

# Enfield Borough Over 50s Forum

## Annual Report

**For the year ending 31st March 2017**

**Presented to the Forum's annual general meeting  
held at the Dugdale Centre, Enfield Town  
Tuesday 30 May 2017**

**Enfield Over 50s**

*“Don't talk about us, Without us”*



Supported by



## President Monty Meth, MBE

### Executive Committee/Trustees 2016/17

<b>Chair</b>	<b>Christine Whetstone</b>
<b>Secretary</b>	<b>Tony Watts</b>
<b>Vice Chairs</b>	<b>Peter Smith</b>
	<b>John Ball</b>
<b>Treasurer</b>	<b>Champak Mistry</b>
<b>Membership secretary</b>	<b>Nora Walsh</b>
<b>Social Committee Chair</b>	<b>Irene Richards</b>
<b>Health Team Lead</b>	<b>Vivien Giladi</b>
<b>Members:</b>	<b>Jim Cante</b>
	<b>Yvonne Mulder</b>
	<b>Joyce Pullen</b>
	<b>Chris Osborne</b>
	<b>Joan Stephenson</b>
	<b>Talat Shaik</b>

### Social Committee

<b>Chair</b>	<b>Irene Richards</b>
	<b>Roy Barrows</b>
	<b>Roger Biss</b>
	<b>Cheryl Byamukama</b>
	<b>Jim Cante</b>
	<b>Liz Delbarre</b>
	<b>Heather Cole</b>
	<b>Olivia Goodfellow</b>
	<b>Martin Griffith</b>
	<b>Jean Mittins</b>
	<b>Jacky Pearce</b>
	<b>Sue Scott</b>
	<b>Graham Thomas</b>

**Newsletter editor**  
**Newsletter editorial team**

**Yvonne Mulder**  
**Monty Meth**  
**Tony Watts**  
**Fiona Sanders**  
**Jim Cante**

**eNews compiler**  
**200 Club organiser**

**Fiona Sanders**  
**Jim Cante**

### Ways and Means Steering Group

**Jan Oliver**  
**Joan Stephenson**  
**Cllr Vicki Pite**  
**Tony Watts**  
**Christine Whetstone**

### Office Staff

**Jan Oliver, Development & Office Manager**  
**Diane Barron, Administrative Assistant**  
**Liz Delbarre, Administrative Assistant**

## Representation on external committees

**John Ball:**  
**Chair, Outer North London Companions Friendship centre**  
**Chair, Greater London Forum for Older People**

**Vivien Giladi:**  
**Enfield Health & Well-Being Board**  
**Enfield's Health Improvement Partnership**  
**North Central London STP Watch**  
**Health Campaigns Together**

**Monty Meth:**  
**Chair, Oakwood Medical Centre Patients Committee**

**Joyce Pullen:**  
**Member Patients Participants Group**  
**Volunteer at Nightingale Hospice**

**Irene Richards:**  
**Enfield Older Peoples Board**  
**Enfield Safeguarding Adults Board (ESAB)**  
**Chair Service User, Carer and Patients subgroup of ESAB**  
**Co-Chair Enfield Quality Improvement Board**  
**Quality Checkers**  
**Dignity in Care Panel**  
**Chair, PPG Abernethy House**  
**Trustee, Edmonton United Charities**

**Peter Smith:**  
**Enfield Over 50s Forum representative on the Enfield Transport Users Group.**  
**Enfield Over 50s Forum & ASLEF representative and Executive Member on the NPC London Region.**  
**Enfield Over 50s Forum representative on the Patient Representative Forum (PRF) and Public Led Assessment of Care Environment (PLACE) at the North Middlesex University Hospital.**  
**HAPIA Heathwatch Public Involvement Association.**

**Tony Watts:**  
**Enfield Strategic Partnership Board**  
**Enfield Older Peoples Board (Vice Chair)**  
**Enfield Leisure & Culture Board**  
**AgeUK National Policy Sounding Board**  
**North East Enfield Partnership Board**

**Christine Whetstone:**  
**Amnesty International Volunteer Speaker**  
**CCG Voluntary and Community Stakeholder Group**  
**North East Enfield Partnership Board**  
**Police Independent Advisory Group**  
**Community volunteer for the Enfield Youth Offending Service**

## Chair's Report



The Forum is the largest organisation of its kind not only in Enfield but, with well over 6,000 members, in the country. The Forum is a well respected organisation in the borough and our views are sought on a variety of important issues. It has a multitude of roles and I would like to thank everyone who works for or volunteers on behalf of the Forum.

Our work would be impossible without the amazing and indefatigable Jan Oliver, our Development Officer. She has already organised two major events this year, the Conference in October and the Winter Fair in February. Those who attended were warm in their praise for these events which were interesting, informative and FUN. Jan will be organising the Avoiding Trips and Falls Day in June – so do make sure to book your place. Jan also acquired funding for and organised “Star Turns”, providing regular entertainment for our members.

Sadly this ended in February but it was great to see such terrific performances, from local people as well as professionals. Aided by Diane and Liz in the office, Jan organises the day to day running of the Forum and keeps the Executive Committee on their toes! We can't thank you enough, Jan.

The Executive Committee meets monthly and engages in lively debate about the numerous issues which impact on the lives of our members. Some of us attend meetings relating to these and are active representatives on a number of committees and working parties where we are able to put forward our views. I would particularly like to mention Vivien, Monty and Peter whose expertise in the field of health means that the voice of the Forum is heard when organisations such as the CCG make decisions. Jim Cantle continues to organise the 200 Club which raises funds for the Forum. Irene is chair of the social committee and Tony, aided by Nora, organises our regular meetings at the Civic Centre, Beaumont and Millfield House. This is a difficult task and Tony would love to hear from you about interesting and informative speakers.

As you know our newsletter is delivered to members every two months and keeps us up to date with everything that is going on in the Forum. Yvonne Mulder is the editor, with great teamwork by Monty, Tony and Peter and all the

volunteers who organise the stuffing of envelopes and the transporting of newsletters to our affiliates, libraries etc... Thanks to those who have participated in managing deliveries to doctors' surgeries which has recently been changed to postal delivery.

The Book Club, Poetry Group and Woodwork Group continue to flourish and although the new Writing Group is still in its infancy we have had some delightful meetings. This year I have had the privilege of visiting the Woodwork Group and have been amazed by the wonderful work which members have made – many of whom had done nothing creative before. John Lombard is an inspirational teacher and to honour his work the Executive Committee has decided to award him Life Membership of the Forum.

As you all know we have been engaged in trying to get as many signatures as possible for the Fairer Funding for Enfield cross party petition. It is unfortunate that so many residents are unaware of the inequalities in government funding – and we found that once the situation was explained nearly everyone was very happy to sign.

The Forum has a small band of very active and committed volunteers who help out in the office, at the Dugdale Centre and the Civic Centre, turn up at conferences and events to do everything from lugging furniture about, meeting and greeting members, serving refreshments, assisting with transport, stuffing those envelopes, getting signatures for the Fairer Funding petition – the list is endless. Without our volunteers we would not be able to function. We are so grateful to you all. Of course there is always room for more willing volunteers so if you think that you could help out even occasionally do let us know.

At the risk of repeating myself I would like to sincerely thank all our volunteers for the amazing role they play in the Forum and we would like to thank the Book Club and the Knit and Natter Group for their generous donations this year.

We would love to hear your ideas regarding what you would like the Forum to do during the next year. It is YOUR Forum so please contact the office with your suggestions. We look forward to hearing from you.

*Christine Whetstone*

## Another year of progress

For the third successive year our subscribing membership has topped 6,200 - a tremendous achievement that almost certainly makes us the largest voluntary sector organisation in Enfield. And we are the largest representative organisation of older people in London and possibly the country. We hope that this annual report projects the work our members are involved in to raise both the profile and the quality of life of older people now facing increasing attacks, ranging from demands to end the Triple Lock state pension guarantee to health service changes which will mean more pain for patients until they receive treatment.

The Forum's executive committee - all dedicated volunteers - has sought to provide the strategic leadership and direction on these and other issues at the same time as delivering a range of events and social activities outlined in this report - a service we have been providing with greater impact year on year since the year 2001 when the Enfield Borough Over 50s Forum was re-launched and later became an independent charity.

While the Forum deeply appreciates the varied financial support received during the year, a glance at the financial accounts for the year ending March 31 2017 shows that a staggering £55,681 - some sixty percent of our income and our strength is derived from membership subscriptions and the added gift-aid. This income from subscriptions is a truly remarkable figure as it is contributed by individual members and couples; from 389 life members - an increase of 55 in the year - who donate £100 as individuals or £150 for couples; and from our 52 affiliated clubs and organisations listed in the Appendix I.

They range from the wonderful Ruth Winston Centre to the Indian 50plus Association; from bowls and croquet clubs to a thriving Knit and Natter group. We have the U3A - University of the Third Age - music groups and choirs, carers, the Royal British Legion, ramblers and park enthusiasts which taken together provide a range of facilities and services to show there is no need to be alone and lonely in Enfield.

The Forum's executive are the first to recognise and acknowledge that our large membership is linked to our continuous drive encouraging older people to use our leisure centres in support of our long-established campaign to Get Fit for a Longer Life and we are pleased to report that our relationship with the not-for-profit company Fusion Lifestyles continues to thrive.

## Fusion Lifestyles

Fusion Lifestyles manages the leisure centres on behalf of Enfield Council and alone of the many centres they operate in various parts of the country, Enfield pioneered the Over 50s days offering a wide range of exercise and social activities. Demand for more classes is constantly outstripping the available space and time slots. What began as single day events at Southgate, Southbury, Edmonton and Albany leisure centres have now become two-day events at Southgate, Southbury and Edmonton.



Table tennis at Southbury Leisure Centre

Many local authorities are so strapped for cash that they have felt compelled to close their leisure centres, but here in Enfield our leisure centres remain open and unaffected by the slashing cuts caused by the government's grant reduction programme. This may be in part due to our Forum's energetic and constant support for Fusion's leisure centre activities.

The result is that between April 1 2016 and March 31 2017 Fusion recorded 96,451 visits by 2,475 Forum members holding the unique concession card costing £7.50 instead of the full price of £21. This compares to some 80,000 visits by over 50s concession card holders to the leisure centres in 2015. Fusion also have some 1,180 over 50s customers who pay by monthly or annual direct debit giving them access to all Fusion classes and activities.



Pilates session

In return for the concession price to the Over 50s Forum, we undertake to do all we can to promote the leisure centres, so as to improve their income and cash flow to make them more viable and less of a burden to a hard-pressed council. Our support for the leisure centres is obviously a factor in Fusion being able



Walking football session at Edmonton Leisure Centre



Falls day exercise class at Edmonton Leisure Centre

to improve facilities in the last year and expand the range of activities which now includes Tai Chi, walking football, walking basketball and ladies only aqua fit, chair yoga, beginners badminton sessions, lane swimming, and indoor bowls sessions. This is in addition to the well-established swim and gym facilities at the leisure centres.

Despite all we are doing to help raise fitness levels too many adults in Enfield remain inactive, overweight or obese. It is hard to believe that in 1980 only 6% of people in Britain were obese whereas today two thirds of people are either obese or overweight.

## Campaigns

Enfield is not unique among local authorities in having its grant aid from government slashed as part of a government austerity programme that began in 2010, but it does have a special case based on its large increase in population, its large areas of poverty and its many years of under-funding by successive administrations.

Although we are listed as the 12th most deprived borough in London, government has since 2003-4 reduced its grant to Enfield by some £10 million a year under a scheme known in Whitehall as “floor damping” and this deduction has been given to



Forum 'fairer funding' campaign

councils said to be in greater need. It is estimated that “damping” has cost Enfield some £118 million - and this annual loss was expected to go on until 2020 when a new formula for grant aid was expected to be announced. The sudden decision to call a General Election on June 8 may alter this timetable.

It is against this background that the Forum’s executive committee decided to launch a Fairer Funding for Enfield petition with the aim of securing the attention of Ministers to the unfair treatment received not only by the local authority, but by those responsible for Public Health and NHS services in the borough.

With cross political party support the petition addressed to the Secretary of State for Communities and Local Government and the Chancellor of the Exchequer sought to draw the attention of Enfield residents to some facts of which



Both Doug Taylor (Left) Labour Leader of the Council and Terry Neville (Right) Leader of the Conservatives support the Forum’s Fairer Funding Campaign

many are clearly unaware. These include:

- Enfield is the 12th most deprived borough in London with 38 per cent of its children living in poverty - the highest percentage of children living in London.
- Under the outdated “floor damping” scheme the government cut its much reduced grant to Enfield last year by £11.6 million, which it then passed to other councils when our needs are greater than ever.
- Since 2003-04 it is estimated that Enfield has lost some £118 million in government cuts and “floor damping” to other councils.
- In the financial year 2017-18 Enfield is receiving government funding of £311 per head of population while Westminster gets £594 per person; Hammersmith and Fulham receives £540 - when all the boroughs have the same statutory duties.
- Enfield’s allocation for Public Health which strives to cut smoking, alcohol and drug abuse and obesity among all generations, is currently £51 per head of population compared, for example, to £135 per head in Kensington and Chelsea and £122 for people in Hammersmith and Fulham.

- Although Enfield had the fifth worst homeless problem in the country, it is the victim of the same under-funding - £537,926 for our borough against £2,738,530, for example to Lambeth.
- The Enfield NHS Clinical Commissioning Group which is responsible for providing the main health services to the ever-increasing Enfield population has accumulated debts of over £40 million due to years of NHS England underfunding.
- Even now, despite protests and petitions, Enfield with 60,000 more people receives £150 less per head per year than Camden; £200 per head less than Islington which has 90,000 fewer residents.
- At the end of March 2017 we had collected some 8,000 signatures - 1,500 of them online - and our aim is to reach 10,000 signatures by mid-May.

We were delighted to have the endorsement for this campaign of Councillor Terry Neville, leader of the Conservative group on Enfield Council, who said: "I am more than happy to support the petition organised by the Over 50s Forum as it expresses what the Conservatives both in administration and in opposition have been seeking to achieve for years. The present formulae for assessing government funding is hopelessly wrong."

Councillor Doug Taylor, leader of the majority Labour group of councillors said: "We get less funding than we should because the government uses old population data." The petition was supported by all three cross-party Enfield MPs, Enfield's Mayor Cllr Bernadette Lappage and Greater London Assembly member for Enfield and Haringey, Joanne McCartney.

## Pharmacies

We have highlighted the twin threat facing the many independent pharmacies in the borough. Firstly from the government seeking to reduce their number by cutting their fees for dispensing and administration and secondly from an increasing number of companies offering to dispense prescriptions by mail and eliminating the vital personal contact with the pharmacist.

It is as though one arm of the NHS which encourages patients to make greater use of pharmacists to reduce pressure on GPs and



Forum campaign issue

hospital A & E doesn't know that the financial arm of the NHS is seeking any and every way to save money by threatening to close some 750 pharmacies in London alone.

We have raised this threat with our MPs and will continue to monitor developments because we believe pharmacies are an integral part of the NHS and have a vital role to play in the community.

## Health Matters

Your Forum continues to work very hard to ensure that members' views are strongly represented to various health & care providers who are themselves under pressure to make cuts in our services, though these are usually presented as rationalising provision. The bottom line is that this country spends less on health & care than any other comparable country, and this is beginning to hit home in a number of ways that target older people.

This year has been very challenging indeed as the health economy in Enfield has come under increasing pressure. The perennial problem of Enfield's under-funding has been made worse by the introduction of forms of rationing by the Enfield Clinical Commissioning Group (CCG).

We are continuing to object to the embargo placed on GPs prescribing medicines that can be bought over the counter (OTC.) The CCG gives cheap examples, like paracetamol and hay fever tablets, to justify this ruling, but a number of our members need far more expensive items regularly, and for those of limited means this is a real problem.

Our latest battle is over Adherence to Evidence-Based Medicine (AEBM), a policy the CCG is proposing to introduce in order to ration - they call it raising the threshold - treatment for a list of conditions which includes knee replacement, hernia, hearing aids and other problems that we have decided to take a no surrender stand on. We have already pressurised the CCG to extend the consultation period twice, now put back to the end of May. Also, we have concerns about the impact of this, not only on patients, who may face long periods of pain, incapacity and possibly risk, but also on our GPs whose clinical judgement is being undermined and insulted. Enfield is already short of GPs and this will do nothing for a demoralised and over-stretched workforce, worrying numbers of whom are coming

up to retirement or deciding to go part-time - as members having difficulty in getting an appointment will know full well.

One of the drivers for the economies comes from Enfield CCG being merged with the North Central London boroughs of Barnet, Haringey, Camden & Islington into a NCL Sustainability & Transformation Plan (NCL STP). England has been divided into 44 "footprints", we are 41 together with our neighbours, and Enfield CCG is hoping to be the leader in cutting access to surgery & prescriptions across NCL and in return share some of the funds that richer boroughs like Camden have. We could call this robbing Peter to pay Paul. It is clear that the STPs are being forced on the health economy as a means of saving money in an already under-funded service. Enfield CCG has been given extra money by NHS England to provide out of hours GP services. We warmly welcome this extra capacity and will monitor how it was used as the last pilot scheme was monopolised by one of the two GP networks we have in Enfield.

The borough was to have been divided into 4 quartiles each of which should have a surgery acting as a hub providing the much needed additional appointments. Sadly, one quarter of the borough, the already poorly provided north east with a population of up to 80,000 has no hub and we have received no acceptable reasons for this and will continue to lobby for our members who continue to have to attend Urgent Care Centres or travel across the borough for care that should be closer to home which was what the grant should have covered. As we said last year we are aware of the pressure the CCG is under but worried that it does not always act in the open and transparent way that would be in the best interests of patients and GPs. The encroaching STP is making this worse.

By far the biggest anxiety is over the Care system. Enfield has far more care homes than any other borough in NCL. It is common knowledge that all over the country care provision is patchy, privatised, poorly provided and its workforce under-paid. Our position is that health and social care should be integrated which would mean councils and the NHS working together. Unfortunately there is no visible money in the STPs for Care, and the latter is paid for thus opening the spectre of the merger introducing charges for health services by the back door. We do have a connection with the other NCL boroughs via a new group: NCL STP Watch and have been able to make representations to the 5 borough Joint Overview & Scrutiny Panel regarding our grave anxieties about this.

The Forum backs the formation and work of the Patient Participation Groups (PPGs) in each of our 48 GP practices and urges you to join yours if you have not already done so. Organisation is still in its early days but is improving and beginning to provide a patient voice. We need this democratic feedback loop and have received useful information from some of the more advanced groups.

It's not all bad news, the Royal Free Hospital (RFH) is continuing to bring Chase Farm hospital into the 21st century ahead of schedule, and has undertaken to address our concerns about transport from some parts of the borough, the North Middlesex has improved its performance from a difficult staffing position and will be brought into the RFH stable later this year, so we hope shared resources and management should help this over-busy hospital which we share with Haringey and the North Circular. Barnet, Haringey & Enfield Mental Health Trust, though seriously under-funded in the face of the flow of sick people being pushed out of central London by the benefits cap, and poor premises at St Ann's, is managing to maintain services. Hips and haemorrhoids were on the hit list for AEBM and have been taken off the list, so we are intent on ensuring that other conditions join them!

Also, the Forum has excellent relations with all the relevant health providers who seek our views and heed them and take them into account, and we have had good coverage in the local Press.

Finally, though our 3 main enemies: cancer, heart disease and dementia are still stalking us, we are standing up to them quite well. Healthier lifestyles, which your Forum actively promotes via Fusion and, through the Newsletter, support for other activities, together with better diagnosis by our clinicians and modern treatment is enabling us to stave off, recognise early and cut off at the pass some of their worst effects. We do need to do our utmost to keep fit and provide good examples for those coming up behind us. Our key challenge is not just to live longer but to be as healthy as we can and enjoy our extended years.

So it's same old, same old: abide by the 5 S approach: do everything you can to maintain Stamina, Suppleness, Strength, Skills and pSychology. We have more open spaces than most London Boroughs and our Freedom Passes and if you don't like travelling or walks, come and help your Forum's health team, that'll keep you on your toes.

## Forum Conference

More than 100 people attended our very successful Prospects for Better Ageing conference which was addressed among others by Janet Morrison, the chief executive of Independent Age, Ray James, Enfield's director of health, housing and social care and Steve Illife, Emeritus professor of Primary Care at University College.



*Opening speaker Ray James, Enfield Council's Director of Health, Housing and Social Care*

While highlighting the many issues confronting an ageing population, the overall message conveyed by both the speakers and the participants in the workshops was disappointment with the lack of foresight



*A packed audience in the main hall at Enfield County School for Girls at our conference on Prospects for Better Ageing*

and apparent interest in forging a new vision or plan for the future of health and social care displayed by all politicians. The other side of the medal was the failure of the same politicians to recognise the major contribution of older people to the community and society be it in volunteering, taxes, caring, helping their offspring - and their spending power in propping up the economy.

## Dugdale Advice Sessions

Having launched our Monday morning free confidential advice sessions at the Dugdale Centre, Enfield Town in June 2011, we can report that the service was used by around 330 people during the year 2016/17 - bringing the number of people to over 2,500 who have been seen by the team of advisers we have assembled since the venture started.

Our principal volunteers - Kathleen Young, Rita Clayton, Meena Tilwani and Doreen Ashley - who receive the visitors at our reception desk - have again diligently maintained their friendly service. In the last year some 150 people sought advice from our solicitor friend Michael Stennett or one of his colleagues,

The CAB desk now run very regularly - and efficiently - by Gillian McNally was also visited by over 150 people and our new tax adviser Forum member George Ttoulis saw over 35 people since starting in 2017. During the year we also provided hearing screening tests in cooperation with the audiology unit at Chase Farm Hospital enabling patients to know whether to ask for a GP appointment to secure a hospital referral. During the year we strengthened the team of advisers and now have regular visits from the Alzheimer's Society and the North London Credit Union.

## Office and Development Report

This year, our three part time staff, ably supported by a band of volunteers have been kept busy with:

- Renewals
- Sending out fortnightly enews
- Providing secretarial and organisational support to the Executive, Social and sub committees
- Organising regular meetings and a fortnightly drop in session
- Supporting the Fairer Funding Campaign
- Organising and running Falls Awareness Day at Edmonton Leisure Centre
- Organising and running our Annual Winter Fair at Enfield County School
- Organising and running 10 Big Lottery Funded, Star Turns Events - varied and free social events across the Borough.

The Star Turns Project was inspired by our efforts to contact isolated older people the preceding year (under the Resident's Priority Funding) and was aimed at older people living alone in the Borough.

We have had a wonderful mix of entertainers: Whittington Steel Band, Equinox Jazz Band, The



*Andrew Massey duo playing at a Star Turn Event – August 2016 (Photos John Dennis)*

Glorious Madness, Andrew Massey duo, the London Gypsy Orchestra, Martin Gould and Elain Harrison's Ballroom Dancing, Choirs from local primary school and Let the People Sing, and a 60's-70's disco.



We combined our Winter Fair with a Music Fair, funded by the Warm Homes Campaign Award and provided a jamboree of entertainment at Enfield County School in February 2017. The day was attended by 270 people, 43% of whom were over 75. Entitled "Keep Warm, Keep Healthy, Keep

Active" this was an opportunity for older people to obtain information on keeping themselves and their homes warm over the winter months and to keep active in both mind and body.

Falls Awareness Day, funded by the CCG, was held at Edmonton Leisure Centre and this year, launched the Fall Stop Service – a service specifically aimed at older people at risk of falling over and run through a consortium of voluntary groups, led by AGE UK. The day was attended by over 150 people from across the Borough, with almost half coming from the deprived parts of the Borough and was a big success. Of particular note is the very high percentage (90% of respondents) who reported that the day had persuaded them to introduce measures to improve their health.

Our band of volunteers (too numerous to list by name) have carried out a range of tasks – labelling envelopes, running our drop in, setting out the enews, moving furniture, staffing tables and check in desks, serving food, tea and coffee, collecting signatures on our petition. Our heartfelt thanks goes to all of them because we really would not be able to continue with the level of service without them.



*Diane Barron (Office administration) and Joan Stephenson (office volunteer)  
Photo John Dennis*

## Social Events and trips

The Committee has, as ever, shown its imagination and versatility in devising trips and events for the members. Our yearly offerings cover outings that can cost literally nothing – a guided walk around London – a visit to the Open Air Theatre in Regent's Park – a day out in our beautiful country - a short trip to one of the UK's vibrant cities - or a trip overseas to Cuba or to Bhutan! (2018) which runs into a couple of thousand pounds or more! We endeavour to cater to all ages, incomes and dreams. Our attendances vary from 10 to 100. Everybody is made very welcome.

Food is a constant in our menu. Enfield Borough has an amazing variety of restaurants and after a "test drive" we select those that we feel are good enough and in the process follow our policy of supporting local businesses.

As many of you already know, some events have become "annual favourites". The Christmas lunch, the January "Encore", and the "Cockney Ding-dong" at the Wonder Pub. Unfortunately, the hugely successful Dovercourt trip with the ever popular Myra and Terry giving us music to tea dance to has had its last run as the Hotel has closed.

All our events are well supported and places go quickly – you have to be quick off the mark to book not to be disappointed.

As a result of the committee's work we have been able to make a significant contribution to Forum funds, helping to keep it viable. In the past year it has contributed £1,591.

Trying to think of new places to go and things to do is a constant problem. As a committee comprising Volunteers and some of us ageing, there is a limit to what we can do. There is a need for more people to come forward to help us out. But you don't know what you can do until you try. You can find details about how to contact the committee in the Social Calendar in every Forum Newsletter. We are a friendly bunch.

As Chair of the Social Committee, Irene Richards wishes to express her personal thanks to each and every member for their support and for the contributions they make to our success. Also, the committee's sincere thanks to Liz Delbarre, our note taker, for her continued assistance.

The Forum is fortunate in having a Social Committee that contributes so much to its aims and objectives.

## Finance

The Forum finances remain healthy as shown in the Appendix opposite with current assets standing at £98,107 down by £12,355 on last year. This reduction was due to the increased activity in arranging events for public benefit as a deliberate policy by the executive committee. Among these activities were the 'Star Turn' events for which we received a grant of £8,300 from Awards for All targeted to support lonely and isolated older people within the Borough. Income for the year was slightly up by £2,338 while expenditure increased by £10,694.

Members pay subscriptions in advance, some for two or more years and as reported elsewhere we have a significant number of life members. Combined it means that at any one time we hold about £20,000 in forward funds. Also as recorded in the notes to the accounts our reserves policy is to have £50,000 which would be needed in the event that the Forum had to cease its activities.

The Finance Committee closely monitors income and expenditure and the Forum's cashflow position and are confident that we can continue to support the community and members for the foreseeable future. Finally the Committee would like to thank Yusuf Gulamhusein for his work in examining and reporting on the accounts for the year.

## Jeff Rodin



The sudden and premature passing of Jeff Rodin at the age of 66 robbed the Forum executive of the many years of advice, help and guidance we had come to expect from a man rooted in service to the Enfield community. Jeff had served on the Forum's executive

for some three years, during which time he had also been a voluntary tax adviser at our Dugdale drop-in and he was leading our response to the new Enfield cycle plan.

Having been a ward councillor for some 24 years and leader of the council for many years, it was fitting that the newly refurbished library in Palmers Green should be named after him at a ceremony attended by many Forum members and civic leaders. It will serve as a permanent reminder of Jeff's lasting legacy to the people of Enfield.

## APPENDIX I

### Organisations Affiliated to the Forum

- Abraham Lewin Unity Lodge
- Age UK Enfield
- Alzheimer's Society Enfield
- Association of Ingleborough Residents
- Bounces Rd Area Neighbourhood Watch
- Bramley Ladies Bowling Club
- Carers Trust Lea Valley (Crossroads)
- Club Terza ETA
- Cockfosters Probus Club
- Cypriot Elderly & Handicapped Group Enf
- Deep Indian 50 Plus Assoc - Enfield
- Enfield and Southgate Workers Educational Association
- Enfield Art Circle
- Enfield Breathe Easy
- Enfield Chamber Orchestra
- Enfield Choral Society
- Enfield Croquet Club
- Enfield Light Operatic & Dramatic Soc
- Enfield Macular Disease Society (Enfield Group)
- Enfield National Trust Association
- Enfield U3A
- Enfield Unison Retired Members Assoc
- Enfield Womens Centre
- Enfield Writers Workshop
- Friends of Broomfield Park
- Friends of Jubilee Park N9
- Grovelands Bowling Club
- Heart Throbs Cardiac Support Group
- Holtwhites Bowls Club
- Keep Fit - Dance Fit
- Knit and Natter Group
- Meet a Need with Christian Care
- North London Humanist Group
- Oakwood Horticultural Society
- Palmers Green & Southgate U3A
- Probus Club of Enfield
- Royal British Legion, Enfield Branch BR 0377
- Ruth Winston Centre
- Selborne Bowling Club
- Silver Threads Senior Citizens Group
- Southgate Oakwood Townswomens Guild
- Southgate Opera Group
- Southgate Society of Arts
- Southgate Symphony Orchestra
- St Johns Art Group
- St Thomas (Oakwood) Golden Link Club
- Stroke Carers Club
- The Royal Air Forces Association (Enfield)
- The Walkabouts Rambling Group
- The Winchmore Singers
- Weir Hall Ratepayers
- Winchmore Hill Bowling Club
- Winchmore Hill Folk Dance Club
- Winchmore String Orchestra

# APPENDIX II

## Receipts and Payments Account for the year ended 31st March 2017

ENFIELD BOROUGH OVER 50s FORUM  
(Registered Charity number 1122859)

RECEIPTS			
	Note	2016/17 £	2015/16 £
Subscriptions	1	48,820	41,252
Grants and donations	2	17,644	22,456
Newsletter advertising		2,805	4,582
Gift Aid Tax refund	9	6,860	6,985
200 Club Lottery contribution		950	0
Bank interest		650	103
Poetry books		0	4
		<b>£ 77,729</b>	<b>75,392</b>

PAYMENTS			
	Note	2016/17 £	2015/16 £
Staff salaries and NIC		43,877	40,906
Newsletter Printing		8,971	7,660
Postage and delivery		12,631	10,913
Stationery		4,006	3,949
Telephone		610	546
Office equipments		1,339	1,265
Office rent and hall hire		7,560	5,337
Miscellaneous expenses		951	3,799
Donations		70	500
Insurance		557	487
Public Events	7	2,887	6,103
Star Turns - Big Lottery Grant		8,700	0
		<b>92,159</b>	<b>81,465</b>

Surplus (deficit) on ordinary charitable activities		(14,430)	(6073)
Activities for members:			
Net receipts from trips	6	1,215	1,045
Net receipts from events	6	606	2,812
Total net receipts (deficit) for the year		(12,609)	(2,216)
Cash funds 1st April 2016		110,665	112,878
Cash Funds 31st March 2017	£	<b>98,056</b>	<b>110,662</b>

STATEMENT OF ASSETS AT 31ST MARCH 2017			
		2017	2016
Bank Balances - Barclays		20,381	33,610
CAF		27,037	27,002
Scottish Widows		50,588	50,000
Petty Cash		50	50
Total Funds	£	<b>98,056</b>	<b>110,662</b>

### Notes to the Accounts

1 Subscriptions - Includes significant amounts received for 2017/18 and from life members.

2 Grants and donations - major donors and contributors

London Borough of Enfield  
Age UK  
Stennett & Stennett

Big Lottery Fund

3 Events completed during the year showed a surplus of £1,159

4 Trips completed during the year showed a surplus of £432

5 Income received during the year for trips and events for 2017/18 was £2,346 and expenditure for 2017/18 was £1,304.

6 Gross	Receipts	Payments	Net
Trips	11,293	10,078	1,215
Events	5,454	4,848	606
	<b>16,747</b>	<b>14,926</b>	<b>1,821</b>

7 The Forum organised the following events for public benefit:

Falls Awareness Day  
Over 80s lunch  
Woodwork Classes  
Big Lottery Fund

Winter Fair  
Residents Priority Fund  
International Older Peoples Day

8 Reserve Policy

The Forum has placed in a Fix Deposit a sum of £50,000 which they feel will be adequate reserve in case of the Forum having to cease its activities to pay for redundancy and other expenditure.

9 Gift Aid claims upto 31st March 2016 have been received.

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2017 was prepared by:

Champak Mistry, FCCA  
..... May 2017



Dear Forum Members

I have been appointed Examiner of the Forum's accounts for the year ended 31st March 2017. I have carefully examined the financial records produced for me and am satisfied that the accounts prepared by the Forum Treasurer Mr. Champak Mistry, FCCA, represent a true summary of the financial transactions by or on behalf of the Forum during the year ended 31st March 2017 and of the Forum's financial standing as at that date.

Yours sincerely,

Yusuf Gulamhusein, FFA, Independent Exa  
23 May 2017.



# Enfield Over 50s



**Janet Morrison Independent Age CEO addressing the 2016 conference**



**Scrabble session at the Winter Fair**



**Forum handicraft group in action**



**Forum getting shoppers at Palace Gardens to sign our petition on fairer funding for Enfield**



**Three Mills - Limehouse walk organised by Cheryl Byamukama**



**Liz Gibert, the organiser of the Knit and Natter Group, presenting our Chair Christine Whetstone with a cheque for £1000 towards Forum funds**



**Steel band entertaining members at Millfield**



**At the Forum's Christmas Social organised by Jackie Pearce (on the right)**



**Enjoying the Forum's Christmas party**



**Forum Members holidaying in Vietnam**



**Forum group visiting Scotland Yard's Black Museum**

