



Get fit for a happier life

The Over 50s Forum is urging more people to join the Borough's leisure centres run by Fusion as we recognise the health benefits we all get from both the physical activity and the social side of exercise

The Forum's claim to have the best deal in London for the Over 50s using the Borough's leisure centres has now been guaranteed until March 2017. This follows a new round of talks with the management of Fusion Lifestyles, the not-for-profit company managing the centres on behalf of Enfield Council.

Unlike so many other parts of the country, we have been able – so far – to avoid being hit by the many cuts caused by the government's grant reduction programme affecting all local authorities. It means that Fusion will be paying more to the council to manage the centres and will itself carry the cost of concessions to the Over 50s community.

The retention of these concessions has only been made possible by the Forum's energetic and constant support for Fusion's leisure centre activities and our undertaking to do all we can to increase membership of the leisure centres, improve their income and cash flow so as to make them more viable – as we have done since we first negotiated the discounts back in 2004.

So Fusion has agreed to maintain the totally free 50+ swimming at the Arnos Grove pool each Tuesday 11.30am - 12.30pm and each Thursday 2.30 - 3.30pm.

Concessions

It has also agreed to maintain the special Fusion concession card exclusively available to Forum members on production of a valid Forum membership card, priced £7.50 a year instead of £21.50, giving casual users half-priced access to all facilities and classes, including the Over 50s all-day sessions.

These take place at Edmonton leisure centre each Monday, Southgate (Tuesday and Friday), Southbury (Tuesday and Wednesday) and Albany (Thursday). The reduced annual membership fee remains for Forum members at £390 (compared to the normal fee of £460) or you can take out a monthly direct debit at £39 (compared to the normal £46).

There is also a monthly off-peak deal for Forum members giving access to all facilities Monday - Friday 9am - 4pm and at weekends from 12noon to closing time for £29.

To take advantage of this tremendous offer you must simply be an up-to-date member of the Over 50s Forum; be an Enfield Borough resident and produce your Forum membership card when buying the concession card or signing-up for the annual or monthly membership deals.



Fitness day at Edmonton Leisure Centre

In the last year we had over 80,000 visits by older people to the leisure centres and Fusion sold 3,595 Over 50s concession cards and we aim to improve on that figure in the coming year by spreading the discount message to an even wider circle.

Improved facilities

Our support for the leisure centres is obviously a factor in Fusion being able to improve facilities in the last year such as replacing the steam and sauna room at Albany, expanding the studio at Southgate, installing a new gym at Southbury and a new cafe at Edmonton, and we have some 42 different classes specifically earmarked for the special Over 50s days. This does not include swimming, sauna and steam which is also available at every site.

An additional Over 50s day has now been laid on at Southbury on a Tuesday to include Tai Chi, walking football, walking basketball and ladies only Aqua Fit. Fusion has also increased numerous activities with chair yoga, beginners badminton sessions, lane swimming and indoor bowls sessions. Another innovation was the holding of a "healthy choices and a feel alive day" at Southbury which had everything from health trainer talks to walking football tournaments.



Pilates session at Southbury

Despite all we are doing to help raise fitness levels, 36.9% of adults in Enfield remain inactive and 64% of adults are overweight or obese. It is hard to believe that in 1980 only 6% of people in Britain were obese whereas today two thirds of people mirror the Enfield figures and are either obese or overweight.

So, sign up now to help us improve those Enfield statistics!

Forum Meetings not to be missed

Note all meetings are at 10am for 10.30 start

Thursday 9 June (at Millfield House)

Despina Johnson will talk about the support and services available from Enterprise Enfield and specifically about 'Self-employment and the over 50s'.

Wednesday 22 June (at Southgate Beaumont)

(NOTE EVENING MEETING) **Starting at 7pm**
Glenn Stewart talks about the benefits of the **Cycle Enfield project** and the health issues for older people in Enfield.

Tuesday 28 June (at the Civic Centre)

Council leader Doug Taylor launches the first cross-party **Fair Funding for Enfield campaign** supported by **Cllr Dino Lemonides the new Cabinet member for Finance and Efficiency**. Do you know that Enfield has lost some £100 million in funding under the so-called "damping" scheme" - money that has gone to other towns which could have been used to keep and improve services here in Enfield.

For full details of all meetings see page 15

Jan's Journal

Star Turns

It was fantastic to see so many people at our first Star Turns event, here at The Millfield in April as the Whittingdon Steel Band played foot tapping numbers for 103 visitors. The purpose of the Star Turns afternoons is to counter loneliness in the borough by providing transport and good quality entertainment to older people and we have a varied programme coming up over the course of the year. Our next two afternoons are advertised in this newsletter and I hope we see a good turnout for both of them.

Falls Awareness

Also advertised in this newsletter is our Falls Awareness Action Day on 20 June. This day is aimed at those people who are frightened of, or at risk of, falling over.

There will be lots of advice and information as well as fun strengthening and relaxation activities. So, if you feel afraid of falling, please come along and join in.

This year, registration will take place in the morning and the afternoon, so if you are not able to get there early you can come along later and know that there will be activities and refreshments available for you.

Pre-booking challenges

Unfortunately, we have a great deal of experience showing that taking bookings in advance does not help us when arranging food due to the high numbers of people who book and do not attend. This leads to us turning away people in advance who could have attended and giving freed-up places to the equally high number of people who demand entry without pre-booking. So we have stopped taking bookings for all of our free events. Every effort is made to estimate the numbers who will need a sandwich but these days are not just about providing free lunches and we hope you will get a lot out of them even if you are one of the very few unlucky ones who comes along too late for a lunch ticket.

In the meantime, our informative members' meetings continue. If you are not able to get along to them, we have notes of most meetings in the office – just ring and ask for the one you are most interested in. Here is a taster of some we have held recently.

Carers Centre

If you looking after someone you love, even if they are in a home, you may be a carer - so said Fiona Jones, Manager of Enfield Carers

Centre, when she came to speak to our members meeting in April at Southgate Beaumont Care Home.

Whether you provide help for a few hours per week, visit them in a home, or live with someone who needs care 24/7, you are eligible to register as a carer through the Centre.

Around 40-45% of carers are over 65. Registration will give you access to information and services at the Centre including a range of support groups, counselling, welfare benefits advice, training, an assessment of the support you need and the support of a hospital support worker.

National Carers Week is early June but even if you miss it you can register with the Centre at any time. Enfield Carers Centre is at 137-143 Baker Street, EN1 3JL, telephone 0208 366 3677 or email info@enfieldcarers.org. For more information on the Centre visit their website www.enfieldcarers.org.

Green Belt

Don't build on our Green Belt said 82% of respondents to the London Borough of Enfield's consultation on the new local plan.

Gerry Ansell, the Planning and Policy Team Leader, spoke to Forum members at the Civic Centre in April about the challenges facing Enfield.

In common with most of London we need more schools, more housing, extra transport and an improved infrastructure.

But Enfield is growing faster in population than most other London Boroughs – it is anticipated that the population may exceed 400,000 by the end of 2032 and the need is pressing.

13,000 jobs will be needed by 2026 and the building of homes needs to increase from 400- 500 homes to over 1,000 per year. The Local Authority must produce a local plan; otherwise it can be imposed by the Secretary of State.

Forum members were concerned about how much the planned expansion would cost and where the money would be coming from. There were no easy answers. Those people concerned about the Green Belt land and wildlife at Enfield Road can sign a petition on Change.org Search for 'Enfield Green Belt'

Jan Oliver

Development Manager

Women hit by pension changes

Thousands of women are calling for the government to change rules that mean they will have to wait longer to receive their state pension.

Over the course of this decade, women's state pension age is rising. It was age 60 until 2010 and originally the age was due to rise to 65 – in line with men's pension age – by 2020.

But in 2011, the coalition decided that the rises should be accelerated so that both men's and women's state pension age reached 66 by 2020. A further rise to 67 is planned by 2028 and another to 68 is likely in the following decade. Although women's state pension age will be no higher than men's, it is the speed of the changes that is causing concern. The decision that the age would increase from 60 to 65 by 2020 was originally made in 1995, giving those affected plenty of time to prepare financially.

But many women who had been expecting to start drawing their state pensions between 2016 and 2020 only found out in 2011 that they would face a delay. Men will have longer to prepare for the changes: their state pension age will start rising from 65 to 66 in 2018.

Now, for example, a woman born in April 1953 will qualify for state pension at age 62 years 11 months. However, a woman born in April 1954 will now qualify for state pension at age 66. At current levels this works out at a loss of pension of around £15,000.

WASPI (Women Against State Pension Inequality) is campaigning for '**fair transitional arrangements**'. It says it agrees with equalising women's and men's pension ages, but not the '**unfair**' way the changes are being implemented. It says this is happening with little or no personal notice and faster than promised, adding: "Retirement plans have been shattered with devastating consequences."

Frank Field MP, chairman of the work and pensions committee, made scathing comments about the treatment of women savers, saying: "**Successive governments have bungled the fundamental duty to tell women of these major changes to when they can expect their state pension.**

"Retirement expectations have been smashed as some women have only been told a couple of years before the date they expected to retire that no such retirement pension is now available. We are also concerned about the accuracy of existing information that is being sent out to women about their state pensions entitlement."

Hillsborough: Are there lessons for the Forum?



I suspect that the unlawful killing judgement secured by the 96 bereaved Hillsborough families and their moving response to a 27-year campaign for justice was a talking point among many Forum members and their families – as it was in millions of homes throughout the country.

For me, it certainly brought back many memories and rammed home many lessons not least of which is realising just how important it is to keep banging away at something, be it to right a wrong or help to make life better for our fellow citizens.

My memories go back to being at that same Hillsborough stadium in 1981 to see Spurs play Wolves in a similar FA cup semi-final – and where the very same crowd problems occurred.

What happened in 1989 was a complete replay of events in 1981 – too many people trying to squeeze into too tight a space.

In 1981 there were the same problems well before kick-off, the same substantial crush in the middle of the terrace which we now know as pens 3 and 4 that were installed in 1985 ostensibly to avoid people being crushed.

From our seats we could clearly see into the street holding large crowds of Spurs supporters still outside singing and queuing to get in while that part of the stadium reserved for the Wolves supporters was significantly less crowded. That caused me to wonder why Spurs having the much bigger support were given the smaller terrace.

Apparently in 1989 Liverpool were allocated 24,000 tickets and Nottingham Forest 29,000. I assume it was the same in 1981.

Why was the club with the larger support given fewer tickets and allocated the smaller terrace? It was illogical as was the use of just seven turnstiles to secure entry for some 10,000 people.

About 10 minutes into the 1981 Spurs v Wolves game – almost the same time sequence as in the 1989 disaster – the crush became too much. Fans spilled off the terrace and I suspect doors were opened in order to relieve the crush and the rest of the game was played with a significant number of Spurs supporters sitting around the touchline.

How close to a disaster we were that day I don't know but what we do know is that 38 Tottenham supporters suffered injuries serious enough to be admitted to hospital with broken arms, legs and ribs.

And unbelievably, the same crowd problems happened at the same ground in 1987 and 1988 but the host club, the Football Association, the police and local authority turned a blind eye with the horrific outcome for those 96 brave and bereaved families.

On a lighter note, referee Clive Thomas gave the most ridiculous penalty in the last minute to Wolves when Spurs were winning 2-1. The replay took place at Highbury and we won 3-0 which remains one of my best memories of being a Spurs supporter.

While reminiscing about 1981, I've followed with tremendous admiration the 27-year campaign for the truth to be told about what happened in 1989 and for justice to be given in place of the lies and cover-ups dished out by some sections of the press and politicians.

Heroically, the victims' families refused to be fobbed off, ignored, pilloried or rubbished by anyone.

I am not for one minute suggesting that Forum campaigns reach the scale or importance of the Hillsborough 96, but I do feel their amazing display of unity, determination and discipline shows what ordinary folk can achieve if they feel strongly enough, motivated enough and stick together in campaigning and making the case for something they passionately believe in.

The Forum, in my view, is now heading for some choppy waters and it is going to need all our time, energy and resources to combat the consequences of government cuts in funding for the local authority, which have already been felt by many voluntary groups in the borough.

That is why the Forum will be supporting the cross-party Fairer Funding for Enfield campaign (see also p9) seeking to restore some justice in the way this borough is treated by a Whitehall machine which allocates our council £496.10 per head of population while Westminster gets £917.59 per person, Hammersmith and Fulham receives £900 and Kensington and Chelsea £815 – when all the boroughs carry out the same tasks.

There is also a new and dangerous threat looming in the funding of local health services. The Enfield NHS Clinical Commissioning Group is now under orders from above to produce a recovery plan which includes making 'savings' of £17.1 million by the end of March 2017 and we need to ensure that cuts of this size are not introduced at the expense of patient care in the community.

We have to make our voices heard. Compel the decision-makers whether in government or the NHS to recognise that Enfield – the 12th most deprived out of London's 32 boroughs – needs to be treated fairly and will not be discriminated against.

And with your support we can and will make a difference.

Monty Meth

Enfield Over 50s Forum

East of Borough Drop In

Open to all. No need to book, just come along for a game of scrabble, chess, cards or other games or just for a chat.

Wednesday	-	15 June
Wednesday	-	6 July
Wednesday	-	20 July
Wednesday	-	3 August

Sessions are open from 2pm to 4pm

AT MILLFIELD HOUSE, SILVER STREET, N18 1PJ.

Buses 34, 102, W6, 144, 217, 231 Ample car parking

These sessions are great fun and for any member of the Forum who would like to come along to meet other members and/or to play scrabble, cards or a board game. Free tea, coffee and biscuits available.

Please ring 020 8807 2076 if you need more information.

Fight for your pharmacy

While the government wants to cut some 3,000 chemist shops, giants like Boots want to creep into the NHS offering sore throat checks for £7.50.

The next time you go to your local chemist to pick up your medication, just check if they have a petition calling on the government to abandon its plans to force the closure of up to a quarter of all pharmacies in the hope of saving £170 million from the NHS budget.

More than one million people have already signed the petition and some 30,000 people are signing every day to make it the most successful petition circulating in the UK. You almost certainly won't find the protest petition in the shops owned by the big chains such as Boots, Lloyds or those in supermarkets ASDA, Sainsbury's and the like.

No, to them the dispensing of medicines is an 'extra' while they sell beauty products, toiletries, groceries, spectacles and hearing aids etc. The government, which is supposed to be the friend of the 'little person' and the independent self-employed, is aiming at the local pharmacy – often the one or two person shop where you can get friendly face-to-face advice whenever you need it from a professionally-trained pharmacist.

One small independent chemist told us that he could be forced to close if he loses the dispensing fee from the NHS. But if the government succeeds in forcing the closure of some 3,000 pharmacies, it will surely put more pressure on GPs, A&Es and hospitals – the very same thing Ministers tell us they want to avoid.

Government officials say if we made more use of getting our medicines on-line we wouldn't need so many pharmacies. They forget that Pharmacy2U, the major on-line supplier based in Leeds, left people high and dry waiting for their medicines over the Christmas - New Year period.

Enfield Southgate MP David Burrowes and Enfield North MP Joan Ryan have both taken up with the government the Forum's concerns

about the inability of Pharmacy2U to dispense medicines and to meet prescription deadlines.

David Burrowes was told by Alistair Burt, Minister of State for Community and Social Care at the Department of Health, that NHS England had made it clear that Pharmacy2U's performance was unacceptable.

Joan Ryan wrote to George Freeman MP, Parliamentary Under-Secretary of State for Life Sciences, saying being unable to deliver prescriptions was a serious failure of Pharmacy2U's obligations to patients and threatens patient safety and wellbeing.

Writing to the Forum, Joan Ryan MP said that a number of constituents had raised concerns regarding Pharmacy2U, selling the names and addresses of patients without consent, for which they were fined £130,000, and its alleged misuse of the NHS logo.

Meanwhile the alleged scandalous milking of the NHS by Boots and possibly other multiples by unnecessarily carrying out of MURs (medicine use reviews) and dispensing medicines that the patient has not ticked as needed on the repeat prescriptions, is now being checked out by the General Pharmaceutical Council and the Pharmacist's Defence Association.

A key area of concern is if each pharmacy in the Boots chain carries out 400 MURs, needed or not, the chain makes about £30 million at £28 a head, so staff are bullied into wasting their time and that of the patient.

And now Boots wants to compete with GPs and offer for a fee skin cancer checks and treatment for diabetes thus undermining the free NHS. Boots would like to offer a sore throat check for £7.50 and for £35 a scan of any moles. Katherine Murphy, chief executive of the Patients Association, said: "We've got to be careful and scrutinise private providers creeping into the NHS. When they see an opportunity, is the opportunity for the patient or their own gain? What are the safeguards to protect patients?"



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Know your rights on hospital discharge

A new guide for families about their healthcare rights and what should be in place before someone is discharged from hospital is now available from Independent Age.

Guidelines are very clear:

- No patient should be discharged unless they're medically fit.
- No one who might need care and support after they leave hospital should be discharged without there being an assessment and then a written care plan put in place.
- Any necessary support that the care plan describes should be in place when they get home.
- And, if the patient wants it, family and carers should be informed about the plans for discharge.

If any of these things are not in place, the individual or their family should talk to the hospital discharge coordinator on their ward as soon as possible.

The Wise Guide: *Your health and the NHS* offers advice on getting the care you need, including your healthcare rights and how a hospital discharge should be done. **You can order a free copy from Independent Age 0800 319 6789**

Jeff Rodin: a Forum tribute

Our President Monty Meth looks back at the long-lasting contribution Jeff made to the London Borough of Enfield

The sudden and premature passing of Jeff Rodin at the early age of 66 is a lasting loss to his family and many friends, but for the Forum's leadership it means we have been robbed of many, many years of advice, experience and wisdom that we had expected to receive from a widely respected voice on our executive committee.

Quietly spoken, Jeff made many a decisive contribution to our policy-making deliberations, so often cutting through the hyperbole, to get us to focus on the heart of the matter under discussion. There was no shilly-shallying with Jeff. He was straight-talking and decisive – but that doesn't mean we were always in agreement.

Any difference of strategy that we might have had since Jeff joined the Forum's executive at the May 2013 AGM always ended with a witty comment, a joke, a reminder that we both, for our sins, supported Spurs where Jeff, a season ticket holder, went with his son Leon over the last 15 years.

As well as being a highly valued Forum executive member, Jeff offered his services to the Forum's Monday morning advice drop-in at the Dugdale Centre as soon as he retired from full-time work with Customs and Revenue. So in the last couple of years he gave free advice on tax matters to many, many people.

Jeff was also Chair of the important Citizens Advice Bureau in the Borough and served as treasurer and trustee of Enfield Community Transport and this was after a lifetime of service as an Enfield councillor from 1986 until 2010 when he retired from the local authority, having led the council for many years.

A keen cyclist himself, Jeff led the discussions within the Forum on the council's cycle plan for Enfield and I know he was planning to drive the ECT mini-bus taking a group of Forum members to the Imperial War Museum's RAF site at Duxford, Cambridge.

I suspect that most of us dream at one time or another of wanting to leave the world a better place; of wanting to make a difference; of leaving some good behind that improves the



Jeff Rodin 1950 - 2016

lives of ordinary people – and Jeff Rodin has certainly done that.

At his funeral on 5 May attended by some 300-400 people from all sections of the community – including a strong contingent of Forum members – we heard something of Jeff's lasting legacy to Enfield.

As Councillor Achilleas Georgiou, deputy leader of Enfield Council, said in his eulogy: "In 20, 30, 40 years from now, historians in Enfield will look to see what the borough was like at the turn of the 21st century. "They will see that from the mid-1980s onwards, the name of one person will stand out amongst others. Jeff Rodin.

During that period, a number of advances took place and among them were:

- The redevelopment of Edmonton Green, with the demolition of old tower blocks and the creation of new homes
- A new leisure centre and cinema complex at Southbury Road.

"Those who now enjoy going to the cinema or using the leisure centre at Southbury Road may like to know that when this was proposed, some residents who opposed the scheme created and plastered 'Wanted' posters of Jeff. He was persona non-grata, a wanted man. He was 'Red Rodin'.

"But Jeff was a people's person. He was well liked and admired. At the Council he always had time for people. On entering the civic centre, he would stop and say hello to everyone, and everyone knew him as Jeff."

You do not need to share Jeff's firm political beliefs to agree that he freely and willingly gave his time and energy in helping to change the lives of so many Enfield people for the better – a view expressed by people from across the political spectrum who came to pay their last respects at his funeral.

Monty Meth



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ENFIELD BOROUGH OVER 50S FORUM
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MORNING PROGRAMME (Register 9.00-10.15 and collect lunch voucher)

- **Starting at 10.15:** Speakers – Opening from Kate Osamor, MP, followed by Dr. Nick Rollitt, Consultant Geriatrician, Dept. of Elderly Care, North Middx Hospital+ Alan Weinstock explaining the new Fall Stop Service for those at risk of falling and advice from physiotherapists on getting up after a fall.
- **Starting at 11.15:** Workshops on the balance system, the new Fall Stop service, nutrition and living with arthritis + taster action sessions - walking football, gentle exercises, badminton & pilates. Some 10 minute Aromatherapy hand massages.

- **FREE SANDWICH LUNCHES FOR THOSE WITH A LUNCH VOUCHER (collect at registration)**

AFTERNOON PROGRAMME (Register 1.00 – 1.30 and collect free tea and cake voucher)

- **Starting at 1.30:** Workshops on the new Fall Stop service and Posture + taster action sessions – Zumba Gold, Yoga, Aquafit, Badminton, Tai Chi & Pilates. Some 10 minute head and shoulder massages, Indian head massages and natural healing sessions.
- **AT 3.30:** Afternoon tea and cakes + free raffle

No need to book – just turn up for either registration. All those over 50 welcome.
PROGRAMME SUBJECT TO LAST MINUTE CHANGES. For extra information contact the Forum Office
 020 8807 2076 or email info@enfieldover50sforum.org.uk.

Sponsored by Enfield NHS Clinical Commissioning Group

New falls prevention partnership launched

The Fall Stop programme aims to help us all reduce the number of falls which older people experience

Our Falls Prevention Action Day on Monday 20 June at Edmonton Leisure Centre will be your chance to hear and talk about a new one-year Fall Stop programme which aims to cut the number of falls and fractures experienced by too many elderly people.

It is being funded by the Enfield NHS Clinical Commissioning Group to the tune of £79,000 which will be used to employ a part-time project coordinator and two part-time 'navigators' who will steer people felt to be at risk of falling towards the best help available in the community.

Alan Weinstock, the new chief executive of Age UK Enfield, will lead the project working with Jenny Ramadan as the project coordinator, and together they will be working alongside health professionals to make sure every patient and carer is getting the best advice. And they will be at our Falls Prevention Action Day to answer any questions you may have.

The Fall Stop project brings together local voluntary organisations working together in partnership with the NHS and the local authority team in endeavouring to prevent falls.

It is a partnership between a number of local organisations including Age UK Enfield, Enfield Asian Welfare Association, Enfield Over 50s Forum, Enfield Community Transport, Enfield CCG and Fusion Lifestyles running our leisure centres.

Together they will provide information to improve the health of older people at risk of falls; reducing potential falls that lead to fractures and unplanned hospital admissions. The falls prevention service will focus on identification, prevention, support and self-care for patients at risk of falling, ensuring that older people stay well and independent within their community.

The navigators will help advise on medication compliance, liaise with health and specialist professionals on complex care needs, support the established falls prevention pathway, attend meetings with other professionals, help GPs and specialist services through to voluntary sector organisations, develop a database of local Enfield organisations and resources that can help support falls prevention.

Navigators will also provide drop-in sessions throughout the borough to ensure fair access to their support and signposting services. These will be coordinated alongside activity and exercise classes that promote falls awareness and prevention.

The project will contribute to and lead falls awareness events such as those organised by the Over 50s Forum, also linking in to specific community groups, residential homes and care providers so that they are made aware of strategies for falls prevention and risk management.

The Fall Stop navigators will work with existing voluntary sector providers to ensure that older people get a fair chance to improve and maintain their independence and mobility.

After all, no one wants to go through the experience of a fall and although many people wrongly feel that this is an unavoidable occupation of age, there are things that we can do to reduce the likelihood of this happening to us.

In addition, their aim is to increase the current scale of Tai-Chi / OTAGO classes and ensure that they are spread across the borough; promote the Safe and Connected telecare service to older patients at risk of falling and fracturing as well as developing links with social services and patients needing support or care.

For further information you can contact the falls prevention coordinator Jenny Ramadan. Tel: 020 8351 1131 / 020 8375 4120, email: fallsprevention@ageukenfield.org.uk or see www.ageuk.org.uk/enfield

The Facts about Falls in Enfield

- **11,000 (1 in 4) people aged 65+ had falls in 2014**
- **Risk of falls increases with age: over one third of people aged 80+ had a fall last year**
- **Around 20% of 24,000 A&E attendances of older people were falls-related in 2014. This led to 900 admissions of people aged 65+ with fractures**
- **Falls is the single biggest reason for care home residents attending A&E**
- **People with certain health conditions are more likely to fall or suffer injuries from falling, e.g. those with osteoporosis or Parkinson's Disease**
- **But many, even most, falls result from avoidable trips and slips at home**

Preventing falls

There are many things that you can do to reduce your own risk of falls. Here are ten tips to stop trips and slips. Keep your balance and stay steady on your feet with our tips for reducing the risk of falls.

1. Stay active

Between 50 and 70, we lose 30% of muscle strength, but this can be balanced by regular physical activity; 30 minutes five times a week is the recommendation. Gardening, housework, cycling and walking all count. Yoga and Tai Chi are particularly good for balance: one study last year showed Tai Chi classes cut falls in the over 65s by 26%.

2. Light up your life

Sixty-year-old eyes need three times more light than 20-year-old eyes. Consider swapping bulbs for brighter ones: LED or halogen bulbs are better than energy-saving ones, although not as efficient. A table light two feet away from where you're sitting will provide 25 times more light than a ceiling bulb.

3. Strengthen your bones

Calcium is crucial, but magnesium and vitamin D are just as important. Eat milk, cheese, yoghurt, leafy green veg, pulses and beans, dried fruit and oily fish. The main source of vitamin D is the sun between April and October. The Government recommends a vitamin D supplement (10 micrograms) for all over 65s.

4. Fall-proof your home

Tape down or remove worn/frayed carpet, tape trailing extension leads to skirting boards, clear away clutter especially in the hall/landing and doorways.

5. Ask your GP for a medication review

Some 36% of people aged over 75 are on four or more medications, and some – such as high blood pressure and heart medicines – are associated with dizziness which can affect your balance and may cause a fall.

6. Remove hazards

Make sure your home has as few falls hazards as possible. If you use equipment, such as hand rails or frames, to get around the house, make sure you use them properly and they are in good repair.

7. Get active

Tai Chi is one of the best ways to improve balance. Enfield's Everybody Active Programme includes access to Tai Chi in the community and other physical activities aimed at the Over 50s.

8. Keep Safe

If you are worried about your safety, you can sign up to the Council's Safe & Connected Service, which provides a 24/7 service to respond within 30 minutes to personal or household alarms you can trigger in your home if you have a fall.

9. Talk to health professionals

Your GP or one of the professionals working in your surgery can assess your falls risk and provide advice, information, signposting or support to reduce this risk. This includes prescribing specialist medication to strengthen bone density and reduce risk of fractures, access to therapists to improve balance or strengthening exercises.

10. Visit the Falls Clinic

If you are a particular risk or have had a serious fracture, your GP might refer you to a hospital falls clinic for an assessment by a consultant working with specialist nurses. Of 730 patients seen by the specialist fracture nurse last year, only 11 had a re-fracture.

Chase Farm final go-ahead

Andrew Panniker, who has twice spoken at the Forum's Civic Centre meetings has sent us the following message:

"I am writing to let you know the multi-million pound redevelopment of Chase Farm Hospital has received the final go-ahead.

The Government has approved the full business case submitted by the Royal Free London NHS Foundation Trust which will allow the redevelopment of Chase Farm Hospital, creating a state of the art facility delivering 21st century healthcare to the local population.

Government approval of the full business case means public funds can now be released; in total the government is set to contribute almost £82 million towards the redevelopment, with the shortfall being met by the sale of surplus land and the funds invested by the Royal Free London.

Construction work will start in the next few weeks. Enabling works to prepare the site (including demolition of unused buildings and alterations to some of the internal roads) have been ongoing since last year. We are carefully planning the development so that all services remain operational throughout construction and disruption to patients and the local community is minimised.

In other good news, we have exchanged contracts for the sale of the school land to Enfield Council. If you have any questions or comments please email us at rf.cfhstakeholders@nhs.net "

With kind regards,

Andrew Panniker

**Director capital and estates
Royal Free London NHS Foundation Trust**

Dementia: Cautious Optimism

Recent research is showing that the proportion of older people falling prey to dementia has fallen by as much as a fifth over the last two decades.

The drop is more dramatic for men than for women. The most likely explanation is that men are smoking less and leading generally healthier lives as health awareness has increased.

Women, according to the researchers, were probably already ahead of the curve. Physical and brain health seem to be closely related, which is very good news as it indicates that we can take effective preventative action by keeping fit.

A few years ago the Forum was energetically involved in improving dementia services, including early diagnosis, and we were sure that, as recognition of the syndrome improved and sufferers were identified, the numbers would soar. How pleased we are to learn that we were too pessimistic.

The latest Enfield figures (March 2016) show that diagnosis has certainly improved, so increasing identification and fewer cases is very heartening as fear of dementia has become a shared dread of older people.

The message is, of course, same old same old: read the ingredients and eat carefully, keep moving, take exercise if you can, be sociable, stop smoking, ease off the alcohol and keep your fingers crossed.

Yoga proves effective for dementia patients

Yoga appears to be an effective treatment for people in the early stages of dementia. Over three months, people with mild cognitive impairment were given either the current standard treatment, involving memory enhancement exercises, or a course of yoga.

The study at the University of Adelaide in Australia reported in the Journal of Alzheimer's Disease, found that the two groups had similar improvements in verbal memory but the yoga group outperformed in visual memory.

FootGolf at Lee Valley

Forum members were invited to Lee Valley Golf Course for a round of the fast growing sport of FootGolf.

First to tee off was Forum executive Committee member Irene Richards.

Lee Valley Golf Course is introducing FootGolf on its fairways as a fun

fusion of football and golf that is perfect if you're looking for a unique group activity.



children. **Call 020 8803 3611 to book your session.**



The cost for an 18 hole session at the Lee Valley Golf Course is £10 for adults and £5 for



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Children's choir

Two of our members are busy with their choir Children's International Voices of Enfield who are rehearsing for their Silver Jubilee Concert on Sunday 10 July at Palmers Green United Reformed Church, N13 4AL, at 3pm. There will be a wide variety of music from the choirs, aged 4-24+. Entry is by programme, £10. Everyone is warmly welcome.

Contact June or Christopher Keyte, 020 8882 7404, keytemusic@gmail.com

www.childrensinternationalvoices.co.uk

Always look on the bright side of life

One from Ronnie Corbett

A man was marooned on a desert island. One day a beautiful lady arrives in a wet suit. "When did you last have a smoke?" she asks. "Five years ago." So she gets out a cigar and he smokes it. She unzips her wet suit a little and asks: "When did you last have a drink?" He said: "Five years ago." So she gets out a bottle of Scotch and he has a good drink.

Then she unzips her wet suit a bit more and says: "And when was the last time you played around?" He looks at her in amazement and says: "You're not telling me you've got a set of golf clubs in there?"

Ronnie Corbett CBE actor and comedian who died on March 31 aged 85.

Confused

A police trap in Doncaster to catch speeding drivers noticed a car pottering along at 22 miles an hour. The officer reckoned this was just as dangerous as speeding, so he pulled the driver over.

Approaching the car, he sees five elderly ladies, two in the front, three in the back, all looking stressed and as white as ghosts. The driver, quite shaken to be stopped says: "Officer, I don't understand. I was keeping strictly to the speed limit – 22 miles an hour."

The officer was puzzled until the penny dropped and he explained that they were on the A22 and this was the road number not the speed limit. The driver thanked the officer for pointing out the error, but before they moved off the officer asked: "Is everyone in the car OK? Your passengers look very shaken and frightened and they haven't said a word the whole time I've been here."

"Oh, they'll be all right in a minute," says the driver. "We've just come off the A120."

Have you ever wondered...

Why the sun lightens our hair, but darkens our skin?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavour, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why the time of day with the slowest traffic is called rush hour?

You know that Indestructible black box that is used on aeroplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Paraprosdokians

(Winston Churchill loved them) are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up, we only learn how to act in public.
6. War does not determine who is right – only who is left.
7. Knowledge is knowing a tomato is a fruit... wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, 'In case of emergency, Notify:' I put 'DOCTOR'.
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy .
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive. Now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

We are assured that these sentences actually appeared in church bulletins or were announced in church services:

The Fasting & Prayer Conference includes meals.

The sermon this morning: Jesus walks on water. The sermon tonight: Searching for Jesus.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off – let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their schooldays.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Potluck supper Sunday at 5:00pm – prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Free confidential advice

Visit the Dugdale Centre

(corner of London and Cecil Roads, Enfield Town)

Every Monday 10am to 12 noon

- An adviser from solicitors Stennett & Stennett
- CAB adviser Robin Smith on benefits, debts etc
- LBE advice on council tax, housing benefit, pensions
- Screening for hearing tests on 1 August can be booked through the Forum Office 020 8807 2076.

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

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

Fair Funding for Enfield

Enfield receives government funding of £496.10 per head of population while Westminster gets £917.59 per person, Hammersmith and Fulham receives £900 and Kensington and Chelsea £815 – when all the boroughs carry out the same tasks. Councillor Doug Taylor, leader of Enfield Council, tells Newsletter readers why a cross-party Fair Funding for Enfield campaign is being launched and seeking your help and support to secure more government money for the Borough.

Enfield Council has suffered over many years from underfunding, as a result of something known as 'damping', and despite a great deal of lobbying by all parties here at Enfield Council, that underfunding hasn't been put right. This is in addition to the cuts to funding that all local Government is having to bear.

I now want to heighten the profile of 'damping' and its impact, and have launched a Fair Funding for Enfield campaign. This campaign will raise the profile of the issue here in the borough, across London and with central Government, so that the need to be properly funded is clear for all to see. I believe that this will have the support of the Conservative opposition.

It's important to understand why we have been underfunded for so long. First, the government uses relatively old population data to share out the funding available for local government. So, with a rapidly growing population, we're always getting less of the national funding than we should.

Second, our borough, like many others in north east London, is seeing increasing deprivation. In the longer term, Enfield Council has ambitions plans to address this – not least through the Meridian Water regeneration project, which will bring new and better homes to the borough, jobs and community infrastructure, such as shops, halls and sports facilities.

But before those benefits start to appear, we are seeing higher levels of need, increasing demands on our social care services, and increasing housing costs for those who need temporary accommodation. None of this is properly reflected in our funding settlement.

'Damping' was supposed to be temporary and smooth big losses for any Council in a single year by reducing support to councils like Enfield with increasing needs, but in 2013/14 the Government changed the system so that 'damping' became a permanent feature. So, to illustrate the problem, Enfield lost nearly £11.6m in 2013/14 year as a result of damping. We have to refer to 2013/14 because it's the last year the Government publicly issued damping figures for all councils.

In the very near future we will let you know how you can help support our campaign and help us, help you, your children and your grandchildren by getting a fair funding deal for Enfield so that we get the money we need to ensure that the vital services our residents need are properly funded.

This is simply a matter of fairness. The Government has said that they will review the needs part of funding for councils so now is the time to act.

Doug Taylor

Cllr Taylor and the new Cabinet member for finance and efficiency, Cllr Dino Lemonides, will be speaking at our Forum meeting on Tuesday 28 June at the Civic Centre, Enfield Town at 10.30am.

Come along and have your say.

Twice as nice

It was an especially lucky time for Marianne Lanjri in the Forum's lottery when she won both the March and April draws. The February winner was Chaudhuri Kamalesh, who received his cheque from Jim Cantle, executive committee member and lottery organizer (see pic).

Join the lottery club now and be in with a chance to win. Anyone can join for a mere £5 a month. You do not have to be a member of the Forum. The amount which can be won depends on the number of people playing – a lottery share costs £5 per month.



**Two time winner
Marianne Lanjri**



**February winner
Chaudhuri Kamalesh**

We are still looking for more members so that we can raise the maximum amount of money for the Forum – and, just as importantly (!), increase the monthly prize to £500.

The draw is made on the last Tuesday of the month at our Civic Centre meeting, so feel free to come along and watch the draw being made.

**For more information, contact Jim on
020 8363 4969 Monday to Friday.**

Disclaimer: This newsletter is for general information. You are urged to seek competent professional advice before doing anything based on its contents. The Forum takes no responsibility for any of the services provided by any advertisement in this newsletter.

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Enfield Borough Over 50s Forum

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Secretary: Tony Watts

Development & Office Manager: Jan Oliver

Admin Assistants: Diane Barron & Liz Delbarre

Office hours: Mon-Friday 9.30am - 4pm

Welcome Eira, 97! Preventing neglect and abuse

When we saw the recent application form from Mrs Eira Fisk to join the Forum we had to double check that we were reading her date of birth – given as 17-2-1919 correctly – and it was right!

So a big welcome to our oldest joiner aged 97, but alas not our oldest member. **That honour still goes – as far as we are aware – to Cyril Jones, the veteran folk dance caller and arranger who will be 100 and our first centenarian in January 2017.**

Eira's daughter Carol has been a Forum member for some years and is a regular Fusion gym user. So what prompted Eira to join the Forum?

Well, it seems that while she is not ready to use the gym herself, she doesn't see why Fusion and the Forum should only cater for people in their 50s, 60s and 70s. **"What about the Forum and Fusion organising some gentle seated exercises for those in their 80s and 90s?"**

And that's precisely what we have done and we are pleased to report that we do have **chair yoga at Southbury Leisure Centre** on the last Wednesday of every month. These classes are 11.40am -12 40pm and 12.45pm -1.45pm in the studio. We are also looking into other seated exercise classes across the Enfield division.

Meanwhile we are delighted to report that membership renewals have flooded in as never before. At one stage our very helpful office staff were sending out some 300 new cards a week. They are getting 20 or more people a day calling in to renew, in addition to a spate of phone calls.

And so by the first week of May, we had 4,286 members who had renewed until April 2017 and beyond – and that's a record for this time of the year. Of the total, 134 are new members. We also have renewals from 33 affiliated groups and **our Life Member numbers now stand at 346.**

So now it's on to that 6,000 figure and a plea to all those with outdated Forum membership cards to sign up and keep us in the front rank of organisations representing older people in the borough.

Abuse and neglect come in many forms – would you know the signs?

The charity Independent Age has published a free booklet that offers guidance about neglect and abuse. It aims to empower people to identify when situations may be abusive and who they can turn to if neglect or abuse are suspected. It also offers advice for family members or friends who are concerned about the safety of their loved ones.

What is abuse?

Abuse is when someone we can expect to trust causes us harm or distress. It can take many forms ranging from disrespect to causing someone physical or mental pain. It can occur in someone's home, a hospital, a care home or a public place.

Five common types of abuse are financial, psychological, physical, sexual and neglect. Someone may experience one or more types of abuse. Often the people who commit abuse are taking advantage of a special relationship. They may be a family member, friend or paid carer. Sometimes abuse isn't intentional, but happens because someone doesn't have the skills or support needed to care for someone. This doesn't make the impact of it any less but it can help to understand how it happened.

Abuse is never acceptable and you don't have to put up with it, no matter who is mistreating you or how minor you feel the abuse is. There is help available to keep you safe and decide what action to take.

Visit www.independentage.org or call 020 6605 4200 to order a free copy of Independent Age's booklet and read more about:

- The five most common types of abuse
- Spotting the signs of abuse
- Getting help if you're being abused or neglected

The Enfield Safeguarding Adults Board is the statutory body in Enfield charged with the protection of vulnerable adults in Enfield. Should anyone living in Enfield who is vulnerable become a victim, or suspect they know of someone who is vulnerable being abused, they should call the Enfield Adult Abuse Line on 020 8379 5212. All calls are treated in the strictest confidence and will be followed up.

Forum Groups

Book Club

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

- 16 June:** **Death at the Palace by M H Bayliss**
21 July: **Flight Behaviour by Barbara Kingsolver**
18 Aug: **Go Set a Watchman by Harper Lee**

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

Chess Club

The Forum Chess Club meets every Monday from 2-4pm at the Dugdale Centre. Everyone is very welcome to come along – both beginners and more experienced players. For more information, contact Jim Cantle on 020 8363 4969 between 10am and 4pm.

Poetry Group

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

If you wish to join the poetry group, which meets on the third Thursday of the month in Enfield Town Library, contact David Blake on 01992 637 829 or email davidstanleyblake@gmail.com

The theme for the next meeting (23 June) is 'Destiny'.

Woodworking and Jewellery Group

This very successful group meets monthly to make a items, including tables and laminated boxes, as well as enamel brooches, earrings etc. There are no free spaces at the moment unfortunately as numbers are very limited, but for more information, call John Lombard on 020 8367 5921.

Problem of alcohol for over 50s

Rising numbers of pensioners are being admitted to hospital because of their alcohol-related drinking, says Public Health England

Drink Wise, Age Well, a campaign aiming to raise awareness of the problems caused by over-drinking amongst people as they get older, has set up a Big Lottery funded programme to address the often hidden problems surrounding alcohol-related harm in the over 50s.

The programme aims to build a robust evidence base to assess what the biggest challenges are surrounding older adults and alcohol-related harm in the UK today.

Research has found that there is an often complex relationship between employment, unemployment, retirement and alcohol amongst the over 50s which needs to be fully understood.

Each Inquiry session will hear from expert witnesses, and the evidence emerging will contribute to the next annual State of the Nation report on alcohol-related harm amongst the over 50s.

A report from Drink Wise, Age Well, produced by the International Longevity Centre-UK (IL-C) is the most comprehensive picture of the relationship the over 50s population have with alcohol today.

It coincides with new guidelines on alcohol intake from the chief medical officer recommending that neither men nor women should consume more than 14 units a week – equal to six pints of beer or seven glasses of wine. Previously men were allowed 21 units.

Presenting new research from the largest study of its kind exploring alcohol use and behaviours in the over 50s population, the IL-C report finds:

- The five most frequently reported reasons for those who drink more now than in the past were age related. These include retirement, bereavement, loss of sense of purpose, fewer opportunities to socialise and finances.
- Around 4 in 5 of those whose drinking was putting them at increasing risk of alcohol related harm said that on no occasion had relatives, friends, doctors or other health workers been concerned about their drinking or suggested they cut down.
- Around a quarter would not know where to go for help if they needed it, with 1 in 4 saying they would not tell anyone if they needed help.
- Almost three quarters of respondents were unable to identify what recommended lower risk guidelines were. Over a half did not feel fully confident they could keep track of their alcohol units.

Among other findings the report reveals a hidden population of over 50s at increasing risk from their drinking. For those who have been brought up in a culture of social drinking it is difficult to identify what is too much.

With conflicting reports of the benefits and harm of wine and the changing of safe limits announced by health experts it all seems very confusing.

Should we be measuring our glass before enjoying a drink, or checking the alcoholic strength of our chosen tipples?

Alcohol with medication

Adults aged over 65 take an average of 7-10 medications each day. People can be prescribed medication for many different reasons e.g. for high blood pressure, water retention, high cholesterol. Drugs are also used to treat anxiety and depression, as well as other mental health concerns.

As we age, our metabolism and the ability of our liver to process medications can slow down so it is very important that we carefully consider how alcohol can affect some medications.

Below we list some common types of medicines and explain some of the possible risks of mixing them with alcohol. The interaction of alcohol and medicines can be unpredictable.

Painkillers e.g. paracetamol

Paracetamol and alcohol are both broken down by the liver, therefore your liver has to work harder if you take them together. Never take more than the recommended dose of paracetamol.

Anti-inflammatory drugs e.g. ibuprofen, aspirin

These medicines can irritate the stomach, the same as alcohol, and people who drink on a regular basis are more likely to suffer from heartburn and stomach ulcers. These drugs can also thin the blood therefore increasing the risk of bleeding.

Blood thinning medicines e.g. warfarin

Pay particular attention to your daily units. It is dangerous to drink over the recommended limits or get drunk while taking warfarin. Doing this may increase the risk of bleeding.

Stomach healing medicines e.g. omeprazole, lansoprazole, ranitidine

People who drink regularly are more likely to suffer from heartburn and stomach ulcers. As alcohol irritates the stomach lining, drinking will reduce the effectiveness of these medicines.

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Chair's Column



It is with great sadness that I begin this report by remembering Jeff Rodin, who died tragically in April. Jeff was an instrumental member of the Enfield Over 50s Executive Committee whose commitment to the people of Enfield was outstanding.

At the meeting of the Forum on 26 April in the Civic Centre, members stood and observed a period of silence and reflection in Jeff's memory. Jeff will be sorely missed, both as a colleague and a friend.

In my last column I mentioned the Chase Farm Garden Project and would like to update you all. Fundraising for the project has now reached £80,000 of the £120,000 target and this includes more than £1,500 raised by Cllr Ekechi (when she was Mayor of Enfield). She braved the pouring rain whilst working in the garden for a whole day – but it was worth it!

Work on the garden starts in earnest on 1 June and volunteer gardeners are still needed. **If you or any family members can spare a bit of time on or after this date please email Savita.tailor@nhs.net to let her know you would like to participate.**

As always, the Forum has been a hive of activity. Members of the executive committee have been busy planning and preparing for our Falls Awareness Action Day on 20 June at Edmonton Leisure Centre and for a major conference in October.

Our new 'Star Turns' project started with a bang at Millfield in April when we were entertained by the Whittington Steel Band. It was attended by over 100 people who had a wonderful afternoon, most of them vowing to come along again.

These events will take place monthly for the next year and we do hope to see many of you there. Admission is free for members (but donations will be gratefully received).

Feel free to bring a friend who can either pay £5 on the door **or, if they are over 50, join the Forum** – which means that they need only attend twice to make a profit.

Our regular meetings have also been very well attended and it has been great to see so many of you participating and raising issues with our speakers.

By the time you read this we will have had our AGM and your Executive Committee for the coming year will have been elected. We really do want to hear from you about how the Forum should be developing in the future. During the summer we will be looking ahead and making plans – what do you think?

Please get in touch and share your ideas.

Christine Whetstone



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Who Wants to be a Million-heir?

The current government's election pledge was to bring in the one million pound allowance that would be free from Inheritance Tax. Sounds great, doesn't it?

You would be forgiven for believing that the changes announced at the Summer Budget 2015 would mean that as of this April, each of us can now leave to our heirs £1million tax free. Not so!

In actual fact, the Nil Rate Band (NRB) allowance remains at £325,000 up until 2020 – a modest amount in comparison to Enfield house prices.

This can of course double up where spouses or civil partners leave their estates to each other under the existing Transferable NRB legislation.

However, starting from next year, those individuals with estates exceeding their NRB can get an extra allowance "when a residence is passed on death to a direct descendant". This Residence Nil Rate Band will be introduced in increments, and supplements the personal NRB:

- **£100,000 in 2017 to 2018**
- **£125,000 in 2018 to 2019**
- **£150,000 in 2019 to 2020**
- **£175,000 in 2020 to 2021**

Thus a home-owning couple, where the second to die passes after April 2020, can combine their personal NRB, the Transferrable NRB and a Residence NRB for both parties to produce the £1million allowance to be left to their children!

The government can then technically say at the next election that they have fulfilled their promise.

This new legislation throws up all sorts of questions and anomalies. What indeed is classed as an eligible "residence"? Is rental property included? What happens if I downsize in the future or have already done so?

What if I sell up and move into a care home? Who is included in "direct descendants"? Step children, grandchildren, adopted children, nephews/nieces?

What if I have a discretionary or lifetime trust in my will? Do these changes mean I will now need to update my will?

For a **FREE** will review or for specialist advice on this and other matters, contact the private client team at Stennett Solicitors, based at 4 Winchmore Hill Road Southgate London N14 6PT, or call 020 8920 3190.

Bal-Krishna Patel

Solicitor, Stennett Solicitors

How often should you get your blood pressure checked?

At least once a year. As many as seven million people in the UK are living with undiagnosed high blood pressure, according to the British Heart Foundation.

The condition rarely has any symptoms – but if left untreated, it can dramatically increase your chances of developing heart disease, stroke and dementia.

Risk increases with age – which is why it's a good idea to get checked out annually as we get older. The test is quick and painless and can be carried out at your GP's surgery, as well as many pharmacies and health clubs.

SOCIAL CALENDAR

Here are some more 2016 offerings. As usual, we try to cater for all tastes and pockets but are always looking for ways to ensure that we appeal to as many members as possible. We can only do so much and whilst we are a pretty imaginative and adventurous group most of us have busy lives. We welcome suggestions which you would be prepared to carry forward with the experienced assistance of committee members. Be creative!! If you have ideas to put to the committee, you can contact me, Irene Richards, on 0203 715 0946 or email: poosticks2@sky.com. Do please note the occasional advisory warning re limited ability - this is done when necessary to avoid you booking for an event for which you are not able and you cannot rely on others to help you.

Tuesday 7 June. Coach trip to the Roman City of Bath. Be quick and join the Forum on a day trip to the UNESCO World Heritage city of Bath. The city has a history that predates the Romans and is famed for its honey coloured stone Georgian architecture and Roman Baths. There are also connections with Jane Austen, who lived in Bath for a short while. A visit to the Roman Baths Museum, which has been named as the top rated museum outside London, is highly recommended. The coach will depart from Lidl/Argos Enfield Town at 8.30am prompt, arriving in Bath about midday and back in Enfield by approximately 8.30pm. The price for this is £23 (excluding any entry fees and meals). To book your place, and for further information, please contact **Graham Thomas on 020 8367 6360.**

Saturday 16 July. I Am The Greatest: Muhammad Ali at The O2. An exhibition showcasing the extraordinary life and career of the world's most famous heavyweight boxer, Muhammad Ali.

It will tell Muhammad Ali's story both inside and outside of the ring, from his humble beginnings in Kentucky where he was known as The Louisville Lip, to becoming one of the most recognisable sports figures of the 20th century. The exhibition features more than 100 artefacts - including unseen footage, photographs and rare personal memorabilia - taking visitors through Muhammad Ali's incredible journey. Ticket price includes access to exclusive finale documentary. Tickets: £18 plus £2.75 booking fee for under 60s. £15 plus £2.50 for 60+ age group. Proposed entry time: 2pm. **Let me know if you have limited mobility.**

Option A: Meet at the O2 at 13.40 for entry at 2pm.

Option B: Meet earlier to go to the O2 arena via the Emirates Airline cable car across the Thames at an additional cost of: single £4.50; single with Oyster £3.40, and discount with Freedom Pass. For more information and to book ring **Cheryl Byamukama 020 8363 0732.**

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.

Weekend 3-4 September. Annual sailing weekend. All aboard - off we go again, sailing into The Solent. Due to popular demand, this will be the fifth time we have summer sailed from Southampton. Budding sailors can either come for just the Saturday or just the Sunday or stay on board for the whole weekend. We will be sailing either to Portsmouth, Cowes, Lymington or Hamble, depending on tides and winds nearer the time. The cost is £70 for a day of sailing and £130 for the weekend. This includes all tuition, equipment and hot drinks. Meals and travel to Southampton from Waterloo are not included. This trip is only suitable for members able to balance and board the yacht independently BUT no previous sailing experience is necessary. For further information, please contact Olivia soon, as there are limited places on board: Oliviagoodfellow19@gmail.com or **020 8447 8841**

To see photos of our previous trips, have a look at the Forum Facebook page.

Friday 9 September - Lee River Trip with cream tea. Join us for a cream tea on board the 'Lady of Lee Valley' and a two hour cruise departing the Lee Valley Boat Centre, Broxbourne at 2.30pm. The cost is £14 pp, additional bar facilities are available. This is suitable for those with impaired mobility and wheelchair users. **For more information and to book Ring Heather Cole 020 8363 7286**

Thursday 13 October. Annual Dovercourt Trip. Join us for this very popular outing. After a leisurely drive to Harwich we will spend about 45 minutes there checking out some of the places of interest on foot or a nice cuppa on the Halfpenny Pier or a quick bracing walk along the sea front. We then move on to the Cliffs Hotel in Dovercourt where we will enjoy a two course hot lunch, followed by music and dancing by the Myra Terry Duo. Pick up and return to Argos/Lidl Enfield Town 8.15am for prompt 8.30am departure, returning approx. 7.30pm Cost £32.50. **For details and to book contact Jacky Pearce 020 8482 3575.**

SAVE THE DATE

Monday 12 December. Christmas Lunch

Friday 16 December. Disco

Monday 9 January 2017. Our January Encore lunch

Booking information for these will be advised in a later newsletter. This is for **information only** at this time.

Outstanding offers for 2017 from Olivia SNOW OR SUN IN 2017-YOU CHOOSE!!!!

February 6-10 2017. Norway - Huskies and the Northern lights. Cost from £1269. Discover the land of the midnight sun, glide across crisp white snow on a sled pulled by powerful huskies and keep lookout for the phenomenal northern lights on this thrilling adventure to Tromso. Enjoy reindeer sledding and a cultural day and evening with the indigenous Sami people. For a booking form and a full itinerary, please **contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.**

June 6-14 2017. Kenya Safari and Savannah Sunsets. Cost from £1999. Track Africa's most thrilling animals, including the Big Five, as you head off on safari across the vast savannahs of Samburu National Reserve and the Masai Mara. You'll also soak up the scenery around beautiful Lake Naivasha and relax in lodges where you're surrounded by wildlife and luxury.

For a booking form and a full itinerary, please **contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841**

Scene of the crime

A group of 25 people from the Forum went to the Museum of London in March to see a special exhibition of items from Scotland Yard's Black Museum.

Before actually seeing the exhibition, we had an extremely informative lecture by one of the curators, giving us background information. It was fascinating and added to our interest.

The actual displays featured weapons, death masks, newspaper extracts, hanging ropes - any items relating to murders, robberies, drugs, hold ups. Amongst other things featured were the Kray brothers, the Great Train Robbery, Ruth Ellis and many, many more.

We were totally fascinated and absorbed by the whole thing - I had certainly never seen anything like it before. Everyone remarked on how amazing the whole experience had been. It was most a most unusual visit and all who went were pleased they did.

Sue Scott



The Forum group

A new Forum initiative

ENFIELD BOROUGH OVER 50s
FORUM BRINGS YOU

STAR TURNS



These events are inclusive of a
**FREE sandwich lunch/afternoon
tea and cakes**

An afternoon of relaxing music with Equilibrium

**On Wednesday 8 June
Between 12.30 and 3.30**

With mellow jazz, latin rhythms and a touch of
funk and gospel. Some familiar and not so familiar
tunes all played with great style and panache.



The band is comprised of
**John Dennis on keyboard,
John Collings on bass
with possibly a visiting
saxophonist.**



At Enfield Baptist Church, Cecil Road, EN2 6TG
All buses for Enfield Town. Limited car parking

AN OLD TIME MUSICAL AFTERNOON with
THE GLORIOUS MADNESS
A PLAY WITH A DIFFERENT VIEW OF THE GREAT WAR -
IN STORY AND SONG



**On Wednesday 29 June
Between 12.30 and 3.30pm**

**At Ss. Peter and Paul Church Hall, Enfield Lock
177 Ordnance Road, Enfield, EN3 6AB (Bus 121 stops
outside + car parking facilities)**

**Free entry for Over 50s Forum members - you must
bring an up to date Forum membership card. There
will be a collection on the day - contribute what
you can afford.**

**Guests and non members £5 (or, if over 50, you
can join the Forum at the door)**

**FREE TRANSPORT FOR THOSE UNABLE TO
USE PUBLIC TRANSPORT AND TO BOOK**

**PLEASE CALL 020 8807 2076
JUST TURN UP IF YOU DON'T NEED
TRANSPORT**



LOTTERY FUNDED

All events listed under Star Turns
are organised by Enfield Borough
Over 50s Forum and funded by
Awards for All

Forum meetings

**In Enfield Town
(At the Civic Centre)**

Tuesday 28 June at 10am for 10.30am start
Council leader Doug Taylor launches the first cross-party Fair
Funding for Enfield campaign supported by **Cllr Dino Lemonides the
new Cabinet member for Finance and Efficiency.** Do you know that
Enfield has lost some £100 million in funding under the so-called
“damping” scheme” - money that has gone to other towns which
could have been used to keep and improve services here in Enfield?

Tuesday 26 July at 10am for 10.30am start
Dr Marcus Green and **Phil Rossall** from AgeUK's Research Team
will talk about the work they have been undertaking to locate older
people living alone and the problems of loneliness and isolation.
Our Secretary, Tony Watts will provide an overview of the outcomes
from the parallel pilot project the Forum has been undertaking in
Chase, Lock and Turkey Street Wards within Enfield.

Millfield House, Silver Street N18 1PJ

Thursday 9 June at 10am for 10.30am start
Despina Johnson, Chief Executive of Enterprise Enfield, will talk
about the support and services available from the company and
specifically about 'Self-employment and the over 50s'.

Thursday 14 July at 10am for 10.30am start
Kate Robertson, Assistant Director Customer Services and
Information at the London Borough of Enfield, spoke to the Forum
last year about the Council's increasing need to move to online
transactions. Kate will talk about the changes since then and how
the needs of those unable to use computers is being met.

Southgate Beaumont, 15 Cannon Hill, N14 7DJ

Wednesday 22 June at 7pm (NOTE EVENING MEETING)
Glenn Stewart talks about the benefits of the Cycle Enfield project
and the health issues for older people in Enfield.

Tuesday 19 July at 10am for 10.30am start
Monsura Mahmud, Domestic Abuse Prevention Adviser from
Solace Women's Aid, talks about the Silver Project and her work
in supporting those who are survivors of domestic and sexual
violence, including childhood abuse. **The Southgate Beaumont Care
Community is the large care home at 15 Cannon Hill, N14 7DJ, near
the Cherry Tree Pub. Buses 121, W6, 298, 299, nearest station
Southgate Underground. There is ample car parking space.**

Don't listen to Parkinson

Insurers are going on a marketing blitz to persuade more over 50s
to buy guaranteed life insurance, it was revealed this week.

According to its own bumf, Axa Sun Life sells one of its Michael
Parkinson-promoted funeral plans every five minutes. Yet
companies are pumping out 66 per cent more adverts than they
were two years ago, playing on the fears of older people that
funeral costs are rising and that their family will be lumbered with
an unaffordable bill.

Axa Sun Life has put out 372 TV ads a day on average this year, up
from 293 in 2015, according to the report.

Times Money pointed out in 2011 that these guaranteed plans,
a form of life insurance that offer a lump sum payment on your
death, represent appallingly bad value.

If you live an average lifespan, you will have paid far more in than
you will get out at the end. And if you miss one monthly payment,
even through ill health, you forgo the lump sum altogether, never
mind how much you have invested.

Don't be lured in by the free carriage clock, avoid these type of
plans. In the majority of cases you would be better off stuffing
money for your funeral under the mattress.

The Times May 7, 2016

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

Admission £3 is less than half normal prices

6 June	The Choice
13 June	My Big Fat Greek Wedding 2
20 June	Eddie the Eagle
27 June	The Man Who Knows Infinity
4 July	Midnight Special
11 July	Eye in the Sky
18 July	The Jungle Book
25 July	Miles Ahead

Films are subject to change

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

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

Sayings to remember

Definition of a baby: **“A loud noise at one end and no sense of responsibility at the other”** - Ronald Knox, priest and crime writer 1888 -1957.

“This is not a peace treaty. It is an armistice for twenty years” - French military commander Ferdinand Foch predicted correctly at the signing of the Treaty of Versailles 1919.

“Nobody owns anything but everyone is rich – for what greater wealth can there be than cheerfulness, peace of mind and freedom from anxiety” - Sir Thomas More, author of Utopia 1478-1535.

“Tact is the knack of making a point without making an enemy” - Sir Isaac Newton, scientist 1643 -1727.

George Lockwood Gardens

Horticultural Consultant with over 10 years experience!

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**INVITES GARDENING CLUBS
AND SOCIETIES FOR ‘TALKS’
ON GARDENING TOPICS**

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



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Worried about your loved ones as they grow older?



We are an award winning care agency helping many local people live safely in the comfort of their own homes.

From a few hours care a week to full time live-in support we are here to help.



To speak to a member of our friendly team please call 020 8364 3670

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Thank you so much Home Care Preferred”**

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