

Enfield Borough Over 50s Forum

Annual Report

For the year ending 31st March 2019

**Presented to the Forum's annual general meeting
held at the Civic Centre, Silver Street, Enfield Town
Tuesday 25 June 2019**

Enfield Over 50s

"Don't talk about us, Without us"



President Monty Meth, MBE

Executive Committee/Trustees 2018/19

Chair	Christine Whetstone
Secretary	Tony Watts
Vice Chairs	Peter Smith
	John Ball
	Champak Mistry
Treasurer	Irene Richards
Social Committee Chair	Vivien Giladi
Health Team Lead	Mobin Ahmed
Members:	Walter Bowry
	Jim Cattle
	Yvonne Mulder
	Joyce Pullen
	Chris Osborne
	Joan Stephenson
	Talat Shaikh

Social Committee

Chair/Secretary	Irene Richards
	Roy Barrows
	Cheryl Byamukama
	Heather Cole
	Olivia Goodfellow
	Jean Mittins
	Jacky Pearce
	Sue Scott
	Graham Thomas

Newsletter editor
Newsletter editorial team

Yvonne Mulder
Monty Meth
Tony Watts
Fiona Sanders
Jim Cattle

Ways and Means Steering Group

Jan Oliver
Joan Stephenson
CLlr Vicki Pite
Tony Watts
Christine Whetstone

eNews compiler
200 Club organiser

Office Staff

Jan Oliver, Development & Office Manager
Diane Barron, Administrative Assistant
Liz Delbarre, Administrative Assistant (retired 30.11.18)

Representation on external committees

John Ball:

Chair, Outer North London Companions Friendship centre
Vice-Chair, Greater London Forum for Older People

Walter Bowry:

Trustee, Enfield Voluntary Action

Vivien Giladi:

Enfield Health & Well-Being Board
Enfield's Health Improvement Partnership
North Central London NCL Watch
Health Campaigns Together
Meridian Water Health Impact Assessment group

Monty Meth:

Chair, Oakwood Medical Centre
Patients Committee
Champaklal Mistry:
Trustee Director and Treasurer of North London Asian Care

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
Chair of Community Awareness Group (ESAB & Enfield Safeguarding Children Arrangements)
Quality Checkers
Dignity in Care Panel
Chair, PPG Abernethy House
Trustee, Edmonton United Charities

Joan Stephenson:

Forest Road Group **Patients Participation Group**
Bounces Road Neighbourhood Watch

Talat Shaikh:

MCEC Trustee and chair.
EREC Trustee and vice chair.
Committee member Faith Forum for London
Member Enfield Faith Forum
Muslim Faith rep London Resilience Group.
Member LBE Strategic Partnership.
Member Brunswick Park Medical centre PPG
Director and Trustee of North London Asian Care

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.
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

Christine Whetstone:

Amnesty International Speaker
Amnesty International Project Member
Enfield Youth Offending Unit Volunteer
Police Community Monitoring Group
Police Independent Advisory Group

Chair's Report



The Enfield Over 50s Forum is the largest voluntary organisation in Enfield also one of the largest older peoples Forums in the UK. We persist in doing what we can to influence politicians and those responsible for health and social care. I am not

suggesting that they always listen but surely it is vital that the voices of older residents are heard and that we do our best to ensure that the younger members of our society inherit a decent and caring system. You will read more about this in the various reports.

It is also important that we offer a good service for our members, giving people an opportunity to socialise, be inspired, made aware of current issues, keep fit and above all have a bit of fun. We are very fortunate that our relationship with Fusion means that our members can attend the gym and participate in activities to help them keep fit, which is so crucial as we get older.

Your Forum has organised two very successful events during the past year. In June 2018 our annual Falls Day at Edmonton Leisure Centre was well attended and we were delighted that members really enjoyed the seated exercises at the beginning of the day – I hope you are all still doing them!

In February the Winter Fair was a terrific success. The atmosphere on the day was warm and welcoming, a wealth of information about health and wellbeing was available but there were also lots of fun activities too. The feedback from those who attended was entirely positive.

As always we have to thank Jan Oliver, the Forum Development Manager for her exceptional organisation and Diane who supports Jan in the office. As many of you know Liz retired at the end of 2018 and we would like to wish her well. Jan has a team of terrific Forum volunteers who contribute so much to the smooth running of these events but who also offer help in the office, at the Dugdale drop in and at our Civic Centre meetings. We have a trusty band of volunteers who ensure that the newsletter is sent out six times each year.

Speaking of the newsletter – I hope you are enjoying the new brighter format. Yvonne, our editor is always keen to receive articles and contributions especially those accompanied by a photo.

Forum groups are thriving. We have the Book Club, Coffee Club, Poetry Group, Walking Group and Writing Group together with the East of Enfield Drop in at Millfield. Sadly, the very popular Woodwork and Handicraft Group is no more as John Lombard took a well-deserved retirement having run the group for more than ten years. Thank you John for all your hard work and for sharing your expertise and enthusiasm.

The Social Committee continues to organise a wealth of activities which are incredibly popular with members. Please make sure that you check out what is on offer in the newsletter and book up early. They are always looking for members to offer to organise an event or outing so do consider it if you have any ideas.

As you know we have reduced the number of Forum meetings but this seems to have resulted in good attendances at those which have been organised. We are still looking for interesting speakers so if you hear of a good speaker, on any topic, please let the office know and we will follow up your suggestions. If you belong to another organisation and have heard a good speaker do tell us their name. Maybe you have an interesting/unusual hobby or interest – why not give a talk about it?

The Forum Executive Committee meets monthly and members represent the views and needs of Over 50s at a number of important meetings both local and pan London. Many of us are also part of the band of volunteers who help to keep the Forum going. We are keen to attract new executive committee members so if you are interested please let us know. However, we are in need of active members who will be prepared to participate in Forum activities, attend meetings and events, volunteer and work hard.

Of course all of the above could not be done without funding, which is becoming more difficult to acquire. Naturally your membership subscriptions are at the core of our funding and we are grateful to some local organisations which have supported the Forum. We would also like to thank Forum members and groups who have generously made donations to the Forum during the year.

I will end by suggesting ways in which you can help the Forum to flourish.

- Join the Forum Lottery. Each month the winner of £250 is announced at the Civic Centre meeting – if more people join the prize money goes up.
- Become a Forum volunteer. This is great for the Forum but also good fun and a lovely way to make friends.
- Work with us on the Executive Committee – this is an active role – not simply attending a monthly meeting.
- Participate in Forum public meetings at the Civic Centre, Millfield or Beaumont. In my four years as Chair I have attended getting on for 150 of these meetings and have really enjoyed their variety and often informative content.
- Encourage your friends and neighbours to join us.

It has been great to meet so many of you and I sincerely hope that the Forum will continue to flourish with your continued support and participation.

Christine

Still punching above our weight

This 2018-19 annual report will, we hope, demonstrate to all friends of our Forum how a locally-based charity has been able to punch well above its weight in tackling a wide range of major issues in a diverse borough, facing severe financial cutbacks that in one way or another affect us all.

Throughout the 20 years since the launch of the Enfield Borough Over 50s Forum, one of our principal objectives has been to help people lead longer, healthier and better all-round lives, but with the bonus of added years of good health to enjoy.

The range of activity - outlined in this report - has ranged far and wide. From putting our case for Fairer Funding for Enfield on Ministerial desks, to a public celebration event marking the 70th anniversary of the NHS and sponsored by the Enfield NHS Clinical Commissioning Group; from pressing the case for better public transport to the new Chase Farm Hospital to bringing together more than 300 people at two Christmas lunches; and to recording the attendance of 579 people during the year at our Monday morning Dugdale Centre advice sessions.

We are justifiably proud that our unique association with the borough's leisure centres - which have all remained open in contrast to the austerity imposed closures by other local authorities - has meant that Fusion Lifestyles, which runs the centres on the council's behalf, offers more classes and activities for the over 50s at affordable prices here in Enfield than anywhere else in the country.

Campaigning

Our cross-party supported Fairer Funding for Enfield petition signed by 10,000 Enfield residents secured a positive response from Rishi Sunak MP, the Parliamentary Under-Secretary of State for Housing, Communities and Local Government; following representations made on our behalf by Joan Ryan, MP for Enfield North.

Mr Sunak assured us that the issues we raised would be "looked at closely" and that the government will not in future use out-of-date population data when it next announces its local authority funding formulae in 2020. Meanwhile, the cuts go on as we wait to see the colour of the government's money knowing that Enfield has the fastest growing population in London alongside a high level of child poverty.

As our 2019-20 financial year opens we are launching a new campaign to draw attention to the low public health funding allocation for Enfield at £47 per head compared with the London average of £73 - a further example of government using outdated data and taking no account of deprivation levels in the borough.

We are particularly concerned at reports that government will not in future take areas of deprivation into account in its grants policy. Leaving the borough with less money and more low income families to care for, means we will have to raise the level of our campaigning efforts to secure some justice.

Another local campaigning issue we brought to the attention of councillors and MPs was the all-round failure of the new Chase Farm Hospital planners to improve the direct public transport access to the hospital. It is fair to say that whilst we consistently raised the matter during the hospital planning stages we were too easily brushed aside with the claim that this was a matter for Transport for London.

The result: patients from all parts of North Central London are complaining of the extreme inconvenience they are now experiencing in getting to Chase Farm - especially patients without a car - going for hip or knee operations. Making Chase Farm the main centre for elective surgery in an area serving 1.5 million people may have made financial sense to the NHS, but the failure to listen to patient concerns about access by public transport reflects badly on both the NHS and TfL.

The leader of Enfield Council, the chief officer of Enfield CCG, Enfield MP Bambos Charalambous and Sir David Sloman, the former chief executive of the Royal Free London NHS Trust - which now runs Chase Farm - were among those supporting the better transport case. Our GLA member, Joanne McCartney, arranged for the Forum vice-chair, Peter Smith, to put the case personally to the deputy London Mayor for transport, Heidi Alexander, only to get a negative response.

It took the Forum some eight years to get the 307 bus route changed so that it went from Brimsdown straight into the grounds of the Barnet Hospital and so we shall just keep pressing for public transport to all hospitals to be recognised as a priority social care service by TfL.

We also joined the nationwide campaign against the BBC decision to axe or alter the free TV licence for people aged 75 and over who have enjoyed this concession since the year 2000. People too often forget that this was one of a number of "benefits" introduced by government - along with the winter fuel allowance - because the state pension is so low compared with that of other developed countries.

We argued that the cost of granting the free TV licence should be borne by the government as originally devised and should never have been thrust on to the BBC - and they should never have accepted responsibility as part of the financial settlement for the BBC Charter.

Dugdale Drop-in

The number of people attending our confidential advice sessions on a Monday morning at the Dugdale Centre in Enfield Town continues to rise, even though availability is restricted by the two-hour time slot given by our volunteer advisers.

Forum members Kathleen Young, Rita Clayton and Suzanne March are a much valued and appreciated trio who continue to meet and greet people coming for advice and more often than not have the difficult task of turning people away because Gillian McNally, the devoted Citizens Advice consultant, cannot see all the people seeking her help.

Nevertheless, Gillian provided advice at the Dugdale alone on over £243,000 worth of debt and had benefit gains of at least £19,000 as a rough estimate because not all claimants report back to the CA their successes.

In total, Citizens Advice saw 297 people in the year April 2018 - March 2019 - up from 230 the previous year; our solicitor friend Michael Stennett and his associates saw 160 people; our tax adviser George Ttoui advised 86 people; 48 people had screening tests for their hearing, provided by audiologists attached to Chase Farm hospital.

For the first time we have been able to secure the attendance of police officers for two hours, twice a month at the Dugdale drop-in. By offering face-to-face chats with a uniformed police officer, we are trying to cover, albeit in a very small way, the closure of all police station help desks in the borough - bar one at Edmonton. We realise this is a poor alternative and we support in any way we can the demand for the replacement of lost police officers patrolling the borough.

Fusion leisure centres

For the last 15 years or more we have had strong links with the local authority owned leisure centres, run for the last nine years by Fusion Lifestyles, a not-for-profit company which ploughs back its surplus in improved facilities and fees to the council.

There can be no doubt that our "Keep fit for a longer life" campaign theme would not have been so



Leisure Centre Table Tennis

successful without Fusion maintaining the discount arrangements for Forum members we negotiated in 2004 and also the special Over 50s days we devised at each of the leisure centres - Albany, Edmonton, Southbury and Southgate.

During the year there were some 105,000 visits by Forum members who are leisure card holders and 42,322 visits by members who pay by monthly direct debit or pay an annual fee - all of which helps Fusion's cash flow, so important for any business.

The annual discounted fee for Forum members has now been increased to £390, compared with the normal price of £506 and the Forum concession card, giving half-price admission to all facilities and classes is still £7.50 instead of £21.50. This beneficial arrangement is obviously of mutual benefit to the Forum and Fusion and helps to sustain the high membership enjoyed by both organisations.



Walking football at Southbury Leisure Centre

A constant problem stemming from Fusion's success is that the numerous classes available every day at each of the leisure centres are so full. So much so that more Over 50s days have been introduced and more classes offering chair-based yoga, pilates, gym circuits and walking football have been introduced - and Edmonton have added SoccaDance to their menu.

This year was notable in that for the first time Fusion organised a Fun Day at the Southbury Leisure Centre with all the proceeds of over £1,000 going to the Forum - and this is to be repeated in the coming year.

In turn, the Forum ensures that in every issue of its Newsletter there is news of developments at each of the leisure centres; our members act as ambassadors at each of the leisure centres, liaising between users and management and all with the aim of helping to keep both mind and body active of as many older people as possible.

Affiliated groups

Organisations affiliated to the Forum are listed in the appendix and taken together are a major contributor to community life in Enfield. They are able to promote their activities through the Forum Newsletter and the mass circulation of eNews. They also utilise the opportunity provided by the Forum's public events, such as our Winter Fair and Falls Prevention Days, to inform a wider audience of their existence.

By affiliating to the Forum they receive copies of our Newsletter and local and national information of concern and interest which, in turn, prevents them from feeling isolated. They are able to approach the Forum for advice but we recognise that more can be

done to bring the affiliates closer to the Forum and will seek an executive committee member to strengthen our links with them.

One pleasing offshoot has seen Forum members forming special interest groups which then affiliate to the Forum. The outstanding example has been the creation of a Knit and Natter group, which Liz Gilbert started some five years ago with three "Natterers". It



Knit and Natter group at the Dugdale Centre

now has well over 50 - mainly ladies, of course - meeting twice weekly for two hours at the Dugdale Centre on Tuesday afternoon and Wednesday morning.

Some ladies knit for themselves, others

knit for charity, the proceeds of which have been distributed mainly to local charities. To date they have donated more than £10,000 to good causes such as the North London Hospice, the Chase Farm Hospital garden project, the Nightingale Cancer Support Centre, Noah's Ark Children's Hospice, the Salvation Army, Great Ormond Street Hospital - and, of course, our Forum.

What started as a tiny group meeting for a chat has grown into a vibrant friendship-generating gathering, celebrating birthdays, supporting each other and going out for a monthly fish and chip lunch.

Another group now affiliated to the Forum has sprung out of the Southbury Leisure Centre Over 50s days. Known as the Southbury Over 50s Fun Group and started by Forum members Roger Biss and Ann Long.

In the last year they have had a four night break to Llandudno in North Wales, with a trip up the Great Orme on the tramway and a bus trip to the smallest house in Britain at Llanfairpwngyllgogerchwyndrobwillllanlysiliogogogoch with over 100 people attending.

They held a Winter Blues buffet in February with dancing to a live band. Their donations this year were to Southbury Leisure Centre, providing £2,000 for tables and chairs for the use of the Over 50s group, £248 for Enfield Walking Football team shirts, and £500 for the Forum's funds.



Roger Biss and Ann Long

Newsletter

The first Forum Newsletter was a single sheet produced in 2002 by Tony Watts, the Forum's long-serving secretary. Since 2003 we have distributed a Newsletter every two months, starting with four pages and now a 16 pager. For all of them - except for the last issue of this financial year - Tony was responsible for the layout and overseeing the printing, so that copies were available on time for posting by our wonderful band of volunteer "stuffers."

So in saying a big "thank you Tony" for a magnificent effort in helping to establish the Forum, we now have a new, professionally designed Newsletter, overseen by our volunteer Editor, Yvonne Mulder. To cover the increased cost of producing and distributing the Newsletter, Forum supporters, solicitor Michael Stennett and financial adviser George Ttoui, have increased their advertising fees and the balance will be met by a donation from the 2018-19 Enfield Mayor, Councillor Saray Karakus charity fund.

Advertising income from the Newsletter has increased from £2,805 in 2016-17 to £12,326 in 2018-19, a sign of its recognition as a widely read, important

source of information for older people. The bi-monthly Newsletter with a 8,000 print run is posted to all members and distributed to all affiliates, libraries, leisure centres and to some surgeries.

The Newsletter remains a key weapon in our campaigning endeavours on such issues as the need for better provision of adult social care, the consistent underfunding by government of services in Enfield, resisting the attempts

to play the younger generation off against pensioners and ensuring older people receive the health care they need.

The Newsletter is the most important tool we have in making our presence felt and our views known to MPs, councillors and the various statutory bodies that govern us. It helps us to retain a strong membership and a voice in the community, particularly as what remains of the local press has reduced its coverage of the borough.

ForumFocus

February/March 2019

ENFIELD BOROUGH OVER 50s FORUM NEWSLETTER

over 50s Forum

Social care is not just an issue for older people

Thousands of individual carers, mainly unpaid, carry the burden while the government continues to delay the long-awaited Green Paper on Social Care

Are you regularly helping to care for a relative, partner or close friend because of their disability, frailty or illness whether short, long-term or terminal?

If so, you are a 'carer'. Many people confuse the role carer with 'care workers', who have chosen to perform this role as a paid job. However, carers are a distinct and often unrecognised or undervalued group of people. They provide a key unpaid resource underpinning social and health services.

Approximately 10% of patients in each GP practice are carers and their contribution to the NHS is calculated at £130m a year (virtually the same amount as the NHS budget). So, even if only the financial aspect is considered, it's vital to support those carers, to prevent them falling ill from the strain of caring.

Green paper in 'early 2019'

The government has recognised to some extent that a joined up approach is needed by creating the Department of Health and Social Care last year. But the Green Paper on Social Care which it has promised since early 2017 has still not appeared. The next scheduled date is 'as early as possible in 2019'. When it is published, we will advise all members via e-news so that you can get involved and have your say.

While the Forum supports the National Pensioners' Convention proposal that health and social care should both be financed from general taxation - meaning the cost is shared by all - alternative schemes being floated including a 2.5% income tax on over 40s which could rise up to £150 a year. Although the words 'social care' often conjure up images of elderly people needing help (especially in the media), the facts are quite different.

Only 1/3 of social care budget for elderly

As the briefing paper to the Green Paper explains: publicly funded social care is used by individuals of all ages and, in fact, only a minority goes on those aged 65 and over.

Social care spending on children amounted to £9.9 billion (32% of the total). The remaining £21.2 billion was spent on adults, with approximately half of this spent on individuals aged 65 and over (i.e. about one third of the total social care bill is spent on those aged 65 and over).

Recipients of care under the age of 65 tend to have higher costs than individuals aged 65 and over, so there are more

recipients at older ages even though the costs are split equally. But the situation is at crisis point. While we all await the Green Paper, more and more people are denied social care because councils are under-funded and long-term residential and health care for the elderly remains at breaking point.

For more information about support for carers in Enfield, what services are available and how others can help, see Page 7.

Forum Meetings

All at 10am for 10.30am start. See page 15 for more details and locations.

Thursday 14 February - Millfield House. Wilma Ormrod will talk about the roll out of Universal Credit (UC) and how Forum members are helping disadvantaged older people across the Borough manage UC hurdles.

Tuesday 26 February - Civic Centre. Joanne McCann, our Greater London Assembly Member and a Deputy Mayor to Sadiq Kahn, will talk about her role and those issues relevant to older people.

Tuesday 19 March - Southgate Busround. John and Anne Wallington's talk will range from the Himalayas to the tropical forests of Chiwan, looking at the landscapes, history of Nepal, Buddhism, Hindu culture and general areas of interest.

Tuesday 26 March - Civic Centre. Maria Kane, CEO of North Middlesex University Hospital NHS Trust, will give an overview of its development, the future for the hospital and how it is supporting our community.

WINTER FAIR, 22 FEBRUARY
Learning how to keep well in the cold weather. See details on page 5

www.enfieldover50sforum.org.uk

New look Newsletter

Health Matters 2018-19

Let's start with the good news: North Midd. has decided not to become part of the Royal Free (RFH) but to remain a local hospital serving its local community and it has come through the Winter with flying colours and really improved its ambulance waiting times. The New Chase Farm, which is a part of the Royal Free Hospital group, is up and running, on time and within budget, and its state-of-the-art facilities are a definite improvement. Your Forum warmly welcomes both these developments.

At the time of writing however, the Royal Free has created a serious problem by suddenly announcing the withdrawal of its provision of blood tests at some GP surgeries leaving these vital diagnostic tests with long waiting times at Barnet and Chase Farm. The North Midd. is continuing to support these vital facilities in practices it has been servicing. By the time you read this we hope our loud protests will have reversed this perverse decision. The RFH is also referring patients needing knee surgery from Camden to Chase Farm to make full use of its excellent theatres but thus adding to waiting times for local people and imposing very difficult travel on its own residents. This vividly illustrates the pattern of NHS England urging business case changes with no effective patient or community consultation or getting TFL on board.

There is a definite clamp-down on access to in-patient care which your Forum finds alarming and has been actively opposing for well over a year. None of us wants long hospital stays but we do want and need timely treatment. We have been objecting to the introduction in North Central London (NCL), whose 5 Clinical Commissioning Groups (CCGs) are currently being merged, to the imposition of the so-called Procedures of Limited Clinical Effectiveness (PoLCE). Members will recall how hard we fought last year to keep a long list of conditions outside this blatant rationing regime when it was called Adherence to Evidence Based Medicine. Hips, knees, hearing-aids, hernias among others were listed as over-medicalised; we got hearing aids removed but now, disastrously, cataracts have been added. We intend to fight this with whatever means we can as it is not only ageist, with the bulk of the conditions being suffered by older people, but it also challenges and undermines GPs whose judgement we rely on. On our side we have the Royal College of Ophthalmologists, The National Institute of Clinical Excellence (NICE), the RNIB and anyone with decency and common sense.

At the end of March, the CCG withdrew the Minor Ailments Scheme (MAS), running since 2008, without consultation with either the providers or the users. MAS was a much-valued service for non-urgent conditions when routine GP appointments were not readily

available and covered a range of conditions: minor chest complaints and skin disorders for example. Under 16s and over 60s could quickly benefit from accessible free medication and avoid taking up precious GP time. Currently it can take a month to get a non-urgent GP appointment during which period the condition may well worsen and need more advanced treatment. MAS worked well for patients, GPs and the budget so until Enfield can recruit more GPs and improve its primary care services, the Forum takes the view that its withdrawal is a false economy and calls for MAS to be restored.

The Forum is the only organisation in Enfield seeking to hold the Clinical Commissioning Group (CCG) with its multi-million pound income – albeit from a grossly under-funded grant – publicly to account. Most people do not realise that it is dominated by local doctors, elected by local doctors. Neither members of the public nor NHS staff have any say or involvement in electing or selecting the governing body. This was how CCGs were created by the 2010 coalition government and the Forum would like a future government to restore an element of public participation, openness and accountability to local NHS management. Co-production of schemes with users has been found to be more efficient and user-friendly than top-down diktats.



The new Chase Farm Hospital

The Enfield health economy is the poorest in NCL and attracts fewer GP's, the cornerstone of our healthcare system, and we have a shortage of nurses and virtually all ancillary staff. The government abolished nursing bursaries and is training too few doctors. Its only response to shortages is to recruit overseas, often from countries desperately needing to retain their own clinical staff. Changes in the form of amalgamations being imposed on NCL will mean longer

distances to travel and loss of continuity of care as we are referred, when we're lucky, to ever more distant centres concentrating fewer resources within the NCL of boroughs of Camden, Islington, Haringey, Barnet & Enfield.

The Enfield public health budget is stunningly and inexplicably unfair, especially considering our very great need. We get £47 per head compared with a London average of £73 with Westminster getting £124 and Haringey £67, for example. With reasonably resourced Public Health, Enfield could have a far greater impact on preventable disease and conditions. We have tried to work with the Council and government to press for more funds, but our appeals have fallen on deaf ears. Our battle for fairer funding is ongoing.

This is all the more worrying as life expectancy is falling for all but the well to do for the first time in a hundred years. Hardest hit are the poorest women among the elderly. It's a national disgrace that this is happening while life expectancy in other, comparable countries continues to rise. We remain one of the richest societies

in the world and we can easily afford good health provision. It is difficult not to understand the messages we are getting from NHS England and government about rationing and consistent underfunding as a push towards an American style insurance system. We are consistently being told we must take responsibility for our own health- which is, of course true - and the Forum does its best to encourage this, but how short a step is that from telling us that if we want, for example, cataract ops, we'll have to pay for them?

One way we can all help our local health provision is by not using hospitals for primary care conditions that our GPs should be dealing with. North Midd. has far too many people arriving in A&E with primary care conditions and it receives only £67 per head for these consultations which cost on average £600, draining scarce personnel and financial resources from the hospital. Any number of these conditions may be self-limiting anyway. We hope that one way of getting our messages across will be by encouraging members to join their surgery's Patient Participation Group (PPG), please join yours, it's painless, not too demanding and helps us keep an eye on developments. Also, we have been building a Forum Health Group which is meeting at quarterly intervals and has been ably assisted by Defend Enfield NHS.

It's far from all doom and gloom, nearly everyone reading this knows not to smoke, drink too much alcohol and that they should try to get more exercise, including mental activity and to avoid isolation where possible. Isolation is a multiplier of other mental and physical problems and we view it as an ongoing challenge for the Forum.

Come and join the health team, help us to defend services and keep active yourself.

Social Committee Report

The Committee is a much valued part of the Forum and has, as ever, shown its imagination and versatility in devising trips and events for members. Our yearly offerings cover outings that can cost almost nothing – a guided walk around London – a visit to the Theatre – a day out in our beautiful country - a short trip to one of the UK's vibrant cities. Or, our much admired and enjoyable Christmas Lunch. There are also the more adventurous and expensive well supported trips overseas. We endeavour to cater to all ages, incomes and dreams. Our attendances vary from 10 to 100. Everybody is made very welcome and we make a special point of welcoming singles.

Food is a constant in our menu. Enfield Borough has an amazing variety of restaurants and our policy is to



Lunch at the Ceviche Peruvian Restaurant

support local businesses.

For all of our events places go quickly – you have to be quick off the mark to book and not be disappointed - and you have to be a current Forum Member.

As a result of the committee's work we have, as usual, been able to make a significant contribution to

Forum funds, helping to keep it viable. In the past year it has contributed £3,929.

Trying to think of new places to go to and things to do



Visit to the Enfield Brewery

is a constant challenge. 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. We were disappointed at the very poor response to our appeal for new members with new ideas. You don't know what you can do until you try with the expert help of our very experienced Committee members. You can find details about how to contact the committee in the Social Calendar in every Forum Newsletter. Support it or lose it!

Irene Richards, after a very long stint as Chair of the Committee, has announced that she is standing down and wishes to express her personal thanks to each and every member for their support and for the contributions they have made to our success. The Committee will continue to provide excellent events, etc. for Forum members under its new management.

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



French Riviera Trip



Cool trip to Canada

Office and Development Report

Liz Delbarre, one of our admin workers retired in November 2018 after 6 years hard work. Her work has been absorbed by increasing the hours of our other admin assist, Diane Barron and by the recruitment of temporary admin workers at renewal time. We have continued to process thousands of new and renewing applications, liaised with advertisers, applied for small funding, developed new projects and invoiced and banked all cash and cheques coming into the organisation. The Winter Fair, Falls Awareness Days, room bookings and outside stalls were organised by the office staff and eNews is sent out from the office on a weekly/bi-weekly basis. A special event held on Christmas Day 2018 was organized via the office at Friends Meeting House in Winchmore Hill and funded by applications we submitted to Johnson Matthey and to the Old Enfield Charitable Trust.

This year we successfully applied for a small grant by Awards for All to find out what is important to our members. Office staff produced and circulated a questionnaire designed to find this out so that we can plan the next phase of our development accordingly. To date we have received nearly 1,000 replies and as a direct result of suggestions have already gained funding to pilot a genealogy group. The questionnaire continues to run until September 2019 and the results will be published shortly thereafter.

Mailing out of our 4,000 plus bimonthly newsletters is handled by an enthusiastic bunch of "stuffers" led by Joyce Pullen and Peter Smith. But their task is preceded by our office volunteers putting address labels and stamping the envelopes. This saves us some £800 on postage costs every 2 months. This year, our eNews volunteer, Fiona Sanders left to look after her new grandchild and we also lost Dipra Sinharay, Loanaid Dacosta and Meena Tilwani to family commitments but the staff team continues to be supported by a team of willing volunteers carrying out volumes of routine work and helping at some of our public events. Our thanks go to Lynda Chee, Donna Greene, Mike Eppel, Placido Fernandes, Kathleen Hewitt, Suzanne March, Sharon Smith, Joan Stephenson for all of their help this year.

Volunteers were also recruited to assist with a Local Authority Job Club held at Edmonton Green Library. This club aims to help people over 50 with their struggles in submitting online applications for Universal Credit and for jobs. Our thanks to those volunteers helping with this project.

Office staff oversee the organisation of the fortnightly drop in at the Millfield but this group would not be possible without the help of our drop in volunteers – Jean Darby, Hazel Kinsler, and Joan Stephenson.

Thanks also to the innumerable number of volunteers who have helped out at our public events throughout the year.

Finance

Thanks to the prudent efforts of our treasurer, Champak Mistry, our financial outcome was almost spot on the budget set at the beginning of the year. The accounts detailed in Appendix II show that our finances are healthy with income and expenditure balanced and with a contingency reserve of £50,000 should the Forum need to close. Yusuf Gulamhusein has again audited and approved the accounts and for this we give him our thanks.

The annual accounts reveals that we have boosted the income from: advertising in our Newsletter; numerous events, holidays and trips run by social committee; our 200 lottery run by Jim Cattle; a number of donations; plus special projects funded by a number of trusts and organisations. But the bulk of our income comes from our membership subscriptions and gift-aid with individual annual subscriptions of £10, £15 for couples and £25 for affiliated groups while life membership remained at £100 for individuals and £150 for couples.

This level of income allows us to maintain our services to the Enfield community which range far and contribute in keeping our ageing population healthy and active in mind and body. In doing this we rely heavily on our part-time staff ably led by Jan Oliver, and supported by Diane Baron and a team of volunteers who handle queries galore from our large membership and keep the Forum running smoothly in all we do. Although our executive are all volunteers, augmented by many other volunteers, we could not function without our part-time staff.

The Forum continues to pay our staff above the London Living Wage and support them through the workplace pension scheme because our charity appreciates the time and diligent support they constantly give us.

Six externally funded projects and events were organised during the year and included:

- A what-is-important-to-you survey about the support given to members through our activities. 1,000 surveys received. Funded by Awards for All.
- Over 50s Universal Credit Support Service (2017 – March 2019) Supplied 10 volunteers during this membership year. Funded by the Older People's Partnership Board.
- NHS 70th Celebration – July 2018 - Organised with Enfield NHS CCG - this event attracted a full house at the Dugdale Centre.
- Falls Day – June 2018 - Funded by the CCG through the Fall Stop Service and attended by 220 people.
- Christmas Day Social - Funded by The Old Enfield Charitable Trust and Johnson Matthey and attended by 28 over 75s living alone.
- Winter Fair – February 2019 - Funded by the CCG and attended by 320 people.

Meetings programme

During the Year the Forum held meetings covering a variety of topics including:

- A drop-in IT Workshop to help Forum members with their computers, laptops, iPads, tablets and mobile phones.
- Bambos Charalambous talking about his role and experiences since becoming the Member of Parliament for Enfield Southgate.
- Bees and their importance to our environment.
- Citizens Advice Enfield and how it benefits local people.
- Consultation meeting seeking Forum views on Enfield's 2019/20 council budget.
- Enfield Voices and the value of social media networks in influencing public opinion and political agendas.
- How nutritious is our food in the 21st Century?
- How to handle later life' and how to avoid common pitfalls that can befall us.
- How to protect wills from being challenged.
- Improving Access to Psychological Therapies (IAPT) in Enfield and Haringey.
- Joanne McCartney, Deputy Mayor to Sadiq Kahn, talking about her role and issues relevant to older people.
- Major investigations and the use and development of fingerprinting and DNA techniques in solving crimes.
- Making Enfield a Better Borough.
- North Middlesex University Hospital NHS Trust its development, future and how it is supporting the community.
- Protecting your assets through trusts.
- Research at Oxford Institute of Population Ageing and future prospects for longevity.
- Great moments in a glittering career of a musical singer and

stage performer.

- Supporting vulnerable adults to remain living healthily and independently in the community.
- The 2014 Care Act and how it operates in Enfield.
- The Alexander Technique and rediscovering one's natural poise, balance and coordination.
- The Enfield MyLife and Connected resources and how these services can benefit residents.
- The 'Hear to Inform and Connect' project delivering outreach information about hearing loss, deafness and tinnitus.
- The Himalayas - looking at the landscapes, history of Nepal, Buddhism, Hindu culture and general areas of interest.
- The issues facing the nursing profession and the training of nurses.
- The Lee Valley Regional Park Authority its venues and leisure facilities.
- The role of a paramedic within the London Ambulance Service and emergency medical aid for disaster hit regions.
- The types of scams affecting older people in Enfield and how to avoid becoming a victim.
- The Victim Support charity and how it gives emotional and practical help to people who have been affected by crime.
- Universal Credit (UC) and how Forum volunteers are helping disadvantaged older people navigate the system.

In addition to these formal presentations a number of IT Drop-in sessions were held whereby members having problems with their computers, tablets, software and iPhones were able to attend and in most cases get on the spot solutions and advice.

The Forum thanks all those who gave these presentations and their time for this valuable support.

APPENDIX I

Organisations Affiliated to the Forum

Abraham Lewin Unity Lodge
Association of Ingleborough Residents
BHP Bowls, Tennis and Social Club
Bounces Rd Area Neighbourhood Watch
Bramley Ladies Bowling Club
Carers Trust Lea Valley (Crossroads)
Cockfosters Probus Club
Deep Indian 50 Plus Assoc - Enfield
Enfield & Southgate Workers Educational Association
Enfield Arts Circle
Enfield Asian Welfare Association
Enfield Camera Club
Enfield Carers Centre
Enfield Chamber Orchestra
Enfield Choral Society
Enfield Community Singers
Enfield Croquet Club
Enfield Light Operatic & Dramatic Society
Enfield National Trust Association
Enfield NHS Retirement Fellowship
Enfield Over 50s Fun Group
Enfield Soroptimists
Enfield U3A
Enfield Unison Retired members Assoc
First Tuesday Ladies Group
Galleon Scout Fellowship

Grovelands Bowling Club
Holtwhites Bowls Club
Keep Fit - Dance Fit
Knit and Natter Group
Macular Society Enfield Support Group
MCEC (Palmer's Green Mosque)
Meet a Need with Christian Care
North London Asian Care
North London Humanist Group
North London Morning Orchestra
Oakwood Horticultural Society
Probus Club of Enfield
Ruth Winston Centre
Selborne Bowling Club
Southgate Homebound & Disabled Association
Southgate Opera Group
Southgate Society of Arts
Stroke Carers Club
The Arts Society of Enfield
The Enfield Society
The Walkabouts Rambling Group
The Winchmore Singers
Weir Hall Ratepayers
Winchmore Folk Dance Club
Winchmore Hill Bowling Club
Winchmore String Orchestra

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

RECEIPTS AND PAYMENTS ACCOUNT for the year ended 31st March 2019.

RECEIPTS

		2018/19	2017/18
	Note	£	£
Subscriptions	1	39,834	49,084
Grants and donations	2	19,248	7,991
Newsletter advertising	3	12,326	9,255
Gift Aid Tax refund	10	9,098	7,451
200 Club Lottery contribution		1,315	920
Bank interest		650	470
		<hr/>	<hr/>
	£	82,471	75,171

PAYMENTS

Staff salaries and NIC		45,494	45,745
Newsletter Printing		7,682	7,482
Postage and delivery		12,790	11,821
Stationery		2,961	4,773
Telephone		608	562
Office equipments		0	98
Office rent and hall hire		6,380	7,535
Miscellaneous expenses		1,967	1,599
Insurance		505	572
Public Events	8	7,069	5,758
		<hr/>	<hr/>
		85,456	85,945

Surplus (deficit) on ordinary charitable activities **-2,985 -10,774**

Activities for members:

Net receipts from trips	7	2,120	-2,988
Net receipts from events	7	1,809	1,214

Total net receipts (-Payments) for the year **944 -12,548**

FUNDS

GENERAL FUND

Balance 1st April 2018	35,508	48,056
Surplus (Deficit) for the year	944	-12,548

Balance 30 March 2019 **36,452 35,508**

Represented by Bank balances and cash

Bank Balances - Barclays	22,792	22,433
CAF	12,965	13,025
Interest at Shawbrook	645	0
Cash in hand	50	50
	<hr/>	<hr/>
	36,452	35,508

CONTINGENCY RESERVE FUND

Balance 1st April 2018 and 31st March 2019	50,000	50,000
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Reprented by Fixed deposit at Shawbrook **50,000 50,000**

Notes to the Accounts

1 Subscriptions - Includes advance payments received for 2019/20 and onwards and from life members.

2 Grants and donations have been received from Big Lottery - Awards for All Grocers Company CCG via Age UK

3 Newsletter advertising includes support by Stennett & Stennett George Ttoui - Burlington Wealth Management

4 Events completed during the year showed a surplus of £1,723

5 Trips completed during the year showed a surplus of £2,292.

6 Income received during the year for trips and events for 2018/19 was £2,301 and for 2017/18 was £1,591.

7 Gross	Receipts	Payments	Net
Trips	16,618	14,498	2,120
Events	9,816	8,007	1,809
	<hr/>	<hr/>	<hr/>
	26,434	22,504	3,929

8 The Forum organised the following events for public benefit:

Free Advice Sessions for Citizen Advice Bureau
Falls Awareness Day
Over 80s lunch
Winter Fair

9 Reserve Policy

In accordance with recommendation from the Charity Commission we have created a Contingency Reserve Fund to provide for 6 month salaries, rents, redundancy, refund part subscription from life members and fees received in advance from members and other expenditure in the event of the Forum closing down.

10 Gift Aid claims upto 31st March 2018 have been received.

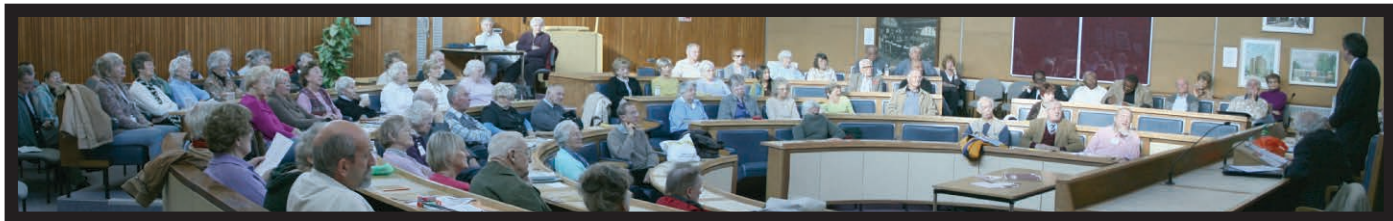
This statement of Receipts and Payments and Notes to the accounts for the year ended 31st march 2019 was prepared by:

Champak Mistry, FCCA.
30 April 2019

This statement of Receipts and Payment to the accounts for the year ended 31st march 2019 was Independently Examined by:

Yusuf Gulamhusein, FFA.
Independent Examiner
30 April 2019

Enfield Over 50s



The Value of Forum Volunteers

Retired people provide significant voluntary support for many of the charities and clubs across Enfield and the Forum is fortunate in having a hundred plus members who regularly give up their time to ensure the smooth running of all our activities and to support our office staff.

Forum Activities include:

Meetings, Conferences, Special events and projects, Drop-ins, Advice sessions, working with Fusion

Social programmes: Holidays: Trips; Theatre Visits, Lunches, Dinners, Walks.

Groups: Writing; Readers; Poetry; Woodworking & Handicraft; Knit & Natter Group; Choral; Coffee Club.



Forum President, Monty Meth receiving an EVA volunteering award from Jo Ikhelef, EVA Chief Executive (left) and Councillor Saray Karakus, current Mayor of Enfield

100 Hours Volunteer Awards



Forum Volunteer Sue Scott, centre receiving a certificate from Cllr Dianah Barry, left and Mayor Christine Hamilton, right



Forum Volunteer Jim Cantle, left receiving a certificate from Cllr Christine Hamilton, Mayor of Enfield, Centre and Lynn Cantle, left



Forum Volunteer Sue Scott, centre receiving a certificate from Cllr Vicki Pite, left and Deputy Mayor Doris Jagge, right



Forum Volunteer Tony Watts centre receiving a certificate from Cllr Vicki Pite, left and Deputy Mayor Doris Jagge, right