

The Annual Report of the Enfield Borough Over 50s Forum

For the year ending 31st March 2013

Enfield Over 50s

**Presented to the Forum's annual general meeting
held at the Civic Centre, Silver Street, Enfield
Tuesday 28th May 2013**



Supported by



President Monty Meth

***Executive Committee 2012/13**

Chair	John Ball
Secretary	Tony Watts
Vice Chairs	Bill Mackay
	Peter Smith
Treasurer	Champak Mistry
Campaigns officer	Monty Meth
Membership secretary	Joyce Pullen
Social secretary	Irene Richards
Health Tead Lead	Vivien Giladi
Members:	Heather Cole
	Tom Devine
	Des Hegarty
	Vincent Konyeaso
	Adeyinka Popoola

Social Committee

Secretary	Irene Richards
	Roy Barrows
	Cheryl Byamukama
	Heather Cole
	Liz Gilbert
	Olivia Goodfellow
	Jean Mittins
	Lorraine Murray
	John Peach
	Jacky Pearce
	Sue Scott
	Bill Thear
	Liz Thear
	Graham Thomas

Office Staff

* The Executive committee members are also trustees of the Charity

Jan Oliver, Development & Office Manager
Diane Barron, Administrative Assistant
Liz Delbarre, Administrative Assistant

Representation on external committees

Vivien Giladi

The JSNA (Joint Strategic Needs Assessment)
Health Improvement Partnership Board
Barnet, Enfield and Haringey Clinical Strategy
Programme Reference Group
Healthwatch Reference Group
Health and Wellbeing Board

Des Hegarty

Integrated Care Monitoring Group

Monty Meth

Chair, Oakwood Medical Centre
Patients Committee
Barndoc Patients Advisory Group

Chris Rash

Older People and Vulnerable Adults
Board Scrutiny Panel

Irene Richards

Enfield Older Peoples Board
Enfield Safeguarding Adults Board
Enfield Quality Checkers

Peter Smith (Vice Chair)

Enfield Transport Users Group
Enfield/ASLEF delegate to NPC Parliament,
National Committee Representative NPC
Greater London Region Executives Member
NHS Chase Farm Vision group member
NHS Barnet Enfield Haringey Hospital Transport
Committee
NHS North Middlesex University Hospital Patient
Representative Forum, Communications
Committee, PLACE, Infection control
committee, Primary Care Strategy
Implementation Board
Enfield Joint Strategic Needs Assessment
Committee
Enfield and Haringey (LINK Chairman)

Tony Watts:

Enfield Strategic Partnership Board
Enfield Older Peoples Board (Vice Chair)
Enfield Leisure & Culture Board
AgeUK Enfield Board (and Supporting
Independent Living Board –SILS)
AgeUK National Policy Sounding Board
North East Enfield Partnership Board

Christine Whetstone

North East Enfield Partnership Board

Chair's Report

The Forum can claim a Triple A rating in the year ending 31 March 2013 for its:- **Advocacy, Activity and Achievement**

Phew! What a year! Reform to the NHS pressing ahead with no clear goal in sight; State pensions and other benefits increasing by less than the increase in the Retail Price Index; Apparently sound banks in Europe folding and taking a chunk of their depositors' funds to bail them out; Banks in Britain paying interest below the rate of inflation; The national debt continually increasing in spite of Government raising taxes and squeezing public spending; Grim employment prospects for the younger generation! We are not alone. The malaise grips virtually the whole of Europe but it is no real comfort to know that our misery is shared.

Enough of the gloom and doom. As the detailed reports in this document show the year has been one in which the Forum has continued to provide attractive services to its members. This fact is borne out by the ever increasing membership. By the end of 2012 we had just accepted our 5,000th member. A huge debt of thanks is due to Joyce Pullen and her team who deal with the membership.

The Social Committee has provided a wide range of activities including evening dinners, lunches, day trips and holidays at home and abroad. We are all grateful to Irene Richards and the members of the social committee who work so tirelessly to provide us with leisure activities which enable us to socialise and experience travel together. Irene has proved a worthy successor to Roddy Beare who stepped down at the last AGM as chair of the committee after many years of providing service in his inimitably cheerful way.

The programme of talks and events has been very varied and at times very well supported. The Falls Awareness Day at Edmonton leisure centre had a large attentive audience and provided lots of practical information. Talks on health service issues were very well attended but a few events drew only small audiences. Suggestions from members of topics for talks would be very gratefully received by our

Secretary Tony Watts, who is largely responsible for putting together the varied programme and merits our sincere thanks.

This report shows that we have been very actively campaigning on behalf of the 84,000 Over 50s in Enfield. The NHS has been the principal cause for concern. Whilst the scope for improvement in some areas was evident, the proposed route to a better future is unclear. Many local GPs are not enthusiastic about the changes. Our campaigning team, led by President Monty Meth and Vivien Giladi, has persisted in raising issues and is currently managing to feed in to the development process with some success. Everyone in the community will benefit from their efforts.

In a different area of policy an important success was helping persuade the National Statistician to retain the current method of calculating the RPI. The proposal was to move to a different method which would have resulted in a lower measure of the cost of living which would have hard hit all pensioners, the holders of index linked savings and those with an RPI linked pension.

The weekly advice service at the Dugdale Centre is becoming increasingly well used and our sincere thanks are due to all the people and organisations that support it: the Citizens Advice Bureau, Stennett and Stennett solicitors, Enfield Council, Forum member Jeff Rodin who gives advice on tax, the Health Trainers and employment adviser Lorna Clark. Thanks are due to all of them and to Kathleen, Doreen and Rita, the Forum's reception team.

We are working hard to make more contact with people in the east of the borough. Jan Oliver, our Development Manager, is a source of many good ideas for providing a better service to those who can benefit from membership of the Forum. The office is now open mornings and afternoons and provides an excellent service. We

greatly appreciate the way Jan and her team cheerfully and enthusiastically staff the rather cramped office and get through a huge amount of work. We all owe them our thanks. And should also mention again Tony Watts who oversees the office and puts in an immense effort on a very wide range of small but essential tasks from updating the computers to ensuring we will have a gazebo at the next Borough event in a park. Thanks Tony.

On a personal note I must thank our Vice Chairs Peter Smith and Bill Mackay who have covered for my absences, sometimes at very short notice. They both play important roles in the Forum. Finally I must again pay tribute to Monty who has manfully edited and written in the Newsletter for over a decade and intends to pass the baton at the turn of the year. It is with complete honesty that I can write that the Forum would not be what it is today without Monty's enormous enthusiasm, journalistic ability and intelligence. His hand at the tiller of the Newsletter drawing on his personal experience of campaigning will be very sorely missed.

There are dozens of people I have not mentioned by name who play a role, big or small in running the Forum. You know who you are and we are all very grateful. Helping at events; stuffing and hand-delivering many newsletters; selling raffle tickets and a host of other jobs that keep the wheels turning. Without your help we would not be able to continue. Thank you all.

Finally thank you for turning up at the Annual General Meeting where this report will be circulated or thank you for reading it on the web. Without our enthusiastic members we would be an organisation without purpose. So thank you very much indeed for your interest and support.

John Ball (Chair)

Campaigning

During the year ending 31 March 2013 we needed to be more active than ever in keeping abreast of the many developments and changes affecting older people. Two that immediately spring to mind are the almost continuous barrage of demands from certain politicians to end universal benefits for pensioners which coincided with the new health service changes referred to elsewhere in this report.

Both will remain live issues until the 2015 general election requiring almost daily monitoring and, like all voluntary organisations, we sorely need more people to lend a hand; we need a steady flow of accurate information; and we need the people to represent the Forum at occasional meetings so that our voices are heard in the places where key decisions are made.

Among the campaigning highlights of the year were:

- **Collecting** a record 8,000 plus signatures for the National Pensioners' Convention petition calling for the maintenance of universal benefits.
- **Meeting** Enfield's three MPs in the Houses of Parliament where they each assured us of their support for retaining concessionary travel, winter fuel allowances etc., following the next general election.
- **Supporting** marches in London against plans to reduce hospital facilities.

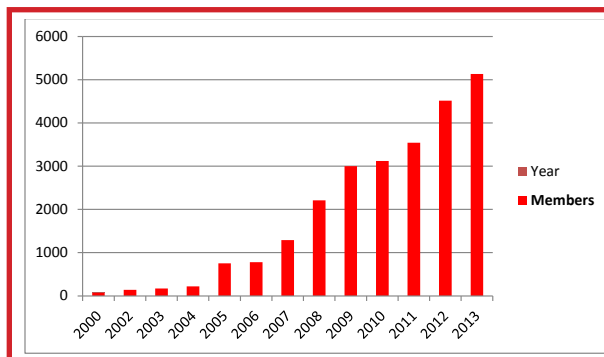
- **Led** the drive for a new by-law to ban spitting on Enfield's streets.
- **Winning** the long battle to improve the 307 bus service to Barnet Hospital.
- **Succeeding** in reducing the number of GP surgeries using 0844 phone numbers costing patients up to 13p a minute and 41p from mobiles, with part of the proceeds going to the GPs.

Through our continued production of the bimonthly Newsletter we were able to inform members, friends and all affiliated organisations of the many developments and changes taking place in the Borough, some of them helping to make life brighter and more interesting especially for those living alone. There was, for example, our new association with Cineworld Enfield to promote their Monday morning elders cinema club with a £3 admission charge – less than half the normal price – to see top films such as Quartet and Les Miserables, both attracting more than 120 people.

Without this communications tool it is doubtful whether many would know of the massive changes envisaged for NHS services in the borough or, for example, the impact the switch from the Retail Prices Index to the innocuously named Consumer Prices Index as the inflation measure for deciding future pension increases.

Membership

We have had a good year with, as in previous years, continued growth in numbers. During the year we saw 100 plus new members coming in monthly. We have a strict membership year ending on March 31 so there is always a drive from April onward to get people to renew their membership. By the year end we signed up our 5,000th member making us the largest Forum in London. Five new affiliates joined namely; Enfield Choral Society; The Tweed Social Club (Marks & Spencer Retired Staff); Enfield Women's Centre; Enfield Chamber Orchestra; and Enfield Veterans Combined Services Ceremonial Committee (British Legion). The full list of affiliated organisation is given at the end of this report in Appendix I.



Meetings Programme

Over 1400 people attended the 43 meetings organised by the Forum at the Civic Centre, Skinners Court and Millfield House. This extensive range of meetings included topics such as: health, policing, life-long learning, hearing loss, wills and protecting your assets, care homes, the prison service, volunteering, etc.,

John Carmichael of the Ambulance Service talking to the Forum



Dugdale clients increase

Having launched our Monday morning free confidential advice sessions at the Dugdale Centre in June 2011, we can now report that more than 500 people took advantage of the services we offered during the year to March 31 2013. And since the venture started 837 people have been seen by the team of advisers we have assembled.

Thanks to the diligent and dedicated work of our volunteers – Kath Young, Rita Clayton and Doreen Ashley - who receive the visitors at our reception desk, we

know that between June 2012 and March 2013, 192 people had a free session with solicitor Michael Stennett, 120 people saw CAB adviser Lorraine Hopwood, 70 people saw the council's benefits advice team, 52 people saw tax adviser Jeff Rodin and 33 sought employment help from Lorna Clarke.

We thank Enfield Council for enabling us to use this fine facility and hope that as the service becomes more widely known and widely used it will be taken up by yet more people, though we are aware that

opening for just two hours on one morning a week has its limitations. We must also thank the editors of Our Enfield and Enfield Echo for publicising the project.

Interestingly, 15 people joined the Forum during the year at the Dugdale sessions as a result of having a public face at a venue where visitors can have a coffee and a chat which demonstrates how popular such a centre would be for older people in the town centre if we had that facility available more often.

Staffing and Data improves

Jan Oliver joined us as Development and Office Manager in May 2012 and says she has been very impressed with the friendliness of everyone she meets, the number of members we attract (which increases on a weekly basis) and at the work that the Forum does both in campaigning for the rights of older people in the Borough and in promoting health and the many activities.

We also have two new administrative workers – Diane Barron who works mornings and Liz Delbarre who works afternoons and they are able to run a friendly and welcoming office which for the first time is now open from 9.30 to 4.00 – Monday to Friday. Our systems are improving all the time: Diane has helped to create a number of new databases helping us to gather statistics of our members and our meetings and we have an up-to-date database of volunteers so that we can see at a glance what kind of volunteering our members wish to be involved in.

Liz has been involved in helping us with invoicing for our newsletter adverts, thus increasing our revenue and helping the Forum to fund the cost of the newsletter. In these times of austerity all of these systems help us in attracting more funding for the future and we are looking forward to offering an increased service to our members in the forthcoming year.

During this financial year we started to receive an Enfield Council Capacity Grant which has enabled us to focus on increasing the number of members who come from the

Eastern side of the Borough (from Edmonton Green and up the Hertford Road) where statistically life expectancy is lower. To this end we started a steering group looking at how to attract and become more involved in this part of the borough. Thanks to the volunteers who have helped to organise the steering group, especially Christine Whetstone who has been our willing representative on some of the local neighbourhood groups. We have organised some delicious meals out at Aksular Turkish restaurant and several extra meetings at Millfield House and along the Hertford Road.

The western half of Enfield has an older population profile and so we were pleased to note that, by the end of March 2013, 23% of our membership came from the East – a fair reflection of the make up of the population of Enfield. Another focus has been on supporting our more vulnerable members. Support is offered by the social committee enabling vulnerable members to access each social event and we are looking at other ways we can enable people who may be housebound or isolated to join in with the Forum.

Our latest analysis shows that we have 843 members who are aged over 65, live alone and would be isolated without Forum support. We are also collecting data on people with disabilities and may need extra support to attend meetings. In the office we have a very efficient and friendly band of volunteers and we extend our thanks to them, especially to Joan, Aparna, Jaya, Yvonne and Fiona.

Forum in Europe

As stated in the Annual Report last year the Forum concluded its European Union funded town's project of how older people were being supported in Gladbeck (Germany) Courbevoie (France) and Halandri (Greece) in March 2012. Besides cementing relationships with our twin town counterparts, a final report was submitted to the EU in May 2012. This and other reports from the study can be found on the website developed and maintained by our Forum – www.eur50plus.org. In July members Jeff Rodin, Vivien Giladi, Tony Watts and Lesley Jordan gave a presentation on the outcomes from the project to over 100 delegates from older people's Forums across London and the shires at Europa House in Westminster.

Following on from the Forum's project, Gladbeck has been successful in getting funding from the EU for a smaller study for the towns with which it is twinned and has invited the Forum to send a small group of members to Gladbeck in August 2013 to participate in a conference they are organising.

Liaison with Fusion Lifestyle

The last year has seen the opening of four modernised leisure centres, Southbury, Southgate, Edmonton and Albany matching anything available in the private sector without the penal contracts many of them impose and which are continually being exposed in the press.

Our links with the leisure centres do, of course, pre-date the arrival of Fusion, a company that ploughs any profits back into the community, and thanks to our close and continuous working arrangement we now have a record number of Forum members using the leisure centres. Through a combination of significant discounts negotiated by the Forum and organising special Over 50s activity days at each of the four major centres, which run from Monday to Thursday, we now have 3,276 Forum members signed up for either annual memberships, monthly direct debit or they have a special rate Forum discount card to swim, use the gym or the varied range of exercise classes.

This is the result of our long-standing campaigning message – get fit for a longer life – which we continually press home as our contribution to improving the health of older people. There is still much to do on this front since we now learn that one in three adults over 55 in Enfield has a limiting long-term illness and the gap in life expectancy is still widening between East

and West of the borough, especially for women.

All Forum members can obtain a great value Concession Card for the reduced price of £7.50 per year - saving £12.50 on the normal price. The concession card enables members to use a wide range of activities with a 50% reduction. This includes the Over 50s activity days currently at Edmonton every Monday, Southgate on Tuesday, Southbury on Wednesdays and the newly introduced Albany leisure centre Over 50s session on Thursdays which was opened by Nick de Bois MP. There are also free swim days for Forum members at Arnos Pool every Tuesday 11.30am - 12.30pm and on Thursday 2.30pm - 3.30pm.



Health: preparing for change

As a result of the new Health and Social Care Act, the Enfield NHS Primary Care Trust was abolished on April 1 2013, so the whole of our last membership year was taken up with understanding the new legislation and the impact it will have on all local health services. The Forum has a health team of five: - Tom Devine, Vivien Giladi, Des Hegarty, Monty Meth and Peter Smith and they were fully stretched during this momentous year.

The Primary Care Trust, with whom we had good working relations, has now been replaced by the Clinical Commissioning Group (CCG) of local GPs who now control 80% of the health budget. Our major task for the coming year is to ensure that we work closely with the CCG as a critical friend in the interests of our members, retain good links with the hospitals, monitor all the many incoming initiatives and contribute to shaping them.

As a team, we have also been consulted by those responsible within the NHS locally to comment on a number of proposals and developments, community services, the minor ailments scheme and GP premises for example. The Forum's health team is concerned that the introduction of Any Qualified Provider (AQP) regulations will lead to privatisation of a number of services, and we have worked with our excellent Audiology Department at Chase Farm Hospital to alert people to the dangers inherent in the new system. We need to continue to keep an eye on these developments which are worrying.

Tom Devine has done the work on the Mental Health Trust which was responsible for Community Care. This too has transferred to the CCG and we have responded to consultation on its organisation as its services are of vital interest to our members.

Des Hegarty has represented us on the Integrated Care working party, which is still in its infancy but, again, of great importance

to our members, and he has held a watching brief, along with Monty Meth over the emerging CCG.

Peter Smith took over as Chair of LINK, which has also now been abolished, and we are hoping to get Peter appointed to the new Healthwatch board so that his many years of extensive and detailed local knowledge will not be lost to the new organisation and can be put to good use. Theoretically, Healthwatch, a body to signpost to and monitor local health and social care provision should have been publicly launched on 1st April 2013, but it was far from fully formed by that date. The fact that it is now being set up with acceptable staffing, structure and resources is largely due to the Forum's lobbying.

The Forum has forged effective links with all relevant partners in the local health economy but, given the enormous changes, the uncertainties and the budget restraints, it has been hard pressed. There seems little likelihood that the coming year will be easier, but we'll do our best.



Dr Mo Abedi of Enfield CCG talking to the Forum

Transport to hospital

The Forum has been in the forefront of the campaign for better public transport to Barnet and North Middlesex hospitals for the best part of ten years, so it was with some pride that we welcomed Transport for London's decision to end the 307 bus route from Brimsdown in the grounds of Barnet Hospital. This particular benefit to many Enfield residents was noted in an Enfield Advertiser editorial which said:

"The relocation of the bus route from Wood Street into the grounds of Barnet Hospital will make a world of difference to the many residents who are expected to attend routine appointments at the hospital, especially if Chase Farm does lose its services in the future.

"This is another triumph for Enfield's over 50s Forum, but why it took so long for this bus stop to be moved cannot be understood. At last common sense has prevailed."

Thanks to the initiative shown by Nicola McDowall, the Forum supported a petition seeking to get a direct bus service from Oakwood to Chase Farm Hospital and although we put forward numerous ideas during the year for minor changes to existing routes, TfL has so far refused to budge, although in many cases, people have to take two buses to get to a hospital less than three miles away. Similarly, we have so far been unsuccessful in getting the 318 from Stamford Hill, which goes directly into the grounds of North Middlesex Hospital, extended to the Winchmore Hill / Southgate area.

We are, however, hopeful that now that Enfield council and the local hospitals have joined forces to review the whole transport network in the borough – in which our members, Peter Smith, Nicola McDowall, Tom Devine and Don Smith are playing a full and constructive role – improved services to hospitals will result and be equal to those serving schools, shopping centres and rail and tube stations.



Dignity in care

The Forum is greatly indebted to Chris Rash who has represented the Forum on the Older People and Vulnerable Adults scrutiny panel for the fixed two – year term during which he played a prominent role in discussions on such matters as direct payments/personalisation, residential care, safeguarding adults, stroke strategy, mental health and dementia awareness. Chris's place on the panel will be filled by executive committee member Bill Mackay.

Securing the council's support for the adoption of the Dignity Code proposed by the National Pensioners Convention was the highlight of Chris's work which culminated in his attending the NPC conference on Compassion in Health and Care.

The NPC Dignity Code now circulated widely by the council calls for:

- Respect for individuals to make up their own minds, and for their personal wishes as expressed in 'living wills', for implementation when they can no longer express themselves clearly, for an individual's habits, values, particular cultural background and any needs, linguistic or otherwise
- The use of formal spoken terms of address, unless invited to do otherwise
- Comfort, consideration, inclusion, participation, stimulation and a sense of purpose in all aspects of care
- Care to be adapted to the needs of the individual
- Support for the individual to maintain their hygiene and personal appearance
- Respect for people's homes, living space and privacy
- Concerns to be dealt with thoroughly and the right to complain without fear of retribution
- The provision of advocacy services where appropriate

We are very pleased to see that the work already underway at Enfield Council Adult Social Care department, which has embraced the Dignity in Care standards, covers many of the things covered in the NPC code. The key document for implementing the Dignity in Care standards is the Quality Improvement Framework. This document outlines how the council have established service users and carers as an integral part of every level of Quality Improvement planning and implementation.

Enfield has also established a volunteer Quality Checker group, whose feedback will be organised by the Dignity in Care standards. The Quality Checkers are volunteer service users and carers who are trained to visit services and give their view, based on their experience and the training provided of the quality of care.

In these life-changing times the Forum has a major responsibility to see that the increase in life expectancy is

matched by improved health and social care. So we have been engaged in:

Protecting the audiology unit at Chase Farm Hospital from unfair private competition in the growing hearing aids market

Seeking to get the few remaining GP surgeries to abandon use of the expensive 0844 phone lines

Monitoring changes in GP primary care services

Securing the much-valued Community Toilet Service

Seeking better treatment for dementia and stroke sufferers

Organising a Falls Awareness Day which attracted over 120 people coming to learn how to improve their stability and being introduced to the range of activities run for the over 50s by Enfield Leisure Centres



Social Events and trips

Your social committee has been working hard all the year to provide Forum members with an imaginative menu of activities. We have arranged more than 50 events for your pleasure. These have ranged from holidays, days out, a picnic, coach trips, musicals, sailing, horse riding, wine tasting and meals aplenty. A large number of members have taken advantage of these – most events have been sold out and extra places or coaches have been booked or, as with the case of one of our most popular events, the Christmas Lunch, a further lunch was arranged for January! A particular feature of appropriate events has been to meet and greet those coming alone to ensure they are introduced to other members; it has been much appreciated and added to their and our enjoyment. We have also taken on board the many requests for UK holidays. Every effort is made to provide for a variety of budgets.

We are always looking for opportunities to support local businesses and this can be seen from the variety of venues booked.

Apart from this, the social committee provides a funding stream to support the Forum. This year events and trips were in surplus to the tune of £1,429. Recommendations were made to the Executive for donations to be given to various local charities and others from these proceeds. New members and their ideas for future activities are always welcome, but it is expected that everyone on the committee is a worker, organising events or helping other members. The social committee is an outstandingly hard-working group, full of great ideas and enthusiasm and cannot praise them enough. The Forum should cherish them.



Forum members holidaying in Marrakesh



Dinner out at the Hertford Road Aksular Restaurant

Woodwork and Handcraft

The Woodwork and Handicrafts after school group is now nearing the end of its third year and is continuing to attract enquiries from Forum members wishing to join. Average attendance over the past few months was about nine as the bad weather put some people off from attending and the workshop they use at Enfield County School is small and from a safety point of view a class size of 14 is about right. Nevertheless, the skill level of those who have been attending regularly since it started has continued to improve and some of the work produced is of a high standard.

The range of items produced this year include a Garden Seat, Chair/Steps, Clothes storage boxes [one decorative], Rocking Horse, Jewellery Box, Clothes Horse, Umbrella Stand along with running repairs carried out to various items of furniture brought in from home. John Lombard, the founder/tutor is grateful for the help and support that he receives from his two very experienced colleagues PJ Brogan and Joe Ormsby and hopes that they can continue to provide this service for another few years.



Book Club

Our book club has been operating for over two years and regularly gets attendances of 14 people. We actually have 22 members, so we get a mix of different people each month. We read a whole range of paperback fiction including classics, prize winners and bestsellers. Each member has a chance to suggest and introduce their favourite books and this makes for an eclectic mix. We had our anniversary lunch to celebrate our success during the year which was very enjoyable. We can see the book club continuing for many years.

Poetry

After his pioneering work in setting up the group, David Oliver was unfortunately compelled to hand over the co-ordinator's reins to David Blake during the year. David had done a sterling job, not least in master-minding the launch of the group's first collection of poems and we thank him for all his work. The group has now moved to its new home at the Town Library, it meets monthly and is busy collecting a new collection of poems which it hopes to publish in the coming year.

Angling Club

We completed our first year in January with an anniversary lunch. Because of the poor weather last year, we did not have many excursions although the hardy members did arrange ad hoc fishing trips. We are a very small, select bunch, but keen and we meet even if we are not fishing, so we have a social side. The weather has not been kind to us this year either, so we have not started our trips yet, but hope to do so as soon as we get warmer days.



Finance

Another good year under the stewardship of our treasurer, Champak Mistry. Our finances show a healthy increase in reserves thanks to the funding we have had from Comic Relief added to the grant we were awarded from Enfield Council's capacity building fund.

The Comic Relief grant spread over three years ends in May 2013, but thanks to this support the Forum has gone from strength to strength in expanding the range of activities it undertakes with a concomitant increase in membership. The capacity building award from Enfield Council is likewise being put to good use in allowing us to employ an additional member of staff and do more in attracting and servicing members from the east of the Borough.

The efforts of our membership secretary, Joyce Pullen, and having our office at Millfield House open from 9.30am to 4pm has meant that subscriptions and renewals are dealt with more efficiently so that income for the year reached a record level. The fact that many of our members have signed up for gift aid meant that we were able to claim back tax to the tune of £6,531 for earlier years and the good news is that we should be able to recover a similar sum for this reported financial year.

The extensive and excellent programme of trips and events run by the social committee was in surplus with a net contribution of £1,429 towards the running costs of the Forum. Besides the grant from Comic Relief and the Capacity Building Fund other support was gratefully received from the Old Enfield Charitable Trust, Stennett & Stennett, the NHS, the Warm Homes Scheme and AgeUK.

Following the £5.6K loss last year overall our accounts for the year show a surplus of just over £30K. The reserve we now have and our predicted cashflow indicates that the Forum will remain financially viable for at least three years – and this has enabled us to join other enlightened employers and pay our staff the London Living Wage.

On the expenditure side, staff salaries are the most significant cost of running the office. The accounts show that the annual cost of printing and distributing the newsletter as £11.2K. This figure is artificially low as we invested in £9,000 worth of stamps in the previous year thereby saving the Forum some £3,500 because of impending postage increases.

For the coming year increased membership means that postage bills for each issue of the Newsletter are now at least £1,500. Currently we print 9,000 copies of the newsletter which besides being posted to our members is distributed to our affiliated organisations, GP surgeries and libraries across the Borough.



The Forum at Jubilee Park - Edmonton Carnival

APPENDIX I

Organisations Affiliated to the Forum

“Enfield has Over 80,000 over 50s half of whom are retired”

Abraham Lewin Unity Lodge	First Tuesday Ladies Group
Arnos Bowling Club	Heart Throbs Cardiac Support Group
Arnos Grove Townswomens Guild	Holtwhites Bowls Club
Arthritis Care - Edmonton	Ladies Friendly Group
BHP Bowls, Tennis & Social Club	Local Tennis Leagues
BHP Residents Association	Macular Disease Society (Enfield Group)
Bounces Rd Area Neighbourhood Watch	Meet a Need with Christian Care
Bramley Ladies Bowling Club	Naree Shakti (Asian Womens Strength)
Bury Lodge Bowls Club	Nightingale Community Hospice Trust
Club 60 Plus	North London & South Herts Ramblers
Club Terza ETA	Oakwood Horticultural Society
Cockfosters Bowling Club	Operation Fish
Cockfosters Probus Club	Over 50 Bangladeshi Society
Community & Environment Project Office	Probus Club of Enfield
Cypriot Elderly & Handicapped Group Enfield	Ruth Winston House
Deep Indian 50 Plus Assoc - Enfield	Salvation Army Sunshine Club
Edmonton Camera Club	Selborne Bowling Club
Ellenborough Table Tennis Club	Silver Threads Senior Citizens Group
Elsinge Monday Club	Southgate & Enfield Friendship Centre
Enfield & Southgate Workers Educational Association	Southgate & Oakwood Townswomen's Guild
Enfield Asian Welfare Association	Southgate Opera Group
Enfield Breathe Easy	Southgate Symphony Orchestra
Enfield Caribbean Association	St Johns Art Group
Enfield Chamber Orchestra	St Thomas (Oakwood) Golden Link Club
Enfield Choral Society	Stroke Action Social Club
Enfield Croquet Club	The Community Singers
Enfield Diabetes Support Group	The Enfield Art Circle
Enfield Island Village Trust	The Ladies Thursday Club
Enfield Light Operatic & Dramatic Society	The Royal Air Forces Association (Enfield)
Enfield National Trust Association	The Royal Air Forces Association (Enfield)
Enfield RSPB Local Group	The Tweed Club
Enfield Town Bowls Club	Weir Hall Ratepayers Association
Enfield Unison Retired members Association	Winchmore Bowls Club
Enfield Video Makers	Winchmore Hill Community Centre
Enfield Womens Centre	Winchmore Hill Folk Dance Club
Enfield Writers Workshop	Winchmore Singers
English Country Barn Dancing	Winchmore String Orchestra

APPENDIX II

Receipts and Payments Account for the year ended 31st March 2013

RECEIPTS			
	Note	2012/13 £	2011/12 £
Subscriptions	1	39,181	23,457
Grants and donations	2	43,652	23,058
Gift Aid Tax refund	8	6,531	1,696
Bank interest		567	266
		<hr/>	<hr/>
	£	89,931	48,477

PAYMENTS			
	Note	2012/13 £	2011/12 £
Staff salaries and NIC		28,604	26,058
Printing		7,578	8,415
Postage and delivery	6	11,220	11,410
Stationery		1,562	2,250
Telephone		468	373
Office equipments		986	316
Office rent and hall hire		3,839	4,872
Miscellaneous expenses		999	1,020
Donations		753	792
Insurance		479	0
Public Events	7	2,915	3,724
Dougdale advice Centre - publicity		1,500	0
		<hr/>	<hr/>
		60,903	59,230

Surplus on ordinary charitable activities		29,028	-10,753
Activities for members:			
Net receipts from Events	5	1,879	5,253
Net receipts from trips	5	-450	-176

Total net receipts for the year		30,457	-5,676
Cash funds 1st April 2012		49,000	54,676
		<hr/>	<hr/>
Cash Funds 31st March 2013	£	79,457	49,000

STATEMENT OF ASSETS AT 31ST MARCH 2013			
Bank Balances - Barclays		23,315	3,355
CAF		56,124	45,595
Petty Cash		18	50
		<hr/>	<hr/>
	£	79,457	49,000

Notes to the Accounts

- Subscriptions - Includes significant amounts received for 2013/14 and from life members.
- Grants and donations - major donors and contributors
Comic Relief
London Borough of Enfield
Old Enfield Charitable Trust
Stennett & Stennett
- Events completed during the year showed a surplus of £1,370.92
- Trips completed during the year showed a deficit of £2,338.19 after volunteers expenses of £754.80.
- | Gross | Receipts | Payments | Net |
|--------|----------|----------|-------|
| Events | 11,364 | 9,485 | 1,879 |
| Trips | 37,285 | 37,735 | -450 |
| | <hr/> | <hr/> | <hr/> |
| | 48,649 | 47,220 | 1,429 |
- There was a stock of stamps of £10,000 at 31st March 2013 for use during 2013/14.
- The Forum organised the following events for public benefit:
Falls Awareness Day
Healthy Lifestyles
Woodwork Classes
Warm Home
Lea Valley Boat Trip
Duxford
- Gift Aid claims upto 31st March 2012 have been received.

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st march 2013 was prepared by:

Champak Mistry, FCCA.
..... April 2013.

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st march 2013 was Independently Examined by:

Jeff Rodin
Independent Examiner
..... April 2013

Dear Forum Members

I have been appointed Auditor of the Forum's accounts for the year ended 31 March 2013. I have carefully examined the financial records produced to me and am satisfied that the Accounts prepared for the Forum by its Treasurer Mr Champak Mistry, FCCA, represent a true and fair summary of the financial transactions conducted by or on behalf of the Forum during the year ended 31/03/2013, and of the Forum's financial standing as at that date.

Yours sincerely

Jeff Rodin B.Soc.Sc (Jt Hons)
Independent Examiner

Enfield Over 50s

The Newsletter of Enfield Borough Over 50s Forum has a circulation of 9000



A Meeting of Forum Volunteers

“Don’t talk about us, Without us”

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Registered Charity 1122859