

Enfield Borough Over 50s Forum

Annual Report

For the year ending 31st March 2018

Presented to the Forum's annual general meeting
held at the Civic Centre, Silver Street, Enfield Town
Tuesday 29 May 2018

Enfield Over 50s

“Don't talk about us, Without us”



Supported by



President Monty Meth, MBE

Executive Committee/Trustees 2017/18

Chair	Christine Whetstone
Secretary	Tony Watts
Vice Chairs	Peter Smith John Ball
Treasurer	Champak Mistry
Social Committee Chair	Irene Richards
Health Team Lead	Vivien Giladi
Members:	Mobin Ahmed Jim Cantele Yvonne Mulder Joyce Pullen Chris Osborne Joan Stephenson Talat Shaikh

Social Committee

Chair/Secretary	Irene Richards
	Roy Barrows
	Cheryl Byamukama
	Jim Cantele
	Richard Cohen
	Heather Cole
	Olivia Goodfellow
	Jean Mittins
	Jacky Pearce
	Gillian Porter
	Sue Scott
	Graham Thomas

Newsletter editor
Newsletter editorial team

Yvonne Mulder
Monty Meth
Tony Watts
Fiona Sanders
Jim Cantele

Ways and Means Steering Group

Jan Oliver
Joan Stephenson
Cllr Vicki Pite
Tony Watts
Christine Whetstone

eNews compiler
200 Club organiser

Office Staff

Jan Oliver, Development & Office Manager
Diane Barron, Administrative Assistant
Liz Delbarre, Administrative Assistant

Representation on external committees

John Ball:

Chair, Outer North London Companions Friendship centre
Vice-Chair, Greater London Forum for Older People

Walter Bowry:

Trustee, Enfield Voluntary Action

Vivien Giladi:

Enfield Health & Well-Being Board
Enfield's Health Improvement Partnership
North Central London STP Watch
Health Campaigns Together

Monty Meth:

Chair, Oakwood Medical Centre Patients Committee

Joyce Pullen:

Member Patients Participants Group
Volunteer at Nightingale Hospice

Irene Richards:

Enfield Older Peoples Board
Enfield Safeguarding Adults Board (ESAB)
Chair Service User, Carer and Patients subgroup of ESAB
Co-Chair Enfield Quality Improvement Board
Quality Checkers
Dignity in Care Panel
Chair, PPG Abernethy House
Trustee, Edmonton United Charities

Joan Stephenson:

Forest Road Group Patients Participation Group

Talat Shaikh:

MCEC Trustee and chair.
EREC Trustee and vice chair.
Committee member Faith Forum for London
Member Enfield Faith Forum
Muslim Faith rep London Resilience Group.
Member LBE Strategic Partnership.
Member Brunswich Park Medical centre PPG.

Peter Smith:

Enfield Over 50s Forum representative on the Enfield Transport Users Group.
Enfield Over 50s Forum & ASLEF representative and Executive Member on the NPC London Region.
Enfield Over 50s Forum representative on the Patient Representative Forum (PRF) and Public Led Assessment of Care Environment (PLACE) at the North Middlesex University Hospital.
Heathwatch Public Involvement Association.

Tony Watts:

Enfield Strategic Partnership Board
Enfield Older Peoples Board (Vice Chair)
Enfield Leisure & Culture Board
AgeUK National Policy Sounding Board

Christine Whetstone:

Amnesty International Speaker
Amnesty International Project Member
Enfield Youth Offending Unit Volunteer
Police Community Monitoring Group
Police Independent Advisory Group

Chair's Report



In my view it is quite difficult to be upbeat at the moment. As you will be aware the Forum is maintaining its membership which still stands at 6,000 members and all our activities and events continue to be popular. However, how much longer we can

continue in this way depends on funding, which is becoming harder to acquire. We are more and more reliant on our membership fees and, to be frank, this situation will eventually mean that some events or activities may have to be curtailed in the future.

But let us look back on the past year with a smile.

We have organised two very successful events. In June, the Falls Day was, as always, very popular, giving those who attended health and practical advice and an opportunity to socialise with other members. We are looking forward to this year's Falls Day will take place on 18th June at Edmonton Leisure Centre. The Winter Fair in February was a triumph – and the feedback from members was absolutely fantastic. Most people said it was the best ever. Of course none of this would happen without the work of our office team. Jan Oliver, the Forum's Development Manager, is an outstanding organiser and, ably assisted by Diane and Liz, she ensures that everything runs like clockwork.

Jan has a team of willing and dedicated volunteers without whom the Forum would not be able to function. They work together at the big events but also give assistance in the office, at the Dugdale drop in, the Civic Centre..... the list is endless. Thank you all.

Our regular meetings are well attended and we have a range of speakers covering many areas and issues local, national and simply interesting or inspiring.

Forum groups and clubs continue to thrive and we encourage you to join us. Some members have told me that they love attending these groups, not only for the activity itself but for the opportunity to meet and form friendships with other members. We have the East of Borough Drop In at Millfield House, the Book Club, Coffee Club, Poetry Group, Walking Group, Woodwork and Handicraft Group, and the Writing Group.

I am delighted to report that members of the Writing Group were recently brave enough to read some of their work in public and hope to do so again. Perhaps you would like to start a club or group – if so please contact the office. The Social Committee continues to organise an impressive range of activities including visits, dining experiences, a bit of dancing and holidays. We are so grateful to them for their energy and expertise but they would welcome help and fresh ideas so if there is anyone who would like to organise a social activity please let Irene know.

Hopefully you enjoy receiving your newsletter in which you can find information about all of the clubs and activities – and more. Yvonne, the editor, is keen to receive articles so do get in touch with the office if you would like to make a contribution. Of course the newsletter would never reach you without the work of a team of Forum volunteers who put it together and ensure that the envelopes are stuffed and posted. Thank you all.

Your executive committee meets monthly. We are fortunate that some of our members represent the Forum at important meetings and consultations such as the CCG, EVA and council committees. It is so important that our voice is heard – not only for older people now, but to protect the needs of older people in the future. Members of the executive are also volunteers for the Forum in a variety of ways (we don't just sit on our bottoms and talk). If you are interested in joining the committee please make your voice heard.

We are incredibly grateful to have received donations from individual members, groups and Knit and Natter. This is a really important contribution which will help us keep going. Thank you so much.

FINALLY – A PLEA – HOW CAN YOU HELP THE FORUM?

Have you joined the Forum Lottery? Every month there is a lucky winner – the ticket is drawn in public at the Civic Centre meeting. The more people who participate the more you could win. Jim would love to hear from you.

Would you be willing to contribute by becoming a member of the executive committee? As I said earlier this is an active role – not simply attending a monthly meeting.

Would you like to become a volunteer for the Forum? It is great fun to work together with others and we value our volunteers because, without them, we would not be able to flourish.

Our regular speaker programme is very popular but it is becoming increasingly difficult to engage speakers. Would you like to be a speaker? Do you have an interesting hobby, interest or skill which you might like to talk about? Do you belong to another organisation which has attracted good speakers? If so, do tell.

Let us look to our future and to that of the younger members of society who will eventually be joining the Forum. We must ensure that older people are not ignored or forgotten and that we can live lives of fulfilment, enjoyment and good health.

Christine

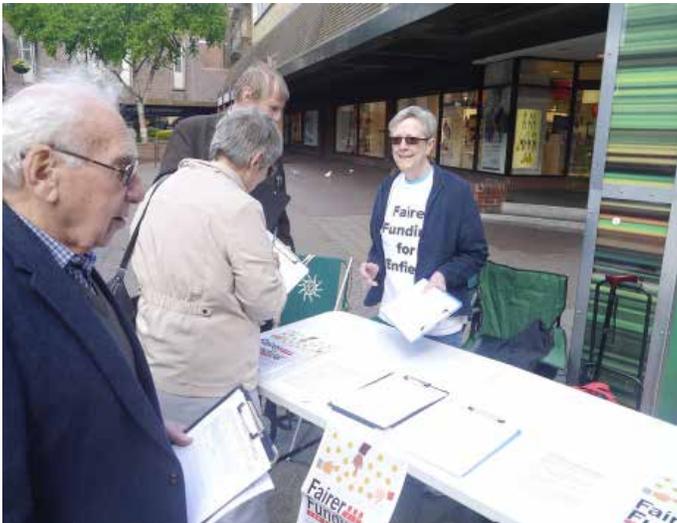
A Strong and Stable Year

Our financial year from March 31 2017 to April 1 2018 was marked by the Forum's support for STRONG cross - political party campaigning to secure fairer funding from government for all Enfield residents, coupled with our membership remaining pretty STABLE around the 6.000 level that we have achieved in previous years.

This is no mean achievement when we consider the increased across-the-board costs our members have faced, coupled with the mounting difficulty in securing funding from outside sources to maintain the all-round services we seek to provide in attaining increased years of good health for our growing population of older people.

Our most notable success was securing the support of 10,000 Enfield residents for our Fairer Funding Petition to the government following eight successive years of lost local government grants to Enfield totalling £161 million since 2010.

Thanks to Enfield North MP Joan Ryan tabling



Forum President Monty Meth and Chair Christine Whetstone collecting signatures for our petition in Palace Exchange

numerous questions and sending letters to Ministers on this issue, there is little doubt that our message has been heard loud and clear in Whitehall. But we are still requesting and waiting for a face-to-face meeting with Ministers in the Department of Housing, Communities and Local Government to formally present our petition.

Although the government has for months been consulting on the future funding system for local authorities - and plans to talk for another year at least - there is no sign of any more money being put on the table from 2019 or 2020 when a new deal is promised.

Consultations are cheap; talk is cheap; but unless the government grant system is changed there can be no let-up on our part because the social care

needs of our fellow citizens; the educational needs of our children; the special needs of children with learning difficulties will continue to be undermined and under-funded.

The test will be whether government ends the wide disparity between the per head of population grant given to Enfield compared to other London boroughs.

Westminster £917; Hammersmith and Fulham £900; Kensington and Chelsea £815 - Enfield £496.10.

This is the discrepancy and discrimination we seek to end.



Monty Meth with MP Joan Ryan and Glenn Stewart assistant director of Public Health Enfield at the Winter Fair

Finance

Charity Commission recommendations are that we only maintain contingency reserves sufficient to cover costs in the event of the Forum having to close. As noted in the accounts detailed in **Appendix II** this is a sum of approximately £50,000. At the year ending March 2016 our contingency reserve was considerably in excess of this and as a result our executive committee had a policy of spending more on events for the public good and in updating office equipment.

Now that the contingency reserve is at a sensible working level it is incumbent on the executive committee to ensure we maintain balanced budgets in future years. This means that unless we can obtain additional support from funding and other agencies some of our activities may need to be curtailed. That our financial position remains well under control is thanks to the diligence of our treasurer Champak Mistry and these thanks are coupled with those to the independent examiner Yusuf Gulamhusein who has again audited and approved the accounts.

The annual accounts reveals that although we have boosted the income from advertising in our Newsletter and we benefit from numerous social events, our lottery club, holidays and trips, the bulk of our income comes from our membership subscriptions. At an extraordinary general meeting held in February 2018 members unanimously agreed to raise individual annual subscriptions from £9 to £10, from £13 to £15 for couples and from £22 to £25 for affiliated groups. Life membership remains at £100 for individuals and £150 for couples.

The increased fees will, we hope, go some way towards reducing the £15,000 a year gap between

our income and expenditure - a gap that has to be closed if we want the Forum to continue to survive and thrive for the years ahead.

We need this increased income from members, just as we seek support for our work from other charities and trusts, so that we can maintain our services to the Enfield community which range far and wide in endeavouring to keep our ageing population healthy and active in mind and body.

To do this we rely heavily on our part-time staff led by Jan Oliver, assisted by Diane Baron and Liz Delbarre who handle queries galore from our large membership and keep the Forum running smoothly in all we do. Although our executive are all volunteers, augmented by many other volunteers, we could not function without our part-time staff.

This is so often unrecognised by grant-giving bodies who often refuse to fund staff time. Our policy, however, has been to pay our staff above the London Living Wage and to enrol them in the new workplace pension scheme because we appreciate the time and diligent support they constantly give the Forum.



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

Dugdale Drop-in

No doubt reflecting the difficult economic situation experienced by many in these austere times, the number of people attending our confidential free advice sessions, held every Monday from 10am till 12 noon at the Dugdale Centre, Enfield Town, rose by over 60% in the year ending March 26 2018.

A total of 535 people came to the Forum's Dugdale Centre desk bringing the number of people to over 3,000 who have been seen by the team of advisers we have assembled since the venture started in June 2011.

Our principal volunteers - Kathleen Young, Rita Clayton, Meena Tilwani were joined by Suzanne March in October following the retirement of Dooreen Ashley who had for many years been a stalwart in receiving visitors at our reception desk. We thank our unsung volunteers who have again so brilliantly maintained their friendly service.

The CAB desk run very regularly - and efficiently - by Gillian McNally was visited by over 230 people - up from 150 last year and in the last year some 170 people sought advice from our solicitor friend Michael Stennett or one of his colleagues. Our tax adviser,

Forum member George Ttoui, saw over 70 people - almost double the number over the previous year.

During the year we also provided 55 hearing screening tests in cooperation with the audiology unit at Chase Farm Hospital enabling patients to know whether to ask for a GP appointment to secure a hospital referral.

We also strengthened the team of advisers during the year and now have regular monthly visits from Enfield police officers. Now that the only police station open with a public enquiries desk is at Fore Street, Edmon-ton, it is hoped that this service will become more widely known and welcomed.

The North London Credit Union continued to publicise their loans and savings services and Age UK Enfield now have a desk offering a wide range of advice from memory loss and dementia to strokes, falls and diabetes.

Newsletter

We continued to produce six issues a year of our bi-monthly Forum Newsletter which is posted to all members and distributed to all our affiliated organisations, to libraries, leisure centres and surgeries, which costs the Forum between £18,000 and £20,000 a year, partly funded by advertising. It is produced by a small voluntary editorial team with Yvonne Mulder as Editor assisted by Monty Meth, with Tony Watts handling the layout. And we have a wonderful team of Forum volunteers who meet regularly to get the Newsletters ready for posting.

The Newsletter has been produced for more than 15 years. It is the most important source of information for older people in the Borough, particularly since the Enfield Gazette & Advertiser ceased publication - and it is a key instrument in aiding the Forum's campaigning activities such as the Fairer Funding petition.

The Newsletter also brought to public attention the unfair tax burden imposed on NHS hospitals, forced to pay business rates while private hospitals claim charitable status giving them an 80% discount. It is a campaign the Forum intends to pursue since we have heard of no justification for this unfair treatment.

If it is suggested that private hospitals are registered charities since they have no shareholders and all profits are ploughed back into the business, surely the same applies to NHS hospitals. Our local North Middlesex University Teaching Hospital, for ex-



ample, is so under-funded that it is classed as being in deficit by millions of pounds, yet it is paying over £2 million a year in business rates.

If the Newsletter is to remain a leading campaigning force on this and other issues, it will need in the coming year to get some new blood to assist Yvonne in her key task of editing the Newsletter, since Tony is in his 80s and Monty is in his 90s. Having produced the Newsletter in its present format since March 2003 they clearly feel it is time for new blood and new ideas.

Campaigning

The Forum has been engaged with our three Enfield Members of Parliament and with Enfield councillors and officers on too many issues to list here. Among the most important, however, was our representations to the Boundary Commission who were, and still are, seeking to break-up the compact and unified Enfield Southgate constituency.

The proposal to split residents who now all pay their council tax to a single local authority in Enfield - and presumably would continue to do so - into parliamentary constituencies linked to councils in Barnet and Haringay - as well as Enfield - seems to us to undermine the concept of community cohesion constantly preached by the politicians.

This loss of democratic and representational rights is being proposed merely to ensure that all constituencies are within a margin of 5% of an arbitrary 60,000 electorate set in 2015. But this takes no account of the actual population increase in the last three years or the projected increase in the next ten years.

It does make us wonder whether the Boundary Commission has nothing better to do, when there is now some doubt whether the government still wants to press ahead with plans to cut the number of MPs from 650 to 600.

John Ball, the Forum's vice-Chair, led a 14-strong deputation of our members to meet the three MPs in the House of Commons for a broad-ranging discussion. They discussed the proposed grant allocation to local authorities and our Fairer Funding petition; housing and the benefits cap; raising the state pension to match the poverty level and many other matters.

We were glad to have this exchange with our MPs and we are pleased that the Borough continues to have a group of MPs who are so willing to listen and talk to us about our ideas and thoughts - and who are so willing to engage with Ministers on our behalf.

We wish we could say the same for the London

Mayor who has so far refused to meet our Forum president as part of a deputation from the Greater London Region of the National Pensioners Convention to discuss the appointment of a Deputy Mayor for Older People.

The London Mayor has appointed seven Deputy Mayors and a so-called Tsar for cycling and another Tsar monitoring London at night. But with more than two million Londoners over the age of 50 - some 25% of London's population - we think older people deserve their own voice at City Hall.

At present we are told various City Hall officers have "older people" tagged on to their responsibilities more as an afterthought than a positive move towards overcoming some of the problems affecting them, such as loneliness, isolation, depression - and improving the quality of life and health of older people.

We think this ought to be a full-time post in England's capital City with a named individual that we can see, talk with and will listen to our ideas and concerns. It is an issue we will continue to press with the support of the National Pensioners Convention.

Fusion leisure centres

In sharp contrast to many other councils across the country, Enfield has maintained its network of leisure centres during this difficult financial year and we have, in turn, maintained our strong links with Fusion Lifestyles, the not-for-profit company licensed by the council to manage the centres.

We are ever mindful that a very high percentage of our near 6,000 members join us to claim the discount we have enjoyed since 2004 - long before Fusion arrived to take over the centres from the former Enfield Leisure Centres Trust, which eventually went into liquidation due to the forced reduction in the council's subsidy used to help the Trust balance its books.

Time marches on from those days 14 years ago when we negotiated a £17 monthly pass to swim



Over 50s walking football team

anytime and any day and a new £8 discount card for the over 60s applicable to all activities. It was back then that we began our healthy life campaign trying to convince older people that the longer life expectancy we were enjoying needed to be accompanied by keeping the mind and body active.

It is hard to believe that despite the price of everything going up - together with Fusion - we have now negotiated a £7.50 discount concession card for the over 50s - not over 60s - instead of the full-priced £21.50.

Concession card holders made 98,152 visits to the leisure centres in the last financial year and nearly 2,500 over 50s who pay by monthly or annual direct debit made more than 108,000 visits. Taken together this surely is an outstanding contribution by the Forum towards improving health standards in the Borough.

The Forum's continued liaison with Fusion Lifestyles must rank as one of our greatest achievements since the Forum was reformed in 2001, particularly when linked to the growth of the Over 50s special days at the leisure centres which started at Southbury in 2003-4 and are now also a feature at the Edmonton and Southgate centres.



Over 50s netball at Southbury Leisure Centre

They are now being held twice weekly instead of once at these three leisure centres. At the present time the over 50s day is still only once a week at Albany leisure centre, but it is certainly a 2018 target to get Albany to two days as it is massively oversubscribed on the day.

Additionally we welcome the enterprise and initiative of our regularly attending Forum leisure centre members in organising holidays and social visits for over 50s days attendees which all help to engender a great community feeling.

Our relationship with the Fusion management continues to thrive and during the last year together we have appointed Ambassadors at each leisure centre



Talking about the Falls Stop Service at Edmonton Leisure Centre

to improve the range of classes, iron out any complaints and discuss future developments which link in with our long-established Get Fit for a Longer Life campaign.

The Forum undertakes to do all it can to promote the leisure centres, so as to improve their income and cash flow to make them more viable and less of a financial burden to a hard-pressed council. Our support for the leisure centres is obviously a factor in Fusion being able to plan improved facilities and an expansion to its range of activities in an industry growing ever more competitive.

Office and Development Report

This year has seen increased activity by our three part time staff, Diane Barron and Liz Delbarre ably led by Jan Oliver, our Office and Development Manager. A new database system has been phased in which now allows new membership applications, renewals and records to be processed more efficiently. A new document scanning device has also been introduced which allows us to reduce the amount of paper records needed to be kept. This year has also seen the introduction of online banking systems, enabling members to pay their fees through their own bank account.

Across the year, the office team have processed thousands of new and renewing applications, have produced invoices and banked all cash and cheques coming into the organisation. The Winter Fair, Falls Awareness Days, petitions, room bookings and outside stalls were organised by the office staff and enews is sent out from the office on a weekly/bi weekly basis. Enews is laid out by our volunteer, Fiona Sanders and the staff team is also well supported by a team of willing volunteers.



Volunteers gather at Millfield House to stuff 6,000 newsletters

Our thanks go to Placido Fernandez, Sharon Smith, Loanaid Dacosta, Lynda Chee, Meena Tilwani, Joan Stephenson and Donna Greene for all their hard work this year. Office staff also oversee the organisation of the fortnightly drop in at the Millfield - this group would not be possible without the help of our drop in volunteers - Jean Darby, Hazel Kinsler, Dipra Sinharay and Joan Stephenson.

Mailing out of our 4,000 plus bimonthly newsletters is handled by an enthusiastic bunch of "stuffers" led by Joyce Pullen and Peter Smith. But their task is preceded by our office volunteers putting address labels and stamping the envelopes and this saves us some £800 on postage costs every 2 months.

Finally our special thanks are reserved for member John Dennis who has spent many hours developing and implementing our new membership handling database system.

Health Matters 2017-18

This year has been very testing indeed for your Forum which has been trying its best to defend and maintain health services increasingly under threat from co-payments, withdrawal of procedures, GP shortages, reorganisations presented as improvements and creeping privatisation of its more lucrative parts. It has been hard but, as people have realised the pressure and threat the NHS is under from under-funding, we do feel that we are working with a receptive audience.

We continued to oppose the embargo on Over the Counter (OTC) prescriptions the Enfield Clinical Commissioning Group (CCG) imposed under cover of them all being cheap when in fact any number are not - as some of our members have learned to their considerable cost. In addition, we have become aware that GPs can only prescribe medications that are "on their list". Both these negative developments undermine GPs professional standing which the Forum cannot support as we rely on their training and judgement and want to retain as many as possible in the borough.

Our biggest ever Forum meeting, attended by over 150 members of the public, and addressed, among others, by the Southgate MP Bambos Charalambous, was called to express serious concern about what the CCG launched in March 2017 as so-called Adherence to Evidenced Based Medicine (AEBM). This name became so toxified that it has morphed into the no less alarming Procedures of Limited Clinical Effectiveness (PoLCE). Your Forum led opposition to these proposals which included withdrawing hearing aids to those with mild to moderate hearing loss and delaying knee surgery until sufferers became virtually immobile, and both were withdrawn under well-organised pressure.

We compelled the CCG to extend the consultation, itself deeply flawed, and secured the support of both political parties on the Council's Health Scrutiny Panel to reject the plan and demand more clinical evidence. The latter has not been forthcoming largely because it doesn't exist, but PoLCE policies are to be rolled out over North Central London (NCL) a year later than planned, and we count that as a successful delaying tactic. Barnet, Haringay, Camden & Islington, are the NCL boroughs our health economy is being merged with under the Sustainability & Transformation Plan (STP). Again, the label has become so suspect under scrutiny that it is gradually being replaced with Accountable Care Organisation (ACO), a construct directly imported from the USA with its private health insurance system. We confidently predict that this label itself will soon be replaced by Integrated Care System. Whatever it is called, its function under the present dispensation will

be to restrict access to treatment which bears down particularly heavily on older people. Hips are in their sights for example, and what a nice little earner that would be for a private provider.

Over the last two or three years, as the funding screw has been tightened, the one thing Enfield CCG hasn't been short of has been chief officers, and we have welcomed the fifth, John Wardell, and feel we can forge a constructive working relation with him as critical friends and we hope he brings the initiative and drive to raise public awareness of the CCG's role in the borough. The sad fact is that Enfield CCG is the most cash-strapped in NCL and hence in the vanguard of the malign "reforms" then visited on our NCL neighbours and, also, our Council is desperately in need of fairer funding to play its part with the NHS in providing an adequate care system for NHS hospital patients to be discharged. Our fight for Fairer Funding is reported elsewhere. As always, we have maintained close, positive links with the Public Health department, now within the Council, and note with dismay that its budget is also cut despite public health needs growing along with our expanding population.

Enfield also has a problem stemming from its shortage of GPs which is worse in some parts of the borough

than others. We have concerns about the North East which has not been treated equitably by the CCG in terms of extended hours provision. Our representations on this have met with partial success but the GP hub now set up in the NE does not run on the same basis as those in the other quarters of the borough and we need to press for more demonstrably fair use of funds by the CCG and for transparency in its decision-making.

The Forum is keen to expand and improve the Patient Participation Groups as they need to have a more direct impact on the CCG's governing body and to contribute experience and ideas to the NHS which needs these active feedback loops. PPGs are gradually coming into their own and need your input. Please join the one at your surgery, it will take up very little of your time but demonstrate active support for services and be a good source of information for your Forum.

That there was a Winter Crisis in A&E at the North Midd. made local and even national news, and the hospital did very well under its new chief executive, Maria Kane, to maintain care - given the sheer weight of numbers, the bitter weather and the seasonal flu. Sadly, up to half of those checking in to the North Midd's A&E are not emergencies or the victims of serious accidents but in need of primary or crisis mental health care or simply cold and homeless. This has multi-causality: the shortage of GP appointments, of housing and the closure of the St Anne's mental health crisis centre and the consequence of numbers of patients from overseas not understanding or registering with our GP system as



Health & Well-being was among the important issues discussed at the Forum's Winter Fair

they regard hospitals as the place to go. So, one of our tasks has been to communicate the need to use our highly trained GP surgeries and to persuade the CCG that it must open a primary care unit at both Chase Farm and the North Midd, both of whom are happy to provide the space. One difficulty, is recruitment of GPs and nurses and that requires national attention.

The new Chase Farm is almost up and running, should be open in the early Autumn, and the Royal Free Hospital (RFH) has invited the Forum for a tour of inspection which we will report back on. We have participated throughout the reconstruction and been listened to, and the Royal Free Hospital has consistently been ahead of schedule on the building. We do have concerns about the further development of the site but await the outcome of complex planning decisions, and we are also worried about public transport to the hospital. That, of course, is the responsibility of TfL.

This coming year sees the 70th anniversary of the NHS and we are preparing a celebration of one of the most civilising reforms in history: free health care for all at the point of delivery, liberating people from the terror of illness and injury. As we all know, the price of freedom from this fear is active support for the founding principles of the NHS and vigilance where we see them undermined or threatened, and your Forum remains ever alert to maintain the fairness and societal decency the NHS represents, but we are up against the failure of adequate resource. Comparable countries spend more and, in any case, our funding system is dysfunctional. The Forum has won the battle for hearing aids and knees and has good relations with the hospitals, the Mental Health Trust and with others in the health economy, but future threats remain, and we need your help to continue our work to ensure that patients, that's us, do not have to pay the price of chronic under-funding in extended periods of pain and disablement or via our bank accounts.

So, the good news is that we have a high-performing and very economic health system, the bad news that it is currently under-resourced and falling a prey to privatisation of its more remunerative components. Enfield, being a weak health economy, suffering staff shortages, poor-funding and unresponsive management, the Forum can't afford in any sense to take its eye off the ball and we need your help to ensure we stay at full effectiveness.

Forum Affiliates

In addition to our 6,000 plus membership the Forum is pleased to be associated with and support 56 affiliated organisations across the borough. As can be seen from **Appendix I** on page 10 these groups reveal the diverse activities open to older people within Enfield. The Forum supports our affiliates by providing bulk copies of our newsletter and promoting them in the newsletter, our regular eNews and at our special events, Many of the members of these group are also individual members of the Forum.

Social Committee Report

The Committee is a much valued part of the Forum and has, as ever, shown its imagination and versatility in devising trips and events for members. Our yearly offerings cover outings that can cost literally nothing – a guided walk around London – a visit to the Theatre– a day out in our beautiful country - a short trip to one of the UK's vibrant cities - or a more expensive trip overseas to Kenya - which runs into a thousand pounds or more! We endeavour to cater to all ages, incomes and dreams. Our attendances vary from 10 to 100. Everybody is made very welcome and we make a special point of welcoming singles.

Food is a constant in our menu. Enfield Borough has an amazing variety of restaurants. After a “test drive” we select those that we feel are good enough and in the process follow our policy of supporting local businesses.

As many of you already know, some events have become “annual favourites”. The Christmas lunch, the January “Encore”, and the “Cockney Ding-dong” at the Wonder Pub. All our events are well supported and places go quickly – you have to be quick off the mark to book and not to be disappointed - and you have to be a current Forum member.

As a result of the committee's work we have been able to make a significant contribution to Forum funds, helping to keep it viable. In the past year it has contributed £1532

Trying to think of new places to go and things to do is a constant problem. As a committee comprising Volunteers and some of us ageing, there is a limit to what we can do. There is a need for more people to come forward to help us out. You don't know what you can do until you try with the expert help of our very experienced Committee members. We are a friendly bunch! You can find details about how to contact the committee in the Social Calendar in every Forum Newsletter.

As Chair of the Social Committee, Irene wishes to express her personal thanks to each and every member for their support and for the contributions they make to our success. The Forum is fortunate in having a Social Committee that selflessly contributes so much to its aims and objectives.



Lunch party at the Ceviche Peruvian Restaurant

Meetings programme

During the Year the Forum held over 30 meetings covering a variety of topics including:

- 50 years a Cardiologist
- A Career in Music
- Chiropractors practices
- Consumer Affairs
- Crossrail and its implications for Enfield
- Cutting Edge home Adaptions for Older People
- Emergency Planning in Enfield
- Enfield 2020 Action Plan
- Evidence Based Medicine
- Homelessness and Housing in Enfield
- Lasting Powers of Attorney
- Living Well in Enfield
- Metropolitan Police in Enfield
- North London Hospice and End of Life Care
- Osteopathy
- Retiring Chief Officer Rob Leak and his 14 years at the helm of Enfield Council
- Saracen players in World War I
- Stroke Awareness
- The Care Act and its Implications
- The Enfield 2018/19 Budget



Police Commander Ian Raphael at the Civic Centre

- The Enfield Citizens Advice Bureau
- The Fire Service
- The National Trust Association
- The Over 50s Writing Group
- The Role of Enfield's Mayor
- The Voluntary Sector in Enfield
- The work of AgeUK in Enfield
- The Zimbabwe Childrens Charity - TOSE
- Well being of Visually Impaired in Enfield
- Women Against State Pension Inequality
- Working with offenders



WASPI at the Beaumont Centre

In addition to these formal presentations a number of IT Drop-in sessions were held whereby members having problems with their computers, tablets, software and iphones were able to attend and in most cases get on the spot solutions and advice.

The Forum thanks all those who gave presentations and their time for this valuable support.

APPENDIX I

Organisations Affiliated to the Forum

- Abraham Lewin Unity Lodge
- Age UK Enfield
- Ajex
- Alzheimer's Society Enfield
- Association of Ingleborough Residents
- Bounces Rd Area Neighbourhood Watch
- Bountagu
- Bramley Ladies Bowling Club
- Carers Trust Lea Valley (Crossroads)
- Club Terza ETA
- Cockfosters Probus Club
- Deep Indian 50 Plus Assoc - Enfield
- Enfield & Southgate Workers Educational Association
- Enfield Arts Circle
- Enfield Asian Welfare Association
- Enfield Breathe Easy
- Enfield Chamber Orchestra
- Enfield Choral Society
- Enfield Community Singers
- Enfield Croquet Club
- Enfield Light Operatic & Dramatic Society
- Enfield National Trust Association
- Enfield NHS Retirement Fellowship
- Enfield Soroptimists
- Enfield U3A
- Enfield Unison Retired members Assoc
- Enfield Womens Centre
- Enfield Writers' Workshop
- Friends of Jubilee Park N9
- Grovelands Bowling Club
- Heart Throbs Cardiac Support Group
- Holtwhites Bowls Club
- Keep Fit - Dance Fit
- Knit and Natter Group
- Macular Society Enfield Support Group
- MCEC (Palmer's Green Mosque)
- Meet a Need with Christian Care
- North London Humanist Group
- Oakwood Horticultural Society
- Probus Club of Enfield
- Royal British Legion, Enfield Branch BR 0377
- Ruth Winston Centre
- Selborne Bowling Club
- Silver Threads Senior Citizens Group
- Southgate Oakwood Townswomens Guild
- Southgate Opera Group
- Southgate Society of Arts
- Southgate Symphony Orchestra
- Stroke Carers Club
- The Enfield Society
- The Walkabouts Rambling Group
- The Winchmore Singers
- Weir Hall Ratepayers
- Winchmore Folk Dance Club
- Winchmore Hill Bowling Club
- Winchmore String Orchestra

ENFIELD BOROUGH OVER 50s FORUM
(Registered Charity number 1122859)

RECEIPTS AND PAYMENTS ACCOUNT for the year ended 31st March 2018.

RECEIPTS

	Note	2017/18 £	2016/17 £
Subscriptions	1	49,084	48,820
Grants and donations	2	7,991	17,644
Newsletter advertising	3	9,255	2,805
Gift Aid Tax refund	10	7,451	6,860
200 Club Lottery contribution		920	950
Bank interest		470	650
		<hr/>	<hr/>
		£ 75,171	77,729

PAYMENTS

Staff salaries and NIC		45,745	43,877
Newsletter Printing		7,482	8,971
Postage and delivery		11,821	12,631
Stationery		4,773	4,006
Telephone		562	610
Office equipments		98	1,339
Office rent and hall hire		7,535	7,560
Miscellaneous expenses		1,600	951
Donations		0	70
Insurance		572	557
Public Events	8	5,758	2,887
Star Turns		0	8,700
		<hr/>	<hr/>
		85,945	92,159
		<hr/>	<hr/>
Surplus (deficit) on ordinary charitable activities		(10,774)	(14,430)
		<hr/>	<hr/>
Activities for members:			
Net receipts from trips	7	(2,988)	1,215
Net receipts from events	7	1,214	606
		<hr/>	<hr/>
Total net receipts (-Payments) for the year		(12,548)	(12,609)

FUNDS

GENERAL FUND

Balance 1st April 2017		48,056	60,665
Deficit for the year		(12,548)	(12,609)
		<hr/>	<hr/>
Balance 30 March 2018		35,508	48,056
		<hr/>	<hr/>
Represented by Bank balances and cash			
Bank Balances - Barclays		22,433	20,381
CAF		13,025	27,037
Interest at Shawbrook			588
Cash in hand		50	50
		<hr/>	<hr/>
		35,508	48,056

CONTINGENCY RESERVE FUND

Balance 1st April 2017 and 31st March 2018		50,000	50,000
		<hr/>	<hr/>
Represented by Fixed deposit at Shawbrook		50,000	50,000

Notes to the Accounts

1 Subscriptions - Includes advance payments received for 2018/19 and onwards and from life members.

2 Grants and donations have been received from Smart Energy
Age UK

3 Newsletter advertising includes support by Stennett & Stennett
George Ttoui - Burlington Wealth Management

4 Events completed during the year showed a surplus of £1,148

5 Trips completed during the year showed a surplus of £384.

6 Income received during the year for trips and events for 2018/19 was £555 and expenditure for 2017/18 was £1,915.

7 Gross	Receipts	Payments	Net
Trips	5,838	8,826	(2,988)
Events	8,012	6,798	1,214
	<hr/>	<hr/>	<hr/>
	13,850	15,624	(1,774)

8 The Forum organised the following events for public benefit:

Falls Awareness Day	Winter Fair
Over 80s lunch	Residents Priority Fund
Woodwork Classes	Silver Smart

9 Reserve Policy

In accordance with recommendation from the Charity Commission we have created a Contingency Reserve Fund to provide for redundancy and other expenditure in the event of the Forum closing down.

10 Gift Aid claims upto 31st March 2017 have been received.

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2018 was prepared by:

Champak Mistry, FCCA.
8th May 2018



This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2018 was Independently Examined by:

Yusuf Gulamhusein, FFA.
Independent Examiner
8th May 2018



Enfield Over 50s



Forum members holidaying in Norway



Visit to the Theobalds Garden



Forum members holidaying in Vietnam



Knit & Natter Group at the Dugdale Centre



The Mayor Christine Hamilton with Jacky Pearce, the Christmas events organiser and secretary Tony Watts

Forum Activities

Meetings, Conferences, Special Events, Drop-ins, Advice sessions, working with Fusion

Social programmes: Holidays; Trips; Theatre Visits, Lunches, Dinners, Walks.

Groups: Writing; Readers; Poetry; Woodworking & Handicraft; Knit & Natter Group; Choral; Coffee Club.



Forum Falls Event at Edmonton Leisure Centre



Forum handicraft group in action at Enfield County School for Girls



Forum second Christmas lunch on 8 January at Enfield Golf Club



Members in party mood at Brick Lane Music Hall

