations to try to balance the books. So much for the government’s much vaunted **“localism”**

The Forum has spent the last 12 years negotiating, arguing, cajoling local NHS staff and bosses. As a Forum with the largest single voluntary membership in the borough, we had access to the top and co-operation at every level from PCT staff. Now all we hear is of cuts and **“talk to Camden.”**

One example: we no longer have health service complaints being handled locally.

The PALS - patients and liaison service and complaints is now being managed by one team for the five boroughs listed above. Hospitals and other NHS providers are being told to manage their own PALS for the time being.

More than 100 NHS Enfield staff have been handed redundancy notices – and more than 500 NHS staff employed on commissioning and monitoring health services for patients in the five-borough

“cluster” have left – before the GP consortia earmarked to take over this role is up and running. They are just getting round to electing their management board probably of eight doctors – two from each area in Enfield.

Doctors leading the consortia freely admit that they will have to recruit the skills they need to manage a health service in Enfield costing upwards of £450 million a year to run.

At the same time as the NHS is making cuts to meet its financial targets it is abandoning many of the local working groups with patients that gave us a voice. And this hiatus between the NHS being rundown and the GP consortia still being developed means that there are no investment figures available for primary care in Enfield for this financial year.

The Forum regards this as scandalous and is something that our MPs should be exposing in Parliament because over 50% of existing GP surgeries in this borough operate from premises that are below minimum NHS standards.

And this is one reason why Enfield is out of step with the rest of the country in the number of referrals that GPs make for out-patient appointments and A& E services.

The Forum regards this as scandalous

All this is taking place without any pre-General Election or post-election indications of changes on the scale now envisaged. Indeed, reading the Coalition’s programme for government, I see it says: **“We will stop the top-down reorganisations of the NHS”** and **“The local PCT will act as a champion for patients”** and there will be **“a stronger voice for patients through directly elected individuals on the board of their local PCT”**

Yet what we are getting is the abolition of all PCTs and the biggest reorganisation in the 63 year history of the NHS. Which begs the question: Did the politicians really sign off these pledges in May 2010 not knowing that Mr Lansley would announce the very opposite in his **“Liberating the NHS”** blueprint in July 2010?

So while we wait to see what, if any, changes are made by the government to the NHS reform plans – which still has to be approved by the much-maligned House of Lords - the Forum urges all its members and friends to be vigilant in reporting to us any deterioration in health services. This is no time to sit back and drop our guard.

Monty Meth

Please Note

The Forum is now back in a smart new office at Millfield House, Silver Street, N18 1PJ.

Our telephone number is 020 8807 2076 and email addresses remain the same.

News from the Met.....

Borough police commander David Tucker, who will be speaking at our Civic Centre meeting on Tuesday 26 June, tells the Forum:

Crime fell in Enfield for the eighth year running – but there's a challenging year ahead. Having just finished the financial year, it is a good moment to look at crime in Enfield in the past year and record how we, the police, performed to reduce crime working with you.

Burglary fell by 8.6%, (that's 222 fewer offences). Earlier in the year, we were recording over 25% reduction. We had a very difficult autumn when the number of offences increased rapidly. Burglary continues to be a crime for particular focus in 2011/12.

Street robberies fell by nearly 4%, (46 offences). Violent crimes fell very considerably, with the most serious violent offences falling by 40%. We solved more than half of these crimes. Our response times to calls from the public were above target and the satisfaction of users of our services was also above our target.

We need to do better with motor vehicle crime - theft from vehicles increased by 10.2% (or 282 offences). Most worryingly, particularly in the light of the recent murder in Edmonton, our levels of knife crime rose by 8.4% and serious youth violence rose by 9.2% or 33 offences.

We have identified a number of priorities for our Community Safety Partnership for Enfield, of which the police forms an

important part. We will concentrate on reducing youth violence and violence towards women and girls. We will improve our service to those suffering anti-social behaviour. We will also continue to combat hate crimes - those crimes committed against people because of their age, gender, sexual orientation, race or faith.

Overall, crime in Enfield fell by 3.3% in 2010/11. That's 781 offences. Crime has fallen in Enfield for eight years in a row. Our performance in Enfield has been better than the Met average in 24 out of 34 categories and the same in another two. I am proud of this achievement.

My task for the future is to ensure we work with our partners to keep crime down. We do that by maintaining the services on the street. The Safer Neighbourhoods Teams are key to delivering these services and I will do all I can to maintain them. It may be that some teams will share some services, including sergeants. But, overall, I keep focused on providing high quality services to you, our customers.

We have a challenging year ahead. I am confident that, working with our partners, we can reduce crime again and improve safety for everyone in the Borough.

The Metropolitan Police Service is here for London - on the streets and in your community, working with you to make our city safer. In an emergency call 999. For all other enquiries call 0300 123 1212

Safer Neighbourhood Teams face cuts.....

.....warns **Joanne McCartney, Enfield & Haringey member of the Greater London Authority Assembly**

As many of you are aware the Metropolitan Police Service (MPS) is currently conducting a review into the scope and make-up of safer neighbourhood teams (SNTs). They are expected to present their findings in May / June. However, the Mayor has stated that he is supportive of MPS plans to reduce the SNT sergeants by half over the next two years – 'safer' wards will share sergeants. This is troubling as many of these 'safer' wards will be situated in outer London and I am concerned it could affect our area disproportionately.

The Metropolitan Police Authority has also conducted its own review into SNTs which set out principles that the MPS should follow if changes are to be made, for example proper public consultation. The current model of SNTs which comprise 1 sergeant, 2 PCs and 3 PCSOs as standard has worked well

and has ensured that every neighbourhood has had a minimum police presence.

Areas with additional need have extra resources. Some boroughs have already consulted on radical changes to their SNTs. I am concerned that any future proposals to change this successful neighbourhood approach risks losing many achievements, local knowledge and trust that has been built up over the last few years.

In response to my questioning the Mayor stated that he wanted to guarantee 2 PCs and 3 PCSOs as a minimum in all wards, but it is clear that changes to the model are already taking place or are planned across London, even before the results of the MPS review are known. The police have also made it clear that the direction and control of officers is an operational matter for them alone and not for the Mayor to direct.



STENNETT & STENNETT
SOLICITORS & INDEPENDENT FINANCIAL ADVISERS
PROFESSIONAL SERVICES YOU CAN TRUST



Tax & Estate Planning
Property & equity release
Letting and Property Management

Nursing care fee funding
Court of Protection & Mental Capacity

Wills & Probate
Lasting Power of Attorney

4 Winchmore Hill Road, Southgate, London, N14 6PT
(Opposite Marks and Spencer)

Tel: 020 8920 3190

Email: enquiries@stennett-stennett.co.uk

www.stennett-stennett.co.uk

£50 Stennett & Stennett voucher!

Present this advert to receive **£50 off our services**. Offer is limited to one voucher per matter and available to **Enfield Over 50s Forum members only**.

RPI/CPI battle goes to court

Well over 1,000 people have now signed the Forum's petition urging the Coalition Government to abandon its intention to use the generally lower Consumer Price Index (CPI) as the measurement of inflation for calculating state, public, armed forces and many private sector pension schemes – and instead revert to the long-established Retail Prices Index (RPI).

This is a battle of just as much concern to younger people as it is for today's pensioners. In fact, it is of more concern to the pensioners of tomorrow who, with rising life expectancy, can expect to find their state pension will be some 20% or more lower in value than it would otherwise be had RPI been implemented.

The pensions switch has been branded by the Royal Statistical Society as "unfair and inappropriate" and accuses the government of trying to cheat pensioners out of a fair income because the CPI is an unsuitable measure of inflation. The change which came into effect in April, has nothing to do with the financial deficit. It is planned to operate permanently and will save the Treasury £5.8 billion a year from 2015.

While we seek more support for our petition, two other moves are afoot to focus attention on this underhand scheme to cut the disposable income of older people – underhand, because once again it has been implemented without any mandate from the electorate and without any consultation with the representatives of older people.

Move No. 1 is a claim for a Judicial Review launched by a consortium of five separate bodies representing different categories of public sector workers, challenging a decision by the Secretary of State for Work & Pensions and the Treasury to change the way that public sector pensions are up-rated, in line with state benefits.

Move No.2 is an Early Day Motion in Parliament which most unusually has been tabled by Labour leader Ed. Miliband calling for the Order implementing CPI to be annulled.

The Government's decision to switch to CPI, announced in the June 2010 Budget statement effectively down-rates pensions. The difference really matters as the CPI is currently predicted to lag some 0.8 - 1.5% behind the RPI and it will have a cumulative downward impact the longer people live.

This is a case of protecting the future of the younger generation since it is now forecast that one in four of today's 16 year-olds will live to be 100 and more – hence the haste to raise the pension age and cut the pensions bill. But will the pensioners of tomorrow think we have let them down if we give up RPI without a fight?

The switch is unfair since CPI incorporates consumer reaction to price rises (which will include substitution of cheaper goods for the more expensive), whereas the hitherto statutory RPI test is focused on price rises as they actually are.

If successful, the legal claim will affect all public sector workers including the police, the armed forces, the NHS and local government, as well as a number of state benefits previously uplifted by RPI, and now being linked to CPI.

While the government was compelled to drop its plan to make CPI legally enforceable on private sector pension schemes, there is little doubt that some schemes which stipulate linking increases to RPI will nevertheless try to make the switch to save money at the expense of pensioners.

So keep those petition forms rolling! Call the office if you need more copies.

AGM Notice: The Annual General Meeting is on Tuesday 31 May 2011 at the Civic Centre, Silver Street, 10am when the annual report and year end accounts will be presented followed by the election of executive committee for the year.

Guest Speaker: Enfield born, Brunel University Professor Philip Tew, opens a discussion on his recent research showing older people are disillusioned with politicians and their policies - do we agree?

Pension myths challenged

You've read all the publicity about a new flat-rate pension of £140 a week, but the earliest it will start is 2015-16 and only people retiring after then will qualify. Today's 11 million pensioners will remain with the present system.

The basic state pension is now £102.15 for a single person and £163.35 for couples and if inflation runs its predicted course the basic pension is forecast to be £155 and £310 respectively by 2015/16. So it is little wonder that people are confused.

Meanwhile, Age UK has published a new booklet called "**More money in your pocket**" - a handy guide to claiming benefits for people now over state pension age. To order the booklet, please call Age UK Advice free on 0800 169 65 65.

The top five myths preventing pensioners from claiming their entitlements are:

Myth 1. I don't think I'll be eligible for Pension Credit
Don't rule yourself out. Around 88% of claims are successful and 2.7 million households across the UK receive it.

Myth 2. I'll get so little it's not worth me claiming

Even if you only get a little extra each month, receiving Pension Credit may help you get money for other things, such as rent, council tax or towards the cost of keeping your house warm.

Myth 3. I have some savings so I won't get anything

Having some savings or another pension doesn't necessarily rule you out. In fact, if you're aged 65 or over you might be entitled to extra money for having saved some money towards your retirement.

Myth 4. I own my own home so I won't get anything

Owning your own home doesn't rule you out. Nearly half of families who get Pension Credit own their own home.

Myth 5. I've been turned down for Pension Credit before. It's not worth it applying again.

Personal circumstances could have changed and there's been a change to how entitlement is worked out which means even more people could now be eligible. **Do you know that the first £10,000 of your savings will now be ignored when working out if you can get Pension Credit?**

Always look on the bright side

How d'ya like it?

House and car insurance premiums are going up and now they want us to insure for sex!!! or should that be against sex? And the following companies are recommended.

Sex with your wife	Legal & General
Sex with your future wife	Mutual Trust
Sex on the telephone	Direct Line
Sex with your partner?	Standard Life
Sex with someone different?	go compare.com
Sex with a fat bird	More Than
Sex on the back seat	Sheila's Wheels
Sex with a posh bird	Privilege.com
Sex in a hurry	Insure & Go
Sex with your secretary	Employers Liability

One up for Bernie

Bernie is having a celebration dinner at a posh West End restaurant with his wife Rebecca. A young model comes to the table, gives Bernie a hug and kiss on the cheek. When she goes, Becky asks: "So who was that?"

"She's my mistress", says Bernie. A furious Becky stands up and tells Bernie their marriage is over, makes more threats and as she says she'll see a solicitor in the morning, suddenly sees their neighbour and friend Joe arrive at an adjoining table, not with his wife Cissie, but with a young girl in tow.

"So who's the girl with Joe" asks Becky. "That's Joe's mistress" says Bernie.

Becky takes a good look, thinks for a minute and says: "Ours is better"

Random round-up

Discounts

Forum member Anne McGilchrist writes to draw attention to the Boots Advantage card which gives a 10% discount on all Boots brand products and is available to anyone over 60 and there's also a 10% discount at B&Q on Wednesday's and the card can be obtained on the spot.

Cheques

The Treasury Select Committee of MPs is not convinced that the use of cheques is in decline and is holding a new enquiry into the proposed plan to abolish them from 2018 – but only if a suitable alternative is in place.

Fuel pay cut

Winter fuel payments will be lower this coming winter. For the past three years it has been £250 for a household with one person born on July 5 1950 or earlier and £400 if at least one person was 80 years old on September 26, 2010. For this coming winter the payments will be cut to £200 and £300.

Hard-up –but happy?

Nearly half of all pensioners are just making ends meet, while one in ten is struggling financially, says an Age UK research study. A fifth of over-60s cut back on heating last winter to save money and one in ten pensioners had mortgages, credit cards or other debts.

Recession? What recession?

Figures from Barclays show that there are 619,000 millionaires in Britain today compared with 528,000 two years ago – an increase of more than 120 a day!

David wins top 50 poetry spot

Our poetry group co-ordinator **David Oliver** was a finalist in the "Poetry Rivals 2010" competition which attracted more than 8,000 entries from around the world. It was a competition specially designed for poets to show off their creativity.

Poets of all ages were invited to write a poem that stood out from the rest - a poem that showed true creative talent. The poems went through a rigorous selection to find the top 100 poets from the entire competition; 50 young writers and 50 adult writers – of which David was one.

As a finalist, he had the opportunity to read his poem at a prestigious event in Peterborough, where a panel of expert judges selected one overall winner from each adult and young writers category.

"The letter I received from the organisers inviting me to attend said: "Congratulations on being selected as a finalist. It is a real achievement to get through to the final - we hope you will continue to explore your passion for poetry and take every opportunity to share your words with the world". And this is David's entry.

The Sea at Swansea

Sound of the sea
in its intensity
– whoo-oo-oo-oosh -
as waves crashed on the beach
sending sand on the prom
whilst seagulls shrieked above.
Next morning the waters were quiet,
just a gentle sh, sh, sh.
The sun on the sea like silver.
On the prom
a mother with her children,
joggers,
cyclists,
owners with their dogs.
On the beach
two fishermen
retreating as the tide came in.
Children making sand castles
and covering each other with sand.
At sea a lone surfer,
and further out some yachts
little larger than dots.
In the evening
the Tug & Turbot pub beckoned,
as well as the Pump House pub and restaurant.
Thoughts then of Dylan
(Thomas, of course)
when as a youth
he knew all about
**the two-tongued sea and
the ice-edged, fish-freezing waves***

*extract from Dylan Thomas's A Child's Christmas in Wales

The Forum's poetry group meetings at Enfield Town library take place on Thursdays between 10.30am and 12 noon as follows:

19th May - Places (Ruth Hanchett leading)
16th June - Water, etc. (Irene Richards leading)
21st July - tba



SILS Help at Home Service
The charity can provide support for light housework, shopping, assistance with paying bills, collecting prescriptions, help with transport.
Charging is at £14 per hour. Call 020 8375 4120 for details

Pavement budget uncut

Following the Forum's 2009 campaign "Make Pavements a Priority", we can report that Enfield Council is continuing to invest in the borough's pavements – both in repairing defects and in laying new and larger areas of new pavement – despite the loss of some £26 million in Government grants in the current financial year.

In 2010 / 11, £1.8m from capital funds was spent on improving the footpath network across the borough. At the same time, approximately 14,500 pavement defects were repaired on the footpath network following last year's unusually harsh winter.

For the current financial year 2011/12, an extra £700,000 has been allocated from capital funds for laying larger areas of new pavement throughout Enfield, bringing the total to £2.5m. We have been assured that all individual pavement defects that meet the council's intervention criteria will be dealt with by contractors and that the number of defective pavements repaired will increase – as they have done year on year for some time.

Because so many trips and falls are the result of pavement defects, the Forum regards footpath maintenance to be a crucial part of its falls prevention campaign. This is a collective responsibility. Older people need to exercise to help retain their balance and we want to see the local authority, GPs and the NHS working together to reduce the number of people falling every year.

• Watch your step • get fitter • stay active

Falls Awareness Event

The Forum's Falls Awareness Day event takes place on **Monday 20 June 2011 at Edmonton Leisure Centre, 2 The Broadway,**

Edmonton Green (opposite Edmonton Green rail station).

Registration begins at 9.30am and the event will combine advice and information workshops, a free prize draw and gentle exercise "tasters." But you must book your place by calling the Forum office 020 8807 2076.

Analysis of admissions to local hospitals due to falls by people aged over 50 for the past four years **shows an alarming upward trend.** There was a 53% increase in admissions for women from 2008-09 to 2009-10 compared to 46% amongst men. The highest numbers of admissions were seen in Barnet and Chase Farm NHS Hospitals with a significant rise in the past year.

Falls figures of **906** (2006-07), **850** (2007-08), **918** (2008-09) and **1367** (2009-10) reveal the number of Enfield residents aged 50 and over admitted to hospital due to an accidental fall. Admissions amongst women were significantly more than men, increasing from **618** in 2008-09 to **926** in 2009-10. In the last four years the highest numbers of falls were seen in the 80-89 age-group and significantly more in women than in men.

Falls are not a natural part of getting older. Many can be prevented. Every year more than 3 million people aged over 65 suffer a fall in the UK.

Come to Edmonton Leisure Centre, Monday 20 June and hear what you can do to avoid a fall.

Subscription Renewals

Members are reminded that the renewal subscription is now **£7.00 for individual membership, £10.50 for joint membership and £17.50 for affiliates. Life membership is £100 for individuals and £150 for couples.**

Information and free advice for the Over 50s

A new Over 50s Forum initiative in partnership with Enfield Council to be opened by Cllr Doug Taylor, leader of the council

Join us for tea, coffee & chat at the Dugdale Centre, corner of Cecil Road and London Road in Enfield Town commencing Monday 6 June 9.30 – 12.30 and at the same day and time every week.

- Free 15 minute legal advice from solicitor Michael Stennett
- welfare benefit advice from LBE
- specialist housing benefit and council tax advice
- Job search help for Over 59s from Jobcentre plus
- Trading standards, doorstep selling advice
- GLA constituency matters with Joanne McCartney AM
- Healthy lifestyle advice

307 back on track.....

Following a meeting with Transport for London (TfL) arranged for the Forum by **Joanne McCartney**, the Greater London Assembly member for Enfield and Haringey, and attended by **Peter Smith and Monty Meth**, we have a new date for the 307 Brimsdown to Barnet or Arkley 307 bus to go into Barnet Hospital.

Andrew Miles, TfL's government relationship manager tells us: **"We now anticipate that the detailed design work will be completed by mid -June 2011, with construction completed in September 2011".**

Progress with construction of a new stand for route 307 at Barnet Hospital was delayed by a series of key design issues with Barnet Council. But following a meeting with the borough just before Easter, TfL anticipates a positive outcome which will allow them to complete the detailed design for this scheme.

.....But 318 extension is blocked again

Despite the Forum presenting new data showing increased number of patients now using the North Middlesex Hospital, TfL are sticking to their decision that **"an insufficient number of additional journeys would be made on the 318 to justify the additional resources required to extend the route. For this reason, it remains the case that we are unable to extend the 318 to Winchmore Hill as requested."**

The data we presented covering just the postcodes N13, N14 and N21 showed that there were 22,549 new and follow-up out-patients at North Mid last year and 9,791 A&E patients from the same areas. We also gave them population figures for just six Enfield wards mainly in the west of the borough –Chase, Cockfosters, Winchmore Hill, Palmers Green, Grange and Highlands totaling 76,500 and questioned their assumption that taking these two sets of figures there would still not be enough passenger journeys to warrant extending the 318 route.

TfL argue that they would lose some £300,000 a year even if there were between 500 to 660 passenger trips a day by the extended 318 route from the hospital to Winchmore Hill and back, and they could not support the proposal at a time when TfL's subsidy from the government was being cut.

It is pretty clear from our discussions with TfL that they only consider the number of **"bums on seats."** The fact that £123 million has been invested in North Mid and its medical services extended to serve Enfield among other areas, is not something they take into account. However, **Peter Smith** will be pursuing the case for better public transport access with the Enfield transport working group.

Breast cancer screening leaps.....

With 3,800 Enfield women being screened last year for breast cancer - an increase from 52% in 2008 to 69% in 2010 - the borough is well ahead of the rest of London and within reach of the national average of 70%

Enfield Council and NHS Enfield are now collaborating in a number of initiatives to make it easier for women to access the service. At present women are sent an invitation by post once every three years from the age of 50 until they are 70. There are, however, plans to extend the screening age of women down to 47 and up to 73 by the summer, so even more women will be invited.

Women over the age of 70 are asked to book an appointment by contacting the North London Breast Screening Service on 020 8951 4045. The Forum opposes this arbitrary cut-off point and strongly recommends all women over 70 to have regular checks.

We do so because breast cancer is largely a disease of old age. At the age of 29 the risk of breast cancer is only one in 2,000. At 39, the risk is one in 215 and at 49 when the screening programme is

about to chip in, it is one in 50. It is not until a woman reaches 70 that Cancer Research UK says the risk drops to one in eight.

We know that we cannot do anything to turn the clock back, which makes it all important to get a regular mammogram screening appointment while we also tackle our other health problems.

To make it easier for women to be screened in the borough a new Breast Screening Unit has been opened at Forest Primary Care Centre on the Hertford Road in Edmonton.

Karen Keane, screening co-ordinator for Barnet, Enfield and Haringey said: ***"I am delighted with the recent improvements to the service and the increase in numbers of women coming forward for breast screening. We have been working hard to overcome the identified barriers to screening and in this way overcome some of the health inequalities we know exist in Enfield"***.

Improvements put in place over the last two years, such as shorter phone waiting times, more choice of appointments, clearer appointment letters and more accurate location maps have led to more women taking up their breast screening appointments and a smoother patient experience.

.....and public health improves

In addition to the significant improvement in breast cancer screening, gains have been recorded on other public health fronts:

Cervical cancer screening improved from 76.8% in 2009 to 80% in 2010 – the best in the area cluster of PCTs.

Bowel cancer screening is 49.7% compared with a London average of 44.6% and again is the highest in the area.

Blood pressure and cholesterol checks increased and deaths from cardiovascular disease dropped from 284 in 2008 to 162 in 2009. A vascular health checks programme in Edmonton covered 2315 people

Prostate Cancer affects over 250,000 men and their families in the UK.

Did you know:

- Prostate Cancer is the most common cancer in men
- 250,000 men are living with prostate cancer.
- One man dies from prostate cancer every hour.
- 9 out of 10 adults do not know what the prostate gland does

If you would like advice on prostate cancer, You can speak to a specialist nurse on 0800 074 8383

Dementia outlook is grim

Latest estimate of the number of Enfield people aged over 65 suffering from dementia is put at 2,706 and is set to increase by 44% in the next 20 years. With the average annual cost of caring for someone with dementia put at some £25,500, it means the cost of providing good quality health and social care in Enfield is about £60 million a year – and by 2039 this will have increased to nearly £100 million.

So providing high-quality care and support for the increasing numbers of people with dementia is one of the most challenging and complex issues of our time. A recent study of services in London, commissioned by the City of London Corporation's City Bridge Trust – which gave the Forum financial support for three years - reveals that the capital is facing a number of serious problems in the future provision of care for dementia patients:

- * Less than a third of GPs in the capital say they are able to diagnose dementia or to provide sufficient help for dementia sufferers
- * Dementia care is particularly poor for the over-80s in London who receive a worse service than people with early-onset dementia
- * The number of black, minority and ethnic (BME) Londoners over 80 is projected to triple in the next 20 years – and there is a serious lack of dementia services tailored to meet their needs
- * Failures of integration between health and social care services.

The report warns that proposed health reforms could make things worse unless safeguards are introduced as a matter of urgency. In particular, systems need to be put in place to strengthen the links between health and social care to ensure a more integrated service and a seamless care pathway for people with dementia. The report makes a number of recommendations:

- * The new Health and Wellbeing Boards should make dementia a priority
- * Co-location of health and social care services needs to be rolled out to ensure closer working between GPs and other providers
- * Local authorities need to retain a role in scrutinising dementia care provision
- * Dementia patients, and their carers, should hold their own personal budgets to pay for services
- * The NHS Commissioning Board should ensure that the quality of dementia care is included in the new outcomes framework by which GP consortia will be held to account.
- * One of the new 'pathfinder' GP consortia should pilot an early intervention approach to dementia care. This could provide the necessary evidence base to reassure future consortia that commissioning dementia services will make savings down the line.

Enfield council is developing its own strategy with the NHS for dementia which includes a new service - the Enfield dementia demonstrator pilot programme – to provide information, advice and support to people with dementia and their carers. But this is a matter that will need to be high on the agenda of the GP consortia as it takes over responsibilities from the existing NHS structure.

Caring for stroke survivors

Every year in Enfield about 550 people have a stroke and 20-30% die within the first month. Approximately 1,470 of our residents live with moderate to severe disability as a result of stroke and, of course, their families are inevitably affected too.

Stroke is the third largest cause of death in England and the single largest cause of disability. Most sufferers are 65+ so our Forum has taken a very active interest in stroke services, though people of any age can be afflicted.

In December we alerted you to, and warmly welcomed, the newly developed, state-of-the-art Hyper Acute Stroke Units (HASUs), but raised serious concerns about after-care, prevention and diagnosis of mini strokes (TIAs, transient ischaemic attacks).

In the meantime an Enfield Joint Stroke Strategy for 2011-2016 consultation is being undertaken and it looks at the problems that we are concerned about. The "Joint" indicates vital, active co-operation between Enfield Council and the NHS.

The consultation is suggesting that there should be rapid diagnosis of TIA's and recognises that GPs need further training. Our members have reported doubts that GPs are fully alert, so we support this energetically.

It wants to promote healthier life styles and the management of specific risk factors. We agree, and the Forum has pushed hard in this direction and most of our members are aware of the importance of blood pressure and cholesterol checks. We know we should lay off the smokes and the alcohol and keep moving.

Time after time our members have stressed the importance of involving patients, family and carers in assessing services and planning improvements. The consultation proposes to increase this. If it can be done, it should ensure continuous improvement which is also aimed at.

Once discharged from the HASU, patients go to a stroke unit at either Barnet or North Middlesex Hospital, and the consultation stresses how important they are in recovery. This is true, but the Forum would like more detail about how the suggested improvement is to be achieved, as this period of recovery is crucial.

We welcome the intention to improve rehabilitation and community services, but note the great distance to be travelled and the need to maintain pressure for specifics like physiotherapy, speech and language therapy and occupational therapy services which must be streamlined and widely available in the community as well as in the stroke units.

Localism this ain't

There is no longer an Enfield PCT or even NHS Enfield. We are now part of an NHS cluster called North Central London (NCL) NHS comprising Enfield, Barnet, Haringey, Camden and Islington – all part of the £20 billion cut in NHS spending in four years.

One result is that we no longer have health service complaints being handled locally.

The PALS - patients and liaison service and complaints is now being managed by one team for the whole NHS NCL Cluster and the interim contact details are

NHS North Central London PALS and complaints call:
020 3317 3003 or e-mail pss@camdenpct.nhs.uk.

They will handle complaints and enquiries covering the 52 surgeries in Enfield and the hundreds in the other boroughs forming the NCL NHS cluster. At the moment hospitals and other NHS providers are being told to manage their own PALS!

The aim, the consultation says, is to enable stroke survivors to fully participate in the community. Of course we support this, though we also know that this depends on the quality of early provision and after-care.

Stroke survivors need care from staff with the necessary skills and competence, according to the consultation, and this has to be right. We want assurances that there will be resources to recruit, train and retain them.

The Forum has long been concerned with end-of-life care and we know that in recent years about 2/3rds of Enfield's residents have died in hospital and that about 25% of those in care homes are stroke victims often with impaired communication and cognitive skills which limit their ability to exercise any kind of choice.

The consultation is recommending the funding of a Gold Standards facilitator to support care homes and primary care to reduce emergency admissions and enable more people to die in familiar surroundings. We strongly support this and look forward to its rapid implementation.

We have received assurances that the resources are there to put these improvements, all of which we welcome, into effect. They are all necessary, even if some of them are not yet sufficient. However, we'll be watching and monitoring the ability and willingness of our GP consortia – among others in the reorganised NHS - to meet the very worthy target set out in this consultation. The Forum, as always, is prepared to support and assist in the delivery of the proposals.

Members with an interest in this subject may like to look at the Care Quality Commissions website at: cqc.org.uk/stroke or contact the Enfield stroke project manager Tristan Bryce at: tristan.bryce@enfieldbhs.uk. Tristan is coming to talk to the Forum at Skinners Court on 19 July.

Vivien Giladi

NB. Stroke Consultation Events arranged are:

Friday 20th May 2011 10:00 to 15:00 at the Visitor's Centre Pymmes Park, Victoria Road, Edmonton, N18 2UF (access off Victoria road into park, speed limit 8mph) and Saturday 28th May 2011 10:00 to 15:00 at the Tab Centre Plus, Trinity-at-Bowes Methodist Church, Palmerston Road, Palmers Green, London, N22 8RA

THE ALEXANDER
OSTEOPATHIC CLINIC
STRUCTURAL OSTEOPATHY
CRANIAL OSTEOPATHY
FOOT PAIN CLINIC
OSTEOPATHY IS NOT JUST FOR
BACKS!!



It is a very effective way of treating almost all your aches and pains, so if you have any questions about your problem, or to book an appointment phone 020 8373 0435

Conditions treated include:

Arthritic pain	Hip and knee pain	Disc prolapses
Leg pain	Foot problems	Frozen shoulder
Headaches	Muscular aches and pains	

For further information visit the clinic website at
www.north-london-osteopaths.co.uk

Polly's Patter...

For your diary - extended office hours

In an effort to provide a better service to Forum's members, since April 4, the Forum's office has been open for two extra hours. So every Monday and Tuesday we are open 9.30am – 3.00pm. This is a three-month pilot project to gauge how many of our members use the service. If successful, we'll try to keep the extra opening hours and extend them to other days. Thank you to Forum's volunteers without whom the pilot project wouldn't be possible.

Goodbye Salisbury, Hello Millfield

After a lot of speculation about dates the Forum's office has now moved back to Millfield House. Our tenure at Salisbury House has been a happy one – it felt like home from home and we've grown fond of it. But Mina and I are not complaining; we are lucky to be moving from one 'office with a view' in a beautiful Grade II listed property to another. Millfield has been extensively renovated with full disabled access – there is a lift to our 1st floor office so no more aching knees for our members who had to climb up the long staircase – plenty of parking, a good bus service with a bus stop a few yards away, and a bar to spend time relaxing and enjoying a coffee and a chat. Come and have a look – the garden's beautiful in the late spring and summer!

Red Nose concert Royal Albert Hall

On Monday 14th March nine Forum members attended the Red Nose Concert at the Royal Albert Hall. Our hosts were Radio 3's Katie Derham and the inimitable Basil Brush, who later gave us his rendition of the Nightmare Song from Iolanthe. We also enjoyed the classical brilliance of violinist Nicola Bernadetti, cellist Julian Lloyd Webber and soprano Shuna Scott Sendall. Comedian Sue Perkins conducted Elgar's Nimrod, and the whole auditorium, including a celebrity kazoo band, broke the world kazoo-playing record with a rousing version of the Dambusters – a great end to a fun evening, and all for a good cause. - **Ceri Williams** – Forum member.

Healthy Life Conference

The March 11 event was organised by the Home Support Network, Enfield Council and the Forum. It was a resounding success with over 300 people attending. Delegates enjoyed the talks and had an opportunity for blood pressure checks and taster sessions on reflexology, Indian head massage, head and shoulder massage and Reiki.

Yet again, our volunteers did a wonderful job, handling the reception, registration, booking for sessions, lunch and refreshments. They worked tirelessly, coped with all the emergencies while still keeping their sense of humour. In the words of one of our feisty volunteers "it was bloody hard work Polly but I really enjoyed it." We all did!.

Weekend at Southbury Leisure Centre

On Saturday and Sunday, March 19-20, Southbury Leisure Centre provided a weekend of free activities to celebrate its reopening following renovations. The Forum had a stall on both days, showcasing its work. Saturday was particularly busy with over 50 enquiries, new memberships and renewals. Young and old were interested in and signed our Forum's petition against changes to calculating future pension increases.

One of the most enlightening aspects was the number of 'young' over 50s still in full-time work who are Forum members and very interested in its activities even though they cannot attend our day-time meetings. It was a clear pointer that we have to revisit the idea of providing an evening programme where members who are busy during the day have a chance to attend evening meetings and events. All in all, it was a very productive and fun weekend.

Polly Lawman Development Officer

First "after school hours" learning project wins grant

Thanks to grant aid from **Dr Ben Charles**, head of LBE's Community Learning Service, the Forum is now able to sustain the first After School Hours Learning Project for Older People in Enfield - and possibly in London - which has been running so successfully at Enfield County School for some months.

Thanks to the co-operation of the school's Head and administrators, the Forum has use of the school's facilities from 4.30 - 7.30pm for woodworking and handicrafts on a Tuesday evening each week. Under the leadership of Forum member **John Lombard**, a former teacher, classes are full to capacity with at least 16 elderly pupils at each session having lessons in the joys of learning new skills, working with special tools and machines in the design, making and repairing of various items.

John Lombard has recruited three other "elders" as fellow instructors and the students tell us their expertise is exceptional, as is their willingness to train and advise the students.

And the students also tell us they have never done anything like this before. They find it exciting and rejuvenating and an excellent challenge for the brain cells. The students are anxious that we try and keep the course going and are even contemplating having an exhibition - possibly at the Town Show - of their work.



'Students' Gwen and PJ making an easel

While applauding John Lombard's initiative in creating this breakthrough, we continue to miss and regret the loss of lifelong learning opportunities at our local colleges following the withdrawal of concession fees to older people who are not benefit claimants.

STOP! Don't throw your computer out the window!



Call WCS for fast, friendly, competent expert help on all IT matters, from blue screens, advice on broadband, email setup, slow computer problems, new computers and laptops, help and support. PC health checks - £40+VAT Call 020 8360 8234 www.winchmorecomputing.com

From the Chair's chair Forum membership gets bumper boost



Giving is good!

This month has seen a lot of recognition for people in the community who volunteer. We do this freely and from a sense of commitment – giving back is something we take for granted. The Borough recognised long service by School governors – I was one of the many honoured who have served on School Governing Bodies for more than eleven years.

There are more than 1,500 residents who do this work week after week, year after year, helping to see that children in the borough get the education they need. On another evening individual members of this Forum were recognised for their contributions to the community and given an award. Without their voluntary commitment this Forum would not be the organisation it is, might not in fact even exist – perish the thought!

I have stressed the role of volunteering as we approach our AGM on May 31. New people are needed to serve as Trustees on the Executive – to look after the well-being of the Forum – its governance and finances and to promote ideas about its direction. A strong executive is vital to its continuance.

However, you can volunteer for a less exalted but also important role on the Social Committee. All of these are jobs that give an enormous amount of personal satisfaction when you know that your efforts have helped to shape the Forum and its activities. I hope you will give serious consideration to how you can contribute.

Having said all this, I have advised the Executive that I shall not be offering myself for re-election as Chair of the Forum at the AGM, and also will not be available to serve on the Executive. I believe that a term of two years as Chair is quite enough for anyone to serve. (I would not wish to emulate Monty Meth's long and distinguished term of office!).

Personal stresses coupled with the responsibility of Chairing have led me to this decision. However, I shall continue to work in the background on behalf of the Forum on the Social Committee and, in my great love, the Poetry Group, as well as on various outside bodies concerned with the welfare of older people and in any other way if called upon.

Thank you all for your support in the past two years.

Irene Richards

MOVING HOUSE?

REQUIRE STORAGE?

- Free quotations & advice
- Packing/unpacking
- Friendly male & female team
- Fully insured
- High quality storage facilities
- Established since 1999
- Arrange parking permits if necessary

10% DISCOUNT to over 50's forum members

ENFIELD TOTAL REMOVALS

www.totalremovals.com

020 8367 8348

Company reg no. 04109912



What a farewell we gave to the Forum's 2010/11 financial year with a bumper month of new members joining up in March. New applications to join were our best ever at 269 and in addition we had a fairly large number of lapsed members returning.

Our affiliate members continue to grow as well. With a total of 71 organisations now linked to us, the Forum is by far the most representative voluntary organisation in the Borough.

There's no doubt that following the end of free swimming, the new deal the Forum negotiated with Fusion Lifestyle - who manage our leisure centres - has played a major part in getting our new financial year off to a flying start with a total paid up membership now standing at 2,854 – our highest ever figure. I think that one of the most important contributions made by the Forum is helping people to keep fit in mind and body and so it is good to see so many Forum members being active at the leisure centres.

With just over 800 people still to renew their membership we could go over the 3,000 mark – and that would be some achievement – making us, I should think, the largest Forum in London. Not every organisation is as painstaking as we are in maintaining an accurate fee-paying membership base, but we think this is important even though it is hard work for the loyal band of volunteers.

So may I please remind everyone who has yet to renew and those of you wishing to join that the membership fee has increased to £7 for individual members, £10.50 for couples and £17.50 for clubs. Unfortunately there are a number of old application forms in circulation, so please check the fee details.

Your Forum Needs You - We need volunteers who can make a definite commitment to come forward and join our committee with a view to maybe shadowing officers like myself, Monty and Tony. It is not a question of if, but when we are unable to continue for whatever reason - don't all rush.

Once again, my usual thanks to those who have helped me with renewals, those making donations to the Forum, and to all our volunteers who have helped in various ways.

Joyce Pullen

Membership Secretary.

Affiliates news

A warm welcome is extended to the following organisations on joining the Forum:

North London & South Herts Ramblers

Ms Libby Martin, 16 South Close Barnet EN5 5TP

Enfield RSPB local group

Mrs Pauline Hunt, 6 Radnor Gardens EN1 3RH
020 8363 1568

Maison Moti residential homes

Mrs Laura Sullivan, 9a Southbury Road
020 8362 3751 lauri@maisonmoti.co.uk

English Country Barn Dancing

Cyril Jones, 3 Uplands Way N21 1DH
020 8967 3561

Bury Lodge Bowls Club

Allen Hulme 25 Berkley Gardens N21 2BE
020 8360 7531 allanhulme@aol.com

Holtwhites Bowls Club

Mrs Teresa Sinclair, 375 Carterhatch Lane EN1 4AN
020 8366 3606 sinclair.j4@sky.com

Operation Fish

Helping housebound, disabled and lonely people in the Southgate, Oakwood, Cockfosters and Hadley Wood areas.

Office help line: 020 8882 1831

Cora Howell, 70a Oakfield Road, N14 6LS

020 8886 9577 chowell@talk21.com

Deep Indian 50 Plus Assoc. Enfield

Harendra Raval, 22 Bosworth Road N11 2SX
020 8881 9508 hralav@hotmail.com

Social Calendar

Wednesday 25 May - Freedom Pass Energetic Jaunt.

Trains Trams Tube and buses join us for a freedom pass day out around London.

Cost £2.00 as a donation to the Forum Funds. details from Bill Thear Tel: 020 8363 9216.

Wednesday 25 May. - Book Club Meeting.

May's book is "*Dissolution*" by C J Sansom

New members are always welcome. Please try and read the designated book, so you can join in the discussion.

Bring any books you want considered for inclusion. Also, bring any books you no longer want for our Book Club charity. **Contact:** Sue Scott on 020 8368 0861 or email scotsf48@hotmail.com.

Monday 6 June - Lunch at The Conservative Club, Baker St.

Buses 191 - W8. Parking available at the club. Near the Hop Poles Pub. 12 noon for 12.30 ish Lunch £9.50. Once again the Club extends a warm welcome to our members.

Rosario and his team will prepare a delicious 3 course buffet lunch. Our regular diners will know this is a succulent treat.

Places are limited so don't be disappointed contact Jacky Pearce now 020 8482 3575/ jackypearce@blueyonder.co.uk

Saturday 18 June - Tour of Tottenham Marshes.

Come and join our guided tour of Tottenham Marshes and see for yourselves some of the wildlife that lives there. Bring binoculars if you have them - otherwise there may be a few pairs available to borrow. Meet at Enfield Civic Centre at 10am. Cost £10.00 to include guided tour, transport to the Marshes and back to the Civic Centre. Places are limited so book early to avoid disappointment. To confirm your reservation call Jean Mittins on 020 8367 2102 or email: mercia1211@talktalk.net.

Tuesday 28 June - Mediterranean fish lunch in Southgate.

Join us for a delicious 2 course lunch at the wonderful Thalassa Seafood Restaurant in Southgate.

The menu has lots of choice, even if you prefer a non fish or veggie meal and included in the deal of £12 is a glass of wine, beer or soft drink. I have dined here and the friendly service, quality food and ambience will make this a Forum favourite I know!! For further details of the menu and to book your place, contact Olivia on 020 8447 8841 or e mail oliviaharrod@virginmedia.com"

Wednesday 27 July - a dirty afternoon

Do you want a dirty afternoon? Join a group of 20 (max) and visit the History of Dirt exhibition at the Wellcome Collection. We will meet in the entrance of the Trust 183, Euston Road, NW1 2BE at 2.00 pm so we can visit the other fascinating Galleries before meeting our guide at 3.30 pm. Wholly accessible and step free. Cost is £1.00 a donation to be collected on the day. For further information and to book contact Irene by email on poosticks@blueyonder.co.uk Or by phone on 020 8363 8175 (there is also a voicemail service) giving your name, address and phone number.

Wednesday 3 August - Colchester and Constable Country trip

Join us on a day of history and culture on this two part trip firstly to Dedham Vale in the heart of Constable country. We have a blue badge guide for the whole day, whose knowledge of this area, including Flatford Mill and of the paintings of John Constable are second to none. As this is a summer trip, you can either bring a picnic or eat somewhere delightful in Dedham. After lunch it's on to Colchester, Britain's oldest recorded town. Cost including entry to the castle and driver tip is £25.00 per person. For a booking form, please contact Olivia on 020 8447 8841 or oliviaharrod@virginmedia.com.

Please make cheques payable to:

Enfield Borough Over 50s Forum

and enclose a SAE and your phone number.

Friday 26 August. German Walking Holiday.

Two single rooms have become available for the Forum 5 day walking holiday in August to the Eiffel Hills in Germany.

For further information, please contact Olivia on 020 8447 8841 or oliviaharrod@virginmedia.com

Saturday 10 September at 2.30pm South Pacific

The New York Lincoln Centre Tony Award-winning production at the Barbican Theatre. 24 tickets available at £21 each (inc. admin. fee) The theatre has good accessibility.

To book contact Irene by email poosticks@blueyonder.co.uk or by phone 020 8363 8175 (there is a voicemail service) giving full name, address, phone no. and tickets required.

Depending on demand it may be necessary to restrict these.

Tuesday 13 September - 11.00 am - Visit to Buckingham

Palace State Rooms. Cost £15.00 pp

Join us for an audio-guided tour of the official residence of the Queen. It takes approx. 2 - 2.5 hours to go round, with not too many places to rest! Contact Heather Cole Mob: 07973438989 or email robco@hotmail.co.uk to book and for more info.

Tuesday 20 September - Discover stunning Croatia!

Washed by the sparkling waters of the Adriatic sea, Croatia has one of the most beautiful coastlines in Europe. This warm and welcoming destination is our choice for next September and we welcome you along on the Travelsphere trip full of historical and cultural heritage. This is an 8-day holiday with lots of optional excursions, including Venice and the Lipica stud farm which breeds the famous Lipizzaner horses.

For full information, an itinerary and booking forms contact Olivia on 020 8447 8841 olivia.harrod@virginmedia.com

Monday, 3 October 2011 - Visit to the Poppy Factory

We will meet our coach outside Lidl in Enfield Town at 10.30am and make our way to the poppy factory in Richmond.

Our tour will begin with lunch of fish and chips, dessert and a cup of tea/coffee before being taken on a guided tour of the factory where we will see poppies and wreaths being made by a team of 50 people, most of whom are disabled and ex-service people who work all year round.

Costs £22.00 to include lunch and tour of the factory.

There will be a chance to browse the gift shop before boarding the coach for the journey home. We will aim to be back in Enfield between 6pm and 6.30pm.

To confirm your reservation, please call Jean Mittins on 0208 367 2102 or email : mercia1211@talktalk.net.

Thursday 13 October - Visit to Highclere Castle, Newbury.

Meet coach at Lidl/Argos Enfield Town. Depart 9.30 A.M. leave Highclere Castle at 4.30.p.m. Cost includes, Castle entrance/ Egyptian Tutankhamun Exhibition. Cost £26.00. Downton Abbey was filmed at this Castle. Contact Lorraine Murray 0208 805 3506/ lorraineofenfield@yahoo.co.uk

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

Affiliate Notes

Ruth Winston Centre, 190 Green Lanes, Palmers Green, N13 5UE. RWH welcomes new members for its dress making classes: Zumba classes: and the Arnos Blind Club.
 Contact: Tel: 0208 886 5346
 Email: manager@ruthwinstoncentre.co.uk



North London and South Herts Ramblers are looking for new members. You are welcome to join us on 2 or 3 walks for free! For more information, free tasters and a list of weekly walks please contact ramblerlnsh@hotmail.co.uk, or check their website www.ramblerlnsh.org.uk, or call The Ramblers membership hotline on 020 7339 8595.



The Winchmore Singers – Tuesday 10.15am -12.15pm, Guide Hut, St. Thomas Church of England, Prince George Avenue, N14. Professional conductor, very friendly ladies group and NO audition required! Join us.

Winchmore Folk Dance Club is now at their new venue, The Trinity Church Hall, Church Street by Enfield Chase Green opposite St. Paul's Centre for their 2nd Saturday monthly club Dance to the music of resident musicians The Forest Band. 14 May, 7.30–10.30pm caller Carol Hewson and 11 June, 7.30-10.30pm, caller Arnold Stem.

Grange Park Country Dancers still meets every Tuesday 10am – 12 noon at the Lower Hall, Grange Park Methodist Church, junction of Old Park Ridings and Park Drive.

Enfield Asian Welfare Association



Gentle Yoga Class, Age group 50+
 Monday 11am-12.30pm until 27 June at 11 Wheatsheaf Hall, corner of Main Avenue and Roman Way, Bush Hill Park, EN1 1DS. Free parking in adjacent car park. Cost £3 for 1.5 hours. Pay at entrance. Wear loose clothing and bring a mat with you.

HOLTWHITES BOWLS CLUB, Holtwhites Hill, Enfield



Welcome new members and is holding coaching sessions on Saturday mornings from 10am-12noon, starting 7 May. Why not come along and have a go – bowls will be supplied, you will just need flat shoes. For more information, contact Pat on 020 8245 6305 or Rod on 020 8366 3281.

Selborne Bowling Club

The Mall, Southgate, N14 (you'll find us at the rear of the Cherry Tree pub car park). If you would like to learn a new skill, keep healthy and socialise with some of the friendliest people in the area? Just phone Eric Pelling on 020 8882 3803 or Louis Goldsmith on 020 8372 3098 and they will be only too pleased to organise a time for a try-out.

English Country Barn Dancing

Southbury Leisure Centre, 2 – 4pm on the 1st Wednesday of every month. For details please contact Cyril on 020 8967 3561 or cyrdorjones@blueyonder.co.uk

Silver screen showing

Cineworld, Southbury Road, Enfield
 12 noon every Monday, Admission: £2.50

The Tourist	May 16
Love & Other Drugs	May 23
The Next Three Days	May 30
The Way Back	June 6
Morning Glory	June 13
Barney's Version	20th June
Beautiful	June 27
A Little Bit of Heaven	July 4

For more information call: 020 8366 1504

Carol Barrows

Forum members at the April meeting paid tribute to Carol Barrows, wife of our former vice-Chair, Roy Barrows, and both leading and active members of our social committee. Carol lost her long and courageous fight against cancer and the proceeds of our monthly raffle - as well as individual donations - were sent in her memory at the family's request to St Mungo's to help homeless people.

FORUM Meetings

Enfield Town meetings

Tuesday 31 May 10am for 10.30 start
Civic Centre, Silver Street
ANNUAL GENERAL MEETING followed by **Professor Philip Tew** talking about *"Ageing research at Brunel University"*. Professor Tew lives in Enfield.

Tuesday 28 June 10am for 10.30 start
Civic Centre, Silver Street
Borough Polices Commander David Tucker, speaks about *"Crime and perceptions of crime in the Borough."*

Tuesday 26 July 10am for 10.30 start
Civic Centre, Silver Street
Shahed Ahmed, Joint Director of Public Health, LBE and NHS Enfield discusses *"Meeting the health needs for older people in Enfield"*.

Edmonton Area meetings

Thursday 26 May 10am for 10.30 start
Community House, 311 Fore Street, Edmonton
Jemma Matthews of the Metropolitan Police, talks about *"Safety on buses and other transport"*.

Thursday 9 June 10am for 10.30 start
Millfield House, Silver Street N918 1PJ
Romanie Hunt of Job Centre Plus talks about *"Support and services for Over 50s wanting to get back into employment and job opportunities"*.

Southgate & Palmers Green Area meetings

Tuesday 17 May 10am for 10.30 start
Skinner's Court, 1 Pellipar Close, Fox Lane
Kylie Jones of Core Exercise Clinics abetted by colleagues **Lucy & Chris**, talks about *"Personalised health and fitness services and support"*.

Tuesday 21 June 10am for 10.30 start
Skinner's Court, 1 Pellipar Close, Fox Lane
John Carmichael of the Ambulance Service talks about *"Developments in the ambulance service to meet the needs of a changing National Health Service"*.

Tuesday 19 July 10am for 10.30 start
Skinner's Court, 1 Pellipar Close, Fox Lane
Tristan Brice of LBE talks about *"Improving stroke services in Enfield."*

Open loos boost business

Local businesses that have opened their toilets for the public to use – without needing to buy anything – report that more people are using them and nearly half say that opening their loos has led to increased trade.

The Community Toilet Scheme (CTS) launched two years ago following pressure from the Forum with 11 participating businesses, now has 29 restaurants and shops in the borough with clean, safe and accessible toilets open to the public. They each receive between £500 and £800 a year from Enfield Council (depending on the facilities available) to help maintain the toilets to a high standard of cleanliness.

The good news is that despite the cuts to its budget, LBE has decided not only to retain the CTS but is seeking to expand it so that all shopping centres in the borough are adequately catered for. The decision to continue the scheme followed a survey among the original participating businesses which showed that all of them wanted the CTS to remain.

Plans are now being discussed aimed at increasing awareness of the toilet facilities by, for example, having signs on lamp posts directing people to the nearest facility. Posters may also be sent to GP surgeries, church halls and libraries to publicise the scheme. Window stickers for CTS supporting businesses have been redesigned and enlarged to help increase awareness.

It is well established that areas with accessible toilets attract more shoppers and this is clearly important in this tough economic time. Women, disabled and older people feel the most discomfort over the lack of toilets and the CTS overcomes their reluctance to slip into a toilet on business premises without making a purchase.

Forum members who know of business premises interested in joining the CTS are urged to pass details to the Forum office.

Community Toilet Scheme members:

Tesco Stores	288 High Street, Enfield North
Donart Cafe	136 Chase Side, Enfield
Town Centre Library	Church Street
Marks & Spencer	21 Winchmore Hill Road
Marks & Spencer	Palace Gardens.
Cafe Alleyne's	2 Ladysmith Road
The Highland Restaurant	43 Cannon Hill
,John Jackson Library	35 Agricola Place
Painters of Enfield Ltd	131 Chase Side
Winchmore Hill Library	Green Lanes
Baker Street Cafe	208 Baker Street
Meze Cafe Bar	49 Cannon Hill.
Ordnance Road Library	645 Hertford Road
Tesco	1 Glover Drive
Palmers Green Library	Broomfield Lane
Oakwood Library	185-187 Bramley Road
Enfield Library	44-46 Island Centre Way
Tesco, Shop Supermarket	Savoy Parade, Southbury Road
Top Hat Pizzeria	149 Green Lanes,
Pearsons (Enfield) Ltd,	11-14 The Town.
Fore Street Cafe	327 Fore Street
Enfield Highway Co-op	654-670 Hertford Road
McDonalds	4-5 Market Chambers, Church Street
McDonalds	31-33 Chase Side, Southgate
Asda	1 West Mall
Di Nero Sandwich Bar	335 Green Lanes
Park Side Cafe	90 Aldermans Hill
McDonalds	286 Green Lanes
Cafe Cristo	442 Green Lanes

Centenary celebration at Bush Hill Park

100 years ago - at 3p.m. on Saturday 8 April, 1911 the Bush Hill Park 'Pleasure Ground' was opened by Enfield Council with the words **"for the use of the public forever."** It was greeted with cheers from an audience made up mainly of children from the local school – now called Bush Hill Park Primary.

So, on Sunday July 24 2011 from 12 noon – 4.00 pm, as part of **Love Parks Week**, we'll be celebrating our park's centenary, organised by the council with the help of the Friends of Bush Hill Park. It is going to be a bumper event with something for everybody, and of course, a focus on the extraordinary history of the area.

Over the past two years, the park has seen enormous changes. The old derelict shelter has been transformed into a work of art and has new benches. The toilets and the fellowship hut have been refurbished; the children have a new playground, the skate park is very popular, the tennis and basketball courts have been resurfaced, the wildlife garden now boasts a pond and a 'living chair', and we are shortly to have an outdoor table tennis table. (Phew!)

As if this were not enough, we have received the London Mayor's Safer Parks Silver Award for 2011/2012. So Bush Hill Park is a good place to be any day of the week, but on Sunday July 24 2011 – it's a must.

For more details contact Hakeema: {hakeema.anderson@enfield.gov.uk} or Caroline: {caroline.wilmer@blueyoonder.co.uk}

Celebrate with Southgate Symphony Orchestra

50 years making music

Saturday 3 July @ 7.30pm

St. Mary Magdalene Church, Windmill Hill, Enfield

Dvorak's New World Symphony – guest conductor Martin Smith
Guilmant Symphony No.1 – organist Huw Williams.*

* Born in Swansea, Huw Williams, teaches at Cambridge University and Eton College, is the organist at the Chapel Royal, St James's Palace.

Tickets £8 for Forum members must be purchased before 3 July from the Forum office or from Monty Meth 020 8882 1303



Our members were among the many volunteers who recently received a certificate and a limited edition pin badge from the council for giving more than 100 hours of their time to the Forum's activities

This Newsletter is for general information only.

You should seek competent professional advice before doing anything based on the contents of the Newsletter.