

# Enfield Borough Over 50s Forum

## Annual Report

**For the year ending 31st March 2023**

This report to be presented at the Forum's annual general meeting in the Chamber at Enfield's Civic Centre on Tuesday 27 June 2023.

# Enfield Over 50s

*"Helping our members keep active, involved and healthy"*



### Executive Committee/Trustees 2022/23

<b>Chair</b>	<b>Jan Oliver</b>	<b>Social Events Team</b>
<b>Secretary</b>	<b>John Ball</b>	<b>Roy Barrows</b>
<b>Assistant Secretary</b>	<b>Tony Watts</b>	<b>Cheryl Byamukama</b>
<b>Vice Chair</b>	<b>Peter Smith</b>	<b>Heather Cole</b>
<b>Treasurer</b>	<b>George Rufai</b>	<b>Olivia Goodfellow</b>
<b>Health Team Lead</b>	<b>Vivien Giladi</b>	<b>Jean Mittins</b>
<b>Newsletter Editor</b>	<b>Yvonne Mulder</b>	<b>Jan Oliver</b>
<b>Members:</b>	<b>Chris Chinnery</b>	<b>Jacky Pearce</b>
	<b>Vicki Pite</b>	<b>Sue Scott</b>
	<b>Talat Shaikh</b>	<b>Graham Thomas</b>
	<b>Peter Smith</b>	
<b>Meetings arranger</b>	<b>Helen Ball</b>	<b>Finance Committee</b>
<b>Fund Raiser</b>	<b>Jim Cante</b>	<b>John Ball</b>
		<b>Champaklal Mistry</b>
		<b>George Rufai</b>
		<b>Tony Watts</b>
<b>Office Staff</b>	<b>Ruth Fathaddine, Development &amp; Office Manager</b>	
	<b>Diane Barron, Administrative Assistant</b>	

### Representation on external organisations

<b>John Ball:</b> Chair, Outer North London Companions Friendship centre Vice-Chair, Greater London Forum for Older People	<b>Talat Shaikh:</b> MCEC Trustee Committee member Faith Forum for London Member Enfield Faith Forum Muslim Faith rep London Resilience Group. Member LBE Strategic Partnership. Member Brunswich Park Medical centre PPG Trustee and Chair of North London Asian Care
<b>Vivien Giladi:</b> Enfield council's Health & Well-Being Board Enfield Partnership Board CCG Access to Services group CCG Equalities group North Central London ICP/Enfield Clinical Commissioning Group's Voluntary Community& Stakeholder Reference Group (VCSRG) group	<b>Peter Smith:</b> Enfield Transport Users Group. ASLEF representative and Executive Member on the NPC London Region. Patient Representative Forum (PRF) and Public Led Assessment of Care Environment (PLACE) at the North Middlesex University Hospital. Heathwatch Public Involvement Association
<b>Vicki Pite:</b> Enfield Climate Action Forum North London Zero Waste Enfield in Bloom Enfield Living Memorial Enfield Safer Neighbourhood Board Chair, Whitewebbs Neighbourhood Ward Panel	<b>Tony Watts:</b> Enfield Older Peoples Board Enfield Voluntary Sector Steering Group AgeUK National Policy Sounding Board

### Forum Club and Group Organisers

<b>Book Club</b>	<b>Sue Scott</b>	<b>Lunch Club</b>	<b>Sue Scott</b>
<b>Bingo Club</b>	<b>Jim &amp; Lynn Cante</b>	<b>Poetry Group</b>	<b>Brian Darby</b>
<b>Coffee Club</b>	<b>Sue Scott</b>	<b>Writers Group</b>	<b>Ruth Serner</b>
<b>Film Making Group</b>	<b>Jan Oliver</b>		



The year 2022- 2023 has been a recovery year for the Forum. Thankfully, our services have resumed with monthly information meetings in the Civic Centre, kick started at last year's Annual General Meeting by Jan Shortt, General Secretary of the National Pensioners Convention giving an excellent overview of campaigning issues. Climate change and environmental issues were one of our priority issues for campaigning and across the year we have run newsletter articles and hosted speakers on these subjects, as well as on health and the cost of living. Our tea and coffee mornings have resumed at Millfield House, we have renegotiated discounts at Fusion Leisure Centre and our social events team has run a range of social activities and clubs for our members to choose from. We are pleased to note that our membership figures are increasing accordingly. Last year we reported that one of our next big challenges was to help our members deal with the rise in the cost of living and the increase in utility bills. We therefore published newsletter articles on pension credit and (as part of our tackling Health Inequalities Project) we provided monthly advice sessions on benefits and debt. From September we launched our Heat and Eat project, the aim of which was to reach a range of older people struggling to cope financially and health wise over the winter months. Generously funded by the National Lottery and Palmers Green Mosque we were able to provide 6 local events providing:

- Advice on benefits, on food and on keeping the home warm whilst keeping energy bills down
- Free warm duvets or dressing gowns

to people in need over the age of 70

- Socials with free food and music for all who attended.
- A home delivery of goods and an advice sheet to housebound over 70s

We also ran an extra social event and distribution day on top of these days. In total we distributed 356 items to 251 people – of these 103 were housebound and the remainder attended one of the events. Official and unofficial feedback from the days was overwhelmingly positive and a very large % of people were relieved of loneliness for a short period as well as benefiting from the advice and goods. Volunteers were essential to running all of these events and services and we hope that 2023-2024 will see an increase in the number of volunteers coming forward to help us to build on the campaigns and projects of previous years.

The continuing Covid pandemic meant that the early meetings for the year were using the Zoom platform. But, as soon as it was safe we held a face to face meeting at Edmonton Green Library and followed by holding our Annual General Meeting in June back at the Council Chambers at the Civic Centre. It was really good to see old, as in longstanding members, and we welcomed new faces. Post pandemic, new issues have arisen and in some areas, I do not think we will ever return to the status quo. Changes are always inevitable and we welcome those that have a positive effect on our members and their families, so we seek to source speakers who are knowledgeable in their subject matter and are of keen interest to our membership. We endeavour to increase the number of our meetings and source alternative, easily accessible venues over the 2023-2024 period.

*Jan Oliver*

## Meetings Programme

Throughout the year a full programme of topical meetings were held and except where otherwise stated these were in the Council Chamber.



**Leah Boylan** - *Arthritis Action*

Living with arthritis

**Alison Gordon** – *AgeUK Enfield* – Zoom  
Understanding how dementia affects you

**Jan Shortt** – *General Secretary of the National Pensioners Convention* who gave the inaugural Monty Meth Memorial Lecture at the 2022 Annual General Meeting



**Ian Davis** – *Chief Executive Officer from Enfield Council* –  
Spoke to members about his role and Developments in Enfield



**Morag Mcpherson and Jessica Rose** –  
*Improving Access to Psychological Therapies*  
(meeting at Southgate Beaumont)

**Alison Gordon** – *AgeUK Enfield* –  
Men & Persons in Sheds

**Sue-Jane O'Keefe**  
Enfield Wellbeing Network

**Lorraine Dixon**  
*University of Gloucestershire*  
discussed - Nursing and Nurse Education



**Brett Leahy** – *Director of Planning and Growth, Enfield Council* - The Enfield Plan

**Georgia Elliott-Smith** – *Managing Director Element Four* – The Edmonton Incinerator

**Dominic Hall** – *Fusion Enfield*  
Covid Recovery - the Effects on the Body, post Covid plus **Maureen Morant** – later Life Planning and Long Covid Advisor AgeUK Enfield and **Hassan Yusuf** – Enfield Living Covid Memorial Project.

Our thanks and acknowledgment to all those involved in arranging such a wide and diverse litany of speakers and those who helped with the practicalities of delivery to our members.

## Health Issues 2022

The long tail of Covid is still making itself felt at the North Middlesex in cases, with the over 65s predominating, though fewer and mainly less severe with better outcomes and, sadly, with some suffering from Long Covid, not yet fully understood. We now live with the changes accelerated by the restrictions imposed by the pandemic becoming embedded, added to the decade- long underfunding of the NHS and the failure to train more GPs, especially hard-felt in Enfield with its historic shortage worsened by current difficulties in recruitment and retention.

Forum members feel most strongly about the serious problems of access that this has created, one of a number of reasons we have decided to up our campaigns for Age Friendly services and against Digital Exclusion. Reports of inability to get GP appointments or to get through to their surgery even when they are on-line are all too frequent. People are left anxious and resentful, especially those who are frail or isolated, while others are attending A&E and Urgent Treatment Centres which may not be appropriate and are over-subscribed anyway. Long waiting times for referral and hospital treatment also loom large resulting in more members having to use their own, often scarce, resources to pay for private pain-alleviating treatment, particularly regarding hips and knees. Accessible NHS services, free at the point of need, are vital, but we also need good care services as well as pollution-free air, safer roads and more green spaces. The Inverse Care Law in health says that the greater the need, the less well it is met, and we don't want to see that played out for older residents, or anyone else, in Enfield.

We're doing our best through our places on the borough's Health & Well-Being Board, the Older Persons' Partnership Board, the Borough Partnership, its regular meetings with the Enfield Clinical Commissioning Group among others, and we continue to press for better services and the restitution of some we have lost or seem likely to lose to privatisation. This borough is now part of the health economy of North Central London (Barnet, Haringey, Enfield, Camden & Islington) and the poor relation in terms of clinical infrastructure - in recognition of which we have received some uplift funds, and NHS bodies are sympathetic to our reasoning and responsive where they have the wherewithal.



The overwhelming majority of the borough's residents need a well-functioning NHS, and the Forum makes its own significant contribution to physical and mental health and well-being. We encourage fitness via our link with Fusion with many members joining the activities provided, we put on a range of leisure and creative pursuits from holidays and days out to reading, poetry and walking groups as well as help with computers and phones. If you have the knowledge and enthusiasm to start a group, just let us know. It can just be fun, for example we have a bingo group and run the odd sweepstake. Apart from being pleasurable, these can all help to keep us cheerful and away from the doctor.

## Forum in Focus

The Forum's newsletter continues to be produced every two months, with a wide range of topics covered. It is good to have the newsletter back in libraries, leisure centres and other public spaces as things open up again after Covid. But, of course, we encourage everyone to join the Forum and receive their own copy.

Articles in Forum Focus have explained how the Forum is working closely with other local community groups to fight for a fairer, friendlier and greener Enfield. Other topics include the threat to the triple lock on pensions, our concerns about the new Edmonton incinerator, our support for face to face visits with GPs and ways to combat loneliness. We have always covered health issues and tried to help our members improve both their physical and mental health.

Look on the Bright Side of Life continues to be very popular as always, and we value our regular columns from the Police and Glenn Stewart at Public Health Enfield. We also use the newsletter to keep readers up to date with the activities at Fusion Leisure Centres – and the discounts that we offer there.

The newsletter also advertises the Forum's wide range of social activities and the Forum Groups (all organised /run by volunteers) and keeps people up to date with our fund-raising activities.

Thanks to the advertisers and sponsors who help to fund the printing and postage of Forum Focus and to the volunteers who write for, edit and proofread the newsletter and those who work to send it out.

## Environment

In 2022 our environment and climate emergency report finished with the statement "Your Over 50s forum will do its best to ensure that, together, we make the right decisions"; this year we have tried to live up to that promise. We've provided information both in our Forum newsletter and monthly Forum meetings, and encouraged members to lobby relevant authorities where we believe policy and practice exacerbate the climate emergency.

Hence the Forum heard from North London Waste Authority (NLWA) about how to make recycling more effective, but also learnt about the 700,000 tonnes of carbon dioxide that will be emitted annually by the new Edmonton Incinerator for which NLWA is also responsible - adding to the green-house effect responsible for the increase in global temperatures.

We've added our voice to campaigns calling for local authorities to make greater efforts to control deadly air pollution, so harmful to older, and vulnerable, people.

Heating our homes in the bitterly cold winter of 2022-3 was as much of a challenge for older people as was keeping cool in June when temperatures broke all records. These are the very real effects of climate change and the forum provided practical help, reported elsewhere.

Prevention is better than cure, however, and your Forum continues to argue for energy efficient homes in the Council's Local Plan and the use of renewable sources of energy for heating.

Green spaces are a lifeline for good health and well-being, for exercise and leisure, and for shade in hot summers. A canopy of trees can alleviate the "heat island effect" responsible for higher temperatures in the built up areas to the east and south east of Enfield compared with the west, enriched as it is with abundant green spaces and woodlands. We join the Countryside Charity (CPRE) in lobbying for a new country park in Upper Edmonton.

In the forthcoming year, we'll continue to help members to adapt to the changes that confront them, to keep them informed about the actions necessary to protect our environment and how to lobby the relevant authorities to make decisions that radically reduce carbon emissions and the pollution of air and water.

## Social Events and Holidays

The Forum has seen more welcome changes in the last 12 months on the social scene, as social and travel opportunities get back into top gear after what may have been a very disturbing time for some of our members. Here are some of the offerings made by our small team of volunteers, who work tirelessly to keep the range and cost of our events in mind:

A guided tour of the Guildhall Art gallery - 16 participants  
 2 Visits to Theobalds Gardens in Enfield - 51 participants  
 Mini break to Holland to the Floriade in April - 19 participants  
 Charlie Chaplin lunch in May - 33 participants  
 Country walk and pub lunch in May - 7 participants

**Channel Islands** explorer holiday-  
 June -28 participants



**Stamford market and Barnsdale Gardens** - 11 participants



Theatre at Chickenshed - 4 participants  
 Ely and Cambridge day trip-June - 46 participants  
 Lincolnshire and Nottinghamshire Historic Houses holiday - 25 participants  
 Coach trip to Southend - 6 participants  
 Lullingstone and River hill gardens - 20 participants  
 Bury St Edmonds market and cream tea - 15 participants  
 Jazz Funk Night - 33 participants  
 Cineworld film The Seagull - 4 participants  
 Cliff Richard Tribute dinner in October - 96 participants  
 Cruising into Christmas - 27 participants  
 Christmas party number one - 105 participants  
 Repeat Christmas party - 94 participants  
 Costa Rica adventure holiday - 6 participants  
 Afternoon social with films and refreshments - 42 participants  
 Infinity Mirrored Room - 4 participants  
 Film Group - 15 participants



*Morning tea and cakes at Millfield House.*

Social events are not arranged to fund raise for the Forum but we try to add a small donation as “every little helps” as they say. In the past year this has raised £1,467 from these events by way of small donations and raffles proceeds. All members are welcome these social events particularly those joining in for the first time and those coming on their own.

The Social Events Team is a small dedicated group always looking for new and challenging destinations to keep the membership happy. We are already planning for the coming year and beyond, so please keep supporting our efforts as it gives us feedback that we are getting it right! The Forum is so lucky to have people to make all these events happen and we would welcome some more support from any members who can offer a little help so we can continue to increase our offerings. Come and join us, we meet informally over lunch, every couple of months for a couple of hours. Even if you just arrange one small event per year, just think how much more we could offer our members. Particularly welcome would be offers to arrange activities for people with reduced mobility.

## Book Club

We have been going almost 13 years and still get good attendance every month - between 15 - 20 people. Our members continue to present us with fascinating books for consideration and there is a social side as many of us have coffee afterwards. It continues to be a great success. Holding it on zoom kept us going.

## Lunch Club

This two monthly meet up is usually fully subscribed and we have had some resounding successes. We have had our hiccups too, with food delivery shortages causing menu glitches and lack of staff meaning waiting time can be somewhat prolonged. But everyone has been understanding and still enjoyed themselves. Judging by the attendances to date this new initiative started since the lockdown finished will continue to prove popular. Currently we have a capacity limit of 25 attendees.

## Coffee Club

These get togethers are still attended by a loyal core of members, but have not returned yet to its pre-lockdown numbers. These meetings are much more relaxed than the other clubs with

people turning up as they please. Unfortunately, we had to shut down during lockdown, so it has been a process of restarting. Prior to Covid we used to get around 12 - 18 attendees, but the restart and the nasty weather has yet to see numbers hopefully improving with Spring and Summer bringing out more people.

### Writing Group

The group continues to flourish with a current membership of 15 regular attendees and another member is pending for the new Forum year. This is probably about the right number for everyone to have their articles read. To be fair to those in the group currently, we have recently had to contact members who miss many sessions to see if they really want to stay, so it is really helpful if those who cannot come reasonably regularly would let us know. Topics have included; *'The place where I was born'*, *'What we found in the Attic'*, *'Music'*, *'stockings'*, *'Race'*, *'Travelling'*, *'Aspiration'*, *'The first term'*, *'The heart has its reasons'*.

Far too many to count all the topics over the years we have been going....sometimes finding a topic is hard to find.

Several of our original members are still with us whilst others have moved away or dropped out.

Those of us who have been in the group since its inception remember the original founder and leader of the group, Christine Whetstone and we owe her a great debt of gratitude for inspiring this enjoyable and friendly group.

### Poetry Group

The group meets in the meeting room of the Enfield Town Library every 4th Thursday of the month (excluding December) from 10:30am till noon. Here we share and discuss poetry and lyrical prose on a wide range of themes suggested by group members. Our contributions may be self-penned or the work of poets we personally admire. Equally important to the literary content however is the convivial fellowship we enjoy at our gatherings. Though not big on literary criticism, we're huge on appreciation and encouragement.

In terms of numbers attending our meetings, we're rarely getting more than eight attendees at any given meeting at the moment and naturally would dearly love more. That said however and despite a recent increase to the concessionary rate we pay for hiring the meeting room, our meeting

are financially secure and we request only a £1 contribution towards the rent for each meeting. A warm welcome awaits each and every newcomer so do think about joining us.

### Film Making Group

This year we started a Creative Theatre group which quickly morphed into a film making group. We write, film and edit our own films and have about 15 members. So far we have produced a spoof time travel film and several Tales with a Twist and had great fun doing so. Most members had little experience when the group started and we have been learning together. The group always welcomes new members who usually start as extras before moving on to speaking parts. We hold sporadic planning meetings where new members are welcome and each member pays £2 towards the cost of hiring the meeting room. Our films are funded by our bi-monthly film afternoons where food and fun films are provided for all of our members to enjoy.



Monica Leith and Janice Hellary who starred in the film "Cakes"

**All members are welcome to participate in any of the Forum's groups, clubs and activities. Please look in Newsletter for up to date information or contact the Forum Office for details.**

### Fusion Leisure Centres

Access to the health benefits of exercises is an important one for the Forum and our members. The concessions are not the same as pre-pandemic but they remain a viable way to enjoy exercise and the Over 50's Days, different days at different sites remain very popular and offer a variety of exercise and socialisation for £6.50. Free outdoor health walks are now underway and hopefully as the weather improves will be more popular, and again back indoors for tea, coffee and a chat. We thank our Ambassadors, volunteers who assist our members on site and feedback to the office on a regular basis. We thank Dominic Hall, Sport and Community Development Manager at Fusion, our ever obliging contact at Fusion.



## Membership and Small Projects

Our charity has a healthy and increasing membership and is open to all over 50s. We have kept our modest subscription even while the costs of living climb. Our members receive our Forum Focus newsletter 6 times a year, informing them of Forum events, meetings with interesting influential speakers and campaigns pertinent to older people. Our working relationship with Fusion enables us to offer concessions so our members can participate in exercise and socialise all within our remit of health and wellbeing promotion.

We hosted a Health Day event at the Southbury Leisure Centre, in June 2022, where members could access facilities at the site and receive a free healthy lunch. Some of our affiliated group members were presents as exhibitors and provided useful health related information to our attendees.

For both joiners and renewing members we send out the membership cards as soon as possible and all can pay either by cheque, cash, card or bank transfers. Those who go to the office to pay are able to pick their cards and learn more about the range of activities the Forum offers.



*Above is a team of our volunteer helpers.*

Our Eat and Heat project project sponsored by Awards for All and the MCEC Enfield Mosque helped many of the boroughs disadvantaged individuals affected by the cost of living crisis.

## Fundraising

As you will see from our end of year accounts fundraising activities resulted in a contribution of over £5,000 towards the Forum's running costs. This is very much down to the combined efforts of Jim and Lynne Cante. Top of their list of initiatives is Jim's Bingo Club which was formed in 2019 playing at Malones cafe in Enfield Town. Obviously like everything else this stopped for Covid. But since April the sessions have been held at Jubilee Hall, Parsonage Lane, where they are currently averaging about 35 members a week. In the photo on the right we have the team of helpers who manage the session - standing at the back is Dave Cope who collects the £1 entry fee; Jim Cante and the bingo caller Georgia Violari; sitting is John Yiannacou (stand-in caller and bingo card seller) and Anne Haffenden (raffle tickets seller). The team also includes Monica Leith.



*Jim and Lynne Cante the Forum's Fundraisers*



A recent funding initiative - Grand National Sweepstake - last year raised £200 while the monthly 200 club draw again set up by Jim and Lynne and is now administered by the Forum Office staff and Peter Smith.

For more information please ring Jim Cante on 0208 363 4969.



*Weekly bingo sessions are held at Jubilee Hall in Parsonage Lane*



## Communications and IT

The Forum relies heavily on our volunteers and computer systems in order to share information with members of the issues and events that impact on our lives. The Forum Focus newsletter that is posted through your letter box every two months is our flagship publication. Editor Yvonne Mulder is backed up by Terry Melton who is responsible for the layout; Diane and Ruth in our office ensure that envelopes and addresses are ready for our team of stuffers to put the folded newsletters and flyers into the envelopes; while Peter Smith ensures the the 4000 odd packages are delivered to the local RoyalMail sorting office.

For the 3000 plus members who have internet connections Ruth, our office and development manager emails out our eNews to publicise upcoming events and topics of importance.

Chris Chinnery does a great job in developing and maintaining our website ([www.enfieldover50sforum.org.uk](http://www.enfieldover50sforum.org.uk)). The website contains information about the Forum - meetings, newsletters, past annual reports, contacts, how to join, etc.,.

George Rufai, our treasurer uses the Quickbooks package to manage our accounts. As a registered charity we are able to claim Gift-Aid back from the Government tax office on the subscriptions and donations from those members who have made the necessary declaration on joining the Forum.

The membership database was set-up by John Dennis using Zoho software for the large membership we have.

Members will appreciate the Forum relies heavily on a variety computer systems and software in order to manage our day to day operations. Nevertheless, we are well aware that for many members and older people have difficulty with the increasing digitalisation impact on our lives. This is a Forum campaigning issue.

## Finance

From a financial viewpoint this has been a year of gradual improvement compared with 2021-22. In the year 2018 our membership peaked at over 6200 just prior to the pandemic that swept across the world. The inevitable impact was a drop in membership numbers down to just below 4000 with a consequential drop in subscription income. However, as the balance sheet shows there was an increase in subscriptions income of almost £10K compared with the previous year. Hopefully this trend will increase over the next few years and allow the Forum to go from strength to strength in supporting the older community to remain fit and involved across the borough.

As highlighted in the Chair's introduction we were successful in getting support from the Big Lottery Award for All Fund and from the Enfield Mosque. These restricted funds allowed us to run the Heat and Eat project targeted at those suffering from higher energy and sustenance costs.

We also experienced higher costs for printing, postage and office rental. The higher rental costs were down to delays in invoicing which should have been settled in the previous year. All told the results showed a loss of £11K on the year but our outlook and budgets for 2023/24 are upbeat as we increasingly come out of the shadow of the pandemic period. The Forum continues to hold healthy reserves.

Last year saw the retirement of Champak Mistry who was our treasurer from 2009 and gave great support to the Forum through his stewardship of our accounts. Champak is succeeded by Dr George Rufai who is responsible for accounts presented in this Annual Report. We thank Champak for all he has done for the Forum and for his service to the community of Enfield and also George Rufai for managing such a smooth change over as treasurer.

## APPENDIX I

### Organisations Affiliated to the Forum

<b>Age UK Enfield</b>	<b>Mayfield Athletic Table Tennis Club</b>
<b>Association of Ingleborough Residents</b>	<b>Meet a Need with Christian Care</b>
<b>BHP Bowls, Tennis and Social Club</b>	<b>North London Humanist Group</b>
<b>Enfield &amp; Southgate Workers Educational Association</b>	<b>North London Morning Orchestra</b>
<b>Enfield Asian Welfare Association</b>	<b>Oakwood Horticultural Society</b>
<b>Enfield Choral Society</b>	<b>Probus Club of Enfield</b>
<b>Enfield COPD Support Group</b>	<b>Selborne Bowling Club</b>
<b>Enfield Croquet Club</b>	<b>Southgate Opera Group</b>
<b>Enfield Light Operatic &amp; Dramatic Society</b>	<b>Stroke Social Club Park Avenue</b>
<b>Enfield Over 50s Fun Group</b>	<b>The Arts Society of Enfield</b>
<b>Enfield U3A</b>	<b>The Enfield Arts Circle</b>
<b>Gardening Friends</b>	<b>The Walkabouts Rambling Group</b>
<b>Grovelands Bowling Club</b>	<b>The Winchmore Singers</b>
<b>Heart Throbs Cardiac Support Group</b>	<b>Weir Hall Ratepayers</b>
<b>Knit and Natter</b>	<b>Winchmore Folk Dance Club</b>
<b>Macular Society Enfield Support Group</b>	<b>Winchmore Hill Bowling Club</b>

**The Forum thanks our affiliates for their continuing support throughout the year. In return the Forum promotes their activities and programmes in our newsletters, eNews and website. Affiliates can also insert their leaflets in our mail-outs for a nominal cost.**

## APPENDIX 2

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

#### RECEIPTS AND PAYMENTS ACCOUNT for the year ended 31st March 2023.

RECEIPTS		2022/23		2021/22
	Note	£	£	£
		<b>Restricted</b>	<b>Unrestricted</b>	
Subscriptions	1		37603	26,665
Fundraising & Donations	2		5818	6,841
Projects	3	10,968		
Newsletter advertising	4		12416	13,410
Gift Aid Tax refund	5		4749	4,840
Bank interest			0	98
Legacy			0	10,000
Job Protection and Retention Grant			0	7,179
Overhead recovery Staff salaries			0	2,405
	£	10,968	60586	71,438

PAYMENTS				
Staff salaries, NIC, Pen			39,132	38625
Newsletter Printing			9,910	4397
Postage and delivery			8,494	6081
Stationery			2,183	2587
Telephone			72	94
Office equipments			2,202	808
Office rent and hall hire			7,817	1426
Miscellaneous expenses			0	1223
Insurance			552	553
Public Events	6		0	264
Heat & Eat		9,260.52		0
Governance			299	0
		9,260.52	70,660	56,058

**Surplus** 1,707.48 -10074 15,380

#### Activities for members:

Net receipts from trips	6		-879	376
Net receipts from events	6		-78	-450

**Total net receipts for the year** 1,707.48 -11032 15,306

#### FUNDS

##### GENERAL FUND

Balance 1st April 2022		67,341	51,937
Surpl for the year - Unrestricted		-11,032	15,306
- Restricted		1,707	0

**Balance 31st March 2023** 58,017 67,243

#### Represented by Bank balances and cash

Bank Balances - Barclays	43,154	52,416
CAF	12,687	12,748
Interest at Shawbrook	2,127	2,029
Cash in hand	50	50

58,017 67,243

##### CONTINGENCY RESERVE FUND

Balance 1st April 2022 and 31st March 2023	50,000	50,000
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#### Notes to the Accounts

- Subscriptions - Includes advance payments received for 2022/23 and onwards and from life members.
- Fundraising and donations  
This includes surpluses from the 200 club, Bingo sessions, raffles and trips were undertaken during the year
- Restricted grants towards the Forum's Heat and Eat Project were made from The Big Lottery (Awards for All) and the MCEC Palmers Green Mosque
- Newsletter advertising includes support by Stennett & Stennett, George Ttoui - Burlington Wealth Management, Home Instead and Winchmore Hill Bowls Club
- This Gift Aid income derives from the previous year's subscriptions
- Trips and Events  
As shown on page 6 of this report the Forum organised numerous events and trips for public benefit. Any deficit in the year is due to advance supplier deposits for new financial year.
- Reserve Policy**  
In accordance with recommendation from the Charity Commission we have created a Contingency Reserve Fund to provide for 6 months salaries, rents, redundancy, refund part subscription from life members and fees received in advance from members and other expenditure in the event of the Forum closing down.

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2023 was prepared by:

Dr. George Rufai (Treasurer) and Checked by

Champak Mistry, FCCA.

30th May 2023

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2023 is subject for Independent examination to be carried out at the beginning of July 2023 by Ms Heloni Vipani

6th June 2023

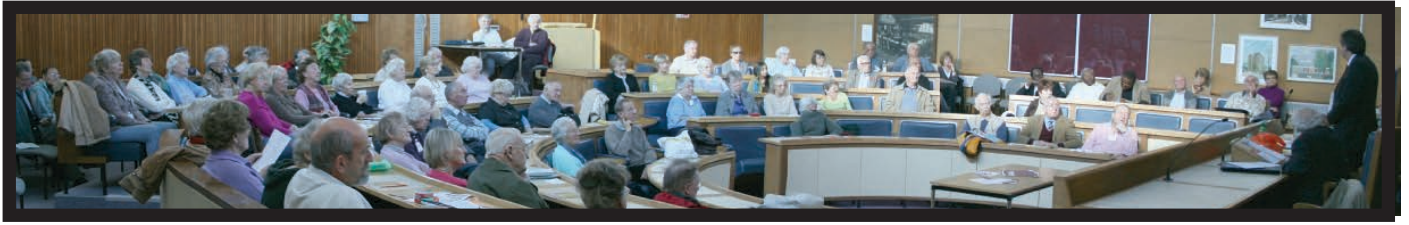


**Please note.**

**These accounts were prepared by our Finance Committee and were approved by our independent Examiner Ms Heloni Vipani on 6 July 2023.**



# Enfield Over 50s



## **The Value of Forum Volunteers**

Retired people provide significant voluntary support for many of the charities and clubs across Enfield and the Forum is fortunate in having a committee and many members who regularly give up their time to ensure the smooth running of all our activities and to support our office staff.

### **Forum Activities include:**

Meetings, Conferences, Special events and projects, Drop-ins, Advice sessions, working with Fusion

Social programmes: Holidays: Trips; Theatre Visits, Lunches, Dinners, Walks.

Groups: Writing; Readers; Poetry; Choral; Coffee Club.