

Loneliness: the hidden threat to good health

Loneliness should be considered a major health issue and yet, unlike smoking, obesity and excessive alcohol, it is still being widely ignored by the health professionals. Yet thousands of single, elderly, people live lonely lives, in a home where the phone seldom rings; where there's nobody for company

Our Forum was one of the first to register its support for the Campaign to End Loneliness which has now launched a new digital toolkit for local health organisations and councils, enabling them to improve the way they tackle loneliness among elderly people.

It follows international research which found that loneliness can lead to poor mental health including depression and dementia, hypertension, cardiovascular disease and general cognitive decline. Socially isolated and lonely adults are also more likely to require early admission to residential or nursing care homes.

The research revealed that:

- **Those who are lonely are at the highest risk of the onset of disability**
- **People who are deaf or blind are at considerable risk of loneliness**
- **51% of people aged 75 and over live alone**
- **Over 5 million people say that TV is their main companion**
- **Nearly one in ten older person feels cut off from society**

With up to 10% of older people in the UK estimated to be intensely lonely and a further 20% mildly lonely, health officials are being urged to do more to identify those at risk of loneliness and take action to tackle the problem.

With an estimated 17% of older people being in contact with family and friends for less than once a week and 11% less than once a month, it is felt that GPs have a particular responsibility to observe the adverse effects of loneliness among their patients.

They can quickly identify signs of depression and the lack of physical activity and can use their influence to make tackling loneliness an equal public health priority as smoking cessation and reducing obesity.

The new loneliness and isolation toolkit will enable health and wellbeing boards to identify those most at risk and help prioritise the hardest to reach. More information about the toolkit can be found at www.campaigntoendloneliness.org.uk/toolkit

Forum fights loneliness

Through its many social activities and meetings, the Forum offers everyone the chance to participate and engage in friendship with other people. So there is really no need for anyone to feel out of touch, cut off from the rest of us, feel trapped in their own home.

We have a poetry group, a book club, an after school hours woodworking and handicrafts class and a knitting circle. Every Monday morning there is an Over 50s film club at Cineworld, Southbury Road and Monday to Thursday there are special Over 50s activity days at four leisure centres in the borough.

We have a list of clubs affiliated to the Forum offering the widest possible range of sporting and other activities. And we have trips to London venues making good use of the Freedom Pass. And whenever we can find the funds, we organise a special event for people living alone. So there really is no need to be lonely when the Forum is around.

Yes, we do also understand that people can't be active all the time. Felicity Green, a one-time top Daily Mirror columnist, said when she was widowed: "I've plenty of people to do things with, but no one to do nothing with." Not everyone wants to share their house with lodgers or take in students, but we can still do all we can to stop loneliness becoming an unsung health hazard.

Monty Meth

All aboard

The most recent was in July when for 42 intrepid travellers it was a case of "All Aboard for Scones and Jam" as they set off on an afternoon cruise aboard the canal boat "Lady of Lee Valley."

Departing Broxbourne Marina to view the riparian scenery and bird life of the river Lee, fearlessly navigating the Cartagena Lock before turning at Dobbs Weir for the return journey. En route, those on board found time to pile into helpings of huge scones, with generous portions



of jam and cream, all washed down with tea, coffee or drinks from the bar.

The trip was arranged by the Forum's social committee to provide an excursion for local people who have limited opportunity to go out and about. The weather was kind (the rain held off - mostly!), the river was placid, and a thoroughly enjoyable time was had by all.

Thanks are due to all who helped on the day, notably our drivers, John and Robert, who drove the Enfield Community Transport buses for conveying friends from Skinners Court and Reardon Court to Broxbourne and the carers who brought along many other friends and not least to the crew of the "Lady."

Heather Cole

JOHN'S JOTTINGS

Happy holiday!



As I type this I can hear rain pattering on the pavement and cars splashing through puddles on the road. It is the day of our first silver medal at the Olympics and whilst congratulations are due to winner, Lizzie Armistead, all the cyclists deserved medals for pedalling on through the downpour. Well done!

Such are the exigencies of volunteers producing a newsletter in the holiday period that by the time you see this it could well be September and I will be on holiday and yours may be over. I hope you enjoyed it or will enjoy it if it is still to come.

A week's holiday is nowadays considered an essential part of a "normal" lifestyle. The Joseph Rowntree Foundation, a left wing think tank, generously endowed by the chocolate family, this month published updated estimates of the income needed to meet generally acceptable Minimum Income Standards.

They do this by asking a large number of people what items are essential for a minimum acceptable standard of living and then getting the cost by inspection of prices. For example, the cost of food is based on Tesco prices. A week's holiday was judged as a necessary part of normal living, for pensioners the cost of a week's half board coach trip was counted.

The Rowntree researchers conclude that pensioners are likely to have incomes above the acceptable minimum because means tested benefits for pensioners are above the level needed to meet the estimated Minimum Income Standard. The estimated Minimum Income Standard for a pensioner couple is £212.37 per week, Pension Credit is £221.74 or 104% of Minimum Income Standard

(£221.74 includes Pension Credit and the weekly equivalent of non-means tested benefits such as bus passes). For lone parents and married families with two children Income Support is at best 60% of the estimated standard. It is easy to see why politicians are not always as sympathetic to our needs as we would like. But there are three big differences between pensioners and the rest of the population.

First, for a significant proportion of pensioners there is no realistic chance of getting a job. Second, pensioners are the only section of the community where expected income next year will be at best the same as this year and for many of us will be lower. The older we get the poorer we get.

Third, for many females the loss of a husband may lead to a very dramatic drop in living standards. Against a background of slowly or rapidly declining living standards things like Freedom Passes become a very important support for pensioners. The Forum will continue the fight!

"The Strolling Bones at 50" was the headline given to a light-hearted article in "Professional Pensions", a trade newspaper, over a short article about the Stones. Amongst the jokes about the seeming agelessness of Mick Jagger and Keith Richard it was pointed out that 50 years ago life expectancy for men was 68 years but now it has crept up to 80.5.

No wonder many occupational pension schemes which were based on 1960s demography have struck difficulty. Throw in the tax raids by Nigel Lawson and Gordon Brown and ever increasing costly regulation imposed by the European Court and politicians of all shades and it is somewhat surprising that most are still managing to pay out.

*John Ball
Chair*

★ ★ ★ Free travel is back at 60 ★ ★ ★

Defying the government and the many calls from politicians, media and academic pundits that older people should lose their bus passes, London Mayor Boris Johnson is restoring the free travel pass at age 60.

The Mayor is planning to introduce from November 2012 a new style Oyster photocard restoring the entitlement to free travel on all Transport for London (TfL) services, 24 hours a day, seven days a week, to everyone at 60. But unlike the Freedom Pass, it will not be available on buses outside London.

The new card, to be known as the 60+ concessionary travel scheme, will be available on all bus, tube, DLR and London Overground services until people become eligible for the Freedom Pass. It is estimated that some 100,000 people will immediately benefit from the concession

The scheme is being funded by TfL and will not increase the financial liability on London councils who meet the cost of the Freedom Pass for pensioners.

In going full speed ahead with his May election pledges to always protect the Freedom Pass as long as he is Mayor; no means-testing; and be free to everyone at 60, Mr Johnson is in effect challenging government policy on many fronts – particularly the plan to link pensioner entitlements to accelerating the state pension age to 67 by 2028.

The retirement age of 60 for women has been rising by one month every two months since April 2010. Now, two years on, it means

the retirement age – and entitlement to the Freedom Pass - for both men and women has reached 61. So somebody born in 1954, reaching the age of 60 in 2014 would have to wait until 2020 for the Freedom Pass and their state pension

Under legislation passed in 2011, the government planned to increase the pension age for women to 65 by 2018 and then gradually increase it to 66, 67 and reach 68 by 2046. Recently, Ministers have announced a review to speed-up this timetable so that the state pension age for everyone will reach 67 between 2026 and 2028.

But in clashing with the government Mr Johnson says: "Tens of thousands of Londoners were quite rightly incensed by the age escalation affecting the Freedom Pass, which meant their right to free travel was rapidly disappearing over the horizon.

"The new Oyster card will yank this important concession back into place and means Londoners who have reached three score years of age will have their right to free travel in our great city reinstated."

Applications for the new 60+ card will be made online from late October, but alternative arrangements will be available for a paper form from TfL for people unable to access the internet. So watch for a further announcement with more details on how to apply.

* A new £10 charge is going to be made to replace lost Freedom Passes after TfL claimed it has lost money replacing 54,000 lost passes without charge.

Free takeaway, HP Deskjet printer 9300. Must collect, Call 020 8882 1303

We're a mightier force than ever

Results from the 2011 census showing that the number of pensioners is all set to rise to record levels, is enough to send shivers down the spine of any aspiring politician thinking of going into the next election under the banner of this recent headline in The Times - "Time to target over-60s benefits."

With more people being born and fewer dying, the age profile of the UK population is showing the most dramatic changes with the result that the 9.2 million people now aged 65 and over will grow by another 2.1 million in the next three years.

The number of people over 90 rose by more than a quarter in the last ten years and now totals 430,000 – a 26-fold increase in the last century. There are also about 11,000 people who have passed their 100th birthday – two thirds more than a decade ago.

While life expectancy for men is on the increase, there are still almost three times as many women over 90 as men.

Wise politicians will note these figures and will match them to the 76 % of elderly people that voted at the last election – a much higher proportion than any other section of the community – and will hopefully draw the right conclusion. That they take on pensioners and cut their entitlements at their peril.

Our "Defend pensioners' benefits" petition is aimed at alerting all elderly people to the dangers of the leading political parties going into the next general election without a firm commitment to maintain all existing pensioner entitlements – a pledge they gave us before the 2010. election.

Thanks to Forum members who have collected signatures on forms distributed with the last Newsletter, and to those volunteers at the Edmonton Festival we now have well over 1,500 signatures – but we need many, many more to press our existing MPs to make their views known to their party leaders.

So we are planning a signature collection in Enfield Town on Saturday 22 September 10am – 12 noon or later if we have sufficient volunteers. We'll meet outside the main post office in Church Street . If you can spare any time at all, please call the office 020 8807 2076 and leave your name and contact details.

This will be followed by a march in London supported by the National Pensioners Convention on Saturday 20 October and there will also be a rally and lobby of parliament on Wednesday 31 October starting at 11.30am in Old Palace Yard (opposite the Commons) followed by a rally in the House of Commons committee room 14 at 1pm

..... but we must defend the gains

New ammunition to defeat the drip-drip persistent attack on pensioner entitlements often comes from surprising quarters – this one from MetLife, a leading global insurance and financial services organisation which counts America's largest life insurers among its subsidiaries.

While Nick Boles MP, who is said to be close ally and confidant of David Cameron, was claiming that the government could save £4 billion a year by stopping better-off pensioners from getting benefits, Metlife calculated that the government collects around £41.9 billion a year in direct and indirect taxes from the UK's 7.15 retired households.

The average UK pensioner household pays out 29% of its annual income in retirement to the taxman, says MetLife. On an average gross pensioner household annual income of £20,130, income tax accounts for £1,501 and indirect taxes totals £1,937. Council tax is the third largest tax burden accounting for 5.8% of gross income.

The vocal critics of pensioner entitlements never mention the indirect taxes we pay including VAT at 20% on many goods and services we buy; the duty on petrol, alcohol, tobacco, vehicle excise duty and TV licences for those under 75.

The bottom tenth of pensioner households with gross incomes estimated at £8,259 a year pay £3,599 in taxes – about 42% of gross income goes in taxes. But the top 10% of pensioner households with gross incomes averaging £47,992 see only 29% of their income going in direct and indirect tax.

Add in to the above tax take by the government the effects of low, almost negligible, interest rates on savings and the switch to the lower consumer prices index to calculate pension increases over a 20-30 year retirement and most fair-minded people will see the arguments of Mr Boles and his friends are bogus.

Neil Duncan-Jordan, national officer of the National Pensioners' Convention, writing in the Daily Express – which launched a "fair deal for our pensioners" crusade said: "Politicians have been lining up to argue that the country's economy is struggling because there's an army of millionaire pensioners joy riding with their free bus passes.

"Out of 11 million older people, the number of millionaire pensioners would barely be enough to fill a fleet of buses. In truth, the economic crisis is being used by some to roll back the welfare state that older people have secured and worked for over many years."



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Jan's Journal

Hello Everyone

I came into post as development and office manager in mid-May and am very pleased to be here. Shortly after my arrival I was rushed into the Falls Awareness Day at Edmonton Leisure (Monty says I was thrown in at the deep end!) and was very impressed at the extent of activities offered to people and to the hard work done by volunteers to make sure it all happened.

Having spent most of my working life managing projects with small and larger charities, I have a fair idea of how things happen in the voluntary sector. And as I am over 50 and live in Enfield myself I hope I have some understanding of local issues affecting our age group(s).

So far I have been learning a lot and meeting members through Forum meetings and have been struck by how friendly everyone is. All of the speakers have been excellent – speeches ranging from the challenges of Nigeria to the looming threat to the NHS from private sector competition. I look forward to hearing more.

For those members who have not been able to attend the meetings, I have taken some notes and would be pleased to send them out to anyone who asks me. Hopefully in this newsletter we will be including the member survey. I hope as many people as possible will send this back to us especially if

you do not attend many of our events. We need to know what kind of services you would like and what times and places are best for you so that we can provide services that meet all of our member needs.

The management committee may not be able to act on every suggestion, but if enough people want the same kind of thing we will try and provide it.

For the future we want to run more services in the East of the borough (Edmonton, Enfield Highway, Enfield Lock etc) and attract more of the people living there. We will be having an activity day at the new Albany Leisure Centre, planning some meals out along the Hertford Road, a conference for East of borough members and a food day based around the many different meals available along Hertford Road.

Keep reading the newsletter for details of these events as they come up. Looking forward to meeting and hearing more from you in the coming months.

Jan Oliver

Our mission statement
Supporting older people in Enfield to remain independent and healthy, reducing isolation, fostering inclusion, community cohesion and working towards reducing the numbers of elderly people living in poverty

Daughter denied access to Mum

I recently dealt with a dispute over the right to see an elderly mother.

Joan (not her real name) had two children Peggy and Tom. Peggy was estranged from her mother. Peggy learnt that Joan was in a local authority care home suffering from mild dementia.

When Peggy went to the home she was denied entry. The manager told her that Tom had written to them saying Peggy would try to remove Joan from the home and cause her upset by demanding money.

After Peggy complained to social services about her treatment, an officer asked Tom about his allegations. He withdrew them but said his mother would be upset by seeing Peggy and since he was Joan's attorney under an enduring power of attorney he can decide who she could see.

Using this information the care home continued to deny Peggy contact with her mother.

She turned to Solicitors Stennett & Stennett for help. They wrote to Tom and the manager of the care home informing them the enduring power of attorney could not prevent Peggy from having contact with her mother for two reasons.

Firstly, it had not been registered at the Court of Protection, which is necessary when the donor loses mental capacity, and therefore Tom did not have lawful authority to manage his mother's affairs. Secondly, an enduring power of attorney does not give the attorney the authority to manage the donor's health and welfare. So even if the enduring power of attorney had been registered it would not have given Tom the right to say who his mother could and could not see.

By the time the care home accepted Peggy had a right to contact her mother, Joan suffered a stroke and was unable to recognise or communicate with her daughter. Stennett & Stennett helped Peggy with a complaint to the Local Government Ombudsman. The Ombudsman found maladministration by the council-run care home and ordered it to make a full written apology to Peggy and pay £5,000 in recognition of the distress it caused her.

When planning for the future always consider making a lasting

power of attorney to manage health and welfare. This makes it clear how your attorneys will care for you and help to avoid disputes. Stennett & Stennett has many years experience in preparing lasting powers of attorney for ageing relatives and can be contacted on 020 8920 3190.

Life members top 100

We have done it. We now have 103 Life members and you Anthony Fisher are our 100th. There is no congratulatory telegram but we are pleased to welcome you. Our life members pay a one-off £100 or £150 for couples which is a very welcome addition to our funds. Like all voluntary groups we have to very carefully monitor our expenditure to see that it matches our income.

We also welcome the Enfield Choral Society as an affiliated group to the Forum and look forward to working with them for our mutual benefit. The overall membership continues to grow at the rate of say 100 a month, some are new members and some who have lapsed have now come back.

I hope, watching the Olympic Games, has stimulated more people into joining the local leisure centres, taking advantage of the special discounts we have negotiated that comes with membership to the Enfield Over 50s Forum.

Our membership year runs from April 1 to March 31 for an individual fee of £7, for couples it is £10.50 and affiliates £17.50. We do not offer a pro-rata fee so, should you join part way through the year, the arrangement is that you pay £7 (£10.50) (£17.50) up to October 31 which will give you membership until the next year.

From November 1 your £7 (£10.50) (£17.50) will take your membership up to the year following the next year. Cheques should be made payable to Enfield Over 50s Forum.

My thanks once again to all those who have helped with the membership and the stuffing of the bi-monthly newsletter – a mammoth task, but we try to make it enjoyable too.

Joyce Pullen Membership secretary

Always look on the brighter side of life



Duz tha speak with Yorkshire dialect? If so, enjoy the following:

A Yorkshire man takes his cat to the vet. Yorkshireman: "Ayup, lad, I need to talk to thee about me cat." Vet: "Is it a tom?" Yorkshireman: "Nay, I've browt it with us."

A Yorkshireman's dog dies and as it was a favourite pet he decides to have a gold statue made by a jeweller to remember the dog by. Yorkshireman: "Can tha mek us a gold statue of yon dog?" Jeweller: "Do you want it 18 carat?" Yorkshireman: "No, I want it chewin' a bone, yer daft bugger!"

A Yorkshireman's wife dies and the widower decides that her headstone should have the words "She were thine" engraved on it. He calls the stonemason, who assures him that the headstone will be ready a few days after the funeral. True to his word the stonemason calls the widower to say that the headstone is ready and would he like to come and have a look. When the widower gets there he takes one look at the stone to see that it's been engraved "She were thin." He explodes, " 'Els bells, man, you've left the bloody "e" out, you've left the bloody "e" out!" The stonemason apologises profusely and assures the poor widower that it will be rectified the following morning. Next day the widower returns to the stonemason, "There you go, sir, I've put the "e" on the stone for you." The widower looks at the stone and then reads out aloud: "E, she were thin..."

Bloke from Barnsley with piles asks chemist, "Nah then, lad, does tha sell arse cream?" Chemist replies, "Aye, Magnum or Cornetto?"

Police have just released details of a new drug craze prevalent in Yorkshire nightclubs. Apparently, Yorkshire clubgoers have started injecting Ecstasy just above their front teeth. Police say the dangerous practice is called "E by gum".

Logic

At the check-in desk at Stanstead Airport I was asked: "Has anyone

put anything in your luggage without you knowing? I said: "If it was without my knowledge, how would I know?" To which the lass checking me in said: "that's why I ask!" **Very baffling.**

A Tommy Cooper special.

The doctor said he had a very serious illness Tommy said: "I want a second opinion" "All right," said the consultant. "You're ugly as well."

Lost 10 pence

A father walks into a restaurant with his young son.. He gives the young boy three 10p coins to play with to keep him quiet. Suddenly, the boy starts choking and going blue in the face.... The father realises the boy has swallowed the coins and starts slapping him on the back..

The boy coughs up two of the 10ps but is still choking. Looking at his son, the father is panicking, shouting for help. A well dressed, attractive, and serious looking woman, in a smart suit is sitting at a coffee bar reading a newspaper. Hearing the commotion, she looks up, puts her coffee down, gets up from her seat and makes her way, unhurried, across the restaurant.

Reaching the boy, the woman carefully pulls down his pants; takes hold of the boy's testicles and starts to squeeze and twist, gently at first and then ever so firmly tighter and tighter !!! After a few seconds the boy convulses violently and coughs up the last of the 10ps, which the woman deftly catches in her free hand.

The woman hands the coin to the father and walks back to her seat at the coffee bar without saying a word. As soon as he is sure that his son has suffered no ill-effects, the father rushes over to the woman and starts thanking her saying, "I've never seen anybody do anything like that before, it was fantastic. Are you a doctor?"

No,' the woman replied. I'm with the Inland Revenue



Random round up

Savings hit

People over 75 have seen the value of their savings fall by 40% over the last two years because interest rates have not kept pace with price inflation. A survey of 14,000 people by insurers Aviva found that sharply rising prices for food, petrol and utilities like gas, electricity and water had risen sharply and forced them to dip into their savings.

The over 75s were particularly affected because unlike people in their 60s they did not have the option of delaying their retirement and so earn more money. A recent research study by Saga found that money-related worries were of greater concern for people over 55 than crime or health.

Doing well?

You have no doubt read that in the current economic crisis, older people have been doing rather well compared with the rest of the population. So it is interesting to glean official figures showing that between 2007-12 cost of living increases affected the whole population by 16.5%.

But for 50-64 year-olds it was 19.1% and for the 65-75 age group it was 22.4% and a little lower for the over 75s at 22.2%. So let's put this particular "never had it so good" myth to bed.

Attention all grandparents

Although immunisation rates in Enfield have significantly improved over the last six months there are still cases of measles and mumps circulating in the community. You can help protect your grandchildren by ensuring all their vaccinations are up to date, particularly MMR (measles, mumps and rubella) and their pre-school booster.

These should be completed before the child starts school. A schedule of children's immunisations can be found in their red book.

If you think your grandchild has missed any of these important vaccinations they should make an appointment with their GP as soon as possible.

For more information regarding immunisation: <http://www.nhs.uk/planners/vaccinations/pages/childvaccines.aspx> or contact amanda.williams@nclondon.nhs.uk 0208 379 5334

NHS upheaval starts to bite

From next January we will be losing our local out-of-hours GP call centre, provided by Barndoc and staffed by Enfield GPs, which has been based for many years in Cockfosters. The contract has gone to LCW, a so-called social enterprise group based in west London.

LCW is the acronym for London and Central West based in Kensington and Chelsea and covers other London boroughs such as Hammersmith and Fulham, so we will clearly be losing the involvement of local GPs who know our area.

The change coincides with the launch of a new 111 phone line for urgent medical advice and follows a decision by Health Secretary Andrew Lansley to open up NHS services to "any qualified provider." LCW will cover the five boroughs in the North Central London NHS – Enfield, Barnet, Haringey, Camden and Islington and so there must be a risk that its service to patients will not be as effective as Barndoc

But it won the contract because financially it was cheaper for the NHS to run and we will need to monitor whether there is a delayed call-out service for Enfield patients, with a consequential cost in care and attention that cannot be quantified in money terms. Seemingly, this is of little interest to the "new" NHS.

Barndoc is now in a tender battle with LCW and a private sector company Harmoni for the main out-of-hours service due to start in April 2013. Meanwhile, the audiology unit at Chase Farm hospital has had to make a case for being accepted as a qualified provider (AQP) despite its record of high quality service administered by post-graduate, degree-qualified audiologists.

Mr Lansley claims that his reorganisation will eliminate bureaucracy in the NHS, but instead of seeing their patients, just one section of the AQP application form alone required an answer of 20,500 words from the Chase Farm audiology unit.

Following a Forum meeting concerned with proposals to open up the NHS to private for-profit hearing aid companies, we wrote to the chair and vice –chair of the Enfield Clinical Commissioning Group, Dr Alpesh Patel and Dr Janet High

Here are the key points of our letter:

The Audiology Department at Chase Farm is excellent and extremely well-regarded by our members. The staff are highly qualified and clinically experienced within diverse specialisms. The department is efficient, prompt, persevering in difficult cases and, above all, it runs a drop in service. Audiology works closely with ENT so there is assurance that if deafness is not simply part of an ageing deterioration but has organic causes, necessary checks and treatment are at hand.

We are conscious that with one person in three over the age of 60 demonstrating some hearing loss, there is a large market for hearing aids to be captured and we have observed with anxiety some of the high street chains moving into this "deafness market."

We know from research carried out by the RNID and one of our members that NHS provision of hearing aids is derided by some of these profit-making concerns in order to sell expensive aids that are no better than NHS equipment, itself transformed by the digital revolution.

Our greatest concerns lie in the immediate post prescription stage when most users need fine-tuning of their aids, which may take weeks or even months to adapt, and in failure to diagnose disease. The Forum has had reported to it cases where, not knowing that a settling-in period is absolutely normal, people have been persuaded to buy costly aids privately which are not better than the NHS aids.

Moreover, we have seen the specification and cannot see the open ended after-care service available at Chase Farm written into it. By the same token, the level of qualification of practitioners appears to be lower than those we currently enjoy in the staff in Audiology.

Obviously, since we are the targeted market for these so-called reforms, we have an active interest in the outcome of audiology being put out for AQP bids. Our position is that we are very happy with our Audiology Department, feel unsettled by the fact that it can be undermined by clever advertisements by such as Specsavers and urge you to use whatever influence you have or can wield to ensure that our top range service continues.

Our hope and expectation is that you will meet this early challenge under the Health & Social Care Act and protect a top range existing service.

Vivien Giladi,

Health team leader, Enfield Over 50s Forum

Time for your flu jab

Influenza, or 'flu', is a highly contagious acute viral infection that affects people of all ages. It typically starts suddenly with fever, chills, headache, aching muscles, extreme fatigue and a cough or other breathing difficulties.

While most people recover without complications in one to two weeks, 'flu' can cause serious illness and death, especially in the very young and the elderly.

Flu epidemics occur mainly in the winter months and can result in widespread disruption to healthcare and other services. A vaccine is produced every year based on the strains of virus expected to be circulating.

The vaccine cannot cause flu but some people may react with a slight temperature

or a sore arm for a couple of days. Flu vaccination is free of charge from your GP practice if you are:

- aged 65 or over
- suffer from a long term condition
- a carer
- at any stage of pregnancy

If you have not been invited to attend your GP by October 1st please call to make an appointment - and help avoid the misery of flu this year.

At first view the plans announced by the Government on July 11 appear to help thousands of people avoid the huge cost of paying for their nursing care needs. But on close examination, the White Paper on social care and support provides little assistance to the hundreds of thousands in residential and nursing care.

The proposal about local authorities offering loans to those needing care to help them pay for it, so that fewer people are forced to sell their home is not new. Interest free deferred payment schemes are presently offered by many councils to people who need care, whereas the Government suggests allowing local authorities to charge interest on the loans.

The other key proposal in the White Paper is Government support for the principle of capping care costs, an idea promoted by economist Andrew Dilnot in his independent report published last year, when a £35,000 limit was suggested.

What is disappointing is that the White Paper did not say what the cap will be set at, or when it will be introduced. What is more, Health

White Paper or White Elephant? Asks Forum member and solicitor Michael Stennett, reviewing the Government's proposals in its White Paper on Social Care & Support

Secretary Andrew Lansley admitted there was no guarantee there would be enough money to implement the cap.

What is worrying about the White Paper is that it will tempt people to do nothing to prepare for their future care. The Government is unlikely to unveil more detailed funding proposals at least for another two years as part of its next Comprehensive Spending Review. Doing nothing is not an option. People need to be pro-active and plan for the future. Stennett & Stennett Solicitors specialise in asset protection and care for the elderly. You can call us on 020 8920 3190, or visit our website at www.stennett-stennett.co.uk.

Too little, too late

This is how Britain's biggest pensioner organisation, the National Pensioners Convention (NPC) described the Care and Support White Paper in solving the widely-admitted crisis in social care.

"We've had around 20 reports in the last 14 years which have all showed how the current system is in crisis and needs urgent attention, but the government seems incapable of understanding what urgent means for the one million older people who are currently struggling with an inadequate care system.

"Suggestions that people should pay up to £75,000 towards their care before the state steps in are absolutely outrageous. Why is social care one of the few areas that we don't fund through general taxation, like education, the armed services and the NHS?"

Lung cancer awareness campaign

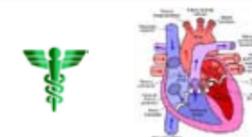
A cough that lasts for three weeks is the focus of a new campaign to increase awareness of the key symptoms of lung cancer and improve earlier diagnosis in London. New data reveals that only one in 10 people know that a persistent cough for three weeks or more could be a symptom of lung cancer and if dealt with early could save their life.

Despite the disease killing more people than any other form of cancer in London, this symptom fares worse in public awareness compared to knowledge of other cancer signs:

- 69 per cent are aware of looking out for a lump (breast or testicular cancer)
- 31 per cent know that bleeding could be a sign of cancer (bowel, kidney or bladder)
- 25 per cent know that a change in the appearance of a mole should also prompt a check-up (skin cancer).

Actor and comedian, Ricky Gervais, whose mother died of lung cancer at the age of 74, said: "It's devastating when you see someone you love dying from lung cancer. My mother's death was very sudden and you can't help wondering if things would have been different had it been spotted earlier".

For more information visit <http://www.nhs.uk/lung-cancer/Pages/lung-cancer-cough.aspx>.



Health snippets

Brittle bones

A new pay deal for GPs means they now have a financial incentive to treat osteoporosis patients. They will have to ensure that those who break a bone are referred to a fracture clinic for diagnosis and treatment.. More than three million people in the UK suffer from osteoporosis – often called the "silent disease" – because there no symptoms prior to a bone breaking.

Checking on brittle bones causing a break in the wrist, or ankle, for example, may well prevent a more serious hip fracture – at least half of the average 1,100 hip fracture deaths a month could be prevented with earlier and better diagnosis. So if you've had a minor impact fracture in the last five years, now is the time to ask your GP for a bone health assessment.

Diabetes warning

Professor Sir George Alberti, well-known to Forum members for speaking at our meetings, says the NHS is lacking in leadership in tackling the biggest health challenge of our time – namely, the lack of early diabetes diagnosis, patient education and preventing avoidable complications developing.

Sir George, chairman of Diabet4es UK, says that targeted and comprehensive action has been taken to tackle cancers, heart disease, stroke and dementia, and it has produced results. Inexplicably, diabetes has not been

Heart nurses advice line

Call 0300 333 1333 the British Heart Foundation advice line if you would like to speak with a specialist heart nurse about blood pressure; queries about statins, angina or have any other heart related problems. Advice is independent and confidential.

tackled like this. Yet it is the biggest cause of blindness, stroke, amputation and end-stage kidney failure. It is a killer, and 24,000 people die prematurely every year as a result of diabetes.

The new GP commissioning boards are being urged to show how they will ensure that the right services can be assured to stem the rise of diabetes and its complications, now affecting 3.8 million people with a further seven million at risk of developing it.

Shunned

Fewer than one third of adults and only one in ten children are following the "five a day" fruit and vegetables guidelines, according to a recent National Diet and Nutrition survey.

A study of 3,000 adults and children found there has been little change in dietary habits in the last 25 years. But the Department of Health still says it will take time for the campaign to have an impact on the nation's health.

Fancy a cuppa?

Researchers at the University of Western Australia claim that drinking eight cups of tea a day "significantly" cuts blood pressure. But it has to be a black leaf tea such as Earl Grey or English Breakfast and adding milk does not negate the effect. Another study carried out at the universities of Glasgow and Mauritius found that drinking three cups of black tea reduced blood sugar and cholesterol.

We get various suggestions from working members for evening events and from others for holidays in the UK. We welcome these but need more people to help organise them. Are there members out there willing to help?

We also would also like people who are prepared to take over organising lunches, evening meals or theatre visits. Your help would enable us to expand our events calendar to more Forum members. Contact Irene on 020 8363 8175 or by email poosticks@blueyonder.co.uk.

Most of the events organised by the Social Committee advertised in the July/August issue of the Newsletter are now full.

Still available:

Thursday 6 September.

Come to the wonderful Royal Gunpowder Mills at Waltham Abbey. Meet at the Mills at 11 am. Cost £11 which includes entrance and either a Military Track Tour or a Land Train Tour. There is free parking, tea and coffee. Plenty to do, picnic tables, café, exhibitions and wildlife. Details from Lorraine Murray 020 8805 3506 or lorraineofenfield@yahoo.co.uk

Friday 7 September.

All aboard – Cowes here we come! There is one place left for this fantastic day's sailing from Southampton to Cowes. Cost is £40 for boat and skippers, waterproofs and lifejackets provided. Train fare approx. £39 return. Lunch, in Cowes, at your expense. For further information contact Olivia asap by email oliviaharrodd@virginmedia.com or call 020 8447 8841 /07881 832 783.

New attractions!

Wednesday 26 September.

Horsing about in Trent Park!! Join us for the Forum's latest adventure activity, with a horsey afternoon at the wonderful Trent Park Equestrian Centre in Oakwood. The experience involves a tour of the Centre, care of your horse, an hour long indoor riding lesson and tea and cakes to finish. This experience is normally £100 per person and we are delighted to have been given a huge discount so the cost will be only £40 each. 20 places are available on a first come basis. Complete beginners are most welcome as well as experienced riders. All equipment provided. For further information and booking form call Olivia on 020 8447 8841 or, preferably by email oliviaharrodd@virginmedia.com

Remembrance Sunday 11 November.

A visit to the Imperial War Museum at Duxford Airfield. A service of Remembrance will be held at 11am in the main hangar. Travelling to Duxford by Enfield Community Transport mini-buses. Visiting the RAF Battle of Britain 71st Anniversary Exhibition. Enjoy an unforgettable journey through the history of aviation with over 200 historic aircraft to view, including the legendary Spitfire, Hurricane and Lancaster of WW2 and visit the American Air Museum. Go inside Concorde and discover the science and aeronautical engineering and fascinating human stories that changed the world of aviation forever Cost: £14 (includes transport, free admission and tea/coffee on arrival). Places are limited to 30 so book early. To book or for further details contact Roy Barrows on 020 8360 8561

My big Greek Forum meal.

Lunch on Tuesday 13 November at 12.30pm and Dinner on Tuesday 20 November at 7.30pm.

Join us on one or both of the above eating extravaganzas at the wonderful Nissi restaurant in Palmers Green. Check it out on their website: www.nissirestaurant.co.uk. This is a full blown Mezedakia meal which means you don't order anything specific because the food just keeps coming!! The quality is superb, very healthy and fresh. Olivia advises you should have no other eating plans for these dates! Cost for these banquets is £20 per person. For further details and to book contact Olivia on 020 8447 8841 or preferably by email oliviaharrodd@virginmedia.com

Monday 10 December 12 noon – 4.00pm

The Forum Christmas Party Lunch at the North Enfield Conservative Club, Baker Street, Enfield. Buses 191 / W8. Parking available at the Club. Cost is £17 per head for 3 course Christmas Lunch. Dancing to Myra Terry Live Duo. Phone Jacky NOW as this is an event not to be missed on 020 8482 3575.

Tuesday 11 December 7.30pm – 11.30pm.

The fabulous Christmas Disco and sumptuous buffet. Book early for our annual knees up and feast with our ever popular DJ – Lawrence Harvey. There are only 90 tickets available – there is always a sell out so you are advised to book NOW and not when the nights draw in! Tickets cost £17. To reserve a place and book your ticket contact Olivia on 020 8447 8841 or preferably by email oliviaharrodd@virginmedia.com

The Committee is busy planning a variety of events for 2013. We have lots of ideas but would welcome yours, especially if you are prepared to help organise them.

Visit to North London Hospice 110 Barrowell Green, N21 3AY

This new £3.5 million development will provide day centre services for patients from Barnet, Haringey and Enfield. Forum members have the privilege to preview the new facilities on Monday 24 September at 11am. Members wishing to take part in the visit should contact:

the Forum Office on 020 8807 2076

Forum poetry group

meets at Enfield Town Library
Thursdays between 10.30am and 12 noon
20 September Change led by Rabi Mariathsaan
18 October Clothes led by Annmarie Nicholson
15 November Time led by Irene Richards
No meeting in December.

Having enjoyed getting the group going since its launch in 2008, present circumstances, unfortunately, make it impossible for David Oliver to continue as co-ordinator. But we are delighted that David Blake has agreed to take over. David is a prolific writer of mainly humorous verse and he and David Oliver share very much the same views.

Some of David's work appeared in the unique anthology Poetry Lines produced by our members in 2009 and you will be pleased to see that we are now planning to publish a second collection of poems.

Inspired by the Olympics?

Enjoy a free Over 50s day at the new Albany leisure centre

We're launching another Over 50s day with a bang at the newly-rebuilt Albany Leisure Centre at the Enfield Highway sector on the Hertford Road on **Thursday 27 September at 10am**. It will be a free "taster" activities day with a free lunch and a seven-day free pass to encourage everyone to come along and use the new facilities.



We have invited local MP Nick de Bois to the opening which makes Albany the fourth leisure centre to have an over-50s day. First suggested by the Forum, they now take place every Monday at Edmonton leisure centre, Tuesday at Southgate, Wednesday at Southbury and now Thursdays is Albany's day.

Participants in the September 27 "taster" day will be offered a variety of activities – swimming, gym, pilates, yoga, cycling, aerobics and there's a meeting room for card games and a chat.

Albany has opened to a lot of positive feedback from its regular and new customers. It now provides the very latest in sport and leisure provision for the Enfield North community. The centre features a new and improved reception area and a new café offering a range of refreshments to enjoy at leisure after a work out.

The new gym which is around five times larger than the original has over 70 pieces of equipment from cardiovascular to resistance equipment, free weights and flexible warm up areas. All the cardiovascular equipment has built-in TV screens offering freeview TV channels as well as music options for the user to enjoy while running and cycling.

In addition, the centre now has two new studios, again much larger than the previous single studio which can cater for over 50 classes a week, including pilates, aerobics, zumba, yoga, indoor cycling and much more.

The changing rooms have also been totally upgraded and now offers a flexible swimming pool changing area with cubicles of various sizes, single sex changing areas as well as group changing rooms. In addition, there are also separate male and female changing facilities fully equipped for customers using the gym and studio facilities.

All fixtures and fittings are of the very latest design and match anything available at more expensive private health clubs.

So why not come and see for yourself what a transformation has been made to Albany. The free "taster" day represents a saving of £7.50 if you are not an existing Fusion leisure centre member or £3.75 if you are a Forum member with a concession card. Annual and monthly debit members have free access to all the over 50s days at the four leisure centres.

In addition to the new Albany leisure centre we can look forward very soon to the opening of the new Southgate leisure centre in late September, which has again been transformed into a modern purpose-built leisure facility, offering all that Albany now has and more.

For more details of the new Albany and Southgate leisure centre visit www.enfield-lifestyle.com.

Enfield's new swim school

Although Britain is a nation surrounded by water, did you know that one in five adults in this country cannot swim? Of even greater concern is a recent report by the Amateur Swimming Association that said one child in three cannot swim 25metres by the time they leave primary school.

We are lucky here in Enfield to have facilities near at hand through the network of Fusion Lifestyle leisure centres to ensure that everyone can easily learn to swim. So why not take the plunge and join Fusion's new

Swim School? Here's your chance if you are looking to learn to swim for the first time or just to improve your swimming technique.

Swim School Programme

Albany - Monday 18.30, beginners and improvers, Wednesday 20.00, beginners.
Arnos Pool - Wednesday 20.00 beginners, improvers and advanced, Friday 18.15, 18.45, 19.15, 19.45 and 20.30 beginners, improvers and advanced.
Edmonton - Sunday 18.00, beginners.
Southbury - Wednesday, 13.15 and 13.45 50 plus beginners and improvers.
Southgate - Wednesday, 19.15 beginners, improvers and advanced, Sunday, 16.45 beginners, improvers and advanced.

Cost per child course for 15 weeks is £78.75 and adults, 15 weeks is £90.00.

Please note that day time courses do not run during half term so this reduces to £84.00. 50+ courses run for six or eight weeks in the Autumn.

For full details and to enrol contact or drop in to your local leisure centre or visit www.enfield-leisure.com



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.



If your windows and doors aren't secure, neither is your home. Two thirds of burglars get in through a door and a third through a window, so security is vital.

Follow this advice to help keep your home safe:

Doors:

A rim latch (Yale type) on its own is not sufficient. The door should also be fitted preferably with a five lever mortice deadlock, though insurance companies will accept a rim automatic deadlock; both **must** be to British Standard 3621 or the equivalent European Standard EN12209.

Quality locks are only as strong as the doors and frames to which they are attached. Ensure that the frame is sound and the door suitable for external use; for instance, a wooden hollow core door would not be suitable.

Consider fitting a London Bar (metal strip on frame side) to support the strike box, or Birmingham bar to support the frame on the hinge side.

Timber frames should be sound and securely bolted or screwed to the walls every 600mm (23") around the whole frame.

Doors with glazed panels are inherently less secure than solid doors, hence the need for a deadlock. Consider replacing ordinary or toughened glass panels with laminated glass as they offer much greater resistance to attack.

For added safety and security fit a spy hole and door chain or limiter.

UPVC/PVCU front doors are generally unsuitable for retro-fit security devices. Not only is the material not strong enough to support devices fitted with steel screws unless secured into

the internal metal framework, but such changes to the original design may invalidate an existing warranty or possibly damage the integral locking assembly. If in doubt, consult the installer/manufacturer.

Advice on front door security while the house is occupied will vary, depending on whom you speak to. Fire Safety Officers will advise that, for safety reasons, the mortice deadbolt should not be engaged when the house is occupied, as locating and engaging the key can cause unnecessary delay in escaping from the scene of a fire.

Crime Prevention Officers may suggest that a rim latch on its own is insufficient in providing adequate security and that engaging the lock would increase this, as well as the safety of young children in preventing them from wandering. Clearly these are issues which need to be considered. If you feel fire safety is the priority, additional security can be obtained by fitting draw bolts to the top and bottom of the door.

Letter boxes:

Letter boxes / plates should be considered as an aperture which can be used by the criminal, either to extract goods from within in close proximity to the door, commonly door keys, or to work vulnerable locking devices from the inside.

Letter plates should conform to British Standard. They should be positioned not closer than 400 mm from the door lock and under no circumstances should they be fitted to the bottom rail of the door.

For further advice contact Enfield Police on 020 8345-1102 or for this article in full visit: www.met.police.uk/crimeprevention/mobile/doors

Total Policing is the Met's commitment to be on the streets and in your communities to catch offenders, prevent crime and support victims. We are here for London, working with you to make our capital safer.

Audrey M Hardwick

Many readers will recall Audrey Hardwick, the Forum's first Chair when it was launched in 1993 as a Forum for Older People. She served the Forum in that capacity for some seven years during which time she was also a trustee of Age Concern Enfield.

Audrey is now staying in Coppice Wood Lodge Care Home 10 Grove Road, Southgate, N11 1LH, phone: 020 8361 0800 and would, we are sure, appreciate hearing from any of her old friends who know and appreciate the sterling work she did on our behalf, representing us on many committees aimed at improving the lives of older people.

Unfortunately, her failing memory and her hearing loss has made it difficult for Audrey to attend Forum meetings any longer. But we recall that when she retired from work in 1991 as a deputy administrator of Enfield Polytechnic, she was made an Honorary Fellow of the Polytechnic and was immensely proud when the Polytechnic was transformed into Middlesex University.

We've asked Fred Clark, who worked with Audrey at the Polytechnic, to let Audrey know how much we valued her campaigning zeal on our behalf and we know how much she would appreciate hearing from her many friends in the Forum.

Thanks Dugdale

We've had many plaudits for inaugurating the Monday morning confidential and free advice service, which operates from 10 am to 12 noon at the Dugdale Centre at the corner of Cecil and London Roads in Enfield Town.

The Forum has had a small, but regular flow of new members joining at the centre where there's a range of advisors: Solicitors Stennett and Stennett; Citizens Advice Bureau, Enfield Council on council tax, housing benefit, pensions etc; taxation with retired tax inspector Jeff Rodin; Norma Clark, job opportunities and health trainers to improve your lifestyle.

Many people, tell us that they appreciate the service. One lady recently wrote to say thanks to Forum members staffing the project for their kindness and advice and adding:

"The fully-trained inspector of taxes gave me advice which led to me receiving a refund on the tax I had paid, of a considerable amount. I wish to encourage people to ask for advice at the Enfield Over 50s Forum and not to be shy."

While Chancellor George Osborne, with the economy in the doldrums sees his tax receipts going down, will not endorse this advice, we hope that more people will be encouraged to visit Dugdale on a Monday morning as our friend Yioda says: "don't be shy."

Over50s Forum meetings programme

CIVIC CENTRE, Silver Street, Enfield Town

Tuesday 25 September - 10am for 10.30 start

Mervyn Eastwood, Director of Change Agents will talk about THE UK OPAG Policy Forum which is a deliberative *think and do* participative space where people 50+ invite policy makers to participate in creative community conversations

Tuesday 30 October - 10am for 10.30 start

Ian Winter CBE, Deputy Director, People, Communities and Local Government in London, will talk about 'Social care and the NHS in London'.

East of the Borough

Thursday 27 September

Celebrating the over 50s open activity day at Albany Leisure Centre

Please register your attendance with the Forum Office 020 8807 2076 . See leaflet enclosed with this newsletter for full details

Thursday 11 October 10am for 10.30

start

Millfield House, Silver Street, Edmonton

'Who do you think you are' **John Garrett** talks about 'genealogy and tracing the family tree'.

SKINNERS COURT MEETINGS

Tuesday 18 September - 10am for 10.30 start

Skinnners Court, 1 Pellipar Close, Fox Lane

Michael Stennett, of Stennett & Stennett, will talk about 'protecting your assets.'

Tuesday 16 October 10am for 10.30 start

Skinnners Court, 1 Pellipar Close, Fox Lane

Leonie de Botton and Stephanie Perlman-Colvin from AgeUK Enfield talk to the Forum about 'inter-ageing services in Enfield'

Mayor intervenes in 377 bus battle

London Mayor Boris Johnson has asked Transport for London Commissioner Peter Hendy to "have another look" at the case being made by Forum member Nicola McDowall, who is leading the campaign for a direct bus route from the Oakwood area to Chase Farm Hospital.

After two separate batches of petition signatures were sent to the Mayor and Mr Hendy, Mr Johnson told Nicola: "I am aware that the Transport Commissioner, Peter Hendy, and some of his senior team are speaking to the NHS about how these kinds of issues could be tackled and I will ask them to specifically consider Chase Farm in this context".

A team of Forum members has also met regional TFL manager Peter Howarth to make the case for a slight diversion for the 377 Oakwood-Ponders End route and they expect to hear the result now that TfLs Olympic workload is over.

"Patients, carers and visitors would all benefit from a direct bus route, and it would also ease car vehicle congestion in the area around the hospital, says Nicola.

Mobility aids

Bus passengers who use wheelchairs, mobility scooters or mobility aids can now apply for a special card to help improve their bus journeys and avoid any confusion over whether their mobility aid can be taken onto a bus.

A new Mobility Aid Recognition card has been launched by Transport for London (TfL). It is designed to remove uncertainty for both the holder and the bus driver on whether a mobility aid is permitted on the London bus network, giving passengers more freedom and confidence to travel around the capital.

Primarily aimed at passengers who use mobility scooters, the scheme may also be used by people with manual and powered wheelchairs, mobility walkers or shopping trolleys, where these are used as a mobility aid.

Customers wishing to take part in the scheme should contact TFL's Travel Mentoring Service on 020 3054 3461 or by emailing travelmentor@tfl.gov.uk.

Book club – in a box perhaps

Our next meeting is at 10 am in the community room at the new central library in Church Street, Enfield Town on:

Wednesday 19 September

When we will be discussing:

Room by Emma Donoghue

On Tuesday October 16th (venue to be advised)

We will be talking about:

Major Pettigrew's Last Stand by Helen Simonson

This will be our 2nd anniversary so please note the start time will be 11am (when the pub opens followed by lunch).

Sue Scott

Fiona's food facts

This month, I'm going to talk about food labels and what the different dates on food packaging mean.

Use By Dates:

These dates are about food safety. They are on food that perishes quickly. For example, fresh meat and eggs. Even if food looks and smells OK, there is a risk of food poisoning. It is also important with these foods to follow any storage information eg store in a fridge. It is possible to extend the shelf life of these foods by freezing them, but always freeze as soon as possible and follow any on-pack instructions eg. "defrost thoroughly and use within 24hrs.

Best Before Dates:

These dates are about quality, not food safety. They are found on a wide range of foods, eg tinned and packet and frozen foods. When food has passed the best-before date, it doesn't mean it will be harmful, but taste or texture may be affected. It's important to remember that this best-before date is only accurate if food has been stored according to the packet instructions eg store in the fridge after opening. It is estimated that up to 40% of the food and drink we buy each year is thrown away, so think carefully about throwing away food past its "best before" date.

Display until and sell by dates. These often appear next to the use by or sell by dates. They are for shop staff to help with stock rotation, not shoppers. The important dates for consumers are the "use by" or "best before" dates.

There are legal definitions for terms on food labels such as "light", "low-fat" and "reduced sugar". Since July 2007, there have also been specific rules about health claims on food packaging. I will explain more about these in our next issue.

Fiona O'Leary

Senior NHS specialist dietitian

Cineworld – Southbury Road

Over 50s Film Club

every Monday at 10am

special showings (subject to change) – admission £3

September 3: Red Tails

September 10: We Bought a Zoo

September 17: Five Year Engagement

September 24: Seeking a Friend for the end of the world

1 October: Friends with Kids

8 October: Think like a Man

15 October: Lovely Molly

22 October: Sound of my voice

29 October: What to expect when expectin

Attendance have picked up since we have been able to advertise the films, but to secure a permanent space at the cinema we need a 100-strong audience.

Affiliates news

Enfield National Trust Association evening meetings

7.45 pm Thursday September 13, Enfield Grammar School Murray Craig talks about the Freedom of the City of London and 7.45pm Thursday October 11, Andy Sands, a renowned photographer will talk on the fauna & flora of Britain.

Wednesday afternoon October 17, historic & scenic Switzerland at Holtwhites Sports and Social Club, Holtwhites Hill.

Please ring Peter Hunt on 020 8363 1568 for further details or find us on our new

website www.enta.btck.co.uk

Enfield RSPB have evening talks, “Landscapes & wildlife of the Black Isle ” on Thursday September 6, 7.45pm at St Andrews Church Hall, Silver Street, Enfield and 7.45pm, Thursday October 4, Fauna & Flora of Britain ” by Andy Sands.

There will also be walks and coach outings in September

& October, For further details please check our website www.rspb.org.uk/groups/enfield/news/ or ring Pauline Hunt on 020 8363 1568.

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Join the Over 50s Forum

(I/We/My Club) wish(es) to apply for or renew membership of the Enfield Borough Over 50s Forum. Enclosed is a payment of (£7.00 individual membership; £10.50 for couples; £17.50 for Clubs). (Delete as appropriate). Cheques should be made payable to Enfield Borough Over 50s Forum. You can 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.

Surname: First name(s):

Organisation*:

Address:

Post Code:

Tel. Number:

Email: * Ignore if joining as an individual or couple.

As a registered charity the Forum can collect gift aid on donations and subscriptions made by you provided you pay income tax. If you agree to the Forum recovering gift aid from the tax office sign below. The tax office will not contact you.

Signed:

Date:

I want the Forum (a) to reclaim tax on all donations/subscriptions I have made to the Forum since February 2008 and on all future donations/subscriptions I make until I notify the Forum otherwise and (b) I pay sufficient income tax and/or capital gains tax equal to the amount to be reclaimed (currently 28p for every £1).

Please return this application form to:

The Membership Secretary, Enfield Borough Over 50s Forum, Millfield House, Silver Street, N18 1PJ or hand in at a Forum meeting. Receipt of the Forum newsletter will indicate you subscription has been processed.

Tel: 020 8807 2076 email: info@enfieldboroughover50sforum.org.uk

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*Want to learn to play but think you're too old
Worried you don't have the natural talent for it*

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★ I'm a teacher with many years experience and have taught many people over 50. Some of my best pupils are well into their 70's.

★ I teach many styles – classical, jazz (including the famous jazz standards), blues, pop, rock, gospel. You can learn to play from music, by ear or from chord charts. If you've never played before and are a complete beginner that's absolutely fine. Fees are affordable and you can learn in my studio or I can visit you at home.

020 8363 4180

To find out more, visit my website at www.johndennis.biz
Email: johndennisuk@yahoo.co.uk