

## Send a letter to Seema

You may well be asking “Who is this Seema?” Well, Seema Kennedy MP is the Minister in the Department of Health and Social Care responsible for Public Health and Primary Care.

The Forum is appealing to all its members, supporters and newsletter readers to write a short, simple single-page letter to Seema Kennedy asking:

“Why has the assessment of public health funding for Enfield (the borough with the fastest growing population in London) not been updated since 2015, despite us having some of the most deprived and poverty-stricken wards in the country?”

“Why is Enfield’s public health grant of £47 per head of our growing population so much lower than the average £73 for all London’s boroughs?”

“Without waiting for the next spending review in 2020, will you now ensure that Enfield gets a fair deal for funding its vital public health services – funding the prevention of ill-health and thus helping to sustain our coveted NHS?”



Seema Kennedy MP

getting £69 – almost 50% more than our £47 – when these three boroughs are linked with Enfield in a North Central London NHS consortium pledged to reduce health inequalities for their 1.5 million citizens?

The Forum has received a letter from the policy manager, public health systems and strategy, at the Department of Health & Social Care, telling us that although they are giving Kensington and Chelsea residents £130 per head to spend on public health “we do not consider a per capita basis to be the best way of determining allocations”.

So if that is the case, why do the Whitehall policymakers take the lazy route of just looking at what we had last year and then cut it. This is what they have done every year and this year we are down 3.6% or by £444,000.

So please, use the above information if you wish to write your own letter to Seema Kennedy MP. And send a copy to your local MP. Why not get friends and neighbours to sign it too? But write it NOW and please let the Forum office 020 8807 2076 know you’ve done it.

Local MPs are: Bambos Charalambous, Enfield Southgate; Kate Osamor, Edmonton and Joan Ryan, Enfield North.

Send your copy to them at the same House of Commons address.

The text is available on our website [www.enfieldover50sforum.org.uk](http://www.enfieldover50sforum.org.uk) so just paste it in, print it off and put it in the post.

See also President’s Point of View, p3

**Public Health funding is aimed at prevention rather than cure. It includes a huge range of services including encouraging exercise, tackling drug and alcohol abuse / smoking / obesity, as well as providing sexual health services, NHS health checks and youth projects helping to tackle knife crime.**

Please write to Seema Kennedy MP, Parliamentary Under-Secretary of State for Public Health, House of Commons, London, SW1A 0AA.

The arrival of just a few dozen ‘real’ letters creates much more effect than hundreds of emails, so make your voice heard now.

Our Fairer Public Health Funding for Enfield campaign is not something that just affects older people. Public Health helps everyone – babies, toddlers and teenagers – and unless we win the battle for fairer funding now we will be letting down all future generations for years to come.

How can it be fair and right that Islington is this year getting £103 per head of its population, Camden £100 and neighbouring Haringey on our doorstep is

## Forum Meetings



For information about Forum meetings, groups, social activities and information sessions, see pp 14-16.

# Jan's Journal

## We are planning a variety of events

### Membership

Thanks to everyone who has renewed their membership lately. During the last couple of months we received 1,694 payments, equating to 2,541 renewals – so the office has been very busy and our membership figures continue to increase.

Our gratitude goes to our temporary workers for keeping us this side of sane! Our membership fee is still £10 for an individual and £15 for a couple but this is likely to increase next year – so if you haven't renewed already it is worth joining for a couple of years at a time.

The Executive Committee recently decided to introduce a five year affiliate fee for groups wishing to renew for longer periods. Groups affiliating for five years will pay £100 instead of £125. If you are already an affiliated group just drop us a line and send us a cheque for £100 or pay via our online bank account (don't forget to quote your group as a reference) at Barclays, Enfield Borough Over 50s Forum, Sort Code: 20 29 81, Account No: 13382192.

### Images from Nepal

In the meantime, our regular meetings have continued. John and Anne Wallington presented slides of their visit to Nepal at a well-attended meeting in Southgate Beaumont in March. Kathmandu is full of temples – John and Anne had pre earthquake slides of the temples of Ganesha, the Hindu God of Beginning (the most popular deity in India); Hanuman, the Hindu Monkey God, known as the Lord of celibacy, and Kali, the Hindu Goddess of Destruction. 90% of the population of Nepal are farmers and most would classify themselves as Hindu or Buddhist. Images showed barefoot people with offerings of flowers and fruit queuing to visit



Another wonderful sight – elephants being washed

temples. Holy Men (some of whom are more genuine than others) collect alms and give out blessings, and fragile wooden carvings adorn temples and public buildings. Sacred rivers running from the villages into the River Ganges contain the cremated remains of the faithful in the belief that if they reach the Ganges they are more likely to be re-incarnated. Thanks to Southgate Beaumont Nursing Home for the use of their premises and for free tea, coffee and biscuits.

### Upcoming events

The next couple of months promise to be busy for us – we have an upbeat Focus on Falls Prevention Day on Monday 17 June with music, dancing, exercise and information to help prevent you from falling over. See full details on page 7.

Our AGM is on Tuesday 25 June at the Civic Centre – see Meetings on page 15. Then on the evening of Thursday 18 July, at the Dugdale Centre, we will be hosting a volunteer event – for new and existing volunteers – an opportunity to get together in a social environment and chat about what volunteering opportunities are available in the Forum and elsewhere. See full details on page 16.

Whilst you are blocking out your calendar – please keep free Tuesday 1 October as we are planning an event at Edmonton Leisure Centre centring around ageism, with some fun as well – music, massage tasters and yoga. And Fusion is planning another fundraising day a couple of weeks later at Southbury Leisure Centre. More details in the next newsletter.

*Jan Oliver*

Office and Development Manager

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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 £10 a year (£15 for couples) or £100 (£150 for couples) for lifetime membership.

Organisations can join for £25 a year or £100 for five years.

# Help us stop this funding farce

Do you find yourself complaining about the lack of health services in the borough?  
Well, you can do something about it by joining our 'Write to Seema' campaign.

Once under-funded, always under-funded. This seems to be the watchword whenever Enfield is on the grants agenda of any government.

It applies whether it is grants for NHS hospitals and GP services in the borough, grants to the council to provide essential services, or currently the separate grant allocated to provide the vital public health services in Enfield.

You'll have heard of hereditary peerages, hereditary wealth, hereditary historic homes – meaning the passing down of these gifts from one generation to another. We are experiencing something new – hereditary under-funding – meaning the passing of the financial penalty of living in Enfield from parents to children and our grandchildren.

The newsletter front page explains how unfairly Enfield is now being treated by the Department of Health & Social Care in its funding allocation for public health spending this year in the borough. For the first time we have now extracted an admission from government that the grants coming our way "take no account of the different level of need".

Ministers have also admitted that "we have made no specific assessment of any relationship between funding and need since 2015". Taken together these two statements are to my mind a startling admission of incompetence that should shame any properly managed organisation – public or private.

Policy decisions are quite clearly being taken based on old, outdated data without any reference to the present. We believed this was the case when we launched the 10,000 signature 2017/18 cross-party petition for fairer funding. Now we have it confirmed in writing.

So in cutting the Enfield Public Health grant by over £1.3 million or 7.4% since 2015/16 the government has taken no account of the 4,000 estimated increase in Enfield's population between 2015 and 2017, from 328,700 to 332,700. According to the Office of National Statistics by 2019 it will be 342,500 – an increase of 10,000 in four years. More people to care for with less money.

In 2016 there were an estimated 14,131 fuel poverty households in Enfield – families whose incomes were too low to heat their homes and have enough to eat – the 4th highest among London Boroughs.

Child poverty is increasing in the borough. In 2016, 22.6% of children were living in low income families. By comparison, the proportion of children in low income families in London was 19.3%.

Enfield has the 11th highest proportion of low-income households of the 33 London boroughs.

Enfield's average household income in both 2015 and in 2018 was the 11th LOWEST of the 33 London boroughs.

The BMA, the doctors trade union, in opposing the cut back in public health funding, says the government is "risking the future sustainability of the NHS". It cited Enfield, with over 25% of children in year six classed as obese, compared to the average 19.8% in England, but where the budget for children's obesity services had been cut by nearly 60%.

The Forum is leading the campaign for fairer public health funding and with your help we can get that better deal, just as we did when we launched an "Enfield needs more money" petition back in the Autumn 2013; collected

6,286 signatures which we took to a meeting of the NHS England Board.

We handed the petition to the chair of NHS England, Professor Sir Malcolm Grant CBE, supporting our claim that

health services in Enfield had been seriously under-funded by successive governments. The result: NHS England announced that Enfield would receive increased above inflation funding of some £7 million.

You will have your own view of the recent climate change protestors, but what impressed me was their collective passion, conviction and enthusiasm. If only we could replicate that tenacity we could compel Seema Kennedy, the Public Health Minister, to intervene and give Enfield a fair deal – but you need to make your views known. Please don't just leave it to the other guy and write that letter now.

*Monty Meth* – Forum President

## President's Point of View



## More people to care for and less money

Thinking of updating your will? Then please consider leaving a legacy to the Forum to help future generations of older people.

# Improve fire safety at home

Firefighters in Enfield are offering personalised Home Fire Safety Visits to people within the borough and have sent this message to members of the Over 50s Forum.

Contact us to ask for a Home Fire Safety Visit and a member of our team will soon be in touch to set up your visit. It can be any time of day or night – handy if you would like a family member or carer to be present.

We'll visit your home at the arranged time, and share our expertise. The visit is friendly and informal, and there's no need to tidy up or provide refreshments – we're here to keep you safe, not for the tea!

After a chat about fire prevention, we'll ask you to show us around your home so we can provide personalised advice on:

- Cooking and smoking
- Heaters and heating
- Candles and fireplaces
- Detection systems (smoke and heat alarms)



- Bedtime checks
- What to do if there is a fire

If you need them, we will also provide and fit free smoke alarms in any room where a fire might start. This can be done on the day.

Depending on your personal circumstances, we might also suggest extra help and support from other organisations. This could be to discuss things like fire retardant bedding or linking a smoke alarm to your Telecare system.

Contact us using any of the methods below to request this free service.

**Call us: 0800 028 4428**

**Email us: [smokealarms@london-fire.gov.uk](mailto:smokealarms@london-fire.gov.uk)**

**Text us: 07860 021 319**

**When booking please mention the code: Enfield Borough 01.**

## FANTASTIC FEET



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## Mixed-age couples lose out

We warned in the April/May Newsletter that new Pension Credit rules introduced in May would penalise elderly couples. Now we're told the government expects to save £1 billion over the next five years as a result of the changes.

Pension Credit and higher rate housing benefit has now been withdrawn from pensioner couples under a new mixed age rule where one partner is under state pension age.

By 2023-24 the government expects that some 60,000 elderly couples will be £6,400 a year poorer than under the old rules.

Bizarrely, by slashing the benefits by as much as £7,000 a year, the new policy will place some older people in the absurd position of being financially better off if they split up and live apart from their younger partner.

Age UK was organising a protest outside Home Secretary Amber Rudd's constituency office in St Leonards as this newsletter went to press.

# Hospital making progress in a tough environment

## North Middlesex Hospital is facing many challenges but the process of improving the patient experience is gaining momentum

"I am absolutely aware that North Middlesex is not where it wants to be," Maria Kane, Chief Executive, North Middlesex University Hospital NHS Trust, who took up the post early last year, told Forum members at the March Civic Centre meeting.

"We had an appalling inspection result in 2014 but we are moving up to 'requires improvement' and 'good', which we are pleased with, though we do think that the CQC (Care Quality Commission) should take into account the local context when making these judgements. There is a huge gap between the services needed and the funding available."

The hospital is increasingly busy and has, for instance, an average 550 people a day presenting themselves to A&E, 800 patients given blood tests and 15 babies born.

Maria explained that the trust is making bids and requests for funding to try and get extra money into the hospital, especially as it has a catchment area with greater needs. For instance, it is well-established that life expectancy in the east of the borough is significantly lower than that in the west.

"On average, people in Hadley Wood live eight years longer, of which 19 years are in better health than those born in Edmonton Green," she said.

And it is not all about health services. "The fact is that about 80% of what keeps people well is nothing to do with the NHS," she explained. "Housing, education, economic and social poverty have a huge impact on day to day health."

Staff recruitment and retention is also a priority for Maria's team. "We need staff to feel confident and proud, which can be difficult after four years of being battered by the regulators. But it is definitely improving and that helps patients, because

we get better clinical outcomes if patients then also feel confident about the service they are getting."

Of course, the aim is really to keep people out of hospital – both in terms of better general health and in terms of

understanding the options of where to go when they are ill. Maria said some communities believe a GP is not as good as a hospital doctor and/or feel deprived if they are not given a full range of tests when they do visit the hospital.

"We get paid £70 per primary care attendance in the hospital but by the time people have been examined and have tests done, it can cost us £600 for that visit. In many cases, a visit to the GP would have been better for both the patient and for us, so we need to find ways to make that

happen. We need better communication, for instance starting with school children."

The hospital is seeking to establish a separate primary care centre (essentially a GP surgery) on site and is talking to Enfield CCG (Clinical Commissioning Group) about this so people coming to A&E can be redirected there if appropriate.

Last year, the trust decided not to become part of the Royal Free (as Barnet and Chase Farm hospitals have done) after a four month engagement with everyone involved. "There was overwhelming feedback that people wanted to keep local control."

The deficit in 2017 was £31m and this is now reduced to £18m and the trust aims to break even in the latest financial year to April 2019.

"Our vision is to provide outstanding care for local people and are making progress."



Maria Kane

## Seeking Executive Committee members

Do you have ideas about what priorities the Forum should have for 2019/2020? Are you keen to get involved with local issues and help the Forum expand its influence and its ability to run meetings and social events?

Then maybe you should consider standing for election to the Executive Committee. We need people with

ideas and energy to make a real contribution. You do not need any special skills, just some 'spare' time and commitment to improving the lives of Enfield people.

The committee meets at 10am on the first Tuesday of every month.

To find out more, contact the office on 020 8807 2076 or [info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk) and one

of the current Executive Committee will give you a call.

We are also looking for other volunteers eg for the Social Events Team and for helping out in the office. So come along to our Volunteers Social (see p16) and find out how you can help.

Or come to the AGM (see p15) and talk to us there.

# Bring back GP blood tests

## The Forum is encouraging patient groups to act to get blood tests reinstated at their local GP surgery

Bold promises by NHS chiefs to provide more services in the community closer to patients' homes have been shot to pieces by the Royal Free London NHS Trust abandoning after 15 years the blood test clinics they served at 13 Enfield surgeries.

We have been given two versions of why this convenient service has been abandoned without any consultation with patients. One says it is due to maternity leave and long-term sickness among phlebotomy staff. Cutting the staff travelling time to surgeries will enable 300 more patients to be seen at Chase Farm or Barnet Hospitals.

The other version says that the Royal Free provided blood tests at the 13 Enfield surgeries under a contract with the old Barnet & Chase Farm Hospitals Trust – taken over by the Royal Free in 2014. But they were only being paid for processing the test, not taking the blood of patients and for the travelling time involved in visiting the surgeries.

It is hard to believe that well-paid NHS bosses seemingly made no attempt to involve the surgeries or Enfield CCG in re-negotiating that contract and so maintain a much valued and appreciated service.

The Forum has been told that the blood test facility could be restored for something over £50,000 a year, or about £6,000 per surgery. This would be money well spent if it ensured the most vulnerable, less mobile and elderly patients had their blood tests on time. Who knows the ultimate cost to the NHS

if a missed or delayed blood test led to a missed diagnosis of something that needs urgent medical attention?

The Forum believes that Patient Participation Groups at each of the 13 affected surgeries should be asking their GPs to approach Enfield CCG, which is getting almost £437 million this year from NHS England – an almost 6% increase – to see whether between them they cannot break the deadlock and restore this community service.

The North Middlesex University Hospital Trust tells us they currently see 17,000 patients a month and do not have the capacity to cover any more GP surgeries in addition to the lucky 11 they already cover.

They are, however, speaking to these surgeries to see if they can extend the hours for blood tests to help cope with the shift in demand following the 13 Enfield surgeries ending the blood test service.

We are told that any patient registered with an Enfield practice can seek a blood test at the Winchmore Hill Practice, Forest Road Primary Care Centre, Evergreen Surgery, Freezywater Primary Care Centre, Grovelands Medical Centre, White Lodge Medical Practice, Green Lanes, Bounds Green Practice and Edmonton surgeries, Lordship Lane, Nightingale, Stuart Crescent and the Laurels.

For information about blood tests call the North Mid on 020 8807 2366 or Chase Farm and Barnet call 020 8375 1471.

### ADVERTORIAL

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Right at Home Enfield will provide highly personalised care services for older people and adults living with disabilities in Enfield and the surrounding areas.

Owner and Managing Director, Krish Nair is in the process of building a team of compassionate, committed and highly-trained CareGivers to deliver great support and companionship services within people's homes.

Krish, whose office is based in leafy Bush Hill Park, is a former Consultant in the IT sector. He experienced the need for care in his immediate family not too long ago and said; "I decided to open Right at Home Enfield after I realised the huge growing need for reliable, top quality in-home care that promotes people's independence and is delivered in the 'right way' - with dignity and respect and a holistic approach to someone's well-being.

"This approach is entrenched in our ethos of delivering highly personalised care, with a minimum of one-hour visits and with a continuity of regular CareGivers who build lasting relationships with their clients and their families. We offer companionship and emotional support as well as physical and practical assistance, all with a strong focus on positive outcomes for the individual being cared for."

Krish said his business will pride itself on investing in its staff. "This is not a minimum wage role," he said. "We're looking for people with a dedicated and reliable approach, who take pride in helping others and are looking for a rewarding job role where they will be valued and well-supported."

"Applicants do not need to have previous experience in the care sector, as all our staff complete a comprehensive training package, which includes as much mentoring and shadowing as they need, in order to feel confident supporting clients in their homes.

"We are looking for both full time and part time additions to the team and will strive to offer regular yet flexible working hours, as well as opportunities to build a career in quality care."

The private care at home market is growing fast, due to the ageing population, people's desire to carry on living in their own homes as long as possible and the growing pressure on services delivered by the Local Authorities and Social Services.

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If you are looking for opportunities to exercise and have fun, then why not attend the Over 50s Days at Edmonton Leisure Centre on Mondays and Fridays. The classes here are not always as full as at the other centres, so it is a good opportunity to try something new. The centre is next to Edmonton bus station and there is ample (paid) parking nearby, so it is very easy to reach.

The 10.45am Soca Dance session on Friday is particularly good for exercising while having fun dancing, and then you can play a game of table tennis, badminton and/or pickle ball.

As with all of the Over 50s Days, access to the gym and pool is also included in your day entrance fee – just £4.30 for Forum members who have the Fusion concession card (normal price £8.50).

Note: Forum members who are renewing their Fusion annual membership who previously paid £320 and now have to pay £390 will get an additional month free. This does not apply to those already paying £390.

For further information about Fusion visit: [www.fusion-lifestyle.com/contracts/enfield/](http://www.fusion-lifestyle.com/contracts/enfield/)



## Brick Lane Music Hall

What a brilliant time was had recently at the St George's Day celebrations, with a tasty three course lunch at Brick Lane Music Hall in Silvertown. Vincent and the team always welcome our Forum members with loving insults!! Over the years, the cast is fresh and entertaining leaving us with a lovely warm, feel good, glow!

Jackie Pearce

## Hamman Spa

Nineteen Forum members enjoyed a lovely Edmonton Hammam spa experience in early May. We swam, steamed, iced, sauna, and were soaped all over, cleansed and massaged by skillful staff on the heated marble slabs. After refreshments and dressing, we moved to a local restaurant (Kervan) for a delicious and generous Turkish lunch. This is a wonderful experience. [www.oldhammam.co.uk](http://www.oldhammam.co.uk)

Olivia Goodfellow

## Enfield Borough Over 50s Forum

# FOCUS ON FALLS PREVENTION

**A FREE** upbeat day with music, dancing, exercise and advice

**On Monday 17 June**

At Edmonton Leisure Centre, 2 The Broadway, Edmonton, N9 0TR

**Reduced price sandwich lunches**

Activities marked with \* have limited spaces – so please arrive early to book on them.

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– SUBJECT TO CHANGE**

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Advice and information from:

Dr Nick Rollitt, Consultant Geriatrician, North Middlesex Hospital

Caroline Clee, Senior Community Physiotherapist.

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Stretch and Breathe, Folk Dancing, Yoga\*, and workshops on Stroke Awareness\*, Bone Health\*, Medication\* & from Age UK\*.

Plus Aqua Aerobics and Gym tours.

(\* Limited spaces – bookable on the day)

**STALLS:** Age UK, Fall Stop Service, Bowel Cancer Awareness, Fusion Leisure Centres, Public Health, Enfield Asian Welfare Association, Healthwatch, Macular Society, Safe and Connected, Audiology

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from Barry Coppock, Stroke Association

**+ ADVICE ON DIABETES AND DIET**

from Priya Ashra (NHS Foundation Trust)

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Organised by Enfield Borough Over 50s Forum

Part of the FALL STOP Consortium

Funded by Enfield NHS Clinical Commissioning Group

*Full Programme available from 1 June: For an online programme please email [info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk) or for a paper copy please send a stamped addressed envelope to Enfield Borough Over 50s Forum, Millfield House, Silver Street, London, N18 1PJ.*



# Stop Thief!

## The transport police are working to cut thefts by ‘dippers’ particularly on buses and at bus stops

My name is Inspector Hannah Hayes and I am in charge of the North Area’s Roads Transport Police Command (RTPC).

You may think that our work may have little to do with the older residents in Enfield but it definitely does! We deal with crime that happens on buses and on the roads while the British Transport Police deal with incidents on trains and tubes.

Various different types of crime can typically occur on a bus, including assaults and public order offences but the one that affects older people most are opportunistic thefts. A lot of older people clearly use buses as it is free and very convenient but a bus or bus stop is also a good place for so-called ‘dippers’ to help themselves to your money.

A dipper is a person or a group of people who have probably noticed someone taking money out of a cashpoint, bank or post office, and who then follow that person with the intention of taking that cash by dipping their hand quickly into your bag.

On a busy bus, or at a crowded bus stop, this can be easily undetected hence they are popular places for dippers and older people are especially vulnerable to this kind of activity.



Part of our work at the RTPC is to begin to build up a picture of where these offences are happening, by asking: which bus routes, which time of the day, are there seasonal changes, does it occur when people are paid their pension?

As patterns emerge we can then begin proactive policing where we predict where and when the crimes may happen and we target these hotspot areas with uniformed and plain clothes patrols on the streets and

on the buses to disrupt the criminals.

We will also always try to give out advice to elderly residents who have been victims of theft which could protect them from this kind of crime again. For example, we might give them alarm bells to put on their purses which will alert them if someone is trying to pick it up, or bag fasteners, or we may suggest that they don’t take all their pension out on one specific day. I would always encourage people to ensure that their behaviour cannot be predicted by the dippers.

*Inspector Hannah Hayes*

North Area’s Roads Transport Police Command (RTPC)



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# Always look on the bright side of life



## Doctoring Brexit

Members of the Royal Society of Medicine were unable to reach a consensus regarding the question: Should Brexit take place?

The Allergists were in favour of scratching it, but the Dermatologists advised not to make any rash moves.

The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought Brexiters had a lot of nerve.

Meanwhile, Obstetricians felt certain everyone was labouring under a misconception, while the Ophthalmologists considered the idea shortsighted.

Pathologists yelled, "Over my dead body!" while the Paediatricians said, "Oh, grow up!"

The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it.

Surgeons decided to wash their hands of the whole thing and the Chemists claimed it would indeed be a bitter pill to swallow.

The Plastic Surgeons opined that this proposal would "put a whole new face on the matter".

The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea.

Anaesthetists thought the whole idea was a gas, and those lofty Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the arseholes in Parliament.

## What next?

Man aged 91 goes to his GP seeking help to lower his sex drive. "At your age my friend," says the doctor, "any sex drive is all in the mind."

"That's absolutely true," says the patient. "That's why I'm here. I want you to bring it down lower."

## Variety show

"I was in a bar in Dublin and I saw a coaster which said 'Drink Canada Dry', so I thought I'd give it a shot" – Dominic Behan, the Irish poet and dramatist on being asked why he was visiting Toronto.

Why did that boy throw his toast out of the window? Answer: to see the butter-fly.

Chopsticks are one of the reasons the Chinese never invented custard – Spike Milligan.

What do you call a nervous javelin thrower? Shakespeare."

## Children's essay errors

An oboe is an American tramp

Caviar is the eggs of a surgeon

Trigonometry is when a lady marries three men at the same time

Iron was discovered when someone smelt it

The feminine of manager is managerie

Parsimony is money left by your father

Celibacy is a disease of the brain

A monologue is a conversation between husband and wife

The plural of spouse is spice

An aristocrat is a man who does somersaults on the stage

## Do you know

1. By what name is Paul Hewson better known?

2. In what country did the Boxer Rebellion of 1900 take place?

3. Which football team was the first to win the European Cup?

4. Which is the largest country by area in Africa?

5. Which artist painted "Guernica"?

Answers on Page 11

## Avoiding Exercise

I named my dog 6 Miles so I can tell people that I walk 6 miles every single day.

Just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap.

Refusing to go to the gym counts as resistance training, right?

My tennis opponent was not happy with my serve. He kept returning it. "I ran a half marathon" sounds so much better than "I quit halfway through a marathon".

I work out almost every day. Friday I almost worked out, Saturday I almost worked out, Sunday I almost worked out...

I recently added squats to my workouts by moving the beer into the bottom shelf of the fridge.

I was at a climbing centre the other day, but someone had stolen all the grips from the wall; honestly, you couldn't make it up.

They used to time me with a stopwatch... now they use a calendar.

Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

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

# Making the connection

Enfield Connections is telling Enfield residents where to go – in the nicest possible way, of course

Enfield Connections has been commissioned by Enfield Council to provide increased and improved information to help “maximise the independence and well-being of residents”.

Angela Greaves, Programme Manager, explained to Forum members at the 30 April meeting that “we don’t provide advice but give people information – pointing you in the right direction.”



Angela Greaves

It works on specific projects with five delivery partners: Mind in Enfield, Age UK, Citizen’s Advice, Homeless Resource Centre and One to One Enfield. For instance it has a disability advice project with Citizen’s Advice and a later in life project with Age UK.

Enfield Connections is funded by Community Barnet which won the bid to run this Enfield Council project. It has three years funding, with reviews at the end of that time and two and four years after that.

At the same time, it manages the application for grants up to £5,000 for Enfield-based organisations which have a project that will improve the independence of residents.

There are two people in the call centre at the moment and the service is looking for both volunteers and additional funding from a variety of sources.

To call Enfield Connections phone 020 3960 0129, 10am - 3pm, Monday to Friday. You can also email [info@enfieldconnections.org](mailto:info@enfieldconnections.org) or visit the website [www.enfieldconnections.org](http://www.enfieldconnections.org)

## Do you have IT or genealogy skills?

The Forum is setting up a genealogy group for those wishing to explore their roots.

Initially we are seeking lead volunteers with online or genealogy skills to help other members trace their ancestors.

The intention is that the group will meet fortnightly on Saturdays from mid June.

If you are interested in being a volunteer helping members develop a family tree then contact:

[jan.oliver@enfieldboroughover50sforum.org.uk](mailto:jan.oliver@enfieldboroughover50sforum.org.uk)

## Know your pension options

If you are over 50 with a personal or workplace defined pension, there’s an easy way to get free impartial guidance from the government on the options for your pension pot.

Call 0800 138 1585 to book a free appointment or you can visit [pensionwise.gov.uk](http://pensionwise.gov.uk)

## Do You Know? – Answers

1. Bono 2. China 3. Real Madrid 4. Algeria 5. Picasso

## Chair’s Column



## United we stand

Blaming older people for the difficulties faced by younger generations is not the answer to building a fairer society

Recently the House of Lords’ Committee on Intergenerational Fairness recommended that some “outdated” age related benefits for older people be removed, suggesting that the government should instead focus on housing and training for young people. They are recommending the removal of the pensions’ ‘Triple Lock’, winter fuel allowances, free bus passes and free TV licences.

The committee claims that it is these special privileges which are causing a divide between the generations. However – and I may be biased, it seems to me that this is just another sign of the unwelcome desire of some people to actually drive a wedge between the generations and I ask why it is not possible, given the enormous waste of public money in recent years (e.g. giving contracts to shipping companies which own no ships), to ensure that both the older and younger generations are supported.

It is undoubtedly true that underfunding of education and training is a scandal as is the dearth of public housing but that is not the fault of the older generation but of government policy towards the young.

The report suggests that pensioners are rich whilst in fact the Centre for Ageing Better declared that pensioner poverty is actually rising and has warned against the move, saying that it is crucial that we create a society where everyone can enjoy every stage of life. Let us not forget that the young will become old and will, presumably, want to receive the support they deserve as they age.

The committee also suggested that active community organisations have an important role to play in helping older people make the most of life. Well, isn’t that what the Enfield Over 50s Forum is all about – they did get that right and we are all involved in the project.

As far as I can see the report does not acknowledge the huge contribution made to society by many older people as taxpayers, volunteers and carers. Many schools value the work carried out by older community members, from simple but essential activities such as listening to children read, to mentoring secondary school students regarding job applications. What about committed school governors many of whom are over 65?

Many charitable organisations rely on older volunteers and huge numbers of older people support their own children by caring for grandchildren in the face of prohibitive nursery costs. I am one!

This is an issue on which we need to keep an eagle eye. In my view, we older members of society need to collaborate with the young, to support them and to fight for fairness on their behalf whilst ensuring that we continue to maintain the benefits which we enjoy and which will then be bequeathed to the next generation.

Last word from me – PLEASE, PLEASE, PLEASE read Monty’s report and write a letter to SEEMA.

*Christine*

Christine Whetstone, Chair

# Free Information Seminar

Michael Stennett of Stennett & Stennett Solicitors and George Ttoui of Burlington Wealth Management a Chartered Financial Adviser will both be presenting on the topical subjects of paying for Long Term Care fees and Inheritance Tax planning. This is in response to the overwhelming number of questions they receive on these subjects at the Dugdale Centre each Monday morning at the open advice clinics.

This is a great opportunity to hear two legal and financial professionals who are highly qualified and specialise in these areas of law and finance. This event was last organised in 2017 and was oversubscribed. The capacity in the room is 70 and entry is offered strictly on a first come first served basis.

You must follow the instructions below to be registered for

entry to the event. Simply call the office of Burlington Wealth Management on 0208 882 6688 or send an email to [info@burlington.uk.net](mailto:info@burlington.uk.net) to request registration for the event.

George Ttoui or Mrs Meral Okur both qualified financial advisers at Burlington Wealth Management will be available to discuss any financial matter at the drop-in advice service. Either one of them will be at the Dugdale Centre corner of London Road and Cecil Road from 10am to 12 midday every Monday.

**If you wish to arrange a private consultation please call the office on (020) 8882 6688 or send an email to: [george@burlington.uk.net](mailto:george@burlington.uk.net)**



**George Ttoui**  
*Burlington Wealth Management  
APFS Chartered Financial Planner  
Member of The Society of Later Life Advisers*  
&  
**Michael Stennett**  
*Stennett & Stennett Solicitors*

## **Invite you to: A free information seminar**

***Learn about the Legal and Financial implications of Long Term Care  
How to use Trusts to mitigate Inheritance Tax?  
Learn how to INSTANTLY reduce Inheritance Tax!  
Invest Inheritance Tax free after just 2 Years!  
The importance of Wills and Lasting Powers of Attorney***

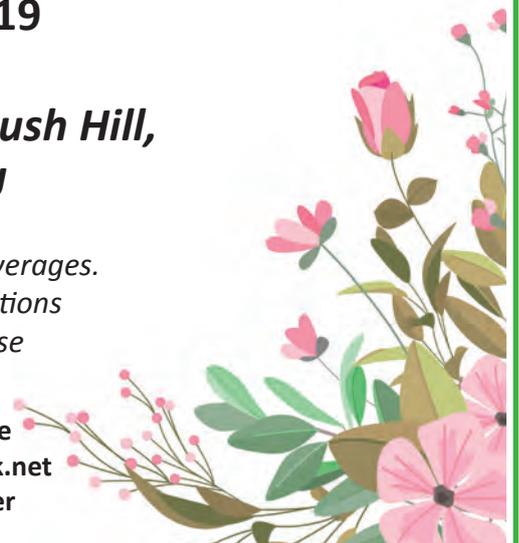
**Tuesday 2nd July 2019**

*To be held at:*

***Bush Hill Park Golf Club, Bush Hill,  
LONDON, N21 2BU***

*9.30 am – Arrival, Registration & Beverages.  
10.00 am to 11.45am – Presentations  
11.45 am – Questions and close  
12.– Cold Buffet Lunch.*

**Please confirm your attendance  
By email to [george@burlington.uk.net](mailto:george@burlington.uk.net)  
Or call 0208 882 6688 to register**

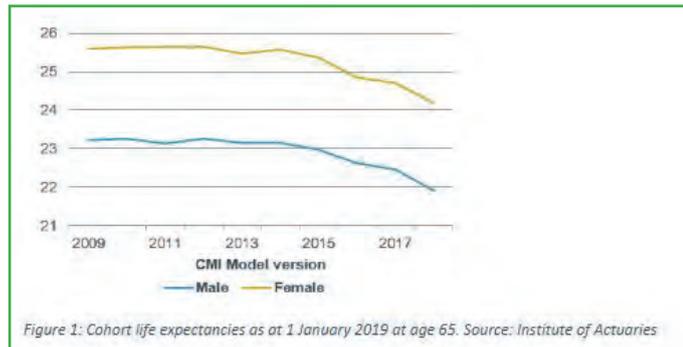


# Why are our lives getting shorter?

Average life expectancy is dropping in the UK, but this does not affect everyone equally. So maybe we need to look at the political situation as much as individual lifestyle choices

Remarkably in a developed nation, life expectancy in the UK is falling. This includes life expectancy at age 65 which has fallen by five months compared to the first decade of this century. If 'health statistics are people with the tears wiped off' (Austin Bradford-Hill, epidemiologist) this is dreadful. The 'typical' 65 year old male can now expect to live for another 19.8 years, a 65 year old female 22.4 years.

## Male and female life-expectancy aged 65, 2009 – 2017



So what is causing this decline? This is debated but has been linked to both austerity and deprivation. Between 2012 and 2017, life expectancy in the better off rose but fell in those worst off.

Between 2015 and 2017, least deprived males and females aged 65 could expect to live 5.2 and 4.8 years more than those most deprived circumstances.

Falls in life expectancy have also been linked to bad winters and flu, NHS performance, public spending, falls in migration (people who migrate tend to be healthier than those who don't) and increases in respiratory disease. Internationally a number of high income countries have seen a slow-down in increases in life expectancy, especially in older age with similar causes.

So, what to do?

As the above postulated causes indicate 'health' is frequently determined at a societal rather than an individual level. Austerity, employment, housing, air pollution etc are much more in the gift of Government than that of individuals.

Getting a flu jab, though, is sensible as is not smoking, being physically active and eating well. Asking friends and family would also help. But if you really want to influence health, sometimes it's politics you will really need to get immersed in.

*Glenn Stewart*

Assistant Director of Public Health  
London Borough of Enfield

ADVERTORIAL

## Local Care Agency Named Finalist in Health Care Award

This month Home Care Preferred, a domiciliary care provider based in Winchmore Hill, received news that for the 5th consecutive year they were selected as finalists in the prestigious Health Investor Awards 2019.

The HealthInvestor Awards promote excellence and recognise outstanding performance in the independent healthcare sector and attract over 1,200 guests each year to the Grosvenor House Hotel. As in previous years, the judges have selected organisations and individuals that have made an outstanding contribution to healthcare.

With over 400 companies involved, and more than 1,200 guests on the night, the HealthInvestor Awards is the biggest event of the year for the health industry. Carole Stanley, community relations manager at the company, was delighted to hear that Home Care Preferred is a finalist. She commented,

## HealthInvestor Awards 2019 Finalist



"Having worked for other health care providers it comes as no surprise to me that Home Care Preferred is a finalist for this important award. The entire team show great dedication, and really are amongst the best in the profession. I feel very proud to be part of this organisation".

Ken Waterhouse, Director at Home Care Preferred added, "I would like to thank my colleagues for the care and support they provide, 365 days a year whilst visiting clients in their own homes. They make such a positive impact on people's lives and it is fantastic for them to be recognised for all the great work that they carry out. We are so pleased to be finalists and are of course hoping that we may be overall winner"

Home Care Preferred provides care at home from one hour per day in the borough of Enfield & Barnet and full time Live-in care in London and the Home Counties.

For more information  
W: [www.homecarepreferred.com](http://www.homecarepreferred.com) T: 020 8364 3670 E: [info@homecarepreferred.com](mailto:info@homecarepreferred.com)

Registered & regulated by Care Quality Commission

# Social Calendar



In order to take part in these events, you should be a current Forum Member.

If you are not, you can join the Forum for £10 per annum by phoning the office at 020 8807 2076. We make a special effort to make new members and singles very welcome on these events: so don't be shy!

## **Thursday 22 August. River Cruise and Cream Tea.**

Enjoy a leisurely two hour river cruise on the Lady of Lee Valley, leaving at 14:00 from Broxbourne Riverside Mooring to Dobbs Weir and return. A scrumptious afternoon tea, two homemade scones, butter, strawberry jam and cream with tea or coffee will be served during the cruise. Cost is £16 per person. Parking is free. Suitable for members with disabilities and wheelchair users. Contact Heather on 020 8362 7286 to book.

**Thursday 12 September. 'Evita' at 14:15 in Regent's Park Open Air Theatre** for only £26. From a life of poverty to the First Lady of Argentina, Eva Peron was hailed as the spiritual leader of the nation. With a chart-topping score including Don't Cry For Me Argentina and many more.

Note: Please be aware that the theatre is a 10-15 minute walk from Baker Street station through the Park, so make allowance for this. For further details please contact Jean Mittins on 01279 899069.

**Billingsgate Roman House & Baths weekend tours: expression of interest.** If you would like to visit these baths, near Monument in the City Of London, we would like to know. The cost is £9 or concessions £7. Enter an unremarkable office building and then descend to the basement to explore the site of Billingsgate Roman House and Baths on a guided tour lasting just under an hour. Please note access is via a staircase. If you are interested please ring Cheryl 020 8363 0732 or email her at [birthday58@googlemail.com](mailto:birthday58@googlemail.com).

**Thursday 10 October. Day Trip to the Suffolk Coastal Towns of Southwold and Aldeburgh.** Travelling by 35 seater luxury coach. Pick-up outside Iceland / Lidl in Cecil Road Enfield

Departing 8.30am prompt. Spend morning in Southwold where you may choose to have your lunch in the pubs and cafes in town or the cafes on the pier. Then on to the unspoilt seaside town of Aldeburgh. After time to explore the town we are booked into the charming sea front Wentworth Hotel for afternoon cream tea. Departing Aldeburgh at 5pm for our return journey home. Cost per person £36, includes hotel cream tea. Contact Roy Barrows, Tel: 020 8360 8561, [roycar1939@btinternet.com](mailto:roycar1939@btinternet.com). Once your reservation has been confirmed please forward your cheque made payable to Enfield Over 50s Forum (enclosing SAE for return of ticket) to Roy Barrows, 72 Broadfields Avenue, London N21 1AH.

## **ADVANCE NOTIFICATION CHRISTMAS FESTIVITIES**

**Monday 2 December.** This year we will have our Annual Christmas Lunch Celebration at the NECC with the Myra and Terry Duo. Phone calls will be taken at a later date for this event only.

For our members that have asked for something different we have a varied selection of Christmas Events. PLEASE NOTE WE NEED YOUR COMMITMENT TO TICKETS NOW TO GAUGE THE TICKET SALES FOR THE EVENTS TO GO AHEAD.

## **Sunday 8 December. Rochester Christmas Market.**

A festive day trip to splendid Dickensian Rochester's Christmas market. Leave the Christmas shopping until the 8th as we head off to the wonderful and atmospheric Victorian delight of Rochester, on the banks of the river Medway. With local produce and festive delights to please all ages, this is a Christmas market with the olde worlde feel. Characters from your favourite novels will be

parading the streets and there will be time to visit the Dickens museum and Rochester castle. This day trip is coach transport only, to give you the most time to explore and shop. To ensure your place, please book promptly to avoid disappointment.

Cost per person is £22. For a booking form and further information contact Olivia on 020 8447 8841 or email [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com).

**Wednesday 11 December. A Private Christmas Lunchtime Schmooze Fest Mystery Trip.** Book in early for another Forum festive mystery treat. A private delicious three course Christmas lunch and sublime musical entertainment to serenade you while you eat and maybe dance! Arrive at 12.30 for superb lunch and entertainment. Depart for home 15.30-16.00.

Cost is £49.50 per person if more than 40 people sign up for the event, but will be £66.50 per person if we get only 30-40 people, so spread the word and let's have a wonderful time.

Please note that this private event is limited to 50 people and will be on a first booked, first served basis. This trip is a Freedom Pass event in the Kings Cross area and is not a coach trip. There are options to meet at the venue or travel together – up to you. To book your place and find out a few more not so secret details, please email Olivia on [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or phone 020 8447 8841.

**Thursday 12 December. The Christmas Beatles Show Party Lunch.** Enjoy coffee/ mince pies on arrival, delicious three course festive meal with tea/coffee then 'Twist and Shout' to the Fab Duo – yer, yer, yerrrrr!! Prize for the best dressed – get the mini-skirts out girls or boys! Venue the Prince Regent Hotel Chigwell. Includes return coach to Enfield Town Please note: **This is not a tribute band.**

Approx. cost subject to numbers £45. Meet Lidl/Iceland Enfield Town 10:00, return approx. 16:00.

To reserve your 'Ticket to Ride' ring Jacky Pearce 020 8482 3575.

**£10pp DEPOSIT REQUIRED NOW TO SECURE YOUR PLACE AND ENSURE THIS EVENT TAKES PLACE**

## **Even further in advance – 2020**

**1-6 October 2020 Historic cities of the Danube River Cruise.** Join us on this first forum river cruise with The River Cruise Line on 1 October 2020, for six days. Fly from Heathrow to Munich and then join an amazing Danube cruise, visiting musical Vienna, the world's most beautiful city of Budapest, the ancient capital of Slovakia - Bratislava and the riverside village of Weissenkirchen in Austria. The price will be all inclusive of accommodation and meals and teas, cakes and snacks, drinks with meals, toiletries, guided excursions and bottled water. Prices do vary a little depending on the cabin location and beds (£856.20 to £1056.20) It will be a truly magical way to travel as summer draws to a close. To ensure your place, please contact Olivia for further details and a booking form. This may seem a long way off but it is really important to book early to avoid disappointment. Email [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or call 020 8447 8841.

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

# Forum Groups

Please NOTE – these groups are run by volunteers and are for Forum members only. If you are not a member, feel free to attend a meeting and then you can decide whether to become a member and benefit from all the many activities run by the Forum. Or, if you need to renew your membership, contact the office now.

## Writing Group

We meet on the third Friday of the month upstairs in the Dugdale Centre from 10am to 11.45. Each month we read a short piece of our own writing followed by a fascinating, stimulating and fun discussion. This is a really sociable, friendly and interesting group. So do consider joining us – we would love to meet you. For more information, please call Christine Whetstone on 020 8805 1180.

## Walking group

This small walking group (usually about 10 people) meets Saturday mornings at 10.30am by the café in Grovelands Park (Broad Walk entrance), N21 3DA. We do a 40 minute walk around the park and have a chat in the café afterwards. Everyone is welcome so please feel free to join in. Ring Monica on 020 8886 6514 for more information.

## Coffee Club

This club meets on the first Wednesday of each month at Skylight Restaurant on the top floor of Pearsons Department store in Enfield Town. It starts at 10.30am and continues until 12 noon but members are welcome to come any time or for the whole period if they wish. Pearsons also serves lunch if anyone wishes to meet friends there. The next dates for the Coffee Club are 5 June, 3 July, 7 August. New members very welcome. You will find Sue Scott in the cafe with a copy of the newsletter in front of her, so do go along and say Hello. Further information from Sue Scott on scotsf48@hotmail.com or call 020 8368 0861.

## Poetry Group

We are Forum members who come together each month to read and talk about poems, some well-known, some written by us, spiced with some music. It is a very sociable time and we all enjoy it. So, why not some along and try us out? We meet in the Community Room, Town Library on the fourth Thursday of each month 10.15 – 12 noon. For further information, please contact Irene Richards by email poosticks2@sky.com or phone: 020 3715 0946.

## Book Club

The Book Club meets on the third Thursday of the month in the Community Room at the Enfield Town Library, 10am – 12 noon. The books for the next few months are:

20 June	Miss Garnet's Angel by Salley Vickers
18 July	The Sun does Shine by Anthony Ray Hilton
15 August	Dear Life by Alice Munro – short stories

Contact Sue Scott for further details at scotsf48@hotmail.com or call her on 020 8368 0861.

## Affiliated Groups

### Enfield Arts Circle

The Enfield Art Circle invites you to its 87th annual summer exhibition which will be held 3-17 August, again in the stunning grounds of Capel Manor Gardens, Bullsmoor Lane, EN1 4RQ. It is an ideal opportunity for you to enjoy a great day out. Exhibition entry is included in Capel Manor Gardens usual admission charges. If you are interested in joining Enfield Arts Circle email [info@enfieldartcircle.org](mailto:info@enfieldartcircle.org) or visit [www.enfieldartcircle.org](http://www.enfieldartcircle.org)

# Forum Meetings

Note: Forum Meetings are open to everyone. Come along for an interesting presentation and use the opportunity to find out more about the Forum.

## Assembling at 10am for a 10.30 start

### Thursday 13 June

#### Memories of Chase Farm – The Schools

Frank Bayford, former Head of Pharmacy at Chase Farm Hospital and founder member of the Chase Farm Hospital Archive Group, will talk about the history of the hospital.

MILLFIELD HOUSE, SILVER STREET, N18 1PJ.

Buses 34, 102, W6, 144, 217 and 231. Free onsite parking available.

### Tuesday 25 June

#### AGM and Jan Shortt, General Secretary of the National Pensioners Convention

See notice below.

### Tuesday 16 July

#### Getting older in London

Samantha Mauger is the Chief Executive of The University of the Third Age and a key figure in representing older people's views to the London Mayor. She will discuss this role and also how U3A supports older communities in continuing education.

SOUTHGATE BEAUMONT CARE HOME, 15 CANNON HILL, N14 7DJ.

Buses W6, 121, 299 (Cherry Tree bus stop). Free onsite parking available.

### Tuesday 30 July

#### Homes and homelessness

Joanne Drew, Enfield Director of Housing and Regeneration, will discuss the building plans for new homes, as well as homeless persons and rough sleepers in the borough.

CIVIC CENTRE, SILVER STREET, ENFIELD TOWN, EN1 3XA.

Five minute walk from junction with Church St / Southbury Rd so use any bus to Enfield Town. Car park under the centre.

## The Forum's AGM

Tuesday 25 June 2019 at 10.30am

### Agenda

The Annual General Meeting is an opportunity to have your say. This is your Forum. Tell us what you think. And think about what you can offer your fellow members.

#### 10.30AM – ANNUAL GENERAL MEETING

1. Introduction by the Chair
3. Presentation of 2018/19 Annual Report
4. Presentation of Annual Accounts for 2018/19
5. Election of Officers for 2019/20
6. Any Other Business
7. Close of Annual General Meeting

#### 11.00AM – ORDINARY GENERAL MEETING

Guest speaker **Jan Shortt**, General Secretary of the National Pensioners Convention, **will talk about the role and campaigns of the NPC.**

The AGM will take place in the **Council Chamber, Enfield Civic Centre, Silver Street, Enfield Town, EN1 3ES**

See page 7 for Falls Day event  
and page 16 for Volunteers Social Event

# Congratulations WINNERS



Jim Cantele with Margaret Findlay, Edith Ashley and Diane Barron, the first £250 winner

## Help fund the Forum – and win £250

More people are taking part in the Forum lottery so the prize money has now gone up to £250 a month. You too can be one of our lucky lottery winners for just £5 a month. Join the Lottery Club and help raise funds for the forum's many activities, including the printing and distribution of this newsletter.

If we can get to 200 members, the prize would be £500 a month.

Remember anyone can join, not just members. You just need to be over 18 years old to participate.

Congratulations to our winners for the last three draws: Margaret Findlay (February), Edith Ashley (March) and to Diane Barron (who was the first £250 in April).

To find out more or to join the Lottery Club, call Jim Cantele on 020 8363 4969.

### Advice Service

The Forum runs a free, confidential drop-in advice service

When: Monday mornings\* 10am – 12 noon

Where: Dugdale Centre (corner of London and Cecil Roads, Enfield Town, EN2 6DS)

#### Our regular advisers

- Enfield police. Now that all police stations are closed except at Edmonton Fore Street, this is your chance for a personal 1:1 Chat to a Copper – any questions, worries, advice on crime and burglary prevention on 10 June and 8 July.
- Enfield Citizens Advice, Gillian McNally on benefits, debts, pensions etc.
- Solicitors Stennett & Stennett (10 – 11am) Wills, Powers of Attorney, property and legal advice about paying for care.
- George Ttoui or Meral Okur, chartered financial planners, give advice on investments, equity release, inheritance tax and long-term care fees.
- North London Credit Union, Maureen Malcolm (10 – 11am) information on affordable loans and secure savings. Established in 1994 it offers competitive loan rates, a choice of fully-protected savings accounts. Free and simple to join.
- Screening for hearing tests on 10 June and 15 July by an NHS audiologist. These need to be booked in advance through the Forum office 020 8807 2076.

\*Except Bank Holidays

**An Enfield Borough Over 50s Forum initiative in partnership with Enfield Council.**

This advice service is open to all Enfield residents who prefer receiving personal face-to-face help rather than trying to get answers over the phone or on-line.

### East of Borough Drop-In

The Forum runs a very relaxed drop-in session every other Wednesday for anyone who fancies taking part in an old-fashioned board game or game of cards, or just likes the idea of a chat.

Sessions are held in the same building as the Forum office. Millfield House, Silver Street, N18 1PJ.

Buses: 34, 102, W6, 144, 217, 231 and lots of car parking.

**So, come along and try us out.  
From 2 – 4pm on Wednesdays**

Next sessions: 12 June, 26 June, 10 July, 24 July, 7 August  
Free tea, coffee and biscuits!

ENFIELD BOROUGH OVER 50S FORUM

## Calling all (potential) volunteers

**Thursday 18 July, 7pm – 9pm**

Are you about to retire or thinking of cutting down your hours? Looking for new challenges and/or ways to meet like-minded people? Want to make a difference to your local community?

Or are you already a volunteer for the Forum?

Then come along to our Volunteers Social event to meet other volunteers and find out what volunteering opportunities are available. You'll be amazed how much fun you can have while getting the satisfaction of helping make a difference to other people's lives.

Venue: The Dugdale Centre, Thomas Hardy House, EN2 6DS (Executive Suite)  
Refreshments available.

**For more information telephone 020 8807 2076 or email [info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk)**

Or just turn up on the evening!