

Working together brings success

Do you recall Millicent Martin in the *"Swinging Sixties"* singing *"That was the week that was,"* to open the David Frost TV show with the same title? Well, for the Over 50s Forum we can truly say of our last year: *"That was the year that was."* It ended on 31 March 2013 – a year in which we can claim a Triple A rating for our Advocacy, Activity and Achievement.

Advocacy

There's virtually no aspect of community life where the Forum is not making its presence felt on behalf of the borough's 84,000 citizens aged 50 and over. Evidence of this can be seen on many fronts whether it be in the creation of an effective Enfield Healthwatch organisation with a full-time chief executive to monitor the performance of our local health service and social care providers, or improving public transport services to our local hospitals and encouraging greater use of our network of leisure centres.

Activity

Last year we collected a record 8,000 signatures to our petition for the maintenance of the bus pass, winter fuel allowances and free TV licences for the over 75s – and we promise to make this the big issue between now and 2015. We have petitioned Transport for London about bus services to Chase Farm and North Middlesex Hospitals and, after an eight year campaign, succeeded in getting the 307 bus from Brimsdown re-routed into the grounds of Barnet Hospital.

Achievement

Our biggest achievement of the year ending March 31 was in reaching our 5,000th fully-paid subscribing member for the first time – making us by far the largest Forum in London. We now have 150 Life Members and many people who subscribe for two or more years at a time. We recognise that not everyone renews their membership in time for the April 1 start date of the new membership year.

So at the time of writing we have 4,341 fully paid members in the current year and we plan to have a fine celebration evening to welcome the 5,000th. So if you are one of the many that still need to renew your link with the Forum, the sooner you do so, the sooner we'll reach that coveted 5,000.

I have no doubt that our record membership is due in large part to the wonderful discount scheme the Forum negotiated many years ago with the council's leisure centres and we are delighted this has been maintained by Fusion Lifestyles.

We now have 3,276 Forum members who are either annual or monthly direct debit members – or they have the annual discount concession card. Of the latter group, we have 1,110 registered at Southbury leisure centre and 998 at Southgate. So there's clear rivalry there for being the No1 leisure centre.

However, we have a big task ahead to increase the numbers using the newly-modernised Albany centre which has just 304 discount card members and at the Edmonton centre with 345 members.

The leisure centres with their large range of fitness classes are an integral part of our Forum's "Get fit for a longer life" campaign and our constant drive to increase the years of healthy life as we generally enjoy a longer life. Another of our achievements has been the successful introduction of a Monday morning free advice session at the Dugdale Centre in Enfield Town. Since it opened

some two years ago, more than 850 people have consulted our expert advisers.

We are indebted to Michael Stennett and his team of solicitors for giving more than 350 people free advice; over 200 people have seen the Citizens Advice Bureau adviser; a 100 plus people have each seen the Enfield council's benefits team and tax adviser Jeff Rodin and more than 50 people have sought the help of jobs adviser Lorna Clarke.

Forum's three legs

By popular demand we changed our name in 2001 from a Forum for Older People to an Over 50s Forum, to indicate our support for future pensioners. And thanks to a National Lottery grant in 2004 we were able to engage our first part-time development officer. Olivia Goodfellow came on board and immediately set about organising trips, outings and lunches which over the years have mushroomed into our very vibrant and active social committee.

So virtually from the outset our Forum has had three strings to its bow. Our first aim is to inform and communicate anything relevant to enable the over 50s to have a better life. So last year some 1,400 people attended the 43 public meetings we held in all parts of the borough. We seek to give facts, figures and arguments which can explain and win support for our views from a wide audience.

Our second leg is one of campaigning to defend, sustain and enhance where we can the lives of the ever-increasing numbers of seniors, against those who would like to destroy all the benefits gained in recent years.

Our third leg is the work largely undertaken by our social committee which last year organised more than 50 events. They ranged from visits using the Freedom Pass to coach trips to stately homes and longer holidays to places such as Marrakesh. There have been visits to London theatres, lunches and dinners at various local venues, particularly our Christmas lunch which last year had to be repeated in January and attracted over 200 people in total.

The social committee's activities contribute in so many ways to the Forum's life and work. They help to combat the threat of loneliness and isolation; enable people to meet and make new friends and to do things they would not otherwise do if left alone – and they also raised £1,429 for the Forum.

The Forum has also spawned a poetry group, book and angling clubs, knitting circle, an after school hours woodwork and handicrafts class and in co-operation with Cineworld we now have a Monday morning film club showing modern films at half the normal admission prices.

But just like every other voluntary organisation we rely too much on too few people to do too much of the work I've mentioned. Whilst none of us is getting any younger, we could really do with a transfusion of young blood bringing new ideas, new energy and a new vision to take the Forum forward in the years ahead.

To respond to my appeal, just call the Forum office 020 8807 2076 and let's have a chat about what you can do to help us face the future with renewed confidence. Our full annual report is on the Forum website www.enfieldover50sforum.org.uk

Monty Meth

Jan's Journal

I liked the headline in the Enfield Advertiser publicising our Falls Prevention Day on June 17 – “Event to help the elderly stand firm” and as you will see from this Newsletter that is what we are endeavouring to do in many ways. We had a packed house for the Falls Day at Edmonton Leisure Centre with some 150 people at the talks and workshops to help them avoid dangerous falls. We worked hard on the day to offer practical advice, guidance and an introduction to gentle exercise to those who are most at risk of falling

There are still far too many elderly people tripping and losing their balance judging by the 3,000 falls cases treated at Chase Farm Hospital last year, with more than 1,200 of the cases affecting people aged 85 and over. I just hope everyone took home our “stay active” message – as well as the free sample from Warburtons, the bakers, who once again donated loaves for everyone.

Variety

If, as they say, variety is the spice of life, then our meetings in different parts of the borough certainly have it. Our recent round of meetings were kicked off with an illuminating talk by Tony Watts at the Civic Centre with lots of colourful slides on Burma and the British legacy there. But on a more sombre note, Catherine Thomas, an end-of-life nurse from the North Middlesex Hospital, came to talk to a Millfield meeting about the Liverpool Care of the Dying Pathway.

Over 50s Forum meetings programme

CIVIC CENTRE, Silver Street, Enfield Town

Your Shout, Your chance to raise any topic then –

Karl Rosenberg, Physiotherapy Manager, discusses ‘Physiotherapy for healthy living’ and **Nasser Hussain** talks about ‘the role of radiography in healthcare’. Both speakers are at **BMI Kings Oak and Cavell Hospital**.

Tuesday 27 August - 10am

Your Shout, Your chance to raise any topic then –

Antonia Mochan, **European Commission London** talks about the **European Union's projects and programmes for older people**.

SKINNERS COURT, 1 Pellipar Close, Fox Lane

Tuesday, 16 July – 10am

Your Shout, Your chance to raise any topic then –

Sheila Leahy, **LBE** talks about **Enfield Trading Standards** and **Sarah Mead** outlines **AgeUK Enfield's Handyperson and Help at Home Services**.

Tuesday 20 August - 10am

Your Shout, Your chance to raise any topic then –

Shirley Sandford, Chair, and **Norma Chapman**, Secretary of the **Workers Education Association** talks about **Life Long Learning**.

GREEN TOWERS COMMUNITY CENTRE (NOTE NEW VENUE)

Plevna Road, N9 0BU (Edmonton Green)

Thursday 11 July - 10am

Your Shout, Your chance to raise any topic then –

Helen Price, **Manager, Volunteer Centre Enfield** talks about **Volunteering in Enfield**. and **Guy Buoho** introduces **Enfield's Time Banks - a special way of volunteering**.

Thursday 15 August - 10am

Your Shout, Your chance to raise any topic then –

Julie Lowe, the newly appointed **Chief Executive Officer of North Middlesex Hospital** talks about **the facilities and role of North Mid. in serving the people of Enfield**.

REMINDER

Friday 5 July 9.30am

Dugdale Centre. Phone Forum office for late bookings.
Forum's 'Adding Healthy Years to Life' Conference

Recent press reports have given a bad name to this Pathway. Ms. Thomas however described how being put on the Pathway is a medical decision made by identifying patient deterioration. Even on the Pathway, every problem that can be reversed is treated.

Contrary to press reports, the Pathway enables patients to receive access to end of life medication and open visiting. Holistic and spiritual, patient centred care is given to all who are put onto the Pathway, with a great deal of time being dedicated to fulfilling the wishes of the patient including where they want to be when they pass over.

The so called “bedroom tax” has made housing a topical subject recently and speakers on the subject were welcomed to our Skinners Court meeting on 21st May. They came from Enfield Council's Allocations Scheme, from Enfield Homes and from Stonewall Housing. A major change in legislation recently reduced the council's responsibility for the homeless: housing for the homeless is no longer automatically provided.

However, special consideration is given to those over 50 who are considering sheltered housing and Anne Cooley from Enfield Homes came to explain these schemes to us.

Stonewall Housing work with older lesbian and gay men. They do not have a housing stock but pull together housing providers to talk of the needs of lesbian and gay men in attempting to reduce discrimination and harassment.

Jan Oliver

Development and Office Manager

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- PRUNING
- FLOWERS IN YOUR GARDEN ALL YEAR ROUND
- PLANTS FOR SHADY GARDENS
- PLANTS FOR DRY GARDENS



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Benefits battle starts now

Once we allow the principle of universal benefits, established in Britain since 1948 and upheld by all successive governments whatever their political colour to be breached, there'll be no telling the numbers of pensioners who will be affected.

Within days of Ed Balls, Labour's shadow chancellor, announcing his first target for ending winter fuel allowances after 2015 will be for "wealthy pensioners," we then heard the British Chambers of Commerce calling for an end to universal benefits for "middle class" pensioners. Then the Institute of Economic Affairs issued a report claiming that retirement has a detrimental effect on both mental and physical health, so they want all people to work longer.

It is a familiar pattern and as night follows day the danger is that the attacks will eventually engulf all pensioners, except possibly those with incomes around the minimum income pension credit level of £145.40 for a single person and £222.05 for a married couple.

Note too how it starts with the winter fuel allowance and a few days later we see a front page headline across six columns of the Daily Telegraph: "Labour plan to cap state pension." And Chancellor George Osborne has joined in by suggesting the pension age should rise by six months every year for the next 20 years to reach 77.

The Forum has been active in seeking to repel the almost continuous drip-drip of speeches and articles calling for an end to universal pensioner benefits after the 2015 general election. At its Executive Committee meeting on June 4 it was unanimously agreed that we write to Mr Balls expressing our strong and continued support for universal benefits and we told him that we will always campaign for them.

The Forum has also written to Andy Love MP asking him to inform Mr Balls of our objections and asking him to let the Forum know his view and if he agreed with us to campaign to get Labour's policy change reversed.

Independent commentators have quickly pointed out that the Balls plan to scrap the winter fuel allowance to higher-rate taxpayers will only save £100 million a year (0.05%) from a welfare budget of

£212 billion and is peanuts compared with the £120 billion a year of government borrowing. Not much of a saving, said The Times, in calling for more "tough" plans. Hence our fears that once on the downward path, there'll be a deafening demand for more and bigger cuts to pensioner benefits.

In our view a much better way to reduce the fiscal deficit would be by eliminating inequalities in the tax system. After Google, Starbucks, Amazon and the rest we now learn that Thames Water paid no corporation tax in a year when it recorded profits of £550 million – and even received a £5million credit from the Treasury.

So we are going to need all the allies we can find to repulse the attacks on universal benefits that will be mounted between now and the next general election. And in that spirit we welcome the Daily Express "Hands off universal benefits" campaign and their support for the National Pensioners Convention (NPC) petition campaign which calls on Parliament to "oppose any plans to means-test or withdraw universal pensioner benefits, such as winter fuel allowances."

In a May 13 editorial, the Daily Express said: ***"The mean-minded shoddy attempt to deprive pensioners of benefits including free bus passes, and television licences and the winter fuel allowances should be laughed out of court. These benefits are going to people who have spent their lives paying their dues. The vast majority of pensioners have gone out to work, paid their taxes and contributed to society and as matters stand they get precious little back as a result."***

Dot Gibson, NPC general secretary added in the Daily Express: ***"The idea that the country's economy is struggling because an army of millionaire pensioners are joy riding with their free bus passes is absolute nonsense. The economic crisis is being used as an excuse to undermine the welfare state and roll back some of our hard-earned gains."***

The NPC petition which has over 35,000 signatories can be signed online at <http://epetitions.direct.gov.uk/petitions/49599>

No publicity for pensioner poverty

We can't pick up a newspaper these days without reading about the need for more cuts in the welfare and benefits budget. Who can forget the story of Birmingham grandmother Stephanie Bottrill who killed herself because she couldn't find the £20 a week bedroom tax?

But while the media campaign grows, seeking to prepare the ground for cuts in pensioner universal benefits – the latest campaign launched by The Times is against free TV licences for the over 75s which they say is now costing £600 million a year and that's because there are too many of us living for too long.

According to the newspaper the number of homes claiming the free TV licence which costs £145.50 a year grew by 44,000 last year to 4.25 million and is up by more than a million since 2001. On present population trends they say the cost could double again by 2030.

So while plenty of column inches are devoted to cuts for so-called "wealthy pensioners" nothing is said about the 1.7 million pensioners living in poverty – 14 % of the total. Nothing is said about the estimated £5.5 billion pounds of benefits left unclaimed by pensioners.

Research highlights many reasons why older people are not claiming this money which is rightfully theirs. We remember how reluctant many Forum members were to claim the pension credit when it was first introduced and promoted by our late friend Stan Anderson.

But by helping people to fill out the forms he and we showed how worthwhile it was. We know that many pensioners think the application process is too complicated; others believe they don't qualify or they resent the idea that they are dependent on charity.

Whatever the reason, we want to focus on the Newsletter readers with unclaimed benefits which may be for pension credit, housing benefit, carers or attendance allowance. The amounts they could receive will naturally vary according to individual circumstances, but whatever you get can help to reduce that 1.7 million pensioners living in poverty.

So if you know of anyone struggling financially and who may be eligible to make a benefit claim a way of helping them they can:

Visit our Monday morning drop-in free advice sessions at the Dugdale centre

Use AgeUK's benefits calculator to find out what you are entitled to – www.ageuk.org.uk/benefitscheck

Call the AgeUK free advice line 0800 169 65 65 to request a free More Money in your Pocket booklet – giving advice for people over pension age.

**See Page 11: Over 50s Fitness Days at Enfield Leisure Centres are now held on the following days
Monday - Edmonton; Tuesday - Southgate; Wednesday - Southbury; Thursday - Albany**

Combined attack launched on cancer Avoid salt to cut cancer risk

All 84,000 Over 50s in Enfield will be getting a letter with the message that cancer is both treatable and beatable. The letter, jointly endorsed and supported by the Enfield NHS Clinical Commissioning Group, the Mayor of London and London Councils is part of a campaign urging us to see our GP as soon as we notice any unusual changes in the body.

Visit your GP – catching it early can save your life, says the letter. It adds: “Early diagnosis can make cancer quicker and simpler to treat and the chances of beating it are higher. In fact, twice as many people survive cancer as 40 years ago”.

According to Macmillan Cancer Support, survival rates are now better than ever and about 400,000 people have survived between ten and 20 years after diagnosis. More than 40% of people now diagnosed with cancer will still be alive in ten years time and there are more than two million people in the UK today who are living with or have previously had cancer.

However, with the population ageing, more people are being diagnosed with cancer and among the many warning symptoms listed in a leaflet accompanying the letter to all Over 50s urging you to see your GP are:-

- An unexplained pain or ache that lasts for longer than four weeks
- If there’s an unusual lump or swelling anywhere on the body
- A mouth or tongue ulcer that lasts longer than three weeks
- Persistent difficulty in swallowing
- A croaky voice that lasts longer than three weeks
- Coughing that lasts longer than three weeks or coughing up blood
- A rash or nipple discharge, redness of the skin on breast
- Blood in urine or poo
- Unexplained weight loss

Although the chances are it may be nothing to worry about, the advice is “get it checked.”

Salt has long been cited as bad for the heart, but it is also a prime cause of cancer.

This was the stark message from Professor Mustafa Djamgoz, Professor of Cancer Biology at Imperial College, London, in his very interesting speech to members attending the Forum’s AGM on 28 May. Professor Djamgoz and his colleagues are among many cancer researchers around the world, but about 15 years ago they opened a new field of cancer research which they call “neuroscience solutions to cancer!”

Here is a greatly simplified explanation of his findings: Cancer is essentially out-of-control growth. As long as it remains localised, however, there is no big danger. If we can stop it spreading (metastasizing), we can live with it, similar to conditions such as diabetes or asthma. In order to spread, cancer cells release digestive enzymes to soften up the surrounding area. An electrical signal is needed to make this happen. (These signals happen in the body all the time - the heart beats because of electrical activity as evidenced by ECGs.)

When Professor Djamgoz and his team looked at cancer cells and measured the electrical current going through the membrane, they found the greater the level of electrical activity, the more aggressive the cancer. In other words, aggressive cancer cells seemed excitable. He realised that if we can block the proteins in the cancer cells that cause this hyperactivity, then we can slow that excitability down and stop the cancer growth.

Further research showed that it is the proteins conducting sodium that are the main culprits stimulating the hyperactivity. As he said: **“The sodium channel is the culprit channel.”**

So how can we close that sodium channel? The answer is diet and/or a new drug that is being developed by Professor Djamgoz’s team. Diet obviously means avoiding salt and consuming more alkaline foods and drinks such as red grapes, green tea, red peppers, periwinkle and wormwood.

The drug works by blocking the very small persistent electrical current, which will then stop excess sodium coming into the cell. He expects it to be cheap and says it is safe enough for people to take for the rest of their lives.

Professor Djamgoz seeks support for his charity PCRf (Pro Cancer Research Fund) which supports this highly promising research and also for Amber Care Centre in Myddleton Rd, Palmers Green, a drop-in centre dedicated to awareness, prevention and support for both patients and families.

www.pcr-fund.org.uk (under construction)
<http://www.justgiving.com/MustafaDjamgoz-2013>

Yvonne Mulder

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- LBE advice on council tax, housing benefit, pensions
- Jobs adviser Lorna Clark
- Health trainers advice on lifestyle

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

Hearing threat to Chase Farm

You may have seen or heard the first examples of free market competition in the health service with press advertisements, posters in shop windows or even had a phone call from a company called Hearing & Mobility – all designed to provide you with an NHS hearing aid instead of going to the audiology unit at Chase Farm Hospital.

And there's a big market of some seven million people thought to have hearing loss, but are without a hearing aid. That is why a cluster of companies including Specsavers, Scrivens and Inhealth, have been given the government's go-ahead to bombard everyone over 55 with offers of free NHS digital hearing aids.

The Chase Farm audiology unit has been providing this service for the best part of 60 years since the NHS began. It has a fine team of degree qualified audiologists servicing some 23,000 registered patients; seeing around 700 new patients a month; and another 400 a month at their walk-in clinic, open four days a week for any adjustments and advice.

There's that old saying: "If it ain't broke, why fix it"? We've never heard the case for allowing private companies to compete against the NHS to provide NHS hearing aids.

It sounds just as crazy now as it did months ago when Vivien Giladi and Monty Meth went through a so-called consultation with the NHS only to find the plan was set in concrete – nothing could be questioned let alone altered.

We now find that to accommodate the entry of private competition, the government has lowered the audiology qualification level to that of "hearing aid dispenser" and there's no matching after-care monitoring system as they have at Chase Farm. Once you have an NHS hearing test with one of these companies there's nothing to stop them trying to persuade people to "go private" and pay anything up to £3,000 for a different product.

The Forum's executive committee has expressed its concern at this development because if Specsavers, Scrivens and Inhealth receive the bulk of GP hearing aid referrals from the over 55s, it could be a body - blow to the future of Chase Farm Hospital.

Unless the Chase Farm audiology unit gets the required number of new patients it will cease to be viable and may well be forced to close, and all its existing patients will have to travel to another hospital with similar facilities.

It will also mean that the Enfield Clinical Commissioning Group, which finances the cost of NHS hearing aids, will have to allocate more money to the private companies than it budgeted, which will in turn, have a knock-on effect for their own finances already in deficit. So they'll be faced with making more cuts in other local health services.

For these reasons, the Forum Executive is anxious to spread the message to everyone with hearing loss that when they are asked by their GP to whom they wish to be referred for a hearing aid assessment they should opt for Chase Farm.

The Forum executive has also been concerned to learn that Age UK, as part of its nationwide trading activities, is now launching Age UK Hearing Aids. It has teamed up with a private company called UK Hearing Care Management Services Ltd to handle all customer enquiries provided by Age UK.

It is a dangerous development since it pretends to offer people the choice of getting a hearing aid from the NHS or "a bespoke option tailored to your personal needs." They don't say the NHS hearing aid is free and is also tailored to your personal needs or that this so-called bespoke option will clearly cost you money since the company is planning to give Age UK a minimum £100,000 from its proceeds during 2013.

Forum president Monty Meth told the executive that this was a bad example of Age UK trading activities undermining the NHS and in particular undermining the ability of Chase Farm Hospital to survive the financial pressures it is now under.

R U aged 40-74?

More than 4,700 people in this age group in the borough have already had the special 20-30 minute series of tests to check their overall health. The tests cover blood pressure, weight, body mass index, and cholesterol and glucose levels.

They are designed to indicate your current risk of developing a serious medical condition such as diabetes, stroke, heart or kidney disease – and will hopefully prevent you from doing so by an early referral to your GP.

The Forum has been pressing for a long time for these screening tests to cover everyone in the 40-74 age group and we welcome the council's public health financial support and extension of the scheme which is being organised by Innovision Health & Wellbeing, a community interest not-for-profit company.

They have already set up health check sessions at the ASDA supermarket in Edmonton Green which will be repeated at ASDA's Southgate branch. Innovision were also at our Falls Prevention Day event last month.

The Forum has now arranged for them to be present at the Over 50s days at the Edmonton, Southgate, Southbury and Albany leisure centres during the weeks commencing July 8 and 15.

If you are aged between 40 and 74 please call Innovision to book your health check or get further information on 020 8370 1023.

Health snippets

Longer life

A man's waist should measure no more than half his height, according to researchers from Oxford Brookes University who claim that having too large a trouser size can dramatically shorten one's lifespan. They even say this is a better way of predicting life expectancy than the body mass index, widely used to judge the risk of long-term illness.

Using this waistline to height yardstick a 6ft man would need a waistline of less than 36in. while a 5ft 4in. lady should have a waistline of 32in. Measuring the waist is important because it records the amount of central fat that accumulates around the organs and is particularly closely linked to conditions such as stroke and heart disease.

More fibre

Eating a high fibre diet lowers the risk of having a stroke. For every 7grams (0.25oz) increase in daily fibre, the risk of a first-time stroke fell by 7%, say Leeds University researchers. Diane Threapleton, who led the study, said: "Greater intake of fibre-rich foods such as whole grains, fruits, vegetables and nuts is important for everyone, especially for those with stroke-risk factors like being overweight, smoking and having high blood pressure."

About 150,000 people in the UK suffer a stroke each year. Most are over 65, although a stroke can occur at any age. One in five strokes is fatal, resulting in more than 30,000 deaths a year.

Memory loss

Worried about your own or someone else's memory loss? It happens to all of us at some time or another. We often can't put a name to a face, forget why we went upstairs or where we put the house keys. But if it's more than the odd lapse then contact your GP. The Alzheimer's Society also has trained advisers on their confidential dementia helpline 0845 300 0334 (8.30 – 6.30pm Monday to Friday).

Sparks fly in Eastern Enfield!

Exciting improvements are ongoing in Eastern Enfield. The project to develop the Albany Park Bowling Pavillion is underway. It is envisaged that this will be a community hub to host such activities as parent toddler groups and coffee mornings for older people.

Next is the creation of a summer meadow in Albany Park together with further developments to improve the park for local people. These projects are scheduled to be completed by March 2014.

After much negotiation, including local community involvement, the Ordnance Road Library has been rehoused in temporary portacabins whilst an exciting multi-purpose facility to accommodate the new library, GP surgery, dentist and community space is being built.

The transformation of Ponders End, renamed the Electric Quarter in a nod to its historical connection with the inventor of the incandescent electric light bulb, Sir Joseph Swan, (hence the "sparks" reference in the headline), is afoot. Ponders End Park has been redeveloped with a modern open frontage, sports facilities and fresh planting, much of it done by community members.

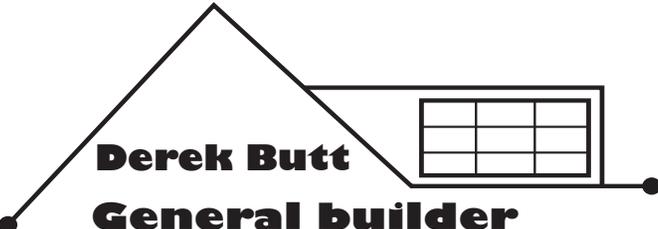
There is much more to come. At last the defunct police station is being demolished and there are exciting plans to move Ponders End Library on to the main road and to create a community cafe. Plans to enhance the High Road have been discussed with local businesses and the community, the Alma estate will be re-developed as will the former Middlesex University site, creating housing and business opportunities.

The wonderful Waterfront regeneration project is in its early stages but it is envisaged that the River Lea, the canal and surrounding areas in Ponders End will be opened up for community leisure activities. The Waterfront Working Group, which includes a huge variety of stakeholders in the area, has met and a Waterways Festival in September 2013 will launch the project.

As a member of the Waterfront Working Group I attend both as a resident and a representative of the Forum. We hope to have a Forum stand/display at the Waterfront Festival and also at the Mela which is an Asian event in Ponders End Park - has been going for several years in July and is always good fun.

Watch this space for news of developments in Edmonton.....

Christine Whetstone



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Bring me sunshine....

...renew your membership

At the time of writing this I am wondering if I missed the summer. Perhaps by the time you read this we will have seen a prolonged period of sunshine. The Forum can do many things, but we can't control the weather. What we can do, however, is to make sure we don't let people down and that we continue to grow each month.

But to do this we do need 1,000 of you to renew your membership. Why not renew now for as many years as you wish because from April 1 2014 the annual membership fee rises to £8 individual pa - £12 couples pa - £20 affiliates pa. Or, you can join our growing number of life members for £100 individual - £150 couples - £250 for organisations.

This is the first increase in membership fees we have had to make for three years and we all know how the cost of virtually everything has risen in that time - not least the cost of posting this Newsletter to you six times a year. And we do need to keep the Forum operating as a viable organisation.

Our membership year runs from 1st April to 31st March with no pro rata for a partial year. I must repeat the reminder for our new readers that members must live in the London Borough of Enfield to be eligible for leisure centre discounts.

Lastly, a big welcome to the Enfield Philatelic Society who have joined the ranks of our affiliates. They meet 7.30pm at St. Luke's Hall, corner of Hawthorn Grove and Morley Hill, EN2 OBL Secretary Peter Lister says they have an Open Night on September 5 and they are a very sociable group and you do not need to be a collector to be a member, the talks are of interest and better than watching the TV. Details: Peter Lister 020 8292 8206.

I am aware that our social committee are as busy as ever arranging events, trips for you with, of course, the office also looking to see what they can do in providing a service.

My thanks as always to them and everyone who assists in what ever way they can. The stuffing of the newsletter is something of a social occasion - we have a good laugh and that is great.

Joyce Pullen

Membership Secretary

Affiliates news

Introducing the Enfield Community Singers

Simon Gilbert, the choral director of the Enfield Community Singers, is hugely enthusiastic regarding his 40 strong adult choir, although he's always looking for new members.

Established in February 2012, the choir has a terrific selection of songs that span musical theatre, from Consider Yourself, Waterloo and Any Dream Will Do, through the great classical standards such as Edelweiss, Unforgettable and Moon River, even stretching to popular operatic pieces including Nessun Dorma and The Chorus of Hebrew Slaves (from Nabucco)

There's a wonderful social atmosphere at rehearsals where newcomers are always made most welcome. Simon specialises in knowing everyone's names and introducing them to other members.

The choir meets every Tuesday evening from 7.15pm till 9.00pm at the Millfield Arts Centre, Silver Street, Edmonton N18 (There's a map on line at www.letthepeoplesing.co.uk Cost is £5 per session and everybody receives a pack of music when they arrive, although reading music is not essential; nor are there any auditions, so all are encouraged to just come along and have a good sing.

Simon has sung with Luciano Pavarotti, and was leading man to both Cleo Lane and Ginger Rogers. His was the singing voice for Peter O'Toole with the great song The Impossible Dream.

The choir has a number of forthcoming concerts and everyone is encouraged to take part in these though that's not compulsory. For further information regarding the choir contact Simon at simon@letthepeoplesing.co.uk or telephone him on 020-8360-7386".

John's jottings

Radio Four; "Today Programme" 08.22.am. 22
May 2013



We are creating a "Generous single tier pension for everyone on retirement." said Prime Minister David Cameron in an attempt to divert questioning away from reasons why the majority of his own backbenchers voted against his policies a couple of days earlier.

Unfortunately, "generous... for everyone" seems unlikely to be the case. Married women, in particular, who in the past were able to get a pension based on their husband's contributions will no longer be able to do so. Pensions minister Steve Webb has said that 220,000 women draw pensions abroad based on their husband's contributions and implied that stopping this would be a good thing.

He failed to point out that around 1.7m women in the UK also benefit from this arrangement. In future such people will also lose out. We all understand that economies have to be made when Government borrowing soars ever upward, but why can't we be treated like mature adults and given the full story by our leaders?

*(Readers who heard the PM say "we have cut the deficit by one third" may be confused by my assertion that Government borrowing is soaring. "The deficit" referred to is actually the amount the Government borrows in one year; it is the **increase** in total borrowing. Thus the Government can claim truthfully to be cutting the deficit whilst total outstanding debt soars.)*

Another area where political rhetoric fails to match reality is in pensioner living standards. We constantly hear our political masters utter phrases such as "we have protected pensioners" or "pensioners are doing well". Frankly I do not know a single pensioner who feels especially well protected or considers themselves doing well. So what is going on? Ministers are quoting from the DWP's Pensioner Income Series, the latest addition of

which is summarised:

- * In 2010-11 the **average net income for all pensioner units** (pensioner couples and single pensioners together) was £340 after housing costs (£369 per week before housing costs).
- * Between 1998-99 and 2010-11, average net income after housing costs increased by 40 per cent. Before housing costs the rise was 33 per cent.
- * Average pensioners' income has grown faster between 1998-99 and 2010-11 than average earnings, which increased by 11 per cent during the same period.

Ministers from both the Blair/Brown government and the present administration constantly quote these figures to show how well pensioners are treated. But the figures are totally misleading for such a comparison. They do not show how the incomes of individual pensioners have changed. They show how the average income of all pensioners has changed.

What is happening is that as the years roll by older pensioners with lowish incomes pass away and younger pensioners with higher incomes reach the age where they are counted as pensioners. Consequently, the pensioners in 2010-11 were a very different set of people to those in 1998-99. In particular, many of the 2010-2011 group will have benefited from the massive improvement in pension provision and availability in the 60s and 70s which came too late to benefit most of the older cohort.

The increase in the average income of all pensioners takes place in spite of the fact that most individual pensioners see no improvement at all in their living standard. So next time you hear a politician saying how well pensioners are doing ask if the politician thinks his elderly mother has recently had an increase in living standards. If you hear it on a TV or radio broadcast complain to the editor or smile serenely and think ofwhatever takes your fancy. Have a good and peaceful holiday.

John Ball, Chair

Can protective trusts be used to shelter assets

If you have at least £23,250 in capital you will be assessed as being able to pay the full cost of residential care, should you ever need it. Local Authorities can evaluate if the "significant reason" for setting up a protective property trust in which some of your assets over £23,250 have been placed, was to avoid paying for that care.

If they believe this was the case, they can take you to the civil court for deliberately hiding them. So is it worth setting up a trust?

Recent research by the BBC under the Freedom of Information Act revealed that of the 121 councils that responded only 16 admitted using their legal powers to recover assets they believed were disposed of to avoid care fees.

Legal guidelines state the council must consider the timing of the disposal.

If the homeowner was reasonably fit and well at the time they set up the trust, it is less likely that the council can prove deliberate deprivation of assets to avoid care fees.

What is clear is that protective property trusts provide no guarantee to avoiding care fees and a homeowner considering using them should get balanced professional advice to help make an informed decision.

Stennett & Stennett Solicitors have for many years advised on trusts and paying for care. Call Michael Stennett on 020 8920 3190 or why not attend the free Enfield Forum advice clinic held at the Dugdale Centre, Enfield Town every Monday from 10 am to 12 noon.



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News from the Met: Keeping safe



During this spring and summer don't become complacent about your home security.

Please:

- Ensure all windows and doors are closed and locked before going out even if it is for a short time.
- Be aware also of any ground floor or easily accessible windows being left open for ventilation especially on warm days and nights.
- Check the security of any sheds, pram sheds or outbuildings and consider fitting closed shackle padlocks, alarms and so on.
- Keep garden tools and other equipment locked away so burglars don't use them to aid access to your home.
- Don't leave in view cash, jewellery, mobile phones, laptops and other valuables.
- Ensure you have recorded serial numbers and have photographs of valuable or sentimental items.
- Consider property marking via www.immobillse.com or the Bike Register. For more advice go to www.met.police.uk/crimeprevention.
- Remember to report any suspicious activity, by contacting Metropolitan Police Enfield Borough on the non-emergency number 101 or if in an emergency dial 999.

Random round-up

Lucky Enfield

If you didn't already know it, Enfield is the fifth luckiest place in which to live in the UK, So says the National Lottery who tell us that with 27 millionaire winners in Enfield since the National Lottery started in 1991, we ranked fifth for big lolly winners in the whole country. And that's not all. In total, there's been 190 lucky ticket holders who have banked prizes of £50,000 or more. So the Forum is hoping that someone is going to leave us a lovely legacy!

In the last 18 years the lottery has raised £30 billion leading to more than 400,000 grants being made – just one of them to the Forum in 2004 of nearly £54,000 enabled us to employ our first part-time development manager, Olivia Goodfellow.

80th birthday moon walk

Forum member Leslie Cohen decided to celebrate his 80th birthday by wearing a pink bra decorated by the ladies in his retirement village. It was, of course, all in a good cause as Leslie was taking part in The Moon Walk on behalf of Breakthrough Breast Cancer. He completed the half marathon (13.8 miles) in an excellent time of five hours. Although he has also done a full marathon in the past, he is not sure that he'll do another as his wife Mary is encouraging him to take it easy!

A team from Stennett & Stennett were also among the 17,000 people in London who participated in the event. The Moon Walk London is organised by health charity Walk the Walk Worldwide. This, their flagship event, raised in excess of £5.8 million in 2012 alone, bringing the total to over £83 million in just 15 years.

Shocking facts

More than 5,600 people slept rough on London streets last year. The number of people sleeping rough in London has risen 34% in the last two years and across the UK it is up by 31%.

Thanks Chris

Chris Rash has recently completed his two-year stint representing the Forum on the council's Older People and Vulnerable Adults Scrutiny Panel. Chris, who is also Chair of the Ruth Winston Centre trustees, had an input on many issues including residential care provision, stroke strategy, mental health and dementia awareness. But getting the council to support the National Pensioners' Convention Dignity Code was the highlight.

Pensioners are hardest hit

The cost of living for the over 75s has risen by more than 25% in the last five years and the amount of food being bought has dropped to its lowest level in nearly ten years, according to the Office for National Statistics. A combination of cold weather forcing up prices, high inflation and low wage increases is to blame.

About 4.7 million people are now classed as living in food poverty – that is they spend more than 10% of their income on food and non-alcoholic drinks, says the Centre for Economics and Business Research. The poorest households have cut their fruit consumption by 20% and vegetables by 12%.

Seniors & science

As we get older we sometimes begin to doubt our ability to "make a difference" in the world. It is at these times that our hopes are boosted by the remarkable achievements of other seniors who have found the courage to take on challenges that would make many of us wither.

Harold Jenkins is such a person:

This is what Harold said:

"I've often been asked, 'What do you do now that you're retired?'

Well, I'm fortunate to have a chemical engineering background and one of the things I enjoy most is converting beer, wine, and whisky into urine. It's rewarding, uplifting, satisfying, and fulfilling. I do it every day, and I really enjoy it."

Harold should be an inspiration to us all.

Knit and Natter

The group is settling down nicely in its new home in the Dugdale Centre cafe (very close to Lidl) and meets every Wednesday from 10.30 to 12.30. The Centre is well served by a number of buses and is within five minutes walk of Enfield Town station. If you can't knit and want to you will be shown how and have a good natter at the same time. It is great socialising and you have the opportunity to make new friends.

For further details, phone **Liz on 020 8360 7386**.

Book Club

Meetings are held at Enfield Town Library, Church Street starting at 10am

Tuesday 16 July

Death at La Fenice by Donna Leon

Wednesday 21st August

Bhowani Junction by John Masters

Wednesday 18th September

The Diving Bell and the Butterfly by Jean-Dominique Bauby

More details from Sue Scott **020 8368**

0861 or scotsf48@hotmail.com

Poetry group

Meets monthly 10.30am-12 noon on the third Thursday at Enfield Town Library, Church St

Thursday 18 July

Rescue – led by Judy Klimt

Thursday 15 August

Food & drink – led by David Blake

Co-ordinator: David Blake 01992 631012

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.

Hunt's 111 in trouble

111 – the new free urgent medical advice line – which replaced NHS Direct – has opened with a barrage of complaints across the country, forcing Health Minister Jeremy Hunt to admit the service has suffered “teething problems.”

That's putting it mildly, according to Forum member Ayesha. She phoned 111 on April 15 between 7.30 – 8.30pm when her son, home from university, was suffering from stomach cramps and vomiting. Answering the 111 call handler, she said her lad was not feverish and there was no diarrhoea.

“The call handler was clearly not listening as he asked the same question four times. It was as though he was reading from a prepared script on his computer. He appeared to have had little training and lacked listening skills,” says Ayesha.

Eventually the call handler said that a nurse or a GP would phone her back within an hour. Nobody did. So Ayesha was left to go out at night to find a chemist.

The Forum reported this case to the Enfield NHS Clinical Commissioning Group – the new body charged with providing and supervising local health services and which includes monitoring the performance of LCW, the 111 call handling service

They told us that LCW's performance record will form part of their own report, which we await with interest. Meanwhile, we learn that five CCGs in North London commissioned LCW; that Islington CCG is the lead commissioner of the service and the contract is managed by yet another layer of management – North Central London Commissioning Support Unit. And this is the new streamlined, cost-efficient NHS!!

The Forum has, however, extracted details of where patients can register their comments and complaints of the 111 service. Call 020 8962 7710 or write to Tonia Culpin, LCW chief executive, St. Charles Hospital, Exmoor Street, London W10 6DZ or email LCW111@nhs.net

It is important that Newsletter readers pass their 111 experiences on to the Forum so that we can pursue them further. Call the Forum office 020 8807 2076.

The 111 controversy has led to a merry-go-round of attacks and counter-attacks with Mr Hunt blaming GPs for creating the high level of 111 calls leading to record attendance at A&E departments. Doctors in turn accused Mr Hunt of talking “rubbish” and using anti-GP rhetoric to mask the government's failure to effectively reform the NHS.

Fiona's food facts

This month, I am going to talk about the fats in our diet. We do need some fats in our diet, for essential fatty acids and to help absorb fat soluble vitamins. Vitamins A, D, E and K are all fat soluble. We need Vitamin D to absorb calcium from our diet into our bones to keep them strong.

One gram of fat has nine calories, whereas 1g of carbohydrate or protein has four calories. So a tablespoon of oil, butter or lard will be equally fattening and it makes sense to reduce total fat intake if we are overweight. However, different types of fat affect our bodies in different ways.

There are two main types of fat- saturated fat and unsaturated fat. Foods that are high in saturated fat can raise blood cholesterol levels, leading to an increased risk of heart attacks and strokes.

Saturated fat is generally from animal sources and hard at room temperature. Examples include butter, lard, ghee and the visible fat on meats. Saturated fat is also hidden in pies, pastries and full fat milk and cheese. In addition, look out for foods that contain “hydrogenated fats or oils” or “trans fats”. These are vegetable fats that are chemically processed that can also raise cholesterol levels in a similar way to saturated fats.

Try to decrease the amounts or frequency of these foods. Unsaturated fats, including olive oil, rapeseed oil, nuts and seeds and oily fish are better sources of fat for our general and heart health. Next issue I will talk about monounsaturated, polyunsaturated and omega-3 fats and their effects on cholesterol levels.

Fiona O'Leary

Senior Specialist Dietitian for Health Improvement

Quotes to remember

“By 2015 the average person will be no better off than they were at the turn of the century. Fifteen years without real income growth is unprecedented at least in living memory.” – Paul Johnson, director of the Institute for Fiscal Studies on the effect of tax and living increases and benefit cuts.

“Tact is the knack of making a point without making an enemy.” – Sir Isaac Newton

Community Help Points



If you've forgotten your phone and need to ring home can you ask someone's help without fear?

If you've shopped too long and are not feeling strong where's a chair and a sympathetic ear?

You meant to leave early before kids filled your bus, but somehow you just didn't make it. They mean no harm but they're loud and make fuss, and sometimes you just can't take it.

It would be nice just to wait without any pressure, till they're gone, and you can travel at your leisure.

Is there a place you could use for these times where no-one would laugh or get cross? Somewhere to go if you're feeling the strain or perhaps are just at a loss.

Well yes as it happens there's a brand new scheme rolling out all over the borough. Where people agree to join the team and train to be very thorough at finding out how to help you no matter what problem you've got.

They'll listen to you and advise what to do and give you their very best shot.

There are libraries and schools joining in, newsagents or sweetshops, cleaners or meatshops - all kinds of places can begin.

So look for the Help sign in blue, and you'll know it's a help point for you

You can find out more about the scheme at: The Ark, Claverings Industrial Estate, Edmonton N9.

Ma Cross

Our mission statement

Supporting older people in Enfield to remain independent and healthy, reducing isolation, fostering inclusion, community cohesion and working towards reducing the number of elderly people living in poverty

You will see from some of the events advertised that the committee is encouraging members to be active and adventurous: from walking, sailing, snow-boarding or skiing and a repeat of last year's hit of going for broke on our very own Olympic Lee Valley White Water rafting course!

If you think there are other opportunities we have missed, even more sedate ones, that you would like to offer to organise do let us know. All suggestions will be seriously considered. There is a wealth of experience to support you, and you would be very welcome. You can contact Irene on 0208 363 8175 or by email poosticks@blueyonder.co.uk.

Wednesday 17th July, 11am. Forum Summer Picnic in the beautiful gardens at Myddelton House, Bulls Cross, Enfield, EN2 9HG. Let us hope the sun shines! Bring food to share. Meeting point is close to the Main Entrance (The Kissing Gate). Should you wish to go on the 1 hour guided tour of the gardens this will cost £2.50 - payable on the day. There is no charge for this event but a donation of £1 to the Forum will be appreciated. To book your place, and for further information, phone the Forum Office 020 8807 2076. **In the event of really bad weather this event will be cancelled.**

Weekend of July 20/21st. Sailing the Solent. There are a few places left on this exceptional sailing experience. All aboard for the sailing trip of the year! Suitable for beginners and more experienced sailors. If you'd like to sail from Southampton to Cowes and back on the Saturday-we have three spaces left at £50. If you'd like to sail from Southampton to Lymington and back on the Sunday we have four spaces left also at £50. Or, if you'd like to join us for the whole weekend-there are three spaces left at £90 (you sleep aboard): Meals and travel to Southampton are not included. **This trip is suitable only for those able to balance and board independently.** For further information and to reserve your place, please call Olivia on 020 8447 8841 or email oliviaharrod@virginmedia.com

Lunch on Wednesday July 24th and dinner on Wednesday July 31st at Viva Espana -two summer Spanish meals with the Forum. Join us for a delicious tapas meal at the well-established and popular La Paella in Southgate. Choose from either the lunch or evening option. Tapas involves a wide selection of dishes that are shared, ranging from chicken, seafood, warm breads, olives, spicy potatoes, meat balls (no horse meat) and much more besides. Choice of dessert and coffee are included in the set price of £18.50 per person. If we reach 50 people for the evening event, there will be complimentary flamenco dancing with the option to join in!!! To book your place and for further details, contact Olivia on 020 8447 8841 or preferably by email on oliviaharrod@virginmedia.com Please note that all Forum members are invited to these events and if you are coming alone or are a first timer, or both-let me know as you are most welcome.

Sunday 28th July 11 am start Enfield Town Walk. A leisurely stroll to view some of Enfield's sights. This is a circular walk of approximately three miles, mostly flat and with no big hills. Drinks and refreshments if required can be bought after the walk in the Cricketers, Gentleman's Row, where non-walkers will also be welcome to join us from about 13.00..Meet Graham at **Enfield Chase station** at 11.00 for an 11.10am departure. He will be brandishing a Forum newsletter or something else to aid recognition! There is no charge for this walk but a donation of £1.00 to Forum funds would be appreciated. Graham's phone no. is: 020 8367 6360 and email address: grahamnthomas@btinternet.com should you need further information.

Wednesday 14th August 1pm Thai, Chinese or Indian lunch with the Forum at New Oriental Fusion, 252A High Street, Ponders End, EN3 4HB. Treat yourself to a tasty Oriental lunch at this popular restaurant in Ponders End who are opening at lunchtime especially for us. Cost in advance is £9 for veggies and £10 for meat eaters for 2-3 courses plus rice or naan bread. Choose from the special Thai, Chinese or Indian menu. Telephone the Forum office 020 8807 2076 or e mail us at jan.oliver@enfieldover50sforum.org.uk. For a copy of the menu and to book your place.

Friday 16th August at 11 am. Guided tour around the State Rooms at Clarence House. 18 places are available for a one hour guided tour of Clarence House, which is only open to the public during August. Cost is £9.50 pp The timed entry to the house is for 11am - so we will be finished by 12 noon. Why not plan to spend the afternoon sightseeing or visiting a gallery as you will already be in town. For further information and to book, contact Heather Cole on 020 8363 7286 or email robco@hotmail.co.uk

Saturday, 31 August, 2.30pm - West Side Story at Sadler's Wells theatre. One of the greatest musicals of all time. West Side Story returns to Sadler's Wells this summer after a sell-out season in 2008 during its 50th anniversary year. Cost £43.00 which includes a group discount. For more information and to book please contact Jean Mittins on 020 8367 2102 or email mercia1211@talktalk.net.

September 2nd-6th Harrogate and the Yorkshire Dales walking holiday-

Come and join us on this short break to the beautiful "Floral City" of Harrogate, as we explore the Dales on foot. This Forum only coach trip with "Just for Groups", is tremendous value and will include two and a half days of walking and two half days at leisure. Price from £329.00 includes half board in a centrally situated hotel, close to Betty's famous tea rooms. There are a few places left on this holiday. New members are particularly welcome and the existing group is a fun crowd, so you'll be guaranteed a great trip. Contact Olivia for further details and to request a booking form. For further information please contact Olivia on 020 8447 8841 or email oliviaharrod@virginmedia.com

Thursday, September 19th. 12.30 - 4.30 White Water

Rafting: enjoy the experience of a lifetime at the Lee Valley White Water Centre, Waltham Cross. Once kitted out you'll receive expert advice and learn how to raft the Olympic standard course with experienced guides. Cost £32.50 per person. Contact Heather Cole on 020 8363 7286

Snow Centre, Hemel Hempstead in November. Fancy a couple of hours on the slopes learning to ski or snowboard in November? As long as you are reasonably fit and enthusiastic, age should be no barrier to enjoyment and success. All abilities welcome! The price includes transport, 2hrs ski/snowboard lesson, which can be broken up with a break, clothing and equipment hire. You would have to bring your own gloves, socks and a snack (or buy at the Centre). Depending on numbers, the price varies from approx. £33 to £43. To register your interest and for further information, email Cheryl Byamukama at birthday58@googlemail.com or telephone 020 8363 0732.

Advance notice for your diaries:

The Forum Christmas Lunch has been booked for December 9th and the evening Disco for December 10th. No bookings will be taken before the details for these are advertised in the September / October 2013 Newsletter.

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Fusion now offers health checks



A major Forum & Fusion combined initiative will see the launch this month of a new health checks programme at the four leisure centres covering the borough and linked to their Over 50s activity days.

Commencing Monday July 22, each of the leisure centres will have a two-hour health session in which people will be able to book their personal health assessment.

This will review their weight, height, blood pressure, heart rate and body mass index. The health check sessions will be on Mondays at Edmonton Leisure Centre, Tuesday at Southgate, Wednesday at Southbury and Thursday at Albany and you can start booking the time of your assessment from Monday July 15.

Health checks are vitally important because they give a first snapshot of your lifestyle. They provide up-to-date information on your body and an early warning of anything untoward. Some people, we know, will be nervous about what will emerge from a health check, but considered medical advice is always to seek early treatment.

On the other hand, it has been known for a health check to show up something even before any symptoms are revealed. These health checks are all part of our "get fit for a longer life" campaign and we are very grateful to Fusion for providing this new facility for Forum members and supporters.

Fusion Rewards Card and more...

The new Fusion card rewards scheme is well underway throughout the leisure centres. The card is FREE and provides rewards every time you take part in an activity. You can use the rewards card at all six of the council's leisure centres

Why register? - It's free, quick and easy to join; it earns you points on all your sport and leisure spend. You can redeem your points for free activities and receive news of exclusive offers. When you register you will receive 200 free start-up points. To register simply drop into one of the centres and complete the registration form and hand it to reception. Your Rewards card will be issued to you in return. You can also download and fill in the Rewards registration form from the Fusion website- (www.enfield-lifestyle.com).

For every £1 you spend you earn 10 reward points. For example: spend £20 with Fusion and earn 200 points, add this to your 200 FREE introductory points and you can redeem a free swim.

Please note:

Forum members living outside the Borough with existing Fusion membership will be allowed to retain their discounts when the renewal date is due; But if they allow their membership to lapse they will not be allowed to rejoin at a discount.



Enfield signs armed forces covenant



Armed forces charities led by Brian Hargrave, the Royal British Legion's Greater London chair, together with the Mayor, Councillor Chaudhury Anwar and council leader Doug Taylor, signed the Armed Forces Community Covenant, just before Armed Forces Day on June 30.

The covenant is a voluntary statement of three-way mutual support involving the local authority, civilian community and our local armed forces community. It aims to encourage local communities to support the Service community and develop both understanding and awareness amongst the public of the issues affecting the armed forces community.

Brendon Farrell, Royal British Legion (Holtwhites Hill) said: "As a new Forum affiliate we welcome this closer affinity between armed forces veterans and the wider public and we hope that Forum members will show their support for the covenant by again volunteering to become poppy sellers when the annual appeal is made in November."

It is envisaged that a working group will be established to oversee the Covenant and to make recommendations for future initiatives so that the Covenant can be developed. Further information is available from Ilhan Basharan, Enfield Council's communities manager, Tel: 020 8379 3123, Email: ilhan.basharan@enfield.gov.uk

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"Let The People Sing!"

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Tuesday evenings 7.15pm until 8.45pm
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Silver Street, Edmonton N18 1PJ

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**For details visit: www.letthepeoplesing.co.uk
or contact Simon Gilbert on: 020 8360 7386
Email: simon@letthepeoplesing.co.uk**

Ruth Winston Centre

Enrol now for the new Summer term!

At the Ruth Winston Centre we offer a great variety of activities for the over 50s Residents of the London Borough of Enfield which include:

Dress Making class on Tuesday from 10am – 12 Noon

Yoga on Friday 10am – 11.30am

**Stroke Advice Clinic last Friday of each month
10am – 12 Noon**

Tai Chi for Beginners on Monday 10am – 11am

Tai Chi all levels on Monday 7pm – 8pm

Pilates for Beginners on Monday 12 noon - 1pm

Italian Conversation on Thursday 10am – 11.30am

Craft Classes once a month on Tuesdays 1pm – 4pm

Flower Arranging alternate Tuesdays 1pm – 3pm

These are just a few of the classes we hold.

For a full list of our activities and more information please visit our website

www.ruthwinstoncentre.com

Email us at: info@ruthwinstoncentre.com

Or telephone us on 020 8886 5346

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Special concert of Verdi's Requiem

Enfield Choral Society have been performing in Enfield for 75 years and to celebrate their Anniversary a special concert of Verdi's Requiem will be performed at Enfield County Upper School, Holly Walk, Enfield, EN2 6QG on Saturday July, 13 at 7.30pm.

Verdi's Messa da Requiem was written for the funeral mass of the poet Alessandro Manzoni. It is 90 minutes of unleashed human emotion, and the Dies Irae will make you quake in your seats.

Enfield Arts Champion, Councillor Jayne Buckland says: "I have known Enfield Choral society for a number of years, many of the members have been with the choir for more than 20years, which says something about this Choir, who are able to tackle many styles of music from Jazz to Classical programmes and perform to a very high standard".

Book early, it is going to be a sell out, tickets cost £13 (£11 conc) in advance or £14 (£12 conc) remaining tickets on the door. Ticket Hotline: 07856 793434 or email: tickets@enfieldchoralsociety.org.uk

Cineworld – Southbury Road Over 50s Film Club every Monday at 10.30am Admission £3 is less than half normal prices

Our over 50s club screenings are now getting good audiences and the local Cineworld management has thanked the Forum for its continued support. And they also thank all those attending these screenings and add the promise that they hope to bring them even better films in the near future. Meanwhile here's the next list of films:

| | |
|-----------|--------------------------|
| July 1- | life of Pi |
| July 8 - | Paperboy |
| July 15 - | Oz: The Great & Powerful |
| July 22 - | Flight |
| July 29 - | Safe Haven |

| | |
|-------------|----------------------------|
| August 5 - | The Place Beyond the Pines |
| August 12 - | Love is all you need |
| August 19 - | All things to all men |
| August 26- | The Great Gatsby |

(Films are subject to change)
Corner of Southbury Road and A10
Buses 121, 191, 307 and 313 to the door

Forum's AGM elects new executive

The Forum held its annual general meeting on May 28 at the Civic Centre council chamber and elected the following Executive Committee who are also trustees of our charity.

| | | | |
|-----------------------|------------------------------|----------|---------------------|
| President: | Monty Meth, MBE | Members: | Tom Devine |
| Chair: | John Ball | | Vivien Giladi |
| Secretary: | Tony Watts | | Michael Gunn-Smith |
| Vice Chairs: | Bill Mackay & Peter Smith | | Des Hegarty |
| Treasurer: | Champak Mistry | | Vincent Konyeaso |
| Newsletter Editor: | Monty Meth, MBE | | Yvonne Mulder |
| Membership secretary: | Joyce Pullen | | Jeff Rodin |
| Social secretary: | Irene Richards | | Christine Whetstone |

Assistant Secretary wanted for the Over 50s Forum

Membership of the Forum reached 5000 at the end of March the financial year. As part of our development plan we are seeking a volunteer to take on some of the roles of our secretary, Tony Watts. Any member with good administrative and IT skills willing to put them to good use for the benefit of the Forum should contact Jan Oliver at our office with a view to getting involved.

jan.oliver@enfieldover50sforum.org.uk
or 020 8807 2076