

“Dead in the water”

That is how Council leader Doug Taylor confirmed that Enfield's support for the Parliamentary Bill proposed by London Councils - representing the 32 London boroughs and the City of London - which would have made important changes to the Freedom Pass legislation, was being withdrawn.

It followed the Forum's campaign which culminated at the September council meeting when more than 100 supporters packed the public gallery and overflowed into the Council Chamber holding aloft their “Kill the Bill” and “Defend the Freedom Pass” placards.

The Bill needed the support of all London Councils and was due to be presented to Parliament on 26 November. It was scheduled to be debated by the Westminster Parliament in January

and passed into law by the coalition government - all without any real consultation with the 1.2 million elderly and disabled London Freedom Pass holders.

Shamefully, all this had been cooked up by council leaders in 2009 without a word being said publicly, presumably because they knew it would have been a major issue in the 2010 local elections.

Had the Bill gone through as planned it would have seen the replacement of the Mayor of London by an independent, unelected arbitrator who would have no responsibility to the people of London in the event of Transport for London (TfL) and London Councils being unable to reach agreement on the scheme's cost. And the arbitrator could be called in by any single one of the London boroughs which almost certainly would have meant arbitration every year.

We exposed the fact that London Councils was totally unable to substantiate its case for new legislation based on a phoney threat that the scheme could cost an extra £100 million by extending it into the morning peak of national rail services - when in reality there are no plans to do so.

And whereas the legislation now compels TfL to accept the Freedom Pass on all its services - buses, underground, Docklands Light Railway and overground trains around London - the Bill sought to change that to give TfL: “flexibility” to “make different provision for different railway services, categories of railway services or sections of a journey on a railway service.”

This would have given them a blank cheque to make any changes to any rail service at any time without any further consultation. And they tried to sell these far-reaching powers to us and to councillors as “technical changes” and “minor amendments.”

We also showed that the so-called consultation was flawed because it was due to end on 22 October before seven London councils were even scheduled to meet to discuss the Bill. Alarmingly, we found too that none of the councillors we spoke with were aware of the Bill or its implications.

Forum secretary Tony Watts and campaigns co-ordinator Monty Meth met council leader **Doug Taylor** and Cabinet member **Chris Bond** to urge them to drop their support for a council resolution supporting the Bill. When they did so we issued a leaflet - distributed on the night of the council meeting - congratulating them for listening to our concerns.

In an almost unprecedented move, the Mayor, Councillor Jayne Buckland, invited Monty Meth to speak to the full council meeting after the resolution was withdrawn and as reported by the Enfield Independent: “His words were met with roars of approval from the Forum members who had packed out the council chamber's public gallery and lined the room around councillors.”

Festive season greetings to all Forum members, their families and friends. We wish you all a merry Christmas and a happy New Year.

Monty Meth said he was very grateful that the council leader had listened attentively to our concerns and he hoped the Forum would have continued good relationships with this administration as they had with the last. He went on: “This was the worst type of consultation I have come across in all my public life. They produced a Bill without consulting a single section of

older people in London.....the lesson had to be learned that no decisions should be taken about us, without us”.

The Forum leaflet issued on the victory night of the council meeting said: “We may have won the first round in what could be a long battle to preserve the Freedom Pass not just for today's 1.2 million elderly and disabled people across London, but also for all future retirees.

“We see a new danger facing us with the Government possibly slashing the budget of Transport for London (TfL). The London Mayor may seek to make up any losses by supporting a TfL bid to increase its Freedom Pass charges to all London Councils.

“There's already talk of Enfield being asked to pay £1million more a year for the Freedom Pass when the borough is already threatened with its own Government-imposed cuts of £60 million over the next four years.

“If it is a case of protecting the Freedom Pass or raising more money from the council, we say the Mayor should scrap his Routemaster bus adventure for central London - each bus is costing £7.8 million. The Mayor and TfL can best protect the Freedom Pass by freezing the cost of the Freedom Pass”.

One big lesson to be learned from this episode is that we expect our councillors - all of them - irrespective of party allegiance to be more diligent and more questioning in examining proposals that can have a far-reaching impact on the lives of people they represent. How else did this proposal get so far without the loopholes being spotted and challenged?

We killed the Bill



Some of the 100 or more members and supporters of the Over 50s Forum "**Kill the Bill**" campaign to defend the Freedom Pass outside Enfield civic centre before they packed the public gallery and overflowed into the council chamber.

They applauded the leader of the Council, **Doug Taylor**, when he announced that following meetings with the Over 50s Forum he was withdrawing the resolution backing a Parliamentary Bill to amend the legislation governing the Freedom Pass, and the Bill was now "**dead in the water**"

A big Thank You to all Forum members and supporters who answered our call to lobby the September council meeting. By your attendance in such numbers you demonstrated not just your support for our Freedom Pass campaign, but also that the Forum is a powerful voice to be recognised by all decision-makers **who must learn not to talk about us, without us.**

Always look on the bright side...

In the name of the Father

The following examples from a Catholic elementary school test were passed to us by a Forum member of the same faith. When reading them, he asked us to imagine the Nun marking the papers and trying to keep a straight face. They have not been altered in any way.

- * In the first book of the bible, Guinnessis, God got tired of creating the world, so he took the Sabbath off.
- * Adam and Eve were created from an apple tree. Noah's wife was Joan of Ark. Noah built and ark and the animals came on in pears.
- * The Jews were a proud people and throughout history they had trouble with unsympathetic genitals.
- * The Egyptians were all drowned in the dessert. Afterwards, Moses went up to Mount Cyanide to get the ten commandments.
- * The first commandment was when Eve told Adam to eat the apple.
- * The seventh commandment is thou shalt not admit adultery.
- * When Mary heard she was the mother of Jesus she sang the Magna Carta.
- * Jesus was born because Mary had an immaculate contraction
- * St Paul cavorted to Christianity, he preached holy acrimony, which is another name for marriage.
- * Christians have only one spouse. This is called monotony.

Dear Mr Cameron.....

Forum members are not slow in letting Ministers and MPs know what they think. Our own **Major Peter Horsfall MBE** recently wrote the following to David Cameron about the Government's decision to abruptly end free swimming for pensioners and the under-16s. And below we reprint a letter penned by **Terry Waite**, the hostages negotiator who spent nearly five years himself in captivity.

Peter told David Cameron: "**Before the general election both you and Mr Clegg continuously said that you would 'look after' the interests of pensioners. Since the election not a single thing has been done to help OAPs - indeed the opposite applies.**

"My particular interest is the free swimming for pensioners and children. At the age of 80 I have severe arthritis and the only relief I get is by going swimming at 7am each morning. Most others swimming then are pensioners. Many have medical problems and go swimming for health reasons.

"I plead with you that the coalition government reconsiders the cancelling of the free swimming for pensioners. Perhaps the minimum age to qualify could be raised to 65."

"What a mean trick the government has played on people"

Recently I visited my doctor for an annual checkup. The news was good. My blood sugar level was well within the normal range and I was told that the reason for such a positive result was that I had been more careful with my diet and have taken regular exercise.

Ever since I was in captivity I have had difficulty walking but swimming is just right for me. Each morning when I am free I am in our local pool at 6.30am and swim until 7.20am. It's not always easy to get up but afterwards I feel really good. Free swimming has been a real blessing and at 6.30 our local pool is full of seniors who are taking care of their own health.

What a mean trick the government have played on us when they cut free swimming for young people and the elderly. The savings are negligible but the charge on the National Health could be much higher eventually.

Terry Waite CBE

Between 1987-1991 Terry Waite spent 1760 days as a hostage in Beirut. He went there as the Church of England envoy seeking to negotiate the release of four hostages.

Random round-up

Your rights

Age UK warns that 44% of pensioners are not claiming benefits for which they are eligible. Call its free advice line on 0800 169 6565 to see if there are any benefits you are entitled to that you are not receiving.

Surplus

Have you ever heard of the Commissioners for the Reduction of the National Debt? Did you know they administer the National Insurance Fund from which the State retirement pensions are paid? And did you know that fund has a surplus of £4.1 billion and rather than use some of it to increase pensions, they allow the Government to borrow some of the money to pay its way? Talk about robbing the poor!

What's in a name

The gents toilet on platform 2 at Worcester's Foregate Street station has reopened as an art gallery appropriately called Movement.

Millions face poorer pensions – coalition is rewriting the rules

The Times reported on September 29 that Steve Webb, the Pensions Minister, had confirmed for the first time that he is considering legislation to make it easier for companies to go back on promises that pensions would be increased in line with the **Retail Prices Index**.

Instead, they will be allowed to change pension fund rules and use the **Consumer Prices Index**, so giving pensioners much less protection against inflation which will erode the real value of their retirement benefits.

“Watertight indexation is crucial both for members of schemes who have already retired and for those who have left their employer but still have valuable accrued benefits – so-called deferred members,” says The Times, which adds that Mr Webb is thinking of giving power to pension schemes to over-ride even a contractual agreement.

As has become the norm in recent years, reductions in future pensions are amongst the first cuts announced. Also as usual, the change is distinctly obscure. On the face of it moving from a **Retail Prices Index (RPI)** link to the European harmonised **Consumer Price Index (CPI)** link sounds innocuous.

But the two things are quite different in spite of their similar names. (Were it not for the pain, there would be a delicious irony in a Eurosceptic Chancellor replacing the 100 year old British RPI with an upstart Euro measure.)

The **RPI** and its predecessors have a very long and distinguished career as cost of living indicators. The calculation is simple. Look at the cost of an average household's spending last year and measure what it would cost to buy exactly the same basket of goods this year. If the cost is up 10% the RPI would indicate 10% inflation.

The calculation of the **CPI**, on the other hand, is not simple. Its estimates of inflation are created by taking a harmonic mean of the price increases of a range of goods excluding housing. As a matter of arithmetic, the measured change of a harmonic average will always be less than that of an arithmetic average, unless all the individual price increases are identical.

By design, the **CPI** produces an underestimate of the change in the cost of a basket of goods. This is likely to understate inflation by around **0.7 % to 0.8% per year**. Throw in another 0.2% for omitted items like housing and the new measure will understate the increase in the cost of living by around 1% in a typical year.

“Why worry about 1%?” you may well ask. Obviously 1% is not very much but think about the cumulative effect. The typical retiree may nowadays expect to live for 20 or 30 years. The overall effect of 30 years of 1% per annum cut is over a third. Many pensioners are going to lose thousands and some tens of thousands of £s as a result of this innocuous sounding change. Since the change applies to both public and private sector pensions the pain is going to be very widely felt.

Roger Turner, general secretary of the National Federation of Occupational Pensioners writing in October's Mature Times says: “The CPI takes no account of council tax payments or insurance premiums, all of which have increased very rapidly over the last few years.

“The Government has promised a ‘triple lock’ – the higher of prices as measured by the CPI, earnings or 2.5% for annual increases in the State basic pension. Average earnings in August stood at only 1.6%, the CPI was 3.1%. So under the ‘triple lock’ agreement the basic pension could be increased by 3.1% in April 2011.

“However, the RPI then stood at 4.7%. This would result in a loss of some £80 next year for anyone on the full basic State pension. We do not know at this time what increase the Government intends to apply. However, if the same differences apply for the next ten years, a single pensioner could be up to £5,500 worse off and a couple £9,000”.

Note: The format of the CPI was decided at Eurostat in Luxembourg a couple of decades ago. Housing was omitted as the southern European countries had no measure of the cost of owner occupied property and countries such as Britain did not want a rental only measure. The intention at that time was to introduce housing when measures became available. The harmonic mean was pressed by the Germans who wanted the lowest respectable measure possible.

John Ball Forum vice-Chair.

John joined the civil service as an economist in the 1970s and was for 15 years in charge of analysis of pensions and family benefits.

This latest pensions cut, which was accompanied by yet another increase in the tax paid by pension savers, is the latest in a long line which started in the late 1970s and has continued unabated ever since. Why? How did we get here? What about the Golden Age? These and other issues will be addressed in the next Newsletter when we will present a brief History of Pensions.

No comment

The toll taken on the labour market by the recession was laid bare yesterday by statistics showing that the number of workless households has risen by 389,000 to 1.9 million in the past two years.

The Office for National Statistics also said that there were now 352,000 households where all of the residents have never had a job. Of these, 135,000 households include dependent children, indicating that there are tens of thousands of young people growing up in homes where parents or guardians have never worked.

Alongside the increase in the number of people relying on state benefits after losing their job, the new data from the ONS showed that bankers' bonuses have made a comeback this year, with bonus payments to the financial services sector bouncing back to 2006 levels – The Times 12 October 2010.

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Handy start for new group

Our new **handicraft and woodwork group** is up and running on Tuesday evening at Enfield County School (Room 1) in Church Lane, opposite the



Civic Centre. Some of the 15 people who have signed up are seen at work in our picture. The first completed project by all the group was a plant/pot stand and course members have started on a picture framing exercise, while others have expressed an interest in making a bookcase and shelving. If you'd like to join the group call **John Lombard 020 8367 5921.**

NHS Enfield pledges to do better.....

Despite NHS Enfield spending £471 million in the 2009/10 financial year on health care in the Borough, there were few signs of major improvements. The difference in life expectancy between the East and West of Enfield – between Edmonton and Cockfosters remained much the same – if not worse!

Average life expectancy for men living in Edmonton Green ward was 72.5 years compared with 81.3 years for Highlands residents – a gap of 8.8 years. And it was worse for women where the gap rose to a 9.9 year differential between the 77.5 average life expectancy for women living in Upper Edmonton and 87.4 years in Highlands.

The continuing pressures on NHS Enfield is outlined in their annual report. By 2012 the number of people aged 45 – 64 is expected to increase by 8% and this is precisely the age group in which long-term illnesses develop. The report lists the major causes of death as heart disease, stroke, cancer and respiratory disease which account for roughly 75% of deaths in Enfield.

One third of Enfield's children live in homes below the poverty income level. Unemployment in Edmonton is over 50%; more than 15% of Enfield's 289,000 population has a long-term illness; there is an increasing level of deaths from cancer and cardiovascular diseases; there's a high rate of teenage pregnancy and obesity; and low levels of physical activity.

With many families affected by unemployment and disability, or in one-parent situations, where poor housing and inadequate diet are contributory factors to ill-health and premature death, new pressures were placed on NHS Enfield's finances. It spent £10.5 million more than it had budgeted – a large sum but a small percentage of the total health care spend.

There's a new executive team at the top headed by **Nigel Beverley** as chief executive and **Karen Trew** as Chair who say they have a clear direction and plans to deliver £25 million of savings and become debt free. At the same time they aim to reduce health inequalities, increase health checks, reduce smoking and teenage pregnancies.

Enfield is now working closely with four other PCT's in North Central London to bring costs down while recognising that they are not going to receive the increased funding of previous years. The new NHS Enfield management is hoping to build on the big improvement in cancer screening services over the last year. Cervical screening in Enfield was up to 76.9% - the best performance in North London – and screening for breast and bowel cancer also improved.

Of the £471.5 million total spend last year by NHS Enfield, the largest chunk - £258 million - was paid to Chase Farm, Barnet, Royal Free and other hospitals for treating Enfield patients. This led Forum member **Adeyinka Popoola** to ask at the NHS Enfield AGM whether the plan to make GPs responsible for paying for these services could or would lead to less frequent referrals, fewer admissions, less costly treatment to cut costs.

While NHS chiefs answered this would be unethical, this is obviously an area that will need to be closely monitored once NHS Enfield is no longer the main body paying for health services which will be handed over to GP consortia in 2013.

Forum member **David Oliver** gave NHS Enfield notice that we will expect them to honour the commitment given by the previous management to maintain the services of the Parkinson's Disease Nurse Specialist when the present funding comes to an end next month.

.....but cuts are coming

Coalition government pledges that the NHS budget will be protected – when all others are being slashed – seem odd when we are told that the five Primary Care Trusts covering North Central London - Barnet, Camden, Enfield, Haringey and Islington - must reduce their management costs by 54% to prepare for the most radical reorganisation since the NHS was founded in 1948.

Previously there was talk of a 45% cut in costs and although we will no doubt be told that front-line health services will still be protected, we fear that patients will soon see the difference as so-called cost savings take off.

All local GPs have received a letter telling them that the five North London PCTs have the weakest financial position in London and this must be urgently addressed so that **“we can hand over balanced budgets to future GP commissioners”**. The letter adds that: “the financial situation is also deteriorating” with too much money being spent on hospital care while “savings” are not being achieved on the required scale.

All this is taking place while a so-called **“consultation”** is on-going on the plans to disband local NHS management and hand over the provision of our health services to groups of local GPs – despite the reservations expressed by the BMA – the doctors trade union – that the government's reforms are **“potentially damaging”**. It is quite clear that the local NHS management is not waiting for further details to emerge on the restructuring plans – or indeed for Parliamentary approval. Its main concern is to restore financial balance and handover control to GPs by 2013 or sooner.

The immediate plan is to merge the five local PCTs and the Acute Commissioning Agency into one body to be in place by April 2011 **“to help lay solid foundations for the future.”** Moving to one organisation instead of five will enable resources to be pooled as well as knowledge and expertise to tackle the biggest problems. It is claimed that there will still be a need for PCTs to fulfil their statutory roles including financial responsibilities. However, the proposals are for the five PCT boards to delegate the majority of their responsibilities to the NHS North Central London chief executive.

It seems from the message going out from local NHS chiefs that they have already thrown in the towel and regardless of the outcome of any consultation are only too willing to pass the buck to GPs who through the BMA are “urging caution in changing the ethos of the NHS”

Flu jabs are here again

Everyone aged 65 and over - or anyone with long-term chest problems such as asthma, diabetes or who has had a stroke – carers and anyone in a residential home is entitled to the free flu jab and should call their GP surgery asap.

This year's immunisation campaign is much the same as previously except that the jab contains the H1N1 “swine” strain that caused a big alert last year. The virus however, has not gone away and that is why it is in this year's jab.

GP surgeries in Enfield have already started vaccinating against seasonal flu to protect people over the winter months and prevent increased admissions to hospital. A study conducted on more than 78,000 people found that the winter flu injection may reduce the risk of having a heart attack by a fifth. Every year new strains of influenza emerge so it is important to have the vaccination annually and if given early will help prevent illness over Christmas and the holiday period.

Out-of-hours Edmonton GPs service to be reviewed

The Forum's unique value was demonstrated yet again recently when **Nigel Beverley, NHS Enfield chief executive**, told us he had decided to review access to out-of-hours medical services for patients in the Edmonton area, following representations to him by the Forum.

His decision followed the Forum meeting addressed by **Alan Franey, chief executive of Barndoc**, the group of local GPs who provide the out-of-hours service for Enfield patients.

Forum members attending from the Edmonton area told us that because Barndoc does not have a presence at their nearest hospital – the North Middlesex University Teaching Hospital – they had to travel to hospitals at Chase Farm, Finchley Memorial or Barnet to see a doctor out-of-hours.

We wrote to Mr Beverley arguing that **“all Enfield residents, irrespective of where in the Borough they live, should have equal opportunity to access Barndoc’s services.”** We pointed out that due to the recent improvement in medical services, we now have members registered at more than 20 surgeries in the Edmonton area with Barndoc as their out-of-hours service provider and we estimated that between them these surgeries had some 75,000 patients.

We considered it to be **“unfair, indeed discriminatory”** that the NHS had apparently created a postcode lottery within the Borough-wide out-of-hours service and this was an untenable position which should be comparatively easy to resolve.

Mr Beverley has now thanked the Forum for raising this issue with him and **“prompting me to review the current position.”** The Forum is hoping this will lead to a positive outcome for all Edmonton residents.

Stroke services getting better

Although there is some good news on stroke services in Enfield, because we have an ageing population we still have high rates of stroke. But the pressure to bring our treatments into the 21st century is beginning to succeed.

Strokes broadly fall into two types, bleeds and clots. For those with a clot, a clot busting procedure, thrombolysis, can save life and / or years of serious disability. Since last July we have had access to Hyper Acute Stroke Units (**HASUs**). You need to get to a **HASU** within three hours to stop further brain injury.

They work round the clock, have state-of-the-art technology for diagnosis and response and are expected to save at least 500 lives a year across London. They are already chalking up considerable successes. Enfield is associated with the **HASU** at University College London Hospital, but there are alternatives for the ambulances to go to at the Royal London, King's College and Northwick Park for example.

One of our big problems is that those who have suffered a minor stroke may think they've just had a **“funny turn”** and hope to feel better in the morning. It is important to call for help and be checked out.

This Newsletter has publicised the **FAST** campaign but the Forum's members need to do more to get people to recognise the stroke symptoms. **FAST** stands for **F**ace, **A**rm, **S**peech and **T**reatment.

If you or yours experience loss of function in the face and arm and you notice slurring in the speech, you should call an ambulance for immediate treatment.

HASUs are short-stay units where most will not remain for more than 72 hours, with people being discharged to acute stroke units for further treatment and rehabilitation, or even go straight home where the emergency treatment has been especially effective.

Since July, over 30% of patients have been able to go directly home. Our acute units are at Barnet and North Middlesex Hospitals. They have specialised stroke wards where there should be stroke specialists with dedicated nursing and equipment.

Rehabilitation remains a key issue and the care pathways for this have yet to be presented in convincing detail. We want services that enable stroke sufferers to return to work, take up part-time work, participate fully in family life, and pursue leisure and voluntary activities wherever possible,

We know this can be achieved from levels of recovery and rehabilitation obtained in Europe. At present 25% of those in our care homes are stroke victims.

A Stroke Implementation Team has been established by NHS Enfield and it faces challenges in this vital work of rehabilitation. Now that we have **HASUs**, we need to be vigilant that the follow-on treatment and care in local acute stroke wards is good, and that resources are put into rehabilitation.

Tristan Brice, the newly appointed local NHS stroke project manager, is asking for the Forum's help to form a Service User and Carer's Group to provide a link with the new services and to keep them accountable and responsive to need. If you have had a stroke, or someone close to you has suffered, you may be able to make an invaluable contribution. Tristan can be contacted at: Tristan.brice@enfield.nhs.uk

Through the Forum we need to do our best to improve our awareness of stroke symptoms and of the steps we can take to keep them at bay. Healthier eating, exercise, watching our cholesterol and blood pressure levels and not shouting at the television should all help.

But we may still have a mini stroke - a **TIA** - (transient ischaemic attack). **TIAs** are warning signs that a further stroke may occur and we want a clear patient pathway to follow within a 24 hour period with good, specialist preventative treatment.

The Forum has a representative on the Health Improvement Partnership, so we have the means to keep an eye on developments and try to make them as fit for purpose as our members want and deserve. There's still a way to go.

Vivien Giladi

This Newsletter is for general information only. You are recommended to seek competent professional advice before doing anything based on the contents of this Newsletter.

Be warned, beware

Willow Road Residents' Association have put out a warning alarm from the police that gangs are placing a car seat by the roadside with a fake baby in it, waiting for innocent car drivers to stop. If it is a women driver she could be dragged off to be robbed and / or raped by the waiting gang. If it is a man, he is usually beaten up and robbed. The police advice is don't stop, drive on and call 999

Another new danger: eggs are thrown at your windscreen and you are tempted to put the wipers on or the spray only to find that your vision is blocked. You are then forced to stop and that is when the gang will pounce. Local police also have reports of two men in a white van knocking at doors asking for the window cleaner's money or two lads knocking to say they have broken your back window and when you go to look, one of them will get in and steal anything they can.

Pre-paid electricity meter scam

At least 85,000 consumers nationwide have been conned into handing over £25 to illegal doorstep sellers. Enfield residents are advised to be alert for anyone who comes to their doorstep claiming to sell electricity credit.

The scam has hit pre-payment customers who pay for their electricity in advance through a key or card that they put into their meter. Customers of all the major energy companies have been affected.

Criminal gangs employ door-to-door salesmen offering householders £50 worth of credit on their electricity meters for £25. Once the householder has accepted the offer the salesman uses a card or key to top up their meter, which appears to have been correctly credited with £50.

However the energy company can tell that the credit has been obtained from an illegal source, and consumers have found that when they next go to top up their meter - they need to pay the full £50 for the electricity again.

The public are advised to only top up their meter from recognised PayPoint or Pay zone shops or the Post Office. Any consumers who are worried that they may have been affected should call their energy supplier or Consumer Direct (on 08454 04 05 06) for advice.

Still being conned

It continues to amaze us that an 88 year-old man was tricked out of his life savings of nearly £350,000 by a team of fraudsters claiming on the phone to be a Canary Wharf investment firm. They promised to turn his money into £807,000 in quick time. Reginald Daniel fell for the patter and only realised he had been conned when the gang disappeared.

Tax refunds

If you receive an email which claims to be from HM Revenue and Customs offering a tax refund, delete it because it will be a scam. HMRC never sends such emails.



STOP!

Don't throw your computer out the window!

Call WCS for fast, friendly, competent expert help on all IT matters, from blue screens, advice on broadband, email setup, slow computer problems, new computers and laptops, help and support.

PC health checks - £40+VAT

Call 020 8360 8234 www.winchmorecomputing.com

Investing in leisure and health

Enfield Council's £8.9 million investment programme to improve leisure facilities in the borough start this month at Southbury Leisure Centre and will be completed by January next year. Working with Fusion Lifestyle, Southbury's improvements include:

- * **enlarged** reception area (including ceiling finishes, lighting);
- * **extension** of the existing first floor gym and studio space;
- * **refurbishment** of the ground floor dry changing areas.
- * **conversion** of one full-size synthetic turf to enable more varied use

Plans for other centres

Albany Leisure Centre - start May 2011, complete September 2011

Bramley Bowls Centre - start May 2011, complete in September 2011

Southgate Leisure Centre - start July 2011, complete in June 2012

Fusion instructors at all Enfield Leisure Centres are pleased to help everyone get fitter and Enfield Council has just published its 'Everybody Active' programme with details of over 20 different activities for people of all ages and abilities.

Find out more at www.enfield.gov.uk and go to leisure and leisure centres, or book courses on 020 8379 3762.

Census day jobs

Sunday March 27 2011 is Census Day. We have had one every ten years since 1801, except for 1941 and everyone needs to take part to ensure that Enfield gets its full and fair share of money based on the population profile and allocated by central government for housing, healthcare, schools etc The questionnaire to be filled in remains confidential for 100 years so there's little fear of those dark family secrets getting out! **Just watch out for the purple and white envelope!**

There will be approximately 200 paid jobs available working on the census in Enfield. Jobs will be part-time or full-time and employment will be for various periods beginning in February and March 2011. Jobs include census co-ordinators, census collectors and special enumerators. Details can be found at the website www.censusjobs.co.uk (people who are interested should keep checking the website, as more detailed job descriptions are added as they become available).

Obesity – worst in Europe

We are the fattest people in Europe and the fifth most overweight in the world's 33 most developed nations. The OECD report found that a quarter of all adults in Britain are obese. America tops the fat list, followed by Mexico, Chile and New Zealand.

Five free fitness days with Fusion

Disappointed as we are that free swimming for pensioners was among the first spending cuts to be slashed by the coalition government, we applaud the response of Enfield Council and Fusion, the new not-for-profit leisure centres management, to maintain the free scheme until the end of March.

By then we hope to announce a new deal for Forum members that will, we hope, retain all existing participants – and encourage many more over 50s to both join the Forum and stay younger for longer by utilising the many facilities at the leisure centres.

Meanwhile, to help encourage more people to come on in – and existing swimmers to expand their fitness regime – the Forum has joined up with Fusion to offer members and Newsletter readers a special Free 5 day “Taster” of the health and fitness facilities available almost on your doorstep.

All you have to do is cut out the voucher on this page and visit one of the six leisure centres in the borough before Thursday 30 November – and it is valid for two people – so you can take a friend along too.

As well as swimming – and this is the big incentive for existing swimmers – you can use the gym, join an exercise class, use the sauna and steam health suites and go to the special over 50s sessions at Edmonton, Southgate and Southbury pools.

No fee – no strings – this is a chance for you to sample the facilities – a free incentive to really keep that New Year resolution to get fitter in 2011.

Participating centres:

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

Arnos Pool
269, Bowes Road,
London N11 1BD
Tel: 020 8361 9336

Aspire Sports and Fitness Centre
(Edmonton County Lower School)
325, Church Street, Edmonton
London N9 9HY
Tel: 020 8364 2484

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

Southbury Leisure Centre
192, Southbury Road, Enfield,
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Merrill Lynch - Free overseas phone calls

Thanks to **Bank of America Merrill Lynch** we are able to offer 20 Forum members – individuals not affiliates – the chance to go to the bank's City offices and make free overseas phone calls for 30 minutes and enjoy a Christmas lunch, drinks and a take home “present”. The date is **Sunday 12 December** and there will be a morning coach pick up and return to and from the Civic Centre. Meet at 10.45am for an 11am departure.

We expect to have more than 20 takers for this generous offer of support for the Forum. So if you want to participate you'll first need to put your name down at the Forum office by calling 8360 8743. If more than 20 people apply, we will have a ballot. So the final date for registering your interest is 12 noon on Friday 24 November. If you plan to go as a couple you must make this clear when booking a place.

FORUM Meetings

**Tuesday 16 November 10am for 10.30 start
Skinners Court (1 Pellipar Close, Fox Lane)**

James Louis of the Inland Revenue talks to the Forum about "*Taxation, pensions and benefits*".

**Thursday 25 November 10am for 10.30 start
Community House, 311 Fore Street, Edmonton**

Fiyaz Mughal, chief executive of Faith Matters, talks about "*Faith and community cohesion*". Community House, N9 OPZ, is a 5 minute walk from Edmonton Green. Buses stopping outside CH include 102, 144, 149, 259, 279.

**Tuesday 30 November 10am for 10.30 start
FORUM MEETING** at the Civic Centre, Silver Street
10am for Your Shout!

At 10.30am Michael Stennett of Stennet & Stennett, talks about "*Individual budgets and personalisation*".

**Please note there are no Forum meetings in
December other than social activities.**

2011 New Year

**Thursday 13 January 10am for 10.30 start
Community House, 311 Fore Street, Edmonton**

Jane Collins of Solace Women's Aid, talks about "*Working with the over 50s and domestic violence*". Community House is a 5 minute walk from Edmonton Green. Buses stopping outside CH include 102, 144, 149, 259, 279.

**Tuesday 18 January 10am for 10.30 start
Skinners Court (1 Pellipar Close, Fox Lane)**

**Katie Johnson, public health strategist of the NHS
Enfield** talks to the Forum about "*Keeping your heart
Healthy*".

**Friday 28 January (NOTE FRIDAY not Tuesday)
FORUM MEETING** at the Civic Centre, Silver Street

This first Forum meeting of the New Year 2011 at the Civic Centre, Silver Street will take place at **10am** on Friday 28 January. We will **NOT** be meeting on the usual last Tuesday of the month. We will start with the very successful Your Shout session followed at **10.30am** by **Lindsay Macintyre, NHS Enfield director of quality and service redesign** speaking on: *Reforming the NHS - where are we now? Where are we going?*

**This is your chance to hear about and comment on
the big change in the pipeline to scrap all local PCTs
and handover their role to GPs**

Forum Soci

Sun 14 Nov - Remembrance Sunday trip to The Imperial War Museum at Duxford Airfield. We will be visiting the RAF's Battle of Britain 70th Anniversary Exhibition travelling to Cambridgeshire by Enfield Community Transport 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 with the opportunity to go inside the supersonic Concorde airliner. Cost £12-50 (includes transport, free admission, tea/coffee on arrival.) Places are limited so book your place early. Contact: Roy Barrows.

Tue 23 Nov - St. Martin-in-the-Fields and National Gallery visit. This is a "Freedom Pass" flexible day out - do as much or as little as you like. We'll explore the historic church taking in the Brass Rubbing Centre, Archive and Gallery - we'll lunch at the café in the crypt and listen to Samantha Crawford (soprano) singing arias from Weber, Debussy, Tchaikovsky and, one of my favourites, Tom Lehrer's *Poisoning pigeons in the park*. In the afternoon we'll visit the National Gallery and can join the free tour 2.30 - 3.30pm which explores the gallery's permanent collection. Meet at 10am by the entrance of Southgate Underground station or at 10.45am by the entrance of St. Martin-in-the-Fields. Cost: £2 pp plus the cost of your lunch if required. For more information and to book a place please call **Polly or Mina at the Forum Office.**

Tue 7 Dec - Christmas Disco 7.30 - 10.30pm at North Enfield Conservative Club. Few places are still available. Ticket £15 includes wonderful music and a sumptuous cold buffet. For more information please contact **Olivia.**

Thu 9 Dec - Tour of The Royal Opera House Covent Garden. This 1½ hours guided tour will give an exciting overview of this stunning building, the huge backstage area. It includes a colourful history of this world famous theatre and there may be the opportunity to see The Royal Ballet in rehearsal! Tickets cost £10 (20 persons max.) Places are limited so book your place early. Contact: **Roy Barrows.**

Wed 17 & Thu 25 November and Sat 4 & Thu 9 December at 11am. - Update your library awareness. Libraries have changed a lot in recent years. Are you making use of all that the Library Service can offer? Is your library card out of date? How long is it since you borrowed a book? Have you ever borrowed a CD or DVD? Have you ever used an E-book? Have you used a library computer to get information, to book a trip or holiday, to order or pay for an item? If you haven't - give it a try. (Computer courses are also offered by the library.) You can do all of this at your local library if only you know how. Come on a tour of our new Enfield Town Library, 66 Church Street, Enfield and the friendly library staff will show you what services they can provide. To book a place for a one hour information session please **contact the Forum office.**

Poetry Group

The last meeting of the year will be on **Thursday 18 November at Oakwood Library 10.30am** when Forum member **Jill Van Der Knaap** will lead on the theme of *Endings*. With a growing membership, which cannot easily be accommodated at Oakwood, the Group will meet next Year at the new Enfield Town Library. The first gathering at our new home will be on **Thursday 20 January at 10am.**

Calendar

Highlights from next year's programme

Wed 13 Apr 2011 – Brick Lane Music Hall – something different this time!

Enjoy a delicious 3-course lunch, a good old fashioned music hall show and a return coach. Pick up at Lidl/Argos Enfield Town at 11:15 for 11:30 departure and arrive back approx. 18:15. Phone Jacky Pearce now to reserve your place as this is a very popular trip – £40 pp including coach. **No money payable till January 2011.** Contact: **Jacky Pearce.**

Wed 11 May 2011 – Train trip to York. We are asking for expressions of interest from Forum members for this lovely day trip to the historic city of York. Cost: £25pp Departure from London: 8.30am Arrival in York: 10.30am Departure from York: 5.30pm Arrival in London: 7.30pm. For further details and contact **Bill Thear.**

Fri 26 Aug 2011 – 5 day Germany walking holiday. Just one twin room left! This is an exceptionally popular, easy walking holiday in a stunning part of the Ahr valley. The trip is suitable for most abilities. For full details and a booking form contact **Olivia.**

Tue 20 Sep 2011 – Discover stunning Croatia! Washed by the sparkling waters of the Adriatic sea, Croatia has one of the most beautiful coastlines in Europe. This warm and welcoming destination is our choice for next September and we welcome you along on the Travelsphere trip full of historical and cultural heritage. This is an eight day holiday with lots of optional excursions, including Venice and the Lipica stud farm, which breeds the famous Lipizzaner horses. For full information, an itinerary and a booking form, please contact **Olivia.**

Contacts for social calendar bookings:

Polly Lawman: 020 8360 8743 - Forum Office
email: info@enfieldover50sforum.org.uk

Roddy Beare: 020 8292 4324, 18 Lucerne Close, N13 4QJ

Roy Barrows: 020 8360 8561, 72 Broadfields, N21 1AH
email: roycar1939@btinternet.com

Olivia Goodfellow: 8447 8841 email: olivia.harrod@virginmedia.com

Jean Mittins: 020 8367 2102 email: mercia1211@talktalk.net

Jacky Pearce: 020 8482 3575 jackypearce@blueyonder.co.uk

Irene Richards: 020 8363 8175 email: poosticks@blueyonder.co.uk

Sue Scott: 020 8368 0861 e-mail: scotsf48@hotmail.com

Bill Thear: 020 8363 9216, 46 St George's Rd, EN1 4TX
email: thear_242@hotmail.com

Please make cheques payable to:

Enfield Borough Over 50s Forum
and enclose a SAE and your phone number.

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.

First Forum flight to Istanbul

In September, 13 Forum members took the first Forum flight trip to the exotic city of Istanbul. As this was a city break, we knew that it would be fairly hectic and the itinerary was packed from morning to night with great excursions to please all tastes.

Our sightseeing tour included Sultanahmet Square, The Hippodrome, the Blue Mosque, Hagia Sophia, Roman underground cistern, Grand Bazaar, Topkapi palace, Bosphorous cruise, Egyptian spice bazaar, Golden Horn, Monastery of Chora and much more besides. At night we were entertained by belly dancers and folk dancers and on another occasion the Whirling Dervishes, who twirl around in a trance like meditation and were very beautiful to watch. On our last night we had an Ottoman style dinner in a stunning underground cistern.

Istanbul is a bustling meeting of east and west and is really unique in character. The devotion of the pilgrims visiting the different mosques was staggering. The people we met were very welcoming and are keen to provide a good service, whatever their business. The food was delicious and mostly healthy Mediterranean style, with lots of salads and fruits. I would highly recommend this Travelsphere city break to the European capital of culture 2010.

Capital day out in Winchester

On 15 September, a coach party of Forum members enjoyed a day trip to Winchester in Hampshire. Despite a delay on the motorway, we arrived in good time to meet our city guides in this former capital of Wessex. The morning tours were really interesting and our group was split into two so that we could hear the guides clearly. We wandered around the city and finished at the beautiful cathedral, steeped in history and wonderful architecture, from different periods. Lunchtime was free to wander off and explore for an hour and then in the afternoon we toured the college – the oldest boys school in England. Having our own guides made the trip so much more informative than going it alone and such tours can be easily arranged at tourist information points.

Forum members said what a lovely day they had and some may even go back to visit Winchester independently as it is so easy to get to by train from London.

Olivia Goodfellow

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www.north-london-osteopaths.co.uk

Fancy a UK Forum holiday in 2011?

The Social Committee have received a number of requests for holidays to be arranged for "somewhere in the UK". Are there any Forum members out there willing and able to arrange one of these? We can help you with the details, hold your hand and give general encouragement. If you are interested give Roddy Beare a ring on 020 8292 4324.

Polly's Patter.....

Affiliates meeting

The Forum has arranged a meeting on Thursday 11 November at the Dugdale Centre, 9.30 – 11.30am for all its affiliates where the guest speaker, **Doug Taylor, Leader of Enfield Council**, will talk about the council's forthcoming budget and impact on older people and the voluntary sector. There'll also be an opportunity to network and exchange views and ideas. For more details please ring the Forum's office on 020 8360 8743.

Affiliates visits

Now that Mina, our admin assistant, is firmly settled into the running of the Forum I taking the opportunity to visit our affiliates. So far I have enjoyed meeting 16 groups and met with dedicated, knowledgeable people who work tirelessly – on a voluntary basis – for their organisations.

Reflecting on the visits, a pattern of shared concerns is emerging: difficulty in finding and replacing committee officers: **"people enjoy our weekly afternoon tea get together but they do not want any of the responsibility"** said one hard-working affiliate. Others stated **"We have had a decrease in membership numbers - a lot of our members are elderly and frail – we used to have over 100 members but we are now down to 28; We need to reach a wider audience and publicize ourselves more - I'm sure people will join us if they knew our group existed"**; **We have difficulty in getting funding; we have difficulties because the council does not fund us any more'.**

What all have in common is trying to increase the quality of life for people vulnerable where their needs are not met by statutory sector provision.

Helping us to help you – Volunteers Update

The Forum's volunteers' database now includes details of over 200 people who are willing to help out with the work of the Forum and its activities – for example, reception duties at events, admin, outings, or research into a variety of issues that affect the over 50s such as health and transport. The response to our on-going phone survey to find out availability, specific skills and areas of interest has been exceptionally good. We are even getting closer to a rota of volunteers that will enable us to extend the office hours for a short while in the afternoon.

Volunteers Day – Festive mince pies and tea!

Thursday 9 December at Salisbury House, Bury Street West 10am – 12.30pm. Free, all volunteers are welcome. Join us for a festive morning of chat and mince pies, meet new people and find out more about the work of the Forum and how you can get involved. For more information and to book a place please ring the Forum's office on 020 8360 8743.

UK Older People's Day

Over 200 people attended the national Older People's Day on October 1 at Southbury Leisure Centre. It was a very relaxed and enjoyable event that kicked off with talks and a consultation on Developing a Healthy Ageing Strategy for Enfield. The strategy aims to improve the quality of life for older people in Enfield, support them to maintain their independence and promote a positive attitude to ageing.

There was a wide range of "taster" workshops throughout the day from Reiki to Tai Chi to Zumba (a combination of two Latin dances) that had everyone tapping to the funky sounds. The Forum's stall was very busy with enquiries, taking new subscriptions and renewing memberships. I was pleased to see many familiar faces and talk with people – the majority of the audience were Forum members! Irene Richards, Chair of the Forum, closed the day at 4pm by reinforcing the importance of a healthy lifestyle and thanking participants. **Big thanks to Peter Smith and all the Forum volunteers who did a sterling job.**

World Mental Health Day

'Health, well being and looking after yourself' was the focus of the day on 5 October at Southbury Leisure Centre. At the heart of this well attended event was the relationship between healthy eating and a healthy mind, the importance of oral health and a holistic approach to mind and body. The afternoon taster sessions offered a variety of workshops on diabetes, relaxation, Tai Chi, Yoga as well as seated exercises and line dancing. The Forum's stall proved popular not only with participants but with the other stall holders – such that we ran out of newsletters and application forms!

Polly Lawman, Development officer

Introducing Cyril and James.....Our oldest activists

Looking at them, you'd never know it. Sprightly, jovial, fit and trim figured meet Forum members Cyril Jones, king of the English Barn Dancing callers, who will celebrate his 94th birthday with a special party dance - to which Forum members are specially invited - on 5 January 2011 at the Southbury Leisure Centre at 2pm.



James Creagh

And Forum member James Creagh (pronounced Cray) is 90 years young and his claim to fame is that he is the oldest Tai Chi teacher in the country. He is still locally conducting five sessions a week – four sessions at

Ruth Winston Centre and one at St Monica's Church, Palmers Green.

Cyril has been a pillar of the folk dance scene for more than 60 years and been a regular caller at folk dance festivals all over the country. In 1965 he was awarded the English Folk and Dance Society's gold badge for outstanding services.

He continues "calling" at the Forum's monthly barn dance special on the first Wednesday of the month at Southbury and for three other local clubs, Winchmore, Grange Park and St Andrew's Folk Dancers. And it all began back in the 1940s when Cyril was a handicrafts teacher and at the same time was learning and teaching folk dances.

Many members will have seen **James** taking classes at our falls

awareness and fitness taster days at the Southbury leisure centre – without realising that he is a celebrated nonagenarian.

Indeed, James was not so long ago featured on the Channel 4's Five o'clock show with Lenny Henry and Jo Brand, demonstrating and explaining why he prefers his Yang short form Tai Chi, because it is something you can start at any stage of your life.

"Tai Chi clears the mind, it is relaxing, relieves stress and can be practised whenever you feel like it in your own home," says James, who only started learning about this art form when he was 60 when too many people just think of putting their feet up and watching TV.

Cyril Jones and his wife Doreen

James, on the other hand, has always believed that an active life can be a healthy and long life. So at 60 he started with martial arts – karate, kendo and akido – and then graduated under a Hong Kong tutor to what he describes as the supreme and ultimate art – Tai Chi, a Chinese martial art meaning ultimate energy.

After working professionally as a photographer in the advertising industry, James "retired"



Continued at foot of page 11

From the Chair's chair

It is better to give than to receive!



The shops are already gearing up for Christmas – I'm sure you have all noticed - so it is time to think about giving. However, think outside the box about how you can give that which will give you a greater return than submitting to the blandishments of the advertisers and retailers and handing out presents wholesale, some of which people don't want. It will even save you money.

**There is no better exercise for your heart
Than reaching down
And helping to lift someone up (Bernard Meltzer)**

A recent discussion on Radio 4 was about the health benefits of altruism. Altruism or volunteering is showing an unselfish concern for the welfare of others. It is a way of blessing yourself, not in any religious way. Putting the needs of others ahead of your own can give you a sense of direction and bring purpose to life. It also helps people survive and to heal from tragic or challenging events in their lives.

I cannot vouch for the science but some research seems to lead to the conclusion that altruistic acts of kindness result in the "givers" getting a "Helper's High" – that is a rush of near euphoria, followed by longer period of calm, after performing a kind act. Some benefits may be a possible strengthening of the immune system.

In giving, we experience a relieving of stress; and a release of endorphins, the body's natural painkillers, that bring about a decrease in both the intensity and awareness of physical pain.

There is also a reduction in the incidence of negative attitudes such as chronic hostility that arouse and damage the body. How often in ourselves or in observation of others do we see anger or complaints, about the world and the way we think it treats us. How do we feel when in the grip of this anger? I know that I feel sick. So, instead of asking, "Why isn't the world a better place?" why don't we ask, "How can I make it better?"

It is a truism that if you are smiling the whole world smiles with you. Try smiling instead of grumbling. Learn to take yourself less seriously – laugh at yourself and see how much better you feel. You will find that others will like you better.

So, as we approach the festive season think about the ancient Egyptians who believed that upon death they would be asked two questions to determine whether they could continue their journey in the afterlife:

**The first was, "Did you bring joy?"
The second was, "Did you find joy?"**

My good wishes go to you all.

Irene Richards

Southgate Symphony Orchestra

The next concert will take place 7.30pm Saturday 27 November at the Bourne Methodist Church, The Bourne, Southgate N14 6RS. The programme includes pieces by:

Mozart Beethoven Saint-Saens Brahms

Forum concession tickets must be purchased before the concert are £8. Available from the office or Monty Meth. 020 8882 1303.

Tea Dances at Ruth Winston Centre
Tuesdays 1-3pm £2 per week, 1st two week FREE!
190 Green Lanes, N13 5UE Tel: 8886 5346



See what you'll be missing!

This is my last call of the year to those of you who are not life members or haven't got a membership card expiring in April 2011 or 2012. If this applies to you then you're out of benefit! Not a benefit in money, of course, but a benefit in kind by being part of the Over 50s Forum now more recognised than ever as the key representative organisation of older people in Enfield.

This issue of the Newsletter is packed with information that you can only get from the Forum. We hope that as a result of our efforts some 75,000 patients registered with surgeries in Edmonton will have a better out-of-hours GP service and our battle to protect the Freedom Pass is an ongoing one which you will want to a part of.

I'm pleased to report that renewals are still coming in at a rate of more than 100 a month for the last two months and our paid up membership is now within striking distance of that coveted 3,000. We've had 70 new joiners in the last month or so, which is up on recent efforts and we extend a warm welcome to two new life members bringing the total to 56.

And a warm welcome too for another new affiliate – **the Winchmore Singers**. Formed by two long established local ladies choirs, the Philomel Singers and the Bush Hill Park TW Guild Choir who joined forces and formed the self-running Winchmore Singers. The choir has a varied repertoire from classics to songs from the shows and is trained by a professional conductor - **Jean Hornbuckle**. It extends a warm and friendly welcome to any lady who enjoys singing in pleasant company. **No audition is required.**

The choir meets on Tuesday mornings 10.30 - 12.30 at Oakwood Baptist Church, Merrivale, Southgate, N.14 4TE.

Further information from Connie Carter 020 8364 2379 Norma Oliver-Davis 020 8882 5445 [e-mail: girlicarter@sky.com](mailto:girlicarter@sky.com)

Joyce Pullen

Membership secretary

Raffle Prizes wanted:

Our Forum meeting raffles are a small but steady source of income. So please offer us your unwanted gift. Call 020 8360 8743.

Continued from page 10

at 67 to become a motor-bike courier, travelling the country until he was 85 delivering packages and parcels. He only gave that up when the traffic became so heavy he ceased to enjoy the thrill and pleasure it gave him.

He has now been a Tai Chi tutor in the Enfield area for 17 years and seeing his students – some with Parkinson's Disease forget their problems while doing their exercises – keeps James and them thinking positively about life.

"We are using more mind than muscle. Because the exercise is gentle and is known to help people with diabetes, arthritis and even heart problems. Tai Chi helps take their mind off their ailments, says James, who has now written a book called the Little Book of Longevity – or how to live to 100 without trying too hard.

He is now seeking a publisher and as a regular swimmer and table tennis player, James is as good an advertisement for the healthy lifestyle advocated by the Forum as you can find. One tip he gives to Newsletter readers: walk down stairs sideways holding the banister and rail because too many falls in the home are caused by people putting their feet out front and over-balancing.

James Creagh gives his one hour Tai Chi lessons twice a week on Tuesday and Thursday from 10am -12 noon at the Ruth Winston Centre, near the Triangle, Palmers Green. Tel: 020 8886 5346.

Notices from affiliates

Silver Threads over 50s Club

We are a friendly and informal group of people who meet every Fri 1.30 – 3.30pm for an enjoyable and relaxed afternoon. We have something for everyone in our programme – games, quizzes, speakers, lunches and much more. Why not give it a try? First 2 weeks Free! Then £4/month. We welcome ideas from new members. **For more information please phone Babs (Vice Chair) on 020 8803 8313 or Helen on 020 8807 8678 (Chair).**

Ladies Thursday Club

We are a friendly and fun group with a wide range of interests including arts and entertainment. We meet every Thursday 8 – 10pm currently at St. Aldhelm's church, N9. Join us for a taster session with no obligation. For more info please phone the club's secretary on **020 8360 2704**.

Probus Club of Enfield

We are a local association of retired or semi-retired gentlemen of good character and from a professional or business background who have had a measure of responsibility. We meet once a month at Trent Park Golf Club for a luncheon meeting with a guest speaker. Various outing and ladies' luncheons are arranged throughout the year. If interested in becoming a member please contact **Peter Frost, Secretary on 020 8363 3099**.



Gardening Friends

Meet on the first Thursday of every month 2 – 4pm at the Highlands Village Hall. We have speakers, practical afternoons, a Mini Show with strawberries and cream, exchange of members' surplus plants and a free raffle for the Gift of the Month plant. We are a very friendly and informal group who are looking for more members. **For more information please phone our Secretary Mrs**

Audrey West on 020 8360 5509.

Armfield Pensioners Club

We are a friendly group of pensioners who meet every Wednesday 1 – 3pm for tea, biscuits and social activities. We are currently looking for a couple of people to run the club as our long standing Chair and Secretary have to move away from the area. If you are interested please ring **Mr or Mrs Edwards on 020 8360 3616**.

Enfield Writers' Workshop

Are you interested in writing? You are not alone!

We are a friendly group of people interested in every type of writing. We meet every Friday 8 – 10pm at Salisbury House, Bury Street West, N9 9LA. Why not come along with something you have written, or just listen as members read their work and get a flavour of what we do. **Just turn up or phone Bernard on 020 8364 5464**. There are also creative writing classes on Tuesdays in term-time, taken by a qualified tutor. **Phone Lawrence Reeve-Jones on 0208 360 7954 for details.**

Edmonton Arthritis Care (Enfield)

Come and join us!

We are a friendly group open to anyone with arthritis and their carers. We meet every 4th Monday of the month at the residents' hall, St. Clement's Court, Ripon Road, N9, for tea, games, talks, lunches, outings and to share our concerns. For more info please contact the **Secretary on 020 8804 3578 or the Chair on 0208 360 8098**.

English Country Barn Dancing

The regular 1st Wed session on 5 Jan 2011 at Southbury Leisure Centre will be a **SPECIAL ALLCOMERS BARN DANCE 2 – 4pm** to celebrate the 94th birthday of our caller Cyril Jones. (Next session on 1st Dec cost £2.)

Short term memory

Two Forum members were talking and one said to the other, **'Did you know that the second thing to go is your memory?'** **'The other said 'What's the first?'** **'I can't remember'** was the retort.



ENFIELD BOROUGH OVER 50s FORUM

www.enfieldover50sforum.org.uk

Membership Application/Renewal Form

Surname	
First Name(s)	
Organisation*	
Address	
Post Code	
Phone Number	
Email	

* Not applicable if joining as an individual or a couple.

(I/We/My Club) wish(es) to apply for membership of the Enfield Borough Over 50s Forum. Enclosed is a payment of (**£6.00 individual membership; £9.00 for couples; £15.00 for Clubs**). Cheques should be made payable to Enfield Borough Over 50s Forum. (Delete as appropriate). We invite members to register for two years at twice the above rates as this cuts down the administration burden. **Life membership is on offer at £100, £150 and £250** respectively for single, joint and club subscriptions

How did you hear about the Forum or who introduced you?

If you have any special skills and are willing to put them to good use in helping the Forum Committee please tell us:

If either you or your partner pay tax on your income we can claim gift aid from HMRC tax office on any subscription or donations you make to the Forum. Currently this allows us to claim from HMRC an extra 25% on your subscription. For us to claim gift aid on your contributions please sign and date the statement below.

I pay tax in excess of the amount of my subscription or donation I make or may make and authorise the Forum to collect gift aid on this, any previous or subsequent amounts I have paid.

Signed:

Dated:

Please post or deliver your application form to Joyce Pullen, Membership Officer, Enfield Borough Over 50s Forum, Salisbury House, Bury Street West, Edmonton, N9 9LA. or hand in at a Forum Meeting with the appropriate amount. Receipt of the bimonthly newsletter will indicate your subscription has been processed. Please note the Forum is temporarily based at this address as Millfield House, Silver Street, is being refurbished.

Also our subscription year runs from 1 April to 31 March in the following year. Subscriptions from April 2011 will increase to **£7, £10.50 and £17.50** respectively for individuals, couples and clubs.

Chair: Irene Richards Vice Chair: John Ball & Prabodh Shukla Treasurer: Champak Mistry Secretary: Tony Watts