

Your Forum needs you

The Forum needs many more members to get involved in running the Forum and helping us improve the lives of older people in Enfield

Are you upset by Enfield Council's decision to cut cash and card payments for most parking in the borough? Do you think older people are disadvantaged when seeking work? Are you worried by continuing 'privatisation' of the NHS and other community services?

Surveys show that many people are worried about these and a lot of other issues.

And surveys also show that those people who get involved in campaigns – and in a wide range of other volunteering activities – feel empowered, more positive and generally better about their lives.

It's a great way to meet new people and make friends. Keeping active and involved is a proven way of remaining fit and healthy.

So why not help the Forum in its campaigns and in the many other activities we undertake to help improve the lives of older people in Enfield.

We are a completely independent charity, relying almost entirely for funding on the membership fees we collect. We have two part-time paid staff and all the rest of activities are undertaken by volunteers.

Executive Committee

The Executive Committee is a small group of volunteers with busy lives who help ensure the Forum runs smoothly. We urgently need new people to join the committee

to take on some of the vital roles that keep the Forum functioning for our thousands of members.

Maybe you are recently retired or have reduced your work and other commitments? You realise that you would like to get involved in something more challenging and meaningful?

You have experience, skills and energy and can make the commitment to get involved.

Other volunteering

We also need people to help in all sorts of other roles, from stuffing newsletters and helping in the office, to organising social events and helping run the Forum's social media activities.

We know many of you lead busy lives so we are always flexible and have alternatives, so don't think you can't volunteer because you like to take holidays or have work or family commitments.

Think you might be interested in learning more?

We are having a celebratory gathering at the Millfield Bistro on 4 May for a social

evening to thank our current volunteers for the amazing contribution they make.

We are encouraging everyone who might be interested in volunteering for the Forum to come along to enjoy drinks, snacks and an informal chat with these volunteers to see what you might want to get involved with.



Volunteer Joan Stephenson (standing) helping out Diane Barron who works in the Forum office

Come along to the Volunteers Party, 7-9pm, Thursday 4 May for more information. No obligation! No hard sell! See pp 4-5 for more details

Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton N18 1PJ
Tel: 020 8807 2076
Email: info@enfieldover50sforum.org.uk
Website: www.enfieldover50sforum.org.uk
Office hours: Mon-Thu 10am – 3pm, Fri 10am – 2.30pm
Please ring to make an appointment to visit the office
Registered Charity No 1122859

Chair: Jan Oliver
Secretary: John Ball
Development & Office Manager: Ruth Fathaddine
Admin: Diane Barron

This newsletter is produced every two months by Enfield Borough Over 50s Forum.

Editorial team: Yvonne Mulder, Vicki Pite, Vivien Giladi
Contact: editor@enfieldover50sforum.org.uk
Advertising enquiries: diane.barron@enfieldover50sforum.org.uk

Disclaimer

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

JOIN the Forum

The Forum is a voluntary organisation which relies on membership fees, some sponsorship and occasional small grants to undertake a wide range of activities which benefit older people in the borough of Enfield. If you are reading this and are not an individual member, please consider joining by contacting the office. It's just £11 a year (£16 for couples) or £100 (£150 for couples) for lifetime membership. Organisations can join for £25 a year or £100 for five years.

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

Getting fit for the Forum's future



Welcome to our new members and looking for new volunteers

January was very long, February very short but I had a good reset for the New Year – although I have not yet managed to get back to the gym. A lot of you have done way better than me in that regard and we welcome our many new members who are enjoying a healthier lifestyle at Fusion Leisure Centres as well as access to the other range of benefits and activities Forum membership affords.

The stairs at Millfield House do keep us fit, but worth it for us to work in such a hidden gem of a building. We are aware of access issues for some of our members trying to reach our first floor office and we are more than happy to come downstairs to assist new and existing members. General access to the house and grounds remains very good, via bus, train and ample parking.

Our request to renew was extremely successful. We extend our heartfelt thanks to those who responded so promptly.

We thank Jan Oliver for all the hard work for the Heat and Eat events and the volunteers who gave their time to make these a safe and warm space for our members who attended.

We will be formally thanking all our volunteers soon in May (see p5) and would welcome new volunteers who would be happy to give some time for the benefit of the older community in the Borough of Enfield and enjoy the opportunity to be involved.

Ruth Fathaddine

Office and Development Manager

Dementia Action Week

Enfield Dementia Action Alliance is organising a series of events across the borough this year during Dementia Action Week (15 – 21 May). EDAA's aim is to make Enfield a more dementia-friendly place, with local business members meeting regularly to discuss actions and initiatives working towards this.

There will be an Information Stand at Palace Gardens Shopping Centre in Enfield Town, 10.30am – 2pm.

For more info about other events in Enfield please contact Janice Nunn by email Janice.nunn@hotmail.com

Dementia Action Week aims to encourage people who are concerned that they or someone they know may be experiencing dementia symptoms to seek further help. The Alzheimer's Society provided information on memory loss, advice on talking to the GP, and ways to cope with memory loss.

For more information, call 0333 150 3456.

Stop the cashless parking

The Forum urges all members to contact Enfield Council to protest at the introduction of cashless parking and the impact this will have on older and disabled people

You may have noticed signs in car parks across Enfield, on and off street, heralding significant changes to how we must soon pay for parking our cars.

Enfield Council, like many others, is moving to cashless payments largely to cut costs (estimated savings £44,000) but also to reduce the use of cash payments and the amount of street furniture cluttering pavements.

We are most concerned that older people will be excluded from visiting shops, friends, social centres etc with consequences for their well-being and mental health. Loneliness and isolation amongst older people are acknowledged as major concerns by Enfield's Older People's Partnership Board and Age UK Enfield.

The Council hasn't identified any potential impact on older people or those with disabilities but it has committed, if necessary, to exploring the impact on specific groups such as these.

We feel that monitoring cash and cashless payments during the pandemic (between 2019 and 2022) to show the apparent fall in cash payments is not representative because it probably excluded older and vulnerable people who were very likely to be isolating; and it's not known what proportion of those continuing to use cash (46%) were older people.

So we consider that the changes are discriminatory to older

people and those with disabilities and strongly urge you to write and tell the Council your views. They tell us they are happy to hear from you.

Write to: Cllr Rick Jewell, Cabinet Member for Environment, The Labour Group Office, Civic Centre, Silver Street, Enfield, EN1 3XA or email Cllr.Rick.Jewell@Enfield.gov.uk REF "The

removal of the borough's parking payment machines, cashless parking and using the Council's cash alternatives".

You may wish to make any of the following points as they apply to you:

1. You don't have a Smart Phone.
2. You have a Smartphone but don't use it for financial transactions because of what you hear about fraud, scams and hacking.
3. You don't know how to find the PayPoints nearest to the car parks you use.
4. You're worried that if a PayPoint is not very close to the car park, you might...
 - incur additional costs (or even a fine) while your car is parked and you're searching for the PayPoint.
 - not be able to find it.
5. Paying by phoning the number on the machine and using a debit /credit card was difficult for me because...
6. You feel it's an unfair, additional inconvenience to older people who are "digitally excluded".



Enfield Council warns of the change to parking payments

Ways to pay without the app

The Over 50s Forum has clarified the new system with the Council, especially the alternatives for those who are unable to use the 'Paybyphone' app. (which has been in use since 2014 but not obligatory).

The alternatives to using the app are:

PayPoint (cash)

Launched in March 2020 as a more convenient way to pay Council bills at 140 local PayPoint retailers.

Motorists will soon be able to pay for parking at PayPoints as well, quoting bay number, vehicle registration and the time they expect to park. Parking enforcement officers will automatically be informed. A map of PayPoint facilities is linked to the Council's website.

Scratchcards (cash)

Parking Scratchcards will be available for motorists to purchase online, at the Parking Shop or other Council buildings such as Libraries.

Pay using credit or debit cards

You can also make an automated payment using a credit / debit card by calling the number on the signs using any mobile phone.

Places on the Committee

Committee Member

With responsibility for management of staff and the office

THIS IS A VOLUNTARY POSITION AND ALL TASKS ARE NEGOTIABLE AND CAN BE VARIED

Anticipated time commitment: 2 hour meeting once a month + 2–3 hours per week.

Overall Purpose

To participate in the Management Committee of Enfield Borough Over 50s Forum, adhering to all policies and procedures, in the overall running and management of the Forum.

With specific responsibility for managing the staff and office.

To include:

Overseeing the running of the Forum Office, the purchase of equipment and terms and conditions of office use.

To act as a supervisor and liaison officer between the Development and Office Manager and the Management Committee.

Reporting to the Management Committee.

TASKS

Staff

1. To attend Management Committee meetings as a full member of the Board but with specific responsibility for the management of the staff and the overall running of the office.

2. To take the role of line manager to the Development Officer and to offer monthly supervision.

3. In the first instance, this supervision will be to jointly review and update the Office and Development Officer job description for authorisation by the Management Committee.

4. To offer monthly supervision and support to the Office and Development Officer, including seeking out training courses and reporting back to the Management Committee.

5. To carry out annual appraisals.

Office

1. To have an awareness of the needs of office staff in terms of accommodation and equipment.

2. To authorise the purchasing of office equipment and furniture (up to a specified amount) on behalf of the Management Committee.

3. To liaise with the IT Management Committee members where necessary regarding training and use of IT systems.

4. To liaise with the landlord of the office regarding rent and terms of office hire.

Committee Member

With responsibility for IT

THIS IS A VOLUNTARY POSITION AND ALL TASKS ARE NEGOTIABLE AND CAN BE VARIED

Anticipated time commitment: 2 hour meeting once a month + 2–3 hours per week.

Overall Purpose

To participate in the Management Committee of Enfield Borough Over 50s Forum, adhering to all policies and procedures, in the overall running and management of the Forum.

With specific responsibility for overseeing the Forum's IT systems and use of social media.

Implementing, overseeing and maintaining the majority of the IT facilities within the Office: 5 computers, 6 laptops, backup server, scanning and printing equipment. Arranging software support from Microsoft, SendinBlue and Norton. Setup of our arrangements with our ISP, network, email system and our eNews.

To seek or provide training to staff on IT and social media use.

To report to, and liaise with, the Management Committee.

TASKS

1. To attend Management Committee meetings as a full member of the Board but with specific responsibility for the management of our IT and social media systems.

2. In the first instance, to undertake a review of all systems used including the database, the email system, our use of Facebook and other social media sites and to advise the Committee accordingly.

3. To investigate new systems as and when required and, when agreed by the Management Committee, to purchase and install.

4. To liaise with the Development Manager's supervisor around the needs of the office and training needs of the staff.



Forum volunteers helping out at Job Club



Volunteers organising the bingo have lots of fun

If you are interested, contact the office (Tel: 020 8807 2076) and one of the Executive Committee will give you a call.

Volunteering is a great way to get involved in your community, make a difference to the lives of those around you, develop new friendships and have fun.

Volunteers Party

Come along to enjoy drinks and snacks while finding out ways you can help the Forum by volunteering for a wide range of tasks and roles. Have an informal chat to other volunteers, members of our Executive Committee and our office staff.

Here are some ways in which you can volunteer

General

Office

Help needed all year round so very flexible commitment, e.g.

- Help process membership application forms
- Help deal with members' enquiries
- Help run the Forum's social media

Forum Focus Newsletter

- Stuffing the newsletter into envelopes (one day every two months)
- Help with the editing and production (few days every two months)

Events

- Help out at a single Forum event (1–3 days / evenings a year)
- Help organise the monthly summer coffee mornings (once a fortnight)

Lottery

- Help manage the lottery subscriptions and the monthly draw (1–2 days a month)

Social Events Team

- Organise social events for other members of the Forum. The choice of what to organise is up to you – it can be anything from a drink in a pub to a holiday. Support is provided by the Social Events Team who hold monthly meetings to talk through ideas.

**We are holding a
Volunteers Party**

**On: Thursday 4 May
7pm – 9pm**

**At: The Bistro at
Millfield Theatre**

Executive Committee

We need people to oversee:

The Forum Office

- See description on opposite page

The IT system

- See description on opposite page

Finance

- To join our finance committee to help manage the Forum's finances

Membership

- To lead the drive to attract new members and manage the renewals

Fund-raising

- To identify and run activities to raise funds

Campaigns

- To help prioritise campaigns and help organise them

If you would like more information about the party or about volunteering, call the office on 020 8807 2076. Or just turn up on the day.

*Venue: Bistro, Millfield Theatre, Silver St,
Edmonton N18 1 PJ*



We always need people to help at Forum events



Socially-distanced stuffing of the newsletter. The pandemic did not stop these volunteers



Volunteers on the Social Events Team organise a wide range of activities

Moving on to better health

A walk a day keeps the doctor away! But why do some people find it so difficult to exercise, when everyone knows physical activity is good for us?

The evidence of the health benefits of physical activity keep accumulating. This week another study reported that even meeting half the recommended level of moderate activity would prevent 10% of deaths.

That is to say an everyday 10 minute walk that raises your heartbeat and breathing, but not so much that you can't talk, will extend your life.

If physical activity is so good for us, it is an interesting debate as to why we frequently find it so difficult to actually 'just do it' as a famous sports brand might say.

Some have argued that the problem is in our genes; for millions of years of evolution getting calories was both difficult and fraught with danger. Within our hunter-gatherer past, humans were rather fragile compared to most animals we hunted and even gathering would have risked predation, bites and stings that could have proven fatal, pre-healthcare.

It is interesting to note that whilst we are often encouraged to be more active, people will do the opposite for hours on end without any encouragement whatsoever. This was not an issue when we had no option but to hunt/gather but today,

surrounded by labour-saving devices it is perfectly possible to spend all day watching TV with the occasional foray into the kitchen for refreshments.

Evidence that we have evolved not to move unless necessary is very difficult to establish and academics have scratched their heads over what would support or disprove the idea. However, the implications are profound.

If we have evolved not to be active wherever possible despite how beneficial it may be then we probably need to build it into our daily lives so that it is done automatically. Funnily enough people who have dogs are more active than cat lovers.

It also has political and personal implications. For the person it may mean recognising that we have an innate

slothfulness and that we need to make a conscious effort to overcome it. For governments, it may mean that if they want to realise the benefits of physical activity for citizens, and the NHS etc, they may need to put much more emphasis on designing environments that make activity easy, convenient and pleasant.

Glenn Stewart

Assistant Director of Public Health, Enfield



Walking just 10 mins a day makes a difference

New way to fight infection

As resistance to antibiotics grows, hope is growing that 'phages' will be the answer

Help may be at hand to tackle our increasing resistance to antibiotics, the wonder drugs that have transformed our ability to live longer, healthier lives and survive the deadly bacterial infections that scythed through pre-war generations.

Doctors report growing concern about a number of conditions failing to respond to medication that has been successful over the last 70-80 years: E coli, pneumonia, urinary tract infections and diabetic foot infection among them.

These commonly affect older people and the Forum, having adopted an Age Friendly campaign this year, is taking an interest as, sadly, we face a stage where we may survive cancer yet die of sepsis. And, of course, some patients are allergic to antibiotics.

We may be able to invest some hope in phages, viruses that work by infecting bacteria and killing them.

The NHS needs to fast track research and the use of bacteriophages, on which pioneering work is being done at Leicester University where their specialist lab has a collection of 2000 phages that they hope to expand by 1,000 a year. Looks promising.

These are not generic, as antibiotics may be. They are affliction

specific and they have to be discovered, not developed by pharmaceutical wizards as so many of our drugs are.

Discovery of phages is reliant on painstaking search in the field as they are tiny, a nanometre across, and mucky, since they thrive in muddy estuaries, horse dung, slime and the like – let's not go there – and it's a credit to researchers that they do.

These micro-organisms are normally harmless to humans but can be deadly for bacteria. Not only do they penetrate and burst them but they replicate while inside and release more phages. Once clinically ready, they could be inhaled through a nebuliser, sprayed on or swallowed depending on the targeted infection.

The 1930s saw early work on phages but with war and the arrival of the all-singing all-dancing penicillin it fell by the wayside. They won't replace antibiotics but could protect and preserve our stock of them as well as being used for specific illnesses.

Prof Martha Clokie is the head of research at Leicester and she is calling for an update of regulations to make trials easier in order to pave the way for the wider use of phages. Sounds like a good idea.



Chair's Column

Heat and Eat success

Our project to bring warmth and comfort to older people in need in the Borough has proved a great success

From its inception the Heat and Eat project was destined to be popular – giving away free advice on benefits, food, and keeping the home warm as well as duvets, blankets and dressing gowns to older people in need over the winter months.

Held in six local community centres where we provided a social environment with free food, company and music, there was a lot to like. And so it proved. Over the course of the six sessions (plus one outdoor session, home deliveries and another social) we received 100% positive feedback.

Statistics on the project are available and show we reached 251 older people from a mixed range of backgrounds to whom we distributed 356 items – blankets, duvets and dressing gowns and of whom an estimated 92% sought advice on benefits and keeping the home warm.

But as importantly, to me, are the extra remarks made on the evaluation forms such as: “a great atmosphere”, “a mixed community”, “good to get out”, “enjoyed meeting others”, “very friendly, helpful and kind”, “made friends, had lots of laughs” and so on. Many people said they lived alone and had not been

out for some time, and many were on benefits or struggling to meet the rising cost of living.

The project has been a great team effort and thanks must go to all of our volunteers, without whom this project would have floundered. I hope I have not missed anyone out:

Thank you:

Andrew Bragg, Monica Leith, Claire Grant, Kathleen Hall, Pat McCadden, Hazel Kinsler, Gabriella Solail, Jane Powell, Lisa Freeth, Elizabeth Nathan, Sally Mantell and Frances Chesnick for helping at each session with food, checking in and form filling (attending each session even in the pouring rain and snow), for standing outside of Asda and Enfield Lock Station in the December cold, distributing goods and for driving around the Borough delivering items to housebound people.

John Dennis for helping to make such a pleasant and social atmosphere – playing smooth jazz at each event – and inspiring some to dance!

Vivien Giladi, Ruth Fatthadine and Paul Everitt for contributing ideas and planning events through our Steering Group,

helping to arrange venues, book food, and ensure the participation of the Carers Centre. Vivien, Ruth and Paul also helped at several of the sessions.

Thanks as well to Diane Barron and George Rufai for background office work and accounts.

And a great round of thanks to the advice workers – from HEET, from the Local Authority and from the Carers Centre for giving time and advice to older people in need.

And finally thanks to the National Lottery for the funding of this project.

The Forum is a community and we urgently need volunteers to help to run and organise other projects like this one and to help out in the office, on the Social Events team and on the Executive. If you are lucky enough to be physically able and have some free time, please volunteer to help us. We are holding a volunteer open evening on Thursday 4 May (please see p5). Why not come along to find out what you could contribute!!

Jan Oliver
Chair

Friendly communities

The Forum believes that Enfield should become an Age Friendly borough

An Age Friendly Community is a place where people of all ages are able to live healthy and active later lives. The idea is to help people to continue to live in their own homes, participate in the activities that they value, and contribute to their communities, for as long as possible.

The Age Friendly framework was developed by the World Health Organisation, in consultation with older people. This ideal is very much aligned with the Forum's mantra of “Don't speak about us without us”.

Its thrust is that older people should not be looked upon just as the vulnerable in our societies but as a resource – a resource that can influence the

developments in such important local areas as: transport, housing, social participation, respect for outdoor spaces and buildings, social inclusion, civic participation and employment, communication and information, community support and health services.

Currently some 50 cities, constituencies and councils have signed up to the Network (five of which are London boroughs).

The Centre for Better Ageing states that becoming an Age Friendly Community requires a commitment for five years with an initial baseline assessment and the development of an action plan. Following this, progress is assessed as

involvement continues. Membership of the Network is free and improvements vary according to local needs. It can simply involve using existing resources better.

The benefit of the networks approach is being part of a growing movement with access to contacts, ideas and expertise from other members and across the country. In addition, members can learn from best practice examples and participate in member-only training and support.

The Forum committee is a strong advocate of this initiative and recommends that our Council joins the other London Councils already members.

The Digital Divide

Many older people are being disadvantaged as more organisations and local / national government bodies adopt digital-only services

A recent Ofcom report highlighted that some 6% of UK households do not have internet connection. This applied to our borough suggests that around 24,000 houses are in this category. Within this group there will be those who cannot afford it, those with a limiting condition, homeless, unemployed or some of the Forum members' generation who could be categorised as digitally excluded.

Undoubtably as the population ages the numbers without internet connection will diminish. But the downside is that those who remain digitally excluded will be living in a society where services and support networks become digital only.

Already we see around us the impact of this trend:

- the move to a cashless society
- many banks closing
- online payments when you park your car in Enfield Town
- the cashier's counter at the Civic Centre closing forcing those who need to pay local taxes to use retail outlets who take cash
- getting doctor and hospital appointments or needing to change appointments

• call centres becoming overloaded with the result that customers spend long periods waiting to speak to a 'real' person and listening to frightful music and recitals of options open to you if you go to their website.

The onward march of the internet age is relentless. For me the IT age began in 1967 when I was introduced to Algol programming on an Elliot 803 computer.

In 1968 I was writing programs for the London University Atlas computer situated in Gordon Square, London. This computer was one of the largest in the country and was housed in an air-conditioned room larger than the Chamber in Enfield's Civic Centre.

Since then, computer technology advancement has led to desk top computers, laptops, tablets and smart phones – all many times more powerful than the 1960s Atlas computer. And now we read about artificial intelligence systems that promise to further enhance these devices.

However, there remain barriers in helping the digitally excluded. Such barriers include:

- people who do not seek inclusion
- people afraid they will be scammed

- lack of skills
- equipment costs are too high
- access costs for telephone internet subscriptions are too high
- lack of help and support for those wishing to use these devices
- health or disability issues.

And such barriers are most prevalent in Forum members' age group.

Forum volunteers have for many years been helping those struggling with computers, tablets and smart phones by running drop-in sessions. The Forum initiated the Enfield Over 50s Job Club to help those unemployed to cope with the demands of the DWP's universal credit system.

For those that can afford a smart phone a real difficulty is adjusting the seemingly endless settings required to use it effectively. To this end, Williamz Omope who manages the Job Club is just adding digital inclusion classes to the sessions he runs at Enfield and Edmonton Libraries (see p11).

Tony Watts

Executive Committee Member



Home Instead Enfield is an award-winning home care company that offers the best in-home services throughout Southgate, Palmers Green & Bush Hill Park.

We provide care and support to allow individuals to lead fulfilled lives in a safe & familiar surroundings where they feel most comfortable, in the place they call home.

Services that Home Instead Enfield offer:

- ♥ Companionship
- ♥ Personal Care
- ♥ Live-In Care
- ♥ Home Help

We also host a FREE **Memory Lunch Club** event, every other Wednesday at St. Paul's Centre, Enfield Town between 11.30 and 13.30. Get in touch for more information



Look on the bright side



Intelligent insults

These insults are from an era before the English language got boiled down to four letter words. In those days, insults had some class.

George Bernard Shaw to Winston Churchill: "I am enclosing two tickets to the first night of my new play. Bring a friend... if you have one."

Reply from Winston Churchill: "Cannot possibly attend first night. I will attend the second... if there is one."

A member of Parliament to Disraeli: "Sir, you will either die on the gallows, or of some unspeakable disease."

"That depends, Sir," *replied Disraeli*, "on whether I embrace your policies or your mistress."

"He had delusions of adequacy."

Walter Kerr

"I have never killed a man, but I have read many obituaries with great pleasure."

Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary."

William Faulkner (about Ernest Hemingway)

"Thank you for sending me a copy of your book. I'll waste no time reading it."

Moses Hadas

"I didn't attend the funeral, but I sent a nice letter to say I approved of it."

Mark Twain

"He has no enemies, but is intensely disliked by his friends."

Oscar Wilde

"I feel so miserable without you; it's almost like having you here."

Stephen Bishop

Aging gracefully

"Age is something that doesn't matter unless you are a cheese."

Luis Buñuel, Spanish filmmaker

"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better."

Ingrid Bergman

"The idea is to die young as late as possible."

Ashley Montagu, British-American anthropologist

"The secret of staying young is to live honestly, eat slowly, and lie about your age."

Lucille Ball

"No one is as old as those who have outlived enthusiasm."

Henry David Thoreau

"You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police."

Joan Rivers

"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

My mother always used to say, "The older you get, the better you get. Unless you're a banana."

Betty White

"I'm at an age when my back goes out more than I do."

Phyllis Diller

Feel free to send contributions for the Bright Side to:

editor@enfieldover50sforum.org.uk

MHS Handyman Home Repairs

- Woodwork
- Locks
- Shelving
- Bedroom unit repairs
- Small painting jobs

....and much more !

No Job Too Small

No call-out charge

Contact Mark on:

07711 316 474

ENFIELD TOTAL REMOVALS MOVING HOUSE?

REQUIRE STORAGE?

- Free quotation & advice
- Packing-unpacking
- Friendly male & female team
- Fully insured
- High quality storage facility
- Established since 1999
- Arrange parking permits if necessary



10% discount to Over 50s forum members

020 8367 8348

www.totalremovals.com Company Reg No. 04109912

Proudly giving trusted
legal advice to the
older person and their
family for over 30 years



STENNETT & STENNETT
SOLICITORS & ESTATE AGENTS

4 Winchmore Hill Road Southgate London N14 6PT

T: 020 8920 3190

E: enquiries@stennett-stennett.co.uk

W: www.stennett-stennett.co.uk

Navigating a digital world

Digital inclusion workshops have been launched to help those who find it difficult to access the information and services they need

The Forum has worked closely with Williamz Omope on his Job Club initiative and now we are keen to promote his digital inclusion project.

Williamz says that digital inclusion is a key issue in today's world.

"Access to the internet and digital technology is vital for staying connected, finding information and opportunities, and participating in the workforce.

"Unfortunately, not everyone has the same level of access, and this can leave some members of the community at a disadvantage.

"That's why one of our key aims is to tackle digital exclusion by running digital inclusion workshops in Enfield libraries," he explains.

These workshops will provide people of all ages and backgrounds with the knowledge and skills they need to make the most of the opportunities available online.

They will cover a range of topics, including basic computer skills, online safety and security, using social media, and finding information and resources on the internet. They will also provide training on how to use common software programs such as Microsoft Office.

"Our goal is to create a welcoming and inclusive environment where people feel comfortable learning and asking questions. We will have experienced trainers on hand to provide guidance and support, and we will ensure that the workshops are tailored to meet the needs and interests of the participants," says Williamz.

The forum has provided volunteers and support for Williamz' long-running Job Club – helping people to write CVs, apply for jobs and navigate online job applications.

"We are fortunate to have several excellent partners that allow us the freedom to be creative in our approach. The Over 50s Forum and Enfield Council Library service have supported us since the beginning, and they are both excited about the expansion of our services and continued partnership. The Job Club would not have been possible without the dedication, professionalism, and determination of the volunteers."

Enfield Job Clubs now offer weekly sessions in Enfield libraries to support job seekers in the community. There are two types of sessions: the Over 50s Job Club and the new Job Club + Digital Exclusion Project.



The Job Club has helped many people to find work

Enfield Town Job Club takes place every Tuesday from 10am to 1pm at the local library, while Edmonton Green Library Job Club is on every Wednesday from 10am to 1pm. These sessions provide job seekers with access to employment support, employability training, and digital inclusion services in a safe and supportive environment.

If you are interested in attending these sessions or would like more information on the new courses, please ask at the libraries or visit www.enfieldjobclubs.co.uk. You can also contact Williamz at jobclubs@woconsultancy.co.uk or call: 07849 567 394.

**GIVE it
aGO!**

Bowls BIG Weekend

Lawn green bowling

Sat 27 & Sun 28 May

10.00am to 4.00pm

- No experience necessary – just turn up
- **FREE** coaching available
- Previous bowlers welcome
- Bowls provided

Please wear flat-soled shoes

Winchmore Hill Bowls Club

Club social activities

Non-bowling social members are welcome

Our excellent facilities include a lounge bar, patio and private off-road parking.

- Card games – bridge, canasta, whist
- Art class
- Quiz nights – Christmas Revue
- BBQs, disco night & music nights
- Trips & bowling holidays

If you are interested in finding out about social membership please phone Chris on the number below.



Enquiries – please phone **Chris** on **07786 961 660**

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

Email admin@winchmorehillbowling.co.uk Website www.whbowls.com

Inheritance Tax – How much is payable?

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

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

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

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

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

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

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

Another example for a married



George Ttoui



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

If you are concerned about the effect that IHT will have on your estate and the amount of money that will be left to your family and friends, we will be pleased to tell you about the range of products and services available as part of the St. James's Place approach to trust and estate planning.

Please note Wills and trusts are not regulated by the Financial Conduct Authority. Advice relating to a Will involves the referral to a separate and distinct service to those offered by St. James's Place. The levels and bases of taxation and reliefs from taxation can change at any time and are dependent on individual circumstances.

George Ttoui 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

Burlington Wealth Management Ltd is an Appointed Representative of and represents only St James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more

details of which are set out on the group's website www.sjp.co.uk/products. The "St James's Place Partnership" and the titles "Partner" and "Partner Practice" are marketing terms used to describe St James's Place representatives.



Community pop-up cinema

The Forum's first film showing was a great success – with films, food and fun for both those involved in film-making and the rest of the audience

The Forum's film making group had their first film showing in March at Jubilee Hall. We had 42 guests and it was a lively and enjoyable event. We showed four short films. Two nature films of five minutes, each made entirely on a smart phone by our brilliant cinematographer John Dennis. And two enacted films – "Through the Wormhole" and "The Accompanist" – one a light-hearted comedic film and the other a "Tale with a Twist" which was either touching or dark – depending on how you viewed it.

Refreshments were provided by the film group and we had a good spread of French bread, cakes, fruit and savoury snacks. Praise was heaped on the films and on the event itself. Thanks very much to everyone who acted and/or helped out in the films and at the event itself.

We are holding a second film showing – again at Jubilee Hall, 2 Parsonage Lane, EN2 0A on Tuesday 16 May between 2.00pm



The pop-up cinema was a great social occasion as well as a film show

and 4.30pm. Tickets are only £3 – payable on the door in cash (or £4 for non-members) which pays for the venue and our spread of tasty food. Films will include a comedy and one other with a couple of short films thrown in.

Please note: parking is very difficult in that area – you can get buses to Chase Side or park up in Kirkland Drive, a 10 minute walk away. We hope to see you there (again).

If you need more information or would like to join the film making group please contact us at eternalechoes2002@

yahoo.ie. We are always interested in more actors. Also, if you yourself make films and would be interested in showing them at our film screening, please contact us.

Jan Oliver

Film Group

Costa Rica Adventure

A small group of Forum members enjoyed an amazing holiday in central America



The group enjoyed a wide range of experiences

The first Forum holiday of 2023 has been to Costa Rica and what a trip indeed!

In brief, we travelled into the rain forest and cloud forest, staying in an eco-lodge, with monkeys for our neighbours, seeing such diverse wildlife from giant sloths to iguanas and so much bird life it was almost overwhelming. We zip wired – yes all

of us – through the clouds which was incredibly exhilarating. This was optional by the way!!

We explored the still active volcano area of Arenal in the pouring rain. We saw the best wildlife on the boat trips, led by our excellent guides – crocodiles and caimans everywhere. We had a visit to a cocoa farm and chocolate experience on Valentine's day – very interesting and nothing like Cadbury's Dairy Milk at all.

We relaxed at the end in a wonderful beach resort Marriott complex near the bohemian town of Tamarindo. Although the itinerary was tiring, especially the dawn and night walks in the rainforest, it was worth every yawn and soggy clothes just to see the beauty of nature up close instead of on the television.

Olivia Goodfellow

Social Events Team

Voluntary award

Peter Smith and Champak Mistry, two members of our Executive Committee, have been recognised by Enfield Council for their "long-term commitment to volunteering and exceptional service to the communities in the London Borough of Enfield."

Peter Smith was able to attend the Volunteers Awards ceremony in February at the Civic Centre and collect his certificate and medal from Councillor Gina Needs.

"I am honoured that Enfield Borough Over 50s Forum, who nominated me, and Enfield Council have recognised the work I have done over the years. It gives me great satisfaction and pleasure to give, rather than take, and in doing so meet like-minded people and hopefully bring a little help and pleasure to those that receive my efforts," says Peter.



Peter Smith received his award from Councillor Gina Needs

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 21 April

Train day out to Sawbridgeworth

Join Forum members for a local day out, taking the train from Enfield Lock to Sawbridgeworth, where we will be able to explore the small antique shops, have a stroll up the river and an optional pub lunch together. You will need to pay for your return train fare (£12.70 for an off-peak open day return) and lunch. Contributions to the Forum welcome. Meeting at Enfield Lock at about 11.10am. Please note if it is pouring with rain the day will be cancelled and rearranged.

Please contact Jan to book on 07748 264735 or email eternalechoes2002@yahoo.ie

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.

• Whether you're exploring the servants' wing, state rooms, stables, kitchen garden or beautiful grounds, you'll discover what life was like above and below stairs at a Victorian country house. Experience life as a Victorian servant in the historic kitchens, dairy and laundry rooms.

Relax in the award-winning gardens and Capability Brown parkland. Find the memorial to the Polish Resistance soldiers who trained here during the Second World War.

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.

Only 6 places left, so book your place, select your lunch and find out more from Olivia on 0208 447 8841 or email oliviagoodfellow19@gmail.com

Sunday 21 May

Michael Buble – 3 Course Roast Lunch

Enjoy Hayley's delicious Buffet. Music by Shane Hampsheir 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 3724 4287 – £25-00

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

Sunday 30 July

Glorious Hever Castle and Gardens, Kent

Enjoy a summer day out with us, exploring the 125 acres of themed gardens and 700 years of history in this magnificent castle, the childhood

home of Anne Boleyn-second wife of Henry VIII and mother to Queen Elizabeth 1st.

- A relaxing small coach day visit to the garden of England.
- A special event day has been selected so we can enjoy watching the Knights of Royal England fight it out in the annual jousting tournament. We can watch from the medieval stands to keep safe!
- No meals included as there are loads of places to eat and drink to suit all budgets – or bring a picnic if the forecast is good.

The trip costs £37, which includes return coach travel, entry to the castle and gardens and a small Forum donation and driver tip.

Only 34 places available so book your place and find out more from Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com

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 with its Museum of Childhood and Hardwick Hall.

Stay in the oldest hotel in England – The Old Hall in Buxton – and enjoy 4 nights' 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 £749. The larger the group-the cheaper the holiday. We are 28 so far and growing!!! One single occupancy (at a modest supplement) and two twin rooms are 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

Into 2024.Yes, we are planning that far ahead!!!

Classic South Africa

13 – 22 February. Three singles and 10 twins/doubles available.

Malaysia and Borneo

3 – 16 June, wonderful Riviera Travel itinerary. Three singles, nine twins and nine doubles available.

Historic Houses of Yorkshire

Five days with Airedale Tours in August. Expressions of interest welcome

Argentina

October 2024 date tbc. Wendy Wu tours will be giving us a presentation so you can find out more about this amazing opportunity. Register initial interest with Olivia.

If you are interested in any of these 2024 adventures, contact Olivia on oliviagoodfellow19@gmail.com or 0208 447 8841.

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

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

NEW WhatsApp Cinema Group

If you love watching films, why not join our new WhatsApp cinema group where you will be able to suggest local films and arrange to meet up with others to view. All you need is a smart phone and to download WhatsApp from the playstore. If you don't know how to do this, please ask a friend or email us for help. Then email your phone number to Jan at eternalechoes2002@yahoo.ie and she will add you to the group.

Coffee Club

We meet in the Skylight Restaurant in Pearsons in Enfield Town on the first Wednesday of each month. The next meetings are 5 April, 3 May, 7 June. 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 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

Lunch Club

We meet every two months at different venues. The next lunch is 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 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 or 07890 690 896

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

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

Film making group

The film making group is open to anyone who wants to try their hand at acting for film. We are currently on our 3rd and 4th film, after a very successful film showing afternoon. You will need to join us at one of our planning meetings which are held sporadically on Sunday afternoons at Enfield Town Library Community Room. Initially you will be asked to play the part of an extra with the possibility of a speaking or main part in a later film. Or you can just stay as an extra! (See p13)

To find out the next date please contact Jan on eternalechoes2002@yahoo.ie

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.

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.

Millfield coffee

We are resuming our fortnightly coffee mornings in the garden at Millfield House from Friday 5 May. All welcome to come along between 11am and 12 noon on alternate Friday mornings. If you are able, please bring a cake to share (shop bought or bake your own). 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 the Forum office.

Venue: Millfield House, Silver St, Edmonton N18 1PJ (where the Forum office is!)

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, held at the Council Chamber, Enfield Borough Civic Centre, Silver Street, Enfield EN1 3XA, 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.

Tuesday 25 April, 10am for 10.30am Job Club and Digital Inclusion

Williamz Omope, Managing Director & Outreach Project Manager, WO Consultancy

Williamz will be talking about the new courses that have been launched – digital inclusion and employability support for the over 50s.

(See also story on p11)

Tuesday 30 May, 10am for 10.30am

We have two speakers

How to avoid a contentious will

Michael Stennett, Stennett & Stennett Solicitors

Some families end up in bitter disputes and even legal proceedings about the contents of a will.

Michael explains how to make sure that does not happen.

Challenges of homelessness

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

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

Tuesday 27 June, 10am for 10.30am

Annual General Meeting

Come along to the Forum's AGM to help decide the future direction of the Forum – our priorities, our resources, our options.

Remember: this is your Forum.

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.

Fusion price freeze

Fusion holds prices for Forum members with concession card

Despite a general price rise, Fusion Leisure in Enfield is holding prices for Forum members who have a Concession Card. So the annual pass remains at £390 and an Over 50s Day remains at £6.50. The cost of a Concession Card for Forum members remains at £7.50.

Any Forum member who is a resident of Enfield is entitled to these discounts. Show

your Forum membership card to a receptionist

at any of the Borough's leisure centres run by

Fusion (Southbury,

Southgate, Edmonton,

Albany) and you can buy a Fusion Concession Card for £7.50 rather than £21.50.

Once you have this card, you can come to one of the Over 50s Days for just £6.50 instead of £10.50. Over

50s days are held at Edmonton on Monday and Fridays, at Southgate on Tuesdays and Fridays, at Albany on Thursday and at Southbury on Tuesdays and Wednesdays.

The Concession Card also gives you discounts on pay as you go activities:

Gym: £ 4.90 per session (instead of £9.75)

Swim: £3 per session (£5.50)

Group Exercise Class: £5.50 per session (£10.95)

Sauna & Steam: £7.40 per session (£12.40)

See last issue of Forum Focus for more info or just ask at the leisure centres.

NOTE: Volunteers needed to run the netball at Edmonton on Monday Mornings and health walks on Tuesdays and Wednesday. There are incentives! Contact dominic.hall@fusion-lifestyle.com



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. Anyone over 18 can join the lottery club. You do not need to be a member of the Forum or even reside in Enfield. Contact the office to join up.

November winner: Jan Oliver

December winner: Betty Meth