

Next patient please

The Forum believes face to face appointments with GPs should always be available for those patients who want them

Before the pandemic GPs were seeing over 90% of patients presenting with illness: treating the majority, reassuring some and referring others on to specialist diagnosis and care.

The latest GP data shows that the number of face to face appointments in primary care fell from 22 million in January 2020 to just 13 million in February 2021.

This is a huge drop and we know that since then GPs have been involved in the heroic and successful vaccination roll-out and so are still unable to get back to seeing patients.

Sharp as this decline in access has been, we can gain some reassurance from calculating that at least some of those not seen were able to deal with on-line and distance consultations and receive suitable and timely advice.

Others will have had self-limiting conditions which have cleared up and still others may have been suffering from social and economic problems, poverty and poor housing, for example, which are not clinical problems, though they may give rise to ill health. Nevertheless, the fall is very worrying indeed.

E-consult is a particular problem for many older people without digital proficiency or access, and for those challenged by long telephone menus.

The Forum is now increasingly concerned that health managers intend to treat face to face consultations as a privilege rather than a right, which undermines the basis of our NHS as free and open at the point of need.

They have coined a term, F2F, and use it as if personal consultations are old-fashioned and too costly.

According to a recently retired UCH professor of primary care this has put general practice back into the 1960s, thanks to 21st century technology!

Arguably, highly trained medics have been reduced to call-centre status, certainly, some feel as if they have. At the same time, according to their professional body, significant numbers of GPs are reporting exhaustion, their intention to bring

retirement forward, take a career break or work abroad or even leave medicine. We can't afford to lose them.

While it is true that 111 services have improved and that the pandemic has forced some services to streamline, there have been catastrophic consequences for staff and patients in an under-resourced NHS with bed, staff and PPE shortages.

Cancer is a case in point as the number being diagnosed with stage one, early, treatable cancer has plummeted. Official figures show that between March and June 2019, 18,000 people had their cancer diagnosed at stage one, this dropped by 33% to 12,400 in the same period in 2020, a fall of 1,500 a month.

We don't yet have the latest figures, but it is obvious that there are people out there with treatable undiagnosed disease. Macmillan, the cancer charity, estimates that we will be

living in the long shadow of the pandemic for many years as, in addition, others with more advanced cancers have had their treatment delayed and may not survive.

The early detectors, those who spot the signs, sometimes when the patient is unaware of them are, of course, our GPs in face to face consultations.

The Forum has taken up this vital issue of access to primary care with Enfield CCG and through the North Central London Joint Health Overview and Scrutiny Committee and intends to maintain what pressure it can.

We have to tread carefully as we don't want to appear to be criticising GPs who are, quite literally, a lifeline. But we must call as loudly as possible for a better resourced NHS, recruitment and training of more GPs and the running of our NHS, paid for by us the taxpayers, as a public service. We don't want to be manoeuvred into an American style insurance system.



Face to face GP visits must continue

Meetings, AGM, Social Events
See pp 13, 15, 16

Ruth's Review

Getting ready for opening up

Summer is coming apparently, although recent temperatures at the time of writing suggest otherwise. This time last year was so very different not just in terms of the weather, but I'll take the cold and not the Covid.

I am feeling very confident that the plans for restrictions being lifted will go to plan and that this will allow the Forum to hold more of our usual activities.



We can now start having visitors to Millfield House, but we ask that you book first by ringing the office on 020 8807 2076 so we will be here to receive you and have everything ready, minimising your time in the house. It will be good to see you in person again.

Also, if we can have some volunteers back in the meantime, we will contact you to see if you are happy to come into the office. We cannot use the Strand and Ambassador Rooms anymore for stuffing purposes: The Platinum Dance Academy utilise those rooms now and ongoing.

We will continue to be creative about organising the stuffing of the newsletters into envelopes. We will also have to be creative in terms of our meeting rooms and regular Wednesday drop-in sessions. I know a lot of you who attended have really missed those few hours each fortnight. We will get there.

We are still having issues when trying to make a bank transfer to renew or begin your membership. Please make sure you put 'The' in front of 'Enfield Borough Over 50s Forum'.

We are looking to arrange more social events to give you something else to look forward to and get dressed up for. Maybe a dinner dance or a quiz night on a regular basis. Please let us know if there is anything else that you might be interested in.

Thank you all for your continued support.

Take care

Ruth Fathaddine

Office and Development Manager

Funding the Forum

Thanks to those who made donations to the Forum
– but we still need your support

We were very pleased with the response to our recent appeal asking for donations and for members to renew their membership promptly (and to sign up to Gift Aid). It was good to see people prepared to give extra support to the Forum's work.

The appeal for funds, including from those donating in memory of Monty Meth, raised £6653. The renewals came flooding in and quite a few people signed up as life members, so that helped as well.

We have used the flexibility of the government's furlough scheme to ensure Ruth and Diane were in the office as needed, and we have always worked to reduce costs as much as possible.

So, the Forum is financially secure for now, but we need members to continue to renew promptly and for new members to sign up, as that is the main source of our income. We get no funding from the Council or the Government so, apart from some special project money which we apply for and occasionally win, we are dependent on membership fees to continue our work.

Please encourage your friends to join the Forum, sign up to our lottery (just £5 a month for a chance to win £350 a month) or consider making a donation.

Support for veterans

Age UK Enfield has launched a Veteran Support Project, a new service which supports anyone who has served in the Armed Forces or National Service and their families.

It is aiming to tackle loneliness and isolation in veterans and their families, to connect them to others and develop new activities that keep them engaged and part of the community.

"We are looking to start both a Zoom social group and in-person social group (when restrictions allow) and a cycling group," says Kate Reader, Veteran Support Project Advisor.

To be eligible for this service, the person needs to be a veteran (anyone who has completed at least one day of military service) and be 50+ or be a close family member of a Veteran.

If you or someone you know is interested in this service and would like more information, contact Kate at kate.reader@ageukenfield.org.uk or 020 8375 4120.

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. Visit <https://enfieldover50sforum.org.uk/membership/>

Be in it to win it!

The monthly prize for our fund-raising lottery has now reached an amazing £350

I would like to start by thanking everyone who has supported the lottery past and present. Since Christmas we have welcomed a number of new members to the lottery and welcomed back some members who had dropped out for one reason or another.

Together with those who have taken out extra numbers we have been able to increase the prize to £350.

Congratulations go to Maureen Keating who was our first £350 winner in the April draw. She was also a winner in September 2015 when the prize was £150.

It would now only take another 20 members either new or returning, paying £5 a month, to push the prize up to £400 a month. Anyone aged 18 or over can join or you can hold a ticket in your name for someone younger, perhaps a grandchild.

Payment for the numbers can be made by standing order or cash and cheque, three monthly, six monthly or annually. We do now have a facility for online banking if that is your preference.

If paying by cheque or cash you will get a call from me reminding you when the next payment is due. This is an enjoyable part of my job but apologies to those who have thought that they have won the lottery when it's only a reminder call!

Please remember that the lottery is a brilliant way of donating to the forum with the added benefit of the possibility of a win. I would like to thank those winners over the past year for coming to collect their cheques rather than me delivering them, although during lockdown some of course were posted.

As you can see, we are now once again getting photos of winners for this newsletter (which your money helps fund). We do have a few members who have said that they do not wish for their photos to be in the newsletter. Obviously we will respect this request, so don't let that put you off joining.

Suggestions please

If you have any ideas for fundraising events we have just formed a new fundraising committee so would like to hear any suggestions that you may have or what sort of things that you would like to do. Maybe quiz nights, dance/music nights etc.

The venue that we previously used for our bingo sessions is no longer suitable so now that I am able to get out and about I am looking for a new venue.

If any of you know of a suitable place that is available during the day and will hold 50 people please let me know and I will make contact. I still have the phone numbers of those who came to Bingo and will ring to let you know when and if we can start again. Also if you would like to register to play again when we start please let me know.

Please contact me on 020 8363 4969 to join the lottery or to discuss fundraising thoughts.

Jim Cantle



January
John Gibbs,
Number 72

February
Mary Denning
Number 74



March
Olivia Goodfellow
Number 5



April
Maureen Keating
Number 20



Thinking of updating your will? Then please consider leaving a legacy to the Forum to help future generations of older people.

Back to the leisure centres

Fusion is hoping to relaunch the Over 50s Days as soon as guidelines allow, but the borough's centres are already open

The gyms and swimming pools at Albany, Edmonton, Southbury and Southgate leisure centres run by Fusion for Enfield Council reopened in April in line with government guidance. Activities such as group exercise classes started again on 17 May. Current government guidance suggests that all Covid restrictions will cease on 21 June but obviously that is subject to change. All activities need to be booked in advance online.

Forum members receive discounts at Fusion leisure centres as long as they are residents of the Borough of Enfield.

Are members of the Over 50s Forum still entitled to concessions?

Yes, Fusion is offering concessions to members of the Over 50s Forum on the pay-as-you-go option. This means Forum members 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 they will get a discount of 30%, so paying £5.60 for a swim/gym session/class instead of £8.

How do Over 50s members ensure they get the discount now that all bookings are online?

People should go to www.fusion-leisure.com and select a preferred centre in Enfield 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.



When are the Over 50s Days returning?

Fusion would like to see this very successful scheme up and running again as soon as possible. Unfortunately, by its very nature, an Over 50s Day involves people gathering and socialising as well as exercising. Fusion is looking at launching a 'remodelled' Over 50s Day, so do check back with your centre. And specific Over 50s classes are already running.

What about Forum members who pay Direct Debit (DD) monthly?

Fusion has set up a range of options for people who wish to pay by monthly direct debit. The greater access – in terms of the number of centres, time of day and activities – the higher the cost. There are no special discounts for Forum members under this option. Visit the Fusion website or go into your local Fusion leisure centre and ask to see the options.

What about Forum members who had/have an annual pass?

All Fusion annual memberships were frozen during lockdown and re-activated when the centres re-opened. Fusion has extended end dates to backdate for the loss of time during the lockdown and advises all annual members to ask the reception team for confirmation of their end date so their annual membership and any benefits that might be associated with it do not expire. The cost of the annual pass has been held at £390 until April 2022 for Forum members.

For more information, visit your local leisure centre or <https://www.fusion-lifestyle.com/>

Join the Forum

The Forum is an independent voluntary organisation which relies on membership fees, some sponsorship and occasional small grants to undertake the wide range of activities which benefit older people in Enfield.

So join us to help support our campaigning work and to enjoy the advantages of membership. Only members can join Forum Groups, book onto social events or enjoy discounts at Fusion Leisure Centres.

Who can join?

Anyone over the age of 50 can join the Forum. However, the discounts we have negotiated at the council leisure centres run by Fusion are available to Enfield residents only.

Fees

Individual: £11 per year

Couples: £16 per year

Lifetime membership: £100 or £150 for couples

Charities and community groups based in Enfield with at least half of their members over the age of 50 can also apply to join as an Affiliated Group.

Once ratified by the Executive Committee they pay £25 a year or £100 for five years.

To join

Call the office or download the membership form <https://enfieldover50sforum.org.uk/membership/>

Then either

1. Post the form with your cheque (payable to The Enfield Borough Over 50s Forum) to Enfield Borough Over 50s Forum, Millfield House, Silver Street, N18 1PJ.

2. Visit the office and pay in person (call first to make an appointment).

3. Complete the form, scan it and then email to us at info@enfieldover50sforum.org.uk and make payment through your bank account to ours: Barclays Bank, Sort Code 20 29 81 and Account Number 13382192.

Don't forget to put your surname and postcode as a reference so that we can match payment and records. And make sure you include 'The' in the Forum's name.

Full office details on page 2

Call 020 8807 2076

Email: info@enfieldover50sforum.org.uk

Improving your lifestyle

The virus has highlighted inequalities in society but we are also individually responsible for keeping healthy

In writing this I feel like one of those TV programmes that say 'or if you are watching the repeat or on catch-up forgive me'.

It is now April but such are timelines this won't be published until the beginning of June so I am going to imagine all has gone well and take time to reflect on some of the lessons we might learn from the pandemic.

Of course, these are personal reflections and do not necessarily reflect the opinion of anyone sensible...

Firstly, the pandemic has shown how we can all help each other if we all pull together; there are many, many examples of how people have just looked out for each other and lent a helping hand.

This has been through WhatsApp / Facebook groups, knocking on doors, offering support even when it hasn't been asked for, sharing tools, asking if anyone wants spare food.

In this age of performance indicators and measurement, it was heart-warming to see that what can't be measured also matters.

Vaccines are important. Trite I know but they have been the single most effective intervention in stopping the pandemic. I know some have been worried about the vaccine(s), some of this reflecting some horrific experiments in the US but thankfully that was a continent and a lifetime ago.

At times I have wondered if uptake has been higher in older populations because they remember the effects of polio, diphtheria and measles? Here is a six minute video from The Royal Society entitled 'What would a world without vaccines be like?' <https://www.youtube.com/watch?v=yi7gyTqweZc>

The virus highlighted inequalities that were already there; non-white populations had mortality rates twice that of white populations. Mortality was also higher in those who were less well-off and often these were the very people who were more likely to be furloughed or made unemployed.

Going forward we don't want to return to Business as Usual but rather Business made Fairer.

Health is made outside the care system. Last year, the Office for National Statistics reported that 91% of deaths from Covid were in people with underlying obesity and / or a pre-existing condition.

Improving lifestyles – physical activity (Moving), diet (Eating), less Drinking (alcohol) and stopping Smoking (MEDS) would have gone a long way to reducing this mortality – and improving people's quality of life going forward.

So, there you go – moving forward we'd all benefit if we supported each other more, got vaccinated, built back better and worked to improve lifestyles.

Glenn Stewart

Assistant Director of Public Health
Enfield

Chair's Column



Dear Friends,

This is my last Chair's column as I will be standing down at the forthcoming AGM.

Initially I joined the Forum to get the discount on membership of Fusion, but then started to attend events and managed to get drawn in.... Has it been a good few years? Of course it has and I sincerely hope that some of you will consider stepping into the shoes of those of us who are departing.

Getting involved in volunteering sounds very worthy, doesn't it? But the benefits are enormous. It is great to meet with others, planning events and activities and even starting up your own initiative.

It has been a real privilege to have been part of the Over 50s Forum. I have thoroughly enjoyed meeting with you, our delightful members, and hope to stay in touch.

With very best wishes to you all,

Christine

Christine Whetstone, Chair

Community care

Safeguarding is everybody's business

The coronavirus pandemic has had an impact on safeguarding concerns, Geraldine Gavin, Independent Chair of the Enfield Safeguarding Adults Board, told us in a recent Forum webinar.

In an interview with, Irene Richards, a member of the Forum Executive Committee, she said that adult services were stretched.

Other areas of adult concerns continue, such as hoarding and self-neglect, loneliness, community engagement, financial abuse, premature deaths amongst the homeless and adults with learning difficulties deprived of their supporting day centres. In addition domestic abuse and suicide rates have increased during the Lockdown periods.

If you are concerned about a neighbour, friends or relative, call 0800 923 9099, Mon-Fri 9am – 5pm.

Take action to c

Have a look at these 25 creative and sur

I wanted to find something different to say about loneliness and isolation in this edition of the newsletter and some of the tips in the following (condensed and edited) article by Charley Mendoza (published on www.keepinspiringme/category/growth) made me smile. I hope you will find some of them both useful and amusing, especially as we come out of lockdown:

1. Just Show Up:



Familiarity breeds attraction. Don't be hesitant to talk to people, even if you feel awkward or don't like them at first. If you're genuinely interested or curious about others, they're more likely to reciprocate those feelings. So why not join the Forum's mobile friend network or come along to our club events or coffee and cake mornings (see pp 13 and 15).

2. Go On A Solo Date: When you go on a date with yourself, you're sure to go somewhere you actually like and you don't have to wait around for others to decide.

3. Volunteer:



It's difficult to feel lonely when you're reaching out to others. The Forum has lots of volunteering opportunities – join the social events team, the newsletter stuffing days, the cake making volunteers, the occasional big events team or join the Executive Committee – we are always looking for people to keep an eye

on newspaper articles or help out with fundraising for example. Or check out other local volunteering opportunities by googling Do-It.org.

4. Know The Difference Between Loneliness and Isolation: Loneliness is an emotion, mostly triggered by a sad memory. When this happens, just acknowledge the feeling and don't over-react.

5. Attend Meet-ups: Or put another way, why not join one of the Forum Groups (see list on page 15).

6. Watch A Film: Immerse yourself in an interesting story that'll erase your gloomy thoughts. Before the lockdown, Cineworld in Southbury Road was offering an over 50s Monday morning film at a cut price – but you can go to the cinema any time.

7. Adopt A Cute Pet:



Visit your local animal rescue centre and give a needy animal a home.

8. Identify The Cause Of Your Loneliness: The cause of your loneliness will clue you in on the appropriate solution

9. Read Fiction: Read a good novel. Lose yourself in a good story or a different culture.

10. Take A Bath: prepare a glass of red, chocolates and magazines, and take a bubble bath.

11. Watch An Inspiring Ted Talk: Ted Talks are inspiring and informative. I don't know why, but watching a few Ted Talks really help when I feel lonely and helpless. Some of my favorites are: "Connected, but alone?" by Sherry Turkle, and "Success, failure and the drive to keep creating" by Elizabeth Glibert.

12. Dance (Naked)!! Take this chance to do the things you can do only when you're alone, like dancing naked or jumping on the bed with your shoes on. Doing crazy stuff alone will give you a good laugh. Don't forget to draw the curtains first!

13. Take A Random Bus, Train, or Flight Somewhere:



Taking public transport to a random location forces you to do two things – be in the company of strangers, and change your environment. Doing this will ward off loneliness and cure your wanderlust as well.

14. Get Coffee:



Order coffee and sit at a bigger table where you can talk to people. Compliment someone on their tie, shoes or bag. Start a conversation. Don't worry if you're bad at small talk, because if it doesn't work out, chances are you won't see that person again.

15. Practice #JOMO (the joy of missing out). If you are addicted to social media it may be time to experience the joy of missing out (JOMO) – a practice promoted by Randi Zuckerberg. Yes, she's Mark Zuckerberg's sister.

16. Make Your Bed: Making your bed in the morning will make you feel better and in control of your life. Gretchen Rubin, author of *The Happiness Project*,

Combat Loneliness

Surprising things to do when you feel lonely

says her research for the book revealed that bed-making is one of the keystone habits of happy people.

17. Go For A Quick Run (or if you are like me a quick hobble!): Even 30 minutes of walking can instantly lift your mood.

18. Watch A Funny Show: Some shows can make people laugh even when they don't want to.

19. Look Through Old Photos: Remembering your good times and your most embarrassing moments caught on camera will fill you with nostalgic memories and drive away loneliness.

20. Start A 5-Minute Gratitude Journal: It's hard to feel down when you know that you have a lot to be thankful for. When you don't know what to be thankful for, just write what you feel. Sometimes, it can help you identify why you feel lonely in the first place.

21. Attend Classes For A Fun New Exercise:



When Fusion fully reopens there are lots of classes and social groups at most of the Leisure Centres. The exact exercise doesn't matter. The point is to get yourself moving, while trying something new in the supportive environment of a group class.

22. Plan A Holiday: Nothing beats loneliness like planning a great holiday. Or why not join in one of the Forum holidays organised by the Forum's social events team – see page 15.

23. Get A Camera:



Get a camera and take pics of beautiful things around you

24. Create Something New: Keep yourself occupied! Try a new recipe. Create a scrapbook. Finish that DIY project you've been postponing for so long. And don't forget to enter that creative project into our July exhibition.

25. Do Something Craaazy: Fill in the blank!

Have fun

Jan Oliver Membership Secretary

Live well,
your way,
with care at home

Your home is where you feel the most comfortable and the happiest. It is the place you know the best. If you want to stay living comfortably at home, Home Instead® can help make that possible.



Call 0203 6418870 or visit
www.homeinstead.co.uk/enfield



Home
Instead®

Proud sponsors of

LOVE YOUR
GARDEN

Each Home Instead franchise is independently owned and operated. Copyright © Home Instead® 2021.



Bush Hill Park Bowls, Tennis & Social Club

Abbey Road Bush Hill Park, Enfield EN1 2QP

www.bhpcclub.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>

Look on the bright side



Medical notes

An old lady telephoned the hospital. She timidly asked: "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said: "I can, what's the name and room number?"
"Doreen Jacobs, room 604."

The operator replied: "Let me place you on hold while I check with her nurse."

After a few minutes the operator returned to the phone and said: "Oh, I have good news, her nurse just told me that Doreen is doing very well. Her blood pressure is fine; her blood tests have just come back as normal and her physician, Dr Ross, has scheduled her to be discharged on Tuesday."

The old lady said: "Thank you. That's wonderful! I was so worried! God bless you!"

The operator replied: "You're more than welcome. Is Doreen your daughter?"

"No, I'm Doreen Jacobs in room 604. No one tells me anything."

Planning ahead

An eighty-year-old woman was getting married for the fourth time. A newspaper was interviewing her about her previous marriages. She said she got married the first time when she was 20 to a banker. Then, in her forties she married a three-ring circus leader. Then she married a preacher. And now she's marrying a funeral home director. The lady replied: "when I look back at my previous marriages, I see one for the money, two for the show, three to get ready, and four to go....."

For lexophiles

Dad, are we pyromaniacs? Yes we are son.

What do you call a pig with laryngitis. Disgruntled.

Why do bees stay in their hives during winter? Swarm.

If you're bad at haggling, you'll end up paying the price.

Just so everyone's clear. I'm going to put my glasses on.

A commander walks into a bar and orders everyone around.

I lost my job as a stage designer. I left without making a scene.

Never buy flowers from a monk. Only you can prevent florist friars.

How much did the pirate pay to get his ears pierced?
A buccaneer.

I once worked at a cheap pizza shop to get by. I kneaded the dough.

My friends and I have named our band 'Duvet'. It's a cover band.
I lost my girlfriend's audiobook, and now I'll never hear the end of it.

Why is 'dark' spelled with a k and not a c. Because you can't see in the dark.

Why is it unwise to share your secrets with a clock? Well, time will tell.

When I told my contractor I didn't want carpeted steps, they gave me a blank stare.

Feeling below par

A young man and his father-in-law were playing golf, with the younger man getting increasingly frustrated by the older man's boasting.

Finally, they reached the 9th fairway and the young man found himself with a tough shot. There was a large pine tree right in front of his ball – and directly between his ball and the green.

After several minutes of debating how to hit the shot, the old man finally said: "You know, when I was your age I'd hit the ball right over that tree."

With that challenge placed before him, the youngster swung hard, hit the ball up, right smack into the top of the tree trunk and it thudded back on the ground not a foot from where it had originally lay.

The old man offered one more comment: "Of course, when I was your age that pine tree was only three feet tall!"

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

MHS Home Decorating and Repairs Your Local Handyman

- Painting & Decorating
- General Household Repairs
- IT Problems

Contact Mark on:
markhowardshaw@gmail.com
07711 316 474



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



Snapshot

Education on knife crime and fighting catalytic converter thefts



Hello again! This month we thought we might bring you a snapshot of what we have been doing over the past month to show you all the sheer variety of police work going on in the North Area BCU.

There has been a big emphasis on knife crime including knife-enabled robberies which can affect any residents not just the youth groups. We have done many of our #OpSceptre anti-knifecrime talks to schools starting even with older primary

school children. They respond very well to the sessions and ask lots of worthwhile questions.

We have also been doing weapon sweeps across the borough with a lot of success as police continue to really focus on making the streets of Enfield safer for everyone.

Another ongoing campaign is our car-marking operation around catalytic converter thefts. These have been growing in number in recent years as the precious metals inside the converters can be very valuable. North Area police will be running more sessions to security mark converters. If you drive the following models please do consider having it done. **Toyota** Model: Prius, Prius Hybrid, Prius Plus, Auris, Yaris. **Honda** Model: Jazz, Civic, Accord. CRV (models 1996-2005) **Lexus** Model: CT200, Rx300/4.

PC Sharon Cogley

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

Reducing fire risk at home

The risk of fire in the home can be increased by a range of products and activities, including some you may never have thought of

What increases fire risk for vulnerable people and what actions can we take to reduce those risks? These were the questions Beverley Higgins of the Care, Health and Safeguarding Team at London Fire Brigade addressed at a recent Forum webinar.

She explained that the majority of people who die or are injured in house fires have common vulnerabilities and are known to public service agencies.

Vulnerable people are often less able to react when there is a fire for a variety of reasons. They may have physical disabilities, including hearing or sight loss, or mental health conditions or learning difficulties which make it difficult to understand what is happening.

Beverley gave the example of someone with dementia who may hear the alarm or see the smoke but not immediately be able to associate that with fire and potential danger.

"A third of people who die in fires at home have care – either through agencies or from family, friends or neighbours," she said.

Help to reduce the risk to vulnerable people by recognising the main risks:

- **Smoking**
- **Portable heaters and open fires**
- **Cooking**
- **Electrics**
- **Candles and naked flames**
- **Hoarding**

Other factors that could potentially accelerate a fire include emollient creams (ingredients such as petroleum or almond / olive oil), incontinence products (often made of latex and paper), airflow mattresses and oxygen cylinders.

Beverley explained that it was not about removing items from homes or, for instance, stopping people smoking unless someone else was in the house, but understanding the risks and doing everything we can to help reduce them.

"You may be able to persuade someone who smokes in bed to switch to vaping – which is 300% safer in terms of fire safety. Or provide flame-retardant bedding and nightwear."

Smoke alarms are good but only if they work (check the batteries regularly) and ideally fitted on a ceiling in the middle of the room as that is where smoke moves

first. Other alarms such as flashing lights or vibrating pads can be used for those with hearing or other impairments.

There is also the more drastic option of automatic fire suppression above the bed or armchair. The person will get wet from the misted or sprinkler water, but this could save their life while the system also links automatically to a local call centre to summon the fire brigade.

We should all also ensure that heaters are never closer than one metre to bedding or clothes and check that electrical sockets are not overloaded. Black marks on the top of sockets is a sign of unsafe wiring.

The London Fire Brigade has an online Person Centred Risk Assessment which everyone can do to understand how their homes may be improved. It also offers a free visit to give advice on prevention, detection and escape.

<https://www.london-fire.gov.uk/safety/the-home/home-fire-safety-visits/>

If you are a carer or support worker, you can email Beverley and her team CSCHS@london-fire.gov.uk or visit www.london-fire.gov.uk/safety/carers-and-support-workers

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



Membership Matters

Dancing away the lockdown



Thank goodness the lockdown is ending. And many of our members feel the same judging by the numbers who came along to our two outdoor cake and refreshments Friday mornings.

Luckily on both days the weather was good and about 25 -30 of us gathered (in groups of 6) on the lawn outside of Millfield House, saying

“hello” to people we have not seen in over a year. On the second day, with music from Platinum Dance Company, some of us had an outdoor dance too. It was a great feeling.

Thanks to everyone who cooked or donated a cake or who came along and thanks also to those people who donated to the cost. We collected almost £60 in donations from those attending over the two days.

These mornings have been so successful that we have organized another 2 dates – Friday 4 June and Friday 2 July. Again we will be there, at Millfield House between 11am and 12 noon for tea, coffee, cake, a chat and for some of us, a dance. Bring a cake or just yourself and your own cup – there will be plenty. Woohoo.

Our Art and Craft End of Lockdown Exhibition has now been planned for Saturday 24 July at Enfield Baptist Church. If you have something you would like to display or sell, you must book (or have already booked) a place.

The rest of us can just come along for a chilled afternoon, look around at the arts and crafts, listen to a bit of music and enjoy some afternoon tea (see separate box below).



Socially distanced dancing

And it's indoors too – although any lockdown restrictions still in existence, such as mask wearing, will apply.

We are still struggling to get our membership numbers back up to pre-Covid times – if you are reading this, and are not a member, please think about joining or renewing. Our fee is as low as we can make it and we rely on membership subscriptions to keep going.

Although many people think we are part of Enfield Council, we are not. Our projects are run by working hard to apply for and obtain grants from Trust funding and from the National Lottery. But we get no state or local authority funding so your membership fees are vital to enable us to run the office, send out the newsletter etc.

Members' participation in the Forum is also crucial to us and we are still looking for volunteers to help us to run the Forum and its projects. Especially we are looking for volunteers to join our Executive Committee.

As you will all know we, very sadly, lost Monty last month but a number of our other Exec members are also retiring or have moved away. If you have ideas and, would like to help shape the Forum, please think about joining us.

Our Annual General Meeting is to be held on Tuesday 29 June – see further details on page 16 – and is a good place to meet the Exec members. We also need people to help us with fundraising and social events – there is lots of scope to get involved so please get in touch.

Jan Oliver

Membership Secretary

End of Lockdown

Exhibition of Arts and Crafts

At Enfield Baptist Church, Cecil Road, Enfield, EN2 6TG

(First floor – lift available)

On Saturday 24 July, 1–5pm

Drop in to our free indoor social event!

Live jazz standards played by Equinox: 1-2pm

Arts and crafts to look at and to buy

Afternoon tea

All Welcome

Organised by Enfield Borough Over 50s Forum as part of our Creative Times Project and funded by The National Lottery



Avoid the rush

Investing your ISA allowance early in the tax year can prove rewarding over the long term.

The traditional last minute dash again saw UK savers rush to beat the tax year-end deadline to invest their ISA allowance. And having done so, many will do the same thing as next April approaches.

Human nature dictates that we are often only prompted to act when faced with a deadline, particularly when it's a 'use it or lose it' opportunity such as the annual ISA allowance. But there are many reasons why it makes sense to invest in an ISA earlier in the tax year instead.

Perhaps most obvious is the peace of mind that comes from getting ahead with your ISA planning and avoiding any end-of-year panic. It also makes things simpler, as you don't need to worry about any more tax returns for your investments once they're held inside an ISA.

However, what's most important is to remember that investing is a long-term game; the longer you leave your money invested, the greater the chance of achieving better returns. Investing your ISA allowance at the start of the tax year gives your money the opportunity to grow for up to an extra 12 months.

Of course, you are not guaranteed to do better by investing earlier, but by doing so you can get your money working harder for longer in two ways.

The sooner you use your ISA allowance, the greater the potential tax benefit because your investment is sheltered from Capital Gains Tax and Income Tax for longer.

Similarly, your investment has more chance to benefit from compound interest – what Albert

Einstein reportedly referred to as the 'eighth wonder of the world'. Over the long term, the opportunity to make gains on the gains you have already made can make a big difference to your future wealth.

Taking steps to minimise the impact of tax on your wealth should be a year-round activity, not something that we only think about in the last few weeks of the tax year. Whether through investing a lump sum or by setting up regular savings, making an early start with your ISA plans is one way to shelter more of your money from HMRC.



George Ttoui

George Ttoui or Jack Gorgon who are both qualified

financial advisers at Burlington Wealth Management are available to discuss any financial matter.

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.



burlington
WEALTH MANAGEMENT

Social Calendar



In order to take part in these events, you should be a current Forum Member. If you are not, you can join the Forum for £11 per annum by phoning the office on 020 8807 2076.

We make a special effort to make new members and singles very welcome on these events: so don't be shy!

Friday 4 June and Friday 2 July, 11am-12 noon. Free outdoor chat and cake mornings. Come along on one – or both! – of these dates to the lawn outside Millfield House, Silver Street, N18 1PJ for free tea, coffee, cakes, a chat and maybe a dance to celebrate the end of lockdown. Bring a cake and or just yourself (and your own cup). All members welcome. (See Membership Matters column on p13).

Tuesday 20 July. Theobalds Farmhouse Garden. Afternoon visit. The design of the garden was started in 1999 by the owner Alison Green. There are now several garden rooms in the 'Arts & Crafts' tradition showing different styles of design, large borders, a landform, woodlands, water gardens, gravel garden, topiary, and successional planting all year round. The visit includes a guided tour, tea and cake. £15pp. Contact Heather on 07973 438989.

Wednesday 1 September. Two-part day trip to Royal Leamington Spa. A relaxing coach day tour to two of Leamington's wonderful attractions. We spend the morning with local guides for a tour of the most historic and beautiful regency parts of town, including the Pump Rooms and Jephson gardens and the stunning crescent in Lansdowne Circus. After some free time to meander and have an independent lunch, we spend the afternoon at the nearby Guide Dogs National Breeding Centre. This is an opportunity to see the puppies and learn all about their early lives before training to be such valuable friends to those with sight loss and will melt the hearts of all who come with us! Light refreshments, with an included delicious homemade treat before leaving for home!!! £48.50 pp. Only 35 places available, so book your place and find out more from Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com.

October 11-16. Historic Cities of the Danube River Cruise. Still a few cabins left on this lovely river cruise with Arena Travel. This delightful trip is by air into Munich, then by river to Vienna, Budapest, Bratislava and Weissenkirchen. What a lovely way to end the summer season and to celebrate with forum friends. Prices vary a little depending on the cabins. Contact Olivia for further information on 020 84478841 or email oliviagoodfellow19@gmail.com.

Social Calendar 2022

February 8-22. Highlights of Sri Lanka. Our next winter escape to the sun. Visit a paradise island teeming with wildlife, incredible landscapes and a colourful culture. Current price for this all inclusive private Forum luxury trip is £3349 sharing a twin or £4148 single occupancy. All information available from Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com.

April 24-29. The Spring Gardens of Keukenhof and Floriade. Visit the worlds greatest flower spectacular at Floriade which is only held once a decade and treat your senses to the bulb field at Keukenhof plus a relaxing river cruise in Amsterdam and more!! Prices from £795 twin or £1015 single include convenient travel by Eurostar from St Pancras. All details from Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com

Forum Groups

Book Club

This group meets on the third Thursday of each month from 10am til 12 noon. Meetings are currently on Zoom so send an email to Sue Scott with your email address so an invitation can be sent.

17 June – Grandmothers by Salley Vickers

15 July – Midwinter Break by Bernard MacLaverty

19 August – One Life by Kate Grenville

16 September – Where the Crawdads Sing by Delia Owens

21 October – Fleeing Grace by Charity Norman

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

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 12 noon. Hopefully we will be able to start meeting face to face soon but unfortunately our space at the Dugdale Centre is no longer available and we will have to hire a room. 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 18 June, 16 July and 20 August.

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

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.

If you have an idea for another Forum Club or Group, contact the office (see details p2) and we'll help you set it up

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

Meetings

We are hoping to be able to resume our meetings in person sometime soon, but in the meantime we remain on Zoom. Make sure the Forum office has your email address so that you are included in eNews and in the emails containing webinar joining instructions.

Unless otherwise stated, the speaker will begin at 10.30am so please log on a bit earlier.

Thursday 10 June, 2pm

Tim Dixon, IEA Greenhouse Gas R&D Programme (IEAGHG).

Looking at the technology of carbon capture and its role in reducing carbon emissions.

Tuesday 29 June

AGM – see separate box

Tuesday 27 July

George Ttoui, financial advisor.

How to mitigate inheritance tax and financial planning for long-term care fees.

Tuesday 7 September

Richard Eason, Programme Director, Healthy Streets, Enfield Council.

Tuesday 28 September

Andrew Galligan, Projects Communication Specialist, Transport for London.

Looking at Low Emission Zones and local communities and partnerships.

Tuesday 26 October

Alain Rosenberg, Maximus UK.

Employment support programmes and helping older people get back into work.

If you have suggestions for speakers, please contact the office (info@enfieldover50sforum.org.uk).

We are hoping to introduce more mid-month Thursday afternoon speakers on a wider range of topics, so do send in your ideas – if possible, with contact details for a specific speaker.

Forum AGM 29 June 2021

10.30am Annual General Meeting

Introduction from Chair, Christine Whetstone

Presentation of 2020/2021 Annual Report

Presentation of 2020/2021 Annual Accounts

Election of Executive Committee Members

Any other business

Close of AGM

I I am All Things Banned & Censored

Peter and Christine Padwick give a light-hearted survey of banning and censorship over the past 100 years or so with pictures, songs & anecdotes touching on George Formby,

Reith and the BBC, cricket, Marilyn Monroe, Sooty, G.B. Shaw, Donald McGill, the Crazy Gang, Dr.Crippen, Alfred Hitchcock, Eartha Kitt, Thomas Hardy, Henry Hall, adverts, Frank Sinatra, D.H. Lawrence, Max Miller, George Gershwin and much more along the way.

Join the Forum to help us keep older people in Enfield informed, entertained and encouraged to fight for a better world. See page 4

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.