

## Plan for local housing

The Forum is urging Enfield Council to ensure the housing needs of older people are included in the new Local Plan

The current Local Plan is not delivering enough affordable housing, admits Brett Leahy, Director of Planning & Growth, Enfield Council. In fact, the whole plan “is not fit for purpose”.

He told a Forum members’ meeting at the Civic Centre that there is a general requirement that 35% of any development must be ‘affordable homes’. However, it all too often happens that developers later say that is not viable and can end up providing 10% or even less.

“The new Local Plan will close down that viability loophole,” he said. “It makes sure the viability test is done before permission is given for development.”

The Local Plan covers both ‘hard’ and ‘soft’ infrastructure. Hard infrastructure includes such things as buildings, schools, roads and public transport. Soft infrastructure covers more indefinable factors such as supporting residents, especially those in disadvantaged communities, promoting child-friendly areas and helping stop crime.

Mr Leahy said Enfield currently fails in all four statutory performance measures set by government to meet housing needs for the community and it is “getting worse year on year”. The greater the negative number becomes, the more diminished weight the current Local Plan has. This means it is harder to refuse planning for developments.

The good news is that by updating the Local Plan, the slate will be wiped clean and Enfield will have policies to better shape developments.

He explained that the general strategy is to utilise brownfield sites first and to have greater development in town centre locations, but this policy does not exclude developments on the green belt.

Members of the Forum asked about his statement that one of the aims is to have more family homes, when many older people are seeking to downsize but find it very difficult to buy a smaller place.



There is not enough affordable housing in Enfield

He acknowledged that it was very expensive, with the average price for a two bedroom flat in Enfield over £500,000, “which highlights how broken the system is”.

Members also expressed concerns about the number of plans which include tower blocks, as much as 30 stories high, and the possibility of redeveloping the Crews Hill nurseries area.

Mr Leahy says the Council is keen to engage with residents to hear their views, though others would say it is doing so only because of huge pressure from local groups.

The council will be publicising the programme for the Local Plan in March and information is updated on the Council website.

The Forum is sending Mr Leahy a letter with a series of questions about proposals in the

Local Plan, including these three:

- 1) What proportion of newly-built homes are appropriate for older people who wish to downsize (and so release larger homes for young families)?
- 2) What provision is being made for genuinely affordable specialist accommodation for those older people who need more care and for retired residents who are not homeowners?
- 3) How will the Local Plan help mitigate against increasing extremes of weather caused by climate change, something which disproportionately affects older people?

Over 50s days at Fusion, p13

Final Heat & Eat sessions, p4

# 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](mailto: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

## Looking forward to brighter days ahead



Welcome to 2023. I hope you all enjoyed the holidays and were treated well.

Cost of living issues continue to affect us all. We continue with our Heat and Eat sessions (see page 4) and I know this has been a real benefit to those who have attended. Again many thanks to the volunteers and organisers who committed to making these events really worthwhile for our attendees.

We are looking to set up some dance classes and general dancing sessions here at Millfield House. More information to follow when this has been firmed up.

We enter our busy period of renewals and if you find a renewal notice with this newsletter, we encourage you to renew your membership with us. We retain our low membership prices and are gradually building up on our membership numbers that were hit during the pandemic.

We have welcomed a lot of new members over the past six months and if this is your first newsletter in the post, thank you for joining us.

Daylight hours are now increasing. I know it is only mid January at the time of writing, and there will be more wintry days to come before the Spring, but I always feel hopeful at this time of year and look forward to the warmer days. Hopefully we can plan some outdoor events and gatherings so we can socialise and enjoy company.

My favourite older people, my parents, will be celebrating their Diamond Wedding Anniversary in August. I know I am privileged to still have them, and I am sure we will have a great celebration. I hope you all have something to look forward to. Let us know. We are a membership organisation and it is always nice to know about good times, specially when the general news can seem a little bleak.

Look after yourselves.

*Ruth Fathaddine*

Office and Development Manager

## John Lombard RIP

*We were saddened to hear of the passing of John Lombard, friend and major contributor to the Enfield Over 50s Forum. John was given an honorary life membership in May 2017 for his commitment to the Forum, especially the woodwork classes that he instigated and ran for our interested members. Our thoughts and condolences are with his family.*



# Making positive changes

You do not have to use the New Year as an incentive to make resolutions. It is better that we look at changing our lives by focusing on what feels right at the time

Most years, I make New Year resolutions but this year I did not and I started to question how many Forum Members or older people generally make resolutions at the New Year. And, if so, why?

Is it because even in our later years, we feel we should improve ourselves and the world or just a feeling that we could make ourselves happier, healthier and more productive? So I started to read around the subject and came across some Buddhist ideas which seem to throw a slightly different light on the subject.

Their premise is that since true happiness will always come and go, so we are always going to have periods where we are caught up in negative thoughts and emotions and to feel dissatisfied with our lives. Buddhists advocate that rather than making resolutions at particular times of the year, we can improve the ratio of happy to unhappy moments by focusing on what feels right to us at the time – a form of mindfulness – with three main steps.

### **1) Recognise the places where you want change**

It could be your social situation – do you have enough friends? Are you going out enough? It could be your health – are you exercising enough, do you eat well, do you have unexplained pains? Or your housing and financial situation or your mental health – does your life lack meaning?

Then plan to do something small to change that, starting right now. Understand that you have the ability and the resourcefulness to do at least one small thing to empower yourself.

So join a social group, ring a friend or

family member that you haven't spoken to in a long time, contact your GP (yes we know this is difficult, but you can do it), go for a walk, look into volunteering opportunities, take advice on your housing and benefits.

Don't commit to major outcomes just yet. As you add up little successes, the bigger picture will become clearer. This isn't major transformation overnight. It's a small seed of change that can grow.

### **2) Identify the different things you are doing that lead to you feeling negative**

This could include things like gossiping about people, arguing, harbouring grudges and negative thoughts, over or under extending yourself, not getting enough sleep, drinking too much. Whatever it is that generally leaves you with unhappy feelings, note it down.

Work to reduce these, making a conscious effort to do them on one fewer day per week, then two, and then three. The key isn't to completely cut out these things, but rather to minimize their occurrence.

### **3) Finally – and this is the good bit – identify the things that lead to you feeling positive**

Is it having tea with friends, going to the park, painting, listening to or creating music, writing, reading, watching a film? Try out different things and whatever creates feel-good chemicals in your head, note them down and make a promise to yourself to integrate them into your day and to make them a priority.

When you're immersed within a happy moment of your own choosing, you're a lot less likely to get lost dwelling, obsessing, comparing, judging, and

wishing you were better.

So no matter what we resolve in the New Year, change starts not with lofty resolutions but in daily choices on any day you decide to start.

Have a look through the newsletter and see if anything here can help you make the choices you need – get benefits advice through our Heat and Eat workshops (see page 4); come along to our film afternoon, our reading or writing groups, one of our coffee mornings/ social events or holidays (see pages 14-15) and meet new people doing the things that you might enjoy – if only once in a while.

Why not Improve your health by joining the gym (Forum members have great discounts at Fusion Leisure Centres) and/ or have your blood pressure checked at out Heat and Eat on 14 February. If you are looking for meaningful activities why not join a campaigning group – come and listen to some of our speakers to gain ideas from one of our meetings.

If volunteering helps you to find a new purpose, the Forum is always looking for new volunteers (please contact the office) or if you would like to befriend and help a housebound older person, why not contact Winchmore Hill Community Care who are always looking for volunteers to visit older people at home and help them with shopping. (Phone Jackie on 020 8882 7824)

Whatever will make you happier, take the first steps this year.

*Jan*

Jan Oliver, Chair

## Seeking Executive Committee members

The Forum is asking people who might be interested in joining our Executive Committee to contact us for an informal chat about what might be involved. We are particularly keen to attract people who would like to help with campaigning, but there are many other ways that new committee members could make a contribution.

**Please contact the office ([info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk) or 020 8807 2076) and one of the Executive Members will give you a call.**

ARE YOU AN OLDER PERSON STRUGGLING WITH  
THE WINTER COLD? LIVE IN ENFIELD?

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

ENFIELD BOROUGH OVER 50s FORUM IS HOLDING MORE LOCAL  
HEAT AND EAT SESSIONS IN FEBRUARY AND MARCH

**FREE and OPEN TO ALL LOCAL OLDER PEOPLE**



All welcome to the first hour for advice + coffee/tea/biscuits, and a chat.  
Register for the second hour: Those over 70 who live in the local area are invited to stay for  
the second hour for a free hot meal and/or a free duvet or dressing gown.

## Dates of the next workshops

Tuesday 14 February, 11am – 1pm

**Holtwhites Sports and Social Club, 1 Kirkland Dr, Enfield EN2 0RN**

11am – 12 noon: ADVICE ON KEEPING WARM AND BENEFITS

+ REGISTER FOR FREE GOODS

12 noon – 1pm: MUSIC AND LUNCH

**Free blood pressure checks also available on this date.**

Wednesday 8 March, 2pm – 4pm

**Ayley Croft Hall, Ayley Croft Estate, Bush Hill Park, Enfield EN1 1XP**

2pm – 3pm: ADVICE ON KEEPING WARM AND BENEFITS

+ REGISTER FOR FREE GOODS

3pm – 4pm MUSIC AND LUNCH

**This is our last Heat and Eat Session.**

**We will be distributing any leftover FREE duvets and blankets to members of any age.**



# Guide to accessing healthcare

With the NHS systems under increasing pressure, it is important that we use the full range of ways to access healthcare

At the time of writing (Jan 2023) ambulance drivers and nurses are on strike, junior doctors are being balloted about strike action and ambulance handover times (from ambulance into hospital) are at all time highs. Not a good time to need the NHS then and I doubt that all will be resolved by the time you read this.

Here then is what I hope may be a helpful guide to accessing advice/help if you may need it (hopefully not).

**1) The internet!** Yes, I know not everyone has/likes going online but it is a tool that is nearly always there, is free and you don't have to wait for someone to answer the phone. But in this age of dis- and misinformation please use reputable sites such as NHS 111 online (<https://111.nhs.uk/>).

**2) Phone** – again NHS 111 would be a good place to start. 111 is a free to call, non-emergency number staffed by doctors, nurses, pharmacists and paramedics. Also, don't forget trusted family, friends etc who may have had the same as yourself/**family and may be able to offer good advice.**

**3) Pharmacists** – or chemists as they were called when I were a lad. These are qualified professionals who have seen most things before and may be easier to speak to than GPs.

**4) GPs** – something like 90% of patient contact with the NHS is through primary care (this includes pharmacists).

**5) Urgent Treatment Centres (UTC)** – always good for an anecdote but when I was in hospital (for work) there was an announcement in A&E that the wait at the UTC was about 3 hours less than that at A&E. There are 2 UTCs in Enfield – one at Chase Farm and one in the A&E at the North Middlesex.

**6) A&E** – Accident and Emergency. The NHS is struggling but it is worth remembering that A&E is Accident AND Emergency. It's old now but the last data I saw showed that 40% of people discharged from A&E did not require any follow-up. Obviously someone being ill can be stressful but this would imply that not all attendances at A&E are strictly necessary.

Of course, for all the above the best thing is not to need any healthcare whatsoever. So, to repeat the mantra of MEDS – move (more), eat (healthily), drink (alcohol – sensibly), smoking (don't) and the chances are you and the NHS will be much less acquainted with each other.

*Glenn Stewart*

Assistant Director of Public Health, Enfield

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## GPs are cornerstone of NHS

Enfield finds it hard to attract new GPs and the pandemic has made a bad situation worse

We all know that Enfield has long been short of GPs. It's not the most appealing borough for fresh, new entrants to North Central London for a number of reasons: lack of clinical infrastructure for onward referral, too many out of date and poorly equipped premises, cost of housing and increasing workload among them.

As the numbers dwindle through retirement, emigration, and cutting down days of work, for example, morale dips and pressure to leave the profession altogether or move to the private sector builds.

Central government has made promises but done little about effectively addressing recruitment and training of new GPs or taken steps to retain the workforce and some newspapers have indulged in GP bashing, putting extra pressure on GP surgeries, sometimes in the form of aggression to staff and GPs alike.

The pandemic has made a bad situation worse. Not surprisingly, the Enfield CCG has been unwilling to estimate just how serious our shortfall is but, to be fair, they are looking at a very fast-moving decline. Given that GPs have been the first port of call for diagnosis, medical advice, treatment and referral, the very cornerstone of the NHS, this is serious, not least because it drives patients to A&E and

alternative, not necessarily reliable, practitioners.

One great positive has been our Urgent Treatment Centres which have been a very welcome addition to our facilities though, unfortunately, too often over-subscribed.

To add to our woes, the British Medical Association has just released the results of a survey of members carried out in November/December 2022, revealing that four out of 10 junior doctors (that's hospital-based practitioners) want to quit. And with nurses and others taking industrial action as a last resort, patients or potential patients may be facing a very challenging few months as waiting lists soar, winter pressures build, staff shortages worsen and an under-resourced service comes under further strain.

All the more reason to make absolutely sure we're up to date with all our jabs, flu as well as Covid top-ups. The latest flu virus is a tough customer and we now have RSV (respiratory syncytial virus) a common cause of pneumonia and bronchiolitis (airway inflammation) to contend with – along with our heating bills.

The Forum wishes you all a good 2023. May you keep safe, well and warm and out of doctors' surgeries and hospitals unless, of course, you're waiting to get in.



# Innovation

## Building trust with youngsters

Since we last wrote some of our officers have been doing some very important youth work which we are hopeful will benefit all Enfield and Haringey residents by diverting youngsters away from crime.

Firstly our Lower Edmonton Safer Neighbourhood Team attended the grand opening of the Council's brand new Youth Bus recently. If you have not heard about this initiative, this bus will travel around multiple different areas within Enfield, providing young people with a safe place to relax and have access to music, game consoles and free wifi, plus they will have access to information, advice and guidance and early help support, on multiple different topics. Think of it as a mobile youth centre.

Secondly, North Area officers along with North Middlesex Hospital and Tottenham Hotspurs organisation, organised a very successful Innovation Hub at the Spurs ground in Tottenham just before Christmas which was well attended by youngsters in the NA area who came to have their say about police and community relations and how they can be improved. Some people think that this sort of activity is a waste of time – we beg to differ.

As always, our robbery units are carrying out constant surveillance work which eventually results in applications being made to magistrates for warrants. One such raid happened recently which led to the arrest of two serial criminals who are

linked to more than 30 robberies. Taking such prolific robbers off the streets makes a real difference to community safety.

In other news, the National Cyber Security Centre has released its list of the three most popular impersonator scams by email

and they are: National Health Service, TV Licensing and HM Revenue & Customs. These criminals very much target the elderly. Please do report suspicious emails that you receive to: [report@phishing.gov.uk](mailto:report@phishing.gov.uk) – it all helps to build a picture of who is sending what and every part of the jigsaw is important.

Leading on from this, in November over 100 arrests were made, led by the Met police, with support from other internal agencies in relation to the biggest UK fraud operation. The scammers used spoof websites to create fake identities and appeared to be phoning from banks, tax offices and other bodies to attempt to defraud the victims.

Finally, if you have an email address, we would urge you to join the OWL scheme which means you can get direct alerts from the police about things happening in your area. Have a look at the website [www.owl.co.uk/met](http://www.owl.co.uk/met) to see if you might be interested in joining OWL London Neighbourhood & Business Watch – Community Messaging Alerts.

There have been countless good news stories of arrests as a result of this very direct messaging to the community. If we work together we can crack more crime.



The police working with young people benefits the whole community

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

## Creating a network of warm hubs

Enfield Food Alliance, a network of voluntary organisations and community groups working together to reduce food poverty, needs help to support the most vulnerable people in the community.

It is establishing a network of warm and welcoming spaces where local people can visit throughout the winter to access free warmth and hot refreshments.

If you are interested in getting involved but would find offering hot meals a challenge, don't worry. You don't have to manage all the cooking yourself. You can contact other members of the alliance who specialise in catering such as Smokey Okey, Cooking Champions and The Felix Project to

extend your support. Hot meals from these suppliers are either free or heavily subsidised, e.g. start from £3.80 per

person. The alliance has also produced a Warm Hubs Guide to help organisations set up a warm space.

Spaces can be provided by faith groups, voluntary groups and organisations to people they are already involved with. There is no obligation to make a space available to everyone in the community.

If your organisation can help with a free warm space a few hours a week/month, please sign-up and partner with Enfield Food Alliance members or email [enfield.foodalliance@gmail.com](mailto:enfield.foodalliance@gmail.com) for more information.



Hot refreshments are available

# Back to work for over 50s

## The Centre for Ageing Better is suggesting a range of measures which the government should take to help get older people back into work

The Prime Minister Rishi Sunak is drawing up plans to woo thousands of “missing” older workers back into the office amidst fears that Britain’s economic recovery is being held back by people taking early retirement.

It has been reported that over 50s will be offered a new personal MOT that will allow them to assess their financial health and their prospects for early retirement.

The assessment will also be used to help identify opportunities for part-time or flexible work, mentoring and skills training.

The project will include a nationwide public information campaign to highlight the opportunities available to older workers.

Kim Chaplain, Specialist Advisor for Work, at The Centre for Ageing Better, says: “We have known for a long time that many people who leave the labour market later in their careers do so for specific reasons. Many would like to return if work could be packaged differently or if they knew more about the jobs on offer.

“Unfortunately, the gateway to the support they need is currently largely via a benefit system and Jobcentreplus services that many do not want to engage with. It is time to think about delivering services differently.”

### Addressing key barriers

The proposed approach by the government is interesting because it differs from how Mid-life MOTs have previously been proposed. If anything, it is most similar to the Kickstart Scheme, which created 163,000 jobs through the pandemic by providing funding to employers to create jobs for 16- to 24-year-olds on Universal Credit.

Kim explains: “The reason why this could be a hugely significant step in tackling this issue is because the proposed scheme, based on what we know about it so far, appears to address some of the key barriers that we at the Centre for Ageing Better and other specialists in the field have been saying needed to be addressed before effective solutions could be found.”

Importantly it appears the new scheme will:

- open up eligibility to those who are not claiming benefit
- be specifically tailored to the needs of the 50+ group
- prioritise flexible work packages which we know is the most sought-after incentive for older workers to return to work
- and appears to include messaging to employers as well as a campaign to the over 50s themselves.

As ever the language and the tone of the campaign will play a critical factor, as will the delivery arrangements themselves.

The messaging should normalise the hiring of workers in their 60s, encourage age-friendly recruitment and flexible working, and promote the benefits of older workers as part of a multigenerational workforce.

The mid-life MOT is a suitably ambitious scheme for an issue that requires big thinking. But it will take time to bear fruit and in the meantime the problem could grow amidst a recession.

But there are also three supplementary short-term actions that the government could take to tackle economic inactivity and help get older workers back to work more immediately.

### Taskforce recommendations

The recommendations have been drawn up by a 50+ Employment Taskforce convened by the Centre for Ageing Better since the start of the pandemic to focus on the challenges faced by people aged 50 to 70 who are in employment or looking to return to employment.

1) The taskforce would welcome the government reinvesting a proportion of the £2 billion Plan for Jobs underspend, originally intended for a pandemic-sparked unemployment crisis

that never came, by extending eligibility, and actively marketing, to people over 50 who have been out of work for over a year regardless of benefit entitlement.

2) The government should also bring forward the People and Skills element of the Shared Prosperity Fund to 23/24. UK Shared Prosperity Funding is well-placed to deliver the support needed to engage economically inactive older workers in job seeking that we know will be most effective for this cohort: place-based and responsive, delivered by organisations that are embedded in their communities and closely linked to the local labour market.

3) Finally, the government should monitor and publish economic participation rates and types among 50-65s, in the same way it does for young people not in education, employment or training (NEET). While the ONS has responded to the 50+ participation crisis with one-off data releases, we also need an ongoing framework of scrutiny for older worker participation with data monitored at a local and national level like with NEETs figures.

Combining these actions, both big and small, may just help the government solve their older worker crisis.



The UK needs older people to return to work to help the economy grow



# What type of trust is suitable for me?

In my last article I outlined the benefits of transferring assets into Trusts.

A Trust is simply a way of transferring an asset, but keeping some element of control. Trusts are often used in financial planning for Inheritance Tax mitigation, avoidance of probate delays and Asset protection.

The person who creates the trust is known as the Settlor and once assets are transferred to the trust, the legal ownership goes to the Trustees. The beneficial ownership goes to the beneficiaries.

Broadly there are two types of trust. These would be a discretionary trust or an absolute trust. The key difference is that with a discretionary trust, beneficiaries are not appointed and therefore the trustees have the discretion as to who to pay the trust's assets to.

Potential beneficiaries are normally named on the trust deed, whereas with an absolute trust a beneficiary is named and cannot be changed. With an absolute trust, the beneficiary is entitled to receive the assets from age 18 or over. This is not the case with a discretionary trust as any future beneficiary is simply just a potential beneficiary.

Assets held in an absolute trust, given that the beneficiary is absolutely entitled to the assets, are therefore not protected in the event of divorce or bankruptcy proceedings of the beneficiary.

The assets may be protected in the discretionary trust. This is because the beneficiary only has a benefit if the trustees choose to exercise their discretion in his or her favour. In the case of divorce and bankruptcy, the trustees can simply decide not to exercise their discretion in that way, and the assets should be protected.

If you are considering making a gift of assets to members of the family, possibly to children or grandchildren, or



**George Ttoui**



even a trust for the benefit of a group of people, please consider financial advice before any decisions are made. It is important to understand the pros and cons of each type of trust, so that you can decide which is the most suitable option.

**St James's Place has a number of draft discretionary trusts on offer and each trust has a particular use. If you are considering the use of trusts in estate planning and would like further advice please contact me for further**

**details of any of our trust services. Please note that trusts are not regulated by the Financial Conduct Authority.**

**George Ttoui is a qualified financial adviser at Burlington Wealth Management and is 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](mailto:george@burlington.uk.net)**

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

*are marketing terms used to describe St James's Place representatives.*





# Look on the bright side



## Cat calls

Why did the cats ask for a drum set?  
They wanted to make some mewsic!

What's it called when all the treats are gone?  
A cat-astrophe.

What's a cat's favourite TV show?  
Claw and Order.

How did the mother cat know she was pregnant?  
Her test was purr-sitive.

What's a cat's favourite cereal?  
Mice Krispies.

What colour do kittens love the most?  
Purrrple.

What does the cat say after making a joke?  
"Just kitten!"

## Corny Valentine jokes

Did you hear about the two radios that got married? The reception was amazing.

What's a bread loaf's favourite song? "All You Knead is Love."

Did you hear about the spider wedding? Yes, they're newly-webs.

What do you call two birds in love? Tweethearts.

Why does Cupid like lettuce? It's got a heart.

What did one pig say to the other? Don't go bacon my heart.

What do you call it when two boats fall in love?  
A rowmance.

## Getting old is not for the faint-hearted

"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." – Andy Rooney.

"The older I get, the better I used to be." – Lee Trevino, professional golfer.

"The older I get, the more clearly I remember things that never happened." – Mark Twain.

"Old age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it." – Golda Meir.

"The years between 50 and 70 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down." – T.S. Eliot.

"At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all." – Ann Landers, US columnist.

"I was thinking about how people seem to read the bible a lot more as they get older, and then it dawned on me – they're cramming for their final exam." – George Carlin, Comedian.

"When your friends begin to flatter you on how young you look, it's a sure sign you're getting old." – Mark Twain.

"There's one advantage to being 102, there's no peer pressure." – Dennis Wolfberg.

"Looking fifty is great—if you're sixty." – Joan Rivers.

Feel free to send contributions for the Bright Side to:

[editor@enfieldover50sforum.org.uk](mailto:editor@enfieldover50sforum.org.uk)

## VHS & Mini DV Conversions



### Video Tapes To USB Stick

If you have family memories stored on VHS video cassettes or Mini DV tapes and no means to play them back, I can convert them to a digital format (MP4) so they can be stored and played on your laptop, Ipad, phone or TV.

USB stick supplied or supply your own. UK only.

For more information and an immediate quote, contact me now  
[markhowardshaw@gmail.com](mailto:markhowardshaw@gmail.com)

## ENFIELD TOTAL REMOVALS MOVING HOUSE?

### REQUIRE STORAGE?

- Free quotation & advice
- Packing-unpacking
- Friendly male & female team
- Fully insured
- High quality storage facility
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# Help research into social care

## University researchers are seeking people to take part in a study exploring the links between housing and care in England

Researchers from the London School of Economics and Political Science (LSE) would like to talk to people aged 65 and older with care needs living in their own homes about their experiences of housing, care needs and any support they receive.

They want to know about their preferences and wishes about current and future housing and care options, what is important to them, what choices are available to them, and what would help increase choice.

They would also like to talk to people who support a family member or friend aged 65 and over living in their own home (currently or until very recently) who could not manage without that help about their experiences of housing and of providing care.

Aspects of housing they will look at in this study include whether the house is owned or rented, the amount of space, how accessible the house is, how warm or free from damp, and if it needs repairs. The study will also look at how people's housing is linked to the type and amount of help they receive from paid careworkers and family and friends.

Who can take part? And what will taking part in the study involve?

A 60-90 minute interview with a researcher in your own home, a local community venue (transport arranged), by phone or by Zoom – your preference at a date and time to suit you.

The researchers will keep all information securely, will not use your name, and anything you say will not identify you or your family. They are fully data security compliant. As a thank you for taking part you will be offered a £40 voucher.

They hope that this research can be used by policy and decision makers to improve housing and social care services and support for older people.

If you are interested in taking part or want to find out more, please contact Nicola Brimblecombe, project lead, email: [n.s.brimblecombe@lse.ac.uk](mailto:n.s.brimblecombe@lse.ac.uk) or telephone, text, or WhatsApp 07354 226 532.

This study is funded by the National Institute for Health Research School for Social Care Research, an independent non-commercial research funder.

## TfL to keep 9am rule Free travel remains restricted

The suspension on the use of the Older Persons Freedom Pass and the 60+ Oyster Card on the TfL network before 9am on weekdays will be made permanent. They can be used only after 9am on weekdays and all day on the weekends.

There is some good news. Sadiq Khan, London Mayor, has confirmed that the 60+ Oyster Card will be saved for the future. This is really significant as there were proposals to cut this concession entirely.

Age UK says the removal of free weekday travel before 9am is the wrong decision. It comes at the worst possible time as the cost-of-living crisis affects more and more older Londoners. It is beginning a campaign to reverse the decision and reintroduce concessionary travel 24 hours a day.

It is also urging councils in London to end the practice of moving Disabled Persons Freedom Pass holders on to the Older Persons Freedom Pass when they reach pension age. (Unlike the Older Persons Freedom Pass there are no time restrictions on the Disabled Persons Freedom Pass)

The Older Persons Freedom Pass is available to London borough residents over state pension age (66). The Older Persons Freedom Pass scheme is operated by the London boroughs collectively (London Councils) under an agreement with TfL.

The 60+ London Oyster photocard is funded by TfL and is available to London borough residents over the age of 60.

*Come and try your hand at lawn bowling*



### Bowls BIG Weekend

**Sat 27 & Sun 28 May 2023**

No experience necessary

Free coaching available

Previous bowlers welcome

Bowls provided\*

\*Please wear flat-soled shoes



**Winchmore Hill Bowls Club**  
**Radcliffe Rd, London, N21 2SD**

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# Membership Deal for 2023

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

# Over 50s days at Fusion

It is never too late to start exercising. Take the opportunity of an Over 50s Day at a Fusion Leisure Centre to try new activities – and make new friends

The Southbury Leisure Centre has launched two sessions for people with Parkinson's: table tennis on Tuesdays from 2-3pm and an exercise session on Fridays 1.30pm – 2.30pm. These sessions are open to people of any age who suffer from the condition. Just £3 a session or free for those with a monthly or annual Fusion membership.

Fusion Lifestyle, which runs Enfield Council's leisure centres at Southgate, Southbury, Albany and Edmonton, continues to expand its range of offerings and has once again updated the timetable for its Over 50s Days (see below).

Forum members who live in Enfield can take advantage of long-standing discounts which we negotiated with Fusion.

Members can go to one of the Fusion leisure centres and purchase an Energy Concession Card for 12 months for just £7.50 instead of £21.50.

Then you can use the Energy card to go to an Over 50s Day for just £6.50 instead



Table tennis sessions for people with Parkinson's

of £10.50 per day. As you can see from the timetables, you can take part in a wide range of activities on those days.

Forum members can also use their Energy card to get discounts on one-off activities such as swimming, using the gym and taking an exercise class. And annual membership (all activities at all Fusion centres in Enfield) is just £390 a year – £7.50 a week.

Dominic Hall, Sport and Community Development Manager for Fusion in Enfield, is looking for volunteers to lead the weekly health walks. They are just 20 or 30 mins long and begin/end at the leisure centres. There are incentives for those who volunteer and great satisfaction in helping others start or continue to enjoy walking as an exercise.

Contact: [dominic.hall@fusion-lifestyle.com](mailto:dominic.hall@fusion-lifestyle.com)

## Discounts for Forum members

Forum members living in Enfield enjoy significant discounts at the borough's leisure centres run by Fusion

### Edmonton (Monday) Tel: 020 8375 3750

09:30–10:30: 50+ yoga  
11:00–11:55: pilates (access for 50+)  
10:30–11:00: 50+ gym circuit class  
11:00–11:30: 50+ gym circuit class  
12:00–13:00: zumba (access for 50+)  
13:00–14:00: women's only netball  
09:30–16:00: badminton, gym, swim, steam and sauna (subject to opening times)

### Southgate (Tuesday) Tel: 020 8882 7963

10:15–11:00: health walk  
12:00–13:00: aerobics, studio  
14:00–14:45: aquafit  
15:00–16:00: yoga, studio  
09:30–16:00: gym  
09:30–16:00: swim, steam and sauna (subject to opening times)

### Southbury (Tuesday) Tel: 020 8245 3201

09:45–10:45: yoga  
09:30–10:30: walking netball, sports hall  
10:00–10:20: health walk, short, easy  
10:20–11:10: health walk, leisurely, moderate  
10:45–12:15: walking football, sports hall  
11:00–11:30: gym circuits, gym  
11:30–12:00: gym circuits, gym  
12:00–12:45: dance for your heart, studio  
12:30–14:00: badminton and table tennis, sports hall  
13:00–14:00: pilates, studio  
14:20–15:20: yoga, studio  
09:30–16:00: gym  
09:30–16:00: swim, steam and sauna (subject to opening times)

### Southbury (Wednesday) Tel: 020 8245 3201

09:30–12:30: badminton  
09:45–10:45: aqua  
10:30–11:00: gym circuits, gym  
11:00–11:30: gym circuits, gym  
12:45–13:30: zumba gold sports hall  
14:00–15:00: chair based yoga, studio  
09:30–16:00: gym  
09:30–16:00: swim, steam and sauna (subject to opening times)

### STOP PRESS

Fusion will be increasing some prices from April. Check at the leisure centres and the Forum website closer to the time.

### Albany (Thursday) Tel: 020 8804 4255

09:30–10:15: aqua aerobics, pool  
12:00–13:00: pilates, studio  
13:05–14:05: yoga, studio  
09:30–16:00: swim, steam and sauna (subject to opening times)  
09:30–16:00: gym

### Edmonton (Friday) Tel: 020 8375 3750

09:15–10:15: yoga, studio  
09:30–16:00: gym, swim, sauna and steam (subject to opening times)

### Southgate (Friday) Tel: 020 8882 7963

14:00–15:00: pilates  
15:00–16:00: zumba gold  
09:30–16:00: gym, swim, sauna and steam (subject to opening times)



# 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.

## Thursday 2 March

### Afternoon social – with films and refreshments

Come along to view films made by the Forum film group. We are all amateurs and have no budget so please come along and expect some mild entertainment and fun – not Hollywood polish! We have a spoof time travel film, a short story with a twist and some extra short films to show you! Tea, coffee, cakes and savoury snacks included in the price. Only £3 per ticket (or £4 for non-members).

Pay online in advance by contacting Jan on 07748 264735 or email [janoliverevents@yahoo.com](mailto:janoliverevents@yahoo.com) or just show up and pay with cash on the door. Bring a guest – all ages welcome.

Venue: Jubilee Hall, Parsonage Ln, Enfield EN2 0AJ between 2.15pm and 3.45pm.

## Monday 6 March

### Infinity Mirrored Room – Filled with the Brilliance of Life!

A visit to Tate Modern for an immersive experience transporting visitors into Kusama's unique vision of endless reflections. Yayoi Kusama is a famous artist and this exhibition is almost completely sold out. I have very few tickets – members only and please book early. To find out more check out YouTube: 'Yayoi Kusama: Infinity Mirror Rooms at Tate Modern'. Tickets £13. Meeting at 10am at Enfield Chase or 11.30am at Tate Modern

To book contact Jan on 07748 264735 or email [janoliverevents@yahoo.com](mailto:janoliverevents@yahoo.com)

## Wednesday 17 May

### Pub Lunch and Audley End House and Gardens, Essex

Enjoy a spring day out with us, exploring the spacious grounds and estate of one of England's grandest mansions.

- A relaxing small coach day tour to the magnificent Audley End House and Gardens in Saffron Walden.
- We start the trip with an early pub lunch in the delightful Crown Pub in Little Walden. We then make the short journey to one of England's finest houses, where we can roam free at leisure until departure time.

Only 34 places available so book your place, select your lunch and find out more from Olivia on 020 8447 8841 or email [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com).

Cost per person is £37 plus lunch choice for non-English Heritage members and £23 plus lunch choice for English Heritage current members. Price includes return coach travel, entry to the house and gardens and a small Forum donation and driver tip.

## Sunday 21 May

### Michael Buble – 3 Course Roast Lunch

Enjoy Hayley's delicious Buffet. Music by Shane Hampshair regarded as one of the top swing vocalists performing Michael Buble songs. 12pm-4pm

Shane has not performed at this Club before. We are lucky to have him entertaining us as he is usually working on cruise ships and is very entertaining. Check him out on YouTube.

Listen, watch or dance, there will be something for everyone. Come and make new friends. On your own? will seat you with others. A Sunday Lunch Party with a difference!

If you enjoyed the Xmas Parties you will like this too!

North Enfield Conservative Club Baker Street Enfield EN1 3LD.  
Buses 191/VV8. Ample Parking

Ring Jacky Pearce 020 3 724 4287 – £25-00

CHEQUES PAYABLE TO ENFIELD BOROUGH OVER 50S FORUM  
KINDLY ADVISE DIETARY REQUIREMENTS AT THE TIME OF BOOKING

## 9 – 22 June

### A Namibian Adventure with Travelsphere

Discover Namibia's unique landscape with towering dunes, plains and mountains. Find out about its people and meet some incredible wildlife on this bucket list holiday. Flights from Heathrow via Johannesburg. Cost £4099 twin share or £5174 single occupancy. (5 of us booked so far!!!)

For further information and to book your place, please contact Olivia on [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or 020 8447 8841

## 11 – 15 September

### Peak District, Grand Houses and Idyllic Bakewell

Join us on another short UK coach break, following on from our successful trip to the Midlands in September 2022.

We will visit Chatsworth House and Gardens, Lyme Park House and Gardens, Kedleston Hall, Sudbury Hall and the Museum of Childhood and Hardwick Hall.

Stay in the oldest hotel in England – The Old Hall in Buxton – and enjoy 4 night's dinner, bed and breakfast in unique splendour in this centrally located slice of history.

This is a coach tour from Enfield, in partnership with Airedale Travel.

The price will depend on the final numbers but will be between £699 and £809. The larger the group, the cheaper the holiday!! We are 20 so far and growing!!! Single occupancy rooms may still be available but at a supplement. Several twin rooms still available.

Places are limited, as this is a small hotel, so book early to avoid disappointment.

For more details of this superb itinerary and a booking form, please contact Olivia on 020 8447 8841 or email [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com)

## And into 2024

### Yes, we are planning that far ahead!!!

**Classic South Africa** – 16 days February 2024

**Malaysia and Borneo** – 14 days June 2024

**Historic Houses and Gardens of Yorkshire** – 5 days August 2024

**Danube River cruise** – 8 days September 2024. Only 5 single cabins available.

**Argentina and Bolivia** – October 2024 duration tbc

For early expressions of interest please contact Olivia on [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or 020 8447 8841.

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

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

## Film making group

Come along for some fun making films. We are currently working on a series of short twister films (as in Tales of the Unexpected). New members are welcome to play the role of extras and to work towards playing a main role in later films. We meet monthly on a Sunday afternoon to view the footage and at different locations and times during the month to film. You can come along for one session or on a regular basis.

For further information contact Jan on 07748 264735 or email [eternalechoes2002@yahoo.ie](mailto:eternalechoes2002@yahoo.ie)

## Writing Group

The writing group has had a very enjoyable year, and new members have brought variety to the 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 at Enfield Town Library.

For more information, contact Ruth Serner on [ruth.serner@gmail.com](mailto:ruth.serner@gmail.com)

## Lunch Club

We meet every two months at different venues. The next lunches will be 8 March and 10 May 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](mailto: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.

To join or if you would like more information, contact Sue Scott on [scotsf48@hotmail.com](mailto:scotsf48@hotmail.com) or 07890 690 896

16 February – Vita by Victoria Glendinning

16 March – Apeirogon by Colum McCann

20 April – The murder of Roger Ackroyd by Agatha Christie

18 May – Wish you were here by Jodi Piccoul

15 June – Meet me at the museum by Anne Youngson

## Coffee Club

We meet in the Skylight Restaurant in Pearsons in Enfield Town on the first Wednesday of each month. The next meetings are 1 February, 1 March, 5 April. Just turn up anytime from 10am (we finish at 12 noon) and find us in our reserved space.

For any further information, contact Sue Scott on [scotsf48@hotmail.com](mailto:scotsf48@hotmail.com) or 07890 690 896

## Poetry Group

We normally 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 are also in the mix. There's a requested donation of £1 per head to cover the meeting room hire cost.

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

## 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 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.

See page 16 for more information.

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.

## Affiliated Groups

### Fun, competitive and social

Enfield Croquet Club is offering FREE training on Tuesday and Saturday mornings from April. Croquet is 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'.

The club is based in Bush Hill Recreation Park (Cecil Avenue entrance). All equipment is provided, and 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](mailto:secretary@enfieldcroquet.org)

Further information about the game and club can be found at: [www.enfieldcroquet.org](http://www.enfieldcroquet.org)

**Remember, if you are an organisation that is affiliated to the Forum, you are entitled to a short entry in the Affiliated Groups section of Forum Focus once a year. Send your entry to [editor@enfieldover50sforum.org.uk](mailto:editor@enfieldover50sforum.org.uk)**

If you are interested in setting up a new Forum Group, contact the office on 020 8807 2076

# Meetings

Everyone is welcome to come to the Forum's monthly meetings, usually held at the Civic Centre in Silver St, close to Enfield Town shopping centre. We have a range of interesting speakers covering a wide variety of topics.

Come along to hear our speakers and to find out more about the Forum. Open to members and non-members alike.

28 February, 10am for 10.30am

## Homelessness

Chloe Beevers, *St Mungo's National Community and Events Co-ordinator*

An introduction to St Mungo's, a leading UK homelessness charity supporting over 3150 people every night. It offers a range of services that help people become housed, healthier and more hopeful. Chloe will also talk about how we all can help.

28 March, 10am for 10.30am

## Long Covid

Dominic Hall, *Sport and Community Development Manager, Fusion Enfield* and Maureen Morant, *Age UK Enfield*

The Office for National Statistics reports that an estimated 2.1 million people living in private households in the UK (3.3% of the population) are experiencing self-reported long Covid. Dominic and Maureen will give an update on long Covid, how to recognise it and how to cope with it.

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

# Win £400 in the Forum Lottery

Play the lottery and help the Forum support older people in the Borough of Enfield

The Forum lottery offers a great way to support our work and, at just £5 a month, offers excellent odds to win some serious money. The prize for the monthly draw is £400 and will continue to increase as more players join the lottery club.



Anyone over 18 can join the lottery club. You do not need to be a member of the Forum or even reside in Enfield. If you are stuck for an idea for a birthday gift, a lottery number can be purchased for a friend/relative/grandchild. You can hold as many numbers as you like.

Contact the Forum (details p2) to purchase your 'lucky' number(s). You can set up a standing order for £5 a month, to be paid on the 1st of the month. (You can stop this standing order at any time, but please make sure you inform the office so they do not have to call to find out whether you have quit or if it is a bank problem.)

Another good way to pay is to buy a year's worth in advance – call the office to buy your number and then send a cheque for £60 (£5 x 12 months). You can also pay cash at the office.

## Latest winner:

**October: Jenny Wade. Number 194**

# Record-breaking bingo

The Bingo Club has gone from strength to strength in 2022 and we hope that this will continue into 2023.

On 5 December we broke all the records with 34 bingo players and we gave away £180 in prizes including £30 for the raffle.



Bingo players enjoy a dance as well

On 19 December we finished the year with around 30 people at our Christmas party. Music was provided for dancing by our regular bingo player and occasional DJ John Prior and we had a lovely buffet.

To join our friendly group of bingo players you must first register by phoning Jim Cantle on 020 8363 4969.

# Advice Service

Financial advisor George Ttoui is 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 are 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.