

Save the Forum

We need new people to run the Forum – otherwise our future is in doubt.
If you value the Forum, it's time to step up and commit your time and talent

Why was the Forum set up?

We were set up about 25 years ago with two aims – to promote the interests of older people in the Borough of Enfield and to provide information and activities that help older people live happier, healthier lives.

The main founders, Monty Meth and Tony Watts, along with a host of Executive Committee members and many other volunteers have dedicated thousands of hours of unpaid time to achieve these aims, with the help of one or two part-time paid staff.

The commitment and dedication shown by these people has been amazing and is evident in improvements we have achieved in the borough and in the range of activities we offer, with the list of Forum Groups and Social Events longer than ever. We have been a very successful organisation for very many years.

The challenges

However, times are changing and we face three main challenges:

- Finding people to join the Executive Committee and run the Forum
- Gaining the access to influence policy affecting older people
- Making sure we have enough funding to continue to exist.

Executive Committee

The number of people on the committee (who are also Trustees of the charity) has been falling steadily as we fail to recruit new people to replace those who have left. We also have some long-standing members no longer able/willing to dedicate the time and resources they once did. Without a fully functioning Executive Committee, the Forum cannot exist – practically or legally.

Influencing policy

Over the years, we made sure local councillors and council officials understood the needs and priorities of local people – of all ages. And we were influential in shaping the provision of

health services in Enfield.

The political climate has now changed, especially with the rise of social media. Many of the causes we champion are now run by dedicated local groups or work better as part of a national campaign.

The Enfield CCG (Clinical Commissioning Group) has been merged with the CCGs of five other boroughs which means decisions on the provision of health services are made much further away from us, reducing our ability to influence them.

Funding

As an Independent charity, we have always relied on Membership fees (kept low at just £11) and occasional funding grants to make sure we can continue the work we do.

But membership numbers are falling and external funding is increasingly hard to access. At the same time costs (printing, postage, office etc) are rising. We are not bringing in enough income to cover our costs. We are drawing on reserves for now but obviously this cannot continue long-term.

We formed a partnership with Fusion Lifestyle which used to run the borough's leisure centres and the discounts we offered members helped hugely in our recruitment drive. This has now changed with a much-reduced offer from Better and with many other gyms in the borough offering cheaper rates.

The questions

What is the role of the Forum? Who is willing to join the Executive Committee? Where do we go from here?

This is your Forum and we need your ideas and energy to take us forward into a successful future.

Come to the AGM on 25 June to discuss the future of the Forum (see back page). If you cannot attend but would like to contribute to the debate, call or email the office.

Tel: 020 8807 2076

Email: info@enfieldover50sforum.org.uk

Prioritising pedestrians p3

Social activities pp 13-16

Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton N18 1PJ
Tel: 020 8807 2076
Email: info@enfieldover50sforum.org.uk
Website: www.enfieldover50sforum.org.uk
Office hours: Mon-Thu 10am – 3pm, Fri 10am – 2.30pm
Please ring to make an appointment to visit the office
Registered Charity No 1122859

Secretary: John Ball
Development & Office Manager: Ruth Fathaddine
Admin: Diane Barron

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

Editorial team: Yvonne Mulder, Vicki Pite, Vivien Giladi
Contact: editor@enfieldover50sforum.org.uk
Advertising enquiries: diane.barron@enfieldover50sforum.org.uk

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

Enjoying the Forum work



Well, where to start? Probably by reiterating the plea on the front page. I have never had a job where I so look forward to going to work. Oh, that is not quite true. I worked on Befriending Schemes in Islington for 17 years with older people and loved that, mostly due to the organisation I worked for, another charity, and my staff and management team.

This is replicated here: the support from the Executive Committee, our other volunteers and my colleague Diane Barron. It makes such a difference as you spend so much time at work and I believe in the Forum and its purpose, even though, like many other small charities, we are consistently challenged and more so since the pandemic. It has left an indelible mark. I do not want to be going anywhere else, I like it here.

The Forum has been working with Platinum Dance Academy on our Chance to Dance sessions and, on the back of that, we received free tickets for Spirited Away, a Japanese Operatic story at the London Coliseum.



We enjoyed our visit to the London Coliseum

Our coffee and cake and board games start in June, see pp12 and pp14 for details, but unfortunately there will be no Chance to Dance in June and July as the dance tutor is not available. It is a busy time for Millfield Theatre and he is needed there.

However, I have secured an hour of Zumba on Thursday 20 June and Thursday 11 July with Sonia who came to our event back in October 2023. These sessions will be free and tailored to the participants, we do hope you can come, this will be at Millfield Theatre at 2.00pm.

We continue to enjoy our relationship with Better and our member feedback has been more positive and was demonstrated when representatives from Better gave a presentation and update on how they were progressing in the Borough of Enfield.

We are still taking renewals and welcome new members, thank you to all.

Anyway, I normally feature a weather update and finally, it is looking quite promising. I hope you can all get out and about, get a bit of vitamin D and feel the warmth. We have been cooped up too long in a very long, cold and depressing Spring.

Take care.

Ruth Fathaddine

Office and Development Manager

Prioritising pedestrians

Are policy makers aware of the hostile environment that confronts footpath users in Enfield?

Many older people walk, for pleasure: for exercise, to access public transport, visit local shops, amenities and friends. As such, we are 'pedestrians' defined, literally, as 'walking, rather than travelling in a vehicle'.

But it's a limited definition of those who use pavements/footpaths/footways rather than roads.

Examined in this way, pavement users are walkers, wheelchair users, parents and carers walking with toddlers, pushing a buggy or carrying a baby, those with disabilities, those using mobility scooters, walking frames; those carrying heavy shopping, using a wheely shopping basket, running for a bus, maybe just running or walking the dog.

Much of this pavement use is functional, necessarily using Enfield's high streets. Are policy makers aware of the hostile environment that confronts pavement users in Enfield?

Uneven, at times treacherous paving, trip hazards, some thoughtless cyclists and scooters (increasingly motorised), air pollution, selfish parking (at times necessitating stepping into the road), over size cars too big for their drives and blocking the pavement, overgrown shrubs, wet leaves, slippery surfaces, 'pedestrian' lights with phasing that privileges drivers, speeding, jumping red lights, fly tipping, poorly lit roads.

Readers will all know of an older person who has experienced life changing injuries as a result of a trip or a fall.

In 2021 almost one third of Enfield households had no cars or vans, rising to more than a half in the south and eastern parts of the Borough such as Edmonton Green.

Yet, judging by the quality of the environment in which pavement users move around, it feels, in policy terms, that pedestrians are invisible, and that other forms of travel are more privileged.

Certainly judging by the wealth of (good) policies aimed to assist cyclists but failing to hold inconsiderate cyclists and thoughtless car users to account.

In the case of the former for speeding on pavements, the latter for damaging pavements by parking and driving where they shouldn't, speeding, ignoring red lights and (on occasion) pedestrians.

This despite the fact that pavement users employ (sometime with no



choice) a sustainable form of travel, hence doing their bit for the environment. What's in it for them?

Would getting it right for those who use pavements, make it right for everyone else? What would be your manifesto for pavement users? Here are some suggestions:

- Twenty (mph) is definitely plenty
- Maintain pavements
- Enforce parking regulations
- Show thought to pavement users –

revive public information services to explain the difficulties

- Low traffic high streets
- Universal low emission zones.

Vaccination protects you and other people

Rising levels of whooping cough and measles show that vaccination is as important as ever

For those of you who have met me it might be hard to imagine that Ma and Pa Stewart are old enough to have got their Covid booster jab this week.

Actually, they are in their 80s so are old enough to just about remember what life was like before vaccination; diseases such as polio were common and feared – my uncle walks with a stick through contracting polio.

Others were not so lucky – Great Ormond Street, St. Thomas's and King's College Hospitals all had iron lung wards. Vaccines are not the only reason why some diseases are almost unheard of now (better nutrition, housing etc), but the World Health Organisation (WHO) estimates that vaccinations have saved approximately 154 million lives, the Centre for Communicable Disease (CDC) estimates that childhood immunisations save four million lives a year.

When vaccination rates drop then it is more than worrying. This week it was reported that there have been 2793 cases of pertussis (whooping cough) in the first quarter of this year. And five infant deaths. What makes this more tragic is that pertussis is a very preventable disease.

Similarly, as vaccination rates have fallen, so we are seeing more cases of measles. Even though the UK was declared 'measles free' between 2016 and 2018. But since October 2023 we have seen 1,374 cases of measles. This is a disease associated with a 20-40% hospitalisation rate, blindness, premature birth and brain swelling.

So, who should get vaccinated? I hate to say it but seriously, if you are offered the vaccine take it. This may not just be to protect you – diseases just love those who may have something and not know it. Even though you have no symptoms you may be the perfect person for carrying and transmitting a disease.

Having a vaccine stops you unwittingly passing on something even if you don't know you have got it. This will include protecting infants who haven't yet been vaccinated and people with immunological diseases. It's a bit like giving blood – people do it for altruism; I have yet to meet a blood donor who wants their blood back. Unless their name was Hancock.

Glenn Stewart

Assistant Director of Public Health, Enfield

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W: homecarepreferred.com

Firs Farm Community Hub, Firs Lane, London N21 2PJ

Thinking about dementia

Dementia is not just about memory loss – it can affect the way we think and behave

We all forget things, we've done it all our lives but after a certain age we begin to worry about it. The Forum has a proud history of highlighting the need for research and recognition of dementia as a condition needing far more acknowledgement and scientific work than previously considered.

As part of a four-country delegation to the European parliament in Strasbourg in 2010/11, we were successful in getting funds released for research into causes, development and treatment of what is now more widely recognised, diagnosable and, to some extent, a treatable disease.

In the UK in 2019, 940,000 people were living with a dementia diagnosis, though under-diagnosis means it's probably at least a million.

It involves a decline in brain functioning and is a leading cause of death. The numbers involved mean we need to step up research.

We do know that so far more than 200 sub-types of dementia have been identified, the largest being Alzheimer's disease. We tend to think of it as most closely related to memory loss, but it can also affect the way we speak, think, feel and behave.

What are the symptoms?

They can include memory loss and changes in thinking speed, mental sharpness, language, understanding and mood, as well as loss of interest in things, self-care and people, and tend to become worse over time.

So what can be done?

Get an appointment for yourself or someone you're responsible for or close to with the GP who can administer an initial test and refer to the local memory service where there will be more in-depth thinking and memory tests involving language, spatial and visual awareness, levels of attention and reasoning and problem solving and, depending on the results, possibly a scan.

Do accept that some observable deficits may simply be the result of

not having to be on top of everything any longer; why be bothered? It's not early onset dementia, it's simply that there are no longer so many family responsibilities or such a busy life, and retirement may mean we don't have to keep up the pace.

Also, Covid and lockdown will have had its impact on confidence for many who need encouragement and support about going out and about again.

Not dementia

Remember that there are other afflictions that can mimic dementia, common among them RTIs, (Respiratory Tract Infection) urinary tract infections, vitamin deficiency and other nutritional deficits, and depression for example.

So keep an eye on hydration, make sure you're eating a balanced diet, keeping your weight down and getting some appropriate exercise and try to stay socially connected.

Treatment

With a timely diagnosis, there may be treatment available that can slow down the progress of the illness and there may

be ways of managing it and enabling the continuation of an active life. There are cases of patients with Alzheimer's living for 15 and even 20 years though the average is 8 to 10 years, diminishing with advanced age on first diagnosis.

New drugs able to modify Alzheimer's are in the pipeline and may be available this year, once through the regulatory process.

The Forum will now press for improvements in the diagnostic infrastructure and work with other Enfield organisations in this endeavour.



With a timely diagnosis, there may be treatment

You can also find more information and support via these websites:

<https://www.dementiauk.org/>

<https://www.alzheimers.org.uk/>



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Keeping active and engaged

	Activity	Address
1	Senior Circuits	St. Aldhelm's Church Hall, Windmill Road
	Line Dancing	
	Zumba Gold	
2	Line Dancing	192 Southbury Road
3	Tea and Chatter (ICAN)	Edmonton Green Library
	Tea and Toast - Knitting and games	
4	Walk & Talk (ICAN)	Durant's Park
5	Stroke Café (ICAN)	Palmers Green Reformed Church
6	Diabetes Support Group (ICAN)	Community House
7	Tea and Chatter (ICAN)	Ordnance Unity Library
8	Men's Sheds	John Jackson Library, 35 Agricola Place
9	Get Walking, Get Talking	Alderman's hill
10	Get Walking, Get Talking	Whitewebbs Park Café, Beggars Hollow
11	Memory Meet up	St. Stephen's Church Hall, Village Road
	Social Singalong	
12	Tea and Chatter (ICAN)	Enfield Town Library
	Warm Space	
	HAPPY Project	

	Activity	Address
13	Move, Stretch & Tone	Southgate Methodist Church
14	The Padwicks' Afternoon Tea & Show	St Peters Church Hall
15	Get Walking Get Talking (FAST, MEDIUM, LEISURE STROLLERS)	Trent Park Café Cockfosters Road
16	Get Walking Get Talking	Pymmes Park Visitors Centre, Victoria Road
17	Rumi Mosque	337 Fore Street, London
18	Monthly Afternoon Tea	Ponders End Methodist Church
	Communi-TEA	
19	Natter Mornings	Enfield Town Market
20	Lunch & Social Club	Edmonton Methodist Church
	Bingo Bonanza	
21	Lunch Club	Trinity Church, Enfield Town
	Niburu Podcast Sessions	
22	Seated Exercise Class	Bush Hill Park Methodist Church



Public Health Enfield has issued a brochure outlining some of the free and low-cost activities across the borough

The brochure includes a map and the exact address of all the locations as well as the frequency of the activities

Following in-patient entries to North Mid for malnutrition unrelated to clinical illness but correlated to age and living alone and in isolation, Public Health Enfield, with a small grant from the hospital and the North Central London ICB and with Forum participation has produced the brochure you will find with this issue. It outlines some of the many free and low-cost activities to be found right across the borough.

Lockdown and Covid, high food prices and digital exclusion seem to be preventing older, and now less confident, citizens from getting out and about as much as they need to. Social isolation and lack of even limited exercise is unhealthy for both our physical and mental health.

This particular brochure is aimed at older people and activities include everything from line dancing and Memory Meet Up to men's sheds and tea & toast. There are opportunities for

Walking and Talking and a Social Singalong.

Quite a lot of people find it difficult to go to new activities on their own. But you will find that there are others on their own as well, and everyone is there because they are also interested in participating. Or, if needed, ask a friend to come with you – even if just for the first time.

You will see that there are activities around the borough and most are in places easy to reach by public transport.

Some are weekly, some fortnightly or monthly but there is no obligation. Just turn up and try one of the activities at a location convenient for you.

Also, don't forget the Forum's free coffee mornings and board games sessions, both fortnightly, as well as our monthly meetings at the Civic Centre with a range of interesting speakers. See pp 13-16.

Keep Enfield green

Good quality open space is essential for the physical and mental health of Enfield residents, especially the poor and the old

The importance of open space for health, wellbeing and civic pride is well established. The Victorians recognised the contribution of parks and open space to urban identity, culture and society, as well as health, a hundred and fifty years ago. We need to reclaim that important heritage.

The value to older people, in particular, of good quality open space cannot be over estimated. Whether for easy and cheap access to exercise, avoidance of pollution from over congested roads or shade in our increasingly scorching summers, good quality green space is essential for everyone.

Recreation grounds and sporting facilities are necessary aspects of our social infrastructure, encouraging physical activity and a wide range of social, health and wellbeing benefits to communities.

Open space benefits the climate too. Woodland trees absorb carbon dioxide and careful management of local open spaces can mitigate storm and flood risk.

It's easy to overlook the part played by open spaces in increasing biodiversity, protecting wildlife and providing opportunities for locally grown food. For all these reasons, local open space fosters local identity and pride.

So, it's reassuring to know that when the demand for new homes is acute, there are nevertheless national, London wide and local standards about the quantity, quality and accessibility of new open space, allotments, play spaces and pitches required

by new developments. The desire is not only to protect open spaces but also to establish an entitlement to good quality open space, wherever we live in London.

There's no denial that access to open space is unevenly distributed across Enfield, with Edmonton and the south east of the borough already deprived of this life-enhancing, essential amenity.

Future plans allocate about 15,000 homes to these areas, largely for local families and young people, an estimated population increase of around 30,000-36,000 residents, benefitting Enfield's economy and social structure.

But to meet the necessary standards, this level of population growth requires around 70 hectares of additional open space as well as over four hectares of community gardens or allotments, particularly in areas with existing deficits, and additional space for playing pitches and play spaces.

It is obvious from existing plans, those in the pipeline and in future plans for the areas with existing deficits, that very little additional open space is being planned for, and no new allotments are planned at all.

We have to hope that the relevant authorities see sense over the coming months and years and ensure that inequalities in this respect are urgently addressed. In doing so, other inequalities such as in health and life expectancy, crime and anti social behaviour, will also be confronted.

Firs Farm Wetlands is a great example of how locals have worked to enhance green spaces in Enfield





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Look on the bright side



So you think English is easy??

Pity anyone learning our language – here are just a few examples to trip the student up:

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) They were too close to the door to close it
- 13) The buck does funny things when the does are present.
- 14) A seamstress and a sewer fell down into a sewer line.
- 15) To help with planting, the farmer taught his sow to sow.

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Email admin@winchmorehillbowling.co.uk

Website www.whbowls.com

Winchmore Hill Bowling Club, Radcliffe Rd
London, N21 2SD

Good-bye Daddy

A father put his 3-year old daughter to bed and listened to her prayers which ended by saying, "God bless Mummy, God bless Daddy, God bless Grandma and good-bye Grandpa."

The father asked: "Why did you say 'good-bye Grandpa?'"

The little girl said: "I don't know Daddy, it just seemed like the thing to do."

The next day the grandpa died. The father thought it was a strange coincidence.

A few months later, the father put the girl to bed and listened to her prayers which went like this: "God bless Mummy, God bless Daddy and good-bye Grandma."

The next day the grandmother died. "Blooming heck," thought the father, "this kid is in contact with the other side!"

Several weeks later when the girl was going to bed the dad heard her say: "God bless Mummy and good-bye Daddy."

He practically went into shock. He couldn't sleep all night and got up at the crack of dawn to go to his office. He was nervous as a cat all day and watched the clock. He figured if he could get by until midnight he would be okay. He felt safer in the office, so he stayed there, drinking coffee, looking at his watch and jumping at every sound.

Finally midnight arrived. He breathed a sigh of relief and went home. When he got there, his wife said: "I've never known you work so late. What's the matter?"

He said, "I don't want to talk about it; I've just spent the worst day of my life."

"You think you had a bad day? You'll never believe what happened to me," she replied. "This morning my tennis coach dropped dead in the middle of my lesson!"

Valuation

A bottle of water can be £1 at the supermarket, £3 at a restaurant, £4 at the movies, and £6 at an airport. It's the exact same water. The only thing that changed its value was the place. So the next time you feel you are not valued, maybe you're in the wrong place.

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Tuesday 25 June 2024

To be held at: **Enfield Golf Club, Old Park Rd South, Enfield EN2 7DA**

10.00am – Arrival for Registration and Beverages

10.30am to 11.30am – Presentations

12 Midday – Questions and close

Please confirm your attendance by email to:

george@burlington.uk.net or call 0208 882 6688 to register.

Please note the event has limited availability and seats will be offered on a first come first served basis.



George Ttoui

If you are concerned about the effect that IHT will have on your estate and the amount of money that will be left to your family and friends, we will be pleased to tell you about the range of products and services available as part of the St. James's Place approach to trust and estate planning. Please note Wills and trusts are not regulated by the Financial Conduct Authority. Advice relating to a Will involves the referral to a separate and distinct service to those offered by St. James's Place. The levels and bases of taxation and reliefs from taxation can change at any time and are dependent on individual circumstances. 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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Slowly getting Better

Better is looking at letting Enfield members use its Lee Valley facilities

Better has been running the council's leisure centres since December and improvements continue to be made, say Sabrina Forde and Dominic Hall, Community Sports Managers for Better.

They told members attending April's Forum meeting at the Civic Centre that Better recognised that more needed to be done but that it would take time, including fixing the air conditioning at Southbury which is causing a lot of complaints.

Edmonton Leisure Centre is currently closed and Better is waiting for Enfield Council to make a decision about its future. It will require "a significant amount of money" to bring it back into operation.

In the meantime, Better is proposing that some activities be relocated to Lee Valley Athletics Centre. This would include the Over 50s Day previously held at Edmonton on Mondays.

Unfortunately there is no swimming pool or sauna/steam at Lee Valley but it does have a gym, indoor and outdoor running tracks for walking, and provision for social activities.

"We are planning to put on an Open Day at Lee Valley to get people to come and try the centre for free," Sabrina said.

Better is also offering a 'Give it a Go' membership to enable all Enfield residents to try any of the leisure centres in the borough for six weeks. This offer, available only once to any individual, will cost £25 off-peak and £30 peak. For more details, go to one of the leisure centres and ask the staff.

We are lucky in Enfield that the concessions for older people are available from 50 years old, as the senior programme is 60+ in the other boroughs where Better operates the council facilities.

The Senior 50+ concessions are available to anyone who has a Better concession card and members of the Over 50s Forum are able to buy that concession card for £7.50 instead of £20.

Anyone with the concession card is able to access cheaper rates for swim, gym and classes and for the very popular Over 50s Days.

The Senior 50+ Racquets (which includes other sports hall activities) is available for £48 a month or £400 annual.

There are also concessions for disabled and for carers, as well as off-peak, so people should go into their local centre and see what suits them best.

Sabrina recognised that it can be difficult for pay-as-you-go members to book into classes as monthly direct debit and annual members are able to book a day earlier. It is also difficult for those who cannot use the Better app or book via the website.

She said Better is considering saving three to five spaces in the popular classes on the Over 50s Days to be available for booking in the centre on the day.

Dominic encouraged people to attend the Meet the Manager sessions held regularly at the centres so that the users' voices continue to be heard.



Dominic Hall and Sabrina Forde from Better gave a presentation to Forum members

The Leisure Centres run by Better on behalf of the Council are:

Albany, 505 Hertford Rd, EN3 5XH Tel: 020 8804 4255

Arnos Pool, 269 Bowes Rd, N11 1BD Tel: 020 8361 9336 (Customer Service Centre)

Bramley Bowls Hall, Chase Side, Southgate N14 4PE Tel: 020 8882 7963

Southbury, 192 Southbury Road, EN1 1YP Tel: 020 8245 3201

Southgate, Winchmore Hill Rd, N14 6AD Tel: 020 8882 7963

Help with moving home

Moving home during these difficult times where everything is evolving and moving so fast? We're here to help!

By Theo Papadopoulos, Solicitor

Moving home is one of the hardest decisions we ever have to make and the whole process of it can be extremely daunting and draining. From selecting an estate agent, solicitor to represent you, dealing with what feels like tonnes of paperwork, selecting removers etc, can be extremely overwhelming, especially in such a climate where the world, technology, and everything around us is constantly evolving.

Like many other things, the conveyancing process is seeing yet another modernisation. Estate agents are now obliged under Consumer Protection Regulations not to omit any material information on property listings, and the National Trading Standards have published a full set of guidance detailing on the minimum amount of what is required to be within a property listing.

In order to help estate agents to meet the threshold and provide consumers with detailed property listings, the Law Society has released a new Property Information Form (TA6) to reflect the recent guidance.

It is recommended, and expected, that many sellers will need to complete this form much earlier in the conveyancing process, as this form will provide the estate agents with the details they require for their property listings.

The new Property Information Form (TA6) will need to be used within every Residential Conveyancing transaction by the 25 June 2024. The new form is much lengthier than the current one, and has been updated in relation to property details, tenure, parking, building safety, restrictive covenants, flood risk and coastal erosion, accessibility, coalfield or mining area, solar panels, connected services, drainage and sewerage and Japanese Knotweed.

The new form and latest guidance for estate agents both aim to keep prospective buyers informed about matters from the outset, in order to help reduce both the time and length of the conveyancing process, and also to reduce the number of transactions that fall through.

The new form has not come without its criticism, from many legal professionals. It is argued that many of the details that the new form requires, are not details that are readily available to many people and will leave many prospective sellers confused and helpless.



Theo Papadopoulos

Stennett & Stennett Solicitors are here to help and are happy to take instructions in helping you to complete the new form. Since opening the practice in 1989, the Conveyancing Department has always been up-to-date with the latest updates on procedure and law, and has helped masses of clients with their moves. From moving locally, to further afield, the department is well-equipped and always willing to help.

If you require legal assistance with selling your property, purchasing a property, or obtaining a Lease Extension, then please call a member of our Conveyancing team on 020 8920 3190, for further information and a free initial consultation.

Stennett Solicitors, based at 4 Winchmore Hill Road, Southgate N14 6PT (opposite M&S Food Hall) have given trusted advice to Enfield residents for over 35 years. You can call us on 020 8920 3190.

We specialise in the following areas of law:

- a) Preparing Wills for peace of mind and to avoid inheritance tax**
- b) Helping those needing residential care to keep costs to a minimum**
- c) Assisting bereaved families with probate**
- d) Preparing lasting powers of attorney for ageing relatives**
- e) Making Court of Protection applications for the mentally infirm**
- f) Help with moving home through conveyancing**



**Stennett & Stennett Solicitors
and Estate Agents**

Join one of our Forum Groups

Writing Group

As usual, the writing group will meet on the second Thursday of the month at 10am till 12 noon. We meet at the Enfield Town Library.

Anyone wishing to join us should contact Ruth at ruth.serner@gmail.com

Poetry Group

We meet every fourth Thursday of the month in the community meeting room at the Enfield Town Library between 10:30am and 12 noon to share, appreciate and discuss poems we bring along on. Our monthly themes are those suggested by group members. If you love poetry, we'd love you to join us. We request a donation of £1 per meeting to cover the room hire cost. Our forthcoming coming subjects are:

27 June – Joy

25 July – Aspirations/Achievements

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

Film Making Group

We are having a break for the summer and will be reconvening in September. For information about the group please see our website www.eboff-films.weebly.com. Our socials at Jubilee Hall are also suspended for the summer.

WhatsApp Cinema Group

All are welcome to join our WhatsApp cinema group. We currently have 30 members who organise their own cinema visits and invite others to join them. Most of the time we go to Cineworld in Southbury Road but trips further afield can be organised. To join the group you must have a smart phone and be on WhatsApp (help is available if you need it).

Please text your name and phone number to Jan on 07748 264735 to be added to the group.

Lunch Club

We meet every two months at different venues. The next lunch is on Wednesday 10 July 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 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.

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

20 June – The Sea Lady by Margaret Drabble

18 July – The Truths and Triumphs of Grace Atherton by Anstey Harris

15 August – The Maid's Diary by Loreth Anne White

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 5 June, 3 July and 7 August. 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.

Bingo Club

Forum bingo players meet every Monday including Bank Holidays. 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 hold a Board Games afternoon – every second Thursday 1-3pm at Millfield House. Free entry and tea/coffee provided. Feel free to bring biscuits!! We look forward to welcoming you. Next dates are 13 and 27 June, 11 and 25 July.

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

FREE Zumba!

All members are welcome to come to free Zumba sessions at 2pm on Thursday 20 June and Thursday 11 July. They will be run by Sonia who led a very successful Zumba class at our event at Southbury Leisure Centre last October.

These sessions are free and will be tailored to the participants. Just turn up at Millfield Theatre (next to the office) at 2pm on the day or contact the office for more information. Tel: 020 8807 2076.



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 7 June and Friday 21 June Coffee & Cake

We are relaunching our fortnightly coffee and cake mornings at Millfield House. Just come along and join us 11am – 12 noon on Friday 7 June, 21 June, 5 July and/or 19 July. Bring a cake/biscuits/yummy treats if you like and enjoy a cuppa with other Forum members. Millfield House (where the Forum office is), Silver St, Edmonton N18 1PJ.

Friday 21 June

A wildlife boat trip and afternoon in Walton on the Naze

A small group will meet in Enfield around 8am and travel via Liverpool Street to Walton on the Naze. The boat trip leaves at 12 noon and takes about two hours so please bring a sandwich to eat on board. There are four steps in the boat and you will need to be fairly steady on your feet. Afterwards we will have a few hours in Walton on the Naze to explore the coastline and cafes. Cost £45 (includes train fare and boat trip) + money for refreshments.

To book please email Jan on eternalechoes2002@yahoo.ie or phone 07748 264 735.

Monday 8 July

Guided walking tour in Canterbury

Join a small group of Forum members for a day out and a guided walking tour in Canterbury. We will meet at St. Pancras about 11.15 or Oakwood tube about 10.15. Arriving in Canterbury for a pre booked pub lunch about 12.30; guided walking tour 2 – 3.30pm; free time 3.30 – 6pm. Back in St. Pancras 19.18pm. Tickets £43 (covers walking tour and train fare). Please also bring money for your own lunch.

To book please contact Jan on 07748 264735 or eternalechoes2002@yahoo.ie. Only a few tickets available so please book early.

Wednesday 24 July

Vintage Essex day trip

Enjoy a mid-summer day out with us on this 'Full Board' coach trip, exploring the pretty villages of rural Essex and two rides in vintage 1940s and 1950s coaches. This trip aims to let you see a lot without walking too far. We visit Thaxted, Finchingfield, Essex Rodings (thatched-roof cottage villages), High Easter and much more. Our vintage coaches starred in both The Crown and Only Fools and Horses no less!! The cost of this lovely nostalgic day is £79 per person which includes: return coach travel from Enfield; morning coffee and biscuits; ploughman's lunch; visit to Lodge Garage to see their nostalgic collection of coaches and buses; afternoon tea with cake; two vintage coach rides; driver tip; Blue Badge guide tip; small Forum donation; small prize draw entry of £1 per person – lots of lovely prizes!

Only 34 places available so book your place, request a booking form and find out more from Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com

July 1-8 or 8-15 (or both weeks) or October 21-28 Turkish Delight for the Forum

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. You are welcome to invite non-Forum members who would appreciate this kind of trip. Places are already filling up on all three weeks (1 July – three places left/ 8 July – 4 places left/October 21st – 2 places left) 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.

27 September – 4 October Danube River cruise

Flying to Budapest then visiting Budapest, Esztergom, Bratislava, Durnstein, Melk, Salzburg or Linz and of course Vienna. Just two twin cabins 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 me for possibly the best itinerary we have ever offered at the Forum. Bookings are open now and eight of us have already paid our deposits and are ready to tango!! There will be another presentation from Wendy Wu Tours on Wednesday 31 July in the Jubilee Hall, Parsonage Lane, Enfield, so if you would like to come along to find out more, let Olivia know for catering purposes please.

All details available from Olivia at oliviagoodfellow19@gmail.com or 02084478841.

Kenwood House visit

A group of Forum members visited Kenwood House and Hampstead Heath. The location is beautifully landscaped and there was free access to the house where visitors can see paintings by Vermeer, Rembrandt and Gainsborough as well as the Robert Adam library.



More to come in 2024

Some plans for the rest of this year to be advertised soon...

Battersea Dogs' Home and lunch out before a wander round Battersea Power Station's luxurious shops.

Guided Tour of The National Gallery.

And much more to come.....

Looking ahead to 2025 and 2026

We are busy finding the best holiday/trip destinations for our members for 2025/6 and here are some of the likely destinations to whet your travelling appetites.

12-16 November 2025

Prague – The Crown of Bohemia

Join us on this long overdue city break to beautiful Prague. This may seem a long way off but it is really important to book and pay your deposit early to avoid disappointment, ensure that your holiday price is fixed and especially for those wanting a single occupancy room.

With 4* hotel accommodation and breakfast and dinners and flights included, a tour guide throughout and a wealth of wonderful excursions on offer, this is a fabulous opportunity to have a pre-Christmas break with great company guaranteed. For a detailed itinerary and/or to ensure your place, please contact Olivia for further details and prices (which depend on the number who book) and a booking form.

Email oliviagoodfellow19@gmail.com or 020 8447 8841 or 07881 832 783.

Norfolk Gardens 28 April – 2 May 2025. Details available shortly. Definitely happening.

Sardinia and Corsica 1 – 8 June 2025. Details almost ready. Definitely happening.

Greek Island-hopping mini cruise (Athens, Mykonos, Santorini, Paxos). September 2025. Details almost ready. Definitely happening.

Madeira April 2026. Planning stage

Istanbul city break May 2026. Definitely happening

The best of Italy, Austria, Germany and France June 2026. Planning stage

Llandrindod Wells, Wales 2026. Planning stage

Peru October 2026. Planning stage

All details to follow but you can leave expressions of interest with Olivia from now onwards on 020 8447 8841 or oliviagoodfellow19@gmail.com

AFFILIATED GROUPS

The Walkabouts Rambling Group

Are you interested in joining a friendly group of people who go walking most Wednesdays? If so, we are looking for some new members and would like to hear from you.



The length of our walks is usually around 4-5 miles, with an occasional longer walk of 6-7 miles. Some of the walks are local to Enfield and Barnet, for some we travel into London, and others are in the Hertfordshire/Essex countryside. We set off around 9.45am and usually have a stop during the walk for a snack or packed lunch or may go to a cafe. The walks are led by a club member, so if you think you might enjoy leading a walk, that would be welcomed. It is useful if you are a car driver as we often drive to the start of the walk, setting off usually from Forty Hall in Enfield, but we try to share cars (and petrol costs) so this is not essential.

For more information, contact Sally on 07467327895 or email louismk@blueyonder.co.uk

Oakwood Art Circle

We are a local community group of mixed levels and ability. You are welcome to join us at the Christ the King church hall with your creative minds. Why not pop in for a chat or trial on any Friday between 9.30am and 12.30pm. Share your talent with us with any form of craft; be it painting, colouring, drawing, pastels, sewing, knitting, papermache etc. Email us: oakwoodartcircle@gmail.com or check our website: <https://artgroupoakwood.wordpress.com/> Christ the King Church (previously known as Vita et Pax), is in Peace Close, off Bramley Rd, Oakwood N14 4HE.

Lottery

Join the lottery for a chance to win the monthly prize of £400.

Contact the office for more details.

Latest winners

February: Denise Bowman, number 120

March: Jan Oliver, number 6

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

Forum AGM

Tuesday 25 June
10am for 10.30am

Come along to the AGM to discuss the future of the Forum

10.30am **Monty Meth Memorial Lecture**

We are delighted that **John McGeachy, Campaigns Manager, Age UK London** has agreed to come and speak at the AGM. He will discuss campaigning in general and the Age Friendly London campaign in particular.

11.15am **Annual General Meeting**

Introduction from the acting Chair, Vivien Giladi.

Presentation of 2022/23 Annual Report.

Presentation of 2022/23 Annual Accounts.

Discussion of Future of the Forum.

Election of Executive Committee Members.

Any Other Business.

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

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.

More activities

Better has added two more activities to Tuesday Over 50s Days at Southbury Leisure Centre.

12:15 – 13:15 Sporting memories, meeting room

13:15 – 14:15 Walking cricket, sports hall

See full Over 50s Days timetables on Forum website or at the centres. (See list on p11)

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.

Tuesday 30 July, 10am for 10.30am – 12 noon **Caring for dementia patients**

Ken Waterhouse – Managing Director, Homecare Preferred, will speak about dementia and care provision in the community.

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

ENFIELD OVER 50'S FORUM
15% OFF EVERY TUESDAY & WEDNESDAY AT PLAYBOX CAFÉ



38-40 Shopping Precinct, Palace Gardens, Enfield, EN2 6SN



Are you a member of the Forum?
See p2 for details on how to join.