

Fit in mind and body

More than 120 people attended our recent event to learn about keeping healthy, to take part in exercise classes and gym/swim sessions and to enjoy lunch with others

The gathering on 25 October was formally opened by Feryal Clark, MP for Enfield North and other speakers covered topics including bone health, vaccinations, nutrition and the importance of exercise.



Feryal Clark launched the event

Feryal Clark said that we need to shift care from hospitals to our communities, with preventative care taking priority. And this involves a wide range of measures, for

instance, improvements to footpaths.

“Better health starts outside people’s front doors,” she said. “We need streets which people want to walk down – so they get exercise and see other people.”

She also urged people to use pharmacies for their flu jabs. “They are the building blocks to better care in the community. Most people have one in walking distance and this also helps relieve pressure on GP surgeries.”

Preventing falls

Sumathi Ragavan, Consultant Geriatrician, North Middlesex Hospital, said preventing falls was important both to individuals and to the NHS as about £2bn a year is spent on fracture-related care.

When we are walking we use our brains, eyes, inner ear, blood circulation, muscles, feet joints etc and many of these are affected by ageing.

She urged people who have had a fall to see their GP as it could be related to cataracts (poor eyesight), low blood pressure or

other conditions that could be improved.

Jabs for all ages

Mark Tickner, Infection Control Lead, Public Health Enfield, urged the audience to talk to children and grandchildren about getting the flu jab as more younger people are affected by flu than by coronavirus.

He said there are also worries about measles, which is very dangerous and infectious, and becoming more common as fewer children were given the MMR jab after the spread of false scare stories about the vaccine.

A new RSV vaccine is coming next year to fight the chest infection and will be offered at the same time as the flu jab and he expects a coronavirus booster to be offered as well.

(Mal)nutrition

Louisa Bourlett, Community Health Development Office, Public Health Enfield, spoke about the importance of good nutrition. Getting older can cause changes to taste and appetite as well as to bowel and intestinal health.

Medication also affects the body’s ability to absorb nutrients and changes to muscle mass can have an impact as well, making it all the more important to look at what we eat as we age.

Malnutrition in the elderly can also be a problem and she urged everyone to look out for the signs – unplanned weight loss, tiredness, change of mood, loss of appetite – in friends and neighbours. She advised older people to consider taking vitamin D between October and March when the absence of sunshine can lead to depletion.

Continued on page 5



Moira Courtman (centre) signing in with volunteers Clare Grant (left) and Monica Leith

Council promises Better leisure centres, p 11

Merry Christmas and Happy New Year

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

Quiet reflection

The year has just flown by

As we approach the end of the fastest year ever, or so it seems, and look forward to the new one, it is worth a pause to reflect on what has happened in 2023.



Our main event in October was organised with a greatly reduced lead time for planning. It was a team effort with reliable help and support from our volunteers, Diane, our colleagues at Fusion, and our affiliates.

Feryal Clark MP opened the proceedings and the quality and expertise of the speakers was exceptional. We hope to have some of them give longer presentations at our monthly meetings next year. Our members enjoyed Zumba and yoga and access to the pool and gym and we provided a free lunch. Over 120 people attended and the weather was kind which is always a deal breaker, even if the event is indoors. We will be doing more of the same next year.

The Forum was involved in the public consultation on the planned closure of railway station ticket offices and it is such a relief to see this proposal overturned locally and nationally. Obviously, this would have had a huge impact on many of our members, especially in terms of safe travel and again digital exclusion would have played a big part.

Plans are underway to secure funding to address digital exclusion as more mainstream services move to that platform and people, including myself, are just expected to have the knowledge, equipment and confidence to know what to do.

I recently upgraded my smartphone after five years of walking round with a cracked screen because I was so anxious about losing data and information when that is transferred to the new phone. So I went into a phone shop and let them do it: an actual person, a really helpful person. It really does make a difference and my life is still intact on my new phone.

Three years ago we had just entered another lockdown. Looking back that was a lonely time and family and friends could not meet. As the vaccination programme was rolled out, optimism came back and then the cost of living hit hard, so life can be difficult.

I hope you all have the opportunity to celebrate the festivities as you wish, with people you love and care about. As I get older, I definitely appreciate company and experiences over 'stuff' and am grateful now to have the choice whether I want to enjoy my own company or the company of others.

Wishing you all the very best for 2024.

Ruth Fathaddine

Office and Development Manager

The Forum office will close for the Christmas break at 3pm on Thursday 21 December. Reopening at 10am on Wednesday 3 January 2024.

Enfield's housing crisis

Matt Burn of Better Homes came to talk to the Forum in September. Here he outlines the organisation's concerns and latest actions



Matt Burn
Better Homes
Enfield

Housing targets for new homes in London are set by the Mayor. However, it's important to remember that 'targets' reflect the number considered achievable to build, which is far lower than the number of homes needed.

The Mayor also sets targets for each borough. Enfield's target is 1,246 additional homes per year, an increase on previous targets but lower than most London boroughs. Unfortunately, Enfield has for several years been one of the worst performing boroughs in terms

of meeting targets, which means nowhere near enough new homes have been built.

Enfield needs a lot of different types of new homes, including homes for younger and older residents, and those with specific health or support needs. The evidence suggests that there is a particularly high need for affordable social rent homes in Enfield, but since 2018 far more of these have been demolished than built.

Enfield also needs a lot more family-sized homes; since 2004 Enfield should have built well over 8,000 homes with at least three bedrooms, but less than 1,500 were actually built. Conversely, the number of newly built homes with 1-2 bedrooms has been well in excess of targets.

There are serious consequences associated with not building the affordable family homes the borough needs, including overcrowding (linked to poor health and impacts on children's educational achievement), high rates of homelessness (Enfield has one of the highest rates of homelessness in the country), and increased outward migration (which results in a loss of key workers, schools downsizing, and community instability).

Furthermore, the lack of affordable family homes creates blockages in housing chains, as families in larger homes are unable to downsize, which in turn makes it harder for families in smaller homes to move up the property ladder.

There are also significant financial consequences for the public purse. For instance, the council reported that £66 million was spent on temporary accommodation for homeless households in Enfield in 2019, which equates to £330 million over five years.

It is clear that Enfield needs to build more homes, particularly affordable family homes, to meet the needs of its residents and to avoid the serious consequences of not doing so.

Fortunately, there is a possible solution. Enfield Council's £6 billion flagship regeneration scheme, Meridian Water, could deliver between 8,000 and 13,000 new homes, as well as employment space for thousands of new jobs. The scheme has enormous potential and could help address a number of the borough's housing issues, if properly managed.

However, Meridian Water is not on track to deliver the type of homes local people need. Attempts to scrutinise the scheme have been thwarted and the council has not published the Meridian Water Masterplan for consultation, despite repeatedly promising to do so. This has big implications about what does and doesn't get built.



Will Meridian Water deliver the type of family homes Enfield needs? Photo credit: Matt Burn

Better Homes Enfield is calling on the council to publish the new Meridian Water Masterplan without delay, and to commit to conducting a proper and transparent public consultation about the new plan, in order to help ensure that the scheme delivers the type of homes that local residents need. Forum members can help by writing to their ward councillors or the leader of the council asking them to publish the Meridian Water Masterplan for public consultation.

Matt Burn

Better Homes Enfield

Better Homes Enfield is a local independent group campaigning for more affordable housing across Enfield.

For more information, visit betterhomes-enfield.org

Building the heat network

Energetik responds to our article ‘Heated debate on pipes’ where we asked questions about the construction of the district heat network

Energetik is wholly owned by the London Borough of Enfield and was established with two main aims, according to Anna Eagar, Head of Stakeholder Engagement.

“We were set up to do something about the amount of carbon going into the atmosphere and to focus on fuel poverty – recognising that fuel prices will continue rising,” she told Forum members at our October meeting in the Council Chambers.

The district heat network will use highly insulated underground pipes to carry hot water to customers where it will heat buildings and homes. Energetik has an agreement with the North London Waste Authority (NLWA) to take waste heat supply from the new Edmonton incinerator once it is complete in 2026/27.

However, the network can take waste heat from any source – including, for instance, from water treatment systems or from the London Underground system as the scheme in Islington does. “We are fuel agnostic – as technology improves, we are flexible to use the best heat source available,” Anna said.

The biggest challenge is connecting houses and Energetik is learning best practice from Germany and Scandinavia where the networks are more successful than some have been in the UK. “It is a tried and tested technology, and we have a highly experienced team who have fixed things elsewhere and understand the challenges of establishing heat networks.”

She said, for instance, poor water management has negatively affected networks in other places so “we are working incredibly hard to make sure the water quality in our pipes will minimise problems”.

Some new housing developments and other designated areas will need to connect to the network. “It will be mandated for certain buildings to connect as it’s the cheapest, lowest-risk way to decarbonise heat,” Anna explained.

She admitted that this meant that customers will not be able to switch suppliers but said, as the system is council-owned, prices will be kept low. “It is not a profit-machine for corporate shareholders and if there are profits, they will remain in the

borough for local benefit.”

Some critics say the new incinerator should not be built, certainly not in that Edmonton location, and that as people recycle more, the volumes through it will decrease.

Anna said the amount of non-recycled waste would need to fall by 90% before it affects the heat supply to the network.

She admitted that the construction work “can be noisy and inconvenient” and that mature trees had been taken down, but said they try to mitigate negative effects as much as possible. And the long-term gains outweigh the short-term pain.

A member of the audience asked what the Council’s financial exposure was to the scheme, suggesting £90m was the figure, and also asked if

the network plan factored in the possibility of selling Energetik if needed – so raising the potential of increased prices for captive customers.

She said these were questions for the Council so the Forum will follow this up.

Members also questioned whether the heat network will be low carbon, firstly because it does not currently use waste heat and secondly as the calculation of future carbon emissions was based on taking heat from the incinerator, but then not counting the carbon emissions from the incinerator itself.

Other members suggested a report accompanying a recent planning application for a new housing development suggested alternative options were better for the planet.

Anna said she would ask her technical director to respond.



Anna Eagar outlined the development of the heat network

STOP PRESS

A planning application for a further 7km of district heating pipework near Silver Street Station and along parts of the A406 was formally withdrawn on 4 November 2023 with no explanation given.

Increase your recycling with M&S

Marks & Spencer is helping people recycle small plastics

If you want to recycle more of your plastics and film wrapping, check out the recycling bins at Marks & Spencer in Enfield Town. They accept many more items than your kerbside recycling, collected by the council.

The programme usually accepts a wide range of small plastics, including plastic

bags, packaging films, bubble wrap preferably popped, food wrappers, parcel postage bags, compost bags, films off food packets e.g. ham and yoghurt pots, cheese wrapping, clingfilm, crisp packets, cereal packets, dishwasher tablet pouches, terracycle refill packets for liquid soap etc.

The collected plastics can be processed and

transformed into new products, promoting a closed-loop recycling system and reducing the demand for virgin plastic production.

NOTE: To ensure successful recycling, it’s crucial to clean and dry the plastics before depositing them in the collection bins. Contaminated or wet plastics can disrupt the recycling process.

Fit in mind and body

Just stand up

Tim Harrison, Sport & Physical Activity Manager, Active Enfield (which is run by the council), started by urging everyone to stand up and then sit back down, but without touching the chair. Doing this ten times while watching TV is a great way to improve muscle strength.

His main message was that any exercise is far better than doing nothing at all. It is not about going to the gym or running marathons. It is about standing up and walking round the house and, hopefully, down the street.

He said there are lots of free activities run by the council and many other groups and urged the audience to take advantage of the opportunities to get exercise and even have a laugh as well.

After the speeches, Forum members were able to take part in a range of activities including gym, swimming, Zumba Gold, yoga

and badminton, as well as socialise in the café and enjoy a packed lunch. We also had several Affiliated Groups attend and the Council provided staff to offer benefits advice.

Thanks

The Falls and Flu event was held at the Southbury Leisure Centre, so special thanks to Fusion Lifestyle for their support. Thanks also to the NHS North Central London Integrated Care Board, Public Health Enfield and the Palmers Green Mosque for sponsorship and support.

Of course, the day would not have been possible without the volunteers (Joan Stephenson, Jean Darby, Marie Barry, Hazel Kinsler, Kathleen Young, Sally Mensah, Clare Grant, Monica Leith) so we are very grateful to them and to our office staff, Ruth Fathaddine and Diane Barron, as well as to the Forum Executive members who helped on the day.



Members enjoyed the Zumba class



Enfield Council staff offered advice



The audience were encouraged to exercise from their seats

Winning the battle

A huge outcry against the closure of ticket offices at rail stations forced the policy to be abandoned

Your Forum did its level best to help rally opposition to the proposals to close rail ticket offices for all the reasons that will be obvious to our readers: overwhelmingly that the result would discriminate against a very wide range of people from young mothers with toddlers, those with various types of disability, the digitally excluded as well as the travelling public in general.

We want staffed stations and ticket office staff are among the most skilled and helpful.

Nationwide, an unprecedented 750,000 people replied to the public consultation, the biggest ever response to a public consultation – which in any case had been set in far too short a time frame. The overwhelming majority were against, with Forum members swelling their ranks.

Three cheers for London Travelwatch and Transport Focus for their alert rallying of public opinion which resulted in this heartening example of what we can achieve when we work together to make our opinions heard and our voices count.



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Community engagement

Local groups tell us how they are trying to ensure the design of a proposed new park in Edmonton meets the needs of the local community

The community hub at Edmonton Living Room Library in September engaged local residents in a discussion about a proposed new country park for Edmonton and neighbouring boroughs. For now, the park is called Banbury Reservoir Park because of its location in the Lea Valley, alongside the Banbury Reservoir in Upper Edmonton.

Encaf (Enfield Climate Action Forum) and CPRE London (Campaign for the Protection of Rural England), who are behind the campaign, strongly believe that the design of the proposed park should be built around the needs of local residents and communities, so they conducted a number of initial engagement and listening activities, to help better understand the needs, priorities, and concerns of residents. The result was a catalogue of exciting ideas for the future of the park.

Participants engaged enthusiastically with the project which attracted great interest.

EnCaf has completed a report that summarises their research and the outcomes of many different engagement processes, including a survey of 500+ responses, face to face conversations at community events, as well as the hub and online presentations.

Their report and detailed feedback is intended to create a platform for the next steps to engage relevant authorities, other stakeholder organisations, families, children and young people.

Finally, participants were interested to take part in site visits of the proposed park. So the organisers hope to guide a community walk in the coming months, keeping Over 50s members informed.



Local people were invited to give their views on the proposed new park

Meanwhile, the Canal and River Trust provides useful information, including walking and cycling routes about the Lee Navigation here: <https://canalrivertrust.org.uk/enjoy-the-waterways/walking/canal-and-river-walks-near-me>



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Measles makes a comeback

Measles is a completely avoidable problem, but cases are rising as the number of unvaccinated people grows

As with many things, there is much about health that readers of this newsletter will know that many doctors don't. One of these is what measles looks like.

This is purely because of the effectiveness of the MMR vaccine. Two doses will stop approximately 97% of people from becoming infected. For life. So effective is the vaccine, that for a while the UK acquired a measles free status.

The only cases detected were those from countries without such an effective vaccine programme. Even with these sporadic cases, vaccination meant that the infection had nowhere else to go beyond the initial case and died out. Problem solved you would have thought.

Unfortunately, vaccine rates have fallen dramatically and there is a good chance that young medics will soon be very aware of what measles looks like. The symptoms of measles are bad enough – temperature, cold-like symptoms and a rash.

The complications of measles are more serious – deafness, brain-swelling, diarrhoea, pneumonia, learning disability, complications of pregnancy and death. About 1/5 of people who get measles will need hospitalisation. Apologies for the reiteration but all of this is unnecessary and avoidable.

In Enfield there are thousands of people who have not had both jabs. Understandably there is great concern about this within both the Local Authority and the NHS.

We ran a planning exercise at the end of November, partly because measles is the most infectious disease. Whereas the infamous R0 (r-naught) of Covid was generally between 1 and 3 (the number of people that each person who is infected will infect) for measles R0 is between 12 and 18. If you thought avoiding Covid was difficult.....

Final decisions will need to be made but many are assuming that the self-isolation period for unvaccinated people coming into contact with people with measles may be up to 21 days. This may include unvaccinated children from school.

This then is a plea for you to ensure that you, your friends and family are vaccinated. There is not much in Public Health that can be seen as a magic bullet but vaccines would seem to be one of them.

As we were exhorted before – protect the NHS, save lives, get vaccinated.

Glenn Stewart

Assistant Director of Public Health, Enfield

Boost your system with Vitamin D

Take Vitamin D during the winter – but check the label to ensure it's the right one for you

In the UK, Vitamin D supplementation is recommended between October and late March or early April. During this time your body is unable to make enough vitamin D from the sun and it can be difficult to get enough vitamin D from food alone. It is especially important for those who are housebound or those who are unable to get outside regularly and people with darker skin.

Vitamin D is important for bone and muscle health, supporting calcium and phosphorous absorption and contributes to the normal functioning of the immune system.

There are some food sources that contain vitamin D such as oily fish (salmon, sardines, herring and mackerel), red meat, liver, egg yolks and fortified foods such as some fat spreads and breakfast cereals

Check the label

Not all Vitamin D supplements are suitable for those who follow a vegetarian or vegan diet, check to ensure you are buying ones suitable for you.

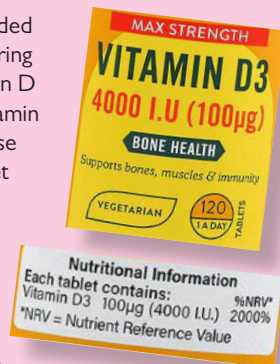
Also make sure to buy supplements that list Vitamin D3, which is more easily absorbed and a minimum of 10 micrograms (µ) or 400 IU (International Units). Tablets or oral sprays are both fine.

As always, please check with your doctor before taking any new supplements.

Louisa Bourlet

Registered Nutritionist

Community Health Development Officer, Enfield Council



London poverty increases

Hard times for many older people

A new Age UK report shows that almost a quarter (24%) of people over 50 in London live in poverty – a one percent drop on last year but a steady increase of 5% over the past decade.

This is also significantly higher than the rest of England, where the figure is currently 19%.

Shockingly, the data shows that if poverty rates for over 50s in London were the same as the rest of England, some 125,000 fewer older Londoners would be in poverty.

The report also shows that social tenants, private renters, and people living alone are amongst those most likely to be living in poverty. It says that older people are more likely to be on fixed incomes, less able to move house to reduce costs and more likely to have been affected by the coronavirus pandemic.

Age UK London is calling on both local authorities and the Mayor to take more action to tackle the situation.

Many of these recommendations relate to increasing the uptake of Pension Credit, a benefit available to older people on the lowest incomes. Currently, an estimated £246.5m of Pension Credit goes unclaimed in London each year; ensuring all those eligible for Pension Credit receive it would go an enormous way to reducing poverty amongst older Londoners. For more information, contact Age UK Enfield 020 8375 4120.



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Look on the bright side



Here's a question

What if my dog only brings back the ball because he thinks I like throwing it?

If poison is past its expiry date, is it more poisonous or is it no longer poisonous?

Which letter is silent in the word 'Scent', the S or the C?

Do twins ever realise that one of them is unplanned?

Why is the letter W, in English, called double U? Shouldn't it be called double V? (like the French do).

Just a thought

Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.

Every time you clean something, you just make something else dirty.

The word 'swims' upside-down is still 'swims'.

100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.

Many animals probably need glasses, but nobody knows it.

If you rip a hole in a net, there are actually fewer holes in it than there were before.

Some good advice

The nicest thing about the future is that it always starts tomorrow.

Money will buy a fine dog but only kindness will make him wag his tail.

Seat belts are not as confining as wheelchairs.

A good time to keep your mouth shut is when you're in deep water.

A general truth

Aphorisms are a short, pointed sentence that expresses a wise or clever observation or a general truth. Example: Politicians and nappies should be changed often and for the same reason.

Phonetics

Jack is aged five and learning to read. He points at a picture in a book about a zoo and calls out: "Look Mum – a frickin elephant."

Shaken Mum, thinking the worst asks: "What did you say?"

Back comes: "Frickin elephant, it says so in the picture."

And so it did. African elephant.

Feel free to send contributions for the Bright Side

to: editor@enfieldover50sforum.org.uk



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WHAT IS A LIFETIME MORTGAGE?

I am often asked this question and there is clearly some confusion between what is a Lifetime Mortgage and what is Equity Release.



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WEALTH MANAGEMENT

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Simply, a Lifetime Mortgage and an Equity Release loan is the same product which allows you to release equity from your home without having to move.

It is important to understand this is simply a loan that is secured against your home that will give you a cash lump sum or smaller amounts if required on a regular basis.

There are no monthly payments, but of course, this is not free money. Instead of a conventional loan, the interest is added to the amount you owe each month. Also, interest is compound, meaning that the interest charged is on the amount you borrow plus any interest previously added. The total amount is usually repaid from the sale of your home after you have died or if you were to move out of your home into long-term care.

Most lenders will offer this facility for people aged 55 or over, although, because of the compound effect of the interest, my advice is to defer using a facility like this until it is the last resort and the older you are, the better in terms of the overall cost. Some examples of the use of a lifetime mortgage are as follows:

Example 1 – If you are simply looking to enjoy retirement to help pay for travel, a new car, or home improvements.

Example 2 – To help family. You can borrow to raise money against your home to make gifts to children and grandchildren. In the process, if you have an issue with Inheritance Tax this could improve the situation, although, this is a whole new area where financial advice is essential.

Example 3 – If you have an existing mortgage on interest only and have no way to repay the capital. You may be able to replace the mortgage with a lifetime mortgage and you will not have ongoing interest payments to service. Your financial pressure can be removed if you have enough equity in your property.

It goes without saying there are many schemes available on the market where the interest rates and fees can vary tremendously and therefore qualified financial advice is essential. I am happy to provide more information without obligation.

Please be aware a Lifetime Mortgage is a loan secured by first charge against your property.

To understand the features and risks associated with a Lifetime Mortgage please ask for a personalised illustration.



GEORGE TTOULI APFS
Chartered Financial Planner

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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Email: info@burlington.uk.net
Website: www.sjpp.co.uk/burlington



Senior Partner Practice

St James's Place

Fusion becomes Better

Enfield Council has appointed a new operator to run its leisure centres

BETTER
the feel good place

Enfield Council has appointed a new provider, Greenwich Leisure Ltd (GLL), to operate its leisure centres under the brand Better.

GLL is a non-profit, staff-owned, charitable social enterprise with 30 years' experience in the industry, running more than 250

sports and leisure facilities in London and across the UK.

It will take over from Fusion Lifestyle on 3 December and the leisure centres will be closed 4-6 December while GLL installs its computer systems, updates signage, trains staff and undertakes a full deep clean of the facilities.

For the first two weeks after handover, GLL will have experienced staff in reception across all centres, assisting both current staff with the new booking systems and also helping customers to ensure the transition to GLL is a smooth one for everyone.

The Enfield Council says that "pricing and discounts will

remain the same until the end of the financial year (31 March) and will then be reviewed for the new financial year as per normal. The over 50s days will also continue on the same basis and then be reviewed periodically to ensure they best meet the needs of centre users."

Membership and personal information, including bank details where applicable, now held by Fusion will be transferred into the GLL system.

GLL will be communicating via email with all Fusion customers and printed information is now available in centres. Everyone will need a new membership card which can be obtained from the leisure centres from 7 December.

Fusion customers who book through the app have been receiving information since mid-November. They have been told they need to download the Better UK app and will receive an email with their new membership number and instructions on how to set it up.

The best way to get more information is to visit your local centre on Thursday 7 December and talk to staff there or visit better.org.uk/contactus



Over 50's timetables for Enfield

Edmonton – Monday

Tel: 020 8375 3750

09:30–10:30: 50+ yoga
11:00–11:55: pilates (access for 50+)
10:30–11:00: 50+ gym circuit class
11:00–11:30: 50+ gym circuit class
12:00–13:00: zumba (access for 50+)
13:00–14:00: women's only netball
09:30–16:00: badminton, gym, swim, steam and sauna (subject to opening times)

Southgate – Tuesday

Tel: 020 8882 7963

11:00–11:45: legs, bums, tums (access for 50+)
12:00–13:00: aerobics, Studio
13:00–14:00: yoga (access for 50+)
14:00–14:45: aquafit
15:00–16:00: yoga, Studio
09:30–16:00: gym
09:30–16:00: swim, steam and sauna (subject to opening times)

Southbury – Tuesday

Tel: 020 8245 3201

09:45–10:45: yoga
09:30–10:30: walking netball, Sports Hall
10:00–10:20: health walk, short, easy
10:20–11:10: health walk, leisurely, moderate
10:45–12:15: walking football, Sports Hall
11:00–11:30: gym circuits, Gym
11:30–12:00: gym circuits, Gym
12:00–12:45: dance for your heart, Studio
12:30–13:30: Badminton/table tennis and pickleball, Sports Hall
13:00–14:00: pilates, Studio
13:30–15:00: walking cricket, Sports Hall
14:20–15:20: yoga, Studio
09:30–16:00: gym
09:30–16:00: swim, steam and sauna (subject to opening times)

Southbury – Wednesday

Tel: 020 8245 3201

09:30–12:30: badminton
09:45–10:45: aqua aerobics
10:30–11:00: gym circuits, Gym
11:00–11:30: gym circuits, Gym
11:45–12:45: yoga, Studio
12:30–13:30: pickleball, Sports Hall
14:00–15:00: chair based yoga, Studio
09:30–16:00: gym
09:30–16:00: swim, steam and sauna (subject to opening times)

Albany

Tel: 020 8804 4255

Mon 10:35–11:30: pilates, Studio
Wed 11:40–12:35: yoga, Studio
Thursday
09:30–10:15: aqua aerobics
11:40–12:40: pilates, Studio
13:05–14:05: chair yoga, Studio
09:30–16:00: gym
09:30–16:00: swim, steam and sauna (subject to opening times)

Edmonton – Friday

Tel: 020 8375 3750

09:15–10:15: yoga, Studio
09:30–16:00: gym
09:30–16:00: swim, sauna and steam (subject to opening times)

Southgate – Friday

Tel: 020 8882 7963

10:30–11:30: aerobics (access for 50+)
11:30–12:30: yoga (access for 50+)
13:00–14:00: body con (access for 50+)
14:00–15:00: pilates
15:00–16:00: zumba gold
09:30–16:00: gym
09:30–16:00: swim, sauna and steam (subject to opening times)

PRICES

£10.50 per day/£6.50 per day (with concession card). A concession card is normally £21.50 for 12 months but with Enfield Over 50's Forum membership ONLY £7.50.

Ask at leisure centre receptions for more details of monthly and annual memberships.

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



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T: 020 8920 3190

E: enquiries@stennett-stennett.co.uk

W: www.stennett-stennett.co.uk

Join one of our Forum Groups

Writing Group

Every month I think we may run out of ideas for our next month's session, but someone always thinks of something! We seem to acquire a new member each month and always manage to accommodate them. The group continues to be happy, united and productive and is a good way to meet others and make new friends. We meet at Enfield Central library on the second Thursday of the month, 10am – 12 noon, each contributing a piece on an agreed topic.

Contact Ruth Serner for more details. Ruth.serner@gmail.com

WhatsApp Cinema Group

Join our WhatsApp cinema group if you like going to see films and would enjoy the company of others. There are about 18 of us in the group and we tend to go to Cineworld in Southbury Road or to cinemas in Central London. You can organise to see the films you like or just join in with ones that have been organised. We have recently seen Oppenheimer and Killers of the Flower Moon. You will need a smart phone to sign up for WhatsApp – we can help you download the app if you need it.

To join, please text your phone number to Jan on 07748 264735.

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 6 December, 3 January and 7 February. 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.

Lunch Club

We meet every two months at different venues. The next lunch is 10 January and the venue will be advised by email. Please contact Sue 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, contact Sue for details, preferably by email on scotsf48@hotmail.com or 07890 690 896.

Book Club

The club meets in the Community Room at Enfield Town library on the third Thursday of every month.

10am-12 noon. Next books:

18 January – Lessons in Chemistry by Bonnie Garmus

15 February – The Painted Veil by W Somerset Maugham

21 March – 1984 by George Orwell

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

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, please ring Jim 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!! We look forward to welcoming you.

Next dates: 13 December, 10 January, 24 January.

Just turn up or call the office on 020 8807 2076 for more information.

Film Making Group (EBOFF)

Our film making group has been going for about 18 months and we have made several 20 minutes films plus a series of short films. We are currently making some short silent comedies. Our films are shown at our film socials where we now mix our films with film quizzes and other entertainment (see social events calendar for details). All are welcome – you are advised to book and pay for your seat in advance as we are sometimes full up. If you prefer to turn up on the day, call Jan the day before to ensure there are spaces.

Enthusiasm but no particular experience needed to join our film making group. To cover our costs, we now have a fee of £7 per month (discounts available if you are unable to afford it). We meet on sporadic Sunday afternoons for planning meetings and at different times throughout the month to carry out filming. The group is hoping to go to Birmingham for the IAC British International Amateur Film Competition 2024 in April where we will also submit entries. All members of the film group will be welcome. Contact Jan Oliver at eternalechoes2002@yahoo.ie or phone 07748 264735.

Chance to Dance

We will be hosting a dancing session with a qualified instructor from Platinum Performing Arts on Thursday 11 January, 11am – 1pm at the Bistro, Millfield Theatre entrance, opposite Millfield House. We have 30 expressions of interest to date and will be contacting those people directly to confirm numbers. This will be a trial session to ascertain the type of dancing most people would be interested in and how we can take it forward to make this a regular session. This class will be free. Please contact the office on 020 8807 2076 if you are interested and have not done so already.

News about the Poetry Group on p15

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

Social Calendar



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

Friday 5 January

Monet: The Immersive Experience

This is a 360° digital art exhibition in London that invites you to step into the world of the French painter Claude Monet, one of the greatest artistic geniuses of the nineteenth century. Meet other Forum Members at Bethnal Green Tube at 12.30pm for a sandwich lunch before walking to the exhibition to be booked for 2pm. Cost £14.90 (plus money for lunch).

Contact Jan on eternalechoes2002@yahoo.ie or phone 07748 264735. Book early as tickets have not yet been reserved.

Sunday 14 January

Film Social at Jubilee Hall

This event, from 2-4pm, will feature a show on the cinema from Peter and Christine Padwick, followed by a showing of EBOFF latest light hearted films with the possibility of winning a box of chocs or a bottle of wine by joining in a fun memory game. Refreshments included. Book and pay in advance or ring the day before to find out if there are spaces left. Entry £4/£5 for guests/non-members. Proceeds go to our film group to make the next film. Jubilee Hall is in Parsonage Lane, EN2 0AJ.

To book contact Jan on eternalechoes2002@yahoo or phone 07748 264735.

Wednesday 17 January

Lord Leighton Art Museum

Visit to this former home and studio of the Victorian painter Frederic, Lord Leighton. Meet Holland Park Tube Station at 10.30am for short walk to Leighton House. There is an admission charge (reduced rate for Senior Citizens).

This trip is for a limited number, so please contact Roy Barrows to book your place. Email: roycar1939@btinternet.com

Sunday 4 February

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. Price held at £21. All members on the waiting list for 4 December buffet have tickets reserved for them. Money due by 15 January 2024. 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.

Sunday 11th February

Film and TV Quiz

The Film Making Group is holding a Film and TV Quiz from 2-4pm. Book as tables or individuals for our fun quiz afternoon.

Some games are based on memory, so you won't need prior knowledge. Free refreshments. Book and pay in advance – £4 or £5 for guests/non-members. Or ring the day before to find out if there are spaces. Proceeds go to our film group to make the next film. Held at Jubilee Hall, 2 Parsonage Lane.

To book contact Jan on eternalechoes2002@yahoo.ie or 07748 264735 for full details.

19-24 May

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 – 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.

Please contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.

3-16 June

Malaysia and Borneo

Join us on this fascinating trip, flying to Penang, visiting Kuala Lumpur, the Sepilok Orangutan Centre and other amazing places. Contact Olivia for further information on the wonderful Riviera itinerary and how to book. Eight booked already but there is space for more.

Please contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.

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 on oliviagoodfellow19@gmail.com or 020 8447 8841.

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

26-30 August

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.

For further information contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.

27 Sept – 4 October

Danube River cruise

Flying to Budapest then visiting Budapest, Esztergom, Bratislava, Durnstein, Melk, Salzburg or Linz and Vienna. This gorgeous cruise has an included drinks package – how's that for a treat? A few twin cabins only left now.

For further information contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.

5-15 November

Argentina

This will be an epic bespoke Forum adventure with Wendy Wu tours so contact Olivia for possibly the best itinerary we have ever offered at the Forum. Four of us booked so far but we want more to join us for a tango!!

Details and itinerary now available at oliviagoodfellow19@gmail.com or 020 8447 8841.

Looking ahead to 2025

Start saving for these likely offerings exploring our wonderful world. All details to follow in the next few months.

Sardinia and Corsica

Mexico

Norfolk Gardens

Bhutan

Greek Island-hopping
yacht cruise

Peak time to explore



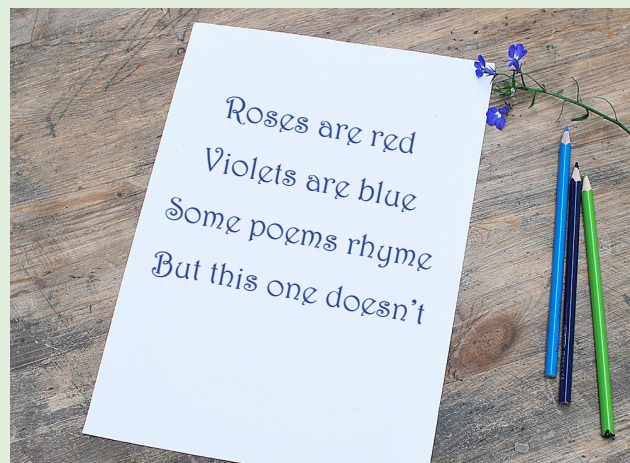
Thirty Forum friends had a super five-day coach trip in the glorious Peak District to enjoy the final days of summer with good company. We stayed in Buxton Spa in the oldest hotel in England. The main purpose of the trip was to explore a variety of National Trust properties and also Chatsworth House and gardens.

The rolling hills and beautiful landscape were most uplifting and some of us also visited shows at the iconic Opera House. Our days out took us to Calke Abbey, Chatsworth House, Hardwick Hall, Matlock Bath, Lyme, Quarry Bank, Kedleston Hall and Stoke Bruerne canal.

The weather was mostly sunny and warm and our group had a lot of fun making new friends and meeting up with old friends from other trips. Many have already booked for the 2024 trip to York, so why not join us? Check out the photos on the Forum Facebook group page.

Olivia Goodfellow

See p13 for more Forum Groups



Poetry Group

If you love poetry and appreciate lyrical language when used to express feelings and ideas; if you're captivated by the rhythm and intensity of emotion found in well metered verse, then we'd love for you to join us because so do we and a pleasure shared is a pleasure doubled.

We are the Enfield Over 50's Forum Poetry Group and meet at 10:30am on the fourth Thursday of each month (except December) at the Enfield Town Library.

Here we share, appreciate and discuss poems of our own choosing on a pre-agreed theme of the month, self penned or by poets we like. That said, we are not a workshop. Poetic ideas and techniques may be discussed but our offerings regularly promote wider ranging conversations, thus turning meetings into convivial social events. There's a requested donation of £1 to cover the cost of hiring the room.

If you've written poems for your own enjoyment but hidden them away believing no one else would be interested in them, the good news is that we'd be very interested indeed. Original poems are guaranteed an appreciative reception because we understand how much care and effort goes into every creative endeavour.

So why not give us a try. Our next meeting will be on Thursday 25 January when our theme will be 'Beginnings'.

For further details, please contact Brian Darby on 020 8363 5829 or text to 07541 732339.

Rye and the Romney Marsh

Everyone enjoyed our day trip to Romney Marsh, a quirky part of Kent, in the morning and then on to pretty Rye for the afternoon. Romney Marsh is a mysterious region, rich in history and legend and our excellent guide gave us tales of smuggling, thieving and battles to keep us amused all day. The old railway carriages strewn around the shingle are in high demand these days with artists and those seeking an alternative way of life.

We had a super fish and chip lunch at the famous Pilot Inn. Rye was a very different feast for the eyes and had an array of independent shops including an independent supermarket. It is only an hour from King's Cross and can be thoroughly recommended for a day out with comfy shoes. Check out the photos on the Forum Facebook group page.

Olivia Goodfellow

Meetings

Everyone is welcome – both members and non-members – to come to the Forum's monthly meetings where we have a wide range of speakers. They are usually held at the Civic Centre in Enfield Town on the last Tuesday of the month.

Note: There is no meeting at the end of December

Tuesday 30 January, 10.00 for 10.30am

Savings and Investments

George Ttoui, Burlington Wealth Management, will give a presentation on how to maximise returns from savings and investments. George will take questions on the day.

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

Tuesday 27 February, 10.00 for 10.30 am

Policing the borough

Inspector Richard Lee, North Area BCU, Neighbourhoods, Metropolitan Police Service, Enfield and Haringey, has been invited to speak regarding police issues.

Please Note – The Forum does not have access to the Civic Centre for our February 2024 meeting, so we have a different location.

Venue: Enfield Baptist Church, Cecil Road, Enfield EN2 6TG

Further details and full confirmation to follow in the February/March Forum Focus.

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



The Forum participated in the nationwide Macmillan Coffee Morning on 22 September and participants enjoyed hot drinks and cake while raising funds for a very good cause. Some of them even posed for a photo afterwards.

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.

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.



September winner
Hazel Kinsler

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 winner

September: Hazel Kinsler, no. 71