



Enfield needs community participation

Democracy depends on different groups speaking up and getting involved, Enfield Council Chief Executive told attendees at the Forum's AGM

Collaboration between the council and the community is key to the success of Enfield, says Rob Leak, Chief Executive of Enfield Borough Council. And that collaboration needs to include all sections of the community, he told attendees at the Enfield Borough Over50s Forum's AGM at the Civic Centre in May, where he gave a personal view on the future of the borough. **"If some people lobby for their position and the rest of the community is silent, than that one voice prevails. We need to find a balance for the good of the community. The political body works better where a wide range of people are vocal."**



Rob Leak addressing the Forum

The rapid increase in Enfield's population also poses challenges. It has grown to 320,000 compared with 270,000 people 12 years ago. And the population could rise to 350,000 by 2020.

Therefore the council needs the community to get involved in making the really difficult choices that are ahead. The role of the community is to:

- 1) articulate the need and
- 2) positively help the council in very difficult circumstances to make the choices that are the best for our community.

He admitted that, as we all know, money and resources for the council are declining, so the council is in the process of **"simplifying in order to create better services that cost less"**. As part of this **'journey'**, the council is reorganising to reduce the number of **'silos'** which result in residents being passed around between different people and departments when they are looking for information.

The aim is that no resident should have to speak to more than three council people. Under the present system, the record was 38. Rob Leak said, with some understatement: **"We realise we need to be much more listening, open and transparent."**

He says there are a lot of good thing happening in Enfield but he admits that in the future there will not be the money **"to provide the width and depth of social services that we do now"**.

Monty Meth, Forum President' echoed Rob Leak's call for more community participation. He made the point that people also needed to make their views known to their MPs as so much of the funding for services is controlled by Parliament.

"Look at the example of the Public Health money allocated to Enfield compared with other boroughs. We need people to write to newspapers and to their MPs. We are not angry enough!"

Rob Leak commended groups like the Forum for making sure that people's voices are heard. **"Lobbying is the main thing. Voice is what works in a democracy. No voice equals no democracy. And the voice needs to be long-term and persistent – that is what wins through."**

(see also AGM story on page 5)

Forum Meetings not to be missed

Note all meetings are at 10am for 10.30 start

Thursday 9 July (at Millfield House)

A double bill. Forum Member, Hazel Kinsler will talk about **the history of Millfield House** and Paul Everitt, will highlight **the importance of Millfield Theatre and Millfield House to the cultural life of the Borough.**

Tuesday 21 July (at Southgate Beaumont)

Professor Edward Greenwood, previously of Kent University will discuss **Philosophy and Morality** drawing on the writings and history of past philosophers.

Tuesday 28 July (at the Civic Centre)

Debra Fowler and Lucy Whitmann of HealthWatch Enfield ask how can Healthwatch and the Over-50s forum work together to improve local health and social care services?

For full details of all meetings see page 15

Over 50s 200 Club Lottery Fund

Enfield Over 50s Forum launch of our fund-raising lottery.

The launch of the 200 Club lottery has unfortunately been delayed due to problems with our bank. It has only just informed us that the direct debit scheme is not available to charities so that members' forms that we submitted have been returned. The upshot is that only standing orders can be used. The Forum organiser Jim Cattle will be in contact with those members affected. Due to this hiccup the first draw will not now take place until the end of August at the Civic Centre meeting.

The lottery is open to Forum members on payment of £5 per month by standing order or an annual cheque payable to Enfield Borough Over 50s Forum.

To take part in the lottery or for further details call Jim Cattle on 020 8363 4969 Monday-Friday between 10am and 4pm.

Jan's Journal

We continue to attract good audiences to the meetings we hold around the borough three times a month. Our speakers over the years have covered a huge range of topics but if you have suggestions for other speakers or topics, don't hesitate to get in touch with the Forum office. We run these meetings for the benefit of our members so please let us know what interests you. We will then look at the most popular suggestions and see what is feasible.

Amnesty International

Our new Chair, Christine Whetstone introduced herself and the work of Amnesty International at our Millfield Meeting in May.

Amnesty, which campaigns across the world addressing human rights, has more than three million members. It is an apolitical organisation and does not accept donations from political parties or companies.

Christine cited the case of a young Nigerian man, Moses Akatugba, who was arrested aged 16 on trumped up charges and eventually ended up on Death Row. Amnesty activists tirelessly wrote letters on his behalf and since the meeting we have heard that Moses has been pardoned after 10 years in prison.

Moses wrote: *"I am overwhelmed. I thank Amnesty International and their activists for their great support. They are my heroes.*

"I want to assure them the great effort they have shown to me will not be in vain. I will live up to their expectations and promise to be a human rights activist – to fight for others."
An inspiration to us all.

NHS 111 – Urgent Treatment telephone Number

Clare Kapoor, Transformation Programme Manager, and Gail Hawksworth spoke about the NHS 111 service to a crowded Southgate Beaumont meeting on 15 May.

NHS111 is a free telephone number to help people with urgent, but not life-threatening, conditions get advice and access the most appropriate service to meet their needs.

Trained advisers use a tool called NHS Pathways to triage patients and direct them to the best service. NHS 111 was piloted across the country in 2013 and replaced NHS Direct.

A new five year contract is currently being drawn up to start in April 2016 and the CCG is looking at a lead provider model with clinicians involved in providing the service.

A lively debate followed the presentation. Concerns included the shortage of GPs to run the service and the likely quality of the service. We thought it was positive that clinicians will be involved in the service but were concerned that those with a hearing loss had not been fully provided for.

Clare and Gail promised to take the issue back and recommend that the service specification should make provision for this group.

Full notes of both these talks are available from the office.

Jan Oliver Office and Development Manager

Combating Loneliness

The Forum has been affiliated to the Campaign to end Loneliness since it was launched by the Calouste Gulbenkian Foundation in 2010 and we have been ever mindful of the health problems that can result from social isolation.

While we respect and recognise that many older people are happy and content with their own company, reports that almost a million people now rely on television or a pet for company gives greater emphasis to the Forum's role as the provider of many opportunities for individuals to socialise and play a part in the wider community.

The Forum and our many affiliates gives evidence of the wide range of activities and interests that are on offer in the Borough and proving that you don't need to be old and lonely – unless you chose to be.

The Enfield Target Wards



It is encouraging to report the Forum has been awarded a small grant from the Enfield Residents Priority Fund for a pilot project to identify older people living alone in three Enfield Wards - **Chase, Lock and Turkey Street** - and to support them through providing information and the opportunity to become more engaged with older people groups in the Borough. The project is for one year and to be completed by April 2016. Full details will be covered in future Forum newsletters.

For a start the Forum has assembled a team of volunteers who will endeavour to make contact with retired people living alone in the target areas, offer them free membership of the Forum and arrange a number of events to help bring them together and become more engaged with the Forum and our affiliated organisations. Members wishing to assist in this project should make themselves known to the Forum Office.

Five challenging years ahead



On first becoming Prime Minister in May 2010, David Cameron said he wanted to make sure his government always looked after the elderly, the frail and the poorest in our country. Then, on winning outright the May 2015 general election, he said that he wanted to reclaim a **“mantle we should never have lost - the mantle of one nation, one United Kingdom.”**

So now that Mr Cameron will be leading Britain for the best part of the next five years - with no coalition partners to hinder him - I turned up a speech he made on 23 October 2006 when he disclosed his **“political philosophy on some of the enormously complex issues about ageing.”**

He said then that he wanted to see security and dignity in old age and he wanted to challenge three deep-seated and wrong assumptions about older people. First, the assumption that ageing only represents a cost; second, that older people are backward-looking and resistant to change and third, that older people can only ever be passive recipients of whatever the Government chooses to give them.

Well, with more than 1.1 million people aged over 65 still in work and paying their taxes - up 250,000 in the last three years - Mr Cameron now knows that older people are net contributors to the economy and are not a liability. And they are contributors in many other ways; as child-minders for their working children and other Mums; as volunteers in hospitals and running tens of thousands of voluntary organisations which in turn are engaging millions of older people in all kinds of activities. It is now estimated that some 80% of older people in need of care are being looked after by their elderly relatives. There are now over 87,000 carers aged 85 and over and more than half of them are caring for over 50 hours a week.

Mr Cameron acknowledges that unpaid work by older people is worth many billions of pounds and he knows what we as Forum members realise only too well, that we do think about our grandchildren and what sort of lives they are going to have; that we do think about our community and how we can improve it.

In that speech made nearly nine years ago Mr Cameron said: **“Keeping people healthy for longer is not a cost - it's an investment”** - and that is exactly what our Forum has been saying and doing in trying to extend the years of healthy living and closing the gap when ill-health forces a change in life-style. It is why we held a conference around the theme: **“adding healthy years to life”** and we are now campaigning - as you will see on page 10 of this newsletter - for an end to the funding freeze for public health in Enfield.

Contrary to some politicians and **“think tanks”** older people are becoming healthier and are putting less pressure on hospital emergency departments than is commonly thought. Oxford University researchers say that the ageing population should not be seen as an extreme burden on the NHS. They found that people born in each year from 1912 were increasingly less likely to need emergency treatment and spent less time in hospital once they were admitted.

So despite all the evidence that older people are far from being a burden, as Mr Cameron embarks on his second term as Prime Minister he is being told, in the words of The Times leading article on May 9 2015 that the challenges he faced in 2010 are as nothing to those he faces now and right at the top of The Times agenda is the £12 billion in spending cuts which can be found, it says, not only through capping benefits but also - you guessed it - by **“limiting pension payments to the affluent elderly.”**

Now after Mr Cameron's fine words that older people should enjoy security and dignity in old age and having introduced the **“triple lock”** guaranteeing pension increases of at least 2.5% a year, I don't see any early attack coming on the state pension - not when it is said that 78% of the Over 65s voted in the May general election - and not when the new Minister for Pensions, Dr Ros Altmann says: (Sunday Times May 31 2015) **“We must keep our promise to protect the triple lock on the basic state pension, which is now moving up towards a more decent level (currently £115.95 a week).”**

Press reports attributed to Ministers have, however, said that universal pensioner benefits are likely to be included in the overall £12billion in welfare cuts which may well be announced in the July 8 budget. So we will need to be vigilant given that more austerity cuts are planned for the next three or four years under the so-called long-term economic plan to eliminate the deficit.

Over the next five years Mr Cameron will have his work cut out creating a fairer and stronger economy; securing real growth in exports and manufacturing, seeing that people in work earn enough to start paying taxes. Our productivity growth is still way behind other major countries, borrowing is too high, the world is said to be drowning in debt and Britain's manufacturing industry is still 4.8% smaller than it was before the banking crisis hit the world seven years ago.

You cannot resolve that list of woes by targeting the ageing population as the scapegoat and solution to that brighter future we are promised by the next election in 2020.

Monty Meth



Left
Robert Judge of the Police Anti-Terror Squad talking to the Forum

June Meetings

Right
Halina Watts of the Daily Mirror talking to the Forum about journalism



Approaching retirement? Pension Wise appointments in Enfield

- avoid the fraudsters

The Financial Conduct Authority (FCA) - the government's official watchdog over money matters - has issued a new warning to everyone approaching retirement to be on their guard against the army of fraudsters peddling phoney pension plans that are "too good to be true".

Martin Wheatley, the FCA chief executive, said: "The new pension flexibilities offer people the freedom to make choices that suit their plans for retirement. But this is exactly the time when people need to be alert to the dangers of scammers."

The warning follows a Which? survey which found that one in three people over the age of 55 who have not yet retired have been contacted by someone trying to sell them a potentially fraudulent pension product. Just over half of them were approached by telephone and the rest were split pretty evenly between letters and emails - but many people could not distinguish between a scam and a genuine investment.

The new pension rules mean that from their 55th birthday anyone whether in work or not, can access their pension pot as and when they like. Since being introduced on April 6 it is estimated that some 80% of pensioners have taken the 25% tax free allowance and left the remainder in their pension plan in the hope it will produce a better long-term deal.

If any capital remains in the pension plan after their death, it can be passed down to children and under new rules this is free of inheritance tax. This makes it all the more important not to be caught in a trap.

How to spot a fraud

- Be on your guard against unsolicited phone calls, emails or text messages
- Be wary of anyone claiming they can unlock your pension plan before you are aged 55. It is likely to incur a hefty tax charge.
- Treat with suspicion anyone claiming to be from the government and offering financial advice.
- Watch out for anyone offering a "free" pension review.
- Do not under any circumstances disclose your personal details.

Pension Wise can help you to understand your pension options and how they relate to your own situation so you can make informed choices. Guidance is offered, not regulated financial advice, so specific products or providers can't be recommended. You can:

- 1) Get information on line from <https://www.pensionwise.gov.uk/>
- 2) Make an appointment to speak to a Pension Wise Guider over the telephone. This service is provided by The Pensions Advisory Service. Call 030 0330 1001 to book.
- 3) Make an appointment to see a Pension Wise Guider face to face at Enfield CAB. The service at Enfield CAB is provided by East End CAB and appointments are available every Monday. To book an appointment you can either e-mail pensionwise@eastendcab.org.uk or telephone the East End Pension Wise Enquiry Line on 020 8525 6360 from 9.30 - 5pm Monday to Friday.

If you need help making an appointment, please ask Enfield CAB to contact them for you. Enfield CAB is based at Vincent House, Nags Head Road, Enfield, Middlesex EN3 7FN Tel: 020 8375 4170

Has the triple lock been as good as the claim?

The Treasury has claimed that the triple lock has given pensioners higher increases over the last five years than was previously the case, but figures from the Department for Work and Pensions show the basic state pension would actually be £1.15 a week higher this year if the government had not changed the rules on annual increases.

Until 2010, the basic state pension had risen in line with the higher of the Retail Price Index (RPI) or 2.5%. In June of that year, the Chancellor announced that the RPI would be replaced by the lower Consumer Price Index (CPI).

The result meant that the basic state pension would have been higher for four years of the last Parliament under the old rules, rather than using the triple lock. By April 2015 it would have been £117.10 a week rather than £115.95 - £58.90 a year more.

In addition, the total loss to someone receiving the full basic state pension over the five years of the triple lock has been £163.80. Ron Douglas, president of the National Pensioners' Convention (NPC) said: "There is a view that pensioners have escaped austerity, but the change from the RPI to the CPI has cut all our pensions."

The NPC also says that in recent years, the new pensions minister, Baroness Altmann, has been outspoken against a number of measures the government has taken; most notably the switch from the retail prices index (RPI) to the consumer prices index (CPI).



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Weekend call for Citizen's Advice

Enfield Citizen's Advice Bureau (CAB) is now providing a Saturday telephone service (10am -1pm) on one Saturday per month, offering its usual range of advice to those who find it difficult to visit or telephone their offices during the week.

Note this Saturday service is **telephone only** and is available:

18 July

15 August

19 September,

17 October

21 November and

19 December.

The number to call is 020 8375 4170.

Annual Report sums up another successful year for the Forum

There was a record attendance at this year's AGM in the Civic Centre at the end of May where the annual report was presented

The Forum's Annual Report, which is also available for downloading from the Forum website, gives a summary of our activities and accounts for the year ending 31 March 2015. Outgoing Chairman John Ball paid tribute to the amazing work done by Forum staff and volunteers, especially as the Forum has now grown to more than 6,000 members. And he repeated the call for more volunteers so that we can extend our activities and our influence.

The range of activities which the Forum organises and manages is amazing – and that is just the Social Committee! They organised dinners, theatre trips, visits to unusual and interesting places, walks, dances and even a trip to Cuba.

Other Forum activities included two major events to help us all keep warm and well over winter. The 'beat the winter cold, beat the winter flu' at the Edmonton Art Zone and the Winter Fair at Enfield County School attracted many attendees, who were also able to learn more about our affiliated groups at the events.

Our Preventing Falls and Keeping Active Day at Edmonton Leisure Centre was also extremely popular, as usual.

Our campaigning work goes on, with visits to Parliament and discussions with local councillors and officers to raise issues of importance to our members. We are particularly

active in matters related to the NHS and the myriad of bodies responsible for providing the wider health and social care services in the borough.

The Forum Groups, including woodworking, the poetry group and the book club continue to flourish and members are encouraged to set up other groups in subjects they are interested in. The work done by the team of volunteers who welcome people at the weekly advice sessions at the Dugdale Centre was given special acknowledgement.



An attentive audience at the Forum's Annual General Meeting

A highlight of the meeting was the official launch of the Forum video made by one of our members Maria Tolly. She was given lifetime membership of the Forum as a thank you for the great work she did driving the project forward and producing such an excellent promotional video for our Forum.

See the video via the Forum website or on

Youtube: <https://youtu.be/3yP4iOyUUqY>

The AGM also approved the election of the new Executive Committee, including our new Chair Christine Whetstone and two new committee members Talat Shaik and John Tsangalakis.

Last call for Freedom Pass

It is still not too late to renew your Freedom Pass if you are one of the 860,000 people whose passes expired on 31 March 2015. You can still renew it online or send the form back by post. Your new pass will be sent within a month.

All the letters to renew Freedom Passes have now been sent out. If you did not receive a letter, call the Freedom Pass helpline (0300 330 1433).

They can send you another letter or give you the unique renewal number over the phone which you can then use to renew your pass online.

If you sent in your renewal letter before the beginning of March and still haven't received the pass, please contact the Freedom Pass Helpline (0300 330 1433). You can track the progress of your application by going to www.freedompass.org, even if you renewed it by post or no longer have your unique renewal number: You will be asked to enter your surname, date of birth and postcode.

New Executive Committee/Trustees 2015/16

President Monty Meth

Chair

Christine Whetstone

Secretary

Tony Watts

Vice Chairs

John Ball

Peter Smith

Treasurer

Champak Mistry

Membership secretary

Joyce Pullen

Social secretary

Irene Richards

Health Team Lead

Vivien Giladi

Members:

Jim Cantle

Yusuf Gulamhusein

Yvonne Mulder

Chris Osborne

Jeff Rodin

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Take the plunge with Fusion

According to recent statistics produced by the Amateur Swimming Association one in five adults cannot swim. That is more than nine million people; a shocking number considering swimming is one of the nation's favourite pastimes. Of these 2.3 million want to learn to swim, according to the ASA.

The top reasons given for not swimming are:

- 1 **I never learnt as a child**
- 2 **I am scared of the water**
- 3 **I am prone to ear infections**
- 4 **I cannot find a swimsuit I feel comfortable in.**

Well it is never too late to learn and Fusion leisure will be happy to teach you. There are plenty of earplugs or drops that can help prevent water getting in your ears. As for the problems finding appropriate swimwear many good clothing shops have a range of swimsuits that flatter and fit so go and try some on. No excuses!

It is more important that swimming becomes part of your lifestyle for your health and fitness.

Many people cycle or run to get fit but don't think of swimming as another major route to a healthier lifestyle. Did you know that even a gentle swim can burn over 200 Kcal in half an hour and a fast front crawl can burn as many calories as an 8mph run?

Here are a few more health and fitness facts you may not know about swimming:

- Because water is about 800 times denser than air, you can work harder, and burn more calories, in a pool than out of it.
- Female swimmers have been shown to experience significantly less tension, depression and anger after exercising than before.
- At least one in six people in Britain suffer from depression at any one time – rhythmic and aerobic forms of

exercise such as swimming can improve psychological well being.

- Swimming can support up to 90% of the body's weight in the water, meaning that those with disabilities, injuries or illnesses such as arthritis can take part in a comfortable and safe environment. It also means you gain a full body workout.
- The support of the water for arthritis sufferers allows less painful movements in affected joints as well as toning up the supporting muscles. Swimming can also reduce the risk of arthritis by helping to retain normal muscle strength and joint structure.
- Taking part in physical activity such as swimming can prevent diseases and conditions that cause loss of function in later life.
- Different swimming strokes challenge different muscles within the body so you can choose where you tone up.
- The pressure of water causes a shift of blood volume from the periphery of the body to the thorax. This increases venal pressure and so leads to a decrease in heart rate of up to 20bpm lower in water than on land. The same intensity of exercise at a lower heart rate. Only in the pool!

Swimming lessons are available as follows:

Albany Leisure Centre

Monday:	Adult Beginner, Improver	18.30
Wednesday	Adult Women Only Beginner & Improver	20.30
	Adult Beginner & Improver	20.00
Friday	Adult Women Only Beginner & Improver	09.30 & 10.00

Arnos Grove

Wednesday	Adult Beginners & Improvers	20.15
Thursday	Adult Women Only Beginners	09.30 & 11.00
Friday	Adult Beginners & Improvers	18.15, 18.45, 19.15, 20.30
	Adult Swim Fit	19.45

Edmonton

Tuesday	Adult Women Only Beginners	09.45
	Adult Beginner & Improver	10.45, 11.15, 19.00
Wednesday	Adult Beginners & Improvers	18.00
Sunday	Adult Beginners & Improvers	18.00

Southbury

Wednesday	Adult 50+ Beginners & Improvers	13.15, 13.45,
	Adult Beginners & Improvers	18.00
Friday	Adult Beginners, Improvers & Advance	18.30

Southgate

Wednesday	Adult Beginners & Improvers	19.20
	Adult Swim Fit	19.05
Sunday	Adult Beginners & Improvers	16.45

See page 15 of this newsletter for booking instructions

What are the other benefits of swimming?

Top athletes use swimming to aid recovery from injury as it is low impact but still builds excellent muscular and cardiovascular endurance. So if you have had an accident and want to get back into exercising, taking up swimming is an ideal way to do that.

It's fun. You don't have to just do length after length in the pool. Things like treading water burns calories too. So if you have grandchildren take them down to the pool and enjoy it. It will be excellent for their health too.

Swimming can be relaxing and give you a little 'me' time away from it all. Burning calories might be the last thing on your mind but what an excellent bonus.



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Keep on rolling Forum members quiz candidates

Still they come, some realising they have yet to renew their membership, others who failed to renew previously, all deciding to come back and lastly, but not least, many who are joining us for the first time - 100 people alone. All this augurs well for seeing that when our financial year ends on March 31 2016 we again record our highest ever membership.

While we have not increased our subs this year, the income we derive from the membership is crucial to our maintaining an efficient staff and a modest office which together enhance our presence and influence in the Borough. I would also like to stress that this membership figure is not a paper figure, not a rolling figure year on year, as is the case in many other voluntary organisations.

Whether you join as an individual and pay just for one year at a time, or you are a Life Member of whom we now have 277, paying £100 individually or £150 for couples; or you pay your subscriptions for two or more years - you are all indicating your commitment and support for our Forum, and the effort it makes on behalf of all older people in the ever-growing Enfield Borough.

What is so striking as the Forum goes from strength to strength, is not just the breadth of its range of activities, but the way individual Forum members strike out with their own initiatives, involving an ever-widening group of people, so fulfilling our claim that there's no need to be alone and lonely in Enfield.

So we have groups linked to Forum members at the Southbury Leisure Centre setting off for holidays in Torquay and Newquay or groups from Edmonton Leisure Centre going to Blackpool for the illuminations.

We are pleased to be able to maintain our membership fees for yet another year of £8 for Individuals, £12 for couples, £20 for organisations to affiliate.

Now what about those of you who have yet to join and getting to know us coming to one of our public meetings. At the Civic Centre we have two helpful ladies at the meeting room door who will welcome you and direct you to a Committee member. You can phone our office for an application form or download one from our website. You will need to be a resident of Enfield Borough, however, to be able to obtain the discount at the Fusion Leisure Centres.

If you have a hobby we may well have an affiliate organisation you may like to talk to. For example, the Walkabouts Rambling Group are the latest group to affiliate to us. They have been going since October 1999, and meet every Wednesday at the Forty Hall car park at 9.30am, but most meet a little earlier to arrange the car transport. They then walk between five and eight miles, some shorter walks ending with a pub lunch. They also have other activities. To find out more You can either contact Iain Hanley at 01992 719963 or email margaretolley@blueyonder.co.uk for more details.

Joyce Pullen
Membership secretary

Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton, N18 1PJ

Tel: 020 8807 2076

email: info@enfieldover50sforum.org.uk

Secretary: Tony Watts

Development & Office Manager: Jan Oliver

Admin Assistants: Diane Barron & Liz Delbarre

Office hours: Mon-Friday 9.30am - 4pm

The hustings we held with local candidates just before the General Election was welcomed by members as a good opportunity to quiz the MPs and candidates on local issues. It may have been surprising to some on the panel that despite the fact it was an Over 50s Forum event, the questions covered a wide range of subjects, most of which were not specifically about older people.

The attendees asked questions on housing, multiculturalism versus integration, the living wage, taxation, the Health & Social Care Act and opinions on the UK's relationship with the European Union.



The panellists were (from left): **Deborah Cairns (UKIP)**, **Cara Jenkinson (Liberal Democrats)**, **Bambos Charalambous (Labour)**, **chairman Jeff Rodin**, **David Flint (Green)** and **Nick de Bois (Conservative)**.

Retiring Edmonton MP Andy Love and Enfield Southgate MP David Burrowes also joined the audience for part of the meeting - which would seem to reflect the importance of the Forum to our local politicians!

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Always look on the bright side of life



Memories

A guy goes into the supermarket and notices a very attractive woman waving at him. She says, **'Hello.'** He's rather taken aback because he can't place where he knows her from.

So he asks, **'Do you know me?'**

To which she replies, **'I think you're the father of one of my kids.'**

Now his mind travels back to the only time he has ever been unfaithful to his wife. So he asks, **'Are you the lady at the bachelor party that I made love to long, long ago?'**

She looks into his eyes and says calmly, **'No, I'm your son's teacher.'**

Question

Were the alleged suspects in the Hatton Gardens jewel heist, spurred on by the decision to encourage older people to work longer? Three of those arrested were pensioners - some from Enfield - who had a combined age of 217. We are not sure if they were still working, but it looks as though they may now be having an enforced retirement.

Nine things we know about you

1. I know you are reading this
2. You are human
3. You can't say the letter "p" without separating your lips
4. You just attempted to do it
6. You are laughing at yourself
7. You have a smile on your face and you skipped number five
8. You just checked to see if there is a Number 5
9. You laughed at this because you are a fun-loving person and everyone does it too.

Wrong call

An expectant father rang the hospital to see how his wife was progressing. By mistake he was put through to the Headingley cricket ground. **"How's it going,"** he asked. **"Going well,"** came the answer. **"We've got three out and hope to get the rest out before lunch. The last one was a duck."**

On parade

The tough sergeant-major knew he was unpopular with the other ranks. While carpeting a soldier due for discharge, he roared: **"I have heard it said that when I die some of you are coming back to piddle on my grave. I suppose you will be one of them."** **"Not me sergeant-major,"** said the soldier. **"Once I get out of the army I've promised myself I'll never stand in a long queue again."**

What the papers say

When Prince Andrew was invited to a grand formal dinner as a junior naval officer, because of his rank he should have been placed at a very lowly seat, but HRH was given a pew on the top table. Full of self-importance, he turned to the admiral sitting next to him and said: **"Hi. you can call me Andy."** To which the grizzled old sea dog replied: **"And you can call me Sir."** - **The Times**

"Continuing my recent series on Lenten abstinence, a priest sent in a story about a meeting he had with his bishop, who pointed out of the window to a pub opposite and sighed: **'In our job, the temptation is always one or the other.'** The pub was called **The Cock and Bottle - Patrick Kidd, The Times, 27 February 2015.**

Puns can be fun

How does Moses make his tea? Hebrews it....

Venison for dinner again? Oh deer!

A cartoonist was found dead in his home. Details are sketchy.

I used to be a banker, but then I lost interest.

Haunted French pancakes give me the crepes.

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 Type-O.

Jokes about German sausages are the wurst.

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, apparently 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 you know urine trouble.

Broken pencils are pretty much pointless.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

I dropped out of the Communism class because of lousy Marx.

I got a job at a bakery because I kneaded dough.

Velcro - what a rip off!

Impossible

1. You can't count your hair
2. You can't wash you eyes with soap
3. You can't breathe through your nose when your tongue is out.
Now put your tongue back in your mouth

Sayings to remember

"We are here to claim our rights as women, not only to be free, but to fight for freedom. That is our right as well as our duty." - **Dame Christabel Pankhurst**, British suffragette and evangelist in Votes for Women 1911.

"There's a special place in hell for women who do not help other women" - **Madeleine Albright** - first American woman secretary of state.

"The follies which a man regrets most in his life, are those which he didn't commit when he had the opportunity" - **Helen Rowland** in a Guide to Men (1922).

"Five days shalt thou labour" as the Bible says. **"The seventh day is the Lord thy God's. The sixth day is for football"** - **Anthony Burgess**, Inside Mr Enderby (1973).

Free confidential advice

Visit the Dugdale Centre (corner of London and Cecil Roads, Enfield Town)

Every Monday 10am to 12 noon

- An adviser from solicitors Stennett & Stennett
- CAB adviser Loraine Hopwood on benefits, debts etc
- Tax adviser Jeff Rodin (27 July and 24 August)
- Screening for hearing tests on August 10, October 5 and December 7 can be booked through the Forum Office 020 8807 2076.
- LBE advice on council tax, housing benefit, pensions
- Jobs adviser Lorna Clark
- Health trainers advice on lifestyle

Please note: The confidential advice service is open every Monday except Bank Holidays.

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

Public health funding just gets worse

We thought the 2015/16 funding freeze for Enfield Public Health was bad enough, but now we read that the new conservative government has cut a further £200 million from the public health grant allocated to all local authorities. Dr Iain Kennedy, chairman of the BMA public health committee, says in a letter to The Times that this equals the total public health grant for Manchester, Leeds, Liverpool and Birmingham combined.

Dr Kennedy says: **“At a time when a third of Britons are projected to be obese by 2030, 70 children a day are smoking their first cigarettes, and the total cost of alcohol harm has been estimated at £20 billion in England, public health services are more vital than ever in delivering preventative care.**

“Further cuts will end up costing the NHS and the taxpayer more money in the long term, and run totally counter to the government’s claim to support more investment in preventative health.”

Public Health England, which administers the local grant allocations, has yet to tell the Public Health team in Enfield how it will be affected by the new wave of cuts, but the facts remain that the Enfield grant is still 13.6 per cent below the target figure originally set by the Department of Health.

The House of Commons Select Committee on Public Accounts in its final report to the last parliament said that by not changing the funding formula to get local public health bodies nearer to their target allocations quickly enough, the present funding inequalities were persisting.

This in turn meant that the capability of public health to help reduce the burden and pressures on the NHS would be undermined. The Public Accounts Committee also called on the government to ring-fence future public health grants which are administered by local councils, so that they are not used for different purposes as councils come under increasing financial pressures.

In contrast to the public health cuts, extra funding of £24.133 million has been given this year to Enfield NHS Clinical Commissioning Group for services provided by hospitals and GPs - bringing its total budget up to £360.706 million for 2015-16. The Forum says that it cannot understand this anomaly in funding when all residents need the services provided by public health to be available to them all the

time, while NHS hospital and primary care is only accessed by people as and when they need it.

The many tasks undertaken by Enfield Public Health includes tackling obesity and smoking, drug abuse and heavy alcohol drinking; promoting a healthy lifestyle and diet - and supporting a better life for our children, especially those with special needs.

The critical importance of securing more funding for public health can be judged by the 400 deaths a year of Enfield residents still being related to smoking and that the cost of helping obese and overweight people across all ages is estimated to cost the borough £84 million a year in health care costs.

It is estimated that despite the health dangers, 55% of Turkish males and 41% of Turkish females aged between 11 and 25 living in Enfield are smokers. The NHS forward plan for the next five years says that 70% of their spend is on conditions that are either preventable or can be improved by changes in lifestyle - which is the very thing that Public Health is seeking to do and yet is subject to more funding cuts.

The Enfield funding allocation - before the impending cuts - of £14.257 million is the same as it was in 2014 and works out at £43 per head of the population compared, for example, to £133 per head for Kensington and Chelsea residents, £114 per head for Hammersmith and Fulham, £84 for Lambeth and £68 for Haringey.

A Department of Health spokesman said: **“Since responsibility and funding for public health moved to local authorities in 2013, Enfield’s allocation has increased by 21 per cent. This is the highest growth level among all local authorities, and compares to an England average increase of 10.8 per cent.”**

The Department of Health claims that in the last three years, local authorities have been given £8.2 billion to address public health issues in their communities like smoking, problem drinking and obesity. It does not explain why there has been no funding increase whatsoever in 2015 and it admits that pre-2013 and the health service reorganisation, funding for public health came from the old Primary Care Trust allocation - in which Enfield was notoriously underfunded.

POETS CORNER

To The Wood

*Leaving the town’s hectic madness
The concrete and metal and brick
I enter your world and time stands still
A tranquil world of nature’s magic.*

*At once the air is fresh and clear
I tread soft earth under cool shade
Dibs and dabs of dappled sunlight dance
To the songs of the birds’ serenade.*

*Tall trees, masterful and supreme
Selflessly fulfil their duty
Reassuring in their permanence
Inspirational in their beauty.*

*From high in the trees canopies
Comes the woodpigeon’s haunting sound
And thousands of hidden creatures live
Their secret lives underneath the ground.*

*Leaves shimmer gently in the breeze
Baby saplings eagerly sprout
Wild flowers abound in random clusters
Busy squirrels move nimbly about.*

*I leave you feeling healed, renewed
And hope there’ll never come a day
When your land is used for soulless flats
Or a cacophonous motorway.*

Mary Horsfield

A member of the Forum’s Poetry Group

Enfield Carers Centre

If you look after someone due to illness, disability or is elderly without payment, then you are a carer. For more information and support call Enfield Carers Centre 020 8366 3677.

Safe & Connect in Enfield

Alarms and sensors to keep you safe - help when triggered day or night - simple and easy to use - emergency home visit if needed - weekly keep-in-touch call available. For more information call 020 8803 1524 or email safeandconnect@enfield.gov.uk



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How much is a share in a jointly held home really worth?

Solicitor Michael Stennett explains why valuing property to determine who pays for care is not as straightforward as the local authority would have you believe.

Valuing a home held jointly by someone needing care and a relative for the purpose of assessing care fees is not as straightforward as it seems. I advised Pamela (not her real name) about a dispute she and her mother Joan had with the local authority about care fees. In 2001 Pamela and Joan bought a property in joint names. Pamela lived elsewhere in rented accommodation tied to her employment and it was her intention to move into the property when she retired. In later years Joan became increasingly frail and her occupation was possible only because of a high level of support and frequent visits by Pamela. In 2010 Joan moved to a residential care home.

The question arose as to the value of Joan's half share in the property. A local estate agent said they had a buyer eager to pay £400,000 for it. The local authority accepted this figure and concluded Joan's half share was worth £200,000, enough to cover the cost of her care. This decision worried Pamela. Would it mean she would have to sell the property to cover her mother's care fees? Furthermore, her plan to retire in a nice neighbourhood was being torn to pieces!

I advised Pamela that for a person's beneficial interest in jointly owned property to have a value to a willing buyer on the open market they must be able to realise its value. That

is to say, how easy would it be for Joan, or the local authority for that matter, to get a court order enforcing a sale? This will depend upon two things; the intention of the co-owners at the date the home was purchased, and secondly, the reasons for which the property is held. Pamela was able to show that her job required her to reside elsewhere and it was her plan to live with her mother at the property on her retirement.

In these circumstances it would be difficult for anyone to persuade a court to force Pamela or Joan to sell the property because of what was intended. In a leading court case involving a similar situation, it was determined that the value of an interest held in a jointly owned property was nominal or nil, and probably less than the capital disregard threshold of £23,250.

After much deliberation and delay, not to mention the threat of legal action, the local authority conceded the value of the Joan's interest in the house to be low, and took on the responsibility to pay for her care. Pamela has since retired and lives happily in the house and regularly sees her mother who is doing fine in a nearby residential home.

Stennett & Stennett Solicitors, specialists in matters concerning the elderly and their carers, can be contacted on 020 8920 3190.

Walking into a better life

Enfield Council is encouraging all of us to improve our health and fitness by taking part in organised walks around the borough

If you have never been attracted to the idea of sport and exercise classes, then make sure you at least think about going for a walk, especially now that summer is here. To help you get in the mood, Enfield Council has organised Health Walks as part of its Make One Change campaign which encourages us all to move more and incorporate physical activity into our daily routine.

Health Walks take place in various parks around the borough:

Monday

Grovelands Park (The Bourne/Broad Walk, Winchmore Hill, meet outside the cafe). 10:30am-11:00am and again 11:00am-11:30am

Tuesday

Jubilee Park (Access via Hadleigh Road/Galliard Road, Edmonton, meet at Community building). 9:30am-10:30am

Wednesday

Broomfield Park (Meet at Rangers Office by tennis courts). 10:30am-11:30am

Thursday

Town Park (Cecil Road, Enfield, meet at main entrance opposite central library). 2:00pm-3:00pm

These walks run all year round, in all weathers. There is no need to book – just turn up or contact Lucy Marmion on Tel: 020 8379 3762 or lucy.marmion@enfield.gov.uk for more information.

There is also a walk on **Friday mornings** organised by the Parks Outreach Team in partnership with Age Concern. These walks around Trent Park are part of the 'Walk Enfield - Get Walking Get Talking' programme. If you are interested, contact the Parks Outreach Team on 020 8379 1000.

Historical Walks

Another way to meet new people and turn exercise into a social activity is through the Council's guided Historical Walks. This series of free walks, led by a qualified City of London Guide, will be held this year to help mark the 50th anniversary of the borough's creation. The next ones are:

Thursday 9 July: Winchmore Hill

From a sleepy hamlet that was a refuge to Quakers and smugglers the village became home to wealthy brewers and business men. This walk reveals their stories and throws in a few surprises. Meet at Winchmore Hill station at 7pm.

Sunday 26 July: Edmonton Conservation Area

Edmonton has such rich history and associations. We meet Charles Lamb, John Keats and John Gilpin. We uncover a garden city and a tragic air crash. We also find out how the district council provided progressive services for its residents. Meet at Edmonton Green station at 2pm. No need to book – just turn up. Or email lbe50@enfield.gov.uk for more information.

Remember that walking, gardening or exercising outside is a great way to top up Vitamin D levels depleted by the long winter. Regular physical activity can help us live longer and reduce the risk of heart disease, diabetes, strokes and certain cancers, and you don't need to alter your lifestyle drastically to reap the benefits.

We're surrounded by 123 parks and open spaces in Enfield, so there's no excuse for staying cooped up inside. Whether you want to hit one of the 17 outdoor gyms fitted in our borough's parks or take a canal-side stroll, there's something for everyone.

Emily Rainbow

Public Health Promotion, Enfield Council

Don't be the fall guy

At our annual Falls Awareness Day, funded by the Enfield NHS Clinical Commissioning Group, attendees took part in a range of activities and exercises as well as listening to advice on how to reduce the chance of falling over

The best way to avoid falling is to keep active, says Dr Maurice Cohen, Physician for the Elderly and Clinical Director for Medicine at North Middlesex University Hospital. He admits that this might seem illogical, as we are less likely to fall when we are sitting down! But keeping active and taking part in exercise is crucial for building stronger bodies and better balance.

"Falls are likely to happen more often as you get older, but it is not a necessary or expected outcome of being old," he told the people attending the Forum's Falls Awareness Day, held at Edmonton Leisure Centre on 15 June. The Falls Clinic at North Middlesex has been working for ten years to try and reduce the number of people falling, hurting themselves and going to A&E.



All about avoiding falls

"When people fall over we need to understand why it happened so we can try and prevent it happening a second time," said Dr Cohen. **"We can reduce the risk of falling again by 30% if people get a proper assessment after their fall."**



Badminton session

He said that fear of falling, while understandable, was something that needed to be overcome. **"It stops people being active, which makes the muscles weaker – and people become isolated and depressed if they too afraid to go out of the house."**

The other speaker in the main presentation session was Carol Sharp, a clinician from the Community Bone Health and Prevention of Fractures at Enfield Community Services. We all know that doing exercise, reducing alcohol intake and stopping smoking is good for our hearts but did you know it is also vital for the health of our bones? Other things we can do is to ensure we have enough calcium and Vitamin D (mainly obtained through being out in the sun).

She explained that osteoporosis makes bones more porous and therefore more likely to break. It is often called a **'silent disease'** as most people don't know they have it until they have their first fracture. **"The main thing to remember is that osteoporosis is preventable and treatable."**

There were workshops on nutrition, good posture and 'stress and relaxation' as well as on **'living with arthritis'** and 'what to do if you have a balance problem'. Participants at the Falls Day were able to take part in exercises, including zumba gold, tai chi, gentle exercise, pilates, yoga and badminton. There was also Indian head massage and aromatherapy hand massage as well as a 'natural healing' session.

Some of our affiliated members also came along to explain the services they offer to older people in Enfield, especially related to health issues.

"It takes a lot of time and effort from many people to put the day together, so we were very pleased to see so many participants learning about health issues including how to avoid falls – and enjoying themselves at the same time," says Forum Chair, Christine Whetstone.



Pilates



Getting advice



Zumba



Chair based exercising

The Chair's Column



Hello everyone,
It is a real privilege to have been elected as Chair of the Enfield Over 50s Forum after two years as Vice-Chair and I thought it would be a good idea for me to tell you a bit about myself.

I was born in Edmonton and now live in Ponders End. My husband, two children and I all attended Edmonton schools and we have lived in this area for most of our lives.

My teaching career in comprehensive education was a real pleasure and I loved working with young people so, on my retirement, I decided to work with people on a voluntary basis. I am a speaker for Amnesty International, the human rights organisation, giving regular talks in schools and universities. As a volunteer panel member for Enfield Youth Offending Service I

represent our community and until recently I was a member of the Independent Monitoring Board at Holloway Prison. I speak on behalf of the Forum on some local groups and firmly believe that volunteering is a valuable contribution to society and, more selfishly, it keeps me on my toes. I'm sure that the wonderful volunteers for the Over 50s Forum would agree with me.

My interests include travelling to different parts of the world, thus satisfying my deep interest in the cultures of other people. Closer to home I am an avid theatre goer and reader, and I must admit I am a Fusion groupie – trudging faithfully to the gym in a vain attempt to try to keep my deteriorating body in some sort of shape.

That is quite enough about me.

During the next few months, in addition to chairing meetings, I hope

to visit various Forum groups and meet up with some of our affiliates. I am looking forward to seeing you at our meetings, which are always interesting and informative and I hope that you will tell me what you think and especially how the Forum can move forward.

Your Executive Committee would like to hear your ideas and would welcome your involvement in helping to organise activities and acting as volunteers.

We currently have around 6,000 members and, those of you who attended the AGM and heard Rob Leak, Enfield's Chief Executive, speak will remember the challenge we accepted. **We have a powerful voice in our community – we must use it.**

Christine Whetstone

Chair, Enfield Over 50s Forum

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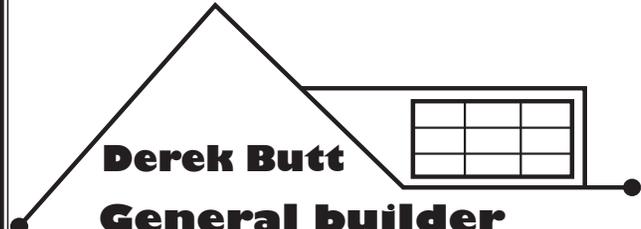
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Contact me on: Home 01992 631814
Mob 07939 036369
e-mail derekbutt18@hotmail.com

SOCIAL CALENDAR

We hope you will find something for you to join in with in our current varied offering. Your Social Committee is always thinking about and searching for new attractive events. As always, if there is something you have a particular interest in organising which you think would be of interest to other members please tell us about it and we will help you make it a reality. Be creative!! You can contact, me, Irene Richards on 0203 715 0946 or email: poosticks2@sky.com

Thursday 16 July. Backstage Tour of The Royal Opera House Covent Garden. This includes an introduction to the colourful history of the theatre, an insight into the redevelopment of The Royal Opera House and a look at aspects of current productions. Each tour is a unique experience and may include opportunities to see The Royal Ballet in class or the magnificent backstage technology in operation. We will meet in The Royal Opera House Box Office Area at 2pm. Tour starts at 2.30pm and lasts for one and half hours. Cost: £11 per person. **Limited to 20 people** so book early! **Note:** Not suitable for persons who have difficulty walking since there are many backstage stairs to climb and long corridors to negotiate. After the tour, visit the vibrant Covent Garden area. To reserve your place **contact Roy Barrows phone: 0208 360 8561 or email: roycar1939@btinternet.com**

Tuesday 28 July. Annual Forum Picnic. 12 noon. This year we are heading for the gracious grounds of Forty Hall. We will be meeting up in the grassy area to the left of the Hall. Bring your favourite picnic food and drink to share. It is a good idea to bring a folding chair for your comfort or a blanket to sit on. There is ample parking with only a short walk to the picnic area. After you have had your meal, why not go into the Hall and have a look at the extensive renovations and fascinating exhibits. Or take a stroll around the grounds. There is also an excellent café. It is a free treat! There is no need to book for this event, but should you have any queries please phone **Irene on 0203 715 0946 or email poosticks2@sky.com**. The picnic comes with **a weather warning:** if it is obvious that the weather is too awful consider it cancelled.

Saturday and Sunday 12-13 September. Forum Annual Sailing Weekend. All aboard - off we go again, sailing into The Solent!! Due to popular demand, this will be the fourth time we have summer sailed from Southampton. Budding sailors can either come for just the Saturday **or** the Sunday; or stay on board for the whole weekend. We will be sailing to Portsmouth, Cowes, Lympington or Hamble, depending on tides and winds nearer the time. The cost is £60 for a day of sailing and £110 for the whole weekend. This includes all tuition, equipment and hot drinks. **Meals and travel to Southampton from Waterloo are not included.** Please note: this trip is only suitable for members able to balance and board the yacht independently: **BUT** no previous sailing experience is necessary. If you really want to go or need further information, please contact Olivia without delay, as there are very limited places on board. **Phone 0208 447 8841 or Oliviagoodfellow19@gmail.com**

Thursday 17 September. Annual Dovercourt Trip. Join us for a two course hot lunch and music and dancing with the Myra Terry Duo in the Cliffs Hotel Dovercourt. This event is now established as a firm favourite with our members so come and join in a very entertaining day. Coach pick up and return to Lidl/Argos Enfield Town 8.15am for 8.30 prompt departure returning approx. 7.30pm. Limited spaces available. Cost £32.50. **Phone Jacky Pearce 020 8482 3575.**

Thursday 8 October. Mills & Thrills walk. A circular, four mile Lea Valley walk on surfaced paths near the Olympic Park and the historic 3 Mills Island. Starting at 11am from Bromley by Bow underground station or you can meet at Enfield Town station. For more information phone **Cheryl on 0208 363 0732.**

Thursday 15 October. East End in Enfield. Not only is this event very popular with our members - but Janka and the 'Wonder Pub Team' look forward to making this evening truly unforgettable, particularly if you can bash out a song or two!! Choose from steak and kidney, beef and onion, chicken and mushroom, cheese and onion, or cornish pasty, served with lovely mash and gravy and a soft drink, pint of beer or a 175ml glass of wine all for £9.75. For further information or to book **phone Jacky Pearce 020 8482 3575.**

Thursday to Sunday 22-25 October 2015. Visit Historic Glasgow! Includes a free matinee performance 'Music Hall Memories' and tour of the Britannia Panopticon Theatre, the world's oldest surviving music hall; sightseeing; shopping; afternoon tea in a Rennie Mackintosh tearoom. Choose either to meet at the hotel in Glasgow, or travel as a group from London. An idea of main costs: return flights from £34; hop on/off Tour bus £13 for 2 days or use bus pass; cheapest hotel room found £44 incl breakfast & wifi. Ten theatre tickets already booked but I need to know who would like to come in order to finalise hotel, etc. So, **ring Cheryl asap, 0208 363 0732** to express your interest.

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

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

Forum Christmas Parties: please note new dates

Friday 11 December. Evening Disco

Monday 14 December. Lunch and dancing with Myra Terry Duo

Monday 17 January, 2016: our 'Encore' event - lunch and dancing with Myra Terry Duo

Watch this space for further details!!

2016

And, looking forward to 2016, Olivia offers the following Adventures!

Wonders of Vietnam-March-April 2016. 14 day escorted holiday. Join us on yet another Travelsphere adventure, inspired by the trip to see Miss Saigon at the theatre last year!! With its intoxicating floating markets, ornate Cham temples and unforgettable aromatic dishes, Vietnam is an all-out assault on the senses. Take in all its visual dramatics on this fascinating journey by air, land and river. Please note that this holiday includes walking in areas of rough ground, gradients and steps. For prices, itinerary, further information and to book your place, **contact Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com**

Captivating Croatia, Montenegro and Albania-June 2016. 8 day escorted holiday. The forum returns for a second visit to this stunning region of Europe, so why not join us on this Travelsphere jewel? Medieval squares with al fresco cafes, antique emporiums and green-shuttered buildings in Croatia, Montenegro's sapphire seas backed by fragrant pinewoods, and intricate Ottoman architecture in unspoilt Albania. Unravel this trio of Eastern European gems. Please note that to maximize your enjoyment of this holiday certain amount of walking is essential. For prices, itinerary, and to book your place, **contact Olivia on 02 8447 8841 or email oliviagoodfellow19@gmail.com**

Help for Bereaved

Tell Us Once is a government service to help those who are bereaved to report a death. Instead of having to notify all sorts of government departments and agencies separately, relatives can use **Tell Us Once**. www.gov.uk/tell-us-once

This will cover DWP Pensions and Benefits, personal tax, council tax, passport, driving licence, blue badge and electoral office. Register the death in Enfield and get a unique reference number and then contact **Tell Us Once**.

Club News

Woodwork /Handicraft Group

The Woodwork/Handicraft Group is coming to the end of another very successful year. When it was set up about 5 years ago it was intended to include basic Jewellery making but we have had to wait until now to introduce it.

The first session, ring making, went so well and was enjoyed by all present that John Lombard will continue with it and hopefully introduce enamelling when the group resumes in September.

Book Club

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

Tuesday 21 July - *Girl on the Train* by Paula Hawkins

Tuesday 18 August - *Elizabeth is Missing* by Emma Healey

For more information about the club, contact Sue Scott by email: scotsf48@hotmail.com

Poetry Group

The Forum's Poetry Group continues to flourish and this has prompted us to print a short poem in each issue of the newsletter. If you would like to submit a poem to be considered for the newsletter contact Irene Richards on 0203 715 0946 or email poosticks2@sky.com.

If you wish to join the poetry group (which meets on the third Thursday of the month in the community room at Enfield Library), contact David Blake on 01992 637 829 or email davidstanleyblake@gmail.com. The theme for July is Teenage Years led by David Blake; and for August Music, Song and Dance led by Sara Davis.

The Over50s Choir

The choir is very keen to recruit more men. The morning choir meets on Monday 11am-1pm at The Holy Trinity Church, Winchmore Hill N21, and the evening choir meets Tuesdays 7-9pm at Millfield Arts Centre, Silver Street Edmonton N18. There are no auditions and no need to read music. £5 per session.

The Enfield Community Singers, under the banner '**Let The People Sing**' continues to offer concerts of popular songs throughout the borough.

Sunday 5 July at The Dugdale Centre at 3.00 pm.

Saturday 11 July at St Monica's Church, Palmers Green N 13 at 7.15 pm. This will be supporting Cancer Research UK.

Sat 19 Sept at St Andrews, High Street, Southgate N14 at 7.30 pm. This will be to support Alzheimer's.

For more information, contact choirmaster Simon Gilbert on simon@letthepeoplesing.co.uk or call 020 8360 7386.

Life.*

*Available for a limited time only. Limit one (1) per person. Subject to change without notice. Provided "as is" and without warranties. Nontransferable and is the sole responsibility of the recipient. May incur damages arising from use or misuse. Additional parts sold separately. Your mileage may vary. Subject to all applicable fees and taxes. Terms and conditions apply. Other restrictions apply.

Forum meetings

in Enfield Town (At the Civic Centre)

Tuesday 28 July at 10am for 10.30am start

Debra Fowler and Lucy Whitmann of HealthWatch Enfield ask how can Healthwatch and the Over-50s forum work together to improve local health and social care services? You can find out about Healthwatch Enfield and what has been achieved so far; and give your experiences of local health and social care services, the issues which concern you, and your ideas for how services can be improved.

Tuesday 25 August at 10am for 10.30am start

Andrew Panniker, the Royal Free Hospital's Director of Capital and Estates, reports on progress in **Re-shaping Chase Farm Hospital**.

Tuesday 29 September at 10am for 10.30am start

Del Goddard, Chair of Lee Valley Leisure Trust, will discuss '**How Lee Valley Regional Park will develop as a world class visitor destination.**' The Trust came into operation in April 2015 to run 14 of the major sports venues and other sites owned by Lee Valley Regional Park Authority.

Millfield House, Silver Street N18 1PJ

Thursday 9 July at 10am for 10.30am start

A double bill. Forum Member **Hazel Kinsler** will talk about *the history of Millfield House* and **Paul Everitt** will highlight *the importance of Millfield Theatre and Millfield House to the cultural life of the Borough.*

Thursday 13 August at 10am for 10.30am start

Paul Rogers, Enfield Council's Programme Manager for the Cycle Enfield project, will talk about the development of the plans for making Enfield a cycling friendly Borough. Members will have the opportunity to find out about and question the latest proposals for the programme and the likely impact across the Borough.

Southgate Beaumont, 15 Cannon Hill, N14 7DJ

Tuesday 21 July at 10am for 10.30am start

Professor Edward Greenwood, previously of **Kent University** will discuss **Philosophy and Morality** drawing on the writings and history of past philosophers.

Tuesday 18 August at 10am for 10.30am start

Forum members Heather Cole, Marie Barry and Tony Watts will give an informal talk about **New Zealand and the beauty and some history of North and South Island.**

The Southgate Beaumont Care Community is the large care home at 15 Cannon Hill, N14 7DJ, near the Cherry Tree Pub. Buses 121, W6, 298, 299, nearest station Southgate Underground. There is ample car parking space.

Booking for Fusion swimming lessons

To find out more and to book, visit the centre where you wish to take the lessons and talk to the Fusion staff there.

All members of the Over50s Forum enjoy significant discounts at the Enfield Leisure Centres run by Fusion and there are Over50s Days run at the various centres. See our website or last newsletter for details, or call the Forum office or go to your nearest Leisure Centre.

NOTE: There has been some confusion about booking for Over 50s Days. At the moment, booking is available only at Southgate and Albany. All other sessions at Over 50s days are first come, first served on the day.

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

Admission £3 is less than half normal prices

6 July	A Little Chaos
13 July	The Water Diviner
20 July	While We're Young
27 July	Child 44
3 August	Kill The Messenger
10 August	Far From The Madding Crowd
17 August	A Royal Night Out
24 August	Age Of Adaline

Films are subject to change

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

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

The Forum on You Tube

The many and varied activities of the forum can be seen by visiting the links below:

Visit <https://youtu.be/CDiyj8Jd5NU>
and <https://youtu.be/3yP4i0yUUqY>

George Lockwood Gardens

Horticultural Consultant with over 10 years experience!

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

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

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



Visit to William Morris Gallery

On a very wet and windy morning in May, 15 Forum members met at the William Morris Gallery, Walthamstow.

We had a warming coffee and lovely cakes before being given an overview of the life of William Morris and his connection with the house by Roger, a regular volunteer.

We independently strolled round the newly refurbished house and rooms which showed the many aspects of the life and work of William Morris; the various arts, craft and socialist movements he founded or supported. We spent a very informative couple of hours walking round and exchanging views and comments with each other before most of us met up for a light lunch in the super cafe. The inclement weather stopped most of us venturing in to the beautiful Lloyd Park but two friends braved a short walk!

Getting there is pretty straight forward from the Enfield area. After making your way to Seven Sisters, or Finsbury Park, take the Victoria line to Blackhorse Road, follow the signs to the Gallery. Take the 123 bus and you can get off right outside the Gallery. It was a 40 minute journey in total from Enfield Town and well worth the effort.

Heather Cole

Charities benefit from Newquay trip

With 6,230 members at the end of the financial year, it is becoming more difficult for the Forum to arrange events that cater for all of them.

So the initiative shown by social committee member Roger Biss and Anna Long in taking 94 over 50s from Fusion's Enfield leisure centres on two coaches to Newquay for a five day holiday is to be applauded.

There was entertainment every evening by the hotel, added to which they organised their own fancy dress evening and an early evening quiz and raffle. This raised a healthy £1,460 which is being donated to the **Nightingale Cancer Support Centre, Macmillan Nurses** and the **North London Hospice**. The cost of the holiday per person was £175 which included coach travel, hotel, breakfast and dinner and entrance to the Lost Gardens of Heligan.

"We enjoyed some brilliant weather and on the way back from the Gardens we visited Mevagissey, a pretty fishing village, where some enjoyed a glass of wine and sampled the local sea food.

"On a free day, some took the bus to Truro whilst others had a leisurely stroll along the coastal path to Watergate Bay," says Roger.

Knit & Natter

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