

Public Health fight goes on

A group of Forum members attended a debate where the Minister of Public Health tried to explain Enfield's unfair funding

Seema Kennedy MP, the Minister for Public Health, was compelled to attend a televised parliamentary debate on 16 July – where she failed to answer questions posed by Enfield MPs and dozens of Enfield residents on why this borough's public health allocation is under-funded, year after year.

Regular readers of this newsletter are well aware of the Forum's campaign to increase the level of Enfield's Public Health Allocation (PHA). Not only do we receive just £47 per head compared with the London average of £73 per head, that sum has gone down by £2 a head since last year.

More than 120 people sent letters to Seema in response to the request we made in the last newsletter – so thanks to all of you. However, we all received a reply that was a standard letter from civil servants which contained lots of incomprehensible phrases and no real answers.

So Joan Ryan, MP for Enfield North, managed to get a debate in Westminster Hall, attended also by Bambos Charalambous, MP for Enfield Southgate, and a group of Forum members, where Seema Kennedy was called on to explain this PHA inequality.

Joan asked three main questions:

- 1) Can the Minister commit to, at the very least, reinstating the £440,000 which has been cut this year?
- 2) Can she announce an increase so that Enfield funding at least matches the average London level each year?
- 3) Can she ensure that Enfield Public Health spending is put on a sustainable footing?

She emphasized that PHA cuts are a false economy as it results in higher costs to the health service overall. This is especially evident in Enfield where we have high levels of youth violence, obesity and some of the most deprived and poverty-stricken wards in the country.

Seema Kennedy explained that the lower level of Enfield funding is the result of a funding formula that was set in 2013

when the responsibility for Public Health was moved from the Government to local councils. The amount was based on the NHS funding at the time.

She says the funding formula is under review and admits that it should be "more needs-based than on NHS historical funding".

But she could not give Joan any of the three guarantees she asked for.

Bambos emphasised that the growing and changing population in Enfield has hugely increased the need for Public Health funding and that the current funding formula is not delivering results that are adequate or fair.

Monty Meth, Forum President, said the Minister seemed only to be able to say that there was nothing she could do until the funding formula review was complete next year, though she does admit that the formula does not take into account the changing needs in Enfield.

"We need to keep up the pressure so that the government understands the long-standing inequality and that it needs to be rectified."

The average Public Health grant across all London boroughs is £73 per head. Enfield's Public Health grant is just £47 per head while Islington receives £103, Camden receives £100, Haringey gets £69 per head, and Kensington & Chelsea £130.

To read the full text, search 'Public Health Funding Enfield' on parliament.hansard.com and to keep up the pressure write to Seema at the House of Commons.



Joan Ryan MP, Seema Kennedy MP, Vivien Giladi, Forum Executive Committee Member and Monty Meth

Forum Meetings



For information about Forum meetings, groups, social activities and information sessions, see pp 14-16.

Also see p5 for Forum Fun(d) raiser Day!

Jan's Journal

Public Health is an important focus for the Forum

Protection and prevention

We recently held our annual Falls Day, attended by 190 people – please see report on page 5. Preventing falls is part of the wider remit of public health and the Forum is active in campaigning for fairer funding for Enfield's Public Health budget.

Public Health Enfield

Stuart Lines, the Director of Public Health Enfield, explained to a busy Forum meeting in May how public health works in Enfield: Public Health Enfield is concerned with health protection and the prevention of poor health.

It is calculated that 80% of what affects our health is not healthcare but wider determinants: behaviours such as smoking, diet and exercise, alcohol use and poor sexual health are calculated to have a 30% impact on health; socio-economic factors – income, education, employment, family support and community safety – accounts for a 40% health impact and the built environment impacts us by 10%.

The leading factors of premature death in Enfield are thought to be tobacco, diabetes, violent crime and obesity. Poverty is both a cause and a consequence of poor health and therefore in Enfield, as elsewhere, we see a higher life expectancy in the more affluent areas.

Investment in prevention – in green spaces, employment opportunities, housing supply, transport and the built environment has been shown to reduce health costs and lower welfare benefits. Promoting physical activity, healthy nutrition, health and wellbeing as well as preventing violence and limiting alcohol and tobacco, enhances resilience.

Memories of Chase Farm

Did you know that Chase Farm Hospital was originally built as a residential school for 'pauper' children? Frank Bayford is a founder member of the Chase Farm Hospital Archive Group and he came to our Millfield House meeting in June to talk about some of the history of the schools.

The site it sits on was once the favourite hunting ground of Elizabeth I and her successor James I – hence the name Chase Farm. The Schools were planned and built between 1882 and 1886 – both within budget (£55,500) and within the planned time.

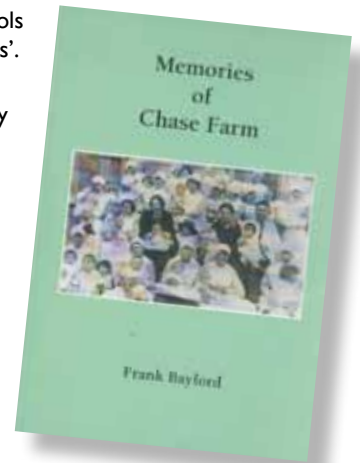
The completed building opened on 2 March 1886 and, on opening day, each new child inmate was presented with ID by the Chairman of the Board of Governors. Some local residents were opposed to the schools being there calling them 'pauper brats'.

Memories from the adult children who were housed there are generally of an establishment that enforced strict discipline and regular caning – not unusual for the time – but also a place where they were fed with nutritious meals and were well clothed – contrary to some local rumours.

Boys were encouraged to learn a musical instrument, there was free dental treatment (prior to the NHS) and every year the children were taken to the seaside. Upon leaving the school, all the children were found jobs or apprenticeships and were given a complete wardrobe of clothes and tools to start them off in adult life.

The Guardians remained Guardians after the children left at 15 and took their responsibilities for the welfare of the young people seriously.

For more memories of Chase Farm why not contact Frank Bayford for a copy of his book (price £9.50 including postage). Frank's phone number is 020 8363 2663.



Jan Oliver

Office and Development Manager

After 7 years in post giving us outstanding service as Office and Development Manager Jan has given notice that she intends to retire at the end of November. In the coming months the Forum will be seeking to find a replacement manager with the intention of an overlap with Jan.

Enfield Borough Over 50s Forum

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Disclaimer

This newsletter is for general information. You are urged to seek competent professional advice before doing anything based on its contents. The Forum takes no responsibility for any of the services provided by any advertisement in this newsletter.

JOIN the Forum

The Forum is a voluntary organisation which relies on membership fees, some sponsorship and occasional small grants to undertake a wide range of activities which benefit older people in the borough of Enfield. If you are reading this and are not an individual member, please consider joining by contacting the office. It's just £10 a year (£15 for couples) or £100 (£150 for couples) for lifetime membership.

Organisations can join for £25 a year or £100 for five years.

Where's the money, Matt?

Or as the well-respected UK director of the International Longevity Council, David Sinclair, said: "It is time to put your money where your mouth is."

On 5 November 2018, Matt Hancock, the Secretary of State for Health and Social Care, launched his all-singing, all-dancing 'Prevention is better than Cure' programme aimed at helping us all to live longer and healthier lives.

It was to be followed by plans, set out in "the first half of next year" how this wonderful future was to be achieved. Well, we are now in the second half of 2019 and there's no sign of how Britain is going to be at the "cutting edge of prevention".

Newsletter readers will appreciate that I am writing while waiting to see both the name of the new Prime Minister, and whether Matt Hancock is still Health Minister.

Whoever it is, I assume they will inherit the Hancock plans, drawn up by his civil servants, to answer the conundrum that while we are living longer, we are still spending too many years with poor health, much of which could be prevented.

Mr Hancock naturally highlights the £20.5 billion a year going to the NHS – though, please note, that will be "by the end of the next five years" – which he says gives us "a unique opportunity to radically change the focus of health and social care on to prevention".

If greater focus and spending is needed on prevention, not just cure, we are surely right to press Mr Hancock or his successor to tell us how this is going to be funded. The fact that funding for prevention is not mentioned in this Hancock 'vision' raises the fear in my mind that the Department of Health & Social Care is about to ditch its responsibility for Public Health – the main provider of prevention services.

And funding the services and performance of Public Health in preventing diabetes, obesity, supporting good fitness and curbing smoking programmes, tackling drug and alcohol abuse, and providing sexual health services are crucial if we really are going to put prevention "at the heart of our nation's health".

It is, after all, now well-established that this is the way to reduce the risk of costly long-term health conditions – treated by the NHS – such as high blood pressure and cholesterol, type 2 diabetes, heart disease and strokes.

Mr Hancock is not only silent on funding the new prevention

programme, he and Jeremy Hunt before him, presided over a Ministry that has actually cut funding for Public Health by a staggering £850m since 2015/16.

So we are not being fooled by claims that health spending through the NHS is going up, while spending on prevention through Public Health is cut by 3.9% a year. It just amazes me that the obvious link between preventing ill-health and reducing the long-term demands on the NHS is not widely recognised by the political custodians of the total health budget.

I do, however, see the first signs of this changing with the World Health Organisation (WHO) launching a prevention in an ageing world programme which will seek to reshape the debate around prevention and promote preventative action across the life course.

Here in Britain, the International Longevity Council (ILC) believes too little focus has been placed by policy-makers on preventing illness in old age. Across the world, spending on prevention has been falling year after year.

David Sinclair, the ILC director, argues that the prevention agenda has failed to adequately engage with the reality of an ageing society. He pointed out that healthcare systems had a responsibility to adapt to a changing

world, with programmes across the life course including:

- Supporting people to manage long term conditions
- Targeted health screening
- Preventative medicines
- Vaccination

David argues that national governments now needed to "put their money where their mouth is" to ensure that their stated commitments to promote health and wellbeing are backed with action.

And this is precisely why our Forum is challenging the unfair funding cuts imposed on Public Health Enfield. We feel this is a battle we have to win not just for ourselves, but for future generations of Enfieldians, young and old.

Monty Meth – Forum President

President's Point of View



Too little focus has been put on preventing illness in old age

Thinking of updating your will? Then please consider leaving a legacy to the Forum to help future generations of older people.



Police seek views of Enfield residents

The new police borough commander introduces herself, outlines her priorities and asks us to be 'eyes and ears' to help spot potential crime

My name is Detective Chief Superintendent Treena Fleming and I am the new BCU (Basic Command Unit) Commander of the North Area which comprises the boroughs of Haringey and Enfield. I am delighted to be able to introduce myself to the members of the Enfield Over 50s Forum which is a wonderful local amenity for our older residents.

My background in policing has been very largely dedicated to the issue of safeguarding – whether that means children, women at risk of domestic abuse or the elderly. For nearly twenty years protecting the most vulnerable has been a career priority for me and I want it to be at the heart of what my officers do in the North Area.

I am completely new to Enfield so I am eager for you to tell me what is going on, what is concerning you most and what my officers can do to improve things for you.

But I also want to tackle the fear of crime in a realistic way and be honest about where the problems and issues are so that people do not worry unnecessarily about things



that are not likely to happen.

It is a fine balance to strike but I want the Enfield Over 50s Forum members to have context around the crime statistics and I will be encouraging my neighbourhood officers to do this in their community engagement.

Some of the crime that affects older people can be successfully tackled with good crime prevention advice on securing homes, avoiding telephone or doorstep scams. And again I want the ward officers in Enfield to talk through scenarios with people to make sure this advice is absolutely understood.

Finally, it is worth saying that our older residents are our best eyes and ears – if you see something that your gut tells you is wrong – tell us. You may be the third or fourth phone call on the same issue. I look forward to working with you.

Detective Chief Superintendent

Treena Fleming

North Area's BCU Commander

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Focus on Falls Prevention

The Forum's annual 'falls' day is showing long-term benefits for Enfield's older population

Once again, the Forum's Falls Prevention Day was a great success. And it continues to benefit the participants now, with 80% of those replying to the survey saying they intended to take steps to improve their health.

We have been running these day-long events since 2002, specifically targeting older people. We believe it is significant that now Enfield is amongst the London boroughs with the lowest number of falls-related admissions.

As well as listening to presentations on the medical effects of falling and how to prevent falls, the 190 attendees had the opportunity to participate in chair exercises and a wide range of activities including zumba gold, tai chi and easy line circuit sessions.

Workshops, tips and stalls on staying steady, dealing with the effects of multiple medication and nutrition bone health followed. At lunchtime live music from Equinox Jazz Band kept feet tapping. There followed more workshops on bone health, stroke awareness and yoga.

The afternoon finished with free drinks and cakes and a participatory folk dance display from Winchmore Folk Dance Group. For those who craved something more relaxing, individual natural healing sessions were offered throughout the afternoon.

Many thanks to all our volunteers, speakers, stallholders, workshop and exercise leaders as well as to Fusion Leisure Centres for the use of their Edmonton premises and for help in organising the programme.



Walking football is one of the regular activities

Home library service

Library books and CDs are delivered direct to the housebound

When mobility, disability or caring responsibilities make it difficult for people to get to the library, Enfield Libraries, with the help of the Royal Voluntary Service, can help.

The Home Library Service delivers library books, spoken word CDs, music CDs and DVDs to housebound individuals and their carers every four weeks.

"We deliver to Enfield Borough residents in their homes, in residential homes, and are about to trial a service delivering withdrawn stock to a ward at Chase Farm hospital," says Shauna Teevan, Community Service Manager – Enfield Home Library Service.

The service is also looking for volunteer 'selectors' to select books, issue them using the library software, prep them for delivery and discharge them on their return. The deliveries for each round happen every four weeks and selecting can take anywhere from two to six hours. Volunteers work independently so that they can fit it in with their schedule.

The service is free and can be accessed by filling in a form available at the library or by contacting Shauna: email: shauna.teevan@royalvoluntaryservice.org.uk or call 07826 511 094. Also contact Shauna to find out more about the selector role.

FUN DAY FUNDRAISER

Open to everyone over 50. Help raise funds for the Forum and get a 'taster day' at a leisure centre

Southbury Leisure Centre

92 Southbury Rd, Enfield EN1 1YP (corner of A10)

Wednesday 2 October, 9.30am – 4pm

The Enfield Borough Over 50s Forum is a charity which relies entirely on membership fees and an occasional small grant to fund our many activities. So Fusion is kindly running a fund-raising day at its Southbury Leisure Centre to help us continue our work encouraging older people in Enfield to live happier and healthier lives.

The day is also a great opportunity for you and/or your friends to try out the wide range of activities that are available at the Fusion centres around the borough.

DRAFT PROGRAMME

The full final programme is available from the Forum office from 1st Sept but here is an idea of what is planned:

- Pilates 9.30 – 10.30am
- Badminton tournament 9.30 – 11am (sports hall)
- Walking football tournament 11.15 – 12.45pm (sports hall)
- Yoga 11.40am – 12.40pm (studio) • Yoga 12.45pm – 1.45pm (studio)
- Table tennis tournament 1.00pm – 2.00pm (sports hall)
 - Zumba Gold 1pm – 1.55pm (sports hall)
- Alexander Technique workshop 2 – 3pm (studio)
- Big Band tea dance 2.30pm – 4pm (sports hall)
- Mental health and wellbeing workshop 3 – 4pm (studio)
 - Aquafit 3 – 3.55pm (main pool)
 - Raffle
- Free coffee/tea and biscuits
- Diabetes and Blood Pressure checks

Attendees can also go swimming, use the sauna/steam and the gym NB. This programme is subject to change.

All this for just £5 – all of which will go to the Forum

Open to all Over 50s. You do not need to be a member of the Forum or of Fusion. Book at the centre in advance with Anna Long, our volunteer working on Tuesdays and Wednesdays Over 50s Days at Southbury, or just turn up any time on the day. Further information will be issued closer to the day via Forum e-News.

Office contact details on p2.

Note: the usual Over 50s day is cancelled and all participants in the Fun Day will be asked to pay £5, even if they are Fusion direct debit payers.

Please come along and support your Forum.





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Call for higher pensions for all

Jan Shortt of the National Pensioners Convention gave an excellent presentation at our AGM in June, summarising the latest campaigns

The National Pensioners Convention (NPC) is running major campaigns on pensions and on getting the House of Lords to withdraw some recommendations in its Intergenerational Report.

Jan Shortt, General Secretary, gave an excellent presentation to members at our June meeting in the Civic Centre, which started with our AGM.

Pensions: Jan explained that there are now two distinct pension schemes – the old one which gives pensioners £129 basic pension per week and a new pension scheme which started in April 2016, under which pensioners should get a combined pension of £168 per week.

Each year the gap widens between the new and the old pension and politicians are talking about abolishing the triple lock. Our state pension is the lowest in the world, in spite of us being the 5th or 6th richest country and the NPC is calling for it to be raised to £200 per week.

Intergenerational Report: The NPC also campaigns for the retention of universal credits – the bus pass, winter fuel allowance, free prescriptions and TV licences for the over 75s.

The House of Lords recently issued a paper on Intergenerational Fairness (which the NPC largely agrees with), but disagrees with the recommendation in the report that pensioners should be asked to contribute by waiting an extra five years for these universal credits.

The NPC also have working parties on housing and on digital exclusion.

Annual General Meeting

A new Executive Committee was unanimously elected at the AGM, including four new members: Gail Hawksworth, who is helping with health matters, Chris Chinnery who is looking after the website, Bernie Hennigan who has experience in the health sector, particularly in mental health, and George Rufai, who is a retired hydrologist.

The accounts were discussed and it was noted that for the year 2018-2019 the Forum had more or less broken even but that we needed to increase membership fees in order to continue the work we do in the community.

Fees will rise from April 2020 by £1 for an individual member with proportional increases for couples and affiliated groups.

It was noted that at the request of some of our affiliated group a new long term affiliation is an option – five years for £100 (rather than £125). This is by no means obligatory and voluntary/community groups with a membership of whom at least 50% are over 50 and who share our aims and objectives can continue affiliate to us for £25 per year.

Full details of Jan Shortt's speech can be obtained from the Forum office by calling 020 8807 2076 or by email info@enfieldboroughover50sforum.org.uk

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Always look on the bright side of life



Beware typos

Hi Bob. This is Richard, next door. I've a confession to make. I've been riddled with guilt for a few months and have been trying to get up the courage to tell you face-to-face. At least I'm telling you in this text. The truth is, when you're not around, I've been sharing your wife, day and night. Probably much more than you. I haven't been getting it at home recently. I know that's no excuse. The temptation was just too great. I hope you'll accept my sincere apology. Please suggest a fee for usage and I'll pay you.

Regards, Richard

Bob, feeling enraged and betrayed, grabbed his gun, went next door, and shot Richard dead. He returned home, shot his wife, poured himself a stiff drink and sat down on the sofa. Bob then looked at his phone and discovered a second text message which Richard had sent straight after the first.

Hi, Bob. Richard here again. Sorry about the typo on my last text. I assume you figured it out and noticed that the darned spell-check had changed "wi-fi" to "wife." Technology, huh? It'll be the death of us all.

Riddles

Q. A man is washing windows on the 25th floor of an apartment building. Suddenly, he slips and falls. He has nothing to cushion his fall, and no safety equipment – but he doesn't get hurt. How is this possible?

A. He's washing windows inside the building.

Q. A horse attached to a 24-foot chain sees an apple 26 feet away. How can the horse reach the apple?

A. The horse just walks over to it, taking the chain with him – the chain isn't attached to anything.

Q. When you want to use me, you throw me away. When you're done using me, you bring me in. What am I?

A. An anchor.

Q. A magician promises that he can throw a ball as hard as he can and have it stop, change direction, and come back to him. He claims he can do it without the ball bouncing off anything, the ball being tied to anything, or the use of magnets. How is this possible?

A. He throws the ball straight up in the air.

Spotted

In Sainsbury's a can of tuna steak in brine, which kindly advises shoppers "contains fish."

A small home safe on sale comes with the advice: "we recommend the spare key should not be kept in the safe".

New labour

A couple went to the hospital to have their baby delivered. On arriving the doctor said the hospital was testing an amazing new high-tech machine that would transfer a portion of the mother's labour pain to the baby's father. He asked if they were interested.

Both said OK so the doctor set the pain transfer to 10% for starters, explaining that even 10% was probably more pain than the father had ever experienced. But as the labour progressed, the husband felt fine and asked the doctor to go ahead and put it up a notch.

The doctor adjusted the machine to 20% pain transfer. The husband was still feeling fine. The doctor checked the husband's blood pressure and was well satisfied. At this point they decided to try for 50%. The husband continued to feel well.

As the pain transfer was helping his wife, the husband asked the doctor to transfer ALL the pain to him. His wife subsequently delivered a healthy baby with virtually no pain and the husband also experience no pain. Both were ecstatic.

When they got home they found the postman unconscious on the porch.

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How do you pay for your care fees?

One of the biggest expenses in later life for some is the cost of long-term care fees.

It's now widely accepted that average life expectancy in this country has increased over the years. According to the Office of National Statistics in their paper published on the 25th of September 2018, the average life expectancy for a male is now 79.2 years and for a female it is now 82.9 years. Whilst this is a good news story it has created increasing pressure for some individuals in terms of the cost and provision of social care.

A typical weekly cost of residential care is between £500 and £700 and if you add nursing care this typically rises to between £600 and £900. Unless you have a very high pension to cover these costs there is no doubt this is going to eat into your capital.

First of all it has to be established that you are a 'self funder'. This means that you have to pay for your own care fees because your assets exceed the means tested limit and also you are not eligible for NHS continuing care.

As a financial adviser who has the Chartered qualification and is accredited by SOLLA (Society of Later Life Advisers) the approach we normally take is to obviously start by looking at the total amount of monthly expense. Apart from the cost of the care fees you have to allow for some personal spending money.

Then we will closely examine all sources of income. This will include state pension which continues to be paid when a person is in residential care, any other forms of pension like a private pension and possibly in some cases rental income. We look to see if all state benefits are being claimed. This will include the Attendance Allowance, any Pension Credits or Registered Nursing Care Contributions.

Once the total income is established we deduct the total expenses and in most cases this illustrates to us a monthly shortfall. This is where financial advice is essential. I have met families where the shortfall has been made up from savings and of course savings are being depleted quite rapidly. **More importantly how do you ensure your funds do not run out?**

If there is enough money some funds can be invested to generate potentially a higher income but there is an insurance product called an Immediate Needs Annuity. This is an insurance plan exclusively for individuals who are at the point where care is required. A lump sum is used to purchase a guaranteed level of income payable for the remainder of the individual's lifetime. This income is referred to as an 'annuity'.

The cost of the annuity is determined for each person individually following an assessment of their health. The assessment will include any medical conditions and whether or not they have difficulty with tasks such as dressing themselves or climbing stairs, tasks which are sometimes referred to as activities of daily living. Generally speaking, annuities tend only to be suitable

for individuals who following assessment are thought to have some degree of reduced life expectancy.

Clearly qualified financial advice is essential in this area and I would urge anyone who is concerned about the cost of their care or who has friends or family who are receiving care to contact me for an initial financial review. There is no cost for an initial financial assessment and there is no obligation.

For more information I have produced a microsite which is a specialist site for information about long term care fees.

www.sjpp.co.uk/burlingtonlfc

George Ttoui or Mrs Meral Okur both qualified financial advisers at Burlington Wealth Management will be available to discuss any financial matter at the drop-in advice service. Either one of them will be at the Dugdale Centre corner of London Road and Cecil Road from 10 AM to 12 midday every Monday

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WEALTH MANAGEMENT

Help us make a difference

Our Volunteer Event attracted both current volunteers and those considering offering their time and talents

Two of those attending the Volunteers Event at the Dugdale Centre were very familiar with the venue. Rita Clayton and Kathleen Young are the receptionists (along with Suzanne March) who greet people attending our Monday morning Advice Service in the building.

Rita says she enjoys the experience. "It is a good way to meet lots of people – and it is great to know we are offering real help to such a varied group of people."

Hilda Singh also volunteers for the Forum but only occasionally as she already volunteers for a few other organisations, including Age UK. "I just like to get involved with the local community."

Alvin Meisuria has volunteered before, driving a minibus to take older people to events, and is now looking to help out at the Forum. "I came along to see what is needed."

Mike Eppel has recently retired and likes the idea of "putting something

back into the community in which I live, to help in some way."

Gail Hawksworth, a new member of the Executive Committee, thanked everyone for coming and emphasized that we have opportunities for everyone. "We need people who can commit to regular activities, but we also need people who can help out once a month or just at one of the Forum events. Please get involved."

Jacky Pearce issued a call for people to organise social events. "The Social Events Team is very busy so it would be great if someone could suggest new places to visit and then organise the visit. We will help guide them through the process."

Anyone looking to volunteer for the Forum, please contact the office. Or visit www.do-it.org, the national volunteering website for wider volunteering opportunities.



Clockwise from top: Mike Appel, Alvin Meisuria, Kathleen Young (left) and Rita Clayton, and Hilda Singh
Below: Gail Hawksworth addresses the attendees

Fitness all year round

Use our fund-raising day to kickstart your new exercise habit

You will see on p5 that Fusion, the company running the leisure centres for Enfield Council, is helping the Forum by organising a Fundraiser Day on Wednesday 2 October.

We would urge you all to come along, especially if you are not a regular leisure centre user, as you will find it interesting, entertaining

and maybe even challenging.

Hopefully, it will help encourage more people to undertake more regular exercise. We are continually told that we benefit, both physically and mentally, from even short bursts of exercise, so give just £5 to the Forum and use the day to find out what suits you.

Fusion runs Over 50s Days all year round at the leisure centres, where Forum members can enjoy a range of activities, including swimming/steam/sauna, gym, table tennis, walking football/netball, pilates, yoga, Zumba Gold and even a tea dance.

Different activities are available at different centres: Edmonton Leisure Centre (Mondays and Fridays), Southgate (Tuesdays and Fridays), Southbury (Tuesdays and Wednesdays) and Albany (Thursday).

If you are an Enfield resident but not a member of the Forum, then join the Forum now for a mere £10 a year. Then buy an annual Fusion Energy concession card for only £7.50, instead of the normal £21.50. With that concession card you are entitled to half price activities, including paying just £4.30 for any of the Over 50s days.

Contact the Forum office or any of the council's leisure centres for more information: www.fusion-lifestyle.com/contracts/enfield/

Joanna's Holistic Treatment Clinic

Treatments to ease aches and pains can help many become more flexible and toned.

Southgate N14 area, booking by appointment only.

Indian Head Massage £25

Aromatherapy back, neck and shoulders £25

Aromatherapy full body treatment £30

Reflexology £25

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SUPPORT YOU CAN TRUST IN YOUR OWN COMMUNITY

Our services include:

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- From one hour per week through to live-in support
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Are you eligible for Pension Credit?

Although 2.5m households receive Pension credit, about one million people who are eligible are not claiming it.

The removal of free TV Licences for the over-75s has highlighted the fact that more than one million people who are entitled to Pension Credit are not claiming it. Are you one of them?

Even if you own your home, you may still be eligible for Pension Credit. Nearly nine out of 10 claims are successful and 2.5 million households across the UK receive Pension Credit.

Remember it is not only the actual cash you will receive, being on Pension Credit may also make you eligible for a range of other benefits, including help towards your rent or mortgage interest and from next year, only those over-75s who are on Pension Credit will continue to receive the free TV licence.

Age UK tells us that it only takes one phone call and you won't have to fill in a form. Call the Pension Credit claim line on 0800 99 1234 (textphone: 0800 169 0133). They will fill in the application for you over the phone.

Also, Independent Age has launched a new free advice guide called Pension Credit – extra money to boost your retirement income. You can get a copy by calling 0800 319 6789 or it can be downloaded from www.independentage.org/information/publications.

If you need help, speak to your local Age UK for help with claiming Pension Credit. Call them on 0800 678 1602. Free to call 8am – 7pm 365 days a year

Affiliated Groups

Mayfield Athletic Table Tennis Club

Our latest affiliate is Mayfield TT Club in Kenmare Gardens, N13 5DR (Just off Hedge Lane). This friendly club is open to all and runs Over 50s sessions on Mondays and Wednesdays from 10am to 3pm. If you want to stay fit and mobile this is the where to do it. For further information contact Ben Payne at ben.payne@talktalk.net or 020 8889 2301.

Knit & Natter

Enfield Knit & Natter started life about five years ago and has grown from the original three natterers to now well over 50. We meet every Tuesday afternoon 2-4pm and Wednesday morning 10am – 12noon at the Dugdale Centre.

Some ladies knit for themselves, others knit for charity – the proceeds of which are distributed annually mostly amongst various Enfield projects. To date, we have donated over £10,000.00 to good causes namely North London Hospice, Salvation Army, Noah's Ark, Chase Farm Hospital garden project, The Nightingale Trust, Great Ormond Street Hospital and £2,250 to the Forum.



Initially, the group was started to provide a meeting point for like-minded people to come together, chat and make new friends. But it has grown into more than this with many new friendships being bonded, support when ill, celebrating birthdays together by way of a card and present and, most importantly, eating our monthly fish and chip lunch together.

Donations of wool, needles and buttons has been a great contributory factor in enabling us to raise this money and, hopefully, people will still consider us in the future.

Liz Gilbert

Chair's Column



Losing TV licences

Well you were warned – the free TV licence for those over 75 years old is to disappear unless our government can be persuaded to change its policy, and in the words of Jan Shortt, NPC General Secretary, "We want the government to take back the responsibility for funding the licence".



Recent protests across the country, organised at very short notice, had a great deal of publicity. The protest in London, attended by some of our members, notably our esteemed Vice-Chair Peter Smith, resplendent in his red Enfield Over 50s Forum shirt (see pic), was well received and even managed to briefly stop the traffic at Oxford Circus.

Hopefully you signed the Age UK petition which received well over half a million signatures.

There are some people who think this is an unimportant issue – yes I have heard their views – but for the increasing number of pensioners who declare themselves lonely and those experiencing ill health and/or poverty, it is very important.

Of course those in receipt of Pension Credit will continue to qualify for the free licence but over a million pensioners who are entitled to claim do not do so. If you are in this category or know someone who is please apply now. It is your right. The starting point for claiming Pension Credit is a weekly income of below £167.25 for a single person or £255.25 for a couple.

As I said in the last newsletter – what will be next? Will it be the Freedom Pass, winter fuel allowance or another so called "perk"? I prefer the word 'entitlement' and repeat my plea that we fight to save these entitlements for current older people and for those in the future. Our children and grandchildren will not thank us if we fail to act. Once it's gone, it's gone!

Christine

Christine Whetstone, Chair

Social Calendar



In order to take part in these events, you should be a current Forum Member.

If you are not, you can join the Forum for £10 per annum by phoning the office at 020 8807 2076. We make a special effort to make new members and singles very welcome on these events: so don't be shy!

Thursday 22 August. River Cruise and Cream Tea. Enjoy a leisurely two hour river cruise on the Lady of Lee Valley, leaving at 14:00 from Broxbourne Riverside Mooring to Dobbs Weir and return. A scrumptious afternoon tea, two homemade scones, butter, strawberry jam and cream with tea or coffee will be served during the cruise. Cost is £16 per person. Parking is free. Suitable for members with disabilities and wheelchair users. Contact Heather on 020 8362 7286 to book.

Tuesday 3 September. Day at the Seaside. Meet Lidl/Iceland Enfield Town 8.45am. Return approx. 7.30pm. Cost £45. Morning Tea at Bexhill-on-Sea where we will meet our guide for the day. On to admire the views at Beachy Head, followed by a two course lunch with tea/coffee at the New Wilmington Hotel near the seafront in Eastbourne. After lunch our guide will take us to the heart of Eastbourne where you may like to walk along the recently restored pier, or browse the shops on the quaint Victorian streets of Little Chelsea. Sound good? Ring Jacky Pearce 020 8482 3575 for details and to secure your place.

Thursday 5 September. Beautiful South Forum Lunch. Supporting local, family run restaurants in our diverse borough. Join us for a scrumptious lunch at 12pm at the delightful Beautiful South restaurant. For just £21.89 (2 courses) or £26.29 (3 courses), this set menu meal will definitely tempt your taste buds. The price includes service charge. Drinks are additional for those who want them. The restaurant at 25a Windmill Hill, Enfield EN2 7AE is easy to get to by train, bus or car. It is almost opposite Enfield Chase rail station. Telephone 020 8367 1414. For a copy of the menu, so you can preselect your dishes, email Olivia at oliviagoodfellow19@gmail.com or call her on 020 8447 8841.

OR ... come out for dinner to the same venue...

Thursday 19 September. Beautiful South Forum Supper.

Join us for a delicious supper at 7.30pm at the delightful Beautiful South restaurant. For just £32.89, this set menu meal consists of a choice of starter, main course and dessert, to tempt your taste buds. The price includes service. Drinks are additional for those who want them. See address details above. For a copy of the menu, so you can preselect your dishes, email Olivia at oliviagoodfellow19@gmail.com or call her on 020 8 4478841.

Monday 9 September. Indian Meal at Taste of Raj.

76 Aldermans Hill Palmers Green N13 4PP. Near the Triangle. 6.30pm. £12.50 per head, drinks extra. We know we will get a warm welcome and delicious food with Anwar and the team. You'll have to preselect three dishes. Either 1) Naan bread or chapati bread. 2) Either plain rice or pilau rice. And 3) choose one from the following: chicken korma, chicken masala, lamb tikka korai, chicken tikka korai, lamb tikka jalfrezi, chicken tikka jalfrezi. Phone Jacky Pearce 020 8482 3575 to secure your place. Please note you will be required to send the meal choices for all your party with your cheque.

Thursday 17 October. Billingsgate Roman House & Baths.

Approximately 40 people have already expressed an interest in this tour! I have booked 25 places, the maximum allowed, for a private group tour at £15 per person. The private tour lasts twice as long (approx. 1.5 hours), is exclusive to our group, the site will not be opened to anyone else and the weekday tours guides are archaeologists. The venue is near Monument, 101 Lower Thames St, London EC3R 6DL, opposite the Customs House in a non-descript 1970s office bloc. There is a large aerial view of Roman London in the window. Please be aware, the monument is in the basement of the office block and is accessed by three flights of stairs of two steps, nine

steps and three steps; there is no lift. If Cheryl confirms your place, meet at the venue at 10.45am. Please make your cheque payable to Enfield Borough Over50s Forum. Priority will given to those who have already expressed an interest and as the cheques are received. Contact Cheryl on 020 8363 0732 or email her at birthday58@googlemail.com

ADVANCE NOTIFICATION CHRISTMAS FESTIVITIES

Monday 2 December. Annual Christmas Lunch Party at North Enfield Conservative Club Enfield 12 noon – 4pm with the Myra and Terry Duo. Details will be in the October/November newsletter. Phone calls only will be taken by Jacky Pearce on 020 8482 3575 on Tuesday 8 October from 9am.

Wednesday 11 December. A Private Christmas Lunchtime Schmooze Fest Mystery Trip.

21 booked already, so why not join us for a festive treat... Book in early for another Forum festive mystery treat. A private delicious three course Christmas lunch and sublime musical entertainment to serenade you while you eat and maybe dance! Arrive at 12.30 for superb lunch and entertainment. Depart for home 3.30/4pm. Cost £49.50 per person if 40+ attend. Cost £66.50 per person if 30+ attend (so spread the word and let's have a wonderful time!). Please note that this private event is limited to 50 people and will be on a first booked, first served basis. This trip is a freedom pass event in the Kings Cross area and is not a coach trip. There are options to meet at the venue or travel together. Up to you. To book your place and find out a few more not so secret details, please email Olivia at oliviagoodfellow19@gmail.com or phone 020 8447 8841.

Thursday 12 December. The Christmas Beatles Show Party Lunch. Enjoy coffee and mince pies on arrival, a delicious three course festive meal with tea/coffee then 'Twist and Shout' to the Fab Duo – yer, yer, yerrrrr !! Prize for the best dressed – get the mini skirts out girls or boys! Venue: the Prince Regent Hotel Chigwell. Includes return coach to Enfield Town. Please note: This is not a tribute band. Approx. cost subject to numbers £45. Meet Lidl/Iceland Enfield Town 10am, return approx. 4pm. To reserve your 'Ticket to Ride' ring Jacky Pearce 020 8482 3575. £10 pp deposit required. Book now to secure your place and ensure this event takes place. This is the last opportunity to book!

Even further in advance – 2020

9-16 May 2020. Bulgaria's Hidden Heritage. Explore the hidden delights of beautiful Bulgaria. From the bustling capital Sofia, you will be introduced to many wonderful sites which tell the story of the country's rich history. Discover Plovdiv's Roman amphitheatre, the incredible city of Nesebar, UNESCO-listed and home to many ancient churches. Highlights include Varna's oldest gold treasures in the world, Madara's medieval rocks, the famous Rila Monastery, see ancient artisans at work and visit a rose oil distillery. Cost from £936. For more details and a booking form, contact Chrissy: chrissy15911@hotmail.com or call 07885 047 453.

9-16 October 2020. Historic Cities of the Danube River Cruise

February 2021. Highlights of Sri Lanka

June 2021. Channel Islands Explorer

To express an interest and for more info please contact by email: oliviagoodfellow19@gmail.com or call 020 8447 8841.

PLEASE NOTE DISCLAIMER: THE FORUM IS NOT LIABLE FOR ANY PERSONAL INJURY/ACCIDENTS THAT MAY OCCUR DURING ANY OF ITS ACTIVITIES OR EVENTS

Forum Groups

Please NOTE – these groups are run by volunteers and are for Forum members only. If you need to renew your membership, contact the office now.

Writing Group

We meet on the third Friday of the month upstairs in the Dugdale Centre from 10am to 11.45. Each month we read a short piece of our own writing followed by a fascinating, stimulating and fun discussion. This is a really sociable, friendly and interesting group. So do consider joining us – we would love to meet you. For more information, please call Christine Whetstone on 020 8805 1180.



Members of the writing group entertained Forum members at our May meeting, held at Beaumont Care Home.

Walking group

This small walking group (usually about 10 people) meets Saturday mornings at 10.30am by the café in Grovelands Park (Broad Walk entrance), N21 3DA. We do a 40 minute walk around the park and have a chat in the café afterwards. Everyone is welcome so please feel free to join in. Ring Monica on 020 8886 6514 for more information.

Poetry Group

Do you have favourite poems you'd like to share? Or poems you have written that you'd like to let others know about? Come to the Forum Poetry Group. We meet every 4th Thursday of the month in the Community Room at the Enfield Town Library from 10.15 – 11.45. The Council is now charging for use of the room so there is a cost of £1 for each meeting you attend to cover this.

Forthcoming dates are:

- Thursday 22 August: theme will be Insects led by Alison Buttery.
- Thursday 26 September will be one of our popular 'Open Sessions' where an interesting miscellany of poems selected by members are presented together with a garnish of music.
- Thursday 24 October: theme will be Moonlight led by Judy Klimt.

More information from Irene Richards email poosticks2@sky.com or phone 0203 715 0946.

Book Club

The Book Club meets on the third Thursday of the month in the Community Room at the Enfield Town Library, 10am – 12 noon. The books for the next few months are:

- | | |
|--------------|---|
| 15 August | Dear Life by Alice Munro – short stories |
| 19 September | Northanger Abbey by Jane Austen |
| 17 October | No, I don't want to join a Book Club by Virginia Ironside (9th Anniversary Lunch) |

Contact Sue Scott for further details at scotsf48@hotmail.com or call her on 020 8368 0861.

Coffee Club

Sue Scott explains how she came to set up the Coffee Club, which meets on the first Wednesday of every month 10am – 12 noon.

"Coffee Club started when a member of the Forum said she loved the idea of meeting up monthly like Book Club, but without the book bit, so I started Coffee Club. I began in August 2017 at Trent Park over in Cockfosters but after just over a year, found it was becoming difficult for those without their own transport to get there.

"So, in January this year, we relocated to the Skylight restaurant in Pearsons store in Enfield Town. This has proved very successful and with the co-operation of the restaurant manager, we have been given our own space. Things sometimes goes awry as it did on 5 June, but, so you can recognise me, I am attaching a photo.

"However, I won't always be there, so don't let that put you off! Just look in the rear of the

Forum Meetings

Forum Meetings are open to everyone. Come along to hear an interesting presentation, meet some new people, and use the opportunity to find out more about the Forum.

Assembling at 10am for a 10.30 start

Thursday 8 August

Andrew Wright, Director of Strategic Development, will discuss the role of the BEH Mental Health NHS Trust in the community. The Trust is a large provider of integrated mental health services in Barnet, Enfield and Haringey and also provides community health services in Enfield. It serves a population of 1.2 million and operates services from five main inpatient sites and a further 25 sites in the community.

MILLFIELD HOUSE, SILVER STREET, N18 1PJ.

Buses 34, 102, W6, 144, 217 and 231. Free onsite parking available.

Tuesday 27 August

The London Mayor's Transport Strategy is committed to seeing 80% of journeys by walking, cycling and public transport by 2041. Cllr Daniel Anderson discusses what the challenges and opportunities for Enfield are. He is currently Chair of the Public Transport Consultative Group that scrutinises the performance of public transport providers and considers key strategic issues of concern in the Borough.

COUNCIL CHAMBER, ENFIELD CIVIC CENTRE, SILVER STREET, ENFIELD TOWN, EN1 3XA.

Five minute walk from junction with Church St / Southbury Rd so use any bus to Enfield Town. Car park under the centre.

Tuesday 17 September

Bernita Quagraine from Natwest Bank will talk about common scams and how to best protect ourselves against them.

SOUTHGATE BEAUMONT CARE HOME, 15 CANNON HILL, N14 7DJ.

Buses W6, 121, 299 (Cherry Tree bus stop). Free onsite parking available.

Tuesday 24 September

How Age UK wins campaigns and influences people. Lucy Williams, Campaigns Officer at Age UK nationally, will discuss some recent Age UK campaigns including Care in Crisis and Switched Off. The discussion will centre around how Age UK works with local Age UKs, older people's forums, MPs, Peers as well as other charities and NGOs to campaign and influence policy on matters relating to later life. The talk will provide an opportunity for the Forum to discuss how it might link with Age UK campaigns.

COUNCIL CHAMBER, ENFIELD CIVIC CENTRE, SILVER STREET, ENFIELD TOWN, EN1 3XA.

Five minute walk from junction with Church St / Southbury Rd so use any bus to Enfield Town. Car park under the centre.



Sue Scott

Skylight restaurant on the second floor at Pearsons for the reserved group of tables and sit down and wait for others to arrive. Make yourselves comfortable and chat with your fellow members.

All Forum members are welcome, but if you want more information, do call Sue on 020 8368 0861 or email scotsf48@hotmail.com. The dates for the next meetings are 7 August, 4 September, 2 October, 6 November and 4 December.

Our May winner was Ursula Kermack



Congratulations WINNERS



In June the winner was our very own Development Manager, Jan Oliver.

Join the lottery for the chance to win £250

The 200 club lottery began in August 2015 and during this time we have paid out £8,700 in prizes. Our biggest winner has won £700 after winning on four separate occasions.

During this time we have raised over £4,500 for the forum. This has been used to update our PA equipment and is now being used towards the cost of producing our newsletter. Jim and the entire Executive Committee would like to thank all the participants for making this possible.

The 200 club lottery is not a members' only lottery and is open to members, relatives, friends and neighbours – in fact,

anyone – as long as they are over 18 years of age. At the moment the prize has reached £250 per month and when we have 200 members the prize will be £500 per month.

Each number costs £5 per month, which can be paid monthly by standing order, quarterly, six monthly, or annually by cash or cheque. Members can have as many numbers as they want.

The draw each month is made at the Forum's Civic Centre meeting and if the winner is not at the meeting they will be contacted for the cheque to be presented.

To find out more or to join the Lottery Club, call Jim Cattle on 020 8363 4969.

Advice Service

The Forum runs a free, confidential drop-in advice service

When: Monday mornings* 10am – 12 noon

Where: Dugdale Centre (corner of London and Cecil Roads, Enfield Town, EN2 6DS)

Our regular advisers

- Enfield police. Now that all police stations are closed except at Edmonton Fore Street, this is your chance for a personal 1:1 Chat to a Copper – any questions, worries, advice on crime and burglary prevention on 12 August and 9 September.
- Enfield Citizens Advice, Gillian McNally on benefits, debts, pensions etc.
- Solicitors Stennett & Stennett (10 – 11am) Wills, Powers of Attorney, property and legal advice about paying for care.
- George Ttoui or Meral Okur, chartered financial planners, give advice on investments, equity release, inheritance tax and long-term care fees.
- North London Credit Union, Maureen Malcolm (10 – 11am) information on affordable loans and secure savings. Established in 1994 it offers competitive loan rates, a choice of fully-protected savings accounts. Free and simple to join.
- Screening for hearing tests on 12 Aug and 23 Sept by an NHS audiologist. These need to be booked in advance through the Forum office 020 8807 2076.

*Except Bank Holidays

An Enfield Borough Over 50s Forum initiative in partnership with Enfield Council.

This advice service is open to all Enfield residents who prefer receiving personal face-to-face help rather than trying to get answers over the phone or on-line.

East of Borough Drop-In

The Forum runs a very relaxed drop-in session every other Wednesday for anyone who fancies taking part in an old-fashioned board game or game of cards, or just likes the idea of a chat.

Sessions are held in the same building as the Forum office. Millfield House, Silver Street, N18 1PJ.

Buses: 34, 102, W6, 144, 217, 231 and lots of car parking.

**So, come along and try us out.
From 2 – 4pm on Wednesdays**

Next sessions: 7 and 21 August, 4 and 18 September

Free tea, coffee and biscuits!

ENFIELD BOROUGH OVER 50S FORUM

GENEALOGY GROUP

Starting on Saturday 10 August and then fortnightly (until March 2020). Next meetings 24 August, 7 and 21 September, 5 October.

All meetings will be held 2.30 – 4.30pm at the Dugdale Centre, corner of London and Cecil Roads, Enfield Town, EN2 6DS.

Come along if you would like to talk about and get help in tracing your ancestry and/or making a family tree. The group is free and our volunteers can help you start with free online information. Please bring along all the details you already know about your family – dates of birth/marriages/surnames – as this is where you search will begin.

You don't need any skills – just yourself and an interest. Just turn up on the day – remember to bring your Forum membership card or you can join on the day (cost of Forum membership is £10 per year).

Or for more information call 020 8807 2076 or email info@enfieldover50sforum.org.uk