

Pavements protest swells

When Councillor Terence Neville, the Council's Cabinet member for environment and street scene, came to the June Forum meeting he promised to **"look into"** this year's paltry £145,000 allocation for pavement repairs and maintenance. Backed by the thousands of signatures to our petition, we plan to present our strong case to Cllr Neville at the Civic Centre on Monday 19 October at 11am. calling for a major rethink of the council's policy on pavement repairs.

"We think this is totally outdated and takes no account whatsoever of the way the local population is ageing. We think the council's policy is based solely on defending the 25mm difference in pavement levels favoured by insurance companies, when its legal liability arises, and not on the human factors which have emerged in our campaign", some of which are detailed below, said Monty Meth.

We're now touching the 3,000 mark for the pavement petition and that number includes some 300 signatures collected in Enfield Town on a sunny Saturday morning where people freely told us of their falls and injuries. When asked to sign, the most common response was **:"yes, definitely"**. One lady said: **"I feel walking is like taking life**

in my hands", others told us of their streets needing attention.

Included in the petitions we will present to Cllr Neville will be the cases of Mrs A. Walsh of Stockton Road who told us how she fell, hurt her knee and shoulder. Mrs Smith, also of Stockton Road, fell heavily on a pavement in Claremont Street, needed three stitches over an eye and still has trouble with an injured arm. Mrs R Hassan also fell in Claremont Street and fractured her arm. Mrs J Martin of Middleham Road, tripped over a broken pavement in Grange Road and later tripped in Stockton Road and broke her arm.

Graham Lyall wrote to tell us when he signed the petition that the asphalt pavements in The Coppice EN2 were in a terrible condition. Then on the afternoon of Sunday 26 July a lady fell and was taken by ambulance to hospital with a suspected fractured leg. The incident occurred outside 30, The Coppice. The area of the pavement had bulged by several inches and had been previously reported to the local authority.

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Future FORUM Events

FORUM MEETINGS - Civic Centre, Silver Street, Enfield

Tuesday 29 September 10am for 10.30am start
Lifelong learning - What is Enfield doing for Older People
Speaker: **Ben Charles**, LBE head of lifelong & community learning.

Tuesday 27 October 10am for 10.30 start
Your chance to hear **Dr Jacqueline Watts**, Open University, talk about: **End of life care.**

Tuesday 24 November 10.15am for 10.30am start
Roger Hallam, United Nations Association speaks on the work of the Association and the important issues in which it is involved.

*COFFEE MORNINGS - Skinners Court Mini-forum meetings

Tuesday 15 September 10.15am for 10.30am start
Equity release talk by solicitor **Michael Stennett.**

Tuesday 20 October 10.15am for 10.30am start
Professor Mustafa Djamgoz, Imperial College, London, talks about **cancer and his work on prevention and its effective management.**

**COFFEE MORNINGS - East of the Borough Mini-forum meetings note times and venues

Thursday 1 October Group Visit to Capel Manor
Instead of the usual coffee morning a visit and guided tour of **Capel Manor** has been arranged. Further details are given on page 7. Please contact Polly at the office if you would like to attend 020 8807 2076.

Thursday 5 November 10.15am for 10.30am start
Meeting is at Millfield House
Sidney Grant, LBE Community Safety Administrator, discusses what Enfield is doing to create **a safer environment and in reducing the fear of crime.**

****Millfield House (By Millfield Theatre) is in Silver St, N18 1PJ - Buses 34, W6, 102,144 or 217, 231 to the Gt Cambridge Roadabout. Thursdays but date varies.**

***Skinners Court is opposite the Fox pub car park in Pellipar Close, Fox Lane, Palmers Green - Buses 329 and W6 or the 121 to the Triangle - 150 yards from the Fox. Meetings are on the third Tuesday in the month.**

Pavements continued from page 1

"The general state of the pavements in the area is poor and to my knowledge have only received patch repairs since they were constructed in 1960. Good luck in your campaign", says Graham.

We've also received 30 signatures from Fred Wainwright of Wickham Close, EN3 who told us :

" The residents here in the close are still fighting the council and are determined to have our footway upgraded. Many thanks. Keep going."

The Thursday Ladies Club has sent in a sheet of signatures and 31 signatures came from Elaine Dean and the friends of Jubilee Park. Former Forum chair Audrey Hardwick sent in a total of 48 signatures from Eaton Park Road adding: ***"Everybody I contacted in the road thought the pavements were in a bad condition and they hoped something could be done."***

Dangerous paving stones were highlighted as a problem by 49 percent of respondents to a recent survey sent out by Andy Love MP to his Edmonton constituents. Many elderly residents complained about tripping and hurting themselves and wheelchair-users complained of being forced to use the road due to uneven pavements.

Looking through the first batch of nearly 500 returned survey forms, Mr Love quoted some of the replies in his Enfield Advertiser column. ***"I have tripped three times in the last two months"*** one resident wrote, while two others commented: ***"My wife hurt herself on bad paving and spent five days sick from it"*** and another said: ***"I am 87 and have had two falls on broken paving stones"*** One N18 resident said: ***"The stones here are cracked and wobbly. I fell over and have seen others fall too."*** ***"Even after complaining, the Council do not repair potholes or pavements,"*** another resident of N13 wrote.

A common theme running through a large proportion of the responses was that residents had asked the Council for help but had received no response. Mr Love is asking the Council to take residents' complaints and suggestions more seriously.

Commenting on the survey responses, Mr Love said: ***"I've had such a large response to my street survey that Enfield Council has to accept that there is a huge problem with litter and fly-tipping in particular, but also with potholes in the road and dangerous paving stones, across many parts of Edmonton"***.

Can you give an hour petition signature collecting?

Meet Peter Smith at Marks & Spencer's, Enfield Town on Saturday 12 September between 10.30-12.30-pm.

We'll be outside the LIDL store at Edmonton Green 10.30 -12.30-pm on Saturday 26 September and back at Marks & Spencer's in Enfield Town 10.30-12.30-pm on Saturday 17 October.

Watch it!

In the run-up to next year's general election, we'll all need to be vigilant particularly when we're being told that whoever forms the next government, cuts in government spending are inevitable - and some of them could be pretty unprincipled and unpalatable in their impact on older people.

Take, for example, Richard Barnes, the deputy to Mayor of London Boris Johnson. At a meeting of the London Older People's Assembly on July 10 he made it pretty clear that universal benefits such as the winter fuel allowance should be scrapped - in favour of means-testing.

He clearly could not see the contradiction while praising his own Hillingdon council, where he is currently a ward councillor, which is pegging the level of council tax for ALL pensioners in his borough for two years irrespective of their income level, and at the same time questioning why he received the £250 tax free winter fuel allowance.

Then in the Sunday Times dated 31 May, in an article headed ***"five benefits at risk in these tough times"***, Elizabeth Colman writes: ***"Meanwhile, David Cameron, while promising the Conservatives were not going to behave like turbo-charged accountants has floated plans for overhauling the welfare system, scrapping tax credits for middle-income earners and pensioners' winter fuel allowances - should he win the next election"***.

The article concludes: ***"The Tories opposed the winter fuel allowance when it was introduced in 1997, and the payment looks likely to go following a Conservative victory"***. Under the article's sub-heading ***"Be prepared things are going to get a lot worse"***, Elizabeth Colman says: ***"Experts have also suggested that government may means-test state pensions for incomes above £21,900 - the level at which the age-related allowance is means-tested"***.

And former shadow minister David Davis says there can be no sacred cows. ***"Whole programmes such as the Trident upgrade, can and should go. Similarly, middle class welfare, such as child benefits and winter fuel benefits for the well off, should be cut"***.

The National Pensioners Convention, to which the Forum is affiliated, has long campaigned against means testing to determine who gets what in the belief that the tax system should be used to claw back any surplus from people who have a higher income than others. This would eliminate the need for people to apply for pension credit or council tax rebates, which many people strongly object to, mistakingly seeing it as a form of charity begging.



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New police commander's message



Chief Superintendent David Tucker has recently taken over as the new Borough Commander for Enfield. He comes to us from Barnet where he had worked in the operations portfolio.

In a message to the Forum, Ch Supt Tucker says:

"I'm immensely proud to have taken up this incredibly important role. In my first few weeks here, it is apparent that I have a superb workforce delivering high quality policing to the people to Enfield and London."

Our job is to make the people of Enfield safer and feel safer. Our priorities are very simple - we must reduce most serious violence and burglary. I want us all to do the best we possibly can to deliver these priorities. I look forward to meeting and working with members of the Over 50s forum in the coming weeks and months."

Safer Neighbourhoods policing

Safer Neighbourhoods is about local policing; police & partners working together with you, to identify and tackle issues of concern in your neighbourhood.

Each ward in Enfield has a dedicated team of officers made up of police and police community support officers (PCSOs). They aim to listen and talk to you, to find out what affects your daily life & feelings of security. These might be issues such as anti-social behaviour, graffiti, noisy neighbourhoods or vandalism. Then, they work in partnership with you and other agencies to find a lasting solution.

To get involved, contact your local team. If you don't know your ward team, visit <http://www.met.police.uk/saferneighbourhoods> & enter your postcode to find out which team covers your address.

HOW TO CONTACT YOUR SAFER NEIGHBOURHOOD TEAM

Bowes Ward	020 8721-2679	Jubilee	020 8721-2683
Bush Hill Park	020 8721-2685	Lower Edmonton	020 8649-3553
Chase	020 8721-2689	Palmer's Green	020 8721-2635
Cockfosters	020 8721-2688	Ponders End	020 8721-2682
Edmonton Green	020 8649-3552	Southbury	020 8721-2763
Enfield Highway	020 8721-2903	Southgate	020 8721-2792
Enfield Lock	020 8721-2690	Southgate Green	020 8721-2680
Enfield Town	020 8721 2791	Turkey Street	020 8721-2691
Grange	020 8721-2686	Upper Edmonton	020 8649-3554
Hazelbury	020 8721-2684	Winchmore Hill	020 8721-2681
Highlands	020 8721-2687		



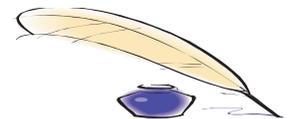
Safer Neighbourhood teams are dedicated to your community and are additional to other policing teams and units in London. If you have concerns about day-to-day crime and disorder issues, or if you would like to get involved, please contact your team.



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Are we coping with an ageing population?

This is not just a question to pose in Britain. Everywhere in the world, the growth of older populations creates new challenges to all the traditional attitudes and policies that will need to adapt to the changing worldwide age structure.

New statistics from America's National Institute on Ageing reveal that:

- * The world's older population increased by at least 870,000 a month between 2008/9.
- * In the next ten years the annual net increase is expected to reach 23 million, or 1.9 million a month
- * In 2008, the global population aged 65 and over was estimated to be 506 million. By 2040 this is projected to be 1.3 billion, or 14% of the total.
- * In less than 10 years from now, people aged 65 and over will outnumber children under five for the first time.
- * People are not only living 30 or 40 years longer than a century ago, they are having fewer babies and the result is likely to be seen in labour shortages, more pensioners and fewer taxpayers to pay for pensions and long-term care

It is against this background that the Government launched yet another consultation mainly affecting older people called Age of Opportunity: Building a society for all ages. We are still too often seen as being a burden on the state, on local government, on the economy where we could, with just a little imagination, be seen as a new resource in helping people to enjoy a better life. We are still too often judged by the age on our birth certificate, not on how we feel; how active we are; how fast our brain cells are still firing on all cylinders.

With one in four babies being born today expected to live to be 100, how are we preparing for this new phenomenon?

Lifting the retirement age from 65 to 68 or even 70 for people who want to go on working is now on the agenda.

Already over 1.3 million people over the state retirement age are working. And despite the recession, older people's employment is up 48,000 this year, probably due to poor pensions and a drop in savings income.

The Government is now planning to produce an Active at 60 package which will be given to people as they approach their birthday, giving details of their entitlements and opportunities ranging from learning to sport. There'll be a special role for grandparents who are increasingly looking after grandchildren and their changing role in society.

We're promised an Age Positive initiative to raise awareness of training opportunities and improved employer attitudes to older workers, but there's very little for today's pensioners. We're still told that the link between the state pension increase and earnings will have to wait until 2012 - or the end of the NEXT Parliament in 2014/15 for it to be a reality.

Rather than pay everyone a decent pension and claw back any excess from high income households, the Government is taking powers in a new welfare reform bill to "explore" if there are ways in which they can use financial information they already hold to improve the take up of pension credit among some two million pensioners who currently won't apply for it.

There's talk too of a new health improvement package coming our way which will include items close to the Forum's heart such as footcare and falls prevention - as well as help with depression, arthritis and continence care.

You can find more information on this new strategy on www.hmg.gov.uk/buildingasocietyforallages and meanwhile we shall be seeing how the new UK-wide advisory forum on ageing performs in chivvying ministers to get a move on in improving the well-being of today's generation of older people, starting with the need for a rapid response to the care and support needs of older people today.

Random round-up

Pension credit

From November 2009, the capital threshold for pensioners applying for pension credit is being raised from £6,000 to £10,000, meaning that for all applicants the first £10,000 of their capital will be ignored. The same applies to housing benefit and council tax rebate applicants.

Blood donors

The age limit that prevents regular blood donors from continuing to give blood beyond their 70th birthday has been removed. To help build up supplies in preparation for the flu season and for more information call 0300 123 23 23 or go to blood.co.uk to make an appointment.

Winter fuel payments

Last year's increases will be repeated this coming winter giving £250 for households with a person aged between 60 and 79 and £400 for households with a person aged 80 or over.

Veterans

Free help and advice on any issue is available to anyone who has served in HM armed forces. Call free: 0800 169 2277.

Need insurance?

All profits generated by Intune go directly to the charity Help the Aged and they're most competitive too for home, travel and car insurance. Call free: 0800 030 4818.

Energy prices up 22%

Energy prices rose by 22.7% over 12 months in real terms, according to the Office for National Statistics. Comparing the first quarter of 2008 and this year, domestic electricity rose by 19.7%, gas by 34.8% and coal and smokeless fuel by 28.9%.

Social care: shaping the future

Better late than never, the long-awaited social care plan called: Shaping the Future of Care has set out the government's ideas for a new national care service that could offer a basic minimum entitlement to everyone, irrespective of their financial means. The paper is being described as "very green" - because it is unlikely to be implemented before the next general election.

Nevertheless, it becomes the yardstick by which all future governments will be judged because for the first time it raises the perspective of a national care service in terms similar to the National Health Service. And it raises the prospect of improving preventative care by reducing the numbers of old people who go without care because of its cost.

Already siren voices are being heard about the cost of social care amid warnings that securing the funds required could put NHS financial demands against those of the estimated 1.4 million older people who now receive £3.7bn worth of attendance allowance already being earmarked to pay for the reform.

Stephen Burke, chief executive of the charity Counsel and Care, which has been influential in lobbying for reform,

warned: **"Rather than a discussion on how we pay for care in the longer term, we may see instead a massive rearguard action to defend this benefit, which is very popular."**

At the core of two of the three options set out by government is the concept of a "partnership" funding model. A proportion of each individual's care package would be paid for by the state with the remainder paid by personal contributions or by means tested benefits.

This Newsletter issue graphically illustrates the critical decisions facing the next government – whatever its political complexion. The ageing population is growing by leaps and bounds and under the present means-tested system anyone with a home or savings worth £23,500 or more is ineligible for local authority funding.

They are not entitled to any help in finding a suitable care home and are often shut out from even having their needs assessed by social services. This system, of course, penalises those who have saved for the "rainy day" while often providing free care for anyone without any assets. Ending this anomaly is another matter and leaves us asking: Will we live to see any changes?

Forum Quiz Night

Another successful evening with 120 people attending. Quiz master Des Hegarty had set 10 rounds of interesting and difficult questions. The winning team got 87 out of the 100 questions right and deservedly won the case of wine for the first prize.

This year the curry and vegetarian supper was served before the quiz and with the wine and drinks that guests brought with them the mood was set for a really enjoyable social evening.

We donated the raffle proceeds of £512 to the Help for Heroes appeal and specifically in aid of Major Phillip Packer, the injured soldier who completed the London Marathon.

The Forum is grateful to the following raffle prize donors: Anwar Hussein - Taste of Raj Restaurant; Enfield Leisure Centres; Papadelli Cafe; Enfield Town; Steve Morton - The Flower Stall, Palace Gardens; Marks and Spencer - Enfield; Waitrose - Enfield; David Mills - Clockhouse Nursery; Southgate College Restaurant; Max Bywater - The Sony Centre Enfield; Ateeq Bashir - Rymans Enfield; Denise and Dermot.

Lastly, the Forum offers our grateful thanks to Margery Lloyd of St. Pauls Church, who did so much to make the evening such a success.

Roy Barrows

Want to JOIN the Forum?
Call the Forum office Mon-Fri 9.30-12.30
on 8807 2076 for details.

Published by Enfield Borough Over 50s Forum.
Contact: The Secretary, Millfield House, Silver Street, Edmonton, N18 1PJ. **Tel:** 020 8807 2076

E-mail: info@enfieldover50sforum.org.uk

Web site: www.enfieldover50sforum.org.uk

Leisure centres still best value

Despite the flood of seven day free trial offers and other private "health club" gimmicks dropping through your letterbox, we still think that Enfield Leisure Centres offers by far the best deal for Forum members who want to stay active this Autumn.

We urge you to consider one of our excellent membership /discount cards. The special Forum aspire membership at reduced cost to Forum members will provide a wide range of sport and leisure activities. The £30 monthly fee, or an annual £300 fee enables you to use a wide range of activities including: Swimming, fitness gym, fitness classes such as yoga and pilates, sauna & steam rooms, racket sports, preferential booking and the ever popular Over 50s activity days held at three of its leisure centres, Southbury, Southgate and Edmonton.

As an alternative to the all-inclusive membership you can go down the Energy Card route providing a 50% discount on a range of activities which you can use on a more casual basis. For full details of the wide range of activities and memberships drop into your local leisure centre, or phone the membership enquiry line 020 8245 5191 or visit ELCs website at <<http://www.enfieldleisurecentres.co.uk>>

Enfield Leisure Centres would like to thank Forum member Roger Biss, one of our fitness instructors, for organising a group of ladies who regularly attend the Over 50s Activity Days run by ELCL to take part in the Race For Life event held at Trent Park in June to raise money and awareness for cancer research. In all £3,000 was raised, Well done!

Free swimming continues to attract both young and older people to swim more often. The Over 60s free swimming has seen significant increases in attendances with a 47% increase for the period April to June 2009 over last year.

Ken Biggs

Sales & Marketing Manager Enfield Leisure Centres

Is primary care getting better ?

“Days of a grim gatekeeper grunt from a surly surgery sister are numbered”, says Tony Watts

Improving the quality of services offered by GP surgeries in the borough is a key part of the major ***“making life better in Enfield”*** 12-week consultation by NHS Enfield, which started in June and ended on 13 September. Although the consultation is largely about what primary care services will look like in five or ten years’ time, the Forum has been pressing for changes in the here and now.

So we’d like to hear of your experiences and whether you’ve seen any improvement - where would you like to see priority given. Just write or telephone the office. Your feedback is important to us.

For example, when Dr Mo. Abedi’s spoke at a Forum meeting at Forest primary care centre on 6 August about the changes in primary care now taking place across the borough, it gave members present some optimism that we will see a steady improvement in customer (patients) services. One of the problem issues raised was the difficulty of making appointments and the constantly engaged phone when you try to ring your local GP practice.

It was coincidence that immediately after the meeting, Forum secretary Tony Watts went to his Park Lodge GP surgery to pick up a repeat prescription. At the same time he was given a surgery news-sheet which told him that appointments to see a doctor can now be booked online via the internet. To access this ‘new’ service all he had to do was to register with the surgery and get a password. What a breakthrough! No longer does he have to wait and wait for the surgery phone to become free to make an appointment, or leave a note at the surgery that he needs a repeat prescription.

Armed with his new password, the practice number and access identity he now simply logs on to <https://www.emisaccess.co.uk>, makes his booking or requests a repeat prescription and it is all done.

No continuously engaged phone to battle with; no visit to the surgery with a written request for a repeat prescription; no waiting like a little boy in front of the gatekeeper until she looks up from her busy form filling; no waiting until the gatekeeper can conclude the phone conversation she is having with some other poor soul who has just managed to get through after ringing 20 times. In Tony’s words: ***“the days of a grim gatekeeper grunt from a surly surgery sister are numbered – at least they are for me”***.

Forum members Mary and Demetri St. Andrew also report that their GP surgery in Green Lanes has this internet appointments access. So does DMC surgeries at Edmonton Green and Enfield Lock; Freezywater medical practice; Willow House in Enfield Town; and Grenoble Gardens, Southgate and there are many other new primary care developments in place. They include:

- * New GP walk-in centre opened on 1 July 2009 at Evergreen primary care centre, Edmonton Green (opposite the new ASDA) has already seen more than 500 patients.. Open from 8am-8pm, 7 days a week, 365 days a year to see a GP or nurse. Services provided to registered and non-registered patients without the need of an appointment.
- * Additional 150,000 GP appointment slots were commissioned in 2008/9 across Enfield as part of extending GP hours.
- * Diagnostic tests delivered in two GP surgeries - Ultrasound at Grovelands (Palmer’s Green) and Forest Road (Edmonton) medical centres.
- * Phlebotomy (blood test) clinics at 30 local surgeries out of 63 in the borough.
- * Minor surgery for some dermatological conditions being carried out at Riley House (Hertford Road) surgery.
- * Urology clinic sessions are being run by a local GP and consultant at the BMI clinic, Cavell Drive (off the Ridgeway).
- * Vascular screening, which includes weight, height, blood pressure, cholesterol and glucose measurements at 25 pharmacies.

Saving sight

New techniques in laser eye surgery could prevent millions of people from losing their sight. John Marshall, a senior ophthalmologist at King’s College, London, has developed a laser technique that can delay the onset of age-related macular degeneration (AMD), the leading cause of sight loss in Britain.

About 200,000 people in the UK are registered as blind or partially sighted because of AMD which damages the part of the retina responsible for precise vision. Professor Marshall, who pioneered laser eye surgery to cure shortsightedness said the “retinal rejuvenation” treatment could delay the effect of ageing without damaging other cells. He hoped the treatment could be available within two to five years. - The Times, July 6.

10,000 falls add to hospital toll

The importance and justification of the Forum’s campaign to reduce falls in the home or through faulty pavements has been upheld by the figures we’ve received of attendances and admissions to Chase Farm Hospital in the last year showing that more than 10,000 cases from falls had to be treated.

There were a total of 8,196 attendances at the A & E department and 2,419 admissions and of these 4,885 falls in the home led to A&E visits and 1849 admissions, while falls in public places - mainly we suspect in the street - led to 1,762 A&E attendances and 256 admissions to the hospital.

So anything we can do to bring these numbers down is not only beneficial to the people concerned, but will also help Chase Farm Hospital spend its money on more essential medical equipment and services.

Focus on Swine Flu Forum calls for volunteer Flu Friends

NHS Enfield want to make sure that local people are aware of the steps they should take if they are concerned about swine flu.

Good general hygiene can help to reduce transmission of all viruses, including swine flu:

- * Cover your nose and mouth when coughing or sneezing, using a tissue when possible
- * Dispose of dirty tissues promptly and carefully
- * Maintain good basic hygiene, for example, washing hands frequently with soap and water to reduce the spread of the virus to other people
- * Clean hard surfaces (e.g. door handles) frequently using a normal cleaning product
- * Make sure children follow this advice

If you are worried that you or a family member have flu symptoms, please phone your GP or contact NHS Direct on 0845 4647. Please do not attend the GP practice as this may spread the illness to others.

Other members of the family with no symptoms can carry on as usual, including children attending school. NHS Enfield strongly recommends that anyone who has knowingly come into contact with anyone who has suspected or confirmed swine flu should closely monitor their health. It is advised they do this for seven days after contact.

However there is no need for them to isolate themselves from other people as long as they remain well. If during this period they have a temperature of 38°C / 100.4°F and over and develop a feverish illness accompanied by one or more signs of cough, sore throat, headache and muscle aches, they should stay at home and seek advice from NHS Direct or contact their GP by phone.

NHS Enfield have ensured that anti-virals can be accessed 12 hours a day, 7 days a week, where necessary. These are only available for collection if a healthcare practitioner has identified that the patient needs them, not upon self diagnosis.

Demetri St. Andrew

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The Forum Committee has agreed to cooperate with NHS Enfield in providing a Flu Friend service in those special cases where somebody who gets swine flu cannot find a family member, neighbour or friend to report their symptoms to the National Pandemic Flu Service (NDFS) and collect their medication.

- * The Forum Flu Friends will be required to contact the patient with swine flu.
- * They will then collect an ID from the swine flu patient, such as a Freedom Pass or driver's licence and the authorisation number that will have been given to them by the NDFS.
- * The Forum volunteer will need to carry their own ID and then present both to either a pharmacist from an agreed list or a local NHS designated collection point to collect the prescribed antiviral in normal working hours and then deliver them to the patient.
- * The Flu Friends Service is being created to prevent patients leaving home and spreading the virus to others in the community. You will also be expected to make sure the patient has enough food and drinks in the house.

More information will become available as the situation develops. At this stage we are simply creating a register of Flu Friends and appealing to those Forum members willing to assist to please register their interest with the Forum Office ASAP.

Please call: 020 8807 2076 and please indicate if you are CRB registered.

National Pandemic Flu Service

Information 0800 513 513 Treatment 0800 513 100

Group visit to Capel Manor

Thursday 1 October 2009

Enjoy a special guided tour to a 13th century Georgian estate with spectacular themed gardens, lunch at the restaurant in the grounds, or bring own refreshments/food for a picnic.

£4 for concession entrance plus £2 for the guided tour

Capel Manor is in Bullsmoor Lane off the A10
By public transport: 217 Turnpike Lane to Waltham Cross, 317 Enfield Town to Waltham Cross – both go up the A10, and get off at the Bullsmoor Lane bus stop. Capel Manor is a 5-10 minute walk from the Bus Stop.

For those driving there is ample car parking.

Please call the office 020 8807 2076 to book your place. If getting to Capel Manor is difficult advise Polly or Jane and we will try to arrange transport. We will convene at the ticket entrance and the tour will start at 11 am.

Papadelli's 10% discount for Forum

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Just produce **your Forum membership card** to claim your discount. Papadelli's is at 48 Church Street, opposite the main post office in Enfield Town.

Your lifestyle could delay Alzheimer's

Three large cups of coffee a day could help to slow the progress of Alzheimer's disease and even reverse the condition, according to researchers from the University of South Florida. A daily dose of 500mg of pure caffeine can suppress the degenerative processes in the brain, which in turn lead to memory loss and confusion. This is said to be the first study - conducted on mice - to suggest that caffeine can directly target Alzheimer's disease itself.

Results of the study on 55 mice, published in the Journal of Alzheimer's Disease, showed they performed poorly in memory tests when genetically engineered to develop dementia symptoms. But after half the mice were given a daily dose of caffeine, they were performing much better in memory tests and thinking than the mice given just water.

Professor Gary Arendash, a memory and ageing specialist, said the findings provide evidence that caffeine could be a viable treatment for established Alzheimer's disease. This follows a 2002 study which found that people who consumed caffeine in mid-life were 60% less likely to develop the disease.

Note: To consume 500mg of caffeine a day you could take 2x250mg caffeine pills; or 16 lbs of chocolates; 14 cans of Coca-Cola, 15 cups of tea or three large espresso-based coffees.

The Alzheimer's Society is anxious not to suggest that we all develop a caffeine habit, but says that subject to further research coffee could be added to a lifestyle preventative plan for the disease. This would include a high fish oil and vegetables diet found by researchers at Columbia University in New York to prevent people with a mild memory loss seeing it develop into full-scale dementia.

Blueberries, kale and broccoli were also listed as being helpful and there's the usual advice about not smoking, because this dulls the brain's efficiency, while having a moderate alcoholic drink or two a day can add to the protection. Staying fit is near the top of the list and a recent study of 2,000 Japanese-American men between the ages of 71-93 found that those who led a sedentary life or walked under a quarter mile a day were nearly twice as likely to develop dementia as those who covered two miles a day or more.

And a report in the prestigious New England Journal of Medicine found that regular dancing of any kind also reduced the risk of dementia - that should boost attendance at the Cyril Jones dances at Southbury Leisure Centre!

Learning languages keeps the brain functioning and a study of 400 pensioners in New York showed that the risk of neural decline halved through activities such as sudoku, crosswords, visiting museums and playing a musical instrument.

But there's a dementia risk for singles

Middle-aged people who live alone are much more likely to develop dementia than those who are married or who live together. So runs the findings from a Swedish research team that found people in a steady relationship helped to insulate them against mental decline, Singles and those who lacked regular social contact were at greater risk of developing a brain-wasting condition such as Alzheimer's.

People who either do not have a partner in their middle years, or whose partner dies, are three times more likely to end up with dementia than those who are married or cohabiting, say the researchers from the Karolinska Institutet medical university in Sweden, who studied 2,000 men and women from eastern Finland when they were in their 50s and then again 21 years later.

The results, they say, add to evidence that social interaction plays a key role in sustaining healthy brain function into later life. Previous research has identified physical activity, continuing education, certain hobbies, friendship, a busy social life and mentally demanding work as factors that help to ward off dementia.

About 700,000 people in Britain have some form of dementia and this figure is expected to rise to 1.7 million by 2051. At the same time there is a growing trend towards single-person households with 7.25 million people now living alone.

Enfield to pilot new dementia project

Enfield is one of three winning London bidders to become a dementia advisory demonstration site - the other two are Croydon and Kingston upon Thames - as part of the Government's £200 million national dementia strategy. Over the next two years, Enfield will receive an additional £165,000 to support people with dementia.

It is estimated that there are approximately 3,000 people diagnosed with dementia living in Enfield and the new project will enable them to have a full time dementia adviser / coordinator backed by a team of volunteers recruited and trained to provide a care and support service. The project will be managed by the Alzheimer's Society, with project management from Enfield Council, supported by a representative group of partners, service users and their carers reporting to the Older People's Partnership Board.

There will be a dedicated helpline providing information and advice, as well as the opportunity for people to have face to face meetings with an advisor who will be based in the Older Peoples' Community Mental Health Team in Enfield Town. This co-location will ensure that communication between all the partners is as effective as possible.

Cllr Edward Smith, Cabinet Member for adult social services said: "Dementia is a particularly cruel illness that puts the families and carers of those who live with it under a great deal of strain, sometimes 24 hours a day. This project will ensure that people newly diagnosed with dementia and their families and carers are provided with the right information and the right support at the right time"

This Newsletter is for general information only and is not intended to be advice to anyone. You are recommended to seek competent professional advice before doing anything based on the contents of this Newsletter.

Health Trainers can change your lifestyle

Enfield NHS in conjunction with Enfield Council have recruited 11 health trainers who are a diverse group in age, ethnicity and gender and ranging from students to retirees. Collectively, the health trainers speak over six languages including Turkish, Punjabi, Urdu, Somali and Gujarati which are much needed in targeting hard to reach groups in the borough.

To date the health trainers have consulted with 410 clients mostly from the eastern part of the borough (N9, N18 and EN3 postcodes) because this is where the highest levels of deprivation are recorded. Most of the referrals are from GPs who identify patients that require a lifestyle intervention. Recently, health trainers have joined up with Tottenham Hotspur Foundation to provide a trainer in an appealing environment that will encourage people, especially men, to participate in a healthier lifestyle.

Free health trainer sessions can support you to:

Lose weight

East more healthily

Increase your physical activity

Quit smoking

Health Trainers see their clients weekly, fortnightly or monthly for one to six sessions, depending on the clients' needs and they help to set goals and support to achieve them.

**If you would like to see a Health Trainer please call
020 8370 8296 for further details**

Forum visit to Elsing Jubilee Park

Elsing Road, Turkey Street, off Gt. Cambridge Rd.

Thursday 24 September @ 11 am

Playgrounds for Pensioners are dotted all around Europe, in Spain, Germany, Holland, Finland etc and we have our own version here in Enfield, tucked away and unpublicised, which we want you to see and test, so that we can develop the concept for other parks under the Green Gyms banner.

There are three sets of four pieces of equipment dotted around the park and all can be used by anyone from age 8 to 80. The equipment ranges from gentle exercises to the triple pull-up designed to increase strength to the upper body, arms and shoulders. There's a chest press, leg press, horseback rider, space walker and skier and much more - and you can top the exercise session with a brisk walk round the park perimeter.

The equipment has been researched and developed in consultation with Professor Rachel Davey and her colleagues at Staffordshire University's centre for sport and exercise research to encourage more of us to follow a fitter and healthier lifestyle in the fresh air - and it's free!

The Green Gyms cost about £40,000 to create at Elsing Park and if more people are encouraged to work out in an enjoyable environment, we may get similar ventures in other parks.

So meet us at Elsing Park where there's off street car parking. Public transport via 317 from Enfield Town - Turkey Street (via Southbury Road and Great Cambridge Road); 217 From Turnpike Lane / Cambridge Roundabout to Turkey Street. Alternatively, we may book Enfield Community Transport if 14 people wish to come. Meet at the Civic Centre 10.30 am cost £2. Book your place through the office 020 8807 2076

Barnet & North Mid. retain stroke units

Contrary to reports circulating among Forum members, the result of the consultation on creating eight new world class hyper acute stroke units (HASUs) in London will still leave the existing local stroke units at Barnet and North Middlesex Hospitals intact. They will be for people who have had a Transient Ischaemic Attack (TIA) ("mini-stroke") where they will be rapidly assessed and treated to reduce their chance of having a full stroke in the future.

We will start to see the new services - which will give all Londoners the best chance of survival and recovery - take shape from next year; the majority will be up and running by April 2010, with all facilities open by summer 2011. By introducing these world-class stroke and major trauma services in the capital, the NHS expect to save around 500 lives a year and reduce long-term disability for thousands more.

We have been assured that stroke units and TIA services will be developed at both Barnet and North Middlesex Hospital, Edmonton, and although we failed to get either of them upgraded to the new hyper-active units being developed at Northwick Park, Harrow, and University College Hospital, Euston, we have also been assured that ambulance travel times from Enfield to these hospitals will be monitored in the coming year to ensure they can be accessed within 30 minutes.

The Forum was among almost 11,000 individuals and organisations responding to the consultation on the proposals and we had a two-hour meeting with senior NHS officials to express our concerns about the 30-minute travel

time needed for a severe stroke patient to reach the new centres of excellence. This led to NHS officials seeking further clinical advice on access to the specialist centres and we are told that local services will improve in diagnosis, treatment and rehabilitation for all London stroke and trauma patients.

The board of NHS Enfield endorses the call for comprehensive community rehabilitation services that will offer continuing support to stroke victims in or close to their own homes.

The Board also noted that Barnet and the west of Enfield has a high prevalence of stroke that appears to be age related and said that there appeared to be a mismatch between the location of high needs locally and the preferred option for HASUs at Northwick Park and UCH. It therefore registered its concerns about the poor alignment between provision and need in North London.

"North Middlesex Hospital, because of its geographical position and good road access, would be an ideal site for an HASU. Indeed, this fits well with the expansion of the hospital and its critical role in providing emergency services in North London," said the NHS Enfield board.

"We therefore recommend that regular reviews are undertaken of travel times to the new HASUs, and also treatment from symptom onset. The Board would like to see in the future services being developed in North London that would better serve the population in the high prevalence areas".

Polly's Patter Membership update

Arrivederci and welcome

Fare thee well to Cecilia Blaney, the Forum's administrative assistant, who recently had to leave us to spend more time supporting her husband Frank, who had a stroke just as he was retiring from work. We will miss her warm personality and soft Scottish burr, but I'm pleased to say that Cecilia, a long-standing Forum member will now be volunteering on an ad hoc basis. Welcome to Jane Burrows who's covering the job temporarily.

Evening programme kicks off with a glass of wine and nibbles

In response to requests from our members who cannot attend our many day-time activities, the Forum is launching an evening programme of events. The first gathering is on Wednesday 30 September 2009, 7.30-9pm at Millfield House. This will be an opportunity to mingle with other members, voice your views and be involved in shaping future activities and events. Please contact me or Jane for a chat or more information.

Give a fellow member a lift

The Forum has arranged a visit to Forty Hall on Friday 25 September 2009. You will need to book a place to attend as we are limited to 30 people. (Phone the office on 020 8807 2076). We know that access by public transport is difficult, so we are asking drivers to consider giving a lift to non-driving members? Please ring the office if you can offer a place in your car, or if you need a lift. The trip will be repeated if there is a high demand.

Pavement petition hops up

We're getting completed petition forms in the post every day as the news spreads of the Forum doing something about an issue that affects most of us. Because of the holiday season we're collecting signatures until mid-October. The Federation of Enfield Community Associations has sent our forms to all their community halls and we've heard that Bounces Road Neighbourhood Watch covering 18 streets will be collecting signatures.

If you'd like to join a group when we are next out in Enfield Town Centre please meet Peter Smith anytime between 10.30 -12.30pm on Saturday 12 September 2009 at Marks & Spencer's. We will also be outside LIDL's Edmonton Green store 10.30 - 12.30pm on Saturday 26 September and back at M&S in Enfield Town 10.30 -12.30pm on Saturday 17 October.

Safety first...

After a lot of research Forum member Myra Godsmark has confirmed the details of the new Gas Safe register who have taken over from CORGI. They have a register of over 3000 GSR approved businesses that provide safety checks and repairs to gas appliances. For a list contact GSR, PO BOX 6804, Basingstoke, Hants, RG24 4NB Tel: 0800 4085500.

Thanks to you...

A big thanks to members who have returned the volunteer questionnaire – we can now complete our database and put your skills into good use. Volunteers play a vital part in sustaining the work of the Forum and have made it the force it is now. If you have some time to spare and would like to contribute please contact me or Jane.

Polly Lawman development officer

Hello everyone, I am seeking those of you who, so far this year, have not renewed your Forum membership. You may have been busy or have you just forgotten? Or, perhaps we are no longer providing what you are looking for?

We can't do much about the first two reasons except hope you will see and act on this reminder and renew your membership. However, on the third we can maybe do something about it if you let us know where we are not fulfilling your hopes.

All I ask is that you look through this Newsletter and see the wide range of meetings, talks, social activities and issues we are engaged in and then tell us what else we can do to entice you back into the fold. We do, of course, recognise that the Forum concessions at the leisure centres are not as good this year.

But with government plans for financial cutbacks in the pipeline, we've been warned that the free swimming grants could end in April 2011 and so we are advising you to retain your membership to save paying a hefty leisure centres rejoining fee in just 18 months from now.

Lastly, apologies are due once again to those members who had to pay extra at the post office to receive their Newsletter. We shall endeavour to put in place a better stamp checking system for future postings.

Joyce Pullen membership secretary

Notices from our affiliates

Southgate Symphony Orchestra

Next concert Saturday November 28, Bourne Methodist Church, Bourne Hill off Southgate Circus.

Under their renowned conductor Adrian Brown they will be playing:

Dream Children - two pieces for Orchestra by Edward Elgar

Violin Concerto in A minor by Antonin Dvorak

Symphony No. 4 in C Minor by Franz Schubert

Concession ticket priced £6 for Forum members only must be purchased beforehand from the Forum office 020 8807 2076 or from Monty Meth 020 8 882 1303.

Enfield Diabetes Support Group (EDSG) – a success story

EDSG was set up in 2005 by David Petts and Ruth Waxman to combat the lack of cohesive and comprehensive information regarding diabetes. David and Ruth became part of a working party that in 2006 produced '**Living with Diabetes**,' a booklet popular with GPs and healthcare professionals.

The EDSG meetings are well attended and its members are now better informed about their condition, are more confident about taking care of their health in a positive way. The EDSG is there to answer people's concerns and whilst it cannot give medical advice, the specialist speakers can often answer medical questions.

The group meets every second Tuesday of each month in the Diabetes Centre, Chase Farm Hospital, The Ridgeway, Enfield, EN2 8JL, 7.30-9pm. There is a charge of 60p per meeting which includes refreshments or £5 per year. Everyone is welcome. For more information please contact: Ruth on 020 8360 4821 or David on 020 82450948 email: edsg@blueyonder.co.uk

The Chair's chair Forum's budding poets in print



Action on safeguarding adults

At the last Forum meeting, I said I would let you know about adult abuse. It is something I have been concerned about for some time. In 2000 the government published a document called "No Secrets": its guidance

to local authorities to help protect vulnerable adults from abuse. More recently I have been working with others on the Safeguarding Adults Board to produce Enfield's first Safeguarding Adults Strategy which, following a wide consultation, has now been launched.

In order to ensure it has the widest possible readership it has been published in three forms: the full strategy; a summary; and an easy read version, principally in picture form.

A vulnerable adult is "an adult at risk" and can be anyone from 18 years or over using or needing community care services because of mental illness, disability or because they are elderly.

Many people may not be in receipt of community care services but, by definition of potential abuse, become at risk. A brief overview of the forms abuse can take includes: physical abuse; sexual abuse; psychological or emotional abuse; financial or material abuse i.e. essentially stealing or coercing or bullying someone to sign documents they do not understand; neglect i.e. refusing to ensure wellbeing by not providing necessary care; discrimination or treating someone unfairly because of their age, race, religion, sexuality or disability; institutional abuse – mistreating someone who lives in or regularly visits an institution like a care home or hospital and being given poor care.

Adult abuse is not an exception in our society – it can happen anywhere and to anyone – but usually it is out of sight and behind closed doors. Because it is secretive it is difficult to detect unless people are alert and concerned enough to act. Unfortunately, in our society we all too frequently take the attitude that "it's not my business", we don't like to "interfere", and even "it doesn't really happen". A stated aim of the strategy is "to make protecting adults at risk the business of everybody in Enfield." So people in Enfield need to know how to keep safe and prevent abuse, how to recognise abuse and how to report it.

What I have been saying is also relevant to the objective of our Forum's charitable status as laid out in our constitution: "To relieve elderly persons in the London Borough of Enfield who are in need by reason of their financial circumstances, physical or mental health and by providing a framework of support for older people to help them remain independent and healthy."

There is now a dedicated adult abuse line 020 8379 5212 which you can call if you suspect abuse is taking place. Please do not keep silent.

Irene Richards

Just 18 months after it was formed, the Forum's poetry group which meets monthly at Oakwood Library, is now preparing to publish its first collection of 36 poems by 16 different members, just in time for that Christmas gift with a difference. As a pre-publication taster here are two of the poems that will be appearing.

Afternoon Tea

We have many traditions in this country of ours,
We love our pets, our gardens and our flowers.
But the tradition that most appeals to me,
Is the good old British afternoon tea.
It must be leaf tea served in a pot.
Plenty of refills and very hot.
Cucumber sandwiches with no crust,
Cut very thinly - that's a must.
Or perhaps you would like them with some ham,
Followed by hot buttered scones with cream and jam.
Delicious cakes and pastries on a two-tiered stand,
Whichever you choose they'll all be grand.
You can have tea on a terrace in a nice hotel,
Or in a country garden - it's just as well.
But whether in town, the country or by the sea,
At half-past three it's time for tea.

Doris Martin

You Are Old

"You are old", my grandson said
In a voice sepulchral and heavy as lead
"Yes, in years, my love, indeed I am
but in my mind I live and thrive
as young as ever I was - and so alive!
Able to run and dance about
I can, despite my years, still fall in love
And know the rapture of soft lips on mine
Still feel the thrill of body seeking body.
Oh, yes, my love - I am not dead yet!"

Irene Richards

The average monthly attendance at this lifelong learning activity has been 17 and of that number some six members have organised a meeting on a particular theme. Those present are able to read their own work, or to read poetry they like that is relevant to the theme of that day. A few people attend merely because they like to listen to poetry, even though they do not make a contribution themselves. Anyone with an interest in poetry can be assured of a warm welcome at our meetings.

All meetings are held at 10.30 -12noon on a Thursday, the next one being on 17 September. On 15 October, Lawrence Reeve-Jones is due to organise a workshop, and the last meeting this year will be on 19 November.

David Oliver

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

Saturday 19 September: Visit to Enfield Magistrates Court - **CANCELLED** due recent damage to the building.

Friday 25 September: Forum visit Forty Hall: 10.30am assembly at the house, followed by a tour of the house with Val Munday, a talk at 11.30 about the museum service and lunch at 12.30 (you can bring your own or purchase it at the Café.) Weather permitting we can enjoy a walk around the grounds and gardens. For further details or to book a place phone the **Forum Office**.

Friday 2 October: Themed cabaret Disco - see next column for full details. Contact Jacky Pearce.

Thursday 15 October: Visit to the EMIRATES Arsenal FC. This is an opportunity to discover one of the most wonderful stadiums in the world, and follow in the footsteps of your Arsenal heroes. The cost is £6; to book a place please contact **Polly Lawman at the Forum Office**.

Tuesday 20 October & Thursday 22 October 7.45pm. Theatre Outing to see Enfield Light Operatic & Dramatic Society's production of Gilbert & Sullivan's Comic Fairy Opera Iolanthe at Wylllyotts Theatre, Potters Bar. The Forum has block bookings for the preview night 20 Oct and 22 Oct. Tickets £7.25 and £9.25. Details and tickets from **Wendy Bundle** quoting ref. OFF.

Friday 4-7 December: Christmas markets trip to Bonn in conjunction with Crusader Holidays. Cost £299pp. Check with **Olivia** for few remaining places and details.

Monday 14 December: We are arranging a Christmas Lunch-time Special. Watch this space for more details in the next newsletter. (Details from Jean Mittins)

Tuesday 15 December: Christmas Evening with a difference!. Details in the next newsletter.

Tuesday 2 February: Trip to London museum and Docklands. Details in the next newsletter.

Tuesday 9 March: assembly 6pm; show 7.30-10.30pm. A magical evening full of hocus- pocus, mystery and wonder at the Magic Circle in Euston. Trip includes entry, special close up magic, refreshments, drinks and coach travel. Places are limited, so book early. Cost is £45 but £10 deposit secures your place. Contact Sue Scott on 0208 368 0861 for details.

Friday 26-29 March 2010: The Forum has teamed up again with Crusader Holidays to plan a special trip to Paris next spring. This is a coach trip from Enfield, crossing to France by ferry. Cost: £305pp. Full itinerary details from **Olivia** and from the **Forum office**.

Details of all Forum events and meetings can also be found on the Forum's web site www.enfieldover50sforum.org.uk and information on other events in and around the Borough are circulated via the Forum's eNews - which goes out once or twice a month to those who have an email address.

If you are on email and would like to receive the eNews send your email address to info@enfieldover50sforum.org.uk asking to be put on our eList.

1960s' THEMED CABARET DISCO WITH BUFFET

7-30pm til Late

FRIDAY 2ND OCTOBER 2009

at North Enfield Conservative Club, Baker Street

Bus route: 191 or W8 near the Hop Poles Pub

Car parking available.

Here's a chance to dig out those flares, mini skirts or Hippy outfits and for us Forum members to relive our youth. We can dance the night away or hand jive to the fabulous sounds of the 60s' with DJ Harvey.

Enjoy an extravagant buffet and surprise Cabaret. Prizes for the most original 60s' outfit also spot prizes. Come along. Even if you don't dance help us with the judging or just people watch the movers and shakers.

BE THERE OR BE SQUARE - YEH! YEH! YEH!

This event will be very popular. Ring Jacky Pearce or Roy Barrows to book your place at £12 per head. **NOW!!**

Forum Althorp trip

On 15 August, 51 Forum members went on the Althorp trip to see the Spencer family home for over 500 years and the final resting place of Diana - the people's princess.

We arrived at Althorp after driving through the picturesque Northamptonshire countryside, and the sun began to shine. The staff at Althorp were attentive and courteous from beginning to end and our members took a leisurely stroll through both the family house and its 19 rooms for public view, and also the stable block with the Diana exhibition. There was no gushing of false emotion here; all was very tastefully presented in film, photographs and memorabilia from her life from being a baby until her death.

Many of us were speechless at the beauty of her dresses and suits, so many of which we had seen in the media. Her brother Charles was mingling with the visitors for book signings and photographs and the similarity between him and Diana was amazing.

The afternoon tea in the ballroom was delicious and made us wonder how our clothes would fit next weekend! This was a memorable day and I expect we will be back to Althorp in the future for another day of serene English countryside.

Olivia Goodfellow

Contacts details for bookings:

Polly Lawman: 020 8807 2076 - Forum Office
email: info@enfieldover50sforum.org.uk

Roddy Beare: 020 8292 4324

Roy Barrows: 020 8360 8561

Wendy Bundle: 020 8360 2697

Olivia Goodfellow: 8447 8841 email: olivia.g@virgin.net

Jean Mittins: 020 8367 2102

Sue Scott: 020 8368 0861

Please note: If you have to cancel your place on a Forum social activity/trip, every attempt will be made by the organiser to fill your place, but if this is not possible, you may lose your booking fee.