

Beat the winter blues

Come to our Winter Fair to learn how to keep warm and healthy. We all need to do what we can to help minimise the effects on older people of cuts to NHS and Public Health funding

We've no wish to add to the daily diet of doom and gloom about the lack of available beds in NHS hospitals; of patients on trolleys waiting for beds, waiting 12 hours to see a doctor; of operations being postponed for a month or more.

The media frenzy only serves to emphasise how under-funded, under-resourced, under-staffed and over-stretched the NHS really is and how important it is to prepare ourselves as best we can for the harsh winter that's been with us.

We can all play a part in reducing the pressure on our GPs and hospitals by taking personal responsibility to protect ourselves from the 'Flu and other winter ailments in this cold weather.

Our Winter Fair on Friday 16 February at Enfield County School – advertised in this Newsletter – will provide plenty of sound advice about keeping warm both indoors and outdoors; keeping active by not sitting still for more than one hour, wear layers of light clothes rather than one thick woolly – and if you feel unwell call your pharmacist for advice.

We are now being told that next winter GPs will be offering a new and improved 'Flu vaccine for the over 75s, following concerns that previous jabs have not given enough protection to people in this age group.

The new booster vaccine, it is suggested, could prevent more than 1,700 winter 'Flu deaths among older people. It will help the body's immune system respond more effectively to the influenza virus.

We will be asking our MPs to question the decision of the Joint Committee on Vaccines and Immunisation to make the new vaccine available only to the over-75s when the committee says it is safe and likely to be cost-effective in preventing 'Flu in the over-65s.

This is a repeat of the same committee's decision to save money by not making a new shingles preventative vaccine available to everyone over 70 and instead restricting its use according to age one year at a time.

Public Health England now believes that the 'Flu vaccine administered during the 2016/17 winter was only 41% effective in adults under 65 and it had "no overall effect on older people".

This 'Flu vaccine failure – coupled with fewer social care visits to the frail elderly – helps to explain why deaths among older people last winter jumped 40%.

The Office for National Statistics announced that 34,300 more older people died between December 2016 and March 2017 – the second highest figure in the last five years and up from 24,580 in 2015/16 – probably due to the 'Flu strain that hit elderly people.

The biggest increase in deaths was among the over-85s – mainly women living in the poorest areas – while deaths caused by respiratory problems were up 50%.

While it is true that the 'Flu vaccine given in the less severe 16/17 winter was not totally effective, it is also true that too many elderly people in parts of Enfield live on low incomes in poorly insulated homes.

More than 13,000 Enfield families are living in what are called "fuel poverty homes" – a scandalous combination of low incomes, high

fuel prices, inadequate heating and poor insulation – homes lacking the warmth that older people need.

Excess winter deaths (that is the number over those occurring in a normal month) accounted for 285 deaths a day in the 2016/17 winter – 11 deaths an hour – and here in Enfield the tally of excess deaths is about 100 every year.

And this 'Flu season could be as bad with Public Health England now telling GPs that the vaccine used by most of the NHS was not effective against the most common type of influenza strain.

However, to those older people repeatedly refusing the 'Flu jab we draw their attention to the Canadian Medical Association Journal which reported that even if the jab does not stop the elderly contracting the 'Flu, it prevents the illness from becoming severe.

A 'Flu jab three years in a row made it 31% less likely that people would be admitted to hospital; 74% less likely to be admitted to intensive care and 70% less likely to die.

Tackling fuel poverty is one of the government's legal objectives but too little is being done to make a difference. Indeed, it has reduced the winter fuel allowance since 2012 and remains under constant threat.

It now covers less than a sixth of constantly rising fuel bills and no policies have been announced to tackle fuel poverty – the Energy Price Cap Bill is not expected to become law until late July, if then.

That is why the Forum is supporting the call of the National Pensioners' Convention for the government to create a Fuel Poverty Commission to end the scourge of excess winter deaths once and for all.

Meetings not to miss

At Millfield House, Silver Street, N18 1PJ
Thursday 8 February 10am for a 10.30am start
Cabinet member Cllr Ahmet Oykenler will talk about *housing issues and homelessness in Enfield.*

At Enfield County School, Holly Walk, EN1
Friday 16 February 10am for a 10.30am start
Forum Winter Fair - see page 6 for details

Southgate Beaumont, 15 Cannon Hill, N14 7DJ
Tuesday 20 February 10am for a 10.30am start
Alan Weinstock, CEO of AgeUK Enfield talks about the organisation's role in supporting older vulnerable people.

At the Civic Centre, Enfield
Tuesday 27 February 10am for a 10.30am start
Recently retired cardiologist and Forum member **Dr Seamus Banim FRCP** on: 50 years a cardiologist. What does he know that will help you.

Jan's Journal

Happy New Year to all

Goodbye 2017

I can't let 2017 pass without reporting on our inspirational member, Desi Page who gave a presentation to our Southgate Beaumont meeting in November on TOSE, a charity for children with severe learning disabilities in Zimbabwe.

She started the group with no money or funding in the 1990s. TOSE stands for Together we work to Overcome disability, Share success and sorrow and Encourage one another.

Starting with a donated building, a dedicated group of volunteers built up the only organisation of its type in Zimbabwe, providing a respite centre for up to 50 children and an outreach service to others.

Funded almost entirely by donations (including major donations from big businesses), the centre now provides rehabilitation and groups such as gardening, raising chickens, sewing and grinding maize.

The staff have a choir and a drama group producing plays and music with relevance to those touched by the lives of learning disabled people. A powerpoint of the full presentation is available from the office (020 8807 2076) or email info@enfieldover50sforum.org.uk

.....and Hello 2018

We hope that one of your New Year Resolutions is to live longer with better health and what better place to start that by resolving to attend our Winter Fair on Friday 16 February!

The Fair will feature ways of both keeping healthy and to have fun – so hopefully there is something there for everyone – just have a look at the programme on page 6 and put the date in your diary.

The Fair is open to all but to claim a free lunch voucher you will need to be an up to date Forum member – so please ensure you bring your membership card with you – or join up before 16 February.

Membership renewals is nearly upon us. The Forum now has two renewal dates – 1 April and 1 October. But if your membership expires in March 2018 you can renew early and extend your membership to 31 March 2019 (or longer).

The cost is still £9 per year for an individual or £13 for a couple but this is due to increase in April, so renewing early will save you a pound or two.

Current members can write in to the office stating their address and date of birth with a cheque for the appropriate amount.

If you are joining for the first time you will need to complete a form – obtainable from our website or from the office (020 8807 2076 or email info@enfieldover50sforum.org.) You may also pay online at Barclays, Enfield Borough Over 50s Forum, Sort Code: 20 29 81; Account Number: 13382192 but you must quote your postcode and notify us by email that you are renewing (or if a new member please email us a form).



Amongst our Christmas activities, the Forum provided a free Christmas lunch for 30 people over 85 living alone in the borough. We went to the Halfway House on the corner of Carterhatch Lane and the A10 on 19 December and thoroughly enjoyed ourselves!

Jan Oliver

Office and Development Manager

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 Spring 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; life membership will stay the same £100 (couples £150) and affiliated groups will rise from £22 to £25.

As required by our constitution, 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.

Not already a Forum member?

If you are not already a member, why not join Enfield's Over 50s Forum?

Keep up to date with issues that may well interest and concern you – and take advantage of the discounts offered to members by Fusion, which runs the borough's leisure centres. Membership is still only £9 per year for individuals, £13 for couples or you can join our band of 356 life members for £100 (£150 for couples). Organisations can affiliate for £22 a year. This is provided you join before 1 April 2018 when subscriptions will increase - see above notice.

Forms can be obtained from our website www.enfieldover50sforum.org.uk or by email info@enfieldover50sforum.org.uk or by calling the office (020 8807 2076).

Renewals (See accompanying simplified form)

Please can you note that those members whose subscription expires on **31 March 2018** (see your membership card) will need to renew promptly in order to continue to enjoy the benefits of membership and receive newsletters from April onwards. So, if a friend remarks that they are not receiving a newsletter, this may be why.

Membership subscriptions can now be paid on line, but in order for us to reconcile your payment, you must give your bank a payment reference, which includes your surname and postcode and also email your contact details to membership@enfieldover50sforum.org.uk

For more information, telephone the office on 020 8807 2076.

Layout Designer Wanted

Do you have experience in design and layout of newsletters? Do you look at this newsletter and have lots of ideas for changes and improvement? We are looking for a volunteer to join the other volunteers in the editorial team to produce the Forum's newsletter once every two months. We may also offer training. Contact Yvonne Mulder by emailing her at Yvonne.mulder@blueyonder.co.uk



New year – new start

We need to work together in organisations like the Over 50s Forum if we want to influence policy and bring about change

“For God’s sake try and be cheerful,” said my wife Betty when I told her I was writing my usual piece for this newsletter. Not so easy, I thought, when the heads of half of England’s A&E departments warn the prime minister that patients are dying in hospital corridors.

This is the time of year when we still resolve to do things better or differently; talk about a new start for a New Year.

I read that the new year represents a time of change, as the old gives way to the new – and that January has become known as ‘divorce month’ due to hectic festive season stress. But I’m pleased to say we’re still together after 61 years and I hope nothing dramatic has changed for you.

So, where’s the news to cheer us up. Well, I see that Transport for London, run by the London Mayor and the GLA, has frozen its bus and train fares for another year, meaning customers will not pay a penny more than they did in 2016 – in sharp contrast to passengers on the privatised rail system.

The TFL fares are planned to stay frozen until 2020, saving about £200 for each family, and the 60+ special deal still applies to everyone in London on reaching the age of 60, unlike qualifying for the Freedom Pass which rises as the pension age increases.

We should also be cheerful in celebrating that exactly 100 years ago, in February 1918, our womenfolk at last won the right to vote, but only if they were aged over 30 and then only if they owned a property in their own right or were married to a property owner. However, at the same time men were given the vote at age 21, while women had to wait until 1928 to get the vote at 21.

And this discrimination of women goes on to this day. Professor Chris Gale of Leeds University has tracked the data of 180,000 heart attack patients to claim that hundreds, even thousands, of women die each year from heart attacks because they do not get the same treatment as men.

Women are up to three times as likely to die of their heart attack as men because doctors neglect modern treatments given to male cardiac patients. Women, it is said, are 34% less likely to receive procedures to remove blocked arteries and 24% less likely to get statins that could prevent a heart attack.

Or take the illegal 18.1% pay gap between men and women still practised by companies all over the country and recently exposed by the BBC broadcaster Carrie Gracie, the China editor of the BBC. Equal pay for work of equal value first became UK law in 1970 and although updated in 2010, now nearly 50 years later, we find Ms Gracie claiming that two male colleagues doing the same job were being paid 50% more than her.

“It is pay discrimination and it is illegal,” says Ms Gracie in an open letter sent to all BBC viewers. “For far too long a secretive and illegal BBC pay structure has inflicted dishonourable choices on those who enforce it. This must change,” she adds.

So as this new year kicks off we see that in some things nothing much has changed, while elsewhere people are freely talking about driverless cars and robots replacing the jobs of thousands of people over the next decade or so. One report suggests that more than 10 million jobs are thought to be at risk from automation over the next 20 years.

So what conclusion do I draw from this random round-up of the women’s fight for equal political rights and representation; the different ways GPs treat men and women with heart problems; the on-going drive for equal pay and working conditions for men and women; and the upcoming robots threat from artificial intelligence?

It is that the scale of the challenge before us – young and old – is immense and requires urgent attention and action. This is true whether it concerns the NHS, social care, housing or the growing inequality of incomes and opportunity.

But we can do little if anything to meet that challenge and secure change as individuals. We can only influence governments and policymakers if we act collectively in organisations like our Forum. Just as those brave women did in 1897 when they formed the National Union of Women’s Suffrage and marched and demonstrated for 21 years to win the precious right to vote we all enjoy today.

A HAPPY NEW YEAR TO YOU ALL.

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.

Don’t blame us

One thing we often hear when the NHS winter crisis is examined is the ‘problem’ of an ageing population. Well, the Office for Budget Responsibility has done some calculations and it turns out it is not necessarily the fault of us older ‘bed-blockers’ that the money is running out. The OBR says spending on healthcare will increase by 5.8 percentage points of GDP over the next 50 years, adding £110 billion to the annual £155 billion bill in today’s money.

Of that increase, all of which comes on top of higher spending owing to economic growth, only one fifth is due to a greying population. The bulk is due to medical advances and the rise of chronic conditions.

Discounts on council tax Burglary prevention CCG Chief replies to Forum

Make sure you are not paying too much council tax. Discounts are available if you suffer from dementia, Alzheimers or Parkinson's.

Up to 100,000 vulnerable people throughout the country are wrongly paying council tax if they are dementia, Alzheimer's or Parkinson's sufferers. The MoneySavingsExpert website conducted an investigation which revealed that many local councils are not telling severely mentally impaired people that they can receive a discount.

Enfield Council, we are pleased to say, has a clear policy on the people qualifying to be discounted for council tax purposes, dependent on the degree of their illness.

If their doctor confirms the condition and they are in receipt of one of eight different benefits – and they live alone – then a full exemption is given. If one other person lives in the house a 25% discount is given. The benefits qualifying for a discount are:

- DLA with the middle or highest rate care component
- Personal Independence Payment Daily Living Component (standard or enhanced rate)
- Attendance Allowance
- Severe Disablement Allowance
- Employment and Support Allowance
- Incapacity Benefit
- Income Support or Jobseekers Allowance with a disability premium
- Working Tax Credit with the disability element

The discount, if awarded, will be back-dated to the time when the conditions first applied, so if a discount has not been claimed in the past, a refund of Council Tax will be made for all the time the discount has not been claimed.

Even if a householder is entitled to Council Tax Support, which replaced Council Tax Benefit from April 2013, the appropriate discounts will be applied before the householder's contribution to Council Tax is calculated.

If you wish to find out more about this or make a claim for a Council Tax discount, call Mrs Yvonne Brown, Council Tax Team Leader, Tel: 0208 379 4977.

Email: yvonne.brown@enfield.gov.uk or visit <https://new.enfield.gov.uk/services/council-tax/> and create an Enfield Connected account.

PS Parkinson's disease like Alzheimer's and other forms of dementia are incurable at present and will affect a million Britons by 2025.

I am keen to use this opportunity to reassure you that Enfield Police are working hard to reduce and prevent burglaries in the borough. We are working closely with the local authority and other key partners to help provide advice and other burglary prevention materials required to support vulnerable victims and residents in hotspot areas.

While determined burglars will find ways to enter, you can take action to make it harder and less attractive for them. Keep your home safe by following the 3 Step Protect: Protect your valuables; safeguard your building; secure your outside.

Burglary prevention advice

Keep your home safe by following 3 Step Protect: Valuables, Building, Outside. Consider all three areas to protect your home from burglary.

Protect your valuables

- Don't advertise your goods. Always keep valuables out of sight from windows and store keys away from the letterbox.
- Help police identify your property if stolen by using a property marking kit and taking photos.
- Consider buying a safe or using other safe storage providers.

Safeguard your building

- Lock all windows and double lock doors when you go out, even if it's only for a few minutes.
- Make your home look occupied: use timer lights when the nights get longer, and cancel deliveries if you're going away.
- Make sure your locks are strong enough to keep burglars out.

Secure your outside

- Keep gates, sheds and garages locked and don't leave tools lying around as they can be used to break in.
- Keep hedges at the front low and install outdoor lighting, so burglars have nowhere to hide.
- Install trellises and spiky plants to stop burglars from climbing over fences.

Other useful tips:

- Make sure communal doors in flats are closed and secured, not left on the latch.
- If you're going away, cancel post deliveries.
- Not sure if you're going to be in to accept your order? Nominate a neighbour or safe place for your delivery.

For more advice on how to keep your home safe, visit www.met.police.uk/burglary.

Thank you.

Inspector Alun Davies

Partnership Inspector – Enfield Borough

John Wardell, the new Enfield NHS Clinical Commissioning Group's chief operating officer, has thanked the Forum for our Open Letter to him, printed in the last Forum Newsletter, saying he appreciates our support.

"Like you, I am committed to improving the health and well-being of Enfield residents. I am aware that you have communicated to your members to assist us in improving flu vaccination uptake which is very helpful. I am sure there is much more that can be achieved if we work together and have a better understanding of what we can collectively do."

The Forum will be meeting Mr Wardell early in 2018.

Hospital boss gives patient his shoes

A boss at a London hospital badly hit by the winter meltdown donated his shoes to a patient – freeing a desperately needed bed in the process.

Dave Stacey, director of finance at North Middlesex Hospital in Edmonton, was today praised for his "amazing compassion". Rachael Anticoni, the hospital's chief operating officer, said that staff were told that "a patient was delayed going home as he had no shoes". She added: "Our director of finance was in the meeting and donated his shoes. This is what it's all about – acts of kindness."

MP Jon Ashworth, Labour's shadow health secretary, tweeted: "the amazing compassion of our NHS staff."

Reprinted from the Evening Standard 5 January, 2018.

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Volunteering Opportunity

with the Over 50s Job Club

Do you have what it takes to become a Job Club Champion?

- Are you looking for a challenge?
- Do you want to learn new skills?
- Are you comfortable using computers and tablets?
- Do you enjoy working with the community?

If you have answered yes to the questions above then keep on reading

The Over 50s Job Club project aims to work with Enfield residents who are unemployed and job seeking, you will support them in updating their CV, improving their interview techniques, assist them in basic IT skills and support those who need extra support accessing the new Universal Credit benefit.



What is in it for you?

- **Successful applicants will complete a comprehensive training programme with ongoing support**
- **Gain new skills and work experience**
- **Receive up to date references from Enfield Council and the Over 50s Forum**
- **The project will pay for travel expenses and DBS's**

What the project wants from you?

- **Complete the training programme – scheduled for 20th March 2018**
- **Commit to a minimum of 2 hours per week on a Monday morning**
- **Positive attitude**

How to apply

Please send your CV and a short cover letter highlighting your skills to: jan.oliver@enfieldover50sforum.org.uk or contact the office for further information on 0208 807 2076

Closing date for applications: 23rd February 2018
Interviews to be held: 9th and 12th March 2018

Celebrating the Forum way

We have always known that the Over 50s members are a hardy bunch, so it was not really a surprise that about 100 people battled through snowdrifts and over icy pavements to make it to our annual Christmas lunch in December. Not a single person pulled out because of the weather.



Myra & Terry Duo performing

Mind you, Myra and Terry, the musical duo, only just made it after getting stuck on motorways blocked by traffic accidents. And it was especially good to see that Terry has made a full recovery and is back on stage after his heart attack on Boxing Day 2016.

The Enfield Mayor Christine Hamilton, who is a long-standing member and one time fundraising officer for the Forum, was the guest of honour. She expressed her gratitude to the Forum for the work it does to help older people lead active lives, in mind and body.



The Mayor Christine Hamilton with Jacky Pearce, the events organiser and secretary Tony Watts

A total of nearly 300 people enjoyed our two Christmas lunches and an evening disco in December and January. Huge thanks to Jacky Pearce from the Social Committee for, once again, volunteering her time, energy and enthusiasm to organise these hugely popular events.

The second Christmas lunch, on 8 January, known as the 'Encore', was launched a few years ago to make sure that the many people who could not be accommodated in December, could still attend a Forum Xmas party. This year it was held at the Enfield Golf Club for the first time and more than 125 people attended.

"It is always a bit nerve-racking to try a new venue," says Jacky. "But it was a real success and I received great feedback from everyone who attended. Paul and his cheery team at the golf club really put themselves out to make it a special occasion."

She adds: "Thanks to all the guests who made it a really enjoyable time – after all we couldn't do it without you! This is a superb venue with lovely views perfect for a summer event – watch this space!"



Forum second Christmas lunch on 8 January at Enfield Golf Club

Energy-saving tips that save money

1. Turn down the central heating by 1c saving £80 a year
2. Switch off appliances left on stand-by saving £30 a year
3. Switch off lights when leaving the room saving £11 a year
4. Boil only as much water as you need saving £7 a year
5. Spend one minute less under the shower saving £19 a year in energy and water bills

(Energy saving estimates from the Energy Savings Trust)

ENFIELD BOROUGH OVER 50s FORUM

WINTER FAIR 2018

ENJOYING LIVING LONGER WITH GOOD HEALTH

On Friday 16th February 2018

At: Enfield County School, Holly Walk, Enfield, EN2 6QG

(top end of Church Lane, diagonally opposite the Civic Centre)

Convenient for all buses going to Enfield Town. Car parking in public car parks.

FREE AND OPEN TO ALL

Come for the morning, the afternoon, all day or just for an hour.

TIMETABLE

(subject to change- full programme available on the day)

9.30 Onwards: REGISTRATION (registration available throughout the day)

10.00 – 11.00 Opening speeches and presentations:

- Cllr Krystle Fonyonga (Cabinet Member for Community Safety and Public Health): **OPENING**
- Tessa Lindfield, Acting Director of Public Health, London Borough of Enfield: **KEEPING WELL IN WINTER**
- Ashraf Choudhury, National Wellbeing Manager, Independent Age: **SUPPORT FOR LONELY ISOLATED PEOPLE**
- Dr. Manish Kumar, Chair, Enfield LMC (Local Medical Committee): **WHY YOU NEED TO KEEP WARM IN WINTER TO ENJOY MORE YEARS OF HEALTHY LIFE**

11.15 – 12.15 Choose one of the following:

Watch or dance with Winchmore Hill Folk Dancers, or singing with Enfield Choral Society, Workshop on Crime Prevention, or Understanding Smart Meters, or Worry Management.

12.00 Onwards PERSONAL BLOOD PRESSURE CHECKS AVAILABLE.

12.30 - 1.15 A FREE SANDWICH LUNCH FOR 100 FORUM MEMBERS

(YOU MUST BRING AN UP TO DATE FORUM MEMBERSHIP CARD TO CLAIM A LUNCH TICKET)

1.30 – 2.30 Choose one of the following:

Listen to Equinox Jazz Band OR a workshop on Financial Abuse of Older People, or Stroke Awareness, or Recording Your Memories for Posterity.

or IT Drop-in -- Solving problems on your own devices (mobiles, tablets etc)

2.30 – 2.50

FREE TEA AND CAKES

2.50 – 3.50

Choose one of the following:

Zumba Gold or a workshop on understanding the smart meters

4.00 Free Raffle - £10 vouchers – ticket via a completed evaluation form.

VISIT THE EXHIBITOR STALLS (between 11.30 and 2.45) :

Enfield Carers Trust, Enfield and Southgate WEA, Enfield Choral Society, Enfield Clinical Commissioning Group, Enfield Asian Welfare Assoc, Enfield Croquet Club, Enfield National Trust, Enfield Road Safety, Enfield Women's Centre, Fusion Leisure Centres, Independence & Well Being, Metropolitan Police Crime Prevention, National Energy Action, Probus Club, Enfield, Ruth Winston Centre, Safeguarding Adults Service, Soropotomists Enfield, Walkabouts Rambling Group, Winchmore Folk Dancers.

Chair's Column



Join in, get active

Hopefully 2018 got off to a good start for you – but I know that for some, the New Year has been a difficult time. Our world seems to be a very uncertain place at the moment and I am aware that, like me, many of my friends and colleagues are feeling rather low.

We are told that the current financial situation is causing cuts to essential services but it seems that we don't have all the facts! Do we ever?

So why not try to cheer ourselves up by attending some of the delightful treats available in our wonderful Borough of Enfield. Millfield Theatre and the Dugdale Centre have extensive and exciting programmes – music, dance, theatre, comedy and if you have grandchildren look out for the holiday shows. I have already booked for a couple of Jazz nights at Dugdale – want to join me? Well buy a ticket!

How about a visit to Forty Hall or Myddleton House Gardens? Both are absolutely beautiful - and have pleasant cafes where you can have tea, coffee etc. Forty Hall also has many interesting courses and events. Capel Manor is a great place to simply walk around but also offers many ideas for gardeners.

There are dozens of community groups, including the Forum, which welcome new members with great enthusiasm. Choirs, Knit and Natter, Crafts, Poetry, Writing etc. If you have access to a computer you will find them easily, otherwise visit your local library where you will find helpful staff who will be able to give you information.

Hopefully you all know that Edmonton Green library has now opened after refurbishment and is the most fantastic library in London (maybe I am biased) but please visit and see. WOW!

Our Over 50s social committee has organised a range of meals, visits, events, and holidays and they are always keen to have new suggestions and help in organisation. If you think you can offer ideas, please contact the office.

I know that many of our members are benefitting from reduced Fusion gym membership – this must be a real New Year boost – keep it up! We are fortunate to have numerous parks in Enfield so if you are not a gym enthusiast a brisk walk might work wonders.

AND

Do you attend the regular Enfield Over 50s events and clubs?

Every week we have something of interest either at the Civic Centre, Millfield House or Beaumont in Southgate. Have a look at the back pages of this newsletter to give you the latest information. Do come along – you will be warmly welcomed.

Please also see all the information about clubs organised by Over 50s members from coffee club to walking to poetry to book club to woodwork to writing plus Cineworld on Mondays.

Don't forget the Winter Fair on 16th February. I look forward to seeing you there

Christine Whetstone

Credit cards

From 13 January 2018 it will be illegal to charge for using your credit card. This is the date which the government says it will implement a new (whisper this) a new European Union Directive covering payments with Visa and MasterCard – in the UK it will also apply to American Express, PayPal and ApplePay.

The sharp practice of charging more if you pay by credit card has been used for years by travel companies and by many shops. It has been used by government agencies such as the DVLA. Ministers estimate the change will save consumers some £450million a year. So you should report any breach of the new regulation to Trading Standards.

Grandparents (God love 'em)

Victor Hugo is perhaps most famous as the author of *Les Misérables*, the longest running West End show. Less famously, but perhaps more wisely, he also knew about inter-generational relations: 'if you would civilise a man, begin with his grandmother'.

However, recently it has been noted that those people with silver in their hair and gold in their hearts may sometimes not be as beneficial as they might want.

Research from Glasgow has shown that whilst grandparents can undoubtedly be a source of stability and emotional support (to both children and parents) this sometimes spills into encouraging poor diet and smoking.

This is a shame as grandparents have often seen much of what troubles young people before and will often provide wise council in a quiet and calm way that will be heard. Obviously it the prerogative of youth to ignore all this, but part of wisdom is recognising that time is not the same for the young and the old and that influence is part of the long-game.

So, how is this influence shown and what is it for? Often, with a bit more time and a different role in life, grandparents can spoil children in a way their parents never could. No-one will ever argue that this is a role that grandparents should not have but what is remembered is time, attention and love. An Italian proverb goes "if nothing is going well, call your grandmother".

And what is it for? Well, that is up to you. However, remember that whilst children will hear what you say it is seeing that is believing. What they see you do, and how you behave, is much more likely to influence even if it doesn't feel like it at the time.

Always remember the long-game – if children see the people they love and respect smoking, drinking excessively, not moving and eating rubbish all the time they are much more likely to do it themselves.

Glenn Stewart

Assistant Director, Public health, London Borough of Enfield



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**Have you always dreamed of playing an instrument?
Would you like to try but think you're too old?**

Well, the good news is that you're never too old to learn. If you've got the desire to learn and are willing to put in some regular practice you'll be surprised at what you can achieve. Learning to play can be very rewarding and enjoyable and, what's more, it's one of the best things you can do to keep your brain in good shape.

I'm a teacher with many years experience and have taught many people over 50. Some of my best pupils are well into their 70's and beyond.

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Always look on the bright side of life



Pun-tomine time again!

- Venison for dinner again? Oh deer!
- England has no kidney bank, but it does have a Liverpool.
- I tried to catch some fog, but I mist.
- They told me I had type-A blood, but it was a Typo.
- Jokes about German sausage are the worst.
- I know a guy who's addicted to brake fluid, but he says he can stop any time.
- I stayed up all night to see where the sun went, and then it dawned on me.
- This girl said she recognised me from the vegetarian club, but I'd never met herbivore.
- When chemists die, they barium.
- I'm reading a book about anti-gravity. I just can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- I didn't like my beard at first. Then it grew on me.
- Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection, urine trouble.
- Broken pencils are pointless.
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- I got a job at a bakery because I kneaded dough.
- Velcro - what a rip off!
- A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said: "No change yet" . !

Christmas crackers

Who hid in the bakery at Christmas? A mincer spy

What do monkey sing at Christmas? Jungle bells

What do snowmen eat for lunch? Iceburgers - and for breakfast? Snowflakes

How many chimneys does Father Christmas go down? Stacks

Art-ful dodger

A thief in Paris planned to steal some paintings from the Louvre. After careful planning, he got past security, stole the paintings, and made it safely to his van.

He was captured only two streets away when his van ran out of gas. When asked how he could mastermind such a crime and then make such an obvious error, he replied:

*"Monsieur, that is the reason I stole the paintings. "I had no **Monet**, to buy **Degas**, to make the **Van Gogh**."*

Now do you have **De Gaulle** to send this on to someone else? We've passed it on since we figured we had nothing **Toulouse**.

Artificial intelligence

A father buys a lie detector robot that slaps people when they lie. He decides to test it out at dinner one night.

The father asks his son what he did that day.

The son says: "I did some schoolwork." The robot slaps the son.

The son says, "Ok, Ok. I was at a friend's house watching movies."

Dad asks: "What movie did you watch?"

Son say: "Toy Story." The robot slaps the son.

Son says: "Ok, Ok we were watching porn."

Dad says: "What? At your age, I didn't even know what porn was."

The robot slaps the father.

Mum laughs and says: "Well he certainly is your son."

The robot slaps the mother.

Hearing problem

Bert feared his wife Peg wasn't hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family doctor to discuss the problem.

The doctor told him there is a simple informal test you could perform to get a better idea about her hearing loss. "Here's what you do" said the Doctor. "Stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and he was in the lounge. He says to himself: "I'm about 40 feet away, let's see what happens." Then in a normal tone he asks: "Honey, what's for dinner?" No response.

So the husband moves closer to the kitchen, about 30 feet from his wife and repeats: "Peg, what's for dinner?" Still no response.

Next he moves into the dining room where he is about 20 feet from his wife and asks: "Honey, what's for dinner?" Again he gets no response.

So, he walks up to the kitchen door, about 10 feet away. 'Honey, what's for dinner?'

Again there is no response.

So he walks right up behind her. "Peg, what's for dinner?"

(I just love this!!) "Dammit, Bert, for the FIFTH time, CHICKEN!"

Word play

Q. When you have me, you feel like sharing me. If you do share me, you don't have me. What am I?

A. A secret.

Q. What five-letter word becomes shorter when you add two letters to it?

A. Short

Q. What type of cheese is made backwards?

A. Edam

Q. I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place. What am I?

A. The letter e.

Strange but true

- The longest time between two twins being born is 87 days.
- The world's deepest postbox is in Susame Bay in Japan and is ten metres underwater.
- Everyone has a unique tongue print just like fingerprints.
- During World War11 the crew of the British submarine HMS Trident kept a fully grown reindeer called Pollyana on board for six weeks – it was a gift from the Russians
- In 1923 jockey Frank Hayers won a race at Belmont Park, New York, despite being dead – he suffered a heart attack mid-race, but he stayed in the saddle until his horse crossed the line for a 20-1 outsider winner .

Reprinted from Carmarthenshire 50+ Forum

Sayings to remember

"When I was born, you weren't expected to be around that long" - HM The Queen admits she never dreamt of reaching her 70th wedding anniversary.

"Get the advice of everybody whose advice is worth having – they are very few – and then do what you think is best yourself" - Charles Stewart Parnell, Irish nationalist leader 1846-1991.

"There's no such thing as bad publicity except your own obituary" - Dominic Behan in My Brother Brendan (1965)

Enfield Borough Over 50s Forum

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Pensions – now and in the future

The issue of providing a decent standard of living to people of pension age will not get easier in the future, and women will continue to be worse off if changes are not made

The good news.....

The state pension will rise by 3% in April, so pensioners entitled to the new State Pension will see their payments increase from £159.55 per week to £164.34 a week.

The change means they will be nearly £250 better off by the end of the tax year, with total annual income boosted from £8,296.60 to £8,545.50.

Those that receive the basic State Pension will also see their weekly payments increase from £122.30 to £125.97. The 3% increase means that annually these pensioners get a total of £6,550.39 in 2018/19 up from £6,359.60 in 2017/18 – which means they will be £190.79 better off over the course of the year.

The 3% figure is a result of the 'triple lock' (which groups such as the Forum have lobbied hard to maintain) which means pensions rise by the highest of these three: inflation, as measured by the consumer prices index, earnings growth, or 2.5pc.

The September 2017 inflation rate was 3% and so that is the level used by the Department for Work and Pensions.

...and the rest

Britain's state pension is the worst in the developed world, says the OECD (Organisation for Economic Co-operation and Development). A study by the economic thinktank calculated that a typical British worker at retirement would receive a state pension and other benefits worth about 29% of what they had been earning.

That compares with an average of 63% in other OECD countries and more than 80% in Italy and the Netherlands.

The TUC General Secretary Frances O'Grady said: "Working people in Britain face the biggest retirement cliff edge of any developed nation. We are letting down today's workers if we can't provide them with a decent retirement income."

However, when the private pension system is taken into account, the UK does much better. The OECD says the UK has £1.6tn in private pension assets and when these are taken into account, the UK average income in retirement rises to just over 60% of former career earnings.

Which makes it all the more important that today's workers do not opt out of auto-enrolment pension scheme.

Women disadvantaged

Older women are more vulnerable to financial difficulties than older men, with both their employment history and family circumstances affecting their pension income and ability to save, according to a report from the Centre for Ageing Better.

The report, *Inequalities in Later Life*, highlights huge disparities in health, financial security, social connections and housing, with the negative impacts getting worse as those affected get older.

It highlights the fact that that severe inequalities for older people are largely a product of poverty and disadvantage throughout life. Poor education and work opportunities, along with lack of social connection can have long term consequences, often made worse by factors such as reduced income in retirement and the impact of having many long-term health conditions.

Whilst women suffer these inequalities more than men, people from BAME backgrounds and some from LGBT are also disproportionately disadvantaged.

Ageing Better calls for action to tackle these shameful inequalities. Government policies and employers' practices need to change to enable women to stay in or return to the labour market. This should mean increasing the quality, affordability and availability of childcare, and helping carers stay in work.

State pension and auto-enrolment schemes should not penalise those without an uninterrupted, full time employment history.

Fire safety visits

You can now book a home fire safety visit. You are far less likely to have a fire in your home if you have received a home fire safety visit. That is why the London Fire Brigade (LFB) offers them free, to help make you safer.

Even a small fire in your home can lead to substantial damage, which could be expensive to repair and leave you unable to stay in your property for a number of weeks.

What happens during a home fire safety visit?

LFB firefighters will visit you in your home and provide you with bespoke advice, based on your household and lifestyle, to minimise the risk of a blaze. Crews may suggest moving items of furniture as part of any safety recommendations made during the home fire safety visit, if they identify them as hazards.

If you ask them to help you move anything, firefighters may assist but this will be at their own discretion and only with your permission. They may fit free smoke alarms in your property during the assessment.

When can I have a home fire safety visit?

LFB home fire safety visits can take place any day of the week, at any time that is convenient for you. The assessment takes as long as necessary but first-time visits are allocated up to 90 minutes.

How do I contact London Fire Brigade to book my visit?

Telephone: 08000 28 44 28 Email: smokealarms@london-fire.gov.uk
For urgent, out of hour referrals, please contact 0208 555 1200 and inform the switchboard you need to book a home fire safety visit. You can also visit the website to book a visit and learn about fire safety at home www.london-fire.gov.uk

Worried about a neighbour or relative?

LFB wants to ensure anyone who may have increased fire risks is provided with appropriate protection. Although everyone is eligible for a free, home fire safety visit, the fire service has identified a number of health and lifestyle behaviours that increase the likelihood of being involved in a fire.

If you know or work with anyone who may have an increased risk of fire, who is less able to react or has a reduced ability to escape in the occurrence of a fire, please encourage them to book a free, home fire safety visit. These may include factors such as being a smoker, a hoarder, having an alcohol dependency or suffering from mobility issues.

PS You may think you have seen this article before – and you have! But we are printing it again because we believe it's so important.

New!! Memory Club Launch

Age UK Enfield launches a Memory Club on Friday 9 February for people with dementia and their carers at St Peter's Church Hall, Vera Avenue, Grange Park, N21 1DN.

**Open every Friday except the last Friday of the month. 11am-1pm (parking restrictions 10-11am)
Free admission and refreshments. Further details 020 8351 1131.**

Are you paying the correct tax on your pension?

Among the many who have taken advantage of pension freedoms it is estimated 800,000 could be paying the wrong amount of tax on withdrawals.

Four years ago, George Osborne, the then chancellor, unveiled an unprecedented package of pension reforms. The changes meant that individuals aged 55 and over could henceforth access their defined contribution pension savings whenever they wanted and in a variety of ways, subject to their marginal rate of Income Tax.

Hundreds of thousands of people have since taken advantage of these reforms. In total, over 1.5 million separate payments have been made, with £9.2 billion withdrawn since April 2015. In the final three months of 2016 alone, 162,000 people accessed £1.6 billion from their pension pots.¹

But despite being able to take benefits in a variety of different ways, including as cash and flexible income, vast swathes of individuals are at risk of paying too much tax on their pension income.

Nearly 30 million people in the UK pay Income Tax. Around 10 million file tax returns, while the remaining 20 million are taxed on the 'pay-as-you-earn' system², which is built around tax code allocation and designed to collect the right amount of tax from everyone over the course of the year. But if tax codes are incorrect, then it follows that the wrong amount will be collected.

Because many over-55s have multiple sources of taxable income, such as a salary and one or more pensions, it is believed that 800,000 could be at risk of being allocated the wrong tax codes³.

The problem lies in the way HMRC applies the 'personal allowance' when you have more than one source of income. Your 'personal allowance' is the amount you can earn tax-free and, in some cases, HMRC applies it only to income from one source; for example, a part-time job. HMRC then taxes other sources of income, such as a personal pension, at the full rate.

This means that even if your total income is below the personal allowance of £11,500, HMRC assumes you have already used your allowance for one income source and disregards it for other sources.

Individuals are being urged to check their tax code to ensure that they are paying the correct amount, and to apply for a refund if they have been overtaxed. In some cases, overpayment of tax could have been going on for many years – so some diligence is needed.

"Most people are understandably baffled by the whole system of tax codes," says Steve Webb, director of policy at Royal London. "Employers and pension providers are issued with tax codes by HMRC and we generally assume they must be right."

However, HMRC is not infallible, and Webb highlights the importance of individuals knowing how to spot mistakes with their tax code and to get things put right. "Although computerisation of tax records is designed to help improve things, I have no doubt that there are many people still paying the wrong amount of tax."

Paddy Millard MBE, founder of the charity Tax Help for Older People, shares some of Webb's concerns.

"Tax codes are probably one of the biggest single causes of confusion and problems among the people who contact us via our helpline," he says. "People should not simply assume that HMRC have got things right, but should check to ensure they are paying the right amount of tax."

HMRC certainly believes its record is strong in this area, as a spokesman for the department recently made clear: "The overwhelming majority of tax codes are accurate, based on information provided to us."

Nevertheless, it is crucial you check your tax codes to ensure you are paying only what is due, as mistakes are far from impossible.

If you have a Government Gateway account, you can check you are paying the right amount of tax using HMRC's online service. Alternatively, you can write to them, or phone on 0300 200 3300.

¹ HM Treasury, January 2017

^{2,3} Royal London, April 2017

George Ttoui will be available to discuss any financial matter at the drop in advice service. He will be at The Dugdale Centre, corner of London Road and Cecil Road from 10am to 12 midday on the following dates Monday 5th February and Monday 19th February. Or to arrange a private consultation please call the office on 020 8882 6688.

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WEALTH MANAGEMENT

Lots of ways to get active

Doing housework is good for us, as studies show that we do not need to go to the gym or run marathons to improve our fitness and general health. Scientists have used data on 130,000 people in 17 countries and found that it makes no difference whether we go out and jog or just engage in other physical activities like walking and household chores. Either way, the benefits are very similar.

However, according to a survey by the British Heart Foundation one in seven people has done no exercise for more than a decade. One fifth said they had never exercised and 15% do so less than one a week.

A third of people admitted they did not exercise out of pure laziness, suggesting at least they were honest with themselves. Others cited a lack of time and bad weather, while others said they found it boring.

The British Heart Foundation says physical activity is essential for heart health. "Not only can keeping fit help reduce your risk of heart disease, it can help you control your weight, reduce blood pressure and cholesterol levels and improve your mental health."

It suggests we should all walk more, get together with friends to do an activity, find something we enjoy and set ourselves a goal to keep us motivated. Or at least pick up the vacuum cleaner or mop and get cleaning!

Exercise helps memory

Doctors have recommended that older people suffering from mild cognitive impairment should take up exercise to keep their mind fit as well as their body.

There is growing evidence that the benefits of exercise extend to the brain and the American Academy of Neurology is now recommending that patients showing mild signs should be told to exercise twice a week.

Mild cognitive impairment is defined as problems with thinking and memory that are greater than those expected with normal ageing, but not as extreme as dementia.

The academy says exercise can help stave off dementia and keep memory problems getting worse.

Leafy greens

Another way to help keep the brain active is by eating a portion of spinach or kale a day, says a report in the journal *Neurology*. Leafy greens, which also include sprouts, chard, rocket, asparagus and lettuce, are particularly good for helping to retain sharp mental ability later in life, scientists said. Nutrients such as vitamin K and folate are likely to be behind the protective properties.

However, the effect was only visible in those with the highest intakes, and the study cannot prove that the vegetables caused the brain to stay healthy for longer. But scientists are planning a trial of whether switching diet in later life can stave off dementia.

In any case, they recommend that a daily serving of green leafy vegetables (40g raw, 120 g cooked) as the evidence of the positive effects continues to grow stronger.

Join Fusion

Enfield residents who are members of the Forum are eligible for substantial discounts at the borough's own leisure centres run by Fusion.

The four main centres also run specific Over 50s Days every week. They 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 mem-

bers 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

Albany Leisure Centre, 505 Hertford Rd, Enfield EN3 5XH, Tel: 020 8804 4255.
Edmonton Leisure Centre, 2 The Broadway, Edmonton N9 0TR, Tel: 020 8375 3750.
Southbury Leisure Centre, 192 Southbury Rd, Enfield EN1 1YP, Tel: 020 8245 3201.
Southgate Leisure Centre, Winchmore Hill Rd, Southgate N14 6AD, Tel: 020 8882 7963.

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

Fusion Leisure Centre Over 50s Activities

Edmonton (Monday) Tel: 020 8375 3750

09:00 - 16:00 Badminton, Sports Hall
09:00 - 16:00 Table tennis, Sports Hall
09:30 - 10:30 EasyLine, Sports Hall
10:15 - 11:00 EasyLine, Sports Hall
10:30-11:30 Pilates, Studio
11:30 - 12:30 Total workout, Studio
11:00 - 11:45 EasyLine, Sports Hall
09:00 - 16:00 Swim, Steam and Sauna
12:00 - 12:45 Zumba Gold, Sports Hall
13:00 - 15:00 Short Tennis
13:45 - 14:30 Aquafit, Activity Pool
09:00 - 16:00 Use of the Fitness Suite

Southgate (Tuesday) Tel: 020 8882 7963

08:00 - 09:00 Table tennis, Activity room
09:00 - 10:00 Gym circuit, Fitness suite
09:30 - 10:30 Pilates, Activity room
10:30 - 11:30 Gym Circuit, Fitness Suite
11:30 - 12:30 Gym Circuit, Fitness Suite
11:30 - 13:00 Yoga, Activity room
12:30 - 13:20 Zumba, Fitness studio
13:20 - 14:15 Tai Chi, Studio
09:00 - 16:00 Use of the Fitness Suite
12:00 - 16:00pm Swim, Steam and Sauna

Southbury (Tuesday) Tel: 020 8245 3201

08.30-09.25 - Tai Chi, Studio
09:00 - 10:30 - Badminton
09:00 - 16:00 - Gym
09.30-10.30 - Walking netball, Sports hall
10.45-12.15pm - Walking football, Sports hall
11.15am - 12:15pm - Aquafit (Ladies only)
13:30-14.30pm - Pilates
13:45-14.45 - Indoor short mat bowls, Sports hall
09:00-16:00 - Swim,

Southbury (Wednesday) Tel: 020 8245 3201

08:30 - 09:30 Pilates, Studio
09:30 - 10:30 Pilates, Meeting room
11:40 - 12:40 Yoga, Studio (last Wednesday each month - chair based)
12:45 - 13:45 Yoga, Studio (last Wednesday each month - chair based)
10:00 - 16:00 Badminton, Sports Hall
13:00 - 16:00 Table tennis, Sports Hall

14:45 - 15:30 Aquafit, Main pool
09:00 - 16:00 Swim, Steam and Sauna
09:00 - 16:00 Use of the Fitness Suite
14:00 - 16:00 Tea dance, Sports Hall (2nd and 4th Wednesday every month)
14.00 - 16.00 Short mat bowls (1st & 3rd Wednesday each month)
14.00 - 16.00 Pickle ball (1st & 3rd Wednesday each month)

Albany (Thursday) Tel: 020 8804 4255

10:30 - 11:00 Gym circuit, gym floor (coming soon)
11:00 - 11:30 Gym circuit, gym floor (coming soon)
10:30 - 11:25 Aerobics, Studio
11:30 - 12:25 Zumba Gold, Studio
12:30 - 13:25 Toning, Studio
13:30 - 14:25 Pilates, Studio
14:45 - 15:30 Aqua, Pool
09:00 - 16:00 Swim, Steam and Sauna
09:00 - 16:00 Use of the Fitness Suite

Southgate (Friday) Tel: 020 8882 7963

10:30 - 11:30 Gym Circuit, Gym floor
11:30 - 12:30 Gym Circuit, Gym floor
11:30 - 12:25 Bokwa, Studio
12:30 - 13:25 Aerobics, Activity room
13:30 - 14:25 Pilates, Activity room
15:00 - 15:45 Zumba Gold, Studio
09:00 - 16:00 Use of Fitness Suite
12:00 - 16:00 Swim, Steam and Sauna

Edmonton (Friday) Tel: 020 8375 3750

8.30am - 10am Badminton
11.30am - 12.30pm Multi sports session (Ladies only)
12.30pm - 1.30pm Tai chi
12.30pm - 3pm Badminton/ Short tennis/ table tennis/pickle ball
Gym available 9 - 4 and swim sauna and steam subject to opening times.

NB: Rooms are available 9am-2pm at Edmonton and Southbury Leisure Centres where members can meet up chat and enjoy a sandwich and coffee

SOCIAL CALENDAR

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

Thursday 19 April. St Georges Day

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

Friday 20 April. 'Strictly Forum Spring Dance' with a bit extra!

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

11 -19 June. Amalfi Coast. Bookings are open for this [fabulous 8 day trip](#) 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 or 020 8447 8841.** New members very welcome. Price £1106 sharing or £1256 single occupancy.

17-20 July. Short break to Whitby,

Yorkshire. Come and enjoy the seaside in the town that gave us Bram Stoker's Dracula. There will be 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.

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 or 020 8447 8841.** New members very welcome. Price £1135 sharing or £1385 single occupancy.

2019 – AMAZING AND EXCITING OFFER!!

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

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.

Poetry Corner

Postman's knock

I mooch around, might make some tea,
watch the front door, sinking thoughts,
they move to you though roaming free,
'it's still maybe....' my mind retorts.

I've kept those cards you sent to me
for any times, birthdays, Christmas,
their folder like a spending spree,
its contents splayed out in the stillness.

For in this lounge, dead as a lake
your handmade cards lie on the desk
while I trawl through them, have my take
of all your work, so picturesque.

Expectation's on my mind,
but am I strong to take the worst
if I find that love's unkind
and leaves me all alone and cursed?

A fortnight's passed and not a word,
no trembling knock or 'Hi' by phone.
You leave me here like a caged bird
who wants to fly. Hear my heart moan
'When?' and 'Why?' while still I wait.
Then 'Look!', the postman on his way,
but passed my door so it's checkmate -
no card from you this Valentine's day.

Rabi Mariathasan

Affiliated Groups

Enfield NHS Retirement Fellowship

We meet on the 2nd Thursday of the month at Enfield Community Care Centre, Gater Drive, EN2 0JB at 2 pm. Meetings include illustrated talks, quizzes and discussions, plus local visits. Membership is open to all NHS staff, their families and those working in Social Care services. For details please contact Brenda Hurford on 01707 655297 or at bkh32@internet.com

Enfield Choral Society

The society is presenting An Evening of Chansons Françaises on Saturday 24 February at 7.30pm at the historic 15th century All Saints Church, Church Street, London, N9 9AT. The evening will celebrate the golden age of French Choral music with a romantic selection from the great French composers Debussy, Faure, Saint Saens, Frank and including Poulenc's Gloria. Conducted by Mark Sproson. Tickets £12 (£10 conc), if paid for by Friday 16 February. £14 (£12 conc) on the door. Under 18s and full time students £5. Available from any choir member, via the ticket hotline on 07538 538486, tickets@enfieldchoralsociety.org.uk, www.enfieldchoralsociety.org.uk/tickets, or from Eventbrite.co.uk

Forum Clubs

Writing Group

We meet on the third Friday of the month upstairs in the Dugdale Centre from 10am to 11.45 – or until we stop talking – 12 noon max! Now over a year old, the group has welcomed new members throughout the year and we all love getting together. Each month we read a short piece of our own writing followed by a fascinating, stimulating and fun discussion. This is a really sociable, friendly and interesting group. Topics are suggested each month by group members.

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

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

Coffee Club

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

The park is served by buses 298, 299, and 384 and Cockfosters tube station is just a five minute walk away. Further details from Sue Scott who can be contacted at scotsf48@hotmail.com or on 020 8368 0861, or just turn up at one of the next dates: Wednesdays 7 February, 7 March, 4 April, 2 May and 6 June

Walking group

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

Poetry Group

We are Forum members who come together each month to read and talk about poems, some well-known, some written by us spiced with some music. It is a very sociable time and we all enjoy it. So, why not come along and try us out? Themes are 'Birds' in February and 'Spring' for the March meeting.

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

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

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

Woodwork and Handicraft Group

This is very popular group which has been running for eight years, meets once a week during term time to make wooden and jewellery items. Numbers are limited due to the size of the workshop used, and there is a healthy waiting list, but for further information call John Lombard 020 83675921.

Book Club

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

15 February The Last Runaway by Tracy Chevalier.

15 March A Room with a View by E M Forster.

19 April Sacrifice by Karin Alvtegen.

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

16 August Trumpet by Jackie Kay.

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

Forum meetings

For meetings in the New Year we assemble at 10am for a 10.30 start.

At the Civic Centre, Enfield

Tuesday 27 February

Recently retired cardiologist and Forum member **Dr Seamus Banim FRCP** on: 50 years a cardiologist. What does he know that will help us.

Tuesday 27 March

Marion Shoard, author of '*How to handle later life*' will discuss her research and common pitfalls that can befall us. Marion is a member of the Medway Pensioners' Forum.

At Millfield House, Silver Street, N18 1PJ

Thursday 8 February

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

Thursday 8 March

Barry Coppock from the Stroke Association will talk about the *NHS new stroke strategy, stroke awareness; what a stroke is, how it happens, reducing the risk, recognising the signs.*

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.

Tuesday 20 March

Christine Whetstone and the Over 50s Forum Writing Group will read a varied selection of their creative work and invite your responses. **As a special treat hot cross buns will be served!**

Joanna's Holistic Treatment Clinic

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

Indian Head Massage £15

Aromatherapy back, neck and shoulders £15

Aromatherapy full body treatment £20

Reflexology £15 Hopi Ear Candling £15

Neuro-Linguistic Programming £15

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Please note that treatments are currently for women only.

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Join our lottery club for just £5 a month



**November winner
Irene Richards with
President Monty Meth**

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, Irene Richards in November and Margaret Findlay in December.



**December winner
Margaret Findlay
(It) with Mayor
Christine Hamilton**

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
(except bank holidays)**

Our regular public service

- Chat to a copper – a face-to-face personal talk with a police officer – any questions, any worries, any advice on crime and burglary prevention on 26 February and 26 March.
- Gillian McNally, Enfield Citizens Advice benefits, debts, pensions etc.
- Solicitors Stennett & Stennett 10am-11am.
- George Ttoui: tax and HMRC queries on 5 and 19 February, 5 and 19 March, and 9 April.
- 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 26 February and 26 March by NHS audiologist can be booked through the Forum office 020 8807 2076.
- Another new advisory service opens at the Dugdale Centre on 26 February and the last Monday of the month thereafter: Introducing Kate Reader and Laura Newey, Memory Care Navigators from Age UK Enfield, who will provide information on the range of services on offer to people with Dementia and their carers.

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

6 February Wonder

The inspiring and heartwarming story of August Pullman who was born with facial differences that initially prevented him from going to a mainstream school.

19 February Death of Stalin

The internal political landscape of 1950's Soviet Russia takes on darkly comic form in a new film by writer/director Armando Iannucci.

26 February Battle of the Sexes

Emma Stone and Steve Carell star in this spirited and timely retelling of the famous 1973 exhibition match between tennis players Billie Jean King and Bobby Riggs.

March 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

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 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 | 7 | February |
| Wednesday | 21 | February |
| Wednesday | 7 | March |
| Wednesday | 21 | March |
| Wednesday | 4 | April |

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

Free tea, coffee and biscuits available.