



Fight for Fairer Funding

Enfield Council and the Forum are working hard to make sure the people running the Government's current consultation on local government funding understand how unfair the existing system is for our residents

If we had the same spending power per head as inner London boroughs, it would equate to £50 million a year in extra central government funding. Which would be a massive addition to Enfield's £230 million annual budget, says James Rolfe, the council's Executive Director, Finance, Resources and Customer Services.

"The methodology was set ten years ago and takes no account of current circumstances," he told a conference entitled 'Fairer Funding for Enfield: Making the Case to Government'. The days of deprived inner London and leafy outer suburbs are long gone, but the funding gives core spending power averages of only £681 for outer London boroughs compared with £842 for inner London.

He is also concerned that the current consultation makes no particular mention so far of population density or ethnic diversity and how they drive costs (although there is a focus on costs in rural areas). And the rate of population growth and homelessness also needs to be taken into account.

Doug Taylor, Leader of Enfield Council, said Government funding of local authorities was not just about the size of the cake – although this is also a huge problem as it has been significantly reduced (we now receive £100 million a year less than we did in 2010/11), it was about how that cake is sliced up.

"The Government is currently consulting on the future of funding so now it the time to make our case as powerfully as we can."

He praised the Forum's efforts in collecting 10,000 signatures on the Fairer Funding petition, and our President Monty Meth spoke about the significant effort required to explain to people why the petition was important.

"We found some people had little or no idea of the effect these cuts were having. Maybe the Council should announce it proposes to turn off street lighting at 11pm or charge for green bin collections – at least that would provoke some reaction," he suggested.

But the council and council officers are only too aware of the underfunding. Joanne Laban, Leader of the Conservative Council Group said that the Fairer Funding campaign has always been supported by both parties. **"I have lived in Enfield all my life and have seen a lot of changes in the nature of our outer London boroughs. Enfield has changed and our funding needs to be reflected in that."**

The meeting was the only one in the country which invited a representative of the Ministry of Housing, Communities and Local Government, and Trefor Henman from the Local Government Finance Team took up the challenge.

He admitted that **"the current methodology was considered out of date and complex"** and that the Ministry was now

tasked to **"design a new relative needs assessment methodology by considering factors that drive costs of service delivery and how to put these together analytically into a new funding formula."**

The basic principles of the review, which will set a new baseline for the 2020/2021 financial year, are simplicity, transparency, contemporary, sustainability, robustness and stability.

He says it is complex as the level of resources (eg council tax, parking fees, other income) as well as cost of delivering services (eg wages, council building costs) varies greatly across the country. **"We also have to make sure that councils are not incentivised to game the system."**

Several attendees also expressed concern about whether the level of total funding would be sufficient and if the length of the transition period was many years, how that could impact on councils like Enfield which are losers under the current system.

Monty Meth summed up the mood: **"We should send a message from this meeting to the Chancellor that he should stop faffing around with all that fine talk of reviewing funding for councils. That could be a smokescreen for doing nothing unless it is matched by putting more money – real money – on the table."**

"The Forum's message is not just no more cuts in government funding to councils, but let's have a root and branch shake-up, not a sticking plaster solution. We want to secure a solution that once and for all gives councils the money they need to do the job they are elected to do."

Meetings not to miss

At Millfield House, Silver Street, N18 1PJ

Thursday 12 April 10am for a 10.30am start
Bernie Rees on "How nutritious is our food in the 21st Century?"
The subject touches on food adulteration, loss of nutritional quality, whether increased incidences of illnesses and obesity are related and how we feel about our food in general.

Southgate Beaumont, 15 Cannon Hill, N14 7DJ

Tuesday 17 April 10am for a 10.30am start
Angelique Swallow will discuss how the Alexander Technique can help you to rediscover your natural poise, balance and coordination and thereby enjoy greater ease of movement in all your daily activities.

At the Civic Centre, Enfield

Tuesday 24 April 10am for a 10.30am start
Jill Harrison, chief executive of **Citizens Advice Enfield**, speaks about the 26,000 cases they helped to resolve last year, claiming nearly £1.3 million in additional benefits for local people.

Jan's Journal

Winter Fair 2018

Thanks to everyone who supported our Winter Fair at Enfield County School on 16 February. You may have read in the local press what a great success it was with record number of visitors: over 300 plus stallholders, speakers and workshop leaders. (See also our article on page 4)

Feedback from the day has been overwhelmingly positive and I was glad to note that so many people stayed or came for the (often poorly attended) afternoon sessions. I am currently working my way through the evaluation sheets – more feedback next time.

The theme of the day was living longer and more healthily. Living healthily includes having good mental health; as we all know, as we get older our mental health can be badly affected by loneliness. So, before the Fair, I was distressed to receive an unsigned note from one of our members asking for someone to visit because he (or she) is confined to a wheelchair and unable to get out either to our Winter Fair or elsewhere. Because there was no name nor address on the note I have been unable to respond. If you were the person who wrote please write in again with your name and address so that we can refer you to an appropriate service.

Our public events rely completely on support from volunteers like Eva Salisch who had her 90th birthday at the Winter Fair. She is allergic to cake which is why we gave her a celebratory pineapple!

If you are interested in helping at one of our events please contact the office 020 8807 2076 or email info@enfieldover50sforum.org.uk. to be added to the list.



Eva's 90th pineapple

Keep your independence

If you are able to make it to one of our meetings, our speakers are always well informed and articulate – Powerpoint presentations are usually available after each meeting. Just email (info@enfieldover50sforum.org.uk) for a copy.

The Barnet & Southgate College's Centre of Excellence for Technology Enhanced Care (CETEC) provide a wide range of research and evaluation services for health and social care providers. Disabled or vulnerable people living at home may be able to avail themselves of cutting edge technology to help them maintain their independence in their own home.

Forum members visited CETEC at Southgate College in January of this year and were given a tour around their Living Lab facilities. This lab is used as a hands off assessment centre and as a training facility. All the latest technology is there including fully mobile sink units and cupboards which can be moved up and down and stabilise to take a person's weight; chairlifts which can help you from a prone position to standing upright; a hoist which can move you from your bed to a wet room.

At the same time underfloor sensors monitor movements in the flat ensuring that the person is moving, whether they have fallen or need assistance and which will alert medical professionals or call centres as necessary. Even the floor can double up a computerised screen on which clients can watch TV, play games such as football and a host of other functions.

To be referred for an assessment you will need to go through your health provider or social services and if you are assessed as being "in need" then equipment may be paid for through the NHS. For further information please contact Firas Sarhan, Director - Centre of Excellence for Technology Enhanced Care (CETEC), firm.sarhan@barnetsouthgate.ac.uk; Tel : M 07803496063 Website: <http://www.barnetsouthgate.ac.uk/cetec/>; Or contact the office info@enfieldover50sforum.org, telephone 020 8807 2076 for a copy of the brochure/notes of the meeting.

Age UK Enfield

In February, AGE UK, Enfield visited our Southgate Beaumont meeting and gave an overview of their services which are for people over 50. Some services have no funding and need to be paid for by the individual – please check with AGE UK Enfield for full information.

Home Based Support Service – offering help in daily living chores to those people living at home. Cost £16.50 per hour.

The Parker Centre – this Centre in Edmonton is open 8am – 6pm, 6 days per week and provides activities to people with early and advanced dementia. Cost £43 per day (inclusive of meals). Transport may be available.

Fit for Life – 14 different exercise groups.

Information, Advice and Advocacy – this advice service is free at the point of delivery.

Foot Care

Home from Hospital – this new service offers six weeks' support to people newly discharged from hospital and is free at the point of delivery. Referrals are from hospital or you can self refer yourself or a relative.

Befriending Service – volunteers visit isolated people at home on a weekly basis.

Active Life – a weekly lunch club, meeting on a Friday.

Full Stop, Falls Prevention Service – exercise classes to help people get fitter and prevent falls. Free at the point of delivery.

Memory Service – for people with or without a diagnosis of dementia and a **Memory Club** on Friday morning at St. Peters Church. This social/support group was set up after the Alzheimers Society closed services.

The Food Club, 11am – 1pm on Thursdays at Ponders End Library – donated food, for those people in need of financial help.

Scams Prevention Programme – running six awareness events across the borough and visiting people at home.

ICAN Service – support for anyone over the age of 18 with a diagnosis of dementia, diabetes or who has had a stroke or is at risk of falling over. Provides a 1:1 package of care, with home visits and signposting to appropriate services.

For more information on any of the above please contact AGE UK on 020 8375 4120 and ask for Daniella or Denise Perkins for the Information and Advice Service. OR EMAIL: customerservices@ageukenfield.org.uk

Membership renewals

The office is currently awash with renewals after we included the renewal form in the last newsletter. We have sent out over 1,000 cards in the last few weeks alone. Currently, new cards are being sent out within 10 working days of receipt of payment and so if you have not received yours within three weeks of sending your subs in then please ring the office to find out why.

Those of you paying by bank transfer – **PLEASE** put your **name** and **postcode** as a reference. We already have several outstanding bank transfers with no reference on them whatsoever and have no way of linking them to any of our members.

If paying by cheque please remember to make it payable to ENFIELD BOROUGH OVER 50s FORUM. We have to return several cheques every week because the banks will not accept incorrect details.

Thanks.

Jan Oliver, development manager



We need action, not words

We need more than just warm words and on-going studies if we are to tackle the problem of loneliness and social isolation which many older people experience

Eight years ago when the Campaign to End Loneliness was launched, our Forum was among its earliest supporters. Laura Ferguson, its first chief executive, came to Enfield to speak at a Forum meeting way back in September 2011.

With the support of Enfield Council, the Forum has encouraged elderly people living alone to join in the Forum's activities and, four years ago, we sent a proposal to the Enfield NHS Clinical Commissioning Group offering the Forum's help to bring isolated vulnerable patients back into the community.

My interest, concern and anger at seeing the plight of elderly people living alone began before I joined the Forum, when I was calling on voters in the 1997 general election. I found people who seemed too frightened to open the door and have a chat.

I was shattered too when our own Forum activist members living in nice comfortable flats with communal socialising facilities told me that many of their neighbours would never come out of their shell and join them for coffee and a chat.

So when the government announced in mid-January 2018 that Tracey Crouch, the under-secretary of state for sport and civil society in the culture ministry, would lead a government-wide group to tackle loneliness and combating social isolation, my first reaction was to think better late than never.

But where have the politicians been all these years: why have we waited so long for something to be done?

Here's the Prime Minister now saying: "For far too many people, loneliness is the sad reality of modern life. I want to confront this challenge for our society."

We are told the Office for National Statistics will "help to devise a method of measuring loneliness" and a fund will be set up to allow government and charities to find innovative ways to deal with it.

I know that Brexit is fully occupying the minds of Ministers these days, but can anyone be confident that combating loneliness is really going to get the attention it deserves when studies galore by the Red Cross, the Co-op, Age UK and many others already tell us that more than nine million people always or often felt lonely.

Or that 500,000 older people have not seen or spoken with a friend, neighbour or relative for five days in any given week, or that loneliness was as bad for your health as smoking and obesity.

Now just watch this space and note when anything emerges from Whitehall that will make a difference to the loneliness and isolation plague that is affecting more and more older people.

The same delay applies to funding adult social care. In the May 2017 general election people rejected the so-called "dementia tax" and the government promised a consultative paper by this summer – that's 15 months or more to produce a discussion document – not a policy. Again it's a case of watch this space to see if anything meaningful emerges.

Meanwhile, I see that Lord David Willetts, the former Universities Minister, is still banging on about increasing taxation on pensioners as though this will miraculously help the younger generation get the jobs, incomes and housing to better their lifestyle.

Lord Willetts – known as "Two Brains" by his parliamentary colleagues for being far too clever and for having ideas unrelated to reality, can't understand that not all pensioners are high income taxpayers.

In fact, the number of single pensioners who have no source of income other than the state retirement pension has increased by 26% over the last five years, according to the Department for Work and Pensions. It now affects 1.1 million people – the highest figure for more than 20 years.

In addition, there are 330,000 pensioner couples who are also completely dependent on the state pension, income related benefits such as pension credit or disability benefits for their income.

Loneliness will worsen as we get older unless we have the income and friendship to enjoy the longer life. I have often said there is no need to be old and lonely in Enfield because there are so many clubs and organisations such as the Forum to cater for everyone's interests and tastes.

A good opportunity to put this to the test will come with a Friendship Matters event hosted by Enfield's Older People's Board on Friday 22 June at the Dugdale Centre, Enfield Town. Yet again, watch this space.

Monty Meth

Job Club Champion Volunteering Opportunity

Thanks to those people who volunteered to become a Job Club Champion for people over 50. Interviews and training are ongoing. The project aims to work with Enfield residents over the age of 50 who are unemployed and job seeking. Volunteers will support them in updating their CV, improve their interview techniques, assist them in basic IT skills and support those who need extra support accessing the new Universal Credit benefit. Volunteers need to be able to demonstrate computer literacy and be proficient in mobile internet enabled devices. Any late volunteer applicants please email info@enfieldboroughover50sforum.org.uk

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.

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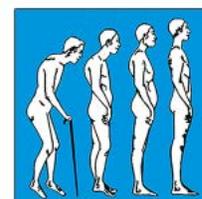


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Successful Winter Fair

The action-packed Over 50s Forum Winter Fair attracted more than 300 people – a record response – with stallholders from a variety of community organisations reporting that every leaflet and piece of information had been snapped up. Activities ranged from folk dancing to singing lessons and a jazz session to invites to have blood pressure checks, head massages or join the Walkabouts Rambling Group. We even had an inflatable colon provided by Early Diagnosis UCH Cancer Team, demonstrating and providing information on the diseases of the colon.



Speakers: Kiran Saindo, Stuart Lines, Dr Manish Kumar, Forum president Monty Meth, Cllr Krystle Fonyonga and Forum chair Christine Whetstone

Bigger and better than ever, our fifth annual Winter Fair held at Enfield County School in February, conveyed the message that it is not enough to live longer, we need to live a healthy life into old age. Our speakers were Enfield Council Cabinet member Krystle Fonyonga; Dr Manish Kumar, Chair, Enfield Local Medical Committee; Stuart Lines, Enfield's new director of Public Health, and Kiran Saindo from the charity Independent Age, and they all conveyed the message that people needed to take more responsibility for their own health.

Cllr Fonyonga spoke about her own 61-year-old mother – a Forum member, who had been encouraged to exercise through walking, starting with ten minutes a day and now walks for an hour. She said that almost a third of the NHS budget was spent on health conditions that could be avoided or ameliorated by people, eating, drinking and exercising the right way.

Dr Manish Kumar, an Enfield GP, said it was his experience that there had been more illness this year and it was taking people longer to recover. He warned that too many older people had not received the flu jab this year and said his message was “get protected” next September – and it was still not too late to do so.

Have A Go

Sunday 6 May 10.00am to 4.00pm

Free Open Day with coaching and light refreshments
All you need is flat soled shoes/trainers

Winchmore Hill Bowling Club
 Radcliffe Road, N21 2SD

For more information
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Hello Holiday

Council faces tough choices

Cuts in funding from central government and growing population pressures are making it even harder for Enfield Council to find needed savings

Since 2010, Enfield Council has delivered £161m in savings but needs to find additional savings of £35m by 2019/20. This is no easy task, as Council Leader Doug Taylor and members of the finance team explained to our Civic Centre meeting at the end of January.

Funding from central government has fallen from £191m in 2010/11 to a budget of £73m in real terms in 2019/20. The council accepts that all local authorities have suffered due to austerity cuts but feels that Enfield has been unfairly treated.

“There is a distortion in allocation of central government funds,” Doug Taylor said. **“We are making the case that Enfield funding should be properly reflected in terms of the needs of the borough when the 2020 funding decisions are made.”**

Enfield has additional pressures because of our increasing population, and our relatively high proportion of both young people and older people compared with the rest of London. We also have very high levels of funding for temporary accommodation.

The council has once again conducted a consultation process to help identify which areas of spending that residents think should be protected and those which they feel are not priorities. The respondents are self-selected so do not reflect a complete cross-section of the borough’s residents.

About 60% of funding is ringfenced for schools and housing, so the savings must be found in the remaining 40%. The consultation showed services most valued included street cleaning and refuse collection, and health and social care for children. Those at the bottom of the list of priorities included energy efficiency, libraries/

museums, regeneration and economic development and sports centres.

These results demonstrate how public opinion can be contradictory as regeneration of housing can be one of the best ways to improve the health and welfare of children, and libraries and council sports centres are especially needed by those in the more deprived areas of the borough.

In response to a question about the cycle lanes, Doug Taylor reiterated once again that (whether people approve of the project or not) the funding has come from a grant from Transport for London and would never have been available to the council to spend on anything else.

Some stats:

- In 2014, Enfield had an overall population of 324,500. It is estimated that this has grown to 330,000 and will rise to 354,300 by 2021, with a large proportion of both 0-14s and older people in comparison to the rest of London
- Enfield is the 12th most deprived borough in London on the IMD (Indices of Multiple Deprivation) rank of score measure
- As at August 2014, 28.5% of children in Enfield were in low income families. This was the 9th highest figure in London and the 25th highest in England (Source: HMRC)
- As at December 2016, Enfield housed 3,217 households in temporary accommodation – the 2nd highest number in the country (Source: DCLG).

Policing in Enfield is changing for the worst

Plans to merge the police forces in Enfield and Haringey start in April and are due to be up and running and fully operational by November. We will then have one Borough Commander responsible for Enfield and Haringey (North area). The only police station open to receive reports, complaints, questions from residents will be at Fore Street, Edmonton.

The front office at Enfield police station next to the Civic Centre has now closed and we now await details of staff cuts that will almost certainly mean fewer police on the beat, less neighbourhood policing. This is the result of huge cuts to policing budgets across the country – with £2.3 billion cut between 2010 and 2015.

In London alone, £700 million has been cut from the Met’s budget. These cuts mean that London has lost 2,495 officers and 3,261 Police Community Support Officers (PCSO). The Met needs to find a further £370 million of savings by 2022 – meaning police numbers could fall below 27,500 by 2021 – the lowest level since 2002.

In North London in particular we’ve seen an increase in knife crime among young people and we have to ask whether this is linked to the more than £22 million cut from youth services since 2011 and the closure of 30 youth centres, losing at least 12,700 places for young people.

Part of our council tax payments goes to the London Mayor to help meet the cost of policing, fire services etc and the Mayor in turn is giving an additional £110million to the Metropolitan Police for the next year.

This investment means City Hall is paying a greater percentage of the overall police budget in the capital than ever before – up from 18 percent in 2010 to 23 percent today, pushing the burden for policing the capital city away from general taxation and on to hard-pressed council taxpayers.

Since 2010-11, the Met’s general grant funding from the Government has fallen by more than £700 million, or nearly 40 percent in real terms, on a like-for-like basis. In recent years, the Met Police have had to find roughly £600m of savings and the Mayor has found a further £150million of savings since he took office.

This has led to the loss of a third of police staff posts, which are down from 14,330 to 9,985, as well as two-thirds of police community support officer (PCSO) posts, which are down from 4,607 to 1,591. In addition, there are now 114 fewer police station front counters and 120 fewer police buildings.

Please note: You can always Chat to a Copper at our Dugdale Centre Drop-in on Monday 30 April & 14 May 10am - 12 noon.

Every little helps

A new study reveals that even short amounts of activity help reduce the chance of early death.

As little as 30 minutes of even light activity such as a gentle stroll, a bit of gardening or playing with the grandchildren helps cut the risk of early death. This is good news for people who struggle to meet the official guidelines asking for two and a half hours a week of moderate activity.

A new UK study found that everyday activities helped improve life expectancy and that every 1,000 extra steps a day cut the participants’ risk of dying by 16 percent.

One unusual aspect of the study was that those taking part (1,200 men aged between 71 and 92) were equipped with wearable activity monitors to avoid problems that usually distort studies that rely on people’s own assessment and memories of what they did.

Barbara Jeffries of University College London who led the study, says: “The main thing is that people get up off the sofa and do something. People think you’ve got to do sport like tennis or swimming, but actually it’s the things you clock up during the day that are valid too.”

She says there is no reason to think the findings would be any different for women, although younger people may react differently.

Public Health England has said that 40 percent of the middle aged did not manage a ten minute walk once a month, with activity levels dwindling as people aged.

Ceviche lunch

A small group of Forum members met for a delicious Peruvian sharing lunch at Ceviche Old Street in January. This venue was originally the Alexandra Trust dining rooms, which opened in 1858 and was paid for by tea magnate Sir Thomas Lipton. 3 course meals were offered for 2 pence to the poor and over 100 waitresses served 12,000 meals a day and over 500 gallons of soup! Our group paid a lot more than that but had a delicious meal in very good company and can recommend it to Forum members looking to expand their culinary experience.



First spa break

Nine Forum members enjoyed a two night luxurious winter spa break at Ragdale Hall in Leicestershire. Friends, couple, singles – all were there and we had a wonderful time, eating, relaxing, laughing and so much more. Look out for next year's break in the spring of 2019.

Olivia



Cineworld Monday Film Club

April and May listing were not available as we went to press, but they will be posted in our eNews. If you are not signed up to the Forum's e-News, please email info@enfieldover50sforum.org.uk to ask to be added to the list.

Note, there is no Over 50s Film Club during the Easter holidays (2 and 9 April) or on the May Bank Holidays (7 and 28 May).

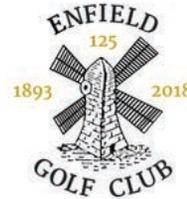


Details for our NEW Golf Taster Sessions will be announced on the Day!

125th Anniversary

Coffee Morning for the Over 50s Forum
Monday 30th April at 10.00am

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Chair's Column



Why subs are up **We have increased membership subscriptions in order to ensure we can continue to offer the wide range of activities that older people in Enfield need and enjoy**

Why, when the cost of everything is going up for everyone, has the Forum joined the chorus by asking for another £1 a year, making the subscription £10 for an individual member or £15 for a couple? It is a fair question and one that the Forum's executive committee reluctantly grappled with long and hard.

Like everyone else, the Forum is not immune from the outside world. So, despite our work in the community endeavouring to keep older people healthy and active in mind and body, we receive no financial help or regular grant to maintain and sustain our organisation.

A glance at our annual report will show that our largest item of income is from members' subscriptions, including our growing band of life members who pay £100 or £150 for a couple. Our affiliated clubs and organisations are now being asked to pay £25 instead of £22.

This newsletter, which is posted to members and distributed to clubs, libraries, surgeries, leisure centres etc, is the most important source of information for many older people in the Borough – particularly since the Enfield Advertiser ceased publication.

Our newsletter is written, produced, stuffed for posting and distributed entirely by Forum volunteers. But the six issues a year sent free to members still costs between £18,000 and £20,000 a year – which is partly funded by advertising.

In addition to the free newsletter, we continue to offer members the discount at all Fusion leisure centres, providing the finest facilities and the best arrangement in London for any Over 50s group – a benefit Forum members have enjoyed since first negotiated in 2004!

With a membership of around 6,000, our Millfield House office is staffed five days a week by Diane, Liz and Jan, the office and development manager. They handle numerous enquiries about meetings, membership renewals, queries galore and Jan's initiative and dedication has established the annual Winter Fair and Falls Awareness Days as firm fixtures in the Forum's calendar.

The Forum executive decided long ago that we would pay our part-time staff above the London Living Wage and we continue to do so.

Although we have applied and succeeded in securing some grants for special events such as the Star Turns entertainment for lonely people and helping older people back into employment – and our social committee's events, notably Jacky Pearce's Christmas functions – do provide some funds, the fact is that THE FORUM'S EXPENDITURE IS NOW SOME £15,000 A YEAR MORE THAN OUR INCOME.

So you don't need to be a financial wizard to realise that within two or so years we would be unable to continue with our present level of work in the community. That is the stark choice we faced and hence the decision to convene an extraordinary general meeting of members which took place on 27 February and endorsed unanimously the executive's recommendation to increase subscriptions.

Fusion changes charges

Austerity cuts have caught up with the last of the twice weekly free swimming for over 50s at the Arnos pool. Those of you with long memories will recall the halcyon days when local councils were given money by the government in 2009 to pay for free swimming sessions at all local authority leisure centres. The grants ended in July 2010 with the coalition government saying it needed to cut the Budget deficit.

But the free swims were kept going until now, by firstly Enfield council meeting the cost. The repeated government cuts in funding council services, however, meant they eventually had to scrap the scheme, but Fusion then took over meeting the charges.

Now Fusion tell us that in the current difficult economic climate they cannot continue to offer this concession. A notice period of two weeks was given to customers informing them that the near nine-year run of free swims is ending, but the same swim slot and time remains.

But the good news is that the uniquely reduced £7.50 concession card price for Forum members – instead of £21.50 for non-Forum members – will continue and the monthly and annual direct debit charges also remain unchanged as does the commitment to offer reduced priced activities for the over 50s at all Fusion's Enfield leisure centres.

However, there is a small price increase for pay-as-you-go concession card holders using the gym. It is now £4.30 instead of £4.15. The swim, sauna and steam charge is £4.75 from £4.25. Over 50s days are now 15p more at £4.30. The concession card price for exercise classes has gone up from £4.15 to £4.30.

We urge all Forum members using Fusion leisure centres to make sure they have a valid Forum membership making them eligible for the Fusion concession card rate. Both reception staff and Forum officers will be checking that this highly valued concession is only going to current Forum members and proof of Forum membership will need to be shown when you renew your Fusion membership or sign in as a new customer.

Note that only Enfield residents are entitled to the Fusion discounts in Enfield.

Netball and new gym equipment

Recent additions to the sessions offered include walking netball which is seeking more participants. So come along to Southbury on Tuesday at 9.30am and give it a go.

Southgate will receive new gym equipment in the next few months and there will be a designated gym area for the easy line kit. Fusion is looking to see if it can add sessions to the 50+ timetable as well.

Fusion runs many activities and classes, so visit the website or call in to your local centre for more information.

http://www.fusion-lifestyle.com/contracts/Enfield_Council

Albany Leisure Centre, 505 Hertford Rd, Enfield EN3 5XH, Tel: 020 8804 4255.

Edmonton Leisure Centre, 2 The Broadway, Edmonton N9 0TR, Tel: 020 8375 3750.

Southbury Leisure Centre, 192 Southbury Rd, Enfield EN1 1YP, Tel: 020 8245 3201.

Southgate Leisure Centre, Winchmore Hill Rd, Southgate N14 6AD, Tel: 020 8882 7963.

Or contact the Fusion Over50s Forum Coordinator Dominic Hall on dominic.hall@fusion-lifestyle.com

More older women in a job

Record numbers of women are working into their 50s and 60s. About 4.2m women aged 50-64 are in work, compared with 2.4m about 20 years ago. The Office for National Statistics says it means the total number of people working past their 50s has exceeded 10m for the first time.

Many older people, particularly women, feel obliged to work longer because of higher life expectancy and a relatively poor state

pension, analysts say.

An Organisation for Economic Cooperation and Development (OECD) study calculated that a typical British worker will at retirement receive a state pension and other benefits worth around 29% of what they had previously been earning. That compares with an average of 63% in other OECD countries, and more than 80% in Italy and the Netherlands.



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Always look on the bright side of life



As I get older

I talk to myself, because there are times I need expert advice.

I consider 'In Style' to be the clothes that still fit.

My people skills are just fine. It's my tolerance for idiots that needs work.

The biggest lie I tell myself is: "I don't need to write that down. I'll remember it."

These days, 'on time' is when I get there.

Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

Lately, I've noticed people my age are so much older than me.

'Getting lucky' means walking into a room and remembering why I'm there.

Ageing sure has slowed me down, but it hasn't shut me up.

I still haven't learned to act my age.

Stickers for older people

Young at heart - Slightly older in other places

I'm speeding - In case I forget where I'm going

I'm retired - I was tired yesterday and I'm tired again today

What's in a Name

Song writer Tim Rice recently married Helen Garlick

There was an Annette who married Mr Curtain

And a girl name Sue with the surname Flay.

No sin here

Visitors to Church House, Westminster, the Church of England's headquarters, were recently greeted with signs telling them that SIN was being conducted in the Robert Runcie Room - named after a former Archbishop of Canterbury. It transpired that it was not adultery or sexual harassment they were discussing, but Science and Innovation.

Kids of today?

"I had a power cut at my house this morning, and my PC, TV, DVD, iPad and my new surround sound music system were all shut down. Then I discovered my iPhone battery was flat. To top it off, it was pouring with rain so I couldn't go out for a run or a walk or a bike ride. The garage door security needs electricity so I couldn't open it to get the car out. I went into the kitchen to make coffee and then I remembered that this also needed power. So I sat and talked with my Dad for a few hours. He seems like a nice person."

Puntery

1. The meaning of opaque is unclear.
2. I wasn't going to get a brain transplant but then I changed my mind.
3. Have you ever tried to eat a clock? It's very time consuming.
4. A man tried to assault me with milk, cream and butter. How dairy!
5. I'm reading a book about anti-gravity. I can't put it down.
6. If there was someone selling marijuana in our neighbourhood, weed know about it.
7. It's a lengthy article about ancient Japanese sword fighters but I can Sumurais it for you.
8. It's not that the man couldn't juggle, he just didn't have the balls to do it.
9. So what if I don't know the meaning of the word 'apocalypse'? It's not the end of the world.
10. Police were called to the daycare centre. A three-year old was resisting a rest.
11. The other day I held the door open for a clown. I thought it was a nice jester.
12. Need an ark to save two of every animal? I Noah guy.
13. Alternative facts are aversion of the truth.
14. I used to have a fear of hurdles, but I got over it.
15. Atheism is a non-prophet organisation.
16. Did you know they won't be making yardsticks any longer?
17. I used to be allergic to soap but I'm clean now.
18. The patron saint of poverty is St. Nickeless.
19. What did the man say when the bridge fell on him? The suspension is killing me.
20. Do you have weight loss mantras? Fat chants!
21. My tailor is happy to make a new pair of pants for me. Or sew it seams.
22. What is a thesaurus's favourite dessert? Synonym buns.
23. A relief map shows where the restrooms are.
24. There was a big paddle sale at the boat store. It was quite an oar deal.
25. How do they figure out the price of hammers? Per pound!

Paradox of time

We live in times when we see many humans, but not enough humanity.

When the rich have more rooms than children, and the poor have more children than rooms.

When smart phones bring you closer to those who are far, but distance you from those who are near.

When we open Facebook more often than a book of knowledge.

When the rich walk miles just to digest food, while the poor walk miles to obtain food.

When our contact lists are huge, but our relationships are poor.

When our possessions are more, but our appreciation is less.

When we know how to earn a good living, but somehow forget how to live good.

When many know the price of everything but the value of nothing.

Indeed, we do live in a strange world!

Poetry Corner

What happens in Spring

March hares jumping across the grass,

Housewives airing their bedding,

The Farmer ploughs his field,

Children looking for the first

violets,

Elsewhere they are still picking snowdrops,
The shops stock Spring Cleaning

Products.

And Easter Eggs.

Every season has become a selling or buying opportunity,

The Garden Centres are getting busy,

As gardens and cemetery plots get cleared for new plants.

People dress in brighter colours,
Children prepare for Mothers' Day.

And the birds don't need feeding any longer.

Trudy Khan

HOLD THAT DATE

The Enfield Borough Over 50s Forum
Avoiding Falling Over Day will be
on Monday 18th June 2018 at
Edmonton Leisure Centre.

Full details for booking will be in
the next newsletter.

Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton, N18
1PJ

Tel: 020 8807 2076

email:info@enfieldover50sforum.org.uk

Secretary: Tony Watts

Dev & Office Manager: Jan Oliver

Admin: Diane Barron & Liz Delbarre

Office hours: Mon-Friday 9.30am - 4pm

Wills week promotion hosted by Stennett Solicitors

The rise in the value of estates has caused more wills to be challenged. Such claims may just be a nuisance, but nonetheless can result in delays, unnecessary expense and the estate being distributed in a way not intended by the deceased.

Problems can occur where the will is not signed correctly, or when a disappointed beneficiary claims the person who made the will was not of sound mind, or made the will under pressure from someone else. Getting the help of an experienced solicitor to prepare a will avoids challenges and gives peace of mind.

Stennett Solicitors will be providing Forum members with an exclusive chance to draw up their wills from Monday 14 May to Friday 18 May inclusive at a special low cost of £99 plus vat per basic will. Their usual price for preparing a basic will is £195 plus vat. That's a remarkable saving of £115.20.

If you want to take advantage of this Wills Week offer you must contact Stennett Solicitors in advance to book an appointment. Stennett Solicitors is based at 4 Winchmore Hill Road, Southgate, N14 6PT, just off Southgate Circus roundabout and opposite Marks & Spencer. Call them on 020 8920 3190.



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At Stennett Solicitors and Estate Agents, professionalism and integrity form the basis of our legal and estate agency services. Everything you need to market, sell and legally transfer your home is covered by one firm, helping the process to run smoothly.

We can help you sell your property or assist in finding you a new one. We also provide a full letting and management service. We have a dedicated sales and lettings team with over 15 years' local knowledge, who give a professional and personal service.

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Below are two of the properties we currently have available for sale.



Inverness Avenue EN1 - £280,000 Leasehold

Purpose built first floor maisonette.

Two double bedrooms, reception room, kitchen and bathroom. Garden.

Lease 56 years. Sole agents. No chain.



Grange Avenue EN4 £290,000 Leasehold

Purpose built ground floor maisonette.

Reception room with access to a private garden, kitchen, and bathroom. Close to Oakleigh Park Station and other local amenities. 73 year lease. No chain. Sole Agents

Our office is based at 4 Winchmore Hill Road, Southgate, N14 6PT, just off Southgate Circus roundabout and opposite Marks & Spencer. For a free market appraisal call the estate agency team on 020 8920 3191 or visit www.stennettproperties.co.uk

Thank you for yesterday

The Social Committee is seeking more volunteers to help organise and run the outings and events that are so enjoyed by members

When social committee member Roy Barrows arranged a Freedom Pass guided tour of the Guildhall Art Gallery in London earlier this year, it was a chance for members to see the City Corporation's rare Victorian and pre-Raphaelite art collection and also visit London's Roman Amphitheatre – something they would find difficult, if not impossible, to do on their own.

Events like this are something we would like to see more members coming forward to organise for the Forum, for it is not only a social outing, but something that people would not usually do on their own. And it is a great way to meet new friends.

To prove the value of these trips we reprint a couple of the messages Roy received with the wish that other members will come forward with ideas for similar trips.

"We were so pleased that we arrived in time for this Guided Tour. Thank you so much for arranging it, we had a super morning exploring the treasures in the Gallery. Our Guide was a gem of information and it was good to spend time examining individual paintings with their hidden information. We did not get the chance to personally thank you, please take this message as our belated thanks" - *John & Jackie Gibbs.*

"Just wanted to thank you for arranging the visit to Guildhall yesterday. I have walked past that building numerous times and never thought to go in or learn more about it, and came home with my head buzzing with new information and enthusiasm to go back for a further visit. So a very big thank you for organising the trip."

Andrea.

If you have ideas about places to visit or activities to undertake that you think other Forum members would enjoy, contact Irene (see Social calendar, p 14) and someone on the Social Committee will help you organise the event.

Gardener

Are you finding it difficult to manage your garden on your own?

I can assist with :

- Pruning
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- Planting
- General tidying
- Be a gardening 'buddy'
- Advice and support



Fully qualified. Good plant knowledge.

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Special discount for Enfield Over 50s Forum members on 2 hour sessions

Carers may qualify for council tax discount Breast cancer screening falls in Enfield

Following the Discounts on Council Tax article in the February / March Newsletter concerning discounts for severely mentally impaired people – which led to dozens of enquiries, we now look at discounts which may apply if you care for someone in your household.

Again, the criteria is quite strict but details are shown below regarding a council tax discount if you are caring for an adult in your home who is not your spouse or partner.

Council tax bills are generally based on the assumption that there are at least two adults living in a property. The bill will not increase if there are more than two people living in the property. However, if only one person or no-one lives in the property (or it is treated as such) a discount can be applied to the bill.

If, after taking into account disregarded people, there is only one resident in the property who would 'count' for council tax a 25% discount is applied to the bill. If, after taking into account disregarded people, there are no residents who would 'count' for council tax a 50% discount is applied to the bill.

To be 'disregarded' (treated as not living in the property) because you are a carer certain conditions must be met when it comes to calculating council tax. People who provide care may be disregarded for council tax purposes if:

1. they are not the spouse or partner (living together as husband and wife or civil partners) of the person they provide care to; and
2. they live in the same home as the person they provide care to; and
3. they provide that care for at least 35 hours a week on average; and
4. where the person receiving care is the child of the carer, the person cared for must be over 18 years old. If both parents provide care, they must each complete a form
5. they are providing care to a person who is entitled to certain benefits These are:
 - Attendance Allowance (any rate)
 - the middle or higher rate of the care component of a Disability Living Allowance
 - an increase in the rate of their Disablement Pension (they must also be in need of constant attendance)
 - an increase in a Constant Attendance Allowance

Adult children who live in the same property as a parent can be disregarded if they meet the above conditions. Anyone under the age of 18 is automatically disregarded. There may be more than one disregarded carer in a household, if each carer cares for 35 hours or more. This discount is not means tested so you will not be required to give any information about income.

If the person being cared for is considered to be severely mentally impaired, they will also be disregarded for council tax as discussed last month. It should be noted that where a property is solely occupied by a person or persons who are severely mentally impaired, even if carer staff provide support, then the property should be treated as 'exempt' and no council tax should be charged.

If you wish to find out more about this or make a claim for a council tax discount, email Yvonne.brown@enfield.gov.uk, leave a message on 020 8379 4977, or visit the www.enfield.gov.uk website.

Although NHS breast cancer screening is known to detect over 14,000 cancers a year and save 1,400 lives, the percentage of women screened in the borough has dropped from 72.3% at 31 March 2016 to 71.7% a year later.

The 71.7% Enfield figure is lower than the 2016-17 national average of 75.4%, but higher than the 69.4% average for London.

The NHS Breast Screening Programme currently invites two million women aged 50-70 for screening nationwide. It is provided to Enfield patients by The North London Breast Screening Service (NLBSS) for women resident in Enfield (and also Barnet, Brent, Haringey, Harrow and West Hertfordshire).

Women will receive an appointment once every three years, inviting them to have a breast screening mammogram. The service invites women to a screening clinic that is most convenient for them. The invitation letter includes an allocated screening location, appointment date and time, but it is possible to arrange an alternative location, date or time that is more convenient.

The screening locations available are:

- Barnet Hospital (mobile breast screening unit)
- Forest Primary Care Centre Static Site (Wheelchair Access)
- North Middlesex Hospital (mobile breast screening unit)
- St Michaels Hospital, Enfield

However, any woman of any age with concerns about their breasts are advised to contact their GP immediately. Some women that are part of an age extension pilot (47 to 49 years or 71 to 73 years) may also be invited.

Breast cancer is the most common cancer in England with around 44,300 women diagnosed each year. The older you are, the more likely you are to get it – one in three women who get breast cancer are aged 70 and over. If breast cancer is detected early, it is more treatable. Finding it early could save your life.

How to spot it

It is important to get to know how your breasts look and feel normally, so that you'll find it easier to spot something unusual. Feel the whole of your breasts and your armpits. Does anything seem different? Look at your breasts in the mirror. Do they appear to have changed at all? If you notice an unusual change, tell your doctor.

Possible signs of breast cancer include:

- A lump or thickening in your breast or armpit
- Changes to the skin of your breast
- Changes in the shape, size or feel of your breast
- Nipple changes
- Nipple discharge
- Pain in your breast
- Any other unusual or persistent changes to your breasts

If you have any of the above symptoms, your doctor will want to see you. If you notice any changes in your breasts, it is important that you contact your doctor straight away. You're not wasting anyone's time and it's much better to be sure, if only to put your mind at rest.

Finding breast cancer early makes it more treatable. A trip to your doctor's surgery could save your life. And if a friend or relative says they have any of these symptoms, insist they see their doctor.

How to reduce your chances of getting breast cancer:

- Maintain a healthy weight
- Limit the amount of alcohol you drink
- Keep fit and stay active. Swimming, exercise classes, dancing or even brisk walking – no matter what type of exercise, the more you can do, the better.
- Unclear on anything? Visit nhs.uk/breastcancer70

If you want to talk in confidence about cancer, call Cancer Research UK's information nurses on freephone 0808 800 4040

Will your family pay Inheritance Tax at 64% in just three generations?

Having paid tax throughout our lives, on our death most of us would like the wealth we have accumulated to pass to those closest to us without further tax being paid. Given the rate of house price inflation over the last four or five decades it is no surprise therefore that most homeowners will have an Inheritance Tax (IHT) liability when they pass away. Also since the mid-90s buying properties to let as alternative investments has become very popular and most landlords will almost certainly be carrying a potential inheritance tax liability.

As it stands the Inheritance Tax Nil Rate Band is £325,000 and the Residence Nil Rate Band for those that qualify to benefit from this will go up to £125,000 from the 6th of April 2018. For those with assets worth more than these Nil Rate Bands IHT will normally be paid at 40%.

As a result or many the immediate focus

of their estate planning is to reduce their potential IHT liability. As part of this exercise however it is equally important to consider the impact IHT could have on a second or third occasion as wealth passes, say, to children and then on to their children.

If inheritance tax is paid on the same assets between just three generations the effective rate of tax could be a sizeable 64%.

For example let us assume the first generation is taxed at 40% for passing on an estate of £1,000,000 that would result in £400,000 of IHT payable. The second generation would therefore have received £600,000 and if that is taxed at 40% again that would result in a further £240,000 of IHT payable which means the third generation would only receive £360,000. From the original assets valued at £1 million in just two transfers (i.e.

over three generations) an effective rate of tax of 64% has occurred with total tax paid of £640,000. The third generation would benefit from just £360,000 of the original £1,000,000. This example is just for illustrative purposes and does not take into account any nil rate bands or changes in legislation or changes in the value of the investments.

With Quick Succession Relief the amount of IHT to be paid is reduced where individuals die in quick succession of each other but this only applies for a period of five years and the level of relief reduces incrementally during this period. It is therefore important to ensure that when passing assets down through the generations you do not introduce or in some cases exacerbate an IHT problem.

By arranging carefully drafted Wills possibly combined with the use of lifetime trusts it is possible to significantly reduce the effect IHT will have on your immediate family and future generations. When considering how you mitigate the damaging effect of IHT it is very important to take a holistic view of your estate planning needs. While everybody's circumstances are different it will rarely be sufficient to simply address the immediate issues as they present themselves. Most estate planning needs a period of time to become effective. This is an area where bespoke qualified financial advice is essential.

To request a Private and Confidential consultation of your own individual circumstances please contact George Ttoui whose contact details are below.

The levels and basis of taxation and reliefs from taxation can change at any time and are dependent on individual circumstances. Will writing involves the referral to a service that is separate and distinct from those offered by Burlington Wealth Management. Wills and Trusts are not regulated by the Financial Conduct Authority.

George Ttoui will be available to discuss any financial matter at the drop in advice service. He will be at the Dugdale Centre corner of London Road and Cecil Road from 10 am to 12 midday on the following Mondays: 9 and 23 April, 14 and 21 May. Or to arrange a private consultation please call the office on 020 8882 6688 or send an email to:

george@burlington.uk.net
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burlington
WEALTH MANAGEMENT

Lonely? Alone? By yourself? Me time?

Loneliness, that scourge of the digitally connected world and what everyone under the age of 25 fears for the future. But is life really that simple? What do we really know about it? Professor Christina Victor is Professor of Gerontology and Public Health at Brunel University and, as she puts it, is an academic taking something usually seen as quite simple and making it as complicated as possible. So what do we know? Well, for a start loneliness does not seem to be growing. In the 1950's 8% of older people (aged 65+) reported feeling lonely all or most of the time, in 2003 it was 9%. Perhaps counter-intuitively 10% of those aged 16 – 24 said the same.

And when do people feel most lonely? If you followed many charity organisations you'd have thought that Christmas was the nadir of human relations for some. Professor Victor's work suggests the summer.

And what makes 'loneliness'? A lack of human interaction (even if man's best friend is a dog?), the number of contacts, the quality or the time?

Is loneliness simply part of the human condition and part of life itself? Indeed, is it something that some have actually aspired to, not least for artistic purposes?

The truth to much of the above is that no-one really knows. Loneliness is certainly something that blights the life of many but what it means to the person at different ages and what might be done about it are different questions.

So to begin to answer some of the above Professor Victor is supporting the BBC's Loneliness Experiment and asking everyone (young and old) to complete the following survey: https://exetercles.eu.qualtrics.com/jfe/form/SV_OAG1JS6hcgfDKt if you can, please do. If we can understand something we can do something about it.

Glenn Stewart

Assistant Director, Public Health, London Borough of Enfield

Affiliated Groups

Enfield Community Singers

Now in its 7th year, the Enfield Community Singers, are now two leading choirs in the borough. With a growing repertoire, it has had many sell out performances including several at the Dugdale Centre and Forty Hall and also backing The Opera Boys at Millfield Theatre last year. Music covers Les Mis, Judy Garland, Rodgers & Hammerstein, Dixie, The 60s, The Beatles and much more. For a great atmosphere, friendly welcome, great fun and music, no auditions or sight reading, contact Simon at simon@letthepeoplesing.co.uk / tel 020 8360 7386. See videos of choirs in performance at www.letthepeoplesing.co.uk

Southgate Symphony Orchestra Spring Concert

Saturday 23 April at 7.30pm
St Paul's Church, Church Hill, Winchmore Hill, N21 1JA
Beethoven Violin Concerto
Brahms Serenade No.1 in D
Conductor: Andrew Brown
Soloist: Award-winning Scottish violinist Michael Foyle
Tickets: Adult £14. Concession: £12.
Call 020 8363 9029 to check booking.

Advance tickets for Forum members with proof of membership £10, Call Monty Meth 020 8882 1303.

Diabetes rising in UK

The number of people living with diabetes has doubled in the past 20 years, according to Diabetes UK. The charity says the condition is "the fastest-growing health crisis of our time".

Chief executive Chris Askew says: "Both type 1 and type 2 diabetes can lead to devastating complications such as amputation, blindness, kidney disease, stroke and heart disease."

Type 2 diabetes is often linked to obesity, and Diabetes UK is calling on the government to toughen restrictions on advertising junk food to children and restrict supermarket discounting on unhealthy foods.

New research in Sweden and Finland suggests that type 2 diabetes could be separated into four subtypes. They examined factors like body mass index, blood glucose control and how well insulin-producing cells in the pancreas were working.

Of the four types, they found the more common two were linked to older age or being overweight. The other two less common types were linked to a higher risk of diabetes-related complications.

With almost 3.7 million people diagnosed with diabetes in the UK, of which around 90 percent have Type 2, it's unlikely that everyone has exactly the same condition.

Moving away from one-size-fits all to a more personalised approach could mean better care for people with Type 2 diabetes. From a more precise diagnosis, through to tailored treatments to manage blood glucose levels and reduce the risk of diabetes-related complications.

Diabetes UK says "This study is the first step in helping us understand the breakdown of Type 2 diabetes. But there's still a lot to discover about potential subtypes before we get to the point where we can tailor individual treatments."

Visit the Diabetes UK website for more information about avoiding and/or living with the condition. Take the online test to assess your risk of developing type2 diabetes.

www.diabetes.org.uk

The Forum's Annual General Meeting

Tuesday 29 May at 10am for a 10.30am start

The AGM is also 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.

Agenda

- 10.15am**
1. Introduction by the Chair
 2. Presentation of 2017/18 Annual Report
 3. Presentation of Annual Accounts for 2017/18
 4. Election of Officers for 2018/19
 5. Any Other Business
 6. Close of Annual General Meeting

10.45am Ordinary Meeting followed by guest speaker: Ian Davis, Enfield Council's Chief Executive, on Changing Enfield.

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

SOCIAL CALENDAR

Contact Irene by email at poosticks2@sky.com or by phone on 020 3715 0946 if you have any comments or suggestions for an event which interests you and which you are prepared to develop with the help of our experienced team. Don't be shy.

NOTE – in order to attend any of these events, you must be a current Forum member. If you need to renew, contact the office now and then feel free to contact the organiser below (who is a volunteer and does this for the benefit of Forum members).

Thursday 19 April. St Georges Day Celebration with three course hot lunch and entertainment at The Prince Regent Hotel, Chigwell, IG8 8AE. Approx. £45 – subject to numbers, including a return coach. The hotel is a listed Georgian House with lovely gardens and grounds. Come with your Forum friends to celebrate St George saving the damsel in distress from 'that' Dragon! Join in with the patriotic atmosphere by wearing the traditional rose, red and white. You will be entertained from 11am-3pm, which includes a delicious 3 course hot lunch. If you want to be in with a chance of winning a prize, come as a knight in shining armour or a delicate maiden!! Meet Lidl/Argos, Enfield Town 10am Return approx. 3.45pm. **For more details and to book, phone Jacky Pearce 020 8482 3575.**

Friday 20 April. 'Strictly Forum Spring Dance' with a bit extra! 8pm till 11pm at North Enfield Conservative Club, Baker Street, Enfield. £10, which includes dance lesson, dance demonstration and nibbles. Licensed bar available. Clear out the winter cobwebs and join the Forum at this spring dance that includes a little bit more! You asked us so, we have secured the services of a Ceroc (modern jive) teacher who will give a demonstration of this easy to learn dance and teach a lesson during which you will learn a few simple beginner moves. At the end of this, there will be a show dance with a member to demonstrate what can be achieved with perseverance and practice. Come and give it a go. If the Strictly contestants can learn from scratch so can you! Arrive from 8pm. The Ceroc demonstration and class will start at 8.30pm, after which you will be able to practise your newly learned skills with the popular Danny's Disco until 11pm. **Contact Graham Thomas 020 8367 6360 for further information and to book your place.**

Thursday 10 May. Zaza Forum Lunch at 12.30pm. Join us for a delectable lunch at the popular Zaza restaurant at 88-90 Chase Side, Enfield, EN2 6NX. Easy to get to by bus or car. For £26.90, this set menu meal consists of a starter and main course, and dessert to tempt your taste buds. The price includes your tip. **For a copy of the menu, so you can preselect your dishes, email Olivia at oliviagoodfellow19@gmail.com or call her on 020 84478841.**

Or, come out for dinner at the same venue on **Wednesday 23 May. Zaza Forum Dinner at 7.30pm.** Join us for a memorable evening meal at the popular Zaza restaurant at 88-90 Chase Side, Enfield, EN2 6NX. Easy to get to by bus or car. For just £26.90, this set menu meal consists of a starter, main course and dessert. The price includes your tip. **For a copy of the menu, so you can preselect your dishes, email Olivia at oliviagoodfellow19@gmail.com or call on 020 8447 8841.**

Tuesday 22 May. Coach trip to Brighton. Join the Forum on a day trip to Brighton, one of Britain's newest and most cosmopolitan cities. Brighton has many interesting attractions, including the Pavilion, Sea Life Centre and Pier. Stroll around the Laines, an area of narrow winding alleyways with its many shops, bars and restaurants. Take a walk along the seafront to the Marina. If the weather's fine, sit on the beach, no need for a bathing costume here! Or indulge yourself with afternoon tea in the Grand or Metropole both of which look out over the sea. The coach will depart from Lidl/Argos Enfield Town at 08.30am prompt and arrive back in Enfield by approximately 7.30pm. The price for this is only £17. **To book your place, and for further information please contact Graham Thomas on 020 8367 6360.**

Thursday June 21. North London Heights Walk. Meet 2pm outside Chalk Farm Tube station. This 2-hour walk (with a qualified guide) starts with a climb up the slopes of Primrose Hill which gives glorious views over North London and has inspired poets like William Blake. We will see the homes of artists, poets, writers and intellectuals from Keats and Engels to Arthur Rackham, Lytton Strachey and Frederick Delius. We will pass the gardens of Primrose Hill and Belsize Village in their full summer glory. We will then enter Hampstead to see the beautiful architecture of Downshire Hill with its elegant Regency era St John's Church. Our walk ends at another spectacular summit on Parliament Hill. From there an easy walk takes us down to South End Green where cafés, Overground or buses await. Refreshments at Euphorium Bakery on South End Green. As the group is limited to 20 **please contact Richard Cohen on 07852 141425 or richard.cohen2@btinternet.com to book your place.** There is no charge for this. However, a donation of £1 for the Forum will be appreciated. You need to be fit enough

to take part in this walk. Check with Richard when booking.

Thursday 12 July. Glorious gardens of Northamptonshire day trip. Join us on an uplifting day exploring two stunning private homes and gardens in the 'Rose of the Shires', namely Coton Manor and Cottesbrooke Hall. This day trip costing £62 per person, includes return coach travel from Enfield, coffee, entry to both venues with private tours of the Cottesbrooke House and gardens, lunch and a drink and driver tip. For a booking form and to secure your place please email **Olivia on oliviagoodfellow19@gmail.com or phone 020 84478841.** **Limited places available.** New members and unaccompanied members particularly welcome.

2019 – AMAZING AND EXCITING OFFER!! COME TO CANADA! Niagara and Toronto Winter Escape 23-30 January 2019. A snowy Niagara Falls and a mountain lodge resort plus exploring Toronto, add a touch of adventure to this wonderful new Travelsphere winter break. Join us on our second winter explorer to clear away the winter blues and start the New Year in the best way-by having fun in the mountain snow with like-minded people. New members are very welcome. Price £949 sharing or £1249 single occupancy. Pairing up is possible. Book now to ensure your holiday at this price. For further information, a booking form and a full itinerary, **call Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com**

Have you ever considered becoming a Freemason



Did you know that there is a Masonic Centre in Southgate that is home to many lodges

If you would like to discuss becoming a Freemason

telephone

**Frank Godson
07545 349999**



Please note: If you have to cancel your place on a Forum social activity/trip, we will make every attempt to fill your place. If this is not possible you may lose your booking fee/deposit.

Disclaimer: The Enfield Over 50s Forum is not liable for any personal injury/accidents that may occur during any of its activities/events.

Forum Clubs

Please NOTE - in order to attend any of these groups, you must be a current Forum member. If you need to renew, contact the office now and then feel free to contact the organiser below (who is a volunteer and does this for the benefit of Forum members).

Writing Group

We meet on the third Friday of the month upstairs in the Dugdale Centre from 10am to 11.45 – or until we stop talking – 12 noon max! Now over a year old, the group has welcomed new members throughout the year and we all love getting together. 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. Topics are suggested each month by group members.

We would be delighted to welcome you. Sometimes some of us have not had time to write and simply tell fellow members about something of interest, or just listen and then join in with the discussion. So do consider joining us – we would love to meet you.

For more information, please call Christine Whetstone on 020 8805 1180

Coffee Club

Drop in for an informal coffee and chat in the pleasant surroundings of Trent Park – in the cafe when the weather is inclement and outside when it is warm. Come anytime between 10am and 12 noon on the first Wednesday of the month. We would love to see you.

The park is served by buses 298, 299, 377 and 384 and Cockfosters tube station is just a five minute walk away. Further details from Sue Scott who can be contacted at scotsf48@hotmail.com or on 020 8368 0861, or just turn up at one of the next dates: Wednesdays 4 April, 2 May and 6 June

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.

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? In April, participants are encouraged to bring along any poem they love and in May the theme is Colour.

We meet in the Community Room, Town Library on the fourth Thursday of each month 10.15 – 11.45am sharp!

For further information, contact Irene Richards on 020 3715 0946 or by email: poosticks2@sky.com

In every newsletter, we publish an *original* poem by a Forum member. You don't have to be a member of the group to submit your work for consideration. Please send your poems (not too long please) to Irene.

Woodwork and Handicraft Group

This is very popular group which has been running for eight years, meets once a week during term time to make wooden and jewellery items. Numbers are limited due to the size of the workshop used, and there is a healthy waiting list, but for further information call John Lombard 020 8367 5921.



He reports that despite the recent bad weather, attendance at the group held up very well to near full capacity. Members are working on a variety of projects to include, various type of boxes, shoe storage racks, cookbook stands, kitchen hop-ups, children's pull toys, while other members have been practising types of wood joints and veneering to be used on future projects, and others are still working on jewellery. One of the more interesting finished work is a scaled model

of a camper van.

Book Club

The Book Club meets monthly on Thursdays in the Community Room at the Enfield Town Library, 10am-12 noon.

19 April **Sacrifice** by Karin Alvtegen

17 May **Why be Happy when you can be Normal** by Janet Winterson

21 June **Hag-Seed** by Margaret Atwood

19 July **King Solomon's Mines** by Sir Henry Rider Haggard

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

Forum meetings

For meetings we assemble at 10am for a 10.30 start.

At the Civic Centre, Enfield

Tuesday 24 April

Jill Harrison, chief executive of **Citizens Advice Enfield**, speaks about the 26,000 cases they helped to resolve last year, claiming nearly £1.3 million in additional benefits for local people.

Tuesday 29 May

Forum Annual General Meeting

Presentation of the Annual Report and Financial Accounts for the Year ended 31 March 2018 and Election of Officers for the Year.

Followed by guest speaker: **Ian Davis**, Enfield Council's Chief Executive, on Making Enfield a Better Borough.

At Millfield House, Silver Street, N18 1PJ

Thursday 12 April

Bernie Rees on "How nutritious is our food in the 21st Century?" The subject touches on food adulteration, loss of nutritional quality, whether increased incidences of illnesses and obesity are related and how we feel about our food in general quality of life.

Thursday 10 May

A drop-in IT Workshop. **Peter Smith, Talat Shaik, Sagar Nath and Tony Watts** will be on hand for advice and to help Forum members with their computers, laptops, iPads, tablets and mobile phones.

Southgate Beaumont, 15 Cannon Hill, N14 7DJ

Tuesday 17 April

Angelique Swallow will discuss how the Alexander Technique can help you to rediscover your natural poise, balance and coordination and thereby enjoy greater ease of movement in all your daily activities.

Tuesday 15 May

Lorraine Dixon, Head of the Nursing Faculty at Gloucester University will discuss the issues facing the nursing profession and the training of nurses.

Joanna's Holistic Treatment Clinic

Treatments to ease aches, pains can help many become more flexible and toned.

Southgate N14 area, booking by appointment only.

Indian Head Massage £25

Aromatherapy back, neck and shoulders £25

Aromatherapy full body treatment £30

Reflexology £25

Hopi Ear Candling £25

Neuro-Linguistic Programming £25

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www.joannasholisticclinic.com

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Help fund the Forum – and win money



January winner Ursula Kermak

You could join our lottery club to help raise money for the Forum - money that helps to fund the printing of this newsletter. Or you could join because you know the odds of winning are exceptionally good. In fact, one club member has won £400, while eight have won £200 and five have won £150.

So if you'd like the chance, once a month, to win £200 for an investment of just £5 a month, sign up today and you too could be featuring on these pages as one of the lucky winners. Congratulations to our latest winners, Ursula Kermak and Pam Packer.



February winner Pam Packer

To find out more or to join, call Jim Cattle on 020 8363 4969. The draws are made at the Forum's monthly Civic Centre meeting (see Meetings on pg 15) so you are welcome to come along to witness that as well. Tickets are £5 per month.

Free confidential drop-in advice service

At the Dugdale Centre
(corner of London and Cecil Roads, Enfield Town)
Every Monday 10am to 12 noon
(except Easter and May bank holidays on 2 April & 7 and 28 May)

Our regular public service

- Chat to a copper – a face-to-face personal talk with a police officer – any questions, any worries, any advice on crime and burglary prevention on 30 April and 14 May
- Gillian McNally, Enfield Citizens Advice benefits, debts, pensions etc.
- Solicitors Stennett & Stennett 10am-11am.
- George Ttoui: tax and HMRC queries on 9 and 23 April and 14 and 21 May.
- North London Credit Union's Maureen Malcolm attends every Monday 10-11am offering 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 Monday 23 April and 14 May by NHS audiologist can be booked through the Forum office 020 8807 2076.
- Age UK Memory Care Navigators Kate Reader and Laura Newry offering information on the range of services for people with Dementia and their carers on 30 April and 14 May.

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

The advice service is open to all Enfield residents who prefer receiving personal face-to-face help, rather than trying to get answers on the phone or online. Please note: The confidential advice service is NOT open on Bank Holidays.

Enfield Over 50s Forum

East of Borough Drop In

Open to all. No need to book, just come along for a game of scrabble, chess, cards or other games or just for a chat.

Wednesdays	4 & 18	April
Wednesdays	2, 16 & 30	May
Wednesdays	13 & 27	June

Sessions are open from 2pm to 4pm
AT MILLFIELD HOUSE, SILVER STREET, N18 1PJ.
Buses 34, 102, W6, 144, 217, 231 Ample car parking.

Free tea, coffee and biscuits available.

George Lockwood Gardens

Horticultural Consultant with over 10 years experience!

26 Woodridge Close, The Ridgeway, Enfield, EN2 8HJ
Mobile: 07983 948526 • Tel: 020 8363 7015
Email: georgelockwood@hotmail.co.uk

INVITES GARDENING CLUBS AND SOCIETIES FOR 'TALKS' ON GARDENING TOPICS

- Soil structure
- Healthy Soil
- Benefits of humus
- Pruning
- Silty, clay and sandy soils
- Plants that flowers each month
- Bulbs that flower each month
- Plants for shady gardens
- Shrubs for the seasons
- Seed types and planting
- Indoor/outdoor seed planting
- Plants for early summer/midsummer
- Fragrant shrubs
- Plants to encourage wildlife
- Plants for rockeries
- Plants for dry gardens
- Many more subjects

