



Unfair tax on NHS hospitals

Cash-starved NHS hospitals are taxed fully while many private hospitals are eligible for rebates. How can this be fair?

More than one in four private hospitals are claiming charitable status giving them an 80% rebate in business rates worth some £52 million over five years. NHS Hospital Trusts, on the other hand, all have to pay in full, and will face a £366 million increase in rates over the next five years.

It surely is a mad world when our local under-funded North Middlesex University Hospital will run-up a deficit in this financial year at the same time as it is due to hand the government £2,361,332 in tax for business rates.

The North Mid is even paying £738,000 more than in 2016/17 due to the government's revaluation exercise this year and it saw its business rates soar from £1,291,330 to £1,600,560 just because it opened a new, modernised maternity building offering better amenities to prospective Mums. As Victor Meldrew might say: "I don't believe it".

A spokesman for the Royal Free London Group based in Hampstead, which includes Barnet and Chase Farm Hospitals, said the trust is considering all of its options, both in relation to appealing against the revised rateable values that came into force on 1 April 2017, as well as potentially pursuing the charitable relief route.

In 2015-16 their business rates tax was £2,870,777, rising to £2,955,000 in 2016-17 and the rates payable in this financial year 2017-18 will jump to £3,629,091. In the last five years Chase Farm Hospital has paid almost £2.5 million to the government in business rates – £60,000 more this financial year because of the government's revaluation – money that could and should have been used to finance the building of the new Chase Farm if it had the same charitable status as private hospitals, free schools and universities, for example.

NHS Hospital Trusts receive no additional funding to offset the cost of business rates. They are all part of a long-running challenge to seek a similar level of charitable relief on business rates, similar to non-profit organisations.

"It is scandalous that NHS hospitals pay normal business rates but 26.9% of private hospitals, using charitable status, receive an 80% discount," says the Over 50s Forum, which is drawing the attention of Enfield MPs Joan Ryan (Enfield North which includes Chase Farm) and Kate Osamor (Edmonton covering the North Mid) to the anomaly.

"We'd like the MPs to ask Ministers how a private organisation like Nuffield Health, which runs 31 hospitals and 111 gyms charging £76 a month only with a 12 month contract (there's one in Enfield) can secure charitable status and a business rates rebate, while our hospitals have a daily struggle to survive," said the Forum.

"If the answer is that private hospitals do not have shareholders and they reinvest all profits into their services, surely the same applies to NHS hospitals. We are told that dozens of NHS hospitals have written to their local authorities to try and claim the reduced business rates, but the Local Government Association rejected the claim, saying they are not charities recognised in law."

PS We note that the government has dropped its manifesto pledge to scrap the charitable status of private schools that do not help their state school neighbours. About half the 2,300 independent schools in England are registered as charities earning them favourable business rates discounts and VAT exemptions on fees.

Westminster Meeting with Enfield MPs 18 October

The meeting with Enfield's MPs will take place in Room W3 (booked in Joan Ryan's name) on Wednesday October 18 at 11am. We suggest the Forum's deputation meets John Ball, the Forum vice-chair, in the restaurant off Westminster Hall at 10.15am for a pre-meeting chat. The security check will take some time to clear, so we suggest people joining the deputation will need to arrive at the Commons by 10am. **Any member wishing to join the deputation please advise Diane Barron at the Forum office 020 8803 2076.**

Forum Meetings not to be missed

Note most meetings are at 10am for 10.30 start

Thursday 12 October (At Millfield House)

Diane De Jersey, Chair of Enfield Vision, talks about the charity and how it promotes the wellbeing of visually impaired people living in Enfield.

Tuesday 17 October (At Southgate Beaumont)

Mayor of Enfield, Cllr Christine Hamilton talks about her role and experiences and the demands placed on her as Mayor..

Tuesday 31 October (At the Civic Centre)

Tessa Lindfield, Director of Public Health for the London Borough of Enfield discusses Living well in Enfield - adding years to life or life to years?

For full details/addresses of all meetings see page 15

Jan's Journal

Planning for an Enfield catastrophe

The Grenfell Tower fire was a disaster in a long and grim list stretching back many years from the Marchioness Disaster in 1989 through fires (Bradford City, Kings Cross, Piper Alpha), train crashes (Potters Bar, Ladbroke Grove), terrorist attacks, air disasters (Kegworth), riots and tragedies such as Hillsborough.

Although in Enfield, we may feel safe from many of the central London atrocities, we are part of a route into the City (bombs for the next attack after 7/7 were discovered in Enfield), we have also suffered fires and fractured gas mains, and of course we "hosted" some of the London riots in 2011.

Plans for emergencies are therefore a vital part of Enfield responsibilities.

Bernie Smith from Emergency Planning in Enfield spoke at our recent Civic Centre meeting about emergency planning. Following the Civil Contingencies Act (2004-2005), the local authority are required to have plans in place for any eventuality.

The Enfield Resilience Forum meets once a quarter and this includes reps from all areas including health, social services, emergency services, faith groups and transport.

Enfield has three emergency planning officers, seven emergency management teams, an emergency volunteer system and the British Red Cross have agreed to a permanent arrangement.

Once a major incident is declared all sorts of systems are triggered –hospitals, environmental agencies, transport, police, fire ambulances, homelessness and public enquiry systems.

Whilst the emergency services will respond to the immediate incident, local authorities are responsible for the longer-term effects, such as housing, support and counselling, preventative methods and rebuilding. Under the Civil Contingencies Act, the local authority is required to:

- Maintain statutory services wherever possible
- Provide support to the emergency services
- Arrange a Local Authority Liaison Officer to attend the Forward Control Post
- Support any services to the immediate community and other affected communities
- Implement measures to control the spread of disease
- Organise the recovery phase of an incident
- Provide mutual aid to other local authorities if requested.

Full details of Bernie Smith's address can be obtained via the office 020 8807 2076 or by email info@enfieldover50sforum.org.uk

Jan Oliver

Office and Development Manager

Renewals

Membership renewals were due on 1 April, so members that have not yet renewed will not receive any more newsletters. So, if a friend remarks that they are not receiving a newsletter, this may be why. Membership fees can now be paid on line, but in order for us to reconcile your payment, you must give your bank a payment reference, which includes your surname and postcode and also send your contact details by email to membership@enfieldover50sforum.org.uk

For more information, telephone the office on 020 8807 2076.

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.

Closer ties with the police

We have added the Metropolitan Police to the line-up at the regular drop-in advice service on Mondays at the Dugdale Centre. A police officer will be there once a month.

The Forum is keen to develop closer ties with the local Enfield police so that we can all communicate better and the police are kept aware of the needs and views of the borough's older residents. We recently had Metropolitan Police Borough Commander Iain Raphael talk to a Forum meeting and the police are providing an article for each newsletter on crime prevention.

The police are concerned about the number of older people becoming victims of scams and/or major crime. If you want a chat with a police officer – any questions, worries, or advice on crime prevention, come along on Monday 9 October, 6 November or 4 December.

Best numbers to reach the police

Non-emergency

Call [101](tel:101) for non-emergency enquiries. Report an incident or get help. If you're deaf or hard of hearing, use the police text phone service on [18001 101](tel:18001101).

Emergencies

Call [999](tel:999) if:

- a serious offence is in progress or has just been committed
- someone is in immediate danger or harm
- property is in danger of being damaged
- a serious disruption to the public is likely

If you're deaf or hard of hearing, use their textphone service [18000](tel:18000).

Anti-terrorist hotline [0800 789 321](tel:0800789321)

Call the UK Anti-Terrorism Hotline if you've seen or heard something that you think could suggest terrorist activity.

Stay anonymous – Crimestoppers

Online - crimestoppers-uk.org

By phone - [0800 555 111](tel:0800555111)

Flu – get the jab

Don't forget that the flu season is approaching; flu can be a particularly nasty illness which can be more severe in our more experienced friends, family and colleagues. It also changes every year so an annual vaccination is needed.

You are eligible for the flu jab if you were born on or before 31 March 1953. All GP practices offer the vaccine and many run 'flu sessions' so make sure what your surgery is doing. Some pharmacies are also offering the jab but you will need to ask.

Even if you are not worried about your own health, vaccination will help stop the virus spreading; you can have flu but be asymptomatic (e.g. don't know you have it). If so you may pass the virus onto others who may be more susceptible.

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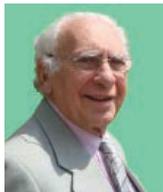
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Protecting pensioners of tomorrow

Raising the pension age to 68 is lazy planning. It's time to make retirement flexible to take account of differing lifespans for different sections of the population



I reckon that more printer's ink is spilled writing about pensions than any other single topic, save perhaps for Brexit.

Now you may well be thinking: "What's an old man like him worried about pensions for?" I'll tell you what really gets my goat.

It's the bland, simplistic way politicians and pundits applaud the plan to raise the state pension age (Spa) to 68 in 2037 – seven years earlier than first planned – for some seven million people now in their late 30s and early 40s, born between 1970 and 1978.

When in the year 2000 we changed our name from a Forum for Older People to the Over 50s Forum it was to demonstrate that we were not solely concerned with today's pensioners, but that we were thinking of future generations of pensioners – the people in their 40s and 50s that are today bearing the brunt of cuts and austerity policies.

And a prime example is this plan to raise the pension age to 68.

It doesn't take much brain power to announce the state pension will start in 20 years time at age 68 to save the Government an estimated £74 billion, well knowing that none of today's policy-makers will be around.

Some are shouting for the state pension age to be 70 or even 75, making more and more people wait longer to collect it and they think that's the job done.

In fact, the government's majority is now so dodgy they have had to postpone plans to legislate for the 68 pension age until the next parliament in 2023 or thereabouts. So there's still time for a big re-think.

Meanwhile, we know Spa will be equalised at 65 for everyone by the end of 2018, rising to 66 in 2020 and 67 in 2028.

Life expectancy

It's time in my view to think about the differences in life expectancy between different parts of the country; time to think about the different type of jobs we do and the health and stress impact they surely have on our lifespan.

To expect a manual worker in a foundry or teachers, health and social care workers to, in some cases, work for almost 50 years with the same zest is unreasonable.

It is said that men living in east Dorset on average will live to the age of 82.9, so under the pensions at 68 target they'll collect for nearly 15 years after retiring.

But a Glaswegian with an average lifespan of just 72.6 years will be a pensioner for less than five years – and our friend from Upper Edmonton where the male life expectancy is 75.9 will pick up a pension for nearly seven years.

But all of them have been contributing to the national insurance kitty all their working lives.

And if you take into account our other benefits which I hope future pensioners will retain – such as the winter fuel allowance, free TV licences at 75 and the Freedom Pass for Londoners, it seems to me that the 'one size' universal state pension system has passed its sell-by date.

It is out of its time and needs re-thinking in line with other changes affecting our ageing population.

Technological changes

Although I worked until I was 73, it is hard to envisage today's younger working generation having the chance – or even wanting – to do the same.

The rapid rise of technological changes in the workplace; of robots being used in manufacturing, banking and in the back room of retailing and distribution; the use of what is called artificial intelligence, digitisation and robotics are all, in my view, going to make retirement at 68 a pipe dream.

Used effectively, these technological changes are going to increase productivity and the country's wealth which should bring many benefits to everyone. It should lead not to increasing the pension age, but reducing it, enabling many more people to enjoy a long, happy and healthy retirement.

While that is a battle for future pensioners to win, today we hear of demands by Sir Michael Marmot, professor of epidemiology and public health, a man respected and regarded as the world authority on health inequality, who pioneered research on how income and your postcode can shape the length of your life, is now demanding an urgent investigation into whether austerity policies are shortening the lives of the poorest and most disadvantaged people.

Pensioner poverty

Talk in the media is all about the so-called 'golden oldies' – those of us born before, during or shortly after World War II. We are so often singled out as being better off than our parents, and in many cases than our children and grandchildren too – but the media too often forgets that too many pensioners still live a hand-to-mouth existence in poverty.

A report from the charity Independent Age found that the over 75s have incomes averaging £59 a week lower than younger pensioners and that one in five still live in poverty.

Nearly 750,000 have no income other than the state pension and benefits – one third of over 75s have less than £1,500 in savings and more than a million have no savings at all. Well worth remembering and reminding the "You've never had it so good" brigade.

Jan Shortt, the new general secretary of the National Pensioners' Convention said recently: **"All the evidence shows that the UK suffers from massive health inequalities and millions of people will find that they are too old to work and too young to retire."**

"We must unite the generations to fight this government proposal to raise the state pension age and continue to make the case for a flexible approach to retirement that recognises not everyone is able to keep working."

So let's make this an issue to raise with our MPs when the Forum joins the NPC lobby of Parliament on Wednesday 18 October. See page 1 for further details.

Patient pressure secures partial CCG retreat

Although public outrage – from the Forum as well as many others – has forced some changes to CCG proposals, Enfield residents will soon find it harder to access NHS treatment

Despite the total absence of public support, Enfield NHS Clinical Commissioning Group (CCG) is seeking to go-ahead and raise the threshold of 11 out of 13 medical procedures before patients can obtain NHS treatment.

Patient pressure has compelled the CCG to completely drop its attempt to cease providing hearing aids to anyone with (only) mild or moderate hearing loss and it has been forced to halt “for the time being” any changes to people’s eligibility for knee replacement surgery. But it promises to return to the plan “without further public consultation” when it feels safe to do so.

The report on the CCG’s Adherence to Evidence Based Medicine (AEBM) was due to be discussed at the CCG Governing Body meeting on 20 September - after this issue of the Forum Newsletter went to press.

The CCG paid The Campaign Company (TCC) £7,800 to analyse the 481 total responses to the consultation process initially due to last just 30 days from March.

Of the 439 responses to a questionnaire, 51% came from people registered with a GP outside Enfield and the Forum will query why they were included in the analysis.

The report says erroneously that the “date was extended to take into account the pre-election period” when it was the Forum that secured cross-party support for extending the inadequate deadline.

The TCC report makes the damning comment that the majority of people “understand that the underlying reasons for the consultation were actually driven by cutting costs and saving money, rather than by securing the best outcomes for patients.”

Although the majority of respondents felt the newly proposed criteria for treating knee pain, hernias, gallstones, cysts, vasectomy and skin grafts etc was unfair, or were unsure whether it was fair, the CCG intends to implement the changes as soon as possible.

The Forum endorses the TCC report comment that this was a “cost-cutting exercise rather than one to protect the interests of patients” and will use its best endeavours to convey this message to patients in Barnet, Haringey, Islington and Camden - the North Central London consortium of CCGs - who are being urged to follow the Enfield CCG route.

Forum public meeting

The strength of feeling about this issue was evident at the Forum’s open meeting held at the Beaumont Care Home on 15 August when more than 150 people gathered to discuss the controversial CCG’s Adherence to Evidence Based Medicine (AEBM) proposals to save money by making patients “suffer in silence” while they wait for treatment.

They overwhelmingly agreed to urge the Enfield CCG governing body to reject the AEBM proposals and instead work with local people to reduce health inequalities in the Borough and join the cross-party campaign for Fairer Funding for Enfield.

The proposed new restrictions will apply to knee replacements, hearing aids, bunions, hernia operations and several other medical procedures. Speakers at the meeting challenged the “evidence base” for the proposals and expressed the view that the cumulative “deficit” run up by the CCG, amounting to £34 million, was not the result of overspending but of continued underfunding.

Opening the meeting, Vivien Giladi, the Forum’s health lead, said that the proposals are “cuts masquerading as a good thing”. They represented a “real and present danger” to patients throughout north central London because what is planned for Enfield today will be replicated in Islington, Barnet, Camden and Haringey.

Over 50s Forum president Monty Meth, said the “draconian” measures planned by the CCG, which would predominantly affect older people, were a dishonest method of solving its budgetary crisis.

He recognised that the NHS is facing a nationwide funding crisis and that the Enfield CCG (created in 2012 to buy most of the patient services we use through the NHS) has a £33 million cumulative debt on a £400 million budget this year.

But, he said, the CCG should be campaigning publicly for more money to match the population needs of Enfield with its high level of deprivation and ill health rather than seeking to make “efficiency savings” by making people wait longer for treatment and introduce new criteria to restrict access to treatment.

Pointing out the inadequacies of the consultation document, he said there was no cost/benefit analysis, not even an estimate of how much the savings would be, and an impact assessment had not been carried out, to determine whether or not the changes would affect some groups of people more than others.

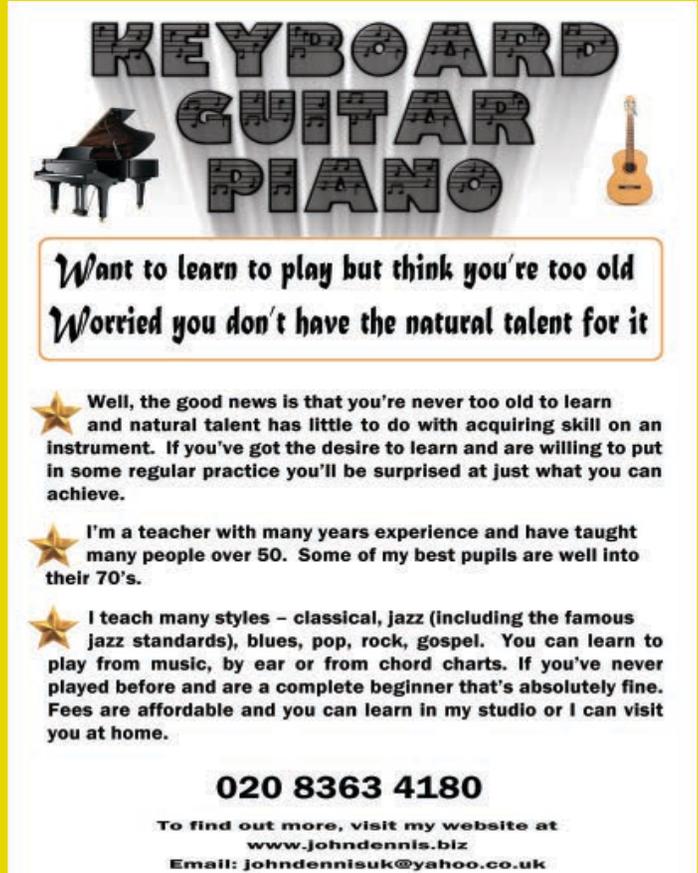
Bambos Charalambous, the newly-elected MP for Enfield Southgate, pledged that he and the other Enfield members of parliament – Kate Osamor (Edmonton) and Joan Ryan (Enfield North) – would hold Enfield CCG to account, and he expressed the view that to solve underfunding of the NHS, taxation was the way forward.

Essie Eyeson, Action on Hearing Loss public affairs officer, told the meeting that 13 other CCGs in various parts of the country had similarly proposed to stop providing hearing aids to people with mild or moderate hearing loss, but 12 of them had withdrawn their proposals after learning how counter-productive such a policy could be.

Some statistics to confirm the level of underfunding and the affordability of increased NHS spending were provided by Jeff Lever of Defend Enfield NHS. He quoted international studies showing the NHS as the most cost-effective among the developed countries. In terms of health spending as a proportion of gross domestic product, the UK was significantly behind two comparable countries, France and Germany.

Concluding the meeting, Monty Meth urged people to join their surgery’s Patient Participation Group and talk to their GPs about the AEBM proposals.

The AGM of the CCG was due to be held on 27 September, after this newsletter went to press, so we will update you of any developments in the next newsletter. And also watch out for our eNews. If you are a Forum member and do NOT receive our email newsletter, contact us at info@enfieldover50sforum.org.uk and ask to be added to the list.



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Chair's Column



A short missive from me this month. Some of you will know that this summer I had a total knee replacement and I'm sure that there are many of you who have had the same operation. Even though I was well prepared for the op I really wasn't entirely sure what the outcome would be – happily for me it has been a very positive one.

We hear many stories about our National Health Service, too often negative, but what I do want to tell you about is my experience of being treated in Chase Farm Hospital.

From the moment I walked through the door for my pre-operative assessment to the minute I left after being discharged I was treated with care, kindness and efficiency.

The staff were all, to a man and woman, absolutely wonderful, full of good humour and thoughtfulness, always reassuring. The nursing and medical staff on Canterbury Ward were terrific. They listened to the patients, regularly checked on us – not just the mandatory blood pressure etc... but simply popping along to see how we were doing/feeling.

The physiotherapists were incredibly encouraging – essential, as at first putting one foot in front of the other was pretty difficult. I also had a friendly daily chat with the woman who brought me breakfast and my cuppa and the man who cleaned the floor. The quality of the treatment received at Chase Farm is so important in ensuring that patients make a confident start on the road to recovery.

I want to record my sincere thanks to all the amazing staff at Chase Farm Hospital.

Christine Whetstone

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Moving the argument

This is Harold Wilson, Prime Minister at the door of Downing Street. Almost certainly this is a photo which the like-of will never be taken again.

This is not an academic study, but Wilson is the last British PM of whom I can find a picture of them smoking.

What's interesting is why this has come about.

Prime Ministers have a leadership role and it is inconceivable that any modern Prime Minister would have themselves photographed smoking.



Pipe smoking Harold Wilson

But they also need to understand the electorate and are influenced by them. It would not only be health and children's charities that would be publicly appalled.

Over time medical evidence has accumulated and become accepted to the point that there is no longer any real argument about the need to reduce smoking and that restrictions on where people can smoke will not stop the world spinning.

Think back to the arguments before and after the smoking ban came into force. The debate about smoking in the workplace is now over.

It has been said that 'culture' is 'the way we do things round here'. It's also said that travel broadens the mind. Maybe, maybe not.

What it does show is that things do not always have to be done the same way. Areas may be known for, or named for their difference: the Mediterranean diet, the Spanish siesta, Danish hygge.

Equally history; 'the rule of thumb' came from the rule that husbands could beat their wives with a stick no wider than their thumb. The here and now is not immutable no matter how concrete it may feel.

What's this got to do with health?

In short, we choose to live our lives but within a context. Whether we smoke or not, what we eat, if we walk or cycle, how much we drink is at least partly determined by that which is around us. And we ourselves can influence that – and so the health of others.

Glenn Stewart

Assistant Director Public Health, London Borough of Enfield

9 November meeting at Millfield House

Simon Gilbert in "Another Opening, Another Show"

Simon talks about his exciting career in and out of the world of music theatre and Opera. He sang with world famous opera stars Joan Sutherland and Luciano Pavarotti and will tell you a wonderful story about singing with him.

He was also leading man to both Cleo Lane in "Showboat" at The Adelphi Theatre and Ginger Rogers in "Mame" at The Drury Lane Theatre.

Simon was the singing voice for Peter O'Toole in THe United Artistes' film, "Man of La Mancha" specifically for the great song "The Impossible Dream." (Meeting at 10am for 10.30am start)

When do you use a lifetime mortgage?

This is an interesting question as I have received many enquiries this year from people who wish to borrow against their home by using a lifetime mortgage. Although invariably there are more cost efficient ways to raise the funds a client may be looking for.

Firstly let me explain what a lifetime mortgage is. Sometimes referred to as equity release this is a specialist loan for property owners in later life.

In most cases the client will have bought a property and repaid in full a conventional mortgage during their working life time. Now they are property owners without a debt but may find themselves asset rich but cash poor. These borrowers are typically over the age of 60.

The point of a lifetime mortgage is that it does not have an end date. The debt is paid off on the death of the borrower or it must be repaid if the borrower vacates the property.

The loan does not require monthly payments to be made and the interest payable rolls up and is added to the debt. This increases the debt on the mortgage. The compound effect of interest rolling up will mean that there could ultimately be little or no equity left in the property.

It is important that you take professional financial advice before you make any decisions to take out a Lifetime Mortgage. Ideally you should take advice from a Chartered Financial Planner who has the appropriate Lifetime Mortgage qualifications and also is a member of SOLLA (The Society of Later Life Advisers).

If this proves to be the right product for you there are some positive points. The market for lifetime mortgage products has increased quite rapidly in recent years with house price inflation more lenders are available.

Also as interest rates have been fairly low in the last decade the rates have become quite competitive on lifetime mortgages. It is quite possible to secure a rate which is fixed for the entire term of the mortgage somewhere in the region of 4 % to 6 % (Legal & General Product Summary - Issue Date 07/09/2017.)

As this is a very competitive market, some lenders will also provide a cashback and/or pay for your legal fees. Some will also pay for their own valuation of your property.

As the interest rate is fixed for the entire term of the mortgage you can calculate the amount of the debt at any given point

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in the future. This will enable you to discuss with your adviser the effect of your borrowing.

It is absolutely vital the lender offers a “no negative equity” guarantee. This simply means there can never be a situation where your property which forms part of your estate carries a debt that is greater than the value of your home on your death.

Now referring back to the question at the top of this article. I would say only consider a lifetime mortgage when all other options have been dismissed.

If you have existing savings or investments it usually makes sense to use this capital first. When this capital has been used up then in future it may be worth considering a lifetime mortgage.

To understand the features and risks associated with a lifetime mortgage or home reversion plan please ask for a personalised illustration. I will be happy to offer you a no obligation review of all of your personal finances.

George Ttoui is available to discuss any financial matter at the drop-in advice service.

He will be at the Dugdale Centre, corner of London Road and Cecil Road, from 10am to 12 midday on the following dates: October 9 & 23, November 6 & 23 and December 11. Or to arrange a private consultation call George Ttoui's office on 020 8882 6688.

Affiliated Groups

Ruth Winston Community Centre

The Centre is a resource and activity centre for the Over 50s of Enfield providing a range of classes from yoga, tai chi, pilates, arm chair exercise, meditation, computer courses, art, languages, crafts, dance, genealogy, flower arranging, singing, poetry, creative writing, ukulele, book club, dressmaking and so much more. Not forgetting the services we offer such as chiropody, hairdressing, massage, bereavement support, NHS Health trainer and IAPT.

We are here to enhance your lives, improve your health, well-being and independence. Come down and ask for a tour of the centre and meet our wonderful members and volunteers. You'll be amazed at what we offer. Membership is £17 a year or you can choose Patron Membership for £60 for the year which has benefit of being entered into a Patrons 100 club lottery.

Ruth Winston Community Centre, 190 Green Lanes, Palmers Green, London N13 5UE.

Tel: 020 8886 5346

Email: info@ruthwinstoncentre.com

Web: www.ruthwinstoncentre.com

Bountagu 50+ Group

The Bountagu Nifty Fifties Group aims to help keep members active, healthy and enjoying different opportunities. The group meets every Monday afternoon at Westbourne Hall in Edmonton to socialise and take part in a range of activities and workshops. The Nifty Fifties Group has an active role in deciding which outings and activities they want to take part in. Recent activities have included zumba, bag making and decorating, Ebru (the Turkish Art of marbling), bingo and organic gardening. The group have also enjoyed trips to local restaurants and further afield to Paradise Wildlife Park and Margate. For more information contact Bridget at Bountagu by telephone on 020 8292 5626 or by e-mail: bridget.thorn@bountagu.com

Southgate Symphony Orchestra

The next concert of the SSO will be held at the Bourne Methodist Church, The Bourne, Southgate, London N14 6RS on Saturday 25 November at 7.30pm. The programme will include

Rossini: Overture 'The Italian Girl in Algiers'
Alan Rawsthorne: Symphony No.2
Berlioz: 'Harold in Italy'

Please note that all members of the Enfield Over 50s Forum can obtain reduced tickets right up to the night of the concert at £10 per person with proof of Enfield Over 50s Forum membership. The price of a ticket also includes free refreshments and programmes. Flyers containing booking forms will be distributed at Forum meetings at least six weeks before the concerts are held.

For more information, email: contactus@southgatesymphony.co.uk or visit the website www.southgatesymphony.co.uk

ELODS

ELODS presents the musical 'Parade' at The Wyllyotts Theatre. By acclaimed playwright Alfred Uhry (Driving Miss Daisy) with a rousing, colourful and haunting score by Jason Robert Brown (Bridges of Madison County). In 1913, Leo Frank, a Brooklyn-raised Jew living in Georgia, is put on trial. Already guilty in the eyes of everyone around him, a sensationalist publisher and a janitor's false testimony seal Leo's fate. His only defenders are a governor with a conscience and, eventually, his Southern wife who finds the strength and love to become his greatest champion. (See flyer or call the box office: 01707 645005).

Winchmore Folk Dance Club

If you enjoy dancing, come and join us on Tuesday mornings from 10am until noon and try some English Country Dancing. We meet during term time at The Village Hall, St Peter's Church, Vera Avenue. N21 1RJ. Led by experienced callers, dances range from the Pride and Prejudice era until modern times. Come on your own, or with a partner. There are no wallflowers and beginners are welcome. Each session is £3 (members £2.50) which includes refreshments. A taster session is free! For more information contact John Wood on 020 8926 7293, Joyce Leedham on 020 8886 2696 – or just turn up.

Winchmore String Orchestra

This orchestra will be holding concert in aid of Water Aid on Saturday 18 November at 7.30pm at Winchmore Hill Methodist Church, Green Lanes N13 4EP (opposite Barrowell Green). The theme is 'Popular and Relaxed', the conductor is Nigel Blomiley and the soloist is Oliver Till – piano. The programme includes the overture to Handel's Messiah, Beethoven's Moonlight Sonata and Corelli's Christmas Concerto.

Tickets: In advance £8 (concs £6.50); at the door £9 (concs £7.50). Children with an adult free. For further information please email info@winchmorestrings.co.uk or telephone 020 8882 0351.

North London Humanist Group

The North London Humanist Group provides activities for non-religious people. It has discussion meetings (usually with a visiting speaker) on the second Thursday of the month at the Ruth Winston Centre in Palmers Green and has social events such as meals out, garden party in the summer, or local theatre visits. Visitors are welcome to come and see if you like us, without charge or obligation. For current events see: www.northlondonhumanists.org.uk or phone 020 8886 4176.

DEEP Indian 50 Plus Association

The following members of DEEP Indian 50 Plus Association (Enfield) and Sangam Indian Elderly Ladies Group were awarded certificates for 100 hours of Volunteering Service in Borough of Enfield by the Deputy

Mayor of Enfield Council in March this year. Congratulations to all of them for their excellent contribution.

Mr Ramanbhai V Tailor, Mr Alok Agrawal, Mr Kantibhai Topiwala, Mrs Zulekha E Khumri, Mr Ratilal D Tailor, Mr Chhaganbhai Mistry, Mr Yusuf Gulamhusein, Mrs Usha Bala Pandya, Mrs Virginia Pande, Dr Ganesh Dutt, Mrs Sarla Devi Aggrawal, Mr Harendra K Raval, Mrs Manjulaben Tailor, Mrs Damyantiben Tailor.

DEEP Indian 50 Plus Association (Enfield) is a Registered Charity. We organise various functions for members to meet and greet over lunch. Presentations of current health and other pertinent topics are also arranged. For further information please contact Harendra K Raval on 07956 428 050.

Enfield Chamber Orchestra

This orchestra will be celebrating its 75th anniversary with a concert on Saturday 11 November at 7.30 pm in Enfield Baptist Church (Cecil Road, EN2 6TG). The programme includes solo songs and arias by Mozart and Mahler, sung by Giulia Laudano, and Dvorak's 8th Symphony.

If you are looking for a friendly local chamber orchestra to join, maybe because you have more time on your hands or have just moved into the area, do please contact us and try us out. We rehearse on Monday evenings at Oakwood Baptist Church and you can find out more from our website: www.enfieldchamberorch.org.uk or tel: 020 8360 4980

British Legion

The introduction of a plaque dedicated to the servicemen and women from Enfield who have given their lives in various conflicts around the world since 1945. A service will take place at the War Memorial Chase Side on Remembrance Day Sunday, 12 November at 3pm. The Royal British Legion Holtwhites Hill Enfield will commence their parade from the back of the R.B.L. Trinity Street at 2.30pm, marching to Enfield War Memorial where at 3pm the service of remembrance will take place.

Spelling test??

This is weird, but interesting!

If you can raed this, you have a sgtrane mnid, too.

Can you raed this? Olny 55 plepoe out of 100 can. I cdnuolt blveiee that I cluod aulacly uesdnatnrd what I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in what oerdr the ltteres in a word are, the olny iproamtnt tihng is that the frsit and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it whotuit a pboerlm. This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the word as a wlohe. Azanmig huh? Yaeh and I awlyas tghuhot slpeling was ipmorantt!



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Answers please

If a word is misspelled in the dictionary, how would we ever know?

If Webster wrote the first dictionary, where did he find the words?

Why does 'slow down' and 'slow up' mean the same thing?

Why does 'fat chance' and 'slim chance' mean the same thing?

Why do 'tug' boats push their barges?

Why at sports stadiums are they called 'stands' when they are made for sitting?

Why is it called 'after dark' when it really is 'after light'?

Doesn't 'expecting the unexpected' make the unexpected expected?

Why are a 'wise man' and a 'wise guy' opposites?

Why do 'overlook' and 'oversee' mean opposite things?

If work is so terrific, why do they have to pay you to do it?

If all the world is a stage, where is the audience sitting?

If love is blind, why is lingerie so popular?

Why do you press harder on the buttons of a remote control when you know the batteries are dead?

Why do we put suits in garment bags and garments in a suitcase?

How come abbreviated is such a long word?

Why do we wash bath towels? Aren't we clean when we use them?

Why doesn't glue stick to the inside of the bottle?

Why do they call it a TV set when you only have one?

Christmas - What other time of the year do you sit in front of a dead tree and eat chocolate out of your socks?

Modern nursery rhymes

Jack and Jill went into town to fetch some chips and sweets

Now Jack can't keep his heart rate down. And Jill has diabetes.

Little Jack Horner sat in the corner eating peas from the pod

Obeying the pledge to eat five fruit and veg, he's becoming quite a sod.

Philip's farewell

On a trip to Australia with the Queen, Prince Philip came across a large group of children with just one adult woman. "Are these all yours?" he asked her.

"Yes, all 14 of them," she beamed.

"Good God", said Philip. "Where's your husband? I'll have to get the Queen to give him a knighthood."

The Aussie lady laughed. "That would do any good, he wouldn't wear one."

When Her Majesty meets DT

Donald Trump met with HM Queen, and he asked her: "Your Majesty, how do you run such an efficient government? Are there any tips you could give me?"

"Well," replied the Queen, "the most important thing is to surround yourself with intelligent people."

Trump frowned, and then asked: "But how will I know the people around me are really intelligent?"

The Queen took a sip of tea. "Oh, that's easy; you just ask them to answer an intelligent riddle."

The Queen pushed a button on her intercom. "Please send Theresa May in here, would you?" Theresa May walked into the room and said: "Yes, Your Majesty?"

The Queen smiled and said: "Answer me this, if you would, Theresa. Your mother and father have a child. It is not your brother and it is not your sister. Who is it?"

Without pausing for a moment, Theresa May answered: "That would be me."

"Yes! Very good," said the Queen. Trump went back home to ask Mike Pence, his vice-president, the same question.

"Mike, answer this for me. Your mother and your father have a child. It's not your brother and it's not your sister. Who is it?"

"I'm not sure," said Pence. "Let me get back to you on that one."

He went to his advisers and asked everyone, but none could give him an answer. The next night, Pence ran in to Sarah Palin, a fellow Republican, in a restaurant.

Pence asked: "Sarah, can you answer this for me? Your mother and father have a child and it's not your brother or your sister. Who is it?"

Sarah Palin answered right back: "That's easy, it's me!"

Pence smiled, and said: "Thanks!"

Pence then went back to speak with Trump. "Say, I did some research and I have the answer to that riddle. It's Sarah Palin!"

Trump got up, stomped over to Pence, and angrily yelled, "No, you idiot! It's Theresa May!"

And that, my friends, is precisely what's going on at the White House.

Call me Cynical

- ◆ I read that 4,153,237 people got married last year... not to cause any trouble but shouldn't that be an even number?
- ◆ When wearing a bikini, women reveal 90% of their body... men are so polite they only look at the 10% covered parts
- ◆ Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
- ◆ America is a country which produces citizens who will cross the ocean to fight for democracy but won't cross the street to vote.
- ◆ Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?
- ◆ Money talks ...but all mine ever says is good-bye.
- ◆ You're not fat, you're just... easier to see.
- ◆ If you think nobody cares whether you're alive, try missing a couple of payments.
- ◆ The pharmacist asked me my birth date again today. I'm pretty sure she's planning to get me something.
- ◆ Money can't buy happiness, but it keeps the kids in touch!

Lexophiles

A 'Lexophile' is a word used to describe those clever people who have a love for cryptic puns, such as "you can tune a piano, but you can't tuna fish" or "to write with a broken pencil is pointless."

Here are some more examples of what we prefer to call Punoigraphy:

When fish are in schools, they sometimes take debate.

A thief who stole a calendar got twelve months.

The batteries were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.

With her marriage, she got a new name and a dress.

A boiled egg is hard to beat.

When you've seen one shopping centre you've seen a mall.

Did you hear about the fellow whose entire left side was cut off? He's all right now.

A bicycle can't stand alone; it's just two tired. The guy who fell onto an upholstery machine is now fully recovered.

He had a photographic memory which was never developed.

When she saw her first strands of grey hair she thought she'd dye.

Acupuncture is a jab well done. That's the point of it.

Those who get too big for their pants will be totally exposed in the end.

A will is a dead giveaway.

Go on, admit it - they're clever!

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Sunday GP service is reduced

Enfield NHS Clinical Commissioning Group (CCG) has decided to cut the number of GPs offering a Sunday service from six to two due to "lack of demand". The Woodberry practice, off Green Lanes Winchmore Hill, will close altogether on a Sunday, while the other two practices in the scheme will reduce from two to one GP on a Sunday. There will be no practice nurses available on a Sunday at any of the three surgeries.

The decision to reduce services is the result of an evaluation following the first six months of the £1.8 million Primary Care Access Service funded by NHS England which saw the creation of GP hubs at Carlton House surgery EN1 3LL and Evergreen Centre, Edmonton Green, as well as at the Woodberry practice.

The Carlton House and Evergreen centres are open evenings, from 6.30pm - 8pm, Monday to Friday; 8am to 8pm on Saturday, Sunday and public holidays. The Woodberry practice is the same except it is closed on Sundays. Appointments can be booked by telephoning 03000 333 666.

But there is still no sign of a hub being opened in the north-east of the Borough even though 1,032 patients registered with a GP in this area were seen at one of the hubs during the first six months of operation.

The CCG makes the astonishing claim that "*current utilisation activity levels do not support commissioning a further hub in the north-east locality at this stage,*" although they clearly can have no idea how many people would use the service had a hub been available.

Joan Ryan, Member of Parliament for Enfield North, has told the CCG bosses that residents in the north-east of Enfield, particularly those living in Enfield Lock, Enfield Highway and Turkey Street, are in need of their own hub service, as this would significantly improve their access to local primary care.

"I therefore do not believe that this do nothing recommendation is in any way satisfactory and I am concerned that the CCG has not explored all possible avenues to ensure that a hub is available for patients in the north-east locality and that access to primary care is improved for *all* Enfield residents.

"As previously stated by Professor Sir George Alberti, the north-east of Enfield has required an improvement in access to primary care ever since the closure of Chase Farm Hospital's A&E in 2013. Indeed, findings from my own GP survey indicate that Enfield is facing an acute appointment crisis, with 59% of my constituents finding it difficult to secure a GP appointment.

"Without a primary care access hub in the north-east locality, residents have to leave their local area and travel across the borough to use primary care services such as those at Carlton House Surgery and the Evergreen Primary Care Centre. Whilst I am sure that both of these hubs provide very good services, the problem remains the lack of local, accessible primary health care services for residents living in the north-east of the borough."

Patients at all 48 GP practices in Enfield were seen by the 7-day access service but only the take-up of patients in north-east Enfield are given, ranging from eight to 224.

The Forum would prefer to see any extra funding spread among all 48 surgeries in the Borough prepared to offer more and later evening appointments.

Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton, N18 1PJ

Tel: 020 8807 2076

email: info@enfieldover50sforum.org.uk

Secretary: Tony Watts

Development & Office Manager: Jan Oliver

Admin Assistants: Diane Barron & Liz Delbarre

Office hours: Mon-Friday 9.30am - 4pm

Book a home fire safety visit

Make sure your home is as safe as possible by contacting the London Fire Brigade for a free personalised assessment. Older people are at greater risk of dying if you do have a house fire.

The recent fire in Grenfell Tower has highlighted the dangers of fire to those living in tower blocks. But house fires can occur in homes of any type. And government statistics show that older people are more likely than younger people to die in a house fire.

In 2015/16, over half (52%) of all fire-related fatalities in dwelling fires were 65 years old and over, compared with 25% of all casualties. For every million people in England, there were 5.5 fire-related fatalities in 2015/16. This fatality rate was 11.6 people per million for those 65 to 79 years old and 19.5 for those 80 years and over.

So what causes fires in people's homes?

Fires are caused by 'misuse of equipment or appliances' (36% of accidental dwelling fires in 2015/16), with 'faulty appliances and leads' second at 15%.

By far the largest source of ignition is cooking appliances, causing 50% of accidental dwelling fires and 52% of non-fatal casualties in dwelling fires in 2015/16.

However, in terms of fatal fires, by far the largest source of ignition is smokers' materials (cigarettes, cigars, pipe tobacco), accounting for 36% of deaths in accidental dwelling fires.

How can we protect ourselves?

You are far less likely to have a fire in your home if you have received a home fire safety visit. That is why the London Fire Brigade (LFB) offers them free, to help make you safer. Even a small fire in your home can lead to substantial damage, which could be expensive to repair and leave you unable to stay in your property for a number of weeks.

What happens during a home fire safety visit?

LFB firefighters will visit you in your home and provide you with bespoke advice, based on your household and lifestyle, to minimise the risk of a blaze. Crews may suggest moving items or furniture as part of any safety recommendations made during the home fire safety visit, if they identify them as hazards. If you ask them to help you move anything, firefighters may assist but this will be at their own discretion and only with your permission. They may fit free smoke alarms in your property during the assessment.

When can I have a home fire safety visit?

LFB home fire safety visits can take place any day of the week, at any time that is convenient for you. The assessment takes as long as necessary but first-time visits are allocated up to 90 minutes.

How do I contact London Fire Brigade to book my visit?

Telephone: 08000 28 44 28

Email: smokealarms@london-fire.gov.uk

For urgent, out of hours referrals, please contact 020 8555 1200 and inform the switchboard you need to book a home fire safety visit. You can also visit the website to book a visit and learn about fire safety at home www.london-fire.gov.uk

Worried about a neighbour or relative?

We want to ensure anyone who may have increased fire risks are provided with appropriate protection. Although everyone is eligible for a free, home fire safety visit, LFB has identified a number of health and lifestyle behaviours that increase the likelihood of being involved in a fire.

If you know or work with anyone who may have an increased risk of fire, who is less able to react or has a reduced ability to escape in the occurrence of a fire, please encourage them to book a free, home fire safety visit. These may include factors such as being a smoker, a hoarder, having an alcohol dependency or suffering from mobility issues.

Protection from pension scams

Rogue firms are to be banned from cold calling after conning savers out of millions since the new pension freedoms were announced

The government plans to ban calls relating to pensions – including emails and texts – in a bid to crack down on scams. The crackdown – which includes fines of up to £500,000 – comes as new figures reveal that private pension fraudsters have obtained about £43 million since April 2014 when the new rules came into effect.

There were nearly 3,000 reported incidents according to figures from Action Fraud, with victims losing an average of nearly £15,000.

The pensions minister Guy Opperman says the figures **“highlight the extent to which people’s savings are being ... stolen through elaborate hoaxes, leaving them with little opportunity to build up their savings again”**.

Research by Citizens Advice found that nearly 11 million people received unsolicited calls, emails and texts about their pension in 2016 alone. Typically fraudsters tempt savers to withdraw funds to buy fake shares or invest in other “opportunities”.

Gillian Guy, chief executive, says: **“Pension scams can rob people of tens of thousands of pounds, ruin their retirement plans and threaten financial security in the long term.”**

Baroness Altmann, the former pensions minister, welcomed the move. **“This is great news. Currently, any scam company can contact people out of the blue to offer them a free pension review that leads to them losing their entire pension in a fraudulent scheme. Cold calling for mortgages was banned years ago.”**

She points out previous initiatives such as Project Bloom, an awareness campaign led by the National Crime Agency, and Scorpion, another consumer campaign launched last year by the Pensions Regulator, have proved ineffective.

Pension savings scams have been a growing problem since the relaxation of pension rules in April 2014, allowing anyone over 55 to withdraw as much as they like from their pension pot and spend the money as they wish. Previously, savers were required to spend at least 75% of their pension fund on an annuity.

“It is right to give people more flexibility and more choice, but the government is right to ensure that it increases protection against fraudulent unsolicited approaches,” says Baroness Altmann. The government is also set to tighten the rules on transfers out of occupational pension schemes and make it more difficult for anyone to set up a fraudulent scheme into which they can channel their victims’ cash.

But it is likely to take many months before the proposed measures become law, and financial experts warn that pension savers need to stay on the alert for scammers. Fraudsters will look for any loopholes and can also move their call centres overseas to avoid the ban. So here are some of the things we need to be aware of

Cold Calling

Beware of anyone calling you out of the blue and claiming to be from the government pensions service. The government has set up Pension Wise, but its staff will never call you unless you have approached the service first.

Promises of high returns

At the moment, a cash deposit account returns about 1% per annum, so anything significantly above that should be treated with caution.

Guaranteed returns

Final salary pensions and governments bonds are the closest anyone can get to a guaranteed income, but if a company you have never heard of offers guaranteed returns, be very careful, no matter how glossy their brochures or sophisticated their website.

Offers of a ‘free review’

These offers are usually used to persuade people to reveal their financial details to a potential fraudster. Then you may come under high pressure selling tactics to invest in dubious schemes. It also means these fraudsters are not subject to the rules of ‘cold-calling’ as you have contacted them.

If you think you have been the victim of a scam, report it to Action Fraud on 0300 123 2040

To contact Pension Wise

Call 0800 138 3944 to book an appointment or check out the website www.pensionwise.gov.uk

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Leisure Centre news

Help us ensure that classes at Fusion are retained by registering for the classes that you attend.

We know that once you have paid for an Over50s Day pass at one of the borough's leisure centres, you are entitled to attend any of the Over50s classes being run on that day in that centre.

Some classes are very popular and so you need to book when you arrive. Other classes are not usually full, so people just turn up and join the class.

This works well except that the Fusion management looks at the registered numbers only – which has led them to conclude that some classes are not popular and so the class has been cut.

And you need to continue to register as the classes are reviewed monthly to make sure the management think they are worth running.

The second yoga class (12.45 - 1.40pm) on Wednesdays at Southbury has been reinstated after members protested, so Fusion will sometimes listen to us!

The good news is that a new walking netball session has been launched at Southbury on Tuesdays from 9.30 - 10.30am and that walking football is running every Friday at Edmonton from 2-3pm as well as at Southbury on Tuesdays 10:45 -12:15pm.

Swimming lessons for the over 60s will be available soon.

Ask for details at your local leisure centre (see contact details right) or contact the Fusion Over50s Forum Coordinator Dominic Hall on dominic.hall@fusion-lifestyle.com

Over 50s Days

Over 50s Days take place at Edmonton Leisure Centre each Monday and Friday, Southgate (Tuesday and Friday), Southbury (Tuesday and Wednesday) and Albany (Thursday).

The cost is £8.30 per day or £4.15 per day if you have an energy concession card. This concession card is normally £21.50 for 12 months, but for Forum members it is only £7.50. Note that only Forum members who are Enfield residents are eligible for this discount.

The concession card also entitles our members to half price activities, such as use of gym, swimming and classes, and there is also a monthly off-peak deal for Forum members giving access to all facilities Monday to Friday 9am – 4pm and at weekends from 12noon to closing time for £29.

Fusion runs many activities and classes, so visit the website or call in to your local centre for more information.

http://www.fusion-lifestyle.com/contracts/Enfield_Council

Albany Leisure Centre, 505 Hertford Rd,
Enfield EN3 5XH,
Tel: 020 8804 4255.

Edmonton Leisure Centre, 2 The
Broadway, Edmonton N9 0TR,
Tel: 020 8375 3750.

Southbury Leisure Centre, 192
Southbury Rd, Enfield EN1 1YP,
Tel: 020 8245 3201.

Southgate Leisure Centre, Winchmore
Hill Rd, Southgate N14 6AD,
Tel: 020 8882 7963.

Poetry Corner

Saga of the Virile Viking

Long ago in days of yore
A virile Viking came ashore,
He moored his longboat by the Lea
Then disembarked for a look see.
He gazed around just taking measure
And then set out to find a treasure.
With helmet winged and battle axe
He said "I'll find a place to sack."

Capel Manor caught his eye.
The gate was barred and far too high
Twas guarded by a monster dark
That wagged its tail and gave a bark.
"O fearsome monster where's your
Owner,
I need to loot a sack of Kroner."
"Keep Away." The monster yapped,
"My master really can't be tapped."

He settled down beside a tree,
With Danish pastries for his tea,
And there's the clue, no more to rove,
A Windmill's near his treasure trove.

And now it's time for me to show,
I live near Windmill Hill you know.
He asked me where the treasure lay,
I said to him "just go away."

"We don't need you in Enfield village,
If you've come to rape and pillage."
With that he dragged me by the hair
To his boat, which wasn't there.

With great sadness he was smitten
He was stuck here in Great Britain,
But all's not lost for you can see
He's no regrets the treasures' me.

Sara Davies

Member of Forum Poetry Group

Sayings to remember

"As we read school reports on our children we realise a sense of relief that..... nobody is reporting in this fashion on us" - JB Priestley, dramatist and critic 1964.

"The way to win atomic war is to make sure it never starts." General Omar Bradley, an American World War2 veteran speaking on Armistice Day 1948.

"I've never ever had a woman ask for a pay rise" - Sir Philip Hampton, a City grandee and co-chair of a government sponsored review into increasing the number of women in senior jobs.

"There will never be totally equal pay for women until men have babies" - Sue MacGregor, former presenter of BBC Women's Hour.

"Having one child makes you a parent, having two you are a referee." - David Frost, broadcaster and writer 1989.

Enfield Over 50s Forum

East of Borough Drop In

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

Wednesday	4	October
Wednesday	18	October
Wednesday	1	November
Wednesday	15	November
Wednesday	29	November

Sessions are open from 2pm to 4pm

AT MILLFIELD HOUSE, SILVER STREET, N18 1PJ.

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

Free tea, coffee and biscuits available.

SOCIAL CALENDAR

As you can see, we are trying to make sure you have the chance to whoop it up over the Festive Season! Many thanks to Jacky Pearce for her commitment to these very popular annual events. Do take a look at Olivia's fantastic countryside offering at Ragdale Hall – a chance to get away from the winter blues – and her exciting Continental holiday suggestions for 2018. Not to forget Roy's exciting revisit to the Imperial War Museum at Duxford. As ever, we would like member input to the Social Calendar. If you have an idea we will help you bring it to reality. Contact Irene by email at poosticks2@sky.com or by phone on 020 3715 0946 .

Thursday 12 October. A visit to the Imperial War Museum at Duxford Airfield in Cambridgeshire. We travel to Duxford by mini-bus. Enjoy an unforgettable journey through the history of aviation with over 200 historic aircraft to view, including the legendary Spitfire, Hurricane and Lancaster Bomber of WW2 fame. Step inside the supersonic Concorde and VC10 airliners.

Visit the American Air Museum and the Land Warfare Hall with its fine display of military vehicles and The Normandy D Day Landings. There are restaurants and cafes on site. Remember to bring warm clothing, airfields are large open windy areas. Departing Enfield Civic Centre at 9am prompt. Returning to Enfield Civic Centre by ornish. 5.30pm. **Cost: £10** excluding admission to museum (£12.50 for group visit). Seats are limited to 16 people so reserve your place asap by **phoning Roy Barrows on 020 8360 8561 or email: roycar1939@btinternet.com**

Thursday 12 October. East End in Enfield. Janka and the team at the Wonder Pub, Bately Road, Enfield invite us to a wonderful trip down Memory Lane! Eat, drink and sing and dance to the music of Honky Tonk Dave and Mick the Spoons. Choose your pie – steak & kidney, beef & onion, chicken & mushroom, cheese & onion, or ornish pasty, all served with creamy mash and gravy – sorry no green liquor! Price £10.75 which includes, a pint of beer, a 175ml glass of wine or a soft drink. **WOW !!! For more information and to book phone Jacky Pearce on 020 8482 3575.**

IMPORTANT INFORMATION re BOOKING CHRISTMAS LUNCHES

Please read this carefully!***Due to the very high demand and stringent Fire Regulations, there is a now a reduced number of tickets for our Forum Lunches, which may be purchased as follows
For **Monday 11 December** and **Monday 8 January Lunches** Jacky Pearce will take calls from **9am on Tuesday 10 October**. Each phone call will be limited to 4 tickets. Of course if you want to sit with other booked guests just tell Jacky at the time of booking and she will do her upmost to seat you together. To ensure all members have an opportunity to celebrate the Festive Season, we have revived the **Evening Christmas Disco – Friday 1 December**

which in the past has been very enjoyable particularly for our members who are working during the day (see *details below*). Of course, the Social Committee is always open to suggestions and ways to improve our booking process, events, or venues that may be suitable for us? So, let us know what you think. Do come along to one of our meetings and see how our Social Calendar emerges from an idea to a great event!

We are striving to give our members an equal opportunity for tickets. Thank you so much for your understanding and co-operation.

Friday 1 December. Forum Christmas Disco 7.30pm – 11.30pm. Cost £18. Venue the NECC Baker Street Enfield EN1 3LD. Buses 191, W8 and good parking at the venue. You keep asking, so here it is, back by popular demand! Start the festive run up enjoying a scrumptious two course buffet, then all you Disco Divas can get moving to the sounds of the ever popular and versatile Danny's Disco.

To book:
Ring Jacky Pearce anytime after receipt of this Newsletter on 020 8482 3575.

Monday 11 December. Christmas Celebration Lunch 12noon – 4pm. **Live Music and Dancing.** Cost £18. Two course buffet lunch, with entertainment by The Myra Terry Duo. Venue the NECC Baker Street Enfield EN1 3LD. Buses 191, W8 and free parking. Just the way to get into the Party spirit, if you haven't been before give it a go you will not be disappointed!
*****Calls for this very popular event will be taken on Tuesday 10th October from 9am – keep trying the line will be busy! *** To book – PHONE CALLS ONLY to Jacky Pearce 020 8482 3575.**

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.

2018

Monday 8 January 2018– “Encore” Christmas Celebration Lunch, Live Music and Dancing. Cost £18.

So good we do it twice!! Details the same as the Lunch above on 11 December.

*****Calls for this very popular event will be taken on Tuesday 10 October from 9am – keep trying the line will be busy! ***To book phone calls ONLY to Jacky Pearce 020 8482 3575**

Tues/Wed 30/31 January 2018. Join the pampering party at the gorgeous **Ragdale Hall** in leafy Leicestershire for a two night mid-week break! Includes full, superior quality board, treatments, access to all spa areas and any studio classes. Ladies and gents, new and old members and those unaccompanied are all most welcome. The deposit is £100 per person and there are both twin and single rooms available at the moment. Prices vary from £332 to £480 depending on room choice – **for further details and to book contact Olivia, preferably by email, to oliviagoodfellow19@gmail.com or by phone: 020 8447 8841.**

11-18 June. Amalfi Coast. Bookings are open for this fabulous 8 day trip next summer with Travelsphere. Pastel-coloured villages clinging to cliffs, spine tingling views from zigzagging coastal roads and scented gardens that sweep down to the shimmering seas. Soak up Europe's most photogenic scenery and visit stunning resorts on this elegant coastline. All excursions included and half board accommodation in a 4*hotel in Naples. We will visit Amalfi, Ravello, Sorrento, Positano, the isle of Capri and Pompeii. Join us by requesting without delay a booking form with full details from **Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.** New members very welcome. Price £1106 sharing or £1256 single occupancy.

3-10 September. French Riviera. Bookings now open for this **chic** 8 day escorted trip by Eurostar and TGV from St Pancras. Soak up the sun as well as the glitz and the glamour of the Cote d'Azur's most famous resorts from Cannes, the some-time stomping ground of Hollywood's star players and your base for this super trip. You will visit Nice, St Paul-de Vence, Antibes, Monaco, Monte Carlo, San Remo, St Raphael and of course St Tropez. All excursions are included and our 4*hotel in Cannes, with swimming pool and stunning beach will provide breakfast. For further information and a booking form, **contact Olivia on oliviagoodfellow19@gmail.com or 020 8447 8841.** New members very welcome. Price £1135 sharing or £1385 single occupancy.

Forum Clubs

Book Club

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

16 November A Month in the Country by J J Carr

21 December A Christmas Carol by Charles Dickens

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

Coffee Club

This is a new club which has recently been launched. All Forum members are invited to come along anytime from 10am-12noon on the first Wednesday of each month at Trent Park Country Park Café. It is very informal – have a chat, make new friends, go for a walk afterwards. The park is served by buses 121, 298, 299, 307, 377 and 384 and Cockfosters tube station is just a five minute walk away. Further details from Sue Scott who can be contacted at scotsf48@hotmail.com or on 020 8368 0861, or just turn up at one of the next dates: 4 October, 1 November, 6 December.

Walking group

This small walking group (usually about 10 people) meets Saturday mornings at 10.30am by the café in Grovelands Park (Broad Walk entrance), N21 3DA. We do a 40 minute walk around the park and have a chat in the café afterwards. Everyone is welcome so please feel free to join in. Ring Monica on 020 8886 6514 for more information.

Poetry Group

We are Forum members who come together each month to read and talk about poems, some well-known, some written by us spiced with some music. It is a very sociable time and we all enjoy it. So, why not some along and try us out? We meet in the Community Room, Town Library on the fourth Thursday of each month 10.15 – 11.45am sharp!

In October, the theme is Faraway Places. For further information, contact Irene Richards on 020 3715 0946 or by email: poosticks2@sky.com

In every newsletter, we publish an *original* poem by a Forum member. You don't have to be a member of the group to submit your work for consideration. Please send your poems (not too long please) to Irene.

Woodwork and Handicraft Group

This is very popular group meets once a week during term time to make wooden and jewellery items. Numbers are limited due to the size of the workshop used, and there is a healthy waiting list, but for further information call John Lombard 020 8367 5921.

The Forum Writing Group

This new group has been going strong throughout 2017. We meet 10am – 11.30am on the third Friday of each month upstairs in the Dugdale Centre. Each month we read a piece of our own writing followed by a stimulating discussion – it is a really sociable, interesting and friendly group and our conversations often continue long after the allotted time. Topics are suggested each month by a member of the group.

We would be delighted to welcome you. Sometimes some of us have not had time to write and so simply tell fellow members about something of interest which has happened or show a photo, so don't be afraid to join us to check us out. For more information, please call Christine Whetstone on 020 8805 1180.

Forum meetings

Note for most meetings we assemble at 10am for a 10.30 start

At the Civic Centre, Enfield

Tuesday 31 October

Tessa Lindfield, Director of Public Health for the London Borough of Enfield discusses *Living well in Enfield - adding years to life or life to years?*

Tuesday 28 November

Jo Ikhelef Chief Executive of Enfield Voluntary Action discusses *the voluntary sector* in the borough and the support and services her organisation provides.

At Millfield House, Silver Street, N18 1PJ

Thursday 12 October

Diane De Jersey, Chair of Enfield Vision, talks about the charity and how it promotes *the wellbeing of visually impaired people living in Enfield*.

Thursday 9 November

Simon Gilbert, Choral Director of Enfield Community Singers in "*Another Opening, Another Show*" talking about his exciting career in the world of music. (*More details on page 5.*)

Southgate Beaumont, 15 Cannon Hill, N14 7DJ

Tuesday 17 October

Mayor of Enfield, Cllr Christine Hamilton talks about her role and experiences and the demands placed on her as Mayor.

Tuesday 21 November

Forum Member **Desi Page** was a founder of the **Zimbabwean Charity TOSE** which fills tremendous gaps in the care and rehabilitation of the severely, mentally and physically handicapped people in the country. She will discuss how the charity was set up and her role. There is a friends of TOSE group in the UK of which Desi is a member.

Joanna's Holistic Treatment Clinic

Treatments to ease aches, pains can help many become more flexible and toned.

Indian Head Massage £15

Aromatherapy back, neck and shoulders £15

Aromatherapy full body treatment £20

Reflexology £15 Hopi Ear Candling £15

Neuro-Linguistic Programming £15

Southgate N14 area, booking by appointment only.
Please note that treatments are currently for women only.

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Join our lottery club for just £5 a month



July winner Joan Mansfield with Jim Cante

You could join our lottery club to help raise money for the Forum. Or you could join because you know the odds of winning are exceptionally good. In fact, one club member has won £400, while eight have won £200 and five have won £150.

So if you'd like the chance, once a month, to win £200 for an investment of just £5 a month, sign up today and you too could be featuring on these pages as one of the lucky winners. Congratulations to our latest winners, Joan Mansfield in July and Morris Webb in August.



August winner Morris Webb with Jim Cante

To find out more or to join, call Jim Cante on 020 8363 4969.

The draws are made at the Forum's monthly Civic Centre meeting (see Meetings on pg 15) so you are welcome to come along to witness that as well. Tickets are £5 per month.

Free confidential drop-in advice service

At the Dugdale Centre
(corner of London and Cecil Roads, Enfield Town)
Every Monday 10am to 12 noon

We introduce a new public service

Chat to a copper – a face-to-face personal talk with a police officer – any questions, any worries, any advice on crime and burglary prevention. Mondays 9 October, 6 November and 4 December.

Plus our regular advisers.

- Enfield Citizens Advice benefits, debts, pensions etc.
- Solicitors Stennett & Stennett.
- George Ttoui: tax and HMRC queries on October 9 and 23, November 6 and 20.
- North London Credit Union's Maureen Malcolm now attends every Monday 10-11am offering information on affordable loans and secure savings. Established in 1994 it offers competitive loan rates, a choice of fully-protected savings accounts. Free and simple to join.
- Remi Oke from the Alzheimers Society will be offering advice for anyone with concerns about dementia either for themselves or a relative or for professionals. October 9 & 16, November 13 & 20.
- Screening for hearing tests on Monday November 6 by NHS audiologist can be booked through the Forum office 020 8807 2076.

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

The advice service is open to all Enfield residents who prefer receiving personal face-to-face help, rather than trying to get answers on the phone or online. Please note: The confidential advice service is NOT open on Bank Holidays.

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

Admission £3 is less than half normal prices

- 2 October – Hampstead**
- 9 October – Gifted**
- 16 October – My Cousin Rachel**
- 23 October – The Beguiled**

November listings not available when we went to press, but will be issued via e-News. If you are not signed up to the Forum's e-News, please email us at info@enfieldover50sforum.org.uk

to ask to be added to the list.

Films are subject to change

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

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

Rutland visit

A coach party of forum members spent a wonderfully sunny day in the country's smallest county in July. We visited the delightful town of Uppingham and onto Oakham, enjoyed a private harp recital and a tour of the stunning castle. At Rutland Water we had a lovely cruise on the Rutland Belle followed by a delicious afternoon tea in the harbour cafe. We wondered why the chef was so amazing – he used to work at Claridges!!!



Harp recital