



## Freedom Pass – wait for your letter

The thousands of Londoners who need to renew their Freedom Pass by 31 March 2015 should look out for the letter arriving in November or December

Of the 1.3 million Freedom Pass users across London, around 860,000 older person's pass holders will need to renew their passes before the end of the year – including 37,000 in Enfield borough alone.

Those people who need to renew will receive a letter in November or December explaining how to renew their pass – which can be done either by going online (using the unique renewal number contained in the letter) or returning the enclosed form by post to the company that manages the scheme, which will verify the details and issue the pass. Note: Freedom Passes can no longer be renewed at the Post Office.

The Freedom Pass allows older adults to travel on public transport for free across the capital – as well as on local bus services throughout England at certain times – and is Europe's most comprehensive free travel scheme.

Pass holders are being encouraged to renew online, which is a straightforward process and only takes a few minutes.

Enfield Council's Cabinet Member for Environment & Community Safety, Cllr Chris Bond, says: "People who don't have access to the internet can take advantage of our excellent libraries and use the computers there to complete the online application. Residents can also apply by post but this takes significantly longer."

Anyone whose older person's pass expires on March 31 next year is entitled to a new one, provided they still live in London – it's just a matter of waiting until his/her letter arrives and following the instructions.

Pass holders can renew their passes only after they have received the letter so anyone who has not received their renewal letter by the end of December 2014, should contact the Freedom Pass helpline (Tel: 0300 330 1433).

New passes can be used as soon as they arrive, there's no need to wait for the old ones to expire. The old pass should be destroyed when the new one arrives.

New Freedom Passes will be sent out in January-March 2015 and will have a new expiry date of 31 March 2020. (Those with a pass expiring in 2016, 2018 or 2019 do not need to renew).

The Freedom Pass is managed and funded by London boroughs, paying a total of £346 million for 2014/15. In Enfield, 64,767 Freedom passes were issued up to 31 March 2014 of which 56,490 were for Over 65s and 8,277 were in respect of disabled people. Enfield Council is paying £11,643,259 for the Freedom Pass in 2014/15.

The office of the Mayor of London pays for Freedom Pass holders to travel during the morning peak (4.30am - 9am on weekdays).

### Freedom Pass

You are eligible if your sole or principal residence is in London and you are aged 65 or over or have a disability as defined in the Transport Act 2000. (Note, however, that the eligibility age is rising in line with the women's state pension age. People born on or after 6 October 1954 will have to wait until they are 66 years old to be eligible for a Freedom Pass.)

Holders of the Freedom Pass can travel AT ANY TIME on buses showing the red rondel, tube, tram, DLR and London Overground services, as well as on some National Rail services in London.

Using the Freedom Pass outside London: People with a rose symbol or a bus hologram on their Freedom Pass, can use it to travel free on local buses all over England between 09.30am and 11pm on weekdays and at any time on weekends and public holidays.

### 60+ London Oyster Photocard

You are eligible if live in a London borough and you are aged 60 or over. After applying for the card, holders can travel at any time EXCEPT 4.30am - 9am Monday to Friday on buses showing the red rondel, tube, tram, DLR and London Overground services, as well as on some National Rail services in London.

For more information:

<http://www.tfl.gov.uk/fares-and-payments/>

<http://www.londoncouncils.gov.uk/services/freedompass/>

### Forum Meetings not to be missed

**Tuesday 25 November (at the Civic Centre)**

Forum Member **David Hasting of the Care Quality Commission (CQC)** discusses the role of the CQC and its importance in monitoring the standards of care in residential and nursing homes to ensure recipients are properly cared for.

**Thursday 13 November (at Millfield House)**

Forum Member **David Smith** describes his involvement in setting up **an Aid Agency in Tanzania - Feed the Children**, how Aid Agencies operate and his experiences of life in Tanzania.

**Tuesday 18 November (at Southgate Beaumont)**

**Anna Loughlin**, Acting Head of Business and Economic Development Service Regeneration and Environment Department, for Enfield discusses employment for over 50s and the opportunities in Enfield for those who want to continue working. She will outline support available from the Council and job opportunities in Enfield.

For full details of all meetings see page 2

### SEASON'S GREETINGS

Wishing all members, families and friends a Merry Christmas and a happy and healthy 2015

## Forum meetings

### in Enfield Town

**Tuesday 25 November** at 10am (**At the Civic Centre**)  
**David Hasting of the Care Quality Commission** (CQC) discusses the role of the CQC and its importance in monitoring the standards of care in residential and nursing homes to ensure recipients are properly cared for.

**December - No meeting at the Civic Centre**

**Tuesday 27 January 2015** at 10am (**At the Civic Centre**)  
**Council Leader Doug Taylor & Andrew Stafford** (*Cabinet member responsible for finance*) and **Isabel Brittain** (*Asst. Finance Director*) discuss the Council's budget proposals for 2015/16 and seek Forum members' views on the implications for the coming year.

### Millfield House, Silver Street N18 1PJ

**Thursday 13 November** at 10am for 10.30am start  
Forum Member **David Smith** describes his involvement in setting up **an Aid Agency in Tanzania - Feed the Children**, how Aid Agencies operate and his experiences of life in Tanzania.

**December - No meeting at Millfield House**

**Thursday 8 January 2015** at 10am for 10.30am start  
The Regeneration of Enfield: **Sharon Strutt, Head of Enfield's Neighbourhood Regeneration team**, will talk about the Council's regeneration areas, and its major plans to deliver growth within the Council's largest priority regeneration area - Meridian Water, and also provide an update on regeneration projects underway in Ponders End, New Southgate and Edmonton Green.

**Thursday 12 February 2015** at 10am for 10.30am start  
**Dr Hemi Patel** runs the **Enfield Chiropractic Clinic** and will describe the methods practitioners of chiropractic use when treating disorders of the bones, muscles and joints.

**Thursday 12 March 2015** at 10am to 1pm  
"An IT workshop" Following the successful introductory talk and workshop held in October **Forum grey surfers Sagar Nair, Peter Smith, Tony Watts and others** will run a further workshop covering broadband, WiFi, laptops, tablets, iphones, social networks and for non-users where and how to get started. Members with their own laptops, tablets or phones are welcome to bring them along if they have queries or problems they would like help with.

### Southgate Beaumont, 15 Cannon Hill, N14 7DJ

**This is the Forum's regular venue for meetings in the third week of the month. Note days and times may vary.**

**Tuesday 18 November** at 10am for 10.30am start  
**Anna Loughlin**, Acting Head of Business and Economic Development Service Regeneration and Environment Department for Enfield discusses employment for over 50s and the opportunities in Enfield for those who want to continue working. She will outline support available from the Council and job opportunities in Enfield.

**December - No meeting at the Beaumont Centre**

**Tuesday 20 January 2015** at 10am for 10.30am start  
**Dr Tim Ridge** will talk about **complementary therapies and the work of the charity, Enfield Centre for Natural Health**, which promotes integration of therapies into the NHS.

**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

### Questions answered at Forum meetings

As we come to the end of yet another year, and in anticipation of a general election in the Spring we all ask questions about the future. Forum members are no exception and this has been reflected in the questions we are asking in our meetings recently.

#### Enfield Council

We were pleased to welcome **Doug Taylor**, Leader of Enfield Council, to speak to us at one of our monthly Civic Centre meetings and he was happy to answer questions from the large audience after he had explained some of the challenges facing Enfield Council over the next four years

#### Arthritis Care

At a Southgate Beaumont meetings, **Marion Lawrence** from Arthritis Care answered questions and offered many useful suggestions about living with arthritis. Marion also talked about the work of Arthritis Care in campaigning for greater awareness of the needs of everyone with arthritis, improved services and an end to discrimination.

For those unable to attend the meeting, there is more information via a free phone helpline, 10am to 4pm weekdays on Tel:0808 800 4050, or email [helplines@arthritiscare.org.uk](mailto:helplines@arthritiscare.org.uk) or visit the website [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

#### Pension changes

The question **'What lies ahead for new pensioners?'** was tackled by our speaker **Dee Solanki**, Partnership Support Manager, Department of Work and Pensions, Work Services Directorate, North London. He spoke to members at our Southgate Beaumont meeting on 23 September about the new single tier state pension and about migrants accessing benefits.

The changes apply to men born on or after 6 April 1951 and to women born on or after 6 April 1953 and will be implemented from April 2016. The new qualifying period for the single tier state pension is to be 35 years and contributions paid prior to 2016 will be protected.

Mr Solanki's powerpoint is available for members. Please ring the office on 020 8807 2076. We also hope to repeat this subject in an evening meeting for those people who are working.

#### Beating the Winter Cold

Our event on 1 October celebrating International Older Person's Day was themed 'Beating the Winter Cold/Beating the Winter Flu' and a wide range of speakers answered many questions about keeping both our homes and ourselves warm during the upcoming winter (See story on page 5).

#### Is IT a problem

Also in October the Forum held a successful IT workshop at Millfield House where over 30 members brought along their laptops, ipads, iphones and tablets to receive support from more experienced members in sorting out problems and to receive advice on using their equipment.

Further IT workshops are being planned including one dealing with the convergence of the internet, mobile phones, IT and television technology and social networking.

# What's my crystal ball saying?



The festive season is fast creeping up on us and 2015 is just ahead. No doubt we're all saying "where did 2014 go and what will the New Year bring?" Well, we do know there's going to be a general election in May and, other than our birthdays making us all a little older, there are a few other things we can be

sure about.

I'm no prophet but you can be pretty sure that the NHS will stumble from crisis to crisis as its financial problems get worse and waiting lists get longer – and now there's some wisecrack reported in the Daily Telegraph (10 October) saying that the money to pay state retirement pension will run out in a year or so.

But let's first have some better news – but only if you are already a home-owner or have a mortgage to buy one. Britain's biggest property website called Rightmove has predicted that of all the boroughs in London, Enfield will see the greatest increase in house prices over the next five years.

It says average prices in Enfield will rise 39% from £381,000 to £531,000 - equal to an increase of £575 every week for the next five years. The report claims to be "the most comprehensive house price forecast of its kind ever created based on property and economic data, rather than opinions and short-term market factors."

While existing homeowners may believe they are in line for a windfall, people in rented homes and young families striving to get on the homeownership ladder, will want to hear about more homes being built at affordable prices – not just promises – and not that interest rates and their mortgage payments will go up next year.

To counter this news, which will please some and yet increase the inequality divide between different communities and parts of Enfield, we have another prediction from a so-called influential think tank, the Centre for Policy Studies (CPS), that the Government's cash reserves, funding state retirement pension payments will run dry next year.

To add to the worries of younger people, the CPS claims to have discovered a "serious flaw" in the National Insurance Fund that will mean future state pensions will be "derisory" unless urgent action was taken. It even suggests that the under-35s should be prepared for the state pension to be scrapped.

I'm told that in the 1980s, the National Insurance Fund regularly received a Treasury grant because there wasn't enough in it to pay people - but nobody ever claimed it was unsustainable. The fund still has a surplus - not as big as

it once was, but bigger than in the '80s. During the recent recession obviously less National Insurance payments went in and more unemployment benefits went out.

It strikes me that some of these research reports are so much poppycock designed just to get their name in print. Take this story in The Times (11 October) which said that men with large feet are more likely to have extramarital affairs than those with average feet taking seven to nine shoes – so I'm in the clear then. I'm a size eight!

IllicitEncounters.com – a dating website for married people – claims to have polled 3,128 men and found that those with feet above size ten were more than three times more likely to stray than men with smaller feet – and to prove it they quote Bill Clinton (size 12), Tiger Woods (size 10) and Hugh Grant (size 11) as love cheats with big feet.

Not to be dismissed so lightly, however, are the warnings coming thick and fast from think tanks, surveys, polls and letters from medical experts all warning that the NHS and social care services are at breaking point and things cannot go on like this. An NHS deficit of £30 billion is predicted by 2020 – a funding black hole that has to be filled if we are to keep pace with a growing and ageing population.

So are we surprised when The Times runs a front page story (13 October) headlined: "**NHS reforms our worst mistake, Tories admit.**" It goes on to say: "**Senior Tories have admitted that reorganising the NHS was the biggest mistake they have made in government. David Cameron did not understand the controversial reforms and George Osborne regrets not preventing what Downing Street officials call a 'huge strategic error'. The prime minister and the chancellor both failed to realise the explosive extent of plans drawn up by Andrew Lansley, when he was the health secretary, which one insider described as 'unintelligible gobbledegook'.**"

It is what our Forum has been saying ever since the coalition government, which promised "**no top down reorganisation**", floated the Health and Social Care Bill which became law. And this will be at the top of our agenda when the Forum meets the three Enfield MPs at separate meetings in Westminster on 5 November.

And it will remain at the top throughout 2015 as we campaign to ensure that we leave to future generations an NHS still true to its founding principles of healthcare for all, provided according to need and not the ability to pay.

Monty Meth  
President

## Enfield Borough Over 50s Forum

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Development & Office Manager: Jan Oliver

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## Free insulation offer from British Gas

Call 0800 141 3221 to check whether you can save as much as £150 on your heating bills every year with free insulation from British Gas. It doesn't matter whether you own or rent, and you don't have to be a British Gas customer to qualify. 90% of homes will be eligible – is yours?

Anyone who would like advice and assistance on heating their homes affordably this winter should call the Home Heat Helpline on 0800 33 66 99 (and see article on page 5 reporting on our conference on beating the Winter Cold).

## Are you receiving our e-News?

Email is increasingly replacing snail mail as the preferred way of communicating with friends and business. Already over 3,000 members receive our regular eNews with the latest news and reminders of meetings and social activities - both ours and those of our affiliated groups.

If you are on email but not yet receiving our eNews please contact our office by sending an email request to:  
[info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk)



## Grants of up to £6000 to make your home warmer

**Is your home cold in winter? A Smart Homes grant could provide a solution to make your home warmer, greener, and reduce your energy bills.**

Smart Homes is a scheme offering grants of up to £6,000 from the government towards energy improvements in homes, open to both owner occupiers and private landlords.

The grant aims to improve the energy performance of properties needing solid wall insulation or that have difficult to fill cavity walls. Generally if the property was built before 1950 it could benefit from this grant. The scheme provides dedicated support from an initial assessment, to obtaining quotes and any planning permissions needed to complete the work.

To access the grant you will need:

- a Green Deal assessment, which is subsidised through the scheme at only £50 which normally cost between £100-£150;
- a solid walled property.

Following the assessment you will be assigned a Smart Adviser from a firm of architects who will support you through the process and check that the works are completed satisfactorily.

If you want to use a local contractor to install energy measures in your home please contact one of the following accredited businesses:

- **Ecologic Energy:** 0208 804 8151, [enquiries@ecologic-energy.co.uk](mailto:enquiries@ecologic-energy.co.uk)
- **Ecologistics:** 0208 889 1100, [info@ecologistics.co.uk](mailto:info@ecologistics.co.uk)
- **RetrofitWorks:** 0330 123 1334, [info@retrofitworks.co.uk](mailto:info@retrofitworks.co.uk)

To book a Green Deal assessment or find out if your property has solid walls, please call the Smart Homes advice line on 020 7527 4736 or visit the website to apply:

[www.smarthomes.house](http://www.smarthomes.house).

**Grants are available to homeowners and private landlords up to 31st March 2015 on a first-come first-served basis. If you are a tenant you will need to contact your landlord for consent.**

*This is part of something bigger*  
**enfield2020**  
[www.enfield.gov.uk/enfield2020](http://www.enfield.gov.uk/enfield2020)



## Standing at the bus stop ..... watching all the cars go by!

Have you stood at a bus stop wondering when your bus is going to come along; feeling frustrated, perhaps a bit anxious at missing an appointment? Do you have a mobile phone?

Do you know how to send a text message? Well, you can use it to find out when your bus is coming. Look at the picture - it tells you what to do.



Text to 87287 - put the unique bus stop number (in this example 75382) into the message screen and press SEND. Within seconds you will receive a text telling you which buses are coming and how long you will have to wait. I have used this on numerous occasions and even told other people waiting at the bus stop when their bus is coming. Using the example above while you are sitting at home try it out and see for yourself! Oh, the wonders of modern technology!

*Irene Richards*



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# Beat the Winter Cold. Beat the Winter Flu

The Forum celebrated the International Day of Older Persons with an event promoting a fit, active and healthy lifestyle

Our **President Monty Meth** welcomed the almost 200 people who attended our event to celebrate the United Nations' International Day of Older Persons on 1 October at the Artzone in Edmonton Green.

**"International Day of Older Persons aims to ensure that people not only grow old with dignity, but that we are also fit, active and healthy. That's why we are today doing something different here in Enfield by urging people to take particular care in the winter months to keep warm day and night – and to make sure that starting this month we all get the 'flu jab from our GP surgeries.**

**"Last winter in Enfield there were 147 'excess winter deaths' and we have more than 10,000 low income homes in the Borough classed as being in fuel poverty – because it costs householders so much money to heat, light and cook that they are left below the official poverty line."**

Among the speakers, workshops and stalls, there was advice on saving money on fuel costs and some tips on preparing healthy winter food. There were also some indoor exercises to help keep the circulation flowing, followed by a tasty hot lunch.

Speakers included **Dr Alpesh Patel, vice-chair, Enfield NHS Clinical Commissioning Group**, who looked at some of the ways we can all stay healthy in the colder months and explained what to do if you don't feel well. He promoted the benefits of flu vaccinations, especially for the most vulnerable groups.

He also talked about Seasonal Affective Disorder (SAD) and how the dark and cold winter months can make us feel low and depressed. He outlined a range of activities that people can do to improve their mood during the cold weather – not least going out and meeting people through Forum events!

**Dr Patel** also talked about what foods are particularly good for us to eat in winter and what we should have in our medicine cabinets. His comprehensive powerpoint presentation is available from the Forum office (tel: 020 8807 2076) as are the presentations of all the other speakers.

Another speaker was **Christine Tate, the Head of Corporate Responsibility at British Gas**, the country's biggest energy supplier, which supported the event along with National Energy Action and Enfield's Community Action Partnership.



She gave an entertaining and informative speech, showing that many of us have no idea how much money we can save by thinking about how we use energy. She demonstrated exactly how much we can save by, for instance, switching to low energy lightbulbs, not overfilling kettles or turning the temperature of the central heating down by one degree.

Christine also explained that some common beliefs are simply incorrect. It is not cheaper to leave the heating on all day at a low heat rather than turning it off and on as needed. Nor is it cheaper to run appliances such as washing machines at night.

She concluded with something a bit more positive. **"British Gas has been working with Enfield Council and fuel poverty charity National Energy Action to launch the Community Action Partnership (CAP), as part of a £1.1 million community investment programme across the UK.**

**"The partnership will help promote the health benefits of warm homes, particularly for older and vulnerable people, and GPs and other health professionals will be given advice on how to refer patients for help with heating their homes,"** she explained.

Other speakers covered Enfield's better health campaign (**Ella Goschalk from Public Health**), London Council's Big Energy Scheme (**Andrew Whelan**), and Energy Conservation Schemes and Grants (**John Hancock**, Enfield private sector housing).

**Information was also provided via stalls run by Age UK, Big Energy Switch, British Gas, CAB, Enfield Homes, Enfield NHS, Enfield Public Health, Enfield Assisted Technology, National Energy Action and Retrofit Works.**



Monty Meth concluded that whether today is judged a success or not **"will depend on us seeing less of our fellow citizens dying from the winter cold and more of them having the flu jab."**

## Cards for Good Causes \*

Will again be available at Palmers Green United Reformed Church, Fox Lane, London N13 4AL. 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.

**Opening Hours:** Monday to Saturday 10 am – 4 pm  
25 October until 9 December

\* 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.

We are arranging a follow up day in February

## A Winter Fair to Beat the Winter Blues

**Provisionally for Friday 20 February the event will give members the opportunity to meet with affiliated clubs and find out what facilities and support is available for all Over 50s in Enfield. So watch this space!**

**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.

## The Keeping House Scheme Chase Farm's master plan

*The Keeping House Scheme has been set up for people living in long term care who own a vacant property in the borough of Enfield.*

The scheme enables people to lease their house to the local authority in return for a guaranteed rent, for a fixed period of time.

Properties can be furnished or unfurnished and this will be agreed at the time the property is accepted for the scheme. The Council will consider most types of properties in the London Borough of Enfield: flats, maisonettes, bungalows or houses with one, two or three bedrooms. Larger properties will sometimes be considered.

During the lease period a full management service will be provided by the local authority or a partner housing association. An officer will visit the home to assess the property including the rental value. The homeowner will receive a guaranteed rent for the whole lease period, which will be paid whether or not the property is occupied.

If a property requires renovation or home improvement, the Council is able to offer grants of up to 80% for the cost of repairs. If the homeowner is not in a position to contribute anything towards the cost of repairs, the council might be able to arrange to pay him/her an advance and this would be repaid by the homeowner receiving a reduced rental income over the lease period.

The lease period is for a minimum of two years, or five years for homeowners who receive a grant to renovate and improve their property.

If the homeowner passes away, the lease would continue until the end of the period originally agreed. The beneficiaries of the property would be entitled to receive the rent.

To register interest in this scheme, contact the Adult Social Care Access Service

email: [adultsocialcare@enfield.gov.uk](mailto:adultsocialcare@enfield.gov.uk) or phone 020 8379 1001

They will take your details and refer you to the Care Management Team for initial assessment of eligibility.

*The Forum is attending stakeholder meetings related to the redevelopment of Chase Farm Hospital to ensure our voice is heard*

The ambitious and extensive redevelopment of Chase Farm hospital will start early next year with the sale of land covering some two-thirds of the existing site and culminating in the opening of a new hospital in the spring of 2018.

The existing site covers about 39 acres and in the master plan the hospital will use 17 acres, housing about the same, and about 4.5 acres is designated for a new primary school which could open by Autumn 2018. There will be 450 mixed housing units. At present there are 140 tenants on the site.

The planning application for these proposed changes will go in to Enfield Council in November. Meanwhile, the full range of services will be maintained during the new build which is expected to start in March 2015.

The present Highlands wing will be maintained and extended, as will the multi-story car park. Sufficient land will be retained to allow the hospital to expand as demand increases for elective surgery, for example, and the buildings could go up to four storeys where required.

The Kings Oak private hospital will remain where it is as will the mental health unit which owns its freehold. The plan makes provision for a GP practice on the site, subject to discussions with the Enfield NHS Clinical Commissioning Group and a final decision by NHS England.

The new Chase Farm will be operating a seven-day week. This is not a Private Finance Initiative, it is being funded from the land sale which is the key to enabling the £109 million plus project to proceed.

The Forum was represented by health team leader Vivien Giladi at the September stakeholders meeting, addressed by David Sloman, Royal Free Hospital chief executive and Andrew Panniker, director of capital & estates. The Royal Free took control of Chase Farm last July. A further stakeholders meeting is scheduled for early November.

"Naturally there were a number of questions about the project and funding, clinical priorities, transport and sustainability were among the areas covered. On the whole the meeting was very positive and attendees appeared to welcome the presentations and the detailed responses to their questions," said Vivien.



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# Save our NHS Flu jab may reduce strokes by 24%



Members of the Over50s Forum supported the People's March for the NHS as the marchers neared the end of their three week, 300 mile march from South Tyneside. The march, echoing the footsteps of the Jarrow Crusade of 1936, was organised by a group of mothers from County Durham to protest against the creeping privatisation of UK health services.

## 10,000 Enfield smokers quit

Over 10,000 of our fellow Enfield citizens have now quit the smoking habit, reports Enfield Public Health. But it warns that smoking remains the leading cause of preventable death and disease in the UK.

About half of all lifelong smokers will die prematurely, losing on average about 10 years of life. Smoking kills more people each year than the following preventable causes of death combined: obesity, alcohol, road traffic accidents, illegal drugs and HIV infection.

Smoking is responsible for more deaths in the borough than these five causes combined. And, for every smoking death, there are approximately 21 people with a smoking related disease

So the best thing anyone can do for their health is a) not to start and b) stop immediately.

You can join the 10,000 people who have already quit by contacting Enfield Public Health's free stop smoking service: <http://www.quitsmoking.uk.com> or calling: 0800 652 8405.

The quitting timeline

- After 20 minutes your blood pressure and pulse return to normal.
- After 24 hours your lungs start to clear.
- After two days your body is nicotine-free and your sense of taste and smell improve.
- After three days you can breathe more easily, and your energy increases.
- After two to 12 weeks, your circulation improves.
- After three to nine months coughs, wheezing and breathing improves.
- After one year your heart attack risk is half that of a smoker.
- After 10 years your lung cancer risk is half that of a smoker

For more information:

<http://www.nhs.uk/Livewell/smoking/Pages/Betterlives.asp>

Has every Newsletter reader had this year's seasonal flu jab? Your GP surgery should have contacted you by now, but if for some reason you have been missed, then now is the time to contact the surgery and get the easy vaccination.

Academics from Nottingham and London Universities have discovered that patients who had been vaccinated against influenza were 24% less likely to suffer a stroke in the same flu season than those who had not been vaccinated. In 2010 the same team of researchers showed a similar link between flu vaccination and the reduced risk of heart attack.

When it comes to the flu jab here in Enfield, 71.8% of our 65+ population received flu vaccination in 2013-14. This compares to a London average of 70.0% and the England average of 73.2%. We want to do better this year and see that everyone has been protected against pneumonia too.

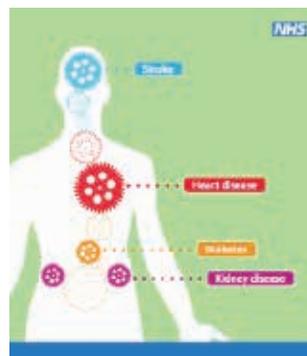
And please don't fall for the misleading advertisements from ASDA and other retailers, **"Flu jabs available in-store – help prevent flu from spoiling your winter with a flu jab available without prescription. ASDA saving money every day."**

They want to charge you £7 for the flu jab that you can obtain free under the NHS and you don't need a prescription to get it. We know that supermarkets are having a tough time, but adverts like this should be banned.

**The flu jab is available until January 28 at GP surgeries**

## Get your free NHS Healthcheck!

**If you are aged between 40 and 75 and not had a healthcheck in the last five years, you are probably eligible for a free 'MOT'**



The NHS Healthcheck is a general health 'MOT' offered to everyone aged between 40 and 74 that aims to detect and treat undiagnosed vascular disease (precursor to heart disease) and/or offer lifestyle advice and support.

It is offered on a five-year rolling programme. People already diagnosed with pre-existing disease are excluded from the programme as they will be treated as a normal part of primary care. The healthcheck assesses risk of heart disease,

stroke, kidney disease and diabetes.

Enfield's Healthcheck programme began four years ago starting in the south-east but is now being offered across the borough. There are two sources of delivery: most healthchecks are through GP practices but there is also community healthcheck provision through Innovision Healthcare Limited.

Ensuring uptake rather than just offering healthchecks is obviously more important and last year over 8,400 healthchecks were delivered in the borough. Uptake was almost twice as high in the south west as in the north west with uptake ranging between practices in the eligible population from almost 0% to over 90%.

If you would like to have a healthcheck, are aged between 40 and 74, have not had a healthcheck in the past five years and do not have pre-existing vascular disease please contact your GP to arrange an appointment.

*Glen Stewart*

Assistant Director of Public Health, Enfield

## How much do you know about what happens when someone dies without a will?

*“Will they or won't they?” says Bal-Krishna Patel Solicitor, about the new laws of intestacy.*

If someone dies without a will the Government sets the rules that determine who gets what. They are known as the “intestacy” rules which changed recently. To test how well you know the new regulations, see if you can answer the questions below. Assume that in every case the person died without a will. The answers are on page 11

1. Husband dies leaving £600,000. He is survived by his wife and mother. They had no children. How much does his wife inherit?
2. Husband dies with an estate of £750,000. He leaves a wife and child. How much do the wife and child receive?
3. Peter dies with an estate worth £500,000. He is one of four brothers whose parents have predeceased. He is also survived by Susan, his “common law” wife of 20 years. They have no children. How much does Susan inherit?
4. Richard dies leaving an estate worth £400,000. At the time of his death he was living as a family with his partner Joan and her daughter from a previous relationship. Richard had a son from a previous marriage but they were never close. How much does Joan receive from Richard's estate? Does Richard's son get anything and if so how much?

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### INVITES GARDENING CLUBS AND SOCIETIES FOR 'TALKS' ON GARDENING TOPICS

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



## Extra Activity Day at Southbury Leisure Centre

**Walking football and walking basketball are just two of the activities offered during the new Over 50s Activity Day to be held on Tuesdays at Southbury**

Another Over 50s Activity Day has been added to the great list of Aoptions offered to Forum members at the Enfield Leisure Centres. Southbury Leisure Centre (corner of A10 and Southbury Rd) will run an Over50s Day on Tuesdays, in addition to the well-established Wednesday sessions there.

The day, which will run for the month of November on a trial basis, includes new activities including walking football and walking basketball, as well as tai-chi, spinning and yoga sessions and swimming, badminton and table tennis all day.

**“We hope that it will prove very popular, but we make an assessment after a month to see if it attracts the numbers we need,”** says Dominic Hall of Fusion Lifestyle, which runs the Borough's leisure centres on behalf of the Council.

There are already Over 50s Activities Days at other leisure centres: Edmonton on Mondays, Southgate on Tuesdays, Southbury on Wednesdays and Albany on Thursdays. Participants can take part in swimming, gym sessions, exercise classes, badminton, short matt 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 lunch if staying for an all-day session.

For full details, just drop in to one of the centres for more information or come along and see for yourself from 9.30am-3.30pm.

As well as running the Activity Days, Fusion Lifestyle offers discounts for Forum members attending the centres at any time. Forum members purchasing the Fusion concession card will pay £7.50 for the year – a great saving of £13.50 on the concession card paid by 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, you get half price sessions so swimming costs just £2; gym sessions £3.85; various classes (yoga, pilates etc.) £3.85; sauna & steam session £3.85. Over 50s activity day just £3.80.

Fusion also offers a range of other discounts and special offers for off-peak times. Visit or call one of the centres or go to:

[www.fusion-lifestyle.com/contracts/Enfield\\_Council/Centres](http://www.fusion-lifestyle.com/contracts/Enfield_Council/Centres)

### Timetable for Tuesday at Southbury

|                           |                                      |
|---------------------------|--------------------------------------|
| 8.30am-9.25am             | Tai-chi                              |
| 10.30am-11.15am           | spinning                             |
| 12.30-1.30pm              | Yoga                                 |
| 11.45am -12.45pm          | walking basketball                   |
| 1pm-2pm                   | walking football                     |
| (subject to availability) |                                      |
| 9am -4pm                  | Swimming, table tennis and badminton |

For more information contact [Dominic.hall@fusion-lifestyle.com](mailto:Dominic.hall@fusion-lifestyle.com)

## Sayings to remember

“Strive for perfection in everything you do. Take the best that exists and make it better. Where it does not exist, design it” –

Sir Henry Royce, engineer

“We must use time wisely and forever realise that the time is always ripe to do right” –

Nelson Mandela

“We are not creatures of circumstance; we are creators of circumstance.” –

Benjamin Disraeli.

“People used to ask me what my husband did and I truthfully said that he was a window cleaner, but I was told this was not posh enough. Now I tell them he's a window hygienist.” –

Birds of a Feather, Linda Robson.



# Always look on the bright side of life



## Puns for pundits

I wondered why the baseball was getting bigger. Then it hit me.  
 Police were called to a day nursery where a three-year-old was resisting a rest.  
 Did you hear about the guy whose whole left side was cut off? He's all right now.  
 The roundest knight at King Arthur's round table was Sir Cumference.  
 To write with a broken pencil is pointless.  
 When fish are in schools they sometimes take debate.  
 A thief who stole a calendar got twelve months.  
 A thief fell and broke his leg in wet cement. He became a hardened criminal.  
 We'll never run out of maths teachers because they always multiply.  
 The professor discovered that her theory of earthquakes was on shaky ground.  
 If you take a laptop computer for a run you could jog your memory.  
 A dentist and a manicurist fought tooth and nail.  
 A bicycle can't stand alone; it is two tired.  
 With her marriage she got a new name and a dress.  
 The guy who fell onto an upholstery machine was fully recovered. .  
 A calendar's days are numbered.  
 A boiled egg is hard to beat.  
 When you've seen one shopping centre you've seen a mall.  
 Bakers trade bread recipes on a knead to know basis.

## Why learning to speak English is so difficult

I take it you already know  
 Of tough and bough and cough and dough?  
 Others may stumble but not you,  
 On hiccough, thorough, laugh and through.  
 Well done! And now you wish, perhaps,  
 To learn of less familiar traps?  
 Beware of heard, a dreadful word  
 That looks like beard and sounds like bird,  
 And dead: it's said like bed, not bead –  
 For goodness' sake don't call it 'deed!  
 Watch out for meat and great and threat  
 (They rhyme with suite and straight and debt).

A moth is not a moth in mother  
 Nor both in bother, broth in brother,  
 And here is not a match for there  
 Nor dear and fear for bear and pear,  
 Just look them up – and goose and choose,  
 And cork and work and card and ward,  
 And font and front and word and sword,  
 And do and go and thwart and cart –  
 Come, come, I've hardly made a start!  
 A dreadful language? Man alive.  
 I'd mastered it when I was five.

## Teacher's tale

Walking home from school, young Johnny told his Mum they had been learning about continents. So Mum thought they'd play a little game. She would say the first part of the continent and Johnny would say the rest. Mum said Afri and Johnny quick as a flash said "ca"; Mum said Eu and Johnny replied "rope"; Mum said A and her son came back with "sia"; Mum said Austra and the boy answered "lia"; Last one, said Mum is Ameri and the lad promptly said "Christmas" – well, it is that time of the year!.

## Solution

When NASA - America's National Aeronautics and Space Agency - planned to send up astronauts, they quickly discovered that ball-point pens would not work in zero gravity.

To combat the problem, NASA scientists spent a decade and \$1.2 billion to develop a pen that writes in zero gravity, upside down, underwater, on almost any surface including glass, and at temperatures ranging from below freezing to +300 C.

Confronted with the same problem, the Canadians used a pencil.

## Joan Rivers

Joan Rivers was not everyone's cup of tea. Her caustic comments often caused offence. But here's a few to recall the American comedienne who died recently at the age of 81:

I don't exercise. If God wanted me to bend down, he would have put diamonds on the floor.

When a man has a birthday, he may take a day off. When a woman has a birthday, she takes off three years.

You know why I feel older? I went to buy sexy underwear and they automatically gift wrapped it.

## One for golfers – and their wives!

John decided to go golfing in Scotland with his pal Keith. So they loaded up John's minivan and headed north. After driving for a few hours, they got caught in a terrible blizzard. So they pulled into a nearby farm and asked the attractive lady if they could spend the night.

**"I realise it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed," and I'm afraid the neighbours will talk if I let you stay,"** she explained.

**"Don't worry,"** John said. **"We'll sleep in the barn. And if the weather breaks, we'll be gone at first light."**

The lady agreed, and the two men found their way to the barn and settled in. Come morning, the weather cleared, they were gone and enjoyed a great weekend of golf. Nine months later, John got an unexpected letter from a solicitor. It took him a few minutes to figure it out, but he finally realised that it was from the attorney of that attractive widow he met on the golf weekend.

He dropped in on his friend Keith and asked: **"Keith, do you remember that good-looking widow from the farm we stayed at on our golf holiday in Scotland about nine months ago?"**

**"Yes, I do,"** said Keith.

**"Did you, er, happen to get up in the middle of the night, go up to the house and pay her a visit?"**

**"Well, um, yes!"** Keith said, a little embarrassed about being found out, **"I have to admit that I did."**

**"And did you happen to give her my name instead of telling her your name?"**

Keith's face turned beet red and he said: **"Yeah, look, I'm sorry pal. I'm afraid I did. Why'd you ask?"**

**"She just died and left me everything."**

*(And you thought the ending would be different, didn't you?..)*

**You know you smiled...now keep that smile for the rest of the day!**

## 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 (17 Nov & 12 January)
- Screening for hearing tests 1<sup>st</sup> Monday of the month – call the Forum office to make an appointment.
- LBE advice on council tax, housing benefit, pensions
- Jobs adviser Lorna Clark
- Health trainers advice on lifestyle

Please note: The advice service will not be available on Monday December 22 or the 29th and will reopen on Monday January 5.

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

## Helping older people in Enfield find jobs

Older people often find it hard to return to work after a career break or being made redundant because of perceived age-related barriers. To help Enfield's older people find work, MPs Nick de Bois and David Burrowes have set up an online jobs forum <<http://www.eo50s.com>>

**"Older people often have a distinctive qualities that should make them attractive to employers, not least experience, an understanding of what it's like in the workplace, previous experience of managing staff and of course years of dealing with change in workplace practices,"** says Nick de Bois, MP for Enfield North.

On the jobs forum website you will find advertisements from companies that support the older person's jobs forum as well as a section giving tips and advice from recruitment specialists, employers and fellow job seekers. The website also will publicise events such as the upcoming Older Persons Jobs Forum Day at Southbury Leisure Centre, scheduled for Thursday 26 February, 10.30am - 3pm.

**"Above all, this is a community where people will find common purpose with other users and the chance to break back into the work place,"** explains Nick.

Monty Meth, Enfield Over 50s Forum President, welcomes the initiative to help older people find their way back into the workplace.

He does remind us however that the government is being taken to task for advertising jobs on its own websites that are alleged to be discriminatory against older people. They use words like **"recent graduates"** to appeal to people in their 20s and 30s at the expense of the over 50s.



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## Give peace a chance – with Twitter

**Enfield's Faith & Communities Officer explains how the police are using Twitter to interact with the community – and help fight crime**

**PC Savell you're going to Scotland Yard to be trained in Twitter"**

they said. Twitter as you may or may not be aware is a social networking site to keep in touch with others. It's not unlike an on-line newspaper where you only have room to put headlines and not long lengthy articles.

So, after training, I settled down to learn the ins and outs of the system. At first it appears difficult but you soon realise how very simple it all is. After the first couple of 'postings' I became quite a dab hand at it. The potential it has to reach people is enormous. Did you know that Enfield Police have their own Twitter account? Its address is @mpsenfield

**So what can we offer you if you log on and follow your local police?**

Lots of Enfield's Police use it to post entries. Currently I am running two projects on Twitter. The first one is something that I had an idea to show the public that the various faith groups want Peace. Unfortunately what you read in the media may leave you with a very negative impression of some of these groups.



In my role as Faith and Communities Officer, all I ever encounter is the positive, warm and very friendly side to these groups and their individual members. I had a Peace Banner made and asked the groups to pose with it.

I have had a great deal of fun doing this as we had a lot of laughter trying to get the banner straight and getting people to look at the camera. I then posted each photo on to Twitter where they have been viewed by thousands of Twitter watchers. My Twitter name is #faithcom

The second project I thought of is a series of crime prevention photographs showing what your local police see on a daily basis and highlights potential crimes. So far my favourite is a mobile phone left on the front passenger seat of a parked and unattended car. This was parked in a busy street. I have posted photos of handbags, sat navs and a briefcase all on display in unattended cars.

You might find this interesting as it highlights what we all see daily.

**The Twitter name for this project is #seenonpatrol**

Twitter can also be an invaluable tool for the police to help you and for you to help us. We post pictures of missing people as well as of vehicles concerned in crime and ask the public for their help to find them. We also post up-to-date traffic bulletins in the area. Check out Twitter. It's a great way of finding out what your local police are up to.

*Steve Savell*

Faith & Communities Officer

### Join Forum members for a Traditional Christmas Lunch.

at **The Picture Palace pub**, Hertford Road.

£12 for Turkey lunch including Christmas pudding and a drink.

**FREE** places are available for members of the Forum age over 80 and living alone or aged over 70 and with a disability living alone. To book, telephone the office 020 8807 2076 or email. [info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk). For fuller details see page 14 within the social programme.

## Random round-up

### Rising rich

The combined wealth of Britain's 1,000 richest people has hit a new high of £519 billion, equal to a third of Britain's economic output, according to the 2014 Sunday Times Rich List.

The worth of Britain's rich elite is up 15.4% from last year's total. Philip Beresford, compiler of the rankings said: "I've never seen such a phenomenal rise in personal wealth as the growth in the fortunes of Britain's 1,000 richest people over the past year. The rich have had an astonishing year."

### Rising poor

Nearly 1.75 million of the poorest families in Britain have had their incomes cut in absolute terms by welfare reforms implemented in the past three years, a report from Oxfam claims. The families have been hit by one of four changes: reduction in council tax benefit, the spare room subsidy, the £500-a-week benefit cap and limits on housing allowance - The Times

### Internet prevents depression

Older people who spend time online are 30% less likely to suffer from depression, according to a study of 3,000 Americans over retirement age. Sheila Cotton, professor of telecommunications at Michigan State University said: "That's a very strong effect, and it all has to do with older people being able to communicate, to stay in contact with their social networks, and just not feel lonely."

Her study included people who were depressed before they started logging on. "Internet use continues to reduce depression even when controlling for that prior depressive state," said Professor Cotton.

## Last call for poppy sellers

The Royal British Legion Enfield Poppy Appeal 2014 ends on Tuesday November 11 and they are still looking for volunteers to help by collecting at various points in Enfield Town. The Legion has been helping Service people past and present for over 90 years and it spends approximately £1.6 million a week carrying out support services, which are flexible and wide-ranging.

Last year over £25,000 was collected in Enfield Town - which was possible only due to the work of all the volunteers. The timetable means you can sign-up for two hours at a location and time that best suits you, so please contact Loraine Hopwood, Enfield Town Poppy Appeal Organiser on 07890 707812 as soon as possible.

Loraine is the CAB (Citizen's Advice Bureau) adviser doing a regular stint every Monday morning at our Dugdale drop-in advice centre. So she looks forward to hearing from you!

## The new law of intestacy - Answers to quiz

1. The entire estate goes to the spouse. The husband's mother gets nothing.
2. The first £250,000 plus one half of the rest goes to the spouse. The remainder goes to the child when he reaches 18.
3. Susan will receive nothing. His surviving brothers stand to inherit the entire estate in equal shares. The law provides no protection to a partner who is not married or in a civil partnership, no matter how long they have lived together.
4. Joan will get nothing. Richard's son gets the lot. It is surprising that 28.7 million British adults have not written a will whereas the consequences of dying without one can be immense. Making a will provides certainty as to your wishes, helps to avoid disputes between loved ones when you die, and just as importantly, gives peace of mind.

**You can contact Bal-Krishna Patel Solicitor who specialises in wills and probate at Stennett & Stennett Solicitors by calling 020 8920 3190.**

## Membership grows and we're busy

*The range of activities organised by the Forum continues to grow, so make sure you renew your membership so you can join in*

It never ceases to amaze me how many unsung heroes we have in the Forum creating activities and encouraging people to be active in one way or another.

There's Liz Gilbert who created our Knit and Natter groups and who has raised some £175 for the Forum - and much more for other charities - from the sale proceeds of the lovely things they have made.

Olivia Goodfellow tells me that she took 82 Forum members to the captivating Miss Saigon musical in the West End in September. It was so very moving that she is now considering a Forum trip to Vietnam in 2016 - whatever next? Well, adventurous Olivia has a few places left on her 2015 trips to Cuba and India!

In another venture, 12 Forum members sailed the Solent in August and I'm told they showed the spectators at the Gun Wharf in Portsmouth and Cowes marina just how to sail into a busy harbour under expert instruction. Olivia's October day trip to Maldon in neighbouring Essex filled up within days of being advertised and so there is another one planned for April.

I'm sure it is activities like these that sees the Forum's membership still climbing with over 5,500 fully-paid members and still plenty of renewals still coming in. So keep them rolling! I have to remind the latecomers that if they want to keep their discount at the Fusion Leisure Centres they'll have to produce a valid Forum membership card.

Since my last column, I know we have had some successful meetings and events - the visit to Dovercourt, organised by Jacky Pearce, was one trip I made myself with some friends and we certainly enjoyed good weather, food and entertainment.

Our Drop-in advice service on Mondays at the Dugdale Centre can be very helpful and we are always interested in ideas to expand our range of activities, particularly if you can offer to introduce something you think would be useful to others. After all it is Your Forum.

Now for the usual reminders: Our membership year runs from 1st April to 31st March for a fee of £8 for individuals, £12 for couples, £20 for affiliate groups, £100 for individual life membership and £150 for couples life membership - and we now have 242 life members. We do not offer pro-rata rate. Leisure Centre discounts are only available to those living in the Borough.

*Joyce Pullen*

Membership secretary

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**CLUB NEWS****Poetry Corner**

The Forum's Poetry Group continues to flourish and this has prompted us to look at printing a short poem in each issue of the newsletter. We begin with one by the late David Oliver, one of the founders of the group, who sadly passed away earlier this year. If you would like to submit a poem to be considered for the newsletter contact Irene Richards on 0203 715 0946 or email [poosticks2@sky.com](mailto:poosticks2@sky.com). If you wish to join the poetry group (which meets on the third Thursday of the month in either Oakwood or Enfield Library), contact David Blake on 01992 637 829 or email [davidstanleyblake@gmail.com](mailto:davidstanleyblake@gmail.com)

**Sonnet to Pat**

On your birthday I bid you well,  
Another year has just gone by.  
Friendship flourishes, we can tell;  
Thus proving that it is no lie  
That thoughtful word and caring smile  
Show so clearly, just as the eye  
reveals to all no trace of guile;  
True friendship lives, indeed for aye.  
How greatly valued by this soul  
The feeling you alone do give  
To bolster downcast spirits foul  
And help make such a human live.  
The muse is back, much thanks to you.  
This verse just proves that this is true.

By David Oliver

**Over 50s Choir**

The morning choir meets on Monday 11am-1pm at The Holy Trinity Church, Winchmore Hill N21, and the evening choir meets Tuesdays 7-9pm at Millfield Arts Centre, Silver Street Edmonton N18. There are no auditions and no need to read music. £5 per session. For more information, contact choirmaster Simon Gilbert on [simon@letthepoplesing.co.uk](mailto:simon@letthepoplesing.co.uk) or call 020 8360 7386.

Some of the Over50s Choir members are also in the Enfield Community Singers which are offering Christmas performances at the following venues:

Thursday 4 December at 8.00pm: Mount Carmel at St Georges Catholic Church, Enfield Town

Saturday 6 December at 7.15pm: St Monica's Church, Palmers Green N13, Cancer Care "Light Up A Life"

Friday 12 December at 7.30pm: St Mary Magdalene, Windmill Hill, Enfield

Monday 15 December at 12 noon: Holy Trinity Church Winchmore Hill, Broadway N21

**Entry to these concerts will be free although a contribution towards refreshments would be appreciated.**

**Book Club**

The Book Club meets in the Community Room at the Enfield Library 10- 12noon

Tuesday 25 November Life after Life by Kate Atkinson

Wednesday 17 December Brat Farrar by Josephine Tey.

Thursday 15th January The Collector by John Fowles

Tuesday 17th February The Rosie Project by Graeme Simsion

For more information about the club, contact Sue by email: [scotsf48@hotmail.com](mailto:scotsf48@hotmail.com)

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[www.enfield.gov.uk](http://www.enfield.gov.uk)

**ENFIELD**  
Council

**Knit & Natter**

Items sold at the Enfield Town Show netted the Knit & Natter Group about £520, bringing its charity donations – mainly to the Noah's Ark Children's Hospice – to more than £1,000 since Easter. The group will also have a stall at the Enfield Parade of Lights Christmas Market (Sunday 23 November) and will return to Capel Manor for its Xmas Extravaganza.

Knit & Natter has two weekly sessions at the Dugdale Centre, 39 London Rd, Enfield: Tuesday afternoons 2-4pm and Wednesday mornings 10.30am -12.30pm. Both experienced knitters and complete novices are welcome. 50p per session.

Organiser Liz Gilbert says: **"If you would like to knit for charity (we supply the wool and pattern) but cannot get to the Dugdale, I am happy to deliver/collect. We especially need knitwear for 1-7 year olds to meet the demand. And we are also looking for people to donate wool."**

For more information, contact Liz Gilbert on 020 8360 7386.

# John's jottings

## ...When will I die?...



This rather morbid question has featured on BBC TV, most newspapers and electronic media as a result of September's launch of the Tikker 'Death Watch'. This watch asks for your age and then gives a countdown in years, months and days until your expected date of death. A manual tells you how to make an adjustment for some aspects of lifestyle.

Fredrick Colting, the Swedish designer, likes to call it the 'Happiness Watch' because, he says, it reminds us that life is short and that we should make the most of our available time.

There are two good reasons why £50 for this watch would not be well spent. Firstly, it can only be based on average life expectancy and none of us are truly average. Secondly, projected life expectancy is almost constantly increasing. The 'almost' arose solely because the initial outbreak of AIDS caused reductions in projections of life expectancy but these were soon reversed when the expected 'plague' never materialised.

Government projections of life expectancy at the same time as the launch of the 'Death Watch', the ONS (Office for National Statistics) released new life expectancy

statistics including some quite startling figures. For example, since 1980/82 life expectancy at birth has increased 6.3 hours per day for boys and 4.6 hours per day for girls.

There is not space here to go into much detail but the biggest improvement has been for baby boys in very deprived areas. A 65 year old man can now expect to live for another 18.3 years and a woman 20.8. The preceding figures are based on what has happened in the past, but there are also, somewhat speculative, estimates of what might happen in future.

These estimates, which take account of possible further improvements, give us figures such as one third of current new babies are expected to live to 100, and, by 2062 life expectancy at birth for girls will be 100 years, except in Scotland where it will be 99.4.

These forecasts of future improvements suffer the same problem as all forecasts, namely, that while it is easy to forecast the past it is extremely difficult to forecast the future. Nonetheless, they are indicative of a likely trend and the short term figures seem very plausible.

For example, the forecast life expectancy of a 65 year old is 21.2 and 23.9 for male and female respectively. This small increase compared with the projection based on

actual past figures (see above) is very believable.

Since William Haley, of comet fame, produced the first life tables based on reliable birth and death figures, many books have been written on the topic. There is an ongoing debate between scientists who, on the one hand think we could live forever if only we knew what environmental and life style factors damage our bodies and, on the other hand, those who argue that the ageing process is an essential part of our genetic make-up.

Demography is altogether a fascinating topic. For those who are interested I will give a talk which will be a light-hearted introduction to life expectancy and will offer a personal projection for all attendees. The talk will start with reasons for taking all projections with a pinch of salt. Watch the newsletter for details.

### By the Way

Our Older People's Day event at the Art Zone was a resounding success; see report elsewhere in this issue. I am merely writing to offer my personal congratulations and thanks to all concerned. Everyone should be proud of our Forum and what it achieves and be grateful for such a dedicated band of workers.

*John Ball*  
Chairman

## FANTASTIC FEET

### NEW CHIROPODY/PODIATRY SERVICE

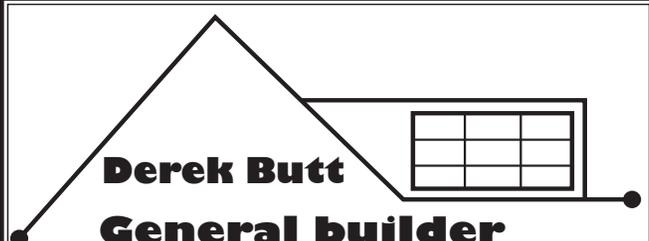


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# SOCIAL CALENDAR

A slimmed down a la carte calendar as we approach the end of the year. Please note the special Christmas Disco. We are still planning our offerings for next year with some exciting and interesting goodies in the pipeline. As always, if there is something you have a particular interest in doing which you think would be of interest to other members please tell us about it and we will help you make it a reality. You can contact me, Irene Richards on 0203 715 0946 or by email [poosticks2@sky.com](mailto:poosticks2@sky.com)

## 2014

**Thursday 6 November. Lea Valley Walk** - a stroll from Cheshunt to Waltham Cross. It is about 3.5 miles. Then a snack and maybe visit Waltham Abbey. Meet Cheshunt Station 10.30 am. **For more information, phone Cheryl on 020 8363 0732**

**Sunday 16 November. Live Jazz/Soul Music and a Hot Jacket Potato Lunch** for Forum members and friends at **The Albany Park Café (off the Hertford Road)** between 12noon and 2pm. We are taking over The Albany Park Café for a lunchtime session with live jazz/soul music from JCR Jazz and hot baked potatoes (with a choice of tasty fillings) for only £6 per head (please buy your own soft drinks from the counter). Tickets are limited, so send a cheque or postal order to reserve yours to Enfield Over 50s Forum, Millfield House, Silver Street, London, N18 1PJ. **Further information from the Forum Office on 020 8807 2076.**

**Thursday 27 November. Tour of the Royal Albert Hall.** The visit will consist of a tour through the front of house, areas of the Hall and the stunning auditorium, a breath taking view from the Gallery and access to the Royal Retiring Room. The tour lasts roughly one hour and the cost is £10. After your tour, take the opportunity to visit one of the world-famous museums nearby. For further information and to book a place, please **telephone Jean Mittins on 020 8367 2102 or email [mercia1211@talk.talk.net](mailto:mercia1211@talk.talk.net)**

**Friday 5 December. Forum Christmas Disco, 7.30 - 11.30 pm** at The North Enfield Conservative Club 278 Baker St. Tickets £17 including the usual super buffet supper. Tickets go on sale from Wednesday 5 November and are sold on a first come basis to Forum members. To book your tickets and for further information, please contact Roger Biss on 020 8360 5045

**The Christmas Lunch on 8 December** is fully booked. However, see the 'Encore' on **Monday 19 January** - just as good - perhaps even better with your appetites recovered after Christmas!

**Wednesday 17 December. Traditional Christmas Lunch.** 1pm at The Picture Palace pub in the Hertford Road. Join us for a Christmas Turkey Lunch, followed by Christmas Pudding (vegetarian option available - please tell us when booking). Full cost £12 including 1 free drink. FREE for members of the Forum age over 80 and living alone or for Forum members aged over 70 and with a disability living alone.

Half price for their carers. We are also hoping to organise music for this event - please check back nearer the date. **To book, telephone the office 020 8807 2076 or email. [info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk).**

## 2015

**Monday 19 January. NOTE CHANGED DATE!!!** 12 noon - 4pm. **SO GOOD THEY DID IT TWICE** - £17 two course buffet lunch, 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, delicious food, great music/dancing, and celebrate the New Year with your Forum friends and colleagues. As always a warm welcome is extended to our newer and unaccompanied members. **Phone Jacky Pearce 020 8482 3575.**

### TICKETS AVAILABLE

**Advance Notice!!** Bookings are still open for these exciting trips. And there is still time to save.

**19 March - 3 April, 2015. Come to Cuba!!!** Join us on this very special Travelsphere 16 day escorted trip to the fascinating island of Cuba, with its natural beauty, vibrant culture and incredible history. The neon-green fields of the Vinales Valley, out-of-this-world scenery in the Sierra Maestra Mountains and Guardalavaca's sunbaked sands are just some of the highlights of this Cuban adventure. This holiday still has places available and costs from £2519 per person. For a booking form and further details about excursions, visa and single supplements, **please contact Olivia on 020 8447 8841 or email [oliviaharrod@virginmedia.com](mailto:oliviaharrod@virginmedia.com)**

**5-14 November 2015. India here we come!!! Beyond the Golden Triangle.** Ever more adventurous, how about this 10 day Forum trip in the autumn of 2015? Sun dappled forests with stalking tigers. Frenetic street bazaars, with sizzling food stalls. Imperial cities, with jewel-studded palaces. Discover India's intoxicating cultural cocktail on this soul-stirring 10 day tour with Travelsphere. The itinerary is too packed to describe in few words, so contact Olivia for a booking form and for more information. The holiday cost is yet to be confirmed (as I have booked prior to brochure prices being finalized for 2015) but will be approximately £1,849 per person. There is a single supplement and a visa is required. **Contact Olivia on 20 8447 8841 or email [oliviaharrod@virginmedia.com](mailto:oliviaharrod@virginmedia.com)**

# Social Calendar

If you look at the Social Calendar in each issue of t  
for one of the activities, just read the acc

## WW1 battlefields visited

In this centenary year marking the outbreak of the first World War - sometimes called the Great War - 13 Forum members went to Northern France to tour the Somme battlefields. Staying at a hotel in the lovely town of Arras was an ideal location to see the many British cemeteries and memorials and to appreciate the vast cost and the sacrifice made by so many British families.



**Roy Barrows and Betty Meth at the Footballers Memorial dedicated to the officers and men of the 17th and 23rd battalions of the Middlesex regiment "who served their game and country during the Great War".**

We visited the Thiepval Memorial where inscribed on the marble walls are the names of no less than 85,000 soldiers who have no known graves, some as young as 17. It was, however, encouraging to see so many British schoolchildren visiting the many sites and making their history studies so poignant and realistic.

Newsletter readers may like to visit the moat at the Tower of London where 850,000 ceramic poppies are being laid out - one for each of the British and Commonwealth servicemen who made the supreme sacrifice in WW1 - and they will be added to until Armistice Day on November 11.

## Roy Barrows

### Visit to Highgate Cemetery

Wednesday morning dawned dark and damp, but by the time we started our tour of Highgate Cemetery, the sun was shining warmly. The steep winding paths and the ivy clad monuments were by turns, sad, majestic and romantic. The story of the cemetery is fascinating, many residents of which have amazing and poignant stories. Our guides were wonderful, treating us to tales both humorous and macabre, enhancing the already pervasive atmosphere. Our members found the whole morning gripping and enjoyable, challenging and rewarding. The comments were all positive.

Many people would go again, not only for the memorials, famous names and history, but the peace and beauty of a natural wildlife reserve. A really wonderful trip and an education.

Sue Scott



## Reports from the field

of the newsletter and wonder if you should sign up accounts here and see what you missed!

### Nothing happens in Harwich!

That's what our Forum members may have thought before they went to Dovercourt and Harwich recently, but it was fascinating, especially thanks to a great tour by Forum member Dilys Chadwick. Some of us went along the Ha penny Pier or to the Mayflower Exhibition and we were all fascinated to learn that 1918 saw 122 German submarines surrender and raise the White Ensign on their vessels with the watching crowd completely silent, as the men were sent back to their homeland.

We were lucky to go into the fully restored Electric Palace built in 18 weeks in 1911 as the first purpose built cinema. We received our usual warm welcome from Myra and Terry at the Cliffs Hotel in Dovercourt where had a delicious two



**Trippers at the Cliffs Hotel**

course lunch, entertainment and dancing with afternoon tea served in the interval. The weather was glorious as some of us strolled along the prom in Dovercourt, even getting a chance to dip our toes in the North Sea!

No greater praise than the feedback from one of our members: **"Everyone on the trip was so warm and welcoming. I felt included and had a wonderful time. I most certainly will be back on future trips."**

**So don't miss out next year. Keep your eyes peeled as you will love this day out.**

*Jacky Pearce*

**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.

## News from Affiliates

### Bramley Indoor Bowls

Located on Chase Side, Southgate (next to the Chickenshed Theatre). This two rink facility offers affordable indoor bowling all year round for an annual fee of £70. Ladies bowl morning or afternoon sessions Tuesday, Wednesday and Friday. Men bowl morning or afternoon sessions Monday, Thursday and Saturday. Come and join this friendly club. Application forms available from Southgate Leisure Centre or for further details contact Margaret Eustace at [Margaret.Eustance@hotmail.co.uk](mailto:Margaret.Eustance@hotmail.co.uk) Tel: 020 8886 2013 or Eric Devereux at [eric.devereux@yahoo.co.uk](mailto:eric.devereux@yahoo.co.uk)

### Heart Throbs Cardiac Support Group

The group was founded in 1990 and is affiliated to BHF. It is run by local people who know what it is like to have a heart condition which needs medical or surgical treatment.

Over the years, hundreds of heart patients have come to its monthly evening meetings with speakers. Many also take part in one or more of the group's morning, afternoon or evening exercise sessions designed to protect and strengthen the heart.

Hon Sec Joan Firth says: "So come and join us, bring a partner or friend, meet people with whom you can share your problems and concerns, and help yourself towards a fitter, happier, more active life." For more information, contact Joan on 01992 718155 or visit [www.heart-throbs.org.uk](http://www.heart-throbs.org.uk)

### Enfield National Trust Association

Evening meetings are held at 7.45 pm at the Grammar School, Market Place (entrance via Little Park Gardens and Wilford Close).

Thursday 13 November "Finding wildlife in Epping Forest" Peter Warne  
Thursday 11 December AGM, followed by a social evening.

Afternoon meetings at 2pm at Holtwhites Sports & Social Club, Kirkland Drive, Holtwhites Hill, Enfield.

Wednesday, 19<sup>th</sup> November "The 20<sup>th</sup> Century Policeman" Vic Botterill.  
Check [www.enta.btck.co.uk](http://www.enta.btck.co.uk) for further details or ring Peter on 020 8363 1568

Enfield RSPB Group Enfield  
RSPB meet at St Andrew's Church Hall, Silver Street, Enfield at 7.45pm  
Thursday 6 November Film Show  
Thursday 4 December Annual Cheese & Wine Social Evening, Tickets from Doreen Tillbrook 020 8367 8127 (admission by ticket only),

For more information about the group, check [www.rspb.org.uk/groups/enfield/news](http://www.rspb.org.uk/groups/enfield/news) or ring Pauline on 020 8363 1568.

### Southgate Symphony Orchestra

**Saturday 22 November at 7.30pm at Bourne Methodist Church Southgate N14 6RS**  
Programme:

Bruch's violin concerto No.1 with soloist Gavin Davies

Beethoven's "Eroica" symphony and the world premiere of SSO horn player Roddy Elmer's variations on "Harwich."

Tickets price £10 for Forum members (£2 less than the concession price) must be applied for one week or more before the concert to SSO, 12 The Glen, Enfield EN2 7BZ and specify you are a Forum member.

### We also welcome two new affiliates:

#### The Friends of Jubilee Park

Here stalwart Forum member Peter Armstrong is a regular attender at its Tuesday morning gathering in the park's community hall where some 70 - 80 people meet to exercise led by a health trainer and to socialise, before walking round the park. They then have tea, coffee, biscuits and a banana and a good natter about all the things raised by the Forum and others. Contact - the Chair: *Quentin England* on 020 8360 5857

#### Palmers Green and Southgate U3A

Frances Holland, the Chair of U3A (university of the third age) tells us they have nearly 250 members, despite launching only last April. Membership is open to men and women who are no longer in full time work. There is neither a lower nor an upper age limit. U3A is for people who want to keep active in mind and body. People come together in small groups to study a subject or to take part in an activity they all find interesting and it already have some 30 Interest Groups.

Monthly meetings with a speaker are normally held on the 4th Wednesday of the month at the Intimate Theatre, Green Lanes, Palmers Green starting at 2.30 pm. The next meeting is on 26 November when there will be a talk by author Travis Elborough entitled '**How London Bridge Ended Up in America**'.

Visitors are welcome and may attend a maximum of two monthly meetings as a visitor. After that, if they wish to continue attending meetings, they must become members at a cost of £20 pa.

**For further information see the website at [www.u3asites.org.uk/pgs](http://www.u3asites.org.uk/pgs) <<http://www.u3asites.org.uk/pgs>> or ring 020 8886 3773.**

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

Admission £3 is less than half normal prices

- 3 November - Dawn of the Planet of the Apes**  
**10 November - Million Dollar Arm**  
**17 November - Guardians of the Galaxy**  
**24 November - Lucy**  
**1 December - Pride**  
**8 December - Before I go to Sleep**  
**15 December - Magic in the Moonlight**  
**22 December - What we did on our Holiday**  
**29 December - The Equalizer**

Films are subject to change

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

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

## St Paul's Players

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#### Class dates and times:

**Tuesday mornings:** 10.30am-11.15am

**Thursday evenings:** 6.30pm-7.15pm

**Friday mornings:** 11.15am - 12noon

#### PLEASE NOTE

Tuesday mornings at 11.45am-12.25pm is a new chair class which is performed seated and consists of very gentle exercises and stretches and is for those who are wheelchair users or with poor mobility.

#### All classes are held at:

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

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**Tel:** 07957 971473

**Email:** sonia.tonge@gmail.com

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