

Step up to help out

Monty is irreplaceable but the Forum needs new blood to help us keep the older people of Enfield informed, entertained and encouraged to fight for a better world



Monty Meth (1926 – 2021) in full flow

The sad passing of our President Monty Meth (see p5), as well as the fact that several other Executive Committee members are standing down for various reasons at the next AGM, has brought into sharper focus the need for the Forum to recruit more volunteers, especially for the Executive Committee and Social Events Team.

We are a small group of people with busy lives and other commitments, so we need extra people to help us cover the many activities needed to keep the Forum running. Often we have one person doing a job that really needs at least two or even a small group of people.

We want a new fundraising sub-committee, for instance. Jim Cante does an amazing job with the lottery and bingo, but we need new projects to be developed to address the needs of older people in the borough and to bring us new funding streams. We are looking for people who can bring ideas to the group and also those who may be interested in researching where necessary and/or helping Jim out with new ideas – for example a quiz league. We also need people to make applications for funding and to join the finance committee.

The Social Events Team and those running Forum groups do a great job – but they need more help. You could volunteer to organise just one outing or event (see p15).

Our membership secretary Jan Oliver is full of energy and ideas for increasing membership participation but can't do it all on her own. Ann Zinkin who finds speakers for our meetings (webinars) is constantly looking for suggestions.

Vivien Giladi and Gail Hawksworth work tirelessly to keep us up to date with the latest developments in the health economy, but it's virtually a full-time job. It is also a busy time for Peter Smith who keeps an eye on the latest transport developments and for Irene Richards who covers safeguarding issues.

These monitoring activities can lead to the Forum developing a campaign where we see injustice or potential loss of local control – and we need people who can help drive these campaigns, especially now that Monty is no longer with us.

We need an assistant to help our Secretary John Ball and as our online life becomes more important, Chris Chinnery could do with help in his IT support role and we definitely need someone who is keen to increase our social media presence. And Yvonne Mulder, newsletter editor, needs a deputy editor. If you would like more information about how you might help, please contact the office (details p2) and they will get a member of the Exec Committee to call you for an informal chat. Remember this is your Forum.

The Forum Executive Committee

Ruth's Review

Looking forward to meeting again

I started working at the Forum in November 2019, looking forward to the new role and the challenges involved. I was invited to a meeting at the Civic Centre, prior to starting formally as a way to meet Forum Members and the Executive and to get a feel for how the Forum operated.

I was made to feel so very welcome, without exception, by everyone and when introduced to Monty Meth received a very warm handshake, a very reassuring conversation and an invite to a Christmas Party! Sadly due to the pandemic hitting soon after, I didn't get many opportunities to see him in person last year, but his support was maintained via email and phone calls throughout.

He was a very hands-on President. The Forum and the needs of older people in Enfield were so important to him and we will simply miss him, but ensure the Forum continues as his legacy.

A huge thank you to all those who have renewed their membership and the continuing donations we are receiving. We have been inundated with post and apologies to those who are still waiting for their cards. We are working through in date order and we will get them out to you.

We miss our small team of volunteers who normally help out at this busy renewal time and we will be back in touch very soon once the restrictions are eased. We really have missed you.

Talking of restrictions lifting, there will be those amongst you who cannot wait, but I would expect some will have concerns and trepidations around returning to normal life. We anticipate we will reopen gradually in line with what we are allowed to do and look forward to seeing you all in person again.

Zoom meetings have kept events functioning but it is not the same. They will probably be with us a while longer and some may prefer them but I will be glad when they are a choice and not a necessity.

Keep well and safe

Ruth Fathaddine

Office and Development Manager



Back to the gym

Fusion leisure centres are opening so make sure your Forum membership is up to date to benefit from the discounts we have negotiated

The leisure centres in Enfield will be re-opening on Monday 12 April in line with current government guidance. The gyms and swimming pools will be opening at Albany, Edmonton, Southbury and Southgate Leisure Centres.

Covid guidelines will be followed to ensure everyone's safety which means all attendances will need to be booked and paid for online. This ensures that the number of people in the centres can be accurately monitored, and there will be additional cleaning taking place around the centres.

On 17 May, Government guidelines allow for group exercise classes to take place and these will re-commence on this date. Group exercise classes will take place in sports halls where possible as this will increase the number of people able to take part.

Current government guidance suggests that all Covid restrictions will cease on 21 June. If this proves to be the case the leisure centres will open along pre-Covid lines as soon as possible after this date.

Fusion says: "While Covid restrictions are in place it won't be possible for the over 50s days to take place, however we will be bringing them back as soon as we can. We look forward to welcoming you back to your leisure centres to help you lead active and healthy lives."

Forum members who live in Enfield can buy the concession card (sometimes called the energy card) for £7.50 a year instead of the standard price of £21.50. With this card you will get a discount of 30%, so paying £5.60 for a swim/gym session/class instead of £8.

People need to go to www.fusion-leisure.com and select a preferred centre and register with their name and address etc. Then they should go into that centre, show their Over 50s Forum membership card and renew or buy their annual concession card. This information will be added to their online registration so that they will then pay only £5.60 for activities they book.



Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton N18 1PJ
Tel: 020 8807 2076
Email: info@enfieldover50sforum.org.uk
Website: www.enfieldover50sforum.org.uk
Office hours: Mon-Thu 10am – 2pm
Registered Charity No 1122859

Chair: Christine Whetstone
Secretary: John Ball
Development & Office Manager: Ruth Fathaddine
Admin: Diane Barron

This newsletter is produced every two months by Enfield Borough Over 50s Forum.
Editorial team: Yvonne Mulder, Tony Watts
Contact: editor@enfieldover50sforum.org.uk
Advertising enquiries: diane.barron@enfieldover50sforum.org.uk

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.

Campaigning brings results

I was remembering the other day how the Forum played a vital role in saving the Freedom Pass for all older Londoners. Our actions prove that it is worth fighting for your rights

Campaigning aimed at improving the lives of older people in Enfield has always been an integral part of our work and no battle has been more important – or more successful – than that of preventing proposed changes being implemented to our much-treasured London Freedom Pass.

The date was 22 September 2010, when some 200 Forum members packed the Enfield council public gallery and overflowed into the council chamber. They had come in response to our call to “Kill the Bill” – to stop councillors supporting a resolution to amend the Greater London Authority Act 1999.

It is this Act of Parliament which provides more than a million older Londoners and people with disabilities with the best Freedom Pass in the country. We were told that London Councils – representing all 32 London Boroughs and the City of London – wanted some “flexibility” in making some unspecified changes to the Freedom Pass concession.

To this day, it is the London Mayor who holds what they call “reserve powers” to settle any dispute between Enfield and other London councils with Transport for London who are paid to administer the scheme.

Under the proposed new “flexibility” demanded by London Councils, it was suggested that these reserve powers would be handed over to a so-called independent arbitrator, an unknown and un-elected individual over whom we would have little, if any, influence.

London Councils, however, needed the support of every local authority before they could press ahead with what they chose to call “minor amendments” and “technical changes.”

They had the timetable all worked out to present the Bill to Parliament on 26 November 2010, followed by a Commons debate the next January and passed into law by the coalition government early in 2011 – all without any discussion or consultation with Freedom Pass holders.

I can’t now recall how we found out that council leaders had been privately plotting this change to the Freedom Pass since 2009. Presumably, they wanted to stop it being a major issue in the 2010 local elections which saw a change of administration in Enfield from Conservative to Labour.

I do recall that Forum secretary Tony Watts and myself spent an hour with the new council leader Doug Taylor, seeking to convince him not to support the change in legislation – and there’s no doubt that the presence of so many Forum members

in the council chamber that evening helped to secure a notable victory,

For it was a Conservative councillor, Errlan Hurer, who on seeing so many members in the council chamber with our “Kill the Bill” and “Defend the Freedom Pass” placards asked the Mayor if I could be allowed to address the assembled councillors.

This was after our councillors had voted with cheers and roars of approval from Forum members to withdraw Enfield’s support for the London Councils plan and I said this was a victory not just for today’s Freedom Pass holders, but for all future retirees.

It is nearly 11 years since Doug Taylor told us that the proposed changes to the Freedom Pass legislation was now “dead in the water.” We still need to be vigilant to make sure it stays there.

That incident cemented the Forum’s reputation in Enfield as a force to be reckoned with – and it does prove that it is worth the effort to make our voice heard.

Our other campaigns have included:

- Stopping local GP surgeries using expensive 0844 premium phone lines
- Secured council support for an anti-spitting by-law in Enfield
- Persuaded TfL to change the 307 bus route to end inside Barnet Hospital
- Successfully petitioned LBE to spend more on repairing pavements
- Delivered a 6,300 supported petition to NHS England for increased local funding which secured above inflation increases in 2014/15
- Won council support for the Community Toilet Scheme at some 20 premises enabling people to use them without making a purchase
- Collecting 10,000 signatures to a petition calling for Fairer Funding for Enfield – local government, NHS, public health
- Launching the Enfield Declaration for Fairer Funding endorsed by 60 local community leaders including our three MPs, the Mayor, clergy and representatives of our multi-ethnic community organisations.

Monty Meth

Forum President

President’s Point of View



NOTE FROM THE EDITOR

Longstanding Forum members will not be in the least surprised to learn that Monty found the time and the energy to write this column in his last few days. His commitment to ensuring everyone was kept up to date with the latest news – and why it mattered – was inspirational. It was a privilege and a pleasure to work with him on this newsletter and I’ll miss his guidance and enthusiasm. And we’ll all miss his proof-reading!

Yvonne Mulder

NEW LUXURY CARE HOME

Now Open



ELSYNG HOUSE

— PART OF OAKLAND CARE —

Luxury Living with the Highest Quality Care Bespoke Residential, Nursing, Memory and Respite Care

Offering the highest quality, personalised care, with luxury living facilities and the freedom to explore and enjoy a range of hobbies, Elsyng House Care Home will give residents the independence and support to continue living life to the fullest together.

FOR MORE INFORMATION OR TO ARRANGE A VISIT
Call: 0300 303 5445 | **Email:** clientrelations.eh@oaklandcare.com
www.oaklandcare.com/our-homes/elsyng-house
1 Forty Hill | Enfield EN2 9HT



Monty Meth: a life well lived

We pay tribute to our very own force of nature, Monty Meth, who played a crucial role in the growth and influence of the Forum



Monty had a long and eventful life, as evidenced by the range of photos assembled for his 90th birthday celebrations



In 2018, Monty celebrated the 70th birthday of the NHS with John Wardell (left) and Dr Mo Abedi of the NHS Enfield Clinical Commissioning Group



Monty was supported and encouraged in all his Forum activities by his wife Betty. Here they enjoy a Forum trip to Rutland Waters

Leader of the Forum for more than twenty years, Monty Meth celebrated his ninety-fifth birthday earlier this month but sadly passed away on 14 March. Although his health deteriorated of late, his mind and incisiveness remained as sharp as ever until the end.

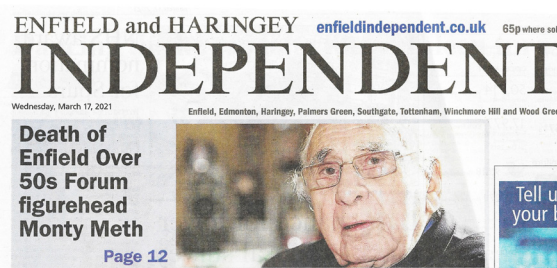
Monty, born in Bethnal Green, left school at 14 and first worked as press messenger and then a photographer. He joined the Navy in 1944 and after the war resumed his career as a photographer and then feature writer. He progressed into industrial journalism and finally into corporate communications. While at the Daily Mail he was promoted to industrial editor and in 1970 won News Reporter of the Year award.

During retirement, under his inspiring leadership, Enfield Over 50s Forum membership grew from 70 members in 1999 to over 6,000 and became a registered charity. Monty launched and wrote the Forum's bimonthly newsletter and also had regular columns in our local newspapers,

Monty's contribution to society was recognised by the Queen in her 2007



One of the many trips to Westminster to lobby MPs



As a journalist, Monty would have been honoured to make the front page of the local paper

Birthday Honours for services to the community when she appointed him a Member of the Order of the British Empire (MBE). In 2018 he was given an award for lifelong service in Enfield.

A tireless campaigner, he lobbied MPs on pensions and the triple lock; the need for fairer care costs; marched in London against the swingeing cuts imposed on local councils; organised a petition to the government for fairer funding for health and local services signed by over 10,000 residents; battled to improve public transport services to local hospitals and much more.

Monty was always supported and encouraged by his wife Betty and our deepest sympathies go out to her and her family. He is survived by Betty, his son Ian and daughter Gill, four grandchildren and two great grandchildren. Monty was much loved and will be sorely missed by Enfieldians and Forum members alike.

Tony Watts

Forum Secretary (1991 – 2020)

The Future is bright, the Future is Home Instead Live Well – Your Way



Where do we go from here, after a year of lockdown, separation and isolation? Read an interview with Alexandra Sacker, who owns Home Instead Enfield with Alistair Jones-Owen.

Alex, why did you set up Home Instead Enfield?

You hear a lot of stories about how people have to cope on their own, or don't, and how life changes with age. How would I want to be looked after one day? When I read about Home Instead their ethos really resonated with me. I was ready to prove that you can make a choice how you want to be looked after, that you can continue to live at home supported by professionals who you know, who are able to understand how you like things done and above all be surrounded by the things you know and the people you love.

Both my grandmothers had health issues, one was diagnosed with Alzheimer's when I was about 13 or 14 years old, and I always remember the impact it had on our family, especially my father. My other grandmother experienced mobility issues and ended up in a care home as she was bedbound and I know that all she

wanted was to be at home. So in a way I am doing this with both of them in mind. It is my goal to provide the same level of care to my clients as I would expect for my own family.

Tell us a little more about what makes Home Instead different?

We pride ourselves on our CAREGivers, their punctuality, consistency and the exceptional quality of care they provide. They are the bedrock of our success and



together with our office team they represent what Home Instead is all about – an extension of the family, a welcoming place for all and a company people are proud to be working for.

What changes have you had to make during the pandemic?

Despite the uncertainty that we have been faced with, our core operation remains the same, outwardly you could be forgiven for thinking nothing has changed at all. Of course we have had to adapt, reducing unnecessary footfall both into the office as well as client's homes. One way of doing so is to become

virtually paperless with an electronic reporting system between client's home and the office. This has not only reduced the risk of cross contamination but also helps to pinpoint any potential problems or issues before they become a concern. Families can log into a client portal and keep track of who is visiting and what happens during a visit and we are really proud to have fully adapted to this successful system.

The biggest change we have made is to launch a live-in care service. We have been listening to our clients, their fears of leaving home and moving into care. In response to this we have put together a new service to support their needs in their own home. Our Live-In Care service mirrors the high quality care that our hourly care does, we approach it in exactly the same way.

How do you look after your clients on a day-to-day basis?

The key is to recruit CAREGivers who are able to think on their own feet. Secondly it is imperative that they get the support needed to deliver care. Through recruiting well, maintaining high retention levels and providing excellent training we know we have a team who are compassionate, experienced and highly capable. I am a strong believer in assigning the right CAREGivers to the right client!

A large role we play is to protect and maintain the routines of our clients, that is one of the main reasons they wish to remain at home after all. Families are an important part of that, so our client relationships are as much with family members as they are with the person requiring our care.

How do you see the future of Home Instead?

Our ethos is to 'change the face of aging' and it is with extreme passion and commitment that we are here in your local community doing just that. Being out and about in the local community is the thing we have been missing the most. We used to see many Enfield residents at our Tuesday Memory Lunch Club at Enfield Town Library and we hope to be able to resume this as soon as possible.

To contact Home Instead Enfield for more information or advice please call 0203 6418870. www.homeinstead.co.uk/enfield



Home.instead.co.uk/enfield

Tel: 0203 641 8870 Email: info.enfield@homeinstead.co.uk

Are we nearly there yet?

The situation is improving but we need to remain vigilant to stop the spread of Covid-19, so follow the rules and encourage everyone you know to get their vaccine

For anyone who has ferried children around, the title of this article will be etched on their memories. Now it feels like the whole country is saying the same thing; last month someone told me it was the 273rd February, noting how this time a combination of lockdown, cold, dark mornings and nights and rubbish weather had made the dawn of spring a seemingly increasingly forlorn hope.

But, as you will undoubtedly know, things are definitely on the up – the vaccination programme is rolling out well, infection rates are falling, pressures are easing on the NHS and, thankfully, the number of people dying is returning to what might be expected. You can almost hear the collective sigh of relief across the public health community. Except, except.....please be careful until we are fully confident we are over this; it would be an absolute disaster if we had to go backwards in the timetable to come out of lockdown.

So, what are we worried about and what can we do about it?

The first issue is 'variants of concern' (VOC) or 'variants of interest' (VOI) – collective terms for what have been known as 'the South African' variant, the 'Brazilian' variant etc. 'Of interest' – it has been identified and is being monitored, 'of concern' – yes, concerned.

Labelling variants with particular country names is probably as helpful as labelling the 1918 pandemic as 'Spanish flu' (due to the war, the Spanish were the only

ones reporting on it). Like all living organisms, viruses mutate all the time; this is completely normal.

What is concerning is if a variant emerges that is more infectious, pathogenic or likely to be less affected by the vaccine. The good news is that vaccines can also be adapted following the mutation, the bad news is that this can take some time to produce and distribute. So, what is the

Please be careful until we are fully confident we are over this

best way of stopping the virus mutating? Reduce the amount of virus; get the vaccine.

This leads me to the second issue of concern; some are definitely worried about getting the vaccine; 'vaccine hesitancy' as has become known.

This may be for very good reasons: history does not always cover the medical profession with glory in how it has treated some populations, the vaccine has been developed very quickly (because it is astonishing what can be done if everyone works together) and others are concerned about myths such as the vaccine and infertility (this link is absolutely untrue).

However, as they say, it is not vaccines that save lives, it is vaccine programmes.

I know I am an Enfield employee but I am so proud of the work LB Enfield has been doing to promote the vaccine and I would ask everyone to encourage anyone who may be doubtful to either get the jab or to visit the NHS website (https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important/?fbclid=IwAR0xub40FQLY_HvQYL7Kb4kXsCQhepnB4Bnrax64VE2U9hrR6pUMyGQM5A) for reliable information.

This is an event we held with Professor Kevin Fenton, Regional Director of Public Health England; <https://www.youtube.com/watch?v=7StYjebQCHc&list=PLmKJVBtYn5ibhJIUedWq62mZVxpzQhhN3&index=19> If it helps, I have made sure

both my parents have been vaccinated and will happily get the jab myself when offered.

So, to answer the original question, yes – we are nearly there. The Deputy Chief Medical Officer Jonathan Van-Tam seems to do a good line in analogies so, taking his lead – it has been a rough journey, a couple of times it seemed that the satnav wasn't working properly and roadworks have been awful. But we know where we are now and we are about to ring ahead and say 'put the kettle on'. Everyone just needs to remain vigilant for a little longer.

Glenn Stewart

Assistant Director of Public Health, Enfield

Help fund the Forum

Like most other charities, we are facing financial challenges, so please make sure you renew your membership, or join if you are not a member. We are also happy to take one-off donations and please remember us in your will.

We are very grateful to Eva Salisch for leaving the Forum £10,000 when she sadly died earlier this year. Eva left Germany, aged 8, with her family in 1938 as a refugee. She was a paediatric dentist and worked in Enfield for many years. She often volunteered to help at Forum Events and was one of our Fusion Ambassadors. She will be sadly missed.

We are working hard to cut costs where we can, and we are hopeful that we will be able to get back to normal activities some time during the summer.

For details on membership or donations, contact the office (see p2) or visit www.enfieldover50sforum.org.uk

ENFIELD TOTAL REMOVALS MOVING HOUSE?

REQUIRE STORAGE?

- Free quotation & advice
- Packing-unpacking
- Friendly male & female team
- Fully insured
- High quality storage facility
- Established since 1999
- Arrange parking permits if necessary



10% discount to Over 50s forum members
020 8367 8348

www.totalremovals.com Company Reg No. 04109912

Is investing in Pensions still worthwhile?

Saving into a pension is an even more attractive prospect than it was a few years ago. This is because there is much greater freedom for taking benefits; and pension savings can now be more easily left as part of a tax-free inheritance. However, the advantages extend further than just drawing benefits and passing money on to loved ones: the government still rewards savers by giving them tax relief on their pension contributions.

Subject to certain limitations, for every 80p you contribute to a pension, the government automatically adds 20p in tax relief. Higher earners can claim extra tax relief through their annual tax return, so a £1 pension contribution can effectively cost just 60p.

While tax relief is seen as a means to encourage pension saving, the annual cost to the Exchequer of providing it is around £40 billion*. With the government under increasing pressure to reduce public spending, there's no guarantee that the higher rates of tax relief will be maintained into the future.

Those wishing to make their retirement plans a reality should consider fully utilising their annual

allowance for this tax year to make the most of the tax breaks on offer. Unused allowances can be carried forward, but only from the three previous tax years. This financial year is the final chance for pension savers to use the 2017/18 allowance.



George Ttoui



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

Burlington Wealth Management Ltd is an Appointed Representative of and represents only St James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sjp.co.uk/products. The "St James's

Place Partnership" and the titles "Partner" and "Partner Practice" are marketing terms used to describe St James's Place representatives.



** HM Revenue and Customs, 'Estimated Costs of Tax Reliefs', October 2019*

Look on the bright side



Petrified

My friend Pauline was in the back seat of a minicab taking her to the airport. She tapped on the driver's shoulder intending to ask the journey time to Heathrow. Suddenly the cab lurched to the right, just missing an oncoming bus and a cyclist. It then mounted the kerb, forcing pedestrians to jump clear before coming to a halt in front of a shopfront's giant plate glass window.

Petrified Pauline said sorry to the driver if she tapped him too hard on the shoulder.

"No, it wasn't you, Ma'am," said the driver. "This is my first day on the road driving a cab. I've been driving a hearse for 25 years."

For lexophiles (the lovers of words)

They told me I had type-A blood, but it was a Typo.

Jokes about German sausage are the wurst.

I stayed up all night to see where the sun went. It then dawned on me.

When chemists die, they barium.

I'm reading a book about anti-gravity. I just can't put it down.

I did a theatrical performance about puns. It was a play on words.

I didn't like my beard at first. Then it grew on me.

When you get a bladder infection, urine trouble.

Spring Fever

What did the tree say to spring? What a re-leaf.

When do people start using their trampoline? Spring-time.

What do you call a rabbit with fleas? Bugs Bunny.

Can February March? No, but April May.

Laugh or you'll cry

So many coronavirus jokes out there, it's a pundemic!

I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you've got it.

My mum always told me I wouldn't accomplish anything by lying in bed all day. But look at me now! I'm saving the world!

Nail salons, hair salons, waxing centres and tanning places are closed. It's about to get ugly out there!

I'm not talking to myself, I'm having a parent-teacher conference!

Did you hear the joke about coronavirus? Never mind, I don't want to spread it around!

What's the difference between Covid-19 and Romeo and Juliet? One's the coronavirus and the other is a Verona crisis!

Day 121 at home and the dog is looking at me like, "See? This is why I chew the furniture!"

If I keep stress-eating at this level, the buttons on my shirt will start socially distancing from each other!

Building contractor

A building contractor dies in a tragic accident on his 40th birthday. He ends up heaven where he's greeted at the Pearly Gates by a brass band and Saint Peter.

Saint Peter shakes the guy's hand and says: "Congratulations!" The contractor is a little confused and asks: "Congratulations for what?"

"Congratulations for what?" says Saint Peter. "We're celebrating the fact you lived to the grand old age of 160."

The contractor says: "But that's not right. I only lived to be 40."

"That's impossible," says Saint Peter. "We added up your time sheets!"

Affiliated Groups

Palmers Green and Southgate u3a

Are you retired or working part-time and want to make new friends? Then join our u3a. Currently our activities, including our monthly meetings, are being held on-line but we be resuming our face-to-face events as soon as government guidelines permit. For more details see: www.u3asites.org.uk/pgs

Whitewebbs Museum of Transport

The museum is preparing to reopen in the summer on Tuesdays and Sundays and is looking to expand its team of loyal volunteers who act as stewards and staff our cafeteria, taking orders, waitressing and preparing food. For the latter a Level 2 Food and Hygiene Certificate would be ideal but is not essential. Three hour shifts are possible and you do not need to commit

to every week. Please contact office@whitewebbsmuseum.org for further information.

Enfield Croquet Club

Croquet is fun, competitive, and social and everyone can play on an equal level regardless of sex or age. Enfield Croquet Club in Bush Hill Park is offering free training on Friday and Saturday mornings commencing 16 April. All equipment is provided and our friendly members look forward to passing on their skills, experience and love of the game. Flat shoes or trainers are the only requirement. For more details, contact Marian Cuckson on 07982 259789 or email secretary@enfieldcroquet.org Further information about the game and club can be found on our website: www.enfieldcroquet.org

Proudly giving trusted
legal advice to the
older person and their
family for over 30 years



STENNETT & STENNETT
SOLICITORS & ESTATE AGENTS

4 Winchmore Hill Road Southgate London N14 6PT

T: 020 8920 3190

E: enquiries@stennett-stennett.co.uk

W: www.stennett-stennett.co.uk



Stay Alert

Watch out for dog thieves and don't believe calls claiming to be from the National Crime Agency

Hello again to all the members of the Enfield Over 50s Forum! We are hoping that many of you have had your Covid vaccinations now and, as the days begin to slowly draw out and the weather begins – even more slowly! – to warm up, that we can all look forward to a brighter summer in 2021. North Area police continue to enforce social distancing restrictions throughout the borough.



Just a few pieces of news and crime prevention advice from us this month. Firstly, I know that many of you will be pet owners. Sadly, the number of dog thefts is on the rise – possibly as so many people have bought pedigree dogs during the lockdowns in 2020.

Most dogs are stolen from their own home or garden so we would urge you never to leave your dog unattended anywhere. Losing a pet causes untold distress and can be avoided.

When out, walk with your dog in places where other dog walkers are in sight. You should make sure your pets are micro-chipped and contact details are up to date which will make it harder for criminals to sell a pet on.

Secondly, the National Crime Agency (NCA) is seeing an increased number of reports of scammers telephoning the elderly and claiming to be the NCA. Actively targeting the older population these fraudsters are actually posing as National Crime Agency officers over the phone and have often managed to con members of the public out of their money – in some cases large amounts.

The criminals quote legitimate information about the NCA and persuade them to move their money to avoid a banking scam. Most victims are over 60 years old. These calls are NOT genuine and should be ignored. An officer from the NCA will NEVER ask for personal financial information over the telephone or remote access to your computer.

We wish you a happy and healthy Spring 2021.

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

Chair's Column



I'm sure that you will all wish to join me in offering a tribute to Monty Meth, our President, who died on 14 March. Monty was a man of passion whose knowledge of both local and national issues was astute and far reaching. Even during his recent illness his commitment to the Forum was unwavering and it is my hope that we will all protect his legacy by doing everything we can to support older members of our Enfield community. Monty was also a good friend and I send my sincere condolences to Betty and their family.

I signed off my last newsletter column by hoping that better news about Covid would be around the corner and maybe, just maybe, that is looking like a possibility.

The return of children to school is the first big test and this has probably changed the lives of many of you, particularly those who care for grandchildren and maybe also do the school run, although one of my friends who has been home schooling her grandson is really quite sad as she has become an expert regarding the Pharaohs amongst other things..... My son is a primary school teacher in Enfield and he is thrilled to be back at school, welcoming all his children. My granddaughter is ecstatic. Even though she has been doing work at home she has really missed her friends.

Your Forum has been doing all it can to add some interest to the lives of members and we have been pleased by the attendances at Zoom meetings. Anna Dixon from the Centre for Ageing Better and Ian Gunn's tour of prisons in which he has worked were really interesting – don't forget to check what else is on offer via Zoom in the next couple of months.

Of course we are all hopeful that Fusion Leisure Centres will be opening as planned and know that many of you are looking forward to getting back to fitness, not to mention enjoying the social life that Forum Fusion groups offer.

Hopefully you will resume shopping locally. Small shopping centres in the borough, including Enfield Town, will be counting on a surge in business when shops are allowed to open. A recent visit to Enfield Market showed it to be doing well with a pretty good selection of fruit, veg, bread etc.....

And finally I would like to thank all those members who spoke with me during the time I was answering the office 'phone. What a pleasure it was to answer your questions and then have a chat – you are a super bunch of people!

Christine

Christine Whetstone, Chair



Bush Hill Park Bowls, Tennis & Social Club

Abbey Road Bush Hill Park, Enfield EN1 2QP

www.bhpclub.org.uk

New Membership Deal for 2021 New Joining Members

£100

Enables You To Play:

***Tennis**

***Bowls**

(Free tuition and taster sessions on
Saturday Mornings - just need flat shoes)

***Table Tennis**

***Snooker**

***Pétanque (Autumn 2021)**

And Access To:

***Members Bar & All Social Activities of The Club**

AND YOU WILL ALSO RECEIVE A £100 Bar Credit

To join go to:

<https://membermojo.co.uk/bhpbowlssocial>

Living well in older age

The Centre of Ageing Better is focussing on employment, work, health and community in its efforts to help older people enjoy later life

It is well known that the UK has an ageing population, especially as those born during the 1960s baby boom start to reach retirement age. However, it is not just about how long we live, but how well we live, says Anna Dixon, Chief Executive for the Centre of Ageing Better.

She gave a presentation in February at one of our regular webinars to explain how the centre is working towards 'a society where everyone enjoys later life'.

The centre has decided to focus on four areas: employment (fulfilling work), housing (safe and accessible), health (healthy ageing) and community (connected). "It is about how healthy we are and the environment we live in," she explained.

We can all do things to help ourselves, including both aerobic and muscle strengthening exercises to help keep us fit and mobile. But we also need to look at the design of places to ensure walkability for all ages. This includes the Take a Seat campaign, to encourage councils to provide enough public seating to allow people to rest when needed while out walking.

The UK's housing stock is among the oldest in Europe, with the associated high health and social costs. Over 90% don't meet basic accessibility standards but many homes could be improved at a relatively low cost, Anna explained. This would be highly cost-effective as it would reduce the need for social care services.

More than 1.1m over 65s were still working before Covid-19 and studies show that older workers are more likely to have lost their jobs over the last year.



Older people need fulfilling work

Ageing Better encourages age-friendly employers with a five part request and Anna suggests we ask local employers to sign up to it.

- 1) Be flexible about working flexibly
- 2) Hire age positively
- 3) Ensure everyone has the health support they need
- 4) Encourage career development at all ages
- 5) Create an age-positive culture.

The good news is that older people feel more part of their neighbourhoods than most other people but Ageing Better believes that local groups could do more to make older volunteers feel valued and wanted.

Anna said that It is also important the local councils sign up to the Age-friendly Communities scheme. This requires that older residents are engaged in shaping the place where they live.

The UN has declared that 2020 – 2030 is the Decade of Healthy Ageing, so here has never been a better time for Enfield Council to join the scheme.

She has written a book 'The Age of Ageing Better' and members receive a 20% discount if they use the code AGE20, via www.bloomsbury.com/ageingbetter

[www. https://www.ageing-better.org.uk/](http://www.https://www.ageing-better.org.uk/)

Find upcoming Meetings on the back page and also check Forum Meetings on the website.

And make sure you are signed up to Forum emails to get details of extra webinars and to receive the links so you can join in.

Recruitment age bias

Older people's employment prospects have been hit particularly hard by the pandemic

Employers are failing to identify and tackle potential age bias in their recruitment process, with most employers interviewed not seeing it as a 'problem' in their organisation, according to a new report by the Centre for Ageing Better.

This is despite the fact that some of those interviewed held negative views of older people, such as older workers 'having poor IT skills' or looking 'worn-out.'

As a result, Ageing Better warns, older workers made redundant in the months ahead risk being shut out of employment.

As a result of the COVID-19 pandemic, unemployment among over 50s has risen by a third since 2019, and based on

the number of workers furloughed in August, Ageing Better estimates that more than 400,000 over 50s could be made redundant when the furlough scheme ends.

There are fears that ageism in the recruitment process could exacerbate an unemployment crisis for over 50s in the year ahead.

The new research, carried out by the Institute for Employment Studies, found that despite many employers stating diversity and inclusion were important to them, few had strategies or approaches specifically aimed at making the recruitment process more diverse and inclusive in the context of age.

Membership Matters

Looking forward to seeing you all!

Volunteers have been busy making and delivering cakes for residential care home staff over the last few months as a way of saying thank you to those who have cared for the vulnerable amongst us.

Several residential care homes have received mouth watering cakes and we are still carrying on – with deliveries to and from Millfield House on regular Friday mornings. Thanks to all those who have participated – the cakes look delicious.

And now hooray, the lockdown is lifting and we would like to invite members to come along and share some of the goodies – please see details below. And, of

course, if you can make a cake and bring it along that would be more than welcome too!

A reminder also that we are organising a display of arts and crafts, hopefully in the middle of June and are still looking for entries to it. Please ring the office (020 8807 2076) for more details or to let us know you have



The Forum's Gail Hawksworth delivers cakes to Hugh Myddelton House

something you would like to display. More details on p15 and in last issue.

It doesn't have to be a great work of art and you can enter it for sale, to be raffled or to take home with you. Details of the exhibition will be in the next newsletter.

Like many organisations, we have struggled to manage financially over the last year and have lost many members who have not yet renewed. Please help us to get back on an even keel by renewing your membership if it has lapsed (check your membership card).

Simply write in to the office (*details p2*) with your name and address and enclose a cheque or pay it online (www.enfieldover50sforum.org.uk/membership/) with your postcode and surname as a reference. £11 per individual or £16 for couples for each year you wish to rejoin.

We look forward to hearing from and seeing you all soon.

Jan Oliver

Membership Secretary

Spring is here And lockdown is lifting

Why not come and meet others for tea and cakes (outdoors)

Members are invited to come along to Millfield House, Silver Street, N18 1PJ for outdoor tea/coffee, cakes and a chat – free and made by our own volunteers.

ON

Friday 16 April, 11.00 – 12 noon

and

Friday 7 May, 11.00 – 12 noon

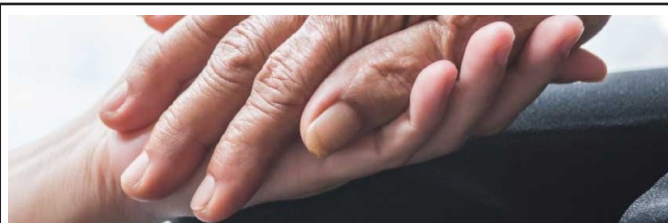
Subject to weather and lockdown restrictions.

No need to book, just turn up!

Swim and gym

The Fusion leisure centres are opening on 12 April for swimming and individual gym sessions. From 17 May, group exercise classes will start again. There are plans to remodel the Over 50s Days to cope with government guidelines. Forum members who are Enfield residents get significant discounts.

See details on p2 and on the Fusion Update page
www.enfieldover50sforum.org.uk



Enfield Befriending Service

Feeling lonely and isolated?

Would you like to make a new friend but cannot
leave your home?

You are not alone, we are here for you.

We can provide a weekly telephone call or visit by
one of our caring Befrienders for a chat and to
form a new friendship.

If you would like a Befriender or know
of someone that could benefit from the service
please give us a call.



020 3731 2608 / 07804 496 981

EHWC8@outlook.com

www.enfieldhealthwellbeingcentre.org.uk

A Company Limited by Guarantee in England 12865222

Social Calendar



We are hoping that by the next issue it will be clearer if the Government's opening up timetable is on track and we will be able to have a new list of activities. If you have ideas for events or trips, please contact the Forum office and they will put you in touch with the Social Events Team. One of them will help you organise it! Think of it as a new challenge – and a fun activity – as we appreciate life after lockdown. This is your Forum and the more people who get involved, the better it will be.

21-27 June. Channel Islands Explorer. A packed itinerary exploring Jersey, Guernsey and Sark, £915 twin for six nights.

11-16 October. Historic cities of the Danube River Cruise. Trip with Arena River Cruises for six days, starting in Munich and then an amazing Danube cruise, visiting musical Vienna, Budapest, Bratislava and the riverside village of Weissenkirchen in Austria. Prices vary a little depending on the cabin location.

February 2022. Highlights of Sri Lanka – winter escape to the sun. Visit a paradise island teeming with wildlife, incredible landscapes and a colourful culture. Current price £3349 sharing a twin or £4148 single occupancy.

April 24 – 29, 2022. The Spring Gardens of Keukenhof and Floriade. Visit the world's greatest flower spectacular at Floriade Visit the magnificent Gardens of Keukenhof. Enjoy a relaxing river cruise in Amsterdam. Prices from £795 include Eurostar trip.

For more info about the above trips, visit the website www.enfieldover50sforum.org.uk/forum-social-events/ or contact Olivia on 020 84478841 or email oliviagoodfellow19@gmail.com

Become Creative

The Forum has been awarded a National Lottery Grant to put on a display of art projects created by older people on the themes of hope and despair and inspired by the COVID lockdown.

We are looking for pictures, paintings, poetry and prose (written or recorded), Photographs, songs and instrumental music – recorded or written), crafts including woodwork, knitting, cakes.

It does not have to be a masterpiece but we need it by the beginning of June.

It would be useful to know in advance how many entries we can expect, so please give us a ring on 020 8807 2076 (Mon – Thurs 10am – 2pm) or email info@Enfieldover50sForum.org.uk to let us know that you might submit something, or just to get more information.

Forum Groups

Writing Group

We are delighted to say that we have had regular meetings in one form or another throughout lockdowns. Right now we are meeting via Zoom on the third Friday of each month from 10 until about 12noon. Each month we write about a topic suggested by one of our members. Our writing may be fiction, factual, autobiographical – there are no rules. One of the delights of the group is that we also have a great chat between readings. As you can tell we are a friendly group and would welcome new members. Our next meetings will be 16 April, 21 May and 18 June.

Do join us. For more information please email Christine Whetstone at whettie@yahoo.com

Book Club

The Book Club is currently on Zoom on the third Thursday of each month from 10am to 12 noon. The meeting can be accessed by sending an email to Sue Scott with your email address so an invitation can be issued.

15 April – The Vanishing Act of Esme Leonard by Maggie O'Farrell

20 May – The Spy and the Traitor by Ben MacIntyre

Please contact Sue on scotsf48@hotmail.com or on 020 8368 0861.

Drop-In Board Games Group

Once government regulations allow, we are looking to resume our Wednesday afternoon meetings for people who like to play board games. There is a range of games including backgammon and dominoes, so why not come along and join us. We are happy to teach newcomers how to play if needed. Every second Wednesday 2-4pm, venue to be confirmed. Call the office on 020 8807 2076 to check when the next session will be held.

Coffee Club

We are delaying restarting Coffee Club as, at the moment, it would be difficult to accommodate our usual numbers together. The hope is to start again later this year if circumstances are back to normal. *Please contact Sue on scotsf48@hotmail.com or on 020 8368 0861.*

Lunch Club

Just to reassure members that Lunch Club is on hold and will be launched as soon as restaurants are able to operate normally. *Please contact Sue on scotsf48@hotmail.com or on 020 8368 0861.*

Poetry Group

The group is working on setting up Zoom meetings and to issue a wider invite for others who are interested in joining the group. *For more info contact Irene on poosticks2@sky.com*

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 £11 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!

We will be sending out updates on all our activities via our eNews so make sure we have your email address. Send an email to info@over50sforum.org.uk if you are not already on the distribution list. Or check the website: enfieldover50sforum.org.uk

Meetings

At the moment, all meetings are being held via Zoom so please make sure the office has your email address, so you are included in the eNews and the emails containing Webinar joining instructions. Speakers start at 10.30am unless otherwise stated.

Thursday 15 April

Geraldine Gavin, Chair of Enfield Safeguarding Adults

Looking at issues related to keeping vulnerable people safe.

Tuesday 27 April

Beverley Higgins from the Care, Health and Safeguarding Team at London Fire Brigade

Fire safety in the home, focussing on more vulnerable and older people.

Tuesday 25 May

Michael Stennett, solicitor

Estate planning in a changing world.

If you have suggestions for speakers, please contact Ann at annandjeff@zinkin.co.uk

We hope to record all the webinars so they are available for members via our website <https://enfieldover50sforum.org.uk/>

We are, of course, very aware that some of our members are not online so we will be returning to our regular meetings spaces as soon as government guidelines permit.

Advice Service

The Forum's weekly free, confidential advice service, usually held at the Dugdale Centre on Monday mornings, is suspended until government advice changes.

During this time, financial advisors George Ttoui or Jack Gorgon will remain available by telephone from 10am to 4pm Monday to Friday 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 to deal with enquires during office hours 9.30am to 5.30pm, Monday to Friday to offer some initial advice on wills, power of attorney, property and legal advice about paying for social care. Phone: 020 8920 3190.

Lottery news

Join the Forum's lottery club for just £5 a month to support our work and get some of the best winning odds in town

I am often asked what are the odds of winning the 200 club lottery. At this moment, with around 120 members, the odds are 119-1 of winning with one number.

For those who have two numbers the odds go down to 59-1 and if you've got 4 numbers the odds go down to 29-1. We do have one member, Ursula Kermack, who has 12 numbers and her odds are 9-1.

She has won four times with different numbers over the years with different numbers each time. Ursula regards this as a good way of supporting the Forum and we are very grateful to her continuing support.

In the first five years, the lottery has raised £9500 for the Forum. This helps greatly towards the production and distribution of this newsletter.

As you already know, the last time that we could do a draw was in December pre-Lockdown 3. Six members of the executive committee met outside the town library so that the draw could be witnessed.

By the end of March we should hopefully be able to meet outside once again to make the next three draws. Once a draw has been done, I will ring the winners.

I used to arrange to deliver the cheque and get a photo for the next newsletter. For the past ten months I've had to post the winners cheques but if it's possible I will arrange to meet the next three winners outside for a photo.

I am aware that not everyone likes to have their photo taken so if you want to join the lottery but don't wish to appear in a photograph we can arrange for someone to receive your cheque on your behalf or post it on to you.

If you would like extra numbers for yourself or a family member that's great but if it's for a child under 18 it will need to be in your name.

If you have any ideas for fundraising or any questions about the lottery please give me a call on 0208 363 4969 and I will be happy to have a chat about it with you.

A big thank you to all of you who take part in the lottery for your continuing support.

And remember, we will be resuming bingo once it is allowed – and we have found a new venue – so do register to play.

Telephone: 020 8363 4969.

Jim Cantle



Ursula Kermack receiving a cheque from Jim Cantle