



## WE'RE NOW OVER 300 STRONG

With just 46 of last year's members still to renew their support, we've passed the 300 mark for the first time. Having more than doubled our membership in



the last year, our task now is to strengthen the Forum still further, both in numbers and influence, so that we can help to bring about real changes and improvements in the lifestyle of Enfield's older people.

Our membership growth is due in large part to the discount scheme we negotiated with Enfield Leisure Centres Trust and the enthusiastic response by many people who are using it as the vehicle to recruit new members to the Forum. There are still many, many people who do not know either about the Forum or the new deal on offer to them at our fine Leisure Centres with facilities that can match anything in the more expensive private sector.

So with the many and varied activities outlined in this Newsletter, it should be possible to go over the 400 membership mark by the end of the year. So let's start with every active Forum member bringing in another member - preferably by encouraging a friend, relative or neighbour to get an Energy discount card and then use the swim and / or gym to get fit for a longer life.

In addition to our regular monthly meetings with informative speakers, we will be expanding our activities with events such as the National Falls Awareness Day on Tuesday 19 July at the Southbury

Leisure Centre; the special Elders Friendship Day on Friday 5 August at the Friends Meeting House, Winchmore Hill. The coach trip to Canterbury on 21

May will be followed up with a "getting to know you" programme of events now being developed by our new social secretary Carole Sivak.

At the same time we will be pursuing two requests through Ministers and our three MPs in the new Parliament aimed at putting something better and more meaningful in place than the 25p extra pension on reaching the age of 80. We also want to see the removal of the 4-week limit on people receiving the pension credit if they are out of the country for longer than that. We want to see the pension credit entitlement paid for at least 13 weeks in line with many other concessions.

Nearer home, we are coming under increasing pressure to try and influence our councillors to do something positive about public toilets and about reinstating the concessionary fees for adult learning courses. We continue to monitor health service matters and the many issues springing from initiatives taken at the Civic Centre. So we need more new members for a very good reason - to make our Forum a voice to be reckoned with and to make our maxim: "Don't talk about us without us" a reality.

*Monty Meth*

**Chair**

### Forthcoming FORUM Events

at the Civic Centre  
**Silver Street, Enfield Town.**

Tuesday 31 May 10 am for 10.30

#### **Bridging the youth and elders generation gap**

Speaker: **Sergeant Neil Standing**  
Enfield Police youth and community team leader

and

#### **The Home Meals Service**

- a chance to air your views

Tuesday 28 June 2pm for 2.30 start

#### **Enfield's 40th anniversary - the social and economic changes since the 1960s**

Speaker: Councillor **Bill Price**,

The new Mayor of Enfield, accompanied by The Mayoress, Mrs Gloria Price

also

A second speaker: **Chris Enti**

on **The Street Hawks Project**

### **PLEASE NOTE** **The different meeting times**

Tuesday 19 July 10.30 - 3.30pm

#### **National Falls Awareness Day**

**Southbury Leisure Centre**

**Southbury Road**

*Occupational therapy, physio-therapy, strength and balance exercises and much more to help reduce falls, fractures and injuries to older people.*

**Admission free. Lunch included.**

## FORUM'S FIRST CALL TO BLUNKETT

The Forum has written to David Blunkett, the new Secretary of State for Work and Pensions, asking him to give urgent and early consideration to two issues raised by members as part of his wide-ranging pensions review due for completion by the end of the year. We have also asked the Borough's newly-elected three MPs, David Burrows, Andy Love and Joan Ryan to lend their support in any way they can.

Firstly, we urged Mr Blunkett to scrap the 25p a week addition to the State retirement pension at the age of 80 and replace it with something more meaningful. Despite inflation reducing its value, it has never been increased since it was introduced in 1971 and now you can't even buy a cup of coffee once a month with the money. So, not surprisingly, our members regard it as paltry, derisory and embarrassing.

When the age addition was introduced 34 years ago because of the special needs of elderly people, the pension for a single person was £6 a week and the extra 25p equalled just over 4%. The Government still recognises the special needs of the over 80s by giving them higher winter fuel payments.

So a bigger age addition could be incorporated quite easily into that - but it should be paid to everyone over 80 and not just to a house-

hold with someone aged over 80 and this could be arranged with a big saving to the Government in administrative costs. Even if the Government stuck to the 4% of the retirement pension it would be worth £3.28 a week, but we think this should form part of a much wider review of the basic state retirement pension with a bigger increase for the over 80s.

There is universal agreement that the basic state pension, which now equals 14% of average male earnings - and declining, is much too low and that it ought to be much nearer the minimum guarantee income level of £109.45 a week.

Secondly, we are asking Mr Blunkett to remove the rule that people receiving pension credit lose their entitlement if they are out of the country for more than four weeks. They then have to go through the paraphernalia of re-applying which must be an unnecessary and costly administrative burden to the Government.

Many of our members are invited to visit their families in, for example, Australia, Canada, India and Pakistan for a holiday or to attend a family bereavement and going away for a month is not unusual. So we've asked Mr Blunkett to speedily extend the leave period to 13 weeks or more in line with other entitlements.

## Boost for Pension Credit

The Citizens Advice Bureau has appointed Akin Egibedi as a temporary adviser specifically working on the campaign to encourage more people to claim the pension credit. Operating from Community House, Fore Street, Edmonton, Akin's part-time work is funded by the Department of Work and Pensions, following the successful joint bid made by the CAB supported by the Forum - one of only 170 successful bids in the country.

Akin is now seeking to identify potential claimants and will then begin a series of home visits to explain what is on offer. With well over one million people estimated to be still not claiming the money they are entitled to, Akin has a big job to do and we wish him well.

At the end of March 2005 -the latest figures available - there were 5,240 people in Edmonton receiving an average weekly amount of £59.03; 4,770 in Enfield North receiving an average £51.89 and 4,080 people in Enfield Southgate receiving an average £59.80.

That means that in the Borough there are 14,090 people getting the pension credit and that is nearly 4,000 more than were getting the former and less minimum income guarantee.

### Help the Forum Develop

We welcome your views and suggestions on the Forum's Development. Our Development Plan for the coming year is now available at Forum meetings or by post from Olivia. Call her on 0208 447 8841 during office hours for your copy

### Did you hear?

Three Forum members were out walking in Trent Park.

The first one said, "**Windy, isn't it?**"

Second one said, "**No, its Thursday!**"

Third one answered, "**So am I. Let's go and get a beer.**"

### ....also hear?

A Forum member was telling his next door neighbour, "**I just bought a new hearing aid. It cost me three thousand pounds, but its state of the art. It's perfect.**"

"**Really,**" answered the neighbour. "**What kind is it?**"

"**Twelve thirty.**" replied the Forum member.

## Travel & Council Tax Concessions

While the free local bus travel being introduced next year throughout England for the over 60s, announced in the March 16 Budget, will not directly affect Londoners with a Freedom Pass, we still expect Enfield Council to benefit financially.

Our Council currently pays over £7 million a year for the Freedom Passes issued in the Borough and we have asked Mark McLaughlin, the LBE director of finance, to ensure we get our share of the £350 million extra being allocated by the Government to pay for free off-peak bus travel in its local government finance settlement for 2006-7.

Of course, the Freedom Pass gives us access to the London Underground and to train services, which are not covered by the Budget concession, but we expect the money going to the bus companies will be refunded by the Government to LBE and so help to keep the Council Tax down. Meanwhile, we support the National Pensioners Convention campaign for a nationwide system of free travel.

This coming December we should all be getting a Council Tax refund which will come with the winter fuel payment. If you are 60 or over before 25 September 2005 you will receive the £200 winter fuel allowance - or £100 each if there are two or more over 60s at the same address. If you are over 65 and not claiming the pension credit your household will also receive the £200 Council Tax refund.

Pension credit claimants will not qualify for the £200 refund since they are entitled to a full council tax rebate - which they should be claiming and getting right away. If you are over 70 and not receiving the council tax refund you will still get an extra £50 and if you are over 80 your entitlement to the winter fuel payment and council tax refund rises to £500 - and you don't need to do anything to claim it, which is all the more reason to get rid of the anomalous 25p a week age addition.

Welcome as the above special payments are, they are no substitute for a fairer system of local government finance and we await with interest the report of the Lyons Committee into Council Tax at the end of the year.

## Random Round-Up

**Deep Freeze.** If you could make good use of a free deep freezer in excellent condition then call Forum member Peter Horsfall 020 8882 6072. The freezer's height is 33", depth 26" and width 40".

**Active Learning for Active Citizenship.** Birkbeck College in partnership with the London Civic Forum is organising a series of workshops on the way London is governed. Applicants need to have been actively involved in front-line community or voluntary work for at least a year. There is no charge for the course, which involves attending four workshops and two other events. Contact: Amina Rahman 020 8709 9770 or email [amina@londoncivicforum.org.uk](mailto:amina@londoncivicforum.org.uk). Closing date 28 October 2005.

**Vaccination for pensioners.** Everyone in England over age 65 will later this year be offered a vaccine injection to protect them from pneumonia, meningitis and septicaemia. Most people will need just one injection.

**Enfield Observatory is Live.** The Enfield Observatory is a web-based service holding masses of information and statistics about our area - and not a search instrument for the stars. The Observatory will save valuable time in searching through mounds of paperwork or trawling the web for any data that is accurate and updated. As the Forum is an organisation represented in the Enfield Strategic Partnership you can register to use the Observatory by calling Wayne Brazier on 020 8379 5617 or Colin Rumsey 020 8379 3883.

**Age Concern Holidays** have proved extremely popular with Forum members and they are filling up fast for the rest of the year. Holidays planned are at Narracott Grand Hotel, Woolacombe, North Devon, 5 days from Monday 25 July for £189; Victoria Hotel, Torquay, 5 days from Monday 12 September for £209; and Lyme Bay Holiday Village, East Devon, 5 days departing Monday 7 November for £179.

Departing from Enfield Town, Oakwood and Edmonton, accommodation is all half-board and all you need is pay a £20 deposit to secure your booking on the holiday hotline 020 8351 2707.

**Don't forget E111.** That's the name of the form you'll need if you are travelling to Europe this year - and it is important because it is the form that entitles you to free or reduced cost healthcare if you should need it. If you got your E111 form before August 2004, you'll be needing a new one. The valid form has an expiry date on it. All you need do is go to the post office get a form, sign it and have it stamped, but remember that everyone must have their own form, including children. This form does not replace travel insurance.

**Free bus travel for under 16s** starts this September - it has been free for those aged under 11 since January 2004 and it will be free for under 18s in full-time education from September 2006. This boost for young families will be paid for from the less than 1% of council tax that goes to Transport for London.

**Look for the yellow and blue disc** if you are using a minicab which should be on the front and rear windscreens. The disc proves that the vehicle is fully licensed and legal.

**Enfield Community Transport** has secured funding of £56,500 from Bridge House Trust for three wheelchair accessible carer vehicles. The vehicles can be used for hospital visits, shopping or social occasions and there is a booking fee and mileage charge. Call 020 8363 2294 for details.

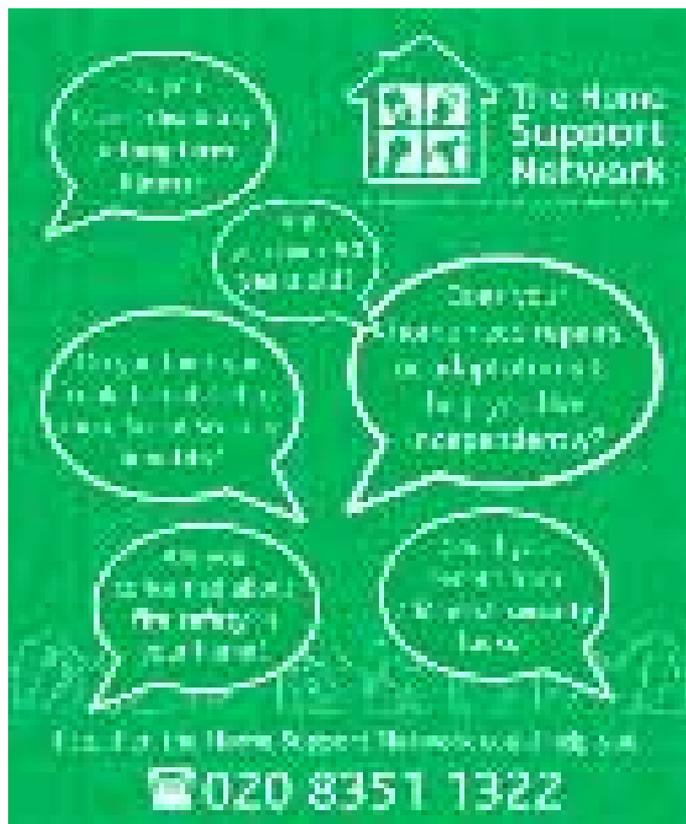
**Calling all petitioners.** Can you please return all signed-up petition forms calling for the reinstatement of the concessionary fees for pensioner, disabled and unemployed adult students at Southgate College attending the opera and symphony orchestra classes. We believe that for the total cost of £3,500 a year the Council should reduce the fees from the September term.

## Enfield's HSN Partnership

HSN stands for the Home Support Network and it is expanding its services for vulnerable people. HSN is a good example of how organisations across Enfield are working together to help people live independently, keep their homes safe, warm and risk free and get benefits to which they are entitled.

Our over 50s Forum is part of the partnership which includes LBE, the Primary Care Trust, Pensions Service, Enfield Disability Action, Enfield Voluntary Action, Age Concern Enfield, Fire Brigade and Police. Through the Network, people can access information, advice, support and practical help. The services on offer include:

- Benefits and Pensions (advice and entitlements)
- Community Alarm (house security)
- Community Liaison Nurses (health topics)
- Community Police (safety issues)
- District Nurses (nursing care at home)
- Enfield Association for the Blind
- Enfield Care and Repair (adapting/repairing one's home)
- Enfield Disability Action (support for disabled people)
- Fire Safety (free smoke alarms and safety check visits)
- Handy Person's Scheme (odd jobs about the house)
- Home from Hospital (short-term practical support)
- Message in a Bottle (who to contact in an emergency)



If you or someone you know needs help with any of the above, then please contact the HSN Co-ordinator on: 020 8351 1322.

## Support for the Forum in Enfield

The Forum now has 36 clubs and other organisations within the Borough that have affiliated. Below is a list of affiliated groups and this illustrates the increasing support for what the Forum is doing. Olivia Goodfellow has visited and talked to many older peoples groups during the year and is always pleased to address other potential affiliate organisations.

Age Concern Enfield  
 Arnos Grove Townswomen's Guild  
 BEVAD  
 BHP Residents Association  
 Church Street Residents Association  
 Cypriot Elderly & Disabled Group Enfield  
 Cypriot Elderly Luncheon Club  
 Enfield Bangladeshi Welfare Association  
 Enfield Cypriot Association  
 Enfield Pensioners Action Group  
 Enfield Unison Retired  
 Enfield Vision  
 FERRA  
 First Tuesdays Ladies Group  
 Home and Fellowship Club  
 Housing 21  
 Kempe Hall Residents  
 Leigh Hunt Drive Neighbourhood Watch

Little Park Luncheon Club  
 Macular Disease Society, Enfield Group  
 Meet a Need with Christian Care  
 Naree Shakti (Asian Women Strength)  
 Over 50 Bangladeshi Society  
 Polish Community in Enfield  
 Salvation Army  
 Silver Thrad Club  
 St Johns Art Group  
 St Thomas (Oakwood) Golden Link Club  
 Stroke Action (Enfield)  
 Tamil Relief Centre  
 The Drop in Centre  
 The Royal Air Forces Association (Enfield)  
 Unison (Middlesex Retired Section)  
 Walkabouts Rambling Group  
 Winchmore Hill Community Care  
 Winstonian Art Club

# .....Olivia Calling.....



**Friends Unite  
on Friday 5th  
August 2005**

This August the Forum is hosting an Elders Friendship Day at the Friends Meeting House in Winchmore Hill primarily for isolated and lonely members of the senior Enfield community.

The plan is to create a day of fun, companionship and security for the more vulnerable amongst us.

With good food, lively entertainment, games, talks and socialising time, our guests will have a much needed respite from the day to day lives which they normally lead.

Help is needed to put this fun day together. Any offer will be welcome, particularly small amounts of help from those of you who may have ideas and contacts to make this event a special day for those who most need it.

Come on, give a little and gain a lot!! Let's make this the first of many such Forum events reaching out into the community. You can contact me on 0208 447 8841 during office hours – your help is really appreciated.

*Olivia Goodfellow*

## Monty's Pass is it past It?



Monty's Pass

### Monty's Pass

No it's not the Chair's freedom pass out of date. It's the 2003 Grand National Winner. The prospect of Monty's Pass being in the running for a second time tempted me sufficiently to put my shirt him on the 9<sup>th</sup> April. Alas it was not to be. I'm now a tenner worse off. Still if he gets to the starting gate again in 2006 I might yet be tempted with another each way flutter.

Tony Watts



## Welcome to the Forum

Latest recruits: Colin & Elizabeth Arrowsmith, Roger & Mary Ellerbeck, Carlos & Elizabeth Goumal, Betty Martin, Mr & Mrs Alan Rawlinson, Faye Stewart,

# Heart Throbs Smartwater

### Have you heard of it?

Forum member David Snell has drawn our attention to the life-enhancing work of the Heart Throbs cardiac support group here in Enfield, which provides vital help to people who have been affected by heart disease and want to return to a more normal and active life.

The group, which is affiliated to the British Heart Foundation, has monthly meetings and also runs afternoon and evening exercise sessions with fitness trainers specialising in cardiac rehabilitation work. Further details from Harry Plumb, chairman, 020 8482 4309 or secretary Peter Leighton 020 8886 6260.

Smartwater was recently featured on a Richard and Judy programme. It is a colourless, 99% water-based product and is a way of giving you added protection against burglary.

Each batch of smartwater has a chemical trace, which when put on your belongings identifies them with a unique forensic code. Once sprayed on your car, TV, jewellery, etc, it is invisible except under ultra violet light, lasts for years and is very difficult to remove.

It claimed that it is valuable tool in the fight against crime and is proving a great deterrent as well. Because objects are uniquely marked with the trace compound it means that police can correlate stolen property with owners and are thus able to get convictions. This deterrent aspect is claimed to have had significant results. In Sutton there has been a 27% reduction in home burglaries.

A £50 charge will cover your home and your car And places your unique code on Smartwater's National Security Register.

**The website is [www.smartwater.com](http://www.smartwater.com)**

**Published by Enfield Borough Over 50s Forum.**  
Contact: Tony Watts, Secretary,  
Tel: 020 8886 9125.  
E-mail:  
[tony\\_watts @enfieldover50sforum.org.uk](mailto:tony_watts@enfieldover50sforum.org.uk)

## SUMMARY OF THE ANNUAL REPORT FOR THE YEAR ENDING 31 MARCH 2005

June 2004 marked a watershed for the Forum. The £55,000 award to the Forum from the Community Fund (now The Big Lottery) led to the appointment of Olivia Goodfellow as our own development officer. This has allowed us to focus on making the Forum more representative of the community mix that makes up Enfield, leading to more individuals, community, ethnic and disability groups joining to the Forum. The Forum's newsletter has appeared regularly, our event programme has expanded and our membership has been energised.

Thanks to the voluntary and unstinting efforts on behalf of the Forum by many people throughout the year. We can confidently say that we are now better established and more widely recognised in the Borough than ever before. We are not, however, complacent and we do realise that there is much more to do, but we can reasonably claim that the voice of older people is being heard just a little more, although we are not as yet being consulted and listened to as much as we would like before decisions are taken.

### *“Don't talk about us, without us”*

is a phrase that ought to become a byword for all those involved in decision-making who are seeking - as we are - to find solutions to problems that will make life better for older people in Enfield. Our objective is to make the Forum the representative sounding board of older people; to provide good quality information that benefits Forum members; to have informative speakers at our monthly meetings; provide opportunities for members to meet other people and form friendships; campaign against any form of injustice and discrimination against older people; and seek to influence local and national government in whatever way we can on such issues as incomes, health, transport, social and leisure services, crime and personal safety - the list is almost endless.

The progress we have made on these matters in the last year, is due to Committee members such as Anne Wood, Derek Friggens, Don

Smith, the chair and other members including Jean Calvert, Brian Wright, Roy Barrows and Des Hegarty who have taken responsibility and used their initiatives to speak up on our behalf. So when the Committee is losing such stalwart members as vice-chair Audrey Hardwick and treasurer John Hennell it is timely to ask younger Forum members to come forward and give just a little of their time, talent and experience to the Forum. It really would make all the difference to the quality of our work and the service we can give.

In seeking to provide a service to members we try to attend meetings of the various Council scrutiny panels, work with the Primary Care Trust, the Enfield Strategic Partnership and the Pensions Service; attend meetings of the Greater London Forum and the London Older People's Strategy Group linked to the Mayor of London which all helps us to know what is going on locally and nationally regarding the many concerns of older people - and every extra pair of hands would enable us to do so much more.

## AGM endorses new Forum committee

A very successful AGM attended by some 60 members heard guest speaker, the Rev, Nims Obunge, chief executive of the Peace Alliance, urge older members of the community to work more closely with young people. If we did not re-connect young and older people there was a danger that we would lose young people in the battle against drugs, violence and crime.

The alternative was to work together to share values, share an agenda leading to greater respect for each other in which crime and anti-social behaviour would decline.

The AGM endorsed the financial accounts for the

year and thanked John Hennell, the retiring treasurer, Audrey Hardwick, the retiring vice-chair and social secretary Anne Wood for their work.

The new committee comprises chair, Monty Meth; vice-chair, Roy Barrows; secretary, Tony Watts; treasurer, Peter Shukla; development officer, Olivia Goodfellow; Derek Friggens, Don Smith, Peter Smith. Elizabeth Henthorn, Vijay Rattan, Carol Barrows, Demos Demetriou, and John Hennell. Carole Sivak is social secretary supported by Chris Mitchell and Doreen Hogg and nominations are awaited from Age Concern Enfield and the Enfield Pensioners Action Group.

## Toilets: A pressing need for action

A group of Forum members, - Audrey Hardwick, Derek Searle, Don Smith, Madge Jones, Frank Hatt and Myra Godsmark - are getting together to consider the slow progress and lack of any future plans to improve the provision of public toilets in the Borough.

We've had letters from people taking water tablets as part of their medication for high blood pressure complaining how stressed they get when out shopping and can't find a loo. Railway stations, bus stops, shopping in Enfield and Palmers Green are particular black spots.

"I was recently in Lancaster Road and needing a toilet and went to the WC opposite the Hop Poles. There was a sign saying it was closed and the nearest one was at Forty Hall. That's about a mile away - and that's cruelty", writes one victim of the toilet closures.

He rightly says than when he was younger there were a number of public toilets at convenient spots around Enfield. They must have been needed then otherwise they would not have been built - and obviously they are still needed today.

We have heard from a lady who was on her way to Walthamstow market when she went into the medical centre at 277 Fore Street and asked the receptionist to use the loo and was turned away and a man, aged 75, suffering from diverticulitis points out that the toilets in Palace Gardens, Enfield, are not

always open at the same time as the shops.

The separate male and female focus groups we organised for London University's Vivacity 2020 research project, run by the Bartlett School of Graduate Studies, confirmed that older people are spending less time away from home because of the lack of public toilets. They do not use the Freedom Pass as much as they would like and they do not like to go into pubs and restaurants just to use the facilities.

The Council recently auctioned the toilet site at Turkey Street- Hertford Road and plans to replace it with an automatic public convenience, but we are not sure when or where that will be. Plans are going ahead to sell off disused toilets at Silver Street - Sterling Way, the Triangle, Palmers Green, Lancaster Road and Green Street. Others have been sold and never replaced and there are no plans to budget for increased expenditure on toilet facilities.

Meanwhile, toilets in the parks are gradually being signposted as and when money becomes available and they are now detailed on maps at Forty Hall, Trent Park, Pymmes Park, North Enfield Recreation, Raynham Park and Grovelands Park.

The Forum's toilets sub-group welcomes any information and help from members who are asked to contact Olivia on 020 8447 8841 during working hours.

## Handy Reference Directory

NHS Direct **0845 4647**

TV licences enquiry line (free for over 75s) **08456 036 999**

Warm Front grants for over 60s receiving income-related help Freephone **0800 952 0600**

Carers and people with disabilities confidential enquiry line - **0800 88 22 00**

Claim Pension Credit **0800 99 1234**

Taxback on savings for people with low incomes **0845 077 6543**

Free Passports for those born before Sept 3 1929 **0870 521 0410**

Free confidential welfare rights advice **0808 800 7575**

SeniorLink 24-hour response line helping older people to live independently at home **01255 473999**

Home Support Network **020 8351 1322**

Diabetes UK **0845 120 2960**

Disability and Carers benefit enquiry line **0800 882200**

Stop junk phone calls **0845 0700707**

**Stop junk mail write Mail Preference Service, Freepost LON20771 London W1E 0ZT**

## Did you hear.....?

Another elderly Forum member shuffled into an ice cream parlour and slowly, and painfully-pulled himself up onto a stool. After catching his breath he ordered a banana split.

The waitress asked kindly, "**Crushed nuts?**"

"**No, arthritis.**" The Forum member retorted.

## What's new on the Forum's website

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

**The Forum's website is updated every month and you can find all past newsletters and Forum minutes on the site. Speaker's presentations can also be accessed, e.g St Modwens PowerPoint presentation on the redevelopment of Edmonton Green and the Edmonton Leisure Centre. A search facility on the site allows you to rapidly find information about the Forum's activities. last month there were 2000 visitors to the site. You can even pick up an application to join there. Alternatively you can contact development officer Olivia Goodfellow 020 8447 8841.**

# New Fitness Deal is Big Deal

Our "Get Fit for a Longer Life" new deal campaign alongside Enfield Leisure Centres Trust (ELCT) was off to a flying start in April. Sales of the Energy Card, which provides the gateway to a wide range of discounts on all the facilities, are now up almost 100% on 2004.

"The Over 60 Fitness deal and the special deal for Forum members has been extremely popular and has contributed to the increase in sales in April, especially at Southgate Leisure Centre where sales generally rose from around 500 in April 2004 to almost 1,200 this April," says Ken Biggs ELCT head of marketing and communications.

"Similarly at Southbury Leisure Centre, Energy card sales rose from around 400 last April to 850 this April. Membership of the Fitness suites combined with the Energy Card have increased also across the Board, so I really think this is a good indication that what we have launched is starting to work. So a big thank you to all the regular loyal customers, Forum members and early morning swimmers. Let's keep the campaign rolling", says Ken Biggs.

Led by our development officer Olivia Goodfellow, Forum members have distributed leaflets at Palace Gardens, Enfield Town and Edmonton Green

shopping mall to publicise the new deal which gives Forum members over 60 Energy Card membership for £5 instead of £10 and fantastic special discounts of 33% on monthly and annual gym and swim / gym, swim, sauna and steam direct debits. There is also an unlimited swim anytime any day monthly pass costing £17 which is extremely popular.

Meanwhile, the 50 plus special day every Wednesday at Southbury Leisure Centre is proving more popular than ever with an Aqua-Aerobics session - inspired by Forum member Ron Phippin - being added to the range of activities on offer and we are discussing with the management having an extra 50 plus day every week to accommodate more people.

And Edmonton Leisure Centre will be re-launching its 50 plus day on Thursday 8 September from 10 -4 p.m. The Centre's Melanie Nichols says they will have the usual activities - short mat bowls, table tennis, yoga and swimming but they will also have a line dancing coach and a prize draw. On the second Thursday of every month for £2 including tea and coffee there is a 50 plus tea dance with Bob's Big Band. So let's try and make the Edmonton 50 plus day as popular as Southbury's!

## .....and still more discounts.....

**Office Interiors**, 407 Green Lanes, Palmers Green, tel: 020 8882 3319 will give Forum members on production of their membership card 20% off all stationery purchases, 15% off computer consumables - 20% if you buy two cartridges. Mr Umit Patel says he will give a bigger discount on any office furniture bought from him.

**Millfield Theatre** has agreed that all Forum members will, on production of their membership card, be eligible for concessionary prices for all shows offering them, even if they are below pension age. They have drawn our attention to two shows which Forum members may particularly enjoy: West Side Story from 24 -28 May with concessions available on Tuesday - Friday evening at 7.30 and the 3pm Saturday matinee. Another show is an evening with Vince Hill and guests on Tuesday July 19 at 7.30pm. Tickets are priced £9 for concessions, which would give Forum members a saving of £3.50. Wheelchair escorts are admitted free of charge to all Millfield professional productions. Members can be put on the Millfield mailing list by calling 020 8807 6680.

**Enfield's Mayor, John Egan is presented with Forum membership cards for him and the Mayoress, Theresa Egan at the Fitness New Deal launch**

