

Your Voice, Our Future

Complete Your Membership Survey Today!



Welcome to the October/November 2025 issue of Forum Focus! As a new season begins, the Enfield Borough Over 50s Forum (EBOFF) is reaching out to you, our valued members, with a crucial request. Enclosed with this newsletter is our Membership Satisfaction Survey, and we urge you to complete it. Your input is essential for our collective future.

For over 30 years, The Forum has supported Enfield's older people with a mission to aid, inform, and represent them. Our campaigning efforts have been successful. We extended the 307 bus route to Barnet Hospital and stopped GP surgeries from using expensive 0844 numbers. More recently, we have campaigned on issues like library closures, winter fuel payments, and appropriate housing for older people.

After facing challenges that saw membership numbers fall, our charity is now in a stronger position. With new trustees on board and a refreshed newsletter, we are now optimistic about a future of service to older people in Enfield.

Why your feedback on this survey is so critical right now?

Your Voice Shapes Our Services. The survey aims to find out what you think of the services, support, and activities we provide. Your answers will help us meet your needs. We want to hear your thoughts on:

- **Our Office and Staff:** Your experience when telephoning or visiting.
- **Communications:** What you think of this newsletter, and how you engage with our website. Do you read our e-News? This feedback will guide our plans to refresh the website and reinstate regular face-to-face support.
- Share your thoughts on our monthly forums, talks, and social events - everything from film clubs and gardening to trips. Tell us what new topics or events you'd like to see.
- Did you make any healthy changes to your lifestyle or diet because of our health and fitness days? Would you consider joining a gym or leisure centre if we got a deal for members?

By understanding your views, we can better address the challenges older residents face, such as social isolation, digital exclusion, health, and housing.

Securing Our Future As an independent charity, we rely on membership fees and funding grants, which are increasingly hard to secure. Completing this survey is vital for obtaining future funding, as your responses demonstrate our value and influence. This is your Forum, and we need your ideas and energy to move forward into a successful future.

You can send the form to Millfield House, Silver Street, London N18 1PJ, or drop it off at the next Forum Meeting. It's also online at www.enfieldover50sforum.org.uk if you want a digital copy. You can also email us at info@enfieldover50sforum.org.uk. Thank you for helping us continue standing up for Enfield's over 50s.

BLACK HISTORY MONTH October 2025

This October, **Forum Focus** celebrates **Black History Month** under the empowering theme "Standing Firm in Power and Pride." The issue shines a spotlight on the resilience, achievements, and cultural contributions of the global Black community.

Our featured events;

Paul Crooks – Genealogist & Historian

- Paul returns with "Discovering Ancestry, Discovering Ourselves," Free webinar & links on page 7.

Avril's Walks & Talks – Enfield Caribbean Association (ECA)

- A series of guided Black History Walks begins on Saturday 4th October with "Black Statues Around Westminster," Booking info is on page 16.

Dugdale Arts Centre – Enfield Council Programme

- On Friday, 3rd October, the Centre hosts a celebration of Black artists and local history, featuring:
 - A talk: "The Unsung Black Heroes of Enfield"
 - A vibrant Windrush Fashion Show & Gala
 - More family-friendly events are listed on page 13.

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This newsletter is produced every two months by
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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 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.



Meet your new editor

I am delighted to introduce myself as your new newsletter editor, Juliet Edwards! As a Trustee, PR & Communications Manager for the

Enfield Borough Over 50s Forum, I'm eager to connect with you. It's great that we are celebrating Black History Month in this edition as well. Since joining in 2024, I remain dedicated to continuing Monty Meth's work of improving the health and activities for older people.

I offer extensive experience in editing, PR, and engaging with various groups, gained over 25 years in different fields. I've worked in various impactful roles, such as Press Officer and Operations Manager at *The Voice* newspaper, and was involved in important social justice campaigns, including the Stephen Lawrence case. This background has equipped me with invaluable skills, and I am committed to putting them to good use for our Forum.

I am also a firm believer in lifelong learning and am taking steps to complete my CIPR Professional PR Diploma, with the goal of finishing in December 2025. This commitment is proudly sponsored by a brilliant charity, www.iprovision.org.uk, which has supported CIPR members and people from different backgrounds for over 50 years.

At 61, I can relate to the professional challenges many people experience. My own journey, from a child facing prejudice in Sheffield as child of Jamaican heritage to finding encouragement and thriving in Hackney schools, has shaped my resilience and dedication. My path has included varied roles, from a clerical officer to a 999 operator, and even as a songwriter and music publisher. And I also worked as a media officer at the charity *Transport for All*. Now, also as a freelance genealogical researcher, I continue to explore connections and stories. I hope my journey inspires you to support the Forum, become a member, or even rejoin our vibrant community! We're a dedicated team providing activities for later life, and your honed skills could be invaluable in helping us succeed on our mission.

I look forward to hearing from you at editor@enfieldover50sforum.org.uk and hope you enjoy this issue!

Juliet Edwards

Editor, PR & Campaigns

LOTTERY WINNERS

June 2025	Chris Chinnery	Number 134
July 2025	Jacky Pearce	Number 33

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

CAMPAIGNING CORNER

Join the NPC for the International Day of Older People

This year, the National Pensioners Convention will mark the United Nations International Day of Older People on 1st October with other UK groups. This annual event is a moment to reflect on the contributions, challenges, and experiences of ageing populations. In 2025, the theme is "Building Belonging," which focuses on the importance of relationships in making us feel connected to our communities.

The NPC and its partner, the Centre for Ageing Better, want to shine a light on how older people are crucial contributors to social cohesion. Their efforts, including their work, care, volunteering, and activism, benefit society, connect people of different ages, and strengthen communities. The day is an invitation for everyone to reinforce the links that help people feel welcome and included where they live.

Alongside these celebrations, the day is also



**International Day
of Older People**



a call for government action on fuel poverty, an issue affecting millions of older people. They say that with 3.2 million pensioner households in fuel poverty, this is a critical issue for us all.

To find out what is happening in your area on 1st October, contact your local NPC group, age support organisation, or local council.

The NPC is the biggest UK campaign group run for and by older people, fighting for our rights. To find out more, get involved, or join the NPC:

Call: 0207 837-6622

Email: info@npcuk.org

Visit: www.npcuk.org

Landmark High Court Date Set for WASPI Legal Challenge



A crucial date has been set in the long-running campaign for justice for women affected by state pension age changes. The High Court has confirmed it will hear the WASPI (Women Against State Pension Inequality) campaign's legal challenge on 9th and 10th December 2025.

The National Pensioners Convention (NPC) welcomes this news. This case centres on the government's refusal to create a compensation scheme for the thousands of women. They were not given adequate notice about the equalisation of the state pension age. The Parliamentary and Health Service Ombudsman found the Department for Work and Pensions (DWP) guilty of maladministration for its poor communication. However, the DWP rejected the recommendation for compensation.

This lack of notice left many women unable to prepare for their later years, forcing some into hardship, debt, and even the loss of their homes. Recent polling of over 5,000 WASPI women shows that nearly three-quarters still worry about their finances.

While a court ruling in WASPI's favour would not legally force the DWP to pay compensation, it would significantly increase pressure on the government to review the ombudsman's findings.

The NPC is one of many influential organisations backing the campaign. As NPC General Secretary Jan Shortt has previously stated on the general issue of pensions, "It is time to rethink how the state pension functions and to ask fundamental questions about fairness, adequacy, and sustainability".

Campaigners see this hearing as a vital milestone, with WASPI Chair Angela Madden stating affected women are "more determined than ever" to secure fair compensation. A final ruling is expected in spring 2026.



Ruth's Review



The Forum continues

It's a strange autumn already. So many leaves have fallen already, and a conker fell on my head last year. So, I am not hoping for a

repetition of that. I trust you all had a reasonable summer, and either embraced the heat for your vitamin D or avoided and kept cool.

I am back from Yorkshire visiting my favourite older people. Helping them navigate the healthcare system, constantly evolving and changing. Many older adults reside within the town. Plus, lots of local services have moved to cover the whole county - and North Yorkshire is huge! Anyway, they do very well, and my mum is straight down to the doctors when they send a link and gets things sorted for her or my dad. I cannot do that at my surgery.

The Forum continues. Thank you to all those who renewed recently, very much appreciated. Thank you to regular donors from the Social Events Team, who factor in money from their successful events to go to the Forum. Again, much appreciated.

If there are any local organisations out there who could offer our members a discount and wish to advertise in the Focus. This could be a mutual opportunity to increase custom and help our members. The cost-of-living crisis is not over.

A further plea is if there is anybody out there who would like to get involved with the Forum. Please state your area of interest or activities and or if you would like to contribute to the newsletter. This is your Forum and we welcome your input. Please contact Diane at the office on 0208 807 2076.

Look after yourselves.

Ruth Fathaddine
Office and Development Manager



NEWMARKET DAY TRIP

A delightful coach trip to visit the home of horse racing did not disappoint.

Although Newmarket is near to north London, it feels like a rural setting for some of the finest racing stables and stud in the world. Our guide was brilliant and made the horsey terms and language accessible to all of us. We had a tour of the stud and were privileged to see both mares and foals, who were so beautiful and elegant. The guide explained the methods of breeding, which is a fascinating science indeed - with some 'covers' or mating commanded a fee of over £350,000.

One member commented that the stables were like a five-star hotel, and this is true! After a delicious lunch in the Tack Room Restaurant, we had a chance to feed and fuss with a retired racehorse and its Shetland companions. The museum of horseracing was interesting. At the art gallery, of some stunning paintings capturing this most noble and historical sport. All in all, it was a very informative and lovely day.

Olivia Goodfellow



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.

- ✓ It's **completely free**
- ✓ Prices stay exactly the same
- ✓ Every purchase makes a difference

How to get started:

Just search "**easyfundraising Enfield Over 50s Forum**" and follow the simple steps to sign up.

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



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STAYING HEALTHY



Milton Mandelli is the Forum's new in-house health lead. He is a UKIHCA-Registered Health Coach.

Have you been diagnosed with high blood pressure? This article may interest you and help you improve your condition.

One of the most common causes of HBP is insulin resistance, a condition where the body maintains an elevated insulin level. This occurs when the cells do not respond in the same way to the hormone insulin that regulates the blood sugar levels. This makes it very difficult for cells to absorb glucose from the blood. If you are insulin resistant, you most likely have high blood pressure.

The main mechanism causing high blood pressure is the way the insulin hormone handles sodium in the body. Through water regulation, your body maintains a narrow sodium range in the blood. The right amount of sodium in the body is required, not too little, not too much. Please note that sodium is a vital nutrient that helps the body maintain fluid and electrolyte balance, blood pressure, and nerve, muscle, and cell functions.

By excreting any excess sodium in the urine, a process known as "pressure natriuresis," the kidneys regulate the body's sodium levels.



However, this is only possible if the insulin level is low. Insulin has an "anti-natriuretic" effect, i.e., it promotes sodium reabsorption in the kidneys, potentially contributing to elevated blood pressure. Since sodium attracts water, the volume of water in the bloodstream increases, which can also increase the volume of blood and consequently elevate the blood pressure.

The positive news is that the insulin resistance condition can be reversed through diet, allowing the kidneys to perform the natriuresis process as it should be, regulating the amount of sodium and water in the bloodstream. When this happens, blood pressure will come down naturally.

Recommended literature: *Bikman, Benjamin; Keuilian, Diana. How Not to Get Sick*

Doing what is unnatural – because it is good for you

The Theory of Energy Minimisation for Physical Activity (TEMPA)

There is no doubt that physical activity is 'good' for you. To quote that great intellectual Cher – if fitness came in a bottle everyone would have a great body. Less persuasively I would add that 150 minutes of moderate physical activity (PA) per week reduces the risk of death by 45%, cancer by 15% and type 2 diabetes by 26%. Why then do a third of people report not meeting guidelines, and indeed a fifth report doing less than 30 mins of PA a week?

Part of the answer might be that counter-intuitively it is not natural for adults to undertake PA. Whereas for most of our evolutionary past, PA (and its health benefits) was built into life (hunting, foraging, gathering water etc.). Today, it is perfectly possible to work from home, have your meals delivered and watch TV at night. This evolutionary mismatch between what we have evolved to do (conserve energy) and the modern environment which is full of various labour-saving devices has meant that despite how beneficial it is for health many are less physically active than might be optimal. So says the Theory of Energy Minimisation for Physical Activity (TEMPA).

So, what to do if PA is so good for health and yet we are evolutionarily programmed not to do it? TEMPA offers 2 solutions. The first is to make PA as

enjoyable as possible. It doesn't matter what the PA is but make it as pleasant as possible. Enjoyment is a much greater motivation than something as intangible as health. The second is to build PA into life / routines. Indeed, one of the most famous studies within the field of PA compared heart disease rates in bus drivers to bus conductors. Conductors, active because they were up and down stairs throughout their shift had a rate of heart disease 30% lower than the drivers (sat in their cabs). As much of modern history seems to be the invention of labour-saving devices, this feels particularly pertinent today. Ways of building PA into modern life might be active transport (walking, cycling, scooting). Indeed, cycling is associated with reducing the risk of death by 40% and owning a dog by 25% (I couldn't find any studies comparing cycling dog-owners to non-cycling, non-dog-owners).

So, if you want the health benefits of PA but are struggling to be active it might be best if you find something you enjoy. Or build PA into your routine so that you don't notice that you are doing it.

**Glenn Stewart,
Assistant Director of Public Health Enfield.**



Membership Deal for 2025

New Joining Members

£100

Enables You To Play:

***TENNIS WITH 3 NEW LANO GRAND
CLAY TENNIS COURTS!!**

***PÉTANQUE, TABLE TENNIS, SNOOKER,
DARTS & CARD GAMES**

***LAWN BOWLS** (*Free Taster Session Saturday
Mornings From Mid May*)

***SHORT MAT BOWLS** (*Monday & Wednesday Evenings*)

INCLUDES:

***MEMBERS SUBSIDISED BAR**

***ALL SOCIAL ACTIVITIES OF THE CLUB**

£100 BAR CREDIT (*For 1 Calendar Year*)

Joining Forms Are At The Bar

or

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

BLACK HISTORY MONTH

October 2025

Discovering Ancestry, Discovering Ourselves

Family historian **Paul Crooks** uncovers how exploring ancestry connects us to identity, resilience, and shared history. This Black History Month, join Paul's talks on tracing African Caribbean roots and beyond. Explore the full programme at paulcrooks.info/black-ancestry-events



Black History Month is a time to reflect on the struggles and triumphs of people of African and Caribbean heritage. It is also an opportunity to think about the personal journeys we take when exploring our family roots - journeys that can connect communities across cultures.

My own story as a family historian began with a simple question about my Jamaican heritage. Tracing my family back 200 years led me to uncover stories of enslavement, survival, and resilience. The records I found - ship manifests, slave registers, compensation lists - not only revealed my ancestors' courage but also illuminated the wider history of migration and change that continues to shape Britain today.

Family history research is not just about dates and names. It is about discovering lived experiences and understanding how past choices shape the opportunities we inherit. In Enfield, where communities from the Caribbean, Africa, Greece, Turkey, Romania and elsewhere live side by side, the story of ancestry is more relevant than ever. Black History Month invites us all to ask: Where do I come from? Who came before me? What legacies have I inherited?

Many people who attend my talks or free webinars discover that exploring ancestry strengthens their sense of identity. Some feel pride in uncovering stories of perseverance. Others find unexpected connections to places and traditions. Almost everyone gains a deeper appreciation of how their story fits into the larger currents of history.

This October, I will be speaking at events that explore how the 1817 Slave Registers can help trace African Caribbean ancestry, how oral traditions combine with records, and how we can use family history to make sense of who we are today. You can find details of these and other events at paulcrooks.info/black-ancestry-events.

Black History Month is a celebration of resilience, creativity, and cultural pride. But it is also an invitation to embark on a personal journey: to look back in order to move forward, and to discover, in our family stories, the shared humanity that connects us all.

Paul Crooks
Author & Genealogist

See Paul's previous article on the Importance of Black History Month Page 6; <https://enfieldover50sforum.org.uk/newsite/wp-content/uploads/2024/12/Forum-Focus-Dec-24-Jan-25.pdf>

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FORUM COMMUNITY

Closure of Edmonton Police Station Front Desk

You may have heard in recent weeks of the MET Police's plan to close the front counter at Edmonton Police Station. A public consultation addressed the various initiatives mentioned in



the published proposal "New MET for London (Phase 2)" and ended on 14th September 2025. According to the MET, only 5% of crimes are reported at station counters; the majority of crimes are now reported online and by phone. If the plan to close the front counter at Edmonton station goes ahead, Enfield will be left without any police stations open to the public. The nearest station will be Wood Green Police Station.

Enfield Council Leader Ergin Erbil as well as local MPs Kate Osamor, Feryal Clark and Bambos Charalambous have appealed to the MET, City Hall and The Home Office against the proposals. It is strongly believed that closing Edmonton Police Station to the public will have a negative effect on public safety and trust across the borough of Enfield.

The Forum is reviewing the Phase 2 proposals to evaluate the potential impacts on older residents in London, with a focus on Enfield.

For more information go to: <https://www.met.police.uk/SysSiteAssets/media/downloads/force-content/met/about-us/a-new-met-for-london/a-new-met-for-london-phase-2.pdf>

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

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 is a bank problem.

- Please contact Ruth in the office for more information on 020 8807 2076 or email 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

FORUM SOCIETY

Council Consultations

Presentation at the Civic Centre on Tuesday 26th August 2025. Our thanks to the speakers.



Lucy Nasby, Policy and Performance Manager for the Environment and Communities. Lucy presented

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. The consultation closed in April which is why we were pleased that Lucy visited us to listen to our concerns. The proposals will be amended accordingly before they are adopted.

Link: <https://www.enfield.gov.uk/consultations/fairer-enfield-2025-29>



Nat Buckeridge, Partnership and Relationships Manager. He gave an overview of the

Employability Local Offer how it will focus on programs to support people into work that are either delivered or commissioned by the council. Nat's presentation was comprehensive and detailed, we have invited him to write for our next newsletter. Some information can be found at the following link.

Link: <https://www.enfield.gov.uk/services/your-council/cost-of-living-support/support-with-jobs-and-skills>



Liz Rhodes, Communications & Engagement Lead, Journeys and Places at Enfield

Council, set out the proposed introduction of 20mph to all minor roads in Enfield. This is to be funded by the Mayor of London's office. It was quite a lively session with many questioning how it was to be managed. The consultation closed on 21 Sept and the proposals will be amended accordingly before they are adopted.

Link: https://letstalk.enfield.gov.uk/20mph?tool=survey_tool



Helping You Save with Utility Warehouse

The Forum welcomed Christina Culora, a local partner from Utilities Warehouse (UW). UW is a unique company that offers four important services in one place: energy, internet, phone, and insurance. Customers deal with one company and one point of contact, like Christina, at the end of the phone to help.

Christina explained that as a schoolteacher on maternity leave, she'd been inspired by a kind woman who helped her manage her bills. That experience sparked a desire to help others save money on essentials by becoming a Utility Warehouse (UW) local partner.

The community of 70,000 local Partners offers personal guidance, by phone or personal visits,

on how to cut utilities bills by switching to Utility Warehouse.

Using case studies, Christina illustrated how her customers had saved money on their annual utility bills. She had helped them to see through the complexity of their bills and reveal if they were on an inappropriate (and costly) tariff, for instance.

She also explained the UW Cashback system. Sainsbury's, Boots, Argos, and B&Q are among the companies involved in the scheme. Every time you buy something, e.g. the weekly shop or a holiday, you get money off your monthly utility bill.

UW is an award-winning company, recognised for customer service and value. You can contact Christina here: uw.partners/christina.culora or ring 07834 424665.



Energy



Broadband



Mobile



Insurance



Who pays for long-term care?

Do I have to sell my home to pay for my care fees?

George Ttoui. APFS
Chartered Financial Planner
Burlington Wealth
Management Ltd
0208 882 6688
07721 518394

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.ttoui@sjpp.co.uk

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SJP Approved 04/09/2025



burlington
WEALTH MANAGEMENT

After having assessed your medical and care needs the next step is to have a financial assessment carried out by the local authority to determine whether there is an entitlement to have your care partly or fully funded by them.

A questionnaire will need to be completed detailing all of the capital income available to you. It is important that you take advice so that you know that the financial assessment has been completed correctly.

When assessing how much capital you have certain assets are ignored.

In particular, the value of your home is ignored in the following circumstances:

- **Your spouse still lives in the property**
- **A relative over 60 continues to reside there**
- **A disabled person lives there**
- **A child under 18 lives there**
- **You are in the first 12 weeks of needing permanent care**
- **Care is being provided on a temporary basis.**

Once you have established the cost of your care fees, you would deduct any pension or other regular income including state benefits you receive and this will determine the shortfall if any that needs to be funded.

With financial advice you can determine if capital can be used to pay for your care fees or if you would need to consider a care fees plan.

The main benefit of buying a care fees plan is that it will provide a guaranteed income for life, irrespective of how long you live. This income can be paid directly to the care provider so it is paid tax-free.

George Ttoui from Burlington Wealth Management can explain the care system to you and help you understand more about paying for care. He can explain the benefits system and help you to claim the right benefits.

GETTING QUIZZICAL

By Quizmaster Andy Hatvani

WHO ARE THEY?

Here is the second quiz for members to test their knowledge.

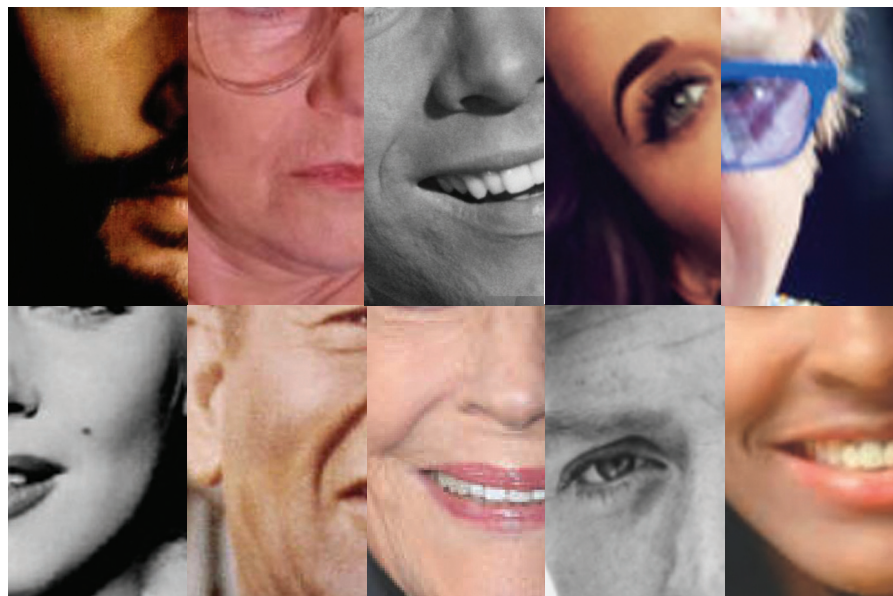
Let's hope you did well on the first quiz, despite the first answer being incorrect! The answer was 32 pods on the London Eye and not 12.

	Real name	We knew them as ?
1	Maurice Joseph Micklewhite Jnr	
2	Archibald Alec Leach	
3	Robert Allen Zimmerman	
4	Reginald Kenneth Dwight	
5	Caryn Elaine Johnson	
6	Katheryne Elizabeth Hudson	
7	Steven Demetre Georgiou	
8	Georgios Kyriacos Panayiotou	
9	Norma Jean Baker	
10	Ramon Antonio Gerardo Estevez	
11	Marion Robert Morrison	
12	Allen Stewart Konigsberg	
13	Helen Lydia Hackford	
14	Dino Crocetti	
15	Annie May Bullock	
16	Harry Roger Webb	
17	Frederick Austerlitz	
18	Cherilyn Sarkisian	
19	Farroukh Bulsara	
20	Julia Elizabeth Wells	

ANSWERS (No peeking!)

1 Michael Caine
 2 Cary Grant
 3 Bob Dylan
 4 Elton John
 5 Whoopi Goldberg
 6 Katy Perry
 7 Cat Stevens/Yusuf Islam
 8 George Michael
 9 Marilyn Monroe
 10 Martin Sheen
 11 John Wayne
 12 Woody Allen
 13 Helen Mirren
 14 Dean Martin
 15 Tina Turner
 16 Cliff Richard
 17 Fred Astaire
 18 Cher
 19 Freddie Mercury
 20 Julie Andrews

A few clues...



BLACK HISTORY MONTH



Dugdale Arts Centre

39 Thomas Hardy House
London Road
Enfield EN2 6DS

Celebrate Black History Month at Dugdale Arts Centre

The theme for Black History Month UK 2025 is "*Standing Firm in Power and Pride*," a powerful tribute to the resilience, strength, and unwavering commitment to progress that defines the Black community across the globe. This year, the theme highlights the profound contributions made by Black people be they leaders, activists, or pioneers who have shaped history, while also looking towards a future of continued empowerment, unity, and growth.

We celebrate Black creativity and culture all year round through our programme, highlighting the

voices, talents, and contributions of Black people in our community. This October, our Black History Month Programme shines a special spotlight on history and pride, honouring the past, reflecting on lived experiences, and showcasing the powerful role of Black artists and storytellers today. Explore the month below:

- **Windrush Fashion Show & Gala:** Fri 3 Oct
- **Nana's Front Room:** Sat 11 Oct for kids
- **Papertunity Recycled Art Workshop:** Tue 28 Oct for kids

Windrush Fashion Show & Gala

Friday, 3rd October 2025
7.00pm

Black Heritage Hub presents, as part of Black History Month, The Windrush Legacy Gala, Fashion Show and Exhibition: Inspiring Generations

The Windrush Legacy Gala is a Black History Month celebration honouring the Windrush Generation's legacy and promoting Black History and Heritage through education, employment, health & wellbeing, and the arts.

This event includes immersive activities designed to engage and excite the whole community.

The event consists of:

- Free to access events and activities, consisting of a talk about The Unsung Black Heroes of Enfield, a Dragons' Den-style Pitch, and a 'Front Room' exhibit and Windrush Display from 5pm - 7pm.

- A ticketed* Windrush Fashion Show and Gala, including live music and poetry from 7pm - 10pm
- An after party featuring some of the best music of Black Origin ever produced.

Ticket Prices*

- Adult £12.50*
- Child under 14 £12.50*
- Over 65 £5.00*
- VIP Tickets to include goodie bag; complimentary drink and nibbles £14.00*
- Early Bird Adult (limited availability) £10.00*
- Family Ticket Package (limited availability) comprising 2 x Adult & 2 x Child under 14 £32.00*
- *For the ticketed event from 7pm - 10pm in the main auditorium, tickets are subject to a per ticket booking fee of £1.50

GROUPS, CLUBS & EVENTS

WhatsApp Cinema Group

All are welcome to join our WhatsApp cinema group. We currently have 42 members who organise their own cinema visits and invite others to join them. We all have different tastes and so groups may be small. Some of the members also post reviews of films they have seen. Most of the time we go to Cineworld in Southbury Road or to Wyllotts in Potters Bar but sometimes go further afield. 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

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 website on <https://eboff-films>. We are currently in the middle of making 3 films. If you would like more information about joining the group please email Jan on **eternalechoes2002@yahoo.ie**.

London Art Galleries – possible WhatsApp group

Anyone interested in joining a new WhatsApp group to share information about and visit some of the galleries and exhibitions in London. As with the cinema group there would be no particular commitment, just people sharing information and organising their own visits. To join the group, you would have to 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.

Friday Afternoon Dancing at South Bank (Clore Ballroom)

Afternoon dance sessions are held at the Clore Ballroom. They are free, very popular, fun and pretty lively. Some of are free style reggae/jazz dancing and others are Salsa lessons (a series of 3). Anyone interested in joining a small group (either as an individual or as a couple) for any of the sessions please contact Jan **07748 264735** or email **eternalechoes2002@yahoo.ie** for dates and details.

Garden Group

From April to the end of September, a Tuesday (mostly) afternoon get-together of likeminded people who love gardening. Enjoy a cuppa and cake while you chat horticulture, admire your host's garden, and maybe swap a cutting or two. During the good weather we meet weekly at each other's gardens, then over the winter every four weeks at different garden centres, followed by a pub lunch. Contact Liz Fox for more information on **foxliz@hotmail.com**

Knitting, Sewing & Crochet Group

Held near the Ridgeway in Enfield, a fortnightly Friday afternoon get together and chat while working on your current craft project, be it knitting, sewing, quilting or crochet ... swap ideas and expertise and inspire each other to try something new. Various equipment as needed, but you bring your own materials. Contact Liz Fox for more information on **foxliz@hotmail.com**

Stained Glass & 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. Wednesday or weekend sessions, held near the Ridgeway in Enfield, lasting from 11am till 5pm so bring a packed lunch. Contact Liz Fox for more information on **foxliz@hotmail.com**

Various Crafts Group

NEW! A proposed new group every four weeks on a Tuesday afternoon.

If you are interested in any of the following... card making, rag rugging, jewellery making, clay modelling, rock art, calligraphy, origami, felting, tatting, weaving, paper flower making, decoupage, macramé...please get in touch to register your interest. Contact Liz Fox for more information on **foxliz@hotmail.com**

WhatsApp Candlelight Concerts Group

Join a WhatsApp group to explore Candlelight Concerts with like-minded forum members, experiencing 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. Basically, you flag up to the group that you're interested in going to see a particular event, and ask if anyone else would like to join you.

Browse shows at **www.concertsbycandlelight.com**
www.feverup.com.

Contact Liz Fox for more information on **foxliz@hotmail.com**

Over 50's 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 monthly themes suggested by group members. If you love poetry, then we'd love you to join us. We request a donation of £1 per meeting to cover the room hire cost.

Our next meetings are as follows.

October 23rd, when our theme will be *School*.

November 27th when our theme will be *Remembrance*

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

Coffee Club

We meet in the Skylight Restaurant in Pearsons in Enfield Town on the first Wednesday of each month. The next meetings are 3rd September, 1st October and 5th November. Just turn up any time from 10am, we finish at noon and come and find us in our reserved space at the front. Any further information, contact Sue Scott, preferably by email, on **scotsf48@hotmail.com** or telephone **07890 690896**.

Lunch Club

We meet every 3 months - February, May, August and November on the second Wednesday of those months from 12.30 onwards. The next lunch will be on Wednesday, 12th November, venue to be advised. You must book your place with me each time as I have to know who intends to attend regarding numbers. Please contact me, Sue Scott, preferably by email, on **scotsf48@hotmail.com** or phone **07890 690896**.

MEETINGS

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

Tuesday 28th October 2025

10.00am for 10.30 start – 12 noon

We welcome **George Ttoulis** of Burlington Wealth Management, Chartered Financial Planner.

George will present a talk on Inheritance tax, very topical and of interest to many of you.

Tuesday 25th November 2025

10.00 am for 10.30am start – 12 noon

We welcome back **Inspector Richard Lee** from the Met Police.

Inspector Lee will present a question and answer session regarding policing in Enfield and Haringey.

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



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BLACK HISTORY

WALKS

With Avril's Walks & Talks



Avril Nanton

Enfield Caribbean
ASSOCIATION

Enfield Caribbean Association has teamed up with Avril's Walks & Talks to bring Black history alive through three guided walks across London.

Saturday 4th October, 11am

Black Statues Around Westminster

Starts at Mary Seacole Statue (St Thomas's Hospital), finishes at Westminster Abbey. Approx. 1.5 hrs.

Tuesday 14th October, 2pm

City Walk

Starts at the Royal Exchange, finishes at Monument Station. Approx. 2.5 hrs, with a short break included.

Thursday 30th October, 2pm

Brixton Walk

Starts at Brixton Station, finishes in Windrush Square. Approx. 2 hrs. Covers key history including the Windrush generation, Brixton Riots, and Cherry Groce.

Tickets per walk:

- ECA Members: £15 early bird / £18 standard
- Non-members: £17 early bird / £20 standard (Available via ECA website theeca.org.uk)

Spaces are limited to 20 per walk, so early booking is recommended.

Contact: Alfa Balde

Senior Charity Coordinator

Enfield Caribbean Association

A small Charity with Big ideas, Supporting communities.

Address: Community House, 311 Fore Street, London N9 0PZ

Tel: 07359 918540

Email: info@theeca.org.uk

Website: <https://theeca.org.uk>

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.

Social Events Team

<https://sites.google.com/view/o50s/home>

Book Club

We meet in the Community Room in Enfield Town library on the third Thursday of each month from 10 until 12. Here are the details of the next few meetings:

18th September *Shadow Play* by Cynthia Harrod-Eagles

16th October 15th Anniversary Lunch - venue to be confirmed

20th November - *Long Island* by Colm Tóibín (Gillian)

18th December - *Help Wanted* by Adelle Waldman (Anne V)

If you are interested in books and love reading, please come along and join in. You won't regret it as you discover new friends, different authors and interesting books. For further details contact Sue Scott, preferably by email - scotsf48@hotmail.com or phone 07890 690896

Creative Writing Group

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

We meet at Enfield Town Library.

Anyone wishing to join us should contact Hazel on hkinsler164@btinternet.com

Annual Xmas Hot Buffet Lunch

Monday 1 December

Live music and dancing with Mark James

12pm - 4pm, £25-00pp.

A warm welcome awaits new and unaccompanied members.

Venue: North Enfield Conservative Club, Baker Steet, Enfield EN1 3LD. Buses W8/191. Ample Parking available.

Every year we strive to give everyone an equal opportunity to buy tickets. Please respect our booking process.

Tickets will be available from **Tuesday 14 October**, 9am.

Only Jacky will be dealing with the calls via this landline number on **0203 724 4287**. A maximum number of 6 member tickets per call only. Text or email booking requests will not be actioned. This is a paid-up member only event. Dietary requirements and allergy information should be stated at the time of booking.

Southend Charra

Well didn't we have a lovely day the day we went to Souffend!!

Complimentary cash raffle, delicious fish, chips and peas, music and dancing all afternoon by Mark James at the Naval and Military Club.

Ooops! and a bonanza of 'post it' notes!!! The Club really welcomed Forum Members, and between us we made a fantastic atmosphere. The sun was shining so some of us had a stroll around Southend, or sat on the cliffs and enjoyed the view, all in all a perfect day. As you said "thanks to the Forum Social Events Team for organizing another amazing event which we enjoyed immensely." The Club invited us back so watch this space! Jacky Pearce



- **Turkiye cultural holiday October 2026** - fully booked
- **Istanbul city break May 2026** is - fully booked
- **Japan Oct 2026** is - fully booked

Prague: The Crown of Bohemia

12-16 November 2025

Join us on this special pre-Christmas city break to beautiful Prague. One remaining twin room. Hotel, meals, flights, guide, and excursions included. Contact Olivia to book. Email: oliviagoodfellow19@gmail.com or Tel: **0208 447 8841** or **07881 832783**

Belfast and the Giants Causeway

15-19 June 2026

Lovely short break to Northern Ireland with Airedale Travel-our UK tour operator. Eight single rooms available with no supplement. Contact Olivia on oliviagoodfellow19@gmail.com or **0208 447 8841** or **07881 832783**

Turkiye cultural holiday

6-13 July 2026

Expressions of interest please. Only 15 places now available.

Email oliviagoodfellow19@gmail.com or **0208 447 8841** or **07881 832783**

Madeira and Esteito Wine Festival

31 August-7 September 2026

The culturally and naturally diverse island of Madeira is famous for its gardens and beautiful flowers. 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 perfect highlight. To receive the complete itinerary and booking details for another wonderful Airedale Tours holiday, contact Olivia at oliviagoodfellow19@gmail.com, call **07881 832783**, or phone **0208 447 8841**

Turkiye Cultural Holiday

21-28 September 2026

We can't get enough of this beautiful area in southwestern Turkey. Come along and see why we keep going back year after year. For all details, please contact Olivia at oliviagoodfellow19@gmail.com or **07881 832783** or **0208 447 8841**

Krakow City Break

November 2026

Your expression of interest is required if you are considering visiting this beautiful part of Poland. I expect our visit will also include a visit to Auschwitz, which I have been to previously. and it is very harrowing but an important part of our history as human beings. There will be lighter trips to as this is a beautiful place and well worth a pre Christmas visit. contact Olivia at oliviagoodfellow19@gmail.com or **0208 447 8841** or **07881 832783**

More information about the Social Events Team is available on their website Over 50s Forum Social Events

<https://sites.google.com/view/o50s/home>