

Focus on home care

Age UK calls on NHS to ditch outmoded way of working and to adopt the principle of 'home first' for older people's care

We are spending a lot of public money on the health and care of older people, but the outcomes are disappointing, according to Age UK.

"There is no escaping the need for us as a country to spend more on the NHS and even more so on social care but, just as importantly, we need to spend it differently," according to the conclusions of Age UK's report on The State of Health and Care of Older People in England 2023.

There are three key messages:

- Too many people still have poor mental or physical health which can be attributed to the Covid period. It is not surprising that hospitals and care services are under pressure because need has unquestionably risen.
- There are particular groups of older people, such as those from some ethnic minorities, or living in deprived communities, whose experience is even worse than the rest of the population.
- The forward trends set out cannot be ignored – it is simply a matter of time before our health and care system buckles under the needs of an increasingly older population.

The report then identifies three areas where change is needed:

- Reverse the decline of primary and community health services and social care so many more older people get more help, earlier, enabling them to stay well for longer at home and reducing their reliance on crisis health care in hospitals.
- Join these community-based services up too so they are genuinely multidisciplinary, include the voluntary sector, working closely with GPs and their staff. These services also need to be able to flex to older people's and their unpaid carers' wants and needs.

- Establish a fundamental principle of 'home first' to our approach to care. Rather than older people always having to go to hospital it will often make more sense for the hospital to come to them.

Hospital at home teams and virtual wards are proliferating as mechanisms for providing clinical oversight and care for older people in their own homes. So too are falls services: community

teams whose job it is to help older people after a fall and to prevent their recurrence.

Age UK says that all these approaches and more "are already becoming part of the mix in some communities, we simply need many more, everywhere".

It identifies three key factors which are needed to underpin these changes:

- The people to staff our primary and community health and social care services; as well as paying them fairly for their skills and commitment we also need to increase the overall attractiveness of their roles.
- Support for the health, wellbeing and finances of the unpaid carers. They need more practical support, though a good social care system they could rely on would help the most.
- An infinitely more ambitious cross Government drive to narrow health inequalities between people of all ages, ethnicities and places, to address the social and economic determinants of ill-health.

The report concludes that "the huge financial costs to our country and the harm to older people from continuing with our current outmoded way of working are too high.

As the NHS celebrates its 75th anniversary, the way we treat our older people has to be the most pressing need."



Community health services enable people to stay in their homes for longer

Forum Falls and Flu Day
25 October, p3

Trips, lunches, bingo, film club, meetings
and much more, pp13-16

Enfield Borough Over 50s Forum

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

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Disclaimer

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

JOIN the Forum

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

How to join or renew

Get a membership form either by calling the office (020 8807 2076) or downloading it from the membership page of the website <https://enfieldover50sforum.org.uk/membership/>. Then, telling us if you are new or renewing, you can either:

- 1) Post the form with your cheque (payable to The Enfield Borough Over 50s Forum) to Enfield Borough Over 50s Forum, Millfield House, Silver Street, N18 1PJ.
- 2) Visit the office and pay in person (though call first to check we can receive visitors).
- 3) Complete the form, scan it and then email to us at info@enfieldover50sforum.org.uk and make payment through your bank account to ours: The Enfield Borough Over 50s Forum, Barclays Bank, Sort Code **20 29 81** and Account Number **13382192**.

Don't forget to put your surname and postcode as a reference so that we can match payment and records. And make sure you include 'The' in the Forum's name.

Ruth's Review

Valued members

There are many benefits to joining the Forum

So finally, at the time of writing, we get some hot weather after a summer of not so much. I hope you all managed to keep well during this time. It was oppressive, although I think we will miss it as we enter the darker, cooler winter months.



I celebrated with my parents for their Diamond Wedding Anniversary. It was quite the occasion. I managed to organise a card from the King. Dad was bemused as he did not know that could happen for a wedding anniversary, he just thought it was when you reach a hundred years old. It was a nice surprise for them.

I would like to thank Liz Gilbert and Knit and Natter, good and longstanding friends of the Forum, for their very generous donation.

I am in the early stages of organising an event at Southbury Leisure Centre on 25 October. More details opposite. If you are planning to attend, we would ask you to contact the office for catering purposes.

We had over 100 new members in August and many renewals both from recent lapses and those who lapsed from a long time ago. Quite a few people upgraded to life membership. Welcome and thank you.

We do have still quite a substantial number due to renew now. Although I may be biased, I do believe the benefits of membership represent very good value with an individual annual fee of just £11.

We have a good range of speakers, both recently and in the future pertaining to older people's issues. Our campaigns are robust and focused, especially around issues such as digital inclusion/exclusion which we know is a cause for concern for many of our members.

This bi-monthly Forum Focus is a good source of relevant and current information and was invaluable during the pandemic, reaching our very isolated members.

Please do let us know your experiences, good and bad. It is your Forum and we need to represent your views and concerns.

Look after yourselves.

Ruth Fathaddine

Office and Development Manager

Coffee and cake

The coffee and cake sessions in Millfield House grounds have now stopped as the weather deteriorates. We'll let you know when we resume in the New Year.

Falls and Flu, Loneliness and Isolation

Come to the Forum's Day of Information, focussing on the prevention of falls and flu, as well as looking at ways to reduce loneliness and isolation and the problems they may bring with them.

Wednesday 25 October
Southbury Leisure Centre

We are offering a range of presentations, activities and classes.
With topics including vaccinations, nutrition, orthopaedics, the benefits of exercise and accessing NHS primary care.
We will also have tables for Benefit Advice and for our Affiliated Groups and other Enfield community groups to tell you about their activities.

9.30am: Registration
10am: Formal opening by Feryal Clark MP
Refreshments and lunch will be provided
Full timetable available on the day
3pm: Close

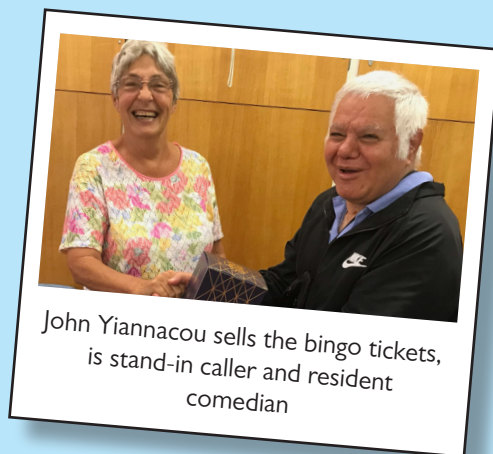
Please book your place by phoning the Forum office on
020 8807 2076 by the 11 October.

Run in partnership with the NHS North Central London
Integrated Care Board, Public Health Enfield,
Palmers Green Mosque and Fusion Leisure Centres.

Fusion Leisure Centre, Southbury Leisure Centre,
192 Southbury Road, Enfield EN1 1YP



Lynne Cante with Dave Cope who mans the door and gives away prize money to the winners



John Yiannacou sells the bingo tickets, is stand-in caller and resident comedian

Bingo Club presentations

The group of people running the Bingo Club celebrated five years of fun and fund-raising

The Bingo Club has just marked its fifth anniversary with presentations of engraved glassware to those who are most involved in running the weekly sessions.

Not only does the team provide an afternoon of entertainment every Monday, it has also raised an amazing £10,000 for the Forum from its activities. And let's not forget that the five years

includes a long interruption during Covid lock-downs and a change of venue when the club restarted.

Thanks to Jim and Lynne Cante who established the Club and to the dedicated team who help out every week. As well as those pictured, there are a number of other people who help us set up tables and chairs so a big thank you to them.



Jim Cante with Anne Haffenden who sells the raffle tickets every week



Monica Leith who sets up and sorts out the kitchen and fills in where needed



Georgia Violari who is our caller and started calling when we were in Malones pre Covid

Take Five to Age Well

Campaign to help older people make small changes for better ageing

The Open University is running a programme called Take Five to Age Well, inviting people to join a UK-wide community making small daily changes for better ageing.

It asks people to choose and keep up the healthy change(s) for one month, offering support to turn those changes into a habit for long-term health and wellbeing.

The campaign was launched in September but there are plans to continue asking people to make month-long pledges to

achieve a better lifestyle.

The most important pieces of advice are:

Make it achievable

You know yourself better than anyone – choose actions that are challenging but attainable. Remember, you need to do this every day so make sure it's something you will be able to do.

The pledges centre on actions such as eating and drinking more healthily, increasing activity levels, engaging socially

and staying mentally sharp. You can find out more about those actions at <https://wels.open.ac.uk/research/projects/take-5>

Make it specific

Choose an action and make sure it's quantifiable – for instance, you may want to eat six pieces of fruit or vegetables a day or cut down to eight units of alcohol a week or walk for 30 minutes every day. Whatever it is – make sure you can measure it.

Struggling to breathe

Outer London boroughs have highest rates of problems related to poor air quality

Perhaps surprisingly, air pollution is the largest environmental risk to health in Britain today.

Every year between 28,000 and 36,000 people die prematurely as a consequence of breathing in toxic air. In London alone there are 4,000 preventable deaths. Of course, some London boroughs are far more leafy than others and western Enfield is lucky to have green open spaces, though the same can't be said of the eastern wards, so these deaths are by no means evenly spread throughout the population.

For example, those with a lung condition living in the poorest neighbourhoods are seven times more likely to die of that condition than those living away from main roads, industrial and other emissions and with more outside space and fresh air.

However, too many of us live in homes where the levels of pollutants exceed and sometimes far exceed World Health Organisation recommended limits.

The highest number of early deaths related to toxic air and the highest rates of admission to hospital currently occur in outer London.

Asked about this largely invisible killer, Laura-Jane Smith, consultant in respiratory medicine at London's King's College Hospital, emphasised the growing body of scientific

data revealing that air pollution affects every one of our bodily organs at every stage of life.

While we have all heard about COPD and childhood asthma, new evidence is emerging of the part it plays in other disorders: diabetes, heart attacks, lung cancer in adults and strokes and dementia in older people, among others.



Congested roads

In other words, air pollution increases risk in many more conditions than we realised. Children, older people with long term health conditions (quite a high proportion), particularly heart and lung problems, are especially vulnerable.

Toxic air has many components: fine particulates, harmful gases, a range of chemicals, for instance, that can pass into our bloodstream via our lungs, damaging them as they go, but what can we do? Go the long way round with the baby buggy to avoid walking along busy roads; easier said than done.

Most readers either don't smoke or have given up, know they should eat well and take exercise, but we are trapped by a hundred years of our transport infrastructure being built for car use.

An integrated public transport system where buses and trains are co-ordinated, frequent, accessible, cheap and staffed by people, not machines, would help.

Prevention is better than cure

News of drugs which can treat Alzheimer's disease should not shift the focus from trying to prevent the condition

Alzheimer's disease is one of the cruellest and most feared of diseases, stripping people of their memories and leaving a shell behind. They look the same, but the person fades from view.

New treatments often excite considerable interest, but sometimes it is worth managing expectations and perhaps thinking more about prevention.

Recently Sky news announced *Donanemab* as heralding the 'beginning of the end' of the disease. Along with *Aducanumab* and *Lecanemab* this is one of the three latest 'mabs' (monoclonal antibodies) that remove amyloid, the protein thought to cause Alzheimer's.

However, closer reading of the studies is not so hopeful. In the trial on a 144 point scale, *Donanemab* was associated with a decline in cognitive function of 10 points compared to a decline in the placebo group of 13 points (a difference that would be hard to discern), one in six patients taking *Lecanemab* was found to have brain bleeds and *Aducanumab* was marketed in the US for \$45,000 per year per patient.

Further, patients on these trials were highly selected being typically 5 – 10 years younger than most diagnosed patients in the UK and treatment would involve drug infusions every

two to four weeks.

If treatment isn't as advanced as Sky perhaps implies, there may be steps that will help prevent Alzheimer's. There is strong evidence that a physical activity, a healthy diet (particularly the Mediterranean diet), not smoking and drinking at moderate levels will all reduce your risk.

Other factors that will help include maintaining a normal blood pressure (which the previous behaviours will support), being socially active and treating any hearing loss.

One of the most frightening things I read once was 'Bad Pharma' by Ben Goldacre, a bit of a polemic showing how the profit motive has driven pharmaceutical development. One thing he said was that no-one makes money from people being healthy. Don't get me wrong – my mum has just been diagnosed with heart failure and I am very happy and insistent she takes her medication. However, sometimes I just wish that prevention had even half the time and dedication given to treatment.

Glenn Stewart

Assistant Director of Public Health, Enfield

Boost your health

We encourage our members to get both Covid and flu jabs this autumn

Forum members may already be aware that a new autumn wave of Covid appears to be on its way. We urge those eligible to get their boosters as soon as they can.

The following people are eligible for an autumn Covid booster:

- Residents in care homes for older adults
- All adults aged 65 years and over
- People aged 6 months to 64 years in a clinical risk group
- Frontline health and social care workers

- People aged 12 to 64 years who are household contacts of people with immunosuppression

- People aged 16 to 64 years who are carers and staff working in care homes for older adults

The eligibility is based on the fact the risk of severe Covid continues to be strongly associated with increasing age and underlying health conditions. Remember, the Forum also urges everyone to get their usual flu jabs, also available from October.

Potential park

Have your say on a proposed new park in Edmonton

Near Banbury Reservoir and Lee Navigation Canal in Edmonton there's a lot of unloved land – designated green belt – which is unsuitable for housing but ideal for a big local park.

EnCaf (Enfield Climate Action Forum) and CPRE London (Campaign for the Protection of Rural England) are conducting a very short survey about this.

Please take five minutes to find out more and complete the survey to let us know what you think the new park should include: <https://tinyurl.com/2p8xnby3>

And, if you can, please share the link with others who live, work or study in Enfield, Haringey or Waltham Forest.

Celebrating ageing

A special programme of events for over 50s in Enfield is being held in early October

We are fortunate in Enfield that there are a great variety of activities for over 50s taking place on a regular basis. However, one of the biggest barriers to attending is lack of information and digital inclusion.

So, a small working party from the Older People's Partnership Board got together and have collated a leaflet full of special events for Celebrating Ageing in Enfield fortnight, 1 -13 October.

The leaflet will be shared widely and posted through people's doors. If you'd like to receive an electronic version, you can call 0208 375 4120 or email referrals@ageukenfield.org.uk



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Heat recovery options

Is Enfield's district heat network really as low carbon as is claimed?

There is now no doubt that because of the carbon dioxide and other greenhouse gas (GHG) emissions produced when carbon rich material is burnt, or decomposed, the planet is getting hotter and extreme weather events are costing many lives at home and abroad.

Heating and hot water for UK buildings make up one fifth of our GHG emissions. To meet our climate obligations we must decarbonise heat. In other words, we must eliminate carbon-based heat sources by 2050.

Sources of heat energy are many and varied. Some are carbon-based using wood, gas, oil, coal or domestic/business waste to generate electricity. Vast quantities of carbon dioxide are produced when they are burnt, recovering the heat generated, as a by product, to heat homes and provide hot water. These are called 'combined heat and power' plants.

And whilst the surplus heat is undoubtedly being put to good use, this heat source is not straightforwardly considered decarbonised because of the quantities of GHG emitted in the process (700,000 tonnes each year in the case of the Edmonton incinerator used for Enfield's district heat network). Less obviously, it's possible to recover useful heat from the underground (we know how hot the Victoria line becomes), from industrial processes and even the vast data centres that house the IT servers crucial for almost all aspects of contemporary life.

An enormous amount of waste heat is generated during computation, and keeping servers cool is a 24/7 job – the heat has to go somewhere. Since the electric grid powering these functions is increasingly decarbonised (using solar and wind power for instance), using the heat productively can offset most remaining GHG emissions, making them carbon efficient now, potentially low carbon in the future.

Finally, there are environmental sources of heat such as the ground and rivers. These are genuinely low carbon heat sources.

A district heat network can distribute heat from any of these sources and deliver it to a variety of customers such as public buildings, shops, offices, hospitals, universities and homes,

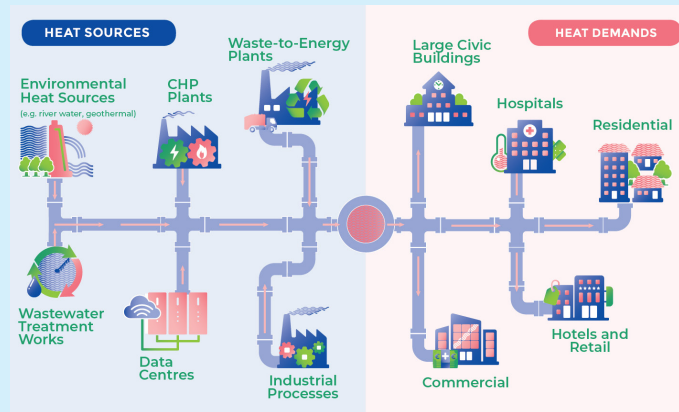
avoiding the need for separate heating in every individual place. 'Communal' heating can be supplied to multiple occupants in a single building. Air is a low carbon heat source of value in

heating individual homes using air source heat pumps.

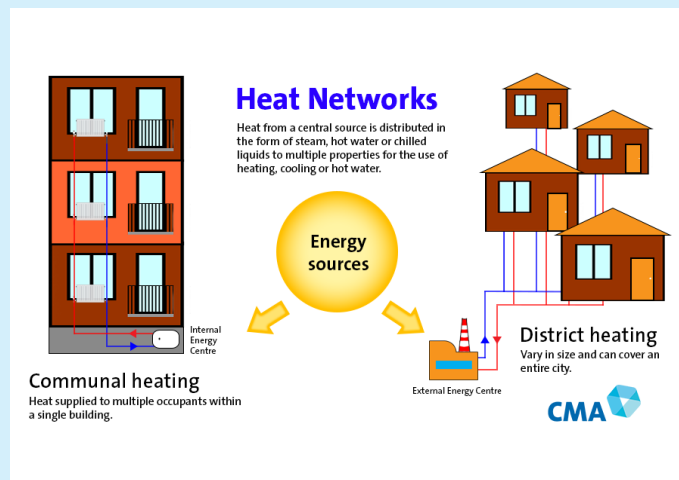
However, only district heat networks can use sources of heat which would otherwise go to waste e.g. the underground, factories, the ground, rivers, IT servers. This makes them unique in their contribution to reaching net zero carbon because it's inconceivable that individual buildings/homes could, in practice, utilise such sources.

Enfield's district heat network will not be utilising these heat sources, it will be sourced

solely from burning waste, which raises important questions about whether this particular district heat network is indeed decarbonised, as is claimed.



Sources of heat energy are many and varied



Is this the best heating solution for all new homes in Enfield?

Our questions to the authorities are:

1. Is this the best low carbon heating solution for all new homes in Enfield?
2. Will its use discourage other measures to reduce carbon emissions in building or retrofitting homes?
3. What impact assessment has been done regarding those Enfield residents affected by the road works who are not going to occupy new homes nor benefit from the retrofit of their current homes? What estimate has been made of the numbers affected?

Response from the Council

In the last issue, we outlined the years of disruption to traffic and bus routes we face from laying an extensive system of underground pipes to create the proposed district heat network.

We invited Enfield Council to comment and it forwarded our invitation to Energetik, the limited company fully owned by Enfield Council, responsible for commissioning the district heat network.

Energetik has previously attended our forum and plans to return to update us, beginning on 31 Oct 2023. See Meetings, p16.



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Look on the bright side



Top 10 jokes of the 2023 Fringe

TV channel Dave's Funniest Joke of the Edinburgh Fringe is chosen by members of the public from a shortlist drawn up by judges. The zookeeper one-liner was ranked among the best by 44% of those surveyed.

1. I started dating a zookeeper, but it turned out he was a cheetah. *Lorna Rose Treen*
2. The most British thing I've ever heard?
A lady who said 'Well I'm sorry, but I don't apologise.'
Liz Guterbock
3. Last year I had a great joke about inflation. But it's hardly worth it now. *Amos Gill*
4. When women gossip we get called bitchy; but when men do it's called a podcast. *Sikisa*
5. I thought I'd start off with a joke about The Titanic – just to break the ice. *Masai Graham*
6. How do coeliac Germans greet each other?
Gluten tag. *Frank Lavender*
7. My friend got locked in a coffee place overnight.
Now he only ever goes into Starbucks, not the rivals.
He's Costa-phobic. *Roger Swift*
8. I entered the 'How not to surrender' competition and I won hands down. *Bennett Arron*
9. Nationwide must have looked pretty silly when they opened their first branch. *William Stone*
10. My grandma describes herself as being in her "twilight years" which I love because they're great films. *Daniel Foxx*

Why I am overworked, by a frustrated American

The population of this country is 237 million.

104 million are retired.

That leaves 133 million to do the work.

There are 85 million in school, which leaves 48 million to do the work.

Of this there are 29 million employed by the federal government, leaving 19 million to do the work.

2.8 million are in the armed forces, which leaves 16.2 million to do the work.

Take from the total the 14,800,000 people who work for State and City Governments and that leaves 1.4 million to do the work.

At any given time there are 188,000 people in hospitals, leaving 1,212,000 to do the work.

Now, there are 1,211,998 people in prisons.

That leaves just two people to do the work.

You and me.

And you're sitting at your computer reading jokes.

Feel free to send contributions for the Bright Side
to: editor@enfieldover50sforum.org.uk

Falling for autumn

How did the tree get a new job? She had the right qua-leaf-ications.

Why was the robot couple's anniversary in the fall? They were autumn mated.

Why did the apple pie go to the dentist? Because it needed a filling.

What do Jedi trees say to each other in the fall? May the forest be with you.

What do you call a small pepper in late autumn? A little chili.

What do farmers wear under their shirt when they're cold? A har-vest.

How do trees get on the Internet? They just log on.

Why shouldn't you tell a secret in a cornfield? Because the corn has ears.

Why does Humpty Dumpty love autumn so much? Because he had a great fall.

Why did the tree decide to start taking art classes? She wanted to branch out.

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Our own Turkish delight

Olivia tells us about the success of the trip to Turkey which she organised herself

Forum members travelled to the small riverside town of Dalyan in south west Turkey/Turkiye in July. This was not an 'official' Forum holiday, as it was the first time I had arranged a foreign holiday without using a tour operator.

We had a diverse group of members, friends, couples, sisters, solo travellers – all of life was there.

We enjoyed rustic accommodation in a stunning retreat location, wonderful meals in restaurants and at the retreat, lots of excursions to keep us entertained and learning much about this wonderful culture.

The boat trips were gorgeous and we danced in the sunshine to a wide range of music.

We learned from villagers how to prepare and cook a delicious lunch, after picking the ingredients from the fields ourselves!!

We visited a mosque, met local children, wandered among ancient ruins and much more.



Forum members enjoyed a wonderful trip to Dalyan

Tracy says: "The best trip!! I had a fantastic week in Dalyan and have now joined the Forum as a life member. I went on my own in a group where I knew only two people and met the loveliest bunch of people. It truly was a lovely break and I'll certainly be doing it again."

I have therefore booked not just one week next year but three!! July 1-8, July 8-15 and October 21-28. The July offerings mean you can come for one week or two

and the October week is a little less hot but still lovely and warm compared with the UK. New members and friends very welcome. For more details see p13.

Olivia Goodfellow

Free walks with Fusion

Join one of the walks to both exercise and socialise

Come along to Fusion Leisure Centres and take part in free local walks. They last about 45 mins and are followed by free tea/coffee.

Tuesday 9.45am – Edmonton

Tuesday 10am – Southbury

Wednesday 10.15am – Southgate

Open to all adults in the Borough.

No need to book. Just turn up.

Discounts for those with Concession cards

Forum members who live in the Borough of Enfield are able to take advantage of the discounts we have negotiated with Fusion Leisure Centres.

Our exclusive annual membership deal with Fusion costs just £390 a year – £32.50 a month or £7.50 a week. This gives free access to swim, gym and exercise classes at all Fusion centres in Enfield at any time.

Forum members are also eligible for a direct debit monthly rate of £45.10 a month, compared to the standard rate to £60 a month.

It is even cheaper (just £35.20 per month) for those who can attend in off-peak hours which are Monday – Friday, 9am – 4pm and weekends 12 noon – 4pm.

You can also just pay-as-you-go for individual sessions:

	Concession	Standard
Swim	£3.40	£6.40
Gym	£5.50	£10.75
Group class	£5.50	£10.95
Sauna & Steam	£7.40	£12.40

Accessing Concessions

In order to access these concessions, Forum members need to take proof of their up-to-date* Forum Membership to one of the Fusion Leisure Centres and buy a Fusion Concession/Energy card.

We also get a discount on this – just £7.50 instead of £21.50. This needs to be renewed every year for pay-as-you-go customers.

Once you are registered in the Fusion system as a concession, you can book sessions via the website or app, or you can just turn up on the day and pay by debit/credit card. However, many classes /swim sessions are very busy so it is best to book in advance if you can.

*As long as Forum membership is valid on the day of purchase, you are eligible for a Fusion annual concession card.



How do you reduce inheritance tax immediately?

Most people do not know that there are a few gifts that can make use of a valuable statutory exemption to the seven years rule

Whenever I have conversations with people interested in mitigating or reducing their inheritance tax liability the majority are aware that any gifts made will take seven years to be disregarded for inheritance tax. These are known as Potentially Exempt Transfers or in the case of transfers to a Discretionary Trust they are known as Chargeable Lifetime Transfers.

In my experience however, very few people are aware that certain gifts make use of a valuable statutory exemption known as gifts out of normal expenditure out of income. Whilst this exemption can only be claimed on death, individuals can gift an unlimited amount during their lifetime, all of which will fall immediately outside their estate inheritance tax free provided all of the criteria under the exemption is met.

There are three main criteria and they are as follows: Firstly – it must be established you have excess income. This is after taking into account all of your regular outgoings including discretionary spending compared to all of your regular income typically from pensions including the state pension.

Secondly – there must be a regular pattern of gifting. The gifts must be made on a regular basis from taxed income. Thirdly – you must retain sufficient income to maintain your normal standard of living. Your standard of living must not be compromised in order to reduce your inheritance tax liability.

Funds will typically be transferred to a trust where

you will remain as a trustee until you pass away. This will allow you to retain control of the trust funds

and protects the funds from external threats such as divorce, creditors or the financial vulnerability of beneficiaries. You can of course make direct gifts.

If you are concerned about the effect inheritance tax will have on your estate and the amount of money that you will leave to your family and friends then provided you have excess income you may wish to consider the benefits available through setting up a trust through St. James's Place. I will be able to discuss this strategy further and review if it will work for you.



George Ttoui



George Ttoui is a qualified financial adviser at Burlington Wealth Management and is available to discuss any financial matter.

If you wish to arrange a private consultation please call the office on (020) 8882 6688 or send an email to george@burlington.uk.net

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Hever Castle and Gardens

A delightful day was had by all on our visit to Hever Castle in Kent in July. We spent the day exploring the vast grounds and the castle itself, which is steeped in history. The jousting competition was great fun. Photos of the day are also on the Forum Facebook group page.

Olivia Goodfellow



Whitewebbs Transport Museum

In August, 25 members (and 2 grandchildren) spent a great morning at Whitewebbs Museum of Transport. This amazing pump house built in 1898 for the New River Company has four floors of fascinating things including a 200ft deep well dug by hand and used to supply London with water.

Another floor had moving memorabilia – games, gramophones, model cars, typewriters. Another had bicycles (see and hear a range of interesting bicycle bells that no one seems to use anymore). Vintage mopeds that you once used as a youngster. Lots of super motorbikes and superb classic cars.

Outside there are larger vehicles. A hop on/off bus, several fire engines, workshops and auto jumble shop as well as two railway carriages with the most complex and amazing model railway set running and you can talk to the people who created it. Well worth a visit. Open on Tuesdays and the last Sunday of the month: www.whitewebbsmuseum.org

Heather Cole

Social Events 2024

Yes, we are planning for 2024 already

13-22 February 2024 Classic South Africa

Contact Olivia for further information on this fantastic Riviera adventure to Victoria Falls, Cape Town and Botswana. Four booked already but we want more – join us if you dare!!!!

19-24 February 2024 Nice Carnival and Menton Lemon Festival

We go to Nice and stay for five nights at the 4-star B&B Hotel Diano Marina Palace. You will get to experience the magnificent Nice Carnival Flower Parade and the famous Menton Lemon Festival (The Fete du Citron). We travel on Eurostar (note an early start) and then join the TGV connection to Nice. Then a coach to the pretty coastal resort of Diano Marina, on the Italian Riviera of Flowers. Two days free to explore the coast and the local area, one day at Nice Carnival Flower Parade and one day at Menton Lemon Festival. Included in the price is breakfast and dinner most days, accommodation, two excursions and travel. Only twins and doubles available. Cost varies between £1195 and £1355 per person, depending on whether you have a sea view. Please book with £100 deposit as early as possible. Contact Jan on eternalechoes2002@yahoo.ie or 07748 264735 for full details.

19-24 May, 2024 Lively Liverpool and the Mersey Magic

This is a coach trip from Enfield and our accommodation is at the iconic Dixie Dean Hotel in central Liverpool. There is a superb itinerary, with a ferry across the Mersey, a guided magical history tour, Strawberry Fields visit, RHS Bridgewater and Salford Quays, Beatles Story Exhibition, free time to explore the numerous museums and galleries and cathedrals – plus of course the Cavern for a nightcap. We visit Chester on the way home too. This trip is limited to 35 people and there are just 3 single rooms left but several twins/doubles.

3-16 June, 2024 Malaysia and Borneo

Contact Olivia for further information on the wonderful Riviera itinerary and how to book. Eight booked already but there is space for more.

July 1-8 or 8-15 (or both weeks) or October 21-28

Turkish Delight for the Forum again

Following on from our amazing first independent non-profit making holiday in July 2023, there are not one but three weeks available for those of you who would like to have the best holiday ever in the sun, with friendly people, amazing experiences and an itinerary to blow you away in a spectacular retreat with mountains and sunsets every day.

People who came this summer are already booking, and there are only 21 places available on each week, so let me know if you'd like more information and join the happy group here in the land of turtles/sunshine/history, wonderful food and people and much much more. For a full itinerary on any week, please contact Olivia.

See also page 11

26-30 August, 2024 Historic Houses of Yorkshire

This is a superb coach break to explore many of the wonderful National Trust properties to be found "in God's own country". Our lovely hotel is in the centre of York on the banks of the River Ouse. The price will depend on numbers achieved and varies from £599 to £699, so the larger the group, the cheaper our holiday! We already have 17 members booked onto this trip. So much to look forward to. Doubles/twins but only two single rooms left.

27 September – 4 October 2024 Danube River cruise

Flying to Budapest to see the city, then cruising to Esztergom, Bratislava, Durnstein, Melk, Salzburg or Linz and Vienna. A few twin cabins only left now.

October/November 2024 Argentina

Date to be confirmed but likely to be 5 November. This will be an epic bespoke Forum adventure with Wendy Wu tours.

Unless otherwise indicated, if you are interested in any of the above trips, please contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.

See next page for the 2023 outings

Social Calendar



Do come along and join other Forum members at these social events, which are arranged by volunteer organisers. We make a special effort to welcome new members and singles. You need to be a member of the Forum in order to take part in these events – it's just £11 a year, so do join us. See p2 for details.

Sunday 15 October

Afternoon Quiz and Social

Book now for this fun afternoon: a quiz largely on TV and film with questions for all on soaps, films (new and old), actors (new and old), and some general knowledge as well plus a light tea of cakes, fruit and hot drinks. You can book either alone, in a couple or a larger group. We will arrange tables into groups of between 4 and 6. Win a box of chocs or a bottle of wine. Tickets £4 for Forum members or £5 for non-members. (Proceeds will go towards the expenses of our film making group). At Jubilee Hall, 2 Parsonage Lane EN2 0AJ, 2pm-4pm. Get any bus to Chase Side or drive – parking is free on a Sunday. *Please book and pay in advance (bank transfer or cheque) by emailing Jan on eternalechoes2002@yahoo.ie or phone 07748 264735*

Wednesday 18 October

The Guide Dog Experience

Join other Forum members for this Enfieldian Coach day out. There are only a few tickets, so Forum members only, and please book now. We leave about 8.30am and drive to Leamington Spa. An optional pub lunch will be followed by a visit to The Guide Dogs for the Blind Training School, where we are invited to take part in the 'Guide Dog Experience'. We find out how it all began, discover how a guide dog is trained, meet the dogs and take a picture of your favourite experience. Participate in a blindfold walk, visit the gift shop and meet the owners or puppy walkers. Time for tea and biscuits before departing and a further stop for refreshments on the way home. Arriving back in Enfield about 7.30pm. Cost £40 (plus money for lunch and a collection for the Forum). *Book by emailing Jan on eternalechoes2002@yahoo.ie or phone 07748 264735. Payments by bank transfer or cheque.*

Sunday 19 November

Film showing and social

The Forum film group presents some new films. Come along for tea, coffee, snacks and some good fun. At Jubilee Hall, 2 Parsonage Lane EN2 0AJ, 2pm-4pm. Get any bus to Chase Side or drive – parking is free on a Sunday. Tickets are £4 for Forum members and £5 for non-members. Payable on the door – cash only please. Please bring your membership card. This fee pays for our costs. Films are 20 minutes or shorter. *Further details from Jan on eternalechoes2002@yahoo.ie or phone 07748 264735.*

November – date to be confirmed

Leighton House Museum

Freedom Pass trip to the London home of painter Frederick Leighton, noted for its elaborate Orientalist and aesthetic interior. *If interested please contact Roy Barrows on 020 8360 8561*

or email roycar1939@btinternet.com, as places will be limited on this special visit.

Sunday 3 December

Rochester's Dickensian Christmas Extravaganza

Join Forum members on another Enfieldian Coach Tour. Rochester was a city much loved by Dickens and today it is alive with festive atmosphere and handbell ringers, Christmas carols, Morris dancers, street entertainers, hot chestnuts and characters in Dickensian costume. There is also a Christmas Craft Fayre and a Christmas market in the castle precincts and gardens. We return home after the traditional open-air carol service, arriving back in Enfield by approx. 7.30 pm. Cost £29 for the fare and a collection for the Forum. *Book by emailing Jan on eternal echoes2002@yahoo.ie or phone 07748 264735. Payments by bank transfer or cheque.*

Monday 4 December

Annual Christmas Buffet Lunch

FULLY BOOKED. Thank you everyone for your co-operation and understanding.

Those members that were unable to secure tickets please check out the New Year Buffet Lunch below. We strive to give everyone an equal opportunity to tickets. We would very much appreciate your understanding with the booking process.

Jacky Pearce

Sunday 4 February 2024

New Year Buffet Lunch

Delicious food, great company and, back at your request, live music and dancing by Mark James. Don't dance? Enjoy the food, people watch, chat and make new friends. A warm welcome awaits new and unaccompanied members. Come again if you enjoyed Xmas or couldn't make it! 12pm – 4pm. All members on the waiting list for the Christmas Lunch on 4th December have tickets reserved for them. Just phone or text to confirm attendance. Price held at £21 pp.

Venue: North Enfield Conservative Club, Baker Street EN1 3LD. BUSES 191/W8. Ample parking.

IMPORTANT KINDLY ADVISE OF DIETARY NEEDS AT THE TIME OF BOOKING.

Contact Jacky Pearce 0203 724 4287

See p13 for 2024 Social Events

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

Join one of our Forum Groups

Film making group

Come along for some fun making films. We are currently working on a series of short twister films (as in Tales of the Unexpected), mimes and interviews. New members are welcome to take part in interviews, to play the part of extras and to work towards playing a main role in later films. We meet at irregular times on a Sunday afternoon to view the footage and at different locations and times during the month to film.

For further information contact Jan on 07748 264735 or email eternalechoes2002@yahoo.ie

Lunch Club

We meet every two months at different venues. The next lunch is Wednesday 8 November and the venue will be advised by email. Please contact me to book your place as they go very quickly – each venue must be booked separately. There is a limit on numbers and if you haven't been before, please contact me for details, preferably by email.

Contact Sue Scott on scotsf48@hotmail.com or call on 07890 690 896

Coffee Club

We meet in the Skylight Restaurant in Pearson's in Enfield Town on the first Wednesday of each month. The next meetings are 4 October, 1 November and 6 December. Just turn up anytime from 10am (we finish at 12 noon) and find us in our reserved space.

For any further information, contact Sue Scott on scotsf48@hotmail.com or 07890 690 896

WhatsApp Cinema Group

This group has about 15 members and would welcome new people. We arrange cinema visits and local theatre trips at quite short notice and others are invited via WhatsApp. We have recently been to see Chevalier, Oppenheimer, Scrapper and other films. You must have a smart phone to download WhatsApp – help is available to download if you need it.

If you'd like more information please contact Jan on 07748 264735 or email eternalechoes2002@yahoo.ie

Book Club

The club meets in the Community Room at Enfield Town library on the third Thursday of every month, 10am-12 noon. 19 October – Anniversary lunch for existing members only. 16 November – Cold Comfort Farm by Stella Gibbons.

To join or if you would like more information, contact Sue Scott on scotsf48@hotmail.com or 07890 690 896.

Poetry Group

We meet every 4th Thursday of the month in the Enfield Town Library Community Room Library between 10:30am

and 12 noon to share and appreciate poetry – self penned or not. There's a requested donation of £1 to cover the cost of hiring the room.

Forthcoming meetings:

26 October: Theme – Fidelity

23 November: Theme – Crossing

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

Bingo Club

Forum bingo players meet every Monday including Bank Holidays (except this year Christmas and New Year's Day). We play from 2-4pm: ten games of bingo plus time for tea/coffee and chatting. We ask for £1 to cover the cost of the hall and then it is £2 for five games or £4 for ten games. There is also a cash prize raffle. Venue is Jubilee Hall, 2 Parsonage Lane, Enfield EN2 0AJ.

We need to know numbers in advance so if you would like to join us, ring Jim Cattle on 020 8363 4969 for further details.

Board Games

We have launched a Board Games afternoon – every second Wednesday 1-3pm at Millfield House. Free entry and tea /coffee provided. Feel free to bring biscuits!! Come along on 4, 18 October, and /or 1, 15, 29 November. Just turn up or for more info, call the office on 020 8807 2076.

Chance to Dance

Do you fancy improving your dancing? We would like to be able to offer dancing classes with a professional teacher but need about 20 people to keep the costs low. (Though first two classes will be for free!!) We already have nine very enthusiastic people, so let us know if you'd like to join them. Classes will be run in partnership with Platinum Dance Academy which is based at in Millfield House. Call the office on 020 8807 2076.

Millfield House (where the Forum office is) is in Silver Street next to Millfield Theatre, Edmonton N18 1PJ.
Buses: 34, 102, 144 and the W6

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

Meetings

Everyone is welcome to come to the Forum's monthly meetings, held at the Council Chamber, Enfield Borough Civic Centre, Silver Street, Enfield EN1 3XA, close to Enfield Town shopping centre. We have a range of interesting speakers covering a wide variety of topics.

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

Tuesday 31 October, 10am for 10.30am

District Heat Network

Anna Eager, Head of Stakeholder Engagement, Energetik – London Borough of Enfield's Energy Co.

Anna has accepted our invitation to respond to the 'Heated debate on pipes' article in the last newsletter. She will be talking about the District Heat Network being built in Enfield, using waste heat from the new Edmonton incinerator.

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

Tuesday 28 November, 10am for 10.30am

Greater London Authority – what is it for?

Joanne McCartney, London Assembly Member will explain the role of the GLA and her responsibilities. She will also look at initiatives specifically related to older people e.g. London as an Age Friendly City, digital exclusion, transport, climate change and pollution.

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

If you have any suggestions for speakers or for subjects you would like to see covered, please contact the office on info@enfieldover50sforum.org.uk

We are also hoping to re-introduce mid-monthly Thursday afternoon speakers on a wide range of topics, so do send in your ideas – if possible, with contact details for a specific speaker.

Are you a member of the Forum?

Find out how to join
on page 2

Join the lottery club

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

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

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



June Winner
Lynne Cante

In order to make the process as smooth as possible, people should contact the office to purchase their 'lucky' number(s) and then set up a standing order for £5 a month, to be paid on the 1st of the month. You can stop this standing order at any time, but please make sure you inform the office so they do not have to call to find out whether you have quit or if it is a bank problem.

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

Latest winners

June: Lynne Cante, no. 47

July: Christopher Lawrence, no. 128

Advice Service

Financial advisor **George Ttoui** is available by telephone from 10am to 4pm Monday to Friday to offer some initial advice on tax, investments, equity release, inheritance tax and long-term care fees.
Phone: 020 8882 6688.

Solicitors **Stennett & Stennett** are available to deal with enquires during office hours 9.30am to 5.30pm, Monday to Friday to offer some initial advice on wills, power of attorney, property and legal advice about paying for social care.
Phone: 020 8920 3190.