



You can make a difference

Everyone reading this Newsletter will, I hope, feel proud to be associated with the Forum and the work it is doing to try and enhance the quality of life of Enfield's older people.



You will, I think, take pride when you have read reports particularly on the successful Falls Awareness Day; the planned Beat the Flu - Beat the Winter Cold activity day in November; the consultative conference on improving the quality of life of the Borough's over 50s; the Elders Friendship Day; our work in trying to save the Southgate Symphony Orchestra; the fight to change the 25p "bonus" at 80.

And this is by no means all we are involved in. There's the campaign to improve public toilets, our opposition to bus service cuts and our work with the leisure centres endeavouring to get more older people to use them at the discounted rates we campaigned for and secured.

I hope that this makes you appreciate that we can and do make a difference - but we could do so much more with a little help from yourself. We are, by and large, a group of volunteers with one part-time paid worker and between us we have bags of interesting ideas. But we'd like to have your input as to the kind of meetings, for example, you would like us to arrange next year.

We want to make 2006 the year of the big leap forward for the Forum and, believe me, it is not too

early to start thinking of the events and activities you would like the Forum to consider.

We've got a good base on which to advance. Our individual membership has now hit 450 - roughly double what it was at our AGM in April - and we will be seeking ways of involving the 37 affiliated clubs much more in our work.

So if you're reading this and thinking "what can little me do about the problems in the great wide world?", I urge you not to feel lonely and isolated. As the old song goes: Come in to the parlour, there's a welcome here for you. Help us to reach our next target of 500 members by the year end.

Faced with the horrendous scenes from New Orleans, the suicide bombings in London and elsewhere, the terrorism in Bali and Beslan where 331 schoolchildren were murdered you can't blame people if they feel pretty helpless and inadequate.

But we believe that as individuals we can make a difference if those individuals join together in Forums like ours to work for a better life for older people and a better world for our children and grandchildren.

So come on in!

Monty Meth

Chair

Forthcoming FORUM Events

Tuesday 27 Sept 10 am for 10.30 start

Forum member **Major Peter Horsfall** who for 15 years was staff superintendent at the House of Lords speaks on

My Life at the Palace of Westminster & Specialist **Jonathan Rose** speaks on **Eye Care**.

Tuesday 25 October 10 am for 10.30 start

Dr Ugo Okoli, director of health Improvement, Enfield NHS Primary Care Trust speaks on

Building a Bright Future for Health

Tuesday 29 Nov 10am for 10.30 start

Dr Ben Charles, LBE manager Lifelong and Community Learning Services speaks on

You're never too old to learn

These three events will be held at the Civic Centre, Silver Street

Thursday 1st December 12.30 - 3pm

Christmas Social

Conservative Club, Baker Street

We fight for £3m bus pass refund.....

Our Forum is "on the ball" says Help the Aged senior policy officer Alan Burnett in the fight we are putting up for a Government refund of that part of the cost of the Freedom Pass which Enfield Council is currently paying the bus companies.

Mr Burnett says that there is still widespread confusion about how the £350 million Government scheme is going to be put into effect for free local bus travel from next April for everyone in England and Wales over 60, and all people with disabilities. Local authority finance chiefs still do not know how much their councils will be getting and are understandably nervous, says Mr Burnett. He is, however, confident that extra resources will be made available and so there will be more money in the Council's coffers for other schemes. In our case this could mean more money to restore public toilets.

We might be as confident as Mr Burnett if we could understand a letter the Forum has received from the Minister for London, Jim Fitzpatrick MP. This says that "the Government has announced that extra

funds will be transferred into the formula grant system".

It goes on to say: "The current Environmental, Cultural and Protective Service block of the grant system is set at a high level of generality and would not directly take account of local differences in cost drivers on a particular service.

"The EPOCS formula does, though, contain potentially relevant top ups for population density and deprivation. We are certainly prepared to consider a case that we should change the weighting on these factors.

"In any case the formulaic approach ensures that London councils will benefit from the additional funding. The Government will consult on distributional effects of formulae changes over the summer, and I can assure you that we will consider the relevant issues carefully".

We've shown the letter to various people with local government experience and asked them to interpret it, but without success. So we've written back to the Minister asking him to state "unequivocally" whether any additional funding to

the Council "will include payment in full for bus travel which will be over and above any increase that would have been paid if the free nationwide local bus travel scheme had not been introduced".

We added that "unless we receive such a firm, precise and understandable assurance we can only conclude that council taxpayers in London are being treated less favourably than the rest of the country."

The Freedom Pass is currently costing Enfield Council taxpayers nearly £8 million a year and it goes up every year with the cost of fares and the increasing numbers of older people in the Borough. So any refund from the Government could help to reduce Council Tax for everyone, or provide improved amenities or services for all residents.

By April 2006, older people in both Scotland and Wales will have free bus travel throughout their countries and the over 50s Forum supports the National Pensioners' Convention campaign that this concession should be extended to English pensioners.

.....and we fight bus cuts

The Forum was one of hundreds of organisations and individuals that protested to Transport for London against plans to worsen bus route 377 by removing Bush Hill Park and its last stop at Oakwood station from its call points. Instead it is planned to run the bus from Ponders End through Enfield to Southgate station adding further to existing congestion in the area.

We pointed out that the traffic around the Southgate bus and tube station is already horrendous and that another bus route through Southbury Road with its double parking will make life even more hazardous for both motorists and pedestrians. TfL is now considering the heavy volume of protests.

Forum members are also up in arms about the proposed withdrawal of bus route 610 from the Crews Hill

- Willow Road route and instead run the bus to and from Enfield Town to Hatfield via Silver Street, Gordon Hill and Chase Farm Hospital. This would leave Crews Hill passengers with only bus route W10 which only runs between 11am-2.30pm on Monday-Friday.(10.30-4.30pm on Saturdays).

The 610 service has been run by Hertfordshire-based (UNO) University Bus and the plan was for a revised commercial service along the line of the route 650 from 28th August after which Oyster cards and Freedom Passes would NOT be accepted. Forum committee member Don Smith has lodged an objection alongside Willow Road residents with TfL against the proposed changes on the grounds that it is leaving many elderly people in the Crews Hill area without a bus

to keep them in contact with other community services.

TfL has so far declined to increase the resources on bus route W10; and TfL is refusing to include the route information on its bus information spider diagram for Chase Farm Hospital.

"The axing of this route from the end of August is being carried out without any meaningful discussion or consultation with the people who will be adversely affected. We have come up against a brick wall in trying to get any information and to make matters even worse the re-routed 610 will not accept the Freedom Pass and nor will it be shown on maps. It is not much good talking about improving the quality of life of older people if we allow things like this to happen", says Don.

Council rescues orchestra **Frightening Facts on Falls**

The Forum's campaign to help save the Southgate College Symphony Orchestra has met with its first success, following the decision by Enfield Council to underwrite the cost of the Orchestra's next concert on Saturday December 10.

The Forum was asked to help when concessionary fees for adult orchestra members who were aged over 60, unemployed or with disabilities were withdrawn. Fees set by the college are due to go up by another 35% from £71 per term to £96 this year - and this is on top of the 170% increase in fees in the last three years for the pensioner and disadvantaged orchestra members.

The combination of these increases making the fees £288 a year and the College's insistence that future concerts on its premises would require a £250 fee for security cover, meant that the orchestra would cease to perform despite having given 44 years of "music for pleasure" in the Borough.

Fortunately, the Forum was able to arrange a meeting between orchestra officials and Peter Lewis, the LBE director of Education, Children's Services & Leisure, at which the orchestra's December concert was guaranteed.

We have undertaken to work with the orchestra in developing a longer-term business plan which will be submitted to the Council so that the orchestra hopefully has a sustainable future in the Borough.

Back to school 1

Acccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer are in the rghit pclae. The rset can be a mses and you can sitll raed it wouthit a porbelm.

Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig eh?

"I am a marvellous housekeeper, Every time I leave a man, I keep his house" - Zsa Zsa Gabor.

Faced with the frightening fact that in the year until March 2005, no less than 427 Enfield people over the age of 50 spent time in hospital as a result of a fall in the home or street, the Forum organised a Falls Awareness Action Day in July which proved a resounding success.

Chaired by Committee member Derek Friggens, more than 220 people went to Southbury Leisure Centre for a series of informative falls-avoidance talks. They ranged from the right diet to lose weight by dietitian Fiona O'Leary to a lively question and answer session with one of the Borough's environment experts. This was followed by Tai Chi and other leisurely exercises, ending with line dancing. Some 130 people had their blood pressure checked and 60 people signed up for a fire service home safety check.

Moira Sugden, nurse consultant at Chase Farm hospital looking after the health of older people, urged her audience to keep walking to avoid muscle wastage and if they did fall, to check out the reason or the cause. It could be from a wet floor or poor eyesight which needed attention. On the other hand it could be a first sign of depression or dementia or even the inter-action of different medicines which, if taken daily, needed to be checked every year to see that the balance was right. Moira stressed to everyone never to ignore a fall and the reason for it.

With 247 people falling on uneven pavements in the last two years in Enfield, Gary Barnes, LBE assistant director for the environment, street scene and parks, said the Council was taking action to reduce trips and falls across the Borough.

Some £1 million a year is being spent just repairing pavements and potholes in the road, while nearly £26 million has been spent since 2002 by the Council and Transport for London on highway improvements. All works which represent an immediate hazard have to be repaired within 24 hours and less injury threatening defects ought to be dealt with within 28 days.

The main reason for footpaths being damaged, said Mr Barnes, was because cars and lorries were parking or driving over them, so there would be more warden and police enforcement for illegal crossovers - and thicker paving stone slabs would be used.

Mr Barnes disclosed that the Council is seeking Government approval to raise more than £100 million from a Private Finance Initiative to develop a Highways PFI with a five-year road improvement plan. This would be similar to the PFI for street lighting which the government has approved because 60% of our street lighting is over 30 years old and the cost of maintaining it is the highest in London.

Within five years Enfield will replace its dilapidated street lighting and have a consistent higher standard of lighting that should reduce trips and falls and give people greater confidence in feeling safer on the streets at night.

The Falls Awareness Action Day was supported by the local Primary Care and Leisure Centres Trusts who have each endorsed Forum initiatives. To get more older people to be both mentally and physically active and so stay fit and healthy for as long as possible, the leisure centres have a special discount scheme for Forum members and the PCT produced the home safety audit checklist devised by Forum member Derek Friggens.



A packed audience gave the thumbs up at the Falls Awareness Day

Still No Joy on 25p at 80

Although the Government recognises that the 25p extra to pensioners on reaching the age of 80 "is now often regarded as something of an anachronism", Ministers are sticking to their guns against getting rid of it. Mr Stephen Timms, the Minister of State for Work and Pensions says in a letter to the Forum that the Age Addition is contained in primary legislation.

"Removing it would require us to bring a Bill before Parliament - and as with all primary legislation this would be subject to normal Parliamentary scrutiny and debate".

"Time is at a premium", says Mr Timms, "and a free standing Bill of this kind would come at the expense of considering other legislation. In the interests of good governance, it is vital we keep this in mind when making judgments about possible changes".

Mr Timms goes on to say that while there are no plans to abolish the Age Addition, "this does not mean that a change could not be brought about at a future date should the conditions prove favourable".

So we've now written to Sir Malcolm Rifkind, the Conservative Party's shadow Minister for Work and Pensions asking him whether he will support the scrapping of the 25p and replace it with something more meaningful. We asked him too whether he would support a non-contentious Bill to end the 25p insult so as to avoid taking up more than the minimum Parliamentary time.

While we await Sir Malcolm's response a letter in the August issue of SAGA magazine from a lady "thinking hard about the best way to spend this bounty" came up with this solution.

"In a supermarket recently, I saw some small bags of flour priced at 19p, Of course! I could afford a pancake. Not with an egg in the mixture, unless I saved for a couple of weeks. But the addition of a pinch of salt, a little bicarbonate of soda and a splash of vinegar, plus some water makes an acceptable, fluffy pancake....I'm going to make the pancake and send it with a suitable letter of fervent gratitude to the Minister for Pensions. Unfortunately, I will not be able to afford sugar and lemon too".

We're on our way to Le Touquet

Social secretary Carol Sivak reports that there was an amazing response from Forum members to our upcoming Saturday 24 September trip to Le Touquet - 81 people applied and unfortunately there were only 49 seats on the coach.

I didn't want to disappoint anyone, so I spent a week trying to find another coach and when I did find a company in Redbridge to take all of us, we were stymied by finding there were no places left for another coach in the Euro-tunnel.

However, there will be more trips in future when we hope to find places for everyone. Meanwhile, the places for Le Touquet were allocated on a "**first come, first served**" basis and the successful people have been informed. Those disappointed will have had their cheques returned. Just in case you have mislaid them here are the details.

Saturday 24 September

Depart 0800 hours from the Civic Centre, Silver Street, Enfield
Euro-Tunnel outwards 10.33
Euro-Tunnel Return 21.06

Arrival Civic Centre approx. 23.00 hrs
Estimated time of arrival at Le Touquet 13.45 spending 3-4 hours taking in the fresh air, stroll along the beach, swim if hot, enjoy a nice meal and shop.

On the way back to Calais we will stop at one of the many wine / beer outlets to stock up for Christmas and prepare to board for home at 20.15 hrs arriving at the Civic Centre at approx 23.00 hrs
Arrangements have been made to use the Civic Centre car park which will be specially opened when we return.

Don't forget your Euros, passport and E111 health insurance card.
Carol Sivak 020 8360 7490



Chocolate + sex = longer and healthier lives

So says a new book, Live Longer by Sally Brown, published by the Infinite Ideas Company (£12.99). Her ideal life-style for good living includes eating more cereals, fruit, berries, oily fish, prunes, garlic, raisins, sardines in tomato sauce, porridge, pineapple, beans, onions and more dark chocolate.

We are also urged to drink at least five glasses of water a day, tea and alcohol in moderation. Having leisurely sex, stroking a pet and performing a weekly act of kindness along with a brisk walk, swimming and having six to eight hours sleep is the ideal combination for a good life - but don't forget the dark chocolate!

Unfortunately there's no mention of looking after grandchildren, doing crosswords, campaigning with the Forum, visiting car boot sales or charity shops, going on cruises. But as **Mark Twain** once said: "**Be careful about reading health books - you may die from a misprint!**"

...did you hear

A Forum member was weeding the garden and he came across this frog. It spoke to him and said: "Give me a kiss and I'll turn into a beautiful princess and let you have anything you desire". He picked up the frog and put it in his pocket. A muffled voice said: "Didn't you hear what I said: "Give me a kiss and I will turn into a beautiful princess and let you have anything you desire". Our friend said: "What, at my age? I would rather have a talking frog".

Below: **Olivia leading a 2 hour Forum heritage walk around old Enfield.**

Safety in numbers at Grovelands Park



..Olivia Calling..

The weekly walking group which began on July 11 has quickly become established as the most popular walk in the Borough. Averaging 34 walkers each Monday evening, the group displays a wide range of ages and fitness levels: More ladies than gents - but all have one thing in common, a desire to get fitter by walking in the safety of a group.

The dark woods and open grassland make Grovelands a truly stunning environment to walk in but also a bit creepy if you are alone. On a recent walk, even the Canada geese quickly moved out of the way, when they saw a stream of walkers approaching. The session finishes with a prize draw - usually a bottle of wine, for which everyone pays 20p.

One lady said that she would willingly pay to belong to a walking group such as ours, as it has made her lose weight without trying, she has made two new friends with whom she now goes out and she really looks forward to each Monday!

The success of this venture-led by the Forum-has prompted me to suggest to the Walking for Health committee, that by next May, we should have similar early evening walks on a selection of days, in all of the large parks in Enfield.

Peter Shukla, the Forum treasurer and walks coordinator is organising a monthly walk for Forum members and their families and friends on Wednesdays at 2.30pm in Broomfield Park, Alderman's Hill, Palmers Green, beginning on Wednesday 5 October. The meeting point is by the bowling green. For further details please contact Peter on 020 8363 5693.

If anyone would like to attend the one day training to become a walk leader, please contact Olivia on 020 8447 8841 for more information. The training is great fun and really easy and does not commit you to lead a walk every week.

Olivia Goodfellow

Will Edmonton's mini-Forum become a maxi?

Our mini-Forum in Edmonton has been meeting bi-monthly at Edmonton Leisure Centre with an average turnout of 20, although we had nearly 30 people at our last gathering to hear about the new Forest Road Health Centre.

Formed with the aim of having a more focused agenda for local people in N9 and N18, we are now working to both increase attendance and raise issues of concern to older people with the decision-makers.

Speakers at the Edmonton Forum in recent months have included Andy Love MP, Garrett Pennery, the local police faith officer, Colin McQuestion from the St Modwen developers of Edmonton Green shopping area and Jane Wheeler, the Primary Care Trust project manager for the £7 million health centre investment in Edmonton and due to open next March.

This new centre will help patients avoid hospital visits and will bring together four GP practices with 10 GPs, practice

nurses and a staff of 150. It will have its own pharmacy, dentistry and blood-testing facilities. Patients with minor injuries will be treated on-the-spot and there will be a new diabetics service instead of sending people to hospital. The centre will have a senior nurse to see patients with minor illness, again avoiding a trip to the A&E.

We want to develop the Edmonton Over 50s Forum because we appreciate that there are topics of local interest and importance which cannot always be dealt with at the main Borough-wide Forum meetings. So I urge all Edmontonians to let me know what they would like to discuss or hear about and we will do the rest.

In addition, we would be delighted to hear from anyone who wants to help the Edmonton Forum develop and flourish - and we are still looking for a chairperson to help Geoff Robinson in his role as secretary.

Back to school 2 Oliver comes to Millfield

Here's a few new words and phrases introduced since we were at school and are now in the new Oxford Dictionary of English with their meanings. Try making a sentence out of the new words in your vocabulary.

Example: I found a cockapoo in my undercrackers just when I was phishing which stopped me rocking in time to hear the sin-jay and all I ended up with was an ASBO.

Undercrackers: men's underpants

Cockapoo: a dog that is a cross-breed of an American cocker spaniel and a miniature poodle

ASBO: anti-social behaviour order obtained by local councils to restrict the behaviour of somebody likely to cause harm or distress to the public

Phishing: the fraudulent practice of sending e-mails purporting to come from reputable companies to induce you to reveal personal information on-line

Rock: arrive, turn-up

Sin-jay: a disc jockey who sings as part of their performance

Long-established local music society Risley Musical Theatre Company will be staging Lionel Bart's smash hit musical OLIVER! at the Millfield Theatre in Edmonton from Tuesday 8 November to Saturday 12 November at 7.30 pm nightly with a matinee on Saturday at 2.30 pm. Concession prices for Forum members are £8.50 on Tuesday and £9 Wednesday and the Saturday matinee.

Based on Charles Dickens' classic novel Oliver Twist, Oliver! tells the story of an innocent young orphan in Victorian London and his encounters with a colourful selection of characters including The Artful Dodger, the villainous Bill Sykes and his doomed lover Nancy and the lovable rogue Fagin, head of a pickpocket gang.

Lionel Bart's superb score includes As Long As He Needs Me, Food Glorious Food, Pick A Pocket Or Two, Consider Yourself, Reviewing The Situation, I'd Do Anything, Who Will Buy? and many more. Tickets can be obtained from Barbara Tingey on **020 8807 1810** or the Millfield Theatre Box Office on **020 8807 6680**.

Elders Friendship Day

Another Forum Success

Friday 5 August was a Red Letter Day for more than 40 lucky ladies - and for just three gents - who were fortunately chosen to attend the Forum's first Elders Friendship Day - an idea first developed by Helen and Derek Friggens and their Silver Threads Club members - a Forum affiliate.

Our guests came from all parts of the Borough, mostly living on their own, some in sheltered housing or residential homes, to the historic Quaker meeting house in Winchmore Hill dating back to 1688 and rebuilt in 1790. There they could walk in the beautiful grounds where some famous Quakers such as the Barclays of banking fame are buried.

Although their ages ranged from 56 to 94, all the guests showed they were still young at heart. especially when Dale and Gloria gave us their version of pre-war Old Tyme Music Hall songs such as ***Who were you with last night?*** and ***All the nice girls love a sailor.***

May Atfield and Phyllis Bailey from Cullands Grove Court sheltered housing told us: ***"What a lovely change this is. It is so much better than having nothing to do but moan and groan. It is such a pleasant atmosphere, peaceful, relaxing and everyone enjoying themselves"***.

For Philippa Goodfellow (Olivia's elder daughter) this was her first contact with the Forum which she is now helping with some administrative support for a few weeks and this is what she said about the Elders Friendship Day.

"The Forum volunteers arrived at 10am and soon began work decorating the room, making sandwiches and laying the tables. We were also all trying to resist eating the lovely cakes that had just been delivered by the people from the Farmers Market!

The guests arrived at 1.30pm, gradually flowing out of cars, buses, on foot and on the two BEVAD mobility buses. As everyone chose their seats, David Agudo played a variety of melodies, including "Summertime" on his violin to greet the guests. Once everyone had arrived the tea, coffee and biscuits began to pour out of the kitchen and the chatter started.

"The guests were able to catch up with old friends, meet new ones, or simply ponder over where on earth they recognised each other from. Some of the guests went into the

adjoining room to receive hand and arm, or neck, back and shoulder massages by the therapists, who even had a queue forming at the door at one point.

Catherine, the warden of the Quaker meeting house offered to give demonstrations of her Chinese brush painting, and made cards for the guests, designed especially for each person. She also led strolls around the grounds, so we could take in the beautiful scenery whilst benefiting from an informed historical guide.

Next up were Dale and Gloria Warren, the entertainment for the afternoon. They performed sketches and jokes, played guitar and sang, and Gloria even played the spoons!. To end the afternoon the guests sat down for a real feast! All different sandwiches, cakes and sweets were flying out of the kitchen, and on to the plates...but not for long! I didn't expect those huge appetites - although judging by the fresh cream cake I can't blame anyone!"

Philippa is too shy or modest to say that Olivia, her Mother, did a grand organising job getting the people, transport, food and entertainment together and she was helped by a number of Forum members on the day including Des Hegarty, Irene Richards, Audrey Hardwick, Jean Bigsby, John Knight, Carol Kennedy, Annie Nyamador, Monica Bass, Pat Sia-Robey, Carole Sivak, Tony Watts and Roy Barrows. And we mustn't forget the ladies who did the massages: Janine, Pally and Christine; and BEVAD for providing transport for many of the guests who otherwise may not have been able to come along.

Here are just a few of the many kind words we have received from those who attended the day:

Joyce, Enfield: "Bless you and thank you and your team for the Elders Friendship Day. I enjoyed every second of it. As soon as I arrived home the first thing I did was to ring my daughter to tell her how much I enjoyed the event, being pretty much house bound."

Connie, Edmonton: "Vi and I would like to thank you and your organisers who laid on a very pleasant afternoon. I enjoyed my neck and shoulder massage, whilst Vi was more than interested in the brush painting."



We all enjoyed our afternoon at Friends House

An apology for

Wishful thinking

We apologise for the misleading "10 good things about being over 50" headline in the July / August Newsletter which said we have the freedom pass and the £200 winter fuel allowance at that age. The error was ours not SAGA magazine whose headline referred to good things about hitting middle age.

Beat the Flu - Beat the Winter

Advice and Activity Day

Wednesday 2nd November

Edmonton Leisure Centre 10am - 3pm

The Forum is launching a two-pronged campaign to increase Flu immunisation among the over 65s - particularly in the Edmonton area. We also want to ensure that their homes are warm this coming winter because the combination of a cold house and a poor diet makes them a sitting target for the Flu and a bout of ill-health.

We will be working in partnership with the Enfield NHS Primary Care Trust and the Government-funded Warm Front Team in organising a special day of advice and activity aimed at reaching people who fail to get the Flu vaccine and do not apply for grants to make their homes warmer and healthier.

A special team of nurses will be on the spot at the Leisure Centre to give people the Flu vaccine; a Community Dietitian will talk about the right food to keep out the cold; and we will have experts available on fuel efficiency and how to cut fuel bills. We hope to distribute free energy-saving light bulbs, smoke alarms and personal alarms.

And a brilliant idea from Derek Friggens has been adopted by the education department to launch a competition in Edmonton primary schools directed at getting pupils to design a poster encouraging their grandparents to get the Flu

vaccination this year with prizes for both the top winning school and pupil.

Edmonton is the prime target area because last year only 62% of over 65s were vaccinated against Flu compared with 67% in Enfield North and 69% in Enfield Southgate - giving a Borough average of 67%. This year the target is 70%.

The Flu immunisation campaign is more crucial this year because it coincides with big increases in fuel bills which will hit many low income pensioner households who will struggle to pay them. Since November 2004 electricity charges have gone up 23% and gas by 35%. Anyone over 60 before 25 September this year will qualify for a £200 Government winter fuel grant - one grant for each household - and if you're aged 80 or over you could get up to £300 to help with the winter fuel bills.

If you received a payment last year and your address has not changed it should come through automatically this year. If you haven't had one before then contact the winter fuel payment helpline on 08459 15 15 15, Mon-Fri 8.30am - 4.30pm.

Let's kick off the Beat the Flu - Beat the Winter Campaign with a bang - Wednesday 2 November, Edmonton Leisure Centre 10am - 3pm.

Thanks

Jean & Audrey

Jean Calvert, long-standing member of the Voluntary Sector Health and Social Care Group, an expert adviser called in to help various scrutiny panels and the NHS National Service Framework for older people is dropping some of her commitments because of ill-health. And Audrey Hardwick is giving up her post on the NSF local implementation team.

Both Audrey and Jean have been stalwart advocates of improving health services for older people - both were involved, for example, in securing improvements in the audiology unit at Chase Farm Hospital.

Jean has been a member of the Primary Care Trust hospital avoidance project and various steering groups at the PCT and she is still working with the Health scrutiny panel's stroke sub-group surveying patient services throughout the Borough.

Jean was invited to become an expert adviser to the former Older People's Scrutiny Panel and led on the home care side of things, visiting users of meals and library services amongst other things. **"I deeply regretted the abolition of this particular panel and feel that the many needs of older people have never been so well covered and coordinated - thank goodness for the increasing acknowledgement of the worth of the Forum"**, says Jean.

Up the Gunners!

Geoff Robinson has booked 10 places at £5 each to tour Arsenal's historic Highbury home before they move to the new £357million Ashburton Grove Emirates Stadium at the start of the next soccer season which will seat 60,000 people. The date of the tour is Friday 18 November and to book a place please call Geoff on 020 8807 7694.

The visit includes a guided tour of the stadium - which will eventually be converted into flats - and a chance to see the Club's many trophies and different strips as well as memorabilia of the great sides and moments in Arsenal's history. This is almost the last chance for you Arsenal fans to see a piece of local history before Highbury Stadium vanishes.

ICE = In Case of Emergency

Following the terror bombs in London, a national campaign has been launched to get people to store the word ICE in their mobile phone address books. Against that entry you are asked to place the name of the person you would want to be contacted In Case of Emergency.

In such an emergency situation ambulance and hospital staff will then be able to quickly find out who to contact, It is a simple exercise. It really could help to allay the fears of your family. If you want to have more than one In Case of Emergency entry just put ICE1, ICE2, ICE 3 etc in your mobile.

Wednesday 12 October

National Lobby of Parliament

Support the Pensioners' Charter

House of Commons 1pm

Health changes

Random Round-Up

We have been assured by the Primary Care Trust that everyone over the age of 65 will this year be entitled to a vaccine injection to protect them against pneumonia, meningitis and septicaemia (blood poisoning). Last year, immunisation against pneumococcal infections was only given to people aged over 75. Now it is being given at the same age as the flu vaccine - but while you need the flu vaccine every year, for most people the pneumococcal vaccine will only need to be given once. The flu vaccine is also available for people with chronic conditions such as diabetes and asthma.

Some Forum members have told us that their surgery is unaware of the pneumonia protection vaccine at 65 plus policy and there is also some concern about contracting the disease from the vaccine. However, this is not possible since the vaccine does not contain live bacteria.

There is also confusion about an annual medical check-up on reaching the age of 75. If your GP practice has usually offered this facility, it should be continuing to do so. We strongly recommend everyone over the age of 75 to insist on a check-up, particularly if they are on some form of medication or have a chronic condition.

Cancer patients receiving treatment at a hospital in the congestion charge zone can now claim the charge back from the NHS organisation treating them. This is an important unpublicised breakthrough affecting many people. In a recent Macmillan Cancer Relief survey patients said that financial worries were second only to pain as a cause of concern.

Individual disability blue badge holders are also eligible for a 100% discount from the congestion charge providing they register and make a one-off payment of £10. You do not need to own or drive a vehicle to register for the discount, but you can register up to two vehicles which friends, relatives or carers use to drive you. The discount applies to the person who is the blue badge holder and not the vehicle that is being used.

Forum members Ashraf Hossain, chair of Enfield Bangladeshi Society, and Serajul Islam Molla have been awarded Enfield Racial Equality Council's certificate of achievement for their valuable contribution to the community in Enfield.

Active Learning with the London Civic Forum. Anyone interested in attending six free Saturday Workshops for Active Citizenship in the Autumn. Contact: Amina Rahman 020 8709 9770 or amina@londoncivicforum.org.uk Closing date for applications 28 October.

Street Hawks wanted. Enfield Council is looking for people to sign up as Street Hawks to report and improve the street scene - and GET things done. This is a good opportunity for Forum Members to do something positive to make the Borough a better place to live in. Contact: Chris Enti 020 8379 1000 Chris.Enti@enfield.gov.uk

Enfield Community Empowerment Network is running a range of free training sessions aimed at helping those in the voluntary sector such as Over 50s Forum members improve their skills and understanding of developments in the local community. See www.ecen.org.uk/training.cfm

Over 60? B&Q will give anyone over 60 with proof of age a 10% discount card for use all day on Wednesdays at their Enfield store on the Cambridge Road. Fill in the form at the service desk - the card is free!

Using a minicab? then please make sure it has one of the new yellow and blue discs on the front and rear windscreen which proves it is fully licensed and legal. Unlicensed minicab drivers commit 11 sexual assaults every month in London.

Quit Smoking: 30 pharmacies in Enfield are now offering one-to-one support to help people quit smoking. If you want to access this service or clinics at the North Mid. or St Michael's Chase Side, Enfield call 0800 085 6258.

Without Comment

"The British Medical Association estimates that up to 13,000 doctors have drink and drug problems. These include surgeons. A recent poll of 150 of them found that more than a fifth knew a colleague who they believed to be drunk while on call.

"This is quite scary, and made more so by the fact that doctors, with their exalted status, find it hard to admit that there is a problem. 'You've got levels of denial that make it virtually impossible for an alcoholic doctor to be helped', a doctor, once an alcoholic, told BBC researchers.

"That is not the only alarming thing, for nobody really bothers to check if doctors are affected when they go to work. A meandering motorist may have to face the breathalyser, but a surgeon can stagger into the operating theatre without any real controls. It's really just pot luck whether your doctor is intoxicated".

Alexander Chancellor.

SAGA magazine, August 2005

Join the next Forum Walk

Wednesday 5 October 2.30pm

A walk in Broomfield Park,

Alderman's Hill

meet by

the bowling green

Peter Shukla

020 8363 5693

Published by Enfield Borough Over 50s Forum.

Contact: Tony Watts, Secretary,

Tel: 020 8886 9125. E-mail:

tony_watts@enfieldover50sforum.org.uk

New 5-year plan for older people – Hot air or action?

The first consultative conference to involve Enfield's Council and Strategic Partnership members with representatives of the Borough's 80,000 older people was a resounding success with over 200 attendees and five hours of animated debate.

Participants in the six workshops produced many ideas to improve the quality of life of older people between now and 2010, ranging from better publicity and communication methods for existing services to greater emphasis and activities for healthy living. There was general agreement that a great deal of good work is going on in the Borough but it is uncoordinated with the result that we are not utilising all the knowledge and experience available.

The Forum played a leading role in organising the conference which was attended by many unaffiliated residents as well as organisations such as the Salvation Army sunshine club, Christian Care, Asian Welfare, Alzheimers Society, RAF Assoc., Age Concern, Disability Action and Arthritis Care.

The conference discussed a draft document aimed at producing a new five-year strategy - the first of its kind in the Borough - which places the well-being of the Borough's over 50s at the centre of both the Council's and the Strategic Partnership's future work.

"The main recurring theme throughout the day was who is going to carry the new policy forward and how are the aims and targets going to be achieved," said Forum chair Monty Meth, who chaired the consultative conference.

Summing up the day he urged everyone present to become an ambassador for change and so ensure

that the draft strategy became a reality in providing a range of leisure, educational, cultural and medical services that meets the needs of both the affluent and impoverished older people - and those in-between - residing in the Borough.

Both the Forum chair and the chair of Age Concern Enfield Mavis Whycer wanted to know who is going to lead and coordinate the drive to implement the new strategy; who is going to implement and execute the many fine ideas in the new plan.

The Forum believes the Council needs to appoint a new Director of Adult, Voluntary and Community Services charged with implementing the new strategy and backed by a Better Government for Older People (BGOP) network drawn from key LBE officers, the Strategic Partnership, Primary Care Trust, all the statutory bodies and representatives of voluntary and community organisations working with older people.

Its views have been reinforced by a review being conducted by the Council's own Special Projects Scrutiny Panel into the voluntary and community sectors which says: 'There appears to be little joined-up working between Council departments on support given to the voluntary and community sector, and limited evidence so far of a Council-wide strategic approach to investment in the sector'.

The Forum envisages a combination of strong direction and leadership from the top linked to a BGOP-led implementation network which it believes would transform the lifestyles of many older people for the better. The Forum, along with many others, believes that carrying on as we are is no longer an option.



The Enfield Older Peoples Strategy Conference attracted over 200 delegates

Leisure centres expand

A bold new joint initiative between the Leisure Centres Trust and Edmonton County Lower School will see the school's new sports hall and gym facilities being open to the public during the evening, weekends and school holidays.

This dual use scheme, which will start later this year, will provide increased capacity for badminton, table tennis, basketball and other indoor sports as well as three outdoor tennis courts and a well-equipped gymnasium.

Meanwhile Edmonton Leisure Centre have held a special 50+ day with a new aqua-fit session in addition to table tennis, short matt bowls, swimming and yoga. The aim was to interest more people in their regular Thursday 50+ day. For more details please call 020 8379 2462 or 2490.

The Southbury Leisure Centre 50+ day goes from strength to strength with attendances up some 50% this year and we are now talking to the management about having a second 50+ day. Sales of the monthly swim passes to people over 60 with an energy discount card are up 60% on 2004.

Now that the Enfield strategy for older people recognises that this includes people aged 50 and above, we have asked the leisure centres to drop the 50s and 60s differential price structure - and make one uniform structure starting at age 50. We believe that any shortfall would be made up by increased take-up and we feel that the earlier we can get people involved in the 'Get fit and healthy for a longer life' campaign, the better it will be.

Public Toilets Campaign

First 250 surveys returned

In launching our survey on public toilet facilities in the Borough we've touched a sore point with many older people who remember how Britain once led the world in providing them. Having lost a third of them in the last five years, Britain is this month hosting the World Toilet Summit - so our campaign in Enfield is timely.

We want to analyse the responses of at least 500 people so that our case, when it is presented to Councillors, is seen to be representative of feelings in the Borough. We have sent the survey form to our affiliated Clubs and we are hoping they will give the issue a big boost. Copies of the survey are available from Olivia Goodfellow 020 8447 8841.

This letter from Mrs Plumb is typical of how many people feel: "It is not just older persons who must feel this lack (of public toilets), what about pregnant women and those with young children? The only toilets in Enfield Town are privately run by the precinct shopping centre and therefore closed out of the normal shop opening hours.....Somewhere within this equation my Human Rights must be being breached" signed Yours faithfully **"holding on until I reach home"**.

George Jennings, the Victorian pioneer of sanitary fittings who installed the new outdoor toilets throughout Britain in the 1880s and went on to conquer Berlin, Sydney and Paris with his designs once wrote that the civilisation of a people could be measured by its toilets - so what would he say if he were alive today?

We have been assured that there will be additional toilet facilities when the new £40 million Palace Xchange opens for trading at Christmas 2006. The developers say these toilets will be open to coincide with shop opening hours and the shopping centre management is in discussion with the Palace Gardens management about joint working arrangements for security and cleaning.

We also understand that Transport for London (London Buses Ltd) will **NOT** be providing the public toilet on the Edmonton Green bus station. There is, however, a legal and binding agreement between Enfield Council, developers St Modwen and Transport for London under which St Modwen will be providing the finance to maintain a 24x7 publicly accessible APC on St Modwen land adjoining the bus station.

Please fill in and return our survey form - and get your friends and neighbours to do the same.

"LIFELINES"

Interested in People? Drama? Storytelling?

So are we.

"Lifelines" (based in Enfield) talks to people, and then turns these conversations into plays.

If you have

Some experience, lots of experience or no experience whatsoever in drama, oral history interviewing, storytelling or theatre technicalities then contact:

Mike Turner on 020 8292 3237, or
Myket2@btopenworld.com for more information.

The Healthy Bladder Campaign Charity

has sent us 20 printed cards saying:

Just Can't Wait.

The holder of this card has a medical condition which requires the urgent use of a toilet. Please help.

The cards cost £1 and will be available at all Forum meetings.

Forum's Voice is Stronger

We welcome the following organisations who have joined the Forum this year: **Southgate Evening Blind Club; Leigh Hunt Drive Neighbourhood Watch; Church Street Residents Association; Walkabouts Rambling Group; Community Aid Asian Project; and Reunite Edmonton Project.** There are now 37 groups in the Borough affiliated to the Forum and together they help to strengthen our representations, make grey power count and help to make the Forum the voice of all older people in Enfield. Groups interested in joining or who want to know more about the Forum are invited to call Olivia Goodfellow on 020 8447 884. We plan to run a series of articles on our affiliated Clubs starting with the next Newsletter. Below is a list of affiliated groups and this illustrates the increasing support for what the Forum is doing. Olivia Goodfellow has visited and talked to many older peoples groups during the year and is always pleased to address other potential affiliate organisations.

Age Concern Enfield

Arnos Grove Townswomen's Guild

Borough of Enfield Voluntary Association for the Disabled

Bush Hill Park Residents Association

Church Street Residents Association

Community Aid Asian Project

Cypriot Elderly & Disabled Group Enfield

Cypriot Elderly Luncheon Club

Elsinge Monday OAP Club

Enfield Bangladeshi Welfare Association

Enfield Cypriot Association

Enfield Pensioners Action Group

Enfield Unison Retired Section

Enfield Vision

Federation of Enfield Residents' and Allied Associations

First Tuesdays Ladies Group

Home and Fellowship Club

Housing 21

Leigh Hunt Drive Neighbourhood Watch

Little Park Luncheon Club

Macular Disease Society, Enfield Group

Meet a Need with Christian Care

Naree Shakti (Asian Women Strength)

Over 50 Bangladeshi Society

Polish Community in Enfield

Reunite Edmonton Project

Salvation Army

Silver Threads Club

Southgate Evening Blind Club

St Johns Art Group

St Thomas (Oakwood) Golden Link Club

Stroke Action (Enfield)

Tamil Relief Centre

The Drop in Centre

The Royal Air Forces Association (Enfield)

Unison (Middlesex Retired Section)

Walkabouts Rambling Group

Winchmore Hill Community Care

Winstonian Art

If it's true ——— it's weird

Abraham Lincoln was elected to the US Congress in 1846

John F Kennedy was elected to Congress in 1946

Abraham Lincoln was elected President in 1860

John F Kennedy was elected President in 1960

Both were particularly concerned with civil rights

Both wives lost their children while living in the White House

Both Presidents were shot on a Friday

Both Presidents were shot in the head

Lincoln's secretary was named Kennedy

Kennedy's secretary was names Lincoln

Both were assassinated by Southerners

Both were succeeded by Southerners named Johnson

Andrew Johnson, who succeeded Lincoln, was born in 1808

Lyndon B Johnson, who succeeded Kennedy was born in 1908

John Wilkes Booth, who assassinated Lincoln, was born in 1839

Lee Harvey Oswald, who assassinated Kennedy, was born in 1939

Both assassins were known by their three names

Both names comprise 15 letters

now hang on to your seat

Lincoln was shot at the theatre named "Ford"

Kennedy was shot in a car called Lincoln and made by Ford

Lincoln was shot in a theatre and his assassin ran and hid in a warehouse

Kennedy was shot from a warehouse and his assassin ran and hid in a theatre

Booth and Oswald were both assassinated before their trials and here's the kicker

A week before Lincoln was shot, he was in Monroe, Maryland

A week before Kennedy was shot he was with Marilyn Monroe

Can all this all be a coincidence ?

Handy Reference Directory

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

PLEASE CUT OUT & SAVE

Join the Forum now!

Keep active

Make a difference

Stay involved

Get a friend to sign up



ENFIELD BOROUGH OVER 50s
FORUM

Membership Application Form

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

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

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

Signed:

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

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

How did you hear about the Forum?

Or

Who introduced you?

For more details see the Forum's website

www.enfieldover50sforum.org.uk