

Working together

The Forum is collaborating with other local voluntary groups to help improve the environment and people's health in Enfield

Whilst unseasonably warm temperatures and Covid 19 continue to remind us of the global crises that confront us, these

sparklingly sunny winter days, vivid sunsets and early sightings of spring flowers since early January have reinforced the sense of optimism that often accompanies the start of a new year.

Hence it's encouraging to read in this newsletter that voluntary groups in Enfield have initiated projects that will invest our communities with the resource and the voice to do what needs to be done in adapting to the health and climate challenges facing us.

The Friends of Parks

(see p7) have published a straightforward manifesto 'Love Your Parks' for parks that they expect prospective councillors to support. Inspired by this, environmental campaigners will, in due course, be publishing a 'People's Plan for Recycling'.

Enfield Climate Action Forum (EnCaf), is going to focus this year on Climate Change and Public Health, reflecting the World Health Organisation declaration that the climate crisis is a public health crisis, particularly relating to higher temperatures, air pollution and social isolation (see p5).

The North Central London Clinical Commissioning Group has agreed to fund EnCaf to organise community panels in Edmonton and Ponders End, where older, isolated and poorer

communities will be hardest hit, to help develop community adaptations to the climate and health emergencies. This

programme reflects and supports our Over 50s Forum's priorities.

Finally, the Over 50s Forum itself has secured funding from the National Lottery Community Fund to address health inequalities. Our proposal (see p3) is to improve the health of older people through preventive activities, such as the All Ability Cycling Hub for Adults at Bush Hill Park in partnership with the Council.

Voluntary organisations such as Friends of Parks



Sunset over lake at Broomfield Park

work tirelessly to provide environments that enhance health and well-being for all ages. The most cost-effective prescription of all.

Although the provenance of these diverse projects is quite different (and there was no collaboration) they all tap into a local reservoir of good will, a determination to improve things for the most vulnerable, enthusiasm for listening and collaboration... and an appetite to speak truth to power.

No longer are the citizens of Enfield passive recipients of politicians' top down manifestos, they have their own voices and show enthusiasm and energy in using them.

Bring on the New Year!

If you have received a renewal form with this newsletter, that means your membership runs out at the end of March. Renew now (see p2) – and encourage your friends and neighbours to also join the Forum.

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

Time to renew for many members



Well, we did get Christmas 2021 after all – better than Christmas 2020, but with a slight caveat for Omicron.

I hope you did all have the Christmas you wanted. Mine was scuppered right at the last minute, Christmas morning, when I had got up early, got my glad rags on, Christmas earrings in and then a positive test in the family. Luckily, I had a turkey and trimmings that I was taking in my car, so brought that back in and feasted. Disappointing, but there we are.

I look back at recent Reviews and sometimes it seems like I am stuck in a loop. One minute, optimistic, then having to address short notice changes and developments, certainly not easy but it keeps you on your toes.

Looking forward we continue to plan and keep trying to open the Forum up more to our members, balancing that with adherence to good practice regarding safety and hopefully with no further restrictions in place. The vaccination is working – people I know who have contracted covid again have all had a much less dramatic experience than the first time. We just all need to look after ourselves and those around us.

The Forum has a new health initiative planned, see page 3 for further details.

A huge thank you to all those who continue to renew and support the Forum. We approach our biggest renewal period and if you have a renewal form with your newsletter then that is a specific and polite request to renew as your membership runs out at the end of March.

Life continues to challenge, but then it always has, although perhaps not on this scale. We hope to see more of you over the coming months.

Take care

Ruth Fathaddine

Office and Development Manager

See p13 for exclusive discounts
at Fusion Leisure Centres for
Forum members



Health inequalities in Enfield



Come cycling on
Mondays at Bush
Hill Park

A new project will help the Forum continue our long-standing commitment to help people in the borough improve their health and live well in older age

The Forum is delighted to have been awarded a grant from the National Lottery Community Fund. The grant is for the Forum to raise awareness of the health conditions that may potentially affect many of us.

The aim is to provide information through our network of members and affiliated organisations in order to facilitate early intervention and to signpost for more direct help and support, be it heart, health, stroke awareness, cancer or any other health condition.

Subsequent issues of our newsletters will highlight specific days that are reserved through the year. The first such day is World Cancer Day on 4 February with the theme 'Close the Care Gap'. The theme addresses such issues as identifying and addressing the barriers that exist for people around the world in accessing the care they need. Full details can be found at the website www.worldcancerday.org

One way of adopting a healthier lifestyle is to take advantage of the All Ability Cycling Hub for Adults. This is open every Monday 10am – 3.00pm, Bush Hill Park, Lincoln Road, Enfield EN1 1PS.

Sessions are drop in and free with a range of two wheeled cycles, tricycles and specially adapted bikes. Two qualified instructors are onsite. For further information email: all.ability@bikeworks.org.uk



Other lifestyle changing initiatives are in the planning stages for Enfield's Fusion Leisure Centre sites. We are looking to host taster days for all, following on from the successful event back in October. Besides keeping us healthier, the centres foster social inclusion and avoid social isolation. More information on these events, held in support with our affiliates, will be in future newsletters. And we will continue to inform members through eNews as well.

Also in the planning are regular advice sessions on benefit take-up, finance and legal issues. Advice sessions will take place at Edmonton Green Library in the Shopping Centre, 36-44 South Mall, Edmonton Green, London N9 0TN.

These will be held from 10am – 12 noon on 24 February and 31 March by appointment only and must be booked through the Forum office (020 8807 2076). Please do not just turn up as this is not a drop-in service and you must be a Over 50s Forum member.

The Benefits Team supports residents to receive their correct benefits entitlements. Advice is also available dealing with council debts – council tax arrears, housing benefit overpayments, rent arrears and adult social care debt.

Finance and legal advice (by telephone) is also available through our regular partners – see pg 16.

CLIMATE EMERGENCY ROUND UP

Contradictory actions

Planting trees helps Enfield towards its carbon neutral goals – but signing the contract for the new Edmonton incinerator does not

This tiny note was left (and found) on a table in a local café. How fitting for a 'Climate Emergency Round Up'.

As the writer asks: What is happening in Enfield to stop climate change, global warming and pollution?

Adults, children and young people continue to plant trees in all weathers as part of the Chase Restoration Project to create a publicly accessible and sustainable native broad-leaf woodland of 100,000 trees by 2022 (see pic below).

Following the route of Salmon's Brook and creating vital drainage and diverse ecosystems, the saplings and associated wetlands will, when mature, capture carbon dioxide to offset Enfield Council's carbon emissions thus reaching its goal to become a carbon neutral organisation by 2030. The woodland will also provide an important resource for leisure, health and well-being.

Incinerator gets go-ahead

Conversely, councils across North London of the North London Waste Authority (NLWA), including Enfield, ignored the numerous voices calling for a pause and review of the decision to replace the ageing Edmonton Incinerator with a massive new one.

The incinerator, a power station, will emit as much as 700,000 tonnes of carbon dioxide a year dwarfing the 234 tonnes each year captured by the new Enfield Chase woodlands.

Yet, despite impassioned and well-informed deputations, 12 out of 14 councillors voted on 16 December 2021 to award the contract for building the new incinerator to Acciona, a Spanish firm and the sole bidder.

The paperwork presented to the councillor delegates at this crucial meeting contained important data about the procurement process, the financial burden on individual councils and exposure to risk.

It emerged that councils, including Enfield, had apparently not performed, and certainly not debated, impact assessments covering the social, economic and environmental consequences

of the expansion of the incinerator. Neither had they assessed the impact of the incinerator's carbon dioxide emissions on their local climate emergency commitments.

Unmoved by the health, environmental, social and racial justice arguments, councillors were lobbied again, urgently, about a procurement process in which the sole bidder achieved a low score and yet was contracted at a higher price than was usual for comparable projects.

The lobbyists questioned whether this was value for money or consistent with the Council's fiduciary duty to Enfield taxpayers and underpinned their questions with a publicly available solicitor's letter.

Acciona and the NLWA were due to sign the contract on 18 January (as this newsletter goes to press). In view of the urgency and potential consequence of the issues members of the public were asked, by a group of councillors, to write to the Mayor of Enfield requesting an extraordinary council meeting at which the issues would be debated publicly.

The Mayor agreed the extraordinary meeting but not in time to influence the signing of the contract. This despite the

warning by one of the councillors to senior council officers that proceeding with signing the contract "would expose the local authority to severe financial risks", urging them to take steps to withdraw the London Borough of Enfield's support for signing.

But the campaign to challenge incineration as the best means of dealing with waste continues as attention turns to the alternatives, including a recycling plan that reflects residents' views. It resumed with many hundreds of activists walking from Edmonton Green to The Angel Edmonton in peaceful protest.

Environmentalists have also instructed solicitors to seek an administrative Judicial Review against NLWA, based on breaches of due diligence and fiduciary responsibility to tax payers, following its decision to award the contract to build the replacement incinerator to Acciona.

Looking again at that tiny note, what would our anonymous, youthful advocate say?



Young people are especially concerned about climate change



Identifying risks

EnCaf is calling for Enfield to develop a Climate Change Adaption strategy involving local community panels

The World Health Organisation has stated that the climate crisis is a health crisis and that certainly was the case in Paris 2018 when temperatures of over 40C saw hundreds of people die, many living alone.

It is clear that soon we will have temperatures like this in the UK and the public health implications will be serious. Climate change has enormous implications for human health. This includes direct effects, including heat-related illness, deaths due to high/low temperatures and the physical and mental health impacts caused by flooding.

Indirect effects are also expected arising from interactions between the environment and populations, for example, through disruption of food supply, economies and international relations.

In Enfield we desperately need a Climate Change Adaption strategy to address this. As a result, EnCaf is working with the NHS Clinical Commissioning Group (CCG) and EREC (Enfield Racial Equality Group) to set up a number of community panels to involve local communities in identifying the major health risks in their locality, make recommendations about what needs to be done and find ways to build community resilience. By doing it as a co-production with local communities we hope to build a strategy that is owned by the communities we engage.

We are in the process of discussing the outlines of the project, whether we will have one community panel or more, how we can select people randomly so the panel/s are representative of each local area and what pre panel information and learning material we would need to create. We also are discussing how the panels will be organised and who runs the panels and what outputs and tangible impacts will come out of them.

Ideally we would also like to see if these panels could form the basis for community resilience circles that could then be replicated across the Borough.

Panels like this have been set up in other parts of the UK such as Dudley for example and with the national organisation Civic Voice such a panel has been piloted in Southgate around high rise development.

We hope to build on this experience and take it forward to develop local social capital within communities to address the climate change public health risk of the coming years.

Francis Sealey

EnCaf (Enfield Climate Action Forum)

www.encaf.org



Chair's Column



Forward planning

With another Christmas behind us, the Forum is looking forward to planning for 2022 and beyond. Following an Executive Away Day in December, we are drafting up a new Development Plan to guide us through the next three years.

- Having identified our top campaigning issues as health, loneliness and social isolation; poverty; and local environmental issues, we hope to establish some small campaigning teams to work on each issue, making links with other groups, including our affiliated groups. We are hoping to encourage the active participation of our members in these campaigns.

- Increased use of our volunteers is essential to the development of the Forum.

- We plan to improve our use of social media.

- We will be continuously reviewing the benefits of membership and aiming to increase our membership numbers to pre Covid levels.

Members will be pleased to hear that this year we plan to ensure that Falls Awareness Day is held – even if it needs to be held online. Thanks to one of our new Exec members (Niki Nicolaou) we have been awarded a grant to encourage healthier lifestyles – this will help us to encourage the use of leisure centres and provide advice on health and benefits issues through an advice service and a Health Day.

Jan

Jan Oliver, Chair

If you no longer want to receive a printed version of this newsletter, we can simply send you a link to the online version when it is published.
Email 'Online Newsletter Only' to info@enfieldover50sforum.org.uk with your name and address.

Thanks to the voluntary sector

The valuable role of charities and the work of their dedicated volunteers is often overlooked until we find we need them ourselves

I've not mentioned this before but last year my Dad went blind. It was virtually overnight and despite the best efforts of the NHS he is now registered blind, white stick and all. There is some residual sight but watching the TV means sitting within arm's length. The score is that Dad can now cope pretty well at home, is not so bad where they live, but really doesn't like being somewhere he doesn't know by himself.

You might guess that this was not a time of great joy in the Stewart household and has changed my parents' outlook quite substantially. It has though brought home a few things that might be worth stating.

Firstly, whilst this was initially overwhelming, tragic and raw, they seem to have adapted. They have now sold their beloved campervan in which they spent much of the last decade travelling through Turkey, Northern Africa, Scandinavia and Europe and speak of selling it with regret, but they are coping together.

I was with them at Christmas and it reminded me of the psychology evidence that people will get happier/sadder if confronted with big events (e.g. winning the lottery/going blind) but will ultimately tend to return to an equilibrium near to

where they were before.

Secondly, they keep on saying how great the RNIB have been (or RNBI as they call it) – Royal National Institute for the Blind. They came in, showed my Mum how to walk with Padre so that he doesn't walk into things, fall down pavements etc, brought in equipment, set him up with talking books and connected him with a blind serviceman club (he used to be in the Navy). They are also on the end of a phone if my parents get stuck/worried.

Thirdly, more generally it made me think of how good the voluntary sector can be. The RNIB has obviously done a grand job here but I am sure many of us could recount endless examples of how the voluntary sector has helped those in need.

There is also evidence that volunteering is good for your own health. So, if you can this year have a think about volunteering or supporting a charity financially. And this includes the Over 50s Forum!

Glenn Stewart

Assistant Director of Public Health, Enfield



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Love your parks

Friends groups launch manifesto asking councillors to prioritise Enfield's parks ahead of 2022 local elections

One of the many reasons to love living in Enfield is its abundance of green spaces. The words 'green space' encompass a dazzling variety of natural and open spaces. From woodland, to sports pitches, to heritage buildings. From playgrounds, to orchards, to waterways, and the small green urban spaces where we can sit and reflect.

The benefit of green spaces to our mental and physical health is incalculable. However, some volunteer groups that support Enfield's parks are concerned that our councillors have not prioritised protecting and improving Enfield's green spaces.

To address this challenge, Friends groups across Enfield have collaborated in asking all those candidates seeking our votes in May 2022 to publicly commit to the following actions for our parks and our residents:

1. Efficient maintenance and waste management

- Additional bins in parks in which bins are frequently overflowing.
- Timely repairs to damage and removal of graffiti.
- Appropriate recycling provision.

2. Greater accessibility

- Pathways to allow people using mobility aids and buggies to access parks.
- Better maintenance and reopening of toilet blocks. Closed toilet blocks can make parks inaccessible for some people, and these decisions disproportionately negatively impact older people, disabled people, and people with young children. It is a real problem for lots of people.
- Play equipment for people with physical & sensory disabilities.

3. Supporting efforts to protect native plants and wildlife

- A budget for each Friends group for maintaining or increasing native natural life in their park. This is cost effective as Friends will commit to maintaining new plant-life.

4. Increasing community spaces

- Shared spaces are the foundations for strong communities. Councillors should prioritise repurposing old buildings in parks where it is feasible to do so, and commit to creating new community spaces where older buildings cannot be used.

The manifesto will be

published on EnCaf's website and will be kept alongside a list of prospective candidates who have committed to the pledge. The collective does not, and will not, support any particular party or individual candidate.

It believes that we stand a greater chance of protecting our precious green spaces, and providing a better quality of life for the people we love if politicians from all parties can commit to working together on the things that matter to Enfield residents.

The last two years have been a time of unprecedented stress for so many. It is unarguable that, during this time, parks have been a lifeline for thousands of people, as well as being vital to help mitigate the impact of the climate crisis.

The collective hopes that those standing for election in 2022 will recognise the value of Enfield's green spaces and commit to working with them for the betterment of all Enfield's residents.

To pledge your commitment, or if you have questions about the project, please email LoveEnfieldsParks@gmail.com



Broomfield Park

Manifesto signatories

Friends of Aldersbrook Park
Friends of Bush Hill Park
Friends of Broomfield Park
Friends of Bury Lodge
Friends of Conway Park
Friends of Firs Farm
Voice of Jubilee Park
Friends of Pymmes Park
Friends of Tottenhall Recreation Ground
Town Park Enfield



Firs Farm Wetlands

Inheritance Tax

– How much is payable?

Inheritance Tax (IHT) was once only seen as a tax for the wealthy, but rises in property prices in recent years, has led to an increasing number of estates facing an IHT liability. With a significant amount of the IHT paid relating to money held on deposit and other liquid assets, it is evident that some relatively simple planning could reduce or even eliminate a charge to IHT.

Presently everything in excess of £325,000 is potentially liable to IHT. With married couples or those in a registered civil partnership, if the nil rate band remains unused on first death, or only a portion of it is used, any unused nil rate band can be transferred to the survivor and used by the survivor on second death. This does not mean that the nil rate band has doubled. It does mean that there can be two full nil rate bands used on second death.

There is an additional allowance that was introduced on the 6th of April 2017 called the Residence Nil Rate Band (RNRB). Since the tax year 2020/21 this allowance is an additional £175,000 for those estates that contain a qualifying residential interest.

To qualify as a qualifying residential interest, the property must have been the main residence of the deceased at some time during the period of ownership. Property which has only ever been buy-to-let will not qualify. Other factors to consider to ensure the additional RNRB is available are as follows:

- The maximum RNRB available is capped at the value of the property.
- Property must be passed to direct descendants, which are children, grandchildren or other lineal descendants.
- If the net value of the estate is £2 million or more the allowance is tapered down by £1 for every £2 above the threshold.

The tax rate is currently 40% on the value of the estate after the applicable nil rate bands have been deducted.

For example an individual with no direct descendants with an estate of £700,000, their estate would have to pay £150,000 of IHT.

Another example for a married couple with children and who live in their own residential property with an estate of £1,200,000. Assuming their property was of sufficient value to claim both full RNRBs and both of their Nil Rate Bands were unused this would still result in a tax liability of £80,000 from the estate of the second to pass away.

If you are concerned about the effect that IHT will have on your estate and the amount of money that will be left to your family and friends, we will be pleased to tell you about the range of products and services available as part of the St. James's Place approach to trust and estate planning. Please note Wills and trusts are not regulated by the Financial Conduct Authority.

Advice relating to a Will involves the referral to a separate and distinct service to those offered by St. James's Place. The levels and bases of taxation and reliefs from taxation can change at any time and are dependent on individual circumstances.

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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George Ttoui



Look on the bright side



Makes you think....

When one door closes and another door opens, you are probably in prison.

To me, "drink responsibly" means don't spill it.

Age 60 might be the new 40, but 9pm is the new midnight. It's the start of a brand-new day, and I'm off like a herd of turtles.

The older I get, the earlier it gets late.

When I say: "The other day," I could be referring to any time between yesterday and 15 years ago.

I remember being able to get up without making sound effects.

I had my patience tested. I'm negative.

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.

If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"

When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.

I finally got eight hours of sleep. It took me three days, but whatever.

I run like the winded.

I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

When you do squats, are your knees supposed to sound like a goat chewing on a tin can stuffed with celery?

I don't mean to interrupt people. I just randomly remember things and get really excited.

Too many words

Try to guess each well-known saying before checking below for the answers.

1. Scintillate, scintillate asteroid minute.
2. Members of an avian species of identical plumage congregate.
3. Surveillance should precede saltation.
4. It is fruitless to become lachrymose over precipitately departed lactose fluid.
5. Freedom from encrustation of grime is contiguous to divinity.
6. The stylus is more potent than the claymore.
7. It is fruitless to attempt to indoctrinate a superannuated canine with innovative manoeuvres.
8. The temperature of aqueous content of an unremittingly ogled saucepan does not reach 100 degrees C.
9. Neophyte's serendipity.
10. Individuals who make their abode in vitreous edifices would be advised to refrain from catapulting petrous projectiles.

ANSWERS BELOW

1. Twinkle, twinkle little star
2. Birds of a feather flock together
3. Look before you leap
4. Don't cry over spilled milk
5. Cleanliness is next to godliness
6. The pen is mightier than the sword
7. You can't teach an old dog new tricks
8. A watched pot never boils
9. Beginner's luck
10. People who live in glass houses shouldn't throw stones

Get vaccinated

It is more important than ever that people get vaccinated – including the booster

Vaccinations are available at walk-in centres, some GP surgeries and community pharmacies. If unsure phone 119 or visit www.nhs.uk/covid-vaccination. The growing number of walk-in sites can be checked on www.nhs.uk/grab-a-jab

Enfield Walk-in Sites

Carlton House, 28 Tenniswood Rd
EN1 3LL

Open daily, seven days a week
From 9am to 6pm.

Evergreen Surgery, 1 Smythe Close
N9 OTW

Open daily, seven days a week
From 9am to 6pm

Parkview Pharmacy, 195 Bramley Road
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Open Monday to Friday, 9am to 1pm
and 2pm to 6pm

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Time to Dust off that Will

Peace of mind and certainty are just two reasons why you should make a Will. Protecting your assets by avoiding inheritance tax and limiting the amount you pay in later life for care home fees, are other good reasons. But how many of us who have taken the trouble to make a Will, decide to review it? Circumstances do change!

A client of mine, I shall call her "June", made a Will when her son "John" and daughter "Janet" were in their teens. The estate was divided equally between them. Over the years June saw less and less of John. He was "very busy" managing his successful business, but made sure to visit at Christmas. Janet cared for her mother in later years.

June consulted me about amending her Will. She was worried her daughter would not be able to settle down and buy a home of her own if half of the estate was given to John. However, June was reluctant to change her Will because she loved her children with equal measure and worried that John would be upset if he received a smaller share.

I helped June come to a decision by asking her to rank in order of priority her goals when distributing her estate; were providing a flat for Janet to call her own and showing appreciation for the care and support given in later life, more

important to June compared with making sure each child received the same amount to avoid upsetting John? Having decided which goals were more important than others, June made a new Will giving Janet two-thirds her estate.

She also prepared a letter of wishes accompanying the Will explaining why she made the changes. After signing the Will, June left the office smiling, feeling pleased that a worry had been removed from her shoulders.



Michael Stennett

Stennett Solicitors, based at 4 Winchmore Hill Road, Southgate N14 6PT (opposite M&S Food Hall) have given trusted advice to Enfield residents for over 30 years. You can call us on 020 8920 3190. We specialize in the

following areas of law:

- Preparing Wills for peace of mind and to avoid inheritance tax
- Helping those needing residential care to keep costs to a minimum
- Assisting bereaved families with probate
- Preparing lasting powers of attorney for ageing relatives
- Making Court of Protection applications for the mentally infirm
- Help with moving home through conveyancing



**Stennett & Stennett Solicitors
and Estate Agents**



New team

Edmonton will see a new Town Centre policing team

First of all, as we begin our third year living with Covid, can we wish all the members of the Enfield Over 50s Forum a very happy and healthy New Year with all good wishes for a safe and crime-free 2022. Several of our officers helped out at the Enfield foodbank over the festive season and said they were 'humbled' by the experience.

Enfield Police were as busy as ever over the Christmas and New Year period and we have some exciting news for any Forum members living in the Edmonton area. In February there will be a new Town Centre policing team for Edmonton which will focus on tackling the issues such as anti-social behaviour, robbery and violence against women and girls – the issues that matter most to local communities.



Helping at the foodbank

Wood Green in Haringey launched a team in December and Edmonton will be part of the second wave of teams starting in February. It's really great news for the area that these extra officers will be bearing down on the concerns that residents most care about.

Our schools officers are still very regularly visiting as many schools in the area as possible to give talks to the pupils on subjects such as knife crime, gangs, exploitation and personal safety. The schools very much appreciate these interventions and our officers gain a great rapport with the students. But we would also like to come and talk to our more senior residents – if you have any

issues that you would welcome an officer to give a talk on – let us know!

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

Safeguarding Award

Irene Richards, a founder member of the Forum, has been awarded a BEM

The British Empire Medal (BEM) has been awarded to Irene Richards for her role in safeguarding. Irene, an Enfield Councillor from 1998 to 2006, became involved in safeguarding for the Council when she was appointed Chair of the Older People Scrutiny Board.

Irene says: "In the years since and through my continuing work on the Board and on the Children Partnership I have become more and more aware of the vast scope of what is covered. From the early beginnings when it was seen as an 'older person problem' it now encompasses wider aspects of our society such as modern slavery, neglect, county lines (child exploitation)."

She added: "I'm advised that my award, of the BEM, was the only one in the Honours list specifically for safeguarding. That gave me a real sense of achievement. Safeguarding is a statutory duty of councils and the borough is well served by the Enfield Safeguarding Adults Board and Children Partnership under the umbrella of Safeguarding Enfield."

Irene was a founder member of the Over 50s Forum and served on our Executive Committee until her retirement last year.

If you wish to learn more and how to help, you can access information about Safeguarding Enfield online at www.enfield.gov.uk/safeguardingenfield.



Irene Richards

Xmas Trip

Visit to market and distillery

An eagerly awaited day trip with Rabbits tours was enjoyed by Forum members just before Christmas to the historic city of Winchester. The Christmas market was delightful and there were plenty of crafts and edibles to enjoy and take home for gifts.

The afternoon was spent at the Laverstoke Mill, now home to the Bombay gin distillery. After a welcome drink, we had a cinematic presentation and then a tour of the botanical greenhouses and some time in a laboratory – like being back in science at school. It was so informative and the gins were so delicious. We also stopped briefly at Runnymede, where the Magna Carta was signed all those years ago.

Look out for more day trips on the super comfy mini coach, as there are plans a plenty for 2022 and beyond.

Olivia Goodfellow



New Membership Deal for 2022

New Joining Members £100

Enables You To Play:

***Tennis**

***Bowls**

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

***Table Tennis**

***Snooker**

***Short Mat Bowls**

And Access To:

***Members Subsidised Bar**

***All Social Activities of The Club**

**AND YOU WILL ALSO RECEIVE A
£100 Bar Credit**

Joining Forms Are At The Bar

or

Go To

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

**Bush Hill Park Bowls, Tennis & Social Club
Abbey Road, Enfield EN1 2QP**

FUSION DEALS FOR FORUM MEMBERS

EXCLUSIVE
FOR FORUM
MEMBERS

Just £40 a month peak, £31 a month off-peak* for unlimited sessions and classes at all Fusion Leisure Centres in Enfield

Unlimited swim / steam / sauna / gym / group classes
Plus two racquet sport bookings per week

Join the Forum now to take advantage of these discounts, exclusively available to Forum members who live in the borough. Members can purchase a Fusion Energy concession card for just £7.50 (instead of £21.50) and then sign up for a monthly direct debit of £40 (or £31 off peak) or buy a £390 annual pass. The concession card also entitles holders to pay just £5.60 instead of £8 for pay-as-you-go sessions.

Visit <https://enfieldover50sforum.org.uk/fusion/> or ask about the deal at the Fusion Leisure Centres at Albany, Edmonton, Southbury and Southgate.

*Off peak hours 9-4pm Mon-Fri, 12-noon until centre closes on weekend.

Over 50s Day added

Southbury (Tuesday)

Tel: 020 8245 3201

09:30 – 10:30 Walking netball

10:00 – 10:20 Health walk, easy access, easy

10:20 – 11:10 Health walk, leisurely, moderate

10:45 – 12:15 Walking football

12:30 – 14:00 Badminton and table tennis

13:15 – 14:15 Pilates

14:20 – 15:20 Yoga (chair yoga last Tuesday of the month)

09:30 – 16:00 Gym

09:30 – 16:00 Swim, steam and sauna*

Over 50s Day at Edmonton added, with discounts for all days for Forum members. And the Health Walks are free to all.

Southgate (Tuesday)

Tel: 020 8882 7963

12:00 – 13:00 Bokwa

14:00 – Aqua aerobics

15:00 – 16:00 Yoga

09:30 – 16:00 Gym

09:30 – 16:00 Swim, steam and sauna*

Southbury (Wednesday)

Tel: 020 8245 3201

09:30 – 12:30 Badminton

12:45 – 13:30 Zumba Gold

14:00 – 15:00 Seated chair yoga

09:30 – 16:00 Gym

09:30 – 16:00 Swim, steam and sauna*

09:30 – 16:00 Gym

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

Edmonton (Monday)

9:30 – 10:30 Yoga

10:30 – 11:00 Gym circuit class

11:00 – 11:30 Gym circuit class

12:00 – 1:00 Zumba

1:15 – 3:00 Badminton

Gym swim, sauna, steam included*



PRICES

£10.50 per day or £6.50 per day with an Energy concession card. The Energy card is normally £21.50 for 12 months but only £7.50 for Forum members who are residents of Enfield.

Turn up on the day and pay by card (classes subject to availability) or book on the same day for the following week if you are a direct debit or annual Fusion member.

*Subject to opening times

Note: Timetable subject to change and Fusion also has Over 50s classes on other days, so check at your local Fusion leisure centre.

Social Calendar

Do come along and join other Forum members at these social events, which are arranged by volunteer organisers. We make a special effort to welcome new members and singles. If you are not a member of the Forum, do join up – it's only £11 a year. See p2 for details.



FRIDAY 11 FEB DISCO HAS BEEN CANCELLED

Sunday 20 February Creative Theatre Group

A Sunday afternoon second meeting during which we will explore idea for this new group. Tea and coffees available. Between 2.15pm and 3.45pm at Enfield Town Library, Community Room on the first floor. FREE to any members of the Forum.

To book or show your interest, contact Jan on eternalechoes2002@yahoo.ie or phone 07748 264 735.

Friday 4 March The Art of Banksy

An exhibition you won't want to miss. Over 90 authenticated Banksy pieces, curated in a bespoke Covid-secure 12,000 sq ft gallery in the heart of Covent Garden. Previously seen by over 75,000 people all around the world. We will meet at Enfield Town Station (about 10am) or at the Gallery (50 Earlham Street at 11.45am). Tickets £25 payable by cheque or bank transfer.

To book your place contact Jan on eternalechoes2002@yahoo.ie or phone 07748 264 735.

Fridays 11 and 25 Feb and 11 and 25 March Informal gathering, Stag and Hounds

An informal Friday morning drink (teas, coffees, soft drinks, or alcohol) and chat with other Forum members at the Stag and Hounds pub, 371 Bury Street West, London N9 9JW between 11.30am and 1pm. The meet-up is free but please bring money to buy drinks. Food is also on sale for those who would like to stay on for lunch. This is an ongoing fortnightly event.

For more info, please contact Jan on eternalechoes2002@yahoo.ie to be added to the circulation list.

Friday 18 March Quiz Night

Following the very successful Forum Quiz in November, we have another organised for March. This fund-raising event will start at 7pm, with the first questions at 7.30pm. The cost is £12 for members and £15 for non-members, which includes a fish and chip supper (vegetarian alternatives are available). Form your own team or we will put teams of six together as needed. Holtwhites Sports and Social Club, 1, Kirkland Drive, Enfield, EN2 0RN.

Contact Jim Cantle on 020 8363 4969.

Friday 8 April Non-Stop Reggae Dancing

Come and dance your socks off at Holtwhites Sports and Social Club. Tickets £8 for Forum members and £10 for non-members, payable by cheque or bank transfer. Please don't bring your own drinks as the bar is reasonably priced. (See page 15).

To book contact Jan on eternalechoes2002@yahoo.ie or phone 07748 264 735.

Thursday 12 May Theobalds Farmhouse Garden

A spring visit to Theobalds Farmhouse Garden – visit one of Enfield's most beautiful private gardens comprising a series of gardens in the Arts and Crafts tradition, a wildlife pond and stream, pebble mosaic garden, spiral garden and lots more. An afternoon tour guided by the owner Alison Green and followed by tea and homemade cake. £18 per person.

Contact Heather Cole 07973 438 989.

Friday 20 May Dinner Dance

We will be holding a dinner dance – with food and a live band featuring ballroom and jazz dance, followed by a disco. Tickets are likely to cost around £30. Full details in the next newsletter.

Wednesday 8 June City of Ely, Ship of the Fens and Cambridge day trip

Details in next newsletter of this visit to Ely cathedral (one of the Seven Wonders of the Middle Ages), a drive across the Fens and then a two course lunch and gently guided tour of historical Cambridge.

Contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.

22-28 June Channel Islands Explorer

A packed itinerary exploring Jersey, Guernsey and Sark. This lovely holiday includes flights, coach trips, boat trips, a horse-drawn carriage ride, half board hotel accommodation and all excursions. Cost approximately £1000 as flight prices may change a little. Only a handful of twin rooms available now, so please no single room requests.

For further details on how to book and the full itinerary, please contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.

There are several day trips and short UK breaks in the planning stage for this year – details in next newsletter so keep a look out.

And into 2023...

February 2023 Rockies Winter Wonderland

A 10 day treat for the senses, as winter is a great time to explore the Canadian Rockies, with snowy peaks, frozen waterfalls and horse drawn sleigh rides just some of the magical highlights.

Full details to come from Olivia

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

Forum Groups

Poetry Group

We meet every 4th Thursday of the month in the Community Room of the Enfield Town Library between 10.30am and 12 noon to share and appreciate poetry, music and good company. All lovers of lyrical language are welcome. There is a requested donation of £1 per head to cover the meeting room hire cost. The theme for the 24 February meeting is 'Silence;' and for 24 March it is 'Dreams'. *For further information, please contact Brian Darby on 020 8363 5829 or text to 07541 732 339.*

Lunch Club

We meet every two months. Our first meeting was in January, so our next is on Wednesday 9 March. If you are not a member and wish to join in, please contact me, preferably by email, to get the details. Numbers will be limited, so book early. *Contact Sue Scott on scotsf48@hotmail.com or on 07890 690 896.*

Writing Group

New members are most welcome to join this friendly 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. Or just listen in for your first visit to the group. One of the delights of the group is that we have a great chat between readings. Meetings are 10am – 12 noon on the second Thursday of the month and we are now back to meeting in person. The venue is Enfield Town Library. Next meetings: 10 February, 10 March. *For more information, contact Ruth Serner ruth.serner@gmail.com*

Coffee Club

We are delighted to be meeting again in person at the Skylight Restaurant at Pearsons in Enfield Town. We meet on the first Wednesday of the month, with next meetings on 2 February, 2 March, 6 April. Just turn up at 10am or later (we usually finish about 12 noon) and find us in our reserved space. You can stay for the whole time or just drop in at any time between 10am and 12 noon. *If you want more information, contact Sue Scott on scotsf48@hotmail.com or 07890 690 896.*

Book Club

This club meets in the Community Room at Enfield Town Library on the third Thursday of every month, 10am – 12 noon.

17 February – Small Pleasures by Clare Chambers

17 March – The Shipping News by Annie Proulx

21 April – Nutshell by Ian McEwan

To join or if you want more information, contact Sue Scott on scotsf48@hotmail.com or 07890 690 896.

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!

Affiliated groups

Enfield Croquet Club

Croquet is fun, competitive, and social, and everyone can play on an equal level regardless of sex or age. It's a game of strategic thinking, skill and eye-to-ball contact. Played with four balls, six hoops and a mallet it has been described as 'snooker on grass'.

Enfield Croquet Club is offering free training on Tuesday and Saturday mornings from April. The club is based in Bush Hill Park (Cecil Avenue entrance). All equipment is provided and its friendly members look forward to passing on their skills, experience and love of the game. Flat shoes or trainers are the only requirement.

For more details, contact Marian Cuckson on 07982 259789 or email secretary@enfieldcroquet.org
Visit: www.enfieldcroquet.org

REGGAE DANCE NIGHT

Friday 8 April, 8pm – 11pm

**Tickets: £8 for members
or £10 for non members**

At Holtwhites Sports and Social Club

1 Kirkland Drive, Enfield, EN2 0RN

(Parking available or W9 bus to Parsonage Lane)

Please buy tickets in advance from Jan on
07748 264 735 or eternalechoes2002@yahoo.ie

You will need to bring proof of triple vaccination
or a recent lateral flow test

Note: Disco on 11 Feb has been cancelled



Meetings

We hope to have meetings in person again soon but, in the meantime, do log in to our online meetings. Make sure you are on our eNews circulation list.

If not, contact the office (see p2). You can also check the list of meetings on the Forum website: <https://enfieldover50sforum.org.uk/forum-meetings/>

Meetings start at 10.30am so please log on early in case you have any connection issues. The link to each meeting will be sent out on eNews and is also available on our website (as above) on the day.

10.30am. Tuesday 22 February

'Thanks for Trying' – Recycling correctly

Josh Freestone, Outreach and Engagement Officer, North London Waste Authority, will talk about the 'Thanks for Trying' campaign. The aim of this newly launched contamination campaign is to change current recycling behaviours, by improving the knowledge of what is not recyclable in north London kerbside collections and to increase peoples' motivation to recycle correctly.

10.30am, Tuesday 22 March

Speaker to be confirmed via eNews. Or call the office closer to the time to check.

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

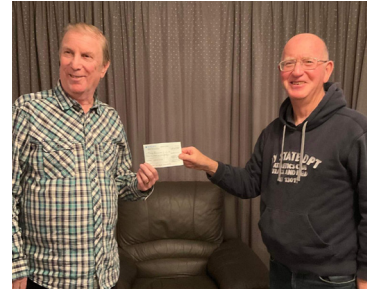
We are also hoping to re-introduce mid-month Thursday afternoon speakers on a wider range of topics, so do send in your ideas – if possible, with contact details for a specific speaker.

Lottery latest

Join for just £5 a month

A huge thank you to all our new lottery members who have enabled us to increase our monthly prize to £400. Good luck to those of you who bought lottery numbers for Christmas gifts this year. If you are stuck for an idea for a birthday gift, a number can be purchased for a friend/relative/grandchild – they do not have to be a member. Just £5 a month. Contact Jim Cantle on 020 8363 4969.

The November winner was Philip Brown who won with number 121. The December winner was Susan Dennell with number 86.



November lottery winner
Philip Brown



December lottery winner
Susan Dennell

Monday bingo

Forum bingo starts at 2pm every Monday at Jubilee Hall, 2, Parsonage Lane, Enfield, EN2, 0AJ. We play five games then have a break for tea/coffee (free), then play five more games. We usually finish about 4pm which leaves time for general socialising.

The cost is £1 entry to cover the cost of the hall. There is a cash prize raffle and the bingo books are £2 for 5 games or £4 for 10 games.

We do need to know numbers in advance, so please contact Jim Cantle on 020 8363 4969 if you would like to participate or just for more information.

Jim Cantle

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.