



## Safeguarding Enfield adults

**The Enfield Safeguarding Adults Board is working to make sure that everyone in the borough knows how to recognise and report adult abuse and neglect**

More than 1,140 cases were reported to the Enfield Safeguarding Adults Board (SAB) in 2016-17 – and 704 of them (49%) involved people aged 65 and over, reflecting the relatively high proportion of elderly people living in the borough. The most safeguarding concerns were raised by hospitals (259 cases), residential care homes (116 cases) and by social care staff (100 cases).

With 41,000 people aged over 65 living here - the 11th highest number in London - the Enfield SAB faces a challenging task in keeping people at risk of abuse and neglect, safe in their own home, in hospital or in one of the many care and nursing homes in the borough.

The importance of the SAB's work was confirmed by the March 2017 Care Quality Commission rating for Enfield which revealed that while 58% of nursing homes in the borough are good, 42% require improvement; while 75% of home care is good, 25% is inadequate and while 88% of residential homes are good, 12% need improving.

The Enfield SAB is a partnership organisation – which includes the Over 50s Forum – and is responsible for helping adults at risk not only to live their lives free of abuse and neglect, but also to feel safe and able to have their wishes and well-being respected, whether it be by family, carers or nursing staff.

### Breaking the cycle

The SAB annual report says they are developing a local perpetrator plan; they want to hold the perpetrators to account and break the cycle of abuse. The SAB is expanding its focus to include people at risk of committing suicide. As required by the Care Act 2014, this is in addition to areas of abuse which include discriminatory abuse, financial abuse and modern slavery. Modern slavery is defined as being when people are forced to work against their wishes, with no choice about what they do or where they live, for little or no money.

### Hydration Toolkit

Forum executive member Irene Richards is a lay member of the SAB and is one of their Quality Checkers gathering feedback on the quality of services elderly people in care receive. For example, they helped to improve hydration by visiting 20 care homes gathering information from staff and residents about their food and drinks. A 'Hydration Toolkit' was produced and distributed to all care homes in the borough, with a wallet sized hydration card to help identify and prevent dehydration.

One of the main goals the SAB has set itself for the coming year is ensuring that everyone in Enfield knows how to

recognise and report adult abuse, to understand when to report a concern and when to call the police in emergencies. It will also focus on adult safety in the 'provider market' – Enfield having more than 100 nursing and residential homes - one of the highest in London.

### 24 hour helpline

The Safeguarding Adults Board has a special telephone line open 24 hours every day of the week on **020 8379 5212** for anyone concerned that they or someone they know may be experiencing abuse.

The SAB will also be present at the Forum's Winter Fair on Friday 16 February with its own stall offering guidance and advice and the team will also run a workshop, possibly on identifying financial abuse particularly of elderly people.

### What is abuse?

Abuse is when someone does or says something to make you feel upset, scared, frightened or hurt. You may be too scared to tell them to stop or even to ask for help from someone else.

**Merry Christmas / Season's Greetings to all our readers. Wishing you a peaceful and prosperous 2018.**

### Financial abuse

This is when someone takes your money or belongings without asking. Financial abuse can include stealing your money and being forced to pay for other people's things.

### Neglect

This is when people who are there to help you do not look after you properly. It can also be when your care and support is not enough to meet your needs. This can include being put in danger, not getting the medical help you need, being ignored – no one talking to you.

### Hate crime

The police define Hate Crime as 'any incident that is perceived by the victim, or any other person, to be racist, homophobic, transphobic or due to a person's religion, belief, gender identity or disability.' This definition is based on the perception of the victim or anyone else and is not reliant on evidence. In addition, it includes incidents that do not constitute a criminal offence.

If you go to the [www.enfield.gov.uk](http://www.enfield.gov.uk) website and type in 'Safeguarding Adults' in the Search bar, and go to the Safeguarding Adults Board page, you'll find the 'Safeguarding Adults Annual report for 2016-17' as well as their current Safeguarding Adults Board Strategy.

The main Safeguarding Adults page also has a very helpful video on the page called Warning signs. They are updating the video with a version with Sign Language. The page also has a number of factsheets that may be helpful: on financial planning, preventing abuse and fraud and 'Safeguarding, technology and you'.

## Jan's Journal



It is almost that time of year again and I hear that our regular social committee Christmas celebrations are full (or nearly full) but there is still time to come to our Millfield Drop in on a Wednesday afternoon where members play board games and will be having some Christmas snacks on Wednesday 13th December between 2.00 and 4.00. The drop in will then be closed for Christmas until Wednesday 10th January and then 24th January.

It's the time of year when some of us start to think about New Year's resolution – if yours is to volunteer for the Forum then please join us on Thursday 7th December 2017 at Enfield Baptist Church where you can collect more information and meet some of our current volunteers in a social setting. See our advert on page 6 and I hope to see some of you there. In the meantime below are some accounts of recent meetings held by the Forum.

### Sight Loss

Permanent sight loss, whenever it occurs and to whatever degree, is a traumatic experience. Many people feel frustrated and isolated because they cannot imagine how they will continue to carry out the tasks of daily life.

At such times being able to talk to others who have come through similar experiences can be very helpful – not only for the emotional support but for the wealth of practical information on ways to cope with day to day living and the organisations and equipment available to help visually impaired people live their lives as independently as possible.

Enfield Vision came to talk to our members at our Millfield Meeting in October. They are a local organisation run by visually impaired people who aim to help and encourage people with sight loss in the London Borough of Enfield and who provide information, support and social outings and activities.

Membership of Enfield Vision is FREE – telephone 020 8373 6260 or write to them at Enfield Vision, Community House, 311 Fore Street Edmonton, N9 0PZ or email [information@enfieldvision.org.uk](mailto:information@enfieldvision.org.uk). For further information visit their website [www.enfieldvision.org.uk](http://www.enfieldvision.org.uk).

### Enfield Cares says the Mayor of Enfield

Christine Hamilton the current Mayor of Enfield came to talk to Forum members at our Southgate Beaumont meeting in October. Based on her years of working with NHS staff, she chose the slogan 'Enfield Cares' as her theme – so raising awareness of carers and emphasising their value. Ms Hamilton's role as the Mayor is to represent Enfield at functions and to chair Council meetings. Although she herself is still a councillor, as Mayor she must be apolitical.

**A Merry Christmas and a Happy Winter Solstice to all.**

Jan Oliver

## Save our constituencies

**Act quickly to oppose the abolition of the Enfield Southgate constituency which will break up the community we all value in Enfield. The consultation closes on 11 December.**

At the moment, the London Borough of Enfield is represented in Parliament by three MPs, who between them cover the whole borough. The Boundary Commission is now proposing that the three constituencies – Enfield North, Edmonton and Enfield Southgate – are changed, supposedly to help ensure all constituencies throughout the country contain roughly the same number of voters and to reduce the number of MPs from 650 to 600.

The proposal, already revised once, will see Enfield Southgate abolished and its wards distributed across five constituencies. Cockfosters, Winchmore Hill, Southgate and Southgate Green wards will be part of the new Finchley & Enfield Southgate constituency (together with four wards from Barnet). Bowes ward will become part of the Hornsey & Wood Green constituency. Palmers Green will be incorporated into Edmonton constituency, as will Grange Ward (currently part of Enfield North).

The Enfield Borough Over 50s Forum (which, remember, is the largest voluntary sector organisation in the Borough with some 6,000 subscribing members) strongly urges the Boundary Commission to reconsider these proposals.

In proposing to spread this representation across five constituencies instead of the present three, the Commission is, in effect, destroying many years work by all political parties and voluntary sector organisations in seeking to create an environment where our diverse communities comes together under a single local authority with well-established, widely recognised Parliamentary representation.

To spread nearly 60,000 of our fellow Enfield citizens among three new parliamentary constituencies must undermine the community cohesion and community allegiance we have created and achieved in Enfield.

They will be represented by councillors responsible to one single local authority (Enfield) and under-represented by MPs whose major interests must inevitably lie with different boroughs and local authorities containing the majority of their constituents.

This loss of democratic and representational rights is proposed merely to ensure that constituencies are within an arbitrary figure of 5% of an electoral quota set in 2015.

This clearly takes no account of the big increase in Enfield's population in the past decade – and more importantly the predicted 15% increase between now and 2022, reaching an estimated 403,300 by 2032 with a corresponding increase in Enfield's electoral register.

By 2020-22 there could well be 220,000 electors in the borough which would justify retaining our three MPs. We believe the Boundary Commissioners should surely be planning for this future growth of Enfield's population and electorate, instead of basing its proposals on the 2015 electoral register which is already outdated.

Finally, we would urge the Boundary Commissioners to consider again whether numerical equality of constituencies is more important than maintaining and improving the ties between our many diverse communities. Will this be helped or hindered by spreading the electors in five existing Enfield wards among MPs who will have the most tenuous and remote links with the Borough?

To make your voice heard, go to [www.bce2018.org.uk](http://www.bce2018.org.uk), type in your postcode and click 'make a comment' or write to the Boundary Commission at 35 Great Smith Street, London SW1P 3BQ.

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# New CCG chief arrives



**The CCG is the main provider of healthcare in the borough, so we have written an open letter to John Wardell, the new chief operating officer who starts work on 5 December**

*Dear John Wardell*

On behalf of the Enfield Borough Over 50s Forum, we'd like to welcome you to our borough as the new chief operating officer of the Enfield NHS Clinical

Commissioning Group (CCG).

Like a football club constantly changing managers, you are the sixth holder of this important hot seat since the NHS was reorganised by the then Health Minister, Andrew Lansley in April 2013 – and the fifth since July 2015 when Liz Wise departed.

Remember Andrew Lansley? Alongside David Cameron he fought the 2010 General Election promising not to re-organise the NHS. Once elected, they promptly split the health service into 221 separate CCGs spread across England and Wales.

It's been a chaotic reorganisation costing billions of pounds putting busy, overworked GPs in the driving seat. It led to Lansley being sacked and re-emerging as Lord Lansley with a £300 a day fee for appearing in the House of Lords.

He's left you and us to cope with another re-organisation linking Enfield with four other CCGs in North Central London – Barnet, Camden, Islington and Haringey – to work out a highly controversial Sustainable and Transformation Plan (STP) – one of 44 so-called "footprints" across the country.

You will be very familiar with all this since you have had over 20 years' clinical and managerial experience in industry, working for a local authority and the NHS. Until recently you were leading the STP in Northamptonshire.

Since graduating as a speech and language therapist in 1996 you have gained tremendous experience in managing stroke services, primary and community care and mental health, so we look forward to working with you in securing the better health services that Enfield sorely needs.

## **Under-funding**

You will know too, John, that you are not starting with a clean sheet; that you are inheriting a long history of government under-funding which in the case of Enfield NHS now stands at £37.2million which you are expected to help clear at the same time as providing better health services in a borough where the population is not only growing every year, but is ageing – no easy task.

We all read, see and hear the daily dose of doom of a winter crisis facing the NHS; of patients facing longer waits for a GP appointment or being seen at an A&E; of surgeries and hospitals being under-staffed. In addition, we know you have been placed by NHS England under "legal directions" meaning you are restricted in what you can do without NHSE permission.

While we recognise that the under-funding of the NHS is a political decision by government and out of your hands, we nevertheless think there is much you can do to make the Enfield CCG voice heard nationally and locally, making it a much more effective body in representing Enfield residents, far too few of whom know of or are involved with the CCG.

At the last Patient and Public Engagement event called to hear the CCG plans for the coming year, we doubt there were a dozen members of the public present. Similarly, while all 48 surgeries in the

Borough are contractually required to form a Patient Participation Group, we question how many of them are really effective voices.

## **Health inequalities**

You have inherited a good and hard-working team John, but it seems to us (having monitored the Borough's health services from the days when they were run by Community Health Councils and Primary Care Trusts) that what is lacking is direction and leadership.

Its focus has been concentrated on cuts in patient care and services rather than reducing health inequalities between different parts of our Borough and different communities.

We want to see the CCG set some objectives to narrow the long-standing difference in life expectancy between the 7.4 years for men living longer in the west of the Borough than those now living in Upper Edmonton. For women in the same areas, the gap is now 7.9 years. Ten years ago, the gap was 8.8 years for men and 9.9 years for women.

So yes, the gap is narrower, better, but we can do better than this if the CCG involves our GPs, patient groups and the community in developing a strategy and plan focusing on prevention of ill-health, rather than waiting for people to become ill.

It seems obvious to us that keeping people healthier for longer; increasing the healthy years before the invariably inevitable long-term conditions arrive will benefit the cash-strapped NHS.

We have attended every meeting of your governing board since its inception and have never seen a paper or heard a discussion about prevention or reducing health inequalities. We've been told that this is the responsibility of Public Health and the Council, but you have a grant of £402 million. Public Health has just £17 million and the council's funds have been cut by £161 million since 2010.

## **Change for the better**

GPs tell us they want to see you use your influence and position not as a rubber-stamp for the CCG governing body, but to lead your own Sustainable and Transformation Plan to change the NHS for the better by getting more people to take greater responsibility for their own health.

When our members reported that their surgery refused to have a blood pressure kiosk in the waiting room, the CCG refused to intervene on their behalf. Yet here is Sir Bruce Keogh, the NHS England medical director, telling us that more than five million people have undiagnosed high blood pressure and spotting and treating them could save the NHS up to £274 million over the next three years.

We think this is a better way to achieve a viable and solvent CCG than imposing a controversial Adherence to Evidence Based Medicine scheme with no evidence that patient views were listened to and heard, where patients will be expected to live with more pain before being treated.

To a man and woman, our Forum executive are firm supporters of the NHS and we will do all we can – as we always have done – to encourage people to take control of their own health and well-being; by keeping fit for a longer life; encouraging greater use of our leisure centres.

The CCG says its vision is to "continually improve the health and well-being of our population and reduce health inequalities" and you can count on our support in that endeavour. You will find, as we wish you well and a long and happy stay with us, that we are here, willing to help in any way we can.

Yours sincerely

*Monty Meth*

## **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.

# Rights in Retirement

To coincide with the National Pensioners Convention lobby at Parliament, a party of fourteen Forum members met Enfield's MPs

Once again the Forum sent a group of representatives to Parliament to meet the three Enfield MPs on the same day that the National Pensioners Convention held its annual lobby in Parliament.

With the need to attend Parliamentary Committees and the possibility of being invited to put a question in Prime Minister's Question Time, our MPs were pretty busy on that day. Joan Ryan, MP for Enfield North was able to attend for rather over half an hour. Bambos Charalambous, Enfield Southgate was able to attend as Joan left. Kate Osamor, Edmonton was tied up being about to put oral questions in the Commons Chamber to the Secretary of State for International Development. She sent her research assistant as a representative.

The NPC had suggested 5 topics for discussion: Pensions, Universal Benefits, Affordable housing, Social Care funding and new legal protection for vulnerable older people. Before discussing these "national" topics Joan wanted to update us on local issues which the Forum has been pursuing. On Fairer Funding for Enfield she has conversed with the Minister and has laid two written Parliamentary Questions (PQs) on the topic. There is not much more that can be done in the short run but it is an issue requiring ongoing attention as there is endless scope for manipulation of the model used by Central Government for resource allocation.

Bambos was keen to address the topic of housing on which he is an expert. He told us of the difficulties of speeding up the planning process which seems likely to be a necessary

preliminary if ever the Mayor's ambitious targets are to be met. He noted that the benefit cap was hitting some people in Enfield. We pointed out that "Right to Buy" legislation was continually putting downward pressure on the availability of "Social Housing"

Perhaps unsurprisingly, our MPs confidently told us problems would be solved by a change in Government.

On the NPC's suggested topics both MPs were sympathetic to the suggestions we offered. Raising the State Pension to the poverty level was seen as an admirable objective but unlikely to be achieved in the short run. Maintaining the triple lock was supported by both MPs though, given the centrality of Brexit, nobody expected a change in the near future. The housing problems were noted and MPs were handed an AGE UK London publication illustrating the acute hardship endured by some older renters living in Assured Shorthold Tenancy accommodation. More funding for NHS and Social Care was seen as essential although the perennial problem of funding had no easy solution. Elder abuse was seen as a difficult issue because so much of it takes place unseen and victims are said to be reluctant to complain for fear of even worse treatment.

Thanks to Joan Ryan for kindly booking a room for the meeting. We are grateful for the meeting and pleased that the borough has a group of MPs who are willing to listen to our thoughts and take action where they can.

*John Ball*

**Forum Vice Chair**

## Adding Years to Life and Life to Years

Regular readers of the newsletter will of course know that having your flu jab, eating plenty of fresh fruit and vegetables and keeping active (30 minutes per day) are great ways to improve your health. But did you know that the best way to keep away those winter bugs is to wash your hands on a regular basis and to bin those soiled tissues?

This was the top tip given by the Director of Public Health (London Borough of Enfield), Tessa Lindfield, at our Civic Centre meeting in October.

One in three deaths in Enfield are from heart disease – to a large extent preventable by diet, exercise and health checks. Cancer accounts for 26% of deaths – partly due to smoking and obesity – whilst respiratory diseases kill 14% of us.

But we should be concerned not just with what kills us but the quality of our later years. Average life expectancy in Enfield is 80 for men and 84 for women, although it varies significantly with men in the west of the borough living on average seven years longer than those living in the Edmonton area. For women the gap is eight years.

The average person will spend between 16 and 18 years in poor health – unless we take steps to improve our lifestyles now.

To prevent yourself falling into this ill health gap, why not take up the NHS health check which is offered to everyone

between 45 and 74 who does not already suffer from diabetes, heart disease, kidney disease or dementia on a five year rotation.

Or how about taking advantage of some of the free downloads available through your iphone, computer or laptop via [www.nhs.uk/conditions](http://www.nhs.uk/conditions). An online 10 minute quiz will give personal advice on what areas of life to concentrate on to improve your health – [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou).

And don't forget to drop in to our Winter Fair on Friday 16 February (see advert on page 11) where we will have workshops, stalls and speakers on how to enjoy living longer with good health.

Tessa Lindfield's full presentation is available through our website: [www.enfieldover50sforum.org.uk](http://www.enfieldover50sforum.org.uk) or if you don't have access to a computer, full notes of the meeting can be obtained via the office on 020 8807 2076.



Tessa Lindfield talks to the Forum

## Chair's Column



### Volunteers and funding

Firstly, I do hope that you have read Monty's open letter to John Wardell, the new Chief Operating Officer of the Enfield NHS Clinical Commissioning Group. It is so important for all of us to have our voices heard with regard to CCG policy and I do hope that you will share Monty's letter with your family, friends and contacts.

Also in this copy you will see that in December we are holding a drop in for existing and potential volunteers for the Forum. We place enormous value on the work of our volunteers and hope to encourage you to give a little of your time. Do come along to find out more on Thursday 7<sup>th</sup> December at Enfield Baptist Church, Cecil Road. Drop in any time between 11.30 and 1.30.

In the current financial climate it is becoming increasingly difficult to acquire funding for our projects. We have now lost much of the outside funding we once received, not to do with any failings on our part, but simply because the money is no longer available. Jan, Monty and Tony have made bids for new funding but so far with no success.

As you know, each year we have a Christmas meal for those of our members who are over 85 which in the past has been partially funded from outside the Forum – not this year – the funding will have to come from Forum funds.

In February 2018, we will once again hold our Winter Fair and, although we have tried, as in the past, to get funding for this we have failed to do so. Once again the entire cost must come from Forum funds.

We would welcome your ideas. If you have any generous contacts, perhaps local businesses or individuals, who you think might offer to fund projects for older people please get in touch with the Forum office. Of course, we always welcome donations, however small, which we can put towards a variety of projects.

Why not join the Forum lottery? For just £5 a month you would be contributing to Forum funds and have the possibility of winning the monthly draw of £200. Contact Jim Cantle on 020 8363 4969.

A final plea. If you have not had your Flu jab please do so as soon as possible. In her recent talk to the Forum, Tessa Lindfield, Enfield's Director of Public Health, made it clear that having the jab not only helps to protect us but is important in protecting the community which includes all our families, friends and colleagues. Please go for it.

Season's Greetings to you all and may 2018 be a happy and fulfilling year for you and yours.

*Christine Whetstone*

## Affiliated Groups

### Enfield Arts Circle

The Enfield Art Circle offers a friendly way for anyone interested in the visual arts to participate in a range of activities. We have an annual programme of evening talks, demonstrations and practical sessions which are held at St Andrews Church Hall in Enfield Town at 8pm on the second Thursday of each month. If you want to know more, visit our website [www.enfieldartcircle.org](http://www.enfieldartcircle.org) for the monthly programme, or call 020 8366 2347 and you are welcome to come along to find out more and join in.

### Walkabouts Rambling Group

The group walks on most Wednesdays throughout the year. Most of our walks are 5-7 miles long. Walks take 4-5 hours, including a stop to eat a packed lunch. About once a month we have a 4-5 mile walk, followed by a pub lunch. Most of our walks take place in the Hertfordshire or Essex countryside. Very occasionally we walk in London. We meet at 9.30 a.m., and then share cars to drive to the start of the walk. (All walks are circular.) Our annual membership fee is £25. For more information, please contact Frances Howard (Chair) on 07561 847 254 or email [fahisvegetarian@hotmail.co.uk](mailto:fahisvegetarian@hotmail.co.uk)

### Enfield National Trust Association

We are a friendly group with an interest in beautiful houses, landscapes & gardens. In 2018 we will be visiting Newmarket racecourse; Belmont House; Chartwell; Windsor Thames cruise and Broughton House. Our monthly meeting topics will include Inca Trail; Spitalfields; police dogs; Covent Garden Opera House and Lionel Bart.

Evening meetings are held at the Grammar School, Market Place, Enfield, (entrance via Little Park Gardens and Wilford Close), Meetings begin at 7.45pm, park in school playground.

Afternoon meetings are at 2pm at Holtwhites Sports & Social Club, Kirkland Drive, Holtwhites Hill, Enfield (5 minute walk from Gordon Hill station, via corner of car park). Visitors are welcome for a small charge of £2 at each meeting or join for an annual charge of £12 per person or £20 for two people at the same address. There is a £2 reduction if you receive our newsletter by e-mail rather than post. For more information about ENTA visit [www.enta.btck.co.uk](http://www.enta.btck.co.uk) or ring Peter on 020 8363 1568.

### Winchmore Singers

We sing a wide variety of music to suit all tastes including songs from the shows. You are welcome to two free sessions to see if we would suit you. No audition required. We meet Tuesday mornings 10.30 to 12.30 at Enfield Baptist Church Cecil Road Enfield EN2 6TG. The new term starts Tuesday 16 January. For further information contact Barbara Waller 020 8361 7965 or [barbara.waller@talktalk.net](mailto:barbara.waller@talktalk.net) We'd love to see you.

### Enfield Choral Society

The society's Christmas Concert is on Saturday 16 December at 7.30pm at St Stephen's Church, Park Avenue, EN1 2ET. An evening of Christmas music, songs, readings and traditional carols – including some more unusual pieces and Vaughan Williams exquisitely delightful Fantasia on Christmas Carols. Bring your family and friends. Sing along to the well-known carols.

Tickets: £10 or £5 for under 18's – available from choir members, [tickets@enfieldchoralsociety.org.uk](mailto:tickets@enfieldchoralsociety.org.uk) via the ticket hotline, or website: [www.enfieldchoralsociety.org.uk](http://www.enfieldchoralsociety.org.uk) Tickets to include programme, mince pies, stollen and a free glass of mulled wine.

# Nicola is still waiting for the bus

**Nicola McDowall has been campaigning for years to get a direct bus service between Chase Farm Hospital and Oakwood. Here is her story.**

The new Chase Farm Hospital is almost complete, and the authorities are now thinking about how to get people to it. Here in Oakwood (where I live) we have been given a resounding "No". That is, we will not be getting a direct bus to the hospital, and patients coming home from hospital, likewise. Some other districts have been told "No", also. So, it is tough luck for us.

My campaign started in January 2012, when Oakwood Library accepted the new petition and began gathering signatures. Others joined in: newsagent, chemist, optician, printers and stationers and the butchers.

- The Enfield Advertiser was contacted and ran a feature.
- I was helped by people in the campaigns department of Rethink Mental Illness.
- I asked the then MP (Conservative, David Burrowes) to sign and he got behind the campaign and wrote to the then-Mayor, Boris Johnson.

## Exciting times!

On the day I sent the petition to Boris, the phone went and "double M", Monty Meth was on the line! Monty galvanised people to gather yet more signatures (through Oakwood churches, chiefly) and in the end 700 signatures were on the petition.

- My campaign had become one of the Over 50s Forum's!
- Double M encouraged me to start going to meetings of ETUG (Enfield Transport User Group).
- And in good time, there was the Bus Review.
- Supported by the Chairman of EMU (Enfield Mental Health Users Group) and Stephen, one of the staff also at EMU, (I myself had 4 years as a Trustee at EMU) I went to the Bus Review and had a healthy contribution to make. (ETUG is open to the public to go along, but pathetically few do, in practice)

Some of the meetings were better than others....

Going back a little, a small group lead by MM met at the Dugdale Centre and met the local TfL representative, Peter Howarth (TfL Borough Engagement Manager - North) to put ideas forward for this new bus. June 2012

A further meeting was called but not so exciting.

I rather lost contact with Mr Howarth, but in January 2016 I received a communication in the form of an email: the bus route we (at

Monty's meeting with Peter Howarth and others, plus myself) had put forward had: "been assessed in detail several times since the meeting" and was found lacking.

(This bus route plan was to divert the 377 along the Ridgeway up to the hospital and then go down to Enfield Town using Holtwhites Hill to travel along).

Our proposed diversion on the 377 bus route would mean that 64% of passengers would be disadvantaged with regard to going to the hospital rather than "the town" itself, and, going the other way, "something like 27% of all passengers would be unable to access the 377 from Cecil Road."

SO, THE PROPOSED BUS WAS KYBOSHED.

Thus, the best way to get to the hospital is on a high-frequency bus 121 or 307, cross the road (opposite Pearsons) and walk forward to the W8-only stop on the corner by the HSBC bank, and catch W8 also high-frequency bus to the hospital.

Going from the hospital to Oakwood, the placing of different bus stops is in progress and one hopes the actual hospital bus stand will be in a good place (e.g. not too confusing for mental patients, etcetera).

It is 20 years since I was admitted to Chase Farm Mental Health Unit (now "the Chase Building") and there has been nothing done to allay confusion and distress for these people trying to catch a bus, during this time.

However, I will say that public transport WITHIN London is so much better than WITHOUT of London, (witness Perth in Scotland, bus every 30 mins, also witness Epsom across the river (Thames) who are striving to get London status, and who only have a bus every 30mins likewise).

Public transport in our North London area is very good - frequent, spacious way to travel during the day, and over 60s have it all for nothing!

So, SEE YOU ALL AT A BUS STOP, SOMEWHERE, SOMETIME!

## By Nicola McDowall

PS The Forum hasn't given up the fight for Nicola's bus. It took us eight years to get the 307 to go direct into Barnet Hospital. So we take every opportunity to press the case for an Oakwood bus to Chase Farm Hospital.

## Extraordinary General Meeting

The Executive Committee is seeking to raise the membership fees next year in order to ensure the Forum can continue to undertake the wide range of activities that benefit the Over 50s in Enfield. As the number of grants and sources of funding we can apply for continues to fall, we increasingly rely on membership fees to fund our work.

Many activities, including events organised by the social committee, the monitoring and lobbying of health and council bodies, and the writing, design and envelope-stuffing of this newsletter, are undertaken by volunteers. But we cannot exist without the excellent work of our (part-time) office staff and we also need funds to run our Falls Days and Winter Fairs, print and post the newsletter and cover a variety of other essential costs.

We are proposing raising the individual membership from £9 to £10 per year; for couples, from £13 to £15; and affiliated groups from £22 to £25.

We will be putting the proposal to raise membership fees to the members for approval. This will occur at an Extraordinary General Meeting before the usual monthly meeting at the Civic Centre on 27 February 2018 and, if agreed, will come into effect from 1 April 2018. As always, all members are welcome.

**Would you like to find out about volunteering for the Forum?**

**Then please come to our Christmas Volunteer Drop In**

ON

**Thursday 7th December 2017**

Any time between 11.30 and 1.30

At

**Enfield Baptist Church, Cecil Road, Enfield, EN2 6TG (Room 1.1)**

All Forum volunteers and those interested in volunteering are welcome

- Meet other volunteers
- Meet prospective volunteers
- Complete our volunteer application form
- Free buffet + soft drinks
- Music

# How long should it take?

**Are you impatient for medication to work or for a decision to take effect? Check out recommended guidelines below to see how long it should take:**

## **To quit smoking?**

Get through the first fortnight – and you're laughing. The key lies in finding an effective way to resist your nicotine cravings as you go through withdrawal. These tend to peak at some point in the first three days, and last for around a fortnight.

Your options? Nicotine replacement therapy, such as patches or gum; prescription stop-smoking medicine; or behaviour changes, such as avoiding places where you'd normally light up – or go to the cinema where you can't.

The good news is that you'll start to feel the health benefits within minutes of quitting: after 20 minutes, your pulse remains to normal; after eight hours, blood levels of nicotine and carbon monoxide are halved; and within three days, you'll be breathing a lot easier. For more local help just phone 0800 622 6968; text smoker 66777 or go to <https://www.quit51.co.uk/>

## **To get to sleep?**

Around 10 to 20 minutes. Ideally, you should be sound asleep within 20 minutes of going to bed. If it's regularly taking longer, it's usually a sign you're having trouble switching off and relaxing. The solution? A regular bedtime routine can help. Try to go to bed at the same time each night and build in some 'wind-down time' beforehand. Steer clear of the TV and other electronic gadgets; have a warm bath, meditate or read a book instead.

## **To wash your hands?**

Twenty seconds. That's roughly as long as it would take to sing two rounds of 'Happy birthday'. Washing your hands properly with warm water and soap – after using the loo, handling raw food or coming into contact with animals, for example – is one of the simplest ways to protect yourself from infection. But only 5% of us do so for the right amount of time to kill germs, according to a Michigan State University study.

## **For antibiotics to start working?**

Around 24 hours. You're usually no longer infectious 24 hours after starting a course of antibiotics, although this time period can vary. It may still take a few days before you start to feel better. If you have any concerns or experience side effects, consult your GP.

## **To get used to new glasses?**

Up to two weeks. But don't panic: most people adjust to new lenses within 24 to 48 hours. A couple of tips? Wear them as directed by your optometrist and don't be tempted to switch back to your old glasses for a break, as this will just 'confuse' your eyes. If you're wearing bifocals or varifocals for the first time, it's a good idea to get used to turning your head instead of just moving your eyes in order to focus.

## **To get over a cold?**

About a week. You may be able to speed up recovery by resting, drinking plenty of water and eating a healthy, balanced diet with lots of vitamin-rich fruit and vegetables. Over-the-counter remedies, such as painkillers and decongestants, can also help. But if you're still under the weather after three weeks, it's time to see your GP.

## **For statins to work?**

About six weeks. That's how long it should be before your cholesterol levels stabilise – so your doctor will normally re-test your cholesterol after around eight weeks. You should then have a check-up at least once a year.

## **To lose a stone?**

Eight to 12 weeks. That's if you're losing weight at a steady rate of 1-2lbs per week with a programme of exercise and healthy eating. Go on a restrictive diet and you may well lose weight quicker – but you're also more likely to put it back on, and your health may suffer.

# Has this happened to you?

**A warning to check your medication as GPs are cutting items from patients' regular prescriptions without telling them**

This is my story. When I was discharged from hospital in December 2015 having had three stents inserted into my arteries and a pacemaker fitted, the consultant gave me a new list of daily medications which included dispersible aspirin to help protect me against another heart attack.

The surgery duly repeated the prescription for over 18 months and then suddenly I found I was out of dispersible aspirin. So, thinking I had mislaid the box, I bought some over-the-counter at my very helpful pharmacy so as to maintain my daily routine.

When my next prescription was due everything was there except the dispersible aspirin and the pharmacist confirmed it had been deleted from my prescription. So I wrote to my GP politely saying that while I can afford to buy dispersible aspirin, I thought it was wrong and potentially very dangerous not to tell me what they had unilaterally done.

So I asked: "Are you saying that despite my medical history there is no need for me to any longer take dispersible aspirin daily? If I'm still required to take it, why did nobody tell me? You will know much better than myself that aspirin if taken daily should not be stopped abruptly, but gradually. So am I to continue taking it or are you telling me to stop?"

A few days later I received a phone call from a pleasant, if apologetic, surgery receptionist saying it was all a mistake and dispersible aspirin would be restored to my standing prescription.

I still want to know who deleted the item in the first place because the Forum has been arguing for months that all patients should be informed personally by his or her GP why and when prescription changes are made.

It should not be left to the pharmacist to inform you, particularly when I read Dr Mark Porter, The Times GP columnist saying how important it is not to stop taking it suddenly because the blood can become "stickier" for a few weeks, so increasing the risk of stroke or heart attacks. "I advocate weaning gradually over a month," he says.

Enfield NHS Clinical Commissioning Group instructed our GPs back in February 2016 to stop prescribing some medicines such as dispersible aspirin that can be bought over-the-counter at a pharmacy and supermarket. It has saved tens of thousands of pounds by doing so.

But the Forum will continue to argue there should be no cuts without consulting the patient otherwise it could spell danger to our health.

*Monty Meth*

**P.S.** LB Enfield is currently asking for comments on the Pharmaceutical Needs Assessment. If you would like to comment please visit: [www.enfield.gov.uk/pna](http://www.enfield.gov.uk/pna)



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# Always look on the bright side of life



## Church wardens with typewriters

- They're back! Those wonderful church bulletins! These sentences actually appeared in church bulletins or were announced at church services. Some maybe repeats - but are still fun.
- The Fasting & Prayer Conference includes meals.
- Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Don't let worry kill you off - let the Church help.
- Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.
- For those of you who have children and don't know it, we have a nursery downstairs.
- Next Thursday there will be try-outs for the choir. They need all the help they can get.
- Ivor Bennett and Jessie Carter were married on August 24 in the church. So ends a friendship that began in their school days.
- At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.
- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- Please place your donation in the envelope along with the deceased person you want remembered.
- The church will host an evening of fine dining, super entertainment and gracious hostility.
- Pot-luck supper Sunday at 5:00 pm - prayer and medication to follow.
- The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.
- The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7pm. The congregation is invited to attend this tragedy.
- Weight Watchers will meet at 7pm at the First Presbyterian Church. Please use large double door at the side entrance.
- And this one just about sums them all up:
- The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours.'

## Holy land

A man, his wife, and his mother-in-law went on vacation to the Holy Land.

While they were there, the mother-in-law passed away.

An undertaker told them: "You can have her shipped home for \$5,000, or you can bury her here in the Holy Land for \$150."

The man thought about it and told him he would just have her shipped home.

The undertaker asked: "Why? Why would you spend \$5,000 to ship your mother-in-law home, when it would be wonderful to have her buried here and only spend \$150?"

The man said: "A man died here 2,000 years ago. He was buried here and three days later, he rose from the dead.

"I just can't take that chance."

## What's a sin?

A young woman on a flight from Ireland asked the Priest sitting beside her: "Father, may I ask a favour?" "Of course, child. What may I do for you?"

"Well, I bought my mother an expensive hair dryer for her birthday. It is unopened but the cost is well over the Customs limit and I'm afraid they'll confiscate it. Is there any way you could carry it through customs for me? Hide it under your robes perhaps?"

"I would love to help you, dear, but I must warn you, I will not lie."

"With your honest face, Father, no one will question you."

When they got to Customs, she let the priest

go first. The official asked: "Father, do you have anything to declare?"

"From the top of my head down to my waist I have nothing to declare."

The official thought this answer strange, so asked: "And what do you have to declare from your waist to the floor?"

"I have a marvellous instrument designed to be used on a woman, but which is, to date, unused."

Roaring with laughter, the official said: "Go ahead, Father. Next!"

## The Bridge

A motor cyclist was riding his Harley-Davidson along a California beach when, suddenly, the sky opened up overhead and God said: "Because you have tried to be faithful to me in all ways, I will grant you one wish."

The biker pulled over and said: "Build a bridge to Hawaii so I can ride over anytime I want."

God replied: "Your request is materialistic. Think of the enormous challenges for that kind of undertaking. I can do it, but it would be hard for me to justify. Take a little more time and think of something that could possibly help mankind."

The biker thought about it for a long time. Finally, he said: "God, I wish that I could understand women. I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong, why she snaps and complains when I try to help, and how I can make her truly happy."

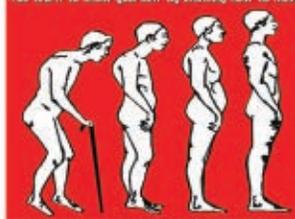
God listened and just said: "You want that bridge to be two lanes or four?"

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# Leisure Centre news

A new designated meeting room (next to the exit on the ground floor) at Southbury Leisure Centre has now been set aside for the Over 50s to use for tea/coffee/lunch on the Tuesday Over 50s Day as well as on the Wednesday one. Feel free to turn up and meet other Forum members. Our Forum ambassador at Southbury is Anna Long and she is always happy to welcome any newcomers.

## Netball on Tuesdays

There is also a new walking netball session that has been launched at Southbury on a Tuesday morning from 9.30 to 10.30am. Just turn up and join the fun along with Larena Walker pictured right.



## Walking Football Tournament

Our walking football team in partnership with the Tottenham Hotspur Foundation that went to Holland to compete in a tournament (the European football development network Legends) and finished joint 3<sup>rd</sup> – out of 20 teams which is a fantastic achievement.



Over 50s walking football team

Sessions run every Friday at Edmonton from 2-3pm as well as at Southbury on Tuesdays 10.45 -12.15pm. Do come along – the Edmonton session is a bit quieter so do come along and try it out.

Ask for details at your local leisure centre or contact the Fusion Over50s Forum Coordinator Dominic Hall on [dominic.hall@fusion-lifestyle.com](mailto:dominic.hall@fusion-lifestyle.com)

**Over 50s Days** take place at Edmonton Leisure Centre each Monday and Friday, Southgate (Tuesday and Friday), Southbury (Tuesday and Wednesday) and Albany (Thursday).

The cost is £8.30 per day or £4.15 per day if you have an energy concession card. This concession card is normally £21.50 for 12 months, but for Forum members it is only £7.50. Note that only Forum members who are Enfield residents are eligible for this discount.

The concession card also entitles our members to half price activities, such as use of gym, swimming and classes, and 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.

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](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.

## It is never too late to get fit

**Getting fit in your 40s or 50s could halve your long-term risk of a stroke, a University of Oslo study has found.**

Although previous studies have suggested that improving fitness in mid-life can protect the heart, scientist had never linked this to stroke risk before. About 100,000 people a year in Britain suffer a stroke, either through disruption of blood supply to the brain or bleeding within it.

The researchers said the improvements in reducing stroke risk were often in unfit men who were just “getting themselves together” rather than aiming to become extremely fit. “They are not marathon runners or anything like that. They weren’t in any kind of fitness programme, so we can safely say that as a normal person you are able to improve your fitness... and that will protect you.”

**A recent study in The Lancet medical journal shows that one in 20 cases of heart disease and one in 12 premature deaths would be prevented if people were more physically active. The study shows that those people who have the highest activity levels are those for whom it is part of their everyday working lives**

## ENFIELD OVER 50s FORUM WINTER FAIR

Enjoying Living Longer with Good Health

On

Friday 16th February 2018 at Enfield County School, Holly Walk, EN2 6QS.

We are still at the planning stage for our next free Winter Fair – workshops on making Britain a Better Place for Older People, Writing your Memories, Smart Meters, Crime Prevention, Worry Management + folk dancing, music, Zumba Gold and many stalls.

FULL DETAILS AND BOOKING INFO IN OUR NEXT NEWSLETTER

## Poetry Corner Railing

I don't want to grow old wearing beige.

I don't want to grow old.

I want passions so intense, they rage.

I don't want to grow old wearing beige

or lose my hair, show my age.

I want to.... do.... things, be bold.

I don't want to grow old wearing beige.

I just don't want to grow old.

I won't buy a chair to die in it'll be gold and red and blue, three bright suns bright shining not a chair to sleep or die in but to sing and shout; not drowning. I'll cry, hi, welcome, great; not adieu.

I won't buy a chair to die in it'll be gold and red and blue.

**Anthony Fisher**

Member of Forum Poetry Group

## Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton, N18 1PJ

Tel: 020 8807 2076

email:[info@enfieldover50sforum.org.uk](mailto: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

# Reduce Inheritance tax by making Gifts

If you are worried about your Inheritance tax liability you can reduce the value of your estate by making gifts to your loved ones. It's almost that time of year again so what a great opportunity to make a gift of money to a child or grandchild and in the process reduce the tax liability on your estate.

The general principle of reducing your Inheritance tax liability is to reduce the value of your estate. So if you can afford to make gifts, how much can you transfer?

The Annual Gift Exemption is currently £3,000.

This means you can transfer this amount in total to immediately reduce your estate. You can also go back to the previous tax year and use up any unused allowance. In which case, you can gift up to £6,000 if you didn't make any gifts in the previous tax year.

If you are a couple, assuming you have not made any previous gifts, you could therefore make a gift of £12,000 to immediately reduce your inheritance tax liability. This

amounts to an instant saving of £4,800 as this will not be classed as a Potentially Exempt Transfer which takes seven years to be disregarded from your estate for inheritance tax mitigation.

To be clear, the total you can gift for instant reduction of inheritance tax is £3,000 in each tax year. If you have more than one child you cannot gift £3,000 to each child. If there were three children for example you could make a gift of £1,000 to each child to total £3,000.

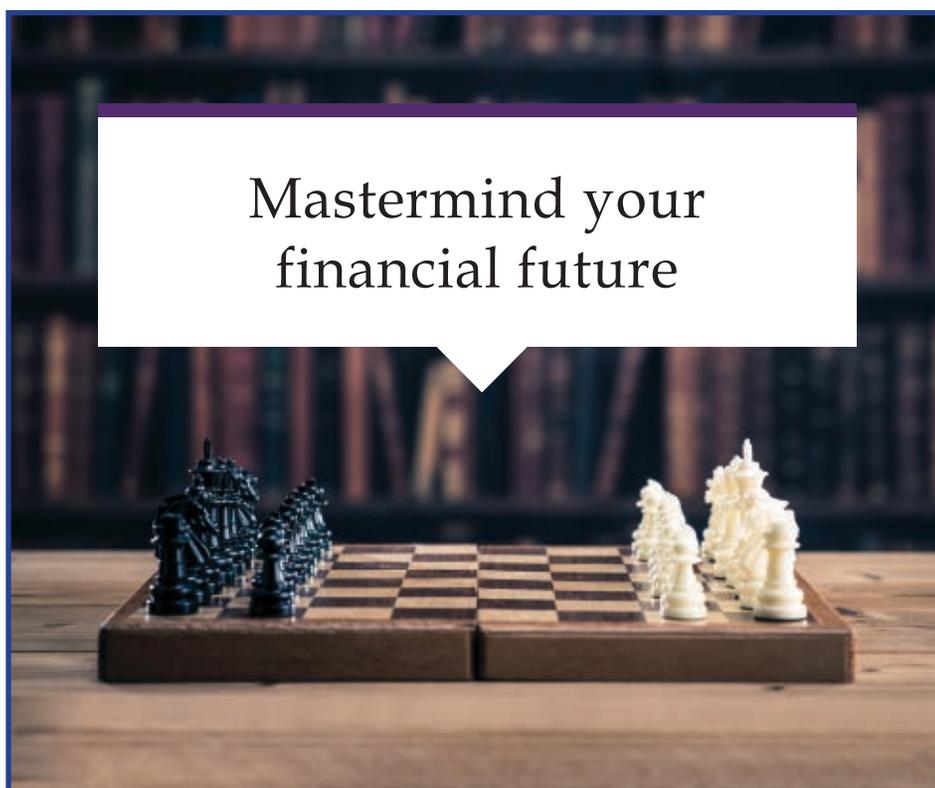
In addition there is the Small Gift Exemption which stands at £250. This means you can make small gifts of up to £250 to as many people as you like but not to the same person in any tax year. For example a grandmother can issue 12 cheques of £250 to give to each of her 12 different grandchildren but she could not issue all 12 cheques to the same grandchild.

The limit is simply £250 for each recipient. This cannot be combined with other exemptions. If you cannot make a gift of £3,250 to one person as this will be a combination of the two exemptions.

Both the annual exemption and the small gifts exemption provide an instant saving in Inheritance tax. Larger direct gifts can be made but these will be classed as Potentially Exempt Transfers (PET's) and will take 7 years to be fully disregarded for Inheritance tax.

For very large gifts a very popular way to retain some control of the gift is to transfer to a Trust. Typically children or grandchildren can be the beneficiaries whilst you can be a Trustee to make the decisions relating to the Trust. For more information about Gifting or setting up Trusts to reduce Inheritance tax please feel free to contact me at my office 020 8882 6688

George Ttoui is 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 dates: Mondays 11 December and 8 and 22 January 2018. Or to arrange a private consultation please call George Ttoui's office on 020 8882 6688



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## Get your flu jab now

Public Health England aims for a minimum 75% vaccination rate among over-65s and the government target for children aged between two and eight is 40% to 65%. There are predictions that the actual uptakes will be more like 70% for the over-65s and the minimum acceptable level of 40% for two to three-year-olds.

Jonathan Ashworth, the shadow health secretary, says the government has failed to take the threat seriously, pointing to a drop in spending on flu publicity campaigns,

Flu vaccination rates among over-65s have fallen each year since 2011/12, when it was 74%. Last year the figure was 70.5%. Predicting a further drop to 70% this winter, Labour says that would mean 500,000 people aged 65 and over left unprotected, who would have been vaccinated if the 75% target was met.

You are eligible for the flu jab if you were born on or before 31 March 1953. All GP practices offer the vaccine and many run 'flu sessions' so make sure what your surgery is doing. Some pharmacies are also offering the jab but you will need to ask.

## Why have the flu jab?

Last weekend I visited my parents, ostensibly because they have just had their house redecorated but really because I wanted to make sure I was still in the will. Coincidentally they had just been asked by their GP to have a flu jab.

Mr Stewart snr was firmly of the mind that he had it last year and that flu wasn't that bad anyway. Thank goodness all my years in public health have paid off I thought with my head in my hands.

Dr Peter Barnes, now retired but previously the most senior GP in Enfield PCT, used to explain that the difference between the cold and the flu was that someone who had the flu, when offered a £50 note wouldn't go for it.

This year the NHS is particularly worried; Australia has experienced its worst flu season in 10 years with twice as many cases this year than in 2016. There are at least two good reasons to get the jab. Firstly, the flu virus changes each year (technically called 'antigenic drift') so that the vaccine that worked last year will not be effective for this year.

Secondly, without the jab you may become an asymptomatic carrier; that is someone who carries and therefore spreads the virus. This can include carrying it to anyone who may be more vulnerable than yourself including the elderly, the young and those who are already ill. If you don't want to be vaccinated for yourself at least consider having it for others.

Fortunately Mrs Stewart has more influence on Mr Stewart snr than Mr Stewart jnr. so appointments were booked that afternoon.

I might have to wait a bit longer to see if I am in the will or not, but Ma and Pa should be pretty well this winter now.

*Glenn Stewart*

Assistant Director, Public Health, London Borough of Enfield

## North-east secures weekend walk-in GP service

Having resisted for almost a year requests that the tens of thousands of people living in the north-east of the borough should share in the £1.8 million increased GP access scheme covering the rest of Enfield, the Clinical Commissioning Group (CCG) has finally given way following strong representation by local MP Joan Ryan and the Over 50s Forum.

The CCG slipped out the news at the end of October that Eagle House surgery, 291 High Street, Ponders End, EN3 4DN would, from the end of November, be open on Saturday and Sunday from 8am to 8pm offering walk-in appointments. But unlike the three other 'hubs' at Carlton House, Woodberry and Evergreen surgeries it will not provide 6.30pm - 8pm Monday to Friday appointments.

When the extra GP appointment scheme was launched almost a year ago, the CCG said it would review the exclusion of the north-east in June. When it then refused to budge, it said it would have a further review in December.

The change of mind followed a strong letter from Joan Ryan MP to Steve Brine MP, the Parliamentary Under-Secretary of State at the Department of Health pointing out that the area had lost 15 GP practices since 2010, followed in 2013 by the closure of Chase Farm Hospital's A & E.

It has been recognised for years that the north-east required an improvement in access to primary care facilities. Joan Ryan reminded the CCG that Sir George Alberti, former NHS national clinical director for emergency access, had said that "no change is not an option."

Although 1,032 patients from the 13 surgeries based in the north-east made evening or weekend appointments at one of the three surgeries outside their area open in the evening and weekend, the CCG still maintained - until now - that there was no case for a further 'hub' in the heavily populated area stretching the length of Hertford Road and the surrounding area.

On 12 October Mr Brine was still writing to Joan Ryan with the CCG line "that current activity levels did not support the commissioning of a further "hub" in north-east Enfield" and proposing the situation would be reviewed in December, but by 25 October the Eagle House weekend appointments scheme was announced.

## Too much tax

Thousands of savers using the new pension freedoms are being charged too much tax on the money they withdraw.

Steve Webb of insurer Royal London and a former pensions minister, says HM Revenue & Customs has a 'tax first and ask questions later' approach.

What happens is that when people take out their first slice of drawdown income, they are usually taxed on an emergency code which results in substantial overpayment. This is because HMRC assumes that the initial withdrawal will be followed by similar withdrawals in each of the following 11 months. But in many cases it is one-off withdrawal.

For instance, a £10,000 withdrawal by a basic tax rate payer should result in a £2000 deduction for tax. Instead £3058.33 is deducted.

Those who have been overcharged can claim back via the form HMRC P53Z, which can be submitted on paper on on-line. Unfortunately, this may not happen immediately.

# SOCIAL CALENDAR

Contact Irene by email at [poosticks2@sky.com](mailto: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. .

**Friday 1 December. Forum Christmas Disco** 7.30pm – 11.30pm. £18. At the NECC Baker Street Enfield EN1 3LD. Buses 191, W8 and good parking at the venue. You keep asking, so here it is, back by popular demand! Start the festive run up enjoying a scrumptious two course buffet, then all you Disco Divas can get moving to the sounds of the ever popular and versatile Danny's Disco. **To book ring Jacky Pearce on 020 8482 3575.**

## 2018

**Monday 8 January.** Forum Christmas Celebration Lunch. 12noon – 4pm. **\*\* Change of Venue\*\*LIMITED TICKETS AVAILABLE\*\*** Live Music and dancing with the Myra Terry Duo, delicious two course hot lunch. Price held at £18. A warm and friendly welcome and fabulous food awaits you at our new venue **Enfield Golf Club**. Old Park Road South (off Waverly Road, Windmill Hill) EN2 7DA. **For more details and to book, phone Jacky Pearce 020 8482 3575.**

**Thursday 18 January. Cerviche Peruvian lunch at Old Street.** 12.30pm. LUNCH OUT OF THE BOROUGH FOR A CHANGE!!! Join us for a very different Forum meal in this truly authentic Peruvian Kitchen (which used to be the staff canteen for Moorfield's Eye hospital years ago). A set sharing lunch which is four courses and very generous. Costs £30 per person excluding drinks. Vegetarians can be catered for by prior arrangement. For menu details, directions and to book your place, **contact Olivia on 020 8447 8841 or email [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com)** This venue is only two minutes walk from Old Street station, so very easy to find.

**Monday 22 January. Guided Tour of the Guildhall Art Gallery** which houses the City of London Corporation's Victorian and Pre-Raphaelites art collection. Followed by visit to London's Roman Amphitheatre. This tour is limited to 20 people so reserve your place asap. Contact Roy Barrows for time and place to meet, tel:020 8360 8561 or email [roycar1939@btinternet.com](mailto:roycar1939@btinternet.com)

**Tuesday 30/Wednesday 31 January.** **Join the pampering party** at the gorgeous **Ragdale Hall** in leafy Leicestershire for a two night mid-week break. Includes full,

**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.

superior quality board, treatments, access to all spa areas and any studio classes. Ladies and gents, new and old members and those unaccompanied are all most welcome. The deposit is £100 per person and there are both twin and single rooms available at the moment. Prices vary from £332 to £480 depending on room choice. **For further details and to book contact Olivia, preferably by email, at [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or by phone: 0788183278.**

**Thursday 19 April. St Georges Day Celebration Lunch and Entertainment** at the Prince Regent Hotel, Chigwell, IG8 8AE. Approx. £45 –subject to numbers. This 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 at Lid/Argos Enfield Town 10am – Return approx. 3.45pm. **For more details and to book. Phone Jacky Pearce 020 8482 3575**

**Tuesday 17- Friday 20 July. Short break to Whitby, Yorkshire.** Come and enjoy the seaside, a trip on the North Yorkshire Moors steam railway from Whitby to Pickering return, along Newton Dale, our own miniature Grand Canyon. Places are limited so, for more details, ring **Cheryl Byamukama 020 8363 0732.**

## Trips Abroad - Offers for 2018!

**11 -19 June. Amalfi Coast.** Bookings are open for this fabulous 8 day trip next summer with Travelsphere. Pastel-coloured villages clinging to cliffs, spine tingling views from zigzagging coastal roads and scented gardens that sweep down to the shimmering seas. Soak up Europe's most photogenic scenery and visit stunning resorts on this elegant coastline. All excursions included and half board accommodation in a 4\*hotel in Naples. We will visit Amalfi, Ravello, Sorrento, Positano, the isle of Capri and Pompeii. Join us by requesting without delay a booking form with full details from **Olivia on [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or 020 8447 8841.** New members very welcome. Price £1106 sharing or £1256 single occupancy.

**3-11 September. French Riviera.** Bookings now open for this chic 8 day escorted trip by Eurostar and TGV from St Pancras. Soak up the sun as well as the glitz and the glamour of the Cote d'Azur's most famous resorts from Cannes, the some-time stomping ground of Hollywood's star players and your base for this super trip. You will visit Nice, St Paul-de Vence, Antibes, Monaco, Monte Carlo, San Remo, St Raphael and of course St Tropez. All excursions are included and our 4\*hotel in Cannes, with swimming pool and stunning beach will provide breakfast. For further information and a booking form, **contact Olivia on [oliviagoodfellow19@gmail.com](mailto:oliviagoodfellow19@gmail.com) or 020 8447 8841.** New members very welcome. Price £1135 sharing or £1385 single occupancy

## Wonders of the Isle of Man

Keith Gibbs and his wife Pat took their first Forum holiday and Keith tells us about it here.

Having arrived at Liverpool after a train journey from Euston, we boarded the catamaran ferry to the Isle of Man. On arrival at Douglas we were met by our tour guide Trevor who stayed with us for the whole trip and was most caring and made sure that we were looked after and not left behind anywhere.

Our hotel The Sefton was on the sea front at Douglas. The hotel, accommodation and food were first class. We visited many places of interest including castles, the largest working watermill in Europe, the TT racecourse, amazing scenic views, and the highest point on the island where we had views of seven kingdoms. We had many trips on vintage steam trains, electric trams and horse drawn buses. We returned home all agreeing that we would like to return sometime.

Many thanks to Olivia Goodfellow for arranging such a wonderful trip.



Keith on an Isle of Man tram

## Forum Clubs

### Coffee Club

Our first meeting began in August with a lovely sunny day so we were able to sit outside, which was great. 12 people came, at varying times between 10 and 12 and we got to chat about all manner of things. It was most enjoyable. Only one person remembered the date of the next meeting, but it was pleasant to chat. The October meeting was on a very cold day, but there were eight of us and the conversation was lively and fun. We didn't all know each other so it was terrific getting acquainted. Most people stayed for the whole two hours! The great thing is you can drop in at any time or come for the whole time. We hope to see more new faces. Come and give it a try.

The park is served by buses 121, 298, 299, 307, 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](mailto:scotsf48@hotmail.com) or on 020 8368 0861, or just turn up at one of the next dates.

Dates for the next meetings, Wednesdays, 10am – 12 noon at the Trent Park Country Park Café, 6 December, 3 January 2018, 7 February, 7 March, 4 April.

### 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? 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](mailto: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.

### Book Club

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

21 December - A Christmas Carol by Charles Dickens

18 January - Commonwealth by Ann Patchett

15 February - The Last Runaway by Tracy Chevalier

15 March - The Fifth Child by Doris Lessing

Contact Sue Scott for further details at [scotsf48@hotmail.com](mailto:scotsf48@hotmail.com) or call her on 020 8368 0861.

### 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 83675921. He says the new term got off to a good start with some very interesting projects in wood being worked on including magazine racks, a drop-leaf table, storage boxes, garden planters and a rocking horse. Some members are working on bead necklaces and bracelets.

## Forum meetings

**Note there are no December Forum meetings  
For meetings in the New Year we  
assemble at 10am for a 10.30 start.**

### At the Civic Centre, Enfield

#### Tuesday 30 January

**Council Leader Doug Taylor** will discuss '*the 2018/19 Enfield Budget*' with Forum members and listen to views on what services should be cut in order to save another £30 something million.

#### Tuesday 27 February

**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.

### At Millfield House, Silver Street, N18 1PJ

#### Thursday 11 January

"An IT workshop" Forum grey surfers **Sagar Nair, Talat Shaik and Tony Watts** will run a further workshop covering broadband, WiFi, laptops, tablets, iphones, social networks and issues members may have with their laptops, tablets or phones which they should bring with them.

#### Thursday 8 February

**Cabinet member Cllr Ahmet Oykener** will talk about *housing issues and homelessness in the borough.*

### Southgate College Campus (High St, N14 6BS)

#### Tuesday 16 January ( 10 for 10.30 start)

**Firas Sarhan** Director of the Centre of Excellence for Technology Enhanced Care (CETEC) at Barnet & Southgate College will discuss and demonstrate cutting edge equipment becoming available to assist with the care of older people. The College is 100 yards from Southgate Tube Station on the right hand side going towards the Beaumont Centre.

### Southgate Beaumont, 15 Cannon Hill, N14 7DJ

#### Tuesday 20 February

**Alan Weinstock**, CEO of AgeUK Enfield talks about the organisation's role in supporting older vulnerable people in the borough.

### The Forum Writing Group

This new group has been going strong throughout 2017. We meet 10am – 11.30am on the third Friday of each month upstairs in the Dugdale Centre. Each month we read a piece of our own writing followed by a stimulating discussion – it is a really sociable, interesting and friendly group and our conversations often continue long after the allotted time. Topics are suggested each month by a member of the group. We would be delighted to welcome you. Sometimes some of us have not had time to write and so simply tell fellow members about something of interest which has happened or show a photo, so don't be afraid to join us to check us out. For more information, please call Christine Whetstone on 020 8805 1180.

## Join our lottery club for just £5 a month



**September winner**  
Joyce Pullen with  
Christine Whetstone

You could join our lottery club to help raise money for the Forum. 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, Joyce Pullen in September and Olivia Goodfellow in October.



**October winner**  
Olivia Goodfellow  
with Jim Cante

**To find out more or to join, call Jim Cante 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**

### 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. Mondays 4 December and 8 January 2018
- Enfield Citizens Advice benefits, debts, pensions etc.
- Solicitors Stennett & Stennett 10am-11am from 8 January.
- George Ttoui: tax and HMRC queries on 11 December, 8 January and 22 January.
- North London Credit Union's Maureen Malcolm now 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 4 December and 8 January by NHS audiologist can be booked through the Forum office 020 8807 2076.

### 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.

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

Admission £3 is less than half normal prices

**December and January 18** listings were not available when we went to press, but will be issued via e-News. If you are not signed up to the Forum's e-News, please **email us at** [info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk)

**to ask to be added to the list.**

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

## Enfield Town Show



The Forum ran an information stall at the Town Show in September – staffed by a rota of volunteers. The weather was fine and we had a steady stream of visitors, many of whom took away application forms to join the Forum. Many thanks to all of our volunteers. Pictured from left: Hazel Kinsler, Rita Clayton, Peter Smith and Vivien Giladi.

### Enfield Council Budget Consultation

Public meetings to discuss the budget are on:

- **Wednesday 13 December 2017** - 7pm to 9pm  
– Room 15, Community House, 311 Fore Street, Edmonton, London, N9 0PZ
- **Thursday 14 December 2017** – 6pm to 8pm – Room 1, Civic Centre, Silver Street, Enfield, EN1 3XQ.

The consultation survey can be completed online at:  
[http://www.enfield.gov.uk/info/867/current\\_consultations/3999/budget\\_consultation\\_201819](http://www.enfield.gov.uk/info/867/current_consultations/3999/budget_consultation_201819)

or

Residents can request a paper version by emailing us at [consultation@enfield.gov.uk](mailto:consultation@enfield.gov.uk) or calling 020 8379 1000.