

Live longer with more years of good health

Add healthy years to longer lives - that's the major campaign theme our Forum will be launching on Friday July 5 at an important conference to be held at the Dugdale Centre in Enfield Town. Keynote speakers are coming from the International Longevity Centre - UK and the new Enfield NHS Clinical Commissioning Group (CCG).

It has been well-established that people here lag behind many European countries, Canada, New Zealand and Australia in the number of years of good health we have before we face long-term health problems or disability. Now the facts have been presented in a major new report by the Institute for Health Metrics and Evaluation based in Seattle, USA.

It revealed that in countries with similar levels of affluence, the UK ranked 12th out of 19 in the years we can enjoy of healthy life expectancy. It means that while life expectancy itself is getting longer, the years of healthy life in which we are free of major illnesses or disability have not really changed in the last 23 years.

While life expectancy has increased by 4.2 years in the UK over the last two decades, we can only count on 68.6 healthy years of life before long-term problems or disability sets. Spain topped the league table with 70.9 years of healthy life before disease or disability takes its toll.

Italy came next in the league table with 70.2 years of healthy life and third was Australia with 70.1 years, leaving Britain's performance of 68.6 healthy years exactly the same as in 1990. It has been described as "shocking" by health minister Jeremy Hunt who called on all the new CCGs who took over responsibility for local health services on April 1, to take action in tackling the five big killers - cancer, heart disease, stroke, respiratory and liver disease.

These five diseases alone account for some 150,000 deaths a year among the under-75s in England and the Department of Health calculates that 30,000 of these lives could be saved if we were doing as well as Sweden. The study also revealed that Britons lose more years to disability than many other countries, including people in Thailand, Mexico and Romania.

"For too long we have been lagging behind and I want the reformed health system to take up this challenge and turn this shocking underperformance around," said Mr Hunt. Hospitals, GPs and local councils now responsible for all public health matters are being urged to play their part in catching up with the rest of the world by 2020.

While the health professionals have a major role in securing that improvement, a great deal can be put down to the way we live - our diet, drinking alcohol excessively, smoking, all play a part .. along with the lifestyles people are forced to follow in the community due to income inequality, unemployment and poverty.

The government is reported to be in favour of introducing new regulations for cigarettes to be sold in plain packs, but it appears to be back-tracking on plans to introduce a minimum price for alcohol to curb excessive drinking and anti-social

behaviour. Cases of cirrhosis of the liver - largely blamed on alcohol - rose by 65% since 1990.

A recent wide - ranging House of Lords inquiry (referred to again on page 3) heard startling evidence of the scale of life expectancy changes ahead. Their "Ready for Ageing" report expects that the 20 years from 2010 to 2030 will see a 50% increase in people aged 65 or over and a doubling of people aged 85 and over.

The predicted resultant increased demands for health and social care include:

- **people with diabetes up by over 45%**
- **people with arthritis, coronary heart disease, stroke each up by over 50%**
- **people with dementia (moderate or severe) up by over 80% to 1.96 million**
- **people with moderate or severe need for social care up by 90%**

This will undoubtedly increase the financial pressures on the NHS and on public funding for social care - and in two decades there will be a doubling in the number of households where disabled elderly people need informal care from their family and friends, said the House of Lords committee.

By 2030, men aged 65 will expect to live another 23 years, to 88 and women another 26 years to 91 so people should be enabled to extend their working lives if they wish to do so as a vital part of the response to increased longevity

The Lords' report warns that public expenditure on social and health care for older people may have to rise to £12.7 billion by 2022 - an increase of 37% from £9.3 billion in 2010 - just to keep pace with demographic and cost increases.

"The challenges are by no means insuperable, but no government has so far had a vision and a coherent strategy," says the Lords' report which recommends, among other more controversial ideas, a ten-year NHS budget to enable them to plan ahead and for the pensions industry to make provision easier to understand so that people get a better idea of the income they will retire with.

We are told that more than half as many **extra** older people will be living with three or more long-term health problems by 2018 compared with 2008. It is to bridge this gap between our health span and our total life span that we have called our important **Add Healthy Years to Longer Lives** conference on July 5, which I hope many of you will attend.

Be more active - feel better - live longer

Monty Meth

Over 50s Forum meetings programme

CIVIC CENTRE, Silver Street, Enfield Town

Tuesday 28 May - 10.15am

Annual General Meeting

Followed by a general meeting

M Djamgoz, Professor of Cancer Biology at Imperial College will talk about **Cancer research, treatments and the outlook for the future.**

Tuesday 25 June - 10am

Your Shout, Your can raise any topic then -

Michael Stennett, talks about **'the Ticking Time Bomb - What does the government's plan to deal with long term care really mean'.**

SKINNERS COURT, 1 Pellipar Close, Fox Lane

Tuesday 21 May - 10am-12.30pm

Your opportunity to hear about and discuss Housing issues for Enfield residents and over 50s

Rita Foran, LBE Community Housing Access Manager, and Anne Cooley, Enfield Homes, talk about Housing in Enfield with Tina Waltern, Co-ordinator for Stonewall Housing, introducing 'Mind the Gap - Over 50s Lesbian Gay Bisexual & Transgender housing.

Tuesday 18 June - 10am

Your Shout, Your chance to raise any topic then -

Peter Todd, Locality Manager, Alzheimer's Society talks about how **Alzheimer's disease and dementia** can affect us all in his talk **"This Is Me"**.

Tuesday, 16th July - 10am

Your Shout, Your chance to raise any topic then -

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

MILLFIELD HOUSE, Silver Street, N18 1PJ

Thursday 9 May - 10am

Your Shout, Your chance to raise any topic then -

Catherine Thomas, Palliative Care Clinical Nurse Specialist North Middlesex University Hospital talks about **The Liverpool Care Pathway - what it means to those in the final days of life.**

Thursday 13 June - 10am

A day out at Capel Manor

For full details for visit see the adjacent column.

Thursday 11 July - 10am

Your Shout, Your chance to raise any topic then -

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

OTHER VENUE EVENTS (Booking is necessary)

Monday 17 June

Edmonton Leisure Centre

Falls Prevention Day

See full booking details on page XXX

Friday 5 July

Dugdale Centre

Forum's 'Adding Healthy Years to Life' Conference

See full booking details in the adjacent column.

Enfield Over 50s Forum 2013 Conference

'Adding Healthy Years to Life'

In the UK while life expectancy itself is increasing, the years of healthy life in which we are free of major illness or disability have not really changed in the last 23 years.

This conference is your opportunity to find out what Enfield's health and social services are doing to improve this situation and discuss what older people themselves can do to maintain a good quality of life and reduce the chances of being faced with increasing ill-health in their later years.

Date: Friday 5th July, 9.30 – 3.30pm

Venue: Dugdale Centre, Enfield Town

The full programme for the conference is on the Forum website (www.enfieldover50sforum.org.uk), or available on request from the Forum Office 020 8807 2076, or by email from info@enfieldover50sforum.org.uk

The registration fee for the Conference is £2 and includes lunch, refreshments and conference documentation.



Arnos Bowling Club

Do you have some free time
Want to spend some time outdoors
Like to meet friendly people

Then why not try Bowling.

The club welcomes players of all ages and ability and particularly welcomes new players.

All you need to bring are flat soled shoes. The club will supply the bowls, jacks and mats. There is no charge to try it out and at the beginning of the season we provide 3 free coaching sessions.

For our junior players why not join the club's **Junior Sharks'**. This is for girls and boys (aged 10 to 18) on Sunday Mornings at 10 am until noon.

For more information ring the Club Secretary on 07925543947 or visit our website www.arnosbowlingclub.co.uk

**For help or information contact Diane Barron or Liz Delbarre
at Enfield Borough Over 50s Forum
Millfield House, Silver Street, Edmonton, N18 1PJ Tel: 020 8807 2076
Email: info@enfieldover50sforum.org.uk**

Answer the clamour for cuts

A House of Lords committee made up of former Cabinet ministers, senior civil servants known as mandarins, and medical experts is the latest group of “**experts**” to call for changes in universal benefits. Politely, they call for a “**review**” of pensioner benefits, which can only mean tackling the free public transport pass, winter fuel allowances to help with heating bills this bitter winter and free TV licences for the over 75s.

“Age is no longer a good indicator of people’s needs or income, so the government should review whether age alone is a sensible determinant for tax liability, access to services or benefits,” say the peers in joining the chorus of academics and politicians clamouring for benefit cuts for the undefined “**wealthy pensioners**” after the 2015 general election

We clearly have a big job to do in trying to get a rational debate before hard and fast decisions are taken and we would ask the advocates of pensioner cuts to first look at the recent financial results of National Express coaches – the country’s biggest coach operator - and then consider the wider implications of their proposals.

In 2010, as part of his austerity plan, Chancellor George Osborne announced he would cut the Coach Services Operators grant in 2011. The grant enabled National Express and other coach companies the chance to offer special discounted rates to the over 60s and disabled people.

It was worth £16 million a year to National Express and was used to offer half-priced fares – a £10 fare for a fiver! When the grant was pulled, National Express carried some of the financial loss and offered discounts of a third.

Concessionary fares still rose by an average £2 a journey with the result that one million passengers – yes, one million people in a year declined to travel; and profits in this division of National Express tumbled from £35 million to £20.5 million, leaving National Express in no doubt who is to blame for its troubles.

Mr Dean Finch, chief executive, said: **“If people stop travelling it means they are not going to the shops, into town centres, to the seaside. It means you are not getting that economic growth. What we have is a government and austerity measures causing problems and impeding passenger demand.**

“It is well-documented that economic growth and transport demand are closely correlated. And then we see measures to encourage demand come under attack” said Mr Finch, who pointed out that the bus service operators grant has also been cut.

Some local councils are clawing back pensioner bus concessions – though not in London – which led to a warning at a recent National Pensioners Convention conference attended by Forum vice-chair Peter Smith.

Delegates reported that many councils have protested that they have not been given a sufficient grant by the government to reimburse bus operators and some 70% of local councils have made cuts in subsidies to bus operators.

The case we make that access to public transport makes an unassailable case in enabling older people to live in their own homes, participate fully in the life of their family, friends and the community, brings commercial benefits to town centre businesses, cinemas and theatres, let alone get to a hospital – is overwhelming.

....And here’s some more ammunition

Pensioners lose out as allowance is frozen - Treasury’s new “granny tax” could cost 4m nearly £300 a year, writes James Charles.

More than 4m pensioners have been hit by a series of tax changes, dubbed the “granny tax,” and will lose out by an average £285 a year. Under the changes, the age-related personal allowances – the threshold above which you pay tax on your income – were frozen for those over the age of 65. This will leave hundreds of thousands of pensioners facing a tax rise in real terms.

The age-related personal allowance for those between 65 and 74 in the past tax year has remained at £10,500 for the second year and will not be increased in future years. Likewise, the higher age-related personal allowance for those born before April 6 1938 will remain frozen at £10,660. The allowances had previously risen by the retail prices index(RPI) measure of inflation.

Figures from **Grant Thornton**, the accountant, show that, based on RPI in September of 2.6% they should have risen to £10,773 and £11,129 respectively. Worse still, those not already using their allowances will no longer be able to claim them when they reach the qualifying age. So those born after April 5 1948, who turn 65 in the current tax year, cannot claim the age-related personal allowance of £10,500.

About 360,000 people will be on average £285 a year worse off, while 4.41 million pensioners will be £83 worse off on average, according to HMRC. The changes are expected to raise about £360million for the government in this tax year and about £3.3billion by 2017.

Nigel Green, chief executive of the De Vere Group, the adviser, said: “The scrapping of age-related benefits, plus tax changes, quantitative easing (QE) and low interest rates, has meant that pensioners and those retiring imminently have paid a disproportionately high price as the search for a solution to the current economic crisis goes on.”

Extracted from the Sunday Times, April 7

Check those codes

The Sunday Times also suggested that pensioners should check their tax codes to make sure they are getting the correct personal allowance, even if it has been frozen. They point out that HMRC sent out codes for the tax year in February and they estimate that one in four is incorrect.

The state pension is taxable, but it is not taxed at source, which means many pensioners who also receive a private pension have a tax code that reflects their multiple income.

You can ensure you are not paying more tax than is necessary by calling in between 10am-12 noon to see tax specialist Jeff Rodin at our Monday morning Dugdale Centre confidential advice clinic.

Poetry group

A strong contingent of poetry group and other Forum members attended the celebration of the life of Alan Thorndyke who passed away on February 28. David Blake and Sara Davis - who also enjoyed dancing with Alan - read three of his poems and there were tributes too from Forum members who met Alan at the leisure centres, for he was a man who led a full and active life and will be much missed by all of us.

The themes for our next meetings being held at 10.30am in the upstairs community room at the Enfield Town Library are:

Thursday 16 May - A little of what you fancy led by Corrine Rodriguez

Thursday 20 June - Animal themes led by AnneMarie Nicholson

David Blake, group coordinator
01992 631012

Book club

The books we are discussing over the next few months are as follows:

Tuesday 21 May - A Short History of Tractors in the Ukraine by Marina Lewycha

Thursday 27 June - The Color Purple by Alice Walker

Tuesday 16 July - Justine by Lawrence Durrell

Wednesday 21 August - Bhowani Junction by John Masters

Wednesday 18 September - Death at La Fenice by Donna Leon

Meetings are held in the community room at Enfield Town Library, Church Street, starting at 10am. More details can be obtained from Sue Scott on 020 8368 0861 or online at scotsf48@hotmail.com

James G Norman

Capel Manor College diploma holder in horticulture offers design, landscaping, maintenance services.

Call 020 8360 3693 or 07809668313
jamesgnorman3@gmail.com
discount for pensioners

Knit and Natter

The Knit and Natter group is moving to the spacious cafe on the ground floor of the **Dugdale Centre** (at the junction of Cecil Road and London Road, Enfield Town) where it will be held every Wednesday from 10.30 am to 12.30 pm. It is well served by many buses and nearby Enfield Town Station. If you can't knit or you want to knit they'll show you how. You can have a good natter at the same time. For details phone Liz on 8360 7386.

Fusion Rewards arrives in Enfield

A new Leisure Card Rewards scheme - a FREE Rewards points programme with a simple aim - to give you great rewards for using the wide choice of facilities and activities available at the six Enfield Council leisure centres is now up and running.

So why register? - its FREE, quick and easy to join, it earns you points on all your sport and leisure spend. You can redeem your points for FREE activities and receive news of exclusive offers. When you register you will receive 200 FREE start up points. To register simply drop into one of the centres and complete the registration form and hand it to reception. Your Rewards card will be issued to you in return. You can also download and fill in the Rewards registration form from the Fusion website.

You can start earning further Rewards points every time you make a payment for any valid product or service. For every £1 you spend you earn 10 reward points. For example: spend £20 with us and earn 200 points, add this to your 200 FREE introductory points and you can redeem a FREE swim.

If you have specific questions regarding the Enfield Sport & Leisure Rewards programme please ask at reception or visit the Fusion website and go to the Rewards link for frequently asked questions and more - www.enfield-lifestyle.com.

Forum members purchasing the Fusion Lifestyles Concession card will pay £7.50 for the year - a reduction of 50p on last year and a massive saving of £13.50 on the concession card for non-Forum members. To obtain this concession you must produce a valid Forum membership card and must be a resident of the London Borough of Enfield.

With the concession card:
Swimming costs £2. instead of £4
Gym sessions £3.85 instead of £7.70
Various classes (Yoga, Pilates etc.) £3.85 - non-concession £7.70, Sauna & steam session £3.85 - non-concession £7.70 Over 50s activity day concession £3.80 - non-concession £7.70

The Enfield Over 50s Forum rate for new Direct Debit monthly membership giving access to all activities and on any day is £42 - a saving of £4 on the non-concession fee of £46 and there is no joining fee (normally £35).

The Forum members rate for new annual 12 months membership with the same anytime access and no £35 joining fee will be £420, a saving of £40 on the £460 charge for non-Forum members.

There is no increase for Forum members with existing monthly or annual direct debits In addition we also have the following new concession off-peak and peak-time charges:

Monthly direct debit off-peak with Forum concession card (gym, swim, sauna, steam, studio 7 day booking and rackets) NRG card included £29.00 Mon-Fri 9am-4pm, Sat & Sun 12 noon -close. Without a concession card the charge for the same times is £39.00 Mon-Fri 9am-4pm, Sat & Sun 12pm-close. Proof of current Forum membership is required for all concession card applications.

Please note:

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

Free confidential advice

Visit the Dugdale Centre

(corner of London and Cecil Roads, Enfield Town)

Every Monday 10am to 12 noon

- Legal advice from solicitor Michael Stennett
- See a CAB adviser
- Tax adviser Jeff Rodin
- LBE advice on council tax, housing benefit, pensions
- Jobs adviser Lorna Clark
- Health trainers advice on lifestyle

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

The Forum thanks the Editors of Our Enfield and the Enfield Echo for publicising this service.

Our mission statement

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

Affiliates' news

Enfield National Trust Association meeting at the Grammar School, Market Place, Enfield, 7.45pm, Thursday, May. 9

A talk by **Ann Fereday - Jungles of Borneo**.

Entrance via Little Park Gardens & Wilford Close. Car park in school playground.

Check our website www.enta.btck.co.uk or ring Peter on 020 8363 1568.

Enfield RSPB evening meeting at St Andrew's Church Hall, Silver Street, Enfield on Thursday May 2, 7.45pm. Chris Ward.

"Romania; Bear Mountains and the Pelican Delta". Entrance fee £3.00

Check our website. www.rspb.org.uk/groups/enfield/news or ring Pauline on 8363 1568.

Forum's monthly English Country Barn Dancing sessions Wednesday May 1 and June 5 then monthly every 1st Wednesday afternoon 2-4pm at Southbury Leisure Centre. Admission £2 or free with your over 50s Fusion day pass. If you can walk, know your right from left and can laugh if you go wrong, you are bound to enjoy this activity. Cyril Jones is a gold badge dance teacher and 'caller'. Beginners very welcome.

Enfield Arts Circle 81st Annual Exhibition 13 July - 10 August at Capel Manor Horticultural College, Bullsmoor Lane. Most items from paintings to pottery are for sale. Entry to the show is free. The Circle, which meets the needs of everyone with an interest in art. holds monthly meetings - non-members are very welcome - at St Andrew's Parish Centre, Silver Street, EN1 3EG at 8pm on the second Thursday of the month.

Details of this year's programme are available on the Circle's website <http://www.enfieldartcircle.org/> or from the membership secretary 01992 622 680.

Jan's journal

A lively debate ensued when Forum members were presented with the Barnet and Haringey Clinical Strategy by Siobhan Harrington (Programme Director), Tim Peachey (Barnet and Chase Farm NHS Trust CEO) and Dr. Mo Abedi (GP and Medical Director Enfield CCG) at our Forum meeting on March 26.

One of the more contentious issues was the diversion of Chase Farm emergency care to the North Middlesex and Barnet Hospitals. This is scheduled to take place around November time and will leave Chase Farm with an "Urgent Care" centre open between 9 am and 9 pm instead of emergency care.

The Urgent Care Centre will cover "non life-threatening" symptoms such as pains and fractures. Speakers were anxious to impress on the audience that those needing emergency care and travelling further distances to hospital would receive immediate medical attention from ambulance staff, which statistically lead to improved outcomes. Speakers from the audience also questioned (amongst other issues) the Minor Ailments Scheme which has been introduced without patient consultation and where a patient presenting at a GP surgery can be referred by receptionists to one of over 50 approved pharmacists who may issue over the counter medication. Full details of this and other debates and copies of power point

presentations can be obtained by ringing the office (020 8807 2076)

I recently went on one of our Warburton tours. Warburtons, the Brimsdown-based bakery, have been great friends of the Forum since they first came to Enfield ten years ago. They have provided their splendid and varied bread

loaves, fruit loaves and crumpets to virtually all the public events we have held.

We have had two site visits each for 20 Forum members and with a waiting list of another 20 members, we hope to get to visit the plant again. We just await another date.



The visit includes a presentation about Warburtons. In this era of mass production and multinationals, the Warburton story is quite unique. It is still a family firm, starting in Bolton in 1876 and it now has 12 bakeries and 13 distribution depots spread around the UK and it still owned by the fifth generation of the Warburton family.

We walked around the bakery itself, toggled up in protective clothing and earplugs The Brimsdown site produces some 10,000 loaves an hour and 17 different products. It operates round the clock, seven days a week and is a sample of the high intensity, high technology business - so much so that they only employ 12 people at a time on the factory floor. They have to keep up with food trends as less white bread is now being eaten.

Jan Oliver

Office and Development Manager

Introducing one of our affiliated groups Enfield National Trust Association

(ENTA) were formed in 1977 and over the years have raised and donated £190,449 to the National Trust.

Appeals have included things as diverse as Ashridge Forest, the Theatre Royal, Bury St Edmunds, Enterprise Neptune, Oxburgh altar piece, sheep for Wimpole Hall, a pony for Wicken Fen, several battery cars, a tramper vehicle and an all terrain vehicle. benches for many properties.

We have also provided tools for volunteer gardeners, supported Lavenham Guildhall, Quarry Bank Mill, Ightam Mote, 2 Willow Road, the Lake district appeal, Sutton House, Tyntesfield, Glastonbury Tor, Sutton Hoo, Waddesdon Manor, Shaw's Corner and several donations to educational appeals.

Funds are raised by not only membership and visitor fees, but by concert and theatre outings, London and summer outings and Christmas lunches.

We meet twice monthly for most of the year, one afternoon at Holtwhites Sports & Social Club, Holtwhites Hill and one evening at the Grammar School, Market Place, Enfield. For further information check our website www.enta.btck.co.uk <<http://www.enta.btck.co.uk>

Editor Wanted

for the

Over 50s Forum Newsletter

Forum President and Editor of our prestigious newsletter, Monty Meth, has given notice that after 11 years he will 'retire' from writing and editing the newsletter at the end of this calendar year.

We are therefore seeking a volunteer to work with for Monty for the remainder of this year with the view to taking on the editor's role in 2014.

Any member wishing to put their writing skills to good use for the benefit of Forum members and residents should contact Jan Oliver at our office with a view to getting involved.

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

Roll on, renewals

Well done, and a big thank you to all members who responded so well to the renewal application form enclosed with your newsletter. The postal return was overwhelming during the first weeks following and still about 25 renewal applications are coming in every day.

I am not forgetting all those new joiners - 160 alone in March - along with the lapsed members who have returned to us. Applications for life membership and multiple years are warmly welcomed as they do cut down on administration. My thanks to the office and volunteers for their much-appreciated support. We did achieve, during our membership year, which ended on March 31 2013, albeit right at the end of the year, our 5,000th fully paid up member.

We want to reach that figure again much sooner in our 2014 membership year and with 3,762 fully-paid subscribing members we have made a great start. I now calculate that there are some 1,400 members still needing to renew their membership and that would take us well over the 5,000. So the Forum needs all of those who wish to renew to do so soon as possible and we can then look forward to a wine and cheese evening celebrating the 5,000th,

A few reminders: membership year runs from April 1st to March 31st. Fees are £7 individual, £10.50 couples, £17.50 affiliates. Life Membership £100 individual, £150 couples, £250 affiliates. You are welcome to join at any time during the year, but because £7 is a small amount to pro rata there is no reduction. Should you join after November 1st your membership will extend to 31st March of the year following a full membership year. An increase is in the pipeline for next year. A reminder too that you need to live in the London Borough of Enfield for Forum membership to be eligible for leisure centre discounts.

As you will see in this Newsletter, we have some excellent speakers, and our social committee led by Irene Richards has organised the widest yet range of events and outings in the coming months. All very good reasons for joining the Forum and also renewing your membership.

I would like to particularly welcome as a new affiliate, the **Enfield Veterans Combined Services Ceremonial Committee** - part of the **Enfield Royal British Legion** Holtwhites Hill branch. They will be holding the annual Armed Forces Day Parade on Sunday 30 June at 12.00 hours. Contact Brendon Farrell (01992 632678 / 07976 286243 for more details).

Also a warm welcome to the **Enfield Women's Centre**, a charity working for women and their families trying to help women achieve their potential through training, services and fun activities. Membership is open to all women over the age of 16 who live, work or study in Enfield.

The centre offers counselling on such matters as rape, violence, bullying etc. and support for women dealing with domestic violence, sexual abuse, etc. Training (Ofsted regulated) in IT, personal development and employability, money management, health talks and exercise, walks; events, outings and seaside trips. Activities take place either at EWC's premises in Ponders End or outside venues.

Volunteer wanted

My last note is an appeal for someone to join me as a volunteer assistant membership secretary. I think you'll need to be reasonably computer literate with database input. We currently use Access. There is support for any arising computer problems. Work would be carried out between office and home with hours fitting around your availability. Please contact me through the office 020 8807 2076 if you'd like to help.

Joyce Pullen

Membership secretary

Forum help for good causes

In addition to our campaigning work seeking to improve the lives of older people in Enfield, the Forum - thanks to events organised by members of our very active social committee - has helped many good causes such as Help for Heroes, Sense, the charity helping blind and deaf people, and the North London Hospice.

More than 130 people attended the recent Old Time Music Hall evening organised by social committee member **Roy Barrows**. The event raised £625 for the North London Hospice with many prizes donated by local businesses and friends.

We have sent £627.50 to the armed services charity Help for Heroes and £1,771.25 to Sense over the last eight years. Forum participants to the Remembrance Day trip to the Imperial War Museum site at Duxford airfield last November had a raffle which raised £100 enabling a young lad from Worksop, Notts, suffering from cerebral palsy who is passionate about aircraft to visit the RAF Museum at Hendon.

Jacky Pearce is another stalwart member of the social committee who, in addition to organising the wonderful Forum Christmas lunches has devoted much time and energy to raising funds for the bluebell ward at Lister hospital, Stevenage, caring for many children who are fighting cancer.

The fund that Jacky and many Forum members have supported is raising funds to build a new playroom especially for cancer-patient children. **"Once this is built, it will improve the lives of the children using it by boosting their morale and allowing them to forget their problems. Lots of smiley faces,"** says **Jacky**.

Jacky became involved with this charity when a close friend's son was diagnosed with leukaemia, aged 11 years. She has raised £200 from our trips to Brick Lane Music Hall, which the Forum was delighted to donate to the fund. Recently she organised a fund raising evening at the Enfield North Conservative Club which made a fantastic £2,000 on the night! The fund only started at the beginning of the year and has already raised a stunning £35,000, however £250,000 is needed. So if you feel like contacting **Jacky** it is:

jackypearce@blueyonder.co.uk

Jacky is really a serial volunteer. She can often be seen taking you to your seat at the Millfield Theatre. Last year she was proud to be a Gamesmaker on security at the Olympic Park in Stratford, which she found hard work, but so enjoyable. And as part of that legacy she secured a role in the Enfield Everybody Active Team, which offer a variety of volunteer roles throughout Enfield. So watch out for her around the town!!



John Carmichael talks to the Forum about 'the changing London Ambulance Service and how it looks after Londoners.'



John's jottings

"This will not affect the pound in your pocket"

Harold Wilson's 1967 pronouncement that a 16.66% devaluation of the £ would not affect the value of people's money has gone down in history as one of the all-time great pieces of double talk. The retail prices index (RPI) rapidly rose by the same amount and within a few years prices had risen several fold.

Tony Blair's "Iraq Dossier" which apparently showed the Iraqi's had chemical weapons seems to have been another piece of political manipulation of facts to fit the theory. The belief that the public will believe anything which politicians say persists.

Coinciding with the closure of coal fired power stations, coalition ministers from the grandly named Department of Energy and Climate Change (DECC) are running round claiming that "green measures" are saving us money. They quote a new report from DECC which claims that "green policies" will save the typical household £116 on bills by 2020. The savings are expected to come from new boilers and insulation.

What ministers do not explain is why the bills are so high and going up in the first place. The explanation is simple: "green policies". Going back to the days before we started on the green route, the Annual Energy Outlook in 2002 showed that the cost of coal burnt in producing a unit of electricity was less than one third of the cost of gas used to produce the same amount.

This relativity seems unlikely to have changed greatly which explains why both China and India intend building a vast number of coal plants. It explains why Germany is building some 22 coal-fired energy plants to replace its nuclear plants. By agreeing at EC level to a carbon reduction programme which effectively means abandoning coal, our cheapest form of energy, successive UK governments have ensured that the cost of electricity is very considerably higher than it would be if we did not make the change.

Green policies may or may not be necessary but they are certainly not money saving. In like vein we are constantly being reminded that the recent increase in retirement pension is the largest ever in cash terms. This is actually true but completely misleading. In real terms, measured against the Retail Prices Index, the value of retirement pension fell for the second year in a row.

If present policy is maintained, the value of retirement pensions will fall again next year which will mean three years of declining purchasing power. This will be the first occasion for 25 years when the value of the pension has gone down in three successive years. The Forum is supporting the National Pensioner's Convention in its battle to restore the RPI link though it seems unlikely we will succeed whilst public finances remain in such a parlous state.

John Ball Chair

Random round-up

Arctic heroes

It is a very great pity that the late Stan Carter, Forum member and former Enfield Mayor, did not live to personally receive the medal he and 66,000 others so fully deserved for their war service with the Arctic convoys, taking vital supplies to Russia in defeating Nazi Germany.

Years after the Russians offered their own Arctic medal to British personnel, the UK government has been shamed into offering its own recognition – but only 200 men from the convoys are still alive.

The medal is available to all survivors and their families who served north of the arctic circle – so is the new clasp also belatedly awarded to all who served in Bomber Command. Applicants for the medal and clasp should call the MoD medal office 0800 085 3600.

Unhappy anniversary

On March 5, Ian Cowie, personal finance editor at the Daily Telegraph, marked the fourth anniversary of frozen interest rates by noting how it had robbed savers so as to bail out borrowers.

Millions of older people who live within their means, he wrote, and hoped their savings would fund retirement are victims of a slow-motion bank robbery which began when the Bank of England cut interest rates to 0.5% four years ago. Freezing the bank rate below the level of inflation is eroding the real value or purchasing power of money – but it is rewarding borrowers by protecting them from the consequences of the credit crisis.

As a result, homebuyers with £100,000 of mortgage debt are £2,840 a year better off than they would have been before interest rates were cut. Meanwhile, savers with the same sum on deposit receive £3,400 less annual interest than they did before rates were cut, according to calculations by Dr Ros Altmann, a governor at the London School of Economics.

That's well worth remembering when politicians want to end or tax pensioner universal benefits, claiming older people have escaped the government's austerity measures.

IHT frozen

When George Osborne announced that he was going to set Inheritance Tax (IHT) at £1million, he was cheered to the rafters. But will any of us be alive to see it? Promises to raise the level by 1% a year from 2015 have now been scrapped and the latest plan is to freeze the current figure at least until 2019.

So, if when you pass on, the value of your possessions is above £325,000 (if you are single or divorced) or £650,000 (if you're married or widowed) everything you own above that threshold will be liable for a 40% IHT bill.



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Health funding lags on two fronts

Why is Enfield so poorly funded by the government for its public health needs compared with other London boroughs? Why is it that we are being allocated just £36 per head of population, while the more affluent City of London gets £192, and wealthy boroughs such as Westminster receives £128 per head and Kensington and Chelsea £126 ?

From April 1 all local authorities were given new responsibilities for public health – such as NHS health checks, health protection incidents, outbreaks and emergencies, sexual health services, school health measurement programmes, tackling smoking, alcohol, drug abuse, obesity, increasing physical activity; and running publicity campaigns to prevent cancer and other long-term illnesses.

The long-as-your-arm list includes reducing health inequalities between east and west of the borough with its 10-13 year difference in life expectancy. And Enfield's grant of £12.961million for this year and £14.257million for 2014 / 15 has to cover all spending including promoting public health campaigns, employee salaries and all overhead costs.

Although the £12.9 million grant represented a 10% increase on previous years and was the maximum allowed by the Department of Health, it has to be measured against a starting point that was at least 20% below what Enfield's allocation should have been, leaving the current amount still some 25% below what it should be.

The public health grant is at least £8 -£10 per head below what is needed considering some of the health problems we have in the borough:

- **Enfield** has the third highest rate of obese people in London, particularly among young people where it is significantly above the England average.
- **Enfield** has a higher percentage of people in poor mental health in both the 16-34 and 55 plus age groups.
- **Enfield** has a high proportion of over 65s who are more prone to

suffer from long-term conditions including coronary heart disease and stroke.

- **Life expectancy** gap is now 8.8 years for men and 13 years for women between people living in, say, Highlands ward in the west and Upper Edmonton in the east. While life expectancy has risen steadily during the last 14 years in the leafy parts, in the deprived areas it has worsened or at best remained static.

* **Enfield** has the 8th worst child poverty level amongst all local authorities in England. With an estimated 26,870 children living in poverty - that is children under 15 living in income-deprived households in families with less than 60% of the national median wage – and Enfield was the 7th worst among London councils – a ranking unchanged since 2009.

No wonder Professor Maryon Davis, professor of public health at King's College, London, says: " some of these allocations are clearly unfair and counter-productive. It's post-code public health gone wrong – and the people will be the losers."

And Professor Lindsey Davies, president of the UK faculty of public health, added:

"Given that poverty causes so much ill-health, it's common sense for more deprived areas to get extra support for their public health services."

From April 1 too NHS Enfield changed its leadership and management following the abolition of the local Primary Care Trust. The Clinical Commissioning Group (CCG) became responsible for planning and funding most health services provided by our local GPs and hospitals. And they also start off on the wrong foot with a running deficit of £19.2 million, which they hope to clear by 2015, starting with an attempt to cut £8 million off the losses in this financial year.

The CCG grant of £349.787 million includes a 2.3% increase of £7.631 million and it is now engaged in renegotiating contracts inherited from the disbanded PCT in its bid to break even in two years.

Falls prevention day 2013

Monday June 17

Edmonton Leisure Centre, Edmonton Green

Talks, gentle exercises, workshops, yoga, zumba dancing, Tai chi

If you've recently had a fall, or sometimes just feel unsteady on your feet, then you will want to come to our Falls Prevention Day.

We're arranging a full programme from 10.30 in the morning till 3pm aimed at reducing the number of people at risk of falling, which can be costly to older people who may suffer from cuts, bruises and worse if it leads to broken bones and injuries requiring admission to hospital.

The importance we place on our Falls Prevention Day can be judged by the fact that in 2011/12 more than 700 local people were hospitalised with fractures or other injuries, costing the NHS alone more than £2.6 million – besides the personal suffering and loss of confidence and independence that often follows a fall.

Admission to the Falls Prevention Day on Monday June 17 will be strictly limited to those who first register with the Forum office – call 020 8807 2076. If you do not pre-book, you will not be able to join any of the activities or have lunch.

Defend the NHS

Saturday May 18 , 12 noon Jubilee Gardens, Waterloo. Belvedere Rd, SE1. This demonstration has been called by an unprecedented coalition of London residents, medical staff, trade unions and health campaigners who have come together to raise the alarm regarding the biggest threat to A & E's, maternity units and in-hospital care for a generation.

Closures planned across the capital include nine accident and emergency departments, a number of maternity units and thousands of hospital beds that campaigners believe will put lives at risk.. 80,000 signed a petition against the closures in North West London. 25,000 joined the demonstration to defend Lewisham hospital.

The local campaigns have joined up to call on the government to stop these closures. Campaigners are working together to oppose the government's divisive tactics of playing one hospital off against another. Instead they are demanding that the government provide the funding needed for safe levels of care across the capital.

<http://defendlondonnhs.wordpress.com>

Meet at Southgate Tube Station at 10.30am.

100 days of solitude

A new survey of over 1,000 older people suggests that the over-65s spend on average over six waking hours alone every day. Added up, this equates to a significant 99 days a year.

The survey also found that 24% reported feeling lonely "some or most of the time" and 1 : 5 respondents aged over 75 could go a whole weekend without seeing or speaking to another soul.

Chronic loneliness – when someone feels lonely all or most of the time – has a significant and detrimental impact on our health. Last

year, researchers in the Netherlands found that lonely individuals were more likely to develop Alzheimer's Disease than non-lonely individuals.

Loneliness is as harmful for our health as smoking 15 cigarettes a day, and is worse for us than obesity. Loneliness also harms our mental health by increasing our risk of depression. As our population grows older, the academic research and survey results should not be overlooked. Whilst being alone does not automatically mean a person is experiencing loneliness, we need to recognise that it is a significant risk factor that can lead to further isolation, loneliness and depression.

NHS free phone number

Dial 111 that's the new, simple, easy to remember phone number replacing NHS Direct for urgent healthcare advice. **999** remains the life-threatening emergency number to call an ambulance in case of a stroke or heart attack. You will also need to keep handy your **GP surgery number** for appointments, test results, prescriptions etc.

You only need to use one of these three phone numbers to make contact for help/advice. But for urgent care 111 is expected to provide medical help fast. 111 is open 24 hours a day, seven days a week, every single day of the year - but it is not the 999 emergency.

Calls 111 are free including from mobiles, and will assess your symptoms, provide advice and direct you straight away to the service that can best help you. For less urgent healthcare needs, you should still contact your GP or local pharmacist during normal opening hours.

The 111 call is due to be answered by a fully-trained NHS adviser with access to an experienced clinician and you should then be directed towards the most appropriate NHS service, such as sending an ambulance to you or suggesting you go to the nearest A&E that is open. People with impaired hearing should dial 18001-111.

We are anxious to learn of any problems accessing the 111 service. Please let the office have details, time and date etc as some parts of the country have experienced severe delays of up to an hour before making contact, forcing many patients to abandon the call.

There are still just a handful of Enfield surgeries using the costly 0844/45 numbers despite Department of Health rulings. We are trying to stop them, but it will help if you can talk to the practice manager and let us know their response.

Health snippets

Green tea

A cup of green tea could help to reduce the risk of a stroke, according to the American Heart Association. A study in their magazine Stroke surveyed 80,000 Japanese adults about their green tea and coffee drinking, following them for 13 years. It found that those who drank two or three cups of green tea a day had a 14% lower risk of stroke. Those who drank one cup of coffee daily had a 20% lower risk.

Diabetes record

More than 132,000 more people were diagnosed with diabetes last year and now affects nearly 5% of the population and there's another 850,000 people thought to have undiagnosed diabetes. Treatment accounts for some 10% of the total NHS budget.

Fibre diet cuts strokes

Eating a high-fibre diet lowers the risk of having a stroke, say Leeds University scientists. Their research showed that for every 7g rise in daily fibre, the first-time stroke risk reduced by 7%. Seven grams of fibre (0.25oz) roughly corresponds to a bowl of bran cereal, half a can of baked beans or two portions of fruit and veg.

More bananas – less salt

Millions of lives could be saved every year if people ate more potassium-rich foods such as bananas, and cut down on their salt-intake. People who have a high potassium intake have a 24% reduced risk of stroke. Potassium, which can be found in many foods including fruit, vegetables, nuts, milk, fish, chicken, turkey and bread can also help to reduce high blood pressure.

The Department of Health advises that older people should not have potassium supplements unless advised by their GP. It says that adults need 0.12oz of potassium a day which people should get from eating a balanced diet.

Your life in your hands

Nearly everyday there is a story about health in the news. The mid-Staffordshire Hospital report where it is said some 1,200 people needlessly died, reconfiguration of local hospital services, hospital wards closing, not enough GPs, under-funding of our health services, the list is endless.

What is less widely discussed is the effect of our life-styles on both ourselves, our families and the increasing pressures it places on medical and financial resources. You may not know that approximately 80% of GP consultations and 78% of NHS spend is related to long-term conditions – that is medical problems that are not curable such as diabetes, cancer, heart disease - and these are, at least in part, caused by our own life-styles.

In Enfield, smoking is the greatest cause of preventable mortality and morbidity and is responsible for 20% of deaths. Some 40,000 people are drinking at levels hazardous to their health and barely anyone does enough physical activity to maintain good health. The result? 95% of the population is not physically active enough.

But demand on the NHS (or social care) is one thing, the other is the effect on the person and their family. No-one wants to depend on services, go to the doctor, visit hospital etc. It may be laudable, that the NHS is aiming to provide care closer to home, though obviously most people would prefer not to need any care at all.

Everyone knows that, sadly, one day they will pass away. However, what we'd want to do is live a full and happy life for as long as possible, and do what we want to do without worrying about pills, medicine or support to do it.

So, what to do to stay as healthy as possible? Below are some gentle (not so gentle in one) suggestions:

Smoking - don't. There is only one real message about smoking. And if you want the same health for your children, grandchildren the message is the same for them – don't.

Alcohol - some people prefer total abstinence, guidelines however are no more than two -three units per day for women and three - four units for men.

Physical activity - 150 minutes a week in bouts of 10 minutes. No-one is asking for Olympic performances, just enough to breathe harder and get warmer. You should still be able to hold a conversation. Exercise for balance e.g. Tai chi or yoga is also good.

Fruit and veg – five-a-day. That's it. You could even grow your own!

Glenn Stewart, Assistant Director, Public Health

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www.north-london-osteopaths.co.uk

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.

Vehicle crime - protect yourself

Did you know that most vehicle crime is preventable? It can take as little as 10 seconds for a thief to steal something from your car. So, if at all possible, don't leave anything on view.

Never leave valuable items in your car, including sunglasses, the removable radio cover and your Sat Nav. Do you really need all those things you keep in the glove box?

Wipe away the Sat Nav mark on your windscreen.

Consider fitting anti-tamper screws to your number plate.

Never leave your car keys where they can be seen from the front door.

Always close the windows and sunroof; lock the doors and activate any security devices when leaving your car unattended.

Park with care, particularly at night or if you are leaving the vehicle for a long time. If possible, park in a busy, well-lit area

Never leave cash, credit cards, chequebook, mobile phones, vehicle documents or other valuables in the car.

Don't leave your keys in the car, even for a second - treat them as you would your cash and credit cards.

Buying a used car? Always ask to see proof of the seller's identity and address - an official letter or driving licence, for example.

Make sure the car's VIN matches that on the registration document (V5) - The VIN, formerly known as the chassis number, is a unique 17

character number issued to every vehicle by the manufacturer and can be found stamped on the body chassis or frame.

On a manufacturer's VIN plate under the bonnet or fixed to the post between the front and rear doors. On an additional plate fixed securely to the top corner of the dashboard where it can easily be seen through the windscreen - this is called a visible VIN.

Never let the seller bring the car to you, as you may need to confirm their address details.

Never buy a car without the registration document (V5) - make sure it has a DVLA watermark and has not been altered in any way.

Check it out: If in doubt, ask the AA, RAC or another reputable organisation to inspect the car before agreeing to buy. You can check the car's history and second-hand status by calling Equifax HPI on 01722 422 422.

If you have any information on any crime you can call Crimestoppers anonymously on 0800 555 111.

Total Policing is the Met's commitment to be on the streets and in your communities to catch offenders, prevent crime and support victims. We are here for London, working with you to make our capital safer.

Police service changes

Final policing plans for London announced by London Mayor Boris Johnson confirms that half of London's police stations will close. Joanne McCartney, Enfield's member of the London Assembly told the Forum she thought it unacceptable that Winchmore Hill police station was closed during so-called consultation period.

"The Mayor says he is putting bobbies before buildings and would not close police stations without providing the equivalent or superior access, but this is not the case. Proposed contact points open for three hours a week in place of a police front counter are not equivalent or better access to local police," says Ms McCartney.

Enfield police presence

- **Winchmore Hill** police station to close
- **Southgate** police station to remain open temporarily for one hour on three days until it is sold off
- **Edmonton** police station to remain open 24/7
- **Enfield** police station to open 40 hours a week, day time only.

Oakwood Horticultural Society Trading Shed

Holds stocks of seeds, grow-bags, potting composts, fertilisers, feeds, insecticides, fungicides, weed killers, and many other gardening products for sale at very competitive prices.

Membership only £3 - New members welcome. The shed is open on Sundays from 10am to 12 noon. Allotment sites are also available at Oakwood Allotment Site, Behind Ashridge Court, Reservoir Road, Southgate, N14

Enfield foodbank appeal

Since opening in May 2012, the Enfield Foodbank has provided over 14,000 healthy meals to some 2,000 people across the borough which equates to more than 15 tonnes of food. The number of people accessing emergency food from the Foodbank has increased dramatically over the last few months.

Many of the people needing the food bank have faced a range of different problems, such as low incomes and redundancies, but the common theme is that they are vulnerable people in need and have nowhere else to go. Enfield has the ninth highest rate of income deprivation in London with 1 in 4 residents being income deprived. One of Enfield's wards is ranked the eighth highest for child poverty in England.

It is the strongest desire of the Church-based Tresell Trust food banks network never to turn anyone away through lack of food. With the launch of the new larger premises for the

North Enfield Foodbank they hope to help more local people that are in desperate need of food. They have now sent the Forum the following appeal:

"The North Enfield Foodbank relies on donations from the community. If you are able to donate non-perishable goods, please bring them to the Foodbank during our opening hours (11-3pm on Tues, Thurs and Saturday). Please also note that we will be doing a collection over a 4-week period until May 13 at Tesco Express, Windmill Hill, opposite Enfield Chase station. If you are a regular shopper at this store, please help us by buying at least one item for the Foodbank and placing it in the collection box which will be in-store."

Enfield Foodbank address: 196 Great Cambridge Road, Enfield, Middlesex, EN1 1UQ or call 07826542119 for more details or info@northyenfield.foodbank.org.uk

Michael Stennett asks:

What does the Government's plan for long term care really mean?

The Government's recent proposals on paying for long term care was promoted as a "fully funded solution," designed to create "certainty" in an uncertain world. However on close scrutiny can the proposals truly be described as the most radical reform in the social care system in 64 years?

Introducing a nationwide pay as you die scheme

The Government proposes that from 2015 it will be mandatory for local authorities to offer loans to those needing care to help them pay for it, so that fewer people are forced to sell their home. This scheme is not new. So what is radical about it?

Firstly, the proposal is to make it mandatory for all local authorities to offer the loan scheme, whereas presently only some do and many do not. Secondly, the new requirement will allow local authorities to charge interest and possibly levy other costs for the loan. This is not so good news for residents who live in areas where local authorities already operate the deferred payment scheme and do not charge interest on the loan.

Cap on care fees

Following the March 20 Budget, the Government plans to introduce a cap on care fees from 2016. Under the plan, no one will have to pay more than £72,000 in care fees over their life-

time. Anyone with assets below £123,000 will receive help towards their costs. This is the good news. The bad news is the assistance applies only to the cost of personal care (washing and dressing). There will be no assistance towards the expense of residential or nursing home accommodation (board and lodging). So the scheme is not "fully funded" as described by the Government in press briefings.

The National Pensioners Convention

warned that the £72,000 cap would help only 10% of elderly people who require care as 90% incur lifetime bills below this level. **Dot Gibson, NPC general secretary** said: "The majority will be left to struggle on with a third-rate service.

"Pensioners will still be faced with means-testing, a postcode lottery of charges, a rationing of services, poor standards and having to sell their homes in order to pay for care. The government needs to be much braver and bolder if it is really going to sort out this problem."

Need for action

Immediate steps must be taken to make sure there will be enough to pay for your care when you need it. The Sunday Times (March 24) reporting on the much-awaited reform of the long-term care system said:

"Experts warned that it will not prevent people having to sell their homes to meet the cost of their own care as the cap will cover only nursing, not residential costs and food. Individuals will still have to find the money for residence bills or "hotel fees." The government contributions will be funded by extra national insurance contributions paid by workers paying into pension schemes."

Stennett & Stennett, Solicitors, have years of experience in care fees funding and asset protection. Go online to www.stennett-stennett.co.uk for your free guide to planning for future care – or call 020 8920 3190.



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Forum

Annual General Meeting

This year the AGM will take place at 10.15am on Tuesday 28 May 2012 at the Civic Centre, Silver Street, when the Annual Report and accounts will be presented.

Any members interested in standing for the Forum's Executive Committee and wanting to discuss the opportunities should contact the secretary via the Forum Office 020 8807 2076 or info@enfieldover50sforum.org.uk

Officer nominations close on 24 May 2013

Following the AGM there will be an ordinary meeting at which our guest speaker will be Professor of Cancer Biology at Imperial College, M Djamgoz, who will talk about his research work, the latest developments in cancer treatments and the work of the cancer charity he runs. Please note the early start for 10.15am.

Have a day out at Capel Manor

Thursday 13 June 2013

Your chance to join a Forum group visit to Enfield's star horticultural attraction in full bloom. The group will meet in the reception area at 10.45 am for tour start at 11.00 am.

The discounted group rate for the visit is £7 per person and includes a guided tour and talk by Capel Manor resident experts.

Capel Manor is wheelchair accessible; lunch and refreshments are available in their café or members can bring their own picnic lunch.

Book now by contacting Diane Barron at the Forum Office on 020 8807 2076 or by email: diane.barron@enfieldover50sforum.org.uk

Social Calendar

Lots more goodies have been added to our Calendar. Do read up on all our offerings - we try to make these as varied and enticing as possible. Book early as many are filled within days of the Newsletter being sent out. However, if you feel there are opportunities we have missed and that you would like to offer to organise do let us know. There is a wealth of experience to support you, and you would be very welcome. You can contact Irene on 0208 363 8175 or by email poosticks@blueyonder.co.uk.

Irene Richards **Secretary, social committee**

Please Note: Thursday 1 August – Highclere trip: information for those going on this trip. Your new contact should you need further information is **Liz Gilbert** phone 020 8360 7386. **This trip is fully booked.**

Saturday May 11 at 7.45pm Pop Up Pie Supper at The Larder N21

Just 9 places available for this intimate supper at the trendy Larder on The Green N21. The evening begins with a welcome drink and you will then take your seats for a delicious supper of bespoke pies (pre-selected), posh mash and mushy peas. With relaxing music playing in the background, a glass of quality wine or an organic soft drink is included with your meal. This event costs £20 and to book your place please contact Olivia on 0208 447 8841 or preferably by email on oliviaharrod@virginmedia.com. This event can be repeated if demand is high.

Thursday May 23 at 9am for 9-30am Celebrate the beginning of summer with a Forum Social Morning in a countryside location. Enjoy a Traditional English Breakfast in the restaurant of Enfield Golf Club overlooking the golf course, Old Park Road South. (Off Windmill Hill) Enfield. £9.00 per person including tea/coffee. Please confirm your reservation with Roy Barrows on 020 8360 8561. Once your place has been confirmed Please send a cheque made payable to "Roy Barrows" at :72 Broadfields Avenue, Winchmore Hill, London N21 1AH enclosing a stamped self-addressed envelope for return of your ticket/s

Friday May 31 at 6.30 pm. Introduction to Wine at Majestic Wines, EN2 6HU. A free tasting session of six different wines and champagnes. Places are limited so please book early. Ring the office 020 8807 2076. Or e mail jan.oliver@enfieldover50sforum.org.uk.

Wednesday June 5 from 3 – 5 pm A Chorus Line at the London Palladium.

Join us for the sensational musical that hasn't graced the West End since 1976. The date for your diaries is for the matinee that runs from 3-5 without an interval. Travel as a group from Southgate or meet at the theatre. Stall tickets worth £67.50 are ours for £40, so get booking now so we have a huge group adventure!! Call Olivia on 020 8447 8841 or preferably email oliviaharrod@virginmedia.com to book your ticket.

Saturday June 8 Day trip to the Suffolk coastal towns of Aldeburgh and Southwold with lunch at the Red Lion overlooking Southwold Green, returning to Aldeburgh in the afternoon. Cost £40. Contact Jean Mittens on 020 8367 2102

Sunday June 9 or Wednesday June 26. Afternoon tea parties for all mad hatters! Join us for a sumptuous afternoon tea on one of the above afternoons at the wonderful Fairies Of London tea room on Wades Hill, N21 who will be providing us with a glass of bubbly on arrival, followed by homemade mini quiches, freshly made sandwiches, juices, hot drinks, a cream tea, mini cupcakes and fresh strawberries. All this for £20 per person! For further information and to book your place, please contact Olivia on 0208 447 8841 or preferably email oliviaharrod@virginmedia.com If these afternoons are sold out quickly, there may be the opportunity for additional dates during the summer.

Friday June 14, 11am - 4pm. Forum Day Out. Concessionary Cost is £5 per person. Meeting point is either at Edmonton Green Bus Station at 9.45am by the 149 Bus Stop or on the corner of St. Thomas Street SE1 9RY at 11am prompt. We will be visiting The Old Operating Theatre Museum for a guided tour; you will need to be able to climb a spiral staircase to enter this facility. We will then visit the Historic Borough Market you will have time to browse the many stalls selling food and many other things as well. There is a pub on the river serving Fish & Chips & an excellent Vegetarian Restaurant nearby & many eclectic

eating places to choose from within a short walking distance. Phone Ian on 020 8803 8398 to book your place, and for further information.

Friday June 14 7-30 – 11pm 60s Night – 5 piece live band + food £20-00 at the NECC Baker Street Enfield EN1 3LD – Car Park – Buses W9 & 191. Dig out the Flares, Flowers, Kaftans and Mini Skirts (if you dare) tonight you will be transported back to the Mecca Ballrooms! The Royal, Lyceum, Empire, Locarno – Remember? Then tonight is a must for you. The Bluebirds are a fabulous Band and you will definitely dance all evening! Ring Jacky Pearce NOW – 020 8482 3575 - Be there or be Square.

Wednesday June 19 at 8.00 pm. Quiz and fish n'chip night (veggie options available). Come alone or with a team. Enjoy some good company, have fun and win some great prizes. Cost £13 (includes food, teas / coffees and games with prizes) At Millfield House, Silver Street, London, N18 1PJ. **Please book early so that we can arrange teams.** 020 8807 2076 or jan.oliver@enfieldover50sforum.org.uk

June 24 -June 28 Great Railways of the Scottish Highlands.. There are still places available for this once in a lifetime Forum trip with Travelsphere. Come with us to find the sparkling lochs, romantic castles and awe-inspiring glens of the Scottish Highlands, combined with some of the world's most exciting rail journeys. This is a once in a lifetime opportunity to see such sights as Loch Ness, the Kyle of Lochalsh, Eilean Donan castle and much, much more. From our lovely hotel base in Inverness, opposite the castle, we set off each day to explore this rugged and stunning landscape, returning each night for dinner. Prices from £669.00: travel from London to Inverness will be an additional cost. For further information, please contact Olivia on 0208 447 8841 or email oliviaharrod@virginmedia.com

Wednesday July 17 11am. Forum Summer Picnic at Myddelton House, Bulls Cross, Enfield EN2 9HG. Cost £3:50 per person for the packed lunch, an additional cost of £2:50 will apply if you wish to go on a 1 hour guided tour of the wonderful gardens. Meeting point will be at the Main Entrance (The Kissing Gate) To book your place & for further information Phone Ian on 020 8803 8398.

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

Weekend of July 20/21 All aboard! Off we go again-sailing into the Solent!! Due to popular demand there will be another Forum sailing trip from Southampton this summer. Budding sailors can either come for just the Saturday or just the Sunday or stay on board the whole weekend. We will be sailing to Cowes for lunch and back on the Saturday and to Lymington for lunch and back on the Sunday.. Cost is £50 for one day of sailing and £90 for the weekend, to include all tuition, equipment and hot drinks. Meals and travel to Southampton are not included. **This trip is suitable only for those able to balance and board the yacht independently.** For further information please contact Olivia on 020 8447 8841 or preferably email oliviaharrod@virginmedia.com

Social Calendar (Continued)

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

Tuesday August 6 at 2.30. Forum River Cruise and cream tea. Enjoy a leisurely trip on the River Lee on board the Lady of Lee Valley. The cruise lasts 2 hours and includes tea/coffee, two homemade scones, butter and strawberry jam. Cost £13.00 per person. Meet at Broxbourne Riverside Car Park (parking permits will be supplied). For more information and to book, please contact Heather Cole 020 8363 7286 or email robco@hotmail.co.uk

Thursday August 22, 2.15pm -The Sound of Music Rediscover this classic musical in the enchanting surroundings of Regent's Park Open Air Theatre. Every theatre performance is unique, but this is especially the case at the Open Air Theatre where both the stage and entire auditorium are uncovered. Cost £22.50. For more information and to book please contact Jean Mittins on 020 8367 2102 or email mercia1211@talktalk.net.

September 2- 6 Harrogate and the Yorkshire Dales Walking holiday- Come and join us on this short break to the beautiful "Floral City" of Harrogate, as we explore the Dales on foot. This Forum only coach trip with "Just for Groups", is tremendous value and will include two and a half days of walking and two half days at leisure. Price from £329.00 includes half board in a centrally situated hotel, close to Betty's famous tea rooms. There is just one single room, 3 double rooms and 4 twin rooms left on this holiday. New members are particularly welcome and the existing group is a fun crowd, so you'll be guaranteed a great trip. Contact Olivia for further details and to request a booking form.. For further information please contact Olivia on 0208 447 8841 or email oliviaharrod@virginmedia.com

Thursday September 26 8-30am - 7-30pm A day out with a difference with the Dynamic Myra Terry DUO. £30 BOOK NOW - PAY AUGUST. A Leisurely drive to Dovercourt, with a comfort break en route. Enjoy the sights of the Old Town and the sea front. At noon we return to the Cliffs Hotel Dovercourt where you will be served a delicious two course lunch. In the afternoon there will be music and dancing by the infamous Myra Terry Duo. Tea and coffee will be provided during the afternoon. Licensed Bar available. Pick up Coach 8-30am prompt and return Lid/Argos Enfield Town 7-30pm approx. **PLEASE NOTE ONE 53 SEAT COACH IS ALREADY FULL - SO RING JACKY Pearce NOW AND, NUMBERS PERMITTING, I WILL BOOK ANOTHER COACH !!** Phone 0208 482 3575

Thursday 26 to Monday 30 September . Trip to Ironbridge and Snowdonia.

This tour will take you to the beautiful Snowdonia National Park and an amazing journey back in time via the fascinating Ironbridge Museums. Staying 2 nights, with dinner, bed and breakfast, at the luxurious Telford Golf and Spa Hotel. Followed by 2 nights, (also half board), at the Celtic Royal Hotel in Caernarfon in Wales. Included in the price are 2 days entry (all sites) to the Ironbridge Museums, entry in Carnarfon Castle, a ride on the Snowdon Mountain Railway and entry to Conway Castle. First class coach travel with a/c, hot and cold drinks. On board couriers to ensure you are safe and comfortable. Price: £375-00 per person sharing twin or double room; £80-00 single supplement; £50-00 deposit per person to secure your place Please book early to ensure you place for this popular trip. **Contact: Roy Barrows 020 8360 8561**

Advance notice for your diaries:The Forum Christmas Lunch has been booked for December 9th and the evening Disco for December 10th. More details will be announced soon.

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Always look on the bright side of life

Mistaken identity

Wife texts husband on a cold winter's morning: "**Windows frozen**" Husband texts back: "**Pour some lukewarm water over it.**"

Wife texts back five minutes later: "**Computer completely dead now.**"

Five ages of man

Well-known "Agony Aunt" Virginia Ironside came up with this new definition of the five ages of man. They are: **Lager, Aga, Saga, Viagra, Gaga.**

....and Seven truths about growing old

Growing old is mandatory; growing up is optional.

Forget the health food. I need all the preservatives I can get.

When you fall down, you wonder what else you can do while you're down there.

You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

It's frustrating when you know all the answers but nobody bothers to ask you the questions.

Time may be a great healer, but it's a lousy beautician

Wisdom comes with age, but sometimes age comes alone.

Gerry Smith

Old is when

Your sweetie says 'Let's go upstairs and make love'

And you answer: 'Pick one, I can't do both!'

When... Your friends compliment you on your new alligator shoes and you're barefoot!

When .. A sexy babe catches your fancy .. and your pacemaker opens the garage door!

When You don't care where your spouse goes ... just as long as you don't have to go along.

When..... You are cautioned to slow down by the doctor instead of by the police

When....'Getting lucky' means you find your car ... is in the parking lot.

When..... An 'all nighter' means not getting up to use the bathroom.

When.... You are not sure these are jokes!
Have a good day!

Old but true

During the late 1940s and early 50s. Julius "Groucho" Marx hosted a radio quiz show in America called "You Bet Your Life".

A contestant named Charlotte Story who had borne 11 children was asked by Marx why she had chosen to raise such a large family. She replied: "Mr Marx, I just love my husband." To which Groucho replied: "I love my cigar, but I take it out of my mouth once in a while!"

In conservative USA at the time this was too much for the sponsors who demanded Groucho stop his 'off the cuff' jokes. Fine chance, with one of the wise cracking Marx Brothers.

Why, oh why

Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

Why do we leave cars worth thousands of pounds in our driveways and put our junk in the garage?

Why does the sun lighten our hair, but darkens our skin?

Why can't women put on mascara with their mouth closed?

Why is 'abbreviated' such a long word?

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

Why is lemon juice made with artificial flavouring, and dish washing liquid made with real lemons?

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

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

Why isn't there mouse-flavoured cat food?

Why do they sterilise the needle for lethal injections?

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?

Problem

Patient: 'The problem is that obesity runs in the family.'

Doctor: 'No. the problem is that nobody runs in your family.'

Now a tribute to all the Grandmas learning to use computers:

Lost Grandma

*The computer swallowed Grandma
Yes, honestly it's true
She pressed "control" and "enter"
And disappeared from view
It devoured her completely
The thought just makes me squirm
She must have caught a virus
Or been eaten by a worm
I've searched the recycle bin
And files of every kind
I've even used the Internet
But nothing did I find
In desperation I asked Google
My searches to refine
The reply from him was negative
Nothing was found "on-line"
So, if inside your in-box
My Grandma you should see
Please copy, scan and paste her
And send her back to me.*

Worrying, very worrying .. heard on TV & radio

Beg, borrow or steal (BBC2)

Jamie Theakston: *Where do you think Cambridge University is?*

Contestant: *Geography isn't my strong point.*

Jamie Theakston: *There's a clue in the title.*

Contestant: *Leicester.*

BBC Norfolk

Stewart White: *Who had a worldwide hit with What A Wonderful World?*

Contestant: *I don't know.*

Stewart White: *I'll give you some clues: what do you call the part between your hand and your elbow?*

Contestant: *Arm*

Stewart White: *Correct. And if you're not weak, you're...?*

Contestant: *Strong.*

Stewart White: *Correct - and what was Lord Mountbatten's first name?*

Contestant: *Louis*

Stewart White: *Well, there we are then. So who had a worldwide hit with the song What A Wonderful World?*

Contestant: *Frank Sinatra?*

Late show (BBC MIDLANDS)

Alex Trelinski: *What is the capital of Italy?*

Contestant: *France.*

Trelinski: *France is another country. Try again.*

Contestant: *Oh, um, Benidorm.*

Trelinski: *Wrong, sorry, let's try another question. In which country is the Parthenon?*

Contestant: *Sorry, I don't know.*

Trelinski: *Just guess a country then.*

Contestant: *Paris.*

Not the brightest side

Weakest link (BBC2)

Anne Robinson: *Oscar Wilde, Adolf Hitler and Jeffrey Archer have all written books about their experiences in what: - Prison, or the Conservative Party?*

Contestant: *The Conservative Party.*

Beacon radio (Wolverhampton)

DJ Mark: *For 10, what is the nationality of the Pope?*

Ruth from Rowley Regis: *I think I know that one. Is it Jewish?*

GWR FM (Bristol)

Presenter: *What happened in Dallas on November 22, 1963?*

Contestant: *I don't know, I wasn't watching it then.*

Richard and Judy

Richard: *On which street did Sherlock Holmes live?*

Contestant: *Er... ..*

Richard: *He makes bread... ..*

Contestant: *Er... ..*

Richard: *He makes cakes... ..*

Contestant: *Kipling Street?*

Lincs FM phone-in

Presenter: *Which is the largest Spanish-speaking country in the world?*

Contestant: *Barcelona.*

Presenter: *I was really after the name of a country.*

Contestant: *I'm sorry, I don't know the names of any countries in Spain.*

The biggest game in town (ITV)

Steve Le Fevre: *What was signed, to bring World War I to an end in 1918?*

Contestant: *Magna Carta?*

James O'Brien show (LBC)

James O'Brien: *How many kings of England have been called Henry?*

Contestant: *Er, well, I know there was a Henry the Eighth... ER.. ER... Three?*

The Vault

Melanie Sykes: *What is the name given to the condition where the sufferer can fall asleep at any time?*

Contestant: *Nostalgia..*

Wonderful words

The English language has some lovely collective nouns for the various groups of animals. We are all familiar with a Herd of cows, Flock of chickens, School of fish, Gaggle of geese, and a Pride of lions.

However, less widely known is:

A Murder of crows (as well as their cousins the rooks and ravens),

An Exaltation of doves and, presumably because they look so wise:

A Congress of owls

Now consider a group of **Baboons**.

They are the loudest, most dangerous, most obnoxious, most viciously aggressive and least intelligent of all primates. And what is the proper collective noun for a group of baboons?

Believe it or not A Parliament

Yep!...A Parliament of Baboons

Pretty much explains everything doesn't it?

You just couldn't make it up.

*You don't stop laughing because you grow old,
you grow old because you stop laughing*



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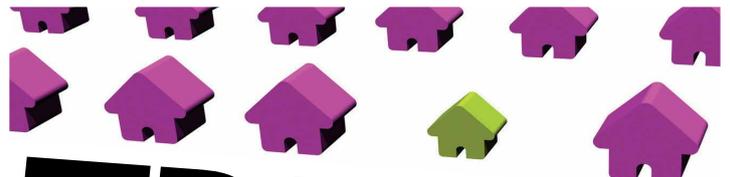
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- May 20 - Arbitrage
- May 27 - Hyde Park on Hudson
- June 3 - The Hobbit
- June 10 - Hitchcock
- June 17 - Lincoln
- June 24 - Robot & Frank

(Films are subject to change)

We had a sell-out for the showing of Quartet with more than 125 seats taken and here's your chance to see more great films. So make a regular Monday morning date with Cineworld.

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The Winchmore and Whetstone Singers

are joining together to give a concert in St Thomas's Church, Oakwood on Saturday 6th July at 3pm. The programme will consist of a wide variety of light music and will cost £5 on the door.



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Enfield Borough Over 50s Forum**

(I/We/My Organisation) wish(es) to apply for or renew membership of the Enfield Borough Over 50s Forum. Enclosed is a payment of £7.00 for individual membership; £10.50 for Couples; £17.50 for Organisations. (Delete as appropriate). Cheques should be made payable to Enfield Borough Over 50s Forum. You can register for multiple years. (price above multiplied by amount of years required). This reduces the administration burden. Life membership is available, at £100 for Individuals, £150 for Couples, £250 for Organisations.

Title and Last name(s): Applicant.....Partner.....
 First Name(s): Applicant.....Partner.....
 Year of Birth(s): Applicant.....Partner.....
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* Ignore if joining as an individual or Couple

As a registered charity the Enfield Borough Over 50s Forum can collect gift aid on donations and sub-scriptions made by you, providing you pay income tax. If you agree to the Enfield Borough Over 50s Forum recovering gift aid from the tax office sign below. The tax office will not contact you.

DECLARATION
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Black Caribbean <input type="checkbox"/>	Partner <input type="checkbox"/>	Asian Other <input type="checkbox"/>	Partner <input type="checkbox"/>
Black Other <input type="checkbox"/>	Partner <input type="checkbox"/>	White British <input type="checkbox"/>	Partner <input type="checkbox"/>
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Bangladeshi <input type="checkbox"/>	Partner <input type="checkbox"/>	White other <input type="checkbox"/>	Partner <input type="checkbox"/>
Tick if disabled <input type="checkbox"/>	Partner <input type="checkbox"/>	If none of the above - Please state your ethnic origin	

Members have the right, not to state their ethnicity

Although all are welcome to join the Over 50s Forum, only the members who live in the Borough of Enfield are eligible for discounts at Enfield Leisure Centres

For official office use only	Date entered	Cash	Cheque	Date card issued	Volunteer Yes/No	Other	Initial
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Please return the completed form(s) to: **The Membership Secretary**, Enfield Over 50s Forum, Millfield House, Silver Street, Edmonton, London N18 1PJ (You can also call in person or hand in at Forum meetings and events)

Telephone: 020 8807 2076 Registered Charity No.: 1122859 www.enfieldover50sforum.org.uk

Singers Wanted for Verdi Requiem

For our Summer Concert on Saturday July 13 and to celebrate Enfield Choral Society's 75th Anniversary, we will be singing the Verdi Requiem. We would like to invite other choral singers to join us for the summer term and concert. We will be making a nominal charge of £10 to help towards our costs.

Rehearsals are at Trinity Church Hall, Gentleman's Row, Enfield on Tuesday evenings, 7.45 to 9.45pm. The number of rehearsals required is negotiable with the Musical Director depending on how experienced singers are and whether they know the Verdi Requiem well already. There will be additional rehearsals at the venue on the evening of Friday July 12 and on the afternoon of the concert.

We are particularly looking for tenors and basses, but there are also a few places for additional sopranos and altos (mainly 2nds for both parts).

If interested, please contact Musical Director Mark Sproson at director@enfieldchoralsociety.org.uk copy to Lesley Jordan at membership@enfieldchoralsociety.org.uk

Sayings to remember

Nothing in life is to be feared, it is only to be understood – **Marie Curie**

Getting older is the best part of life. I feel better than I did in my 20s – **Cameron Diaz**, actress, at 40.

Age is an issue of mind over matter. If you don't mind, it doesn't matter – **Mark Twain**

Any idiot can face a crisis – it's day to day living that wears you out – **Anton Chekhov**

You are supposed to go on looking 12 until you are 112. Eternal youth is beyond us all – **Mariella Frostrup**