

Enfield Borough Over 50s Forum



Annual Report

for

the year ending 31 March 2008

presented to the Forum's annual general meeting

held at the Civic Centre, Silver Street Enfield

Tuesday 29 April 2008

Introduction

We opened our report last year by noting that the year to 31 March 2007 was the most remarkable since the Forum started in 1993. And we make no apologies for repeating the same message again this year now that we have well and truly over 2000 members. In February 2007, we held a Civic Centre celebration marking our 1000th member and in February 2008 we repeated the event to celebrate our 2008th member in 2008. As at 31 March 2008 our membership stands at 2,211 - and we are still growing!

Indeed, the only barrier to our growth is our inability due to limited resources to organise enough activities to satisfy the massive demand existing in Enfield for an organisation like ours, that seeks to encourage people to be active both mentally and physically. We believe that, in general, this will help people to remain healthier and to lead independent lives for longer, thus relieving the pressure on our health and social services. The secret of our success is really no secret. We think that the right mix of campaigning on a variety of issues combined with our meetings, discussions, promoting leisure centre activities and organising trips to places of local and national interest, together with a variety of social activities such as special nights at local Indian and Greek restaurants, provides an outlet for everyone to participate, making new friends, ending any feeling of isolation thereby fostering community cohesion.



Forum Committee 2007/8

Right to left

Roddy Beare, Carol Ricketts, Peter Smith, Monty Meth, Olivia Goodfellow, Don Smith, Bill Thear, Roy Barrows, Irene Richards, Liz Henthorn, Madge Jones, Mary Stone, Tony Watts. Other Committee members are Sian Caine, Demos Demitriou, Ros Keenaghan, Chris Hamilton

Campaigns

During the year we campaigned alongside the Primary Care Trust (PCT) to ensure, for example, that older people received the winter 'Flu jab by organising mass vaccination sessions at three centres across the Borough - the only Forum in London to do so. We encouraged older people to join the bowel and breast screening programmes - over 5000 kits have so far been sent out to the over 60s for the bowel test since it started in December 2007. We led the campaign in Enfield against GP surgeries switching their telephone lines to 0844 so-called "revenue sharing" numbers, in which the patient pays much more than the cost of the local call and the revenue is shared between the surgery and the network provider. The PCT has now blocked more surgeries from switching to an 0844 line, but there are still 13 that have signed long-running contracts for the service. And we successfully sought the withdrawal of a PCT letter to surgeries instructing them to restrict medication to one month's supply for the over 70s, which we argued was discriminatory.

Our campaigning efforts take many forms from raising issues with our MPs and Government Ministers to seeking to influence Enfield Council, the PCT, police and other decision-making bodies.

We have lobbied for changes in the method of calculating council tax and continue to press for a revision of the 25p weekly Age Addition to the state retirement pension paid to people on reaching the age of 80.

We held discussions with the Council on its plan to end the Shopmobility scheme for disabled people in Enfield town centre and believe that a solution has been found to maintain the service. We have also been in continual contact with the Council to see that our initiative for a community toilet scheme, involving some 26 business premises providing toilet facilities for the public without making a purchase, is implemented as soon as possible. And it is largely through our campaigning alongside the PCT that our local authority leisure centres are so well supported by older people. ***See Health & Exercise and Healthy Living sections for further details.***

When the latest council tax bill went out towards the end of March, it included a new LBE produced leaflet encouraging eligible people to claim their entitlement to a rebate, instead of the drab, unattractive Government leaflet used until now. The new leaflet followed consultations with the Forum and Council leader Michael Rye was quoted by the Enfield Gazette as saying: ***"We are doing everything we can to keep council tax increases at or about the level of inflation by working with the Over 50s Forum, which reviews the paperwork sent out with bills to encourage those entitled to claim benefits"***.

Last, but by no means least, more than 4000 people signed our petition against any change in the law that would have taken away from the London Mayor his right to protect the Freedom Pass should Transport for London and London Councils (who fund the scheme) fail to agree to



The Forum-PCT flu jab day at Edmonton Leisure Centre

renew it in March 2008 for a further two years. We were alarmed that Tory and Lib-Dem MPs, while protesting that the Freedom Pass was safe in their hands, proposed this measure without ever giving any cogent explanation for doing so - or consulting with representatives of older people. It is with some satisfaction that we note that the two main candidates in the May 2008 election for London Mayor both pledge not only to retain the Freedom Pass, but improve the scheme so that we can look forward to free public transport and the lifting of the 9am start restriction.

Unfortunately, we also have to report our failure to make headway on two fronts - the loss of lifelong learning opportunities in the Borough and the decline of toenail cutting services for frail, elderly people. We had numerous meetings with the local director of the Learning & Skills Council, wrote to Ministers, involved Joan Ryan MP and Andy Love MP, the Mayor of London and GLA member Joanne McCartney together with the leader and chief executive of the Council, all to no avail. The Government grant to Enfield for adult learning remains well below that given to Haringey and Waltham Forest - although we have many more older people - and this issue remains on our agenda to be resolved. Toenail cutting slipped off our agenda last year and this too needs attention by the in-coming committee.

Health & Exercise

Without the campaigning and information service provided by our Forum many more older people would be at risk of health problems developing for lack of exercise, so it is vital that our work in this area is not only maintained but strengthened. It is indeed recognised by the management of Enfield Leisure Centres and the Forum pays tribute to them and their most co-operative



Easy line fitness class at a Monday over 50s taster day

staff, for without their support and dedication there is little doubt that illness levels would be much higher amongst older people in the Borough. And we think this fact needs to be recognised by all concerned in any future discussions on the future of leisure facilities in the Borough.

- * More than 2000 men and women over the age of 50 have purchased the special discount card enabling them to obtain price reductions when using the leisure centres.
- * 782 Forum members have either monthly or annual direct debits with the leisure centres ensuring their continued participation in healthy exercise activities.
- * We pioneered the introduction of special over 50s days at Southbury Leisure Centre on Wednesdays and Edmonton LC on Mondays. Recently this has been expanded to an over 50s day at Albany LC on Fridays.
- * In the last 12 months 4,761 attendances were recorded by the over 50s at Southbury, Edmonton LC which opened during the year is fast catching up and the leisure centres estimate that they had in excess of 50,000 attendances in the last 12 months by people over 50 participating in every kind of exercise from swim and gym to pilates, yoga and tea dances.

Without being complacent, we think that for a voluntary organisation to produce the above facts and figures without receiving any special financial support is no mean achievement. We believe this work has to continue and we hope its value to the community and to society as a whole will be recognised in a more tangible way in the coming year.

Healthy Living

For some time *"Get fit for a longer and healthier life"* has been a key message we have endeavoured to promote in association with Enfield Leisure Centres. We have had *"Taster days"* at the leisure centres to encourage more older people to use the facilities at special discount rates negotiated by the Forum. We've had Falls prevention and healthy living days - to encourage people to take preventative measures against accidents and falls at home, as well as helping them to eat the right foods. Flu vaccination days for the over 65s have helped the Primary

Care Trust reach a record 72% of its target audience and we've supported the recently introduced bowel cancer screening campaign.

But it can be argued that all this work was peripheral to the important contribution we made to the Barnet, Enfield and Haringey clinical strategy joint scrutiny panel when it discussed the reconfiguration of hospital services in our area. We believed that too little emphasis was being placed on GP services, which are the first port of call for older people needing medical help. We claimed that there was an urgent need for improved GP services; better transport links to all three hospitals in the area and that there should be no change in the present facilities until new amenities are up and running.

We still await some decisions on the future of health provision in the Borough, following the major consultation on health plans for both Enfield and the wider London area. Meanwhile, we will monitor the PCT's follow-up performance based on our earlier findings on:

What the Forum found in Enfield?

- * Only 16 of the 59 surgeries are open five days a week. The other 43 still have half-day closing - a relic from the days when GPs provided an out-of-hours service.
- * Only 27 of the 59 surgeries offer a phlebotomy service on their premises and we are told none has physiotherapy.
- * No GP practice in Enfield can provide diagnostics from ultrasound facilities to speed up the detection and treatment of patients, cutting the delay in referrals..
- * 41 of the 59 surgeries are manned by just one or two GPs - a much higher percentage than the London average - and clearly unable to provide the level of service envisaged for the 21st century.
- * Although half the GP practices have internet access, we know of only one where patients can use it to book an appointment.
- * Although officially frowned upon, we are told that 13 practices are still using 0844 telephone numbers costing 5p a minute and forcing patients to pay more than the basic rate while the practice derives extra income.
- * We have been told that 23 of the 59 surgeries are not providing access to patients for the

45 hours a week required under their 2004 contract and the premises of 11 are not fit for purpose.

- * When considered alongside the decline in breast screening for women aged between 50 and 70 from 71.5% in 2004 to 62.6% in 2006, we think that there is room for a massive all-round improvement and this health debate should provide the stimulus for root and branch changes.

Forum meetings

A big development in the past year has been the introduction of twice-monthly Forum meetings - a main meeting at the Civic Centre, usually on the last Tuesday of the month and a smaller, more informal gathering at Skinners Court, Fox Lane, Palmers Green. on the second Tuesday of the month. The bi-monthly meetings gives us a chance to discuss a wider range of topics and having the smaller gathering enables more people to have their say.

Among the interesting speakers at our monthly



Professor Sir George Alberti consulting with Forum members on options for reconfiguring health services in Enfield

meetings attracting audiences of up to 100 people has been Claude Moraes, Member of the European Parliament; Sir George Alberti, NHS director of emergency care; Ray James, LBE director of health and social care; and speakers on ageing and health in Europe. In contrast, the Skinners Court meetings with up to 50 people attending, have had speakers on Antarctica and speakers from the Lee Valley regional park, the Driving Standards Agency, the Alzheimers Society and the Government Office for London.



Lisa Greensill from the Government Office for London discussing Local Area Agreements with Forum members at Skinners Court

Social activities

The Harvest truly is plenteous but the labourers are few - St Matthew 9 v 37

Clearly, the problem of finding willing hands goes back to biblical times! So it comes as no surprise that in order to continue our level of campaigning, arranging activities, trips and events, it is vital that more Forum members come forward to help in the planning and administration that is generated by the events themselves, and in servicing the build up to those events. It is easy to think that someone else will do this and that for me, but it is your Forum and each and every one of us should be asking ourselves, what can I do to help the Forum in the coming year to assist it along this path to success?

We now have a new social sub-committee that is spreading the load, and this should also mean that more activities can be undertaken if we have the people to do the organising. Unless we get those new hands on board there is a real danger that the few doing the work until now will rebel and the Forum will be the poorer.

Thanks to our vice-chair Roy Barrows and his wife Carol we had a series of Freedom Pass trips - a great Forum initiative - to the Houses of Lords & Commons, National Army Museum, Royal Hospital at Chelsea, National Maritime Museum at Greenwich, the Albert Hall and Victoria & Albert Museum, Guildhall and the Bank of England.

All of the trips were over-subscribed, proving that older people otherwise would not venture to London to see what our great City has to offer. They would not meet other people; make new friends and socialise with others, but they value highly this chance to use the Freedom Pass to get out and enjoy life that little bit more.

We also had coach trips to Southwold & Aldeburgh, took 90 people to Edinburgh to see the military tattoo and we visited the National Memorial Arboretum in Staffordshire to see the remarkable permanent tribute to servicemen and women who made the supreme sacrifice for the freedom we enjoy. We donated a special hand-made pavilion which simply says: Enfield Over 50s Remember and which now lays in the rose garden walkway outside the visitor centre.

Christmas 2007 saw us take a party to Aachen and Holland for the Christmas markets - a trip so popular that the 2008 trip to Luxembourg was almost completely booked by the end of March.

We have virtually taken over an Indian restaurant on two occasions and had a special Greek night to help cater for the varying tastes of Forum members, proving that we are not short of ideas - only the people to make them a reality. The Monday evening weekly walks in Grovelands Park led by the Forum's development officer Olivia Goodfellow again became a Saturday morning walk during the late autumn and winter. Forum members participated in walks in other parks in the Borough.

Partnership

Partnership working has been a constant feature of our endeavours for we firmly believe this can bring tangible results in improving the quality of life of older people. But it has to be based on a shared vision and shared objectives. Only in that way will collaboration with partners produce results. Fortunately, the Forum is no one-man - or one woman - band and we have a number of members representing us as part of our vital partnership working with other organisations in the Borough. For example, **Yusuf Gulamhusein** represents us on the new Primary Care Trust



Forum members off to see 'Loose Women' TV Show

Equality & Diversity Board, **David Oliver** is a member of the PCT's Pandemic Flu Communications Group, **Monty Meth** is a member of the PCT Patients Reference Group.

Roy Barrows is a Forum representative on the Enfield Community Empowerment Network (ECEN) on the Leisure and Culture delivery group for the Enfield Strategic Partnership.

Brian Wright represents us on the Fairer Charging working group; our vice-chair **Irene Richards** is a member of the Older People's Partnership Board and the Safeguarding Adults Abuse Board; Forum secretary **Tony Watts** is a Trustee of Age Concern Enfield, a Board member of the Enfield Strategic Partnership, and is joint chair of the Older People's Thematic Action Group.

Our members are to be found serving the Forum in many ways. **Jean Calvert**, for example, is a prominent member of the special Health Scrutiny Panel team which has been looking at stroke services at Chase Farm Hospital and trying to bring them up to the national standard. Jean is also a member of the PCTs single assessment working group; **Des Hegarty** is a member of the PCT's coronary and heart disease local implementation group; **Peter Smith** is a member of the Police Independent Advisory Group and of the Patients Representative Forum at North Middlesex University Hospital and several other committees in the borough. **Carmel Wright** represents the Forum on voluntary sector's Health and Social Care Board, **Liz Henthorn** and **Myra Godsmark** are among Forum members attending and keeping watch at many scrutiny panel meetings and attending transport consultative group meetings, while a whole plethora of Forum members represent the Forum on the Enfield Community Empowerment Network (ECEN).

Partnership should extend to the list of organisations of older people in the Borough now affiliated to the Forum (A full list is given in Appendix 1 to this report). For the first time the committee now has a volunteer coordinating our work with affiliates and we hope in the coming year to see the fruits of Ros Keenaghan's work. Certainly we start with a nucleus of organisations with a combined membership running into many thousands including, for example, Heart Throbs, a cardiac special interest group with 400 members, the 1000 strong Cypriot Association, 290 members of the Assoc. of Jewish

Ex-Servicemen and Women and the 700-strong Unison retired members. We hope to strengthen this list in the coming year so that together we can claim that the Forum is the most representative voice of older people in the Borough and as such it merits consultation **BEFORE** key decisions are taken. **'Don't talk about us, without us'** has to become the watchword for all decision-makers in the Borough.



Committee members relaxing over lunch in Skinners Court's fine restaurant during their 'away day' to consider future directions for the Forum

Finance

The financial accounts for the year are detailed in Appendix II of this report. Our policy in running trips and social events is that such activities should as a rule break even and it can be seen that income and expenditure was just over £25K for the year. Since our total expenditure was £48K the base cost for administering the Forum was about £23K in line with that for the previous year.

As mentioned elsewhere Big Lottery support came to an end last year with the final payment for the year of £18.5K. Filling this gap in the income is quite a challenge for the Forum. The increase in members joining the Forum is reflected in the income from subscriptions last year which increased to £12.6K.

A consequence of having more members is that the administrative load has doubled so that for the future it will be necessary to find funds for an assistant to support our part-time development officer. The committee estimate that with our current level of membership the cost to ensure continued effective operation of the Forum is around £30K p.a. To keep the Forum solvent there is a need to devote more effort to fund raising and the initiatives are in place which we hope will ensure our continued viability.



Members visiting the Arboretum at Lichfield. The Forum subsequently donated a pavior to commemorate those who fell during the two world wars

Charitable status & Fundraising

For the first time since the Forum was established 15 years ago, we became a recognised charity during the year. Our registered Charity Commission number is **1122859** and hopefully this recognition of our status will help us to be the beneficiary of grants from other organisations and assist us in our endeavours to help vulnerable and frail older people in the borough. We welcomed Chris Hamilton to our committee during the year as our new Fundraising organiser and she has sent off bids on our behalf to Comic Relief and the Gannett (Enfield Independent) Foundation.

Certainly, there can be no doubt that the lottery funding we received was put to good use. We had just 220 members when the Big Lottery Fund allocated £54,000 over three years to us. With that money we recruited Olivia Goodfellow as the Forum's coordinator and administrator with the result that our membership went up tenfold - a cost-benefit relationship you would be hard-pressed to better anywhere in the public sector. The Committee is of one mind in recognising the importance of securing funding that will enable Olivia to continue her highly valued work for many years to come.

Fundraising from here on needs to become an integral part of our everyday work. We need to seek out more opportunities to apply to charitable organisations for grants and at the same time we will be building in a small charge for Forum funds for the events we organise. In this financial year we are only able to record two grants each of £200 from Help the Aged and £200 from Enfield Council's small clubs fund.

In addition, we have had some valuable help for raffles and functions from local businesses such as Waitrose, Marks & Spencer, Greggs the bakers and others, but the biggest and best support was from Warburtons, the major bakery based at Brimsdown who gave us two tickets to raffle for an Arsenal Champions League game, together with dinner for the four lucky winners. The proceeds of the raffle - £2818 - together with help in 2008 from Vanderpump & Sykes represents our major business support.

We hope that with Chris Hamilton's help and guidance the situation will improve dramatically in the year ahead since we need to raise between £20,000 and £30,000 a year for our admin. costs and office rental. Hence the need to raise subscriptions this year. by £1 to £6 for individual members, £9 for couples and £15 for clubs to affiliate. We are also introducing for the first time a life membership subscription of £100 (£150 for couples) and before the year end we had received the first generous responses from Forum members. As a registered charity any donations from members will allow us to obtain 'gift aid' from the tax man if donors pay income tax.

Volunteers

Because our Forum covers such a wide spectrum - different cultural and ethnic backgrounds, interests, extra-mural activities, income levels and the areas where we live, it follows that we have volunteer members in many different spheres of community life: Southgate Symphony Orchestra, Workers Education Association, Silver Threads Club. Citizens Advice, Transage Action - the list goes on. Many other people are involved in various "Good Neighbour" schemes and the Forum was instrumental in getting the Council - which over the years has withdrawn all funding to them - to at least consider how they could be assisted to meet a growing need in the Borough.

The Council commissioned a mapping exercise which identified seven such schemes in the Borough with a combined list of 252 volunteers supporting some 250 people. The Forum appealed for volunteers to help a shop4 a neighbour scheme and 22 people came forward and their names have been passed to one of the existing groups to follow-up.

Bromley has a scheme - funded by the local authority - in which 100 volunteers shop regu-

larly for some 300 older people and we think that more can and should be done to ensure that older people living on their own in Enfield are seen or spoken with on a regular basis.

While we recognise financial pressures is reducing access to health and social services to all but the most needy, we feel that more can be done by LBE to publicise, expand and coordinate help a neighbour schemes which formally and informally check that single pensioners, particularly those aged over 80, are eating regularly and are reasonably well. The Forum is also supporting LBE's enrolment of people serving at least 100 hours a year in voluntary work in the community.

Newsletter

The big development in the past year has been our ability to supplement the bi-monthly printed Newsletter, which is posted to every member, by the introduction of our own E-News. This electronic news bulletin compiled and dispatched by Tony Watts is now received in the homes of more than 770 Forum members, reaching more than 1,000 people instantaneously i.e. over half of our members now have access to and regularly use the internet.

This not only shows that more older people are becoming "computer literate", but it gives us a communication tool - an alert system - that is so important in this era of information technology in which older people must play their part unless they accept being by-passed. The Forum web site remains very popular and the latest usage report shows that it receives 3000 visits every month.

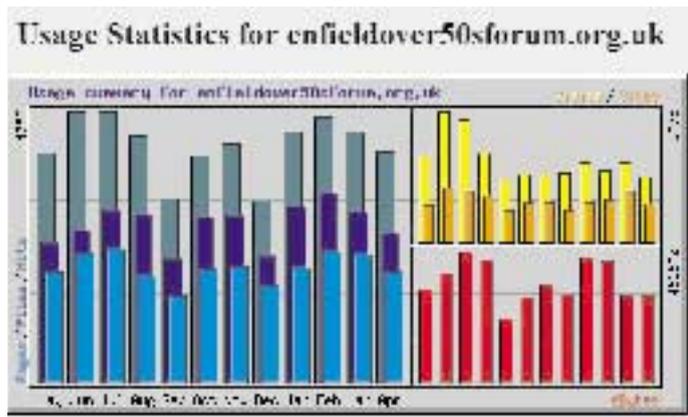


Judging by the number of new members won through the Newsletter, the printed word remains a key weapon in maintaining and expanding our influence and it came out on time every two months last year. We are now circulating about 6000 copies of each issue to members, our affiliated clubs, the 14 libraries and nearly 60 surgeries and we have established some new outlets for the Newsletter in supermarkets and the leisure centres.

We now have a team that helps to stuff and post the Newsletters and we are most grateful to Peter Smith who has taken over the collection and delivery of our bulk orders to many outlets. In the coming year we have already secured sponsorship funds from Vanderpump & Sykes, the well-known firm of Enfield solicitors and the Old Enfield Charitable Trust for three issues but we need to make a bigger effort to find sponsors for the Newsletter which costs some £1000 per issue to print and post to members.

Salisbury House

This is now the hub of our Newsletter stuffing operation and the working base for our volunteer membership secretary Joyce Pullen. For the first time we now have a registered address at Salisbury House, Bury Street West, London N9 9LT with a small office designed by Tony Watts and equipped largely by donated equipment provided through Enfield Council by its IT suppliers. It means not only have we been able to give Olivia back some of her own space in her own house, but we are becoming more self-sufficient in our organisation and hopefully more organised and efficient - albeit at a cost of £750 a year.



The Forum web site receives 3000 visits a month



Forum organised regular walks in Grovelands Park

Edmonton Forum

Now that this mini-Forum, which is linked to the main Enfield Borough Over 50s Forum, has a new and better meeting place at Forest health centre, we expect it to really expand in the coming year with members coming forward who will devise a tailor-made programme to meet local older peoples' priorities in that part of the Borough. The catchment area for older people eligible to join the Form is more concentrated here than anywhere else in the Borough and we should capitalise on the fact that there are now two new primary care centres around Edmonton Green, a new leisure centre and the popular Artszone in the shopping mall.

Getting more people to attend the Edmonton Forum and taking up issues that particularly affect that part of the Borough represents a double challenge to the Forum which if successfully managed could spearhead a major leap in our membership. The Forum committee should seek special funding for the Forum's expansion in Edmonton since it is important that older people in the area get their share of neighbourhood renewal and other funding sources.

Support

The Forum is most grateful for the support it has received from the local Council which continues to provide us with accommodation for meetings without charge, as does the Learning and Skills Council in Fox Lane. We appreciate support received from the Primary Care Trust and Enfield Leisure Centres. Within the Forum itself we sincerely appreciate the time freely given by a host of people and without whose help we could not function. It is difficult to name them without causing offence to others, but special mention ought to be made of the work undertaken by Joyce Pullen and her team in servicing our growing membership.

At the same time as we acclaim the voluntary work undertaken by so many, we recall with some pride the friendships we enjoyed with many of the members we lost during the year and pay tribute in particular to Derek Friggens, David Snell and Rita Smythe for their work in helping to build the Forum into the force it is today.

Future direction

Our strategy - emphasised throughout this report - has been one of working within the wider community to try and improve the quality of life of older people. Last year we agreed that we



Mary Stone, Irene Richards, Hazel Kinsler and Eleanor White when the Forum took a coach full of more vulnerable Enfieldians for a day outing to Leeds Castle in Kent.

had the right balance between campaigning on various social issues and organising different events that aim to bring people out of their homes and end any self-imposed isolation.

During 2007 we strengthened our committee and for the first time we have Chris Hamilton responsible for fund-raising, Joyce Pullen as membership secretary, Ros Keenaghan as affiliated clubs' coordinator, social secretary Roddy Beare has a team suggesting and organising events. We now need to build on this approach by getting more people taking on more responsibility.

We have indicated in this report some of the things we still have to do - and there are no doubt others that will emerge. But as a start we need to:

- * Raise up to £30,000 in the year to meet our existing commitments
- * Consider appointing a second part-time worker to help service our 2000 plus members
- * Improve lifelong learning opportunities;
- * Get to grips with toe-nail cutting for the elderly infirm



Dave Rudland of Edmonton Canoe Club coaching over 50s in the art of kayaking at Edmonton Leisure Centre

- * Press the Council to publicise and coordinate Borough-wide help an elderly neighbour schemes
- * Maintain the campaign to improve the 25p Age Addition for pensioners reaching 80
- * Raise our contact level with ethnic minority groups to improve community cohesion
- * Improve amenities at Whitewebbs Park
- * Ensure the community toilet scheme is launched

Our Forum is one of over 300 similar organisations throughout the country working for a better future for older people. We can try and exert some collective pressure on central government, but our main influence should be felt at local level where our voices need to be strong enough to be heard. And we should be judged by how far we are able to get things done.

With that in mind, we still envisage the Forum becoming the link between the many organisations of older people in the Borough, ideally working together in a new community-based partnership where people can voice their concerns and have them resolved quickly and efficiently without the run-around that is still too often the case at present.

The Forum's objectives are to:

- Make life better for older people in Enfield
- Ensure we are a party to all decisions involving older people
- Provide accurate information of interest to older people
- Have informative speakers at our monthly meetings
- Organise events and opportunities for members to socialise
- Campaign against all forms of racial and ageist discrimination and injustices
- Influence national and local government on matters affecting older people such as pensions, council tax, health, crime, leisure etc.
- Work in partnership with all local, regional and national organisations in support of the above objectives.

During the year we held an extraordinary general meeting to change our constitution as requested by the Charities Commission. There is no doubt in my mind this report shows we more than fulfilled their requirement that we should "provide a framework of support for older people to help them remain independent and healthy"

Our Forum has a strategy and purpose. Together we can make our aims a reality.

Monty Meth

Monty Meth

Chairman April 2008

APPENDIX I

Forum Affiliated Organisations

Age Concern Enfield
 Association of Jewish Ex-servicemen
 Armfield Pensioners Club
 Arnos Grove Townswomen's Guild
 Arthritis Care-Edmonton
 BHP Residents Assoc.
 Bramley Bowls Club, Cockfosters
 Bramley Ladies Bowling Club
 Cedars Court Community Residents Group
 Cypriot Elderly & Disabled Group Enfield
 Cypriot Elderly Luncheon Club
 Elsing Monday Club
 Enfield and Southgate Workers Educational Association
 Enfield Bowling Club-Town Park
 Enfield Cypriots Association
 Enfield Diabetes Support Group
 Enfield Pensioners Action Group
 Enfield Unison Retired Members Assoc
 Enfield Vision
 First Tuesdays Ladies Group
 Heart Throbs
 Home and Fellowship Club

Housing 21
 Leigh Hunt Drive Neighbourhood Watch
 Macular Disease Society, Enfield Group
 Meet a Need with Christian Care
 Naree Shakti (Asian Womens Strength)
 Nightingale Community Hospice Trust
 North London Federation of Townswomen's Guilds
 Over 50 Bangladeshi Society
 Polish Community in Enfield
 Probus Club of Enfield
 Ruth Winstone House
 Salvation Army Sunshine Group
 SilverThreads Senior Citizens Group
 Sixty Plus Club
 Southgate Bowling Club
 St Johns Art Group
 St Thomas (Oakwood) Golden Link Club
 Stroke Action
 The Royal Air Forces Association (Enfield)
 Tuesday Evening Group
 Winchmore Hill Community Care
 Winchmore Hill Bowls Club

ENFIELD BOROUGH OVER 50s FORUMRevenue Accounts 1st April 2007 to 31st March 2008**Income**

	2006/7	2007/8
Subscriptions ¹	£5,680	£12,639
Grants & Donations ²	£22,003	£409
Event/Meeting Raffles	£808	£551
Warburtons Football Raffle ³	-	£2,818
Event Promotion	£750	-
Interest - Halifax Account	£298	£387
Refreshments	£257	-
Xmas Social ⁴	-	£1,309
Luxembourg Trip Nov. 2008 ⁵	-	£1,588
Events Current Year	-	£426
Coach/Holiday Trips	£15,476	£21,796
Total Income	£45,015	£41,923
Surplus/(Deficit) for Year	£4644	(£6,170)

Expenditure

	2006/7	2007/8
Development Officer	£10,800	£11,725
Development Officer Expenses	£118	£115
Administration support	£467	£751
Printing	£3,050	£4,030
Postage	£1,991	£3,667
Stationery	£1,570	£901
Communications	£622	£351
Travel	£510	£212
Salisbury House/ Hall hire	£906	£747
Donations, Subs & Bank Charges	£58	£166
Events ⁴	-	£3,203
Coach/Holiday Trips	£20,203	£22,226
Total Expenditure	£40,552	£48,093

Balance Sheet

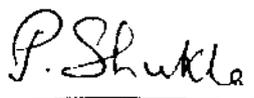
Total Funds at 31 st March 2007	£25,251
Total Funds at 31st March 2008	£19,081

Represented by the Bank Balances

	31.03.07	31.03.08
Halifax	£9,340	£8,596
Barclays	£15,911	£10,485
Totals	£25,251	£19,081

Notes

- 1 Subscriptions are paid in advance.
- 2 The Big Lottery grant came to an end in June 2007 and the final payment was in the 2006/7 year.
- 3 The prizes for this Raffle were kindly donated by Warburtons, the Enfield Brimsdown Bakers.
- 4 This was the income for December social. Expenditure is included under the events heading.
- 5 This is deposit money for the Luxembourg trip in November 2008.

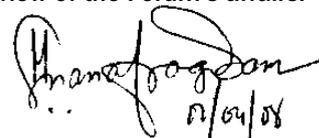


Prepared by
P Shukla (B.Com, D.Com (IMC))
Treasurer, 10 April 2008

Auditor's Report

I have examined the accounts of Enfield Borough Over 50s Forum and find them to be a true and fair view of the Forum's affairs.

Raymond Gnanapragasm
BSc., D.Comm (IMC) 12 April 2008


12/04/08