

## Hospital bus needed

### Chase Farm Hospital patients, especially those attending the new orthopaedic surgery centre, need a better bus service

Plans to upgrade Chase Farm Hospital (CFH) into a major hip and knee repair and replacement surgery centre, covering the huge North and Central London 1.6 million population, must be matched by an upgraded public transport service, says the Over 50s Forum.

By this time next year Chase Farm, already one of the most digitally advanced hospitals in the country with dedicated operating theatres and beds for overnight stays, expects to have 400-700 more orthopaedic patients.

Alongside another centre at University College Hospital London, the team will be meeting a growing demand from an increasingly elderly population for surgery to hips, knees, shoulders, elbows, feet, ankles and hands.

So there will be many more in-patients, outpatients and visitors travelling to Chase Farm from Camden and Islington – and even further afield – as well as from Enfield, Barnet and Haringey.

Yet in a booklet outlining these planned changes, North London Partners in health and care say only: "We know that with any change there may be disadvantages for some people. Some patients may have to travel further on the day of their operation. Visitors may have to travel further."

The Forum insists this is nowhere near good enough. We think that London Mayor Sadiq Khan as the Transport for London (TfL) Chair should now be instructing TfL executives to update their route plans to Chase Farm, so as to reduce the discomfort and pain currently being experienced by many patients while travelling for surgery.

The Forum has long argued that the most efficient public transport service to Chase Farm is via the Piccadilly Line to step-free Oakwood Station and then pick up a new re-routed bus direct to the hospital, just 2.6 miles away.

Forum member Nicola McDowell initiated a petition some years ago for such a bus which fell on deaf TfL ears. This has now become much more urgent with Chase Farm now receiving patients from North West London some 14 miles away.

Despite this massive change in NHS services, TfL persists in suggesting patients who may have already travelled an hour or

more, alight at Southgate tube station (where they need to use escalators) and then take the W9 to the hospital – a bus route involving 22 stops and an extra 34 minutes journey time, if there's a clear run.



Oakwood Station is step-free

It is also advising patients from places such as Kentish Town and Gospel Oak to get to Finsbury Park or Highbury and Islington stations and then take the Great Northern line to Gordon Hill, where there are steps to negotiate and no lift – and then take a bus to Chase Farm.

Worst of all, the Royal Free NHS Trust, responding to a critical report from Camden Healthwatch on patient access to Chase Farm, lists bus stops at Edmonton Green rail and Overground station, which are

a good ten minutes walk away and where the gap alighting from the train to the platform is difficult and dangerous for anyone with walking difficulty.

Natalie Forrest, the Chase Farm Chief Executive, has met with Forum officers and promised full support for a renewed approach to TfL to review its outdated public transport advice to access the hospital.

The Forum will be urging the NHS, as part of its legally required equalities impact assessment, to place much greater emphasis on securing a public transport service to match its promise that its changes will lead to a 'significant improvement' in patient care.

You can add your voice by writing to Freepost NLP Orth Consultation – no need for a stamp – and press for a new direct bus from Oakwood station to Chase Farm, instead of the present two buses and a walk.

## Forum Meetings



All meetings have been cancelled for April and May. See pp 14-16 for more information about other Forum activities

# Ruth's Review

## Keeping busy with renewals

It has been an interesting start to the new decade. 2020 is flying by.

The Winter Fair came and went. We had about 300 people attend. Feedback has been very positive and again a big thank you to all those who helped and supported and freely gave their time to make this event a success.

Acknowledgements have been made to Enfield CCG, Enfield County School for Girls, Warburtons and all the Forum volunteers involved.



Robin Launder

We had an interesting speaker at the year's first meeting at the Civic Centre – a representative from Extinction Rebellion.

Robin Launder was a most articulate and engaging man who had the science and the facts to present the case for us all to be looking at ways we can make changes to help reduce our waste and emissions. I have to say judging by the reaction in the room, Forum members are already very knowledgeable in this area and have already been making lifestyle changes for some time, being aware of the legacy they may be leaving for future generations. We were asked to 'misbehave', protest peacefully. The concern is that more conventional means are not working.

As anticipated, we have been extremely busy in the office with renewals. It is lovely that so many members choose to stay with the Forum and continue to receive the benefits of Forum membership.

We have also welcomed lots of new members. A lot of them are coming into the office, so we meet them personally and we are encouraged by the fact that a lot of them have been recommended by word of mouth which indicates we have a good reputation in the borough.

We must apologise for the backlog we have in the office, but we will get all the cards out prior to the end of March, so there will be no gaps in continuing membership.

Looking ahead to Falls Awareness day in June, planning has started and more details will follow as that progresses. I continue to enjoy my work here at the Forum, it is very busy but very satisfying and varied.

*Ruth Fathaddine*

Office and Development Manager



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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 £11 a year (£16 for couples) or £100 (£150 for couples) for lifetime membership. Organisations can join for £25 a year or £100 for five years.

# Focus on the future

**While the coronavirus outbreak is very serious at the moment, we need to remember there are many longer term problems we need to solve**

Like you, I'm bewitched, bothered and bewildered by this newly discovered coronavirus, also known as Covid-19. I'm trying to keep things in perspective.

At the time of writing (10 March 2020) there are 382 infected cases in the UK, population 67.7 million, with six deaths of elderly people, all with significant underlying long-term illnesses.

There was just one reported case in Enfield on that date, but I've no doubt there will be many more by now. We can't ignore the warning from Professor Chris Witty, the country's chief medical officer, that possibly 80% of us will be infected with a 1% mortality rate.

This certainly wasn't what those of us of a certain age expected. If the government is going to tell elderly people to self-isolate themselves for months, as the media suggests, then Ministers must immediately reinstate the free TV licence, not just for an extra three months until 1 August, but for good. Meanwhile, we watch and wait while we take great care with what and whom we touch. Wash our hands for 20 seconds and hope to shake off any symptoms.

I just wish that as much media and Ministerial attention had been given over the years to the flu virus, linked to cold-related winter illnesses causing the deaths last winter of 23,000 low income older people living in poorly heated homes.

These are deaths over and above the normally expected mortality rate of older people. In 2017 there were over 34,000 deaths, nearly 25,000 in 2016 and many of them could have been avoided if housing conditions and incomes had been improved during the last ten austerity-ridden years.

So amid all the coronavirus concerns I'd like to see us keep our focus on what needs to be done to make life better for all generations. I want to see an end to press headlines such as: "Inequality rises as poor miss out on wage growth" – The Times, 5 March.

Apparently, inequality has widened since the Brexit vote with the poorest families suffering the sharpest fall in incomes – between 2017-19 they actually fell by 4.3% while disposable income for the average family went up by a mere 0.4%, according to the Office for National Statistics.

Ministers tell us the economy is strong, Britain is enjoying sustained wage growth, record low unemployment, austerity is over and the sun will soon be shining.

If that's the case, let's see the colour of the government's money with the long promised local government funding review and the funding allocation for public health in 2020/21 which should have been known by now.

Very few Enfield residents, I suspect, know that successive governments – Labour and Conservative – have for years been 'stealing' £11 million and more a year from the annual

government grant to Enfield Council under an obscure Whitehall formula called 'floor damping'.

Introduced nearly 20 years ago, it has never been reviewed. This was money diverted from Enfield to councils thought to be under-resourced. Like robbing Peter to pay Paul, Enfield, the ninth most deprived London borough, has lost about £200 million in this way.

Ministers now say they are going to "level up opportunities across the country" with some £600 billion being diverted largely to the North and the Midlands over the next five years.

There's a clear danger that this will be at the expense of places such as Enfield where 27% of households and one in three children are already living in poverty.

We have to reject the phoney argument that you can't level up the north without levelling down London.

On top of the billions levelling up the north, we have another £100 billion earmarked for the new HS2 transport network, £500

million a year repairing potholes and millions for the 40 new hospitals, 20,000 more police, 5,000 more GPs, 44,000 nurses.

And then there's the cost of last summer's promise to "fix the social care crisis once and for all." Talks, we are now told will begin in earnest in May though there is still no sign of the "clear plan already prepared" promised last July.

We want to make sure that Enfield is not left behind and we live in hope that the coronavirus crisis does not become the predicted epidemic, driving the government off course and diverting resources from all the goodies listed above.

Keep well and take care of your family, friends and neighbours.

*Monty Meth*

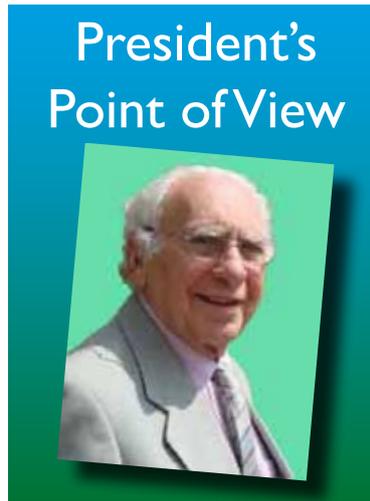
Forum President

## Who is paying for social care?

The longer the Government delays resolving the issue of adult social care funding, the more the problems mount. On average, 1,760 homeowners a month are being forced to sell their homes to fund their social care costs.

According to research, over 21,000 homes were known to have been sold in 2018 with the funds being used to pay for vital care. The actual figure of homes sold to fund social care is generally acknowledged to be between 40,000 and 70,000 per year.

In comparison, only 11,800 homes were sold to fund similar care in 2000. This means we have seen a 77% increase.



# TV licence rules change

Changes to free television licence rules for over 75s prompts call for people to check if they are eligible for Pension Credit

The BBC is adding insult to injury to nearly four million pensioners aged 75 and over who are set to lose their free TV licence concession from 31st July.

It is adding £3 to the licence fee which rises this month (April) to £157.50. At the same time the government has launched a consultation on whether the non-payment of the licence fee should cease to be a criminal offence – but presumably you will still incur a stiff fine.

With only the lowest income pensioners on Pension Credit set to continue with free TV licences, the BBC fears that many over 75s will forget to fork out £157 that they can ill afford.

There are 8,618 households in Enfield in receipt of Pension Credit and 4,931 of them include pensioners aged 75 and over. But almost certainly there are many more in this age group who are going to lose their free TV licence unless they claim Pension Credit.

The Government has recently released new figures showing that up to 1.3 million pensioner households which were entitled to receive Pension Credit did not claim the benefit. This means an estimated £2.5 billion of available Pension Credit went unclaimed; amounting on average to around £2,000 per year for each household that did not claim the benefit.

Increasing Pension Credit take-up becomes more significant from 1 August 2020 when pensioners aged over 75 will have to start paying for the TV licence – unless they receive Pension Credit. or unless the Covid-19 pandemic compels the BBC and the government to restore the free licence.

## To claim Pension Credit

The quickest way to claim Pension Credit is to call the Pension Service on 0800 99 1234 which is open from 8am to 6pm Monday to Friday. The service will even fill in the application form for an older person.

You will need your National Insurance number, bank account

details and information about your income, savings and investments.

Pension Credit is composed of two elements. Guarantee Pension Credit tops up a pensioner's weekly income if his/her income is below £167.25 (for single people) or £255.25 (for couples).

Savings Pension Credit is an extra payment to reward people who prepared for their retirement and have some savings. The maximum savings credit available is £13.72 for a single person and £15.35 for couples. This element is being phased out and is only available if a claimant reached state pension age before 6 April 2016.

It is important to stress that from August 2020 only pensioners aged over 75 receiving either type of Pension Credit will be eligible for the free TV licence.

Meanwhile, The National Pensioners Convention – to which the Forum is affiliated – has emailed personal letters to MPs of all parties asking that they support the campaign to retain the free licence benefit.

NPC General Secretary Jan Shortt said: "We have written to all MPs to ask that they do the right thing by their oldest and most vulnerable constituents. Millions of over 75s, who are already struggling on the basic pension, will suffer if the free TV licence is scrapped."

## Double speak

On the one hand the Government says that people should save 'for a rainy day' and on the other hand they slash the interest rates on National Savings and Investments accounts and Premium Bonds, with many only paying around 1%. Many people still remember that before the financial crisis of 2008, savers were regularly getting at least 5% on their deposits.



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- Stanley T.  
Client

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# Seeking new Forum leaders

The Forum is always keen to recruit fresh talent and energy. Maybe you could become a member of the Executive Committee and help us drive the organisation in the 2020s?

Are you looking for new challenges? Keen to help make your local community a better place to live? Prepared to take on new responsibilities? Then maybe you are the sort of person we need on the Executive Committee.

Some of our current Executive Committee members have specific knowledge from former careers and so can concentrate on areas such as health or IT.

Others simply bring their years of experience in family, work and / or community life – and their enthusiasm to make a difference.

They do a great job but we want to recruit new committee members to bring fresh ideas and energy to help us continue the wide range of work we do. We are keen to give new members a specific responsibility, so they will be paired with one of our existing committee members to help them develop their skills and knowledge.

**Skills particularly needed:**  
Social media  
Developing new projects  
Organising speakers

If you feel you would like to be a part of steering the Forum into the 2020s and beyond, please call the office or call Forum Chair Christine Whetstone on 020 8805 1180 for more information.

Nomination forms can be acquired from the office (in person or by email) and must be received by the office by 1 May so that they can be processed prior to the Executive Committee meeting on 5 May. The Forum is a registered

charity and Executive Committee members are all volunteers.

Any member of the Forum or affiliated group is welcome to put their name forward and we sincerely hope to hear from you.

## AGM on 30 June

The Executive Committee will be elected at the Forum AGM on Tuesday 30 June, held in the Council Chamber of the Civic Centre, Silver Street, Enfield Town EN1 3XA.

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# Quality checkers help improve social care

Enfield Council is looking for volunteers to help it improve the quality of the social care services it provides

Samantha Gajadhar, Quality Assurance Manager, and Vanessa Phillips, Volunteer Co-ordinator came to our February meeting at the Civic Centre to explain the council's Quality Checker project.

This project was set up by the council to provide an independent voice for the people who receive social care services in the borough.

So who are the quality checkers? "Our Quality Checkers are crucial to the Council's service improvement plan," they explained. "They serve as an independent voice and are representative of the community they serve."

The council is looking for volunteers to become Quality Checkers and they are asking people to come forward if they have an understanding of what it is like to use a social care service or who care for someone who uses those services.

"All our Quality Checkers are committed to driving service improvements led by our customers."

Some of the achievements of the project so far include the creation of an LGBT toolkit to be used by all care providers in Enfield and setting up methods to help improve hydration in residential care.



Vanessa (left) and Samantha at the Forum Meeting

They have also instituted regular welfare telephone calls to people in receipt of care in their own home to collect feedback to drive service improvement.

The project also provides the social care customer voice across Council forums, including the safeguarding consultation, small grants and fairer charging policies. It also offers mystery shopping to Council services to help evaluate the effectiveness of those services.

If you would like more information on the Quality Checker project please contact:

**Hannah Tingey: Provider Concerns Officer**  
**Hannah.tingey@enfield.gov.uk 020 8132 0146**

**Vanessa Phillips: Volunteer Co-ordinator**  
**Vanessa.phillips@enfield.gov.uk 020 8379 8035**



## Setting up a search

### The police have a well-planned strategy when an elderly person with dementia goes missing

Anyone who follows our social media accounts will know that we often put out appeals to the public to help find older residents who have gone missing – very often because they suffer from dementia and have walked out of a care home or their own home and have forgotten how to get back.

North Area Police has a busy Missing Persons Unit based at the police station on Fore Street with six designated officers in the unit. At any given time they can be dealing with 60-70 missing people across Enfield and Haringey with the majority usually being juveniles or the elderly. Both these categories are mainly classed as high-risk individuals.

So what happens when someone is first reported missing? Initially an officer will either attend or phone to take a first report and for the first 48 hours the case will stay with uniformed officers with an Inspector constantly risk-assessing it. This is because the majority of people will appear again or

be found within 48 hours.

Once a physical search is on, a lot of Met resources can be made available to trace missing people. Safer Neighbourhood Teams will go out on foot patrols, marked and unmarked police cars will also search, the police helicopters can be called out, dog units and the River Police might attend plus the six officers in the Missing Persons Unit will also take to the streets and for a high risk case such as a dementia sufferer all the above might be swung into action.

Afterwards the police often continue to work with partners in the health organisations and local authorities, if applicable, to put preventative measures in place to try to address any recurring problems. Our officers work round the clock, and hand in hand with the public, to make sure people with dementia who go missing are found as quickly as humanly possible.

Call 101 for non-emergencies and 999 if you witness a crime taking place or need immediate help

# Informing and entertaining



## Our annual Winter Fair was once again a great success in providing information and entertainment for older people in the borough

About 300 people attended our annual Winter Fair to listen to a range of presentations, attend workshops, find out more about some of our affiliated groups and enjoy music and dancing.

Bambos Charalambous, MP for Enfield Southgate, said: "The Over 50s Forum does an amazing job in Enfield, both in organising days like this and in campaigning for all the people of the borough."

He is working closely with us on the Fairer Funding campaign and said that although Enfield might be seen as a leafy suburb, a Smith Institute report shows that our funding needs are the same as for inner London boroughs.

Dr Mo Abedi, Chair of Enfield CCG (Clinical Commissioning Group), also praised the Forum's campaigning work and said: "We are all fighting on many levels in terms of funding for health."

He said that the CCG is looking at placing clinical pharmacists and advanced nurse specialists in GP surgeries to see patients and help spread the workload. We all need to get used to seeing allied health professionals rather than always wanting to see the GP.

Deborah McBeal, Deputy Chief Operating Officer at the Enfield NHS CCG said that the merger of the Enfield CCG (with Barnet, Camden, Haringey and Islington) into a larger North Central London CCG will streamline services and help address health inequalities.

"We are working across health and social care and looking at wider factors including housing, education and employment. We want to spend more on proactive care."

Superintendent Chris Jones said the police recognised that there are many challenges in Enfield, especially as we have the second highest levels of youth violence in

London. He said a core message was 'Enfield Needs You' and asked for volunteers to help the police.

Will Huxter, Director of Strategy, North Central London CCG said the policy of concentrating planned elective orthopaedic operations at Chase Farm Hospital will be a benefit for patients. As the hospital does not also cater for emergencies, it means beds and staff will be available as planned and operations will not be cancelled at the last minute.



From left: Bambos Charalambous, Deborah McBeal, Dr Mo Abedi, Will Huxter and Forum Chair Christine Whetstone

He said there was also a lot of evidence that higher volumes of operations in one facility helps improve outcomes for patients.

During consultations about the changes, he said the single biggest issue had been about the lack of good public transport to Chase Farm Hospital (see the story on the front page).

After the presentations, attendees were able to choose from a range of activities. They could join a workshop where the police talked about how to avoid potential scams or one where CCG people

explained how healthcare is provided in Enfield. There were also sessions on cancer and dementia awareness and interactive fitness and dancing.

We also had nearly 30 stalls where groups affiliated to the Forum were able to tell people about the many activities they undertook and encouraging people to join their clubs or take the information offered.

The Forum would like to thank the CCG for providing funding, Enfield County School for Girls for allowing us to hold the event in their hall and classrooms, and Warburtons for afternoon tea.

Special thanks to all the volunteers involved and well done to our new Office and Development Manager, Ruth, for organising such a successful event.



Superintendent Chris Jones

# New ways to pay

## PayPoints allow residents to pay cash for council services

Enfield residents will now be able to pay their council tax, housing rent, business rates and other council bills at more than 140 PayPoint locations spread across the borough.

These locations are mostly in smaller shops which are open seven days a week and often have long opening hours, making it easier for everyone to access the service. And it will help increase business for small local retailers.

The PayPoint service allows residents to pay in cash as well as by card. At the moment, residents can pay in cash only by going to the Civic Centre, so the council believes the new service will make it much easier for everyone.

However, as a result of the new system, the cashiers service at the Civic Centre and autopay kiosks at the Civic Centre and Edmonton Centre will close on 31 May.

The service was launched in March and residents will see barcodes on their annual billing letters which are used to identify them when they pay using the PayPoint service.

● Enfield Council says: "This year Enfield Council has had to take the difficult decision to increase Council Tax by 1.99% to try and protect residents from the worst impact of the Government's budget cuts. The Government also expects us to add a 2% charge to fund the increasing costs of adult social care services for the increasing number of residents who need this support. In addition, we have to collect the Greater London Authority's levy from every household in the borough. So, adding this all together, your Council Tax in Enfield will go up by 3.91%, this year, which is around £1.22 a week for an average Band D property."

# The cost of bad housing

## Sub-standard housing is dangerous and costly to the NHS

Almost half of residents in what are considered to be 'non-decent' homes are over 55 years of age, according to a report by the Centre for Ageing Better.

There are about 4.3m of those homes in the UK, where the most common problems are cold or trip hazards. The number had been falling for decades but repairs stalled after the government ended subsidies in 2012.

Since then, the trend has reversed for people over 75 so that about 700,000 of their homes were 'non-decent' in 2017, up from 550,000 five years before.

Repairs to make homes decent would cost £3000 on average. A 'decent' home is one in a reasonable rate of repair, without hazards, with sufficient heating, a kitchen less than 20 years old and a bathroom less than 30 years old.

The report suggests that it costs the NHS £513m a year to treat over-55s who live in the worst homes. The Centre for Better Ageing suggests that repairing the worst hazards for over-55s would cost £4.3bn and that could be paid back in eight years through savings to the NHS. "Not to mention the difference this would make to millions of people's quality of life," a Centre for Ageing Better spokesperson said.



# 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.

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# Always look on the bright side of life



## School wisdom

The following questions were set last year in American schools. We are told they are genuine answers from 16 year-olds.

Q. Name the four seasons.

A. Salt, pepper, mustard and vinegar.

Q. How is dew formed?

A. The sun shines down on the leaves and makes them perspire.

Q. What guarantees may a mortgage company insist on?

A. If you are buying a house they will insist that you are well endowed.

Q. In a democratic society, how important are elections?

A. Very important. Sex can only happen when a male gets an election.

Q. What are steroids?

A. Things for keeping carpets still on the stairs.

Q. What happens to your body as you age?

A. When you get old, so do your bowels and you get intercontinental.

Q. What happens to a boy when he reaches puberty?

A. He says goodbye to his boyhood and looks forward to his adultery.

Q. Name a major disease associated with cigarettes.

A. Premature death.

Q. What is artificial insemination?

A. When the farmer does it to the bull instead of the cow.

Q. How can you delay milk turning sour?

A. Keep it in the cow.

Q. What is the fibula?

A. A small lie.

Q. What does 'varicose' mean?

A. Nearby.

Q. What is the most common form of birth control?

A. Most people prevent contraception by wearing a condominium.

Q. Give the meaning of the term 'Caesarean section'.

A. The caesarean section is a district in Rome

Q. What is a seizure?

A. A Roman Emperor. (Julius Seizure)

Q. What is a terminal illness ?

A. When you are sick at the airport.

## Misheard

So I was in the chemists and I asked the woman behind the counter: "What gets rid of coronavirus?"

She replied: "Ammonia cleaner".

I said: "Oh, sorry. I thought you were a pharmacist."

## Word play

What do the following words have in common?

Banana

Dresser

Grammar

Potato

Revive

Uneven

Assess

Answers at bottom of page

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Answer: If you take the first letter of each word and place it at the end of the word, it is the same word spelled backwards.

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# Miley! – What should I do about Corona?

One of the things I have always liked about Londoners is that there is always some wag who finds an ounce of humour even in the most challenging of circumstances. So now we have it; not sure where it originated, but those Cockneys amongst us have named corona Miley – ‘Miley Cyrus; the corona virus’.

So, what is Covid-19 to give it its official name? Should we be worried and what should we do about it? Well, firstly, it’s a new virus which is why health authorities are so worried about it.

Being new it means that no-one has been exposed to it and therefore won’t have immunity. However, for most people having Covid-19 will result in mild flu-like symptoms. More worryingly for a minority Covid-19 will lead to more severe symptoms and increased mortality.

Stopping and / or slowing the spread of Covid-19 is therefore of paramount importance. Stopping Covid-19 speaks for itself. Here washing your hands whenever you sneeze, whenever you eat is vitally important. Use a tissue and throw it away. ‘Catch it, kill it, bin it’ as the campaign says.

Distancing is also very important; Covid-19 seems to be easily spread through droplet infection, keeping your distance from others will help.

Even if we can’t stop the spread of Covid-19 it will help enormously if we can slow the spread. Healthcare services will cope much better dealing with a number of people over, for instance, six weeks than just three weeks. This goes for facilities as well as staff.

Finally, to end a bit of a sombre article we should remember how lucky we are. We live in a developed country with a first-class healthcare system. Certainly Covid-19 is a threat to our health but we are probably better placed than many to cope with it. Good hand and nasal hygiene will help with this.

*Glenn Stewart*

Assistant Director of Public Health  
Enfield Council

## Letter to the Editor

*Many thanks for the IT workshop and help session on 9th January. They sorted a problem that neither I, or my computer friends, couldn’t. Would it be possible to have a (easy) session for beginners on Microsoft Excel probably using a projector?*

*Many thanks for the “looking on the bright side” – one of the best pages.*

**Robert Chester**

**Reply:** Thanks Robert. We are pleased our IT workshop was so useful and the team have said they are looking at running specific sessions as you suggest. Keep reading the newsletter to find out more.

## Chair’s Column



# Keeping well

If you have not had the shingles jab, ask for it

I recently spent a week in Yorkshire staying with old friends and there was more to my trip than just a jolly visit because my friend has been suffering from a very serious case of shingles since August 2019. He was not able to have the shingles vaccine due to a pre-existing medical condition. Thank goodness his wife had it.

He is in constant pain, cannot sleep, rarely goes out in the car because he can’t bear going over speed bumps and potholes, has given up visiting the gym, can’t walk his beloved dog and has had to cancel two holidays due to his condition.

He is a very skilled wood turner but his tools lie dormant because the medication he has to take renders him incapable of concentrating for long – so he is afraid of injuring himself. It is no surprise that he is very distressed – I would say depressed – about this. There seems to be no end in sight.

This is, of course, an exceptional case, but during the last couple of months three close friends have had shingles – none of them had the vaccination. One ‘phoned me to say, “If you do nothing else this week – have the shingles jab.”

She had also had a bad dose of the illness and in her case it was her face which was affected. I must admit that, although I have had the vaccination, I had no idea that shingles could be so serious.

You’re eligible for the vaccine if you’re aged 70 or 78 years old. In addition, 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. So get it if you can. I cannot recommend it enough.

Of course whilst writing about this we have witnessed the arrival of yet another virus for which there is, as yet, no vaccine!

On a more cheerful note, our wonderful Winter Fair in February was a terrific success and the feedback from those who attended was incredibly positive. Many thanks to all of the organisations which supported us, but mostly to Ruth, Diane and all the volunteers who worked their socks off to make it a great event.

Huge thanks all round!

*Christine*

Christine Whetstone, Chair

# What is a Lifetime Mortgage?

I am often asked this question by members of the Forum and there is clearly some confusion between a Lifetime Mortgage and Equity Release.

Simply a Lifetime Mortgage is the product which allows you to release equity from your home without having to move. Before these products were available, in order to convert bricks and mortar value into cash people would have to move from their property to downsize.

It is important to understand this is simply a loan that is secured against your home that will give you a cash lump sum or smaller amounts if required on a regular basis.

There are no monthly payments but of course this is not free money. Instead of a conventional loan, the interest is added to the amount you owe each month. Also interest is compound, meaning that the interest charged is on the amount you borrow plus any interest previously added.

The total amount is usually repaid from the sale of your home after you have died or if you were to move out of your home into long-term care.

Most lenders will offer this facility for people aged 55 or over although, because of the compound effect of the interest, my advice is to defer using a facility like this until it is the last resort and the older you are the better in terms of the overall cost.

Some examples of the use of a lifetime mortgage are as follows:

## Example 1

If you are simply looking to enjoy retirement to help pay for travel, a new car, or home improvements.

## Example 2

To help family. You can borrow to raise money against your home to make gifts to children and grandchildren. In the process if you have an issue with Inheritance Tax this could improve the situation although this is a whole new area where financial advice is essential.

## Example 3

If you have an existing mortgage on interest only and have no way to repay the capital. You may be able to replace the mortgage with a lifetime mortgage and you will not have ongoing interest payments to service. Your financial pressure can be removed if you have enough equity in your property.

It goes without saying there are many schemes available on the market where the interest rates and fees can vary tremendously and therefore qualified financial advice is essential. I am happy to provide more information for any member who is interested.

Please be aware a Lifetime Mortgage is a loan secured by first charge against your property.

George Ttoui or Jack Gorgon who are both qualified financial advisers at Burlington Wealth Management will be available to discuss any financial matter at the drop-in advice service. 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](mailto:george@burlington.uk.net)



Mastermind your financial future

We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

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Tel: 020 8882 6688  
Email: [info@burlington.uk.net](mailto:info@burlington.uk.net)  
[www.sjpp.co.uk/burlington](http://www.sjpp.co.uk/burlington)

**burlington**  
WEALTH MANAGEMENT

# Fairer Funding fight

## The Enfield Declaration has been sent to Government ministers

Our Fairer Funding campaign continues with Bambos Charalambous, MP for Enfield Southgate, writing to a range of Government ministers to tell them about the Enfield Declaration.

The Declaration, signed by more than 60 local community leaders, highlights “the grossly unfair and continuous under-funding of our Borough by successive governments and their statutory services.”

We ask: “Why has Enfield’s public health grant been cut by £446,000 this year to £48 per head, while Islington receives £104 per head, Camden £99, Haringey, on our doorstep, gets

£70 and Kensington & Chelsea £130?

The letters have been sent to Robert Jenrick, Secretary of State for Housing, Communities & Local Government; Steve Barclay, Chief Secretary to the Treasury; Rishi Sunak, the Chancellor of the Exchequer and the Prime Minister Boris Johnson. We have also written to Sir Simon Stevens, NHS Chief Executive.

We will update you on their replies in the next newsletter.

Both the Declaration and the list of signatories can be found on our website [www.enfieldover50sforum.org.uk/fairer-funding-for-enfields-public-health/](http://www.enfieldover50sforum.org.uk/fairer-funding-for-enfields-public-health/)

# Over50s Days at Fusion

The Over50s days at the local leisure centres are a great opportunity to try out the activities and equipment

Are you one of those people who thinks it would be a good idea to do a bit more exercise and/or meet more people? Well, the Over 50s Days at the council leisure centres run by Fusion offer a great opportunity to do both of those.

There are a wide range of activities and classes to take part in, or just go for a swim or visit the gym. There is also free tea and coffee and an ambassador at each centre to help show you around. It’s a great chance to find out whether you might want to attend more regularly.

Activities include yoga, table tennis, badminton, walking netball, pilates, chair exercises, aquafit and dancing – including a tea dance once a month at Southbury. Or you can just go for a swim or use the gym.

You can just turn up and pay for the day – no contract, no signing up. The cost for an Over50s Day is £9 per day or just £4.50 per day if you have an energy concession card. This concession card is normally £21.50 for 12 months, but for Forum members it is only £7.50. Note that only Forum members who are Enfield residents are eligible for this discount.

The concession card also entitles our members to half price activities, such as use of gym, swimming and classes at any time.

So, it is worth joining the Forum for a mere £11 a year (see details p 2) just for the cheaper access to the leisure centres! Of course, you also then get this newsletter every two months, the regular e-News and will be supporting the Forum’s work helping keep older people well-informed and entertained.

The leisure centres run by Fusion for Enfield Borough which have



Over 50s Days are Edmonton (Mondays and Fridays), Southgate (Tuesday and Friday), Southbury (Tuesday and Wednesday) and Albany (Thursday).

Fusion runs many activities and classes, so visit the website or call in to your local centre for more information.

Albany Leisure Centre, 505 Hertford Rd, Enfield EN3 5XH, Tel: 020 8804 4255.

Edmonton Leisure Centre, 2 The Broadway, Edmonton N9 0TR, Tel: 020 8375 3750.

Southbury Leisure Centre, 192 Southbury Rd, Enfield EN1 1YP, Tel: 020 8245 3201.

Southgate Leisure Centre, Winchmore Hill Rd, Southgate N14 6AD, Tel: 020 8882 7963.

[www.fusion-lifestyle.com/contracts/Enfield\\_Council](http://www.fusion-lifestyle.com/contracts/Enfield_Council)

Or contact the Fusion Over50s Forum Coordinator Dominic Hall on [dominic.hall@fusion-lifestyle.com](mailto:dominic.hall@fusion-lifestyle.com)

## FREE SOCIAL MEMBERSHIP Bush Hill Park Golf Club

Golf Club  
of the Year

CLUB  
awards

2019



Call 020 3146 9890

[bhpgc.com](http://bhpgc.com)



# Social Calendar



Please note that some of these events may not go ahead due to the current outbreak of Covid-19 virus. If you have already booked for an event, please contact the organiser to check.

## **Expressions of interest please. Pork Pie Experience.**

Ever wanted to know how to make a good pork pie? It would be a workshop, run by Brocklebury Pies. Their pies are delicious! If enough people are interested, they can bring their mobile kitchen to Enfield. All we have to do is pay, turn up, put on our apron and follow instructions to create our own pork pie. Let me know!

Cheryl: [birthday58@googlegmail.com](mailto:birthday58@googlegmail.com) or 020 83630732

## **Expressions of interest please. Opera in the centre of Holland Park, West London.**

The auditorium is a covered outdoor venue with comfortable seats. There is no dress code; it's an informal and welcoming atmosphere. There are three surtitle machines, located in the centre and on either side of the stage to help you understand what is being sung. I have entered their 'Free tickets for Over 65s' ballot. This would be a great opportunity to experience an opera for the first time, and for those who have been to operas before... but you must be 65. It will probably be an evening performance, starting at 7.30pm. If you are interested, contact

Cheryl: 020 8363 0732 or [birthday58@googlegmail.com](mailto:birthday58@googlegmail.com)

**Sunday 5 April. A Walk in Highgate.** Join Graham Thomas and other Forum members for a leisurely stroll around historic Highgate village. Highgate has many fine 17th and 18th century buildings and is also known for its cemetery and proximity to Hampstead Heath and bathing ponds. The walk will last approximately two hours. There are some hilly sections but nothing too steep. Meet at Highgate underground station, 'car park' exit (ie lower exit) at 14:15 for a 14:30 departure. This is a circular walk. There is no need to book but if there are any queries please phone Graham on: 020 8367 6360. Contact number on the day will be: 07986 699555.

## **Monday 20 April. Indian Meal at Taste of Raj,**

76 Aldermans Hill Palmers Green N13 4PP. Near the Triangle. 6.30pm. £13.50 per head, drinks extra. Anwar and the team invite you back again to a warm welcome and delicious food. You'll have to preselect three dishes. Either 1) Naan bread or chapati bread. 2) Either plain rice or pilau rice. And 3) Choose one from the following: chicken korma, chicken masala, lamb tikka korai, chicken tikka korai, lamb tikka jalfrezi, chicken tikka jalfrezi. Have your choices ready when you ring Jacky to book on 020 8482 3575.

## **Friday 24 April. Stand up Comedy evening at the**

**Dugdale Centre.** Join some Forum members for an evening to 'laugh your socks off' at the Dugdale's new Resistance Comedy Club. 'Expect some of the best UK and international acts.' The show starts at 8pm but we will be in the Dugdale from 7pm for anyone who wants to meet up early for a light meal and a drink. Places are limited – please book and pay early. Tickets are £14. Contact Jan on 020 8367 2088 or email [eternalechoes2002@yahoo.ie](mailto:eternalechoes2002@yahoo.ie)

## **Wednesday 6 May. Lunch North Enfield Conservative**

**Club** Baker St Enfield EN1 3LD Buses W9/191. Parking available. £12.95 per head. Come and meet the new Chef Hayley, who is quickly making a name for herself with her delicious new menus. Have a drink at 12.30 ready for your meal around 1pm. Hayley will prepare a three course lunch. Choose from tomato and basil soup or prawn cocktail. Followed by her famous pie: chicken and mushroom, steak and kidney or vegetable. Finish with apple crumble or peaches, both with custard. Have your meal choices ready when you ring Jacky to book on 020 8482 3575.

## **Thurs 7 May. Talking Community Cinema Evening at**

**the Dugdale Centre.** Join some Forum members for a foreign language film evening. Tonight is 'Border' Sweden's entry for the Best Foreign Language Film at the 91st Academy Awards and won the UN Certain Regard Award at the Cannes Film Festival in 2018, along with the awards for Best Film, Best Director, Best Actress and Best Supporting Actor. 'Who am I?' It's a question lurking in the mind of customs officer Tina. She's always assumed that 'different' means 'worse', but when she meets the mysteriously magnetic Vore, who shares her unusual gift of being able to smell emotions, particularly fear and guilt, she begins to learn the truth about herself. The show starts at 7.45pm but we will be in the Dugdale from 6.45pm for anyone who wants to meet up early for a light meal and a drink. Places are limited – please book and pay early. Tickets are £6.50. Contact Jan on 020 8367 2088 or email [eternalechoes2002@yahoo.ie](mailto:eternalechoes2002@yahoo.ie)

## **Friday 22 May. 10 Pin Bowling Night at Hollywood**

**Bowls.** Come along for a fun, buzzy, sociable evening. It doesn't matter if you have never played before or if you are an expert bowler. Meeting in Enfield at 7.30pm (for a possible car share). Drinks and burger type food is available to buy at the Bowling Alley. Cost £9 (for the game) plus money for petrol. Limited places so please book and pay early – [eternalechoes2002@yahoo.ie](mailto:eternalechoes2002@yahoo.ie) or phone Jan on 020 8367 2088.

## **Thursday 16 July. Fruits of Their Labours.**

Two part day trip to Essex. A relaxing day tour of two of Essex historical jewels. We spend the morning at Cressing Temple Barns and Granary, grade I listed 13th century Templar buildings with a guided tour. After an included pub lunch in the delightful village of Coggeshall, we spend the afternoon at the nearby historical Tiptree Fruit Farm (started in 1757). The visit includes a tractor-trailer ride through the strawberry fields, learning about traditional fruit farming methods and cutting-edge new technology. A delicious cream tea in the famous Tiptree tearooms finishes the day in style. Cost per person £49.50. Only 35 places available so book your place and find out more from Olivia on 0208 447 8841 or email [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com)

## **Thursday, 17 September 2020. Carousel at Regents**

**Park Open Air Theatre.** A return visit to Regents Park Open Air Theatre. This time to see Carousel. The performance starts at 2.15pm. The cost of the ticket is £28. For further details please contact Jean Mittins on 01279 899069.

## ADVANCE NOTICE 2021

See website for more details

**8-22 February 2021. Highlights of Sri Lanka.** Full details are available from Olivia on [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or by calling 020 8447 8841.

**19-22 February 2021. Two Festivals on the French Riviera.** The annual Fête du Citron, in Menton, plus the elegant 'Battle of Flowers' in Nice and a visit to Monaco. For more information, email/ring Cheryl on [birthday58@googlegmail.com](mailto:birthday58@googlegmail.com) or 020 8363 0732.

**June 2021. Channel Islands Explorer.** This is an expression of interest only. Contact Olivia on 02084478841 or email [oliviagoodfellow19@gmail.com](mailto: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

# Forum Groups

Please note that each group needs to decide for itself if the members will continue to meet over the next few weeks. Please contact the organiser to discuss if you are unsure.

## 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 where the office is. Next dates: All sessions cancelled in April and May. Check the website for updates or call the office on 020 8807 2076.

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 10am until 12 noon and members are welcome to drop in any time between those times or for the whole period if they wish. The next dates are: 1 April, 6 May, 3 June, 1 July, 5 August, 2 September. New people are very welcome.

Further information from Sue Scott on [scotsf48@hotmail.com](mailto: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: 26 April, theme Memories; 28 May, theme TBA.

Contact Irene Richards on 020 3715 0946 or email: [poosticks2@sky.com](mailto: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: All sessions cancelled in April and May. Check the website for updates or call the office on 020 8807 2076.

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

# Forum Meetings

**We have decided to cancel all Forum Meetings for April and May due to current government advice on gatherings, especially of older people. We hope to resume in June, including the AGM on Tuesday 30 June. We will send updates via eNews, or check the website or ring the office 020 8807 2076.**

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.)

16 April	The Rumour by Lesley Kara
21 May	Normal People by Sally Rooney
18 June	Engelby by Sebastian Faulkes

Contact Sue Scott for further details at [scotsf48@hotmail.com](mailto:scotsf48@hotmail.com) or call her on 020 8368 0861.

## Lunch Club

Is anyone interested in joining a lunch club, the purpose being to meet up once a month (day to be decided, possibly random) at different venues to enjoy a pleasant meal and good company. My aim is to find local eateries with decent menus and reasonable prices. This will be done via email and each occasion will be decided at the previous one.

I will arrange for all participants to be kept advised and will require a confirmation of attendance each time in order to know numbers attending and be able to book.

This will not be a gourmet occasion and people will pay for their own food and drinks. It will be an event, rather like Coffee Club to meet and chat.

Please contact me on [scotsf48@hotmail.com](mailto:scotsf48@hotmail.com) or 020 8368 0861. Sue Scott

## 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.

January  
Winner  
Irene  
Richards



February  
Winner  
Pauline  
Piggins

*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 January winner was Irene Richards and in February the winner was Pauline Piggins and 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 runs every Monday except Easter Monday and other Bank Holidays. 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 numbers drawn."

But we have very enjoyable afternoons in a sociable atmosphere."

You need not be a member to take part but, you must be over 18 years of age.

The club meets from 2pm on Mondays

**Where:** at Malone & Co restaurant in Burrell 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)**

**Following government advice, we have cancelled all the Advice Sessions for April and May. We hope to resume in June, so check the next edition of this newsletter as well as the Forum website.**

During this time, financial advisors George Touli or Jack Gorgon will remain available by telephone from 10am-12noon on Monday mornings to offer some initial advice on tax, investments, equity release, inheritance tax and long-term care fees.

Phone: 020 8882 6688.

Solicitors Stennett & Stennett will remain available by telephone from 10-11am on Monday mornings to offer some initial advice on wills, power of attorney, property and legal advice about paying for social care.

Phone: 020 8920 3190.

### 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

**CANCELLED APRIL AND MAY**