

# **Enfield Borough Over 50s Forum**

## **The Annual Report**

**For the year ending 31st March 2014**

**Presented to the Forum's annual general meeting  
held at the Civic Centre, Silver Street, Enfield  
Tuesday 27th May 2014**

**Enfield Over 50s**



Supported by



**President Monty Meth**

**\*Executive Committee/Trustees 2013/14**

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**The JSNA (Joint Strategic Needs Assessment)**  
**Health Improvement Partnership Board**  
**Barnet, Enfield and Haringey Clinical Strategy**  
**Programme Reference Group**  
**Healthwatch Reference Group**  
**Health and Wellbeing Board**

**Des Hegarty:**  
**Integrated Care Monitoring Group**

**Monty Meth:**  
**Chair, Oakwood Medical Centre**  
**Patients Committee**  
**Barndoc Patients Advisory Group**  
**Primary Care Implementation Group**

**Chris Rash & Bill Mackay:Older People and**  
**Vulnerable Adults**  
**Board Scrutiny Panel**

**Irene Richards:**  
**Enfield Older Peoples Board**  
**Enfield Safeguarding Adults Board**  
**Enfield Quality Checkers**

**Peter Smith (Vice Chair):**  
**Enfield Transport Users Group**  
**Enfield/ASLEF delegate to NPC Parliament,**  
**National Committee Representative NPC**  
**Greater London Region Executives Member**  
**NHS Chase Farm Vision group member**  
**NHS Barnet Enfield Haringey Hospital**  
**Transport Committee**  
**NHS North Middlesex University Hospital**  
**Patient Representative Forum,**  
**Communications Committee, PLACE,**  
**Infection control committee, Primary Care**  
**Strategy Implementation Board**  
**Enfield Joint Strategic Needs Assessment**  
**Committee**  
**Enfield and Haringey (LINK Chairman)**  
**Primary Care Implementation Group**

**Tony Watts:**  
**Enfield Strategic Partnership Board**  
**Enfield Older Peoples Board (Vice Chair)**  
**Enfield Leisure & Culture Board**  
**AgeUK Enfield Board (and Supporting**  
**Independent Living Board –SILS)**  
**AgeUK National Policy Sounding Board**  
**North East Enfield Partnership Board**

**Christine Whetstone:**  
**North East Enfield Partnership Board**

# Chair's Report

Last year I started my report with a tale of woe: **“Reform to the NHS pressing ahead with no clear goal in sight, State pensions and other benefits increasing by less than the increase in the Retail Price Index. Banks paying interest below the rate of inflation. The national debt continually increasing in spite of Government raising taxes and squeezing public spending; grim employment prospects for the younger generation!”**

A year later employment prospects have improved slightly but apart from that nothing has changed much. Yesterday, Barclays were delighted to write to tell me my savings account will get ½ % interest p.a. though the latest RPI inflation measure is 2.5%. **Generous!** **“Reform” of the NHS seems to be throwing up a new bureaucracy which could end up quite as massive and remote as the Primary Care Trusts which are being replaced.**

The infirm amongst us face lack of care facilities and poor quality care which are increasingly becoming major concerns. They seem likely to be an even bigger problem in future because local authorities are being given a more central role in care provision at the same time as their support from central government is being cut. There will clearly be a lot for us to campaign about in the coming year.

Membership of the Forum continues to grow. We celebrated the 5,000<sup>th</sup> paid up member on April 11<sup>th</sup> by which time we had over 6,000 members. It is grand to have lots of members but we may be heading for a problem of capacity. At some point we will need more staff to cope with the numbers but this would necessitate more office space which would probably involve leaving Millfield House. Your Committee will keep a careful watch on developments and keep you informed of our thoughts. Meanwhile, many thanks to Joyce Pullen and her team who are doing a sterling job managing the ever increasing numbers.

One sad aspect of our huge membership is the sometimes poor attendance at our meetings. Tony Watts goes to a great deal of trouble to invite speakers on a wide range of topics. The speakers generally give excellent talks but can be faced with an audience of as few as a dozen people or around one fifth of a percentage point of our membership. Sometimes we get over 50 to meetings which is much more appropriate, given the quality of the speakers. The attendances at the Winter Fair in January, the Falls Awareness day last June and the Adding Healthy Years to Life Conference in July were all good.

Pretty well a full house for the Winter Fair. This shows that our publicity is getting the information out to members so poor attendances are not a result of lack of publicity. Your Committee will be really grateful for suggestions about the form and content of meetings which would make them more relevant to members.

The Social Committee has provided a wide range of activities including evening dinners, lunches, day trips and holidays at home and abroad, ranging from a cruise on the River Lee to a forthcoming trip to India. More details can be found on later pages of this report. The only complaint I have ever heard about the work of the social committee is that many of the trips fill up very quickly. Whilst this is a bit hard on members who are too late booking the popularity of the outings shows how successful the committee is in providing what people want. Many thanks are due to Irene and her team.

Once again the main campaigning effort has been on the NHS. In particular Monty Meth, Vivien Giladi, Bill Mackay, Peter Smith, Tom Devine and Des Hegarty were all very active in attempting to get a voice for ordinary people but the ever changing NHS personnel and administrative arrangements made progress difficult. More detail on later pages.

The advice clinic at the Dugdale Centre is now very fully used. Our thanks are due to all the experts and Forum member volunteer receptionists. Over the course of the past year hundreds of people have been helped.

The Poetry Group published an anthology of their work, the woodworkers produced folding chairs, a garden bench and many other items, the knit and natter group flourished and the Book group devoured a wide range of literature. All of these groups take time and trouble to run and our thanks are due to the organisers.

My personal thanks are due to Peter Smith and Bill Mackay who ably served as deputies.

A very special thank you to Jan, our Development Officer, who has been a tower of strength ensuring the smooth running of events and supervising Dianne and Liz, her enthusiastic assistants, in the office. Whenever anything is going on Jan always seems to be there, she goes way beyond the call of duty.

All the members of the Committee put in a big effort to help the Forum serve its members. However, special mention has to be made of Monty Meth, whose enthusiasm for fighting for our rights is amazing, and Tony Watts who displays an amazing amount of energy in many ways from helping set up our stall at events to overseeing the I.T. in the office. Without Monty and Tony the Forum would be a shadow of what it has become. The same is true for our numerous volunteers, from raffle ticket sellers to Newsletter stuffers. You are all vitally important parts of the team. Thanks.

**Finally, thank you, the loyal member, without whom all would be pointless. We try to serve you well. If you can think of a better way of doing something let us know. Extra active members of the Executive Committee are always welcome.**

*John Ball*

## Campaigning

During the year ending 31 March 2014 we seemed to be more active than ever in alerting our growing number of fellow Over 50s on the need to maintain our current social security status while at the same time seeking to maintain or improve health service provision, which becomes more vital the older we get.

And on both fronts we scored notable successes. Firstly, all three of the borough's Members of Parliament expressed their support for the continuation of the **"triple lock"** on the state pension after the 2015 general election. It is easy to forget that at one time both the Chancellor of the Exchequer and the deputy prime minister queried whether the country could afford to guarantee annual increases in the state pension linked to whichever is the highest between the rise in prices, average earnings or 2.5%.

## Health funding

More than 6,000 people signed our **"Enfield needs more money"** for local health services petition, proving yet again that the Forum does not moan, complain and throw stones from the sidelines, **but campaigns to secure improvements that benefit not just older people, but the entire community.**

In this case we were the only Forum in the country to petition the main board of NHS England prior to their awarding the funding allocation for every local NHS area and it was pleasing to receive the thanks of the Chair of NHS England, Professor Sir Malcolm Grant CBE, who at the special grant allocation Board meeting in London on December 17 twice welcomed the Forum's initiative.

Signed by 6,286 people, the petition was presented by five members of the Forum's executive committee; Vivien Giladi, Tom Devine, Bill Mackay, Des Hegarty and Monty Meth. The petition was preceded by a request from the NHS England chief financial officer, Paul Baumann, for a written statement supporting our claim that health services in Enfield have been seriously under-funded by successive governments for many years.

We urged the NHS Board to rectify this injustice so that the Enfield NHS Clinical Commissioning Group have the resources they need. We pointed out the result of this funding starvation is that we knew of people waiting 12 months for a knee operation; and mental health patients waiting months for diagnosis and treatment.

We concluded our statement by saying that **"ten years ago the difference in life expectancy between women living in wards four miles apart was eight years. It is now 13 years and we regard this as a shocking indictment of the way Enfield has been discriminated against over the years."**

## 0844 Numbers sidelined

Of parallel importance in our work supporting the health service was the success after a long campaign **to end the use of 0844 phone lines by surgeries in Enfield** – a system which cost patients up to 13p a minute from a landline and 41p a minute from mobile phones and allowed GPs to claim a share of the cost of phone calls made by their patients for appointments, repeat prescriptions, test results etc.

At one time there were 13 surgeries in the borough with an 0844 number and despite repeated appeals to the now disbanded Enfield NHS Primary Care Trust, it was only when the Forum raised the issue in the local press that more surgeries stopped going over to 0844 to make a fast buck. We raised the matter again with the new NHS Enfield Clinical

At the time of writing, both leaders of our two major political parties **have publicly committed** to maintain the triple lock after 2015, but of course there is still uncertainty about the future of universal benefits such as the winter fuel allowances and free TV licences for the over 75s. Because the much-coveted Freedom Pass is largely paid for by all 32 London councils – our own Enfield council is currently paying more than £11million a year towards the annual cost – we do not anticipate any immediate threat to its continuance.

But Forum members can be assured that the powers that be know we are ready to defend the Freedom Pass should the need arise. Similarly, we feel that free prescriptions for pensioners is not one of the universal benefits under immediate threat. Between now and May 2015 there is much to fight for if we are to get political party leaders to recognise our **"Hands Off"** universal benefits campaign.

**NHS England then announced that Enfield will receive increased funding of 4.35% (some £7 million above inflation) in 2014-15 and 3.98% in 2015-16. So the Enfield CCG funding will grow from £322,318,000 (2013-2014) to £336,327,000 (2014-2015) (plus 4.35%) and to £349,727,000 in 2015-2016 (plus 3.98 on previous year).**

Dr Alpesh Patel, chair of the Enfield NHS Clinical Commissioning Group, publicly welcomed the petition saying: **"6000 responses is a powerful demonstration of local support for the NHS."**

**"Enfield CCG is pleased that NHS England's new funding formula will result in an above-inflation increase in budget. Over the next two years we will continue with our plans to improve local health services and ensure that the services we commission are designed and delivered around the needs of patients and we welcome the feedback and involvement of the over 50s Forum."**

Although Enfield CCG is getting a £27 million increase over the next two years, it is still some £20 million below what our health professionals feel is needed locally. And Enfield Public Health, which has a separate funding stream, will see its funding rise from £12.961million in 2013-14 to £14.257 million in 2014-15.

Had the Forum been allowed to speak at the NHS Board meeting we would have argued against the government pegging total funding for the 221 CCGs nationwide to match inflation. Of major importance to Enfield is the decision of NHS England promising to take a **"holistic approach"** to future funding by taking into account population increases, inequalities and areas of deprivation and ageing in a balanced way. How it will reconcile these pressures with funding increases pegged to inflation remains to be seen.

Commissioning Group and they too said they had no power over individual surgeries. So we decided to **"name and shame"** the guilty surgeries and contacted NHS England to ask for their support.

It has taken all of six years drawing public attention to the 0844 scandal before we helped to end their use by local GPs. Now that many surgeries have their own Patient Participation Groups – a network the Forum fully supports – it will be possible to exert much greater pressure on individual surgeries seeking to introduce a similar scheme. There are, however, still far too many government departments and business lines using 0844 and 0845 premium charge lines making money from callers simply making an enquiry. They should all be compelled by law to close.

## Spitting ban is here

Our two year campaign - supporting Enfield council - to ban spitting in public places was eventually given the go-ahead in December 2013 by the Department of Communities and Local Government after long and tortuous delays in Whitehall by politicians who on the one hand claim they want local initiatives, but then do everything to frustrate them.

What ultimately persuaded Ministers to approve the by-law was the Forum's petition signed by some 4,000 people calling for the spitting ban, which we first presented to the council; then Forum president Monty Meth had to address a full meeting of councillors, which led to all-party support for the ban. This took place on March 28 2012 and it took a further 21 months of negotiations to enforce the spitting ban.

As Councillor Joanne Laban, the Conservative Party's shadow environment spokesperson said at the time: **"The by-law is a great achievement that all the community have been pushing for. It shows what people can do when they work together."**

Councillor Chrtis Bond, the council's Cabinet member for the environment sent a message to the Forum saying: **"I would like to place on record my thanks and that of the council for the help the Over 50s Forum has given to this campaign. I am sure that your involvement helped to convince Ministers."**

Now other councils such as those in Lincoln, Harrow, Walsall, Croydon, Ealing, Brent, Glasgow, Ipswich, Middlesbrough and Belfast are seeking support for a similar by law.

## Health matters

It has been another challenging year for us and we have been kept very busy just trying to keep pace with the excessive and alarming rate of change in the local, London, and national health economy following the implementation of the Health & Social Care Act.

Monty Meth and Des Hegarty have regularly attended the newly formed Clinical Commissioning Group's public meetings and bombarded them with carefully researched written questions, thereby establishing the Forum as a force to be reckoned with. Bill McKay has become the representative of Patient Forums on the CCG Governing Body and has speaking rights. We are pleased that some of our members are joining their GP's patient forum and urge more to do so, however, we remain frustrated at the lack of control that the CCG has over GP practices which are governed by NHS England, which is remote. The fall-out from government changes means that our communication links to effective decision makers are less powerful than a year ago, though we are continually asked to meetings and consultations as significant stakeholders.

We played a major role in setting up and selecting key personnel for the new Healthwatch and gained access to the new Health & Well-Being Board via Vivien Giladi who was elected by the voluntary sector as its representative, and we have had active input into a number of other innovations. We were consulted on the newly introduced Older Persons' Assessment Unit at Chase Farm, of which we approve, and which we hope goes from strength to strength. Our jury is still out on the Urgent Care Centre as it lacks the GP presence that we were originally assured it would have, now being told that the model adopted does not require doctor supervision.

Peter Smith's valued role on LINK was abolished but he is using his skills and knowledge as a representative on the North Middlesex University Hospital's Patient Forum and on the Primary Care Strategy Implementation Board, keeping a watching brief on developments and sounding warning notes whenever he spots a problem.

Tom Devine has done sterling work on the shingles shambles resulting from the government renegeing on its

own promise to vaccinate everyone between 70 and 79 and restricting the jab to 70 and 79 years olds only. We are seeking a meeting with the minister over this as we have a written assurance from the manufacturer of the vaccine that it can make adequate stocks available. In the meantime, we have also asked if older patients with early symptoms can be given prompt appointments to receive relieving medication if they do develop the condition, and this has been well-received.

Des Hegarty has been our eyes and ears on the slowly emerging Integrated Care Board which will be vital for many of our older members if a single pathway uniting primary, secondary and social and ancillary care is to be created. Its effectiveness will depend on forging close working relations between the NHS and the council and mental health trust and this does seem to be taking time. We have been concerned about the creeping out-sourcing of NHS provision to private providers, especially in so far as it may threaten excellent services such as our audiology unit at Chase Farm. Part of our response has been to invite it to come and work from the Dugdale Centre on our Monday mornings there, and this has been popular.

We continue to play an active part in improving public health through our support for breast and bowel cancer awareness campaigns, those urging lifestyle changes regarding fitness, smoking, alcohol and salt and diet in general, and also our important work on falls prevention. Vivien Giladi represents us on the Health Improvement Partnership. Our view is that we actively facilitate good health through our link with Fusion and through the reduced rate entry to leisure centres.

So, we've been on the proverbial steep learning curve, and there remain serious issues for us to tackle, the alarming differences in life expectation between different parts of the borough, for example. We do need more volunteers to help us, and all the evidence is that being involved keeps you on the ball. If you don't feel up to it, at least join one of the Tai Chi groups in the parks.

## Combating loneliness

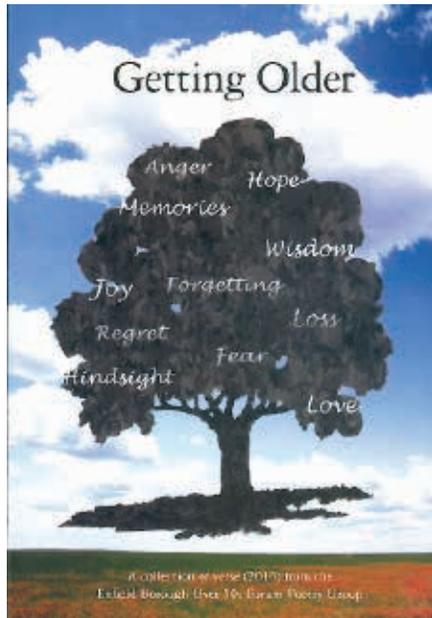
The Forum has been affiliated to the Campaign to end Loneliness since it was launched by its first director Laura Ferguson and the Calouste Gulbenkian Foundation in 2010 and we have been ever mindful of the health problems that can result from social isolation.

While we have to respect and recognise that many older people are happy and content to be in their own company, reports that almost a million people now rely on television or a pet for company gives greater emphasis to the Forum's role as the provider of many opportunities to socialise and play a part in the wider community.

We hold monthly meetings in different parts of the borough; an enterprising social committee (whose work is reported elsewhere); an informative bi-monthly Newsletter; an office manned from 9.30 – 4.30pm five days a week offering advice and taking enquiries.

In recent years we have seen the social committee expand its range of activities which has in turn encouraged many older people – who would not otherwise venture out alone – to come out of their shell and join others in the community,

We have broadened the scope of our activities from just having meetings to creating a **Poetry Group** which this year published its second anthology of verse under the title: **Getting Older**, containing



the work of 23 of its members who, since 2008, continue to meet monthly under the direction of co-ordinator David Blake.

Liz Gilbert started a **"Knit and Natter"** group meeting at the Dugdale Centre on a Wednesday morning that has proved so popular that they now have a second group meeting at the same venue on a Tuesday afternoon. We have a **Book Club** formed on the initiative of Sue Scott and an over 50s choir formed during the year under musical director Simon Gilbert.

The Monday morning, low-priced, **Film Club at Cineworld** is now pretty well established with good attendances for each performance and John Lombard's enterprise in setting up the **Woodworking and Handicrafts evening class** at a local school – the first **"after school hours"** project for Over 50s in the borough – is operating at full capacity.

**We list our many affiliates in this report as evidence of the wide range of activities and interests that are on offer in the Borough and proving that you don't need to be old and lonely – unless you chose to be.**

Our Forum's approach and work sits admirably and perfectly alongside the new Enfield Health and Wellbeing Board Strategy 2014 -2019 which states it is working with local people: **"to strengthen communities and social networks to minimise the impact of loneliness and social isolation"**.

## Dugdale clients increase

Having launched our Monday morning free confidential advice sessions at the Dugdale Centre in June 2011, we can report that more than 500 people took advantage of the services we offered during the year to March 31 2014 – bringing the number of people to 1,300 who have been seen by the team of advisers we have assembled since the venture started.

Thanks to the diligent and dedicated work of our volunteers – Kath Young, Rita Clayton and Doreen Ashley – who receive the visitors at our reception desk, we know that in the last year 549 people visited the Dugdale advice sessions and between them they had 606 interviews with solicitors Stennett and Stennett, the CAB adviser Lorraine Hopwood, Maria and the council's benefits advice team, tax adviser Jeff Rodin and employment adviser Lorna Clarke.

In October 2013, following the NHS decision to allow private-for-profit companies such as Specsavers to supply NHS hearing aids, we invited the very experienced and professional audiology unit at Chase Farm Hospital to conduct hearing aid tests on the first Monday of the month during our two-hour slot at the Centre. This has proved extremely popular and by March 2014 78 people had been tested.

In addition to attending their regular Monday session at the Dugdale Centre, the Forum acknowledges the regular

financial and advisory support that we have had from Stennett and Stennett since 2009. They have regularly supplied speakers for our meetings and their regular advertising in the Newsletter has contributed towards the cost of our Millfield House office.

Together we have organised an annual Wills Week enabling Forum members to update an existing Will or create a new one at a greatly reduced cost. The Wills Week campaign this year generated 71 enquiries, out of which S & S completed 57 wills saving Forum members an appreciable sum of money.

**We thank Enfield Council for enabling us to use this fine facility and hope that as the service becomes more widely known and widely used it will be taken up by yet more people, though we are aware that opening for just two hours on one morning a week has its limitations. We must also thank the editors of Our Enfield and Enfield Echo for publicising the project.**

The Dugdale sessions have the added value of giving the Forum a public face at a venue where visitors can have a coffee and a chat. The Centre is also now being widely used, which demonstrates how popular such a centre would be for older people in the town centre if we had that facility available more often.

## The Forum in Europe

In March 2013 the Forum concluded its 2 year EU funded project by hosting a prestigious conference at the Dugdale Centre attended by older people's representatives from Enfield's Twin Towns of Gladbeck (Germany) and Courbevoie (France). The value of the Forum initiative in stimulating discussion of over 50s issues was particularly appreciated by the delegation from Gladbeck. As a result of this stimulation Gladbeck invited a small delegation from our Forum and from one of their other Twin Towns, Schwechat (from Austria) to visit Gladbeck in August 2013 for further discussion on issues faced by **'growing old in the community'** - the conference theme.



**Twin Town delegates outside Gladbeck Town Hall**

This Town Twinning exercise emphasized that

as Europeans we have common problems and that the UK, Germany and Austria need to adopt policies and practices which will minimize the economic impact of ageing populations in our respective communities to ensure that older people are able to live independent and healthy lives.



**Gladbeck conference delegates in session**

**The formal sessions at the conference discussed housing, health and social care, transport, culture and lifestyles. Besides the excellent and generous hospitality of our hosts our delegation was particularly envious of the well-appointed centre and office space provided freely and solely for their older peoples' committee and group activities.**

## Liaison with Fusion Lifestyles

Thanks to the continued co-operation between the Forum and Fusion Lifestyles we can safely claim that more Over 50s than ever before are using the facilities at Edmonton, Southgate, Southbury and Albany leisure centres and at the Arnos pool. Our Over 50s days are full to capacity and the range of activity classes is constantly increasing.

More people are taking part in pilates, zumba gold, badminton, table tennis, short mat bowls, easy line circuits,



swimming, steam and sauna sessions, aquafit, gym circuit, leisure walks, total body workouts, tai chi, use of the fitness suite, yoga, aerobics and short tennis circuit training. In addition, Fusion is now expanding into golf which is available at Jubilee Park from 9am-4pm Monday-Sunday for £2 per round on proof of over 50's Forum membership.

The Forum has also been supporting the introduction of Tai Chi in the parks – eight weekly sessions for £16 from April 1 to September 24 at the following parks: Bush Hill, Oakwood, Albany, Forty Hall, Bury Lodge, Broomfield and outdoor gyms in the following parks: Albany, Broomfield, Craig, Grovelands, Ponders End, Pymmes, Elsinge, Golden Jubilee, Ivy Road, Bush Hill and Enfield Playing Fields, and we are told that one is also coming to Jubilee Park.

So taken together our long-standing campaign urging older people to **:"get fit for a longer life"** has all the facilities and opportunities in Enfield to do just that.

We now have a record number of Forum members using the leisure centres. Through a combination of significant discounts negotiated by the Forum and organising special **Over 50s activity days** at each of the four major centres, which run from Monday to Thursday, we now have more than 3,500 Forum members signed up for either annual memberships, monthly direct debit or with a special rate Forum discount card to swim, use the gym or the varied range of exercise classes.

We continually press home our contribution to improving the health of older people. There is still much to do on this front since we now learn that one in three adults over 55 in Enfield has a limiting long-term illness and the gap in life expectancy is still widening between East and West of the borough, especially for women.

All Forum members can obtain a great value Concession Card for the reduced price of £7.50 per year - saving £12.50 on the normal price. The concession card enables members to use a wide range of activities with a 50% reduction. This includes the Over 50s activity days currently at Edmonton every Monday, Southgate on Tuesday, Southbury on Wednesdays and Thursdays at Albany leisure centre. There are also free swim days for Forum members at Arnos Pool every Tuesday 11.30am - 12.30pm and on Thursday 2.30pm - 3.30pm.



## Capacity building project and East of Borough activities

Members will be aware that the Forum was awarded £39k spread over 3 years by the Local Authority to tackle inequality and vulnerability in the Borough and to restructure its services to better support of older people in the Borough. The aims of the project were:

- **To strengthen the structure of the Forum, to meet the demands of an increased membership and to ensure the involvement of older people in the community.**
- **To improve the support and management of volunteers.**
- **To increase the participation of those over 50s living in the more deprived areas of the borough (N9, N18 and EN3 postcodes) by 50%.**
- **To increase attendance at Enfield Leisure Centres**
- **To increase the number of days and events for older less mobile and vulnerable people.**

At the end of this second year we are well in front of the targets agreed with the council. As noted elsewhere in this report our membership is now exceeds 6000. In addition to this, the number of older people's organisations affiliated to the Forum is now 70. We continue to stimulate engagement in community activities, through our bimonthly newsletter with its current print run of 9800, by advertising the range of activities available for older people across the Borough. Communication is augmented by our weekly eNews emailed to over 3,000 members and containing updates on meetings, events, consultations and other opportunities encouraging over 50s to lead more active and involved lifestyles.

A snapshot analysis reveals that during the course of the year we held 32 meeting (with 893 attendees) and special events (with 727 attendees) - the Adding Healthy Years to Life Conference at the Dugdale Centre, a Falls Prevention Day at Edmonton Leisure Centre and an Affiliates Winter Fair at the Artzone in Edmonton Market Place.

The Forum steering group specifically looking at needs of older people from the deprived parts of the borough is to be commended since through its efforts and initiatives 23% of our members now come from the targeted areas (N18, N9 and EN3). Here Christine Whetstone represents the Forum at meetings of the North East Enfield Partnership Group and the new Community Facilities Group organised by LBE. Our main objective is to try to keep the interests of over 50s in focus but also to engage with other groups who may have similar interests and requirements.

Regular meetings of the Over 50s Forum Eastern Enfield steering group have lead to our participation in events in the east of the borough (Ponders End Park Festival and Lock to Lock) and to the organisation of more social events in the eastern part of the borough. For

example, the very successful *Christmas Lunch in Ponders End* and the fantastic *Over 50s event at the Art Zone* in January.

New social events are always being planned and we hope that members from all over the borough will get involved – **hey we Ponders Enders don't bite!**



**Christmas lunch for older vulnerable people and their carers**

## Finance

Our finances remain healthy thanks to the stewardship of our treasurer Champak Mistry. As can be seen from the financial statements in Appendix II our current assets stand at £107,716 up £28,259 from 2013. (see page 11)

Income is up £1,001 on last year through increased subscription income off-setting the slight reduction in grant income from Comic Relief and from Enfield Council's capacity building fund. The Comic Relief grant has now ended while we have a further year's funding from the capacity building grant. Many subscriptions are received before the start of the financial year so represent a liability on our assets.



**Treasurer Champak Mistry at the Forum office**

As in previous years the efforts of our membership secretary, Joyce Pullen, and our office staff have meant that subscriptions and renewals are dealt with efficiently so that income for the year has again reached a record level. The fact that many of our members have signed up for gift aid means that we were able to claim back tax to the tune of £6,581 on the previous year's subscriptions.

Other income support was gratefully received from the Old Enfield Charitable Trust, Stennett & Stennett, AgeUK and advertisers in our newsletter.

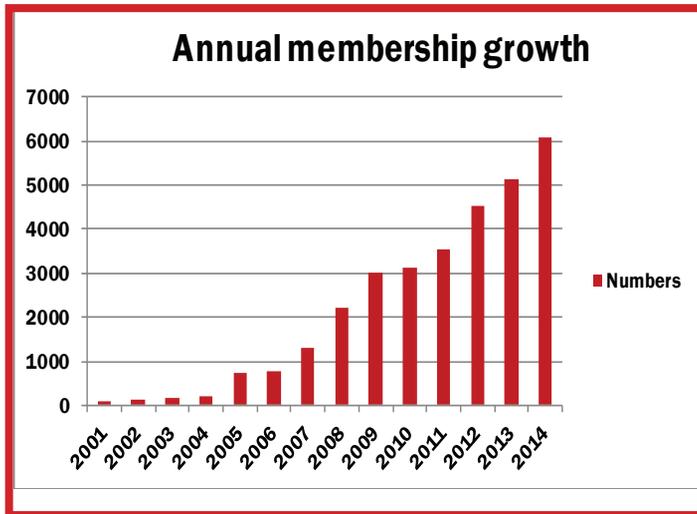
Expenditure is up £4,082 on the previous year mainly due to increased staff, public events, printing, rent and stationery costs. Postage cost are low because of the stock of stamps bought in the previous financial year in anticipation of a further rise in the cost of second class postage.

Increased membership of course results in increased printing and postage costs with a current print run of 9,800. The increased print costs are now off-set to some extent by increased adverting revenue. Second class stamps were costing 50 pence but now that our bi-monthly postal distribution exceeds 4000 we are able to reduce the cost to 33 pence by using the Royal Mail bulk postal rates.

Besides posting to members our newsletter is distributed to our affiliated organisations, GP surgeries and libraries across the Borough. Our profound thanks to Peter Smith who cheerfully carries out this herculean task.

## Membership - We continue to grow

Our Enfield Over 50s Forum is by far the largest and most viable and effective Forum in London. There is no doubt that if there were more Forums punching their weight as we do, the collective voice of pensioners would be heeded much more by our MPs, the London Mayor, the Greater London Assembly and London Councils representing all 32 London boroughs.



Meanwhile, all we can do is continue on the very successful path we have taken in the last 14 or so years which has seen us grow year on year as evidence that we are meeting the needs of Enfield's Over 50s population.

November 2013 saw us achieve our 5,000th paid up member and the financial year closed on March 31 2014 with 6,073 members who had paid their subscriptions for 2013-14. We did indeed welcome our 5,000th member, Petula Papadoulou, at a special and very successful wine and cheese event on 11 April - just outside this annual report deadline.

## Social Events and trips

As ever the Social Committee has been working hard all year to provide an imaginative miscellany of offerings for members to choose from. Over 55 different events were organised, which ranged from holidays in the UK (by popular request) and abroad, coach trips, days out in London and elsewhere, sailing, wine tasting, and meals aplenty! A large number of members have booked for these events and we have provided extra places or coaches to cater for the demand.

There is also the hugely popular Knit and Natter sessions held weekly at the Dugdale Centre. Our Christmas lunch, Disco and post-Christmas lunch have catered for over 300 members. We make every effort to ensure that "first timers" are met and made to feel welcome by introducing them to other members; this has been greatly appreciated. We endeavour to cater for differing abilities to pay.

Now begins the herculean task of getting members to renew their membership for the 2014-15 year and we start with a record 204 Life Members. Many more members have, of course, paid for two or more years and that gives us a good start in retaining the maximum number of Forum members.

We do make it harder for ourselves by having an accurate list of paid-up members unlike many other organisations who just have a rolling membership, but this enables us to recognise our strengths and correct our weaknesses.

Another sign of our support in the community is that almost 3,800 members have signed the "gift aid" declaration enabling us to reclaim a tax rebate on a portion of their subscription and / or donation to the Forum. This has given us a very useful £6,500 tax rebate for our funds.

We now have a record 70 other local organisations affiliated to the Forum (**see Appendix I - page 10**) and in the coming year we will try to establish an improved two-way relationship in our support for them and them to us.

We could not sustain our contact with such a large membership without the support of a grand group of volunteers and we continue to appreciate their loyalty to the Forum. We could not exist let alone thrive and grow without them.

The Forum finances are augmented by the surplus many of these events produce: in the current year this amounted to £776. Also local charities have benefited from donations made from these proceeds. It is also the Committee's policy to support Local businesses, wherever possible, when making our bookings.

The Forum is fortunate in having a truly active and dedicated Social Committee, full of great ideas and enthusiasm. Its members should be applauded! Even so the committee is always on the lookout for new members with new ideas.



**Membership Secretary, Joyce Pullen with member number 5000, Petula Papadoulou**



**Forum walking holiday**

## Office and Development News

Another busy (sometimes frenetic) year for office and development staff. This year we have increased our presence in the corridor running from Edmonton to Enfield Highway, and along the North Circular. Just some of the events we have organised and staffed this year:

- **Tours of Wharburtons Bakery:** Two sites visits to Wharburtons, togged up in protective clothing and earplugs. About 20 people attended each visit and we are awaiting another date for a 3rd visit.
- **A Quiz/Fish n Chips night:** A most enjoyable evening, held at Millfield House cafe with lots of prizes and fish and chips.
- **A Dominoes Afternoon:** A relaxed, fun afternoon with about 12 of our members held at Enfield Community Centre. We hope to repeat it.
- **A visit to Palmers Green Mosque:** We found all of our hosts both friendly and informative in this tour of their tranquil mosque and community centre. A great discovery.
- **A free Christmas lunch for our single members over 80:** Over 40 of our single members over the age of 80 came along for a free Christmas lunch at the Picture Palace in the Hertford Road. Transport was provided and hampers raffled.
- **Falls Prevention Day:** As always our Falls Prevention Day was a great success. Held at Edmonton Leisure

Centre in June 2013, with free activities, workshops and lunch. Attended by around 120 people.

- **Winter Fair:** A new venture for us. A showcase for our affiliated groups who ran workshops and stalls. Held in the Art Zone in Edmonton Green, it was attended by over 200 people. We received a grant from Awards for All to pay our costs and will be applying again next year.
- **Regular shared lunches for volunteers:** We have started organising shared lunches with our volunteers at Millfield House. This is a great way of getting to know our volunteers better.

On top of all of this, office staff and volunteers deal on a daily basis with membership renewals and queries, minute all of the committee and sub committee meetings, attend regular members meetings and send out eNews on a weekly basis.

Our thanks to our office volunteers who have been helping us out on a daily basis (and sometimes providing us with yummy biscuits)!

Mondays: **Yvonne Jeremiah**

Tuesdays: **Fiona Sanders – who sets out our new-look eNews.**

Wednesdays: **Aparna Chaudhuri and Dipra Sinharay**

Thursdays: **Joan Stephenson**

Fridays: **Jaya Sinha**

And our gratitude also to all our volunteers who have helped out at special events. We are looking forward to a busy 2014/2015.

## APPENDIX I

### Organisations Affiliated to the Forum

Abraham Lewin Unity Lodge  
AgeUK Enfield  
Ajex  
Arnos Bowling Club  
Arnos Grove Townswomens Guild  
Arthritis Care - Edmonton  
Association of Ingleborough Residents  
BHP Bowls, Tennis & Social Club  
BHP Residents Association  
Bounces Rd Area Neighbourhood Watch  
Bramley Ladies Bowling Club  
Bury Lodge Bowls Club  
Club 60 Plus  
Club Terza ETA  
Cockfosters Bowling Club  
Cockfosters Probus Club  
Community & Environment Project Office  
Cypriot Elderly & Handicapped Group Enfield  
Deep Indian 50 Plus Assoc - Enfield  
Enfield & Southgate Workers Educational Association  
Enfield Caribbean Association  
Enfield Chamber Orchestra  
Enfield Choral Society  
Enfield Community Singers  
Enfield Croquet Club  
Enfield Diabetes Support Group  
Enfield Highway Community Association  
Enfield Island Village Trust  
Enfield Light Operatic & Dramatic Society  
Enfield National Trust Association  
Enfield Philatelic Society  
Enfield RSPB Local Group  
Enfield Soroptimists  
Enfield Unison Retired Members Association  
Enfield Video Makers

Enfield Women's Centre  
Enfield Writers Workshop  
First Tuesday Ladies Group  
Grovelands Bowling Club  
Heart Throbs Cardiac Support Group  
Holtwhites Bowls Club  
Keep Fit-Dance Fit  
Macular Disease Society (Enfield Group)  
Nightingale Community Hospice Trust  
North London & South Herts Ramblers  
North London Humanist Group  
North London Morning Orchestra  
Oakwood Horticultural Society  
Probus Club of Enfield  
Pymmes Park Bowls Club  
Ruth Winston House  
Selborne Bowling Club  
Silver Threads Senior Citizens Group  
Southgate Opera Group  
Southgate Society of Arts  
Southgate Symphony Orchestra  
St Johns Art Group  
St Thomas (Oakwood) Golden Link Club  
Stroke Action Social Club  
The Enfield Art Circle  
The Ladies Thursday Club  
The Royal Air Forces Association (Enfield)  
The Tweed Club  
Weir Hall Ratepayers Association  
Winchmore Bowls Club  
Winchmore Hill Community Centre  
Winchmore Hill Folk Dance Club  
Winchmore Singers  
Winchmore String Orchestra  
WRVS Darby & Joan Club

**“Enfield has Over 80,000 over 50s half of whom are retired”**



# *“Don't talk about us, Without us”*

