

Swim cut is short sighted

The Government's decision to end abruptly its contribution to free swimming for the over 60s and under-16s at the end of July - eight months earlier than planned under the scheme introduced by the last government - will prove to be short sighted if, as expected, it leads to people dropping the health-improving exercise and risks placing a heavier burden on the NHS.

Here in Enfield we are told that we have the third highest prevalence of obesity in London. At the same time we know that the over 60s alone took part in more than 46,000 swimming sessions during the year to the end of March 2010 - 25,170 by men and 21,160 by ladies.

The withdrawal of the government grant to cover these swims - now £3.80 per session - will mean a hefty challenge faces both Fusion Lifestyle, the new leisure centres management from July 1, and LBE.

We have been talking with LBE officials about the possibility of the council picking up the bill at least until next Year. If the Forum is successful in retaining the free swim concession until March 2011, it is likely to apply only to Enfield residents.

We do not know what the new council administration had in mind when it said in its manifesto that "*many of Enfield's leisure facilities are too expensive for some residents. Labour will introduce a pricing policy suitable for all users.*" Of course, after the June 22 budget and the threat of a 25% fall in local authority spending all this may be on hold.

The Forum has consistently argued that if exercise after retirement can prolong one's life and delay our entry into the clutches of the NHS, then we should do everything we can to encourage people to participate in some 30 minutes of moderate exercise, five days a week.

As a result we now have 437 Forum members signed up with the leisure centres with monthly or annual direct debits, using the gym, swimming, steam and sauna or going to a range of fitness classes.

And we hope that between the council and Fusion everything possible will be done to increase that number - despite the government claiming that the free swim scheme was not value for money, had not increased physical activity and that 83% of people using the scheme would have gone swimming anyway.

Future FORUM Events

FORUM MEETING at the Civic Centre, Silver Street
Tuesday 27 July 10.15am for 10.30am start
Emeritus Professor Richard Moody, Kingston University talks about "*Libya: Oil, Olive Oil and the Romans*".

FORUM MEETING at the Civic Centre, Silver Street
Friday 26 August 10.15am for 10.30am start
Claude Moraes, Member of the European Parliament discusses "*Europe and older people*". **NOTE this meeting replaces the Millfield House meeting for August.**

FORUM MEETING at the Civic Centre, Silver Street
Tuesday 31 August 10.15am for 10.30am start
Journalist Halina Watts talks about "*Argentina, its hidden cities and the disappeared*".

Make a note in your diary - NOW!

Skinnners Court (1 Pellipar Close, Fox Lane)
Tuesday 20 July 2010 10.15am for 10.30am start
"Almost an Oscar, 1930s to 1950s Cinema"

Forum member, Norman Last will give an entertaining and enlightening talk about the movies, its stars and associated memorabilia.

Skinnners Court (1 Pellipar Close, Fox Lane)
Tuesday 17 August 10.15am for 10.30am start
Solicitor Michael Stennet talks to the Forum about "*Deprivation of liberty and long term care.*"

Millfield House
Thursday 1 July 2010 10.15am for 10.30am start
Karl Rosenberg of BMI, talks about "*Bones, balance, exercise and physiotherapy*"

Millfield House
Thursday 9 September 10.15am for 10.30am start
Sally Ainsworth and Mary Rose of the Nightingale Trust, talk about "*Living longer implications for services and hospice support provided in Enfield*".

Tea treat for Elders friendship day

The Forum organised a most successful afternoon cruise on the River Lea at Broxbourne, enabling less mobile and often lonely elders in the borough to leave their homes and enjoy a fun and safe time with their peers.

It was so successful that one lady of 92, who asked social secretary Roddy Beare if she could bring her daughter, aged 63, subsequently joined the Forum - as joint life members! So a big welcome to Lesley Birkett and her mother Alice. Praising the Forum for a lovely day, they want thanks to go to Irene Richards for a safe journey escorting them there and back.

Volunteer drivers collected the 25 Enfield elders - nine of them from the Rushleigh House residential home in Edmonton - and took them to Broxbourne, where they boarded the boat for the cruise and a delicious afternoon cream tea.

The trip (on Wednesday 5 May) was funded by the Forum from donations it received for the specific purpose of organising this special day out. So as well as arranging social activities for its members, it held this special Friendship Day to reach out to the more frail, vulnerable and sometimes housebound elders in the Enfield community.

"We've been urged to do this more often", said Roddy, "but that depends on raising more money for the purpose. Certainly everyone had a lovely time including a "cruising down the river" sing-along. Afternoon tea was delicious. The Elders really appreciated the opportunity to get out of their home and asked us to organise more breaks from their quite lonely routine," he added.

St Paul's Centre, Enfield Town seeks a volunteer treasurer or accountant/book keeper

St Paul's Centre, the meeting place for a variety of local groups, is run by the Enfield and Forty Hill Churches Local Ecumenical Partnership. A new volunteer is needed as soon as possible to handle the finances, involving three part time paid employees and various lettings.

The minimum qualification would be a knowledge of bank procedures and simple bookkeeping. Computer skills, payroll knowledge and general financial know-how in a Christian environment would be an advantage. Most of this work could take as little as two hours per week and can be done at home. The various tasks could be shared if necessary. Introductory training will be provided.

If you are interested in joining our friendly management team helping this worthwhile project, please contact Keith Baker, on 020 8292 7680 or email keithatpeartree@tinyworld.co.uk

Quick step your way to health

Do you know that dancing can burn off 400 calories an hour? For older people, dancing can improve balance, strengthen your bones and muscles and reduce the risk of falls. It can help your social life, giving you better self-esteem and a more positive outlook on life. But, if you have a medical condition then please check with your doctor before starting to dance as a new activity. If you are looking for an ideal way to keep fit

Try English Country Barn Dancing

at Southbury Leisure Centre from 2 - 4pm. Adm. £2
First Wednesday in the month - 7 July, 4 August, 1 Sept.
No special gear - no strictly come dancing skills!

Our caller is Forum member & gold badge holder
Cyril Jones: details on 020 8360 1968.

Demetri St. Andrew



Stunned and shocked by the sudden passing of the Forum's highly esteemed and respected committee member, Demetrios St Andrew, many members led by our Chair, Irene Richards and secretary, Tony Watts were among the mourners at the funeral service celebrating his life and the cremation that followed

on 14 June.

Among those present were representatives of the many organisations on whose committees Demetri served so diligently, including, NHS Enfield and the police, whose contingent was led by borough commander, David Tucker.

Demetri was indeed attending one such meeting with the police and local residents when he suffered a stroke on the eve of his 69th birthday, from which he never recovered consciousness and passed away some 72 hours later at University College London Hospital (UCLH).

The tragedy for Mary, his wife, son George and their many friends - which the Forum shares so deeply - is that Demetri, having achieved much in his 30 years' work with UCLH had so much more to give to the community. Indeed, he was, I feel, just getting into his stride on so many fronts such as campaigning to re-route the 318 bus so that it served Winchmore Hill and Grange Park residents and the North Middlesex Hospital. We owe it to Demetri's memory to continue that battle with Transport for London.

I, more than most people, know how he pressed and badgered the local NHS on a variety of issues, seeking always to make them more accountable to the public they served. He gave notice at the last NHS board meeting in May we attended together, that he wanted time to question its members in public and he wanted to ensure that the views of patient representatives - of whom he was one - penetrated to those at the top of the local NHS.

Even though he had just one lung, Demetri was always questioning how we could improve the lives of others, never thinking just of himself. He would attend meetings - often with Mary - to gather information ranging from local dental care facilities to understanding the world trends in ageing which, when so often he combined, made him a brave and confident spokesman for the Forum.

I saw how often Demetri refused to accept incompetence by officialdom. He could be so tenacious in refusing to let a matter rest until he was satisfied that something would be done in the way of providing better services to both older people and the wider community.

But as well as his serious side, Demetri had a fund of jokes and stories - some of them reproduced in this Newsletter - as a reminder of what a fine all-round man Demetri was. Kind, and sincere, we are proud that he recognised the value of the Forum and chose to work with us for the common good. His greatest wish was to see the Forum committee strengthened with new blood and that is what those of us who are left must seek to achieve in honouring the memory of Demetri St Andrew.

Monty Meth

Always look on the bright side

Our sadly departed friend Demetri St Andrew was a man of many parts and not least was his quiet sense of humour, and so below we print his last offering to Newsletter readers as a further tribute to a great advocate and champion of older people.

What's in a name

A very attractive lady takes the last seat on an aircraft from New York to London. Sitting next to a delighted young man they soon engage in conversation. She is coming to a European convention to present the results of a study on European men. According to her research, Italian men are the most romantic, Greek men are the best in bed and Irish men are the most gentle and generous.

"Very interesting", says the man. "I should have introduced myself. My name is Giuseppe, Giuseppe Papadopoulos. But those who know me call me Paddy".

Italian Secret to a Long Marriage

At St. Peter's Catholic Church in Boston, they have a weekly husband's marriage seminar. At a recent session, the priest asked Giuseppe, who was approaching his 50th wedding anniversary, to take a few minutes and share some thoughts on how he had managed to stay married to the same woman all these years.

Giuseppe replied to the assembled husbands: *'Wella, I've tried to treat her nicea, spenda da money on her, but besta of all is, I tooka her to Italy for the 25th anniversary!'*

The priest replied: *'Giuseppe, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your 50th anniversary?'*

Giuseppe proudly replied, *"I'ma gonna go picka her up."*

This is Demetri's five minute management course

Lesson 1

A sales rep, an administration clerk, and the manager are walking to lunch when they find an antique oil lamp. They rub it and a Genie comes out.

The Genie says, *'I'll give each of you just one wish.'*

'Me first! Me first!' says the admin clerk. *'I want to be in the Bahamas, driving a speedboat, without a care in the world.'* Puff! She's gone.

'Me next! Me next!' says the sales rep. *'I want to be in Hawaii, relaxing on the beach with my personal masseuse, an endless supply of Pina Coladas and the love of my life.'*

Puff! He's gone.

'OK, you're up,' the Genie says to the manager.

The manager says, *'I want those two back in the office after lunch.'*

Moral of the story:

Always let your boss have the first say.

Lesson 2

An eagle was sitting on a tree resting, doing nothing. A small rabbit saw the eagle and asked him, *'Can I also sit like you and do nothing?'*

The eagle answered: *'Sure, why not.'*

So, the rabbit sat on the ground below the eagle and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it.

Moral of the story:

To be sitting and doing nothing, you must be sitting very, very high up.

Lesson 3

A turkey was chatting with a bull. *'I would love to be able to get to the top of that tree,'* sighed the turkey, *'but I haven't got the energy.'*

'Well, why don't you nibble on some of my droppings?' replied the bull. *'They're packed with nutrients.'*

The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree. The next day, after eating some more dung, he reached the second branch. Finally after a fourth night, the turkey was proudly perched at the top of the tree.

He was promptly spotted by a farmer, who shot him out of the tree.

Moral of the story:

Bull Shit might get you to the top, but it won't keep you there...

307 bus delayed again



We were obviously too quick off the mark in the last Newsletter in believing Transport for London's promise that a design and work schedule had been prepared so that the 307 bus would be rerouted from October to go from Brimsdown right into Barnet Hospital.

TfL now say they've been through the technical drawings and history to extend the 307 to the hospital. There is still a will to do it, they say, but they've now found a highway safety issue which has added to the cost and this has delayed the work.

What it boils down to is a lack of space for the 263 and 307 to safely drop-off, wait and pick-up passengers if two buses arrive at once at the single stop in the hospital's grounds. "The expensive option is to re-design the island so that two stops can be accommodated in the main road.

"There could be a cheaper alternative but that needs to be agreed with the highway authority and the search to find a cheaper way of doing it will now be prioritised. So the timetable has been delayed but if we can reduce the costs it will be brought back into the programme," say TfL.

Bush Hill Park Festival

Sat 7th August

The Friends of Bush Hill Park are organising a free festival in Bush Hill Park on Saturday, 7th August.

There will be a covered stage for music and performance, and marquees devoted to arts and crafts, photography, poetry, etc., so make a note in your diary.

Smoking ban cuts heart attacks

First the bad news. Each year about 275,000 people in the UK suffer a heart attack, or myocardial infarction. Every six minutes someone in the UK dies from a heart attack - about 45,000 people each year, usually before they reach hospital.

Now the good news. The survival rate in hospital from a heart attack is 85% and has never been better thanks to a radical new approach - primary angioplasty - and the number of people admitted to hospital for heart attacks has dropped by an average rate of 100 a month since the start of the smoking ban in England in July 2007. This reduction in emergency admissions saved the NHS an estimated £8.4 million.

Health experts said these findings, published in the British Medical Journal, clearly demonstrated the effectiveness of the anti-smoking legislation in public places and work situations introduced by the last government. However, the smoking ban may not be the whole story as the withdrawal of many foods containing hydrogenated fats may also have played its part.

Because one fifth of all adults in England still smoke, despite the overwhelming evidence of the damage caused to their personal health - and the damage caused to others by second-hand smoke - the message against the dreaded weed still has to be conveyed to young people - especially young ladies - and those ethnic communities where it is part and parcel of their daily culture.

Good news is that NHS Enfield is ahead of most areas and ahead of its target in getting people to quit smoking. In the first quarter of 2008/09 some 1,050 people in the borough joined the quit smoking scheme.

Act fast for treatment

About ten years ago UK doctors began using angioplasty - an inflatable balloon used to stretch the narrowed section of the coronary arteries. It is relatively simple compared with bypass surgery. Ideally, primary angioplasty should be done within 150 minutes of the onset of chest pains. That is 90 minutes longer than the usual window for treatment with clot busting drugs.

The latest figures for primary angioplasty in England show that the service is best in London where paramedics now routinely bypass A&E departments when they pick up a confirmed heart attack patient and take him or her straight to a unit offering primary angioplasty such as the London Chest Hospital where the average waiting time between arrival in an ambulance and the patient being ready for the procedure is just 15 minutes.

But the system depends on people calling for help quickly. **"Ten minutes in an ambulance and 16 minutes of 'prep time' is nothing if you have spent three hours at home hoping that your chest pains will go away"**, says Dr Mark Porter, writing in The Times.

"So if you develop unexplained chest pain (not your normal indigestion) - particularly if it is severe, travels into your neck or left arm and is accompanied by breathlessness, sweating or feeling sick - dial 999 and let the experts decide," he adds.

Processed foods kill thousands

If major changes were made to processed and convenience foods by cutting the levels of salt and saturated fats, then 20,000 lives could be saved every year from the **"largely avoidable"** death toll of cardiovascular disease, says the National Institute for Health and Clinical Excellence (NICE).

Trans fats, which are classified as toxic, by the World Health Organisation because of the risk of clogged arteries should be eliminated from food altogether, says NICE.

It called for the daily salt intake to be reduced by 3g a day to 6g. Most consumers would not notice any change in taste in bread or chips because their taste buds adapt to the change. Most people only need 1g of salt a day to maintain a healthy heart.

Gardening for a healthy heart

Because we are strong advocates of that old saying: prevention is better than cure, we pass on some wise words from Heart Research UK which spends £1million a year on research and getting people to live healthier lifestyles. And they say that gardening is a great way of exercising to keep your heart healthy. Among the other benefits they list are:

- Gets you out into the daylight and boosts your vitamin D levels
- Gives you a great feeling of achievement
- Could save you money with fresh vegetables and fruit on your doorstep
- Encourages you to eat your five-a-day intake of vitamins, minerals and anti-oxidants
- Use hanging baskets or window boxes to grow strawberries and baby tomatoes
- Grow potatoes in containers

Heart facts to file

- Heart attacks happen when the blood supply to the heart is interrupted
- Blockage of the artery is usually caused by a blood clot (thrombosis)
- Symptoms of a heart attack include chest pains, shortness of breath, nausea, vomiting and palpitations
- Women may experience fewer typical symptoms than men
- Men are three times more likely to have a heart attack than women
- Heart attacks are more likely if your arteries have narrowed with plaque (atherosclerosis)
- Risk factors for heart attacks include smoking, diabetes, blood pressure and a family history of heart disease.

Source: Heart Research UK

Travel jabs on the NHS

Travel health experts advise preparing for a trip four to six weeks before you travel, especially if you need vaccinations to protect you against many travel-related infections.

Contact your GP as not all travel vaccinations are available free on the NHS, even if they're recommended for travel to a certain area. As a general rule, the following travel jabs are usually free: Tetanus, diphtheria and polio booster, typhoid, hepatitis A and some combined vaccines, such as combined hepatitis A and B, and cholera.

You almost certainly have to pay for vaccinations against meningococcal meningitis, hepatitis B, yellow fever, rabies, tuberculosis, Japanese encephalitis and tick-borne encephalitis, regardless of whether you have the vaccinations at your GP surgery or at a private travel clinic



STOP!

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Barndoc: the GP out-of-hours service

A recent Skinners Court Forum meeting heard some welcome and reassuring news from Alan Franey, the chief executive of Barndoc, a not-for-profit organisation owned by local GPs to provide an out-of-hours service for Enfield patients.

Although the new coalition government says it wants to renegotiate the 2004 contract with GPs, under which surgeries no longer had to provide a 24x7 service, there seems little chance that the powerful BMA will agree to turn the clock back and make your surgery again responsible round the clock.

So it is important that we have confidence in the out-of-hours service currently available through Barndoc, to which some 90% of GP surgeries in Enfield are linked. We think you should check whether your surgery is a Barndoc affiliate and if it isn't then ask and get the details of your provider because clearly we never know when we may need some help.

For Barndoc-affiliated surgeries it was good to hear that they have 70 mainly local GPs, 60 nurses and 30 call handlers for emergencies - and they never use foreign doctors such as the horrendous case of a German GP who accidentally killed one of his patients with a lethal dose of painkillers while working as a locum in the UK. Last year, Barndoc had some 110,000 calls from Barnet and Enfield patients and approximately one third of them came from patients over 50.

Barndoc uses a triage system, meaning you first speak to a call handler and then, if necessary to a nurse or doctor who may be based in either Chase Farm or Finchley Memorial Hospital should you need to make a visit - or in 2,400 cases last year the doctor made a home visit to Enfield patients. The Forum is checking why North Middlesex Hospital is not a Barndoc base hospital to cater for patients in the Edmonton area, but the answer may be that they have the most modern A&E and urgent care centres in the borough.

Importantly, Mr Franey said that patients who needed to see a doctor would normally do so within three hours. He personally checks daily all performance aspects of the Barndoc service.

Barndoc operates from 6.30pm - 8am every weekday and for 24 hours at weekends and bank holidays. Patients registered at surgeries in the Barndoc scheme and needing medical help during those hours should ring 03000 333 777.

Dementia rises

A new Oxford University study claims there are now an estimated 822,000 dementia sufferers in the UK - 100,000 more than previously thought - and they warn the numbers could reach over a million in the next 15 years. Although there is no known cure the researchers say that looking after the body, avoiding obesity can cut the risk by 20%. The cost of dementia to the economy is an estimated £23 billion a year.

This figure is made up by £9 billion in social care costs, £12 billion in unpaid care and £1.2 billion in health care bills. Each dementia patient costs the economy £27,647 a year, nearly five times as much as a cancer patient and eight times as much as someone suffering from heart disease.

Yet for every £1 spent on dementia research, £12 is spent on cancer and £3 on heart disease.

The Alzheimer's Research Trust argues that if we spent more on dementia research now it would save crippling multi-billion pound health care bills in the future.

Inhealth is not so healthy

Forum members with hearing difficulties have been asking why they are being sent by their GPs to the private for-profit InHealth Portacabin in the grounds of Chase Farm Hospital, rather than to the NHS audiology unit inside the hospital itself. The short answer is that NHS London - on the last government's orders no doubt - signed a five year contract with InHealth to carry out a certain number of tests.

No details of the contract have been published and we can't find out the facts. All we do know is that without much, if any, consultation, NHS Enfield was told to use the service and InHealth is quietly boasting that within ten years it aims to be the major provider of audiology services to the NHS.

So is this creeping privatisation of the NHS good for people needing a hearing test? Here is what Forum member **Bridget Caswell** told us. Having recently had a hip replacement operation, she had to go up and down slippery steep steps on a rainy day where a staff member warned that the bottom step was dangerous. **"Inside the Portacabin I found a tiny waiting room and the room where the hearing test was performed was no bigger than a cubby hole."**

"Moulds were placed in my ears to be sent off to decide which aids I needed. I was not impressed by the whole business and decided not to return". Bridget then went to **"the proper audiology department at Chase Farm and I now have two hearing aids that work well - accomplished without the need to use moulds, everything was worked out on a computer."**

Another Forum member told us she went to InHealth thinking the NHS unit at the hospital had closed down. Her GP never gave her a choice of which service to use and she is very dissatisfied with the hearing aids - which she finds hard to fit - given to her by InHealth.

Another Forum member, **Dennis Coombe** says he paid £4,000 for a hearing aid to a firm in Golders Green which was no good. So he went back and paid another £400 and they were still inefficient. Now he has NHS hearing aids which are good and he is still trying to get his money back from the hearing aid dispenser.

On the other hand, two Forum members, retired SRN Olive Ayres and Madelaine O'Mahoney, both wrote to us singing the praises of the Chase Farm audiology unit. Madelaine said that she had an appointment a few days after the GP referral. **"I was fitted on the spot with two hearing aids tuned to my hearing defects. All that complexly free of charge and I am delighted. Thank you for giving me a chance to say how pleased I am."**

So we repeat our previous message. Ignore all the press adverts and phoney offers. Insist that your GP refers you to the NHS audiology unit at Chase Farm where you will get the latest digital aid within two to five weeks of being tested.

If we don't fight to retain this NHS service we may wake up one day and find that InHealth has indeed become the main provider of hearing aids, as the government decides that it doesn't need to provide certain public services at all.

Published by Enfield Borough Over 50s Forum.

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Council and Government - it's all change

"I want to make sure that my government always looks after the elderly, the frail and the poorest in our country"

- David Cameron, speaking in Downing Street, May 11 2010 on becoming Prime Minister.

"Those in greatest need ultimately bear the burden of paying off the debt" Bob Neil, parliamentary under-secretary of state Communities and Local Government.

Now that we have a new Labour administration in Enfield and a new Conservative-Liberal coalition government, with two Conservatives and one Labour MP representing the three constituencies covering the Borough, it means the Forum will have new policies and new challenges to contend with.

Locally, on matters concerning Forum members the council says they will:

- *Not increase council tax in 2011/12.*
- *Offer a rebate of £100 council tax for low-income pensioner households who are not eligible for council tax rebates because of their assets.*
- *Give pensioner discounts on CPZ parking permits.*
- *Allocate an average £100,000 to each ward each year which residents will decide how to spend.*
- *Introduce a pricing policy at the leisure centres suitable for all users.*

The Forum will want to have its say on the implementation of these policies and we have already asked Council leader Doug Taylor to appoint a new Older People's Champion in succession to retiring councillor John Boast. And we hope the Conservative opposition will also appoint an Older People's Champion with whom we can liaise.

The LibCon coalition government programme has said it will:

- *Raise the basic state pension annually by the higher of either price inflation, earnings or 2.5% from April 2011.*
- *Bring forward the state pension retirement age to 66 by 2016 for men, 2020 for women.*
- *Freeze council tax for one year.*
- *Maintain the current winter fuel allowance, free TV licences at 75, free bus services in England, free eye tests and prescriptions.*
- *Help elderly people live at home for longer through home adaptations and community support programmes.*
- *Prioritise dementia research within the health research and development budget.*
- *Increase the personal allowance for income tax to £10,000 - a long-term objective*

However, the promises and pledges made during the general election campaign to introduce a new system of social and long-term care in Britain has been put on the back burner. While the coalition's programme for government says it understands the urgency of reforming the system of social care it goes on to say:

"We will establish a commission on long-term care, to report within a year. The commission will consider a range of ideas, including both a voluntary insurance scheme to protect the assets of those who go into residential care, and a partnership scheme."

So there's clearly going to be a lot more talking and little if anything at all in the way of immediate reform of a system that the experts feel is already in crisis, because so many people have to sell their home to pay care bills.

Meanwhile, the coalition government says it wants to extend the greater roll-out of personal budgets to give people and their carers more control and purchasing power. And it is abandoning the last government's plan to introduce free social care for the poorest pensioners.

Enfield feels the pinch

Hanging over all our thinking and planning for the future is the threat, indeed the promise, of big cuts in grants and funding from the government to local councils, in which inevitably Enfield will feel the pinch.

The coalition's programme for government explicitly states that the deficit reduction programme takes precedence over any of the other measures in their agreement. And we've already been told that £1.6 billion of funding to local authorities has been cut of which £3.6 million due to be paid to the Enfield Strategic Partnership has been withdrawn.

The Government Office for London which had a major responsibility for the local partnership operation has been told to close down which is ominous for future funding for local activities. How this "blitz" fits with all the pre-election guff about creating the "Big Society" with more power for the voluntary sector and more influence for ordinary people remains to be seen.

Ministers say "We're all in this together" - but are we?

1. Mothercare chief receives £6.5 million

Ben Gordon, the chief executive of Mothercare, the maternity and babywear retailer, saw his total remuneration increase to £6.5 million last year from £1.4 million the year before as a management incentive scheme vested.

Mr Gordon's £600,000 basic salary was boosted to the tune of £5.6 million by the Executive Incentive Plan finishing its cycle. The executive has been credited with turning the company around since he joined the struggling chain in 2002. He also received a performance bonus of £224,000. - *Daily Telegraph 10 June 2010*

2. But Sir Stuart's pay rose by 44%

Sir Stuart Rose received a pay rise of 44% in his last year in charge

of Marks and Spencer. The executive chairman earned £2.6 million, including £1.4 million in bonuses and cash allowances. After deferred shares are included his pay rose to £4.3 million - *The Times 11 June 2010.*

3. Top bosses' pay bounces back

Executive pay bonuses paid to bosses at Britain's biggest companies have bounced back much more strongly than expected, research shows. Average cash bonuses paid to FTSE 100 executive directors surged by 22.5% in the six months to January, according to Income Data Services. The average bonus was £559,000 compared with £456,000 in the corresponding period a year earlier - during the heart of the financial and economic crisis - *The Times 17 June 2010.*

Pensions: lost and found (out)

“With this coalition government, pensioners will have the income to live with dignity in retirement” - Chancellor George Osborne.

In his budget speech on June 22, **Mr Osborne** said the move to **“triple lock”** retirement pensions - the rise will in future be whichever is highest - prices, earnings or a straight 2.5% - will provide **“lasting help for pensioners”**.

However, with wage increases being pegged right across the public and private sectors for the immediate future, it is hard to see the promise to restore the link between pensions and earnings making much difference to the level of state pensions for many years to come.

It would be more meaningful if the Conservative members of the coalition Cabinet acknowledged that it was their predecessors under Mrs Thatcher who ended the link and so offered a one-off increase to close the gap between the £97.65 full weekly state retirement pension today and the £161.30 it would be if the link had not ended in 1980 - a loss of £66 a week!

The level of pension increase due in April 2011 will rely on price inflation registered in September 2010, but it will be the last to be based on the retail prices index (RPI). Thanks to The Times we now know that a “stealth tax switch in prices index will rob pensions and benefits.”

It went on to say that the Treasury has traditionally used RPI to set rises in pensions, but from April next year it will use the Consumer Prices Index (CPI). Why the change? Well, the RPI figure in June was 5.1% while CPI was 3.4%. In fact, CPI has only been higher than RPI three times in the last twenty years. Over the next five years the Treasury estimates that by switching to CPI it will save £13 billion and that is £13 billion in lost pensions and benefits.

It seems to have taken the Whitehall whizz kids a long time to discover that CPI is more meaningful than RPI because it excludes such fast-rising items in the cost of living as housing. Pensioners tend to own their own homes outright and so were indifferent to rises in mortgage interest payments, which is counted in RPI but not CPI, says the Treasury.

Interesting how this sleight of hand switch is made without consultation with representatives of 11 million pensioners, but clearly using the lower cost CPI to calculate inflation - proofing is being done not to give “lasting help to pensioners,” but to cut the financial deficit caused by international bankers.

The Forum will be participating in the National Pensioners Convention lobby of MPs on Wednesday 27 October and we are asking David Burrowes, Nick De Bois and Andy Love to meet us at Portcullis House on that day, by which time we expect to be in a position to assess the impact of these cuts. Please inform the Forum office if you would like to join our deputation.

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www.north-london-osteopaths.co.uk

Partnership working works !

The fifth borough-wide conference of older people, held early last month, discussed ideas drawn up by five workshops which will be fed into the second strategic plan from 2010-2015. - and we hope this will be presented at a further conference timed to coincide with **the International Day of Older People on 1 October 2010.**

Ray James, LBE director of health and adult social care, told the conference that the first strategic plan - in which the Forum had a major role in formulating - had led to the Enfield Strategic Partnership establishing the Older People's Board which gives them a permanent voice at the highest levels of local government.

Results of this increased level of partnership working between older people and the statutory services such as the NHS could be seen in the work on falls prevention, the additional investment in repairing pavements, the community toilet scheme - all actively campaigned for by the Over 50s Forum - and the increased focus on healthy living and preventative activity.

A new post of assistant director for older people and carers had been created and following the appointment of **Grainne Siggins** nearly 10% less people were now living in residential care, the number of people helped to live at home was up by over 85% and there were now 839 people accessing their own home care services through personal budgets, compared with 35 in April 2005.

Mr James said that older people were now more directly represented and were more influential and listened to and he was confident this would continue with the appointment of **Don McGowan as the Cabinet member for Older People and Adult Social Care under the new LBE administration.**

Grainne Siggins said that while she aimed to reach a 30% target for people on individual budgets by next March, a good care system also meant they had to consider matters such as transport, housing and leisure amenities for older people using care services. **“Keeping people independent meant that they had to have a lifestyle that they want and felt comfortable with.”**

Chairing the conference, **Monty Meth** said: **“Looking back to the first older people's conference I chaired in 2006 I can truthfully say that I no longer feel we are outlaws banging at the door demanding to be heard and listened to. I can never remember a time when the problems of older people were so high on the national and local government agenda.**

“At long last everyone recognises we are living in an ageing society - not just in this country - but across the world. Our task today is to make sure that it remains high up on the agenda of our decision-makers, despite the threat, even the promise, of big cuts in grants and funding - already we are told that £362 million is to be cut in grants to local authorities”.

Forum secretary Tony Watts, who is also co-chair of the Enfield Older People's Board, said that numerous studies showed that by keeping older people involved, fit and focused on healthier lifestyles we could prevent or delay the need for high intensity hospital or residential care. He believed that by investing in such programmes we could reduce the onset of chronic illnesses for many older people.

With better partnership working concentrating on prevention rather than cure, we could reduce the inappropriate use of hospital services and beds, improve GP services and introduce new active ageing initiatives in Enfield that would make a positive contribution to improving the lives of older people.

One recurring theme throughout the conference was the important and urgent need to impress on the new LBE administration for a one-stop shop where information and advice on social care, entitlements and community support programmes were available.

Contacts for social calendar bookings:**Polly Lawman:** 020 8807 2076 - Forum Officeemail: info@enfieldover50sforum.org.uk**Roddy Beare:** 020 8292 4324, 18 Lucerne Close, N13 4QJ**Roy Barrows:** 020 8360 8561, 72 Broadfields, N21 1AHemail: roycar1939@btinternet.com**Olivia Goodfellow:** 8447 8841 email: olivia.harrod@virginmedia.com

harrod@virginmedia.com

Jean Mittins: 020 8367 2102 email: mercia211@talktalk.net**Jacky Pearce:** 020 8482 3575 jackypearce@blueyonder.co.uk**Sue Scott:** 020 8368 0861 e-mail scotsf48@hotmail.com**Bill Thear:** 020 8363 9216 46 St George's Rd, EN1 4TXemail: thear_242@hotmail.com

Please make cheques payable to:

Enfield Borough Over 50s Forum
and enclose a SAE and your phone number.

Why get fit to fight falls?

Get fit 2 fight falls was the theme of last month's message and highly successful event at Southbury Leisure Centre, when the Forum and NHS Enfield laid on a programme of information, advice and physical activity for nearly 200 people - thanks to a lot of hard work put in by our development officer Polly and her team of volunteers, and by Michelle, Julie and others from NHS Enfield.

Our local event was part of a national falls awareness week where the emphasis was on the need to keep active and independent.

One test is whether you have the power and strength in your arms and legs to raise yourself from a chair unaided. Have you both the balance and stamina to go walking?

This is important for your quality of life, but also because we know that falls by elderly people is costing the NHS up to £4.5 million a day as up to one in three people aged 65 and over fall each year. Falls are a major cause of injury and death among the over 70s and account for more than 50% of hospital admissions for accidental injury. So we want to encourage more people to exercise regularly to reduce the risk of falling.

Figures we've obtained locally reveal that the total cost to NHS Enfield of admissions to hospitals arising from people falling at home or in the street was more than £3 million last year. In total, 918 residents aged 50 and over were admitted to hospital in 2008/09 and that was an increase from 850 in 2007/08. The number of women having a fall is double that of men.

In addition, over 900 emergency admissions were recorded in 2008/09, up from 890 in 2006/07 and about one fifth of patients seen at the North Middlesex A&E department had hip, upper limb or other fractures. Over 700 of the 900 A & E admissions were aged over 70 including 190 in the 90 plus age group.

NHS Enfield now has a falls and bone health committee on which the Forum is represented and one of its objectives is to ensure that best practice is followed at Barnet and Chase Farm and North Middlesex hospitals. The average length of staying in hospital after a fall is 18 days at Chase Farm, 15 days in North Mid and 12 days nationally.

One idea is that the NHS should employ a fracture specialist nurse to liaise between local hospitals and see if cooperation between them and social service workers can be improved. The Forum's participation in the committee is aimed at reducing the risk of falls, both in the home and outside in public areas.

DRIVERS WANTED!

Could you give a fellow 'oldie' a lift? The Forum needs people who can drive a mini-bus to come forward. If you have the appropriate license and a few hours to spare please contact Roddy or Polly for more details.

Forum social calendar

Thu 19 Aug – Day trip to Eastbourne. The Forum party will be met by former Enfield resident Gwynne Pickering who will lead a guided walk – we will meet members of the Eastbourne Elders Group for a chat about our mutual interests – or you can wonder off as long as you return by 4.30pm for our journey home. Departure from the Civic Centre, Enfield: meet at 9.15 to leave at 9.30am. Return approximately 6.45pm. Travel by luxury coach with toilet facilities. Cost: £24pp including lunch at the luxurious Hydro hotel or £15 for return trip only. **Contact: Polly**

Mon 23 Aug – Four-course lunch £8.50 (includes entrance fee). Everyone on holiday – fancy a chat and a delicious lunch? Come and serve yourself and then go back for more (if you can manage it) to a varied selection of starters/sweets with three main courses to choose from, followed by cheese & biscuits. Coffee & licenced bar available. Meet at 12.15 for 12.30ish start. North Enfield Conservative Club, Baker St, Enfield (near the Hop Poles pub.) Buses: W9, W9, 191 or 15' walk from Enfield Town. **Contact: Jacky Pearce**

Wed 15 Sep 10 – Coach trip to Winchester. There are few places still left. Join us for a wonderful step back in time to the original capital of Wessex home to the round table and many more treasures. The £25 cost includes a guided tour of Winchester Cathedral and College, the oldest boy's school in England. **Contact: Olivia**

Thu 14 Oct – Theatre outing to see War Horse. Although all 30 tickets have been booked I may be able to get a few extra depending on availability. So if you've been undecided but now wish to come **call Olivia**. Group ticket price: £35

Mon 6 Dec – Traditional Christmas Buffet Lunch 12.30 – 3.30pm. Join the Forum for a festive Christmas lunch with all the trimmings! After lunch DJ Danny is guaranteed to get you on the dance floor. North Enfield Conservative Club, Baker Street, Enfield. Tickets cost £15 & are available from **Roddy Beare**.

Tue 7 Dec – Christmas Disco Evening 7.30 – 10.30pm at the North Enfield Conservative Club. Ticket prices remain at 2009 price of £15 and include wonderful music and a sumptuous cold buffet. Tickets sold out quickly last year so don't delay-book today. **Contact: Olivia**

26 August 2011 – 5-day Germany walking holiday – following our disappointment at being too slow to book for this exceptionally popular holiday for this summer, we are delighted to announce that we have first pickings for next summer. This is an easy walking trip suitable for most abilities in a stunning part of the Ahr Valley. For full details and a booking form **contact Olivia**.

Petanque at Botany Bay – If anyone is interested in playing Petanque with the lovely people at the Botany Bay Petanque Club – please contact me so we can arrange a visit one Sunday morning between 11am and 1pm. It is very similar to Boules and easy to learn. All details re: membership and meeting times and dates available but come along and see if you like it. All age groups are welcome. **Contact: Sue Scott**.

***All cheques should be made payable to:
Enfield Borough Over 50s Forum**

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.

Freedom Pass and winter fuel payments - qualifying age delayed

We've mentioned before that the last government planned to raise the state retirement pension age for women in stages from 60 to 65 to equalise it with men by April 2016. Closing this gap month by month has already started - and it is being replicated by London councils in the distribution of the Freedom Pass. The government is also changing the qualifying month for winter fuel payments to July for people reaching the age of 60, instead of the third week in September being the eligible date.

Everyone whose 60th birthday falls between 6 April 2010 and 5 April 2015 is affected by these changes. If you were born on or before 5 April 1950 and you live in a London borough then you should have already renewed and received your Freedom Pass. If, however, you were born on or after 6 April 1950 then you need to check when you will become eligible to receive the Pass by logging on to londoncouncils.gov.uk/freedomPass/older/default where the precise eligibility dates are listed.

For example, if you were born between 6 August and 5 September 1950 you become eligible for the Freedom Pass on 6 January 2011. If you will be celebrating your 60th birthday between 6 September and 5 October 2010, then you'll collect the Freedom Pass on 6 March 2011.

And presumably if the coalition government finally decides to implement the plan to raise the state retirement age to 66 for men in 2016 and for women in 2020, then the Freedom Pass will be further delayed. Certainly the days of picking it up at age 60 are over for both sexes.

To qualify for this coming winter's fuel payment you must be born on or before 5 July 1950 and as the government has pledged to protect the winter fuel payment, so people under 80 can expect £250 and £400 for those born on or before September 26 1930. The qualifying date for winter fuel payments in 2011/12 will be 5 January 1951 and for 2012/13, 5 July 1951.

There is a lot of talk about taxing or means-testing these payments and perhaps that is something for a future budget.

Where there's a will.....

Reports that more than half of UK adults have yet to write a will and that many people always mean to, but never get round to doing it, prompted the Forum to ask Stennett & Stennett, the local firm of solicitors which supports the Forum, to organise a special:

Wills Week

Monday - Friday 2 - 6 August

at the Stennett & Stennett offices in Winchmore Hill Road, Southgate, N14 6PT

Leaving a will is important because if you die without making one you will have no control over how your assets are distributed, potentially leaving them to big inheritance tax charges. And of course, leaving a will should help to avoid any family disputes.

According to the financial advice website unbiased.co.uk 57% of UK adults have no will. Of those who don't, one in ten say the cost is putting them off. Some solicitors charge up to £300 for a basic will for one person, leading some people to go for DIY wills that can be as cheap as £9.95. But this can be a false economy as the slightest error can invalidate the will, leaving relatives with high legal costs.

The usual Stennett & Stennett rate for making a will is £195 plus VAT. Forum members would normally pay £145 plus VAT if they used the voucher printed in our Newsletters.

During the Wills Week they will charge only £99 including VAT for Enfield Over 50s Forum members. This is a reduction on their usual charge of over £100 and will only be made available to members on production of their Forum membership card.

The discount voucher carried in previous newsletters cannot be used together with this specific offer.

Michael Stennett will be at the Civic Centre meeting on Tuesday July 27 to briefly speak about the Wills Week and meanwhile anyone wishing to take advantage of this offer should book an appointment by telephoning: Stennett & Stennett, Solicitors, Independent Financial Advisers and Estate Agents 020 8920 3190.

New Forum evening handicrafts workshop

Forum member John Lombard is in the final stages of securing the use of an evening workshop at Enfield County Upper School, Holly Walk, Enfield Town (opposite the Civic Centre) so that Forum members can make a range of soft furnishings, or in wood and metal for the home and garden.

The type of project that could be undertaken could include; small tables, chairs, cabinets, picture frames, jeweler boxes, plant kneelers, bird tables, garden benches, steps, pet cages etc. Other work for anyone interested is basic jewellery; silver rings, brooches, enamelling.

A wood carving group is currently running and it is expected that it would join forces with this workshop.

The workshop would include; health and safety, basic hand skills, types of joints for wood project, machine safety and construction methods. The materials would have to be supplied by the individual

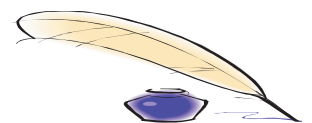
If you are interested in this project, which we expect to start in September, then please contact John Lombard on 020 8367 5921 or E-mail seanlom@yahoo.co.uk



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(Opposite Marks and Spencer)

Polly's patter

I'm delighted to report that we have now filled the vacant administrative assistant's post in the Forum office and I'm sure we'll all give a warm welcome to Mina Shah who started work at the beginning of July – just in time to help with our office move to Salisbury House. We said our goodbyes to Jane Burrows and wish her the best of luck for the future.

We had an absolutely marvellous response for Mina's post - over 60 applicants - so you can imagine how hard it was to sift through all the forms, to shortlist six people, all of them with very good experience and qualifications.

Irene, Tony and Joyce Pullen had the hard task of forming the interviewing panel and Mina was their preferred candidate with the most relevant experience. So a big "thank you" to all candidates for applying (four of the six shortlisted are Forum members) proving yet again that there is a large skill pool available in Enfield.

Which leads me nicely into saying that we still haven't really found a way of tapping into the volunteers who have offered to help the office team to develop the work. My first objective, now that we have Mina on board, is to see if we can open the office longer than just 9.30 -12.30 each day.

Clearly, there are people who want to contact us in the afternoon and unfortunately all they get is the answer machine when they phone - and I don't think that puts us in a very good light when people are seeking information or advice.

So this is the challenge I want to throw out to every volunteer - every member - can you spend two or more hours on a regular day and time each week, so that I can build a rota enabling us to open the office for some time - but regularly - in the afternoons.

I don't want it to sound too onerous, but simply taking messages for Mina and myself to pick up the following morning would be a massive advance and help. And it would show the Forum to be a more efficient organisation to our members and affiliated organisations.

So if you can offer a regular couple of hours on a regular day, please give me a call one morning to 020 8807 2076. Until we get this rota up and running, I do want to thank most sincerely all the volunteers who have been helping to run the office. Their contribution, I can assure you, is both valued and appreciated.

Dial-a-Ride

One of the questions we've been asked is about Dial-a-Ride, who is and isn't eligible to use the service which last year made more than 1.2 million trips with passengers who would otherwise be unable to use public transport.

And that is the key criteria. Dial-a-Ride is a free transport service for people with disabilities who can't use buses, tube or rail network trains. It is run by Transport for London and can be used for all kinds of journeys such as shopping to visiting friends - but it can't be used for hospital appointments, visiting day centres or local council offices or travelling to and from work - as there are other services to do that.

The GLA transport committee has been investigating Dial-a-Ride and we expect its report any day now so I hope it won't be cut like so many other things. If you'd like to call them the number is 020 7309 8900 and they open 9-4 on Monday thru Friday. And by the way, you can take a companion with you as long as they are travelling to the same place.

Polly Lawman, Development officer

Are you still green?

I'm not thinking about gardening green fingers or being green on the environment - or even supporting the Greens at election times. No, what I'm asking you to do is take out and look at your Forum membership card. And if it is green - or any other colour for that matter - then it's time up to pay your Forum subscription. That is unless you are, of course, a life member and in which case you have a white card and are exempt - or the current valid yellow or blue cards for individual members.

I'm told that some people expect to get a renewal notice letter before they send off their subscription, but just imagine what that would involve me in doing, in time, in money, in analysing our big database, running off letters and posting each one individually. I'm very mindful that as well as welcoming new members to the Forum, we have to do everything possible to maintain those that are already members.

So I have to say to all those who have not renewed that they will shortly not be receiving this newsletter and they will not hear of the many activities that we offer. For £6 a year (individual) and £9 (couples) we think it is good value for money - and if you want to avoid paying a small increase payable from April 2011, you can subscribe now for two years and there will be nothing more to

pay until 2012. This will help you and help us in cutting down on administrative time and costs - so please just look at that card and if it is green then just RENEW

Meanwhile I'm pleased to say that we now have 56 affiliates and there's been a steady stream of donations accompanying the many renewals. They vary from £2 upwards to what to us are fairly large amounts, clearly in appreciation of the work we do. I do want to particularly welcome those who have taken out Life Membership - it means so much to us. What is so pleasing is that we have had an increasing number of new members from N18, N9 residents in the east of the borough

Our latest affiliates include the Weir Hall Ratepayers Association, Enfield Light Operatic and Dramatic Society and Gardening Friends, who meet every Thursday from 2-4pm at Highlands Village Hall, Florey Square, N21 to hear guest speakers, exchange plants, have a free raffle and I'm told even sample their own local strawberries!

One last thought. Remember: Green is out – green cards are not valid any more. (a coalition of blue and yellow is in!) blue for 2 years and yellow for 1 year – just a coincidence, but we're on the ball!

Joyce Pullen, Membership secretary

Enfield & Southgate WEA 020 8882 0615 or 8882 0207

Day School: Anthony Trollope – his Life and his Books

Tuesday 31 August 10.30am -3.30pm Course fee £15

Enfield Baptist Church, Cecil Road, Enfield Town.

Tutor: Graham Handley

This course aims to introduce new or casual readers of Anthony Trollope to his life and to the span of his interests and to deepen the appreciation and understanding for those conversant with his work. Photocopied extracts will be available.

New 5 week WEA Evening Course, Enfield Baptist Church

Monday, 20. September. 2010, 7 – 9 pm

An Introduction to Film Studies:

London In and On Film. £34

Contact Chris Loughton 0208 360 1124

Day courses on History, Music, Literature, Geology, Art History & Some Great 19th Century Londoners start from Monday, 20 September 2010. www.london.wea.org.uk

From the Chair's chair



What did you do in the war Nan and Granddad?

War seems to be a constant background noise to all our lives – not too present to disturb our daily round but there, nonetheless. From the Middle East, Africa, the old USSR states, Nepal, Tibet, East India and many more we hear harrowing stories of conflict and I doubt many of us understand why or for what the fighting is happening.

However, for many of us, war is a constant background in our memories – for good or ill. I was reminded of this by reading a recent article by Oliver James in the Family supplement of The Guardian. Many of our members must have a tale to tell about “*their war*” if, like me, you were only five years old in 1939.

Quite a few stories have been told about the experiences of evacuees and I always get the feeling that in retrospect it is looked at as an opportunity for adventure. Indeed it was – but this superficial view hides much of the desperation that many felt at being wrenched away from their parents. It does not reveal the hidden and abusive nature of much of wartime fostering.

The article “*Second world war evacuees may still be suffering from their ordeal*” is a result of studies into evacuees by JSM Rusby (see below). He investigated the mental health of a large sample of 62 to 72 year olds who lived in Kent during the war. The result was that 54% of evacuees had mental health problems compared to 32% of those that had stayed at home. This showed, in the evacuees, as insecure attachment (clingy fearfulness), depression or anxiety with high levels of self-criticism.

It was exacerbated if the foster care was of low quality. A similar study in Finland came up with comparable results: that “*childhood evacuees were nearly twice as likely to have suffered mild depression..... and a fifth more likely to have had severe depression*”.

You may have an elderly relative (or friend) who is depressed or anxious or difficult to relate to. Finding out if they were an evacuee may give a clue to these conditions and a course of therapy might be the answer. Of course many will reject the idea but if they have a word with their GP and refer to the study it may bring about positive results.

On the brighter side, however, the latest National survey of mental health shows that at 11% the over 75s are the least mentally ill grouping in the population: a cohort that, materially, had much tougher lives. Is there a moral in that?

Irene Richards

Ref: Evacuee studies: Rusby, JSM et al, 2008, Attachment and Human Development, 10 207-21; Rusby, JSM et al, 2009, Ageing and Mental Health, 13, 391-404.



Tea Dance at Ruth Winston Centre

Tuesdays 1-3pm

Friendly atmosphere, tuition provided, no partner needed

£2 per week, 1st two weeks FREE!

Address: Ruth Winston Centre, 190 Palmers Green, N13 5UE Tel: 020 8886 5346

Burglary victims often wonder why the thief picked on their house. To find out you need to consider:

How does a burglar's mind work?

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. So please avoid:

- 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 - unless protected 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 letterbox 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 and if you are using a taxi service to the airport etc., do arrange for the pickup to be away from your home;
- 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

Your shout!

The Forum committee is considering changing the format of the monthly Civic Centre meeting with the aim of giving members a chance to raise a topic of their choice. It could be a chance to pass on information to other members, or bring to the Committee's attention something of concern.

We'd like to start this experiment on Tuesday 27 September starting at 10am with a 30-minute Your Shout session, followed by the normal Forum business and guest speaker. We appreciate that some members will be arriving and we'll be selling raffle tickets while the You Shout session is ongoing, but we'll be testing the water on this idea at the July and August Forum meetings to get your reaction before we implement any change.



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) if yes 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, Millfield House, Silver Street, N18 1PJ, or hand in at a Forum Meeting.

Stop press

We've just heard that until July 25 Freedom Pass holders can obtain cheap £5 return fares = £10 first class -from London to over 500 destinations such as Bognor, Brighton or Eastbourne. Oxford or Cambridge costs £10 return, Liverpool or Birmingham £15.

To claim the cheap fare you must log on to www.daysoutguide.co.uk/oyster and download a special voucher for each person and for each journey. Then go to the London station's booking office with your Freedom Pass, present the voucher and buy your cheap train ticket.

If you haven't access to the internet you might ask a friend or someone in the family - or go to the library - but they'll need your Freedom Pass number on the back of your card.

New carers centre is major milestone

Enfield's estimated 29,000 unpaid carers now have their own resource centre for the first time. The centre, which is based at Britannia House, Baker Street, Enfield Town, will provide a one stop advice and information shop and it will be run and managed by carers themselves.

Rosie John-Baptiste, chair of the carers centre trustees, said at the mid-June opening ceremony performed by new **Mayor, Cllr Jayne Buckland**, that the centre was a major milestone, providing a range of facilities from counselling to relaxation and a place where people can feel at ease.

Ray James, LBE director of health and adult social care, hailed the carers as unsung, unrecognised and unpaid and having their own centre was an acknowledgment of the valuable contribution they made to the community by supporting people less able than themselves.

Only 1,000 of the 29,000 estimated carers in the borough are registered with the council and it is hoped that the new centre which is open every weekday will provide a range of services to encourage more people to join the carers register.

Personal budgets: the changing face of social care

From July 2010 Enfield Council will be launching a borough-wide consultation, as the way social care delivers its services for adults is changing across the country. This change is known as personalisation and in line with Government guidance this will have to be in place by April 2011. Personalisation will give people more choice and control about how they live their lives.

Enfield Council wants service users and carers to take part, contribute and give their feedback on proposals for how services will be developed and delivered. The consultation will be open for three months. It will be available on-line through the council website www.enfield.gov.uk and will also be available in easy-read, Braille and requested community languages.

Alternative formats of the consultation will be provided to individuals on request. Please contact Cenk Orhan (Community Engagement Coordinator at Enfield Council) at PO Box 59, Civic Centre, Enfield EN1 3XL (telephone 020 8379 3974 or email cenk.orhan@enfield.gov.uk) and let him know the format you require.

You can also contact Cenk if you would like someone to come to talk to your group about the consultation. Paper copies of the consultation will be distributed to local groups to pass on to their members and service users.

Free Home Library Service

Enfield Libraries have a Home Library Service which provides a free 4-weekly service to anyone living in the London Borough of Enfield who is unable to use a branch library due to age, frailty, mobility, disability or their caring responsibilities. We call at their homes and deliver books in large or ordinary print, DVDs, music on CD or recorded books on tape or CD. If anyone is interested for themselves or a friend please call 01992 716010.

At the **Sir Jules Thorn centre at Ordnance Road library, Yvonne Tomey** can teach computer skills to people with hearing or visual disabilities. She provides free, 12 week courses tailored to the individual. If interested, call Yvonne on **0208 379 1725**

This Newsletter is for general information only and is not intended to be advice to anyone. You are recommended to seek competent professional advice before doing anything based on the contents of this Newsletter.

