

# Forum relaunch!

## Forum's good news – we need your support

On the 24th June we held our Annual General Meeting in the Council Chamber at the Civic Centre with over 40 of our members attending. The good news is that a new and enthusiastic board of trustees were endorsed to carry on the work of supporting older people within the Borough.

The new key officers are Peter Smith - Chair, Aaron Charles – Secretary and Pia Das - Treasurer. Details and pictures of these and other trustees are featured in this newsletter. Kathy Hall chaired the AGM with Tony Watts the outgoing Secretary presenting the 2024/5 Annual report. This is summarised on page 3 while the full report can be read on the Forum's web site or that of the Charity Commission.

Members will be aware that following the retirement of some long serving trustees, the after effects of Covid and changes in the management of the leisure centres our membership our income declined. The upshot is that over the last couple of years expenditure in running the Forum has exceeded income.

However, with a revitalised board of trustees we will be taking steps to ensure that our finances become balanced and necessary reserves are maintained.

### Real benefit to all

Nevertheless, throughout this difficult time our meeting programs, club and group activities have thrived. What is needed is your support in ensuring membership numbers return to over 6,000 of the year 2015. Here there is a vital role you can play, by getting all your friends of age 50 plus to join the Forum, making sure all tick the gift-aid box if they are taxpayers, by supporting our fundraising lottery and bingo opportunities or simply make a donation to the Forum coffers. We believe that our Forum is of real benefit to all older people by keeping them informed, active and healthy.

- *Meet the new Trustees on page 4*
- *See the new quiz on page 12*
- *See events and activities on pages 14-16*



The AGM in the Council Chamber at the Civic Centre with guest speaker Francis Sealey

### ADVANCE WARNING

Millfield Arts Complex including our Millfield office will be closed for vital maintenance work between August 11-26. Anyone wanting to contact our office staff can call 07511 805435 or email [info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk)

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Website: [www.enfieldover50sforum.org.uk](http://www.enfieldover50sforum.org.uk)

Office hours: Monday-Thursday 10am – 3pm,  
Friday 10am – 2.30pm

Please ring to make an appointment to visit the office  
Registered Charity No 1122859

**Secretary:** Aaron Charles

**Development & Office Manager:** Ruth Fathaddine

**Admin:** Diane Barron

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

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## Disclaimer

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

## Join the Forum

The Forum is a voluntary organisation which relies on membership fees, some sponsorship and occasional small grants to undertake a wide range of activities which benefit older people in the borough of Enfield. If you are reading this and are not an individual member, please consider joining by contacting the office. It's just £13 a year (£20 for couples). 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, take a photo if you have a smartphone, or scan it and then email to us at [info@enfieldover50sforum.org.uk](mailto: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

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.



## Forward with the Forum

While you are all hopefully coping with current heat waves give a thought to Diane and me sweltering in our Millfield Office with the windows wide open, and a fan blowing paperwork all over the place,

As reported on the front page, our new team of trustees are concentrating on getting to grips with the demands of their roles and planning for the future. Diane and I have the task of supporting the Trustees and seeing that their plans and decisions are implemented as well as supporting our clubs, groups, volunteers and you, our members.

In the last issue I made a plea for you to come forward with articles or viewpoints, suggestions for speakers etc. Can I re-iterate this plea for you to get involved. If any member has sales or advertising experience and willing to use their experience to benefit the Forum, then please call me at the office.

Elsewhere in this issue there is a note regarding Millfield Office closure for two weeks in August for essential maintenance so please do not come to the office during that time. Diane and I will be working from home with access to emails and to the office mobile.

The situation with Better has not changed. Sadly over 50 – 65 year olds are no longer considered as older people and no longer qualify for discounts. Getting into a fitness and wellbeing regime earlier is very important in one's later years. The Forum will continue to campaign on behalf of all over 50s to get Better and the Council to rethink their policies.

We are continuing to forge relationships with other Enfield community groups. In particular we enjoy promoting our affiliated organisations through our newsletter, eNews and events to extend what is on offer to all. The office staff and volunteers remain proud of all the excursions and activities the Forum offers.

Lastly our thanks to all the members who have made additional payments to the Forum, This is very much appreciated and has been personally acknowledged in writing.

Keep cool and hydrated.

*Ruth Fathaddine*

**Office and Development Manager**



The Board of Trustees wishes Peter Smith, our Chair, a very happy 91st year. We're sure the whole membership will join us in thanking him for his years of commitment to the Forum.

## LOTTERY WINNERS

February 2025	Helen Box	Number 17
April 2025	Mr Leslie Tilley	Number 38
May 2025	Michael Dickinson	Number 61

Prize amount is currently £200, the more players we have the bigger the amount to pay out. Please contact Ruth at the office and see if you have luck on your side.  
0208 807 2076



# ANNUAL REPORT SUMMARY

The Enfield Borough Over 50s Forum Annual Report for the year ending March 31, 2025, highlights the organisation's activities, challenges, and financial status. The Forum aims to keep older people in Enfield active, healthy, and informed through social events, clubs, and advocacy.

Enfield Borough Over 50s Forum

Annual Report

For the year ending 31st March 2025

This report to be presented at the Forum's Annual General Meeting in the Chamber at Enfield's Civic Centre on Tuesday 24 June 2025.

**Enfield Over 50s**

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



## KEY HIGHLIGHTS

### 1. Challenges and changes

- The year was turbulent due to health and personal circumstances affecting trustees.
- Several trustees resigned, including Vivien Giladi (health lead), Yvonne Mulder (newsletter editor), and George Rufai (treasurer).
- New trustees were nominated at the AGM to revitalise the Forum.

### 2. Activities and clubs

- Regular talks on health, nutrition, dementia, and community services were held.
- Clubs include Coffee Club, Poetry Group, Book Club, Lunch Club, Bingo Club, Film Making Group, and WhatsApp Cinema Group.
- Social events included trips, holidays, and gatherings, such as river cruises, museum visits, and international tours.

### 3. Advocacy and campaigns

- Focused on issues like ageism, digital exclusion, pensions, and housing.
- Actively participated in consultations for Enfield Council's Local Plan, advocating for 'brownfield first' housing policies.

### 4. Financial overview

- Income fell by £15,000 due to reduced membership post-COVID.
- Membership fees were increased to £13 (single) and £20 (couple).
- Expenditure exceeded income by £20,000, with reserves standing at £68,000.
- Fundraising activities like the 200 Club Lottery and Bingo raised significant funds.

### 5. Acknowledgments

- Thanks to staff, volunteers, and affiliates for their contributions.
- Special recognition for IT upgrades and newsletter production.

### 6. Future plans

- Trustees aim to boost membership, reduce costs, and increase income.
- More activities, such as dance classes and board games, are being planned.
- The Forum remains committed to promoting social inclusion and supporting the older community in Enfield. Members are encouraged to participate in activities and help recruit new members.



**Jim Cantle hands a £1,500 cheque from the Bingo Club to our new Treasurer**

# New Board of Trustees

At the AGM on the 24 June 2025 Peter Smith (Chair), Michael Stennet and Vicki Pite (Vice-Chairs), Aaron Charles (Secretary), Pia Das (Treasurer) were elected with the following members: Clifford Appadoo, Juliet Edwards, Andy Hatvani, Talat Shaik and Tony Watts.

● Brief reviews and photos of this new board are given below



## **Clifford Appadoo**

Joined the Over 50s Forum to assist and support with IT in the office. Career with British Telecom in Management Services and as Stock Controller and Stock Auditor with Coca Cola Enterprises. Leisure activities computing, amateur photography, cycling and walking.



## **Aaron Charles**

Retired IT Professional of many years, both here and abroad; Banking, Oil/Fuel, HM Govt. Member of the Forum for several years and very keen to see it thrive. Love football; season ticket holder at the capital's biggest club, I'll leave you to guess which one.



## **Pia Das**

With over 35 years' finance experience across the public and private sectors, I began my trustee journey in my twenties through serving on the board of my local badminton club. More recently, in the last 10 years, my voluntary roles have been in early years with outreach at Eldon, Carterhatch and Galliard Children's Centres and two Enfield schools. I'm now keen to use my skills to support older people's wellbeing.



## **Juliet Edwards**

Experienced press and media officer, currently studying for a Master's degree through the Chartered Institute of Public Relations. Past positions include press officer for the Voice Newspaper, communications & contract manager for the Department of Health and Media Officer for Transport for All.



## **Andy Hatvani**

Worked within the leisure services and finished my initial career as the leisure manager for the London Borough of Barnet. Re-entered the profession as centre manager at Southgate Leisure Centre and then Edmonton Leisure Centre before finally finishing my career after Fusion Leisure came on to the scene. For the last 12 years I volunteered at the North Enfield Foodbank.



## **Vicki Pite**

Science teacher, headed departments in two comprehensive schools before becoming the science, and environmental education, adviser for Barnet Council. Part time lecturer in science education at Middlesex University. Worked UK wide as a school improvement adviser and Ofsted inspector. In retirement, served as an Enfield councillor for six years, founder member of EnCaf and five years service as a Trustee for the Forum.



## **Talat Shaik**

Spent 40 years in IT Systems and Management Services. On retirement became fully involved in charity work: Delivering aid within various countries: Chair of North London Adult Care Charity; Vice Chair of North London Council of Mosques; Trustee & founder of a Local Community & Education Centre; Member of Forum for London (an inter-faith leaders charity organisation).



## **Peter Smith**

Retired in 2000 and joined the Over 50s Forum and became Vice Chair, now Chair, represent the forum at NPC London Region Committee, NPC National Executive Committee, Weir Hall Residents Association Committee, Enfield Transport Users Group Committee, North Middlesex University Hospital Volunteers, represent retired members of my trade union at local branch and national committee.



## **Michael Stennett**

I am a Solicitor and Director of Stennett Solicitors. I am married to Elaine, and we have three adult children, several cats, a horse, and goldfish, but no grandchildren because my kids say they are too expensive! To relax I enjoy yoga and Nordic walking, and to get anxious I watch the Arsenal.



## **Tony Watts**

Metallurgical R&D background, IT director, management role in publishing and information systems. In working life Fellow of the Institute of Metallurgists, Fellow of the Institute of Marine Engineers, Science and Technology, and Member of the British Computer Society. Secretary of the Forum 2002-2025. Sporting interests cycling, rugby and table tennis.



# STAYING HEALTHY



**Nilton Mandelli** (left) is replacing Vivien Giladi as the Forum's in-house health lead. He is a UKIHCA - Registered Health Coach and attended an event on the Forum's behalf. His report is below.



The NHS offers programs for exercising

## **Staying Healthy: Dr. Tehseen Khan, Senior Health Advisor, NHS discussed the importance of staying healthy for the older population**

The event was organised by Age UK and took place in June 2025. Approximately 30 people from the local community attended.

- There were compiled questions previously submitted by the public, and they were presented and discussed. Dr. Khan reviewed all the previously submitted questions as well as additional questions raised by the members of the public who were present during the meeting.

### **Topics discussed**

#### **Vaccines**

##### **• Update on COVID**

Dr. Khan confirmed that COVID continues around us; but the NHS is no longer testing so statistics are limited. Further, symptoms may be confused with colds and flu.

##### **• Measles**

Dr Khan added that the cases of measles are on the rise.

##### **• Shingles**

Dr Khan confirmed that, currently, the NHS is vaccinating only people aged 65 and over. For more effectiveness, two shots are required, 6/12 months apart.

### **Keep up to date with your vaccines**

Age	Vaccines
65 years	<b>Flu vaccine</b> (given every year after turning 65) <b>Pneumococcal vaccine</b> <b>Shingles vaccine</b> (if you turned 65 on or after 1 September 2023)
70 to 79 years	<b>Shingles vaccine</b>
75 to 79 years	<b>RSV vaccine</b>
75 years and over	<b>COVID-19 vaccine</b> (usually given in spring and winter)

- We raised and discussed the importance of a healthy diet and lifestyle to reinforce vaccination by boosting the immune system because relying on vaccines alone could lead to a false sense of security.

## **Ageing process**

- We discussed the process and how to slow it down. Movement and regular exercise are key for healthy longevity.

## **Blood pressure**

- We discussed the possible causes, genetic impacts, ageing and how a healthy diet can regulate blood pressure
- Dr. Khan explained that the normal ranges should be 120/80 (systolic/diastolic), but for 70+-year-old individuals, the limits should be lower than 140/90.

## **The importance of exercising**

- Regular exercises are linked with healthy longevity and well being.
- For people who have already had a heart attack or stroke, the NHS offers 12–16-week programs for exercising and lifestyle changes.

## **What to snack on?**

- Dr. Khan suggested that snacking is best avoided. But if necessary eat leafy vegetables, nuts, and seeds in moderation.

## **Meals**

- Dr Khan's advice was that we should have between 3 and 4 meals a day, but with no snacks.

## **How to improve the kidney's function?**

- Dr Khan advised that we should:
  - limit salt
  - eat fruits and vegetables
  - limit proteins (in case of severe kidney disease)
  - drink plenty of water

## **Supplements**

- Dr. Khan emphasised that taking vitamin D3 supplements during the winter is essential.

Certain supplements, such as cod liver oil and turmeric, are not backed up by sufficient medical studies to support the supposed benefits.

## **Sunblock usage**

- We discussed the pros and cons of using sunblock and getting vitamin D from the sun. No conclusions were reached but getting sunlight a bit early in the morning and late in the afternoon, building up, and extending the exposure little by little in a sensible manner could be the answer.



# Membership Deal for 2025

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**Bush Hill Park Bowls, Tennis & Social Club  
Abbey Road, Enfield EN1 2QP**



# Monty Meth Memorial Lecture



Francis Sealey

The lecture was given by Francis Sealey (Chair Enfield Climate Action Forum) and Tanuja Pandit (Chief Executive, Director, Power Up North London) at our AGM in June

We often think of cold as a problem, especially affecting those who are older and vulnerable. But the overheating is increasing and we anticipate more excess deaths from the heat in coming years than from the cold.

Predictions suggest that by the 2050s the UK could see average July temperatures of 40°C (104°F). The hottest day so far this year was 35°C.

Helping us to adapt to high temperatures, as well as the cold, is a vital priority. Locally organisations such as Power Up North London (PUNL) and Enfield Climate Action Forum, and others, are working to support residents in this area.

PUNL is a volunteer-led community benefit society based in North London. They enable communities to fund, install, own and manage their own low-carbon energy solutions including rooftop solar and heat pumps. PUNL helps those on modest incomes to access discounts

and services to keep their homes at healthy temperatures in summer and winter.

Locally, Enfield Voluntary Action has received a substantial National Lottery Grant to train volunteers to be energy champions who will give advice to those who need it. This initiative will encourage community-led activities to reduce fuel poverty and improve energy efficiency in homes. The project, run in partnership with Citizens Advice Enfield and the HEET Project, will include a grants programme.

Enfield Climate Action Forum supports these projects and with Age UK and others is planning a series of roadshows to raise awareness and provide advice about the danger of heat excess.

Planning now will save lives as those who suffer most are often the old and those living alone.

Nationally, the Climate Change Committee has warned that we are not tackling adaptation to climate change urgently enough. To create a sustainable future for all that must change.



Tanuja advising local people on fuel poverty and energy saving at North Middlesex Hospital

## ENERGY CHAMPION NEEDED

Our Forum is a partner with EVA in their Energy Champions project. We're seeking a volunteer to train as an Energy Champion on behalf of the Forum. More details from the Forum office.

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W: [www.stennett-stennett.co.uk](http://www.stennett-stennett.co.uk)



# FORUM COMMUNITY

## Fancy setting up a new Forum group?

All the Forum Groups are run by volunteers and we are very grateful for their commitment and enthusiasm. They do a great job, but there is always room for other groups to be added. Do you have a hobby/interest that you'd like to share with others? The Social Events team will help you establish a new group.

- For an initial chat, contact Jan Oliver [janoliver27@hotmail.com](mailto:janoliver27@hotmail.com)

## Join the Lottery Club

**Play the lottery and help the Forum support 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.

Sign up today and help increase the prize. This is a good way of supporting the Forum if you can, especially as the Forum membership is just £13 a year.

Anyone over 18 can join the Lottery Club. You do not need to be a member of the Forum or even a resident of Enfield.

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 the 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's a bank problem.

- Please contact Ruth in the office for more information on 020 8807 2076 or email [ruth.fathaddine@enfieldover50sforum.org.uk](mailto:ruth.fathaddine@enfieldover50sforum.org.uk)

## Community Hubs to help residents

**Enfield Council runs community hubs at Enfield Town and Edmonton Libraries to support people to get help with money and debt, employment and skills, housing stability, health and wellbeing, and Council enquiries.**

The hubs are open 9am – 5pm, Monday to Friday, when people can use computers and phone booths.

There is more help available for those who need it, with the opportunity to drop in and chat with someone face to face between 9.30am and 3pm.

Between 2.30pm and 5pm, there is follow up with customers who need more in-depth help.

- Edmonton Green Library Community Hub, Ground Floor, 36-44 South Mall, Edmonton N9 0TN
- Enfield Town Library Community Hub, 66 Church St, Enfield EN2 6AX

# HOUSES OF PARLIAMENT VISIT

## Wednesday 10th September

Feryal Clark, MP for Enfield North, has invited members of the Forum to The Houses of Parliament on Wednesday 10th September. We will meet at 9am ready to go through security. Feryal will meet us once we're through and begin the tour which will end with tea in the terrace.

Feryal is Parliamentary Under Secretary of State for AI and Digital Government, and will talk about this and the importance to older people of digital inclusion.

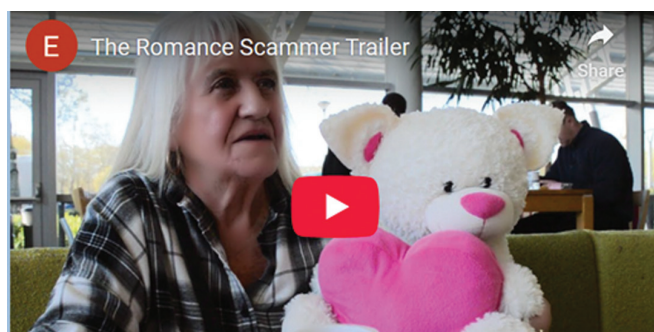
- Please phone the Forum office to reserve your place on **Friday 8 August** between 10am and 2pm. Places are restricted.



# SCAMS AND FRAUD

## FRAUD BEWARE!!

To say our awareness was raised at the Members' Forum in June is an understatement. We saw "The Romance Scammer," a short film made by EBOFF (Enfield Borough Over 50s Films), our 4-star award winning film making club. Hugely entertaining, the film raised questions and awareness: Has this woman found love online? Is she being scammed or is she the scammer? See <https://eboff-films.weebly.com/>



An excellent presentation by Tom Conley, from the Police Fraud and Cryptocurrency Crime Prevention Team, followed.

- We learnt that crime "in the front room" is twenty times more likely than on the high street. £350m, and more, is fraudulently obtained from individuals, yet only 1 in 400 of these crimes ends up in front of a judge because after extensive and costly investigations the police often discover that the criminals are abroad in countries with no extradition treaties with the UK, e.g. Russia. The police "hit a brick wall."
- We must each be aware of how criminals work and what to do when targeted.
- Be aware that the criminals make victims panic and feel isolated, by playing on their emotions, emphasising urgency and secrecy. Legitimate approaches do not feel like this. Do not feel obliged to engage or to be polite. Three seconds of your voice on a scam call is enough to replicate it for fraudulent purposes.

This advice comes from a leaflet "THE LITTLE LEAFLET OF CYBER ADVICE"<sup>1</sup> published by the Metropolitan Police Service which has created a "Little" series of books, audiobooks, BSL assisted

## ALWAYS QUESTION REQUESTS FOR PERSONAL INFORMATION

**Criminals will tell you all sorts of stories to get you to part with your money or your data.**

Whether face to face, over the phone or the internet, criminals will lie to pretend to be someone they're not. They could impersonate police officers, the tax office, your bank or anyone who you might trust in order to steal your data, or your money.

**Never give information to anyone who contacts you out of the blue. Always take time to verify their credentials through a trusted source.**



videos and animated guides to explain some of the most common scams and give advice on how to avoid falling victim to them.

Find it here <https://tinyurl.com/2sypcets>

The Forum is considering setting up an advice service to help with using SMART phones safely. Let us know if you would find this helpful.



**Support the Enfield Borough Over 50s Forum – at No Cost to You!**

over  
**50s**  
forum

Did you know you can raise **free donations** for the Forum every time you shop online?

By signing up with **easyfundraising**, you can help support our work without spending a penny extra. Over 8,000 **retailers** — including supermarkets, travel companies, fashion brands, insurance providers, and more — will donate to us when you shop through their platform.

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Your everyday shopping can help us continue our work for the over 50s in Enfield — thank you for your support!



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George Ttoui  
of Burlington Wealth Management APFS  
Chartered Financial Planner  
Invites you to a FREE information Seminar



# Inheritance Tax (IHT) – How to reduce or eliminate IHT

**By attending this seminar you will learn about:**

- The use of Trusts to mitigate IHT
- Actions that IMMEDIATELY reduce IHT
- Business Relief investing for IHT saving after 2 years
- Lifetime mortgages for the over 60s and their uses

## Tuesday 9th September 2025

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

10.00 am – Arrival for Registration and Beverages

10.30 am 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.

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](mailto:george@burlington.uk.net)

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# GETTING QUIZZICAL

## It's a Numbers thing

- 1 How many pods does the London Eye have?
- 2 How many Popes have there been in total, including Pope Leo, according to the Catholic Church? Between 200 and 300. (10 either way)
- 3 We have the M1, M2, M3, M4, etc, but what is the number after the M of the west-east trans-Pennine motorway in Northern England, connecting Liverpool and Hull via Manchester, Bradford, Leeds and Wakefield;
- 4 How old was Adrian Mole when he began writing his secret diary?
- 5 How many books are there in the Bible? Old and New.
- 6 Rearrange the following numbers, 06214, to identify a cast member of a film. But what's the name of the film?
- 7 In the film **Back to the Future**, at what speed did the car have to travel at to go through time? 85 or 88 mph.
- 8 What was the number of the Apollo mission in which Neil Armstrong and Buzz Aldrin first stepped foot on the moon?
- 9 Prince Harry, Duke of Sussex, remains in the line of succession to the British throne. But where does he sit in line after King Charles III.
- 10 How many members of Parliament are there in the House of Commons?

*If you enjoy quizzes, you might like to join EBOFF Film Making Group (Enfield Borough Over 50s Forum Films). They organise quiz afternoons, or you might fancy setting up a Forum Quiz Group (see page 9).*

## QUIZ ANSWERS (No peeking!)

1. 12
2. 267 (10 either way for your point)
3. 62
4. 13 and  $\frac{3}{4}$
5. 66
6. Les Misérables
7. 88 MPH
8. 11
9. 5th
10. 650 (10 either way for your point)





# AWARDS UPDATE



## Lifetime Achievement Award

**Jacky Pearce** was awarded a well deserved Lifetime Achievement Award for her commitment to the Forum, providing entertainment and events for our members over many years. This was arranged by Enfield Council, always a difficult choice to nominate as we have so many excellent volunteers.

● A Special Recognition award was presented to **Yvonne Mulder**, our outgoing Focus editor who performed that task effortlessly over many years. A fitting tribute to her journalistic abilities.

## ENFIELD TOTAL REMOVALS MOVING HOUSE?

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## SURVEY

### Your Voice Matters! Look out for the 2025 Enfield Over 50s Survey!

We are excited to announce the launch of our new 2025 membership survey. We want you to have your say in shaping the future of the forum.

Your feedback will be incredibly valuable! Our last survey was completed in 2019. We are eager to know what our members needs are now and gain feedback on our campaigns, services, events workshops and other activities. We want to hear from you to ensure we are best serving our community. Look out for the survey in our upcoming September/October newsletter. For members who have opted in to our digital mailing list, the survey can be distributed via email.

Help us to continue to provide relevant and beneficial support for our over 50s community in Enfield.

## VOLUNTEERS NEEDED

Call Ruth in the office (020 8807 2076) to have an exploratory chat about how you can help. Maybe it is joining the Executive Committee. Or helping with IT support. Or volunteering to run a social event or helping at a single event. Ruth will put you in touch with the right person to give you more information.

# GROUPS, CLUBS & EVENTS

## WhatsApp Cinema Group

All are welcome to join our WhatsApp cinema group. We currently have 41 members who organise their own cinema visits and invite others to join them. Some of the members also post reviews of films they have seen. Most of the time we go to Cineworld in Southbury Road but sometimes go further afield. Last films viewed: Mr Burton and The Penguin Lessons. To join the group, you must have a smart phone and be on WhatsApp (help is available to join WhatsApp if you need it). Please text your name and phone number to Jan on 07748 264735 to be added to the group.

## Film Making Group

Actors and/or extras needed. Enthusiasm, but no particular experience, needed to join our film making group (EBOFF Films) as an actor or extra. Our planning meetings are held on Sunday afternoons but we meet at different times throughout the month to carry out filming – depending on the availability of the cast. Members of the group pay £7 sporadically – but not more than once a month. This covers our room bookings, tea and coffee. If you wish to visit for a one off, please contribute £2 towards the cost. We also organise film showings and quiz afternoons. We have made a number of films one of which was awarded 4 stars and shown at the British International Film Festival in Birmingham. Find out more about us from our new website on <https://ebuff-films.weebly.com/> For further information contact Jan on 07748 264735 or email [eternalechoes2002@yahoo.i](mailto:eternalechoes2002@yahoo.i)

## Lunch Club

We will be meeting every three months from now on instead of every two months, at different venues. The lunches will still be on the 2nd Wednesday of those months. The next lunch is Wednesday August 13 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](mailto: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. Here are the dates and books for our forthcoming meetings. Please make sure you read it carefully so you know what is coming up.

To join or if you would like more information, contact Sue Scott on [scotsf48@hotmail.com](mailto:scotsf48@hotmail.com) or 07890 690 896

21 August- **The Feast** by Margaret Kennedy (Julia)  
18 September – **Out of the Shelter** by David Lodge (Jennie)

16 October- both book and presenter needed

20 November - Anniversary lunch-venue tbc

18 December - TBA

We would really like more people to present books so contact Sue if you would like to do this.

## 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 2 July, 6 August and 3 September. 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](mailto:scotsf48@hotmail.com) or 07890 690 896

## Candlelit Concerts group 2025

Experience the music of your favourite artists with live performers in an incredible, candle-lit venue in the most emblematic locations in London. Enjoy a wide variety of themes and genres: classical, jazz, pop, movie soundtracks + more, including music by Queen, Meat Loaf, Fleetwood Mac.

Browse Shows. [www.concertsbycandlelight.com](http://www.concertsbycandlelight.com)

If you're interested in joining a group of us to explore these exciting events contact Liz Fox at [foxliz@hotmail.com](mailto:foxliz@hotmail.com)

## Crafts Group

A new afternoon get together and chat while working on your current craft project, be it knitting, sewing, art work, tatting, foiling-whatever...swap ideas and expertise. Inspire each other to try something new. I can host with various equipment as needed but you bring your own materials. Sessions limited to 10 and upstairs.

Contact Liz Fox for more information on [foxliz@hotmail.com](mailto:foxliz@hotmail.com)

## Garden group

A regular afternoon get-together of likeminded people who appreciate gardens and all things green. Hosted in each other's gardens while the weather allows and at different garden centres over the winter. Enjoy a cuppa and a cake while you chat plants, admire your hosts garden and maybe swap a cutting or two. The occasional coach trip to RHS gardens might also be undertaken.

Contact Liz Fox for more information on [foxliz@hotmail.com](mailto:foxliz@hotmail.com)

## Stained Glass and Mosaic Group

Come and try your hand at a sampler of leaded stained glass, or more intricate glass foiling, or experiment with some mosaics. All equipment provided. Materials available at cost price to allow for restocking. Sessions held near The Ridgeway in Enfield, last from 11-5 so bring a packed lunch.

Contact Liz Fox for more information on [foxliz@hotmail.com](mailto:foxliz@hotmail.com)



# Social Events Team

<https://sites.google.com/view/northlondonfriendsforum/home>

## Madeira and Esteito Wine Festival

**31 August-7 September 2026-open for bookings now!!**

Madeira is a wonderfully cultural and naturally diverse island, which is famed for its beautiful flowers and botanical gardens. We will explore magnificent viewpoints across this gorgeous island and witness some of Europe's most impressive landscapes and accessible biodiversity. The wine festival will be the icing on the cake. For the full itinerary and booking details of another fabulous Airedale Tours holiday, please contact Olivia on [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or 07881 832 783 or 0208 447 8841

## Discover Japan

**6-18 October 2026 - open for bookings now!!**

This once in a lifetime holiday has been carefully researched and dates finalised. This tour takes place in the glorious autumn so we can see the best of Japan's colours, while still enjoying warm weather and avoiding the crowds. For all the information on what this trip offers us, please contact Olivia directly and you can also see for yourself on the Wendy Wu website on page 24/25. There are two presentations planned in September and November and all details will be given to interested members and friends. We have a Forum only early bird discount of £600pp on the brochure price of £6890 and a low deposit of just £199. There are 11 of us already going so join us for this epic holiday with all meals, guides, flights, hotels and taxes included.

Email [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or 0208 4478841 or 07881832783

## Wisley Gardens RHS Flower Show

**Thursday 4 September**

This world-famous garden is lovely throughout all seasons. See every aspect of gardening at its best, including rock gardens, extensive herbaceous borders and the new glasshouse, providing the opportunity to discover plants from round the world. Today there is the additional attraction of the Flower Show Marquee showing amazing displays from our leading Plantsmen and nurseries. There is a good cafeteria, shop and information centre. Home by approximately 6.30pm. Pick up from various locations. Fare £48 (includes admission) RHS members only £33. £1 donation to the Forum (£2 for non-members)

If you are interested then please contact Liz Fox on [foxliz@hotmail.com](mailto:foxliz@hotmail.com)

## Windsor Castle day trip by coach

**Friday 19 September**

The opportunity to spend the day in Windsor and visit the famous castle, the largest and oldest castle in the world. With over 1000 years of history, we see the State apartments, Queen Mary's dolls house and St Georges Chapel, the burial place of Queen Elizabeth 11 and the Duke of Edinburgh. Home by approximately 7pm. Pick up from various locations. Fare £57 (includes admission to the Castle) £1 donation to the Forum (£2 for non-members) To join us on this lovely day trip and for more information contact Liz Fox on [foxliz@hotmail.com](mailto:foxliz@hotmail.com)

## Turkiye Cultural Delight

**6-13 October**

For all enquiries and to book your places, which are filling up already—simply email Olivia on [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or call on 02084478841 for more information. This is a priceless opportunity to enjoy yourself in the company of great people in a special place and the

opportunities to make memories to last a lifetime. This is why so many of us return year after year but with different trips and experiences, so we never get bored. This time we will be enjoying 3 boat trips, one BBQ, one traditional hammam experience, a pick and prepare your lunch at a farm deep in the countryside, a lakeside supper and much more. Look at our photos from last year on the Forum Facebook pages. There are two twin /single rooms left so, come on treat yourself!!!

## Paddle Steamer to Southend

**Sunday 12 October**

The opportunity to cruise "Big Ship" style aboard the last sea going paddle steamer in the world. A nostalgic experience to bring back happy memories of the steamers that once plied the Thames. Our cruise is a single journey from Tower Pier to Southend aboard this beautifully restored vessel that enables us to stroll the decks, enjoy refreshments and admire the magnificent steam engines turning the huge paddle wheels—surely a must for all steam engine enthusiasts? The steamer arrives in Southern around 1pm and our coach returns us home after spending the afternoon in Southend. Pub lunch and optional visit to the pier and/or the aquarium and are optional and not included. Home by approximately 6pm. Pick up from various locations. Fare £69 { includes the cost of the cruise } £1 donation to the Forum {£2 for non-members}

If you would like to join us the contact Liz Fox on [foxliz@hotmail.com](mailto:foxliz@hotmail.com)

## Prague -The Crown of Bohemia

**12-16 November- 2025 - open for booking now!!**

Join us on this long overdue city break to beautiful Prague. To ensure your place, please contact Olivia for further details of itinerary, prices (which depend on the number who book) and a booking form. 19 of us are booked in already—let's make this a very special pre-Christmas trip. With 4 \* hotel accommodation and breakfast and dinners, 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, further details and to obtain a booking form please contact Olivia on: Email [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or 02084478841 or 07881832783

## Looking ahead to 2026...

We are busy finding the best holiday/trip destinations for our members for 2026 and here are some of the likely destinations to whet your travelling appetites.

- Istanbul city break first week of May 2026—definitely happening—details to follow in next newsletter
- Royal Mint near Cardiff trip
- Belfast city break June 2026—in planning stage - let me know if interested
- Turkiye July 2026
- Turkiye October 2026
- Krakow Christmas market December 2026

All details to follow but you can leave expressions of interest with Olivia from now onwards on 0208 4478841 or [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com)

Forum social events can be also found on our lovely website: [www.sites.google.com/view/o50s/home](https://www.sites.google.com/view/o50s/home)





PLATINUM COMMUNITY F.I.T. MILLFIELD THEATRE

# OVER 50's F.I.T JAM

DANCE CLASS

# FREE

EVENT

🕒 11:00-12:00PM

## THURSDAY 11TH SEPTEMBER 2025

Join us for an uplifting Dance and Mind Fit session for your mind, body, and soul, led by International Presenter, Mind Fit Movement Coach, and Celebrity Trainer Faye Edwards.

**BOOK YOUR SLOT NOW!**

For more information  
020 8807 6680

# HAVE YOUR SAY

**The Forum exists to support older people in Enfield, keep them informed, and always bear them in mind.**

This means ensuring that the needs of older people are considered when significant decisions are made and that our members are aware of services that are available to help them.

- We have a voice at Enfield's Older People's Partnership Board, in Local Plan hearings and in policy conversations about how to make Enfield more equal and our streets friendlier.
- Lucy Nasby is our Forum speaker in August. She is drafting Enfield Council's statutory Equality Policy and will consult members about the policy.
- In September we are meeting Feryal Clark MP about policies on AI and Digital Government.
- At our September Forum, Karen Buttle will talk about the services the Council provides for vulnerable people at their weekly community hubs.
- These are steps along the way to encouraging Enfield Council to follow the Mayor of London in signing up, as he did in 2018, to becoming an "Age Friendly Community" <https://ageing-better.org.uk/uk-network-age-friendly-communities>
- Please help us to help you. Come to the monthly Forum, bring your ideas and a guest as listed in the next column.

# MEETINGS

over  
**50s**  
forum

Everyone is welcome to our monthly meetings, both members and non members.

**Tuesday 26th August 2025**  
10.00am for 10.30 am start – 12 noon

We welcome **Lucy Nasby** – Policy and Performance Manager, Environment and Communities.

Lucy will present the draft of the Fairer Enfield Policy. This policy sets out how Enfield Council will tackle inequalities and foster an inclusive workplace and communities as the Borough continues to grow.

We also welcome **Nat Buckeridge** – Partnerships and Relationships Manager.

Nat will be giving an overview of the Employability Local Offer which will focus on programmes that support people into work that are either delivered or commissioned by the Council.

**Tuesday 30th September 2025**  
10.00am for 10.30am start – 12 noon

We welcome **Karen Buttle** – Community Hubs and Support for Vulnerable People.

Karen will be giving an overview of the community Hubs within libraries in the Borough, as advertised in our Forum Focus.

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



📞 07540 260886  
steve.m@ovenrescue.co.uk  
Non Toxic Eco Friendly  
Professional Oven Cleaning

