

Wasted opportunity

The Forum is concerned about the new Edmonton incinerator and is calling on the authorities to pause and review the decision

As many of you know, the construction of a new incinerator in Edmonton has caused significant controversy both locally and throughout North London.

Campaigners, including the Forum, are calling for the construction of this 'Energy Recovery Facility' – in fact a power station – to be paused because of mounting evidence of the harm it will cause to public health, the climate and public finances.

Seven councils are involved in the project – Enfield, Barnet, Haringey, Waltham Forest, Camden, Hackney and Islington. The plan is to demolish the existing incinerator in Edmonton with construction of the new plant to begin in the next year or two.

We are concerned that public consultation, especially amongst those who will live closest to the greatly enlarged incinerator, has been limited. And we are urging the authorities to consider green alternatives.

The incinerator is a power station which burns waste, makes steam, turns turbines and generates electricity and heat; the electricity serving the national grid, the heat used in a local heat network.

Hundreds of thousands of tonnes of domestic and business "residual waste" (content of black bin bags) will be burnt in the new incinerator, whether it contains recyclable material or not.

About 700 000 tonnes of carbon dioxide will be emitted, but because it is offset against the carbon dioxide that might have

been emitted had gas been burnt for the district heat network it's considered "green". No account is taken of the ready availability of renewable energy with next to no emissions.

Burning waste produces toxic gases including particles small enough to enter your bloodstream through the lungs.

North London Waste Authority (NLWA) claims that newer technologies cleanse the emissions, but diseases from exposures tend to occur after years of cumulative exposure so it is premature to conclude that these will improve safety.

Research worldwide suggests that carcinogenic dioxins in waste incinerator emissions could have a significant influence on the water quality of urban rivers into which rainwater flows directly.

Based on a precautionary principle there is insufficient evidence to conclude that any incinerator is safe.

NLWA estimates that constructing the incinerator will cost £600+ million; with oncosts and risk contingencies bringing it to more than £1 bn, approaching double the original estimate. The cost of the rebuild will be met by the participating councils, including Enfield, through a government loan with interest which will be paid from the annual revenue budget – money that could be spent on health and social care.

If and when North London improves its recycling, and Enfield



There is increasing evidence that the proposed new incinerator will harm public health

(cont'd on page 5)

Social events, quiz, disco,
bingo, Forum clubs,
see pp 13-15

Tribute to Monty Meth and
free day at Fusion, see p7

Enfield Borough Over 50s Forum

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Disclaimer

This newsletter is for general information. You are urged to seek competent professional advice before doing anything based on its contents. The Forum takes no responsibility for any of the services provided by any advertisement in this newsletter.

JOIN the Forum

The Forum is a voluntary organisation which relies on membership fees, some sponsorship and occasional small grants to undertake a wide range of activities which benefit older people in the borough of Enfield. If you are reading this and are not an individual member, please consider joining by contacting the office. It's just £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.

How to join or renew

Get a membership form either by calling the office (020 8807 2076) or downloading it from the membership page of the website <https://enfieldover50sforum.org.uk/membership/>

Then, telling us if you are new or renewing, you can 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 (though call first to check we can receive visitors).
- 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.

Ruth's Review

Welcoming new and lapsed members



Hope all our members are still keeping safe and well, while enjoying a less restrictive lifestyle. Sadly Covid is still here. The current statistics are alarming, but safe to say the vaccine has been invaluable.

Anyway, on a more positive note, the Forum has some face to face meetings and events planned. Some new social events will continue to be assessed for Covid safety, but we are hopeful we will all have some opportunity to start reconnecting with old and new friends.

The recently reconvened bingo club and the coffee and cake mornings have been very successful and we hope to be taking the latter from an outdoor venue to an indoor venue. We'll let you know further details as soon as we have them.

We welcome back old members, some lapsed from quite a few years ago, and it is always nice to meet new members. It is still advisable to phone the office before coming in, just so we are definitely there to receive you. Currently we are still only able to take cash or cheque, but hopefully our elusive card reader will be ready to use soon. Considerable effort has been invested in trying to get this sorted but it is simply not as straightforward as it should be.

Everything still feels a bit tentative but we do feel we are in a better place than we were at the last publication and we can remain optimistic for the future – as I think we have to be.

Ruth Fathaddine

Office and Development Manager

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Building the best Enfield

The Draft Local Plan neglects the housing needs of older people and threatens the vital Green Belt which we need for the health of all Enfield's residents

Enfield Council's Draft Local Plan has entered a new phase. The public consultation, which many local people and organisations, including the Forum, responded to, has closed.

But no decisions have been made so it is important that everyone continues to make their views known to the planners and councillors through their local councillors <https://governance.enfield.gov.uk/mgFindMember.aspx> and the relevant executive officer, Sarah Cary sarah.cary@enfield.gov.uk

The plan will shape Enfield's urban and green landscape, its economy, jobs, homes and prosperity for generations to come. The council provided a summary leaflet to all homes which made clear that underpinning the plan was a handful of key priorities: delivering 25,000 homes for Enfield people, a commitment to 50% genuinely affordable homes, being "deeply green" and avoiding skyscrapers in inappropriate locations.

Furthermore, residents were reassured that Enfield would be protected from uncontrolled development over the Green Belt by a sound Local Plan.

It's hard to quarrel with these necessities – sufficient homes for the 5000 children in temporary accommodation and 50% of all homes built to be genuinely affordable.

However, the Forum believes the plan is deeply unconvincing



Green spaces like Firs Farm Wetlands in the borough are vital

about both affordability and siting of these new homes and that it neglects older people who constitute a growing demographic.

We have an acute shortage of smaller houses and accessible homes for older residents across the socio-economic spectrum. Attention to this could facilitate the release of houses now too large or in other ways unsuitable for an ageing population

Older residents could then move to smaller, easier to manage accommodation constructed in mixed areas with consideration for their needs and where they could be contributing to community cohesion through their active participation.

There is no evidence of any work having been done to scope this and it would be popular well beyond the older age ranges. It is also evident that the areas of the Green Belt that the Plan is proposing to build on do virtually nothing for our poorer residents on the housing register, for example, and it would deprive the borough of vitally important lungs which help to offset the high levels of air and other pollution we suffer from.

Additionally, there is a real danger that this Draft Local Plan will be seen as a developers' charter and a missed opportunity to be more innovative and progressive.

Better homewares for all

The demand for 'inclusively designed' home products is growing

Consumer research from Ageing Better suggests that many high street retailers are overlooking the growing over-50s market for easier to use homewares, appliances and fittings.

Estimates suggest that by the mid-2030s, half of all UK adults will be over 50. This demographic shift means the demand for 'inclusively designed', products, appliances and fittings for the home that are easy to use for consumers of all ages and abilities will only increase as more people move into their 60s, 70s and 80s and want to remain living independently in their own homes for as long as possible.

The report found that while over 50s are making improvements to their homes, only a limited range of inclusively designed products were identified in mainstream high street stores. Consumers interviewed didn't want products designed 'for older people', which they said could be stigmatising and unappealing, and struggled

to find products that were easy to use, affordable and aesthetically pleasing.

Easy to use features include easy-pull or easy-turn controls that can be operated one-handed or with minimal effort; interaction points at user-friendly heights, such as eye-level ovens; and products designed to be easy to clean.

Ploy Suthimai, Innovation and Change Officer at the Centre for Ageing Better, said: "Inclusively designed products work for everyone. It's not a niche or specialist market, and like everyone else over 50s consumers want products that are stylish and look good in their homes."

"In the aftermath of the pandemic, and with the age profile of consumers shifting dramatically in the next decade and beyond, retailers have an opportunity to expand their product ranges and deliver inclusive products that work for all ages and abilities."

Streets ahead

Enfield Council's efforts to create quieter and healthier streets is still a work in progress

Some of the council's endeavours to create healthy streets have been "quite controversial", Richard Eason, Healthy Streets Programme Director, admitted during a recent Forum webinar. However, he stressed that the cycle lanes and quieter neighbourhood initiatives have been funded by Transport for London or the Department for Transport. "We don't use funding from council tax for these projects." The Mayor of London, Sadiq Khan, has announced that the city is aiming for 80% of journeys to be made by 'non-car' modes by 2041.

The 'healthy streets' plan has people at its heart. The challenge is to accommodate population growth without increasing motor traffic, explained Richard.

There is evidence that much of the increase in motoring miles over the last few years has been on C or unclassified roads – i.e. quieter residential streets which were not designed for these traffic levels. To a large extent this has been driven by the use of sat-navs encouraging drivers to find the quickest route.

The Low Traffic Neighbourhoods (LTNs) are designed to prevent this cut-through traffic that is mainly just transiting

through the borough.

He said the issue it is "also about choices... 30% of Enfield car journeys are less than 2km and 60% are less than 5km. More people choosing not to drive these journeys means more space on the road network for people who must drive."

The healthier street policies are also attempts to tackle the wider issues of global warming and more healthy lifestyles. Almost 40% of the borough's emissions come from transport. And car owners are generally less active than those who rely on walking, cycling and public transport to get around.

Richard said there were challenges involved, not least in communicating with residents, but "the more engagement we have, the better we can make the scheme".

A Let's Talk platform has been set up "to increase participation and to try to balance everyone's needs".

<https://letstalk.enfield.gov.uk/>

The team can also be reached via email: healthystreets@enfield.gov.uk



Streets are closed outside schools when children arrive and depart

Get the flu jab now

It is more important than ever to have a winter flu vaccine this year, so make an appointment with your GP or pharmacist

If Covid has done one thing it has shown how powerful vaccines may be; the latest Public Health England surveillance report estimates that Covid vaccines had prevented over 20m infections and saved over 100,000 lives.

A harsh lesson from the past year though has been that corona viruses, in particular, mutate; there are now eight significant variants of the Covid virus, each with its own rates of transmission and response to vaccines.

So, more than ever, this highlights the need to get the winter flu vaccine. This year's jab will be different with the free vaccine to be offered to over 35 million people including all secondary school pupils up to year 11.

Obviously, the worst-case scenario would be to get both Covid and winter flu at the same time but winter flu by itself is bad enough; in 2020 it was the cause of over 21,000 deaths. Be warned – a GP who has now retired used to explain that the

difference between the flu and a cold was that someone with flu would not get out of bed for the £50 note you were offering.

There is no doubt that much will be written on the pandemic and the UK response to it, some has already been published. In amongst all this though I am reminded that vaccines don't save lives, vaccination programmes do. Until it is injected the vaccine is less useful than the proverbial chocolate teapot.

It is distressing that misinformation can spread more quickly than scientific evidence but if there is one single thing you can do to protect yourself and those closest to you it will be to help to stop the spread of an infectious disease. Get the flu jab and you'll be able to get that £50 note.

Glenn Stewart

Assistant Director of Public Health
Enfield



Chair's Column

Hello to all members, new, old and rejoined

I heard someone refer to the Forum as a "social club" recently. Uh uh, the Forum does organise some social events but we are much more than a social club!

We are a registered charity with two main aims: to inform our members about policies and events that affect our lives whilst campaigning for a better, fairer society, especially for older people, and to offer a wide range of activities to help our members keep socially and physically active.

Information

This newsletter has continued throughout the pandemic and we have worked hard to keep our informative meetings going also. Those of you with emails and able to access the internet, should be receiving regular updates about our Zoom meetings. If you are not, please contact the office on info@enfieldover50sforum.org.uk.

We shall be resuming face to face meetings as soon as possible. Of course Covid has meant that we have had to close some services – such as our advice centre at the Dugdale but we are hoping to re-open these as soon as possible.

Campaigning

We have always campaigned vigorously on behalf of older people – on health issues, on public transport, on community toilets, anti-spitting campaigns and fairer funding for Enfield. We don't intend to stop and some of our Exec members are currently looking at the effects of environmental pollution on us locally as well as on the climate. We can expect to see more newsletter articles and actions around this issue in the forthcoming year.

Physical activities

Our relationship with Fusion Leisure has allowed our members to enjoy significant discounts at the council's leisure centres. This month we are offering members the chance to enjoy some taster sessions at Southbury Leisure Centre. This event

is also to commemorate the life and work of our late President, Monty Meth. Please see the advertisement on page 7, I hope to see many of you there.

Social activities:

Naturally our social committee has been prevented from organising some of our regular social activities over the last 18 months but with the world opening up, we are now on the case! Please see the usual Social Calendar on page 14.

This last period has seen the end of our National Lottery funded project specifically aimed at enabling contact and creative activities between our members and which allowed 20 members to chat with each other through mobile phones and which culminated in an Arts and Crafts Exhibition on 24 June.

I thought this was a great event and a good way to end the strict lockdown. My belief was shared by those of you who completed our evaluation form – 100% of whom enjoyed the afternoon. We had 79 people there (in masks of course) and enjoyed some lively jazz music from Equinox, tasty sandwiches and cakes bought from Newmans Catering and, of course, appreciated the efforts of those who submitted works of art. We had everything from poetry to knitting on display – all completed by our members.

To date, we have held Friday morning socials at the Millfield outdoors. Most days we have about 50 members there savouring the taste of home made and shop bought cakes and having a talk and/or dance. So popular have these mornings been that we are now moving them indoors – please see the social events calendar on page 14 for full details.

Unfortunately we have to charge £2 per head to cover the cost of hiring the room, but we hope that you will still want to come along for informal chats and refreshments. Don't worry if you don't know anyone – many people come alone and there is always someone to introduce you to. We hope also that some of you will feel able to come to our forthcoming Friday night fundraising events – a disco and a quiz. See page 13 for details.

Keep well and active.

Jan

Jan Oliver, Chair

Wasted opportunity

(cont'd from page 1)

reaches its recycling target of 65% or more in the 2030s, and as populations fall, consumption is reduced and plastic packaging is phased out, the fuel for the incinerator will fall and the incinerator will have spare capacity.

Substitute waste will then be brought into Enfield from beyond London to fuel the incinerator. The NLWA agrees that spare capacity "could be offered to third party residual waste collectors". This will bring new traffic flows to Enfield's streets.

Also, unlike power stations and landfill operators which have to pay tax for the burden their pollution creates for society (so the less they pollute, the less they pay), this 'energy recovery facility' does not have to pay as a rubbish disposal route or as a major carbon dioxide emitter.

Upper Edmonton is one of the most deprived parts of the UK, with significant health inequalities. This can only be made worse by the construction of this facility.

A pause, and review of the true cost is urgently needed and would reveal that there are much less costly and more sustainable solutions to waste management that are environmentally, economically and socially just.

Forum members can join the campaign by writing to their NLWA delegates, their councillors and MPs and by visiting <https://stop-edmonton-incinerator.org/>

The NLWA delegates from Enfield are:

Cllr Hass Yusuf (Chase ward)
cllr.hass.yusuf@enfield.gov.uk

Cllr Kate Anolue (Upper Edmonton, where the incinerator will be built)
cllr.kate.anolue@enfield.gov.uk

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Be kind to your GP

Enfield is not the most attractive place for GPs to work so we need to build good relationships with our primary care staff to ensure they remain here

Over the last 18 months Forum members have expressed concern, dissatisfaction and, sometimes, criticism of GPs and the primary care services generally; and there's no doubt that we have experienced a sharp drop in access to services and that some innovations have been ageist in their consequences.

The loss of face to face consultations, the imposition of e-consult and difficulties with getting prescriptions have taken a toll on patients' confidence and left some anxious and in pain. At present only 57% of consultations are in person compared to 80% before the pandemic.

We have made strong representations about this to the CCG, but we must beware of taking this out on GPs and their staff as they too have suffered serious ill-effects from the pandemic.

According to the British Medical Association, nationwide we have a shortfall of 50,000 doctors, and fall behind comparable countries in our ratio of doctors to population. Most EU countries have 3.7 doctors per 1,000 people, we have 2.8. In Enfield we have had a longstanding

shortage of GPs for a variety of historical reasons but it's also the result of a national failure to train new recruits. Enfield is unattractive to newly qualified GPs because of the eye watering cost of housing and because it lacks the high level clinical infrastructure that boroughs like Camden and Islington have.

The NHS faces severe staff shortages and Enfield is at the sharp end. We have the weakest health economy in North Central London and recently we have been identified as among the worst ten boroughs in the country in terms of the shortest length of healthy life.

During this continuing pandemic our GPs have been doing heroic work in rolling out vaccinations, some working seven days a week, and Enfield has done very well by comparison with other local boroughs.

But this has resulted in burn out and we have suffered a loss of GPs through early retirement, GPs reducing their days of work, moving to other places, sometimes abroad, becoming part-time locums with less responsibility, or even leaving medicine altogether.

GPs weren't trained as, and nor do they want to be, call handlers – there's no job satisfaction in that – and they know that vital soft signs of illness can be missed if the patient isn't physically there. We can't afford this steady loss of GPs, we had too few to start with. Taking our resentments out on GPs and their staff is shooting ourselves in the foot.

Your Forum has been very vocal about the difficulties faced in gaining access to primary care and, in fairness, the Enfield CCG has listened to our strong representations and so has the North Central London Integrated Care Partnership.

A comprehensive Access to Care working party has just been set up and we are participants. We have established recognition of the problems that Covid compounded, and we do have a place at the table.

That restricted access to care for older people is exclusionary must be recognised and made good. We'll do our best to make this happen and, in the meantime, be nice to your GP – they are the backbone of our NHS.

Over 50s Days are back

Fusion Leisure Centres has restarted the Over 50s Days at Southbury, Southgate and Albany Leisure centres

Southbury (Tuesday)

Tel: 020 8245 3201
09:30 – 10:30 Walking netball
10:00 – 10:20 Health walk, easy
10:20 – 11:10 Health walk, moderate
10:45 – 12:15 Walking football
12:30 – 14:00 Badminton and table tennis
13:30 – 14:30 Pilates
14:35 – 15:35 Yoga
09:30 – 16:00 Gym
09:30 – 16:00 Swim, steam and sauna*

*Subject to opening times

Southgate (Tuesday)

Tel: 0208 882 7963
12:00 – 13:00 Bokwa
15:00 – 16:00 Yoga
09:30 – 16:00 Gym
09:30 – 16:00 Swim, steam and sauna*

*Subject to opening times

Albany (Thursday)

Tel: 020 8804 4255
12:00 – 13:00 Pilates
13:05 – 14:05 Yoga
09:30 – 16:00 Swim, steam and sauna*
09:30 – 16:00 Gym

*Subject to opening times

We are delighted that the Over 50s Days are back at the leisure centres. Come along and take advantage of a wide range of activities for just £6.50 a day for Forum members who have a Fusion energy concession card.



PRICES

Turn up on the day or book online in advance. £10.50 per day or £6.50 per day with energy concession card.

Energy concession card is normally £21.50 for 12 months, but only £7.50 for Forum members.

Forum members can also purchase an annual pass for just £390, less than £8 a week.

Ask at reception for more details of monthly memberships that are also available.

Also see <https://enfieldover50sforum.org.uk/fusion/>

Concessions are available only to members who are residents of Enfield.

Tribute to Monty Meth 1926 – 2021

Exercise and socialise

11am – 3pm, Tuesday 19 October

Southbury Leisure Centre

The Executive Committee believes the best way to honour our late President's memory is to hold an event that benefits our members – offering the opportunity to both exercise and socialise. Monty was pivotal in establishing our relationship with Fusion, launching Over 50s Days and ensuring that Forum members get significant discounts in the leisure centres which Fusion runs for Enfield Council.

So, we invite all members to come along to Southbury Leisure Centre on Tuesday 19 October to learn more about the activities and discounts available there.

We particularly hope to see newcomers who are thinking of joining the Forum (just £11 pa) and/or members looking to purchase Fusion's concession card for just £7.50 instead of £21.50.

With this card you pay just £5.60 instead of £8 for activities.

Forum members are also able to buy an annual Fusion pass for an amazing £390 (equates to £32.50 a month or about £8 a week).

Note: Forum members need to be residents of Enfield Borough to be eligible for the discounts.

The final programme is still being finalised but is scheduled to include:

A short tribute to Monty Meth
Zumba Gold
Swimming
Use of gym – and gym tours for newcomers
Badminton
Table tennis
Pilates
Yoga
Walking netball
Walking football
Fitness walks in the park (weather permitting)

REGISTER on the day to get a lunch voucher and to book classes

A bagged lunch will be available for Forum members between 12:15 and 14:00 so make sure you collect a lunch voucher when you register on the day. You will also need to register then for gym tours and pilates /yoga classes (first come, first served).

We will send final details by eNews or you can call the office (020 8807 2076) closer to the time. Please do come along (bring your membership card) – and feel free to bring a friend/neighbour who can join the Forum on the day.

Southbury Leisure Centre, 192 Southbury Rd, Enfield EN1 1YP



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Look on the bright side



The Robber

A robber breaks into a house and ties up the woman and man who are in bed together.

The robber asks where the jewels are and the guy responds with: "I'll give you everything! Just, please, let her go..."

Robber: "I only care about the jewels! I won't hurt you if you give me what I want..."

Guy: "I BEG you, let her go!"

Robber: "Wow, you must really love your wife..."

Guy: "What? Oh no, my wife is due to arrive home!"

Only in this crazy world.....

Do we leave cars worth thousands of pounds in the driveway and put our useless junk in the garage.

Do people order double cheeseburgers, large fries – and a diet Coke.

Do banks leave vault doors open and then chain the pens to the counters.

Do they have drive-up ATM machines with Braille lettering.

Ever Wonder?

Why the sun lightens our hair, but darkens our skin?

Why don't you ever see the headline: 'Psychic Wins Lottery'?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavour, and dishwashing liquid made with real lemons?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavoured cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

Why are they called apartments when they are all stuck together?

Just a thought

When we're young, we sneak out of our house to go to parties.

When we're old, we sneak out of parties to go home.

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Why was the triple lock suspended?

Firstly let me explain what the triple lock was

As most readers will know this was the system used by the government to determine the annual increase of the state pension. I am deliberately using past tense as it was announced in early September by Theresa Coffey the Work and Pensions Secretary the triple lock is to be suspended for 2022/2023. Instead it will be replaced by what has been termed the double lock.

The triple lock meant the government would increase the state pension each year in line with whichever of the following three indicators is the highest: inflation measured by the consumer price index (CPI), the average level of wage increases, or simply by 2.5%. The new double lock has removed the average level of wage increases and for the moment going forward state pension will only rise by the higher of CPI or 2.5%.

This is interesting because during the global pandemic and due to implications of the furlough scheme a large number of people have been returning to full pay. As a result the average rise in earnings is estimated at 8% for the year ending July 2021.

Under the rules of the triple lock this would have meant that every person receiving a state pension would have had to have it increased by 8%.

That's a difficult situation for the government especially as it is trying to curb spending after the cost of the pandemic.

The current level of the new state pension that started in April 2016 is £179.60 per week. For those who qualified for their state pension before

April 2016 the current value is £137.60 per week but you may also receive a top up via a pension credit.

So the result of this announcement is yes state pensions will increase but not by 8% across the board. Inflation is likely to be lower than 2.5% (although nothing is guaranteed) so when announced state pensions should increase by 2.5% in 2022/23. The big question remains will the triple lock return? We will have to wait-and-see.

If anybody has questions about their state pension or any type of pension please feel free to contact me.

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

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



George Ttoui



Royal tour and Guide Dogs

On a sunny September day, a coach party of Forum members travelled to Royal Leamington Spa for a fun day in great company. We had a guided tour in two groups, showing us the quirky and historical areas of this lovely Regency town which was given its Royal name by Princess Victoria after her visit.

In the afternoon, we went to the Guide Dogs puppy breeding centre and saw the delightful pups and learnt so much about their journey from playful puppies to fully trained guide dogs. We had lots of time to ask questions and a donation of £200 was presented to show our gratitude for this wonderful charity which receives no government support.

Every six minutes, someone in the UK loses their sight and this was a



Making a donation

reminder of how important the guide dogs are to all those with sight loss. All in all, a lovely day and so good to meet up and have fun together.

Olivia Goodfellow

Visit to a beautiful garden



On what was one of the hottest days in July, 27 members visited Theobalds Farmhouse Garden. We were welcomed by the owner, Alison Green, and taken on a really interesting and informative tour

of her extensive garden.

Since 1999 Alison has transformed her two acres of land into a dream garden, including a series of gardens in the 'Arts and Crafts' tradition, several large borders, a golden section spiral mound, a woodland walk and a natural pond. The swimming pond looked particularly inviting on such a hot day. We finished with delicious tea and cake, and we all enjoyed the visit so much that we want to return for another in the spring.

Heather Cole

In memory of Monty

A bench to commemorate the life of our late President, Monty Meth, has been installed in Oakwood Park (near the entrance by the bridge over the underground rail line). A small ceremony was held to mark the occasion with his widow Betty, son Ian and daughter Gill as well as other family members and members of the Forum.

The plaque says:

**In loving memory of Monty Meth MBE
1926-2021**

Loved and respected by all who knew him



Interested in community?

Parent Engagement Network are looking for trustees

We are looking for passionate committed individuals with time to spare

Experience in Grant funding, Accounts, Marketing and Communications would be useful

Helping us to develop our strategic development, aims and objectives as a charity

Contact us at info@parentengagenetwork.co.uk for more information



Wills and Probate

Lasting Powers of Attorney
Inheritance Tax Planning
Asset Protection Trusts



STENNETT AND STENNETT

Solicitors and Estate Agents
4 Winchmore Hill Road Southgate N14 6PT
020 8920 3190

Have fun at the Forum!

QUIZ NIGHT

With Fish n Chips
(or veggie alternative)

On FRIDAY 12 NOVEMBER
From 8pm – 11pm



Bar available

(Drinks are reasonably priced –
please don't bring your own)

TICKET PRICES

£12 Forum members or
£15 non members

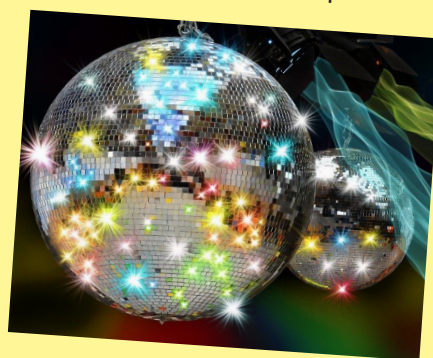
You can book as an individual, a
couple or a group – we will be
organising tables of between
4 and 6 people.

Lots of fun prizes for you to win!
Book and buy tickets in advance
from Jim on 0208 363 4969

DANCE, DANCE, DANCE

Dance away the Covid blues
at our Forum Disco Night

On FRIDAY 22 OCTOBER
From 8pm – 11pm



Non-stop dance music from the
60's to the 90's

Bar and bar snacks available

(Drinks are reasonably priced –
please don't bring your own)

TICKET PRICES

£8 Forum members or
£10 non members

Buy in advance from Jan
on 07748 264735 or
eternalechoes2002@yahoo.ie

At Holtwhites Sports and Social Club,
1 Kirkland Drive, Enfield EN2 0RN
(parking available, or W9 bus to Parsonage Lane)

To be Covid safe we are restricting numbers. Please wear a face mask wherever possible.
ALL ATTENDEES WILL NEED TO PROVIDE EVIDENCE OF DOUBLE VACCINATION
OR OF A RECENT LATERAL FLOW TEST

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!

Saturday 30 October. Mike Leigh films at the BFI

Join a group of Forum members for a Saturday afternoon/evening of Mike Leigh at the BFI (Southbank) featuring the film *Grown-Ups* with Brenda Blethyn being glorious as Gloria, a demanding busybody in a tight comedy of suburban chaos, switching between a private semi and a council house. Relish the farcical explosion, nailing all six characters in a human chain after Gloria tries to force an entry. Plus a short Mike Leigh film *The Short and Curlies* and a question and answer session with Mike Leigh himself. Meet at 3.30pm at Oakwood tube or make your own way and meet us at 5pm outside the venue at the South Bank. The event starts at 5.15pm and will finish about 7.30pm. Ticket price £14. Tickets are limited – members only.

To book contact Jan on eternalechoes2002@yahoo.ie or phone 07748 264735. You can pay by cheque or bank transfer.

Sunday 21 November. Ten pin bowling

Join us at Hollywood Bowls, Finchley, Leisure Way, High Road, N12 0GL for two games of bowling. We will meet at 2.30pm outside the venue. Two games are likely to take us about two hours (assuming 6 on each lane). Burger and chip type meals are available at the venue. Cost: £16 for the two games.

To book contact Jan on eternalechoes2002@yahoo.ie or phone 07748 264735. You can pay by cheque or bank transfer.

Monday 29 November. Annual Xmas Lunch Party

Come and start the run-up to the Festive Season with Hayley's Kitchen 3 Course Roast Buffet Lunch, 12 noon til 4pm. £20. Live Music and Dancing. Don't dance? Enjoy the food, people watch, make new friends, a warm welcome awaits new and unaccompanied members. Venue: North Enfield Conservative Club. Baker Street EN1 3LD. BUSES 191/W8. Ample parking.

To book ring Jacky Pearce 0203 724 4287 (please note new number!)

Sunday 19 December. Winchester Christmas market and Bombay Sapphire Gin Distillery day trip

Mix in a slice of history with your gin and tonic on this relaxing pre Christmas Day trip. We start our journey in Winchester where there is so much to see and do – a glorious cathedral, an ancient mill, cute cafes, and more than enough museums, plus the best Christmas market in Europe – just waiting to inspire those last minute gifts and nibbles.

Then we will visit the home of one of the world's most popular gins, Bombay Sapphire. But it's not just the gin that's brilliant at the Laverstoke Mill, the exhibition and Victorian architecture are as interesting as they are beautiful. On the way home, there will be a small refreshment stop at the quaint riverside town of Runnymede before arriving back in London in the evening.

There are just 14 places available on this luxury mini coach and so early booking is advised. The £63 price includes return transport

from Enfield, the services of a blue badge driver guide and entry to the Gin distillery and driver tip and a small Forum donation.

Phone Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com to book your place. Cheques or bank transfer are all acceptable.

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 02084478841 or email oliviagoodfellow19@gmail.com

April 24-29. The Spring Gardens of Keukenhof and Floriade

Visit the world's 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 020844878841 or email oliviagoodfellow19@gmail.com

June 22-28. Channel Islands Explorer

A packed itinerary exploring Jersey, Guernsey and Sark. This holiday includes flights, coach trips, boat trips and horse drawn carriage ride. What a mixture of transport! Oh yes and half board hotel accommodation and all excursions too! Price £975 twin/£1190 single occupancy for 6 nights.

Places are limited and so it is wise to get your place reserved as soon as you can to avoid disappointment.

For more details of this superb itinerary and a booking form, please contact Olivia on 0208 4478841 or email oliviagoodfellow19@gmail.com

Other Forum Events

19 October – Monty Tribute
and free day at Fusion leisure centres (see p7)

22 October – Disco (see p15)

12 November – Quiz (see p15)

ALL EVENTS SUBJECT TO GOVERNMENT COVID GUIDELINES

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

Weekly drop-in and bingo

Come and join us on Mondays at Jubilee Hall to play bingo or just for a chat and a drink



Our weekly drop-in and Bingo Club has started again, though we have a new venue: Jubilee Hall, 2 Parsonage Lane, Enfield, EN2, 0AJ.

The bingo starts about 2pm and will last about an hour. After bingo there will be an opportunity to meet with other members for a chat until 5pm. The cost is £1 per person to cover hall hire, bingo books are £2 and there will be a cash prize raffle.

Free tea and coffee will be available but please bring your own mug/cup. You can also bring your own food or alcohol but we have no crockery or glasses! We may be able to have occasional entertainment, but this will be your club and we are happy to listen to your ideas.

Members, friends and family are welcome as are single people, groups of friends and couples. We do need to know numbers in advance, so please contact Jim Cantle if you would like to participate. A member has suggested that some may wish to go to the local pub for a meal or drink afterwards, which also seems a good idea.

To register or for more information please ring Jim Cantle on 020 8363 4969.

Forum Groups

Poetry Group

We're back. Every fourth Thursday of the month, Forum members are again meeting in the Enfield Town Library Community room to share poetry, (self-written or the appreciated work of others), in a relaxed, friendly atmosphere. We also share music where appropriate. If you love poetry, we'd like to meet you, so why not join us? Meeting time from 10.30am to 12 noon. There's a charge of £1 per session to cover room hire cost. Next meetings: 28 Oct, theme 'Lockdown'; 25 Nov, theme 'Industrialisation'. Contact Brian Darby on 020 8363 5829 or email briandarby100@gmail.com for further information.

Coffee Club

At last we have been given the go-ahead by the Skylight Restaurant at Pearsons, to re-start the Forum Coffee Club. First meeting will be on Wednesday 3 November at 10am, and the first Wednesday of the month thereafter. Just turn up at 10am or later (we usually finish about 12 noon) and find us in our reserved space, usually at the back of the Skylight. If you want more information, contact Sue Scott on scotsf48@hotmail.com or 07890 690896

Writing Group

New members are most welcome to join the Writing Group. Each month we choose a theme for the next meeting and encourage everyone to write something – it may be factual, fiction, autobiographical – there are no rules. One of the delights of the group is that we have a great chat between readings. Meetings are 10am – 12 noon on the third Friday of the month – on Zoom for the moment but we are looking for a venue to meet in person. Next meetings: 15 October, 19 November and 17 December. For more information, contact Ruth Serner on ruth.serner@gmail.com

Book Club

The Book Club is meeting again in the Community Room at Enfield Town Library on the third Thursday of each month, 10am – 12 noon.

21 October – Freeing Grace by Charity Norman

18 November – The Salt Path by Raynor Winn

16 Dec – tbc

If you would like to join, please contact Sue on scotsf48@hotmail.com or 07890 690896

Lunch Club

We are hoping to launch this on 12 January and monthly afterwards with the venue chosen by those at the previous lunch. If you are interested, do send suggestions for venues to Sue – and contact her to find out more information on scotsf48@hotmail.com or 07890 690896

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!

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

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 receive eNews and the emails containing webinar joining instructions.

If you are a current Forum member and are not receiving Forum emails now, send an email to info@enfieldover50sforum.org.uk and ask to be added to the email list.

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

10.30am, 26 October

William Hall,
Business Manager, Local London Enfield

Older people and work – challenges and opportunities

10.30am, 25 November

Rebekah Polding,
Head of Cultural Development, Enfield Council
Cultural development in Enfield

10.30am, 30 November

PC Neil Rogers,
Partnership and Prevention Hub

OWL – a secure platform for the public and shared with the police and local authority to maximise the potential of Neighbourhood Watch

Lottery latest

I'd like to start by thanking the new members that have joined the lottery and also of course the existing members who are continuing to support the lottery.

Anyone over 18 can join the lottery club for just £5 a month. You will be supporting the work of the Forum as well as getting the chance each month to win £350 – or even more, if extra people join up. Just another 10 numbers will enable us to increase the prize from £350 to £400 a month.

Our July winner is Jan Scott who won with Number 31 and August's winner is Tony Watts (Number 3) who was presented with his cheque by Betty Meth, at a family event to celebrate Monty's life.

Contact me if you'd like to join the Lottery Club.
Tel: 020 8363 4969

Jim Cantle



July winner Jan Scott receiving a cheque from Jim Cantle. Her winning number was 31



August winner Tony Watts receiving a cheque from Betty Meth. Winning number was 3

Disco and quiz (not at the same time!)

The members of the new fundraising committee are hard at work arranging events for the coming months. The first is a disco on 22 October and then, on 12 November we have a Quiz night. Both of these events are ticket only and are open to members and their friends and family. They will take place at Holtwhites Sports and Social Club, 1 Kirkland Drive, Enfield EN2 0RN, which is off Holtwhites Hill.

For more information or to register for the quiz night please contact Jim Cantle on 020 8363 4969 or for the disco night please contact Jan Oliver on 07748 264735 or on eternalechoes2002@yahoo.ie

Please see ad on page 13 for full details.

PS Next spring, we will be having a dinner/dance at the suggestion of some members. We haven't yet finalised details so please contact Jim to register your interest and we will contact you when we have more details.

Advice Service

The Forum's weekly free, confidential advice service, usually held at the Dugdale Centre on Monday mornings, is still suspended due to current conditions related to council Covid rules.

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.