



Support our Fairer Funding campaign

The Forum is launching a petition calling for a fairer distribution of Government funding for Enfield residents. We get far less cash per head than many wealthier boroughs and this means our council services are cut even further.

Enfield receives government funding of £496.10 per head of population while Westminster gets £917.59 per person, Hammersmith and Fulham receives £900 and Kensington and Chelsea £815 – when all the boroughs carry out the same tasks.

That is why the Forum is launching a petition to support the cross-party Fairer Funding for Enfield campaign and seeking to restore some justice in the way this borough is treated by Whitehall. The campaign has the full support of both Conservative and Labour leaders on the Enfield Council.

Councillor Terry Neville, leader of the Conservative Group of Enfield councilors, says: "I am more than happy to support the petition organised by the Over 50s Forum as it expresses what the Conservatives both in administration and in opposition have been seeking to achieve for years.

"The present formulae for assessing government funding for London boroughs is hopelessly wrong and coupled with the so called 'damping' arrangements for taking agreed money from Enfield and other boroughs to use elsewhere, produces profoundly unfair results."

Doug Taylor, Leader of the Council, has explained that not only had total Government funding been halved, we are additionally disadvantaged by the way funding is calculated through 'damping' (see his article in June/July issue).

In 2010/11, Enfield received £191 million per year from the Government. In 2019/20 that will be just £91 million (which is only £73 million when adjusted for inflation).

Doug explains: "Our population is increasing more quickly than in other areas – with growth of 10.3% compared with a national average of 4.3% between 2010 and 2013. And we have even greater increases in the more vulnerable lower socio-economic groups. We have the highest percentage in London of children living in poverty – 32.8%."

So demand for all services is increasing while our funding is falling and to make matters worse, other government funding, for health for example, is also much lower than we would get in a fairer system.

Doug explained that Enfield is working with other London councils which are also disadvantaged by the present funding allocation system, but stressed that we all need to do our bit.

Monty Meth, Over 50s Forum President, says as long as he can remember (and he is 90 years old afterall!), Enfield has been underfunded by the Government, the NHS and other national bodies.

"It is time the people of this borough got angry. We understand that these economic times are tough, but that makes it even more essential that funding is distributed fairly."

He also stresses that we need to remember this is not an issue just for the Over 50s. **"It affects all generations across the borough. The council is cutting services and reducing support for all sorts of voluntary groups and activities that affect every single one of us."**

We need to all get behind the campaign and make a lot of noise. It is about a fairer settlement for the residents of Enfield.

GET INVOLVED

- 1) Take the petition form inside this newsletter and get it signed by your friends and neighbours
- 2) Send a completed form to the Forum office and ask for more forms and get them signed as well
- 3) Or sign the online petition and forward the link to your friends and family:
www.enfieldover50sforum.org.uk/fairerfunding.htm

Advance Notice

The Forum's Winter Conference

Prospects for Better Ageing

Friday 28 October at Enfield County School

Eminent speakers include: Professor Christina Victor, Brunel Univ.; Proessor Steve Illiffe, University College Hospital; Nick Taylor, Greater London Authority; and Enfield's Ray James, Director of Health, Housing and Adult Social Care.

The conference will examine what is and what can be done to improve the quality of life for older people and address the issue of the growing divide between a more prosperous older generation and a struggling younger generation.

The full programme and registration form will be available in September.

Forum Meetings not to be missed

Note all meetings are at 10am for 10.30 start

Tuesday 30 August (at the Civic Centre)

Gail Hawksworth, Head of Communications & Engagement for the NHS Enfield Clinical Commissioning Group or A N Other, will give an update on the role of the CCG and the issues affecting health in Enfield.

Thursday 11 August (at Millfield House)

Victoria Sanderson from Millfield House talks about - Using Social Media – Facebook, Twitter, the Internet and email in promoting Enfield.

Tuesday 16 August (at Southgate Beaumont)

Margaret Green, talks about Enfield's new Safe & Connected Service. This is a 24 hour emergency service that helps older and vulnerable people to remain living independently and safely in their own homes.

Tuesday 23 August (at Ordnance Road)

Richard Eason, Cycle Enfield Consultation Manager explains the Cycle Enfield project for the Hertford Road and listens to Forum members views.

For full details/addresses of all meetings see page 13

Jan's Journal

How ageist are you?

I attended a Conference back in May, organised by the London Regional Forum on Ageing. The speakers were excellent (powerpoint presentations are available on request). Some interesting snippets and statistics from them:

- * the average Londoner over the age of 50 takes three years to find re-employment and then will achieve only 60% of their previous salary
- * 33% of social housing in London is occupied by older people
- * while twice as many older people suffer from depression than dementia, most resources are aimed at the latter
- * 29% of older people claim to suffer ageism in any one year (usually experienced as a lack of respect).

I was prompted to think about ageism within the Forum. With an age range between 50 and 100 our members span several generations, fitness levels and cultures. Some work, some are unemployed, some have been retired for many years, some are parents and grandparents whilst others have school age children or no children.

When we organise events, we tend to aim them at those we consider most likely to be in need – the very elderly, those who live alone, those who are likely to be suffering from health problems or financial deprivation. But we do not do this from the feelings of pity and benevolence (*commonly drawn from the stereotype of older people as being somewhat incompetent*) but from a sense of justice and empowerment for all.

Becoming a volunteer enables participation from everyone, whatever their age or disability and prevents older people becoming simply passive recipients. We encourage members to come forward with your ideas for groups, to volunteer and to join us in campaigning for the wellbeing and health of our different age groups.

If you would like to join the Forum as a volunteer or to contribute your ideas please ring the office on 020 8807 2076 or email info@enfieldover50sforum.org.uk. We are currently particularly looking for volunteer drivers – willing to drive either a Community Transport minibus or car, so please get in touch if you can help out. But there are many other tasks which need doing, so contact us to see how you can help.

Will you get on your bike?

Most of you, I have no doubt, will have answered no, not possible. It might surprise you (as it did me) to learn that in the Netherlands 25% of people over the age of 75 travel regularly by bike and a further 24% of those over 75 regularly walk.

A small but feisty Forum meeting debated the benefits of cycling and the proposed cycle lanes with Glenn Stewart, Deputy Director of Public Health, Enfield at our June meeting at Southgate Beaumont. For health reasons, it is recommended that everyone, whatever their age, do 150 minutes of moderate exercise every week (such as walking/cycling) or 75 minutes of vigorous exercise. Those over 65 also need to exercise more to improve balance and co-ordination.

Glenn Stewart and Cycle Enfield believe the proposed cycle lanes will encourage a switch from car to cycling and in the long term bring about benefits in health and cleaner air for Enfield.

A vigorous debate ensued over the practicalities of the proposed lanes which may only be the start of the switch! **Our next meeting regarding the proposed cycle lanes is due to take place on 23 August between 10.00 and 12.00 noon at St Peters and St Pauls Church Hall, Ordnance Road, EN3 6AB (See meeting details on page13).** This meeting is to debate the proposals for the East of the Borough, along the Hertford Road, so if this is your area you are invited to come along and put your point of view.

Star Turns

Our Star Turns events are continuing to be a great success. In early June we held a mellow jazz afternoon with Equilibrium, attended by about 90 people – collecting £132 in donations and 100% positive feedback.

In late June, we held an old time musical afternoon with a performance on the tragedies of the Great War (The Glorious Madness) performed by the Royal British Legion. This was attended by 50 people and we collected £60 for the Royal British Legion. Thanks to those of you who contributed.

The next Star Turn events, on 10 and 31 August are advertised on page 13.

Jan Oliver

Development Manager

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.

Wednesday	-	3 August
Wednesday	-	17 August
Wednesday	-	7 September
Wednesday	-	21 September + Wig Advice (see below)
Wednesday	-	5 October

Sessions are open from 2pm to 4pm

AT MILLFIELD HOUSE, SILVER STREET, N18 1PJ.

Buses 34, 102, W6, 144, 217, 231 Ample car parking

On 21 September Maria Manzo, a Wig Specialist will be attending to provide a half hour of free individual advice by appointment only. Please ring 020 8807 2076 to book an appointment or if you need more information. These drop in sessions are great fun for any member of the Forum who would like to come along to meet or chat with other members and/or to play scrabble, cards or a board game. Free tea, coffee and biscuits available.

Welcome to Brexit Britain



Whenever I did something that my old Mum didn't approve of, she would say **"well, you've made your bed, now you can lie on it."**

How ever you and I may have voted in that 23 June referendum, there is little doubt the outcome has left the once United Kingdom more disunited than any of us can remember.

This is not just a case of people in Scotland, London, Northern Ireland and Gibraltar – all voting decisively to remain in the EU – being pitted against the rest of the country. The 52 - 48% vote in favour of leaving the EU has led not only to a spate of shameful race hate attacks in different parts of the country, but also to a dangerous and worrying young versus old inter-generational fallout.

You may have seen various surveys claiming that the majority of people under the age of 50 voted **IN** while the majority of the over 50s voted **OUT**. For the over 65s the ratio was said to be 60-40 in favour of **OUT**, leading some commentators to argue that we oldies will not have to live with the long-term consequences of the 'quit EU' decision.

The under 65s accounted for 41 million eligible voters compared with some 12 million pensioners, so it can hardly be claimed that it was the oldies alone that turned the tide in favour of **OUT**. But that won't stop some people having a go at pensioners by arguing that because 83% of over 65s voted, then we are to blame for the leave decision, while the turnout for the 18-24s was only 36%.

So I fully expect to see a backlash against our universal benefits as the Brexit negotiations get underway if the unheeded warnings about a financial black hole in the nation's finances turn out to be true. We've already seen the government ditch the plan to clear the deficit, balance the books and produce a surplus by 2020. And the UK has lost an important international credit rating.

I have heard it said that the new administration to follow the departure of David Cameron may not be bound by the triple lock guarantee on state pension increases. The winter fuel allowance also hangs in the balance.

The Jeremiahs have been out in force for some time forecasting doom and gloom all because of we pensioners. **Tim Montgomerie**, a columnist on The Times and well-known Brexiteer, is complaining that the triple lock is already costing £6 billion a year and could inflate the benefits bill by 11% over the next 20 years and by 41% over the next 50 years.

The same **Tim Montgomerie** writing in The Times on 31 March said he had been struck by the number of people who could not tell him the biggest gainers and losers from recent budget measures. The answer, he says, is that the **top 30%** of taxpayers have **gained £280** while the bottom **30%** – *which includes many pensioners* have **lost £565**. This too is worth remembering when people are slagging off the oldies.

So we'll have to be ready to meet any backlash against our hard-won universal benefits not just for today's pensioners, but for those younger people who seem most upset by the referendum outcome.

While we wait for the post-Brexit promises of a bright new dawn bringing higher wages, higher productivity, more innovation, large new investment in infrastructure projects and a massive new housebuilding programme.

And let's not forget the £100 million a week extra for the NHS promised after the referendum – remember it was £350 million during the campaign – but all we've had so far is a threat to cut the Bank of England interest rates that will, in turn, further hit the miserly return on savings.

We know we'll be entering uncharted waters with a new prime minister, Theresa May and a new government as **Mr Cameron** says: **"steering the ship of state to its next destination."**

But we need to closely monitor the two-year negotiations required to exit the EU to ensure that new deals done with the 27 remaining EU nations are not at our expense.

Despite the claim that older people have escaped austerity, new research shows that more than a million pensioners are relying on family and friends for financial support.

The State of Retirement report from LV, the insurer, said 11% of over 50s were reliant to some extent on money from friends or relatives, and 27% of those due to retire in the next ten years will depend on similar help.

There has been a 3.75% increase in the cost of living for older people in the last year. Figures from the financial advisers, Key Retirement Solutions, show that since 2015, living costs such as clothes, food, travel and heating have all increased by up to £223 a year.

Pensioner households spend around 14% of their money on fuel and housing, which adds up to around £1,630 a year. Another £1,560 a year is spent on food and non-alcoholic drinks.

With the state pension amounting to just over £8,000 a year for those with a record of full National Insurance contributions or credits, it is clear that the current system is inadequate, for many people now and it is sure to be even worse for future generations of pensioners.

"The basic cost of being a pensioner at around £11,620 a year underlines the need for extra income which is well in excess of the basic state pension," says **Dean Mirfin**, technical director at Keyretirement.com.

Ron Douglas, National Pensioners Convention president, said:

"Young and old have all suffered from the policies of austerity over the last few years, and the new state pension system offers very little for anyone born after 1970."

"This generation is going to be paying off huge debts from going to university, faces insecure employment prospects and is unlikely to be able to afford to buy their own home until much later in life."

That is why older people are keen to join with younger generations to show that there is no benefit in pitching one age group against another.

So with the Brexit negotiations and a new government in place by the autumn there are very good reasons for our Forum to support the National Pensioners Convention call for a national lobby of Parliament on Wednesday 2 November, with a demonstration in Old Palace Yard at 12 noon and a rally in Committee Room 14 from 1-3pm, hosted by Kelvin Hopkins MP.

Under the headline: **"We can make Britain work for everyone"** these wise words were penned by **Theresa May MP** in launching her campaign to become the next leader of the Conservative Party and our next Prime Minister:

"If you're born poor in today's Britain, you will die on average nine years earlier than others. If you're black, you're treated more harshly by the criminal justice system than if you're white. If you're a white working class boy, you're less likely than anybody else in Britain to go to university."

"If you're at a state school, you're less likely to reach the top professions than if you're educated privately. If you're a woman you still earn less than a man. If you suffer from mental health problems, there's too often not enough help to hand."

"If you're young you'll find it harder than ever before to own your own home. These are all burning injustices and I am determined to fight against them". The Times, 30 June 2016.

Monty Meth

Falls Prevention Action Day

About 30% of those over 65 will experience one fall a year. But this is not inevitable – and the Forum's annual day focusing on falls prevention shows all of us how to stay on our feet.

Attendees at our Falls Prevention Action Day at Edmonton Leisure Centre enjoyed a wide range of activities and talks as well as having the opportunity to visit the stalls from some of our affiliate organisations.

Kate Osamor, MP for Edmonton, explained that there are more than 40,000 Enfield residents over the age of 65 and this is something to be celebrated. She congratulated the Forum on holding the Falls Prevention Action Day, saying

"it is important to stimulate a holistic discussion about reasons for falls and how to prevent falls".

More than 50% of older people who suffer hip fractures can no longer live independently afterwards, so we need to

ensure community support, she said. This was especially true as housing costs mean it is less likely that close family members can afford to live nearby.

Dr Nick Rollitt, Consultant Geriatrician, Department of Elderly Care at North Middlesex University Hospital said that, when you look at it, ***"walking on two legs is a pretty stupid thing to do. How many animals walk on two legs? Very few."***

He explained that walking requires a lot of complicated interactions and it is no coincidence that despite everything else robot manufacturers can do, they cannot design one to walk like a human.

"Falls have a significant effect – physically, psychologically and socially. Do not underestimate the effect of falling – your world shrinks because you become afraid to go out, or even upstairs, in case you fall and so you end up living in your front room."

"We don't necessarily think of loneliness when we think of falling, but they can be closely linked."

Dr Rollitt said it was really important that we let our GPs know if we have had a fall. ***"Lots of falls are caused by things we can do something about. For instance, many black-outs – which cause falls - can be stopped by a simple procedure such as a pacemaker."***

Sayings to remember

"If one of my kids went to work somewhere and they were two minutes late and they got fined 15 minutes pay, I wouldn't think it was fair." - Sports Direct founder Mike Ashley recognises imperfections in his employment practices. Sunday Times, 12 June 2016.

"Now we have the World Wide Web - the only thing I know of whose shortened form – www –takes three times longer to say than what it's short for." Douglas Adams, author and essayist 1952-2001.

"There was no need to do any housework at all. After the first four years the dirt doesn't get any worse." Quentin Crisp, author The Naked Civil Servant 1968.

He said we need to remember three things:

- 1) If you have a chronic medical condition, go for regular check-ups and take your medication
- 2) If you have a fall, please, please, please let your doctor know (as it might prevent another fall), and
- 3) Live a healthy life – exercise regularly, get out of the house and meet people.

Jenny Ramadan of Age UK Enfield talked about the new **Fall Stop Service** which has been launched to provide information, advice and practical support for those at risk of a fall or who have had a fall (**see last issue**).



Falls prevention discussions

John Grimes, Group Engineer, Highway Maintenance for the borough, explained how the council works to keep the pavements safe by checking for cracks and potential hazards.

"We have a team of six highway officers who inspect all footpaths at least twice a year and we also respond to reports from members of the public – within 24 hours if it is deemed urgent, otherwise within 48 hours."

He explained that asphalt is a more flexible product than paving stones so reduces the amount of damage done by vehicles – and therefore is more often used in repair work.

Chrissy Bysh, a NHS physiotherapist, explained what to do after we have fallen over – and how to get up again as safely as possible. ***"Falling is a real shock to the system, so take a minute before you try to move and see if you are in real pain or if you can try to get up."***

She advised all the attendees to have a look around the house when they got home and see if there were things they could change to help remove hazards and prevent falls.

Organisations such as Healthwatch, the Citizen's Advice Bureau and the the Macular Society were present to advertise their services and explain how they can help older people live independent healthy lives.



Macular Society advisers



Falls volunteer helpers

Fight to save prescriptions

Pressure from the Forum is helping fight a local CCG directive to make patients pay for over-the-counter medication that used to be prescribed by a GP.

Has your doctor asked you to buy medication which you have received on prescription in the past? **If so, the Forum would like to hear from you.** We are fighting a directive from the Enfield Clinical Commissioning Group (CCG) to local GPs that they should stop prescribing medications that can be purchased at pharmacies and supermarkets without a prescription.

Since first issuing the directive and in response to Over 50s Forum protests, the CCG has posted a new letter telling all GPs to **“use your professional discretion to identify patients for whom it may be necessary to prescribe occasional over-the-counter items.”**

But that basic premise – that most patients should pay for over-the-counter medicine rather than get it on prescription is still in place – and opposed by local GPs. GPs have told us that they still believe that, alone in North London, the local CCG is trying to restrict their duty to prescribe the necessary medications. They warn it could set a dangerous precedent and undermines the NHS principle that medicines should be freely available at the point of delivery. The Forum objected to the original CCG directive which we believe virtually imposed a blanket withdrawal of free prescriptions for many items that could be bought without a GP prescription. It would have singled out the poorest and most vulnerable patients in the community who are entitled to free prescriptions. There are many thousands in the borough receiving income support; unemployed people receiving job seeker’s allowance; low income pensioners qualifying for pension credit, families with children under 16 and young people still in education.

At a top-level meeting with CCG directors, the Forum said the CCG should not try and save money by hitting and hurting the one section of the community least able to bear the brunt of withdrawing free medications – and being told to buy them instead from a pharmacy or supermarket. The CCG should instead launch an across-the-board, borough-wide, self-help and self-care campaign to help reduce the £1 million a year spent by the NHS on GPs prescribing products which can be bought at a pharmacy or supermarket.

The Enfield CCG now says it realises that there are a group of vulnerable patients for whom not prescribing an over-the-counter product may be counter-productive, but it adds that **“resources released by this initiative could be used to commission services that require more complex treatments.”**

In a statement to all GPs, **Dr Andrew Green**, the BMA’s General Practitioners Committee (GMC) prescribing sub-committee chairman says: **“restrictions which call for GPs not to prescribe any drug available over-the-counter go too far and could put GPs in breach of regulations.”**

“We must remember that drug companies have got many previously prescription-only medicines re-categorised over recent years, and it was never intended that these drugs would then cease to be available with a prescription.”

“Any GP refusing to prescribe a drug that they had decided was clinically indicated would be in breach of their contractual duties, and might even face action from the GMC for failing to treat properly. All patients need individual consideration and prescribing if appropriate,” said **Dr Green**.

The Over 50s Forum has told the Enfield CCG bosses that it will continue to press the government and NHS England to end the under-funding for both the CCG and the separate public health arm serving the borough which is forcing them to take decisions that can ultimately lead to more costly outcomes if people have to receive a more expensive prescription-only medicine or go to A&E.

“We know that this summer in particular many Enfield patients have suffered from hay fever and needed eye drops costing £4.69 for just 5 mls; a nasal spray at £9.99 and allergy tablets for £3.99 . That’s £18.67 and for someone on a low income that’s really hard. Especially when a patient in neighbouring Haringey or Barnet will get the same items free,” said **Monty Meth**, Forum President.



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Integration of health and social care services

Tight budgets and increasing demand mean we need to need to get smarter in the way we deliver health and social care in the borough, says Enfield Council.



Whatever way we look at it, the scale of the funding reduction and the increasing number of people who need care and support, means there is not as much money for each individual as in the past, Ray James, London Borough of Enfield Director of Health, Housing and Adult Social Care, told attendees at our AGM on 31 May.

He said there were many challenges to making the resources stretch further, but emphasized that “the most important thing is that the voices of the people and their families / carers remain really influential.”

The topic of his presentation was ‘Looking at integration of health and social care in Enfield’ and he discussed what will determine the shape of services in the future.

There are four main themes: devolution, integrated health and social care, technology and ‘person-centred’.

- 1) Devolution means that more power and accountability is being devolved to councils. Although Enfield is also working with other nearby boroughs to look at providing, for instance, some largescale specialist services as there is clear clinical evidence that larger hyper-acute units are more beneficial. Ray says devolution is good because it recognizes that different areas have different needs. What works in an inner city borough might not work in a remote rural area.
- 2) Integrated health and social care: This could not only improve overall care plan, it could also ensure that, for instance by changing the range of individual skills, only two or three different people need to go into the home rather than the six or seven now. Ray said other areas such as housing would also be integrated into the system.

- 3) Technology: **“We have not yet even begun to imagine the difference technology will make to us in the future,”** says Ray. Technology helps us keep people safe in their homes, from pressure mats to remote monitoring of blood pressure. It is always a challenge to make sure that for people who have difficulties or no access to the internet that the council has other ways for them to get in touch. He emphasizes that we also have to help people become more able to use the internet or they will be excluded from a lot of things.
- 4) Person-centred: Ray says we need to remember the service is about the people who need care and support. **“Ultimately nothing defines it better than how they feel about the care and support they receive.”** He suggests that maybe the best way is to give people who need care and support an individual health and care budget so “they can choose what makes the most difference to their quality of life”.

Ray says another way to tackle the situation of increasing need for health and care services is to look at prevention and he praised the work of organisations such as the Forum in helping bring people together and encouraging both physical and social activities. He also praised our role in making sure that **“issues and ideas are brought to the minds of the people making the decisions”**.

So Vivien Giladi, a member of our executive committee, immediately took the opportunity to raise a potential problem with the integration of health and social care services. Health is free at the point of need but social care needs to be paid for. So integration of the two services raises the possibility that health care might need to be paid for as well, which is obviously a problem, she explained. Also, if the health economy in the country is completely devolved, what does that mean for the NHS and national standards and pay grades?

The Forum will continue to monitor developments and report back so that we can ensure our members’ interests are represented at all levels.

Seeking library volunteers

Of the 17 libraries in Enfield, 11 have become community libraries and are looking for volunteers to help run them. Each of the libraries shares floor space with a community or voluntary organisation and this organisation will be the keyholder of the library.

“We need an army of volunteers to help support customers coming into the library,” Gemma Panayi, Volunteering and Standards Officer from Enfield Libraries, told attendees at our June Civic Centre meeting. **“They can offer as many hours as they like. We have some people who do just two hours a week and one who does 26 hours a week.”**

Volunteers have been used in the libraries since 2011, helping with children’s activities and computer lessons, for instance. But now they are needed to help customers with self-service, answer enquiries and shelve the books.

There are only five librarians left in the borough and they will continue to select stock for each branch.

The Royal Voluntary Service now runs the home library service and they are also looking for volunteers to select stock and drive to visit more vulnerable people who can’t get out of the house.

Go to the website for more information to see what roles you can volunteer for.

<https://new.enfield.gov.uk/services/libraries/>



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Always look on the bright side of life



Will Rogers, who died in a 1935 plane crash, was a great political sages in the US. Some of his advice:

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are two theories to arguing with a woman. Neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back into your pocket.
8. There are three kinds of men:
The ones that learn by reading.
The few who learn by observation.
The rest of them have to pee on the electric fence and find out for themselves.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.
12. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him.

The moral: When you're full of bull, keep your mouth shut.

Just had my water bill of £175. That's a lot. Oxfam can supply a whole African village for just £10 a month: time to change supplier I think.

Seven wheelchair athletes have been banned from the Paralympics after they tested positive for WD40.

A mummy covered in chocolate and nuts has been discovered in Egypt. Archaeologists believe it may be Pharaoh Roche.

Two junkies accidentally snorted curry powder instead of cocaine. Both in hospital...one's in a korma. The other's got a dodgy tikka!

Little Billy asks his dad for a telly in his room. Dad reluctantly agrees. Next day Billy comes downstairs and asks: "**Dad, what's love juice?**"

Dad looks horrified and tells Billy all about sex. Billy just sat there with his mouth open in amazement. Dad says: "**So what were you watching?**"

Billy says: "**Wimbledon.**"

I've been in love with the same woman for 49 years. If my wife finds out, she'll kill me!

The Doctor gave a man six months to live. The man couldn't pay his bill, so the doctor gave him another six months.

The Doctor called his private patient saying: "your cheque came back."

She replied: "So did my arthritis!"

It's all in the way you say it...

The nurse wound the bandage round the wound.

The farm was used to produce produce.

The rubbish dump was full, so they had to refuse to accept any more refuse.

The soldier decided to desert in the desert.

The insurance was invalid for the invalid.

The oarsmen had a row about the best way to row.

They were too close to the door to close it.

The buck does funny things when the does are nearby.

The wind was too strong for the yachtsman to wind in the sail.

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HISterectomy..

Join the Lottery

The Forum's fund-raising lottery prize is now rising to £200 a month to celebrate the first anniversary of the draw – and to mark the inclusion of more players. The more players, the higher the monthly prize – and the more funds we raise to help the Forum continue its wide range of activities.

Remember, it is open to anyone, so do recommend us to your family and friends (over the age of 21).



Lottery winner Sue Scott with organiser Jim Cante

To find out more or to join, call Jim Cante on 020 8363 4969.

The May monthly winner was Sue Scott and Olivia Goodfellow was the lucky winner in



Lottery winner Olivia Goodfellow with organiser Jim Cante

June. The draws are made at the Forum's monthly Civic Centre meeting (see Meetings on page 13) so you are welcome to come along to witness that as well.

WEA
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Cheque to The Treasurer, Enfield & Southgate WEA,
13 Uplands Way, N211DH. OR JUST TURN UP ON THE DAY.

Membership Update

Introducing our new membership secretary and executive committee member Nora Walsh. Former chief trading standards officer for the City of London, Nora is spending a couple of days a week helping another borough dealing with consumer fraud, scams and doorstep crime. Nora has taken over from Joyce Pullen, who remains an executive member having overseen our membership rise from the hundreds to the thousands over the last ten years. Now Nora is hoping for a similar leap forward.

I want to offer many thanks to our office staff who have completed the mammoth task of processing the thousands of applications for renewals and new memberships at this very busy time – and I hope there's a lot more to come.

We now have 4,888 members – an increase of 146 since early June – and 40 affiliated groups who have paid their subscriptions until April 2017 or beyond and we want more!!

Nearly 100 of the increase came from people renewing their membership and we know that there are many, many more still to do so.

So if you know anyone over 50 living in Enfield who is yet to renew or is not a member, please recommend the Forum to them and let them know of all the benefits of belonging to the Forum.

In the 2011 census there were 52,000

people aged over 60 living in Enfield. If we could get half of those people to join it would be marvellous.

One of the main indicators for poor health and vulnerability to crime is social isolation, and membership of the Forum and joining in our activities can go a long way to help combat loneliness.

Similarly, if you are a member of a club or society, why not get your club to join us as an affiliate member?

We are also currently reviewing our policies and procedures relating to data protection and you may see new information on our membership applications and other information.

Don't worry, nothing has changed and your information is just as secure as it always has been. We collect personal information about you for two main reasons.

Firstly, we want to ensure that the services we provide meet our members needs in terms of accessibility etc and secondly, some of the grants we get are targeted at particular groups or geographical areas, so we need to be able to show that we have members in the categories asked for.

We don't show or share individual information with anyone, but we may say to funding bodies that we have X members, Y of whom are over 75 for example.

So don't forget, tell your friends how great the Forum is and in the next newsletter I may be reporting more than 6,000 members have already signed up again for the year!

Nora Walsh
Membership Secretary

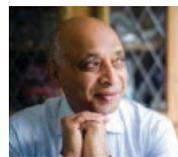
Not a member?

If you are not already a member, why not join Enfield's Over 50s Forum and keep up to date with issues that may well interest you?

Membership is only £9 per year for individuals, £13 for couples or you can join our 356-strong band of life members for £100 (£150 for couples).

Forms can be obtained from our website www.enfieldover50sforum.org.uk or by emailing info@enfieldover50sforum.org.uk or by post (telephone 020 8807 2076).

Congratulations Kishore BEM



Kishore Bilimoria, a Forum member for the last seven years who regularly attends the Wednesday Over 50s day at the Southbury Leisure Centre, has been awarded the British Empire Medal in H.M.The Queen's 90th birthday honours list.

Kishore tells us that the facilities for the Over 50s days are "terrific" and he has also been on some of our day trips, such as the one we had to Faversham and he enjoys the annual Christmas disco at the NECC.

Like so many of our other members, Kishore is involved in the local community. He was awarded the BEM for helping to set up the youth section of the Winchmore Hill and Enfield Hockey Club where he has played since the 1980s.

He has twice been honoured by the club for his outstanding contribution in developing the financial management and strategy for them. In the summer Kishore plays for Edmonton Cricket Club.



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Present this advert to receive £50 off our services. Offer is limited to one voucher per matter and available to Enfield Over 50s Forum members only.

Poet's corner

Life's Journey

*Man's journey through life,
his desire for a good wife,
with children to follow,
responsibility brings sorrow.
Happiness is staying healthy,
while hard work might make you
wealthy.
Retirement, relaxation and pride
with family life all on your side.
Old age, weakness and ailing,
in readiness for life's ending.*

Trudy Khan

Member of Forum Poetry Group

Life expectancy between rich and poor widens

Research from Cass Business School and the International Longevity Centre-UK (ILC-UK) has found growing inequalities in adult life expectancy. Based on data from the Human Mortality Database, Professor of Statistics Les Mayhew and Dr David Smith measured the differences in age between the earliest 10% of adult deaths and the top 5% of survivors.

They found that while people in the UK are living longer than ever, the gap between the longest and shortest lifespans appears to be increasing. In particular, the life expectancy of those in the lowest and the highest socio-economic groups is diverging for the first time since the 1870s. The full report revealed:

- In England and Wales, 5% of men that have attained the age of 30 are living on average to 96.0 years, 33.3 years longer than the lowest 10%.
- This gap grew by 1.7 years between 1993, when it was at its narrowest, and 2009.
- It is the first time since the 1870s that the gap in life expectancy is widening
- Unhealthy lifestyles are the main causes of this widening gap.
- For women, the longest surviving are reaching 98.2 years-old, 31 years longer than the lowest. The female gap reached its narrowest in 2005, but has since levelled out.
- Men in lower socio-economic groups are most likely to make damaging lifestyle choices.

Report author Professor Mayhew said:

“We looked at data from the 1870s onwards comparing England and Wales with France and Italy. It was clear that the first half of the 20th Century was characterised by a narrowing of the gap in lifespan as everyone benefited from improvements in clean drinking water, better housing, higher incomes and better health.

“Despite general rises in life expectancy after 1950, the life expectancy gap between men and women widened, whilst inequalities in lifespan persisted rather than narrowing further.

“We found that since the 1990s lifespan inequalities in men have actually worsened in England and Wales.

“This is partly due to some men now living to exceptionally old ages and in many cases equaling women, but at the other end of the distribution there has been a lack of progress.

“The research blames the widening disparity on poor life style choices rather than ambient risks which were prevalent in the first half of the 20th century. Key among these life style choices are smoking, drinking and poor diet – choices that are more likely to be made by the poorest in society.”

The UK Government set a target in 2003 that by 2010 life expectancies in the best and worst areas of the country would not differ by more than 10%. Not only was the target missed but in fact the opposite has happened. The research concludes the answer is not so much about redistributing healthcare expenditure but more about changing lifestyle habits.

The research argues that more powerful policy tools aimed at behavioural change are needed to steer people towards healthier lifestyles.

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.

Live better, live longer

Public Health has a strong focus on life expectancy, this is nothing new. Indeed, this is one of the successes of the borough as a whole; life expectancy for males is now 80.7 years, for females 84.1. Less happily there is still a gap of some 7 years between wards with the lowest and highest life expectancy.

The World Health Organisation (WHO) has now set a challenge of achieving 25% fewer deaths by 2025 (25 by 25). Challenging though this is, it is important to know what this means for Enfield residents.

The Richmond Group of Charities has looked at where the UK is now and how we might meet this challenge:

- **Over half of disease in later life could be avoided by changes in lifestyle**
- **11.9 million people in the UK (1 in 4 adults) are at risk of type 2 diabetes through being overweight or obese**
- **Up to 30% of cases of Alzheimers disease are caused by modifiable risk factors**
- **Up to half of all cancers could be prevented by changes in lifestyle behaviours**
- **80% of strokes are preventable.**

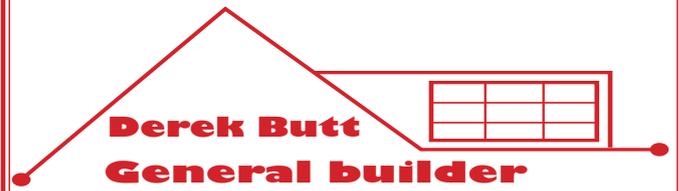
However, changing this and meeting the reduction of deaths targets come down to the same things:

- **Reducing physical inactivity by 10%**
- **No increases in obesity**
- **Reducing harmful alcohol consumption by 10%**
- **Reducing smoking and salt consumption by 30%**
- **Reducing the number of people with raised blood pressure by 25%.**

Some of this is easier said than done and the Government needs to play its part. Salt is a major risk factor of high blood pressure and therefore stroke, but some 75% of salt consumed is not added at the table but already in everyday foods such as bread, cereals, soups and sauces.

However, the recommendations are also within our own grasp. And if we did all this? The Richmond Group estimates that not only would this lead to 25% fewer deaths but also 1,112,000 years of life without disease. The strapline and goal is to ‘add years to life and life to years’.

Glenn Stewart, Assistant Director of Public Health
Enfield Council



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Beating bowel cancer

Although it is the UK's second biggest cancer killer claiming a life every 30 minutes, if bowel cancer is spotted early it can be successfully treated in over 90% of cases

Early treatment for bowel cancer can be the difference between life and death, says Consultant Colorectal Surgeon Professor David Jayne who is calling on people to recognise the symptoms, so they are able to act quickly if they spot anything out of the ordinary.

He said that people should be aware of what is normal so they can then recognise any changes. Figures provided by Cancer Research show that over 93% of people diagnosed with bowel cancer at an early stage survive for at least five years compared with less than 7% of those diagnosed at a late stage.

Professor Jayne, who practices at Spire Leeds Hospital, said: **"If you know what is normal you can then act if something out of the ordinary happens. A change in your bowel habit that lasts for three weeks or more and blood in your poo are warning signs that need acting upon as soon as possible."**

Other signs include unexplained weight loss, feeling tired without reason, stomach pains or a lump in the stomach. Patients who have bowel symptoms should be assessed in clinic by a colorectal surgeon, and are then usually investigated with either a colonoscopy (*flexible camera test of the bowel*) or CT scan.

Another route to have such investigations is through the NHS National Bowel Cancer Screening Programme where patients between the age of 60 and 74 are invited to participate every two years, with the aim of picking up colorectal cancer at an early stage before symptoms begin.

Professor Jayne added: **"In many cases there is not a clear cut reason why some people develop bowel cancer, but you can reduce your personal risk of developing cancer by making some simple lifestyle choices."**

- 1) Stop smoking: Long-term smokers are more likely than non-smokers to develop bowel cancer.
- 2) Watch your weight: After not smoking, maintaining a healthy weight is the most important thing you can do for cancer prevention.
- 3) Cut down on alcohol: Bowel cancer has been linked to a heavy intake of alcohol. The more you cut down, the more you reduce your risk.
- 4) Exercise regularly: Besides using up extra calories and helping you avoid gaining weight, being physically active also helps food to move through your digestive system more quickly.

- 5) Eat healthily: Make sure you eat plenty of dietary fibre from whole grains, seeds, fruit and vegetables. This helps to move waste quickly through your digestive system. Also drink plenty of water.

"More than 16,200 people in the UK died of bowel cancer in 2012. Bowel Cancer Awareness is a good way to let people know they can actually do positive things to improve their health while getting across the message that early detection really does make a massive difference to the success of treatment," said Professor Jayne.

How often should you get screened for bowel cancer?

Every two years – if you're over 60. Bowel cancer is the fourth most common cancer in the UK, and risk increases with age. If you're aged 60 to 74, you should be sent a home test kit, which is used to collect a stool sample. If you're over 75, you can request a test.

An additional one-off test called bowel scope screening, carried out at a clinic, is gradually being introduced to men and women at 55 in England. Find out more from your GP.

Cut cancer risk

Tens of thousands of cancers could be prevented each year through better diet, more exercise and less alcohol. Scientists assessed 12 previous studies covering more than one million people over periods from six to 17 years.

There was a drop of between 10 and 45% in the number of cases found among people who adhered to diet and exercise guidelines and a 14 to 61% drop in cancer deaths.

With 160,000 deaths each year in the UK from cancer, that would equate to several tens of thousands of deaths that could be prevented by better lifestyles.

Another study found that men in their 50s can significantly cut their chances of developing aggressive prostate cancer by losing a few inches around the waist, a University of Oxford study has found.

Research on more than 140,000 people around Europe found that overweight men who had reduced their waist size by four inches were 13% more likely to avoid the most deadly type of prostate cancer.

£1 million to treat that Dicky Ticker

Dicky ticker is easier to say than Atrial Fibrillation, a medical term for a major risk factor for stroke where the electrical conduction in the heart causes irregular pumping, leading to blood clots.

The prevalence of Atrial Fibrillation (AF) increases with age and is higher in women than men and carries with it a five-fold excess risk of stroke and, although AF stroke victims account for only 15% of stroke cases, they are more likely to experience a severe, disabling or even fatal stroke.

The Forum has campaigned over a number of years to improve stroke treatment and for early identification of symptoms, and stroke services and survival rates have improved greatly. However, the latest available figures (2014) show that 118 Enfield residents died of stroke, but that stroke victims accounted for over 300 emergency hospital admissions.

One in six older people suffers a stroke and 30% of them go on to develop vascular dementia or vascular cognitive impairment, so we are very keen to support the preventative measures coming on stream in the borough.

GP records show that there are 544 patients in Enfield diagnosed with AF but, for various reasons, not receiving treatment and that there are certainly more, probably 2,700, still undiagnosed.

The good news is that it is treatable with anticoagulants, like Warfarin, and that Enfield Public Health, working with Enfield CCG, now has a £1 million fund to set about a systematic identification and treatment programme.

So the resources are there and the diagnostic test should be simple. The programme aims to detect and treat 900 patients a year for the next three years. If you have any concerns, an inkling that you may be among the 3,000 plus Enfield residents at risk, ask your GP to check you out. **Better safe than sorry.**

In the meantime, it's same old, same old: eat carefully, cut down on the booze, stop smoking and try to get a bit of exercise.

Vivien Giladi

How often should you get your blood pressure checked?

At least once a year. As many as seven million people in the UK are living with undiagnosed high blood pressure, according to the British Heart Foundation.

The condition rarely has any symptoms – but if left untreated, it can dramatically increase your chances of developing heart disease, stroke and dementia.

Risk increases with age – which is why it's a good idea to get checked out annually as we get older. The test is quick and painless and can be carried out at your GP's surgery, as well as many pharmacies and health clubs.

Renew your EHIC

Forget about Brexit for a minute. You can renew your EHIC – that's the European Health Insurance Card – when there is less than six months to run on it. The EHIC is certain to be one of the issues discussed alongside passports and driving licences during the long withdrawal process from the EU.

Until this is resolved you can renew the EHIC for free by calling 0300 330 1350 or www.nhs.uk/ehic. Please do not get caught by unofficial websites that will charge you. The EHIC enables you to be treated as though you were a resident of the country you are visiting and receive healthcare free or at a reduced cost.

The card can be used in any country that is in the European Economic Area which includes all 28 (we are still in!) EU countries as well as Iceland, Switzerland and Norway.

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Enfield Borough Over 50s Forum

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email:info@enfieldover50sforum.org.uk

Secretary: Tony Watts

Development & Office Manager: Jan Oliver

Admin Assistants: Diane Barron & Liz Delbarre

Office hours: Mon-Friday 9.30am - 4pm

FREE Inheritance Tax Seminar

Following our article 'Who wants to be a Million-heir?' in the last edition of this newsletter, there has been a huge response from those considering the future tax burden on their estate.

It has become apparent that there is a large amount of disinformation and unfounded myths circulating on the internet causing confusion particularly in how to obtain the one million pound allowance for inheritance tax.

This is also not helped by the fact that the legislation is unnecessarily complex and certain elements have still not been ratified by Parliament in the Finance Bill 2016.

Rather than simply increasing the 'Nil Rate Band' allowance in line with house prices and inflation, the Government has chosen to implement combinations of new allowances which are not open to all.

For example, if you are a cohabiting unmarried or childless couple you would be unable to benefit from the full set of allowances. Unfortunately, if you pass away before next April, you are stuck with the existing allowance of £325,000 per person.

Following the Brexit vote and the ensuing market volatility, we do not yet know how house prices will be affected up until 2020 when the full million pound allowance is implemented.

Individuals are also beginning to panic and gift away their main residence, thereby defeating the whole purpose of the 'Residential Nil Rate Band' and creating unnecessary tax liabilities.

In order for you to get the best advice on how to make use of your allowances and what to do next to save your estate having to pay 40% tax on death, we are working with a leading firm of independent financial advisers, Lonsdale Wealth Management.

We have organized a FREE seminar where we will discuss possible inheritance tax planning options including: creating trusts, gifting & exemptions, life assurance, business property relief and charitable legacies.

Location: Hadley Wood Golf Club, 44 Beech Hill, Barnet EN4 0JJ
Date & Time: 21 September. 10.30am to 1pm.

In order to book your FREE place or for specialist advice on this and other matters, contact the private client team at Stennett & Stennett Solicitors in Southgate on 020 8920 3190. We look forward to seeing you then.

ENFIELD ART CIRCLE

84th Annual Exhibition

at

CAPEL MANOR

Bullsmoor Lane, Enfield, EN1 4RQ

Saturday 23rd July – Saturday 6th August.

Daily 10am- 5pm

FREE admission to Exhibition only.

FURTHER INFORMATION : Tel: 020 8804 6100

www.enfieldartcircle.org

Chair's Column



It was wonderful to see so many of you at the AGM despite it being the wettest day of the year so far – and there is some competition for that status!

Your Executive Committee would still like to hear from you so if you have any ideas or suggestions please get in touch.

In June our annual Falls Prevention Action Day, opened by the MP for Edmonton, Kate Osamor, was also successful and, as always, I would like to thank Jan Oliver and her team who, together with a group of willing volunteers, ensured that the day ran smoothly.

I do hope that you will have read in other parts of this newsletter about the launch of a petition to support the cross-party project trying to get fair funding for Enfield. Doug Taylor, Leader of the Council, gave a well-reasoned introduction to this campaign in June. Although I thought I knew all the details, I was shocked by the statistics he presented to show the unfairness of the current system of funding. Please get involved.

As many of you know, Monty wants to hear from anyone who has, in the last few months, been refused medication by their GP and told to purchase it over the counter.

Finally I am always going on about the importance of volunteering, so I do hope that some of our members will consider the request from the Enfield Libraries Service that residents volunteer to offer support in some of our libraries.

Whilst I fully understand the reservations of many people – that this should not be necessary and libraries should be properly staffed – the funding situation in Enfield (see above) means that difficult decisions have to be made in order to keep our library services open. The benefits of volunteering are numerous for all concerned.

I hope that the rain has stopped by the time you read this newsletter.

Christine Whetstone, Forum Chair

NEWSLETTER LAYOUT EDITOR WANTED

Forum Secretary, Tony Watts, has been responsible for our bimonthly newsletter layout since 2002 without missing an issue. Currently we use Adobe Indesign and other packages for design and layout. We are now seeking a volunteer with good IT publishing skills to work with the editorial team with a view to take responsibility for the newsletter layout and liaison with our printers. Training in the use of Indesign would be given if required. Members interested should contact our office (info@enfieldover50sforum.org.uk)

Enfield Art Circle's Exhibition

Only one week left to visit Enfield Art Circle's Exhibition at Capel Manor, Bullsmoor Lane. A great variety of art work in all mediums for sale or just to enjoy. Free entry to the exhibition, open daily 10am to 5pm. Closes 6th August at 2pm.

Information Tel: 020 8245 9852

Drug-free ways to ease arthritis pain

From listening to music to learning to meditate: there are ways to reduce the pain of arthritis without medication. Could these tips work for you?

1. Lose weight

Easier said than done? Not necessarily – and every little helps. 'Losing weight is probably the single most important thing you can do to prevent the development or progression of osteoarthritis,' says Dr Paul Stillman from Talking Knees (www.talkingknees.co.uk). 'When you stand, you put your entire weight through your body. This force increases as it goes downwards, so your hips, knees and ankles take most of the strain. When you lift one foot off the ground to walk, that force increases. The stress through the other leg is your body weight plus around 50%. Run or climb stairs and the load is even higher.'

2. Listen to your favourite music

The key word here is distraction. Music can shift your focus away from your pain, as well as lift your mood. One US study, published in the Journal of Advanced Nursing, found that listening to music reduced chronic pain by up to 21%.

3. Sign up for a spinning class

Now, don't roll your eyes! High-intensity workouts, such as spinning, may prove hugely beneficial for both long- and short-term pain management, according to a recent Norwegian study. Women with arthritis who took part in a spinning class twice a week for 10 weeks saw a marked reduction in inflammation, as well as – unsurprisingly – an improvement in their cardiovascular fitness. Do check with your GP before signing up, though.

4. Give tai chi a try

Prefer a more gentle form of exercise? Tai chi is effective at reducing pain levels and disability. The fact that tai chi is inexpensive, convenient and enjoyable, and conveys other psychological and social benefits, supports the use of this type of intervention for painful conditions such as arthritis, say scientists at The George Institute in Sydney.

5. Drink some green tea

A chemical found in green tea – the snappily named EGCG – has the potential to address the joint pain, inflammation and tissue damage caused by rheumatoid arthritis.

6. Learn to meditate

People who meditate regularly find pain easier to manage because their brains anticipate it less, say scientists from Manchester University. Another recent study, published in the Journal of the American Medical Association, found that mindfulness meditation can be more effective than medication because it trains the brain to respond differently to pain.

7. Get out in the sun

Vitamin D, which is produced through sun exposure, may ease arthritis pain and boost mobility by lowering inflammation and strengthening bones. Getting plenty of sunshine will also lift your mood, of course, which can make pain easier to manage.

8. Get a good night's sleep

You probably don't need us to tell you that a poor night's rest can aggravate arthritis symptoms – while the pain itself is often responsible for preventing sleep in the first place. But it's not the only culprit: taking steps to address other contributing factors, such as depression, anxiety and obesity, can ensure you sleep better and so experience less pain.

9. Try acupuncture

Acupuncture relieves pain by changing the painful sensations that are sent to the brain from damaged tissues and by stimulating the body's pain-relieving hormones – but repeated sessions are usually needed to ensure long-term relief. Find an acupuncturist at the British Acupuncture Council.

Courtesy Saga magazine

A new Forum initiative

**ENFIELD BOROUGH OVER 50s
FORUM BRINGS YOU**

STAR TURNS



These events are inclusive of a
**FREE sandwich lunch/afternoon
tea and cakes**

CLASSICAL AND FOLK MUSIC

**On Wednesday 10 August
Between 1.00pm and 3.30pm**



Andrews Massey Duo

A contemporary flute and guitar duo will
treat us to an afternoon of beautiful classical
and folk music.

"Flute and guitar ensemble music at its very best"
(Stranraer Free Press, Feb 2013)

At the Angel Community Centre, Raynham Road,
Edmonton, London, N18 2JF
Any bus coming along Hertford Road to Angel Corner
Car parking in public car park

FUN BALLROOM AND LATIN GROUP DISPLAY AND DANCE

**Wednesday 31 August
between 1pm and 3.30pm**



(Photo by
'hey pressto.com')

A great afternoon of Ballroom and Latin dancing.
Martin and Elaine will be teaching easy moves
to get you up and dancing with demonstrations
of various styles including Waltz, Foxtrot, Rumba
and Argentine Tango. This will be a fun event with
a chance to get on the dance floor yourselves.

At St. Stephens Church Hall, Park Avenue, EN1 2BA
329 and W8 buses stop near the St Stephens

ENTERTAINMENT AFTERNOONS with refreshments

Free entry for Over 50s Forum members - you must
bring an up to date Forum membership card. There
will be a collection on the day – contribute what
you can afford.

Guests and non members £5 (or, if over 50, you
can join the Forum at the door)

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LOTTERY FUNDED

All events listed under Star Turns
are organised by Enfield Borough
Over 50s Forum and funded by
Awards for All

Forum meetings

At the Civic Centre, Enfield

Tuesday 30 August at 10am for 10.30am start
Gail Hawksworth, Head of Communications &
Engagement for the NHS Enfield Clinical Commissioning
Group (CCG) talks about the CCG's financial position,
sustainability and transformation plan.

Tuesday 27 September at 10am for 10.30am start
Jenny Tosh, Chief Education Officer for LBE and **Councillor
Ayfer Orhan**, Cabinet Lead for Education, talk about
Education, the types of schools in Enfield and the role of
the Council.

At Enfield County School for Girls

Friday 28 October we have the **Forum Conference on
Prospects for Better Ageing** to be held at **Enfield County
School**. (more details on frontpage and our website)

At Millfield House, Silver Street, N18 1PJ

Thursday 11 August at 10am for 10.30am start
Victoria Sanderson from Millfield House talks about -
Using Social Media – Facebook, Twitter, the Internet and
email in promoting Enfield.

Thursday 8 September at 10am for 10.30am start
**Alasdair Mackenzie, Senior Community Outreach and
Engagement Officer from the Houses of Parliament** talks
about engaging with and influencing the government.

Southgate Beaumont, 15 Cannon Hill, N14 7DJ

Tuesday 16 August at 10am for 10.30am start
Margaret Green, talks about Enfield's new Safe &
Connected Service. This is a 24 hour emergency service
that helps older and vulnerable people to remain living
independently and safely in their own homes.

Tuesday 20 September at 10am for 10.30am start
Sally McTernan, Assistant Director Assessment
Hub and Community Housing Services LBE talks
to the Forum about Welfare Reform in Enfield.

Special Meeting

A consultation meeting on Cycle Enfield
**St Peters and Pauls Church Hall, 177
Ordnance Road, EN3 6AB**

Tuesday 23 August for a 10.30 start

**Richard Eason, Cycle Enfield Consultation
Manager** explains the **Cycle Enfield project**
for the **Hertford Road** and listens to Forum
members views

**(121 Bus Stops outside and there are car
parking facilities)**

SOCIAL CALENDAR

Here are some more 2016 offerings. As usual, we try to cater for all tastes and pockets but are always looking for ways to ensure that we appeal to as many members as possible. We can only do so much and whilst we are a pretty imaginative and adventurous group most of us have busy lives. We welcome suggestions which you would be prepared to carry forward with the experienced assistance of committee members. Be creative!! If you have ideas to put to the committee, you can contact me, Irene Richards, on 0203 715 0946 or email: poosticks2@sky.com. Do please note the occasional advisory warning re limited ability - this is done when necessary to avoid you booking for an event for which you are not able and you cannot rely on others to help you.

Saturday 27 August. Guided Tour of the Guildhall, Guildhall Art Gallery, Roman Amphitheatre. Meet 10.30 for 11am at Guildhall Entrance Gresham Street EC2V 7HH. The Guildhall is the 700 year old Medieval Great Hall, the ceremonial and administrative centre of The City of London Corporation. The Guildhall Art Gallery houses over 4,000 works of art. This is a guided tour. To reserve your place (numbers are limited) **phone Roy Barrows** on 020 8360 8561. Once your place has been reserved, please send a cheque made payable to Enfield Over 50s Forum for £5 per person to Roy Barrows, 72 Broadfields Avenue Winchmore Hill, London N21 1AH.

Friday 2 September. A leisurely walk in the Lea Valley. Three Mills to Limehouse Basin & River Thames. Only two miles and suitable for all abilities. Then either we continue walking along the Thames to Tower Bridge and cross the bridge to City Hall OR we catch the bus to City Hall. If you still have energy, we could join a tour of City Hall or just sit and enjoy the view of Tower Bridge, The Thames, the Tower of London and the goings-on, whilst you eat a packed lunch or food you bought from the cafe. **Ring Cheryl Byamukama** 020 8363 0732

Weekend 3-4 September. Final sailing weekend EVER! There are still a few places left on the final Forum sailing trip, so why not blow away the cobwebs by coming on a super trip from Southampton to who knows where? You can either come for the weekend or for one day but book now as you don't want to miss the boat-do you? The price for this trip is £70 for one day or £140 for the whole weekend. For a booking form and further information, **contact Olivia** on 020 8447 8841 or better still email oliviagoodfellow19@gmail.com

Thursday 8 September. Woodberry Wetlands Walk. Join us for a leisurely stroll around the recently developed wetlands on the Woodberry Grove Estate (nr. Manor House), recently opened by Sir David Attenborough. Afterwards a snack, light lunch or coffee in the delightful listed

building café for those who wish. Cost is a £1 donation to the Forum fund, payable on the day. For details of meeting points and to reserve a place, please **contact Olivia** on 020 8447 8841 or better still by email on oliviagoodfellow19@gmail.com

Friday 9 September. Lee River Trip with cream tea. Join us for a cream tea on board the 'Lady of Lee Valley' and a two hour cruise departing the Lee Valley Boat Centre, Broxbourne at 2.30 pm. The cost is £14 pp, additional bar facilities are available. This is suitable for those with impaired mobility and wheelchair users. For more information and to book, **ring Heather Cole** 020 8363 7286.

Saturday 10 September. The Larder Supper Night. Come along for a fabulous two course meal with bubbles and nibbles to welcome you, at the charming Larder Café and Deli on the Green in N21. Due to the cosy dimensions of the Larder, there are only 16 places available for this friendly night, so book in early to avoid disappointment. There will be a free prize draw on the night as well. For menu choices and to book a place or two, **contact Olivia** on 020 8447 8841 or email oliviagoodfellow19@gmail.com

Tuesday 11 October. Lunch in The Middle Temple Banqueting Hall, Middle Temple Lane, EC4Y 9AT. Meet outside entrance at 12.15 for 12.30pm lunch. The hall is the finest example of an Elizabeth hall in England with its magnificent double hammer beam roof. Begun in 1562 it has remained virtually unaltered to the present day. Enjoy a served three course lunch in this splendid historic setting. To reserve your place (numbers are limited) **phone Roy Barrows** on 020 8360 8561. Once your place has been reserved, please send a cheque for £30 pp made payable to Enfield Over 50s Forum, to Roy Barrows, 72 Broadfields Avenue, Winchmore Hill, London N21 1AH. Please include a stamped self-addressed envelope with your cheques.

Thursday 13 October. Annual Dovercourt Trip. Join us for this very popular outing. After a leisurely drive to Harwich we will spend approx. 45 minutes checking out some of the places of interest on foot or a nice cuppa on the Halfpenny Pier or a quick bracing walk along the sea front. We then move on to the Cliffs Hotel in Dovercourt where we will enjoy a two course hot lunch, followed by music and dancing by the Myra Terry Duo. Pick up and return to Argos/Lidl Enfield Town: 8.15 for prompt 8.30am departure returning approx. 7.30pm. Cost £32.50. For details and to book **contact Jacky Pearce** 020 8482 3575

Please note: bookings for either of the following two events will not be taken prior to Tuesday 16 August and are strictly for Forum members only. MAXIMUM 8 TICKETS PER PHONE CALL.

Thank you for your co-operation.

Monday 12 December. Two course buffet lunch. 12 noon-4pm, £17, Myra Terry Duo at the NECC Baker Street Enfield EN1 3LD. Near Hop Poles Pub. Buses 191, W8, parking available. Come and enjoy a festive afternoon of delicious food, great music/dancing, and celebrate the Season with your Forum friends and colleagues. A warm welcome is extended to our newer and unaccompanied members. To book **ring Jacky Pearce** 020 8482 3575 (from 16 Aug)

2017

Monday 9 January. Encore two course buffet lunch. 12 noon-4pm. Encore- so good they did it twice!! £17 Myra Terry Duo at the NECC Baker Street Enfield EN1 3LD. Near Hop Poles Pub. Buses 191, W8, parking available. Come and enjoy a festive afternoon of delicious food, great music/dancing, and celebrate the Season with your Forum friends and colleagues. A warm welcome is extended to our newer and unaccompanied members. To book **ring Jacky Pearce** 020 8482 3575 (from 16 Aug)

Wednesday 15 March. Brick Lane Music Hall, Irish Themed Music Hall. £44.50, Join us for an afternoon of fun, laughter and loads of blarney, Enjoy a scrumptious afternoon tea served in the interval. Coach pick up at Lidl/Argos Enfield Town 12.15 prompt returning approx. 6pm. To book **ring Jacky Pearce** 020 8482 3575.

6-10 February 2017. Five days. Norway - Huskies and the Northern lights. (Cost from £1269) Discover the land of the midnight sun, glide across crisp white snow on a sled pulled by powerful huskies and keep lookout for the phenomenal northern lights on this thrilling adventure to Tromsø. . For a booking form and a full itinerary, please **contact Olivia** on oliviagoodfellow19@gmail.com or 020 8447 8841

6-14 June 2017. Nine days. Kenya - Safari and Savannah Sunsets. Cost from £1999 Track Africa's most thrilling animals, including the 'Big Five', as you head off on safari across the vast savannahs of Samburu National Reserve and the Masai Mara. You'll also soak up the scenery around beautiful Lake Naivasha and relax in lodges where you're surrounded by wildlife and luxury. For a booking form and a full itinerary, please **contact Olivia** on oliviagoodfellow19@gmail.com or 0208 447 8841

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.

Wonders of Vietnam trip



A group of Forum members embarked on a wonderful 14 day tour of Vietnam, which took us from Hanoi in the north to Saigon (Ho Chi Minh City) in the south and everything in between.

We watched a water puppet show, rode in trishaws around the crazy streets, sailed around Halong Bay which was a truly magical experience.

We stayed in Hue and cruised along the Perfume River, also visiting the Cham museum, the Marble mountains and the wonderful beach where the US soldiers rested during the war.

The enchanting riverside town of Hoi An welcomed us and we took a guided bicycle ride through the countryside, which was a highlight for many.

The UNESCO site of My Son was a major Cham religious site centuries ago and we marvelled at the majestic ruins and watched local dancers.

In Saigon we visited the presidential palace, the harrowing war remnants museum, central post office and opera house, before making our way to the Cu Chi tunnels, used by Viet Cong in the war and crawled along by us in 2016!

We then travelled along the Mekong delta and visited local workshops and craftspeople, most of whom do everything on and by boat. Finally, we visited the floating market at Cai Rang, and watched the Vietnamese style of market trading early in the morning.

This was a wonderful cultural experience and we had fantastic food, bought loads of clothes and other souvenirs and really had a memorable holiday in good company.

Olivia Goodfellow

Forum Groups and affiliates

Book Club

The Book Club meets monthly on Thursdays in the Community Room at the Enfield Library 10-12noon. Forthcoming meetings and books are:

18 Aug: Go Set a Watchman by Harper Lee

15 Sept: Three Cups of Tea by Greg Mortenson

20 Oct: A God in Ruins by Kate Atkinson

17 Nov: The Trouble with Sheep and Goats by Joanna Cannon

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

Poetry Group

The Forum's Poetry Group continues to flourish, meeting on the third Thursday of the month in Enfield Town Library (10.15am, upstairs). Poems are read and discussed and the group is always pleased to listen to a piece of music to accompany the poem which has been selected. Members often have a coffee and/or lunch in the cafe afterwards. For more information, contact David Blake on 01992 637 829 or email davidstanleyblake@gmail.com

The theme for the next meeting (25 August) is 'Flora and fauna'.

If you would like to submit a poem to be considered for the newsletter contact Irene Richards on 0203 715 0946 or email poosticks2@sky.com

Walking group

This group meets Saturday morning at 10.30am by the Café at Grovelands Park (Broad Walk entrance), N21 3DA. This is a small walking group (usually about 10 people) which meets every Saturday for a 40 minute walk around Grovelands Park and 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.

Woodworking and Jewellery Group

This group has just completed another successful year, meeting weekly to make a items, including tables and laminated boxes, as well as enamel brooches, earrings etc. There are no free spaces at the moment unfortunately as numbers are very limited due to the size of the workshop, but for more information, call John Lombard on 020 8367 5921.

Chess Club

The Forum Chess Club will now meet during the Wednesday Drop-In sessions at Millfield House (see info on page 2). For more information, contact Jim Cattle on 020 8363 4969 between 10am and 4pm.

Southgate Opera

Southgate Opera is holding a concert to celebrate 'The Best of British Music' which includes songs and choruses by Noel Coward, Ivor Novello and items from Oliver, Cats, Me and My Girl and Merry England.



There are two performances: one on Friday 23 September at St Mary Magdalene's Church Hall, Windmill Hill, Enfield and the other on Saturday 24 September at Church House, Waterfall Road, Southgate. Both start at 7.30pm.

The ticket price includes a light supper and wine. Tickets are £13 each (£10 for Friends of Southgate Opera) and are only available in advance from Southgate Opera, c/o 7 Arnold Rise, Biggleswade SG18 8UN. Telephone 07931 264765 or email friendsofsouthgateopera@outlook.com New members are always welcome to join Southgate Opera either as singers or to help backstage or with front of house. If interested, please visit the website for further information www.southgateopera.co.uk or phone 020 8360 0788.

Dance and Fitness

Suitable for all ages and abilities



Ballroom and Latin

Classes, workshops and monthly dance: **Enfield, Winchmore Hill, Edmonton**



BetterLifeDancing- 07930 327556

**Elaine's
Chasamba
Fitness -
07702
437101**



Over 50s Event- 31st August

Knit & Natter

Knit & Natter has two weekly sessions at the Dugdale Centre, 39 London Rd, Enfield: Tuesday afternoons 2-4pm and Wednesday mornings 10.30am -12.30pm. Both experienced knitters and complete novices are welcome. 50p per session. For more information, **contact Liz Gilbert** on 020 8360 7386.

Enfield Community Singers

The morning choir meets on Monday 11am-1pm at The Holy Trinity Church, Winchmore Hill N21, and the evening choir meets Tuesdays 7-9pm at Millfield Arts Centre, Silver Street Edmonton N18. There are no auditions and no need to read music. £5 per session. The Community Choir gives concerts, singing a great selection of popular repertoire and performed at the Forum's celebrations for Older People's Day. For more information **contact Simon** at simon@letthepeoplesing.co.uk or call on 020 8360 7386.

www.letthepeoplesing.co.uk

Cineworld – Southbury Road Over 50s Film Club every Monday at 10.30am

Admission £3 is less than half normal prices

1	August	Demolition
8	August	Florence Foster Jenkins
15	August	I Saw the Light
22	August	A Hologram for a King
29	August	Money Monster
5	Sept	Me Before You
12	Sept	Mother's Day
19	Sept	Elvis & Nixon

Films are subject to change

Note the dates and tell your friends of some great films you can see for half the normal price.

Cineworld is at the Corner of Southbury Road and A10
Buses 121, 191, 307 and 313 to the door

Extra Over 50s Day

Fusion has launched a new Over 50s Day at Edmonton Leisure Centre (*see timetable below*). This is in addition to the current Over 50s Days at Edmonton each Monday, Southgate (Tuesday and Friday), Southbury (Tuesday and Wednesday) and Albany (Thursday).

A new activity is being introduced to the Over 50s Day timetable (starting at either Southbury or Edmonton) and that is pickleball, a racquet sport that combines elements of badminton, tennis and table tennis. The game has been especially developed for the over 50s.

The Fusion concession card exclusively available to Forum members on production of a valid Forum membership card is priced £7.50 a year instead of £21.50, giving casual users half-priced access to all facilities and classes, including the Over 50s all-day sessions.

The reduced annual membership fee for Forum members is £390 (compared to the normal fee of £460) or you can take out a monthly direct debit at £39 (compared to the normal £46).

There is also a monthly off-peak deal for Forum members giving access to all facilities Monday to Friday 9am - 4pm and at weekends from 12noon to closing time for £29.

To take advantage of this great offer you must simply be an up-to-date member of the Over 50s Forum; be an Enfield Borough resident and produce your Forum membership card when buying the concession card or signing-up for the annual or monthly membership deals.

Edmonton Leisure Centre

New Over 50s Day Friday timetable

8.30am - 9.25am	Tai chi
8.30am - 10am	Badminton
10.15am - 11.10am	Zumba
11.30am - 3pm	Badminton, short tennis, table tennis

Gym available 9am – 4pm and swim sauna and steam subject to opening times.

Meeting room available 9-12pm.

ENFIELD BOROUGH OVER 50S FORUM

OCCASIONAL VOLUNTEER DRIVERS NEEDED

The Forum is looking for drivers who are willing to drive either a Community Transport minibus or a Community Transport car on occasional days. Most of the days will be for transporting people to social events, which you will be invited to attend. To drive the minibus you should be under 70. Drivers need to register with Community Transport and practice in one of their buses. But anyone with a clean driving licence can drive one of their 6 seater wheelchair accessible cars – you are welcome to practice in one of these also.

Please contact the Forum Office:

(info@enfieldover50sforum.org.uk) to register.



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