

Festive & seasonal greetings

to all Forum members, their families and friends. We wish you, and all Newsletter readers, a Merry Christmas and a happy, healthy 2014.

Support our petition and show the NHS belongs to the people

'The NHS belongs to the people' is the grandiose title given to a 24 page document issued to both celebrate this year's 65th birthday and to alert us to the need for change if the NHS is to survive another 65 years. There is an ageing population – the 100 Club of centenarians has grown fivefold in the past 30 years, so there are now 12,320 men and women of that hardy generation that survived two world wars.

The government now predicts that there will be 22,000 people over the age of 100 by 2020 and as many as 280,000 by 2050. A quarter of all children born today are expected to live beyond 100. That's the good news. Not so good is the fact that longer life brings more long-term illness, more hip and knee operations, more mental illness – and all this will cost money.

Despite the obvious and enormous challenges that lay ahead for government – whatever its political colour – the document's authors say: "We do not believe it would be realistic or responsible to expect anything more than flat funding (adjusting for inflation) in the coming years."

That is the pessimistic, negative view of ten newly-appointed top executives now controlling the country's health and care services who, in effect, are running the NHS and relieving Jeremy Hunt, the Secretary of State for Health, of his responsibilities for seeing that our healthcare services are able to meet the needs not just of an ageing population, but of everyone from the cradle to the grave.

Who are the people who say there's to be no real increase in health care funding? There's the chief executives of the Care Quality Commission, the Health and Social Care Information Centre, Health Education England, Monitor, Public Health England, NHS Trust Development Authority, NHS England, the National Institute for Health and Care Excellence, the co-chair of NHS Commissioning Assembly steering group and the chair of the LGA Community Wellbeing Board. They say they want to design a new and revitalised NHS that serves current and future generations as well as it has served those in the past. But they want us to accept that this can be done without any

increase in funding when we are told that Enfield has been underfunded by successive governments for years; when the life expectancy gap is 13 years between east and west of the borough and when we know that the new Enfield NHS CCG is already feeling the draught in its quest for funding from NHS England to commission services at local hospitals.

That is why the Forum has launched a petition to secure more funding in the coming years for the Borough's two main providers – public health headed by the council and acute hospital services commissioned by the CCG.

We cannot really accept NHS bosses telling us that the NHS belongs to the people with one breath and then saying there's no increase in funding with the next breath. We need to have our say on where the money should be spent particularly when the government is talking about shelling out £50 billion or is it £80 billion on the HS2 train link between London and the North – taking 20 minutes off the journey to Birmingham.

Or should we have our say on whether we spend £20 billion up to £100 billion on a new Trident missile carrying submarine fleet patrolling the oceans 24/7 all year round? Some people might even want to question the £7 million a year subsidy given to MPs and peers to run the restaurants in the Palace of Westminster.

If the funding allocation for health services in Enfield is pegged with just an inflation adjustment, cuts are bound to follow. That is why people are so willingly signing our petition.

We've had a great and much appreciated response with some 30 sheets of signatures from patients at Bincote Road Surgery. Can anyone match or beat that?

People can also sign the petition online at www.enfieldover50sforum.org.uk/petition.ktm but we need many, many more signatures to make an impact. If everyone gives just a little time and effort we can make that vital difference to the funding allocation for health services in Enfield – and please send your completed forms to the Forum office.

Start the New Year right!

Come to the Civic Centre

Tuesday, 28 January 2014 10am

Council leader Doug Taylor & Cabinet member Andrew Stafford will discuss how the 2014-2015 Budget affects you.

Why join the Forum?

"The Forum is the best local example of an organisation actively engaged with large numbers of local people from a wide range of communities. There is no other local organisation that is so much more influential than it was five or six years ago, and that is something to be proud of."

Ray James, Enfield Council's Director of Health, Housing & Social Care, speaking at the Dugdale Centre 5 July 2013.

Enfield's three MPs say

'keep the triple lock'

David Burrowes, MP for Enfield Southgate, Nick de Bois, MP for Enfield North, and Andy Love, Labour MP for Edmonton

support the triple lock which was a Conservative-led guarantee and will no doubt be secure under a future Conservative Government in 2015."

Andy Love, Labour MP for Edmonton said: "Shadow Chancellor Ed Balls has given his unequivocal support for the triple lock. Support for the triple lock will help to protect the value of the state pension. Now that the triple lock has reversed the process of pension increases being linked to prices, it is critically important to maintain that improvement until pensioner living standards reach a level that can provide real dignity in retirement."

Over 50s Forum Meetings programme

Civic Centre, Silver Street, Enfield Town

Tuesday, 26 November - 10am

Your Shout, your chance to raise any topic then –

Major John Rodwell, Deputy Lord Lieutenant of Middlesex talks about his fascinating duties as representative of the Crown in Enfield. There are 98 Lord Lieutenants across the UK and the office dates back to Henry VIII's reign.

December 31 Please NOTE: No meeting

Tuesday 28 January 2014 - 10am

Your Shout, your chance to raise any topic then at 10.30am

Leader of Enfield Council, Doug Taylor, and Cabinet Lead on Finance, Andrew Stafford, present the Council's draft budget for 2014/15. This is your chance for the Forum's to influence Council expenditure for the coming year.

Millfield House, Silver Street N18 1PJ

Thursday 14 November - 10am for 10.30am start

Jennifer Robinson, Senior Practitioner, Enfield Youth Service talks about the Youth Offending Service in Enfield (and their need for volunteers to help them with their work).

December 2013 - No meeting

Skinner's Court, 1 Pellipar Close, Fox Lane, N13

Tuesday 19 November 2013

Your Shout, your chance to raise any topic then –

Lynn Chesterman, Chief Executive, The Grandparents Association talks about the purpose of the association and the confidential services it runs in supporting grandparents. It provides a helpline, welfare benefits advice service and runs numerous support groups.

Southgate Beaumont

Please note that from the new year we will no longer use Skinner's Court for our third Tuesday in the month meetings. Instead meetings will take place at the Beaumont Centre at 15 Cannon Hill. Make a note in your diary for the dates below. Meeting topics will be in the January Newsletter

Tuesday, 21st January 2014- 10am

Tuesday, 18th February 2014 - 10am

Tuesday, 18th March 2014 - 10am

The Southgate Beaumont Care Community is the large care home at 15 Cannon Hill, N14 7DJ, diagonally opposite the Cherry Tree Pub. Buses 121,W6, 298, 299, nearest station Southgate Underground. There is ample car parking space.

Jan's Journal

Our first evening meeting was attended by 32 people at Southgate Beaumont on 17 September. John Garrett spoke about family tree making and Alan Sitkin, Cabinet Member, followed on with information about growth, jobs and regeneration in Enfield. John is an experienced genealogist and offers a completely free and confidential face to face or off line estimating service. Please contact the office (020 8807 2076) if you would like his contact details.

Alan's presentation was packed full of information. Did you know for example that Southern Electric makes £6.5 million profit and British Gas £3.7 million per annum from Enfield alone? The council has been busy persuading the big corporations to put something back into the Borough with some limited success – British Gas is supporting MIND in Enfield and putting about £10,000 towards Enfield Swimfit, but no evidence of social responsibility has been found for Southern Electric and many of the other big corporations. Full details of Alan's presentation are available from the Forum office. Please watch out for details of more regular evening meetings in January's edition of the newsletter.

Meanwhile, our regular daytime meetings have continued with Marion Harrington (Chair of Enfield's Safeguarding Adults Board) reminding Forum members of the importance of safeguarding vulnerable adults by reporting any kind of abuse that you yourself experience or that you notice happening to a neighbour, relative or friend to the Enfield Adult Abuse.

Abuse can take many forms – physical, sexual, psychological or emotional, financial or material, neglect, discrimination and institutional. In Enfield the highest number of referrals is received from those suffering financial abuse. This could be, for example, neighbours or relatives visiting elderly housebound people and helping themselves to money or valuables or getting access to their bank account or credit cards. Sometimes just a phone call and a visit from the police is enough to deter the abusers. So if you are in any doubt' call the Enfield council's Abuse line on 020 8379 5212.

On a more fun note, Heather Cole, from our social committee recently organised another white water rafting day. Heather says that it was a great afternoon and everyone was on a high. We often get phone calls and emails to the office telling us how much members have enjoyed the social events – so if you are not a member of the Forum it's well worth your while joining up and joining in.

This is the last newsletter before the winter break – hope everyone has a fabulous time and please spare a thought for any isolated older people who may live in your street. In fact if you know of anyone why not put a newsletter through their door and suggest they join the Forum for 2014 or attend our Winter Fair on 24th January.

Jan Oliver

Office and Development Manager

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 Loraine Hopwood on benefits, debts etc
- 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.

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

John's jottings -- Summer's end?



Town Park, the site of the Enfield Summer Show, was a glorious place to be at the beginning of September. Sun shining, bands playing, people of all ages from all sections of the community happy to sign our petition asking for better funding for the NHS in Enfield.

Highlights for me were a group of very young gymnasts doing gravity defying feats including forming human pyramids and a teenage band performing swing numbers in a manner very reminiscent of the 'big bands' so popular in the post-war period. It was heartening to see so many volunteers manning stands, from churches through dog trainers to hospice supporters. There is something exhilarating about seeing all sections of the community getting together, having a good time and raising funds for worthwhile causes.

After the show it was back to the depressing battle with BT. I tried to get BT TV connected in early July since when attempts to get the equipment installed and to get refunds of money taken twice from my bank have been a fairly full time job. The low point came when BT sent along two engineers to repair a 'box' which had not been installed and was not in my possession!

My problems with BT seem to be nothing compared with Ian Duncan Smith's problems with the computers intended to operate Universal Credit (UC). This revision of the benefit system is intended to bring together six means-tested benefits under one operational structure. It is intended to reduce the costs of administration, ensure people quickly get their benefits and encourage people into work.

The Institute of Fiscal Studies released a report in September which suggested that the change to UC should increase work incentives for the majority of people so the ministers' hopes should be achieved if only the computers can be made to work. The National Audit Office (NAO) investigated following suggestions of problems. **"The department will have to scale back its original delivery ambition and is reassessing what it must do to roll-out Universal Credit to claimants,"** said the NAO report.

£34 million has already been written off and Norma Wood, interim Director General of the Major Projects Authority, told the Public Accounts Committee that "**a significant chunk**" of the £303m so far invested in IT development could still be written off. Wood said the amount could be at least £200m. So that is about £5 per head for everyone in the country up in smoke. Causes? A hugely ambitious programme and a minister with little grasp of detail.

Duncan Smith went on the radio when the scandal broke and pointed at the Child Support Agency (CSA) debacle as an example of Labour's inability to manage computer projects apparently unaware that CSA was Mrs Thatcher's brainchild. Throw in officials afraid to admit a problem, computer salesmen who learnt in the selling snake oil school, huge amounts of money and problems were inevitable. Only the scale of difficulties could not be foreseen.

Does any of this matter to us? Latest figures for Enfield show some 13,300 people registered unemployed which equates to nearly 10% of men and over 8% of women. Apart from people officially counted as unemployed the figures show another 17,900 people saying they would like a job. These official figures are largely based on simple surveys and do not show how keen people are to get work, but they do suggest that at least 10,000 and possibly 20,000 or more Enfield residents would like to work.

Apart from being enraged at the waste of our money, we should be concerned that a programme intended to help people get work should be bogged down in apparent administrative chaos. We must hope that patches will stop the haemorrhage and that eventually a workable system will emerge.

Finally, two things to be cheerful about. As you will read elsewhere in the newsletter, researchers at the University of California, San Francisco have delivered strong evidence that playing strategic action video games strengthens mental capacity and slows the effect of ageing. So go and buy Grand Theft Auto 5, turn off the TV and get mentally fit. Talking of fitness, 42 year old Chris Horner won the Vuelta a España, probably the world's toughest sporting event. In so doing he became the oldest man ever to win a cycling Grand Tour breaking the previous record held by a 36-year-old for 91 years. **There's hope for us all.**

John Ball Chair



Last call for poppies

There's just a few more days of poppy appeal collections to be made, but there's still time to volunteer for a one or two hour stint at one of the three rail stations, Chase, Gordon Hill or Enfield Town. Or alternatively, there are four places in the Palace Gardens shopping precinct. Call Lorraine Hopwood, the Royal British Legion poppy appeal organiser on 07989142474.

Enfield Borough Over 50s Forum
Millfield House, Silver St, Edmonton, N18 1PJ
Tel: 020 8807 2076
email:info@enfieldover50sforum.org.uk
Secretary: Tony Watts
Development & Office Manager: Jan Oliver
Admin Assistants: Diane Barron & Liz Delbarre
Office hours: Mon-Friday 9.30am - 4pm

ENFIELD TOTAL REMOVALS

MOVING HOUSE?

REQUIRE STORAGE?

- Free quotation & advice
- Packing-unpacking
- Friendly male & female team
- Fully insured
- High quality storage facility
- Established since 1999
- Arrange parking permits if necessary



10% discount to Over 50s forum members

020 8367 8348

www.totalremovals.com Company Reg No. 04109912

Ever heard of MOOC? - So what is MOOC? Check your electric blanket

It stands for **M**assive **O**pen **O**nline **C**ourse. It is a relatively new phenomenon from the United States, which has caught the imagination of universities and the public as well as the media. The Open University has long been famous for its use of distance learning and the latest technologies and will, later this year, launch Future Learn, its own 'innovative twist' on the MOOC.

You may well be asking "**OK, but what's in this for me?**" Well, you could become one of the millions around the world who are already accessing the OU's free, online offerings. The big advantages of MOOC are no entry requirements and no restriction in class sizes. As the OU says – if you want to learn, you can – and it won't cost you anything!

It is ideal for graduates who want to keep studying and more particularly for those of us who don't want or need a qualification but have a desire to learn something worthwhile out of personal interest.

Courses will tend to last between five and ten weeks, with specific start and end dates, and a few hours of study each week. They will be made up of videos, slide shows,

quizzes and social activities such as online forums. Future Learn will be able to offer a huge range of subjects – it has 21 partner universities in the UK and two international partners – from Ireland and Australia.

Simon **N**elson, CEO of Future Learn says: "*The courses are open to anyone, anywhere – all you need is access to an internet connection and a computer or mobile device, so you can learn at your convenience. By working with OU academics to structure the learning experience we plan to deliver genuinely powerful and memorable learning.*"

This is an opportunity for real lifelong learning for older people – filling a huge vacuum created by the lack of funding for our specific age groups over the past years. Some of the courses started as early as October and it is worthwhile seeing what is already on offer. This list will, undoubtedly, grow much longer in the near future.

To find out more about the launch and start browsing the courses that interest you, visit www.futurelearn.com

Irene Richards
(An OU graduate)

How old is your electric blanket?

Damaged electric blankets cause more than 5,000 house fires a year and almost 99 percent of the blankets involved are over 10 years old.

One way to check the age is to look at the BEAB safety mark – a round symbol means it is more than 10 years old. (The new sign is white capital letters on a black background).

Fires caused by electric blankets are a particular issue for older people as those aged 65 and over are most at risk, with six times the national average of fatal injuries.

The Fire Service recommends that electric blankets are tested every three years. It lists the following danger signs: fraying fabric, scorch marks, exposed elements, creasing or folding, soiling, damp patches, tie tapes damaged or missing, worn flex and/or loose connections.

Age UK has a free advice line on 0800 165 6565 or find details in the 'home and care' section in www.ageuk.org.uk

Cards for good causes (CfGC)

Cards for Good Causes* at Palmers Green United Reformed Church, Fox Lane, London N13 4AL will be opened officially for a 20th year on Saturday 26 October 2013 at 11 am by Monty Meth, MBE, President of the Enfield Borough Over 50s Forum.

On offer will be Christmas cards from approximately 29 national charities including North London Hospice, and a selection of Christmas goods. There will be refreshments. The church is accessible by wheelchairs and there is free on-street parking.

Opening Hours:

Monday to Saturday 10 am – 4 pm until
Tuesday 10 December 2013.

* CfGC is a non-profit making, multi-charity initiative operating a national network of over 300 outlets. 70p in the £ is the minimum CfGC gives back to the charities for every card sold. From this, the charities have to pay for the production and distribution of their cards, and any VAT.

Soroptimist International of Enfield and District

**Interested in making friends, meeting like minded women and raising money and awareness?
Come and join the Soroptimists, it may make all the difference.**

Our focus is to help educate, empower and enable women in need, both at home and abroad.

We meet twice a month at The Methodist Church, Oakwood, EN4 0BD

Contact: Di Stacy,

Tel: 020 8366 7641 Email: distracy@tiscali.co.uk

A CLUB FOR WOMEN WHO WANT TO MAKE A DIFFERENCE



www.sigbi.org

Forum 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

We're now 5,000 strong

This issue of the newsletter appears just as we start limbering up to the annual ritual of finding something to celebrate. And the Forum has a good reason to celebrate this year, as we can announce the winning of our 5,000th fully paid up member in 2013.

Because we have an annual membership fee it inevitably means that some people drop by the wayside for one reason or another. People do have a habit of leaving their renewal to "demani" – or the next day after that... and then they forget altogether. It is a miracle to me that so many do rejoin on time. So we should celebrate not just the 5,000th member, but also the stalwarts who are the backbone of the Forum, renewing their support for the Forum year after year – and in good time too!

If there's a bigger independent and unaffiliated voluntary organisation with members across the board in the borough, north, south, east and west and yes, with a presence in all our diverse communities, then I'd be interested to hear about it.

So, yes, we will be delighted to welcome our 5,000th member to a social event we are planning for 2014 which will be a nice way to record this landmark – watch out for further news.

Indeed, our membership continues to grow at over 100 per month so I will need to repeat my usual reminders. Membership increases next year to £8 individual pa. £12 couples pa. £20 affiliates pa. So save up now and join for more than one year at a time. It will help you if we have to raise fees because of increased costs – and it helps us by cutting down the admin work. Or you can join our growing band of life members: £100 individual, 150 couples or £250 for organisations.

Our membership year runs from 1st April to 31st March with no pro rata for a partial year. Being a member of an affiliate does not entitle you to individual membership of the Forum or the leisure centre discounts. 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 re-join at a discount.

I'd like now to welcome another group affiliating to the Forum - **The Association of Ingleborough Residents and their leader, Mr John Dady**, who tells me "*Ingleborough is an estate of more than 80 purpose built leasehold apartments for older people located just off The Ridgeway in north Enfield. Towards the end of last year we formed a residents association to look after our interests and to foster a spirit of community and mutual assistance within the estate.*"

"We range in age from about 60 to over 100. Some still at work, many are retired. Some residents are couples but many are now alone and some may not have families living locally. Although we all enjoy 'independent living', we do have the assurance of a resident estate manager and the benefit of an alarm call system."

"The Association arranges coffee mornings (with the occasional guest speaker), produces a monthly newsletter and has organised trips and outings. Early days yet, and joining the Over50s Forum will help to encourage us keeping in touch with each other and with our community."

Finally, a big thank you for all the help I've received over the past year, particularly since I'm now recovering from a successful hip operation. I wish you all a happy and healthy festive season and a great 2014.

Joyce Pullen Membership Secretary

Affiliates' news

Enfield Choral Society Autumn Concert

Duruflé Requiem and Vaughan Williams In Windsor Forest and Mystical Songs

Christ Church United Reform Church,

Chase Side, Enfield, EN2 6NJ

Saturday 9 November 2013, 7.30pm

Tickets: £12/£10(conc) in advance and £14/£12(conc) on the door. Ticket Hotline: 07856 793434 or email: tickets@enfieldchoralsociety.org.uk

Southgate Symphony Orchestra

Iberian Imaginings

Saturday 23 November 2013, 7:30pm

The Bourne Methodist Church,

Bourne Hill, Southgate N14 6RS

* Joly Braga Santos: Symphonic Overture No. 3

* Bizet: Carmen Suites No. 1 and No. 2

* Lalo: Symphonie Espagnole (violin: Fenella Humphreys)

Tickets: £12, or £9 to Forum members if bought in advance.

Call Monty Meth 020 8882 1303

GP 0844 contracts are over

The Forum's long-running campaign to stop Enfield GPs forcing patients to pay higher phone charges to call their surgery for appointments, test results or repeat prescriptions is over.

The last two surgeries that we named and shamed in the last issue of the Newsletter, Connaught in Hedge Lane and East Enfield in Ponders End have notified us of their new numbers. Connaught's number is now 020 3668 7498 and East Enfield will be on 020 8344 9715 when BT finally fix the phone.

There were at least 13 Enfield surgeries which switched their local call numbers to 0844 lines. Unfortunately, neither the old Primary Care Trust, the current Clinical Commissioning Group of local GPs or NHS England, which now controls the contracts for GP surgeries, was sufficiently interested to intervene, claiming they could not order them to revert to an 020 number.

"It has taken us all of six years to stop those GP practices that were, in effect, charging patients to make an appointment, which is in clear breach of NHS principles which say health services should be universally available and free at the point of need," says Forum president Monty Meth.

The BBC Radio 4 You and Yours programme recently revealed that there are still 531 GP surgeries in England using 0844 numbers. Many claimed they were not classed as premium line numbers even though some people have been known to pay 44p a minute when using their mobile phone – part of which has been going towards increasing the surgery's income

And the House of Commons Public Accounts Committee has now started an investigation into customer service lines across Government. The Department of Work and Pensions Permanent Secretary, whose Department is the biggest user of 0845 numbers, confirmed that they will now be introducing 03 numbers, which is great news.

One Newsletter reader wrote to us saying: **"Congratulations on the 0844 campaign. It was a scandalous introduction so many years ago. However, as you are aware 0845 numbers are almost as bad, especially when they give you a long introduction as to what they can do for you before getting down to business."**

"So, a bit of advice. You can find alternative numbers on the website SayNot0870.com. For example the number you give for DWP in your last issue can be substituted with the geographical number 0191 218 3600 and on page 6 on scam pension calls the number for Consumer Direct is 020 8185 0710."



Fusion plans Southgate expansion

With over a year since Southgate Leisure Centre re-opened after a major redevelopment, Fusion Lifestyles is now planning to extend the studio space to allow for more classes and cater for the increased numbers attending classes. The class programme has gone from strength to strength, with demand for additional classes really dominating the last few months. Indeed, in July there was a waiting list of 830 people. Fusion says "**we have listened to our customers and are planning an internal restructure of this area to increase the overall size of the new studio to accommodate more people. We very much hope to have far more information about this in the next Newsletter.**"



New group exercise classes

All Fusion leisure centres in Enfield have re-launched their group exercise classes with a new look programme. The classes now have a consistent name across all centres and some new classes have been added to the programme to bring them up-to-date and ensure that they keep people coming back for more. In addition, all exercise programmes are displayed on timetables accessed from the Fusion website which is updated from the centre immediately there is a change, so the very latest programme can be viewed.

With just a couple of months to go before the end of another year, why not consider – if you haven't already done so – a visit to Fusion's



Fusion annual membership update

We are pleased to be able to confirm that all Enfield Over 50s Forum members who have a current annual membership will still pay their previous price if renewing before 2014. We are, however, told that there will be a price review commencing January 2014 and we have been promised that any changes to general prices and memberships will be fully discussed with the Forum before being introduced.

In the meantime, if your current annual membership is due for renewal before 2014 you will still pay the same as your current charge. £420 is the present annual membership rate which represents a saving of £40.

Forum members purchasing the Fusion concession card 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

Over 50s full activity days at the four leisure centres at:

Edmonton	(Monday)
Southgate	(Tuesday)
Southbury	(Wednesday)
Albany	(Thursday)

Activities include swimming, gym sessions, exercise classes, badminton, short mat bowls and much more. In addition, it is a great way to meet new people and chat over a cup of tea or coffee, or have lunch and stay for an all-day session. For full details just drop into one of the centres or go along and see for yourself.

Fusion annual membership update

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 12 months membership with the same any time access and no £35 joining fee will be £420, a saving of £40 on the £460 charge for non-Forum members. Please note that, as above, this charge has been held for renewals for the rest of this year.

In addition, Fusion also has the following new concession off-peak and peak-time charges:

Monthly direct debit off-peak with Forum concession card (gym, swim, sauna, steam, studio seven day booking and rackets) NRG card included £29 Mon-Fri 9am-4pm, Sat & Sun 12 noon -close. Without a concession card the charge for the same times is £39. Proof of current Forum membership is required for all concession card applications.

Please note:

1. The Forum is convening a small team to liaise with the Fusion management across all Enfield sites. Roy Barrows is the co-ordinator (020 8360 8561) and he will be joined by Dominic Hall, Fusion's Over 50s co-ordinator. If you would like to join the team please give Roy a call.

2. 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 re-join at a discount.

Quotes to remember

You have not lived today until you have done something for someone who can never repay you - **John Bunyan**

Strength does not come from physical capacity. It comes from an indomitable will - **Mahatma Gandhi**

Well done is better than well said - **Benjamin Franklin**

You should never be ashamed to admit you have been wrong. It only proves you are wiser today than yesterday - **Jonathan Swift**

Oh, that was nothing to do with me - **Princess Anne** shrugging off congratulations on the pregnancy of her daughter, Zara Phillips

My generation is reinventing ageing - author **Deborah**

Mogagach, 65, when claiming the over-60s are busy having undignified, middle age sex



Over 50s activity day session at a Fusion Leisure Centre



Always look on the bright side of life



Short and Sweet

A wife says to her husband: "**what would you do if I won the big lottery?**"

He says: "**I'd take half, then leave you.**"

"**Excellent,**" she replies. "**I won £12, here's £6 - now hop it!**"

The shovel

I woke for my usual middle of the night trip to the toilet and noticed an intruder creeping around in the next door garden. Suddenly, my neighbour came from nowhere and smacked him over the head with a shovel, killing him instantly.

He then began to dig a grave with the same shovel. Astonished, I got back into bed. My wife said: "**Darling, you're shaking and shivering, what's the matter?**" I said: "**You'll never believe what I've just seen. That bastard next door has got my shovel.**"

Cockney wit

We hear that Monty Meth was looking at the shoe stall in Enfield Market last week when he said to the stallholder that they were very cheap and asked if they would wear well.

"**Wear well, guv?**" came the reply. "**They must wear well 'cos nobody's come back for a second pair!!**"

If it's true

That brisk walking every day is good for your health, our postman would be immortal.

That a whale swims all day, every day, only eats oily fish, drinks only water then why are they so heavy and fat?

That a rabbit runs and hops all the time and only lives for 15 years

While a tortoise doesn't run, does mostly nothing day in and day out and lives for some 150 years.

One liners - some old, some new

I put far too much cream on my face - Nivea again

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed four grave diggers walking about with a coffin. Hours later and they're still walking about with it. I thought to myself, *they've lost the plot!*

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £45!!! *Blow this, I thought. I can get one cheaper off the web.*

I was at an ATM yesterday when a little old lady asked if I could check her balance, so *I pushed her over.*

I start a new job in Seoul next week. *I thought it was a good Korea move.*

I was driving this morning when I saw an RAC van parked up. The driver was sobbing uncontrollably and looked very miserable. *I thought to myself that guy's heading for a breakdown.*

Statistically, six out of seven dwarfs are not Happy.

My neighbour knocked on my door at 2:30am this morning. Can you believe that, 2:30am?! *Luckily for him I was still up playing my bagpipes.*

The wife was counting all the 5p and 10p coins out on the kitchen table when she suddenly got very angry and started shouting and crying for no reason. I thought to myself: "*She's going through the change.*"

When I was in the pub I heard a couple of plonkers saying that they wouldn't feel safe on an aircraft if they knew the pilot was a woman. What a pair of sexists. *I mean, it's not as if she'd have to reverse the bloody thing!*

Local police hunting the 'knitting needle nutter', who has stabbed six people in the backside in the last 48 hours, *believe the attacker could be following some kind of pattern.*

A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says: "Oh, *I forgot to tell you, today's the day the teddy bears have their pick nicked.*"

Just got back from my mate's funeral. He died after being hit on the head with a tennis ball. *It was a lovely service.*

We have a new neighbour. He has travelled the world, swum with sharks, wrestled bears and climbed the highest mountain. *It came as no surprise to learn his name was Bindair Dundat.*

Last word

Nine times married Zsa Zsa Gabor said she never hated a man long enough to give his diamonds back and added: "*I'm a marvellous housekeeper. Every time I leave a man, I keep his house.*"

And when cricketers were divided between gentlemen (amateurs) and players (professionals) Fred Trueman, the fiery England and Yorkshire fast bowler said that the definition of a gentleman was someone who got out of his bath to do a pee.

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

The Forum's Winter Fair

Friday 24 January 2014

FREE TO ALL 2.30-7.30pm

At **The Art Zone**, 54 The Market Square, Edmonton Green, London N9 0TZ. **020 8803 9877**

An indoor fair to introduce you to the work and fun activities of the Forum and our affiliated groups.

There will be stalls and workshops ranging from dancing, singing, art, opera and rambling through to the important campaigning work on health, the environment, and the neighbourhood concerns of our groups.

Book to receive

- a free programme of events
- refreshments (Forum members only)
- transport for disabled/housebound people (Forum members only).

Telephone the Forum Office on: **020 8807 2076**



A Forum Christmas Invite

With support from AgeUK, the Over 50s Forum wishes to invite a limited number of people who are over 80 and who live alone in Enfield to be their guests at the Forum Christmas Lunch on:

Tuesday 17 December at 1pm

For those with mobility difficulties transport will be arranged for them and their carers. Come along with the Over 50s Forum and enjoy a free Christmas lunch at The Picture Palace, Lincoln Road, Enfield, EN3 4AQ.

Places will be limited so call the Forum Office on **020 8807 2076**

Subject to availability for other places the cost will be £11.

Shingles: sham and shambles

The Daily Telegraph headline could not have been more explicit. It read: "Shingles vaccine on offer for everyone in their seventies." The Department of Health catchline for the announcement went: <https://www.gov.uk/government/news/people-aged-70-to-79-years-offered-shingles-vaccine>

And just to make sure we read it right, the leaflet produced by the manufacturer of the shingles vaccine called **Zostavax, Sanofi Pasteur MSD**, and sent to every surgery in England and Wales, was headlined: **Aged 70-79 – Don't let shingles become a burning issue.** And it went on to say: **"As older people are more likely to get shingles, the new national shingles programme for people aged 70 to 79 has been introduced by the Department of Health from September, to help protect those most at risk from shingles."**

That is why in the September/October Newsletter we urged everyone aged 70 -79 to contact their surgery to make sure they were included in the vaccination programme. **So like everyone else, we were taken aback when surgeries told Forum members that you either had to be aged 70 or 79 and nothing in-between to get the vaccine.**

On hearing that the vaccine is available only for 70 and 79 year-olds, one lady decided to ring Kings Oak Hospital to find out if they did it privately. Told they do not hold the vaccine, she was given the telephone number and address of the private BMI Garden Hospital at Hendon who will apparently give the injection for **£150!**

At the Health and Wellbeing Board meeting on September 19, our voluntary sector representative was able to raise the chaotic launch of the shingles vaccination programme very forcibly with Alison Frater, Head of Public Health for London, who thought that the roll-out had gone better than it actually did.

She was put right about that and our representative asked her to take a very strong message of dissatisfaction back to NHS England. We also raised the issue with the CCG Board and they are seeking clarification on how surgeries will deal with the people aged between 70 and 79.

We have sought explanations for the confusion from Public Health England's vaccination team based at Colindale only to be told that the vaccine manufacturers were having difficulty shipping supplies because of the stringent testing regulations. The Department of Health told us the overall cost of the programme in England will be around £50m in the first year. The estimated on-going cost for the future rounds of age groups will be around £30m per year, they said.

These figures only add up if everyone aged 70 to 79 is getting the vaccine in the first year. The sudden change of plan has led some GPs to whisper the word "**rationing**" in our ear, believing Health Ministers had badly miscalculated the total cost of the programme and had quickly back-tracked on the numbers once they saw the bill.

The shingles muddle is on-going. Some people are being told different age groups will be called up next year. **But writing in The Times on October 1, Dr Mark Porter said: "Those in-between (aged 71-78) will have to wait until they reach their 79th birthday. Yes, I know it is confusing, but I don't make the rules."**

NHS England and its Public Health offshoot must do better and it needs to make sure it knows what is actually happening on the ground. Meanwhile, the Forum will stay on the case.

Note: The MMR jab take-up rate has reached 92.3%, the highest level in England since it was introduced in 1998, with nine out of ten babies and toddlers now getting MMR protection. The national target remains 95%.

Fallen and can't get up?

Falling and not being able to get up again makes a person more liable to serious injury, further falls, hospitalisation and moves into costly long term care. If we knew who is most likely to fall, could we avoid it happening?

If you were thought to be 'at risk' would you want to know, and take steps to reduce that risk, but to know what to do if it happened? It seems to make sense in human and monetary terms to identify people who could benefit, and teach them how to avoid falling and how to safely get up again

Research findings and pilot initiatives can offer insight into these issues and highlight possible ways forward. For example, we do know which people most often have falls. People remember falling and are aware and willing to talk about mobility difficulties. We also know that people with cognitive impairment are more likely to fall, and are then more likely to remain stranded (perhaps because they are least able to call for help).

Relevant details like these needs to be

systematically recorded by clinical staff to flag up vulnerabilities. On the part of the person who has fallen, many frail older people fail to make use of call alarms – the most common 'tool' available to them. Is this because of a still-strong desire to remain independent and avoid a move into a care setting? Would these systems be more attractive if it was understood that not using them might increase dependency on others in the longer term?

In the meantime, we know that strength and balance exercise programmes tailored to individual abilities are good at preventing falls and long 'lie times'. Unfortunately, not all those who need them can access this kind of support. Not all doctors refer to falls prevention and prescribed exercise, and a diagnosis of dementia can make referral less likely.

Should we be addressing this inconsistency and seek wider availability of tailored exercise support services for doctors to refer into? Perhaps we also need to be asking more of the services currently available. For example, a Cambridge

organisation dementia Compass (<http://dementiacompass.com/>) wanted to explore what more could be done around falls with people with dementia (a particularly 'at risk' group) and their carers.

The Fit and Fun project offered group exercise classes for people with dementia and their family carers, and found that tailored teaching and communication was a key element to 'getting it right'.

This pilot project suggested that people with dementia, and their carers, can participate in exercise programmes providing that the environment and delivery is suitable.

Falling in general is bad news and especially so for some very old people. Investment in what works to prevent future harm, and development work to adapt existing services and widen access should yield benefits for the whole of society.

Caroline Lee,

*Cambridge Institute of Public Health,
University of Cambridge*

Health in the borough is improving

On September 24, Public Health England (an executive agency of the Department of Health) released new health profiles at local authority level.

Enfield adult health is generally better than the national average and improving; all-age all-cause mortality continues to fall and is below the national average for both males and females. **Over the last 10 years, all cause mortality rates have fallen. Early death rates from cancer and from heart disease and stroke have fallen.**

Enfield though is worse than the national average for childhood obesity. In Year 6 (aged 10-11) 23.8% of children were classified as obese in academic year 2011-12. Results for academic year 2012-13 have been submitted nationally and should be available by January 2014. This level of obesity is similar to the modelled prevalence of adult obesity (23.2%).

For more information see <http://www.apho.org.uk/resource/view.aspx?RID=116449>.

Who should have a flu vaccination?

Even if you feel healthy, you should have the free flu vaccination if you are:

- aged 65 years or over
- living in a residential or nursing home
- the main carer of an older or disabled person
- a household contact of an immuno-compromised person
- a health or social care worker

or know anyone that is pregnant

or you have:

- a heart problem
- a chest complaint or breathing difficulties, including bronchitis or emphysema
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, for example multiple sclerosis (MS) or cerebral palsy
- a problem with your spleen, for example sickle cell.

By having the vaccination, paid and unpaid carers will reduce their chances of getting flu. They can then continue to help those they look after. Don't wait until there is a flu outbreak this winter: contact your GP or practice nurse now to get your free flu jab.

There is no funding for district nurses to visit the housebound to administer flu jabs this year, as in previous years. So the GP practice needs to go out and visit the strictly housebound only, i.e those patients who cannot leave the house. All other patients will be expected to visit the surgery.

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.

Health and social care services – your views wanted

Enfield now has its own independent watchdog body for health and social care services. Healthwatch Enfield was launched at a well attended meeting in October and is now actively seeking the views and experiences of local residents.

New Chief Executive Lorna Reith says: "At its best, the NHS can be absolutely wonderful, but we also know that this isn't always people's experience. The same is true for home care, mental health and other services. We want everyone's experience of health and social care to be a good one."

"Our job is to make the Council and the Health Service listen to you, the users of those services, and change the way they do things. You can help by telling us what would make things better for you when you visit your GP or attend a hospital appointment. What would improve those health services you receive at home or at a local clinic?"

"Is information easy to get hold of? How easy is it to get an appointment? Are you treated seriously and with respect and are you kept informed? What works well that could be copied elsewhere?"

You can contact Healthwatch Enfield with your views at:

Room 11, Community House, 311 Fore Street, London N9 0PZ
Tel. 020 8373 6283 or email: Info@healthwatchenfield.co.uk
www.healthwatchenfield.co.uk

Healthwatch Enfield is also looking for volunteers who can help gather the views of local people. Training will be provided so do get in touch if you think this might be for you.

Hearing tests at the Dugdale centre

Free pre-screening hearing tests will be available from the experienced Chase Farm Hospital Audiology Unit on Monday 4 November and Monday 2 December at our confidential drop-in advice clinic which runs every Monday 10 am - 12 noon at the Dugdale Centre in Enfield Town.

These hearing tests will only indicate whether or not further testing is advisable, with a full diagnostic examination to determine the actual level of hearing loss. A degree-qualified audiologist will look into your ears to double check for any signs of wax or other obstruction before taking a brief history. He/she will then do a brief hearing check of around six frequencies per ear before explaining all the results and discuss whether a GP referral for a full diagnostic test at Chase Farm is advisable.

Please register with the Over 50s Forum reception desk when you arrive at the Dugdale Centre and they will direct you to the hearing test.

RNIB survey call

The Royal National Institute of Blind People are great advocates for patient centred care. As part of that work it is currently conducting a survey to capture the experiences of people who have been diagnosed and treated for eye conditions such as glaucoma, wet age related macular degeneration and diabetic eye conditions. It aims to use this information to share with decision makers and to improve patient experience.

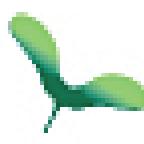
Patients can fill out the survey online at:

<http://rnib.in/eyecaresurvey>.

Or they can contact

Victoria Armitage, Assistant Policy and Campaigns Officer (Eye Health), RNIB (Royal National Institute of Blind People), 105 Judd Street, London WC1H 9NE.

Tel: 020 7391 3267. Email: victoria.armitage@rnib.org.uk



HOME CARE PREFERRED
www.homecarepreferred.com



**If you or a loved one requires
SUPPORT OR CARE AT HOME.
We provide friendly and professionally
trained caregivers to help...**

Our services include:



PERSONAL CARE & HOME HELP:

Help with washing, bathing, dressing, cooking, housework, shopping, ironing.



LIVE-IN:

We offer a specialised, full time Care & Support service.



INDEPENDENT LIVING SHOP:

We stock a wide range of products from pill dispensers to Wheelchairs. We also sell shoes and slippers for problem feet

For further information please contact us on

020 8364 3670



info@homecarepreferred.com

Visit our Independent Living Shop at
49 Station Road, Winchmore Hill,
London N21 3NB



Top tips for free NHS continuing healthcare

Care home fee funding is determined by the person's needs. If they have a medical or 'primary' health need, the NHS must cover the cost of care. If they have a social care need, the local authority must cover the cost of care if the person in need has assets below £23,250.

Getting continuing healthcare can be difficult, because of the way the rules are applied. Claims can succeed or fail depending on the way they are prepared. Below is a useful checklist for those who want to make a claim.

- Start a medical history for the person needing care and keep it updated.
- Keep a good record of discussions with staff from the care home, social services, hospital and the GP. It is not uncommon for records kept by the various bodies involved in a person's care to be inaccurate or inadequate.

- Request medical records from various bodies involved in the care of the person e.g. the hospital or the GP.
- Apply for continuing care in writing. Send your request by email, fax and/or by recorded delivery so that you have proof that the application was submitted. Keep all correspondence in order and file all the information you gather.
- Use the Department of Health National Framework for continuing care to do your own assessment of the person's needs.
- Make an effort to attend all assessments or review hearings so that the resident's point is presented clearly.

Call Michael Stennett on 020 8920 3190 if you think you may have a claim for NHS continuing care or need advice about claiming social care fee funding from the local authority.

Stennett & Stennett, Solicitors and Estate Agents, are based at: 4 Winchmore Hill Road, Southgate, London N14 6PT.

Building strong bones

From the age of about 35, bone density decreases. This is a normal part of ageing, but for some people it can lead to osteoporosis and an increased risk of fractures.

To help maintain good bone health:

- Eat calcium-rich foods
- Get your sunshine quota
- Go easy on protein
- Don't smoke
- Cut out the salt
- Be active
- Drink sensibly

Excessive amounts of both protein (especially meat and cheese) and of tea, coffee, alcohol and fizzy drinks reduce the amount of calcium we can absorb, while salt speeds up the body's loss of calcium, so try to keep them all in moderation.

Walking, running, golf and tennis are good exercises as they are weight-bearing – and

they also give you the chance to get out into the sunshine to get your dose of Vitamin D, which actually helps the body absorb calcium and phosphates.

Unfortunately, few foods apart from oily fish contain much Vitamin D so a typical modern diet provides only five percent of the body's needs and, unlike countries such as the US, Canada, Finland and the Irish Republic, milk in the UK is not fortified with Vitamin D.

Some experts have calculated that about 90 percent of the UK population have lower levels of Vitamin D than needed for optimum bone health.

For those people who cannot get out into the sunshine, or suspect they may be deficient (a simple blood test will tell you), Vitamin D supplements may be the answer. But if you are considering taking any dietary supplements long term, consult your doctor first.

Fiona's food facts

Following on from my last article, today we will be talking about unsaturated fats. There are two main types – mono-unsaturated and polyunsaturated fats. Omega-3 fats should also be included in the diet regularly. These are found in vegetable sources of fat and are better for our heart and circulation than animal sources of fat.

Monounsaturated fats are found in olive oil and rapeseed oil. They are also found in avocado, nuts and seeds (almonds, cashews, hazelnuts, peanuts and pistachios). Some spreads are also made from monounsaturated fats.

Polyunsaturated fats are found in corn, sunflower and soya oils. They are also found in nuts and seeds (walnuts, pine nuts, sesame seeds and sunflower seeds). There are also some spreads made from polyunsaturated fats.

Omega-3 fats are found in fish oil and oily fish such as herring, mackerel, sardines, trout, pilchards, salmon and fresh tuna. It is recommended to have two portions of fish a week at least one of which is oily. I will talk more about Omega-3 fats next issue.

To help reduce your cholesterol level, as discussed in my last article, you need to reduce your intake of saturated fats and trans fats. Aim to replace most of these fats with healthier polyunsaturated and monounsaturated fats as above. However, gram for gram, saturated and unsaturated fats are equally fattening i.e. contain the same amount of calories. So for general health, and if you are watching your weight, try to reduce the total amount of fat that you eat. In the next issue I will talk about Omega fats and a little more about cholesterol levels.

**Fiona O'Leary
Senior NHS specialist dietitian**



STENNELL & STENNELL
SOLICITORS & ESTATE AGENTS
PROFESSIONAL SERVICES YOU CAN TRUST



Tax & Estate Planning
Property & equity release
Letting and Property Management

4 Winchmore Hill Road, Southgate, London, N14 6PT
(Opposite Marks and Spencer)

Tel: 020 8920 3190
Email: enquiries@stennett-stennett.co.uk
www.stennett-stennett.co.uk

Nursing care fee funding
Court of Protection & Mental Capacity

Wills & Probate
Lasting Power of Attorney

£50 Stennett & Stennett voucher!

Present this advert to receive £50 off our services. Offer is limited to one voucher per matter and available to Enfield Over 50s Forum members only.



Enfield's new local policing model



Enfield launched its new Local Policing Model in mid-September and we publish below the details. We have again invited the Borough Commander to come to a Forum meeting to discuss these developments.

Why the changes? To provide a better, more efficient service and put a greater emphasis on customer care. The Metropolitan Police Service (MPS) is going through a change process of which the Enfield police model is one strand. The MPS also has to make large savings. The borough was expected to have 556 officers by the end of October 2013. In January 2013 it was stated that by 2015 the borough would have 609 officers.

The borough will conduct eight strands of business – **Emergency Response and Patrol Teams (ERPT), Investigation (formerly known as CID), Borough Tasking Team, Neighbourhood Policing Teams, Senior Leadership Team, Leadership Support Team, Grip and Pace and Custody.**

Enfield will retain Edmonton and Enfield Police Stations as well as the single patrol site at Lincoln Road and Southgate Police Station. When the borough 'went live' with the LPM, on 16 September 2013, Southgate Police Station became a patrol base, housing the Neighbourhood Policing Team and the Safer Transport Team. The front office closed and has been replaced by a contact point, using the front office facilities.

The borough will have four contact points where the public can meet police officers and volunteers. The sites are confirmed as Southgate patrol base and Turkey Street SN base in Hertford Road. Two further contact points are sited at the North Middlesex Hospital and Morrison's supermarket in Palmers Green.

All four contact points will open on Wednesday and Thursday evening 7-8pm and Saturday afternoons 2-3pm. When the borough reaches 609 officers, there will be, for example, 37 PCs on each of the five Emergency Response Teams. There will be 117 PCs in the old Safer Neighbourhood Teams and a Borough Tasking Team comprising of one Inspector, three Sergeants and 21 PCs.

The borough will have a gang's team consisting of one Detective Sgt (DS), nine PCs and seven Detective Constables (DCs). The borough will also have a proactive capability, made up of one Detective Inspector, two DSSs, 14 PCs and seven DCs.

Joanne McCartney, Enfield's elected member of the Greater London Assembly, comments on the above statement.

"They can't hide the fact that police numbers are down across London and that 45% of PCSOs have been lost since the 2010 general election. Wards will have only two dedicated named officers (one PC and one PCSO) as opposed to the current structure of two PCs and three PCSOs (though in practice, due to the depletion in numbers, these had many vacancies in recent years).

"It is also telling that Enfield will not have the full complement of officers it has been judged it actually needs until 2016! We also now have only one 24/7 station in the Borough (as opposed to two previously) and the Southgate constituency is particularly affected by this."

TR PROPERTY SERVICES
ENFIELD & HERTS

- Kitchen fitting with free planning service
- Bedroom conversions, studded walls etc
- Bathrooms and bathroom conversions – wet rooms/mobility access and walk in showers
- Friendly family business. Years of experience
- Tiling/decorating
- Full liability insurance
- 5% discount to members
- FREE ESTIMATES

All aspect of home improvement

www.trpropertyservices.co.uk
Info@trpropertyservices.co.uk
01707 890965 / 07552 454577

**Derek Butt
General builder**

- ◆ 30 years experience in the building trade
- ◆ Free estimates and advice
- ◆ Reasonable prices
- ◆ Small or large jobs undertaken including:
- ◆ Extensions
- ◆ Bathrooms/kitchens
- ◆ Plastering/painting/decorating
- ◆ Roofing/guttering/fascias/soffits
- ◆ Patios and decking
- ◆ Building maintenance and repairs

Contact me on: Home 01992 631814
Mob 07939 036369
e-mail derekbutt18@hotmail.com

Random round-up

Saving on benefits

In a series of Ministerial answers to questions in Parliament, it has been disclosed that if the winter fuel allowance was withdrawn from higher rate taxpaying pensioners (those paying 45%) it would save the government just £5million a year. But if it includes 40% taxpaying pensioners they would hope to rake in £100 million. Treasury Minister Jim Gauke also disclosed that in the 2012/13 tax year, there were 5.1 million taxpayers aged 65 and over, of whom just 389,000 were liable for higher rate income tax – and that's out of a total of more than 11 million state retirement pensioners.

Mortgages for over - 60s

More than a third of homeowners expect to still be paying off their mortgages in their 60s. Nearly one in five homeowners are remortgaging to pay for home improvements and one in 12 does it to support their children. The end of the mortgage is now being delayed because of high house prices, the need to save longer for a deposit and people are not getting the keys to the door until they are aged 33, says a Post Office mortgage survey.

Poetry group

Meets at Enfield Town Library, Church Street, 10.30 -12 noon

Thursday 21 November where Jill van der Knaap will lead on "Eyes."

Thursday 5 December at 12noon. Meet at the Jolly Farmers, Enfield Road, for lunch.

Co-ordinator David Blake
01992 637 829

Getting Older

The second anthology of poetry by Forum members is now in production and we hope to have it ready for Christmas. We would urge you to support the Poetry Group by buying a copy. The price will be approximately £4.00 plus p/p. To reserve your copy, please phone the Forum office on 8807 2076, giving your name and phone number. Once the copies have been received you will be contacted re payment, etc.

Jobless capital

Almost a third of families in Glasgow have no-one in work, making it the jobless capital of Britain. A total of 30.2% of households in the city had no-one in a job in 2012, the Office of National Statistics said. Glasgow has been Britain's top workless area for nine years.

Tube access improves

Transport for London has introduced boarding ramps at 19 more Tube stations. Of the 195 Tube platforms that can be accessed step-free from the street, 149 now give step-free access right onto the train, using ramps, raised platform sections, and low floor trains. Transport for London says it is committed to continuing to improve accessible travel across the network, including for buses and rail. To receive accessibility email updates sign up with tfl.gov.uk/emailupdates.

Romance for over-50s

One in ten mature holidaymakers have had a romance since turning 50. A new trend is emerging among this age group who are using travel to look for love, says Staysure the travel insurers. Getting out of Britain is the best recipe for romantic success, but 61% of those surveyed said that they would not mention a holiday liaison to family or friends.

Knit & Natter

Knitter and Natter has really taken off with some 25 enthusiasts turning up **every Wednesday at 10.30am at the Dugdale Centre**. They contribute 50p a week to a Forum nominated charity, raising over £100 and they have sent many assorted knits to Africa. Currently the group is knitting for the Chase Farm Hospital premature baby unit and for Ethiopia.

The first man recently joined the group, showing the ladies the best technique in using mixed colour wool for Fair Isle. He was terrific, says co-ordinator Liz Gilbert. Natters have helped novices and experienced knitters to learn and improve their technique, as well as sharing ideas for knitting and crocheting.

Materials are expensive, so if you have any unwanted wool, however small the amount, or needles, then Liz Gilbert (020 8360 7386) would be delighted to collect. All members are welcome at the Wednesday morning Knit and Natter.

Video games are good for you

The high profile launch of the latest Grand Theft Auto video game may not have set the average older person's heart racing. But a study published in Nature shows that some specially designed video games may help combat age-related cognitive decline.

One game in particular, NeuroRacer, based on reacting to unpredictable signs when driving, was shown to improve people's ability to multi-task, concentrate and remember information. And it also works for young people who struggle with attention, memory or multi-tasking!

10 percent of over 65s still in work

The number of people working past the age of 65 is increasing – topping one million (or one in 10) for the first time, according to the Office for National Statistics.

The rising number is no doubt partly due to the increasing number of over 65s in the population and, of course, to the introduction of legislation in 2011 to prevent employers forcing people to retire at 65.

But how many go out to work because they enjoy it? For many over 65s, the reality is they have to work in order to pay the bills. They find that their state pension and benefits, even combined with some private pension arrangements, do not provide enough to meet the rising cost of living.

And recent research suggests that future pensioners will find it even more difficult. One survey found that one in seven workers believes that they will never be able to retire, a rise of 40 percent since 2011.

If nothing else, the surveys show that it is more important than ever that savers maximise the income which their pensions can generate. The Association of British Insurers (ABI) publishes details of annuities offered by leading pension providers on its website (www.abi.org.uk) in order to help people maximise their income in retirement.

Yvonne Mulder



Forum members being entertained by the local Mayor during their walking holiday in Snowdonia

Book Club

Meetings take place at Enfield Town Library, Church Street

Wed 20 November - Heat and Dust by Ruth Prawer Jhabvala
Thurs 5th December - NW by Zadie Smith

Details from Sue Scott, 020 8368 0861 or Scotsf48@gmail.com

Helpline for older people to launch nationally

The Silver Line, a 'befriending and advice helpline' for older people, is all set to launch nationwide after receiving £5m from the Big Lottery Fund.

Esther Rantzen, Chair and Founder of The Silver Line is delighted with the funding "so that we can develop from our pilot stage to launch nationally before Christmas, the time when older people are at their most vulnerable to loneliness and isolation."

The Silver Line Helpline provides three functions to support older people:

- to help them find out about the many, varied services that exist locally
- a befriending service to combat loneliness
- a place to communicate for those who may be suffering abuse and neglect.

There are 10 million people over the age of 65 living in Britain today, many of them living alone. Isolation and loneliness in this group has been shown to shorten life, create

depression, hasten the onset of dementia and cause physical effects such as malnutrition. The pilot programmes have proved hugely successful with many users reporting a greatly increased sense of well-being after their conversation - and, for some, a determination to make the effort to get out more and take part in local activities.

The Silver Line will launch nationwide on November 25. It is free to users so will depend on further donations and sponsors. It also aims to have 3,000 volunteers by the end of the first year. The Silver line number is: 0800 328 8888. Visit thesilverline.org.uk to find out more and if you are interested in volunteering, contact amy@thesilverline.org.uk

(Remember, all the Enfield libraries have computers for public use and their staff are happy to help you if you are still a beginner in the world of the internet and email).

Yvonne Mulder

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.

Staying active in winter

As the temperatures fall and the days get shorter, it can be tempting to stay indoors watching television and generally being inactive. There is no better time to get involved with Over 50s Forum.

Come along to a meeting or join us at one of the social events. The Over50 Days at the Fusion leisure centres are another good way to meet people and get fit at the same time. Activities are suitable for all ages and abilities.

It is important for all of us to keep active in winter to help us maintain a healthy weight, keep bones and muscles strong, and keeping our hearts and lungs working efficiently.

Just remember to wear the appropriate clothing and footwear to suit the wind/rain/ice/snow conditions - and choose lighter colours or even a hi-visibility vest if you take your walk in the dark rather than during the day.

Even at home we can exercise more - dance around your living room, walk up and down the stairs a few extra times or even use the bottom step as a 'step machine'.

To find out more about keeping fit and healthy in winter visit NHS Choices, the health information website for the NHS www.nhs.uk

Have you thought of joining a dance fitness class but think you have two left feet, or no coordination? Have you ever left an exercise class because you couldn't keep up or felt self-conscious? If any answer is 'yes', then **ZUMBA GOLD** is for you! This class is all about working out, having fun and not being judged. **ZUMBA GOLD** is for beginners and active older adults: a slower paced, low impact version of Zumba that is just as enjoyable and performed at your own pace

Tuesday mornings: 10.30am-11.15am

Thursday evenings: 6.30pm-7.15pm

The Waterhouse Hall/United Reformed Church

(please use the side entrance)

77 Compton Road, Winchmore Hill N21 3NU

Friday evenings: 6.00pm-6.45pm

Grange Park Methodist Church (Church on the Orchard)
Old Park Ridings, Winchmore Hill N21 2EU

Contact licensed Zumba Instructor, **SONIA TONGE**, for more details:

Tel: 07957 971473 **Email:** sonia.tonge@gmail.com

Classes are £5 for a 45 minute workout and you can pay as you go.

For testimonials: http://n21online.com/business-directory/item/zumba-low-impact-class.html?category_id=147

COME AND GIVE IT A TRY! ALL YOU NEED FOR THE CLASS IS WATER, COMFORTABLE CLOTHES AND SHOES AND YOUR SMILE!

Social Calendar

This Newsletter's offering is, as you can see, somewhat sparse. After this year's heroic efforts by your Social Committee, we are gathering our strength for 2014. We have lots of ideas but they do need working on to make sure they are the best we can offer. However, if you have ideas about events you would like to suggest and offer to organise, even on a one off basis, do let us know. The Social Committee is an open and welcoming group. All suggestions will be seriously considered. There is a wealth of experience to support you, and you would be very welcome. You can contact Irene on 020 8363 8175 or by email poosticks@blueyonder.co.uk.

2013 Events

Wednesday 6 November. Visit to London Transport Museum. Situated in the heart of Covent Garden, with stunning exhibits which explore the powerful links between transport and the growth of modern London, culture and society, since 1800. For more information and to book, phone **Wendy Bundle** 020 8360 2697.

Wednesday 27 November at 7.30pm. Malaysian feast with the Forum. Join us for a taste of the exotic at Kampung restaurant in N21. Share your starters, enjoy your crispy duck, choose your main course and have your first drink on the house. A feast from the east for £20 per person, service included. To book your place and choose your main course, call **Olivia** on 020 8447 8841 or, preferably, by email oliviaharrodd@virginmedia.com. All new and unaccompanied members welcome.

Monday 9 December, 12 noon - 4pm. £17 two course buffet lunch. With Myra Terry duo at the NECC Baker Street, Enfield EN1 3LD, near Hop Poles Pub. (Buses 191, W8, parking available). Come and enjoy a festive afternoon of delicious food, great music/dancing, and celebrate the Season with your Forum colleagues. A warm welcome is extended to our newer and unaccompanied members. Ring **Jacky Pearce** 020 8482 3575. (Sorry, this is now fully booked!! However, please check the 2014 events).

Tuesday 10 December, 7.30pm – 11.30pm. £17 two course buffet supper followed by Lawrence Harvey disco extravaganza at the NECC Baker Street, Enfield EN1 3LD, near Hop Poles Pub. (Buses 191, W8, parking available). Dust off your dancing shoes and get ready to party!!! This year there's also a super raffle so come prepared. Regulars and new members are all welcome, whether booking in groups, pairs or individually. To book your place, contact **Olivia Goodfellow** on 020 8447 8841 or, preferably, by email oliviaharrodd@virginmedia.com

2014 Events

Monday 13 January, 12 noon–4pm. £17-00 two course buffet lunch. Due to the overwhelming response to our event on 9 December, we are repeating this wonderful event. (See details in left column). Please contact Jacky Pearce by phone only please on 020 8482 3575. Priority will be given to members on the waiting list and those who have not attended the December event at the same venue. Your co-operation is greatly appreciated.

Tuesday 14 January for 12.30pm lunch or Tuesday 21 January for 7.30pm dinner of Lebanese cuisine. Join the Forum diners and get 2014 off to a great and healthy start, with either a lunch or dinner at the elegant Warda restaurant, 22 The Broadway, Southgate, N14. The cost for either lunch or dinner is £20 per person and this includes a selection of starters, a main course of your choice, a dessert and tea or coffee and a glass of wine, beer or a soft drink with your meal. A belly dancer will be in attendance for the dinner date to get us in the mood. To book your place, and choose your main course, contact **Olivia** on 020 8447 8841 or preferably by email at oliviaharrodd@virginmedia.com. All new members and unaccompanied members are most welcome. Let me know at the time of booking if this is your first time with us.

Christmas 2013 Lunch

Tuesday 17th December at 1.00 - Traditional Christmas Pub Lunch (Roast Turkey, Christmas Pudding and a drink- veggie option available) - £11 (or free if you are over 80 and single!!) Come along with the Over 50s Forum and enjoy a pub Christmas lunch at The Picture Palace, Lincoln Road, Enfield, EN3 4AQ. Places are limited so please book now on 020 8807 2076.

See advert on page 7 for details

See what you're missing!

If you stay at home and don't join in events organised by our energetic social committee, you'll miss out on trips such as this recent one organised by our ever enterprising **Jacky Pearce**, which she called: Dovercourt, Harwich and lunch.

The 54 Forum members who made the trip were surprised to learn some of the history that surrounds Harwich. Forum member **Dilys Chadwick**, who lives both in Harwich and Enfield, escorted us on a walking tour of Harwich, the highlight of which was the Electric Palace.

Opened in 1911, it was the first '**purpose built**' cinema in the UK. Thanks to the hard work and dedication of Chris Strachan and his team of volunteers, it continues to be a fine example of a community cinema – and so nostalgic.

On then to the Mayflower exhibition where **Janet Billington** spotted her ancestor's names on the Mayflower commemorative plaque. During our delicious lunch at the Cliffs Hotel in Dovercourt, **Eileen Ellis** told us that her boyfriend cycled to

Dovercourt from Enfield to carve 'I love Eileen' on the gatepost of the Warners camp where she was on holiday, only to cycle down again the following week to propose. Over 50 years of wedded bliss followed. What a rewarding journey down memory lane, this was...

As always, we had wonderful entertainment, music and dancing from the Myra Terry Duo. The sun shone all day, what more could we want? Thanks to everyone who contributed with their efforts and allowing us to share in their wonderful memories. One member says it all: "**It was very enjoyable and it could not have been better – next year again please."**

And here's what another Forum member wrote to us: "**Just wanted to comment on a very enjoyable trip to Regents Park Open Air Theatre to see The Sound of Music. The seats were great –and the whole show so professional. Many thanks to whoever organised the outing. The cast, the music, the singing first class. So from one very satisfied customer - Thank You!"**

TV teething problems

4G, a wireless service that enables super-fast mobile internet, is arriving in the UK at a new frequency: 800 MHz.

While 4G benefits the UK by giving us access to next generation mobile internet services, there is a chance that 4G at 800 MHz may also **disrupt a very small minority of people's existing Freeview service**. When 4G is rolled out in the Enfield area you should receive a postcard informing you that 4G is about to be introduced.

Because this is no fault of the viewer, a company named **at800** will provide free support on how to fix this disruption. If you use Freeview TV and are affected then you should call 0808 13 13 800 and speak to **at800 or consult its website (www.at800.tv)**.

at800 informed the Forum that it will help you understand the problem and resolve it with minimal fuss. If there are problems they will supply a filter to plug in between your television and the aerial.

Symptoms for those affected might include a loss of sound, blocky or pixelated images or loss of some or all channels. Only those who watch TV channels on Freeview are expected to be affected: you are unlikely to experience any interference if you watch cable or satellite TV.



Forum volunteer team at the Enfield Show collecting signatures for our petition for 'More money for Enfield NHS'



Jan Oliver with Forum volunteers at the Ponders End Festival



September events included a holiday in Snowdonia and Forum members enjoying white water rafting at the Lee Valley Olympic Centre

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

Admission £3 is less than half normal prices

- | | |
|---------------|------------------------|
| November 4th | - Mudaq |
| November 11th | - In a World |
| November 18th | - Look of Love |
| November 25th | - The Way, Way Back |
| December 2nd | - About Time |
| December 9th | - Saturday Night Fever |
| December 16th | - Rush |
| December 23rd | - Summer in February |
| December 30th | - Diana |

Although we've had an unusual hot spell of weather, audiences have been holding up pretty well. We've been asked if there's any demand for subtitled versions of some films. Please leave your name at the Forum office if you are interested. 020 8807 207

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

- Neck pain
- Back pain
- Sports injuries
- Musculoskeletal pains
- Vertigo
- Neurological cases
- Acupuncture

Murphy Physiotherapy Clinic



020 8364 4610

10 Greystoke Gardens, Oakwood, EN2 7NX



15% discount
on first visit

shaun@murphy-physiotherapy-clinic.com