

Toilets: one more push and we're there!

At long last and after three years of badgering we hear that Councillor Terence Neville, the council's cabinet member for environment and street scene, has given final approval for the community toilet scheme, with a launch date just weeks away. The £28,000 scheme will provide safe, clean and accessible toilets to members of the public in business premises approved by the council.

Businesses in all parts of the borough that already provide suitable toilets for their customers are now being invited to sign up to the scheme for which they will be paid an annual fee depending on the number and range of toilet facilities they provide.

So premises putting just one cubicle at the disposal of the public will get £500 a year, with up to £800 a year for those providing separate male and female toilets and access for disabled people. The council will pay £700 a year to those businesses providing separate toilets and baby changing facilities.

We therefore expect to see at least 20 new public toilets being available in the spring and this will be a boon not just to older people, whose need to "spend a penny" gets more pressing with age, but also to many mums with young children. And it should be of help too for local traders in these tough times since we hear of many people being deterred from shopping in town centres by the fear of being "caught short".

Because of the £500-£800 range of payments being made by the council, we gather there is enough money in the kitty for more than 20 businesses to support the scheme, so if you know of a trader willing to open up their toilets, just pass the details to the Forum office (call 020 8807 2076) and we'll do the rest.

Coupled with the confirmation we've received from council leader Michael Rye that the Shopmobility scheme will continue to provide motorised vehicles for disabled people to do their shopping in Enfield Town (see page 3), we believe both decisions will be of help in improving the quality of life of older people in Enfield.

Future FORUM Events

FORUM MEETINGS 2009 - Civic Centre, Silver Street, Enfield

Tuesday 31 March 10am for 10.30am start

Forty Hall: Built in 1629 and sold by auction in 1787 for £8,800 together with 159 acres of land, it has a historic past and a still brighter future.

Speaker: Site manager **Gavin Williams**.

Tuesday 28 April 10am for 10.30am start

Annual General Meeting and election of officers followed by guest speaker, Enfield Council chief executive **Rob Leak**, on *The changing role and responsibility of local government*.

Tuesday 26 May 10am for 10.30am start

Utilising our parks and open spaces for older people

Speaker: **Tony Corrigan**, LBE parks development and asset manager.

COFFEE MORNING - Millfield House Mini-forum meeting starting at 10.30am

Thursday 2 April

Paul Everitt, manager Millfield Arts Centre talks about *The Centre's facilities, services and future development*; plus a visit to the Forum's new office. **See page 2.**

COFFEE MORNINGS - Skinners Court ** Mini-forum meetings starting at 10am

Tuesday 17 March

Registered osteopath **Jane Brennan** talks about **Osteoporosis, bones and ageing** and shows us a typical treatment.

Tuesday 21 April

Solicitor Michael Stennett brings his expertise to the Forum in opening a **discussion on a wide range of legal matters from wills and inheritance tax to care home fees**.

Tuesday 19 May

Dementia: the importance of exercising your mind with **Dr James Warner**, consultant in older adults psychiatry, St Charles Hospital, London.

****Skinners Court is opposite the Fox pub car park in Pellipar Close, Fox Lane, Palmers Green - Buses 329 and W6 to the Fox pub in Green Lanes or the 121 to the Triangle - 150 yards from the Fox**

Forum's new team – new office

Thanks to our grant from the City Bridge Trust, the financial support of other local organisations and our strong membership base, the Forum starts 2009 in its strongest-ever position with our two new part-time workers now in place. The new development officer is **Polly Lawman** and the Forum's first administrative assistant is **Cecilia Blaney**. We had some 50 applicants for the two posts and the four-member selection panel had a tough all-day assignment making their choices.

Polly Lawman has had more than 14 years' experience working in the public sector, helping to set up the Haringey Over 50s Forum, organising events, conferences and volunteers among many other examples of community leadership, including that all-important function of fundraising!

Cecilia Blaney is a Forum member and has been one of our valued band of volunteers. She joins us having worked for Age Concern in Enfield and for Broxbourne and Barnet councils. With her vast experience as

a journalist, Cecilia will help to develop our popular Newsletter, now reaching some 6,500 people in Enfield. Both **Polly** and **Cecilia** will each be working 18 hours a week to promote, in conjunction with committee members, the various Forum activities.

Thanks to many hours of hard work put in by Forum secretary Tony Watts it is now all systems go at our new office at Millfield House – a beautiful Georgian house near the Millfield Theatre – where our computers and a dedicated telephone line have been newly installed. The office will be open Monday-Friday 9.30am-12.30pm for all your enquiries and queries. Call 020 8807 2076 and email

info@enfieldover50sforum.org.uk

or visit or write to us at:

Enfield Borough Over 50s Forum
Millfield House
Silver Street
Edmonton N18 1PJ

Welcome to Millfield Coffee Morning Thursday 2 April

To celebrate our move, we have arranged a special coffee morning for Forum members at **Millfield House** on Thursday 2 April, 10.30-12 noon, when **Paul Everitt, the Millfield Arts Centre manager**, will be speaking about the classes, courses and productions put on by his team. In addition, you can meet both **Polly** and **Cecilia**, visit our new office, and tour this historic house and its lovely grounds. This coffee morning will be the first of **a new series of Thursday meetings and coffee mornings** on the east side of the Borough to expand the range and scope of opportunities for members. The centre has ample car parking for visitors.

Millfield House has had a chequered history, having been owned in 1796 by the wealthy owner of Trent Park. It then became, in turn, a school for workhouse children and a hospital for epileptics which closed in 1971, when it was acquired by Enfield Council.

How to get there: By bus - Silver Street stop: 34, W6, 102,144



Great Cambridge Roundabout stop: 217, 231

By train: Silver Street Station and 10 minutes walk or bus 34, 102 or 144

By Piccadilly line tube to Turnpike Lane then buses 144, 217 or 231, Wood Green then bus 144, Arnos Grove then bus 34, or Bounds Green then bus 102

Annual General Meeting Tuesday 28 April at the Civic Centre

The AGM is the place to let your officers and committee know what you think of the Forum's performance in the last year – and what you would like to see happen in the coming year. It is your chance to nominate and elect the officers: chair, secretary, two vice-chairs, treasurer, social secretary and elect an executive committee of ten, making a total of 16 members. As elected officers of the charity the committee members are Forum trustees.

Any Forum member can nominate another Forum member for the above posts – and you can also nominate yourself. Nobody is barred from coming forward to offer their help and leadership. Nomination forms are on our website and copies may be obtained from our Millfield House office. Please make your nominations known to the secretary, Tony Watts, by Monday 13 April. You can e-mail him at tony_watts@blueyonder.co.uk or write c/o the Millfield House office.

“Shopmobility will continue”

This was the undertaking given by Councillor Ertan Hurer, Cabinet Member for Finance and Resources, when he attended the Forum's Skinners Court discussion on the proposed council budget for 2009-10. In addition Council Leader Michael Rye has assured the Forum that Shopmobility will continue to be run from the Civic Centre.

The Over 50s Forum sought an assurance that the Shopmobility scheme will continue to be supported by the council because we found the top five questions in the budget consultation paper to be quite innocuous. We said there ought to be a more meaningful consultation where the council asked for and listened to residents' views on matters of genuine concern, such as the future of Shopmobility, which gives people with disabilities access to the shopping centres in Enfield Town and Edmonton.

We also felt there is a need for a more transparent consultation document which informs council taxpayers about the level and purpose of the financial reserves and gives a clearer picture of which services are wholly or partly financed by the government and which by the local authority.

Meanwhile, there is no sign of any respite on council tax increases. Enfield faces a 2.48% increase in council tax, despite derisory, and still falling, interest rates – meaning older people on fixed incomes are digging further and further into their hard-earned savings.

The council's budget for 2009/10 is £238.515m, of which council tax raises £118.314m and the government contributes £120.20m. Council tax in its present form remains so unpopular that it needs at the very least an urgent and truly radical overhaul. With a General Election due by May 2010, we await with interest to see who is going to lead the way with some meaningful proposals for council tax reform.

That'll be a start.

Cold weather payments

These are not now paid to all pensioners, only to those on pension credit. Apparently, legislation was passed in late 2006 to stop cold weather payments to pensioners (not on pension credit). Now they are available only to those receiving pension credit and to others on benefits. There is also provision for people with certain health problems.

Renewal time is here again

Well, March is with us already - where did January and February go? Of course this brings us close to renewal time, 31 March, for those Forum members who did not take the two year or life membership option. For those needing to renew, the newsletter will be accompanied by a reminder form, which I would appreciate you using so that I can identify you straight away.

I must say how much I appreciate the diligence in dating cheques after the New Year. There was not one cheque that had to be returned. You can, of course, renew your membership at Forum meetings or pop into our new Millfield House office between 9.30 and 12.30. And if you post it, please remember our new Millfield House address (as given on page 2).

Can I please remind those of you who are taxpayers, and who have not signed for Gift Aid, how much this would help the Forum in its day to day running. We are still looking to hit that 3,000 membership mark by the AGM, so every renewal counts towards that target.

Joyce Pullen

Membership Secretary

Friends of Bush Hill Park

Having begun revitalising the neglected wildlife conservation area, the FOBHP are seeking new members to help bring about more positive changes such as improving the children's play structure, and overhauling the Fellowship Hut to make it more accessible and useful.

Children from two of the local schools have already visited the Wildlife Conservation Area and are busy drawing up plans on how it might improve. All this needs money and we are lobbying Enfield Council and investigating various sources for the funding to bring about such improvements.

We are a very vibrant group with boundless enthusiasm, and we already have some great people on board, but we very much need more people to join us and help bring about these positive changes. Call Chris Duggan, Secretary, Friends of Bush Hill Park: tel. 07747438021; e-mail: tatatruck2000@yahoo.com

Random Round-Up

Library mobile again

Contrary to reports circulating in the Forum, there is no threat to this service. Indeed, Sheila Barford, the library's Development and Operations Manager for Adult and Community Services, tells us they have just purchased a new Mobile Library which comes with internet access and is on the road from about now.

Rumours may have started when there was a gap in the service due to the withdrawal of the 10-year-old vehicle, but library staff have meanwhile been delivering books to people direct to their homes. The mobile library tour will now include schools and residential homes and it will offer a personal service for people who are housebound.

Going up

New research has revealed a 40% increase in menswear sales in extra large and above sizes in the last five years. Reflecting how men are becoming increasingly overweight, Mintel, the retail researchers, say that the extra large size market in men's clothing is now worth £1.7 billion a year, up from £1.2 billion in 2003.

Pension credit

People receiving pension credit can now spend 13 weeks abroad without losing their entitlement. This is an increase on the previous four weeks and is now in line with receiving help with housing benefit and council tax.

Poetry plan progresses

The plan to issue a printed collection of poems written by our Forum members is making good progress with its launch planned for later in the year. It will, we believe, be a fine example of a voluntary lifelong learning project by older people, many of whom have lost their leisure learning opportunities due to the increased fees.

And it will demonstrate that we have put the free use of Oakwood library once a month for poetry reading sessions and discussions to good effect. The Forum committee has agreed to supplement the £250 donated by Joan Ryan MP and the Tranquillus Masonic Lodge to ensure that the printing goes ahead and we hope to recoup the funding gap by sales of the poetry collection.

Doris Martin is a member of the Forum's poetry group which meets monthly at Oakwood Library 10.30am-12noon. The next meeting takes place on 12 March and, if possible, we'd like those attending to come along having prepared a poem using the first line: "**Why should it happen....**" or something similar. Further meetings will take place on 23 April and 21 May. For further details call David Oliver 020 8886 6231 or you can send your entries for the poetry collection to him at 70A Lakenheath, London N14 4RP

Here is one of Doris's poems.

That 25p!

I wonder if you, like me, have received your 25p.
It's given when you're 80 and added to your pension
It's such a paltry sum it's hardly worth a mention
You cannot buy a stamp or make a telephone call
I really don't know what I'm going to do with it at all
I know I'll save it for a year or so
It will give me an incentive to keep healthy & on the go
I'll get out my old trainers and my ancient blue tracksuit
I'll drink lots & lots of water & eat plenty of fresh fruit
I'll go to bed early and early I will rise
Oh I'll be so very healthy — I'm feeling very wise!
I'm getting too excited I'm feeling all aglow
I must watch my blood pressure and cholesterol you know
BUT when the year is over I'll go out on a spree
I'll find a very special place and have a nice cream tea
And when I sit in comfort I'll think 'is this really me?
Oh I am so pleased I saved that little 25p.'

An afterthought

I must ring and thank the Powers that Be
To let them know what they've done for me
Perhaps they'll give me a little more
Now they know what I've been using it for.

Doris Martin



STOP!

Don't throw your computer out the window!

Call WCS for fast, friendly, competent expert help on all IT matters, from blue screens, advice on broadband, email setup, slow computer problems, new computers and laptops, help and support.

PC health checks - £40+VAT

Call 020 8360 8234 www.winchmorecomputing.com

Joan Bakewell seeks our views

Dame Joan Bakewell, the government's recently appointed "**Voice of the Elderly**", will act as an unpaid, "**independent and informed advocate**" on issues affecting older people's lives and will be invited to give her views on key policy developments. On accepting the job, Dame Joan said: "**I look forward to being one of many voices making it widely known what it means to be old, and how to make the most of those important years. We [the elderly] are increasing in numbers and need to be heard.**"

The Forum wrote to Dame Joan and invited her to speak at our AGM but she replied:

As you can well imagine I have been inundated with invitations such as yours. So I'm simply not able to accept. But please give my good wishes to Enfield's Over 50s Forum, and tell them I will be rooting for them. Let me know your four leading concerns and I will make sure the facts are registered.

Joan Bakewell.

Thanks.

So we want to take up the offer and send her the four key issues we'd like her to pursue.

No.1 could be the need to update and uprate the 25p Age Addition to the weekly state pension at age 80 and the £10 Christmas bonus, which have both remained unchanged since 1971 and 1972 respectively.

No.2 could be removing the anomaly whereby the council tax charge for single pensioners is only reduced by 25 per cent, forcing many pensioners to pay more in council tax than they do to heat and light their homes.

We are asking Forum members to send in or phone in their suggestions as soon as possible so that we can feed them back to Dame Joan. Please call 020 8807 2076 or email or write to the Millfield House office. Unfortunately, Joan Bakewell has turned down an invitation to meet the National Pensioners Convention, so this is the best chance we have of making our views known.

Enfield Croquet Club

Come to our Open Day

Saturday 18 April at 2.30pm

Croquet is sport where men and women of all ages are able to compete on an equal footing.

Free Tuition for a 6-week Introductory Course for beginners with all equipment provided.

Course starts 18 April at 10.30am

Flat-soled shoes must be worn

Venue: Bush Hill Park

(off Southbury Road, Enfield. Cecil Avenue entrance)

For details contact:

Wendy on 020 8883 6612 or Basil on 020 8886 6643

www.enfieldcroquet.org

.....Out & About.....

Your Forum needs you! All on the social committee work hard putting the Forum's social programme together and would welcome and encourage more members to come forward to help in organising events, trips and socials.

Looking to the future

Tuesday 17 March: trip to Brick Lane music hall: sold out

Thursday 19 March, 10.30-12 noon: Poetry Group meets Oakwood Library

Friday 20 March, Friday 22 May & Friday 19 June: Tea Dance at the Royal Opera House, Covent Garden. Tickets £10 each, including refreshments, are on sale from the Royal Opera House box office. Tel. 020 7404 7274

Wednesday 1 April, 2-4pm: English barn dance at Southbury Leisure Centre

Saturday 4 April, 7.30pm: Southgate Symphony Orchestra concert at the Bourne Methodist Church N14 (five minutes walk from Southgate Tube Station). The Orchestra is playing Dvorak's Cello Concerto and Brahms Symphony No. 2. It promises to be a terrific evening. **Tickets for Forum members are £6 (Box office prices £9 and £7 conc.) but must be bought in advance at Forum meetings or from the Forum office 020 8807 2076.**

Tuesday 7 April: Freedom Pass trip to historic Spitalfields. Assemble 10.45am at the **meeting point** on the concourse of Liverpool Street Railway station. Short walk with our guide, **Stan Rondeau** to **Hawksmoore's famous Christ Church**. Places limited to 20 people. Please book with Jean Mittens.

Thursday 9 April, 10am-12.30pm: Open Day at Millfield House. More details on page 2.

Thursday 16 April, 10.30-12 noon: Poetry Group meets in Oakwood Library.

Monday 20 April: Lunch at the **'Turkish delight' Samdan Meze Bar & Grill**, at the Green, Winchmore Hill. Places are limited to 50, and a starter and main course costs £12.50 with drinks extra. To book call Olivia.

Monday 27 April, 6-9pm: Forum's annual Wine and Cheese Party at the Royal British Legion, Holtwhites Hill, Chase Side, Enfield. Tickets cost £7.50. To book please call Jean Mittens. Cheques are payable to Enfield Over 50s Forum. Please include an SAE and your phone number.

Thursday 21 May, 7pm: Dinner at Southgate College. There is a delightful four-course set menu with a vegetarian option (please mention when booking). Tickets cost £12.95. Please send your cheque, made payable to Enfield Over 50s Forum enclosing a SAE and phone number to Roddy Beare.

Saturday 30 May: Annual Quiz at St Paul's Church, Church Hill, Winchmore Hill. Supper served at 7pm sharp. Tickets £10. A booking form is included with this Newsletter. Contact: Roy Barrows 020 8360 8561 Monday-Friday.

Saturday 15th August: Day trip to **Althorp**, the home of the Spencer family, and final resting place of Princess Diana. Option 1—£39 for the trip with admission to the house and grounds plus an exceptional afternoon tea.

Contacts details:

Cecilia Blaney: 8807 2076 - Forum Office
email: info@enfieldover50sforum.org.uk

Roddy Beare: 020 8292 4324
18 Lucerne Close, London, N13 4QJ

Jean Mittens: 8367 2102
9 Laura Close, Enfield EN1 2DZ.

Olivia Goodfellow: 8447 8841 email: olivia.g@virgin.net
19 Wades Hill, Winchmore Hill N21.

Option 2 — £20 for the trip with admission to the house and grounds. Places are limited to 50; we need to have 20+ afternoon tea bookings for the tea to be possible. To reserve your place, call Olivia for full details.

Thursday 10–Monday 14 September: The Forum's "going Dutch" with our five day trip to Holland. A unique walking and cycling (optional) holiday travelling by luxury coach and staying in a comfortable hotel on a half board basis. The holiday costs £349 pp. A deposit of £50 is needed to book a place and further details are available from Olivia.

Friday 4-7 December: trip to Bonn organised by the Over 50s Forum in conjunction with Crusader Holidays. Join us on a super value weekend break, in historical Bonn and explore the Christmas markets. It costs £299.00 pp and a £50.00 deposit secures your place! Places are limited to 48, and for details of the holiday and booking form, please email Olivia and leave your name and address.

Please note: If you have to cancel your place on a Forum social activity/trip, every attempt will be made by the organiser to fill your place, but if this is not possible, you will lose your booking fee.

Details of all Forum events and meetings can also be found on the Forum's web site www.enfieldover50sforum.org.uk and information on other events in and around the Borough are circulated via the Forum's eNews - which goes out once or twice a month to those who have an email address.

If you are on email and would like to receive the eNews send your email address to info@enfieldover50sforum.org.uk asking to be put on our eList.

Roddy Beare, Social Secretary

Enfield's Talking Newspaper for the Blind

seeks a volunteer sound engineer

Thurs evenings for 2 - 3 hours per month.

Call Audrey Jenkins 020 8360 8119

Uplift for breast cancer screening

Shock figures on the decline in screening for breast cancer in Enfield – down from 71.5% of eligible women in 2004 to 62.6% in 2006, compared with a national average of 70% – are to be tackled through two new mobile screening units being based at St Michael's Hospital, Chase Side, and the Forest Primary Care Centre, off Hertford Road, Edmonton.

The St Michael's unit is scheduled to be operating from the beginning of March for the following five months and the Forest unit will open later with a newly-purchased and installed digitalised mammogram machine that will, we understand, be based permanently on this site. In addition, there is the mobile unit at North Middlesex University Hospital.

Breast cancer is the most common form of cancer among women in the UK. It is estimated that one in nine women will develop breast cancer during their lifetime. It can develop at any time, but it is more common in women over 50 – hence the Forum's concern at the declining uptake of the numbers having the routine mammogram – a low-dose X-ray – every three years.

The purpose of the screening programme is to detect any incidence of cancer as early as possible, so giving women the best chance of being successfully treated and the best chance of a full recovery.

Invitations to participate in the screening programme will be sent out to women aged 50-70 using information held by your GP, so it is crucial that everyone makes sure their GP has their up-to-date contact details. Women over 70 will have to ask for an appointment by contacting the breast screening office for this area on 020 8951 4045.

We understand that a number of GP practices do not routinely promote breast cancer screening even to registered patients. This could be because doctors are not paid extra for the number of patients that use the service. So the Forum's clear message to all women over 50 is: don't wait to be invited. Make sure the breast screening service have you on their list.

You can get more information from a new website just launched giving details on the location of screening sites, how to make an appointment, breast awareness, and answers to the most frequently asked questions. For those without internet access we suggest they go into the public library and ask to be shown the information on www.nlbss.org.uk

Scientists who studied 32,269 women for 11 years found that vigorous exercise can reduce women's risk of breast cancer by about 30% – unless the women were overweight. Less strenuous activity such as walking did not offer the same protection, said the findings, published in Breast Cancer Research.

Dementia comes out of the cold

Forum members who attended our most informative meeting last September with Professor Steve Iliffe, who is leading a major research project into dementia, were well prepared for news of the £150 million national dementia strategy recently announced by the government.

This aims to get GPs better trained to identify the condition; secure the appointment of a senior clinician in every hospital to ensure the needs of dementia sufferers are met. Memory clinics will be set up in every town and city to provide speedier diagnosis by specialists; there will be behavioural therapy for patients and greater support for carers.

There are 700,000 people suffering from dementia in Britain but only one in three patients ever gets diagnosed. And it is not just older people who are affected – some 15,000 people under the age 65 have early-onset Alzheimer's, one of 100 different forms of brain disorder – and some people have even been diagnosed in their thirties.

Despite the economic climate and "credit crunch" the Government has promised £150 million to kick-start the first two of the five-year programme, so we'll all need to be vigilant to sustain the programme – recession or no recession.

We don't yet have a cure, but increasing the amount of exercise has been demonstrated as being beneficial for people with dementia. We asked Dr David Lowery, the research programme manager working alongside Professor Iliffe on the dementia project to elaborate. He said:

"Aside from the physical benefits of reducing dependence and improving physical health, taking part in exercise such as walking for forty five minutes, at least three times a week, can help delay the decline in memory and other aspects of thinking normally associated with dementia for some people.

"For others this might also help reduce the number of 'behavioural challenges' experienced between the person with dementia and those who care for them. In particular regular exercise can help reduce symptoms of depression associated with dementia and the number of "aggressive" incidents reported.

"While taking up exercise should be an option to be considered seriously by people with dementia and those that care for them, it is important to remember that these are general recommendations. The disorder is complex, and the impact exercise will have for any particular individual is likely to vary. This could include an outcome that is better than you would expect or alternatively it might not meet your expectations at all.

"Before increasing the amount of exercise you or the person you care for engages in, we would advise that you should seek your GP's opinion. They should have a good understanding of your physical condition, and whether you might be the type of person that could benefit from increasing the amount of exercise you take."

PROSTATE CANCER AWARENESS MONTH MARCH 2009

Find out about 'The side effects of treatments given to prostate cancer patients' on Thursday 26 March 09 11am-noon at the Nightingale Community Hospice, The Lancaster Centre, Lancaster Road, Enfield. For details call 0208 366 4333

Bring me sunshine and cut the risk of dementia?

Remember that old Morecambe and Wise signature tune "Bring me sunshine all the while"? Well, scientists now say that vitamin D, the so-called "sunshine pill", could provide a simple and cheap way to cut the risk of Alzheimer's and other forms of dementia.

Researchers at the Peninsula Medical School in Exeter and the University of Michigan claim they have, for the first time, identified a relationship between the "sunshine" vitamin and cognitive function. It is thought that vitamin D may trigger the production of new brain cells and protect existing ones from damage.

A major source of vitamin D is exposure to sunlight. Apart from older people often being less active outdoors – particularly in our dark winters – the capacity of the skin to absorb vitamin D from sunlight decreases significantly as the body ages. To address this problem, people from middle age onwards are being advised to take a vitamin D supplement. Vitamin D also, of course, supports good bone health, by promoting absorption and movement of calcium in the body – whilst low levels of vitamin D are linked to greater risks of dying from cancer, heart disease and diabetes.

Just to make life complicated, while one group of medics tell us that exposure to sunlight is good for us, another group reminds us that excessive sun-bathing risks skin cancer! In other words, if they don't get you one way, they'll get you another.

Enfield in top five for bowel cancer screening

Enfield ranks fifth among the 28 London primary care trusts implementing the bowel screening programme for older people with an uptake of over 40% among those eligible to take the test. The Forum wants to encourage those missing out because bowel cancer is the second biggest cancer killer in the UK, claiming more than 16,000 lives each year. The introduction of this new and important screening programme for everyone aged 60 or over means that bowel cancer may now be identified and diagnosed at the earliest possible stage when treatment is more likely to be successful.

If you are aged 60-69 and registered with a GP, within the next two years you will automatically be receiving your first invitation to participate in the NHS Bowel Cancer Screening Programme which started in Enfield in September 2007. You will receive a test kit through the post – around the time of your birthday – which you may complete in the privacy of your home, and then post back to the NHS laboratory.

The kit detects tiny amounts of blood in your bowel motion (faeces/stools/poo) which cannot normally be seen. While the test kit is unable to tell whether or not you have bowel cancer, it will indicate whether you might need to have further tests.

If you are aged 70 or over — and this is important to note — you can also participate by ringing free phone 0800 707 6060 to request a free bowel cancer screening test kit.

Did you know that bowel cancer is the second most common cancer in the UK, and it is largely preventable?

Around two-thirds of cases could be prevented by making simple changes to your lifestyle.

You may reduce your risk of developing bowel cancer by

- eating a healthy diet high in fibre, fruit and vegetables, and low in fat, processed foods, and red meats
- Taking regular exercise
- Limiting alcohol intake
- Not smoking
- Maintaining a healthy body weight
- Participating in regular bowel cancer screening
- Drinking plenty of water

Do you know what the most common signs and symptoms of bowel cancer are?

If you have any of the following signs and symptoms and they last for more than four to six weeks, you must discuss this with your doctor immediately:

- Bleeding from the back passage for no obvious reason
- Persistent change in bowel habit, e.g. more frequent toilet use or diarrhoea
- Pain in the abdomen, especially if severe
- Lump in the abdomen

Bowel problems are very common, so even if you have these signs and symptoms it does not necessarily mean that you have bowel cancer, but it is better to have it checked out by your GP

Are you at risk of developing bowel cancer?

All men and women are at risk of developing bowel cancer, however, it is most commonly found in people over the age of 60. The introduction of an important screening programme for anyone aged 60 or over, means that bowel cancer may now be identified and diagnosed at the earliest possible stage – in people with no symptoms – when there is a better chance of successful treatment and a cure.

Aged 60 or over? Do your bit, use the kit.....bowel cancer screening could save your life!

GP surgeries extend their hours

Surgeries in Enfield are in the top flight within the 31 London area Primary Care Trusts and Enfield is doing better than its neighbouring PCTs in Barnet and Haringey.

In January 2009, 52 out of the 62 practices in Enfield were offering extended hours to their patients, covering 86% of the population – 252,925 patients are now registered with practices that are offering extended opening hours.

A total of 126.46 hours per week of extended hours appointments with GPs are now available. This will result in a minimum of almost 506 extra appointments per week.

Published by Enfield Borough Over 50s Forum.

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

E-mail: info@enfieldover50sforum.org.uk

Web site: www.enfieldover50sforum.org.uk

GP and dental surgeries urged to find missing claimants

Pam Wiggett, Enfield's assistant director of primary care, has joined forces with Forum chairman Monty Meth in launching an appeal to the borough's 62 GP practices and 47 NHS dental practices asking them to help find any patients aged 60 and over who are missing out on money they could be entitled to from the Government.

With their letter went mini-posters and display leaflets, drawing attention to the free and confidential financial advice service being operated jointly by Enfield Council and the Pensions Service. The number to call is 020 8899 3212.

It is estimated that some £5 billion went unclaimed by the over 60s last year: nearly £3 billion in pension credit, more than £1.5 billion in council tax rebates and some £770 million in housing benefit. It is also estimated that in total, about 1.8 million pensioners failed to apply for this money and the Forum and PCT letter says it can safely be assumed that some of the missing people live in Enfield, and may, indeed, be their patients.

The letter concludes: "We are sure you appreciate that if we can help to put more money into the hands of your more vulnerable patients, it could help them to eat the right food, keep warm and improve their health."

Cost of care rises

With the announcement that the UK's fastest growing age group is now those aged 85 years and over comes some startling facts of current care home costs. It is reported that the average cost of a single room is now £24,700 per year, with that escalating to £35,000 annually in a nursing home situation.

If, of course, you have assets of more than £22,500 you will probably be liable for all the costs of care, less just any benefit you may be entitled to. Faced with such high costs of self-funded care and greater life expectancy, it's no wonder that more and more of us are seeing cherished family assets decimated very quickly – particularly in such a depressed property market.

Forum Fact File

- * Nearly 90% of all excess winter deaths are of people over the age of 65.
- * Almost one in three older people live in homes with inadequate heating or insulation.
- * The over 65s spend 40% of their income on council tax, food and energy.
- * Over 2 million pensioners are missing out on council tax rebates, which could reduce their average bill by £624 a year. You qualify if you have no more than £16,000 in savings.
- * One in three pensioner households is classified as living in fuel poverty.
- * Average annual energy bills now exceed £1000.
- * When the winter fuel allowance was introduced it covered about a third of the average energy bill. Now it covers less than a fifth.

Vote to ban 0844 phone numbers

The Forum has campaigned long and hard against those local GP surgeries who have installed 0844 telephone lines which cost patients more than the normal local call – and where the surgery gets a cut of the money generated by your call. The Department of Health has now launched yet another consultation on whether to ban the use of these 0844 telephone numbers in the NHS even though the consultation itself states that: patients who use 0844 numbers are paying more than the equivalent cost of a local rate call to access services provided by the NHS.

If we want to get that ban introduced, then we'll have to mobilise people to respond to the consultation before 30 March and answer the following questions:

Q1 Do you agree with the principle that people should not be charged more than the cost of a local rate call to access NHS services by telephone?

Q2 As a patient or carer calling the NHS, would you prefer to call a telephone number that has extra functions?

(These functions are available on 084 numbers where they are paid for by the caller, or on 03xx numbers, where the caller pays no more than the cost of a local call and any extra functions are paid for by the NHS service provider)

If the answer to **Q2 is Yes:**

- Which functions do you value most when calling a telephone number such as 084, which has enhanced functions?
- Who do you think should pay the additional cost of providing this type of telephone system in the NHS?

Q3 The Government is considering banning the use of 084 numbers in the NHS where the cost to the patient is greater than calling a local geographical number. Do you think they should be banned? Please give your reasons. You may add additional comments.

Copies of the full consultation document are available to download from http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_091879. Printed copies should be available at all GP surgeries. Extra copies can be obtained by calling 0113 254 5451.

Replies can be sent by email to:

084consultation@dh.gsi.gov.uk, or by post to 084 Consultation Responses, Department of Health, 2N16 Quarry House, Leeds, LS2 7UE.

Another way of registering support for the ban is by electronically signing the e-petition to the Prime Minister at <http://petitions.number10.gov.uk/Healthtelephone/>.

The answers to the questions are so obvious that this seems like a complete waste of time. But an overwhelming demonstration of support for the ban will help the government to put it into effect.

Please get as many people as possible to register their support through the consultation and to sign the e-petition. We want to make it impossible for the government to back away from this now. Once the NHS has banned use of 084 numbers, perhaps the Pensions Service and others will follow.

Now have a laugh with the NHS

These are sentences actually typed by medical secretaries in NHS Greater Glasgow.

- * The patient has no previous history of suicides.
- * Patient's medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
- * She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
- * Patient has chest pains if she lies on her left side for over a year.
- * On the second day the knee was better and on the third day it disappeared.
- * The patient is tearful and crying constantly. She also appears to be depressed.
- * Healthy appearing decrepit 69 year old male, mentally alert, but forgetful.
- * While in ER, she was examined, x-rated and sent home.
- * She stated that she had been constipated most of her life until she got a divorce.
- * Examination of genitalia reveals that he is CIRCUS sized.
- * The lab test indicated abnormal LOVER function.
- * Patient has two teenage children, but no other abnormalities.
- * Between you and me, we should be able to get this lady pregnant.

The moral: stay away from doctors and hospitals as long as you can.

Solicitor Michael Stennett spotlights a growing problem: Financial abuse of the elderly

I recently acted in a case involving an elderly widow. Alice (not her real name) lived alone in a large house and had substantial savings. She felt isolated (her son lived in Australia) and was getting forgetful and confused about her affairs. She took great comfort from her neighbour Janet (again, not her real name). Alice looked forward to Janet's visits for cups of tea and a chat and was ever so grateful to her for help with trips to the supermarket. On shopping trips and as a mark of her appreciation, Alice paid for Janet's groceries.

Once Alice was upset to see Janet crying because she could not pay her gas bill, and insisted on settling the debt. After a while, Janet began to get more involved in Alice's affairs, taking her to the bank so Alice could draw out large sums of money. The bank never thought to question the payments. After all, Alice was giving the instructions to make the withdrawals, wasn't she?

When Alice died her son came to see me to help with the administration of his late mother's affairs (known as "probate"). He was distraught to find that about a year before her death Alice transferred her home to Janet. What is more, when he enquired of the bank, they advised him her savings had been reduced to a few hundred pounds! When challenged, Janet told the son that the property was a gift made by Alice in appreciation of the help and support given, and money was taken from the account to cover "expenses" in managing the affairs.

The son made a successful application to the court to recover the property gifted to Janet. The court was not satisfied that the payments were made with Alice's free and informed consent. Janet could not show Alice took legal advice before the property was transferred. Further, medical evidence showed Alice was suffering from dementia and she could not have had the capacity to make important decisions. Although Alice's son was able to recover the house, Janet had squandered the savings.

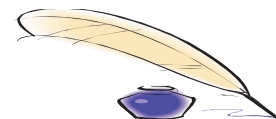
You need to protect yourself from financial abuse. Make a lasting power of attorney for your property and affairs and your personal welfare. The document will set out what the attorney can and cannot do with regard to your property and your welfare. Equally attorneys under an enduring power of attorney should ensure that the document is registered at the Court of Protection the moment they have reason to believe the person needing care has become or is becoming mentally incapable of dealing with his or her affairs.

Failure to do so could leave the attorney open to a claim that he or she is acting unlawfully. If it is too late for someone to make a lasting power of attorney (because they do not have the mental capacity), an application can still be made to the Court of Protection to appoint a deputy.

You can contact Solicitor Michael Stennett on 020 8920 3190 if you have any questions to ask about this topic.



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Present this advert to receive **£50 off our services.**
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Free over 60s swims start 1 April

Enfield Leisure Centres Update

Enfield is one of the 82% of local authorities in England that is implementing a government-backed scheme offering free swimming to the over 60s and under 16s in a bid to improve health standards for young and old. The government is putting £130 million into the scheme over two years, paying Enfield council about £280,000 but leaving them to pick up the bill for any shortfall.

Free swimming will be available at all advertised public swimming times, across all leisure centres in Enfield, on presentation of proof of age. People will need to apply for a free swimming card before they can swim. They will then be asked to complete an energy card application which must then be presented every time they go for a swim.

However, Forum members who already have Aspire membership for swimming, gym, fitness classes and other activities, or are energy card holders, will not need to have this additional card. The start of free swimming coincides with the introduction of a new price structure and it must be emphasised that free swimming for the over 60s will not entitle any non-Aspire member to any of the additional activity options and benefits.

Keep Active in 2009

The all-inclusive Aspire membership includes a wide range of activities in superb facilities giving access any time and any day to fitness suite sessions, fitness classes, swimming, sauna & steam, racket sports (badminton, table tennis) with preferential 7 day booking, Over 50s activity days at Southbury on Mondays, Southgate on Tuesdays and Edmonton on Fridays, members information pack, professional fitness suite induction.

This excellent package provides the choice you need to ensure that you stay active this year and every year. So instead of just going through your normal swim-only routine, you may wish to try something different. As an Aspire member you also have the opportunity to attend any one of 190 classes ranging from BODYPUMP™ to Yoga, take a plunge in one of 5 pools, relax in a sauna and steam at Albany, Edmonton, Southbury or Southgate and now play badminton or table tennis for FREE. There has never been a better time to be an Aspire member.

If you use any of the above additional facilities or just swim more than twice a week, it is almost certainly worth your while talking to the leisure centre staff about becoming an Aspire member. A swim, sauna and steam session eight times a month would cost £52. As a signed up Forum member with Aspire membership that comes down to £30 a saving of £22!

Gym refurbishment at Southbury

New cardiovascular equipment has been installed at Southbury which includes:

Introduction of latest technology Technogym EXCITE™ CV
3 x Dream interactive bikes provided by Trixter

A Vibration Plate

The relocation of the Stretching area

The relocation of the Free Weights area

New improved Dumbbells

Additional SPINNING™ bikes

In addition, new flooring will be laid in all areas, reducing/relocating the reception area and improving the audio visual content with the introduction of FREEVIEW on all CV equipment. And at Southgate pool there's a new Over 50s session 10am-2pm every Tuesday offering pilates, use of sauna, steam and pool facilities and the fitness suite including the easyline circuit. This is FREE to Aspire members. Energy cardholders pay £3.25 and non-energy cardholders £6.50.

New price structure from 1 April

Enfield's leisure centres have been in liquidation since September 2006 and the council has now indicated that it plans to find a long-term operator before March 2010 to take them over.

So although the Forum was pleased with the beneficial rate we were able to negotiate with Enfield Leisure Centres for the last three years and sought to retain the energy discount card at £6, instead of £12, the cost is being increased to £15 from 1 April – the same fee as other concessionary groups. In addition, Forum members who are not Aspire members will from April 1 have to pay the one-off joining / induction fee of £35 to join either the monthly or annual membership. Forum members who are existing Aspire members will not have to pay this joining fee.

So our strong advice to Forum members is buy your energy discount card before 1 April at the current £6. Existing monthly direct debit and annual customers will not have to pay the £35 joining fee while they remain Aspire members. If you cancel your direct debit or let the annual membership lapse you will have to pay the £35 to rejoin. It is worth remembering that the free swimming is only expected to be government-funded for two years.

The following prices will apply to all Enfield Over 50s Forum Members

Aspire Membership (prices already in place)

Monthly Direct Debit £30.00 saving £8.00 per month

Annual 12 months £300.00 saving £80 per year

Joining Fee (one off payment) £35.00 not paid if you remain an Aspire member

Technogym key (Edmonton & Southbury ONLY) £12.00

Energy Discount Card

Energy Discount Card 12 months £15.00

A discount is offered to all card holder 50% off normal price

Casual user prices include:

	Normal	Energy Card
Classes	£6.80	£3.40
Fitness Suite	£6.80	£3.40
Badminton	£10.80	£5.40
Over 50s activity days	£6.80	£3.40
Swimming – under 60s	£3.80	£1.90

Further details can be found online at
www.enfieldleisurecentres.co.uk

Notices from our affiliates

Interested in joining us?

Enfield Asian Welfare Association (EAWA) is a registered charity providing specialist day care facility for Asian elders in Enfield. It seeks to support both older people with long-term, but manageable, health needs and people with greater and more complex health needs. Currently EAWA is seeking to recruit trustees and with an interest/background in health, human resources, law, social work or buildings management. Interested? Contact **Chetna Shah**, Company Secretary, Enfield Asian Welfare Association, 129-139 South Street, Ponders End, Enfield EN3 4PX **Tel. 020 8443 1197**.

Workers' Educational Association

Philosophy Ignoramus! Know next to nothing about philosophy? Then you should definitely be attending the WEA five-week course after Easter "The Great Philosophers and Their Influence on Our Lives". The course conducted is to be held on Tuesday mornings at the Enfield Baptist Church, Cecil Road, Enfield Town. Fee: £30 for the five-week course. Other courses starting in September 2009 include: a day course about George Eliot and various twenty-week courses on subjects as varied as history of art, geology and literature. The Workers' Educational Association brochure will be available in Enfield libraries in July. More details from **Norma Chapman, tel. 020 8882 0615**, or **Shirley Sandford, 020 8882 0207**.

Enfield Diabetes Support Group

Monthly Tuesday evening meetings 7.30-9pm
Diabetes Centre, Chase Farm Hospital
Further details call **Ruth Waxman: 020 8360 4821**
or **David Petts: 020 8245 0948**.

Edmonton Sports and Social Club

Corner of Edmonton Church Street N9 and A10
Bowls section open afternoons. Season starts Sat 18 April 2.30-4.30pm, Tues 21 and Thurs 23 April 5.30-7pm
Tea and coffee for all new and existing players - Friendly membership. Ample parking. Please bring flat shoes.
Contact Anna Nicholas 020 8360 9462 or 020 8807 6870.

Southgate Weld Lawn Tennis Club

Over 50s membership special offer – members wishing to play weekdays can join the Weld on the Walker Ground for 18 months–until March 31 2010–for £75.
Other membership categories available on request.
Contact **Denise Ghandi on 020 8886 3632**.

Ellenborough Table Tennis Club

has special sessions for over 50s, Monday & Tuesday 10am-12 noon Thursday 1.30pm-3.30pm
Based at Kimberley Gardens, a short walk from Enfield Town station. Friendly atmosphere, not too competitive, refreshments and bar.
Open to non-members at £2.50 per session.
Details from **Sylvia Tyler, tel 01673 843655**.

Ruth Winston Centre (A Registered Charity)

190 Green Lanes Palmers Green N13 5UE
Offer numerous keep fit activities and recreational classes incl: Tai Chi, Pilates, Yoga, Salsa, Line Dance, Latin American and Country Dancing. For details visit **www.ruthwinstoncentre.co.uk** or phone 020 8886 5346
for a brochure and time table.

Free timer switches to deter intruders

Enfield Police are offering us free timer switches to encourage people to make their homes look occupied when out. Connecting a light fitted with a low energy bulb to a timer switch could make all the difference.

For a free timer switch, contact your local Safer Neighbourhood Team below:

BOWES WARD	020 8721 2679
BUSH HILL PARK	020 8721 2685
CHASE	020 8721 2689
COCKFOSTERS	020 8721 2688
EDMONTON GREEN	020 8649 3552
ENFIELD HIGHWAY	020 8721 2903
ENFIELD LOCK	020 8721 2690
ENFIELD TOWN	020 8721 2791
GRANGE	020 8721 2686
HASELBURY	020 8721 2684
HIGHLANDS	020 8721 2687
JUBILEE	020 8721 2683
LOWER EDMONTON	020 8649 3553
PALMERS GREEN	020 8721 2835
PONDERS END	020 8721 2682
SOUTHBURY	020 8721 2763
SOUTHGATE	020 8721 2792
SOUTHGATE GREEN	020 8721 2680
TURKEY STREET	020 8721 2691
UPPER EDMONTON	020 8649 3554
WINCHMORE HILL	020 8721 2681

Timer switches could help cut the recent increase in the number of burglaries being committed across the borough, which has also resulted in an increase in the number of cars being stolen. This is largely as a result of car keys being left in obvious places, such as in or near the front door, giving burglars the opportunity to make off with the vehicle without the victim's knowledge.

- * Houses could be burgled because the thief has targeted the car parked outside and leaving the keys readily accessible in obvious places such as the kitchen or hallway just makes it so easy for them. It is therefore vital that householders hide the keys from view and, when going to bed, why not take the keys with you?
- * Always remember to lock all external doors and accessible windows when going to bed — if you have uPVC doors or other multi-locking door security, always double-lock them and don't forget to use the same security rules as for your car keys.

For Crime Prevention advice contact Enfield Crime Prevention Office on 020 8345 1102 (or visit www.met.police.uk). To call the police, please note the new number for non-emergencies: 0300 123 1212.

A new central communications command contact centre has been set up by the Met. at Wellington Way in Bow to handle the calls to the new 0300 123 1212 number, making it simpler and speedier to contact the Met. 24 hours a day, seven days a week and reduce the number of inappropriate 999 calls. You can phone the 0300 number to contact your local police, seek advice or make a general enquiry.

In an emergency still always call 999.

100 years after first state pension - and 2.5m older people still live in poverty

The state pension will rise by 5% from April 6 by £4.55 to £95.25 a week. Pension credit goes to £130 a week for a single person and to £198.45 for a couple. Everyone receiving a state pension should have received a £60 bonus in addition to the £10 Christmas bonus. Although this was calculated as bringing forward the April pension rise by 13 weeks, it was tax free.

One hundred years ago saw the introduction of Britain's first old age pension. It was a landmark in Britain's social history – an innovation in the history of this country's welfare system. Britain's first pensioners collected their state pension at the post office. It was five shillings a week and paid to men and women on reaching 70 years of age. Even though it was means-tested, it was clearly a tremendous advance in social policy and the first time that the state had recognised it had a responsibility to look after those in old age.

But today, after a century of the state pension, pensioner poverty remains.

- * In 2007/8 the number of pensioners living below the official poverty line of £151 a week (60% of median population income before housing costs) rose by 300,000 to 2.5m.
- * Between 1997 and 2006, the number of people living in severe poverty – defined as living on less than 40% of median population income – increased by 600,000.

- * About two thirds of those pensioners living in poverty are women. As many as five million women do not qualify for a full state pension because they were unable to pay the full national insurance contributions because of caring for their families or being in low paid employment.
- * Around 62% of pensioner couples have an annual income of £15,000 or less, and 45% of all single pensioners have an annual income of £10,000 or less.
- * In a recent EU survey, only pensioners in Latvia, Spain and Cyprus are more likely to fall into poverty than those in the UK. The Institute for Fiscal Studies concludes that the proportion of pensioners below the poverty threshold will remain at its current level for at least the next decade – despite government reforms.
- * A recent survey by Scottish Widows found that 1 in 3 future pensioners will not have sufficient income to avoid poverty when they retire. And up to nine million workers currently have no other pension provision than that which will be provided by the state when they retire. Even those who are currently in a money-purchase (defined contribution) occupational pension scheme have seen the value of their pension funds fall by an estimated £250bn.

Good morning smiles press advert clangers

Dog Kennel. Suit medium sized dog. Good condition. Very Turdy. Buyer collects. £9.99 – **Wisbech Standard**

Lady. 65, Reasonable looks, medium build, likes taking walks, outings, the occasional drunk. – **Westmorland Gazette**

Children shot for Christmas in the home by Regent Photographic Studios – **Morecambe Visitor**

Rotherham Metropolitan Borough Council. Crematorium assistant required. The council operates a no-smoking policy – **Sheffield Star**

For Sale. '83 Ford Grandad. **Express & Star Wolverhampton**

Male 24, seeks doom in central flat, Please phone 0141 XXX – **Edinburgh Evening News**

A wee bit of advice

Tony Benn, the former Labour cabinet minister, has some handy advice for motorists who get caught short, far from a lavatory, in cities.

"I was on Vauxhall Bridge Road, and at my age your bladder can play up a bit," he told the magazine Total Politics. **"It was clear I wouldn't make it home in time, so I got out of the car, opened the hood, looked in and, well, did what I needed to do."**

As Benn finished, he was accosted by a helpful passer-by.

"I think I know your problem." the man said.

"Oh yes?" Benn replied nervously. **"What's that?"**

"I think your radiator is leaking." - Sunday Times 25 Jan 09



ENFIELD BOROUGH OVER 50s FORUM

www.enfieldover50sforum.org.uk

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 (£6.00 individual membership; £9.00 for couples; £15.00 for Clubs). Cheques should be made payable to **Enfield Borough Over 50s Forum**. (Delete as appropriate). We invite members to register for two years at twice the above rates as this cuts down the administration burden. **Life membership is on offer at £100, £150 and £250** respectively for single, joint and club subscriptions.

How did you hear about the Forum or who introduced you?

Do you use Enfield Leisure Centres (yes/no) in which your membership card will be sent out asap.

The Forum encourages members to come forward and help in its administration, stuffing of envelopes, running of events, serving on sub-committees, representing the Forum on external bodies, advising and researching special interest areas, etc.. If you are interested in supporting us in this way please tick this box.

Also please indicate below if you have any special skills you are willing to use to support the Forum.

Donations

I am making the following donation to the Forum £..... to help defray running costs of the Forum. As a registered charity the Forum can collect gift aid on donations made. If you pay tax and have made a donation do you give us your permission to apply for gift aid on any donation made by you to the Forum(Yes/NO)

Signed

Please return this form to Joyce Pullen, Membership Secretary, Enfield Borough Over 50s Forum, Millfield House, Silver Street, N18 1PJ. or hand in at a Forum Meeting.