



Community toilets: blockage freed

The community toilet scheme we have pressing for since March 2006 at last seems to be back on track. Having been told that the start-up would be last April / May we had to ask council leader Michael Rye to intervene to break the deadlock over buck-passing responsibility for the scheme between different civic centre departments.

The task of implementing the scheme has now been given to Sue McDaid, head of trading standards and licensing, who is now finalising a report due to go to Clr. Terence Neville, cabinet member for environment and street scene on 4 November, and then presumably to cabinet.

We hope it will be all systems (or cisterns!) go after that with some 25 business premises in the borough lined up to join the scheme. There is still some work to be done such as inspecting the toilet facilities for accessibility and cleanliness, drawing up a legal agreement, preparing signage to let people know where the free toilets are.

The 25 businesses indicating interest are in Palmers Green, Edmonton Green, Southgate and Southgate Green, Enfield Town, Hertford Road and Edmonton and the plan is to ensure that all parts of the borough are covered. Each community toilet will cost about £700 a year - £600 to the business and £100 to EBRA (the Enfield retailers' organisation).

The community toilet scheme is of all-round benefit. It helps not only older people, but also mothers with young children who often find the need for toilet facilities when out shopping. It is an economical way for the council to provide these facilities and all experience shows it helps to increase the business of those traders opening up their premises without proof of purchase.

So it looks like being 2009 before we'll see the launch - but better late than never! Last cautionary word: we hear funding has only been agreed for one financial year and after that the council will have to resolve which budget it comes from.

Future FORUM Events

FORUM MEETINGS 2008 - Civic Centre, Silver Street, Enfield

Tuesday 25 November 10am for 10.30 start
Information Exchange with **Enfield Police**, the **Home Support Network**, **Clr John Boast**, LBE older people's champion, and **Michael Essex-Lopresti** on the new local involvement health network - **LINKs**.

No meetings in December - all aboard for the Grand Christmas Social.

Wednesday 10 December at **The Royal British Legion**, Holtwhites Hill. Admission by ticket £12.50 including buffet lunch and entertainment from Roddy Beare, 18 Lucerne Close, London N13 4QJ. Tel: 020 8292 4324

Tuesday 27 January 2009 10am for 10.30 start
Future Enfield: the shape of things to come with LBE assistant director, **Stephen Tapper**.

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

Tuesday 18 November
Ted Norris, deputy chairman of Enfield's Tuesday Bench talks about 'Magistrates: their role and sentencing powers.'

December: No meeting

Tuesday 20 January
Have your say on Council tax and the LBE 2009/10 Budget

**Skinners Court is Opposite the Fox pub car park in Pellipar Close, Palmers Green - Buses 329 and W6 to the Fox pub in Green Lanes or the 121 to the Triangle - 150 yards from the Fox

Wednesday 17 December
Traditional Christmas Lunch for Forum Members at Southgate College. SEE Page 9 for details.



Seasonal greetings and good wishes to all Forum members, their families and friends for a happy Christmas and a peaceful New Year.

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



Going Dutch in 2009

How's this for something different? Here's something invigorating and fascinating - a unique walking and cycling 5-day holiday organised by Travelsphere, amid the beautiful scenery of Central Holland. Leaving on Wednesday 10 September 2009 by air-conditioned coach. Cost £349 includes four days half-board accommodation in a comfortable hotel, set in a beautiful nature reserve, local guides for walks and cycles provided. If you prefer just to walk, you are still welcome to join the trip which will conclude with an all-day optional visit to Amsterdam, the city built on a network of canals where the sights include the Royal Palace and Anne Frank's house.

You can book your place with a £50 deposit or get the full brochure details from me by calling 020 8447 8841 or e-mail olivia.g@virgin.net

Faversham's 'boozy' day

We had a full coach of 48 Forum members for our trip to the historic Kentish town of Faversham. Although the weather forecast was less than great, the journey was smooth and we arrived at the Shepherd Neame brewery for morning coffee and biscuits in good time. The first part of the day was a guided walk around this lovely historic town, which is blessed with quiet roads and cottages and houses to die for - how pretty!

We were told of the history of brewing beer in this part of England and how important it has always been to the local economy. A lunch of ham, cheddar cheese, salad and bread, chutney and ale cake was a delight and we then set off for a tour of the brewery itself. The old buildings and clearly explained methods of beer and lager production were fascinating and the best bit for many of us was the opportunity to sit on and in various vintage vehicles used for delivering beer in the "olden days"

The day finished with tutored tastings of several of Kent's finest beers and lagers - surprisingly good and with flavours that varied more than I personally would have expected. The sun had come out by the time we left Faversham and the scenic ride back to Enfield was lovely - although very quiet on board as many were having a quick nap after the beers at the oldest brewery in the UK took their effect!

postscript "The post has been an absolute delight and I will be sorry to lose some contact with our members, but I need to reduce my working hours to concentrate on my family, who are my priority. I am committed to helping ensure that my replacement will have a smooth ride and will do all I can to help him / her. I still plan to organise some trips for the Forum, particularly jaunts abroad, as I love this

Enfield show

The annual Enfield Show took place on the weekend of September 6 and 7, which you may recall was a cold, wet and windy time! Attendance was not as high as 2007 but there were still plenty of people to talk to and inform about the Forum and its work in the local community. Thanks to the Ruth Winston Centre who let us share their stand and provided us with cover during the many downpours!

Thanks too to the volunteers who both manned the Forum stand and made sure that our newsletters and information, reached as many older people as possible. Helpers were Peter Smith, Penny Chesterman, Vicky Warby, Brenda Phipps and Bill Tharby.

Calling all barn dancers!

Come along and let your feet do the talking at two special barn dance events in the lead up to Christmas! On November 5th there was a Guy Fawkes special barn dance at Southbury Leisure Centre in the afternoon and on December 3rd there is a Christmas Special barn dance, also at Southbury. For further details, contact the "caller" Cyril Jones on 0208360 1968 or email cyrldorjones@blueyonder.co.uk

Try a cabaret cocktail

The Risley musical theatre company will be staging four performances of its next production, Cabaret Cocktail, on Saturday 15 and 22 November at St Aldhelms Hall, Windmill Road, Edmonton, N18 1PA at 2.30p. and 7.30pm on both days. Risley is a long established amateur musical company that has been presenting shows in Enfield since 1942.

The 2.30pm shows are £9, which includes tea and cakes. The 7.30pm shows are £12 including supper. A licensed bar is available at all performances. Tickets available from Risley Box Office 020 8807 1810.

'Cabaret Cocktail' is an intoxicating mix of favourite songs and sketches performed in cabaret style with the

audience seated at tables. The show will include a tribute to Edith Piaf, a celebration of the music of Oscar Hammerstein, Beatlemania featuring many of the hits of the Fab Four, a salute to Jerry Herman, comedy sketches and much more. Seating is limited so book early to avoid disappointment.

Olivia Goodfellow

part of the Forum's development and enjoy the trips myself!

"Thank you to all members of the committee and the wider membership who have made this one of the most pleasant jobs I have had to date. Your energy in advancing years is truly inspirational and you are wonderful role models to all older people out there in our community".

Olivia

Crime prevention advice for winter

The clocks have gone back, meaning longer nights, longer hours of darkness which can produce a greater fear of crime. Enfield Police suggest:

- The use of low wattage compact fluorescent lights operated by dawn to dusk sensor at your front door. An internal light or two, operated by time switches will give the impression someone is at home as well as provide a welcome when you return.
- When you go out always lock the door and windows – if only just popping out consider leaving some lights on – dependent on time of day maybe draw the heavy curtains.
- Always key lock or bolt external doors at night. Simply lifting the handle on uPVC or other multi locking door is not sufficient.
- Don't leave spare keys outside in a garage or shed – house and car keys must be stored out of sight and reach of the front door – consider a deflector plate to prevent keys being hooked through the letterbox.
- If you have a 'spy hole' fitted always use it so you can identify who is at the door. Make sure there is a door chain fitted and you use it. Never let people into your home if you are uncertain – Remember: If in doubt- Keep them out!
- If you have a burglar alarm use it!

- When out, consider carrying a personal attack alarm.
- Should you wish to discuss any safety or security issue please do not hesitate to contact Enfield Crime Prevention Office on 020 8345 1102.

New non-emergency police phone line

The police have a new telephone number - **0300 123 1212** – which can be used to contact the police when it is not an emergency. It is hoped this will cut the number of inappropriate 999 calls - and help them to respond quickly and safely to real emergency calls.

In an emergency people should always dial 999. An emergency is when a crime is happening, someone suspected of a crime is known to be nearby, or someone is injured, being threatened or in danger. For all other calls to the police people should dial **0300 123 1212**, such as when reporting a crime or an incident, to speak to local police or when seeking advice on police matters.

It is still possible to contact local police stations with pre-existing numbers and in particular Safer Neighbourhood Teams should still be contacted using their direct telephone numbers. However people can use **0300 123 1212** to speak to local police, including Safer Neighbourhood Teams. When calling **0300 123 1212** local rates apply from BT landlines. Other networks and calls from mobiles may vary.

“Snoopers” or good citizens ?

Some newspapers are vitriolic against people they brand as “narks” who report acts of street vandalism, so we asked Sharon Huwen, LBE Street Hawks Coordinator, to update us on the Council's drive to keep the borough clean through volunteer involvement.

Street Hawks is a voluntary scheme for anyone who lives or works in Enfield to report environmental issues to the council. They act as the “eyes and ears” of our borough reporting incidents, including street scene issues such as graffiti, litter, dumped rubbish, abandoned vehicles, pest control, noise nuisance, animal welfare and pollution concerns.

They are making a real difference in helping to improve Enfield and we are always looking for more people to join the scheme. As well as reporting there are also opportunities to get involved in specific projects with the Council such as Clean Up days and environmental improvement projects.

Street Hawks are volunteers and can give as little or as much time as they wish. We don't expect them to have any specialist skills, or go to areas that might risk their safety.

We hold regular meetings, which allow Street Hawks to meet council staff, discuss ways of improving the local area. In addition, we produce regular newsletters to keep everyone up to date with news, events, legislation, contacts and new services.

The scheme was recently re-launched and all Street Hawks received new recycled membership literature and identity cards. We've now launched a pilot scheme for Junior Street Hawks involving five primary schools to encourage younger members of the community to help improve their local environment. If Junior Hawks catches on we may extend the scheme to secondary schools.

We are always keen to have new members to the scheme so if you are interested please call 020 8379 1000.

New Forum Administrator and Assistant to be recruited

The Forum will shortly be recruiting a replacement to take over from Olivia in 2009. Additionally we will be employing an assistant to help in managing the extra work load resulting from the Forum's growth in membership. As soon as the new job descriptions are finalised we will be advertising in the local press and placing the new job descriptions, conditions of employment, closing date for applications etc on our web site. Any individuals who wish to have details emailed to them when available should email the Secretary: tony_watts@blueyonder.co.uk

Dementia: out of the dark

Over 100 Forum members packed the council chamber to hear former GP Steve Iliffe, professor of primary care for older people, speak frankly about dementia, so often a taboo subject even among our friends and families. We often don't like to speak about it, but Prof. Iliffe talked openly about the research work he and others are doing to secure recognition of the condition and to improve the care and treatment of patients.

Dementia affects some 25 million people throughout the world, 700,000 of them in the UK, but only 3 per cent of research expenditure goes on dementia and Alzheimer's. With life expectancy increasing by three years every decade, it will no longer be unusual to live to be 90 or 100, but this ageing will have good and bad aspects. The good things are wisdom, experience and knowledge, the negative side includes physical and psychological wear and tear leading to more people suffering from Parkinson's disease, dementia and loss of brain function. But only one in five people over 80 get dementia, although GPs are often slow in recognising brain changes in their patients – hence the importance of a Government initiative to get the best personal and care services available to older people.

Professor Iliffe gave us his personal recipe for a longer, healthy quality of life which seems to be: no smoking, a Mediterranean diet – fish more than meat, lots of vegetables and fruit, at least 30 minutes of exercise, strenuous enough to make you slightly hot or short of breath, five times a week (walking is the easiest way to achieve this). Lastly, being in control of your lifestyle, being content, adaptable – even being married (or equivalent) seems to be very protective.

Raising awareness

The Alzheimer's Society has launched a public information campaign to raise awareness of dementia, its symptoms and the importance of getting an early diagnosis. The campaign will help people consider whether their forgetfulness is simply due to poor memory or the beginning of a medical condition and will encourage them to seek medical advice.

You can get advice and order the booklet:
Worried About Your Memory?
 by ringing 0845 300 0336

Introducing LINK - the new voice on health & social care

At the turn of the century we had voluntary members of Community Health Councils monitoring the performance of local health services. These were abolished and from 2003 we had local PPI -patient and public involvement forums - topped by a National Commission for Patient and Public Involvement in Health which operated from Birmingham. And now we have a new organisation called LINK - Local Involvement Network in Enfield.

Forum member Michael Essex-Lopresti has been an active participant in the Barnet & Chase Farm PPI Forum and is now a member of the newly-formed Enfield LINK and here he explains its role.

PPI Forums were replaced in April 2008 by Local Involvement Networks (LINKs) which have a wider remit than the old forums, for we now have responsibility for monitoring the provision of both health and social care services for residents in a local authority area. Enfield Council has been given government money to fund LINKs, which are independent bodies with direct access to local authorities, NHS bodies and the Secretary of State for Health.

Our LINK receives administrative and secretarial support by an independent Host Organisation called CIDA - Community Investors Development Agency - recruited by the local authority. Just like Forums, LINKs aim to work in concert with the providers of health and social care. They are larger than PPI Forums and will attempt to represent a wide range of patient groups, ethnic minorities, carers and individuals so that their views are obtained when health and social care services are planned, developed and commissioned.

LINKs will retain statutory powers to inspect the premises used by health and social care service providers, their requests for information must be responded to within a stated period and their reports and recommendations must be acknowledged within 20 working days with details of the action to be taken.

Enfield LINK was composed initially of Enfield members of PPI Forums to which are being added representatives of groups and individuals with a particular interest in certain aspects of the provision of health and social care in the area.

For its first survey, Enfield LINK decided to investigate the opportunities for patients to have blood tests ordered by their doctors, an activity which spans several NHS Trusts. Patient Advice and Liaison Services (PALS) had received a number of complaints about the hospital service and at least one Primary Care Trust clinic could not provide an appointment for six weeks.

Some GP surgeries provide a phlebotomy service but only eight of these are available at 8.30 or 9.00 a.m. so at most surgeries patients requiring a cholesterol test have to fast overnight and all morning. It has been suggested that high street chemists might offer this service and some have undertaken a training course in readiness for this. Reports with recommendations will be submitted to the appropriate NHS Trusts and it is hoped that there will be a significant improvement of the service offered.

Anyone who would like to be associated with Enfield LINK is invited to ask for information from Community Investors, the Host organisation: please call 020 8885 1900 or 0845 658 6688, email lynne@cidagroup.org, or write to CIDA at Resource Centre, 2 Factory Lane, London N17 9FL

Focus on.....Diabetes

The NHS spends £1 million every hour of the day on treating the medical consequences of diabetes, including blindness, stroke and amputations, says the charity Diabetes UK.

It says the disease now costs £9 billion a year, about 10 per cent of the NHS budget and this figure is forecast to rise to £12 billion before inflation by 2025. This is because the number of people known to have the disease has increased from 1.3 million in 2002 to 2.3 million this year. And the nationwide increase in obesity is likely to exacerbate the problem.

By 2025 there would be more than 4 million diabetics unless people change their lifestyle. The 10 per cent of deaths linked to diabetes today will rise to 14 per cent by 2025 if present trends are left unchecked.

The number of new patients rose last year by 167,000, more than double the 83,000 in the previous year and this was probably due to better diagnoses and detection rates by GPs of obesity, which is recognised as the prime cause of type2 diabetes.

Some Facts about Diabetes

Diabetes is a condition in which there is too much glucose (sugar) in the blood. It arises either because the pancreas gland can no longer produce sufficient amounts of the hormone insulin, which controls the amount of sugar in the blood, or because the body becomes resistant to the action of insulin.

Who is more at risk from developing diabetes?

- Ethnicity – Asian and African Caribbean people
- Family history
- Older than 40 years
- Previous history of gestational diabetes
- PCOS (polycystic ovaries)
- People with existing severe mental illness
- People who have an increased waist circumference
- People who are overweight

Over 2 million people in the UK are living with diabetes - that is three in every 100 people. It is estimated that there are at least 750,000 people living with the disease who have not yet been diagnosed. 80% of people with diabetes have Type 2 diabetes. It is thought that by 2010, 200 million people around the world will have Type 2 diabetes.

What are the signs and symptoms of diabetes?

- Excessive thirst
- Increased desire to urinate especially at night
- Tiredness/Lethargy
- Weight loss
- Blurred vision
- Infections
- Genital Itching

If you think you may have diabetes, please contact your GP who will be able to carry out a test for you. Diabetes UK says it is concerned that the level of treatment that diabetes patients receive varies widely, depending on which primary care trust area they live in. It is particularly concerned about the effectiveness of a screening programme designed to spot retinopathy, an eye condition suffered by 40 per cent of diabetes patients, early enough for treatment to be effective. In five per cent of cases it leads to severe sight impairment or blindness and every diabetes patient is supposed to be offered screening for retinopathy once a year. So make sure you get the test.

What Enfield Offers:

Enfield Primary Care Trust has produced a booklet entitled "Living with Diabetes ". The aim of the booklet is to help those with diabetes, help their family and their carers to be better informed, and know what questions to ask and where to go for help. Also included are details of the local support group and contact numbers. The booklet can be found on the PCT website at www.enfield.nhs.uk/publications/living_with_diabetes_booklet.shtm

Life expectancy declines for children

A baby boy born in the area of Edmonton Green can expect to live 13.2 years LESS than a baby girl born in wards such as Highlands in the west of the Borough. This shock claim is made by Dr Ugo Okoli, director of public health, in the annual report for Enfield primary care trust.

The report points to the level of poverty and deprivation in the Borough with 24.7 per cent of children being entitled to free school meals in nursery and primary schools in 2006.

- Enfield is in the bottom third most deprived districts in England. The east of Enfield is more deprived and displays the highest level of incidence on all of the following:
- pupils eligible for free school meals; speak Eng-

lish as a second language;

- have special educational needs; are on the children's protection register;
- classified as children in need; are in reception year and classed as obese;
- the majority of young people were not in employment, education or training in 2006.

The wards of Edmonton Green and Upper Edmonton are the most deprived wards in Enfield in terms of overall deprivation and are amongst the 20 per cent most deprived wards in England. The most affluent wards are in the centre of the borough and to the West, however none of these wards are in the most affluent 20 per cent range nationally, says the report.

Keeping warm – keeping well this winter

With average fuel bills now said to be running at £1,371 a year and with food costs continuing to rise, the Forum is endeavouring to spread the message that being old and cold this winter threatens to bring an even larger increase in the number of deaths, above the normal December – March level.

We hope that everyone aged over 65 has had their free Flu jab by now, if not please see your GP as soon as possible. Influenza can become a life-threatening condition if it leads to serious illness such as bronchitis or pneumonia. Vaccination is also available to people with long term health conditions such as asthma, diabetes or chronic heart disease. And it can be given to people receiving a carer's allowance.

We hope that the following information will help you to avoid the grim "Heat or Eat" alternative facing many people, particularly the five million households already said to be experiencing fuel poverty – that is, spending more than 10 per cent of their household income on keeping warm.

Debra Ayipeh, the Enfield Home Support Network coordinator says:

"If you need help and advice on how you could save energy in your home and save on fuel bills, then look no further than the Enfield Home Support Network which is here to help."



Home Support Network supported by Enfield PCT, Enfield Council, Age Concern Enfield, Enfield Association for the Blind, Enfield Disability Action, Over 50s Forum, London Fire Brigade, and The Pension Service

Keeping warm over the winter months is vital to staying healthy. Cold homes can affect people's health. Arthritis symptoms are often worse for sufferers living in cold, damp homes. The cold can also affect people's brain function and manual dexterity increasing the likelihood of falls and accidents in the home.

Figures show that temperatures below 16°C (61°F) can lower the body's resistance to respiratory infections, and temperatures below 12°C (54°F) can cause older people's blood pressure to rise, which increases the risk of heart attack.

The effects of the cold can be even more extreme. The UK has one of the worst winter death rates in Europe, an average of 30,000 people die every year, which is 20 per cent more than any other season. Winter deaths are especially likely to occur in older people, particularly those 75 and over.

Fuel poverty

Some people, despite the associated health problems, cannot afford to heat their homes to a healthy and comfortable living environment (21°C/70°F for older people). Fuel poverty affects mainly poor and vulnerable groups: the elderly; people with disabilities; single parent families; and the chronically sick.

A flu survey conducted earlier this year posed four fuel poverty/energy efficiency questions about people's concerns and their willingness to receive information. Of those who

responded, 15% said that they are worried about keeping warm and about dampness in the home. 40 per cent wanted to know how to save energy and reduce fuel bills and 41 per cent would like information to see if they were eligible under grant or discount schemes.

Fuel poverty and your health

It is estimated that for every 1°C that the winter temperature drops below the average, there will be an associated increase of 8,000 excess winter deaths. Over half of excess winter deaths are from cardiovascular disease and a third is from respiratory disease. It can be predicted when excess deaths will occur after a cold snap: heart attack will occur after 2 days, strokes after 5 days and respiratory disease after 12 days.

Many people, experience not only the problems associated with fuel poverty but face language difficulties that prevent them accessing the information they need to keep warm and well. This can put them at greater risk of contracting cold-related illnesses. But help is available in the form of grants, discounts and advice on saving on fuel bills.

Financial help

Help is there to help those in need but it is not always claimed. Up to 1.8m eligible people do not claim council tax benefit, 30 per cent of eligible pensioners do not claim Pension Credit. In fact, every year about £4.2 billion is left unclaimed by pensioners – and this is money that is rightfully theirs. This amounts to an average £29 a week per household in unclaimed benefits.

Winter fuel payments this year will be £250 for someone with households aged 60-79 or £400 for someone aged 80 or over. The exact amount depends on your age during the week 15 –21 September 2008. Payments will be made over a number of weeks from November and if you haven't heard by Christmas you should make a claim. Call 08459 15 15 15 Monday to Friday.

In addition, home owners and those who rent privately who are over 70, are entitled to free insulation, regardless of whether they are on benefits. If you are under 70, then it will depend on whether you receive any tax credits or benefits as to how much you will pay for insulation. People over 70 should call their energy provider, and those under 70 can call the Energy Saving Trust advice number: 0800 512 012.

It is estimated that for every 1 per cent rise in income levels, 40,000 households are lifted out of fuel poverty.

Would you like to save on your fuel bills?

For help and advice on how to save energy in the home and save on fuel bills the Home Support Network is here to help. The Network is a partnership of organisations that promote issues affecting older people in Enfield and have joined forces with the Energy Saving Trust to provide information and advice on various grants and discounts in the Borough.

Following a home check questionnaire, customers are entitled to a FREE home energy report providing measures needed to make the home more energy efficient and warm and grants and discounts are available to carry out these

Enfield Energy Efficiency Event

Come along to this open day on

'Keeping Warm, Saving Money, and Being Better Informed'

at Edmonton Leisure Centre,

The Broadway, Edmonton Green, N9, on

Thursday 13 November 2008, Time 10 - 2pm

Where ALL Enfield private and council residents can receive advice to make their homes more energy efficient and to save money? A special programme package event is also available for community group leaders/representatives.

Bring your Gas and/or Electricity Bill to Age Concern Energy Services and complete a Energy Home Check Questionnaire to get a FREE Home Energy Report



and enjoy a FREE light lunch, FREE gifts and FREE information.

measures. These measures are FREE for those on certain income-based benefits and discounted for those not in receipt of these benefits. It may surprise you to know you could have loft insulation, cavity wall insulation, super-efficient boilers and thermostats, hot water tank insulation or draft-proofing installed.

Warm Home Checklist

Do you find that:

- * Your home usually feels too cold and draughty
- * Your fuel bills are too high and you cannot afford to pay
- * You are using prepayment meter(s) to help with budgeting and to avoid incurring debt
- * You are staying in bed to keep warm
- * You are sitting with a hot water bottle to keep warm
- * You want to stay in hospital because it is more comfortable than being at home

In YOUR home, do you find that:

- * You lack any form of partial heating or your heating is in disrepair
- * The only heating is electric fires, fan heaters, oil-filled radiators or bottled gas heaters
- * Only one room is heated or heating not used
- * You have home-made draught-proofing
- * Ventilation had been blocked up or covered
- * You wear lots of clothes indoors
- * Curtains are closed in the day (to keep in the heat)
- * There is a smell of damp
- * There are signs of damp such as condensation on windows/window sills and/or mouldy patches around windows, outer walls, ceilings or upper corners of upstairs rooms

Try this trick The Forum has 2500 members - and is still growing

Don't cheat, but you'll need pen and paper.

1. First of all, pick the number of times a week that you would like to go out to eat. (more than once but less than 10)
2. Multiply this number by 2 (just to be bold) **3.** Add 5 **4.** Multiply it by 50 **5.** If you have already had your birthday this year add 1758... If you haven't, add 1757. **6.** Now subtract the four digit year that you were born.

You should have a **three digit number** The **first digit** of this was **your original number**. (i.e., how many times you would like to go out to restaurants in a week.)

The next two numbers are **YOUR AGE!** — (Oh yes, it is!).

2008 is the only year this trick will work. So spread it around while it lasts.

I'm pleased to report that we continue to increase our membership and now have over 2,500 paid up members enjoying the benefits of the Forum. I, for one, am heartened when people tell me how they have gained from being Forum members, particularly within the Leisure Centres. Walking frames tossed aside in favour of a walking stick, gaining the strength to walk further and, as a result of that, able to enjoy our regular walks. Enjoying the companionship at the Gym is great too so I wonder how many new friendships have been formed?

Joyce Pullen, Membership Secretary

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Your good morning smiles

Last word from George

As his presidency of the United States comes to an end, we heard that George Bush visited a primary school as part of his farewell tour. The teacher was discussing words and meanings and invited the President to take over.

George Bush asked the class for an example of **"tragedy"**. One boy said if my friend gets killed in a car crash that would be a tragedy. No, said Mr B, that would be an accident. A little girl then suggested if a school bus crashed killing 59 children, that would be a tragedy.

"Not really", said Mr B. **"I'd say it was a great loss"**.

The classroom went silent until one young lad broke the ice saying: **"If a plane carrying you and Mrs Bush was struck by a friendly fire missile and it was blown to pieces, that would be a tragedy"**. **"Fantastic"**, said the President. **"And why would it be a tragedy?"**, he asked.

"Well", said the boy. **"It has to be tragedy, 'cos it certainly wouldn't be a great loss and it probably wouldn't be an accident either"**.

Gentle exercises – Forum style

Begin by standing on a comfortable surface where you have plenty of room at each side. With a 5-lb. potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can.

Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple weeks, move up to 10-lb. potato sacks. Then try 50-lb. potato sacks.

Then eventually try to get to where you can lift a 100-lb. potato sack in each hand, and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks!

Believe it – or not

These quotations (including typos!) appeared in church bulletins - or were announced in church services - during the summer of 2007.

- * Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- * Don't let worry kill you off - let the Church help.
- * Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.
- * For those of you who have children and don't know it, we have a nursery downstairs.
- * Next Thursday there will be tryouts for the choir. They need all the help they can get.
- * Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- * The church will host an evening of fine dining, super entertainment and gracious hostility.
- * Potluck supper Sunday at 5:00 pm - prayer and medication to follow.
- * The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- * This evening at 7 pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.
- * Low Self Esteem Support Group will meet Thursday at 7 pm. Please use the back door.
- * The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7pm. The congregation is invited to attend this tragedy.
- * The Associate Minister unveiled the church's new tithing campaign slogan last Sunday : 'I Upped My Pledge - Up Yours'.

Raffle raises £2000

Thanks to Warburtons, the bakers, our special raffle raised £2000 less expenses for printing and registering the lottery. First prizewinner for the two seats at the Emirates Stadium for Arsenal v Fenerbahce in the European Cup was won by Mr C Pigott of Pembroke Avenue, Enfield, EN1 and the second prize of one ticket was won by Mr S Frost also of Pembroke Avenue, Enfield EN1.

Now if you think there's something fishy going on with two winners living in the same road, the draw was made in public at the October Forum meeting by George Theochari, from Warburtons business development team. And we have ascertained that although Mr Pigott and Mr Frost live within a stone's throw of each other, they had never met until going off to the Arsenal game! So there's a coincidence for you.

IMPORTANT INFORMATION RE TRIP TO BRICK LANE MUSIC HALL 17/3/09

If you have already reserved your place with Jacky Pearce, we are now able to give you a choice to go by Freedom Pass or coach. The coach seats will be reserved on a FIRST COME FIRST SERVED BASIS. So to book your coach seat or inform Jacky that you will be making your on way, please ring her on 0208 482 3575.

The coach will leave Lidl in Cecil Road, Enfield Town at 12 noon and return approx. 6-30pm. The return coach fare is £6 pp. So the total cost using your Freedom Pass will be £22. Total cost by coach £28pp.

Thanks everyone
Jacky Pearce

.....Out & About.....

First from the past

Our September trip to Ponsbourne Country Park was a great success and thanks to Jean Mittins for looking after this for us. The two trips in September to the State Rooms at Buckingham Palace and The Queen's Gallery, both went off well and a vote of thanks to Ros Keenaghan for organising these two trips for us.

On 1st October we had the first of our two trips to the Brick Lane Music Hall, and well what can I say, I don't think I have ever seen anyone work so hard as Jacky Pearce did that day to make it go with a swing. It was just so wonderful at the end one of our group called for three cheers for Jacky and she deserved that!

The October trip to the National Memorial Arboretum alas has had to be cancelled due to lack of support, well you can't win them all.

Enfield Community transport. We use the mini - buses from this organisation from time to time. If any of you would be prepared to act as a driver (all you need to do is pass a simple test) please contact Roddy Beare on 020 8292 4324 in the first instance.

So now to the future

Thursday 13 November

Energy Efficiency Community Event at Edmonton Leisure Centre, The Broadway, Edmonton Green, N9, 10am - 2pm There will be a FREE light lunch, FREE gifts and FREE information. Come along to this open day which is about '**Keeping Warm, Saving Money, and Being Better Informed**'.

Wednesday 19 November

Visit to the world famous R.A.F. Museum at Hendon. Details from Bill Thear, Call 0208 363 9216. Cost £8. Coach leaves the Civic Centre at 9.30am back at approximately 4pm.

Thursday 20 November

The last poetry group meeting of the year will take place at 10.30am at Oakwood Library when the topic will be: "**festive or festivities**. So bring along a poem or two, either your own or one you love to share with the group.

Thursday 20 November

Help with the rising cost of fuel bills and the cost of living, advice on pension credit, benefit checks and other services available 10.30 until 2.30pm at Mount Carmel Parish Centre, Our Lady at St George, London Road, Enfield.

Friday 5 – 8 December

Luxembourg trip is full. Any last minute details from Olivia.

Saturday 6 December

Southgate Symphony Orchestra Concert
7.30pm at Aylward School Theatre, Windmill Rd N.18 1NB near the Millfield Theatre)

Advertised under the heading "**Paddington Bear's It All**"

The programme:

- * **Two pieces from Tchaikovsky's 'Nutcracker' Suite.... The March and Trepak.**
- * **Paddington Bear's First Concert by Herbert Chappel with a narrator.**
- * **Prokofiev's Symphony No 7.**

Tickets (£6) are discounted for members and are available at Forum meetings.

Wednesday 10 December

Grand Christmas Social. This will be held at the British Legion, Hall, Holtwhites Hill. There are still just a few tickets left, contact Roddy Beare on 020 8292 4324 to see what the position is. We are always looking for prizes for our grand raffle, so if you would like to give us a prize please bring it along on the day.

Wednesday 17 December

Our new venture. A very special Christmas Lunch to be held at the Southgate College.

This is going to be a real feast, the full Christmas Lunch will include wine or soft drinks and the menu is just great!! Tickets are very limited and on a first come first served basis. The price of the ticket is £15.00 and I am sure they will go in no time at all, so if you want to attend please phone **Roddy Beare on 020 8292 4324** now!

17 March 2009

Return to the Brick Lane Music Hall, although all tickets may have gone, but but just in case give **Jacky Pearce a ring on 020 8482 3575. (See announcement on facing page 8)**

10 September 2009

Walking and cycling 5-day holiday organised by Travelsphere, to a natural beauty area of Central Holland. Travel by air-conditioned coach. Cost £349 includes four days half-board accommodation in a comfortable hotel, local guides for walks, cycles provided. The trip will conclude with an all-day optional visit to Amsterdam.

You can book your place with a £50 deposit* or get the full brochure details from Olivia by calling 020 8447 8841 or e-mailolivia.g@virgin.net * All cheques made out please to Enfield Over 50s Forum.

Roddy Beare

Social secretary

Future events in planning are:

A visit to the new Wembley Stadium; A River Trip to Kew; A Return visit to the Albert Hall and the V.&A Museum; A whirl on London Eye and a River Trip; A trip around London on a "DUCK".

We've joined the CALL

CALL stands for **C**ampaigning **A**lliance for **L**ifelong **L**earning and we've joined because so many Forum members are among the 1.5 million people who have been forced out of lifelong learning in the last two years by increased fees, following the withdrawal of concessions to people over 60 not on benefits.

Among those supporting CALL are Help the Aged, the Women's Institute, Church of England, the Muslim Council of Britain and the WEA and **we've urged CALL to make one of its priorities the restoration of fee concessions to the over 60s as part of its six campaign points.**

These include: learning for personal wellbeing and development and the maintenance of local authority adult education. This can be a path out of poverty and disadvantage. Widening participation in higher education can often provide people with a second chance later in life.

One of the participating organisations in this new coalition is NIACE – the National Institute of Adult Continuing Education which despite its name has discouraged the offering of concessionary fees for older learners by misleadingly claiming that these concessions fell foul of the recent age discrimination legislation. Alan Tuckett, NIACE director argues that what is posted on its website is a factual account of what NIACE believed the situation to be, not a policy recommendation. But with all due respects to NIACE, this is not good enough. They should be campaigning with us for the straight reintroduction of concessions with Government funding to match. **For more information see: <http://www.callcampaign.org.uk/>**

Freephone family and friends

Thanks to City bankers **Merrill Lynch and the Greater London Forum**, we are again the lucky recipients of 24 places, to attend the Merrill Lynch **Christmas Call event on Sunday 14 December.**

This includes free transport from the Civic Centre to the venue and return. We will be greeted by a superb choir on arrival and given the opportunity to make free calls anywhere in the world lasting 30 minutes per person. An excellent seasonal lunch will be served with a glass of sherry or more! Father Christmas will give each person a carrier bag full of goodies to take home and enjoy.

To be considered for a place, Forum members **only** should call Olivia on 020 8447 8841- if there is a large response, names will be drawn from a hat to ensure fairness to all.

Requests MUST be in to Olivia at the latest by Friday 21 November. If you wish to apply as a couple, please make this clear at the time of booking.

Cinemas discount disability

A national discount card scheme has been launched in over 500 cinemas. 90% of UK cinemas support the scheme including the Odeon, Vue, Showcase, Cineworld and Empire cinema chains. The Cinema Exhibitors' Association Card entitles the holder to one free ticket for a person accompanying them to the cinema. To apply for the card a person must meet one (or more) of the following criteria: **Be in receipt of Disability Living Allowance; the Attendance Allowance; or be registered as a blind person.** (The Disabled Person's Railcard is no longer part of the criteria).

The scheme was launched to provide concessionary tickets for carers of disabled people and there is no age restriction on the cardholder. Cards are valid for three years from the issue date and costs £5.50 Application forms are available at all participating cinemas or can be printed off from the website www.ceacard.co.uk. Further information can also be obtained on 0845 123 1292 - Minicom / Text phone: 0845 123 1297, email: mail@thecardnetwork.co.uk or write to: CEACARD, PO Box 199, Deeside, CH5 9BW.

Sports clubs riled by rate relief changes

The Forum has been told by some of its affiliated sports clubs that the council's decision to exercise its discretionary powers to reduce the business rate subsidy from 80 per cent to 20 per cent, will mean they will have to raise the subs of people almost all of whom are on a fixed income.

Some members of bowls clubs have complained that this is contrary to the council's claim that it wants to help older people to get more involved in physical activities. **David Hope**, secretary of the popular Ellenborough table tennis club, says the council's claim that it is quick and easy to become registered as a community amateur sports club (CASC) to get the 80 per cent rate relief, is not correct.

However before CASC is achieved, says David, a considerable amount of time and energy needs to be spent to qualify for rate relief. HM Revenue & Customs will then notify the council and the club receives a bill with the 80 per cent deducted – unchanged from before.

Unless clubs apply to HMRC for relief, they will run out of time and be caught for increased rates next April, particularly if they have to change their rules to qualify. Before HMRC will register a club it has to submit its constitution, accounts, level of promotion and participation by the club in the community, which may have to be revised following HMRC advice.

David Hope says: **"LBE should consider whether the small amount saved for the ratepayer is a good return for the extra imposition on clubs and the loss of goodwill this will engender. Volunteers are becoming increasingly discouraged by a mountain of recent legislation and this measure will be seen as 'anti-sport' and contrary to government policy on sport and recreation.**

"Even though CASC is a government measure, it was surprising that several councillors with a record of interest in sport and recreation were unaware of the decision to withdraw relief. LBE should consider an exemption ceiling, particularly for small clubs, based on how much their annual rate bill will be with 80 per cent relief".

LBE wrote to some 40 clubs last March informing them of the rate relief change, pointing out that they had to secure registration by March 2009 to benefit in the next financial year and offered assistance in completing the application.

What does not seem to have been made clear to sports clubs is that instead of receiving from the government 75 per cent relief, LBE will receive 100 per cent which could mean an extra £30,000 in its coffers and thus boosting council tax revenue. So clubs rightly want to know how they will share the benefit.

Pensions up – but still lags inflation

The announcement that the retail price index went up **5.2 per cent** in September, compared with a year earlier, means pensioners can expect a similar rise in the basic state pension in April 2009. The pension is currently **£90.70 a week**, so it should go up to more than **£95 per week** – or some **£20 a month** – unless the Government promised more in its pre-budget report.

Although the pension rise will be bigger next year than for some time, the inflation rate for single pensioners is actually **8.7 per cent**, the highest rate for 20 years and for two pensioner households the rate was **7.9 per cent**. This massive hike in inflation means that more and more, older people are being forced to cut back on essential items, like food and fuel.

There has been a lot of talk recently about the credit crunch, but older people in particular are getting squeezed. It is virtually impossible for older people on low, fixed incomes to cope with the unrelenting rise in the cost of living.

Older people are facing a unique financial crisis and the Government should be doing everything in its power to ensure pensioners can make it through the coming winter.

At the very least the Government must ensure older people get the benefits that are rightfully theirs – more than £5 billion went unclaimed last year, sitting in the Treasury instead of helping the millions of older people who actually need it to survive.

This was the message we took to the House of Commons when a Forum deputation met Joan Ryan MP and Andy Love MP. Unfortunately, our pre-arranged meeting with David Burrowes MP clashed with him speaking in a Commons debate, but we left our views with his political secretary.

Help the Aged produces an advice leaflet for older people with questions about benefits. **Can You Claim It?** available from www.helptheaged.org.uk or 020 7239 1845

Notices from our Affiliates

Workers' Educational Association

Want to know about fascinating Prague ?

Our new WEA daytime course about **the Story of Prague** starts in two hour weekly sessions on Friday, 16 Jan, 2009, in Enfield. Come and learn more about this fascinating city.

The WEA course on **Art in the Age of Reason** continues at the beginning of the New Year and you can also further your interest in subjects as diverse as Relationships in Literature, The Byzantine Empire, Geological Wonders of the World, Characterising Traits in Music and Art and Architecture in Renaissance Italy.

So come on, join our friendly groups in an informal atmosphere with professional tutors at our two hour weekly sessions at the **Enfield Baptist Church, Cecil Road, or the United Reformed Church in Fox Lane, N13.**

For further details pick up a copy of our brochure in your local library or contact 0208 882 0615 or 0208 882 0207.

Enfield Diabetes Support Group

Monthly Tuesday evening meetings 7.30 -9pm
Diabetes Centre, Chase Farm Hospital

Further details call: Ruth Waxman 020 8360 4821 or David Petts 020 8245 0948

Southgate Weld Lawn Tennis Club

Over 50s membership special offer

Tennis members wishing to play weekdays can join the Weld on the Walker Ground for 18 months- until March 31 2010 for £75.

Membership includes:- no joining, no booking fee and join the Player's circle on Mondays 11-1pm, and Fridays 11-1pm. Courts also free Wed morning and Fridays after 2 p.m. Discount on group coaching sessions (Saturdays). Free membership to British Tennis until 2012 – LTA newsletter; Entry into the 2009 Club Wimbledon draw; Social and competitive Club events. Any member wishing to join and also play on weekends and evenings - special offer of 18 months for £125- other membership categories available on request. Contact **Denise Ghandi on 8886-3632.**

Southgate Symphony Orchestra

Sat. 6 Dec 7.30pm at Aylward School Theatre, Windmill Rd N.18 1NB (a few hundred yards from the Millfield Theatre). Tickets £6 to Forum members before the concert.

Our next concert advertised under the heading

"Paddington Bear's It All" is most unusual and should be very appealing because of its tunefulness.

We are employing a professional actor for the narration of Paddington Bear's First Concert which tells the story of how this most enterprising of bears travelled to London from the darkest forests of Peru in order to hear a concert performed by a real symphony orchestra.

The music and the narration may be aimed at children but is 'tongue in cheek' and provides much comical amusement for adults as well. Needless to say you will hear the orchestra play lots of great tunes in quite different styles, including jazz, Hungarian dances, classical symphonies and other popular music – an amazing mix suitable for a young teddy bear on a steep musical learning curve. Prokofiev's 7th Symphony is a full-blown symphony by a major 20th century composer.

SEE page 9 "Out & About" for the full concert programme.

Ellenborough Table Tennis Club

has special sessions for over 50s, Monday & Tuesday 10am-12 noon, Thursday 1.30pm-3.30pm. The club is based at Kimberley Gardens, a short walk from Enfield Town station, Open to non-members at £2.50 per session. Friendly atmosphere, not too competitive, refreshments and bar. Details from Sylvia Tyler tel: 01673 843655.

Health & Wealth Day Thursday 20 November

10.30 - 2.30pm at Mount Carmel Parish Centre, Our Lady at St George, London Road, Enfield. Help available with the rising cost of fuel bills and the cost of living, advice from experts on pension credit, benefit checks as well as other services.

Picketts Lock Indoor Bowls Club

59 Meridian Way, London, N9 0ASa

New members, young or old are welcome.

Coaching is available.

Annual Fee is £50

(Until Dec 1st '08 the initial £25 joining fee is waived)

For further details please phone 020 8524 0052

Random round – up

Fairtrade bid succeeds

The application for Enfield to be recognised as a Fairtrade Borough has been successful. After a great deal of hard work by a dedicated group of people, a certificate has been awarded by the Fairtrade Foundation, following a strong application recognising that many local retail outlets, voluntary and other organisations now sell Fairtrade branded products.

The new status was due to be officially launched at Capel Manor College on November 1 and the next hurdle, already being planned, is Fairtrade Fortnight from February 23 – March 8 2009. Newsletter readers can help the Fairtrade project by buying Fairtrade products and getting stores to stock them. Contact Bill Linton 020 8372 1325 or e-mail bill.lintonn@blueyonder.co.uk

Advice for ex-servicemen and women

Enfield Citizens Advice is offering a benefits and money advice service for serving armed forces personnel, ex personnel and their dependants. Mary Monaghan, project manager from Enfield CAB said **“Once people leave the Armed Forces they may not be aware of the benefits they are entitled to and may need help with housing or employment issues.”**

Calling all poets

Hidden away in a drawer you may still have that long-forgotten poem written in your childhood, or perhaps you've penned some lines and have been too shy to read them aloud to friends and family.

Our Oakwood Poetry group has already revealed some amazing talent and is now asking for more poems written by Forum members to be submitted for possible inclusion on a small collection we are considering publishing .

The Forum Committee recently agreed to use the £150 given to us by Joan Ryan MP to help fund the printing costs. So now all we need is for Forum members to send their entries to the Oakwood Poetry group, who will form a small team to select the collection.

Entries must be the copyright of a Forum member and if previously published must be submitted with the approval of the publication in which it appeared. Please send your entries to David Oliver 70A Lakenheath, London N14 4RP

The last poetry group meeting of the year will take place at 10.30am Oakwood Library on Thursday 20 November when the topic will be: “festive or festivities” – interpreted in any way you like. So bring along a poem or two, either your own (which could be considered for inclusion in our book) or one you love – to share with the group.

Act Now! *Gift aid it*

With this issue of the Forum Newsletter members will find our new 'Join Us' brochure. Now that we are a registered charity we are able to recover 28p in every £ on donations or membership subscriptions provided you are paying tax. We are therefore asking all members to complete the 'Gift Aid It' section at the back of the brochure so that we can claim the extra 28% on subscriptions or donations. If half of our members pay tax and each completes the form then this would produce over £1000 of extra income for the Forum each year.

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