

Enfield Borough Over 50s Forum

Annual Report

For the year ending 31st March 2016

**Presented to the Forum's annual general meeting
held at the Civic Centre, Silver Street, Enfield
Tuesday 31 May 2016**

Enfield Over 50s

“Don't talk about us, Without us”



Supported by



President Monty Meth, MBE

Executive Committee/Trustees 2015/16

Chair	Christine Whetstone
Secretary	Tony Watts
Vice Chairs	Peter Smith
	John Ball
Treasurer	Champak Mistry
Membership secretary	Joyce Pullen
Social secretary	Irene Richards
Health Team Lead	Vivien Giladi
Members:	Jim Cante
	Yusuf Gulamhusein
	Yvonne Mulder
	Chris Osborne
	Jeff Rodin
	Joan Stephenson
	Talat Shaik
Newsletter editor	Yvonne Mulder
Newsletter editorial team	Monty Meth
	Tony Watts
eNews compiler	Fiona Sanders
200 Club organiser	Jim Cante

Social Committee

Chair	Irene Richards
	Roy Barrows
	Roger Biss
	Cheryl Byamukama
	Jim Cante
	Liz Delbarre
	Heather Cole
	Olivia Goodfellow
	Martin Griffith
	Jean Mittins
	Jacky Pearce
	Sue Scott
	Graham Thomas
East & North of Borough Steering Group	
	Jan Oliver
	Dot Pagin
	Joan Stephenson
	Tony Watts
	Christine Whetstone
	Marilyn Cameron

Office Staff

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

Representation on external committees

John Ball:
Chair, Outer North London Companions Friendship centre
Chair, Greater London Forum for Older People

Vivien Giladi:
Health Improvement Partnership Board
Healthwatch Reference Group
Health and Wellbeing Board

Monty Meth:
Chair, Oakwood Medical Centre Patients Committee

Joyce Pullen:
Member Patients Participants Group
Volunteer at Nightingale Hospice

Irene Richards:
Enfield Older Peoples Board
Enfield Safeguarding Adults Board (ESAB)
Co-Chair Service User, Carer and Patients subgroup of ESAB
Co-Chair Enfield Quality Improvement Board
Enfield Quality Checkers
Dignity in Care Panel
Chair, PPG Aberneth House
Trustee, Edmonton United Charities

Jeff Rodin
Chair, Enfield Citizen's Advice Bureau
Consultant, Tax Help for Older People
Treasurer, Enfield Community Transport

Peter Smith:
Enfield Over 50s Forum representative on the Enfield Transport Users Group.
Enfield Over 50s Forum & ASLEF representative and Executive Member on the NPC London Region.
Enfield Over 50s Forum representative on the Patient Representative Forum (PRF) and Public Led Assessment of Care Environment (PLACE) at the North Middlesex University Hospital.
HAPIA Heathwatch Public involvement Association.

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:
Amnesty International Volunteer Speaker
CCG Voluntary and Community Stakeholder Group
North East Enfield Partnership Board
Police Independent Advisory Group
Community volunteer for the Enfield Youth Offending Service

Chair's Report



First of all I would like to say what a wonderful group of members we have in our organisation; people with many different interests, from all walks of life and from all parts of Enfield. There are well over 6,000 of us, making us one of the principal organisations for older people in the country and certainly the largest such group in Enfield. We are also proud to have numerous affiliated groups representing even more local people.

At the end of my first year as Chair of the Forum I would like to focus on what has been going on since May last year and I am afraid that the words, **"Thank You"**, will feature heavily in what you are about to read.

Congratulations and thanks to the Book Club, the Poetry Group and the Woodwork and Jewellery Group for continuing to enthuse their members. Thanks also to Irene Richards and the Social Committee for organising events, meals out, walks, cultural experiences and terrific holidays. Thanks to Vivien Giladi, Monty Meth and Peter Smith for keeping an eagle eye on the health economy and to Tony Watts for planning the varied monthly meetings at the Civic Centre, Beaumont and Millfield. I know Tony would like to hear your ideas for interesting speakers who can inform or entertain us. Thanks too to all those who give up their time to organise the Dugdale Advice Service on Mondays. Thanks to Champak Mistry for ensuring that we are always on the financial straight and narrow and to Jim Cattle for initiating and running the lottery. *It is never too late to join.*

The Forum newsletter is a marvellous publication, containing not only information, much of it a result of Monty's research, illuminating articles by a wide range of contributors together with a clutch of outrageous jokes. Thanks to Yvonne Mulder who has taken over the editorial role.

Amongst our members we have a band of amazing volunteers, who regularly give up their time to ensure that the newsletter goes out, who attend our events to ensure they run smoothly, who help out in the office, who organise our groups – the list goes on. Without these stalwart supporters the Forum's work would not be

possible. Thank you all. By the way there is always a need for keen and committed members to volunteer – just let us know.

Thanks to Jan Oliver, our Development Officer, who is incredibly well organised and imaginative. She manages the day to day activities of the Forum, together with those huge annual events which take such skilled organisation. Those of you who attended the Winter Fair will know just how good these events are – look out for our Falls Prevention Action Day in June and the conference in October. Jan, together with Diane and Liz, run the office and are the face of the Forum who meet and greet members and who are the first port of call for enquiries. In my humble opinion they are superstars. Thank you all.

Finally my thanks go to my colleagues on the excellent Executive Committee. We meet monthly, to discuss our progress, plan ahead and respond to challenges. But there is a very special thank you to Joyce Pullen, who has been Membership Secretary of the Forum for the past seven years, during which time our membership has increased dramatically. Joyce has decided to step down from her post but we all hope that she will remain involved in the Forum and we are delighted that she is keen to remain on the executive committee. In order to recognise Joyce's sterling work we have decided to award her Life Membership of the Forum and we look forward to seeing her at our meetings. **Thank you, Joyce.**

Your Forum will continue to stride ahead, discovering what is affecting older people and their families in Enfield and liaising with our political representatives, both on the local council and in parliament and offering our views. There are tough times ahead for all local authorities now subject to savage financial cuts which will almost certainly have an influence on council services for older people.

Now we want to hear from you. How are we doing? What do you think your Forum should address in the coming months and years? Do you have suggestions regarding how we can progress? Please let us know because the Forum exists for all of us.

Christine Whetstone

Another year of progress

Our financial year runs from April 1 to March 31 and we can now report that as of March 31 2016 we had a record 6,249 subscribing members - higher even than our highest-ever membership of 6,207 which we registered at the same time last year. We now have the highest recorded membership since the re-named Enfield Borough Over 50s Forum was launched in 2001.

We are almost certainly the largest Forum in Greater London and possibly in the country due in large measure to the continuous programme of varied activities we organise and which are outlined in this annual report. But we recognise that our large membership is also linked to our continuous drive encouraging older people to use our leisure centres to support our long-established campaign to Get fit for a Longer Life.

This began long ago when the Enfield Leisure Centres Trust was managed by Enfield Council and has continued even more successfully since the not-for-profit Fusion Lifestyles Company was brought in to manage the leisure centres.

At first glance a membership increase of just 42 in a year seems little to shout about, but this does not take into consideration what the accountants call "natural wastage" - people who do not renew their membership for a variety of reasons which do not require elaborating here. Suffice to say that the subscription income of more than £41,000 in the year reported in our annual accounts is testament to the support we continue to enjoy from our fellow citizens in the Borough. And this subscription income is our principal revenue source and is the essential lifeblood that keeps us going.

Despite the all-round work we do in communicating a variety of messages ranging from the need for better health care to running a weekly confidential free advice drop - in, we receive no grant aid from any statutory body. Some years ago we did receive annual grants from the local Metropolitan Police and the then Enfield NHS Primary Care Trust for publicising their work and campaigns.

We not only still do this work, but the calls on us for support are greater than ever.

Yet we now have largely to rely on the subscription income from our members which is crucial to maintaining our ever efficient part-time staff led by Jan Oliver, the development and office manager, with her two administrative assistants, Diane Barron and Liz Delbarre who together help to enhance our presence and influence in the Borough. They are aided by our office and drop-in volunteers - Christine Brown, Aparna Chaudhuri, Linda Chee, Jean Derby, Yvonne Jeremiah, Hazel Kinsler, Fiona Sanders, Dipra Sinharay and Joan Stephenson. Especial thanks to Paul Nichols our main volunteer driver and many many thanks also to our events volunteers too numerous to mention.

It is also important to stress that our current 6,249 membership figure is not a paper figure, as is the case in many other voluntary organisations. Each of them has paid their annual subscription for the year starting on April 1 2015. Some are Life Members of whom we now have 334 - an increase of 67 in the year with each paying £100 individually or £150 for couples; many other members pay their subscriptions for two or more years in advance indicating their commitment and support for our Forum. These advance payments do swell our balance sheet to register an enhanced and somewhat misleading surplus - which our vigilant

Treasurer and Trustees forming the Forum executive are charged to protect.

While in the coming years we expect to struggle to keep our heads above water, the voluntary sector in this and neighbouring boroughs is already losing its core funding from local authorities themselves the victims of ten years of government grant cuts. Enfield, for example, has lost £118 million in funding since 2010 and will lose a further £56 million at least by 2020. There is therefore the danger that local councils will eventually provide nothing more than that required by law.

Our answer must be one of on the one hand battling to maintain the Forum's range of activities and on the other to broaden our base as the most representative voice in Enfield of all organisations of older people. That is why we welcomed five new affiliates last year, namely:- the Bountagu community centred around Bounces Road in Edmonton; Enfield U3A; the Friends of Broomfield Park; the Galleon Scout Fellowship based in Oakwood and the thriving Knit and Natter Group formed by Forum member Liz Gilbert which sells the product of its work in aid of local charities.

At March 31 2016 we had 67 different groups affiliated to the Forum catering for a variety of different sporting and cultural interests while at the same time we saw the Forum itself going from strength to strength not just in the breadth of its activities, but the way individual Forum members strike out with their own initiatives, involving an ever-widening group of people, so fulfilling our claim that there's no need to be alone and lonely in Enfield.

So we have Roger Biss organising group visits from the Southbury Leisure Centre which included in 2015 going for a week's holiday in Newquay, while at the Edmonton Leisure Centre Sonia and Tony Clarke organised an event virtually every month for the over 50s. They had day trips to Brighton, Emmerdale, France and Belgium and the Coronation Street studio; holidays to Tunisia and the Isle of Wight and a variety of meals out. This is a welcome and natural development to be encouraged as the Forum with three part-time workers and a band of volunteers serving as its Executive Committee and an enthusiastic Social Committee cannot by themselves hope to satisfy the wishes of the 6,000!

Our Newsletter

The Forum now produces a 16-page bi-monthly Newsletter. First launched as a single pager in 2002 it has developed over the years to be the foremost vehicle for communicating and informing the Borough's growing older population. We now print and distribute 10,000 copies of each issue. They are posted to individual members and distributed to all our affiliated groups; to the 14 libraries and 49 surgeries in the Borough.

Other than staff costs, printing and posting the Newsletter is our main expenditure at more than £18,500 a year which is partly met by some £4,500 income from advertising. This has to be balanced against the main function of the Newsletter which is to involve more older people in the activities we organise and publicise.

The Forum also produces regularly three or so times a month an on-line eNews which is emailed out to some 4,500 addressees we hold. This contains not only reminders of Forum meetings and events, but also advertises freely the opportunities provided by our affiliates for participation in their activities - a facility not available to them anywhere else in the Borough.



Members receiving their 100 hours volunteering awards from Enfield Council



Fusion Lifestyles

Unlike so many other parts of the country, our leisure centres remain open and have not as yet been so severely affected by the slashing cuts caused by the government's grant reduction programme. This may be in part due to Enfield Council's long term contract with Fusion Lifestyles and also our Forum's energetic promotion and constant support for Fusion's leisure centre activities.



Zumba session at Edmonton Leisure Centre

The apparently unique concessionary arrangement first negotiated for Forum members back in 2004 with the then Council-run Enfield Leisure Centres Trust (ELCT) sees us now as the only area where Fusion operates with such a special pro-

gramme of activities specially catering for the Over 50s.

The result is we had over 80,000 visits by older people to the leisure centres in 2015 and Fusion sold 2,693 concession cards to their Over 50s members, and an additional 902 concession peak or off peak memberships to people aged over 50, making a grand total of 3,595 pretty regular Over 50s Forum attendees.

Back in 2004 we settled with ELCT for a concession card confined to the Over 60s and more than 1,400 discounted cards were bought in that year, but by March 30 2005 we had the then Mayor of Enfield, Councillor John Egan, launching the best deal in London for the Over 50s and we have subsequently arranged discounted annual and monthly direct debit membership fees; increased the range of classes; and improved amenities.

In return for lowering the concession to the Over 50s, the Forum undertook to do all we could to increase membership of the leisure centres, improve their income and cash flow to make them more viable and less reliant on a council subsidy - and we have done just that.



Walking Football at Spurs training ground at Whitewebbs

Our support for the leisure centres is obviously a factor in Fusion being able to improve facilities in the last year such as replacing the steam and sauna room at Albany; expanding the studio at Southgate; installing a new gym at Southbury and a new cafe at Edmonton. Enfield is the only area in the big Fusion complex of companies that has lower-priced Over 50s days at all its leisure centres - Edmonton (Monday), Southgate (Tuesday), Southbury (Wednesday) and Albany (Thursday) and we have some 42 different classes specifically earmarked for these Over 50s days. This does not include swimming, sauna and steam which is also available at every site.

An additional Over 50s day has now been laid on at Southbury on a Tuesday to include Tai Chi, walking football, walking basketball and ladies only Aqua Fit. Fusion have also increased numerous activities with chair yoga, beginners badminton sessions, lane swimming, and indoor bowls sessions. Another innovation was the

holding of a "healthy choices and a feel alive day" at Southbury which had everything from health trainer talks to walking football tournaments.

Despite all we are doing to help raise fitness levels, 36.9% of adults in Enfield remain inactive and 64% of adults are overweight or obese. It is hard to believe that in 1980 only 6% of people in Britain were obese whereas today two thirds of people mirror the Enfield figures and are either obese or overweight.

Enfield Council's enforced savings programme includes halving the number of sports development officers from four to two. But the council's over 50s community sports programme currently includes running Tai Chi sessions in parks and community centres and a walks programme in parks across the Borough.

Improving the environment

Our Forum was the main public driving force behind Enfield becoming the first London borough to introduce a bye-law banning spitting in public places and over the last twelve months 186 Fixed Penalty Notices for spitting have been issued and a further eight individuals had to be prosecuted for spitting in contravention of the bye-laws.

Unfortunately it is nigh on impossible to prove that there has been any actual decline in spitting given that the fines are only issued if an officer catches someone doing so. Many people may well be spitting and are not being issued with fines or being prosecuted as they haven't been caught.

The problem is clearly larger than one just enacting a bye-law can eradicate. It appears to be itself rooted in a society where people do not respect their environment. It is similar to the problems we have stopping people fly-tipping or littering the streets. We may well have tackled the symptom, but, alas, the underlying cause remains.

Another Forum campaign we ran successfully encouraged the council to increase its budget for pavement repairs so that we reduced the risk of older people falling and tripping in the streets. We have now been assured by the local authority that despite being so strapped for money, repairs to loose or broken pavements should not be affected. We continue to urge members to report any defects while remembering that a paving stone can be raised by as much as 2.5cm and still be legally classed as acceptable. The council's budget reductions will primarily affect the number of paths they can relay or replace rather than fix.

Combating loneliness

With more than half of people in England aged 75 and over now living alone and more than 10% of older people having no contact with relatives, friends or neighbours, it is not surprising that the ever-increasing cost of loneliness to both the individual affected and the various public services charged with alleviating it has long been of major concern to the Forum.

Studies involving 181,000 adults have revealed that loneliness and social isolation was associated with a 29% increased risk of a heart or angina attack and a 32% heightened risk of having a stroke. Lonely people are more likely to visit their GP; visit an A&E; and are more likely to need local authority-funded residential care. There is also evidence that loneliness is a direct cause of ill-health. Lonely older people are more likely to suffer depression; more likely to develop dementia in the following 15 years; more likely to be physically inactive, which may lead to other health issues.

It is with this knowledge and against this background that Forum Secretary, Tony Watts, applied successfully to the Enfield Council's Residents Priority Fund for a grant to help combat loneliness in the Borough. Three wards were chosen - Chase, Enfield Lock and Turkey Street - and the aim was to target people over retirement

age living alone or those with disabilities and encourage them to participate in our activities. Forum office staff and volunteers then contacted them by post, offering free membership of the Forum.

As a result we enrolled 82 older people living alone as free members. Of these 82 people, 9 are over the age of 85, whilst 23 are people with disabilities. Nineteen people requested transport to come to a Forum event and all were offered a subsidised meal out, with transport, as an introductory offer.

We also organised four pub meals and were pleased to see that new friendships were formed at these events. Some of the new members attended an event marking the International Day of Older People on October 1st at the Angel Community Centre which was a huge success and our thanks are offered to Freezywater St. George's School who sent along their choir and to Simon Gilbert and his Community Singers. At Christmas, we offered any person over 80 living alone (and those with disabilities aged over 70 and living alone) a free Christmas pub lunch. This was funded through the national AgeUK and was attended by over 40 people.

Our Office and Development Manager, Jan Oliver, applied successfully for a grant from the Big Lottery Awards for All Project to provide good quality entertainment for older people during the coming year. Through our Star Turns Project we will be organising regular free socials for older people living in the community. Transport is offered to those who need it.

Contact with the Council

The Forum has enjoyed close contact and cooperation with the local authority irrespective of its political identity for many years. This has given us free use of the council chamber for our monthly members' meetings as well as occasional use of other rooms. During the past year we have had useful discussions with the Cabinet member for Community Organisations and with the councillor appointed as the local authority's Older People's Champion.

However, while we understand the council's need to cut its costs to match its reduced income from government grants, we have pointed out that the drive to transform council services so that they will virtually be only accessible on-line will disadvantage very many older people in the Borough. The council claims they are moving more services on-line "to make it easier for you to reach us" but at the same time they are discriminating against those older people who are not - and probably never will be - on-line.

We will continue to press for alternative telephone contact sources to be available to residents and we are concerned that current alternative means of on-line contact provided through our libraries are being undermined by staff changes at many libraries. We may well need to remind the council that they must provide a comprehensive and efficient service by law under the 1964 Libraries and Museums Act.

Fuel poverty

We devoted considerable space in the Forum's bi-monthly Newsletter to preparing for winter by having a warm home and at the same time giving help to reduce energy bills. This culminated in the holding of a very popular Winter Fair with the theme "Keep Warm, Keep Safe, Keep Active" funded in part by Greggs Bakery and the National Energy Action's Warm Homes Campaign, Enfield Community Action Partnership which drew a full capacity audiences.

With some 13,000 low-income Enfield families defined as living in fuel poverty households - meaning they spend too much of their income on fuel bills - the Winter Fair provided advice and information to heat people's homes so that it was always warm and dry - and healthy.

Enfield has the sixth highest number of homes in London with people living in fuel poverty and the 37th largest total in England and with 40,800 older people dying from the cold in the 2014/15 winter in England, the Over 50s Forum felt this was an issue to be publicised.

The Winter Fair drew people's attention to the fact that one older person still dies every seven minutes from the cold weather; one third of people in the UK aged 65 and over cannot afford to heat their homes adequately. We were told that almost five million pensioners will be turning down their heating because they cannot afford the bills and it is estimated that around 200 avoidable deaths a day, mainly of older people are taking place around us.

Our involvement in this warm homes campaign has led to Forum member

Simon Heaton being trained as an independent volunteer adviser having attended the NEA Energy Awareness Course and subsequent Train the Trainer Course, both run by National Energy Action in partnership with Enfield council.

He is now able to give individual advice on keeping the home warm - understanding energy bills, how to pay bills, the cheapest types of fuel and heating systems, how to calculate appliance running costs, guidance on switching energy suppliers and available tariffs, what is renewable energy, insulating your home, what causes damp and condensation, grant schemes to insulate your home and the different systems available. Simon has run advice sessions at our Millfield House office and is available for consultation.

Dugdale advice sessions

Having launched our Monday morning free confidential advice sessions at the Dugdale Centre in June 2011, we can report that the service was used by around 400 people during the year 2015/16 - bringing the number of people to over 2,200 who have been seen by the team of advisers we have assembled since the venture started.

Our principal volunteers - Kathleen Young, Rita Clayton and Doreen Ashley - who receive the visitors at our reception desk - have again maintained their marvellous service and we know from them that in the last year some 160 people sought advice from our solicitor friend Michael Stennett or his colleagues,

144 people came to the CAB desk run very regularly - and ably - by Lorraine Hopwood and over 65 people between them saw tax adviser Jeff Rodin, Lorna Clarke from Jobsnet and Maria from the council's benefits advice team. During the year we also asked the audiology unit at Chase Farm Hospital to offer screening tests for hearing loss so that patients would know whether to ask for a GP appointment to secure a hospital referral. Some 16 people took advantage of this service.

Here again staff shortages affected the attendance of advisers and we will be seeking in the coming year to strengthen their number as well as seeking financial help to advertise the service to a wider audience.



Visitors to the Winter Fair held at Enfield County School for Girls

Over 50s Film Club

The Forum continues to support the Cineworld, Southbury Road, Monday morning Over 50s film club, showing top-rate films. Admission is £3 - less than half the normal price - which is still attracting audiences of around 100 per week. It was the Forum that approached the management, and offered free advertising space for films well in advance in our widely circulating Newsletter, that helped to get the film club off the ground.

The management now tell us that almost 4,000 people have attended performances in the last year. The local Cineworld management readily acknowledge the Forum's support and are still exploring ways of making this "Monday morning out" even more attractive as this is another good way for the Forum to encourage older people not to spend more time on their own than they need to.

Forum Groups

The Forum sponsors or supports a variety of activity groups ranging from a unique "after school hours" weekly woodwork-ing and handicrafts class which meets at Enfield County School, to a monthly poetry reading and composing group that meets monthly at a local library led by Forum member David Blake.

We now publish a poem in each issue of the Forum Newsletter composed by a Forum member and the group plays music between each poem making a pleasant morning's entertainment. We also have a book reading group meeting monthly at Enfield Town library and many Forum members play their part with the Enfield Community Singers which rehearses every week under choir-master and Forum member Simon Gilbert.

The Woodwork/Handicraft Group led by John Lombard had another very successful year making a wide range of projects in wood. The projects made included trinket boxes, folding and static



Forum handicraft group in action

tables, chess boards, magazine holders, storage cabinets, cutting boards and garden planters. The ladies present worked on making jewellery; produced some very interesting earrings, rings and bead necklaces. The average attendance over the year was 12 and Forum member John Lombard, the class leader, is helped by colleagues P J Brogan and Joe Ormsby.

We also support a Knit and Natter group of more than 60 ladies meeting twice weekly at the Dugdale Centre with the proceeds of some of their wonderful work going to local charities which in the last year has included our own Forum as well as the Nightingale Cancer Support Centre.

The Forum Book Club reports that 2015 was yet another bumper year with its highest attendance reaching 22 in August for Elizabeth is Missing by Emma Healey. Other popular books were This Boy by Alan Johnson and The Siege by Helen Dumore. There was a large turnout for the annual anniversary lunch in October at The Jolly Farmers - a most enjoyable occasion. New members are joining all the time although some haven't attended for various reasons. Many friendships have been forged and we often see each other at other events. We make a regular voluntary contribution to the Forum - our way of saying thanks for bringing us all together.



Liz Gibert, the organiser of the Knit and Natter Group, presenting our Chair Christine Whetstone with a cheque for £1000 towards Forum funds

Reducing falls a priority

Every year since September 2003 we have held an event at one of our leisure centres seeking to encourage people to become fitter and active, in the hope of reducing the danger of falling, which so often leads to more complications.

In 2015 some 200 people attended our Falls Awareness Day at Edmonton Leisure Centre. The main speaker was Dr Maurice Cohen, physician for the elderly and clinical director for medicine at the North Middlesex Hospital who drove home the need for a proper medical assessment after a fall - which could reduce the chances of a second fall by 30%.

Every year we strive to relay the message that falls do not occur just because we are getting older. They happen for a reason and we need to find out the cause of falls, so that they do not lead to people living in fear of falling, and becoming lonely and depressed.

Unfortunately, in 2014/15 more than 5,000 elderly people in Enfield were treated in local hospitals following a fall, costing the NHS nearly £13 million; Emergency admissions cost our three Enfield hospitals £ 12,775, 451 - £10,137,372 at the North Middlesex University Hospital and £2,638,079 at Barnet and Chase Farm. 62% of falls seen by the North Mid. were for patients aged 65 and over.

Not a day goes by without people being told that the NHS is short of money, doctors and nurses; that £30 billion more will have to be found between now and 2020. We are told too that every year some 500,000 elderly people attend an A&E following a fall, and 200,00 of them suffer fracture and broken bones.

So the Forum has constantly put these facts together and asked what it can do to cut the risk of older people falling, not just to save the NHS money but, more importantly, to see that older people can enjoy those extra later years of life given to most of them.

The Forum's Falls Prevention and Awareness Day is about saving more older people from falls that can have serious life-changing results, such as becoming fearful of going out. It is about trying to stop people who have suffered one fall from having another. Falling is not an inevitable result of getting older. Falls happen for a reason and our Forum wants to see that all surgeries in Enfield keep a register detailing every patient that has fallen and how their progress is being monitored.

Office and Development Report

With the range of activities undertaken by the Forum our office at Millfield House had become increasingly cramped for servicing our growing membership. Fortunately a larger office became available within the House in August 2015 and moving there gave us the much needed extra space needed to accommodate staff and more volunteers. During the year we also upgraded software and computer systems as well as investing in additional office furniture. Thanks to the expertise of one of our members, John Dennis, in developing a new database system it is now much easier to manage and process our membership records.

Membership renewals and queries have continued to flood in and, with the office now dealing with these, we have needed to employ two part time relief workers (Brenda Banton and Maria Pearl) to help us update the database during the very busy month of March which is the start of our renewal period.



International Older Peoples Day Event entertained by Freezywater St. Georges Primary School Choir

Social Events and trips

The Social Committee has, as ever, shown its imagination and versatility in devising trips and events for the members. Our yearly offerings cover outings that can cost literally nothing – a guided walk around London – or a trip overseas to Vietnam which runs into a couple of thousand pounds! So, we endeavour to cater to all ages, incomes and dreams. Our group sizes vary from 10 to 100.

Food is a constant in our menu. Enfield Borough has an amazing variety of restaurants and after a “test drive” we select those that we feel are good enough and in the process follow our policy of supporting local businesses.

As many of you already know, some events have become “annual favourites”. The Christmas lunch and disco and the January “Encore”. Similarly, the Dovercourt coach trip, and the Cockney Ding-dong at the Wonder Pub.

All our events are well supported and places go quickly – you have to be quick off the mark to book or be



Information about walking groups, heating, yoga etc., were available from the many exhibitors at the Winter Fair

The office staff together with volunteers have continued to:

- Email out a fortnightly eNews
- Provide secretarial and organisational support to the Executive, all sub committees and the social committee
- Organised fortnightly an increasingly popular drop-in afternoons at Millfield House
- Assisted with the organisation of 3 members meetings per month (and an election hustings shortly before the General Election).

In June 2015 we organised another Falls Awareness Day held at Edmonton Leisure Centre, in October 2015 a choir event to celebrate Older Peoples Day at Angel Community Centre and in February 2016 held a Winter Fair at Enfield County School. These events attracted large numbers of older people with the most attending the Winter Fair (around 200 people).

Participants at each event were treated to a free lunch in addition to a range of informative speakers, workshops and entertainment. Falls Awareness Day was made possible by a grant from the Enfield Clinical Commissioning Group (CCG); Older People's Day Celebrations by a grant from the Enfield Borough Equalities Board; and the Winter Fair was funded by the Warm Homes Campaign and by Greggs the Bakers.

disappointed. Attendance has grown over the years with the variety and popularity of events.

As a result of the committee's work we have been able to make a significant contribution to Forum funds, helping to keep it viable. In the past year it has contributed £3,857.

Trying to think of new places to go and things to do is a constant problem. We welcome new members who wish to actively contribute their ideas and effort. You can find details about how to contact the committee in the Social Calendar in every Forum Newsletter.

As chair of the Social Committee, Irene Richards wishes to express her personal thanks to each and every member for their support and for the contribution they make to our success. Also, the committee's sincere thanks to Liz Delbarre, our note taker, for her continued assistance.

The Forum is fortunate in having a Social Committee that contributes so much to its aims and objectives.

The Forum's team led by executive committee member, Vivien Giladai, has continued to keep a careful eye on developments in the local health economy - which largely means the 2 hospitals, North Middlesex and Barnet/Chase Farm, the CCG (Clinical Commissioning Group) & the Mental Health Trust but, increasingly involves the whole of north central London: Barnet, Enfield, Camden, Haringey & Islington. There has also been a new contract for the 111 and the Out of Hours Service demanding scrutiny, and the council to liaise with. The Forum backs the integration of NHS health services and council provided social care but notes that the council must charge for care, and we don't want charges introduced into the health part of that equation.

The pace of change and under-funding has meant that, once again, this has been a very busy year. Fortunately, the Forum's views and support are in great demand and we are well-respected.

The good news story has been the Royal Free Hospital bringing Chase Farm into the 21st century bang on schedule. The Forum has been an active stakeholder at RFH meetings and has monitored progress in terms of provision, layout, staffing, carers' facilities, the OAPU (Older Persons' Assessment Unit) and much else besides, and we have hosted 2 informative meetings with the RFH Estates Manager. We welcome the fact that the new-build is not a PFI (private finance initiative). We now need to maintain pressure on TFL to develop a user-friendly set of bus services to the site.

Though the North Middlesex University Hospital re-organised its patient-representation, Peter Smith, our watchdog there, steered a safe passage through and still keeps an eagle eye on developments and any failings. We now have 4 Forum members on the Eyes & Ears team at NMUH. The Forum warmly welcomes the introduction of a walk in GP service for those presenting at A&E, many of whom do not need A&E, and we hope this pilot becomes permanent.

The Barnet, Enfield & Haringey Mental Health Trust struggles with multiple responsibilities and underfunding. Apart from providing acute and ongoing mental health services, it has responsibility for community care which includes adult therapy, community nursing, intermediate care among other things, frequently with council input. These services are often needed by our members or for their families, and they report considerable difficulty in finding their way through the labyrinth. The Forum wants a clear map and will use its good relations with the MHT and the council to ensure it becomes available.

This year, for a number of reasons, we have had growing concerns about GP services. We value and respect our GPs, the first port of call for us in over 90% of our dealings with the NHS, and we continually draw attention to the ongoing shortage of GPs and of fit for purpose surgeries in Enfield, while a national crisis in GP funding, and therefore retention (there is an 11% drop in applications to medical school), doesn't help. We are worried that the CCG is not always acting in the open and transparent way that would be in the best interests of all patients and GPs across the borough and hope the new management will change this as we want to attract GPs to Enfield. A pilot contract to extend weekend working hours and provide 15,000 extra appointments was monopolised by one of the 2 networks of our GPs, and appointments made available in only 2 locations, while the Forum wanted a far wider spread, moreover the numbers seen have fallen far short of the target.

Monty Meth keeps the CCG on its toes by putting searching written and verbal questions at their public meetings. We have a strong voice but it has to pierce layers of bureaucracy, and we

lack the direct contact we had with local health providers before the Health & Social Care Act came into force.

The Forum strongly backs the formation of effective PPGs (Patient Participation Groups) in each of our 49 GP surgeries. So far there is patchy coverage and organisation, and we will continue to press the case for this democratic feedback loop to GPs, practices and the CCG. We urge members to join the PPG at their local surgery and be our eyes and ears.

We have ongoing representation on the council's strategic Health & Well-Being Board which steers and co-ordinates health provision and prevention of ill-health in the borough and beyond. Enfield CCG is tasked with collaborating with the other north central London CCGs, all faced with rising populations and serious problems of obesity & diabetes, among other things. London-wide stroke and cancer co-ordination has worked well, saving lives through early diagnosis and swift referral to specialist units.

The Health Improvement Partnership, the council's public health body, also has vocal Forum representation on it, and we provide very full and practical support for its work with our emphasis on fitness, exercise, healthy eating, going easy on the alcohol and quitting smoking as well as encouraging healthy socialisation and entertainment. We need to expand our work on loneliness and isolation as these are common causes and consequences of ill-health, and to maintain our vigilance over flu, pneumonia and shingles jabs. We are proud of the success of our ongoing work with falls prevention.

Public Health in Enfield is seriously underfunded both in relation to its problems and by comparison with other, wealthier, London boroughs, and we have had constructive discussions and backing for our case for increased funds with David Burrowes MP and Joan Ryan MP, but despite their interventions Jeremy Hunt, the Secretary of State for Health, still went ahead and cut the already under-funded Enfield budget by a further £1m a year.

We continue to make waves around the many issues members raise with us: discharge of older people from hospital in the middle of the night, the scandal of Pharmacy 2U undermining our pharmacy network and failing to deliver, the obscure connections between the various services delivered by the MHT, difficulty in getting prompt appointments with GPs, and waiting times to see consultants, and others too numerous to mention.

The outlook for our health economy is not particularly rosy at present. We have a rising population, a shortage of GPs, nurses and other key workers in the health services which the abolition of training bursaries and the lack of affordable housing will do nothing to improve. Hospitals are under-funded and doctor retirement exceeds recruitment. The junior doctors' dispute is destabilising, and the imposition of the new contract is in itself an undesirable major reorganisation. Lucrative bits of the NHS are being sold off, contracts worth £6.6b went to the private sector in 2015, some of which failed spectacularly: an £800 m contract to provide services for older people in Cambridgeshire and Peterborough collapsed after 8 months as "financially unsustainable", and this rang alarm bells for us.

The Forum is doing its best to face up to these challenges and make a positive input wherever possible. We have good relations with providers and other groups, as is evidenced by the continual approaches made to us for help. We welcome the new chief executives of Healthwatch and the CCG who we hope to work alongside, and we are still urging our members to abide by the 5 S approach to encourage stamina, suppleness, strength, skill and (p)sychology. If you have any of these S factors to spare, come and join the health team - that will certainly stop you going rusty.

Finance

The Forum finances remain healthy as can be seen from Appendix II to this report with current assets standing at £110,662 just slightly down by £2,216 on last year.

The 3 year Capacity Building Grant from Enfield Council ended in March 2015 was very successful in allowing us to employ additional staff, increase support to the community and sustain membership growth in this current year. Expenditure was up by £8,571 while income for the year was marginally down by £366. The increase in expenditure was mostly due to increased staff costs and the upgrading of the office and equipment. Newsletter printing and postage remain the next significant expenditure items and for the year cost £18,573.

On the income side the Social Committee's events and trips contributed £3,857; subscriptions were slightly up at £41,252 which allowed us to claim £6,860 in gift aid from HMRC in April 2016; we also received a

donation from the Knit and Natter Group and our 200 club is beginning to contribute to our running costs. Our thanks to all the groups and members who have supported the Forum over the past 12 months.

Members pay subscriptions in advance, some for two or more years and as reported elsewhere we have a significant number of life members. Combined it means that at any one time we hold about £20,000 in forward funds. Also as recorded in the notes to the accounts our reserves policy is to have £50,000 which would be needed in the event that the Forum had to cease its activities.

The Finance Committee closely monitors income and expenditure and the Forum's cashflow position and are confident that we can continue to support the community and members for the foreseeable future. Finally the Committee would like to thank Yusuf Gulamhusein for his work in examining and reporting on the accounts for the year.

APPENDIX I

Organisations Affiliated to the Forum

Abraham Lewin Unity Lodge

Age UK Enfield

Ajex

Arnos Bowling Club

Association of Ingleborough Residents

BHP Bowls, Tennis and Social Club

BHP Residents Assoc.

Bounces Rd Area Neighbourhood Watch

Bountagu

Bramley Ladies Bowling Club

Bury Lodge Bowls Club

Carers Trust Lea Valley (Crossroads)

Club 60 Plus

Club Terza ETA

Cockfosters Probus Club

Community Aid

Cypriot Elderly & Handicapped Group

Deep Indian 50 Plus Assoc - Enfield

Elsinge Monday Club

Enfield and Southgate Workers Educational Association

Enfield Art Circle

Enfield Asian Welfare Association

Enfield Carers Centre

Enfield Croquet Club

Enfield Highway Community Assoc

Enfield Light Operatic & Dramatic Soc

Enfield National Trust Association

Enfield Soroptimists

Enfield Unison Retired members Assoc

Enfield Womens Centre

Enfield Writers Workshop

Friday Morning Art Circle

Friends of All Saints

Friends of Arnos Park

Friends of Broomfield Park

Galleon Scout Fellowship

Grovelands Bowling Club

Heart Throbs Cardiac Support Group

Holtwhites Bowls Club

Keep Fit + Circle Dance

Knit and Natter Group

Macular Disease Society (Enfield Group)

Meet a Need with Christian Care

North London Humanist Group

Oakwood Horticultural Society

Palmer's Green & Southgate U3A

Probus Club of Enfield

Royal British Legion, Enfield Branch BR 0377

Ruth Winston Centre

Selborne Bowling Club

SilverThreads Senior Citizens Group

Southgate Oakwood Townswomen's Guild

Southgate Opera Group

Southgate Society of Arts

Southgate Symphony Orchestra

St Johns Art Group

Stroke Carers Club

The Enfield Society

The Walkabouts Rambling Group

Weir Hall Ratepayers Association

Winchmore Hill Bowling Club

Winchmore Hill Community Care

Winchmore Hill Folk Dance Club

Winchmore String Orchestra

APPENDIX II

Receipts and Payments Account for the year ended 31st March 2016

ENFIELD BOROUGH OVER 50S FORUM (Registered Charity number 1122859)

RECEIPTS

	Note	2015/16 £	2014/15 £
Subscriptions	1	41,252	39,798
Grants and donations	2	22,456	24,850
Newsletter advertising		4,592	4,200
Gift Aid Tax refund	10	6,985	6,518
Poetry books		4	116
Bank interest		103	275
£		75,391	75,757

Notes to the Accounts

- Subscriptions - Includes significant amounts received for 2016/17/18 and from life members.
- Grants and donations - major donors and contributors
Centrica - Winter Fair
London Borough of Enfield
Age UK - Christmas Lunch
Stennett & Stennett - Office
Big Lottery Fund
Skills for Work Service
N H S Enfield - Falls Awareness
Greggs & National Energy

3 Events completed during the year showed a surplus of £2,919

4 Trips completed during the year showed a surplus of £399

5 Income received during the year for trips and events for 2016/17 was £1,467 and expenditure for 2016/17 was £170

	Gross	Receipts	Payments	Net
Trips		10,189	9,144	1,045
Events		10,596	7,784	2,812
		20,785	16,928	3,857

7 The Forum organised the following events for public benefit:
Falls Awareness Day
Over 80s lunch
Woodwork Classes
Poetry Group
Residents Priority Fund
Winter Fair
International Older Peoples Day
Book Club

8 Forum 200 Lottery account balance at 31st March 2016 of £865 has not been brought into account as these funds do not belong to the Forum but to Lottery contributors.

9 **Reserves Policy**
The Forum has placed £50,000 in a Fixed Deposit with Scottish Widows which they feel will be adequate reserves in case of the Forum having to cease its activities to cover redundancy and other expenses £30,000 and £20,000 to cover Life and Annual Subscriptions received in advance.

10 Gift Aid claims upto 31st March 2015 have been received.

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2016 was prepared by:

Champak Mistry, FCCA.
28 April 2016



PAYMENTS

Staff salaries and NIC		40,906	34,720
Newsletter Printing		7,660	8,709
Postage and delivery		10,913	10,797
Stationery		3,949	3,860
Telephone		546	585
Office equipments		1,265	908
Office rent and hall hire		5,337	5,531
Miscellaneous expenses		3,799	990
Donations		500	165
Insurance		487	540
Public Events	7	6,103	5,908
		81,464	72,713

Surplus (Deficit) on ordinary charitable activities **-6,073 (6,073)** **3,044**

Activities for members:

Net receipts from trips	6	1,045	1,236
Net receipts from events	6	2,812	882

Total net receipts (Deficit) for the year **-2,216 (2,216)** **5,162**

Cash funds 1st April 2015 **112,878** **107,716**

Cash Funds 31st March 2016 **£ 110,662** **112,878**

STATEMENT OF ASSETS AT 31ST MARCH 2016

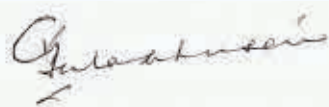
Bank Balances - Barclays	33,610	15,924
CAF	27,002	46,904
Scottish Widows	50,000	50,000
Petty Cash	50	50
£	110,662	112,878

Dear Forum Members

I have been appointed Auditor of the Forum's accounts for the year ended 31 March 2016. I have carefully examined the financial records produced for 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 31/03/2016, and of the Forum's financial standing as at that date.

Yours sincerely

Yusuf Gulamhusein, FFA, Independent Examiner
3 May 2016



Enfield Over 50s



Chief Executive of Enfield Council, Rob Leak addressing the Forum at the 2015 AGM



Forum's Executive Committee 'Away Day' at Forty Hall



Del Goddard, Chair of Lee Valley Trust talking about the facilities it manages



Halina Watts from the Daily Mirror 3a.m. column talks about celebrity journalism



Paul Rogers from LBE talks about the Cycle Enfield plans



Andrew Panniker of the Royal Free Hospital talking about the redevelopments at Chase Farm Hospital



Forum luncheon party at Middle Temple Hall, Middle Temple Lane



2015 Election Hustings organised by the Forum and chaired by Jeff Rodin



Executive Committee members Jeff Rodin and Jim Cante at the Palmers Green Festival



Forum members enjoying sailing during Cowes week



Forum Members holidaying in Cuba



Forum Members holidaying in India

