



Future FORUM Events

FORUM MEETINGS 2008 - Civic Centre, Silver Street, Enfield

Tuesday 29 July at 10am for 10.30 start

John McGill, deputy director North London Strategic Alliance, on the new vision for North London and how it will enhance its contribution to London's status as the world's greatest city.

Tuesday 26 August at 3pm to 5pm

Note THIS IS AN AFTERNOON MEETING

Dr Peter Barnes, medical director, & **Grahame Bostock**, assistant director, Enfield NHS Primary Care Trust, on Polyclinics: a better service for patients?

Tuesday 30 September at 10am for 10.30 start

Steve Iliffe, Professor of Primary Care for Older People, on Dealing with Dementia - the National Institute for Health Research programme.

Tuesday 28 October 10am for 10.30 start

Doug Taylor, personal finance campaigns manager for Which? speaks on Consumer challenges in a changing world.

COFFEE MORNINGS - Skinners Court Mini-forum meetings starting at 10am

Third Tuesday in the month - Opposite the Fox pub car park in Pellipar Close, Palmers Green - Buses 329 and W6 to the Fox pub in Green Lanes or the 121 to the Triangle -150 yards from the Fox.

Tuesday 15 July

Truck dangers and road safety **Chris Carey** shows how to avoid the threat.

Tuesday 19 August

Speak-up "free and easy" - a chance to air your thoughts.

Tuesday 16 September

Glenn Stewart, assistant director of public health for Enfield, on Pandemic Flu: What is it? Are we prepared for an outbreak?

Tuesday 21 October

Robert Peel, regional coordinator for Tax Help for Older People, answers your questions.

Top: Falls Day at Southbury - Avoid Trips & Falls: Pages 6 - 7

Snippets on health

Extended surgery hours: By the end of May, 39 out of 62 GP practices in Enfield were offering extended hours to their patients - that is 63% of the total in the Borough and 65% of the population are now offered extended hours. An additional 95.86 hours per week are currently being offered resulting in a minimum of 383 additional appointments. 18 practices are open on a Saturday morning and a further 5 practices have expressed an interest in extending their hours in the future.

Cancer: Men who take regular exercise are less likely to die from cancer than those who do none, reveals a research study in Sweden of nearly 41,000 men aged 45 to 79, who were checked over a seven year period. Men who do 30 minutes of moderate exercise a day have a 34% lower chance of being killed by cancer, said research published in the British Journal of Cancer.

Obesity: The number of people having obesity surgery has risen almost 50% in one year. One in four people is now classified as obese and at this rate by 2050 only one in ten people will be a healthy weight. It is estimated that by 2025, some 3.6 million people in England will suffer from diabetes due to unhealthy diets and lack of exercise.

Toenail clippings: The Nursing Standard (May 21) reported that thousands of clippings from nurses' toenails have allowed scientists to discover that smokers are three and a half times more likely to develop heart disease. Dr Walter Willett, the lead researcher, says that toenails are a cheap and easy way to identify women who are at most risk of developing heart disease and could be used by other researchers in future.

Heart attacks: Not every heart attack symptom is going to see the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we have to survive.

Living longer: In 1981, the average 65-year-old British male had an estimated 14 years longer to live. By 1995, this had increased to 17 years, and in 2007 the same 65 year-old was expected to live for 21.5 more years. As a result the UK is becoming an ageing population with 9.8 million people aged 65 and over - equal to 16 % of the population. This is expected to rise to 12.7 million, or 20% in 2021, and to 16.5 million or 24% in 2036.

New research by the Life Trust Foundation showed that women aged 55 now have a 25% chance of living until they are 95, but they will mostly live alone or in care homes.

Help wanted for the Forum

If you have web skills, administration skills, writing skills why not offer to help the Forum? Or perhaps you would like to be our lead on taking up such issues such as lifelong learning, toenail cutting and chiropody? **Contact Olivia in the first instance and let her know you are available 020 8447 8841 (in office hours)**

Affiliates' News

"Club Terza Eta" (Italian Pensioners Club) started in May 1996, with a membership of 37; currently grown to around 175. Average weekly attendance 75-80. Members meet every Wednesday, from 10.00am to 4.00pm; c/o Italian Catholic Centre, 197 Durants Road, Enfield, EN3 7DE. Caters for Italian elders and/or their partners. A surgery is held every Wednesday for members needing advice or assistance on: Pensions, Benefits, Forms filling, Translation, etc. A traditional Italian meal is provided at a reasonable price; followed by music and dancing. Annually we arrange a holiday in Italy, plus other social events and outings to places of interest. Informative sessions are also held during the year.

Enfield & Southgate Workers' Educational Association

If you enjoyed Cranford you must come to our one day course about Elizabeth Gaskell. "All you want to know about Mrs Gaskell" Lecturer: Dr Graham Handley. Place: Enfield Baptist Church, Cecil Road. Date and time: Tuesday, 2 September, 10-3.30 Fee: £12 Contact: 020 8882 0207 or 020 8882 0615.

Founded in 1903, the Workers' Educational Association is Britain's major voluntary adult education organisation, existing to provide high quality learning opportunities with professional lecturers for adults from all walks of life. You are welcome to come along to the first meeting without obligation. The WEA are firm believers in life-long learning as a human right and a social good.

Our twenty week daytime courses of two-hour sessions start in September at Enfield Baptist Church, Cecil Road, and the United Reformed Church, Fox Lane, N13. No previous knowledge is necessary and you may choose from the following wide variety of subjects: The Byzantines: Ottomans and Crusaders * Art History: the Enlightenment * Relationships in Literature * Geological Wonders of the World * Characterising Traits in Music * Cities and Courts of the Italian Renaissance * The Home Front: London at War 1914-19.

Enfield Diabetes Support Group Monthly Tuesday evening meetings 7.30 -9pm Diabetes Centre, Chase Farm Hospital. Further details call: Ruth Waxman 020 8360 4821 or David Petts 020 8245 0948.

Selborne Bowling Club welcomes new members, free coaching, bowls supplied. Situated behind the Cherry Tree pub on Southgate Green. Facilities for disabled bowlers. Contact Eric Pelling 020 8882 3803 or Louis Goldsmith 020 8372 3098.

Ellenborough Table Tennis Club Kimberley Gardens, near Enfield Town station. Over 50s section meets Monday and Tuesday 10am-12noon and Thursday 13.30 -15.30. Open to non-members @£2.50 per session. Contact George Brown 020 8351 0355

Bowes Ward Residents Community Street Party Sunday 12 August 11.30 -3.30pm at the Bowes Road end of Russell Road, Palmers Green. Steel band, gospel band, street dancers, face painting and more. Enjoy free food and fun in the sun! and meet your neighbours.

Celebrate 100 years of the state retirement pension

We'll be meeting the three Enfield MPs, David Burrowes, Andy Love and Joan Ryan at Westminster on Wednesday 22 October and we would like them to see a representative deputation of Forum members. We'll be gathering at 12 noon at the Methodist Central Hall, Westminster, before seeing them. The facts we will put to them are that after 100 years, one in every four pensioners still lives below the poverty line. Even with the new Pensions Act with its compulsory savings element, many younger people now working will still have to rely on the state pension when they retire, which is still declining in value against average earnings. So the drive to raise the state pension is a battle both for the pensioners of today and tomorrow.

The four key points we want to discuss with our MPs are:

1. Restore the link before 2012 between pension increases and earnings or prices - whichever is highest which was introduced by Barbara Castle in 1975 - and we lost in 1980.
2. Raise the basic state pension of £90.70 a week by more than the rate of inflation and above the official poverty level which now stands at £151 per week.
3. Revise the 25p per week Age Addition paid when pensioners reach 80 which has remained unchanged since 1971.
4. Lift the £10 Christmas bonus that has also remained unchanged since 1972.

The latest Help the Aged Spotlight Report 2008 says that 1.2 million pensioners in the UK live in severe poverty - that is on an income that is less than half average earnings and the latest figures show that pensioner poverty has risen to 2.5 million people with an income below 60% of average earnings.

The report also points out that 40% of pensioners entitled to pension credit did not take it up; 16% of pensioners do not claim housing benefit and a staggering 46% do not claim the council tax rebate they are entitled to.

With the astronomical rise in energy charges the number of pensioner households in fuel poverty, that means they are spending more than 10% of their income on gas, electricity and other fuel, is well over 2 million. With more people having to make the choice between heating and eating, the National Pensioners Convention is asking for the winter fuel allowance to be raised to £500 for all pensioners.

Nearly one in seven pensioners in the UK has not had a meal out for over a year, while 32% have not taken a holiday in over five years and a staggering 53% believe that £5 could make a difference to their lives, says an ICM research report for Help the Aged.

Corny corner

- Q. What is a Forum? A. *Two-um plus two-um*
 Q. Why don't bears wear shoes? A. *Because if they did, they would still have bear feet*
 Q. What did the motorist who broke down on the motorway say when offered a hand? A. *No thanks, I'm waiting for a toe*

Why are we waiting.....

We know we've been waiting a long while for the restoration of the link between the state pension and earnings, now it looks like a long wait before there's a law against firms discriminating on age grounds when selling goods and services, such as travel insurance. The long-promised Equality Bill, which will outlaw the blanket refusal of many companies now to even quote to customers based simply based on our age, will not be published until the end of the year. Then it will have a tortuous journey through Parliament while the insurance industry henchman no doubt seek to block its passage into law. Our view is that there should be no bar based on age - premiums should be based on risk - nothing else.

Meanwhile, Guardian Money 28 June 2008, reported a Which? survey that found the best buy for the over 75s was from Intune (intune group.com). a wholly-owned subsidiary of the charity Help the Aged, and any profits go to support its charitable activities.

The Intune policy has no upper age limit, and will cover many pre-existing medical conditions. Key Intune phone numbers are: car insurance 0800 022 3181; 3183 for travel insurance and 3182 for home insurance.

.....and still more waiting

We've been talking to the council about the dearth of public toilets since 2003 and we had hoped that by now they would have launched the community toilet scheme which we put to them in 2006 and now supported by some 25 retail businesses. They have long agreed to allow non-customers to use their toilets. The council have told us they remain supportive of the community toilet pilot scheme championed by the Over 50s Forum.

They add in a statement: "Prior to final approval of the scheme, officers are working out who best to run the scheme to ensure its success with residents and businesses; this will take a few weeks and then we will update the Forum. We would like to thank the Over 50s Forum for their innovative work in this area".



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 or telephone 020 8886 5346

190 Green Lanes Palmers Green N13 5UE

Supported by Enfield Strategic
Partnership we are now open in
the evenings until 8pm.



Old age could be the new middle age

So says Alan Johnson, the secretary of state for health, in outlining a new approach to old age - greater power for older people to live healthier, more independent lives. It will involve the NHS providing more and better preventative care for older people in reducing falls, improving footcare and cutting hearing test waits.

Outlining a package of measures to empower older people to live longer, healthier and more independent lives, Mr Johnson said local health and social care providers needed to work more closely to build on services already provided and ensure people know to what they are entitled.

“People are living longer and that is to be celebrated. But I want to ensure, where possible, those extra years are quality years where people have and are aware of basic entitlements to help them lead healthy, independent lives. Our aim must be to make quality of life stretch right to the end of life,”said Mr Johnson.

“Improving services for older people should be a priority for the NHS.” said Mr Johnson in announcing the setting up of an expert group to help the NHS better provide services for falls, fractures and osteoporosis.

There will also be a review of footcare services, to ensure that particularly toenail cutting is made more accessible to

older people, and delivered in an integrated way across all providers of such services.

The number of chiropodists/podiatrists in the NHS in England has increased by 513 (15.6%) since 1997 to 3,799 in 2007. The numbers of chiropodists/podiatrists in training have increased by 37 (9%) since 1998-99, when training figures on this staff group were first collected

And he gave an ongoing commitment to reducing waits for hearing tests and the fitting of hearing aids. In 2005 milestones were set to reduce waits for audiology assessments to a maximum of 13 weeks (by March 2007) and to 6 weeks (by March 2008). Data for March 08 show that the vast majority of patients receive their audiology assessment within six weeks. In the two years since starting to collecting this data, there has been a 97% reduction in the number of patients waiting longer than six weeks

See Falls: Pages 6&7 These new measures come in addition to existing prevention services that older people are already entitled to - these include flu vaccination, cancer screening, eye checks, and integrated care planning. The NHS will also introduce vascular checks for everyone between the ages of 40 and 74. These checks will prevent up to 9,500 heart attacks and strokes every year and save 2,000 lives.

Green tips

No matter whether you agree that the earth is suffering from global warming or it is a natural process - everyone likes to save money. Here are a few green tips to do just that when using electricity. * Turn down your central heating thermostat - 1 degree can save a lot * Switch to energy-saving light bulbs - did you know that 60%-70% of your electricity bill is for lighting? If every household in the country replaced one traditional bulb with an energy-saving one it would save £200 million a year. (I have 12 in my home!) Australia will be banning the sale of incandescent bulbs after 2008 and then they will be able to buy only energy efficient bulbs. They are more expensive but Home-

base and B&Q and supermarkets do special offers and they last a lot longer than ordinary bulbs.

* Switch off (where possible) every light when you are not using it for a purpose. This includes the standby on your TV, VCR, and mobile phone chargers. Use solar lamps in the garden.

* Measure out what water you need for a cup of tea and don't fill the kettle with more than you need. These are just a few ideas, if you have others why not send them in to the Newsletter? Happy saving

Inene Richards



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.....Olivia reports.....

Our membership secretary, Joyce Pullen, is now recovering from a hip operation and we all wish her a speedy return to her former full and active lifestyle. Meanwhile, we are progressing with individual and affiliated club renewals as well as enrolling the many new applications we have received for Forum membership - all of whom should receive this Newsletter. We would like to thank the vast majority of members for already having renewed, nearly 800 for two years and over. In fact, 27 of you are now enrolled for life! And at £100 for individual members and £150 for couples this has been a most generous addition to Forum funds for which we express our thanks. So this is a not so gentle reminder for those members still to renew their membership that this is the last Newsletter you will receive as we are running the Forum with very limited funds that depend on your continued support. Please check your card and in particular the date of expiry on the bottom right hand corner. If your expiry date was March 31 2008 (or before) and the card is white, then you need to renew as soon as possible. If your card is yellow (one year) or green (two years) or mint green (life), then you are paid up and can relax.

Send your cheque payable to **Enfield Over 50s Forum to Joyce Pullen, Over 50s Membership Secretary, Salisbury House, Bury Street West, London N9 9LA**. The subscription fee is now: individuals £6 for one year or £12 for two years; couples £9 and £18; £15 and £30 for clubs. We also offer life membership at £100 for individuals; £150 for couples and £250 for clubs - and a SAE would be appreciated.

While on the subject of money, the Forum would like to publicly acknowledge our thanks for a donation of £172.88 from Enfield Council's small clubs grants.

Get ready to stay steady

This was the catchline we used for the the third Forum Falls Awareness Day, run in partnership with Enfield Primary Care Trust and supported by Enfield Leisure Centres. It was held at Southbury Leisure Centre on 23 June. Over 160 over 50s took part in this event, whose sole aim was to prevent trips and falls, whether at home or out and about. After a busy registration and signing up for practical activities, delegates went into the sports hall to listen to the morning's speakers.

Monty Meth welcomed everyone and gave some interesting statistics in his opening speech about trips and falls in our Borough. Ketan Gondhia, a clinician / podiatrist from St Michael's Hospital gave a most informative and at times amusing talk on how to look after feet on a daily basis. He encouraged us to file our hard skin daily, while watching East Enders or Corrie, and not to wait until the skin becomes almost impossible to remove.

Rosie Gavzey, the PCT optometric adviser, spoke about the importance of looking after our eyes and getting regular checkups, emphasising how cataracts and glaucoma restrict the vision. Lastly, John Grimes and Trevor King from the Council's Highway Services, spoke about lighting and pavement safety and highlighting the difficulty of checking, repairing and maintaining some 700 miles of footways and footpaths in the Borough on a limited budget.

Every participant was given a copy of our Home Safety Audit - the checklist produced by the Primary Care Trust and compiled by the late Derek Friggens, a Forum Committee member and health and safety expert, who passed away

last year. The PCT have produced 3000 copies of the booklet and copies are available at Forum meetings.

After a delicious buffet lunch was served, and many delegates had questioned the speakers, the practical sessions began, all aimed at improving balance, coordination and leg strength. These included Tai Chi, balance training, walkabout outside, Aquafit, gym leg strengthening introductions, footcare workshop, seated exercises and line dancing were all on offer. Finally, 10 lucky names were drawn from the evaluation questionnaires, each receiving a £10 voucher for Morrisons supermarket.

Some of the comments made to us included: *"I have had a great time and would love to start using the gym. Thanks for organising such an interesting day yet again. I haven't been to this centre before but will seriously think about joining in the over 50s activities, when I have bought some sports gear"*.

Our Falls Day event was one of hundreds taking place across the UK during the same week and all designed to show that falling does not have to be an inevitable part of growing older, yet falls are currently the greatest cause of accidental death among older people.

Personal development workshop

Join other like minded Forum members for a fascinating day of reflection and sharing at the second personal development day that we have arranged for you. Life skills coach, Mary Jo Radcliffe, will be facilitating the day which is being held at Salisbury House on Saturday 27 September from 10.30am-4pm. The day costs £11.00 and all participants will be asked to bring something delicious for a shared lunch - last time it was a banquet.

This workshop will offer the opportunity to explore and discover more deeply your own particular uniqueness and value. What are your gifts to yourself, to others and the "Universe? It is important that we use whatever time we have left in as creative and positive way as possible.

There will be input, sharing and reflection, a time to explore new ideas and deepen long held treasured ones' To book a place or for further information, **contact Olivia on 020 8447 8841 or email Olivia.g@virgin.net**

welcome

We're delighted to welcome the long-established **Italian Pensioners Club** which meets at Ponders End into the Forum fold. The Club has some 175 members who have lived in the Enfield area for many years going back to the early post-war days when the market gardens surrounding the Borough were largely staffed by Italian workers. The Italian Pensioners Club secretary, Martino Cranchi, is an active member of the National Pensioners Convention and we hope to see him and his colleagues joining in our Over 50s community activities.

We greet as well the **Selborne Bowls Club** which meets behind the Cherry Tree pub at Southgate Green. We're particularly pleased that they signed up straight away for two years and note they have a special welcome for people with a disability. **Call 020 8882 3803 for details.**

Olivia Goodfellow

Falls: Avoid them! Preventing falls...

Why? - because they are the biggest cause of accidents, hospital treatment - and death among older people. Our Over 50s Forum and the Enfield NHS Primary Care Trust are working together, encouraging older people to be more aware of the potential dangers from the risk of falling, both in their own home and in the street outside. Falls are the most frequent and most serious cause of accidents. They destroy confidence, often lead to increased isolation and reduce one's independence.

In the year ending 31 March 2007 we know that nearly 1,000 people over the age of 50 were admitted to our local hospitals due to falls, and this number has actually increased by more than 26% over in the last two years. We also know that the risk of falls roughly doubles when you are in the 70 -79 age group, doubles again when you are in your 80s, and that the risk of falls is the single biggest cause of emergency hospitalisation of older people. It is also the biggest cause of accidental death for older people.

In addition to the hospital admissions which incidentally cost the local NHS more than £3 million a year to treat, there were some 1,400 people attending the Barnet and Chase Farm accident & emergency departments after a fall - and that excludes the figures for North Mid. Although not all falls have serious consequences, we do know that the after-effects of even a minor fall can be devastating in reducing the quality of life of older people, and can have severe after-effects on a person's physical and mental health.

It is now estimated that one older person dies every five hours as a result of a fall in the home and some 30 per cent of older people will fall in a year, rising to 50 per cent of those aged 85 and over. Add to these numbers those people killed and injured by electric shock, burns and scalds, or involved in fires etc. and you realise that we can avoid many things ourselves to ward off the risk of a fall from other hazards in the home.

There's nothing inevitable about falling as we get older. But we all need to improve the strength of our muscles by regular exercises. Too many people are still unaware that they can prevent a fall by regular exercises to improve strength and balance. That is why we believe, support and encourage everyone to make exercise an enjoyable part of our daily lives.

Our key messages are:

- take part in physical activity to improve your strength & balance
- falls are not an inevitable part of getting older
- get your eyes checked regularly
- keep your home clutter-free
- avoid rushing on stairs
- use the Home Safety Audit produced by the Forum and Enfield PCT.

Super seniors was the descrip-

tion we found being used for older people in the Highlands of Scotland where they stressed that falls are not just the result of getting older. Many falls can be prevented. They are usually caused by a number of things, by changing some of them you can lower your chances of falling by doing the following:

1. Begin a regular exercise programme Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor, health care worker or at the leisure centres about the best type of exercise programme for you.

A Sport England survey found that only 16% of 55-64 year olds and 6% of 75-84 year olds regularly take part in sport or recreational activity. So we need to engage the interest of many more people to stay fit, healthy and independent for a longer life.

2. Make your home safer. About half of all falls happen at home. To make your home safer:

- * Read the Home Safety Audit compiled by the Over 50s Forum and the Primary Care Trust
- * Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- * Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- * Keep items you use often in cabinets you can reach easily without using a step stool.
- * Have grab bars put in next to your toilet and in the tub or shower.
- * Use non-slip mats in the bathtub and on shower floors.
- * Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
- * Have handrails and lights put in on all staircases.
- * Wear shoes that give good support and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.
- If you need help with odd jobs around the home call the Age Concern handyman service 020 8375 4115 which charges £15 per hour.

3. Have your medicines reviewed . Have your doctor or pharmacist look at all the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed which can lead to a fall.

4. Have your vision checked. Have your eyes checked by a registered Optometrist They are free if you are 60 or over. You may be wearing the wrong glasses or have a condition such as glaucoma, cataracts or macular degeneration that limits your vision. Poor vision can increase your chances of falling or of having a motoring accident.

...among super seniors

5. Take care of your feet: One in three people aged over 65 - that's over two million people in England alone - cannot cut their own toenails and older people without adequate footcare are at greater risk of falling if they are in discomfort and even lose their mobility. This is an issue we need to have on our agenda because at the moment so much depends on the services provided by Age Concern. Call 020 8375 4106 for details.

Always wear properly fitted shoes that don't leave a mark on your skin. If you have hard skin it is important to keep the skin supple. Use a moisturiser such as E45 and a foot file to prevent the hard skin becoming a problem. Do not use medicated plasters.

6. Get walking, get talking: Walking is the perfect way to make friends and get fit. It makes you feel good, makes you sleep better, reduces stress and blood pressure and helps you manage your weight. It is, in other words, the ideal way to get fit and healthy - and all you need are comfortable walking shoes. Just 30 minutes a day of brisk walking is all it takes to feel the difference. The walks in our wonderful parks are all free, you walk at your own pace - no route marching!

You can pick up a Walk Enfield booklet which details walks in seven parks at the library or call the parks outreach team 020 8441 8272 or the sports development team on 020 8379 3762. The Forum leads a walk every Monday evening in Grovelands Park at 6.30pm - meet outside the park cafe - and there are walks at different times and days at Oakwood, Pymmes, Town, Broomfield and Jubilee Parks as well as Forty Hall.

7. Pavements can be a problem: Improving the quality of pavements is vital if older people are to get out and about easily, without the fear of falling. The Chartered Society of Physiotherapy (CSP) estimates that about 15% of pavements in Enfield are in need of repair and maintenance, compared with 33% in Yorkshire and an overall average 24% in England. A recent research survey for Help the Aged showed that 2.5 million people aged over 65 have fallen to the ground due to damaged or uneven pavements, hence our drive to encourage everyone to report urgently dangerous paths and footways to the council.

Currently, Enfield Council is dealing with over 1,400 road and pavement defects a month and these are normally treated within 21 days, unless they are very dangerous when they will be repaired in 24 hours. An additional £700,000 was allocated this year by the council to maintain our roads and footways, bringing the budget up to £8 million - enough to treat about 12.5 miles of road and nine miles of footway - but Enfield has 351 miles of road and 700 miles of footways and footpaths to maintain.

Every day the council says it responds to reports of defective roads and footways to repair potholes or broken paving slabs. These reports are either raised by members of the public or by the council's own highways inspectorate team who regularly patrol the streets looking for defects which could cause a safety hazard, trip or fall.

Because of budget restraints, not all defects are dealt with and whether it gets attention depends on its seriousness. So if the pothole is greater than 40mm or a trip hazard greater than 25mm on the footway there's more chance of action - but that shouldn't stop us reporting any road or pavement we think is a danger. Call the council on 020 8379 1000.

What should I do if I fall?

Get help and try not to panic: Try to attract attention by banging on the floor or wall. Use your personal alarm or call 999 if you can reach a phone. If you can't get help and you are not hurt, try to get up: A lot of the problems people experience after a fall come from lying on the ground for too long and getting cold. If you can't get up, use a piece of sturdy furniture to try and pull yourself up. Keep warm: If you're unable to get up, tense your arm and leg muscles and cover yourself with a coat or whatever you can find to keep yourself warm.

The importance of having your fall assessed Always tell your GP if you have a fall as there are a number of things that can be done to maintain your independence. You should be offered a '**falls risk assessment**' by a trained healthcare professional.

This may be done at the doctor's surgery or you may be asked to go to a specialist clinic. The aim is to uncover anything that might make you more likely to fall again and to see if there are specific things that can be done to help.

The check should include: One or more simple tests to see if your balance and walking could be improved in some way. Whether there are things in your home that may be a hazard. Assessing the medicines you take. Checking your eyesight and glasses. Finding out if you have any fears about falling. Seeing if you have any foot pain or problems. Checking on whether you are at risk of osteoporosis (brittle bones). Testing how well your body's nervous system is working and whether you have problems with memory. Exploring unexplained blackouts or faints.

The doctor or nurse will then devise an overall plan around these issues to help you reduce your risk of falling in future. The National Institute for Health and Clinical Excellence (NICE) has produced a free information booklet on falls for older people, their families and carers. Visit the NICE website <<http://www.nice.org.uk/page.aspx?o=233391>> to download a copy.

Find a strength and balance exercise programme

First try to find an exercise class that suits you. There are many and varied classes in the Borough and you may want to join a class with a friend or neighbour Your GP may have a list of strength and balance classes near where you live. Alternatively, the **Ruth Winston Centre** at Palmers Green (telephone 020 8886 5346 runs a range of classes and **our local Age Concern** has a network of fit for life services (telephone 020 8375 4102) promoting physical activity including walks, pilates, aqua aerobics and line dancing classes. Classes cost from £2 per session and the walks are free.

We also have three leisure centres which run special Over 50s activity days - Edmonton on Mondays, Southbury on Wednesdays and Albany on Fridays. There is also a fully eq equipped leisure centre at Southgate and a swimming pool at Arnos Grove, so we are well blessed with venues at which you can get help on the most suitable exercise regime to suit you as an individual.

For more details on leisure centre amenities call **Sue George, membership administrator**, 020 8245 5191 And if you are an Over 50s Forum member you can get a special discount rate at the leisure centres if you sign up with a monthly direct debit or annual fee.

Disability scooter service saved

We're proud that the Over 50s Forum played its part among many others in getting the council's Cabinet members to reverse their decision to abandon the Shopmobility service, which has since the 1990s enabled disabled people to get free access to a motorised scooter or wheelchair and shop in Enfield.Town.

In our May/June Newsletter we said that following our discussion with council officers, a plan to save money and transfer the scheme to the civic centre had been agreed. We and everyone else - except the council's Cabinet - were therefore shocked to find the plan being vetoed and it was all set to close down on June 17.

Fortunately, local government democracy allows council decisions to be challenged and we were pleased that Councillor Chris Bond and his colleagues, including Forum member Cllr Vivien Giladi, were able to secure a special meeting of the Overview and Scrutiny Committee to review the shutdown decision. We asked Councillor John Boast, the council's older people's champion to speak on our behalf and we submitted a 10-point memorandum strongly arguing that the council was almost certainly in breach of the Disability Discrimination Act and was certainly in breach of its own pledges about adequate consultation and partnership working.

We pointed out that the 2008/9 Budget Consultation paper made no mention of closure and we reminded the Committee that the Council has a duty to promote equality of opportunity for disabled people; and promote positive attitudes towards them.

It was only following a Forum meeting with council officers that a questionnaire was sent out seeking the views of Shopmobility users. Of 200 responses, only 15 supported closure with the majority indicating that disabled people were prepared to make a contribution towards the cost of each trip using a motorised scooter or wheelchair. Users were also prepared to join a working party to discuss ways of maintaining the scheme.

The plan drawn up by LBE officers estimated savings of £43,700 on the 2007-8 expenditure and that a new scheme could be in place for a first year expenditure of £16,000, covering relocation costs to the Civic Centre of £7,500 and first year running costs of £8,500.

We reminded the Committee that LBE is actually paying less this year than last year for the travel concession scheme for the Borough's older and disabled people, due to the £55.44 million the Government has given London Councils when introducing the national bus concession scheme in April.

The Over 50s Forum felt we should make life easier for disabled people to do their shopping in the same places and with an equal opportunity as the rest of the community. To deprive them of this right will be seen as the council operating a discriminatory policy against disabled people. The Forum has now indicated to the council that we are prepared to join a working group that will endeavour to ensure that both the Enfield Town scheme (which is now running from Monday to Friday from the civic centre) and the Edmonton shopmobility scheme which has only guarantees of a year's funding remain in place for the long term.

Second thoughts: The Council was also proposing to introduce Sunday and Bank Holiday charging in all their on street, pay and display bays and car parks. This would have seriously affected many older people such as churchgoers and weekend shoppers. Following strong representations, principally by the business community, this proposal was quietly withdrawn from the agenda of the Cabinet meeting held on the 22 May, 2008.

How does a burglar's mind work?

Burglary victims often wonder why the burglar picked on their house. To find out you need to recognise that burglary, on the whole, is an opportunist crime. A burglar will look for a target that offers the best opportunity to carry out the crime undetected and with the fewest number of obstacles.

A building that presents itself as unoccupied and insecure is far more likely to be targeted than one that is properly secured:

- * *Side gates and accessible windows open;*
- * *Ladders left out, allowing access to otherwise inaccessible windows;*
- * *Garden tools available to force entry;*
- * *Untrimmed hedges or high fences in front gardens providing cover and preventing natural surveillance;*
- * *Scaleable drain pipes adjacent to upper windows - protect with anti-climb paint. Each of these makes access to the building far simpler and is an indication to the prospective burglar that it's worth a second look. The question is, are the occupants in?*
- * *Milk bottles or parcels on the doorstep;*
- * *Newspapers and mail protruding through the letter box or visible through glazed front doors;*
- * *Unlit houses after dark and closed curtains during the day;*
- * *All windows shut in very hot weather. These signs indicate a reduced risk that the burglar will be disturbed whilst breaking in. Naturally, circumstances may arise when such situations may be unavoidable. Holiday times, when the house is unoccupied for long periods, are particularly important. We need to take measures that tell the burglar that this building is too risky a target. Make it look as though your house is occupied and don't advertise your absence.*
- * *Install automated/programmable light switches, use timers which switch lamps or radios on and off automatically and consider fitting motorised curtain rails;*
- * *Have a neighbour or friend pop round to clear your letter box or doorstep regularly and keep the garden tidy;*
- * *Encourage a neighbour to park on your drive;*
- * *Don't advertise that you are going away - do cancel all regular deliveries, but don't announce your departure to a shop-full of people, don't discuss your holiday plans with or within earshot of strangers, don't have your home address showing on your luggage for the outward journey;*
- * *Consider arranging for a house sitter.*

The final tip involves your house and car keys. For convenience, so many of us leave our keys in close proximity to the front door. If they're close to the front door it means they're also close to the letterbox. The method of using a stick or similar device to 'hook' the keys through the letterbox, predominantly at night, is an ever-increasing problem.

Not only can your home then be entered with ease, but your car could be taken as well, all without any force or disturbance. Never leave your keys within the vicinity of the front door and preferably keep them secreted elsewhere in the home. **For further crime prevention advice, call Enfield Police on 020 8345-1102.**

Remember: Remove the Opportunity - Prevent the Crime

Police chief tells Forum: 92% feel safe (by day)



Police commander Adrian Hanstock came to our April Forum meeting for a fruitful exchange of views on making life safer and better for everyone in the Borough. We think some of his answers to questions deserve a wider circulation and we summarise some of them starting with the plan to close **Southgate police station**.

Chief Superintendent Hanstock said: ***“In order to maintain an effective service, it is vital that we have an estate that is appropriate for policing in the 21st century with the very best facilities to serve the public and to meet their needs in an ever-changing world.***

We continually need to adapt and respond to new challenges, but central to any decision will be that no police buildings in the borough will close until alternative facilities are up and running. Prior to that, the local community will be fully consulted on any proposed changes.

Safer schools: Enfield has one of the largest Safer Schools units in London, with a dedicated team led by a Detective Chief Inspector working closely with the local education authority. Officers visit local schools to raise awareness of the impact of knife crime. We provide practical advice about personal safety and explain the consequences of carrying knives and weapons where appropriate.

CCTV cameras: After a successful bid by their Community Safety Unit and Enfield Police, Enfield Council have been awarded £300,000 capital funding from the Home Office to expand their fledgling Automatic Number Plate Recognition (ANPR) System in Enfield.

This will see extra CCTV cameras installed at a number of strategic locations within the borough linked to a computer.

When a stolen car, or a car without insurance passes a camera, an automatic alert will sound in the Public Safety Centre and the Police Control Room. The police will then be able to respond appropriately. These specialist cameras have been proven in solving serious crime, general vehicle crime and, of course, anti-terrorism as they are linked directly to the police to enable intercept if required or intelligence information on the movement of criminals within Enfield, and perhaps into central London.

Stop and search: Generally it is correct that we have more stop and search than most London boroughs. Enfield has a very positive approach to stopping and speaking to people, conducting a search when circumstances suggest appropriate. In our most recent Operation Chateau, we stopped almost 2000 people, just over 1100 of those were searched. During the initiative 146 arrests were made, some of those were for possession of weapons.

Enfield - a safe borough: Enfield is a safe borough and, in reality, only a small proportion of residents and visitors are affected by crime. Independent surveys reveal that people do feel reassured with 92% of those questioned telling us they feel safer during the day.

Crime has fallen consistently over the last six years and we have seen the most significant reductions in violent offences and serious assaults, as well as gun and knife crime. Violent crimes affect our most challenged individuals; those who actually need more of our attention and support. They may experience a range of social and personal issues that can drive them towards ‘pseudo family’ groups and towards criminal behaviour.

Your good morning smiles

You can't win 'em all: A big Texan stopped off at a local restaurant after roaming around Mexico. While sipping his tequila, he noticed a sizzling, scrumptious platter being served at the next table. It looked good and the aroma was even better.

So he asked the waiter what he had just served. “Ah Señor, you have excellent taste”, came the reply. “They are called Cojones de Toro, bulls testicles, fresh from this morning’s bull fight”.

The cowboy promptly asked for some only to be told there was only one serving a day, because there is only one bullfight a day. So the cowboy ordered this delicacy for the next day and got tucked into his platter of Cojones de Toro. After a few bites he called the waiter over saying: “These are delicious, but they are much, much smaller than the ones I saw you serve yesterday”. The waiter shrugged his shoulders and replied: “Si Señor. Sometimes the bull wins”

Poetry at Oakwood

We've had three very successful poetry sessions at Oakwood library and hitherto hidden talent has been given a chance to emerge and flourish. At the June meeting of the Poetry Group, David Oliver opened with one of his stimulating themes - art, music and poetry - (painting of people dancing on a beach and the song "Dancing cheek to cheek" - Mona Lisa - and the well known song of the same name) - pointing out the interaction and stimulus that each art form could give to the other. Members were also given the opportunity either to read their own work or read a well-loved poem.

There was a short discussion on future dates for the Group and we agreed to keep up the momentum and meet monthly. It was also agreed that members would take responsibility for meetings i.e. two members would take the lead at the meetings - following David's example - choose a theme and appropriate poems and music. It was felt that members should be "doers" rather than passively expecting others to always do the arrangements. We also discussed the possibility of publishing member's poems in a small booklet. This will be put to the Forum Committee.

The next Poetry gathering will be on **Thursday 24 July** Other dates for your diary are: **Thursday 21 August, Thursday 18 September, Thursday 16 October and Thursday 20 November.** all starting at 10.30 am

Venue: Oakwood Library. It is in the row of shops east of the Station. Very easy access by bus 307 and 121 and close to Oakwood Tube Station.

Do join us - bring your own poems or one you love or a short piece of music (on CD) that is appropriate.

Irene Richards

What's in a name

So many people commented on the last selection that we've added these to the collection.

There's a baker in Glastonbury called Burns the Bread

An orthopaedic surgeon at Paisley's Royal Alexander Hospital called Stephen Cartilage
The deputy vice-chancellor at Manchester Metropolitan University is Professor Plumb
America's education secretary is Margaret Spellings and there's a Met. Office announcer named Helen Chivers.

Can you add to this list?

.....Out &

Our summer series of social events had a flying start with the Forum's first Quiz Night bringing some 120 people together for a wonderful, competitive but friendly evening with great food in a lovely venue, St Paul's Church in Winchmore Hill. I know that many dedicated Forum members helped to make the event an outstanding success, raising £607 for our funds, but I have to single out Roy Barrows and quiz master Des Hegarty, together with their respective wives, Carol and Pat, for not just getting the event off the ground, but making sure that every detail was right on the night.

They were backed up by a great team. The people who worked so hard in the kitchen to prepare and serve the hot food, Ros Keenaghan, Mike Keenaghan, Reg and Phyllis Hadden and so

Now to Roddy Beare's.....

With our new social committee up and running, more events are being planned so please take note of the following.

Tuesday 15 July: Concert Cavendish Singers and Symphony Orchestra at Enfield Boys Grammar School 7.30 p.m. Tickets £8.00 from 020 8363 1095 ex.302.

Wednesday 16 July: Visit to Aldeburgh and Southwold. Sold out with a waiting list.

Monday 4 August: Visit to Loose Women - fully booked

Sunday 24 August. Visit to Faversham and the historic Shepherd Neame Brewery. 10 places left. Departing from the Civic Centre at 8.50am. Cost £30pp includes one and a half hour guided walk round historic Faversham, brewer's platter lunch, tutored tastings of prize beers. Book through Olivia Goodfellow 020 8447 8841 (office hours). Cheques payable to Enfield Over 50s Forum. Sorry, but this trip is not suitable for wheelchair users.

Wednesday 3 September. Visit to the Hindu Temple at Neasden, Shri Swaminarayan Mandir which has been called the "Eighth Wonder of the World"

This breathtaking stone and marble Mandir has become an icon of Hindu culture in the western hemisphere. It is a renowned holy place of prayer and peace The visit includes a talk, tour of the Mandir and "Understanding Hinduism" exhibition and video presentation.

The Mandir have provided us with a set

of guidelines regarding dress code and food to which members need comply. The cost, including coach to and from Neasden is £9.00 per head.

Places are limited to 48, so book your place with Olivia, by sending a cheque for **£9.00** per person, made payable to Enfield Over 50s Forum. Send to **Olivia Goodfellow**, 19 Wades Hill, Winchmore Hill, London N21 1BD.

Please note that there is a souvenir shop at the temple and the Shayona restaurant sells delicious hot and cold vegetarian Indian snacks, if you would like a nibble after the tour. There is also an Indian supermarket in the car park, if you want to take any tasty treats home.

We meet in Genotin Road, Enfield, round the corner from Enfield Town station at 9.45am for a prompt 10am departure. We should be back in Enfield by 2.30pm This trip involves some stairs and will be unsuitable for anyone unable to climb them.

Thursday 4 September: Traditional afternoon tea at Ponsbourne Country Park Hotel.- a beautiful oasis in the Hertfordshire countryside and set in the 200 acre Ponsbourne Park Estate. The 17th century house offers a blend of classic elegance brought stunningly up to date by stylish and creative design.

We shall be having tea in the garden but, in the event of inclement weather, we shall use the Garden Room which overlooks the gardens. Tea will comprise a selection of sandwiches, an

About.....

many other Forum members who helped to set up and clear away before and after the event - an excellent example of team work. Special thanks must go to Margery Lloyd, the St Paul's Church Hall coordinator, without whose help and guidance the Quiz Night could not have been possible. And thanks too to the many donors of raffle prizes: **Edward Ellis, Peachey's (Butchers) Grange Park, Waitrose, Palace Gardens, Marks and Spencer, Palace Gardens, Bob Shaikh's AA Driving School, Papadelli's Church Street, Enfield, Clockhouse Nursery, Teina Nugent, Steve Moreton's flower stall, Palace Gardens and Enfield Leisure Centres** - and more were donated anonymously.

Thank you all for your support. *Monty Meth*

.....progress report on forthcoming events

array of delicate pastries and cakes and scones with clotted cream and preserves. **Cost is £16.00 including coach travel from Enfield Town.** Limited to 50 places, so book your tickets early to avoid disappointment. Itinerary. 1.15. p.m. meet coach outside Lidl in Cecil Road, Enfield, to take us to Ponsbourne for tea at 3 pm. Before tea you will have the chance to stroll around the grounds of this marvellous estate. 5.15.p.m. depart Ponsbourne arriving back at the Civic Centre at approximately 6.p.m. Confirm your place by telephoning **Jean Mittins** on 020 8367 2102 or email mercia1211@talktalk.net. Once you have confirmed your reservation, please send your cheque made payable to Enfield Over 50s Forum to: Jean Mittins, 9 Laura Close, Enfield, Middx. EN1 2DZ

Tuesday 16 September: Visit to State Rooms at Buckingham Palace. This trip is full.

Friday 26 September: Visit to the Queen's Gallery, Buckingham Palace. This trip is full.

Wednesday 1 October: Visit to the Olde Tyme Music Hall in Brick Lane. This trip is full and has some 23 people on the waiting list, so another trip to the same venue has been planned for Tuesday 17 March 2009. To get yourself on this trip please contact **Jackie Pearce** on 020 8482 3575.

Monday 6 October: Return visit to the National Memorial Arboretum at Alrewas, Staffordshire, home of the magnificent garden setting commemo-

rating all those who fought for our freedom. By coach from Enfield Town. **Cost £14.** You can buy lunch in the restaurant or bring your own packed lunch. A packed lunch can be provided if you include an additional £5 when you send your booking cheque (payable to Enfield Over 50s Forum). Further details from **Roddy Beare**, 18 Lucerne Close, Palmers Green N13 4QJ. Tel. 020 8292 4324. Please include a stamped addressed envelope and your full name and telephone number.

Wednesday 19 November: Visit to the R.A.F. Museum at Hendon. Details from Bill Thear on 020 8363 9216.

Friday 5- 8 December: Christmas markets trip to Luxembourg. Cost £245 per person. To go on the waiting list call Olivia on 020 8447 8841 in office hours.

Wednesday 10 December: The Forum's Christmas Social this year will be at the Royal British Legion hall in Holtwhites Hill. More details later but meanwhile please keep the date free.

Ideas for the future

Some of the things that your social committee are looking into for the future include: a visit to the new Wembley Stadium; a Kew River trip; a Waverley Paddle Steamer trip; return visit to the Albert Hall and the V.& A Museum; day trip to Le Touquet; the London Eye and river trip; and dinner at The Southgate College Restaurant.

So remember to watch this space

Use it or lose it

As we get older, 'senior moments' of memory lapse are entirely natural – as memory function begins to deteriorate from about the age of 30. As we age, we literally 'lose our brain cells' and make less of the chemicals that the brain needs for top mental performance.

Scientists have estimated that memory lapses (of anything from about six, up to 30 a week by the most absent-minded) are probably on the rise – as people lead busier, more pressured lives.

Deterioration of what is called "cognitive functions" – finding it harder to remember details and plan everyday activities – can cause anxiety and stress. This can then lead to loss of confidence and self-esteem – further eroding the ability to live independently.

Alex Shalet, senior nutritionist at the Nutri Centre offers these helpful tips for improved mental agility and better recollection:

- * Make associations to connect things in your mind – such as using landmarks to help you find places.
- * Give your brain a regular workout, with things like crossword puzzles and sudoku.
- * Run through the alphabet in your head if you are struggling to remember a word or name: often hearing the first letter will jog your memory.
- * Repeating names when you meet new people will help you remember them.
- * Keep lists, a detailed calendar and follow a routine.
- * Put important items, such as your keys, medications and letters in the same place, every time.

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Dealing with Dementia

This will be the key topic at our September meeting because according to the experts it is the biggest challenge facing the country's spending on mental health. The number of elderly people we know will rise over the next 20 years - and so will the incidence and cost of dementia, putting further strain on health service budgets.

- * The number of people with dementia is expected to rise from 583,000 in 2006 to 940,000 in 2026
- * The total cost of dementia care will go up from an estimated £15 million in 2007 to £35 million in 2026
- * By 2026, the proportion of total mental service costs attributed to dementia is expected to be 73%
- * If dementia among people aged 65-84 could be reduced by 30%, it could save £2.4 billion a year
- * GPs could make it a priority to establish better early detection systems
- * Research into the cost-effectiveness to delay the onset of dementia is essential, hence the need for action, guidance and information - and the importance of our meeting with Professor Steve Iliffe on Tuesday 30 September in the Enfield Council Chamber.

Beautiful people go to Southbury

We're told that among many other things, Mae West once said: **"you're never too old to look young"** and with that in mind, Southbury leisure centre now has a team of highly-qualified beauty therapists to make their healthy lifestyle swim and gym programme even more attractive.

Available to both men and women, the centre now has a full range of body massages, hand and feet, ear candling, facials and eye treatments. A full consultation is carried out before treatment begins and prices range from £25 -£45.

By using a linen candle to warm the ear, impurities are drawn to the surface so relieving a number of symptoms such as congestion, headaches and sinus problems. Massages use hot stones of various sizes placed from the forehead to the toes and they are of the smooth, volcanic basalt variety. Smooth, cool marble can also be used alongside the heat of the hot stones to stimulate the body to leave you refreshed and reinvigorated.

The hot stones massage is beneficial for improved circulation, toxins and waste removal, helping to relieve stress and soothe muscular aches and pains. For more information on the service - all treatments must be pre-booked - call 020 8245 5143.

Forum members are reminded that they qualify for substantial price reductions on production of their membership card at the Southbury, Southgate, Albany, Edmonton and Arnos pools. The Energy discount card will cost you £6 instead of £12, the monthly direct debit costs £28 instead of £37 and the annual fee for Forum members is £280 (a further saving of £56) instead of £370. The direct debit payers can use the swimming pools and gym facilities any time and any day. Because of VAT being imposed on the sauna and steam facilities, if you want to use them the cost of the monthly direct debit goes up to £33 and the annual fee to £330.

A reminder too that Over 50s days are now held at three of the leisure centres: Edmonton on Mondays, Southbury on Wednesday and Albany on Fridays. You can spend the day participating in different activities, make new friends, chat and help your fitness regime. The whole day costs £6 but if you have an Energy discount card the cost comes down to £3. Amenities are also being improved at Southgate pool which hopes to have a new cafeteria up and running by August.

And it is better still if you are a Forum member with a direct debit account outlined above - the day is FREE! To get this special rate you must first contact the Leisure Centres sales office on 920 8245 5191.

Free swimming is on its way While the Government has announced that it will fund free swimming for the over 60s from next April, we've no doubt that there are a number of questions to be answered about how the scheme will be funded before the free swim policy operates.

The Government's increased financial contribution of some £80 million to encourage over 60s swimming as a physical activity and health benefit will in part filter down to our leisure centres. No doubt this will be very welcome and we will expect to be involved in any consultations about how the scheme will work in Enfield.



ENFIELD BOROUGH OVER 50s FORUM

www.enfieldover50sforum.org.uk

Membership Application Form

Surname	
First Name(s)	
Organisation*	
Address	
Post Code	
Phone Number	
Email	

* Not applicable if joining as an individual or a couple.

(I/We/My Club) wish(es) to apply for membership of the Enfield Borough Over 50s Forum. Enclosed is a payment of (£6.00 individual membership; £9.00 for couples; £15.00 for Clubs). Cheques should be made payable to **Enfield Borough Over 50s Forum**. (Delete as appropriate). We invite members to register for two years at twice the above rates as this cuts down the administration burden. **Life membership is on offer at £100, £150 and £250** respectively for single, joint and club subscriptions.

How did you hear about the Forum or who introduced you?

Do you use Enfield Leisure Centres (*yes/no*) in which your membership card will be sent out asap.

The Forum encourages members to come forward and help in its administration, stuffing of envelopes, running of events, serving on sub-committees, representing the Forum on external bodies, advising and researching special interest areas, etc.. If you are interested in supporting us in this way please tick this box.

Also please indicate below if you have any special skills you are willing to use to support the Forum.

Donations

I am making the following donation to the Forum £..... to help defray running costs of the Forum. As a registered charity the Forum can collect gift aid on donations made. If you pay tax and have made a donation do you give us your permission to apply for gift aid on any donation made by you to the Forum (Yes/NO)

Signed

Please return this form to **Joyce Pullen, Membership Secretary, Enfield Borough Over 50s Forum, Salisbury House, Bury Street West, N9 9LA, or hand in at a Forum Meeting.** Please note that receipt of the bimonthly newsletter and membership card will indicate your subscription has been received and processed.

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Contact: Olivia Goodfellow, development Officer (Between 9-5pm)

Telephone: 020 8447 8841. **E-mail:** olivia.g@virgin.net