



Hate crime: the rising menace

Thankfully the level of hate crimes in Enfield does not appear to be as high as in many other areas, but we need to be vigilant to ensure that it is reported – and challenged by all of us

Recently a short item in the Metro newspaper about an Enfield resident was headed: “Hitler is God man jailed for five years.” He was, the article said, a father of three, who had a huge swastika tattooed on his chest. It was alleged that he posted racist messages online and had a bomb manual. He admitted publishing hate speech, possessing racist material and one terrorism offence. (24 February, 2017)

Fortunately, this was a pretty isolated case as Enfield has not seen the same increase of race hate incidents that many areas have experienced following the June 2016 referendum. Overall in London there was a 22% rise in race hate incidents which, in part, led Home Secretary Amber Rudd to announce a series of measures to tackle hate crime.

Entitled the Hate Crime Action Plan, the £60 million fightback project to challenge extremism in all its forms, led Ms Rudd to call on communities across Britain to “come together and stand united against those who use hate to divide us.”

Enfield has its own Hate Crime Forum comprising the council, police, Enfield Disability Action, Enfield Racial Equality Council and the LGBT network constantly monitoring hate crime and encouraging people to report any incidents of verbal abuse, property damage, physical assaults or graffiti scrawled on property.

This has led to a 20% increase in local racial incidents being reported in the six months ending December 2016 compared with six months ending 2015, but in the ten weeks after the Brexit vote there was a decrease in racial incidents reported

in Enfield. In Hertfordshire, for example, there was a 30% increase in hate crime between last July and September.

The Equalities and Human Rights Commission has said that a small number of people used the Brexit vote to “legitimise inexcusable racism and prejudice.” A hate Incident is any incident which the victim, or anyone else, thinks is based on someone’s prejudice towards them because of their race, religion, sexual orientation, disability or because they are transgender.

If you, or anyone you know, has been called names, been bullied or had anything happen to them that you think may be because of one of these factors, then you should report this as a hate incident. Even if you don’t want the incident to be investigated, it is important that the police know about it, so that they can build up a picture of how many incidents are happening and where. This information can help police investigating other hate incidents.

The Metropolitan Police now has 900 specialist officers across London dedicated to investigating hate crime and here in Enfield our faith and communities officer is PC Steve Savell and he can be contacted via steven.savell@met.police

It is against this background that the Forum executive has invited Fiyaz Mughal, director of Faith Matters, to be the guest speaker at our AGM on Tuesday morning 30 May in the conference room at the Civic Centre. Faith Matters was launched in 2006 to help communities reduce conflict between faiths, improve community cohesion and counter extremism. (See below)

Forum Meetings not to be missed

Note all meetings are at 10am for 10.30 start

Thursday 13 April (at Millfield House)

Laura Brassett will talk about *‘the Care Act and the implications for her organisation, Home Care Preferred, and how it is coping with the current funding crisis.’*

Tuesday 18 April (at Southgate Beaumont)

Tina Coletta from the Enfield Chiropractic Clinic talks about *‘the role of chiropractors’ in providing high quality natural spine and joint healthcare.*

Tuesday 25 April (at the Civic Centre)

Rob Leak retires in May as Enfield Council’s chief executive. He looks back on *his 14 years’ work in the borough and discusses the future of local government.*

For full details/addresses of all meetings see page 15

The Forum’s Annual General Meeting

Tuesday 30 May at 10.30am

The AGM is also an opportunity to have your say. This is your Forum. The AGM will take place in the Conference Room, Enfield Civic Centre, Silver Street, Enfield Town, EN1 3ES.

Agenda

10.30am The Forum’s 2017 AGM.

1. Introduction by the Chair
2. Presentation of 2016/17 Annual Report
3. Presentation of Annual Accounts for 2016/17
4. Election of Officers for 2017/18
5. Any Other Business
6. Close of Annual General Meeting

11.15am Ordinary meeting.

Guest speaker: Fiyaz Mughal, director of Faith Matters, which helps reduce conflict between communities and aims to develop strong relations between all faiths, speaks on *‘racial crime and incidents - the new menace in our midst’.*

Jan's Journal

Music: 260 people attended our Winter Fair on 17 February which was a fantastic turnout. Evaluation forms showed how much people enjoyed the mixture of music and advice and our thanks go to all of the volunteers who worked so hard to make the day a success. **Please see page 5 for a full report.**

I hope that some of you who enjoyed dancing to the Steel Band will attend one or both of our Reggae nights which are planned for 24 April and 22 May – these nights are purely dance nights – nothing fancy – so bring along a bottle and be prepared to shed a few pounds!! (**See full advert on page 12**)

MEETINGS ROUND UP:

Suffragettes, Women and the Vote: Richard Edwards, House of Commons Corporate Services, gave a brief history of the suffragette movement and the involvement of women in Parliament at Millfield House on 9 February. In this country women over 30 were finally given the vote in 1918 and women over 21 under the Equal Franchise Act of 1928.

Financial Planning – Preventing Abuse and Fraud:

Georgina Diba from Enfield Safeguarding Adults Board attended our meeting at Southgate Beaumont on 21 February and spoke about some of the sophisticated methods that scammers are using against people. You are reminded not to be deceived – never rush to part with your money, say “no thank you” and close the door – always use reputable tradesmen, get three quotes for work and don't let cold callers persuade you to have work done that is not necessary. If you need further advice telephone 08454 040506.

FULL DETAILS OF THESE PRESENTATIONS CAN BE OBTAINED THROUGH THE FORUM OFFICE (Tel: 020 8807 2076)

What to do about Care Homes? Tom Owen from My Home Life, Age UK attended the same meeting to talk on this subject. The care sector faces problems with a fear-based ‘top down’ culture, high levels of paperwork, personal stress and depression amongst the staff who are usually on minimum wage. The public are outraged at the scandals of poor care occasionally featured in the press which lead to constant changes in regulation and inspection. Despite this My Home Life has found considerable evidence of great practice in some care homes – the secret ingredient of which are relationship centred care – the feeling and giving of love enabling residents to feel secure, to foster a sense of belonging and connections between themselves and the community at large. My Home Life works with care homes to share best practice through regular bulletins, tools and presentations. A new initiative seeks to involve local communities more in local care homes.

The London Assembly: London Assembly Member for Enfield and Haringey, **Joanne McCartney** addressed the Civic Centre meeting on 28 February and outlined the functions of the London Assembly. Members at the meeting were concerned about the ongoing cycle lane scheme in Enfield – work for which has already started.

Independent Age – Befriending Service:

Isolated people can self-refer for a befriender to visit them once a week or once a fortnight free through Independent Age who visited our Millfield Meeting on 9 March. Volunteer befrienders are also sought. Full details and to self-refer please telephone 0800 319 6789.

Jan Oliver

Office and Development Manager

SUBSCRIPTIONS REMINDER

Members are reminded that if your membership card expires on 31 March 2017 you should renew promptly in order to continue receiving the newsletter and other Forum benefits.

Enfield Over 50s Forum

East of Borough Drop In

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

Wednesday	5	April
Wednesday	19	April
Wednesday	3	May
Wednesday	17	May
Wednesday	31	May
Wednesday	14	June
Wednesday	28	June
Wednesday	12	July

Sessions are open from 2pm to 4pm

AT MILLFIELD HOUSE, SILVER STREET, N18 1PJ.

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

These drop in sessions are great fun for any member of the Forum who would like to come along to meet or chat with other members and/or to play scrabble, cards or a board game. Free tea, coffee and biscuits available.

AVOIDING TRIPS AND FALLS DAY

Are you worried about falling over and need advice and practical exercise sessions to help you? Then save the date -

Monday 26 June

when the Forum will hold an

AVOIDING TRIPS AND FALLS DAY

at

Edmonton Leisure Centre

Full details will be in the June newsletter

Politicians need to plan for long-term

Who forgot to repair the roof when the sun was shining?



All politicians, whatever their colour, love nothing more than to blame the other side for neglecting to introduce and implement policies on which there is general cross-party agreement.

It applies, for example, to failing to deal with the long-standing shortage of affordable housing; to the continuous debate and decline in providing adult social care, now once again kicked into the long grass; to the demographic changes successive governments have been warned about for 30 or more years that people were living longer and this required new policies and attitudes.

The best headline I've seen for a long time read: "Funeral business plunges 12% as fewer people die."

There are 57 different varieties of Britain's economic status thrown at us every day from being a country that is strong and ready for Brexit, to one that is now £1.7 trillion in debt (that's 1 followed by 12 zeroes) and still borrowing £51.7 billion this year – and we will be borrowing £16.8 billion in 2021-22 when George Osborne (remember him?) told us the nation's finances would be in surplus.

This left me thinking how much better off we would be if our politicians had followed Norway and not squandered our gift of North Sea oil. They really did repair the roof when the sun was shining.

When Norway long ago struck oil in the North Sea their MPs passed a law to establish what they called a sovereign wealth fund to "manage the financial challenges of an ageing population." Today its Pension Fund Global has £710 billion in the kitty.

Britain's first North Sea discovery in 1965 came four years before Norway's and 52 years later every penny of tax paid by the oil companies has been spent and we have nothing to show for our oil bonanza, while Norway is well prepared for the economic challenges ahead.

I know that it is pretty pointless to say if only we had a sovereign wealth fund there would not be the daily clamour to end the triple lock guaranteeing at least a 2.5% annual increase in the state retirement pension. This went up in April by £3 a week for a single person to £122.30 and by £4.80 a week to £195.60 for a couple – where a wife relies on her husband's national insurance contribution record.

But if only we had a sovereign wealth fund we would not be scraping around for every penny to find the money for an adequate social care system which, it should be noted, is not just for older people – about a third of the social care budget goes on helping younger people with learning disabilities.

I know I harp on about the triple lock but I do so because we've been told that the government will review the state pension provision before 2020 and so we have to be ready to combat the argument that the triple lock is too expensive and unsustainable and also unfair to future generations of pensioners.

But what is the alternative projected by the vociferous critics of the triple lock? The Work and Pensions Select Committee of MPs in February reiterated its call to pension off the triple lock using a tortuous argument that the only way to keep it was by raising the state pension age to 70 and higher.

And the effect of that would be to exclude ever more people from receiving the state pension because by then many would be dead. This would affect people living in the most deprived areas of the country and those spending their life doing manual work whose life expectancy is around 70. So their solution was to link future pension increases in some way to the increase in wages of today's working population.

Within weeks of this so-called solution we read Paul Johnson, the respected director of the Institute for Fiscal Studies, saying: "On current forecasts, average earnings will be no higher in 2022 than they were in 2007. Fifteen years without a pay rise. I'm rather lost for superlatives. This is completely unprecedented."

Equally as dismal, Torsten Bell, director of the Resolution Foundation, said: "Britain is set for a return to falling real pay later this year, with this decade now set to be the worst for pay growth since the Napoleonic wars."

So the question we need to direct to the triple lock critics is: if pension increases are cut to today's retirees and wages are pegged for today's working population, what pension can they expect when they reach retirement?

But there's good news they can look forward to. By 2030 life expectancy for women in Britain will reach 85.3 years and for men it will be 82.5 compared with 82.3 and 78.3 respectively in 2010 – that's one in the eye for the dismal jimmies who told us that the rise in our longevity was coming to an end.

I prefer to listen to those who say that we will soon break the 90-year barrier and that we are nowhere near the upper limit of life expectancy – if there even is one. So keep active and healthy – and keep taking the tablets!

Monty Meth

Special thanks

The Forum is very grateful for donations received from our Book Club and the Knit & Natter Group. The Book Club donated £100 and the knitters donated £500 raised from the sale of their excellent knitted goods.

Disclaimer:

This newsletter is for general information. You are urged to seek competent professional advice before doing anything based on its contents.

The Forum takes no responsibility for any of the services provided by any advertisement in this newsletter.

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Chair's Column



Hello everyone. I'm going to make this a short column so that we have plenty of room for other reports.

One of our members, Pam Gilling, asked whether we organise any foreign language groups. Pam used to live in Germany where she learned to speak German. When she lived in the North of England she was part of a group who got together

occasionally simply to chat in German – an excellent way of keeping the language fresh – and Pam has offered to organise something similar for us.

She is not proposing lessons in German – just chatting, maybe over a coffee or lunch. Her email address is pam@gilling-woodside.wanadoo.co.uk and she would love to hear from anyone who might be interested.

Maybe there are speakers of other languages out there who might like to do something similar – if so do let me know as I think it is a wonderful idea.

The Forum Writing Group is progressing well and we have enjoyed sharing our personal stories and memories. I have spoken with Paul Everitt and Gary, the manager at Dugdale, who said we can use a quiet space upstairs for future meetings. Our next meeting will be on 21 April at 10am in the Dugdale Centre. Do join us to write or simply talk – it's good fun.

Finally – a request. Our AGM is in May and we will be electing a new Executive Committee. Would you be interested in joining the committee? If so please call the Forum office to express an interest.

Christine Whetstone

Not already a member of the Forum?

If you are not already a member, why not join Enfield's Over 50s Forum. Keep up to date with issues that may well interest you. Membership is only £9 per year for individuals, £13.00 for couples or you can join our 356 band of life members for £100 (£150 for couples). Organisations can affiliate for £22 a year.

Forms can be obtained from our website www.enfieldover50sforum.org.uk or by email info@enfieldover50sforum.org.uk or by post (telephone 020 8807 2076).

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More GP appointments plan falls short

The Forum asks why the promised fourth late night and weekend GP surgery – for the north east of the borough – has not been identified and funded

Enfield now has three surgeries offering late evening and weekend appointments – open to all Enfield residents – for the next year following a £1.8 million NHS England grant to our local NHS Clinical Commissioning Group. But the original plan was for a surgery in each of the borough's four localities.

Some 80,000 patients living in the north east of the borough – from Enfield Highway to Waltham Cross – are missing out from the expanded 8am-8pm service and the Forum wants to know why an accessible surgery has not been found.

Enfield CCG says it will look at how well the three surgeries it has approved are being used over the next few months and will make a decision in June whether a surgery in the north east of the borough is required.

Joan Ryan, MP for Enfield North, says Sarah Thompson, the CCG's Chief Officer, stated that all four hubs would be open by January 2017. "Furthermore, I strongly believe that patients in the North East of Enfield are in need of their own hub service. Findings from my own GP survey indicate that Enfield is facing an acute appointment crisis, with 59% of my constituents finding it difficult to secure a GP appointment."

Two new primary care access hubs began operating in February – one covering south west Enfield and the other in the north west. They are: Carlton House Surgery, 28 Tenniswood Road, Enfield EN1 3LL off Baker Street, and the Woodberry Practice, 1 Woodberry Avenue, Winchmore Hill, N21 3LE off Green Lanes. The first access surgery opened last December at Evergreen Primary Care Centre, Edmonton Green, in the south east of the borough.

Opening hours for these three surgeries are 6.30pm - 8pm weekdays and 8am - 8pm weekends and public holidays. Patients can book urgent and routine appointments, either same day or in advance at any one of the three hubs, making it easier for Enfield patients to get the care they need when they want it if the surgery location is convenient for them.

Patients registered with an Enfield GP practice (or those resident in Enfield but who have yet to register with an Enfield GP practice) can book an appointment by either contacting their own GP practice, or by calling the service directly on 03000 333 666 (local call charges apply.).

One of the added benefits of the new service is that the GP or nurse will have access to view the patient's medical record during the consultation thereby enabling clinicians to have a greater understanding of the patient's health needs and choosing the treatment that is right for them.

It is expected that the new service will also help reduce some of the pressure on other local health services, such as accident and emergency, which people often turn to if they can't see a family doctor.

The Forum is challenging the "do nothing for three months" CCG approach and wants to know whether any surgery in the north east locality offered to operate a 'hub' and if so, why they were rejected.

Enfield Borough Over 50s Forum

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Warm welcome at Winter Fair

The more than 250 people who attended our Winter and Music Fair were treated to a wide range of talks, entertainment and dancing as well as having the opportunity to learn about the activities of local groups

Our annual Winter Fair was expanded this year to include lots more music and opportunities for dancing – which was obviously greatly appreciated by the many attendees at the Enfield County School on 17 February.

The day started with an introduction by Joan Ryan, MP for Enfield North, and short presentations about keeping ourselves healthy and warm in winter, as well as the benefits of the new smart meters for electricity and gas.

Music options (audience dancing optional) included folk dancing, jazz, a steel band, classical music on guitar and flute as well as ballroom / latin american dancing. People could also do gentle exercises, get help with their computer devices or learn more about healthy eating, smart meters or keeping their homes warm.

Nearly 20 local groups affiliated to the Forum had stalls to help them explain their activities and offer advice and/or recruit new members.



Monty Meth with MP Joan Ryan and Glenn Stewart at the Fair

Joan Ryan, Member of Parliament for Enfield North, said the really good turnout was a great testament to the work of the Forum in helping raise awareness of important issues such as Fairer Funding and heating homes. “The Forum’s petition is a great contribution to the Fairer Funding campaign and helping raise awareness.”

She said that many thousands of people in the borough are unable to afford to keep their homes warm and that we need meaningful reforms to the energy market, such as a less complex system.

Ms Ryan also noted that there are a lot of changes at North Middlesex Hospital and asked Forum members to give her feedback, good or bad, of their experiences there.

She acknowledged that all councils are forced to try and do a lot more with less money and that we are a growing population with increasing deprivation.

Danni Crossland, National Energy Action (NEA), spoke about the major upgrade between now and 2020 of electricity and gas meters through the roll-out of smart meters. She explained that people can refuse to have smart meters fitted but suppliers must offer the upgrade and NEA encourages it as it brings loads of benefits. (See last issue)

She also made it clear that: “You’ll never be asked to hand over any cash for your meter. You will be given notice in writing and a time agreed. You will never have someone turn up unexpectedly on the doorstep – that is a scam.”



Dance time at the Winter Fair

Glenn Stewart, Assistant Director, Public Health, Enfield, said that “Ideally we hope not to need the NHS and social care. The ideal aim for Public Health is to stop you needing these services through leading a healthy lifestyle.”

There are four things you can do yourself – your own MEDS: **M**oving, **E**ating, **D**rinking, **S**moking.



A packed audience at the Forum's Winter Fair

- **Move more** (easiest way is walking and cycling)
- **Eating** – five a day
- **Drinking** – less alcohol
- **Smoking** – just don't

He said that the people who campaigned to save A&E should also be interested in improving public health – and that is the reason why Public Health is backing Cycle Enfield – integrating physical activity into everyday life.

“Cycling in Holland and Denmark is done because it is convenient (not for health reasons primarily) but it is no coincidence that Holland has the lowest rate of diabetes in western Europe.” Diabetes costs us £1.5m per hour.

Tom Ruxton, HEET Home Energy Efficiency explained that his organisation was set up almost 20 years ago to help older and vulnerable people, especially those with long-term health conditions, to keep warm.

“Warm homes are a significant part of keeping healthy. The BMA says the health risk of unheated homes is of the same magnitude as smoking,” he said.

18-21 degrees is the ideal room temperature. Below 16 degrees – get condensation/damp which leads to mould, dust mites, which have big effect on respiratory health.

12 degrees – can significantly affect your heart health (blood thickens as you become colder). Also, it is not good to move from warm to cold rooms.

Over 24 degrees also not good – as blood thins.

LEAP (Local Energy Advice Programme) can come and do an assessment of your home to find ways to help stop loss of heat and improve efficiency of your heating systems.



Enthusiastic volunteer helpers with Jan Oliver (far right) at the Winter Fair

Antibiotics are not always the answer

The reduction in prescriptions for antibiotics is not a NHS cost-cutting exercise. It makes good sense.

Our generation has benefitted enormously from the development of antibiotics; many bacterial diseases that cut down great numbers until these clever medicines came on the scene in the Second World War have been eliminated from our everyday lives, and others are kept in check so that we live to fight another day.

They're one of the major reasons our life expectation is longer than that of our ancestors. We have to be grateful, but we have to be responsible too if we are to hand on the advantages to future generations.

Unfortunately, bugs are clever too, very adaptive and capable of stealing a march on our brightest and best antibiotics, and we have now to face up to the danger. Life-threatening infections have been cured by antibiotics for decades but, in recent years, incorrect and over-use of them has helped the development of resistant bacteria that can stay with you and be passed on to others, and for which there may be no cure.

As individuals and as a society we need to be much more careful about our use of antibiotics or they'll turn round and bite us.

There's a whole stable of upper respiratory infections, colds and flu or flu-like illnesses we tend to fall victim to in the colder months and these are viral and not responsive to antibiotics.

There's no point in asking your doctor for them or in taking them; in fact you may be undermining your health and that of others if you do. In most cases your immune system should be able to fight simple infection.

The best way to tackle these ailments is to have the flu jab and the pneumonia vaccine if you are at risk. Keeping generally fit and eating a healthy diet should help recovery.

Resistant bacteria are becoming an increasingly serious challenge. They can cause grave illness because they are hard to treat. We need to save taking antibiotics for when we really need them on doctor's advice, take them at the intervals directed and, crucially, make sure we finish the course.

Apart from anything else, some antibiotics can cause side-effects so, as a general rule, both doctors and patients need to think very carefully about their use.

Clinicians in Enfield have demonstrated that they are mindful of how responsible they must be in prescribing antibiotics and have reduced prescriptions for them by over 10% last year. The tide is turning as we all become aware of the part we must play. This is not a cost-cutting exercise, it is a health-saver that the Forum supports.

Norway explorers

On February, 11 intrepid explorers left Enfield for five days in northern Norway, the Arctic Circle. Our base was the pretty town of Tromso, with its wooden houses and chic shops and churches. Forum members explored the museums explaining all about Arctic life and especially the Samis who are the indigenous people. We saw the northern lights on more than one occasion, rode across the snow on husky and then reindeer sledges. We had lunch in a typical Sami dwelling (lavvu) and some even learnt to lasso the reindeer antlers. We visited the Arctic cathedral and other attractions such as

the library, brewery, fjords and local restaurants and cafes. It was another wonderful trip and our group made friends right from the outset. See the many photos on the Forum Facebook group page.



Over 50s below 50°f

Olivia Goodfellow

Support Chase Farm Charity

The Chase Farm Charity aims to make every patient's experience the best that it can be. Its work is about the little touches that improve the experience of being in hospital.

Savi Taylor, who spoke at a recent Forum meeting, explains:

- We provide free massage therapy for patients who may be receiving treatment or those that are anxious
- We manage the hospital volunteers that meet and greet patients and help ensure they find their way around
- We make up and provide personal care packs for patients that are admitted that arrive with nothing

The charity also supports the big projects that make a difference too. For example, since June 2016 it has been working on transforming two specialist, therapeutic, sensory gardens for patients at Chase Farm Hospital. The gardens, which are due to be completed this Spring, have been designed to enhance patient recovery and support those with dementia or recovering from stroke.



Savi Taylor addressing Forum members at the Beaumont Centre meeting on 21 March

The project will cost £120,000 and £100,000 has been raised so far. Savi says: **"The support from individuals, community groups, schools and businesses has been overwhelming. There is still time to get involved either by fundraising, donating or volunteering some of your time."**

To find out more, view plans and donate please visit:
royalfreecharity.org/charities/chase-farm-garden-project

Volunteering and Enfield in Bloom

Forum members were treated to a double bill at the Beaumont Centre, Southgate on 21 March when Mo Cross gave us an introduction to Enfield in Bloom programme. She illustrated her talk with examples of many of the front gardens across the Borough that won the prestigious Gold and Silver Awards in recent years.

Mo is also a volunteer in maintaining numerous island flower beds dotted around that enhance Enfield's green status. Her enthusiasm in undertaking this valuable task is emphasised by the fact that she travels to the various island sites using public transport accompanied by her gardening tools. Members interested in volunteering to support maintaining these valuable assets should contact her by email at: mocross2@gmail.com



Mo Cross at the Beaumont Centre



Always look on the bright side of life



How to maintain a healthy level of insanity in an insane world

- When the money comes out of the ATM scream "I Won! I Won!"
- At lunch time, sit in your parked car with sunglasses on, point a hair dryer at passing cars and watch them slow down!
- On all your cheque stubs, write: "For Sexual Favours"
- Skip down the street rather than walk, and see how many looks you get.
- With a serious face, order a "diet water" whenever you go out to eat.
- Sing along at the opera.
- When leaving a zoo, start running towards the car park, yelling: 'Run For Your Lives! They're Loose!'
- Tell your children over dinner: "Due to the economy, we are going to have to let one of you go...."
- Pick up a box of condoms at the pharmacy, go to the counter and ask where the fitting room is.
- And The final one: Go to a large department store's fitting room like Pearson's or M&S, drop your knickers to your ankles and yell out: "There's no paper in here!"

Politically incorrect

The Bishop of London was invited to give a talk at the London School of Economics and he was told that the GNTs were downstairs should he feel the need. The Bishop said how nice it was to be invited for a drink. "No, no, Bishop not G & Ts - it's GNTs - gender neutral toilets!

Affiliated Clubs

Enfield Croquet Club

Based in Bush Hill Park, Enfield Croquet Club is offering a series of free introductory courses to croquet – a game of skill that requires thoughtful and tactical play and can be played by both men and women on an equal footing. The sessions will run on Wednesday and Saturday mornings from 5-22 April and newcomers are recommended to attend at least two sessions. Equipment is provided. For more information and to register, contact club secretary Marian Cuckson secretary@enfieldcroquet.org or visit the website www.enfieldcroquet.org



Smart parrot

During a lull between speeches at the recent American Presidential swearing-in ceremony in Washington, Melania Trump leaned over to chat with Secretary of State, Rex Tillerson.

"You know, I bought Donald a parrot for Christmas. That bird is so smart, Donald has already taught him to pronounce over two hundred words!"

"Wow, that's pretty impressive," said Tillerson. "But you do realise that he just speaks the words, he doesn't really understand what they mean."

"Oh, I know," Melania replied. "Neither does the parrot."

What's in a name

Ed Balls says the warm-up act before Strictly Come Dancing always told the audience: *"If you think Ed Balls is an embarrassing name, just think how bad it is for his sister. Her name's Ophelia."*

Bob's best

That great entertainer Bob Monkhouse left a file of his favourite jokes when he passed away in December 2003 and among his best jokes was: *"I still enjoy sex at 74 – I live at 76, so it's no distance."*

Careless words

A rather distraught Forum member phoned her GPs surgery asking if it was true that the medication she had just been prescribed would have to be taken for life. *"Yes, I'm afraid so,"* said the doctor, *"but why do you ask."* There was a long silence before our friend replied: *"Well doctor, I'm just wondering why you never told me how serious my condition is, because this prescription is clearly marked "no refills."*

Sayings to remember

"I have been told that Wagner's music is better than it sounds"- Bill Nye, humorist, quoted in Mark Twain's autobiography 1924.

Before Michael Parkinson interviewed Nelson Mandela in 2002, South Africa's president confided that he was slightly deaf. Parky said: *"I hope, Sir, you will hear my questions."* Mandela smiled and replied: *"I'll hear the ones I want to answer."*

"The marvellous thing about a joke with a double meaning is that it can only mean one thing" - Ronnie Barker, comedian (1977).

"You know you're getting old when the candles cost more than the cake" - Bob Hope, comedian who died in 2003 aged 100.

"Every form of addiction is bad. No matter whether the narcotic be alcohol or morphine or idealism"- Carl Gustav Jung, Swiss psychologist 1875-1961.

Fusion adds more classes

As members know, the Forum always encourages more people to join the activities at the Borough's leisure centres run by Fusion as we recognise the health benefits we all get from both the physical activity and the social side of exercise.

In the last issue of the newsletter, we ran a complete list of all the activities available on the special Over 50s days, but it is already out of date (in a good way!) as Southbury is now adding more classes. A pilates class is now available on Tuesday 1.15 – 2.10pm and a yoga class will also be added to the schedule soon.

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

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

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

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

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

Poetry Corner

What happens in Spring

March hares jumping across the grass,
Housewives airing their bedding,
The Farmer ploughs his field,
Children looking for the first violets,
Elsewhere they are still picking snowdrops,
The shops stock Spring Cleaning Products.
And Easter Eggs.
Every season has become a selling or buying opportunity,
The Garden Centres are getting busy,
As gardens and cemetery plots get cleared for new plants.
People dress in brighter colours,
Children prepare for Mothers' Day.
And the birds don't need feeding any longer.

Trudy Khan
Member of Forum Poetry Group

Wills and Probate

Lasting Powers of Attorney
Inheritance Tax Planning
Asset Protection Trusts



STENNETT AND STENNETT

Solicitors and Estate Agents
4 Winchmore Hill Road Southgate N14 6PT
020 8920 3190

If only we lived in.....Westminster

The Fairer Funding petition now has 8,000 signatures and the need to highlight the inequality has never been greater

If we received the same level of funding per head of population as the residents of Westminster, Enfield Council would this year have about £86 million more in government funding. It could, for example, provide £27 million more for Enfield's health, housing and adult social care budget and £15 million more for our children's education and services.

Enfield is currently receiving £331 per head of population compared with Westminster's £594 and Hammersmith's and Fulham's £540. This under-funding has gone on for years by successive governments, hence the all-party support for the Forum's petition calling on Ministers to recognise Enfield's needs faced with its growing population.

In addition, there has been a continuous reduction in funding to all local authorities under the government's austerity programme, which has seen Enfield compelled to make cuts of £118 million since 2010. Hence the need for an increased council tax this year which includes 3% being earmarked for adult social care providing a much-needed £3.3 million increase. The council's contribution to the much valued and appreciated Freedom Pass will be £11.5 million this year and it is worth reminding critics of the scheme that recent research showed that for every pound the bus pass costs, £2.87 is contributed to the local economy.

More than 8,000 people have now signed the Forum's Fairer Funding petition with some outstanding support from Barbara Dean who has already collected 250 signatures and is going for more, so is Hilda Singh with 300 signatures to her name and we know of another member with 150 sigs to her name. A number of stall holders at the very successful February Winter Fair took forms away and we'd urge everyone to send in their completed forms to the Forum office asap.

We hear too that members have placed the petition in a number of shops – from chemists to butchers – and Public Health Enfield assistant director Glenn Stewart has told us that the government has cut the public health grant to local authorities by £160 million. This means that Enfield's allocation for public health will be £51 per head of population compared to, for example, £135 per head for Kensington and Chelsea residents and £122 for people living in Hammersmith and Fulham.

Enfield is losing £436,000 from its public health budget in the financial year starting April 2017, and a further £1.3million by 2021. Public Health Enfield which strives to cut smoking, alcohol and drug abuse and obesity among all generations says it will be working to make the cuts as efficiently as possible, but it may be a false economy if it leads to more pressure on the NHS.

To sign the Fairer Funding for Enfield petition on line please go to www.change.org/p/enfield-borough-over-50s-forum-fairer-funding-for-enfield -search or you can contact the Forum office 020 8807 2076 for petition forms.

Seeking more toilet facilities

Enfield Council is looking for more shops and other premises to sign up to its Community Toilet Scheme

The Community Toilet Scheme (CTS) is a borough-wide scheme that has been operating since 2009 to provide clean, safe and accessible public toilets for residents and visitors. Under the scheme, businesses let members of the public (not just customers) use their toilet facilities free of charge during normal opening hours without the need to make a purchase.

Several of the premises offer wheelchair access and baby changing facilities. Local businesses are paid an annual fee between £500 and £800 to make their toilets available for public use and help towards upkeep of the toilets. The amount of fee depends on the toilet facilities they can offer. The libraries and Tesco's stores have waived the fee. Participating businesses will display one of the following stickers in their window, depending on the facilities available:



Directional signs are also erected on lamp posts near each business. These are recognisable with a blue and white arrow giving the name of the business and stating the availability as 'Open Business Hours'.

There are currently 28 members across the borough. Some members have been on the scheme since it started, others come out of the scheme and are replaced by new members.

The current members of the scheme, along with opening hours, are listed on the Council's website:

<https://new.enfield.gov.uk/services/leisure-and-culture/leisure/community-toilet-scheme/>

Unfortunately, we do not have room here to list all the members, but you can go into the libraries (which also offer toilet facilities) and ask them to show you how to print off this list.

Owners of shops and others premises who wish to be considered for the scheme, please contact the Council.



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Tips to keep busy - and healthy

It's never too late to start exercising, and see a huge improvement in your health.

A relatively little effort, such as walking or cycling for just 20 minutes a day, for instance, can reduce a 60-year-old's risk of heart disease by a fifth.

Researchers have found that regular light spells of exercise were more beneficial than long and vigorous ones. So every little helps such as *hiding* the phone. Rather than keeping your cordless or mobile phone by your side at home, leave it in another room so you have to move quickly to answer it.

And when you're chatting on the phone, resist the urge to slump into an armchair. Keep moving around the house while you talk. Simply standing rather than sitting can burn up to 50 more calories in an hour.

If you are only buying a few items in the supermarket carry a basket instead of using a trolley. This will work the muscles in your arms and build up strength in your bones, and if you're driving, resist the temptation to park your car near the entrance so you can fit in a walk to the store and back. Even better, leave the car at home and walk or cycle instead.

Lose the TV remote

Remember the days when you had to get up from the sofa if you wanted to change channels? Changing channels manually can burn up to 15 calories an hour. And if you get up and move around during the boring advert breaks, you'll burn considerably more.

Start the day with a stretch

The simple act of stretching improves flexibility and range of motion, which becomes increasingly important as we get older. Yoga expert Abi Mills suggests: When you wake in the morning, before you even sit up, point your toes, stretch your arms over your head and stretch our your entire body. Relax and repeat five times. Take a few long deep breaths to start your day full of energy.

Stuck in a GP waiting room or sitting at your table at home? 'Make sure your feet are firmly on the floor and that your back is straight,' says Abi Mills. 'Place both hands on to the right thigh or side of the chair and gently take your gaze over your right shoulder. Hold for a few breaths and repeat on the left. Repeat the exercise three times. Doing this daily will improve flexibility in your spine and release any tension in your back.'

Ignore the lift

Whenever possible, use the stairs instead of waiting for the lift. Admittedly, a trip to the fourth floor might mean you need to use the lift on the way up – but that doesn't mean you can't walk down again. And don't feel intimidated by those hassle-looking types who scurry up the stairs two at a time: they're actually burning significantly less calories than those of us who tread on every step, according to a study from the University of Roehampton.

Potter!

At a loose end? Tidy the kitchen drawers, clear out your wardrobe or do a spot of light dusting. Pottering around the house for two hours a day could burn enough calories to take three inches off your waistline over time, according to recent research from the University of Queensland. Or why not do a spot of gardening to get fit.

Turn the heating down

Obviously, we're not suggesting you sit there shivering. But if you've taken our advice to do a spot of pottering, try turning the heating down to encourage yourself to keep warm by moving for a while longer. You can turn it back up again when you've finished.

Pack your cupboards wisely

Think only a fool would store the teabags on the top shelf and the biscuits at knee level? Actually, there's method in this madness. Storing items you use regularly in low and high cupboards will keep you moving and reaching to improve flexibility.

Fill up the calendar

You don't need to plan a trip to the gym or a six-mile hike to ensure you get enough exercise. However, filling the calendar to ensure you always have something booked in – whether that's tidying up the garden, meeting a friend for coffee, going to an exhibition – or choosing a trip from our Social Committee's calendar in this Newsletter will save you from the lure of a couch potato lifestyle. Ultimately, the trick to building more exercise into your day is to keep busy.

Advertorial

New Back-Door Death Duty - coming May 2017

By Solicitor Bal Patel

You may be relieved to know that Inheritance Tax is being cut so that if a married couple leaves their estate worth less than £1 million to their children, from 2020 there will be nothing to pay. Unfortunately, the chancellor giveth and the court taketh away!

Last year the government proffered a "consultation" on their proposed fee hike on probate applications. It was dressed up as a method for the court to recover rising costs but is in fact a subsidy for the rest of the ailing court system.

The government have since pushed the reforms through even though only 2% of the experts responding to the so called consultation were in agreement. Thus as of this May, the probate fee payable to the court will rise from £155 (£215 for lay applications) to the following structure:

£300 for estates worth more than £50,000 and up to £300,000
£1,000 for estates worth more than £300,000 and up to £500,000

£4,000 for estates worth more than £500,000 and up to £1m
£8,000 for estates worth more than £1m and up to £1.6m
£12,000 for estates worth more than £1.6m and up to £2m
£20,000 for estates worth more than £2m.

The good news here is that estates worth under £50,000 attract no probate fee, but even here probate is not usually needed for such an estate. The bad news is that if you own a three bed semi-detached property in the Enfield area, the probate fee payable by your executors is likely to rise to £4,000 or more – that is a 1,760% jump!

To make matters worse, this fee must be paid prior to probate, meaning that your executors or beneficiaries may have to pay this out of their own pockets. The hidden tax will hurt the most those whose estates are asset rich and cash poor.

Unfortunately, there is little you can do to avoid this fee, and the industry predicts that there will be a huge rush in applications for grants to be issued in April before the new fees come into effect. Given that a personal application for probate usually takes upwards of three months, it is vital that you contact our private client team to obtain a no obligation quote if you have a probate matter which requires urgent attention.

For specialist advice on this and other matters, contact us at Stennett Solicitors, based at 4 Winchmore Hill Road Southgate London N14 6PT, or call 020 8920 3190.

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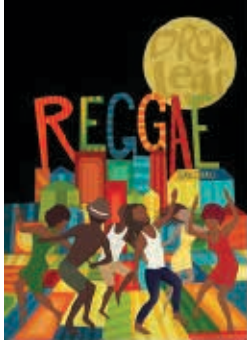
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ENFIELD OVER 50S FORUM

Reggae Dance Nights



on Monday 24th April 2017
& Monday 22nd May 2017
8pm to 11pm

at

All Saints Church Hall, Church
Street, Edmonton, N9 9AT

All Saints Church Hall is a 5 minute walk from Edmonton Green train and bus station. Buses W6 or W8. Car parking for 12 cars and another free car park 3 mins walk away opposite the school and Lambs Pub.

Tickets £3 for members in advance from the Forum Office (020 8807 2076) or £5 for anyone on the door

PLEASE BRING YOUR OWN ALCOHOLIC DRINKS.

Reporting adult abuse

Enfield Council has set up a dedicated helpline where we can report suspected mistreatment and abuse of adults

Residents are being urged to use the Enfield Adult Abuse Line if they think older people or those who need extra care and support are being mistreated.

Anyone who believes abuse is taking place can use Enfield Council's dedicated hotline, 020 8379 5212 or the Enfield Council website to report abuse of adults in the borough.

Abuse is when someone does or says something to make someone feel upset, scared or frightened; this includes financial abuse and scam traders, or when someone is physically hurt.

Abusers can be friends, professionals or family members or scam traders. The confidential service is part of Enfield Council's work to safeguard adults. Enfield Council's Cabinet Member for Health & Social Care, Cllr Alev Cazimoglu, says: "The vast majority of older and vulnerable people are well cared for, but unfortunately abuse does happen and often by the very person they should be able to trust. Last year, we had over 1,200 reports to the council that an adult with care and support needs was being abused."

"In Enfield, reports of neglect and physical abuse are the most often reported, though many other forms exist. These include financial, psychological, sexual, discriminatory, domestic violence and organisational abuse."

"We want people to tell us when abuse is happening so we can stop these sickening crimes. If you think someone is doing or saying something which makes someone upset, scared or frightened, I would urge you to report it. It is never acceptable and never the fault of the person being abused but we must all work together to prevent this most unpleasant of crimes."

"Enfield Council have specially trained staff who are here to provide support. You will be listened to in confidence and your concerns will be taken seriously."

Enfield Adults Abuse Line can be reached on 020 8379 5212. Abuse can also be reported at www.enfield.gov.uk. Textphone users please call 18011 020 8379 5212. In an emergency, you should always ring 999.

Last chance to block 2nd class NHS

Enfield NHS Clinical Commissioning Group (CCG) has reluctantly agreed to add an extra meeting - an evening consultation - on its controversial plan to change and raise the thresholds before patients qualify for NHS treatment. It will be held at the CCG offices, Holbrook House, Cockfosters Road (near Cockfosters station) at **6pm on Monday April 24** and we would urge Newsletter readers to attend.

The CCG has been compelled by public pressure, largely led by the Forum, to extend their totally inadequate 30-day consultation ending on March 31 until April 30. A further setback for the contentious CCG proposal was handed out by the council's Health Overview Scrutiny Committee which unanimously voted **to reject the CCG plan** until they produced supporting medical, clinical or scientific evidence for the changes.

The CCG was heavily criticised by Cllr. Terry Neville, leader of the Conservative group of councillors and his colleague, veteran health campaigner Cllr Anne Marie Pearce, along with Labour's deputy Mayor, Cllr. Christine Hamilton, for the poor level of public consultation and the failure to provide assurances about future NHS treatment.

We believe that our GPs will find their professional status undermined as they would be given a list of ailments including hearing loss, gallstones, knee replacement surgery and hernias and told when patients can be referred for further treatment, depending on the level of pain or unbearable deafness.

The Forum has warned that Enfield CCG is acting as pace-setter in a "**more pain for patients**" project which they want to start in June. Once implemented in the borough, it would then be introduced by linked CCGs in Barnet, Haringey, Camden and Islington and involve more than 2.1 million people - and then spread to other parts of the capital and the country.

It seems that following the years of health service underfunding in Enfield - leading to our CCG being placed by NHS England under "**special measures**" to balance the books - Enfield patients have been singled out for special measures in the treatment they can expect from the NHS. It will no longer be a National Health Service available to all based on need - but a postcode lottery NHS.

The CCGs clear intention is to limit the role of our GPs in exercising their clinical judgement, seeking to introduce new limits for treatment, while concealing that the real driving force for the changes is the need (as the CCG itself says) for "efficiency savings."

"The only way to judge the NHS is to compare it with the other 20 western countries in what percentage of GDP they spend on health. Our recent research shows that in 2010 the UK spent 9.4% of GDP on health, the highest ever figure. It has now fallen to 9.1%. Financially prudent Germany spends 11.3%, France 11.6% and the USA 17.1%. We get our NHS on the cheap. Yet because of the dedication of frontline staff, the UK is still one of the most cost-effective services in reducing mortality - but for how much longer? If Britain spent the west European average on health, we could soon match the per capita number of doctors and beds that they enjoy." - **Professor Colin Pritchard, University of Southampton, in a letter to The Guardian.**

Speaking to the House of Commons public accounts select committee in February, Simon Stevens, NHS England chief executive said: If you look at France, Germany, the Netherlands, Switzerland we are spending substantially less. We are spending 30% less per person on the health service than the Germans."

George Ttoui Burlington Wealth Management

APFS Chartered Financial Planner
Member of The Society of Later Life Advisers

and

Michael Stennett Solicitor

Member of Solicitors for the Elderly

Invites you to:

A mid-morning presentation followed by Buffet Lunch
entitled:

**How to fund for Long Term Care Fees
and mitigate Inheritance Tax.**

&

**The role of trusts in planning for Long
Term Care.**

Wednesday 26th April 2017

To be held at:

**Enfield Golf Club, Old Park Road South
Enfield, Middlesex, EN2 7DA**

10.00 am – Welcome and Beverages

10.30 am – Presentation.

12 midday – Questions and close.

A Buffet Lunch will be served.

**You should attend this event if you want to
benefit from understanding:**

- **The 6 ways to manage money to pay for Care Fees**
- **How to set up Trusts to reduce or mitigate Inheritance Tax.**
- **The impact of lifetime trusts and will trusts on paying for Long Term Care**

Please confirm your attendance by contacting:

Stennett Solicitors T: 020 8920 3190

E: enquiries@stennett-stennett.co.uk

or

Burlington Wealth Management

T: 020 8882 6688

E: george@burlington.uk.net

Do I need to sell my home to pay for care fees?

Not necessarily. Before a big decision is made like selling the family home to pay for care it is important to understand the type of care that is available. It may not be necessary to move into a residential care home as care in the home is readily available, known as domiciliary care. A carer can be found through a reputable domiciliary care agency.

The first port of call is to set up an assessment of the persons care needs with the local authority. This will determine the level of care required for the individual. Having assessed the care needs a financial assessment is then completed to determine whether there is an entitlement to have any of the care need partly or fully funded by the local authority.

The financial assessment will involve the completion of a detailed questionnaire that will list all of the assets owned by the person needing care. There are some instances when the property is disregarded and also certain investment products are disregarded.

It is also important to make sure you are eligible and you are receiving all state benefits. Apart from the Attendance Allowance and Disability Living Allowance, if it is determined you are entering a care home with nursing provision you may be eligible for registered nursing care contribution. This is a contribution towards the cost of providing nursing care and is paid directly to the residential care home. Depending on the level of need it is also possible that you may qualify for NHS fully funded care. This is decided by the local primary care trust and can be assessed at the same time as the registered nursing care contribution.

If your personal assets have a value of more than £23,250, you have to pay the cost of the long-term-care you will receive, but does this mean you have to sell your property to pay for the cost of care?

In the first instance you should seek financial advice preferably from a qualified financial advisor who is a specialist in advising older people in financial matters. You can find a fully accredited member of SOLLA (Society of Later Life Advisers) who will follow a strict code of conduct and has been vetted to have the necessary experience and skills.

An advisor will review all of your assets including cash deposits and any existing investments. An option for meeting the care fees is to place a lump sum on deposit or in a suitable investment to withdraw funds to meet the care fees.

Alternatively there are various care fees plans that are designed to meet the cost of care where income is guaranteed in exchange for a lump sum payment. This approach provides certainty that the fee is paid with a cap on how much the cost of your care will be. On the other hand, if you die earlier than expected then you will lose some of the money you have paid for the care fees plan.

If there is not enough capital to meet the cost of care fees the home becomes the last resort however it does not necessarily have to be sold. In some instances, a lifetime mortgage might be appropriate in order to raise the funds needed to pay for the cost of care. This means the home is still owned by the individual and can ultimately be passed on to the next generation.

In certain circumstances the local authority may offer a deferred payment scheme. This is where the local authority will cover the cost of care and this means you won't have to sell your home immediately to pay for the care homes fees. If you are eligible you make an agreement with the council saying that the money will be repaid when your home is sold. You can choose to sell your home or the debt can be repaid by your Executors after you have passed away. Your local authority might charge interest on the deferred payment to cover the costs. Typically, this will be around 2%. Like having a mortgage: if the value of your home increases this will effectively pay towards your care costs.

Clearly, funding for care fees is a very complicated financial matter and one that all families should be urged to seek the necessary financial advice.

George Ttoui who is a Chartered Financial Planner and accredited member of SOLLA will be holding a presentation at **the Enfield Golf Club on Wednesday 26 April 2017**. The presentation is entitled 'How to fund for long-term care fees and mitigate inheritance tax'.

Three bedroom holiday home, Algarve, Portugal

In a small development with two shared pools in Luz and 10 minutes' walk to the beach our furnished house has three double bedrooms, a lounge/diner, fully equipped kitchen/breakfast room, two bathrooms, balcony, ground floor air-conditioning. Gated Parking.

Luz is an hour's drive from Faro airport with supermarkets and many restaurants. The family friendly beach is in a wide sandy bay. Boavista Golf & Spa Resort, within three kilometres.

For available dates contact: Alan Barnes

eltoroproperty@yahoo.co.uk 07758326073

SOCIAL CALENDAR

As usual we try to cater for all tastes and pockets but are always looking for ways to ensure that we cater for as many members as possible. We can only do so much and whilst we are a pretty imaginative and adventurous group most of us have busy lives: don't forget that we are volunteers. More events will be added as we develop our programme. We welcome suggestions which you would be prepared to carry forward with the experienced assistance of committee members. Be creative!! If you have ideas to put to the committee, you can contact me, Irene Richards, on 0203 715 0946 or, preferably, by email: poosticks2@sky.com. NB: Do please note the occasional advisory warning re limited mobility – this is done when necessary to avoid you booking for a trip, etc. for which you are not able. You cannot always rely on others to help you.

For the many who have enjoyed their trip/s to the Dovercourt Hotel, organised each year by Jacky Pearce, unfortunately the hotel has closed so there will be no more tripping the light fantastic to the mellow tones of Myra and Terry. Also, Terry had a heart attack, recovering well we hear, so they have had to curtail their travelling around as well.

The Christmas Disco! We have had people asking about this popular event. Unfortunately we do not have anyone on the committee who is free to organise it. Is there any one, or two together out there willing and able to do this with guidance from the Committee?

Thursday 27 April at 2.30pm. Stepping Out at the Vaudeville Theatre. After 26 years, this wonderfully funny and heartwarming comedy returns to the London stage. Do not miss this opportunity to buy your tickets at £44.50 (face value £77.00). Very few tickets left. To book, please **contact Jean Mittins on 01279 899 069 or email mercia1211@talktalk.net**

Thursday 18 May. Forum Lunch at Pasticcio, 12.30pm. Join us for a scrumptious lunch, at the delightful Pasticcio restaurant at 49 Cannon Hill, Southgate N14 6LH. Easy to get to by tube, bus or car as it's very close to the Cherry Tree Pub and Southgate Green. For just £17, this set menu meal consists of a starter and main course, to tempt your taste buds. The price includes a tip and small donation to Forum funds. Drinks and desserts are additional for those who want them. For a copy of the menu, so you can preselect your dishes, **email Olivia at oliviagoodfellow19@gmail.com or call her on 020 84478841.**

Or come out for Supper the same venue...

Wednesday 24 May. Forum Supper at Pasticcio, 7.30pm. (Location and travel details above) For just £24, this set menu meal consists of a starter, main course and dessert, to tempt your taste buds. The price includes a tip and small donation to Forum funds. Soft drinks are included but alcohol and coffees are additional for those who want them. For a copy of the menu, so you can preselect your dishes, **email Olivia at oliviagoodfellow19@gmail.com or call her on 020 84478841.**

Thursday 8 June. Day trip to the Suffolk coastal towns of Southwold and Aldeburgh travelling by Davian Executive Coach. Pick-up Point: 8.30am Prompt at Argos/Lidl, Cecil Road, Enfield. Arriving at Southwold at 11.30am. You may choose to lunch at the Pub on Southwold Green or stroll along the seafront to the Pier cafes. We leave Southwold at 2.30pm heading to the unspoilt town of Aldeburgh famed for its association with the composer Benjamin Britten and the

singer Peter Pears. Here you may explore the town and take afternoon tea in one of the seafront hotels or High Street Cafes. We leave Aldeburgh at 5pm travelling back home, expecting to be in Enfield by 7.30pm. Cost: £22 (excluding lunch and tea). To reserve your place please call **Roy Barrows on 0208 360 8561 or email to roycar1939@btinternet.com** Once you have a confirmed booking please send your cheque made payable to: Enfield Over 50s Forum (enclosing stamped address envelope for return of tickets) to Roy Barrows, 72 Broadfields Avenue, Winchmore Hill, London N21 1AH

Tuesday 20 – Friday 23 June. Three night break in Leeds. Sightseeing, shopping, a three-mile stroll (/55 mins approx..) along the Leeds-Liverpool canal towpath from the world heritage site of Saltaire through Bingley to the unique Five Rise 'staircase' lock. **No money required yet, but to express an interest ring Cheryl Byamukama on 0208 363 0732.**

Tuesday 25 July. The Cream of Leicestershire and Rutland Water - escape to the country! A gentle day tour of Leicestershire's countryside famous for its dairy farming. We stop for lunch in Melton Mowbray, famed for its pork pies, Stilton cheese and Tuesday market. Later we drive and stop in Oakham, Rutland's county town. On arrival at Rutland Water we board our touring boat *Belle* and later enjoy an included tea stop at the Harbour Café beside the largest reservoir in the Midlands and a paradise for wildlife. Cost per person is £48. For a booking form and further information **contact Olivia on 0208 447 8841 or email oliviagoodfellow19@gmail.com. Just been sold out but there is a waiting list if you want to try.**

Thursday 14 - Monday 18 September. Five days experiencing the Isle of Man Heritage Rail Adventure. Delve into the culture of this fascinating island on this very special Forum trip. Traverse beautiful green hills aboard the Heritage railways, admire far-reaching views and discover coastal towns and unique communities that draw people from all over

the world. It was recently featured on the TV programme Countryfile. Price from £579. For all details and a booking form, please **contact Olivia on 0208 4478841 or email oliviagoodfellow19@gmail.com**

Expressions of interest for these events are invited:

date tbc: Visit to Stamford Bridge, the home of Chelsea FC, and its museum. Are there any members who might like to make this visit? The cost would be £14 and the tour lasts about an hour with possibly a lunch afterwards. You do not have to be a fan, merely interested in football – but it can get quite partisan at times. There are often many people from overseas so it may well end up being quite an international group. There are facilities for the disabled. With smaller numbers we would be part of a larger group. You can use your freedom pass and travelling is fairly easy to Fulham Broadway. If you are interested, please contact **Sue Scott on 020 8368 0861 or scotsf48@hotmail.com**

NB: Early October. We are thinking of doing a **four night trip to the vibrant city of Liverpool.** At the time of printing, the cost is estimated to be around £375 for twin/double occupancy and £475 for a single room, and will include some excursions. **To express your interest, and to go on the list for future contact, please phone Jean Mittins on 01279 899 069 or email mercia1211@talktalk.net**

Looking and booking ahead for 2018!

Thursday 19 April - Tuesday 1 May 2018. Join us on this trip of a lifetime to the Thunder Kingdom of Bhutan! This incredible adventure in the mountain nation of Bhutan and Nepal, a kingdom long hidden from the world, offers views of the mighty Himalayas, sacred shrines and spectacular temples as well as exploration of Buddhist monasteries and impressive fortresses. One Forum member has just returned from here and says he will book to come again with us, as it was so fantastic. Yes, it's not cheap at £3399 per person, but there is plenty of time to budget and it will be worth it when you see the itinerary! For further information, booking form and any questions, contact Olivia on 0208 447 8841 or email oliviagoodfellow19@gmail.com

NB. All are welcome as long as you are in good physical health and with full mobility.

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.

Forum Clubs

Book Club

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

20 April: The Paying Guests by Sarah Waters

18 May: All the Old Knives by Olen Steinhauer

15 June: We are All Completely Beside Ourselves by Karen Joy Fowler

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

Walking group

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

Woodwork and Handicraft Group

One of the group's members, Helen Ball, tells us about the group:

When I met a friend the other day she commented on how much she liked the necklace which I was wearing. "Thank you," I said. "I made it at woodwork." The surprised look on her face made me realise what I had just said and indeed how much I take the woodwork group for granted.

When the group meets each Tuesday not only are we involved with wood, but also have had sessions on jewellery making.

Rings have been made, enamelling has been successful, and many very pretty bracelets and necklaces have been made by members of our group.

Woodworkers under the expert eye of John, our teacher, helped by JP and Joe also continue to learn and very much enjoy creating all sorts of interesting objects. To name a few: a wonderful candy cart, garden planters, small folding tables, storage boxes, magazine rack, candle holders, jewellery boxes, a CD holder, umbrella stands and many other useful and attractive items.

The range is so wide because the word "no" does not seem to be part of John's vocabulary. Whenever we ask if it would be possible to make something, the answer always seems to be: "Yes, you could do that."

I know as far as I am concerned I tend to think "I'm not sure I can." However, I know that with John's expert help and extreme patience I will be able to have a go!

The ability of our group ranges from beginners to those who are more experienced, but at whatever level each member has reached, John, JP or Joe are always ready to help and every lesson I leave having learnt something new.

A big "thank you" must go to John who gives of his time freely not only on a Tuesday but during the week when he orders stock, etc.

We are a very happy bunch of people achieving things many of us thought not possible, and at the end of each term we leave suffering 'withdrawal symptoms' and already looking forward to the new term. Thank you John, JP and Joe.

Note:

There are no free spaces at the moment unfortunately as numbers are very limited due to the size of the workshop, but for more information, call John Lombard on 020 8367 5921.



Forum meetings

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

At the Civic Centre, Enfield

Tuesday 25 April in the Civic Chamber

Rob Leak retires in May 2017 as Enfield Council's chief executive. He looks back on *his 14 years' work in the borough and discusses the future of local government.*

Tuesday 30 May in the Conference Room

The Forum's 2017 AGM. Following the **AGM Fiyaz Mughal**, director of Faith Matters, which helps reduce conflict between communities and aims to develop strong relations between all faiths, speaks on *racial crime and incidents - the new menace in our midst.*

At Millfield House, Silver Street, N18 1PJ

Thursday, 13 April

Laura Brassett will talk about *the Care Act, its implications for her organisation, Home Care Preferred, and how it is coping with the current funding crisis.*

Thursday, 11 May

Christine Whetstone, the Forum's chair, will talk about *"Working with offenders - in prison and in the community"*.

Southgate Beaumont, 15 Cannon Hill, N14 7DJ

Tuesday 18 April

Tina Coletta from the Enfield Chiropractic Clinic talks about *the role of chiropractors in providing high quality natural spine and joint healthcare.*

Tuesday 16 May

Colin Veitch, Honorary Vice-president of Saracens Rugby Football Club, talks about *the Saracens players who fought and died in World War One.* (More details on back page).

The Forum Poetry Group

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

20 April - will be led by Mary Horsfield on theme of relations, friends, neighbours.

25 May is an open session when you bring whatever poems you like and/or a favourite piece of music. (We have a CD player)

For further information, contact Irene Richards on 020 3715 0946 or by email: poosticks2@sky.com

In every newsletter, we publish an original poem by a Forum member. You don't have to be a member of the group to submit your work for consideration. Please send your poems (no longer than 15 lines) to Irene.

The Forum's Knit & Natter Group

The Knit & Natter Affiliated Group has two weekly sessions at the Dugdale Centre, 39 London Rd, Enfield.

Tuesday afternoons 2-4pm and Wednesday mornings 10.30am -12.30pm.

Both experienced knitters and complete novices are welcome. 50p per session. For details, **contact Liz Gilbert** on 020 8360 7386

Our Free confidential drop-in advice service

At the Dugdale Centre

(corner of London and Cecil Roads, Enfield Town)

Every Monday 10am to 12 noon

- Enfield Citizens Advice benefits, debts, pensions etc
- Solicitors Stennett & Stennett
- George Ttoui: tax and HMRC queries on 10 & 24 April, 8 May, 5 June
- North London Credit Union's Maureen Malcolm now attends offering information on affordable loans and secure savings. Established in 1994 they offer competitive loan rates, a choice of fully-protected savings accounts. Free and simple to join. Fantastic way to support a local community service.
- Advice from the Alzheimers Society – for anyone with concerns about dementia either for themselves or a relative or for professionals. Remi Oke from the Alzheimers society will be at the Drop-In on 8 and 15 May.
- Screening for hearing tests by an NHS audiologist on Monday 8 May and 5 June can be booked through the Forum office

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

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

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

Admission £3 is less than half normal prices

Please call the cinema for details of the films. 0871 200 2000

We will also include the listing in the Forum eNews as soon as we receive it from the cinema.

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

The Saracens' WWI project

Saracens Rugby Club players who volunteered for the Armed Forces in 1914 were part of a patriotic trend exhibited by many of the nation's amateur sportsmen, who showed little hesitation in signing up to play 'the Greater Game' for King and Country.



The co-author of the report **Colin Veitch**, Saracens Honorary Vice President & Saracens Life Member, will present and highlight the lives of those Saracens players who fought & died in the First World War.

The talk will take place at the Beaumont Centre 10.30am on Tuesday 16 May.

Have you ever dreamed of playing a



Why not turn your dream into a reality?

You might be thinking "I'm too old to start learning". Well, in my experience you're never too old. Providing you're prepared to put in some regular practice you'll be surprised at what you can achieve.

Now I'm not suggesting you'll be giving recitals at the Albert Hall but that isn't necessary to reap the rewards of being able to play. Whatever level you reach it can give you a deep sense of fulfilment. What's more learning to play has been shown to be one of the best things you can do to keep your brain in good shape.

I'm a teacher with many years' experience of teaching all ages. I particularly welcome older learners.

You can find out more about me at my website: www.johndennis.biz. Or phone me on 020 8363 4180 for a chat. You can also email me on johndennisuk@yahoo.co.uk.

Join our lottery club for just £5 a month



January winner
Esther Rosen with Jim Cattle

You could join our lottery club to help raise money for the Forum. We are currently working towards purchasing a new PA system to ensure our members can always hear clearly at meetings. Or you could join simply because you'd like the chance, once a month, to win

£200 for an investment of just £5 a month!

Either way, sign up today and you too could be featuring on these pages as one of the lucky winners. Congratulations to our latest winners, Esther Rosen (January) and John Lombard (February)



February winner
John Lombard with Jim Cattle

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

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