

Health centre at North Midd?

The proposed health care centre at North Middlesex University Hospital would benefit both Enfield residents and NHS staff

The Forum is calling on local MPs to back plans for a new multi-purpose integrated health care centre at North Middlesex University Hospital that would reduce pressure on the A & E department there and help improve services to residents in the east of the borough.

The Enfield NHS Clinical Commissioning Group (CCG), the main provider of health services in the borough, has shown initial support for the plan by calling for a feasibility study.

An estimated 40 percent of patients currently going to North Midd's A & E could and should be seen by a family doctor, so having GPs on the site would shorten waiting times and ensure only those needing hospital treatment used the emergency service.

Monty Meth, Enfield Over 50s Forum president says: "The centre could be attached to the hospital and provide under-one-roof mental health expertise, advice on social care, diet, exercise, smoking and sexual health. It would be a great place to offer an MoT for all age groups from teenagers to the elderly."

He explains that the centre would also lead in the battle against health inequality between the east and west sides of Enfield borough, which currently means that women living in Edmonton Green ward, for example, live the last 28 years of their lives in poor health, compared with 15 years for women living in Grange Ward.

"The next couple of months will be crucial if we are to get this project off the ground," says Monty. "Enfield CCG is merging with Barnet, Haringey, Islington and Camden in March. The funding allocation for the combined CCGs, serving 1.6 million

people, has already been fixed until 2023/24. So, almost certainly, extra money will be needed either from the government or NHS England.

"There is a clear danger that with all the emphasis being placed by the government on more funding going to the Midlands and the North, that Enfield will once again be forgotten. So the Forum will now be asking Enfield's three newly elected MPs to get behind this health centre project which will bring huge benefits and take it

direct to Health and Social Care Minister, Matt Hancock."

This plan to add an integrated health centre to a hospital suggests we might need to look at the role of hospitals. Surely the proposed extra funding for 40 hospitals would be better spent at either end? Preventing people going to hospital in the first place by, for instance, funding Public Health and ensuring better access to GPs and other community health services.

And getting people out of hospital faster, by investing in social care so that people can be discharged to their own homes or care homes to receive the appropriate level of care.



Forum Meetings



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

Winter Fair

Everyone is invited to attend our free Winter Fair on 21 February. See p 4 for details.

Ruth's Review

Praise for volunteers

Coming up to the end of the second month working with the Forum and really enjoying it. Lots of meetings, information events, interesting visitors to the office and learning and liking how the Forum supports their membership across the Borough in such a variety of ways.

Currently, my main focus of work is organising and co-ordinating the big event, our Winter Fair on 21 February. This will be held at Enfield County School for Girls, a day long event which will be entertaining, informative and an opportunity to socialise.

I understand the importance of the volunteers who have been involved in previous years so please let me know if you are able to help, whether you are a seasoned regular or would like to help this time.

Talking of volunteers, it has become very clear to me the commitment of our volunteers with other roles they are involved with such as in the office and newsletter 'stuffers' – that was a finely tuned operation to ensure approximately 4,000 newsletters were stuffed for mailing.

Those who facilitate the drop-in at Millfield House and those who look after entertainment, excursions and clubs. Those who welcome our members to our meetings, ensure they are signed in and have their raffle tickets ready.

I have always appreciated volunteering and have seen over the years how that altruism really pays off. It is always inspiring to see how volunteers take ownership and participate so enthusiastically. There really is such a lot going on here and there is a really positive vibe.

I am aware that we need to be looking at renewals for membership which I am reliably informed will make for a very busy office and administrative time.

Hope the new year is treating you all very well and looking forward to meeting more of you over time.

Ruth Fathaddine

Office and Development Manager



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.

Please note from April 1, individual annual membership will rise to £11 a year (£16 per couple). See p5 for more details.

Welcome to the 2020s

Lots of promises are being made about a 'decade of prosperity' but to make our lives better, first of all we need to look after ourselves and each other

We've all heard about the 'roaring twenties', the allegedly booming 1920s decade, said to have brought economic prosperity to America, when for the first time many people owned cars, radios, and telephones.

So what can we look forward to in this 2020s decade? Our new Prime Minister promised in his New Year message that this will be a "fantastic year and a remarkable decade of prosperity".

We can now look forward to 40 new hospitals, the recruitment of 50,000 nurses, 20,000 policemen and 6,000 GPs. While I'm a great believer in looking forward and not back, I'm still waiting to see the sight of the 5,000 new GPs promised long ago by ex-prime minister David Cameron.

We've all experienced the long wait to see a GP, so it is no surprise to read that the number of doctors in the UK is the second lowest in Europe. The lowest is Poland. We have 2.8 doctors per 1,000 people, the average across Europe is 3.5 doctors per head.

But what really bothers me are the forecasts and promises that are made and never fulfilled, such as the government's big budget deficit being eliminated by 2015. Then we were told that by 2020 the budget would be in surplus. Now they say the austerity years are over, yet we are still borrowing and going into debt.

Remember how prime minister Boris Johnson arrived saying he had a plan to remove the blight of adult social care. In the recent Queen's speech opening the new parliament this became: "My Ministers will seek cross-party consensus for long-term reform of social care."

God help us. I doubt if they could agree to escort a blind man across the road, let alone reach a consensus on an issue that

has been tossed around for almost ten years with 12 white and green policy papers and endless debates without a solution.

In 1999, Prime Minister Blair unfolded a 20-year mission to end child poverty and here we are 20 years later still recording some 25% of children living in poverty – here in Enfield we have 27% of households in poverty.

The first "all singing, all dancing" budget of the new government on 11 March will no doubt echo the prime minister's promised "decade of prosperity". Chancellor Sajid Javid says he will launch a "decade of renewal".

Yet at the same time we are told that with fewer people of working age to support a growing army of longer-living pensioners, the government will face long-term steadily increasing liabilities, putting its finances in jeopardy.

The demographic trend of an ageing population is a sitting target for any government, particularly one with a parliamentary majority of 80. So I think if we want to enjoy longer, healthier and happier lives, we have to look after each other and

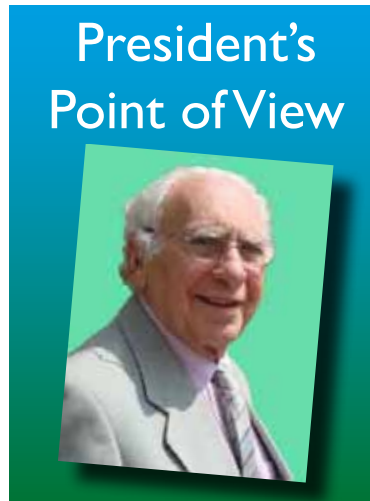
stick to that tried and trusted formula of keeping the mind and body active.

Ignore the guys who say they will conquer the ageing process and that average life expectancy will soon be aged 120. Stick to a healthy weight, eat a balanced diet, no smoking, exercise regularly, minimal alcohol, daily intake of fruit and veggie – and help us in trying to make the world a better place.

A Happy New Year to you all.

Monty Meth

Forum President



Shingles vaccine

If you are aged 70 or 78 this year, make sure your GP calls you to have the shingles vaccine. If you don't hear, then call them.

Anyone that has had shingles will tell you that it's very painful indeed, but it can be avoided thanks to the NHS vaccine.

Because the 70-80 age group is so large, administering the vaccine is being staggered. Anyone who was previously eligible (born on or after 2 September 1942) but missed out on their shingles vaccination remains eligible until their 80th birthday.

The vaccine is not available on the NHS to anyone aged 80 and over because it seems to be less effective in this age group.

Healthy gardening

Men can halve their risk of prostate cancer with low level exercise such as gardening, walking and pottering round the house, a large-scale study has found.

The results show that men, most of who in the study were over 50, do not need to perform vigorous exercise such as going to the gym or running long distances to lessen their risk of developing the disease. A man who boosted his overall activity level by 25% could reduce his prostate cancer risk by 51%.

It is interesting to note that other low level activities such as cooking and cleaning did not feature as significant activities for the men in the survey!

HEALTHY LIVING... PREVENTION IS BETTER THAN CURE

You are invited to the
ENFIELD OVER 50s FORUM'S

Indoor Winter Fair 2020

How To Live Well And Be Healthy

FUNDED BY THE ENFIELD NHS CLINICAL
COMMISSIONING GROUP

ON: Friday 21 February, 9.30am – 4pm.

AT: Enfield County School, Holly Walk, EN2 6QG

(Car entry from Church Street, off Silver Street, Enfield
Town. Free parking at the school. Bus, rail and London
Overground services to Enfield Town).

SPEECHES, WORKSHOPS, STALLS,
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Come anytime between 9.30am and 4pm
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Bring a packed lunch or buy sandwiches at
£2 per head (subject to availability).
Free tea, coffee and afternoon cakes.

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TO SOCIALISE, GAIN INFORMATION
AND BE ENTERTAINED

All day: We will have stalls from some of our
affiliated groups and other community groups.

Morning: Speakers and Workshops.

Afternoon: Workshops, music and free afternoon
tea, courtesy of Warburtons.

More information will be made available on the
home page of our website:
www.enfieldover50sforum.org.uk
or call the office on 020 8807 2076

Fairer Funding fight

The Forum's campaign against unfair funding continues

The grossly unfair and long-standing under-funding of our health, education, local authority and public services is being challenged by the Forum with the launch of the cross-party, multi-faith Enfield Declaration for Fairer Funding.

We are asking prominent local community leaders and residents to join us in endorsing the Declaration which we intend to present to key Ministers in the new government before the Chancellor delivers his first budget on March 11.

We want to ensure that Enfield is not forgotten in the promised spending spree directed at the Midlands and North of the country following December's general election.

Among the first local signatories to the Enfield Declaration are: Baroness Tyler of Enfield, chair of the Enfield Poverty and Inequality Commission (EPIC); Pamela Burke, chief executive Enfield Carers Centre; Jill Harrison, chief executive Citizens Advice Enfield; Rev Melanie Smith, Enfield United Reform Church; Jo Ikhelev, chief executive, Enfield Voluntary Action; Chandra Bhatia, chief executive, Enfield Racial Equality Council; Chetna Shah, chief executive, Enfield Asian Welfare Association; Ginnie Landon, chief executive, Enfield Women's Centre; Yunus Kamal, chief executive, Oakthorpe Turkish Primary School; Carol Kearney, safeguarding lead St Edmunds Catholic School; and Litsa Worrall, chief executive, Alpha Care specialists for the Greek and Greek Cypriot Community.

We are now asking other community leaders to join them in presenting Enfield's case for fairer funding to be heard and for our years of neglect and ill-treatment to end.

The Declaration

The full text of the declaration can be read on our website. but here are some main points:

We wish to draw attention to the grossly unfair and continuous under-funding of our Borough by successive governments and their statutory services.

We do so following the frank government admission that the Public Health funding base-line used by Ministers is "historic" and has been unchanged since 2013.

Since it does not take absolute levels of need into account and updated evidence-based data is excluded, it means that Enfield is perpetually under-funded and persistent, but remediable, health inequalities, between us and our linked North Central London boroughs continue.

For example: Compared with our £47 per head of Enfield's growing population, the average public health grant for 2019/20 across all London boroughs is £73 per head. This gap between Enfield's public health allocation and the London average has increased from £24 to £26, despite Ministers in 2015 telling Enfield MPs that we were then 13.6% under-funded.

Why has Enfield's public health grant been cut by £446,000 this year to £47 per head, while Islington receives £103 per head, Camden £100, Haringey, on our doorstep, gets £69 and Kensington & Chelsea £130?

So now is the time to make our voices heard. Let's declare loud and clear that Enfield needs a fair funding deal from government.

We encourage other community leader to email their support to the Forum office at info@enfieldover50sforum.org.uk

Help us fund the Forum

The Forum relies on membership fees as well as a range of fund-raising activities, sponsorship, donations and grants to ensure we can continue our work

Although we endeavour to keep Forum membership fees as low as possible, we need to make a small increase beginning on 1 April (as agreed at the last AGM).

We believe this is still excellent value and that most of you understand that an extra pound or two from all of our 5,000 or so members will make a significant contribution to our ability to help older people in Enfield.



Campaigning at Parliament

Group are regular donors. Jim Cantle who already runs the lottery has also launched a Bingo Club (see back page) to help raise funds. We thank them all.

Last year, we also received £1,000 from the Enfield charitable fund set up by Cllr Saray Karakus, Enfield's Mayor 2018-19. Cllr Karakus, with her Mayoral team,



Getting involved in the entertainment

Of course, we also need donations, sponsorship and funding from other sources to continue our work and we apply for grants where we can. Our Social Events Team makes contributions from their activities and others such as Knit & Natter and the Southbury Fun



Line dancing at Southbury Leisure Centre

fundraised throughout the year and said the money raised has been allocated as her way of thanking us "for helping to make Enfield a place that has great empathy with those facing challenges in their lives".

If you have ideas for fund-raising and/or places where we

could apply for grants, please let us know. And you could consider leaving a legacy in your will.

NEW FEES FROM 1 APRIL

Individual: £11 per annum (£16 for couples)

Life membership: £100 (£150 for couples)

Affiliated Groups: £25 or £100 for five years.

Who can join?

Anyone over the age of 50 can join the Forum. However, the discounts we have negotiated for Forum members at Fusion leisure centres (see page 7) are available to Enfield residents only.

To join or renew

Call the office on 020 8807 2076 to ask for the membership form or the renewal form to be sent to you or download it from the membership section of our website www.enfieldover50sforum.org.uk

You can then:

- 1) Post the form with your cheque (payable to Enfield Borough Over 50s Forum) to Enfield Borough Over 50s Forum, Millfield House, Silver Street, N18 1PJ.
- 2) Visit the office and pay in person.
- 3) Complete the form, scan it and then email to us at info@enfieldover50sforum.org.uk and make payment through your bank account to ours: Barclays Bank, Sort Code 20 29 81 and Account Number 13382192.

Don't forget to put your surname and postcode as a reference so that we can match payment and records.

Join the Enfield Over50s Forum

To enjoy:

- A great range of social activities
- Significant discounts at Fusion leisure centres
- Interesting and informative talks
- Free advice on e.g. tax, pensions, housing, jobs
- Many opportunities to get involved in your local community

To campaign for:

- All universal benefits
- Better local amenities and services
- The elimination of age discrimination
- A more equitable community
- More people power in local decision-making

Improving the neighbourhood

We need to break down barriers so that we can encourage the traditional values of looking out for neighbours and helping each other

Last week I left the confines of London and met Bob and Sheila. They are in their late 70s, are happily retired (with campervan) and have absolutely no interest whatsoever in social services, the NHS, politics, the Council or anything else that might collectively be termed 'the State'.

However, whilst they and 'the State' maybe completely unbeknownst to each other, Bob and Sheila are probably saving 'the State' a fortune. Every day on the way to the local shop they knock on the door of Peter and ask him if he wants a paper.

They refer to the 'little old lady' (Betty) who lives across the road who has a wooden leg and rings Bob when it needs fixing. I didn't ask how old Betty was given their own age. Every Wednesday Sheila drives Betty to bingo (Betty couldn't walk that far).

And, although he doesn't have email or a mobile phone Bob organised the British Legion Christmas meal for 60 people. "Never had a mobile phone before, what do I want one now for?"

But Peter has mobility problems and so they are effectively checking

that Peter is OK and if Betty had to ask Social Services to fix her leg it would involve phone calls, appointments and someone needing to travel out to 'the village'.

Sheila even bought Bob an electric screwdriver for Christmas to do Betty's leg with. In organising the Xmas meal Bob has probably done more to keep people in touch with each other than WhatsApp, Twitter or many an app.

So, what's in it for them? A few minutes of banter with Peter, a few hopeless jokes with Betty (trust me, they are) and they usually bump into someone when they are out and about.

They have never really thought about 'being connected' but like to feel that they are helping out where they can. And, to be fair I suppose that if ever they need a favour, someone will give them a hand.

Now I know someone is going to point out that connecting to others is much easier in a village but I suppose the question for us in London is how do we do the same here as seems to take place in villages?

People tend to be gregarious and helpful by nature so how do we break down those barriers that make people feel isolated when there is so much need and so much they can offer?

Any answers gratefully received.

Glenn Stewart

Assistant Director of Public Health, Enfield Council

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neighbours
today



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Walking to fitness with Fusion

Walking and talking – it's got to be good for you

Fancy going for a walk with some friendly people and having a chat and coffee afterwards? Well some Fusion Leisure Centres will be offering all this for free from March.



Fusion offers a wide range of classes

Enfield's Fusion team has managed to get a small amount of funding from Transport for London to launch a programme of free walks from some of their local leisure centres.

They are also looking for volunteers to help run the eight walks, which are initially linked to the Over 50s Days, so if you are interested, contact Dominic Hall, Sport & Community Development Officer, North London on Dominic.Hall@fusion-lifestyle.com

Obviously no-one is expected to be available every single week, so a larger group of volunteers will be needed –

and those who show commitment over the months will be rewarded with free access to the Fusion Leisure Centres.

Once they are all up and running, the 30 or 60 minute walks will leave from Albany, Southbury and Edmonton on their respective Over 50s Days. After the walk, participants will be invited into the centres for coffee.

To find out more about the Over 50s Days and the walks, visit one of the Fusion centres

Or visit the Forum website

<https://enfieldover50sforum.org.uk/newsite/fusion/>



Winners of the badminton tournament which Fusion ran to help the Forum raise funds

Fusion goes cashless

From March, Fusion Leisure Centres will no longer be accepting cash from customers but there are many other ways to pay

The borough's leisure centres run by Fusion will no longer be accepting cash or cheques from Monday 2 March.



Forum members get discounts at all Fusion centres

Many people using the leisure centres are Fusion members and so pay monthly by direct debit. And most of the more casual pay-as-you go users (including those who come just for the Over 50s Days) already pay by debit or credit card, either online when making a booking or at the centre itself.

But for those who currently pay by cash or even cheque, and don't have a debit or credit card, there are other ways to pay.

You can go to a Post Office and ask for a pre-paid Mastercard which you load with money in advance and the exact amount you need to

pay is deducted each time. These cards can also be used in almost all shops, restaurants etc, so are very convenient. You can top up the card at the Post Office as often as you like.

Fusion also has its own Rewards card which can be pre-loaded with money at any Fusion Leisure Centre. Of course, you can't use cash to add funds to this card, but it would mean you don't need to take your

debit or credit card every time you visit the centre – just when you top up the card.

Fusion expects that going cashless will speed up queues at reception and make it safer for staff and customers – although it will also benefit by no longer paying bank fees for handling cash.

FANTASTIC FEET



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Pensions warning

Before the April increase in the state pension is even being paid, warning shots are being fired that future increases will be unaffordable

Today's 20 and 30 year-olds are being told that the date when the state pension age (SPA) is payable, currently scheduled to be 67 in 2028, must be introduced earlier if the government is to be "fiscally responsible".

According to Eurostat, the EU's statistics office, Britain comes in as the lowest of 14 major European nations in its spending on pensions as a percentage of national income.

Last year, the state pension cost the government £96.7bn and was the largest single item of welfare spending – though the politicians and pundits seem to forget that people need to contribute national insurance payments for a minimum 35 years to qualify for a full pension.

One suggestion floated in Whitehall is that the state pension age should be linked to rises in life expectancy, but this seems to be flatlined at present. So today's and future pensioners have to be prepared for renewed attacks on the Triple Lock as being too generous and unsustainable financially.

The state pension will rise by 3.9% in April in line with average wage increases, which were more than double the rate of inflation, and higher than 2.5% – the other yardstick determining the rate of increase.

This means the basic state pension will rise by £5.05 a week to £134.25 while the new single tier pension, introduced for people retiring on or after April 2016, will rise by £6.60 a week to £175.20.

The £41 difference highlights the disparity between the two schemes. Surely, when all pensioners have contributed throughout their working lives to the state pension they should be treated equally.

Freedom Pass renewal

Does your Freedom Pass expire on 31 March?
Most people won't need to do anything,
but check the details below

Despite being hit by a series of annual government funding cuts since 2010, Enfield Council is continuing to contribute nearly £11.5 million in this coming financial year towards the cost of the Freedom Pass scheme administered by London councils.

There are now 48,621 pensioners and people with disabilities living in the borough who are freedom pass holders. Many of them will see that their pass is shortly due for renewal.

As long as you have used your current pass within the last two years and your address details have not changed, you do not need to do anything.

A renewed Older Person's Freedom Pass will automatically be posted to your home address between February and March 2020.

If you have moved from the address London Councils holds for you, we suggest you telephone 0300 330 1433 or go to www.freedompass.org/renew for the online renewal. You will then be asked to enter your unique renewal number, date of birth and last 4 digits from your current Freedom Pass.

You will then need to confirm your name and address details and change the details London Councils holds for you if they are incorrect.



A CAREER IN THE CARE SECTOR

Home Care Preferred, a care agency with offices in Winchmore Hill and Barnet are seeking those considering a career in the care profession.

People often think they need to have years of experience to become a carer, however this is not the case. Managing Director of Home Care Preferred, Ken Waterhouse, answers a selection of frequently asked questions that people ask about a career in care.

What does being a carer with your company involve?

In a nutshell our team visit people in their own homes and assist clients in staying happily and safely at home. We provide a minimum of one hour support at a time, so visits are never rushed. Most of our clients are older people.

Do I need experience in care to work for your company?

We consider candidates with and without experience. Full training is given to those without a background in care.

What is the criteria to become a carer with Home Care Preferred?

When recruiting we are looking for people who share our values and are passionate about making a positive difference to those we support. You must have good

levels of patience, empathy and have a kind heart. A sense of humour and a positive attitude are a plus.

Will I have to provide personal care to clients?

The simple answer is yes. Our carers provide a wide range of support for our clients including personal care but also help with tasks such as light housework, shopping, medication administration. Perhaps the most important part of a carers role with Home Care Preferred is offering companionship and conversation. Each of our carers is matched to a client based on mutual interests and personality which helps a good relationship to develop.

Do I have to drive?

Whilst being a driver is a positive, most

WE'RE RECRUITING

of our team use alternatives to a car. We do our best to ensure your travel between clients is kept to a minimum. We also pay your travel costs.

Can I work part time?

We look for full and part time carers and love to talk to people with evening and weekend availability. We also recruit people who are interested in live-in work.

Are there any age restrictions?

People must be at least 18 years old and there is no upper age limit. Many of our applicants are middle aged and are looking to go back into the workplace or

seeking a more fulfilling type of work. Age is not important however a passion to make a difference is.

Are there opportunities to advance my career with Home Care Preferred?

Certainly. Our company is expanding and we like to see our team progress their careers with us.

How can I find out more about working for Home Care Preferred?

If you would like an informal chat or to apply for a position please contact our recruitment executive, Monica Murphy on 020 8364 3670 or email hrwinchmorehill@homecarepreferred.com



A CV application can be made by post or email.
Home Care Preferred 49 Station Road, London, N21 3NB or
info@homecarepreferred.com
or an online application form can be made at www.homecarepreferred.com

"Home Care Preferred is a great agency to work for, you are listened to and supported all the way"
- Charles C



Always look on the bright side of life



Conundrum

A young woman started work in the village chemist's shop. She was good at the job, but very shy about having to sell condoms. The chemist was going on holiday and asked if she would be willing to run the shop on her own.

She had to confide in him her worries about selling condoms. "Look," he said "my regular customers don't ask for condoms; they either ask for a 310 (small); a 320 (medium); or a 330 (large). The word condom is never mentioned."

The first day was fine, but on the second day a guy came into the shop, put out his hand and said "350" please. The girl panicked. She ran into the back of the shop, phoned the chemist on his mobile and told him of her predicament. He'd mentioned 310 to 330 but never 350.

"Go back in and check if he is carrying a bucket," her boss told her. She peeped through the door and saw a bucket propped on the floor. "Yes!" she shouted down the phone. "He's got one there!"

The boss replied: "Well, go back and give him £3.50 ...he's the window cleaner."

The perks of being 80

You can have dinner at 5pm.

Anything you buy won't wear out.

People phone at 8pm and ask "did I wake you?"

There's nothing left to learn the hard way

Valentines Day

What do you call two birds in love?
Tweetharts!

What did the painter say to her boyfriend?
"I love you with all my art!"

What's the best part about Valentines Day?
The day after when all the chocolate goes on sale.

Why did the boy put clothes on the Valentines cards he was sending?
Because they needed to be ad-dressed!

Why do skunks love Valentines Day?
Because they are scent-imental.

For Valentines Day I have been contemplating my current and past relationships. I organised the data and plotted it using an Ex-Axis and a Why-Axis.

Word play

When fish are in schools, they sometimes take debate.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles U.C.L.A.

The batteries were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.

A will is a dead giveaway.

With her marriage, she got a new name and a dress.

A boiled egg is hard to beat.

When you've seen one shopping centre you've seen a mall.

Police were summoned to a day-care centre where a three-year-old was resisting a rest.

Did you hear about the fellow whose entire left side was cut off? He's all right now.

A bicycle can't stand alone; it's just two tired.

When a clock is hungry it goes back four seconds.

The guy who fell onto an upholstery machine is now fully recovered.

He had a photographic memory which was never developed.

When she saw her first strands of grey hair she thought she'd dye.

Acupuncture is a jab well done. That's the point of it.

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

Hopi Ear Candling £25

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The top five reasons to visit us at the weekly advice clinic

The Forum runs a free, confidential drop-in advice service every Monday morning at the Dugdale centre. I was originally asked to provide information and deal with queries about tax but our role has evolved.

I am a Chartered Financial Planner with over 32 years of experience so naturally I'm happy to answer any queries about tax but can also offer a whole lot more. Below I have listed the most popular enquiries from the advice service over the last two years.

1) "I want to reduce Inheritance tax"

For most homeowners in this area the value of their property alone if owned outright could cause an Inheritance Tax liability. There are many ways to arrange how you hold your assets to pass them on to the next generation possibly without the need to pay Inheritance Tax.

2) "I have a pension and want to draw the benefits but I'm not sure about the options"

Many people have come into the advice service with queries about pensions. These may be pensions that are being paid or pensions where the benefits have not been taken. There are a variety of options so do pop in to find out what might be best for you.

3) "I have existing investments but I'm not sure how to draw money from them and what the tax implications might be"

Apart from savings in the bank I have met many people who have taken out investment products like Bonds, Unit Trusts, or hold Shares. Some people could do with drawing income to give themselves a boost to their pension. Some want to make large withdrawals to pay for something expensive. You can obtain any advice about any investment product at the advice service.

4) "I am worried that I will not have enough money to pay for my long-term care fees"

This has become a big issue in recent years. We have had many meetings at the Dugdale Centre with adult children of parents who are in residential care homes and want to ensure funds are always available to pay for their parents long-term care. In some cases care is provided at home and again it is important to organise finances in a way so the cost of care can be met each month without a fuss.

5) "Is it possible to borrow against my property?"

There are a variety of reasons why some people need to look at borrowing in later life. We have met members who have a mortgage where the term is due to expire.

The lender will not extend the term so refinancing needs to be organised. Also we have met many clients who simply need to raise some money against their home. Due to the sharp increase of price of property prices over the last five decades there are some who are cash poor but have high-value properties. In some cases it makes sense to convert some of this equity to cash through a lifetime mortgage.

George Ttoui or Jack Gorgon, 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 10am to 12 midday every Monday.

If you wish to arrange a private consultation please call the office on (020) 8882 6688 or send an email to george@burlington.uk.net



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GEORGE TTOULI APFS,
Chartered Financial Planner

Tel: 020 8882 6688
Email: info@burlington.uk.net
www.sjpp.co.uk/burlington

burlington
WEALTH MANAGEMENT

Cracking Christmas

Forum volunteers organised three Christmas parties last year, including one on Christmas Day itself

Who hides in the bakery at Christmas?
A mince spy.

How do you know when Santa's in the room? You can sense his presents.

Why did the turkey join the band? Because it had the drumsticks.

You may have better jokes from your festive season crackers, but there was nothing corny about two celebration lunches held early in December at the North Enfield Conservative Club attended by more than 200 Forum members and friends.

First off was the Forum lunch organised by Jacky Pearce, attended by 116 Forum members at which Jan Oliver, our recently retired development and office manager was presented with Life Membership of the Forum.

The sumptuous buffet meal was followed by some great dancing to the Myra and Terry Duo. The popular raffle raised £416 for the Forum.

Three days later, two Forum affiliates – the Knit and Natter group led by Liz Gilbert and the Southbury Leisure Centre-based Enfield

Over 50s Fun Group, led by Anna Long – teamed up for another amazing spread at the same venue.



Monty Meth presents Jan with her Life Membership

Our thanks to both groups for helping to raise £450 for the Forum, making £950 we have received from the Fun Group in this financial year.

Jan Oliver and John Dennis gave up their own Christmas Day afternoon to host a gathering at the Friends Meeting House in Winchmore Hill to chat, eat lots of snacks and play board games with ten or so people who otherwise may have been alone.



All the Xmas parties were a great success

John entertained the guests with live keyboard tunes which made for a cosy afternoon. Jan wishes to thank the donor who left a box of choccy biscuits – (sorry we couldn't read your name) and to the Quaker Meeting House for the use of their premises.

Chair's Column



A good plan

It is a bit late for New Year greetings but I do hope that 2020 has got off to a good start for you. Of course it is the time for those dreaded New Year's resolutions – I must admit I gave up on them many years ago but I know that some people still make them.

Perhaps it is a good time for goal setting. In my opinion this becomes harder as you get older but someone said recently that a goal without a plan is simply a wish. Mmmm – so let's call the following suggestions 'plans'.

One interesting goal is often to keep fit and I know that many of our members regularly attend the gym, particularly enjoying the benefits of the Over 50s Fusion discount. However, for those who either don't like attending the gym or who don't have time, I recently noticed an interesting set of exercises on the BBC website.

Apparently in the new series of 'Trust Me I'm a Doctor' Michael Mosely and his team investigate how much exercise you need to do to keep healthy and have come up with some innovative ideas.

Apparently we need to aim for a minimum of 150 minutes of activity spread throughout the week. One suggestion is: "How to get fit by simply doing the housework".

Well we all have to do housework and to be honest it is a chore so why not make it more worthwhile by incorporating it into our healthy lifestyle plan and get a clean house into the bargain?

There are numerous other ideas in the programmes which I for one will be planning to put into action – honest! It is not even necessary to watch the programmes as all the plans can be downloaded. I'm afraid that sitting in front of the TV is not part of the plan! I hope you are logging how often I have used the word "plan".

Feel free to ask me how it is going when you attend your next meeting at Beaumont, the Civic Centre or Millfield.

See you there.

Christine

Christine Whetstone, Chair

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W: www.stennett-stennett.co.uk

Getting older people into work

The successful 'job club' scheme has been extended

Two years ago, the Forum was given a small grant by Enfield Council to help those Over 50s with limited IT skills cope with the difficulties imposed by the government's newly online universal credit system (UCS).

As a result of this project our team of 10 Forum volunteers has since successfully run 750 individual sessions and by so doing helped 180 clients to prepare CVs and manage the hurdles imposed by UCS. Of the clients seen, a significant number have since found acceptable positions.

The funding for the project recently came to an end but because of its success fresh funding has been injected by Enfield Council so that the programme can be scaled up with Enfield Voluntary Action having the overall management in conjunction with the Forum and an external consultant managing the job club.

Full information about Universal Credit can be found on the government web site: www.gov.uk/universal-credit

Any member Interested in becoming one of the volunteers for this project or using the service should contact volunteering@enfieldva.org.uk

Employers need to recognise the potential of older workers

Workers aged 65 and older will account for more than half of all UK jobs growth over the next 10 years, according to analysis of the latest figures from the Office of National Statistics.

With older people healthier and more active than previous generations, they are more likely to continue working for longer. Some because they enjoy the job and others because they need the income as their pension pots are inadequate.

The number of over 65s in work has increased by 188% in the past 20 years to 1.3m, or from 5% to nearly 11% of workers.

But with about one in four people aged between 50 and state pension age currently out of work – and older people who lose their jobs staying out of work for longer than younger people – employers still need to address their prejudices about older workers.

Over 65s have experience and skills as well as commitment and people skills which employers should value. Some companies such as B&Q have deliberately recruited older workers but maybe more employers need to do the same.

Affiliated Groups

Enfield Croquet Club

From 31 March, Enfield Croquet Club is offering a free training course in Bush Hill Park for anyone interested in learning about croquet – ideal for both sexes. All equipment provided, optional dates available, coaching by experts. Flat shoes or trainers are the only requirement.

Enjoyable at all levels, it's a sport ideal for all which doesn't require strength, stamina or the ability to run around. Just stand still and hit a ball with a mallet! Our friendly members look forward to passing on their skills and experience to newcomers.

Contact Marian Cuckson on 07982 259789 or marian7447@hotmail.co.uk for details, or visit the website www.EnfieldCroquet.org for additional information.

Winchmore String Orchestra

The orchestra is holding a concert to raise money for Music for All on 21 March at 7.30pm at Southgate Methodist Church, The Bourne NI4 6RS. The conductor is Michael Coleby and the programme includes Holst – Brook Green Suite, Bach – Concerto for violin and oboe in D minor, Rutter – Suite for Strings, Tchaikovsky – Serenade for Strings (3rd Movement) and Mozart – Symphony No. 29 in A major.

Tickets: In advance £9 (concs £7). At the door £10 (concs £8). Children with an adult free.

Contact info@winchmorestrings.co.uk or call 020 8882 0351.

Or visit www.winchmorestrings.co.uk



Piano Keyboard Guitar



Have you always dreamed of playing an instrument?

Would you like to try but think you're too old?

Well, the good news is that you're never too old to learn. If you've got the desire to learn and are willing to put in some regular practice you'll be surprised at what you can achieve. Learning to play can be very rewarding and enjoyable and, what's more, it's one of the best things you can do to keep your brain in good shape.

I'm a teacher with many years experience and have taught many people over 50. Some of my best pupils are well into their 70s and beyond.

I teach many styles – classical, jazz (including the famous jazz standards), blues, pop, rock, gospel. You can learn to play from music, by ear or from chord charts. If you've never played before and are a complete beginner that's absolutely fine.

You can learn in my studio or I can visit you at home.

Call me on 020 8363 4180

To find out more, visit my website at www.johndennis.biz

Email: johndennisuk@yahoo.co.uk

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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!

Wednesday 5 February. Moving to Mars: a rendezvous with the Red Planet. You are invited to travel to Mars without leaving London – in a multi-sensory adventure. This fascinating show at the Design Museum is an intelligent and thoughtful exhibition. Its most compelling sensation is one of wonder. For example, a full-size working model of one of the rovers that have been wandering on Mars these past several years. Step into a full-scale Mars home, immerse yourself in the untouched beauty of the landscape and learn how rethinking daily life for a zero-waste, clean energy-powered civilisation that might help future generations on Earth. Plan at least 75 minutes min. to see the whole exhibition. Tickets £12 for over-60s, £16 Adult. Email or ring Cheryl on 020 8363 0732, birthday58@googlemail.com

Saturday 7 March. Dance/Party Night at the Over 30's, 40's and 50's Club. Forum group to meet at the Dugdale Centre at 8pm and make our way to Bush Hill Park Golf Club together. Cost £10 per ticket, (plus one-off £5 membership fee on the door). Evening ends at 1am. Smartish dress – no trainers, T-shirts or scruffy denims! Contact Jan Oliver on 020 8367 2088 or email eternalechoes2002@yahoo.ie to book your place.

9-16 May 2020, Bulgaria's Hidden Heritage. Cost from £936. Explore the hidden delights of beautiful Bulgaria starting in Sofia. 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. For more details and a booking form, contact Chrissy on chrissy15911@hotmail.com or call her on 07885 047 453.

Thursday 21 May. A perfect day out to Holkham Hall Norfolk. Come with us on another lovely coach day trip to the delightful Holkham Hall, home of the Earl of Leicester in stunning Norfolk. We will be exploring the vast Palladian Hall, the tranquil deer park, the beautiful 18th century walled garden and the fascinating 'Holkham Stories' experience. Included in the price of £64 per person is return coach travel, entry fees, coffee and biscuits on arrival, a tractor trailer tour of the vast estate, a two course lunch in the courtyard café, tea and scones before departure, driver tip and forum donation. Only 35 places available so book your place and find out more from Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com.

1-6 October 2020 Historic cities of the Danube River Cruise. 25 booked already – fancy joining us on this first Forum river cruise with The River Cruise Line on 1 October 2020, for six days. This will be by flight from Heathrow to Munich and then an amazing Danube cruise, visiting musical Vienna, the world's most beautiful city of Budapest, the ancient capital of Slovakia, Bratislava and the riverside village of Weissenkirchen in Austria. The price will be all inclusive of accommodation and meals and teas, cakes and snacks, drinks with meals, toiletries, guided excursions and bottled water. Prices do vary a little depending on the cabin location and beds. It will be a truly magical way to travel as summer draws to a close. To ensure your place, please contact Olivia for further details and a booking form. This may seem a long way off but it is really important to book early to avoid disappointment. Email oliviagoodfellow19@gmail.com or call 020 8447 8841.

ADVANCE NOTICE 2021

8-22 February 2021 Highlights of Sri Lanka tour with Wendy Wu Tours. Deposits are now being taken for this trip of a lifetime bespoke Forum adventure. For the full itinerary to make your dreams a reality, join the existing members of the group and make memories to last a lifetime. One lady is looking for a female room share, by the way. Full details and a booking form are available from Olivia on oliviagoodfellow19@gmail.com or by calling 020 8447 8841.

June 2021. Channel Islands Explorer. This fabulous two-centre six nights tour allows you time to explore both Jersey and Guernsey which are two islands close together but with a totally different way of life. If popular, we can also visit the smaller island of Sark. The price is approximately £863 to include flights, crossings, excursions and half board. This is an expression of interest only but please do get in touch if you would like to know more. Contact Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com

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

Previous Events

Mystery Lunch

In mid-December Forum members who had booked onto the Mystery Trip discovered that the treat was a three course festive lunch at the Crowne Plaza Kings Cross, serenaded by a fabulous Michael Bublé impersonator. The atmosphere was fun, the food good and the entertainment superb.



Rochester Visit

Forum members keen to get in the festive spirit, spent a day at the Dickensian Christmas market in Rochester in December. We were blessed with good weather and spent happy hours shopping, visiting craft centres, local eateries and the annual parade of pipers, bands and Victorian costumes.

Well done to our Forum member, Pat McCadden, who attended the day beautifully dressed as a Victorian lady!



If you have an idea of somewhere to visit, contact one of the Social Events Team above and someone will help you to organise it.

Olivia Goodfellow

Forum Groups

Please **NOTE** – these groups are run by volunteers and are for Forum members only.

If you need to join the Forum or renew your membership, contact the office now on 020 8807 2076.

Drop-In Board Games Group

This is a friendly group for anyone who likes playing board games. We normally play backgammon and dominoes but we have other games and cards that you can try out as well. We meet fortnightly on a Wednesday 2pm-4pm at Millfield House. Next dates: 5 and 19 February, 4 and 18 March, 1, 15 and 29 April.

Please ring the office on 020 8807 2076 if you want more details.

Coffee Club

The Coffee Club meets in the Skylight Restaurant on the top floor of Pearsons Department store in Enfield Town on the first Wednesday of the month. It runs from 10.00 until 12 noon and members are welcome to come any time between those times or for the whole period if they wish. The next dates are: 5 February, 4 March, 1 April. New members very welcome.

Further information from Sue Scott on scotsf48@hotmail.com or 020 8368 0861.

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

Every fourth Thursday of the month, Forum members gather in the Community Room at the Town Library to share poems they have written or love, spiced with a little touch of appropriate music. It is a very sociable time and we all enjoy it. So, why not pop along and try us out? Non-Forum members are welcome to a 'taster' but for continued attendance you must become a member (see above). Meeting time is 10.15am – 12noon. There is a small charge of £1 per session to meet the room costs levied by the Council. Next meetings: 24 Feb, theme Beauty; 26 March, theme TBA.

Contact Irene Richards on 020 3715 0946/ email: poosticks2@sky.com for further information.

Genealogy Group

This group is for any Forum member who wishes to explore their family history and you can just drop in for a chat or to check some of our reference books/magazines. Make an appointment on the day to have a 1:1 session with a volunteer advisor. We also organise to go to talks or to visit archives. We normally meet fortnightly on Saturdays, 2.30 – 4.30pm at the Dugdale Centre, 39 London Road, Enfield Town, EN2 6DS.

Next dates: 8 and 29 February, 7, 21 and 28 March.

Just drop in to the group or to find out more phone the office on 020 8807 2076 or email info@enfieldover50sforum.org.uk

Book Club

Do you love books, like to discuss them, would fancy maybe meeting authors and have a spare morning once a month? Might you consider presenting a favourite book to the members for discussion? Well come and join us at Enfield Town Library every third Thursday of the month, 10am – 12 noon. (We ask for a voluntary donation of £1 per meeting for room rental.)

20 February	No I don't want to join a Book Club by Virginia Ironside
19 March	My Antonia by Willa Cather
16 April	The Rumour by Lesley Kara
21 May	Normal People by Sally Rooney

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

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

Council 2020/21 budget

Tuesday 18 February

Cabinet lead on Finance, Councillor Mary Maguire, will discuss the 2020/21 Enfield Budget with Forum members and look at the options facing the Council.

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

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

Quality of social care in Enfield

Tuesday 25 February

Quality Assurance Manager Samantha Gajadhar and Volunteer Co-ordinator Vanessa Phillips will talk about Enfield Council's Quality Checker project which recruits volunteers with experience of social care services to gather feedback on the quality of care currently provided by the council.

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.

Focus on mental illness

Thursday 12 March

Authoress of 'To Challenge or Not to Challenge', Ruth Hanchet will talk about mental illness in the family. Her book was a Mind Millennium Award winner.

MILLFIELD HOUSE, SILVER STREET, N18 1PJ.

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

Policing in the borough

Tuesday 31 March

Enfield's Chief Inspector Treena Fleming will talk about policing and the challenges within the Borough.

Conference Room 2, Dugdale Centre, 39 London Road,
Enfield Town, EN2 6DS.

Writing Group

We meet on the third Friday of the month upstairs in the Dugdale Centre from 10am to 11.45 – or until we stop talking – 12 noon max! Each month we read a short piece of our own writing or simply tell fellow members about something of interest, or just listen and then join in with the discussion. This is a really sociable, friendly and interesting group

For more information, please call Christine Whetstone on 020 8805 1180.

November
Winner
Pauline
Piggins



December
Winner
Carol King



Congratulations
WINNERS

Join the lottery for the chance to win £260

Have you thought about joining the Forum's 200 Club monthly lottery? Not only will you have a good chance to win £260, you will also be helping to fund the Forum's work.

So, for just £5 a month, you will be supporting the Forum – and getting the chance to win. Remember, you don't have to be a Forum member to participate. It 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 £260 per month and when we have 200 members the prize will be £500 per month.

The November winner was Pauline Piggins and in December the winner was Carol King who both won £260.

For further information or to discuss any aspect of the lottery please ring Jim Cante on 020 8363 4969.

Bingo Club

The Forum's Bingo Club starts up again on Monday 17 February after the Xmas break. Come along to join in the fun, make new friends and maybe win some money.

Jim Cante, the organiser, says: "The Forum is not trying to compete with national bingo clubs and our prizes are modest and depend on the number of books sold. But we have very enjoyable afternoons in a friendly and sociable atmosphere."

You need to be a Forum member to take part but, don't worry, you can join on the day.

When: 3pm-5pm on Mondays

Where: at Malone & Co restaurant in Burleigh Way, just off Church Street between Starbucks and Santander In Enfield Town. Discounted refreshments available – 20% off during the bingo and 10% off at all other times on producing your Forum membership card.

Cost: £2 for five bingo cards and you can buy as many as you like. We also have a 50/50 cash prize raffle for £1 a ticket.

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)

Get help to cut your fuel bills

The new advisory service at the Dugdale provided by HEET, a non-profit charity, will help you to keep your home warm, save money on fuel bills, advise on smart meters, help cut carbon emissions and much more.

The advisor can book a home visit or you can contact HEET by calling 020 8520 1900 or emailing info@theheetproject.org.uk

The advisor will be present 10 February and 9 March.

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 10 February and 9 March.
- Financial advisers George Ttoui or Jack Gorgon are here every week giving advice on tax, investments, equity release, inheritance tax and long-term care fees.
- Screening for hearing tests on 17 February and 16 March by an NHS audiologist. These need to be booked in advance through the Forum office 020 8807 2076.
- Enfield Citizens Advice, Gillian McNally on benefits, debts, pensions etc. Come early to book a slot for a short discussion with Gillian about your concerns.
- Solicitors Stennett & Stennett (10 – 11am) Wills, Powers of Attorney, property and legal advice about paying for care.

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.

*Except Bank Holidays