

Help save the NHS

The latest changes to the NHS are another step on the road to privatisation of the health service, according to Jan Shortt of the National Pensioners Convention

The introduction of Integrated Care Boards (ICB) will lead to lower funding and less public accountability, Jan Shortt, General Secretary, National Pensioners Convention (NPC), told attendees at the Forum's recent AGM.

The boards will replace the CCGs (Clinical Commissioning Groups) but will have a lower budget to allocate for health services and will not be subject to public scrutiny or involvement in the same way.

"This will lead to the rationing of care and health services, less local control – and the possibility of increasing private sector involvement in NHS services," she warned.

The NPC is asking the Chairs of the ICBs to ensure that no private companies are given places on the boards or committees. It also notes that no provision has been made to monitor or regulate the awarding of contracts to private companies.

"We have been warning for some years of the gradual privatisation of the NHS – and have been accused of scaremongering. But it is happening now."

The Health and Care Act establishing these boards came into effect on 1 July and also gives "enormous power" to the Secretary of State for Health. "NHS England will report

to them rather than to local bodies like CCGs, and local councils will not have the power to prioritise services or introduce new ones.

"The Secretary of State can over-ride decisions made, take away services and/or disband any of the ICBs," Jan explained.



Jan Shortt (left) with Forum Chair, Jan Oliver

The NCP believes all these changes are leading to an American-style health system with most people having to fund their own healthcare direct or through insurance.

"Our policy on a National Care Service free at the point of need is an important campaign. There is nothing in the Act that will improve recruitment, training, pay and conditions for either NHS or care staff. In fact, we are sure there is

no funding for what the government says will be a 'quality' care service."

She encouraged people to support the Forum, the NCP and other bodies such as Keep Our NHS Public (keepournhspublic.com) to help fight against the privatisation of the NHS.

Attendees at the meeting voted in favour of the Forum joining Keep Our NHS Public.

See more about the AGM and Jan's speech on p3.

Find out about our Heat & Eat project
on p5

Forum social events and clubs,
pp 14-15

Enfield Borough Over 50s Forum

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This newsletter is produced every two months by 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

Many enjoyed our Health Day



First of all, thank you to all those who attended and helped at the Forum's Health Day in June at the Southbury Leisure Centre. Volunteers Kathy, Ana, Sue, Joan, Monica, you were great as always.

We had almost 130 people attend, enjoying a healthy lunch and the opportunity to try various leisure centre activities. We were entertained by the Equinox Jazz Band so thanks to them and to some of our colleagues and affiliates who had stalls and networked well. It was good to see our members out and about, exercising and socialising. Even the Fire Brigade attended between shouts and thank you to Dominic from Fusion for his help and support.

Please note: Our membership continues to come back gradually. If you have a pink form in this Newsletter, you are invited to renew by the end of September 2022 and thank you to all those who have done so recently and welcome to our new members.

Note a couple of health awareness events coming up:

25 Aug – 8 Sept National Eye Donation Fortnight

This campaign aims to create mass public awareness about the importance of eye donation so that many blind people can get a gift of sight.

21 September World Alzheimers Day is a part of world Alzheimer's month, talking about the power of knowledge, helping people understand about dementia.

Enjoy the summer and keep safe.

Ruth Fathaddine

Office and Development Manager

Mental health workshop

Enfield IAPT (improving Access to Psychological Therapies) is an NHS psychological therapies service which is collaborating with Fusion gyms and the Enfield Over 50's Forum in an exciting new partnership!

It will be running its first workshop, 'Mental Health Awareness' at Southbury Leisure Centre on Tuesday 6th September from 2.30 – 3.30pm including a chance for some interactive discussion, time for questions and most importantly tea, coffee and cake!

Please do come down to learn more about common mental health problems, ways to break down stigma surrounding mental illness and to find out more about the support available for anyone who is struggling. We look forward to seeing as many of you as possible there!

Generous support

Enfield Over 50's Forum would like to acknowledge and thank the Knit and Natter Club, a long time friend and supporter of the Forum, for their generous donation of £1,000. This is really appreciated. Thank you.

Keep campaigning

There was a focus on campaigning at the Forum AGM, with Jan Shortt of the National Pensioners Convention, giving the guest speech

Forum Chair Jan Oliver started our 2022 AGM with heartfelt tributes to our late President, Monty Meth, and late Chair, Christine Whetstone, both of whom have passed away since the last AGM held in person in 2019.

The meeting at the Civic Centre on 28 June was attended by about 50 members and they were given a summary of the Annual Report – a copy of which is available on the Forum website – by the Secretary John Ball.

Our fund-raiser, Jim Cante, who is standing down from the Executive Committee for health reasons, and his wife Lynne, were presented with a gift and flowers as a small gesture of our appreciation for the amazing work he has done – raising almost £20,000 for the Forum.

The election of members of the Executive Committee was undertaken (see separate box) as was the presentation of the Annual Accounts (also available on the website). The attendees also voted for the Forum to join the campaigning group Keep Our NHS Public.

Jan Shortt, General Secretary of the National Pensioners Convention (NPC), was invited to give the first Monty Meth Memorial Lecture as a reflection of Monty's great passion for – and success in – campaigning for the older people of Enfield.

She focussed on the impending privatisation of the NHS (see p1) but also covered a range of other topics which the NPC is campaigning on.

The NPC welcomes the return of the

triple lock and Jan said it is vital that this remains in place – both for current pensioners and future generations of pensioners. It also calls for a Commissioner for Older People in England.

The group is concerned with digital exclusion as it affects older and poorer people more than the general population. It supports the 'Keep Cash' campaign and wants to have real people answering phones rather than robots.

The NPC has launched a new website <https://www.npcuk.org/> where individuals can subscribe to get updates on areas of information they choose. Jan urged everyone to check it out and to also attend the NPC Lobby of Parliament planned for November. "My message is: we need to keep campaigning. Never give in. Also, we need to get the next generation on board as we are doing all this for them as well."



It was good to be back in the Civic Centre



Jim and Lynne Cante were thanked for their outstanding contribution to the Forum

Executive Committee

Chair: Jan Oliver

Vice Chair: Peter Smith

Secretary: John Ball

Treasurer: George Rufai

Members:

Helen Ball

Chris Chinnery

Paul Everitt

Yvonne Mulder

Vicki Pite

Talat Shaikh

Tony Watts

The Forum needs volunteers

Become a more active member of the Forum by becoming one of our team of volunteers

The Forum needs volunteers to help us run various events – so do talk to us about how you can get involved. It could be for just one event or a more on-going basis.

We have two part-time staff, but all the rest of the activities are organised and staffed by volunteers. At the moment we are looking for help with two specific activities:

1) To help out at our Winter Heat and Eat workshops – starting once a month in October (see p5). Volunteers are needed to help check people in, to run a stall, to socialise, to serve food and two or three people who are computer

literate may be asked to look up online information. Refreshments, music and good company provided.

2) To drive a Community Transport minibus for social events – most likely starting in the Spring. You will be trained by Community Transport and provided with lunch and expenses.

You must be under 70, in good health and with a clean driving licence.

If you are interested, phone the office on 020 8807 2076 or email Jan at eternalechoes2002@yahoo.ie

Avoid heat exhaustion

Make sure you enjoy the sunny weather responsibly as the hotter weather becomes more difficult to cope with as we get older

When in Greece one of my mates was told that if he stood still he could blend in with the marble statues. No, he is not some Greek Adonis, the remark was aimed more at how white my mate's skin was. Like many of us, even though he be of farming stock my mate is definitely not a sun-lover, far from it.

There is little dispute that summers are getting hotter and drier. This can get more problematic with age as the ability to sweat decreases and changes to the skin mean that the release of heat is not so efficient.

Couple this with the sensation of thirst diminishing with age and that some medications can interfere with the body's ability to regulate temperature and it's probably prudent to be more careful in the summer.

Fortunately, the key to avoiding this can be quite simple; drink plenty of water / fruit juice (not caffeine or alcohol – or at least not excessively), stay out of the sun during the heat of the day, have a cool bath or shower and have cool wet cloths handy.

It may also be helpful to close curtains and blinds to keep the sun out whenever possible as this will go some way to keeping the rooms even slightly cooler.

Also, the summer heat may not be the best time to stick to a routine – the garden may need tending, the dog may be asking but 'mad dogs and Englishmen go out in the midday sun' was actually a poke at the English and their naivety in regard to the power of the sun.

Go to an air-conditioned building, shopping centre or the frozen foods aisle in the local supermarket instead.

Signs of dehydration in adults and children include:

- feeling thirsty
- dark yellow and strong-smelling pee
- feeling dizzy or lightheaded
- feeling tired
- a dry mouth, lips and eyes
- peeing little, and fewer than 4 times a day

Dehydration can happen more easily if you have:

- diabetes
- vomiting or diarrhoea
- been in the sun too long (heatstroke)
- drunk too much alcohol
- sweated too much after exercising
- a high temperature of 38C or more
- been taking medicines that make you pee more (diuretics)

I am pretty sure Tom Robinson was talking about political rather climate strife when he sang about a long hot summer from now on. However, he is probably right and we might as well enjoy it. But don't get ill in the process.

Glenn Stewart

Assistant Director of Public Health, Enfield

Socially supportive

A local group is supporting those affected by chronic obstructive pulmonary disease (COPD)

Enfield COPD Support Group is a local charity run entirely by volunteers. It meets on the second Wednesday of the month (except August) upstairs at Holtwhites Sports and Social Club, Holtwhites Hill from 1 – 3 pm. Members pay £4.50 (probably soon to be £5) and have sandwiches, cakes, tea or coffee and a free raffle ticket.

We secure speakers, whenever possible, to come along and give an informal chat about all sorts of topics that are helpful and interesting.

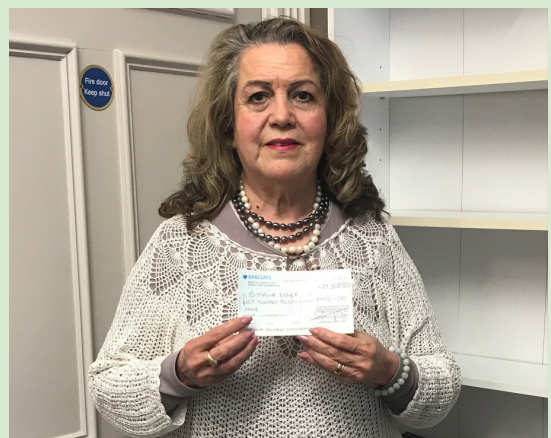
We arrange riverboat ploughman's lunches or cream teas and a Christmas Party lunch for our members when we can afford to, as most of these are subsidised.

Chronic Obstructive Pulmonary Disease is such a debilitating disease that we support where we can and try to make it a social afternoon. And our regular members would agree, I'm sure.

For more information contact: Chairperson Pam Blake
01992 763443 / 07719 929150

Lottery changes

Our fund-raising lottery is now being run through the Forum office (contact details p2). It costs just £5 a month for the chance to win £400 in the monthly draw. Anyone can join and it's a great way to support the work of the Forum. Do join up.



The winner in May, with number 83, was Guadalupe Turner.

Are you dreading the winter cold?

Come to one of our

Heat and Eat Sessions

- Free benefits checks (ensure you are getting what you are entitled to)
 - Advice on grants for individual items such as a fridge/cooker (if you are on a low income)
- Advice and tips on keeping your home warm and possible grants available
 - Information on Enfield food banks and help with fuel bills
 - Information on food centres and other services
 - FREE RAFFLE

ENFIELD BOROUGH OVER 50S FORUM IS HOLDING SIX **HEAT AND EAT** SESSIONS BETWEEN OCTOBER 2022 AND MARCH 2023

FREE and OPEN TO ALL

All welcome to the first hour for advice + coffee/tea/biscuits, a chat and cocktail jazz music

Those over 75 are invited to stay for the second hour for a free hot meal and/or a free Japanese Hanten (padded day coat) or duvet



Dates of the first three workshops are below – but please check our next newsletter in case of changes

Wednesday 19 October, 11.00am – 1pm

at **Angel Community Centre, 48 Raynham Road, London, N18 2JF**

11am – 12 noon: Free tea/coffee/music and advice for all

12 noon – 1pm: Free advice + hot food and/or a duvet/Japanese Hanten for those over 75

Tuesday 15 November, 11am – 1pm

at **Boleyn Hall, Boleyn Avenue, Enfield, EN1 4HR**

11am – 12 noon: Free tea/coffee/music and advice for all

12 noon – 1pm: Free advice + hot food and/or a duvet/Japanese Hanten for those over 75

Friday 16 December, 2pm – 4pm

at **Brigadier Hall, Cedar Rd, Enfield EN2 0NL**

2pm – 3pm: Free tea/coffee/music and advice for all

3pm – 4pm: Free advice + hot Christmas food and/or a duvet/Japanese Hanten for those over 75



New Membership Deal for 2022

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Abbey Road, Enfield EN1 2QP**



Chair's Column

We need volunteers to help us run the new Heat and Eat workshops aimed at helping vulnerable older people in the Borough

Let's not be a Forum of two halves

I am one of the lucky ones who has been able to retire in relatively good health and who has a good enough income to enjoy life with decent housing, food and with enough over to socialise and go on holidays.

I and many others are enormously grateful to the Forum for providing a greater choice of activities and holidays (via the social committee) than would otherwise be available to me.

But many of our members are walking a tightrope of financial insecurity. With a fixed income and very little chance of increasing it, rising inflation (currently running at 9%) is likely to hit older people hard. The government speaks of increasing state pensions by 10% (amidst howls of protests) but we all know that 10% of next to nothing is, well, next to nothing.

In this context, the Forum is very worried about vulnerable older people in Enfield.

We are especially concerned about the coming winter months, when we know that many older people switch off their heating in order to save money and, as a consequence, are at risk of a premature and unpleasant death. How many more older people will switch off this year compared to last?

And so we are, with the help of a grant from the National Lottery, arranging six Heat and Eat workshops for older people (for details, see p5) aiming to provide as much information as possible about benefits, grants, the food banks and other services as well as giving vulnerable older people duvets and providing a short period of hot food, music and good company.

BUT WE NEED YOUR HELP AS VOLUNTEERS.

We estimate we need about eight volunteers per session – some will need to be computer literate and others will be needed to help with

food, checking people in and socialising. If you can help, please contact the office 020 8807 2076 or email eternalechoes2002@yahoo.ie and ask to be put on the volunteers list.

And what about the summer? The Forum has just registered with Community Transport and, in the future we should be able to hire their mini buses – which have disabled access.

With volunteer drivers we hope to be able to offer some day trips in 2023 affordable to most. **BUT WE NEED VOLUNTEERS.**

As a volunteer driver you will get expenses and lunches paid and hopefully have a good time too. So please get in touch if this activity tempts you – same phone number and email as above.

Jan

Jan Oliver, Chair

Community co-operation

Working together locally, nationally and globally is the only way we can tackle the climate emergency

Last year was Europe's hottest summer on record, and this June the UK Health Security Agency and the Met Office issued a Level 3 Heat-Health alert for London. We might reasonably ask what elected politicians are doing to protect older people, particularly vulnerable to high temperatures, from the ravages of climate emergency.

Not enough is the answer, either locally or nationally. This despite the evidence that older people are the fastest growing age group.

What, then, are the climate policy implications of such a significant demographic change locally? nationally? and internationally? Because the climate emergency is, uniquely, a global emergency. Decisions made far from our shores may make, or break, attempts to cut the carbon dioxide gas emissions that blanket the world, causing it to overheat.

When we depend on each other in this way, the policy problem comes down to a simple truth, we must co-operate, to find effective, sustainable solutions.

In Enfield activists are working together and volunteering on behalf of their communities.

Many of us recently completed a survey on behalf of Let's Talk Rubbish, a voluntary and informal community group in North London that is working for the public benefit. Over 1600 residents responded and reports have been or are being, written for all of North London and for individual boroughs. The reports can be found at <https://www.letstalkrubbish.london/>. The relevant authorities

have, so far, responded positively, and committed to acting on the recommendations. We are awaiting Enfield's report and response.

Action for Enfield's Future is a non-political, inclusive coalition of Enfield based voluntary organisations: The Enfield Society, Better Homes Enfield, Enfield Roadwatch, Friends of Whitewebbs and Enfield Climate Action Forum (EnCaf).

Together they are petitioning Enfield council to bring its revised Local Plan 2019 – 2039 to Full Council, with 12 weeks' notice so that constituents have time to consider the revisions to the plan and lobby their councillors.

The Local Plan is the most important policy choice that local councillors can make. By attending Full Council meetings, constituents may listen to the debate, see how their elected representatives vote, and why. Participative democracy in action. The petition closes on 1st September and you can sign on Enfield council's website by Googling "Enfield Council Petitions".

Finally, EnCaf has developed a survey with which to canvass residents' climate emergency priorities. It can be found on their website Encaf.org. Have your say and let's see if, together, we can influence policy choices that can make a real difference to the way risks of pollution, flooding and overheating are managed locally.

THINK GLOBAL, ACT LOCAL.

Don't take a chance

John & Jean were a couple for many years. They met on holiday and it was love at first sight. Having both been through difficult divorces, they preferred not to get married. Each had children from their marriages. They owned their home jointly. John had several classic cars and a bit of money in the bank, having dabbled in crypto currency.

It was a shock to Jean when John died suddenly. It was not long after the funeral that she got a call from John's daughter Rebecca, asking for a copy of her Dad's Will. Jean did not reveal to Rebecca that John never got round to making a Will. Jean often raised the subject with John before he died, but his response was always not to worry because, as his "common law" wife, she would get everything. And besides, the house was in joint names.

Still grieving, Jean came to see me for advice. John's accounts were frozen when the bank became aware he had passed away. John's daughter became insistent on seeing the Will. Rebecca kept saying her father had promised her she would get his car collection. Jean could no longer bury her head in the sand.

I advised Jean that in English law, there is no such thing as a "common law" husband or wife. I told her she was not John's next of kin, and since her late partner died without a Will naming her as the beneficiary of his assets, she would receive nothing whatsoever from his estate. I told Jean that her partner died "intestate".

Having checked the deeds for the house I was able to reassure Jean that because she and John held the title as joint tenants, she received his half share under the survivorship rules, notwithstanding he died without a Will.

Although Jean was relieved to learn the house belonged to her outright, she thought it unfair Rebecca could claim everything else. I advised Jean that if she wanted a greater share of John's estate, she would need to go to Court to claim a share under the Inheritance (Provision for Family & Dependents) Act 1975.

I told Jean she needed to act speedily, because a court action must begin within six months of a Grant of Probate being issued. As you would imagine court action is expensive, and I cautioned Jean there was no guarantee as to the outcome.

After careful thought, Jean decided not to contest Rebecca's claim to John's estate. Sole ownership of the house was the most important thing to her, and she could not cope with the anxiety and expense of having to go to court.

It is important to make a Will so people you love, and good causes you care about benefit from

the estate. If you have a Will, check it at regular intervals. Take guidance from an experienced solicitor, because "do it yourself" Wills can cause problems, especially where family members are at odds with each other, you have a beneficiary with a disability, or your mental capacity may be challenged.

Stennett Solicitors is situated at 4 Winchmore Hill Road, Southgate N14 6PT (opposite M&S Food Hall). We have given trusted advice to the elderly and their carers for nearly 40 years, and for a limited period, we are offering Forum Members a FREE will review. Call us on 020 8920 3190 for more information about our FREE offer.



Michael Stennett



**Stennett & Stennett Solicitors
and Estate Agents**

Look on the bright side



Signs of the times

A sign in a shoe repair shop

We will heel you
We will save your sole
We will even dye for you

Over a gynaecologist's office

Dr Jones, at your cervix

In a podiatrist's office

Time wounds all heels

On a septic tank truck

Yesterday's Meals on Wheels

At an optometrist's office

If you don't see what you're looking for, you've come to the right place.

In a non-smoking area

If we see smoke, we will assume you are on fire and will take appropriate action.

On a maternity room door

Push. Push. Push.

In a veterinarian's waiting room

Be back in 5 minutes. Sit! Stay!

In a restaurant window

Don't stand there and be hungry; come on in and get fed up.

Outside a funeral directors

Drive carefully. We'll wait.

At a car dealership

The best way to get back on your feet — miss a car payment.

I have questions

Why isn't the number 11 pronounced onety-one?

If 4 out of 5 people SUFFER from diarrhoea... does that mean that one out of five enjoys it?

Why do croutons come in airtight packages? Aren't they just stale bread to begin with?

If people from Poland are called Poles, then why aren't people from Holland called Holes?

If a pig loses its voice, is it disgruntled?

If it's true that we are here to help others, then what exactly are the others here for?

Is it true that you never really learn to swear until you learn to drive?

Why, why, why do we press harder on the remote control when we know the batteries are getting weak?

Why do banks charge a fee "due to insufficient funds" when they already know you're broke?

Why is it that when someone tells you that there are one billion stars in the universe you believe them, but if they tell you there is wet paint you have to touch it to check?

If lawyers can be disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

Why does Superman stop bullets with his chest, but ducks when someone throws a revolver at him?

Why did Kamikaze pilots wear helmets?

Whose cruel idea was it to put an "s" in the word "lisp"?

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How to combat loneliness and how important are Care Conversations?

Talking to loved ones about care is daunting, but it's an important conversation to have says Anne Buick, who discussed options available with her dad and is urging others to do the same. Anne, 52 of Enfield began talking to her dad about this back in 2020 when it emerged that he was increasingly struggling to look after himself. She is pleased she did as it led to a better quality of life for him.

Bob now receives help with cooking, laundry, medication and is accompanied on regular walks by his main Care Professional Sue during up to 12 hours spread over the week with Anne covering the weekends herself. 'Every situation is different but you have to approach it in a way that is palatable for your loved one, finding a solution that works for everyone. I had to find a time when we both felt great and it was not an emergency situation.' Anne found that telling her dad this was on his terms, that he was in control worked and that he was receptive to that. 'No one wants to feel like they have no control over their life!' she says.

Bob, a retired Accountant, has lived alone in sheltered accommodation for the past 10 years. After he lost one of his friends Anne noticed he became depressed, stopped eating properly and mixed up his medication. He also had underlying health issues including diabetes and after he became quite ill was hospitalised at the end of last year. 'It was probably the best thing that could have happened as he was not allowed home to live on his own', Anne recalls.' Social Services got involved and sorted an enablement programme with carers coming up to 3 times a day for six weeks following hospital discharge



To stay healthy Bob had to concentrate on eating and drinking and personal care and this was a hard

task for him. Anne was also concerned about her own health and having time to look after her own family.

Knowing that her dad wanted to have a team of the same carers spending quality time with him, people that he would get on with who would visit at times that suited him, getting Home Instead involved was a simple process thanks to Anne having had that conversation with her dad and was able to do some research in the past.

Home Instead UK's campaign **#CareConversation** highlights the importance of talking to your loved ones about their care options. A Home Instead UK survey found that too many of us put off the conversation, only making it more difficult when the need for care arises.

If you would like to find out more about Home Instead why don't you visit their free Memory Lunch Club every

other Wednesday from 11.30 – 13.30hrs in Enfield Town – a community based project offering companionship and entertainment run by Home Instead Enfield and their Care Professionals.

For more information please call 0203 6418870 or visit www.homeinstead.co.uk/enfield



Enfield Memory Lunch Club

Improving air quality in Enfield

We need better monitoring and transparency to be able to improve air quality in the borough

Air pollution in Enfield is a serious concern. We have limited data but what we do have shows that the levels of toxicity fall far short of World Health Organization (WHO) 2021 recommendations.

Regrettably, Enfield has only 13 monitoring sites for nitrogen dioxide and only one for particulate matter (PM₁₀), which is wholly unacceptable for such a large borough with a significant older population.

Compare 63 @ NO₂, 2 @ PM₁₀ and just 1 @ PM_{2.5} monitoring sites in neighbouring Waltham Forest and 30 @ NO₂ monitoring sites in Haringey. Limited data lends a false sense of security about air quality in Enfield.

EnCAF (Enfield Climate Action Forum) has done its own measurements which reveal the urgent need to install more monitoring sites, especially along busy roads, and near schools and care homes where they are almost non-existent.

Recently the London Atmospheric Emissions Inventory reported that transport and industry are jointly, and equally, responsible for 94% of Enfield's nitrogen oxide emissions, with the Edmonton incinerator (classed as 'industrial') contributing about a quarter.

Today's challenge is that air pollution is mostly invisible and odourless; to get an accurate picture of the quantity of pollutants in the air,

we rely on monitoring devices and academic research.

In 2021 Imperial College reported that approximately 4,000 Londoners died due to toxic air, a figure including deaths from respiratory and cardiovascular disease and lung cancer. Most deaths occurred in outer London and the authors concluded that this related to the higher proportion of elderly people resident in those areas, more vulnerable to air pollution.

In 2022, a follow up found that the reduction in nitrogen oxides emitted in outer London was half the rate of inner London. More shockingly, the percentage reduction in larger particulates (PM₁₀) was 10 times greater in inner than in outer London, and for PM_{2.5} was 5 times greater.

An urgent plan is required to improve air quality in our borough: an upgraded network of monitoring sites, transparent and easily accessible information and collaboration with stakeholders from communities, public services, industrial and commercial sectors.

Enfield Climate Action Forum (EnCaf) is a forum of politically unaligned local residents and over 100 affiliated local organisations who want the London Borough of Enfield to respond effectively to the climate emergency.

Find out more on the website: www.encaf.org



A new borough commander

Help build up police intelligence

In this issue we want to introduce you to your new Borough Commander – Detective Chief Superintendent Caroline Haines. DCS Haines is extremely experienced having been a Metropolitan Police officer for 27 years and she has made it a priority to work on building confidence with the public in Enfield. We are very excited to welcome her to our wonderful borough.

The Violence Suppression Unit has been hard at work in Enfield too. Various locations including the McDonald's in Fore Street, N18 has been a target of various initiatives and patrols as we know the public feel it is a focus for ASB and robbery in the area. Some facts and figures for you – last month this unit did 107 stop and searches which continues to be a very useful weapon in our fight against crime. This unit alone took 11 weapons off the streets and also seized several vehicles used in crime.

Our Borough Command Unit will be using specialist teams to concentrate on the key crime areas backed up by centrally-organised resources which can be deployed into Enfield to provide an intelligence map of where the problems are.



DCS Caroline Haines: your new Borough Commander

But as always we cannot do this on our own. The intelligence that we use to map the crime hotspots often come direct from the public. People often think there is no point in reporting an incident but we would strongly disagree with that.

You may never know how valuable your call or report was towards building a case against a suspect but it may well aid our efforts to stamp out crime in our area. If you wish to remain anonymous you can always use CrimeStoppers. Call 0800 555 111.

Finally, one of our NA officers organised a schools competition for The Queen's Platinum Jubilee recently. The number of entries was fantastic and the Borough Commander had a very difficult job judging them.

Six winners were eventually chosen and they all came to the police station for a presentation and to meet our police dog, Bella. We'll leave you with one of the winning images.



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

Investment – The cost of doing nothing!

With markets continuing to experience volatility in the face of rising inflation and interest rates, people have been left with the difficult decision around what to do with their money.

For much of 2020 and 2021, the answer was fairly straightforward. With low inflation and low interest rates, conditions were much more positive for equities. As a result, investments with shares as the underlying investment generally performed well.

Over the past quarter, the situation has changed dramatically. The war in Ukraine, which many commentators expected to be relatively short, has continued on for several months and the fighting shows no signs of stopping.

Ukraine and Russia are major producers of important commodities, including wheat, oil and gas. With supplies of these now threatened, prices are beginning to jump rapidly. The cap on fuel prices in the UK in April rose 54%, and many are now predicting it will jump another 40% in October¹. Over the past quarter, this has combined with a supply and demand imbalance left over from COVID-19 to create strong inflationary pressures.

The UK ended the Quarter with inflation at a 40-year high of over 9%, and warnings from the Bank of England that it could break 11% this year². The UK is not alone in this, and both the US and Eurozone are facing similar inflationary pressures.

Governments and central banks haven't ignored the issue but have taken action to try and limit inflation. One of the levers central banks have is to increase interest rates. Higher interest makes it more expensive to borrow, which generally reduces spending, reducing demand, and therefore reducing pricing pressure and inflation. The Bank of England has increased its central rates by 0.25% repeatedly this year.

For wealth managers, this has created a difficult situation. Although we know we are facing high levels of inflation and increasing interest rates, there are still questions we cannot know the answer to. For example, is this inflation transient? How much of the inflation is being caused by the war in Ukraine, and how much is the aftermath of COVID-19? We simply don't know at this stage. Different asset classes will react differently depending on the answers to these questions.

So, what do you do?

The wrong answer is to take all your money out and hold it in cash until things become

clearer. Right now, inflation is over 9%, and is predicted to get higher as the year goes on. Even after the interest rate increases, the central rate is still only 1.25%. A long-term fixed rate Cash

ISA isn't likely to earn much more than 2.5% interest, and you're going to earn substantially less than this in an instant access account.

This means you are guaranteed to lose purchase power with whatever cash you hold.

Instead, the key here is to ensure you hold a well-diversified portfolio, containing well thought-out asset allocations for your risk profile. These are two of our core Investment Beliefs. This way, you will not be too exposed to any one asset class, reducing the risk of volatility, and will be well placed to benefit from any future bounce-back, whatever form it may take.

Past performance is not indicative of future performance. The value of an investment with St. James's Place will be directly linked to the performance of the funds you select, and the value can therefore go down as well as up. You may get back less than you invested.

An investment in Equities do not provide the security of capital which is characteristic of a deposit with a bank or building society or a Cash ISA

Sources:

1. Ofgem: How Ofgem is responding to the energy crisis.
2. Bank of England: Bank Rate increased to 1.25% – June 2022

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



Out and about again

The volunteer members of the Social Events Team have been busy running trips both locally and further afield

Now that Covid restrictions have been lifted and people are more confident to travel, Forum members have been able to take advantage of a wide range of visits and trips organised by our Social Events Team.

Here the organisers tell us about some of them.

Amsterdam and tulips



The group on the Spring Gardens of Holland trip stayed in Amsterdam for four nights after travelling there by Eurostar. They went to the town of Almere and visited the Floriade World Horticultural Expo, where the theme was growing greener cities. They spent one day in central Amsterdam, exploring by boat just some of the 120 canals.



"We passed under low bridges and saw a wealth of architecture both old and ultra-modern. Many explored the museums and galleries but some of us sat in the sun, eating and drinking whilst watching the world go by in this beautiful city. Later, we had a lovely dinner in the Grand Café restaurant in the old station building – rather like St Pancras," says Olivia Goodfellow.

On the last day, they visited the spectacular tulip fields in Keukenhof (photos are on the forum Facebook group page).

Firs Farm Wetlands



Fifteen people gathered on a sunny April afternoon for a tour of Firs Farm Wetlands. "We learnt how the culverted river is directed through the wetlands to emerge as fresh clean water feeding into the local river system, and discussed the local wildlife, trees and plants along the way," says Jan Oliver. A very informative and enjoyable afternoon topped off by drinks and homemade cakes at a local café.

Market and gardens



Twelve of us went to Stamford Market and Barnsdale Gardens by coach on Friday 24 June, says Jan Oliver. Stamford is an ancient and listed town – meaning property owners are not permitted to make alterations to the outside of their houses other than those allowed and in keeping with the period of the property. The town has 17th and 18th-century stone buildings, older timber-framed buildings and five medieval parish churches. It is a frequent film location and it was fascinating to walk around. In the afternoon we travelled to Barnsdale Gardens where we enjoyed the peace and tranquillity of Britain's largest collection of individually designed gardens before tea and the coach journey home. (Pic from Andrea Sterlini)

Theobalds Farmhouse Garden

Wow, what lovely weather we had for our visit to Theobalds Farmhouse Garden. So many members had wanted to visit the garden that an additional date was set up, says Heather Cole. That visit too was blessed with beautiful sunshine and everyone who went to the fantastic gardens on either day had a really informative and interesting tour by the owner/designer Alison Green. We all learned a lot and left, after enjoying tea and homemade cakes with grand ideas of what we would like to achieve with our own gardens.

Channel Islands



Olivia Goodfellow organised a six-day, three-island trip for 28 Forum members after the holiday was postponed last year. "We flew to Jersey for three nights and stayed in the delightful Merton Hotel in St Helier. We enjoyed a full island tour, delicious cream tea in St Brelades Bay, a tour of the extensive war tunnels and stunning beaches to name but a few of the activities."

The group then took the ferry to Guernsey for three nights and a much slower pace of life awaited us. Again, they enjoyed a full island tour and marvelled at the pristine white sandy beaches and safe bathing – perfect for families of all ages.

"We finally spent a day on the island of Sark, most famous for no vehicles apart from tractors, bikes or horses. We took the horsey option and were taken around in small groups by beautiful horses and traps. With flight times of just over 30 minutes, this really opened our eyes to the appeal of these pretty islands – and the cream teas of course!!!"

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. You need to be a member of the Forum in order to take part in these events – it's just £11 a year, so do join us. See p2 for details.

Friday mornings. Outdoor Tea and Cakes

All welcome to come along between 11am and 12 noon on alternate Friday mornings. If you are able to, please bring a cake to share (shop bought or bake your own). Next session is Friday 5 August, then 19 August, and 2, 16 and 30 September. No need to book – just turn up for a cuppa and a chat. Please note we have no indoor space and heavy rain will mean the morning is cancelled. No charge but we collect donations to the Forum.



Further information from Jan on 07748 264735 or email eternalechoes2002@yahoo.ie

Come along to Millfield House, Silver St, Edmonton N18 1PJ (where the Forum office is!)

Sunday 21 August Day trip to two glorious Kentish Gardens

A relaxing mini-coach day tour to two of Kent's wonderful gardens: Riverhill Himalayan Garden and Lullingstone Castle's Garden. Riverhill is 12 acres of historic gardens overlooking the Weald of Kent. After lunch, which can be purchased in the café or you can take a picnic, we take a short drive to Lullingstone and enjoy the World Garden including jungle garden, orchid house, cactus house, Moroccan blue room, Australian collection and a two-acre woodland walk.

Only 1 place left so to book it and find out more from Olivia on 0208 447 8841 or email oliviagoodfellow19@gmail.com. Cost per person £48.

Wednesday 7 September Coastal walk and art trail OR spend the day at Southend and Leigh on Sea

We will meet at 10am in Enfield Town and travel to Southend by minibus. The walking group will walk from Southend to Leigh on Sea which is about 3.5 miles and takes about 1.5 hours. We will stop for a pre-booked pub lunch in Leigh and walkers can then either walk back to Southend or stay to explore Leigh and the art trail. The minibus has disabled access and if you prefer you can be dropped at either town for the day. This week, Leigh will be bursting with pop up galleries hosting 60 artists along with painters, sculptors, ceramicists, photographers, textile artists, multimedia artists, jewellers and more. Cost £22 plus money for lunch.

To book contact Jan on 07748 264735 (after 15th August please as on holiday) or email eternalechoes2002@yahoo.ie

29 August – 2 September Historic Houses of Lincolnshire and Nottinghamshire

Five day mini break by private coach, exploring some of the wonderful historic houses in the Midlands. A medieval castle, Victorian workhouse and a 17th century country house are just some of the six National Trust properties we will visit. This break involves four nights ensuite accommodation at the Holiday Inn, Lincoln with dinner, bed and breakfast, overlooking the waterfront. Cost is £559 per person, with a single room supplement of £100.

For further details and a booking form, contact Olivia on oliviagoodfellow19@gmail.com or 02084478841

Wednesday 12 October Bury St Edmonds Market and a Cream Tea

This coach trip will take us directly to Bury St Edmonds, the delightful cathedral city, renowned for its large Wednesday market and the Abbey ruins and gardens. Following time for shopping and sightseeing, we drive to Monks Eleigh to enjoy an included cream tea at Corncraft before returning home through the quiet Suffolk countryside. Collections from Enfield between 8am and 9am. Home by approximately 7.30pm. Cost £31 (including a small donation to the Forum).

To book a place contact Jan on 07748264735 (after August 15th please as on holiday) or email eternalechoes2002@yahoo.ie

Wednesday 12 October Evening Dinner and Dance – The Shadow of Cliff

Featuring the No 1 Sir Cliff Richard Tribute Act Jimmy Jemain, winner of Stars in their Eyes and who performed in Cliff the Musical in London and at Sir Cliff's Milestone Birthdays. All served with Hayley's delicious three course dinner at the North Enfield Conservative Club, Baker Street, Enfield EN1 3LD. Buses W8/191. 6pm for 6.30pm start. £25 per person.

Just register your interest now – it's going to be a brilliant night!!

AT THIS STAGE, FORUM MEMBERS ONLY. Ring Jacky Pearce 0203 724 4287 NOW.

Friday 28 October Jazz Funk Night at Holtwhites Sports and Social Club

Live danceable music-with-a-beat-from Equinox jazz band. Come along for a dance or to listen to some great foot tapping music 8-11pm. Book in advance – a table or a single seat at a table for only £7 per person or £13 with pre-ordered cold food. Bar and bar snacks will be available at a reasonable price. Please do not bring your own.

To book contact Jan on 07748 264735 (after 15th August please as on holiday) or eternalechoes2002@yahoo.ie

LOOKING FORWARD TO 2023

For more information or to book on any of the tours below, contact Olivia on oliviagoodfellow19@gmail.com or 020 84478841

7 February Costa Rica

A 13 day tour with Riviera Travel. Every road seems to lead to another waterfall, coffee plantation, volcano, rainforest and tropical beach. Costa Rica is one of the most bio-diverse countries. Direct flights from London Gatwick. 4 and 5* hotels and lodges. Cost £3199 twin room share or £3998 single room. This tour is likely to fill up very quickly so you are advised to book early to avoid disappointment.

9 June Namibia

A 14 day tour with Travelsphere. Discover Namibia's unique landscape with towering dunes, plains and mountains. Find out more about its people and meet some of the wildlife on this unmissable tour. Flights from Heathrow via Johannesburg. Cost £4099 twin share or £5174 single occupancy.

9 September Portugal

A 12 day tour with Wendy Wu Tours. A fantastic tour of Lisbon, Porto, Douro Valley, Vinho Verde, and loads more. This tour includes all meals, 4* accommodation, tour guides and entry fees.

Flights from Heathrow. Cost £2590 twin share or £3180 single occupancy.

If you have an idea for a trip, a member of the Social Events team will help you organise it. Contact Olivia.

Join one of our Forum Groups

Bingo Club

Forum bingo starts at 2pm every Monday at Jubilee Hall, 2 Parsonage Lane, Enfield, EN2 0A. 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 is 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 Cante on 020 8363 4969 if you would like to participate or just for more information.

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 of all kinds – self penned or not, music and good company. There is a requested donation of £1 per head to cover the meeting room hire cost. Forthcoming meetings: 25 August when the theme will be 'Memories' and 22 September with 'Music' as the theme.

For further information, please contact Brian Darby on 020 8363 5829 or text to 07541 732339

Lunch Club

We meet every two months at different venues. The next lunch is 14 September and the venue will be advised by email. Please contact me to book your place as they go very quickly – each venue must be booked separately. There is a limit on numbers and if you haven't been before, please contact me for details, preferably by email.

Contact Sue Scott on scotsf48@hotmail.com or 07890 690 896

Book Club

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

21 July – A Place of Execution by Val McDermid

18 August – The Couple at No.9 by Claire Douglas

15 September – Mothering Sunday by Graham Swift

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

Coffee Club

We meet in the Skylight Restaurant in Pearsons in Enfield Town on the first Wednesday of each month. The next meetings are 3 August, 7 September, 5 October. Just turn up anytime from 10am (we finish at 12 noon) and find us in our reserved place.

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

Writing Group

The writing group has had a very enjoyable year, and new members have brought variety to the group. We will not be having a meeting in August and plan to start again on 8 September. 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 at Enfield Town Library. Next meeting: 8 September.

For more information, contact Ruth Serner on ruth.serner@gmail.com

Sunday afternoon film making group

Come along for some fun making films. We are currently working on a spoof time travel film and are always looking for extras, keen to wear wigs and dress up! You can come along for one session or on a regular basis. We usually meet 2-4pm in the community room at Enfield Town Library. Our next dates are 21 August and 4 September but please email or ring for further information.

Please ring or email Jan to check next dates on 07748 264735 or email eternalechoes2002@yahoo.ie

Affiliated Group Back to the 50s Concert



Southgate Opera's autumn concert on Saturday 8 October, entitled Back to the 50s, features popular songs from the shows and films of the 1950s including The Sound of Music, Guys & Dolls and South Pacific. The venue is St Andrew's Church, Southgate at 7.30pm. Tickets are £14 each and to book please phone 020 8360 0788.

Do you enjoy a good sing? Chorus members are required for our February production of The Gondoliers. Rehearsals start on 17 October in Enfield and for more information please call the above phone number or visit our website.
www.southgateopera.com

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

ALL EVENTS SUBJECT TO GOVERNMENT COVID GUIDELINES

Meetings

We are pleased to be back running meetings in person, but will continue to comply with Government guidelines should circumstances change.

Check the website for up-to-date information:
www.enfieldover50sforum.org.uk/forum-meetings

10am for 10.30am, Tuesday 30 August

Improving Access to Psychological Therapies (IAPT)

An introduction to mental health and well-being support in Enfield. What is available and how to be referred and receive appropriate support.

Venue: Council Chamber, Enfield Borough Civic Centre, Silver Street, Enfield EN1 3XA.

10am for 10.30am, Tuesday 13 September

Men's Sheds

Alison Gordon of Enfield Age UK will talk about the Men's Sheds project which offers a place (not necessarily a real garden shed) to practice skills and enjoy making and mending. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Venue: Southgate Beaumont Care Home, 15 Cannon Hill, Old Southgate, London N14 7DJ

10am for 10.30am, Tuesday 27 September

Enfield Wellbeing Network

Sue-Jane O'Keefe of Age UK Enfield will talk about the Enfield Wellbeing Network – a new, free service for people over 18 living in Enfield who want to make changes to improve their health & wellbeing. It works with individuals for up to 12 weeks to work out what things they might like to try to do/change/experience and give them lots of ideas and some motivation to make positive changes. This could be that they want to get out more, be more social, manage long term health conditions better, exercise, lose weight or simply just get some confidence back after lockdown.

Venue: Council Chamber, Enfield Borough Civic Centre, Silver Street, Enfield EN1 3XA

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.

Fusion adds more 50+ classes

Fusion Leisure has added more 50+ classes at its centres in Enfield – and hosted our Health Day

The Forum's Health Day at Southbury Leisure Centre was very successful with almost 130 people turning up to find out more about the activities at the centre and get other information about health and fitness. A healthy lunch was provided and people were entertained by Equinox Jazz Band.

Fusion, which runs the council's leisure centres – and offers substantial discounts to Forum members living in Enfield – is adding more 50+ classes to its exercise programme. It now has gym circuits on both Tuesday and Wednesday at Southbury.

Each of the centres has at least one 'Over 50s Day' where participants can take part in a wide range of activities including gym, swim, badminton, circuits, Zumba, yoga and walking netball. Monday (Edmonton), Tuesday (Southbury, Southgate), Wednesday (Southbury), Thursday (Albany).

It is £10.50 per day or just £6.50 per day with Energy concession card. The concession card is normally £21.50 for 12 months but with Enfield Over 50's Forum membership is only £7.50.

Fusion is also looking at having regular sessions with IAPT (Improving Access to Psychological Therapies) which over 50s can drop in to should they need advice. The first is 6 September, see p2.

For more information visit: www.enfieldover50sforum.org.uk/newsite/fusion/



Advice on debt and benefits

Are you worried about debt? Are you sure you are getting all the benefits you are entitled to? Thousands of older people who are entitled to Pension Credit are not claiming it.

The Forum is working with Enfield Council to help ensure our members can receive the help and advice they need. We are running Benefits and Debt Advice sessions once a month in Edmonton Library.

The next sessions are Tuesday 23 August and Tuesday 20 September.

You need to book in advance, so call the office on 020 8807 2076. The service is for Forum members only so you can also check with the office that your membership is up to date.