

# ENFIELD BOROUGH OVER 50S FORUM

England & Wales · Charity number 1122859

## Details

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**Status** Registered

**Legal form** Other

**Registered** 2008-02-19

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Millfield House  
Silver Street  
London  
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**Email** [info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk)

**Website** [www.enfieldover50sforum.org.uk](http://www.enfieldover50sforum.org.uk)

## Activities

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**Objects:** TO RELIEVE ELDERLY PERSONS IN THE LONDON BOROUGH OF ENFIELD WHO ARE IN NEED BY REASON OF THEIR FINANCIAL CIRCUMSTANCES, PHYSICAL OR MENTAL HEALTH AND BY PROVIDING A FRAMEWORK OF SUPPORT FOR OLDER PEOPLE TO HELP THEM REMAIN INDEPENDENT AND HEALTHY.

**Activities:** Supporting older people in the Borough of Enfield; promoting healthy living and life-styles; encouraging community cohesion; reducing isolation among the older community; focussing on older peoples' issues and raising such issues with the Enfield Strategic Partnership. Organising regular meetings and events for orum members.

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Economic/community Development/employment
- **Who:** Elderly/old People

## Geography

- **Area of benefit:** LONDON BOROUGH OF ENFIELD
- Enfield

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£53,801	£73,295	-	-
2024-03-31	£55,569	£75,448	-	-
2023-03-31	£71,554	£79,940	-	-
2022-03-31	£71,438	£56,058	-	-
2021-03-31	£71,414	£59,448	-	-

## Trustees

Name	Role	Appointed
Andrew Hatvani		2025-06-24
Clifford Lewis Appadoo		2024-06-25
Juliet Lorraine Edwards		2024-06-25
MR TONY WATTS MSC		
PETER SMITH		
Pia Das		2025-06-24
TALAT SHAIKH		2016-05-29
VICTORIA PITE		2021-06-29

**ENFIELD BOROUGH OVER 50S FORUM**

England & Wales - Charity number 1122859

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# Accounts

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# Enfield Borough Over 50s Forum

## Annual Report

**For the year ending 31st March 2025**

This report to be presented at the Forum's Annual General Meeting in the Chamber at Enfield's Civic Centre on Tuesday 24 June 2025.

# Enfield Over 50s

*"Helping our members keep active, involved and healthy"*



## Executive Committee 2024/25

**Acting Chair**  
**Secretary**  
**Vice Chair**  
**Treasurer**  
**Health Team Lead**  
**Newsletter Editor**  
**Members:**

**Vivien Giladi**  
**Tony Watts**  
**Peter Smith**  
**George Rufai**  
**Vivien Giladi**  
**Yvonne Mulder**  
**Clifford Appadoo**  
**Vicki Pite**  
**Talat Shaikh**  
**Peter Smith**

**Social Events Team**  
**Roy Barrows**  
**Heather Cole**  
**Liz Fox**  
**Olivia Goodfellow**  
**Jan Oliver**  
**Jacky Pearce**  
**Sue Scott**  
**Graham Thomas**

**Fund Raisers**

**Jim Cante**  
**Lynn Cante**

**Finance Committee**  
**John Ball**  
**George Rufai**  
**Tony Watts**

**Office Staff**

**Development & Office Manager** **Ruth Fathaddine**  
**Administration Assistant** **Diane Barron**

## Representation on external organisations

### **John Ball:**

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

### **Vivien Giladi:**

Enfield council's Health & Well-Being Board  
Enfield Partnership Board  
CCG Access to Services group  
North Central London ICP/Enfield Clinical Commissioning Group's Voluntary Community & Stakeholder Reference Group (VCSRG) group  
Working meetings on Isolation

### **Vicki Pite:**

Enfield Climate Action Forum  
Enfield in Bloom

### **Talat Shaikh:**

MCEC Trustee & V.Chair NLCoM  
Committee member Faith Forum for London  
Member Enfield Faith Forum  
Member Brunswich Park Medical centre PPG  
Chair & Director of North London Adult Care

### **Peter Smith:**

Enfield Transport Users Group.  
ASLEF representative and Executive Member on the NPC London Region.  
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 Older Peoples Board  
Enfield Voluntary Sector Steering Group  
AgeUK National Policy Sounding Board

## Forum Club and Group Organisers

**Book Club**  
**Bingo Club**  
**Coffee Club**  
**Film Making Group**

**Sue Scott**  
**Jim & Lynn Cante**  
**Sue Scott**  
**Jan Oliver**

**Lunch Club**  
**Lottery**  
**Poetry Group**  
**Writers Group**

**Sue Scott**  
**Peter Smith**  
**Brian Darby**  
**Hazel Kinsler**

## REVIEW OF YEAR

The year 2024-2025 has been difficult for our Forum. Health, longevity and personal circumstances within our board of trustees resulted in uncertainty as to whether the Forum could continue to serve the older society in Enfield. However, a drive to get fresh blood has resulted in a number of talented and enthusiastic members with excellent skills coming forward to fill key positions and who will be nominated at our forthcoming Annual General Meeting,

Among those who have resigned as trustees are Vivien Giladi – our health guru, Yvonne Mulder – the newsletter editor, George Rufai – the treasurer, We have been extraordinarily fortunate to have benefited from their enthusiasm and the

skills they have used to great advantage over the many years they have been working for you - our members. For this support we must thank them. We must also thank our two staff – Ruth Fathaddine and Diane Barron for their patience and support during this uncertain and stressful period.

Throughout this time of uncertainty, the good news is that our social events team has continued to manage an imaginative programme of trips, holidays and gatherings. Equally, our clubs and interest groups have all prospered and met regularly throughout the year. With the talented group of members who we expect to be elected at the forthcoming AGM the future looks good.

## MEETINGS PROGRAMME

During the year we arranged regular talks on topics of specific interest to older people in Enfield. We thank these speakers wholeheartedly for imparting their knowledge and Enfield Council for use of the Civic Chamber each month.

- April 2024 - Sabrina Forde and Dominic Hall, Community Sports Managers from Better, the new franchise holders now managing Enfield's Leisure Centres, talked about the new arrangements being introduced for over 50s using the centres.
- May 2024 - Louisa Bourlet, Community Health Development Officer from Public Health Enfield discussed Everyday Nutrition.
- June 2024 – Forum AGM – John McGeachey – Campaigns Manager from Age UK London – spoke about campaigning on the issues of importance to older people.
- July 2024 - Ken Waterhouse, Managing Director from Homecare Preferred, discussed Dementia and Care Provision in the Community.

- September 2024 - Dr Sam Billoo - from the London Ambulance Service – spoke about the Service and its operations after the COVID pandemic.
- October 2024 – an Extraordinary General Meeting to discuss the future of the Forum followed by a presentation by Rebecca Pandolfino, Community Outreach Worker from the British Liver Disease Trust.
- November 2024 - Kay Hanney talked about the Felix Group and how the group distributes food within the Borough.
- December 2024 and January 2025 – No meetings
- February 2025 - Sabrina Forde and Dominic Hall, Community Sports Managers gave an update on Better's provision of leisure services in Enfield.
- March 2025 - Peter Kessler and Ian Langridge gave a presentation on the work of the Rotary clubs in Enfield and how they support the local community.

*Last years Annual General Meeting with our keynote speaker, John McGeachey, talking about campaigning on older peoples issues.*



## Health Issues 2024/25

The Forum's mission statement is to help keep older people healthy, active and informed. Health issues have been a major focus throughout the year from articles within the Forum's newsletter, many of our meetings and presentations from speakers.

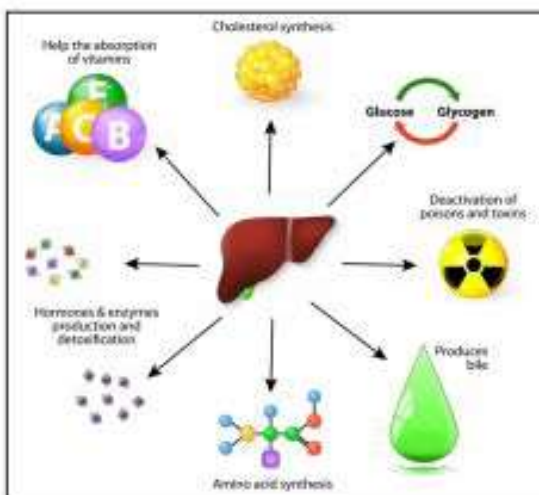
For many years Vivien Giladi has been the lead trustee for the Forum on health matters and represented us on a variety of local and national bodies. She ensured that our collective views were listened to by the health services and that their priorities were brought to the attention of older people. Sadly, Vivien stood down as a trustee during the year and on behalf of all members, we thank her for the real contribution she has made on our behalf.

One of our key contributors on health matters has been Glenn Stewart, Assistant Director of Public Health for Enfield. His key messages in our newsletters have included:

- Good nutrition is vital to keep our brains healthy and particularly our diet
- That the community hubs in Enfield are there to help us deal with health, wellbeing and other issues
- The importance of taking vaccinations against respiratory, flu and Covid viruses

Besides these important messages we have had presentations from speakers on other health issues:

- Nutrition for older people;
- Surplus food distribution in Enfield;
- the London Ambulance Service;
- Dementia and Care provision.
- British Liver Disease Trust



## Environment and Climate

Through the year we have kept members up to date with local developments related to climate change and the environment, such as Energetik's controversial District Heat Network using hot water from the Edmonton incinerator. However, the most significant feature of the Forum's work related to the environment during the past year has been to ensure members are aware of Enfield Council's Local Plan.

The Local Plan is for 25 years and will change the physical, environmental, economic and social landscapes for generations to come. Members will be aware of the national housing crisis, created by a decade or more of government inaction, and the blighted lives of homeless families living in temporary accommodation at huge cost to the public purse.

The Local Plan provides for tens of thousands of homes to be built in Enfield, many of them "affordable" and our Forum applauds this. However, to achieve this the Council intends to build two very large developments on the Green Belt which our figures show is unnecessary. We support the "brownfield first" policy of both the Mayor of London and the Government and consider that there is sufficient brownfield land in Enfield to meet the need for homes.

We are concerned too that provision for older people's accommodation does not comply with national regulations or the London Plan.

The Local Plan must be examined independently by a national Planning Inspector to determine whether it is "sound". The lead up to this judgement consisted of several rounds of complex assessments, policy creation and consultation over almost a decade at a cost of £7 million so far, followed by public hearings that began this Spring and will continue into the Summer.

The Forum has played an active part at each stage, responding to consultations, preparing Hearing Statements in response to the Inspector's questions and attending the hearings in public. There is more to come and we await the Inspector's final judgements and his



*Left Firs Farm Wetland*



## Clubs and Groups

Members are fortunate to have so many opportunities to socialize, make new friends and expand our knowledge and fun factor? We also have a wide range of clubs that members are welcome to join and these are as listed follows: Coffee club; Poetry group; Book Club; Crafts Club; Lunch Club; Garden Group; Love dogs group; WhatsApp cinema group; Writing group; Bingo club; Film making group; Candlelit concerts group.

### Film Making Group (EBOFF).

EBOFF has had a great year making 5 films (2 short comedies and 3 longer dramas). We fund ourselves by organising occasional film and quiz events. Our films are fun to make and often have some kind of social meaning – so this year we made one about loneliness, one about a missing woman and one about the consequences of searching out old flames. The latter film (The Last Date) won a 4 star award and was shown at the British International Amateur Film Festival in Birmingham. We were competing with international films often made by aspiring film directors and actors. So pretty good for an amateur group with little experience and no funding!! We are looking forward to next year and are planning a ghost film, films about hoarding, dementia and work problems. We welcome new aspiring actors or actresses as well as those who like to come in as extras.



*My Perfect Valentine*



*Quiz runners up*

### WhatsApp Cinema Group

This is a new type of group allowing members to make arrangements to see local films together at short notice. It has been very successful with around 40 members. As well as viewing local films, we also review them for the benefit of the rest of the group. We anticipate this may be the forerunner for other ways of organising groups. New members are always welcome, all that is needed is a smartphone and the willingness to participate in WhatsApp groups.

### Book Club

During the past year, the Book Club has been going from strength to strength. We have had a wide range of books from A Town Like Alice to Songbirds, from Remembering Babylon to Crossing the Line. Members give a voluntary donation of £1 towards room hire and a donation to the Forum. We welcome new members and tend to get between 14 and 20 attendees at each meeting.

### Coffee Club

The club met regularly every month at the Skylight Restaurant in Pearsons, where a space is reserved for us. We get an average 14 people attending depending on the weather.

## Clubs and Groups

### Lunch Club

The club now meets four times a year at venues carefully selected with regard to prices, parking and ease of travel.

### Poetry Group

Enfield Over 50's Forum Poetry Group meets every 4th Thursday of the month between 10:30am and noon in the Community Meeting Room of the Enfield Town Library to share, discuss and enjoy poetry and lyrical prose on a wide range of themes suggested in advance by our group members. Membership has seen a 30% increase over the past twelve months



and all are welcome. Poetic contributions, these may be either self-penned or the work of poets we personally admire. We're happy to lend an ear to all forms of poetry; be it haiku, limerick, sonnet or epic saga, classic or contemporary, blank verse or rhyme. Even the occasional song lyric gets a hearing. To quote Cole Porter, anything goes! We simply share what we personally like and learn from each other in convivial fellowship. Lively conversation in a friendly atmosphere is the norm and though we may not be big on literary criticism; we're always enjoy each other's work. As ever, we guarantee a warm welcome to all newcomers and as you can see, we're not a dull lot.

The clubs and groups social events are open to all. Members are welcome, particularly those joining in for the first time and those coming on their own.

The Social Team is a small dedicated group and are always looking for new and challenging destinations to keep the membership happy. We are already planning for the coming year and beyond, so please keep supporting our efforts as it gives us feedback that we are getting it right!

If you can come and join us, we meet informally over lunch at Enfield Golf Club.. Particularly welcome would be offers to arrange theatre outings and evening meals, walks or day trips and ideas for freedom pass trips into London which don't cost anything!!!

## Social Committee Programme

The Forum has seen yet another year of varied and wonderful social opportunities from our small but very dedicated team.

Below are some of the offerings made by the small team of volunteers, who work tirelessly to keep the range and cost of our events in mind.

### The Team arranged the following events during the year:

- Hunters Meet day trip with 103 guests £309 Forum donation (JP)
- Mississippi Riverboat cruise 8 participants (JO)
- Christmas party with 112 guests £547.50 Forum donation (JP) (JP)
- Lunch party-Jacky -76 guests £223.00 Forum donation (JP)
- Visit to the Museum of Brands with 14 participants (HC)
- Suffolk Punch Trust Day trip with 37 participants -£37 forum donation (OG)
- 2 Wildlife Boat Trips to Walton on the Naze 8 participants (JO)
- Bletchley Park day trip 27 participants
- Vintage Essex day trip-City and village Tours trip 28 participants and £28 forum donation (OG)
- Liverpool city break - Just for Groups OG trip-28 participants (OG)
- Canterbury guided walking tour and shopping-Jan-10 participants (JO)
- Turkey cultural discovery and retreat visits with 38 participants (OG)
- London Loop Walk from Enfield to Chingford-10 participants (JO)
- Yorkshire Historic Houses with Airedale Travel with 31 participants (OG)
- Danube river cruise-amazing Riviera holiday-OG - 15 participants (OG)
- Malaysia and Borneo Riviera Travel tour with 9 participants (OG)
- Simmer Down jazz and reggae at the Royal Festival Hall 8 participants (JO)
- Argentina holiday with Wendy Wu Tours 9 participants (OG)

### Note

(XX) = Initials of the Social Committee member listed in the inside cover of this report



*Liverpool city break*



*Turkey trip*



*Argentina trip*



*Fountains Hall visit*



*Forum members socialising together*

**Bingo Club**

The Bingo Club started on 14th February 2019 with about 20 members in Malones cafe in Enfield Town. Many of the original members still partipate and we now meet at Jubilee Hall, Parsonage Lane. This is as much a social club as a bingo club and we meet every Monday including Bank Holidays. Doors open at 1pm and start with announcements at 2pm, play five games, do the raffle, have a break and resume for the last five games.

June's jokes are also a regular feature of the afternoon. For the sessions we have plenty of helpers. It costs £1 to get in to cover hall costs, John sells the bingo books for £2 a book for five games and £4 a book for 10 games. We sell raffle tickets with three cash prizes and these are usually drawn by our caller, Georgja.

The kitchen is well organised by Monica who provides tea and coffee for members who do need to bring their own mugs. A lottery based bonus ball game is run by Mary who also helps in the kitchen, with John and Yvonne set out the tables with Harry filling in when needed.

At our Jubilee Hall December meeting we have a festive party with all the trimmings including music, dancing etc to which everyone is welcome. Attendance averages at over 40 and the record was 55 players. We are proud of this achievement of having raised almost £20,000 for the Forum's finances.



**200 club**

The 200 club lottery began in August 2015 and since that time have paid out £8700 in prizes. One lucky member has won £700 after his number was drawn on four occasions. During this time we have raised over £4,500 for the Forum. This amount was used to update our public address system equipment and helps towards the cost of producing our newsletter. Your committee thanks all the participants for their support.

The lottery is open to members, relatives, friends and neighbours over 18 years of age. At the moment the prize has reached £250 per month and when we have 200 members the prize will be £500 per month. Each number costs £5.00 per month which can be paid monthly by standing order, quarterly, six monthly, or annually by cash, cheque or card. Members can have as many numbers as they want.

The draw each month is made at the Civic Centre meeting and if the winner is not at the meeting they will be contacted for the cheque to be presented.

The lottery is now run by Peter Smith and Ruth Fathaddine.

For further information or to discuss any aspect of the lottery please ring the Forum Office.



*Forum Fundraisers Jim & Lynne Cattle*

For more details contact Jim & Lynne Cattle on 0208 363 4969.



*Bingo helpers with Jim Cattle*

## Membership and the Office

The year 2024/5 has been turbulent with the Forum needing to question its future continuance.

However, at the extraordinary meeting in October a number of members came forward to take on trustee roles it was agreed that the Forum was needed by the older generation in Enfield.

Trustees will need to be endorsed at the AGM to meet with the Charity Commission's requirements and we can look towards the new committee to regenerate our Forum. As noted elsewhere in the report although our income and total membership has declined our clubs, groups and social programmes continue to thrive. With a drive on membership and good house keeping look forward to achieving our successes of previous years.

Ruth Fathaddine, our office and development manager, and Diane Barron, our administration assistant, have held the Forum together in this difficult period and we appreciate and thank them for their forbearance.

We must also thank our IT computer team - Clifford Appadoo, Jean-Claude Rassabi, Chris Chinnery and Aaron Charles for their efforts in upgrading our systems and working towards a more user friendly database. All of this should reduce our annual processing costs. Chris Chinnery maintains our website and supports our network provider, Ruth Fathaddine manages our eNews and Diane Barron our Facebook page.

Georg Rufai acts as our accountant is handing over as Treasurer at the AGM. We thank them all for their efforts and stewardship over this financial year,

Following the retirement of our newsletter editor, Yvonne Mulder we are gradually sorting out the editorial and the costs of maintaining a regular newsletter - the bedrock of our communications with members. Here we thank our other volunteers, both new and longstanding, who write the articles for the newsletters and those who manage the distribution. We are also thankful for those who advertise with us.

Our staff also from time to time arrange dance classes, Zumba sessions, coffee and cake mornings and board games at the Millfield centre. More activities for our members are at the planning stage.

We are proud of the Forum's role in promoting social inclusion and applaud the work of all our volunteers who run regular social events, outings and help in the office.

There are plenty of opportunities for members to use their skills and efforts for the benefit of our older community, be it as a committee member, helping at events, stuffing envelopes for the newsletter, etc. Such involvement gets you out of the home, you meet other people and make friends - all very rewarding.

***. All members are welcome to participate in any of the Forum's groups, clubs and activities. Please look in the latest Newsletter for up to date information or contact the Forum Office for details.***

## Finance

Our annual accounts in Appendix 2 shows that the expenditure exceeded income by £20,000 similar to the deficit in the previous year 2024. However, our income from membership subscription fell by £15,000. These deficits are partly caused by the reduced nature of the membership in part explained by the impact Covid had on membership numbers. To boost the increase in membership income, the executive agreed to increase the membership fees to £13 and £20 for a single and a couple respectively. However, it is too early to see this increase manifest to higher membership fees income.

The accounts also show that our total reserves now stand at £68,000 of which £50,000 is an historical amount set aside should the Forum be forced to close.

The new trustee board has the task of revitalising our strategic objectives to reduce costs and increase income to the levels achieved prior to the Covid pandemic. Our current members can help this objective by encouraging friends and other over 50s to join the Forum and supporting our fundraising activities.

We thank Pisa Das and George Rufai for their diligence in managing our finances and producing the end of year accounts and couple this with a vote of thanks to Kathy Hall who was the independent examiner for the year ending March 2025.

## APPENDIX I

### Organisations Affiliated to the Forum

Age UK Enfield	Oakwood Art Circle
BHP Bowls, Tennis and Social Club	Oakwood Horticultural Society
Enfield & Southgate Workers Educational Association	Palmers Green & Southgate U3A
Enfield Asian Welfare Association	Probus Club of Enfield
Enfield Croquet Club	Selborne Bowling Club
Enfield Light Operatic & Dramatic Society	Southgate Opera Group
Enfield Over 50s Fun Group	The Arts Society of Enfield
Enfield U3A	The Enfield Arts Circle
Gardening Friends	The Historical Association -North London Branch
Grovelands Bowling Club	The Rotary Club of Edmonton
Knit and Natter	The Walkabouts Rambling Group
Mayfield Athletic Table Tennis Club	Weir Hall Ratepayers
North London Adult Care	Winchmore Folk Dance Club
North London Morning Orchestra	Winchmore Hill Bowling Club

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The Forum thanks our affiliates for their continuing support throughout the year. In return the Forum promotes their activities and programmes in our newsletters, eNews and website. Affiliates can also insert their leaflets in our mail-outs for a nominal cost.



*The Walkabouts Rambling Group*

# APPENDIX 2

## ENFIELD BOROUGH OVER 50S FORUM (Registered Charity number 1122859)

### RECEIPTS AND PAYMENTS ACCOUNT for the year ended 31st March 2025.

#### Notes to the Accounts

RECEIPTS		2024/25	2023/24	
	Note	£	£	£
		<b>Unrestricted</b>	<b>Restricted</b>	<b>Unrestricted</b>
Subscriptions	1	20,988.00		34,866.00
Grants and/or donations	2	6,788.00		4,811.00
Newsletter advertising	3	12,520.00		10,966.00
Gift Aid Tax refund	4	4,837.00		4,855.00
200 Club Lottery contributi	2	6,000.00		0.00
Bank interest	6	1,778.00		71.00
Legacy		0.00		0.00
Social Events		890.00		0.00
Overhead recovery Staff salaries		0.00		0.00
		<b>53,801.00</b>		<b>55,569.00</b>
PAYMENTS				
Staff salaries, NIC, Pen		45,134.00		42,782.00
Newsletter Design and Printing		7,326.00		7,662.00
Newsletter postage and delivery		11,533.00		10,966.00
Stationery		1,929.00		2,686.00
Office postage and telephone		83.00		218.00
Office equipments		1,818.00		2,637.34
Office rent and hall hire		4,753.00		6,956.00
Miscellaneous expenses		0.00		0.00
Insurance		584.00		557.00
Falls and Flu Day		0.00		859.00
Heat & Eat		0.00		0.00
Governance		135.00		165.00
		<b>73,295.00</b>	0.00	<b>75,488.34</b>
		<b>-19,494.00</b>	0.00	<b>-19,919.34</b>
<b>Surplus/Overspend</b>				
<b>Activities for members:</b>				
Net receipts from trips	5	0.00		583.47
Net receipts from events	5	-385.00		771.26
		<b>-19,879.00</b>	0.00	<b>-18,564.61</b>
<b>Total net receipts for the year</b>				

- 1 Subscriptions** - Includes advance payments received for 2024/25 and onwards and from life members.
- 2 Fund raising and Donations**  
This includes surpluses from the 200 Club, Bingo session and raffles during the year
- 3 Newsletter advertising** includes support by Stennet & Stennet, George Ttoui - Burlington Wealth Management, Home Instead and Winchmore Hill Bowls Club.
- 4 Gift Aid** claims up to 31st March 2025 have been received
- 5 Trips and Events** -  
As shown on page 6 of this report, the Forum organised numerous events and trips for public benefit. Local Events were organised which included Any deficit in the year is due to advance supplier
- 6 Interest Accrued** -  
Amount received as interest from saving the reserved fund in Shawbrook Bank
- 7 Reserve Policy**  
In accordance with the recommendation from the Charity Commission we have created a Contingency Reserve Fund to provide for 6 months salaries, rents, redundancy, refund part subscription from life members and fees received in advance from members and other expenditure in the event of the Forum closing down.

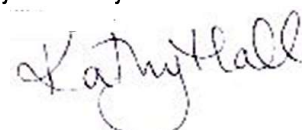
FUNDS		
<b>GENERAL FUND</b>		
Balance 1st April 2024	38,285.00	58,016.55
Surplus for the year - Unrestricted	-19,879.55	-19,731.55
- Restricted	0.00	0.00
	<b>18,405.45</b>	<b>38,285.00</b>
<b>Balance 31st March 2025</b>		
<b>Represented by Bank balances and cash</b>		
Bank Balances - Barclays Accounts	16,121.00	23,403.00
CAF Bank	0.00	12,653.00
Interest at Shawbrook Bank	2,241.00	2,179.00
Cash in hand	50.00	50.00
	<b>18,412.00</b>	<b>38,285.00</b>
<b>CONTINGENCY RESERVE FUND</b>		
Balance 1st April 2024 and 31st March 2025	50,000.00	50,000.00

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2025 was prepared by George Rufai and approved by the Finance Sub-committee.

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2025 was Independently Examined by:

Kathleen M Hall

31st May 2025



# Enfield Over 50s



## **Forum Activities include:**

**Meetings, Conferences, Special events and projects, Drop-ins, Advice sessions, working with Fusion**

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

**Groups: Writing; Readers; Poetry; Whats App Cine Club; Film Making; Coffee Club.**

**ENFIELD BOROUGH OVER 50S FORUM**

England & Wales - Charity number 1122859

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# Accounts

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# Enfield Borough Over 50s Forum

## Annual Report

**For the year ending 31st March 2024**

This report to be presented at the Forum's annual general meeting in the Chamber at Enfield's Civic Centre on Tuesday 25 June 2024.

# Enfield Over 50s

*"Helping our members keep active, involved and healthy"*



## Executive Committee 2023/24

<b>Acting Chair</b>	<b>Vivien Giladi</b>	<b>Social Events Team</b>
<b>Secretary</b>	<b>John Ball</b>	<b>Roy Barrows</b>
<b>Assistant Secretary</b>	<b>Tony Watts</b>	<b>Heather Cole</b>
<b>Vice Chair</b>	<b>Peter Smith</b>	<b>Olivia Goodfellow</b>
<b>Treasurer</b>	<b>George Rufai</b>	<b>Jean Mittins</b>
<b>Health Team Lead</b>	<b>Vivien Giladi</b>	<b>Jan Oliver</b>
<b>Newsletter Editor</b>	<b>Yvonne Mulder</b>	<b>Jacky Pearce</b>
<b>Members:</b>	<b>Clifford Appadoo</b>	<b>Sue Scott</b>
	<b>Vicki Pite</b>	<b>Graham Thomas</b>
	<b>Talat Shaikh</b>	
	<b>Peter Smith</b>	
<b>Meetings arranger</b>	<b>Helen Ball</b>	<b>Finance Committee</b>
<b>Fund Raiser</b>	<b>Jim Cantle</b>	<b>John Ball</b>
		<b>George Rufai</b>
		<b>Tony Watts</b>
<b>Office Staff</b>	<b>Ruth Fathaddine, Development &amp; Office Manager</b>	
	<b>Diane Barron, Administrative Assistant</b>	

## Representation on external organisations

### **John Ball:**

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

### **Vivien Giladi:**

Enfield council's Health & Well-Being Board  
Enfield Partnership Board  
CCG Access to Services group  
North Central London ICP/Enfield Clinical Commissioning Group's Voluntary Community & Stakeholder Reference Group (VCSRG) group  
Working meetings on Isolation

### **Vicki Pite:**

Enfield Climate Action Forum  
Enfield in Bloom

### **Talat Shaikh:**

MCEC Trustee  
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  
Trustee and Chair of North London Asian Care

### **Peter Smith:**

Enfield Transport Users Group.  
ASLEF representative and Executive Member on the NPC London Region.  
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 Older Peoples Board  
Enfield Voluntary Sector Steering Group  
AgeUK National Policy Sounding Board

## Forum Club and Group Organisers

<b>Book Club</b>	<b>Sue Scott</b>	<b>Lunch Club</b>	<b>Sue Scott</b>
<b>Bingo Club</b>	<b>Jim &amp; Lynn Cantle</b>	<b>Lottery</b>	<b>Peter Smith</b>
<b>Coffee Club</b>	<b>Sue Scott</b>	<b>Poetry Group</b>	<b>Brian Darby</b>
<b>Film Making Group</b>	<b>Jan Oliver</b>	<b>Writers Group</b>	<b>Ruth Serner</b>

## REVIEW OF YEAR

The Forum's 2023-2024 year has been a period of mixed fortunes.

Membership numbers after the impact of Covid are again slow in climbing back to pre-covid numbers. A number of our committed trustees have had health problems that have put strains on our management capabilities. The reduced financial support from government coffers for local authorities has forced Enfield to change its priorities. Millfield Arts Centre, which includes Millfield House, has been leased to Platinum Dance Academy, while the contract to manage Enfield's leisure centres has been transferred to Greenwich Leisure Limited.

On the positive side, thanks to our many volunteers and organisers, there has been a busy programme of meetings, social events and holidays, club activities - the Writers, Readers, Poetry, Film-making, Lunches, Coffee mornings, Bingo and Fundraising sessions, Christmas Parties and more - something for all to join in and enjoy.

Our executive committee and members representing the Forum on external organisations ensure that our collective views are listened to and considered. The project that the Forum initiated some five years ago to help over 50s cope with the Department of Works and Pensions (DWP) universal credit system has continued with a number of Forum members using their computer skills to support DWP clients. Throughout this period Williamz Omope, the programme director, has provided outstanding leadership in helping many individuals back in to work.

The Forum is acutely aware of the difficulties many have with the increasing digitalisation within our society and has been lobbying for support in ways to help those who are excluded through financial, disability and other circumstances.

Enfield has ended its agreement for Fusion to run the Leisure Centres and these are now managed by Better (Greenwich Leisure Ltd). We have managed to retain the Forum discount for the concession card with the new management. Unfortunately Edmonton Leisure Centre remains closed until the Council undertakes vital health and safety remedial work.

## MEETINGS PROGRAMME

Throughout the year, on the last Tuesday morning of each month apart from December, the Forum hosts meetings with interesting and diverse speakers on relevant topics, especially pertinent for older people.

April 2023 – Williamz Omope – Consultant and long term advocate for Forum members talked about the Job club and Digital Inclusion

May 2023 – Michael Stennett – Solicitor - Ways to avoid a contentious will

June 2023 – Forum AGM – Bambos Charalambous MP – Health and Social care. Bambos talked about these with particular emphasis on Enfield Borough and residents thereof.

July 2023 – George Ttoui – Burlington Wealth Management, long term supporter of the Forum gave advice on Finance and Trusts

August 2023 – Rafe Bertram – Enfield Council -The Haselbury Retrofit Houses Project

September 2023 – Matt Burn – Better Homes for Enfield

October 2023 – Anna Eager – Energetik , District Heat Network in Enfield

November 2023 -Joanne McCartney – London Assembly member for Enfield – London as an Age Friendly City

January 2024 – George Ttoui – Burlington Wealth Management – Savings and Investments

February 2024- Inspector Richard Lee, Metropolitan Police – Neighbourhood Policing in Enfield and Haringey

March 2024 – Jan Oliver – Forum Film Club – Focus on Loneliness film screening

All meetings were held in the Council Chamber at Enfield Civic Centre apart from the February meeting at Barchester's Southgate Beaumont Care Home. We are grateful to the Council and Barchester for the use of these facilities. We would also like to thank those who researched and sourced the speakers and the speakers themselves.



The Mayor has committed to an Age Friendly London

## Health Issues 2023/24

This AGM will be critical for the continuance of the good work of the Forum in supporting the wellbeing of Enfield's older population through its clubs, trips, events, meetings and social gatherings.

It is very rewarding to give your time and skills for the benefit of others and be part of the group running the Forum; but, the committee needs revitalising; it needs newly retired volunteers to come forward and carry on the good work for which the Forum is recognised. The Forum has had its work cut out to maintain effective pressure to improve local health provision and, indeed, to protect what there is. We have always been short of GPs in modern premises and an outlier in North Central London (NCL) in terms of both need and facilities but have had the ear of the local Clinical Commissioning Group and its forbears. Pressure for integration of services for the five boroughs of Camden, Islington, Haringay, Barnet & Enfield resulted in an Integrated Care system and we have lost a significant number of staff with whom we have worked for twenty years or more as they have taken redundancy or been made redundant or moved to other positions in NCL to work for the whole of that entity or perhaps just left. Vital continuity has been lost and with it the suspicion that opportunities for listening to the public and co-production of planning have been weakened along with knowledge and understanding of Enfield and its needs. The Forum also fears that Camden and Islington will dominate, and hopes to be proved wrong.

Forum members still have difficulties in accessing GPs, with dysfunctional telephone systems, digital exclusion and lack of face to face diagnosis, but some progress is being made in recognising and trying to offset the problems by re-configuring GP services. It's up-hill work for our remaining GPs who do recognise the challenges but are not being helped by the shortages of GPs being trained and the numbers leaving under pressure of work and better conditions elsewhere.

One solution has been to extend some work to pharmacies but this has been undermined by lack of active central government support for them and by not necessarily reliable on-line pharmaceutical

prescriptions. At present record numbers of small pharmacies are closing down or struggling as their profitability is eroded and even the bigger chains are affected but, so far, Enfield has not been hit. The Forum urges its members to support local pharmacies.

Our age group has done well on flu and covid booster vaccinations and our members have become increasingly aware of the value of keeping active, eating well, avoiding tobacco and too much of the hard stuff, and the Forum was the first to recognise and sound warnings to the CCG, Public Health and the Health & Well-Being Board of the resurgence of measles. As a country, we had measles-free status until 2018 and the Forum considers it deplorable that this was allowed to slip, as measles, which so many readers will have had, can be very serious and is easily preventable.

We were able to run a very successful and well-attended Falls, Flu, Loneliness and Isolation Day in the Autumn with excellent speakers giving sound and easily followed age-friendly advice on nutrition, suitable movement and exercise and immunisations. We were given strong support from Enfield Council and the North Middlesex hospital for which we are very grateful.

In the Autumn we became aware that the borough was experiencing admission to in-patient treatment for malnutrition among older people living alone. The North Midd. and the NCL ICB each gave Public Health money to work on this and the Forum was pleased to play its part. We have published a list of a great variety of activities, some free, others at minimal cost, available in all parts of the borough, to try to get ordinarily mobile residents out of the house and out of habits of avoidance formed under Covid restrictions. The high cost of food may be a contributory factor but malnutrition, where there is no underlying causal factor, should not be a problem in a rich country and we know that loneliness and isolation can have negative consequences.

Fortunately, most of our members stay fit and well. They mainly grew up with a fully functioning NHS, free at the point of need and adequately staffed and resourced. We urgently need a return to that provision and a complete re-think of our care system.



Community health services enable people to stay in their homes for longer

# Forum in Focus

The Forum's newsletter continues to be produced every two months, with a wide range of topics covered. The newsletter is sent to all members and is available in libraries, leisure centres and other public spaces in the Borough.

Articles in Forum Focus have explained how the Forum is working with other local community groups to facilitate digital inclusion and to combat loneliness. We also raised concerns about environmental, transport and housing issues, as we carry on our work of fighting for a fairer, friendlier and greener Enfield. We continued to cover health issues and tried to help our members improve both their physical and mental health.

**ForumFocus** over 50s forum  
 ENFIELD BOROUGH OVER 50s FORUM NEWSLETTER  
 November 2022 / January 2023

## Hard times ahead

The Government has honoured its promise to restore the pensions triple lock, but household income is predicted to fall for most

When the pension triple lock was suspended last year, many pensioners found their social security payments had fallen. The Government has promised to restore the triple lock from 1st October 2023. This means that from April 2023, pensioners will see a 10.25% real-terms increase in their state pension. This is a welcome news for pensioners. However, the Office for Budget Responsibility (OBR) has predicted that household income will fall for most people in 2023. This is due to the impact of inflation and the fact that many people are still on lower wages. The OBR also predicts that the cost of living will continue to rise, which will put pressure on the government to increase the state pension. This is a challenge for the government, as it needs to ensure that pensioners can afford to live on their pension. The OBR also predicts that the cost of living will continue to rise, which will put pressure on the government to increase the state pension. This is a challenge for the government, as it needs to ensure that pensioners can afford to live on their pension.

Wishing you all a very Happy Christmas and New Year

www.enfieldover50sforum.org.uk

**ForumFocus** over 50s forum  
 ENFIELD BOROUGH OVER 50s FORUM NEWSLETTER  
 April/May 2023

## Your Forum needs you

The Forum needs many more members to get involved in running the Forum and helping us improve the lives of older people in Enfield

Also, please try to find a friend to go with you to the Forum. It's a great way to meet new people and share your experiences. We also have a range of activities and events that you can get involved in. We are a friendly and supportive community, and we would love to have you as a member. We are a friendly and supportive community, and we would love to have you as a member.

Come along to the Volunteers Party 7-9pm, Thursday 4 May for more information. No obligation! No hard sell! See pp 4-5 for more details.

www.enfieldover50sforum.org.uk

The Look on the Bright Side of Life column continued to be very popular as always, and we value our regular columns from Glenn Stewart at Public Health Enfield. We also use the newsletter to keep readers up to date with the activities at Better Leisure Centres – especially

the ever popular Over 50s Days. The newsletter also advertises the Forum's wide range of social activities and the Forum Groups (all organised/run by volunteers) and keeps people up to date with our fund-raising activities. Thanks to the advertisers and sponsors who help to fund the printing and postage of Forum Focus and to the volunteers who write for, edit and proofread the newsletter and those who work to send it out.

**ForumFocus** over 50s forum  
 ENFIELD BOROUGH OVER 50s FORUM NEWSLETTER  
 June/July 2023

## Fit in mind and body

More than 120 people attended our recent event to learn about keeping healthy, to take part in exercise classes and gym/swim sessions and to enjoy lunch with others

The event was a great success and we were pleased to see so many people taking part. We have a range of activities and events that you can get involved in. We are a friendly and supportive community, and we would love to have you as a member. We are a friendly and supportive community, and we would love to have you as a member.

www.enfieldover50sforum.org.uk

# Membership and the Office

Our office staff Ruth Fathaddine and Diane Barron have the task of managing our membership records which are held on a Zoho cloud based system. Our IT specialists, Clifford Appadoo and Jean-Claude Rassaby, are currently reviewing all of our requirements with a view to improving and reducing inhouse costs and have already upgraded some of our computer equipment.

Paid up membership numbers are similar to last year with some old members still to renew. We encourage all members to renew promptly as this simplifies the load on the office. Our office arranges the posting and distribution of the newsletter. This includes printing labels, stuffing the newsletter into envelopes and liaison with the Royal Mail. Here we are dependent on a team of volunteers to prepare everything for posting.

Members subscription can be paid by cheque, postal order, cash, card payments in the office or by bank transfer.

The office is also responsible for organising major events such as the Flu and Falls day in October 2023 which was very well attended. Feryal Clark MP, Enfield North, opened proceedings and had excellent expert speakers on Nutrition, Vaccinations, Exercise and Orthopaedics. Our members enjoyed lunch and participated in activities within the Centre, including Zumba and chair based Yoga. Some of our affiliates and partners in Enfield attended and provided advice and information on relevant topics.

Coffee and Cake mornings and Board Games afternoons were organised by our office staff and held at Millfield House were resumed but attendance was poor mainly due to inclement weather. We are hopeful of attendance picking up during the warmer summer months.

A new initiative introduced by the office in partnership with Platinum Dance Academy was "A Chance to Dance" where members enjoyed learning dance routines such as Abba, the Cha Cha Cha and Dancing in the street. This has proved popular with our members and is now being held monthly.

During the year the office layout was reorganised to improve the use of the available space.



## Social Committee Programme

The Forum has seen a wide variety of social events to satisfy our members ever-increasing appetite to get out there and have fun - whether near or far!

Below are some of the offerings made by our Social Events Team (SET) - a small team of volunteers who work tirelessly to keep the range and cost of our events in mind. This team of volunteers arranged all these trips and holidays, with the numbers of members who took part shown in brackets. The team is led by Olivia Goodfellow.

Audley End Day trip (34)

Hever Castle day trip (35)

Romney marsh and Rye Day trip (35)

Namibia-explore and safari holiday (4)

Turkey cultural discovery and retreat (24)

Train visit to local wildlife gardens with tea (6)

Train trip to old fashioned summer garden with tea (8)

Peak District Historic Houses (30)

South Africa Holiday (4)



**Heever Castle visit**



**Peak District visit**

Liverpool explorer (32)

Whitewebbs Museum of Transport

Middle Temple lunch - (14)

Southwold and Aldeburgh day trip

Leighton House museum half day trip (10)

Nice-Carnival and Menton Lemon Festival (6)

Rochester Dickensian day trip (8)

Tate Modern Infinity Mirrored Room (6)

Michael Bubl  Sunday Roast

Lincolns Inn and Middle Temple lunch (12)

Mississippi Riverboat Cruise to Norfolk Broads (11)

St Albans day trip by bus (8)

Bletchley Park day trip (30)

Annual Christmas buffet lunch (90+)

New Year buffet lunch (104)

Kenwood House visit by train and bus (10)

Events are not arranged to raise funds for the Forum but a small donation for each activity produced over £600 towards Forum finances.

The social events are never a closed shop and all members are welcome, particularly those joining in for the first time and those coming on their own.

The SET (Social Events Team) are always looking for new and challenging destinations to keep the membership happy. It is already planning for the coming year and beyond, so please keep supporting our efforts as it gives us feedback that we are getting it right!

The Forum is so lucky to have volunteers to make all these events happen and would welcome additional support from members for help so we could continue to increase our offerings. You would be welcome to join the SET when it meets informally over lunch, every couple of months for a couple of hours. Even if you just arrange one small event per year, just think how much more we could offer our members.

Particularly welcome would be offers to arrange theatre outings and evening meals, walks or day trips and trips into London using the freedom pass.

## Clubs and Groups

In addition to our extensive social programme the Forum has a number of interest groups: the Book Club (16), Lunch Club(25), Coffee Club (10) - led by Sue Scott; the Film Making Group (20)and Whats App Cinema Group (23) - lead by Jan Oliver; the Poetry Group - lead by Brian Darby; the Writers Group - lead by Ruth Serner.

The normal attendance figures for these groups are shown above in brackets while the regular meeting dates, programmes and lead details are publicised in our newsletter. Any member interested in joining these thriving groups should contact the appropriate lead person.

The ever popular Christmas and New Year lunches were again meticulously organised by Jacky Pearce.

## Leisure Centres

From the early 2000s Fusion held the franchise to manage Enfield Council's various leisure centres. For the benefit of our membership the Forum committee negotiated discounted rates which encouraged older people to maintain fitness and good health.

During our financial year the Council took the decision to transfer the contract with Fusion and award it to Better (the trading name for Greenwich Leisure Limited). The transfer of management to Better took place in December 2023.

Such a change was not achieved without hiccups and some uncertainty. However, we were able to ensure that our members continued to receive a discount on the concession card used at the Better centres in Enfield.

Initial feedback from members using the centres is that under the new management there have been improvements in customer service, with cleanliness and hygiene, short notice cancellations of classes and maintenance of the pool temperature at an acceptable level.

Currently Edmonton Green Leisure Centre remains closed due to health and safety concerns and a decision on the future is the responsibility of Enfield Council.

On 25<sup>th</sup> October 2023 prior to the management change, the Forum ran a "Falls and Flu" event at Southbury Leisure Centre, and we thank Fusion, the centre's staff, the Forum Ambassadors and Volunteers who made the day a success.



We always need people to help at Forum events

## Environment and Climate Issues

Insofar as the Environment and the Climate and Ecological Emergency is concerned, the year has been dominated by Enfield Council's Local Plan which was published a few weeks before Christmas. It's hard to underplay the importance of a plan that could shape Enfield's built, and green, landscape for decades and set the tone for its economic and social future.

The Local Plan runs to about 600 pages, with a further 7,000 pages of evidence which justifies the policies included in the Plan so our Forum's representatives were pleased, and relieved, to work alongside Better Homes for Enfield, The Enfield Society, Enfield Climate Action Forum and Enfield Roadwatch in the preparation of our representations on behalf of your Forum. It's a mammoth task for volunteers.

Our representations covered housing: we questioned whether provision in the plan for an ageing population was aligned with the Mayor of London's positive policies. And we expressed concerns about the impact of housing development on the availability of green space for health, well being and cooling effects, when very little additional open space is being planned for, and some 13% of the Green Belt is scheduled for development.

The speakers at our monthly forums from both the Council and local campaign groups helped to prepare the ground for members with presentations on housing, the Edmonton incinerator and Energetik's Decentralised Energy Network. Regular articles in our bimonthly newsletter kept all members informed about the key issues.

We now await the response from the National Planning Inspectors who will examine the plan. It will be many, many months, possibly more than a year, before they publish their report which will indicate the modifications they feel are necessary, on the basis of the evidence presented, to make Enfield's Local Plan sound.

**All members are welcome to participate in any of the Forum's groups, clubs and activities. Please look in the latest Newsletter for up to date information or contact the Forum Office for details.**

## **Fundraising - Bingo and the Lottery**

The Forum's bingo club was started by Jim and Lynn Cante and held in Malones cafe in Enfield. Kwaks, the cafe owner, gave it his blessing and the first session began on 14/10/2019 with Danielle, the waitress, as our caller. The first weeks profit for the Forum and also for prizes was £26. 50, The sessions were held at Malones until covid intervened and the cafe was sold. Fortunately Jubilee Hall in Parsonage Lane became available and the club now meets there every Monday.

Numbers attending have grown and our record is 48 people. Many of our original players from Malones are still regular players and many good friendships have been made including the two ladies who recognised each other from school 60 years ago.

At Jubilee Hall Jim Cante has been helped by a number of volunteers as his sight deteriorated. Dave Cope who collects £1 per person towards the hall hire, John Yiannacou who sells bingo books at £4.00 for ten games or £2.00 for five games. Our regular caller is Georgia Violari with John as an able stand-in as caller when needed if she cannot make it. The tickets are now sold by Mary Michael, Georgia or Lynne Cante and pay out the cash prizes.

We provide free tea and coffee for everyone. Monica runs the kitchen and also helps to organise our Christmas parties in 2023 with sustenance and music was provided by John Prior.

We are so grateful to all our volunteers without whom we couldn't run and presented them with a small commemorative gift in 2023.

To the year end over £6000 has been raised. Since starting the sessions in 2019 over £12,500 has been raised to support the forum.

If you know of anyone interested in joining our bingo club please ring Jim Cante on 0208 363 4969 to register your interest. Besides running the Bingo sessions Jim and Lynn Cante have been doing a magnificent job in running our monthly lottery. This is now being run by the Forum Office and overseen by Peter Smith, a long standing Trustee of the Forum.



**Jim and Lynn Cante our Bingo organisers**



**Bingo players in Session**

## Forum Volunteers

Retired people provide significant voluntary support for many of the charities and clubs across Enfield and the Forum is fortunate in having a committee and many members who regularly give up their time to ensure the smooth running of all our activities and to support our office staff. However, there comes a time when an organisation or a charity needs new blood to take over management and support roles.

Within our Forum there are opportunities a plenty to use your skills and efforts to benefit others be it as a committee member, helping at event, stuffing envelopes for the newsletter. All such involvement can be very rewarding - it gets you out of the home; you meet other people and make friends; you find out all the gossip and what's going on in Enfield. As illustrated in the previous pages if you get involved it keeps you young at heart and helps you remain fit and active - so contact Ruth or Diane at our office and join in - You can use the Forum to keep you active and involved and the Forum NEEDS YOU.



**Star volunteer Joan Stephenson (standing) helping Diane Barron who works in our office at Millfield House**

## Finance

Looking at our annual accounts' statement shows that expenditure exceeded income by almost £20,000 compared to the deficit of £10,000 in the previous year. These deficits are in part explained by the impact covid had on membership numbers. Additionally it has been a deliberate policy by trustees not to increase subscriptions in line with higher operating costs as our reserves makes it more difficult when applying for funding for projects to improve the lot of disadvantaged in our society.

These accounts show that our total reserves stand at a healthy £88,285 of which £50,000 is the historical amount put by should the Forum be forced to close.

Over the year the main items of expenditure are staff salaries, the newsletter and office rent. For the new financial year we will work towards a balanced budget to ensure the good work of the Forum in supporting older people can continue into the future.

Our accounts have been scrupulously kept by our treasurer, Dr George Rufai, whom we thank for his diligence throughout the year. We also thank Ms Heloni Vipani, BSc, who has once again has agreed to examine these accounts later in June.



**Socially-distanced stuffing of the newsletter. The pandemic did not stop these volunteers**

## **APPENDIX I**

### **Organisations Affiliated to the Forum**

<b>Age UK Enfield</b>	<b>North London Morning Orchestra</b>
<b>Association of Ingleborough Residents</b>	<b>Oakwood Art Circle</b>
<b>BHP Bowls, Tennis and Social Club</b>	<b>Oakwood Horticultural Society</b>
<b>Enfield &amp; Southgate Workers Educational Association</b>	<b>Palmers Green &amp; Southgate U3A</b>
<b>Enfield Asian Welfare Association</b>	<b>Probus Club of Enfield</b>
<b>Enfield Choral Society</b>	<b>Selborne Bowling Club</b>
<b>Enfield COPD Support Group</b>	<b>Southgate Opera Group</b>
<b>Enfield Croquet Club</b>	<b>The Arts Society of Enfield</b>
<b>Enfield Light Operatic &amp; Dramatic Society</b>	<b>The Enfield Arts Circle</b>
<b>Enfield Over 50s Fun Group</b>	<b>The Historical Association -North London Branch</b>
<b>Enfield U3A</b>	<b>The Rotary Club of Edmonton</b>
<b>Gardening Friends</b>	<b>The Walkabouts Rambling Group</b>
<b>Grovelands Bowling Club</b>	<b>Weir Hall Ratepayers</b>
<b>Knit and Natter</b>	<b>Winchmore Folk Dance Club</b>
<b>Mayfield Athletic Table Tennis Club</b>	<b>Winchmore Hill Bowling Club</b>
<b>North London Adult Care</b>	

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**The Forum thanks our affiliates for their continuing support throughout the year. In return the Forum promotes their activities and programmes in our newsletters, eNews and website. Affiliates can also insert their leaflets in our mail-outs for a nominal cost.**

# APPENDIX 2

## ENFIELD BOROUGH OVER 50S FORUM (Registered Charity number 1122859)

### RECEIPTS AND PAYMENTS ACCOUNT for the year ended 31st March 2024.

#### Notes to the Accounts

RECEIPTS		2023/24			2022/23		
	Note	£	£	£			
		Unrestricted	Restricted	Unrestricted			
Subscriptions	1	34,866.00		37,603.00			
Grants and/or donations	2	4,811.00	10,968.00	5,068.00			
Newsletter advertising	3	10,966.00		12,416.00			
Gift Aid Tax refund	4	4,855.00		4,749.00			
200 Club Lottery contribution		0.00		750.00			
Bank interest		71.00		0.28			
Legacy		0.00		0.00			
Job Protection and Retention Grant		0.00		0.00			
Overhead recovery Staff salaries		0.00		0.00			
		<b>55,569.00</b>	10,968.00	60,586.28			
PAYMENTS							
Staff salaries, NIC, Pen		42,782.00		39,132.40			
Newsletter Printing		7,662.00		9,909.55			
Newsletter postage and delivery		10,966.00		8,493.79			
Stationery		2,686.00		2,182.61			
Office postage and telephone		218.00		71.76			
Office equipments		2,637.34		2,201.83			
Office rent and hall hire		6,956.00		7,816.80			
Miscellaneous expenses		0.00		0.00			
Insurance		557.00		552.25			
Falls and Flu Day		859.00		0.00			
Heat & Eat		0.00	9,260.52				
Governance		165.00		299.19			
		<b>75,488.34</b>	9,260.52	70,660.18			
<b>Surplus/Overspend</b>		<b>-19,919.34</b>	1,707.48	<b>-10,073.90</b>			
<b>Activities for members:</b>							
Net receipts from trips	5	-583.47		-879.46			
Net receipts from events	5	771.26		-78.44			
<b>Total net receipts for the year</b>		<b>-19,731.55</b>	1,707.48	<b>-11,031.80</b>			

- 1 **Subscriptions** - Includes advance payments received for 2023/24 and onwards and from life members.
- 2 **Fund raising and Donations**  
This includes surpluses from the 200 Club, Bingo session, raffles and trips were undertaken during the year
- 3 **Newsletter advertising** includes support by Stennet & Stennet, George Ttoui - Burlington Wealth Management, Home Instead and Winchmore Hill Bowls Club.
- 4 **Gift Aid** claims up to 31st March 2024 have been received
- 5 **Trips and Events** -  
As shown on page ? of this report, the Forum organised numerous events and trips for public benefit. Local Events were organised which included Falls and Flu day. Any deficit in the year is due to advance supplier
- 6 **Reserve Policy**  
In accordance with the recommendation from the Charity Commission we have created a Contingency Reserve Fund to provide for 6 months salaries, rents, redundancy, refund part subscription from life members and fees received in advance from members and other expenditure in the event of the Forum closing down.

FUNDS		
<b>GENERAL FUND</b>		
Balance 1st April 2023	58,016.55	67,340.87
Surpl for the year - Unrestricted	-19,731.55	-11,031.80
- Restricted	0.00	1,707.48
Balance 31st March 2024	38,285.00	58,016.55
<b>Represented by Bank balances and cash</b>		
Bank Balances - Barclays Accounts	23,403.00	43,153.58
CAF Bank	12,653.00	12,686.59
Interest at Shawbrook Bank	2,179.00	2,127.04
Cash in hand	50.00	50.00
	<b>38,285.00</b>	<b>58,017.21</b>

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2024 was prepared by:  
Dr. George Rufai (Treasurer) and Checked by

Champak Mistry, FCCA.  
31st May 2024



The accounts for the year ending 31 March 2024 were independently examined by:  
**Ms. Heloni Vipani, BSc.**

# Enfield Over 50s



## Forum

Meetings, Conferences, Special events and projects, Drop-ins, Advice sessions, working with Fusion  
Social programmes: Holidays: Trips; Theatre Visits, Lunches, Dinners, Walks.  
Groups: Writing; Readers; Poetry; Whats App Cine Club; Film Making; Coffee Club.

## Activities include:



Members enjoyed the Zumba class



Enfield Council staff offered advice



The audience were encouraged to exercise from their seats

## Falls and Flu Day at Southbury Leisure Centre

**ENFIELD BOROUGH OVER 50S FORUM**

England & Wales - Charity number 1122859

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# Accounts

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# Enfield Borough Over 50s Forum

## Annual Report

**For the year ending 31st March 2023**

This report to be presented at the Forum's annual general meeting in the Chamber at Enfield's Civic Centre on Tuesday 28 June 2023.

# Enfield Over 50s

*"Helping our members keep active, involved and healthy"*



## Executive Committee/Trustees 2021/22

<b>Chair</b>	<b>Jan Oliver</b>	<b>Social Events Team</b>
<b>Secretary</b>	<b>John Ball</b>	<b>Roy Barrows</b>
<b>Assistant Secretary</b>	<b>Tony Watts</b>	<b>Cheryl Byamukama</b>
<b>Vice Chair</b>	<b>Peter Smith</b>	<b>Heather Cole</b>
<b>Treasurer</b>	<b>George Rufai</b>	<b>Olivia Goodfellow</b>
<b>Health Team Lead</b>	<b>Vivien Giladi</b>	<b>Jean Mittins</b>
<b>Newsletter Editor</b>	<b>Yvonne Mulder</b>	<b>Jan Oliver</b>
<b>Members:</b>	<b>Chris Chinnery</b>	<b>Jacky Pearce</b>
	<b>Vicki Pite</b>	<b>Sue Scott</b>
	<b>Talat Shaikh</b>	<b>Graham Thomas</b>
	<b>Peter Smith</b>	
<b>Meetings arranger</b>	<b>Helen Ball</b>	<b>Finance Committee</b>
<b>Fund Raiser</b>	<b>Jim Cante</b>	<b>John Ball</b>
		<b>Champaklal Mistry</b>
		<b>George Rufai</b>
		<b>Tony Watts</b>
<b>Office Staff</b>	<b>Ruth Fathaddine, Development &amp; Office Manager</b>	
	<b>Diane Barron, Administrative Assistant</b>	

## Representation on external organisations

### **John Ball:**

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

### **Vivien Giladi:**

Enfield council's Health & Well-Being Board  
Enfield Partnership Board  
CCG Access to Services group  
CCG Equalities group  
North Central London ICP/Enfield Clinical Commissioning Group's Voluntary Community & Stakeholder Reference Group (VCSR) group  
Working meetings on orthopaedics (Knees on the High Street)

### **Vicki Pite:**

Enfield Climate Action Forum  
North London Zero Waste  
The Enfield Society  
Member Victoria and Albert Museum

### **Talat Shaikh:**

MCEC Trustee  
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  
Trustee and Chair of North London Asian Care

### **Peter Smith:**

Enfield Transport Users Group.  
ASLEF representative and Executive Member on the NPC London Region.  
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 Older Peoples Board  
Enfield Voluntary Sector Steering Group  
AgeUK National Policy Sounding Board

# Chair's Report



Sometimes older people dislike change but, in order to survive and thrive, everything on the planet must evolve. And the Forum is no exception. At the beginning of this year, the Forum and, I suspect most of our members, were in an insular place, licking our wounds after

the loss of Monty Meth, our wonderful President and the subsequent loss of our equally wonderful quietly capable, ex chair, Christine Whetstone. The dedication and wisdom of both were, and are still, much missed.

Because of the pandemic, Forum groups were either closed or mainly online and Forum activities revolved around helping those people who were feeling lonely and isolated. And so, early in the year, we ran a mobile phone peer- to- peer support/ befriending service, encouraging those at home to keep in touch with others, whilst at the same time asking them to engage in creative activities in preparation for an exhibition of arts and crafts. The Exhibition took place in July of this year and was a great success. Our thanks to all who participated in it. We also ran successful outdoor tea and cake mornings at Millfield House – a way for all to safely socialize in the warm weather.

Sometimes change is a good thing, and so with new government advice and vaccinations, in the middle of this year, more services began – some initiated by our fundraising team (a huge thank you to Jim Cattle who has raised substantial amounts for the Forum by running the very popular quiz, bingo and drop in sessions) and other groups and social activities resumed in person. Our job club, run in Edmonton Library, giving advice on universal credit and job seeking to Enfield residents over 50, re-opened in August, thanks to the hard work of the project manager, Williamz Omope and Forum members who provided invaluable support to the many clients faced with the IT demands in meeting universal credit data requirements.

Our excellent new member on the Executive Committee – Vicki Pite, reminded us to look outward still further and some of you may have noticed a change in emphasis in our newsletter expanding our concerns about individual health, raising awareness of the links between our health

and threats to our local environment, specifically the potential loss of some of our green belt land and the threat to the lungs of Edmonton residents by the potential expansion of the Edmonton incinerator.

Health remains high on our agenda and thanks to Vivien Giladi for all of her work keeping us abreast of developments during the COVID pandemic and also to our new Exec member, Niki Nicolaou, for initiating our Health Champions Project which started this year with the promotion of an All Ability Cycling hub and regular advice sessions which will continue into June, with a Health Day at Southbury Leisure Centre.

At our Executive Away Day in December 2021, we identified priorities for the Forum: health, the climate, poverty and loneliness. We are committed to working inclusively on these issues with other groups. The rise in the cost of living and utility bills and, the potentially devastating consequences this could have on our members, is our next big challenge. And so, whilst we work on gaining concessions at local businesses for our members, we are also discussing ways in which the Forum could help those surviving on a low income, possibly by finding spaces for people to escape cold homes and save on their energy bill

With the lifting of COVID restrictions our social committee volunteers have helped us, not only to survive but also to thrive, by offering opportunities to explore our local culture and countryside and by taking us further afield on holiday to other cultures. Many thanks to all of the social committee volunteers.

One thing that hasn't changed over the year, is our need for volunteers and finally, our gratitude goes to everyone who has volunteered for the Forum this year, including our newsletter editor, Yvonne Mulder. Imagine the Forum without a newsletter! We are also deeply grateful to our office staff and volunteers who keep the Forum going by processing and keeping up to date our membership base

Let's hope that the challenges we face, and the changes we make in 2022/2023 are positive ones.

*Jan Oliver*

## Meetings Programme

Throughout this period of April 2021 – March 2022, we continued to host our Speakers Programme on Zoom, which was in line with Government Covid Guidelines. We were sad that this was not inclusive for everyone, especially those not online, and how much our regular meeting attendees missed out not only the topic of the meeting but also the social interaction. Going forward we have face to face meetings planned for this coming year. We are a socially orientated, community based group and will endeavour to continue with our meetings and events within that remit.

We hosted a diverse and interesting meetings programme throughout the year as listed below:

Geraldine Gavin – Chair of Enfield Safeguarding Adults

Vanessa and Beverley Higgins – London Fire Brigade

Michael Stennett – Estate Planning in a Changing World

Peter Padwick – Forum member – All things Banned and Censored

George Ttoui – Burlington Finance Management – How to Mitigate Inheritance Tax and Financial Planning for Long Term Care Fees

Richard Eason – Programme Director Healthy Streets, Enfield Council

Andrew Galligan- Project Communications Specialist - ULEZ Low Emission Zone

Rebekah Polding – Head Of Cultural Development, Enfield Council

PC Neil Rogers – OWL watch Officer for Enfield

Sharon Strachan – Staying Safe and Connected in Enfield

Josh Freestone – Outreach and Engagement Officer- North London Waste Authority – Not a Waste of Time

Jasbir Singh – Greenpeace – Climate Change and How it Affects us all.

We would like to thank Ann Zinkin and Helen Ball and all those involved in identifying suitable speakers and Diane Barron for co-ordinating the date, time, reminders and Chris Chinnery for setting up the Zoom Link.

## Health Issues 2021

It has been another very difficult year for the Forum, the North Midd, GPs, our members who have lost friends and family, those facing long covid and 6m patients nationwide facing historically long waits for elective surgery, some of them our members. At time of writing all restrictions have been lifted but covid is still very much with us and older age groups, albeit vaccinated, are vulnerable with their numbers dominating among the locally hospitalised. The loss of usual patterns of thinking about safety, ingrained habits, lack of social contact and an atmosphere of caution and even fear have made it hard for us all. The Forum has battled on often, it felt, against the odds.

Lack of access to GPs has been a serious bugbear. Problems with e consult, dysfunctional telephone systems, lack of face to face diagnosis, among other things, have undermined the provision that has always been the front door of the NHS, and one or two national newspapers attacking the GP services hasn't helped to maintain staff morale. Enfield historically has been short of GPs and has had too many in sub-standard premises which makes the two state of the art new GP practices, one in Ponders End and the other on Chase Side in Enfield, doubly welcome. The Forum has visited both and hopes they'll be our models for future improvements.

The 111 service has become a significant adjunct to NHS services during the pandemic and, though it has worked well for some, it hasn't been an unqualified success, especially in times of crisis, and for a number of our older members has been an obstacle course. Your Forum is currently very concerned about plans to extend the current 111 arrangements, which cover the 5 North Central



There is more focus than ever on the health service

London boroughs, to a single platform for the whole of the capital. Eventually an England-wide service is envisaged. Existing business platforms like this are not encouraging examples so we support a public service specification. The Forum strongly supports locally delivered services with national standards and will continue to press for more recruitment and training of GPs.

Enfield has done well on vaccinations among older age groups and the Forum is urging its members and anyone they can influence to follow suit and have the boosters. At the North Midd the unvaccinated have been the majority of those needing covid care, and too many people have still not understood the dangers of aerosol transmission and so the value of mask-wearing. Forum policy and advice has been risk averse. Currently Enfield is second bottom of the 32 London boroughs for vaccine take up in the 12 to 34 age group and we are urging our members to bear this in mind.

Under cover of covid privatisation has been increasing apace. GP practices in central and parts of North Central London have been bought by an American company and there are 250 non-NHS independent providers delivering NHS funded healthcare in Greater London, all under the NHS logo, but for private profit. This is happening so quickly that it is testing for us to keep up. As a result we are wary of a proposal for “Knees on the High Street” currently being proposed for trial in Enfield as drop-in shop fronts. Knees are a potentially massive private market as knee problems are so common. Pain has driven unprecedentedly very high numbers of sufferers to resort to private provision during the pandemic so the Forum has expressed strong reservations about the plans we have seen as they would undermine existing NHS provision, which would work well if better resourced, and introduce units ripe for privatisation. Fortunately, the Forum is being listened to on this as it has been on other issues referred to in this report.

Enfield has several seriously deprived wards and shares this challenge with Haringey wards which abut them and also use the over-burdened North Midd as a first port of call. The North Central London Integrated Care Partnership of which Enfield is now part, has recognised the importance of raising the levels of health in this area and provided some money to explore ways and means. Residents at risk have lower life

expectancy, higher rates of illness for longer, and less easy access to GPs. The Forum supports this work and seeks to bring the mooted expansion of the Edmonton incinerator into the discussions since weak respiratory health is common in poor districts and among older people generally.

Our care system is over 80% privatised with the big 4 dominating companies making huge profits. Care home residents in Enfield took a major covid hit in the early stages of the pandemic as a result of early discharge from hospital of covid sufferers spreading the virus. There is now much better oversight and protection. It isn't clear to the Forum that the Health & Care reforms being brought in by the government will solve the problems of what is apparently a broken system and we are keeping a watching brief. This is all the more important in this borough which has 82 care homes.

So, the Forum continues to fight on all fronts to defend the integrity of the NHS, the accessibility of services, our North Midd, and the health of its members with constructive advice about achievable exercise and diet, tobacco avoidance and staying socially connected.

We hope for a better year ahead and wish all our members and supporters good health.

## Forum in Focus

The Forum's newsletter continues to be produced every two months, with a wide range of topics covered. We are very grateful to our small group of volunteers who stuff the magazines into envelopes, so ensuring a smooth delivery to members' homes. We also expect to have the newsletter back in libraries, leisure centres and other public spaces as things open up again after Covid.

Articles in Forum Focus have explained how the Forum is working closely with other local community groups to fight for a fairer, friendlier and greener Enfield. Other topics include the threat to the triple lock on pensions, our concerns about the new Edmonton incinerator, our support for face to face visits with GPs and ways to combat loneliness. We have always covered health issues and tried to help our members improve both their physical and mental health.



Look on the Bright Side of Life continues to be very popular as always, and we value our regular columns from the Police and Glenn Stewart at Public Health Enfield. We also use the newsletter to keep readers up to date with the activities at Fusion Leisure Centres – and the discounts that we offer there.

The newsletter also advertises the Forum’s wide range of social activities and the Forum Groups (all organised /run by volunteers) and keeps people up to date with our fund-raising activities.

Thanks to the advertisers and sponsors who help to fund the printing and postage of Forum Focus and to our volunteer editor Yvonne Mulder for ensuring it is produced on schedule.



*Campaigning with the National Pensioners Convention*

## Social Events and Holidays

The Forum has seen some welcome changes in the last 12 months on the social scene, as social and travel opportunities get back into gear after a very disturbing time for many.

However, the confidence of our members having had their vaccinations and their desperation to get back to normal again, means that we have lots of new planning opportunities ahead of us and that will no doubt be reflected in both this and next year’s report for sure!!

Here are some of the offerings made by our small team of volunteers, who work tirelessly to keep the range and cost of our events in mind.

We did all of this:

- Cressing Temple granary barns and Jimmy’s Farm in Essex*
- Leamington Spa and the Guide dog’s puppy breeding and training centre*
- Walton on the Naze coastal walk*
- Van Gogh immersive experience*
- Mike Leigh films session*
- Cotswolds and Oxford*
- 10 pin bowling afternoon*
- Winchester and Bombay Gin Distillery*
- Christmas lunch and party*
- Lunch and Dinner in Marcus Enfield*
- Sri Lanka tour*



These events are not arranged specifically to fund raise for the Forum but we try to add a small donation as “every little helps” as they say. We raised £618 from these events.



*Theobalds Farmhouse Gardens*

The social events are never a closed shop and all members are welcome, particularly those joining in for the first time and those coming on their own.

The Social Events Team is a small dedicated group and we are always looking for new and challenging destinations to keep the membership happy. We are already planning for the coming year and beyond, so please keep supporting our efforts as it gives us feedback that we are getting it right!

The forum is so lucky to have people to make all these events happen and we would welcome some more support from any members who can offer a little help so we can continue to increase our offerings, Come and join us, we meet informally every couple of months for a couple of hours. Even if you just arrange one small event per year, just think how much more we could offer our members. Particularly welcome would be offers to arrange theatre outings and evening meals.

*Olivia Goodfellow*

## Book, Coffee & Lunch Clubs

This is good news - bad news report. In the Book Club for first 4 months of 2020 there were no meetings, but then at the suggestion of Gillie, one of our members, we started using zoom in May.

Then Anne took over until January this year when we were invited to use the Forum’s zoom account which has made it much easier.

From February the meetings thrived.



From a previous average of 12 members attending numbers grew resulting in 19 in February and then to an amazing 22 in March. We have had 6 new members join too which is wonderful and we hope more will join. Our monthly book choice has been very varied, as befits the personalities

of our membership - there is something here for everyone. The meetings are lively and interesting.

With the Coffee Club and unfortunately closure of Pearsons restaurant in Enfield Town, we had to cease meeting and it was decided that we should await for it to re-open. It has always been well attended and will start as soon as it is viable.

The Lunch Club was on the brink of starting, but was put on hold because of Covid. Everyone who has shown interest and again would be contacted as soon as it becomes practical.

Any members interested in any of these clubs should contact our enthusiastic organiser, Sue Scott and ask to be added to her list.

PS. Sue is delighted to report that the coffee and lunch clubs are thriving since the end of the 21/22 year. Her contact details are 020 8368 0861 / scotsf48@hotmail.com

## Environment

We can call it “global warming” or “climate change” or “climate emergency”; a climate crisis or an environmental tragedy. But, whatever the name, the undeniable reality we face, worldwide, is that the average temperature of the earth is increasing and this is a disaster in waiting for many millions of people and the ecological infrastructure on which we depend.

Global heating is caused by an increase in carbon dioxide (CO<sub>2</sub>) gas in the air because CO<sub>2</sub> (and other so called “greenhouse” gases) trap heat, acting like a greenhouse over the Earth.

At 0.04% the amount of CO<sub>2</sub> in the air seems vanishingly small but not when you realise that, in the adult lifetime of we over 50s, the amount has gone up by 30%. The cause is burning fossil fuels for energy.

The impact is already evident in extreme weather events, largely in distant places; hurricanes, floods, forest fires, drought, with consequent loss of life. At home we’ve experienced more frequent heatwaves, heavy rain and floods.

The highest temperature ever reached in the UK was 38.7°C (101.66°F) in Cambridge. And on the 19th July 2021, the Met Office issued its first ‘Extreme Heat Warning’ as a sustained spell of hot weather affected the majority of the UK. Such spells of hot weather are becoming more prolonged, more frequent and hotter.

In 2020, Public Health England published a “Heatwave mortality monitoring report” estimating that there were 2556 excess deaths related to the

three heatwaves that year (adjusted for the impact of Covid), 2,244 of which were observed in the 65+ age group.

So, as far as your Over 50s Forum is concerned, the climate emergency is a health emergency; not just because of the greenhouse effect of carbon dioxide emissions from burning fossil fuels but also because when fossil fuel products (such as petrol and diesel in vehicles and plastics in the Edmonton incinerator) are burnt, they emit toxic gases and particulates.

Enfield Over 50s Forum will continue our efforts to reduce carbon emissions and communicate advice about how to adapt to rising temperatures.

We’ll focus on eliminating the need for a replacement incinerator in Edmonton by providing advice on cutting waste, improving recycling and reducing consumption.

Wherever possible we’ll raise awareness of, and encourage members to join in with, campaigns to make public transport more accessible and support walking and cycling to improve health and wellbeing, hence reducing our dependence on motor vehicles.

We’ll provide advice on keeping cool in Summer.

Similarly, we’ll use the means at our disposal to encourage initiatives that improve air quality and address the lack of woodland and appropriate green space in the East of Enfield where it is sorely needed for shade and the cooling effect of woodlands on urban areas.

Because it’s not all bad news, we can make a difference.

The Chair of the Intergovernmental Panel on Climate Change (IPCC), the United Nations body for assessing the science related to climate change, reported earlier this year that “*We are at a crossroads. The decisions we make now can secure a liveable future. We have the tools and know-how required to limit warming*”

Your Over 50s forum will do its best to ensure that, together, we make the right decisions.

## Membership and Small Projects

We are very pleased to report that we are in a much better position with our Forum Membership compared to last year and heading back to pre-covid levels. We would like to thank all those who responded to our renewal notices in the last few newsletters and welcome new members and those who had lapsed some years ago. Your support does not go unnoticed and is really appreciated.

Our membership fees remain the same and represent good value for money for the year with 6 Newsletters, access to social events, trips, meetings, involvement with relevant campaigns and concessions with Fusion.

It was good to have people coming back to the office, appointments preferred, and happy to be finally off furlough and back to our usual, although part time hours.

Funding was secured for a Health Champions Project which has been ongoing since January 2022 and has kept us very busy in addressing health inequalities and promoting health and well being.



This will continue until December 2022 and by the time you reading this, we would have held a Health Day in partnership with Fusion in the middle of June 2022.



Post Covid =Tea and cakes drop-in at Millfield House

The Isolation and Loneliness project involved 20 members contacting each other via phone on a regular basis and then culminated in July 2021 with an Arts and Crafts Exhibition showcasing what members had created during lockdown. The event was organised by Ruth Fathaddine with Jan Oliver managing day on at very short notice, when Ruth became Covid positive day before.

## Fusion

The Forum welcomed back the full opening of Fusion Leisure Centres at the back end of 2021. These are at Edmonton Green, Southbury, Albany and Southgate. We enjoyed a joint venture in October 2021 at Southbury Leisure Centre. This was the opportunity to have a Memorial Event for Monty Meth who was instrumental in establishing Fusion discounts for our Forum members and the ongoing relationship. A thank you speech was delivered by Dominic Hall, who is the Sport and Community Development officer for North London Fusion along with a wall plaque commemorating Monty, presented to his wife Betty, to be hung at Fusion Southgate Centre.

**Tribute to Monty**  
Day of activities in honour of our late President

More than 120 people attended a tribute day to Monty Meth at Southbury Leisure Centre. Monty's widow Betty was presented with a commemorative plaque by Dominic Hall, Sport and Community Development Officer for Fusion Lifestyle, which manages the leisure centres in Enfield on behalf of Enfield Council. The plaque will be displayed permanently at Southgate Leisure Centre, where Monty was a regular early morning swimmer.

Attendees on the day took part in activities including an outdoor health walk, walking football, Zumba Gold, Badminton and table tennis, swimming, Pilates and yoga.

Nigel Court, regional business manager for Fusion Lifestyle, said "Monty was a true local champion and we really wanted to honour his memory and his achievements with a day that celebrated the work he did so tirelessly to help older members of the community keep active and well."

To find out more about 50+ days in Enfield contact: [enfield@fusionlifestyle.com](mailto:enfield@fusionlifestyle.com) or visit your local Fusion centre. Also see p 7.

Over 120 Forum members attending the event were able to participate in taster sessions at Southbury. The Zumba session was a particularly welcome return for members following the isolation over the previous 18 months and the reduced companionship and regular exercise.

Following on the financial losses Fusion experienced during the Covid pandemic there was an increase in attendance charges. Nevertheless, we welcomed the return of the Over 50's Days, which at £6.50 for Forum members remains good value in meeting the social, health and wellbeing the centres provide. We thank our Ambassadors from each Fusion site, who look after members' interests and keep the executive committee apprised of issues and changes at the centres.

The Forum's office continues to support our members with accessing online bookings and payment and in resolving any issues in relating to the centres are promptly dealt with.

## Finance

As stated elsewhere in this report Covid forced restrictions on the normal range of Forum meetings and activities we were able to hold during the year. However, there has been increase in members joining and renewing which resulted in a twenty percent increase in subscription income over the previous year. The amount we were able to claim through gift-aid was down significantly as it is based on the subscription income received in the year 2020/21.

Grant income was down due to projects having been completed in the previous year. the total oncome for the year at some £71K was the same as the previous year. During the year our offices were closed for several weeks, so we were able to claim £7K from the government staff furlough scheme. Also we were fortunate and thankful to

receive a legacy bequest from the estate of one of our longstanding members, Eva Salische.

It is also pleasing to note that Income from advertising in the newsletter was up by thirty percent which covers a significant proportion of the cost of printing and postage of the newsletter.

Our Fund Raiser, Jim Cattle and his his wife Lynn ran regular bingo sessions, quiz events and a 200 club. The additional revenue from those activities was most welcome and helped to compensate for reduction in subscription income. Our thanks to both of them for their sterling support.

Lastly we must thank Champak Mistry, and George Rufia who manage our finances, for ensuring that we have remained solvent and sound throughout the worst period of the Covid pandemic.



*A Forum Bingo session and one of the monthly lottery winners*

## **APPENDIX I**

### **Organisations Affiliated to the Forum**

<b>Age UK Enfield</b>	<b>Heart Throbs Cardiac Support Group</b>
<b>Arnos Bowling Club</b>	<b>Keep Fit - Dance Fit</b>
<b>Association of Ingleborough Residents</b>	<b>Macular Society Enfield Support Group</b>
<b>BHP Bowls, Tennis and Social Club</b>	<b>Mayfield Athletic Table Tennis Club</b>
<b>Cockfosters Probus Club</b>	<b>Meet a Need with Christian Care</b>
<b>Deep Indian 50 Plus Assoc - Enfield</b>	<b>North London Humanist Group</b>
<b>Enfield &amp; District Veteran Vehicle Society</b>	<b>North London Morning Orchestra</b>
<b>Enfield &amp; Southgate Workers Educational Association</b>	<b>Oakwood Horticultural Society</b>
<b>Enfield Asian Welfare Association</b>	<b>Palmers Green &amp; Southgate U3A</b>
<b>Enfield Choral Society</b>	<b>Probus Club of Enfield</b>
<b>Enfield COPD Support Group</b>	<b>Selborne Bowling Club</b>
<b>Enfield Croquet Club</b>	<b>Southgate Opera Group</b>
<b>Enfield Light Operatic &amp; Dramatic Society</b>	<b>Stroke Social Club Park Avenue</b>
<b>Enfield NHS Retirement Fellowship</b>	<b>The Arts Society of Enfield</b>
<b>Enfield Over 50s Fun Group</b>	<b>The Enfield Arts Circle</b>
<b>Enfield Soroptimists</b>	<b>The Walkabouts Rambling Group</b>
<b>Enfield U3A</b>	<b>The Winchmore Singers</b>
<b>Gardening Friends</b>	<b>Weir Hall Ratepayers</b>
<b>Grovelands Bowling Club</b>	<b>Winchmore Folk Dance Club</b>
	<b>Winchmore Hill Bowling Club</b>

**The Forum thanks our affiliates for their continuing support throughout the year. In return the Forum promotes their activities and programmes in our newsletters, eNews and website. Affiliates can also insert their leaflets in our mail-outs for a nominal cost.**

# APPENDIX 2

## WIFFIELD BOROUGH OVER 65s FORUM (Registered Charity number 112894)

### RECEIPTS AND PAYMENTS ACCOUNT for the year ended 31st March 2022.

RECEIPTS		2021/22	2020/21
Notes	£	£	
Subscriptions	1	20,655	21,744
Grants and donations	2	4,001	20,305
Newsletter advertising	4	10,410	6,019
ONS A&J Tax refund	7	4,840	5,800
3RD Club Lottery contribution		2,700	2,885
Bank Interest		69	720
Legacy		10,000	0
Job Protection and Retention Grant		7,179	0
Overhead recovery		2,405	485
	C	71,469	71,414
PAYMENTS			
Mail salaries and NIC		20,325	20,329
Newsletter Printing		4,267	6,441
Postage and delivery		6,891	6,062
Stationery		2,987	2,160
Telephone		64	128
Office equipment		609	40
Office petrol and fuel hire		1,420	700
Miscellaneous expenses		1,220	1,380
Insurance		500	549
Public Events	5	204	100
		69,409	69,409
Receipts		10,260	11,805
Activities for members:			
Net receipts from trips		370	-486
Net receipts from events		-450	0
		10,180	11,319
<b>Total net receipts for the year</b>		<b>10,180</b>	<b>11,319</b>

### FUNDS

#### GENERAL FUND

Balance 1st April 2021	61,867	46,479
Surpl for the year - Unrestricted - Received	10,296	3,846
	0	7,849
<b>Balance 31st March 2022</b>	<b>67,543</b>	<b>61,867</b>
Represented by Bank balances and cash		
Bank Balances - Barclays	66,416	37,962
CAF	12,749	12,896
Interest at Stanbrook	2,809	2,809
Cash in hand	69	69
	<b>67,543</b>	<b>61,867</b>

#### CONTINGENCY RESERVE FUND

Balance 1st April 2021 and 31st March 2022	65,000	65,000
Reported by Fixed deposit at Stanbrook	65,000	65,000

#### Notes to the Accounts

1 Subscriptions - Includes advance payments received for 2022/23 and arrears and from the members.

2 Grants and donations have been received from Big Lottery - Awards for All - Localities and Inclusion - H&MTC - Job Protection and retention scheme

3 Newsletter advertising includes support by Stewart & Stewart George Tait - Burlington Wealth Management

4 Restricted Fund - Lawlessness and Justice Project This project was completed by July 2021

Grant	3,002
Expenditure	3,000

5 The Forum organised the following events for public benefit: Genealogy Group Free Public Advice Sessions

6 Reserve Policy

In accordance with recommendations from the Charity Commission we have created a Contingency Reserve Fund to provide for 6 months salaries, rents, redundancy, unpaid subscriptions from the members and fees received in advance from members and other organisations in the event of the Forum closing down.

7 ONS A&J claims upto 31st March 2022 have been received, other organisations in the event of the Forum closing down.

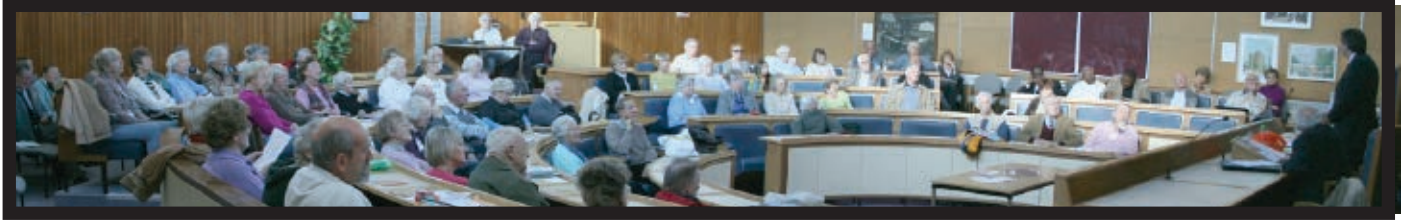
This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2022 was prepared by:

Georgina Mistry, POCA,  
June 2022

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2022 was independently checked by:

June 2022

# Enfield Over 50s



## **The Value of Forum Volunteers**

Retired people provide significant voluntary support for many of the charities and clubs across Enfield and the Forum is fortunate in having a committee and many members who regularly give up their time to ensure the smooth running of all our activities and to support our office staff.

### **Forum Activities include:**

Meetings, Conferences, Special events and projects, Drop-ins, Advice sessions, working with Fusion

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

Groups: Writing; Readers; Poetry; Choral; Coffee Club.

**ENFIELD BOROUGH OVER 50S FORUM**

England & Wales - Charity number 1122859

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# Accounts

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# Enfield Borough Over 50s Forum

## Annual Report

**For the year ending 31st March 2022**

This report was presented at the Forum's annual general meeting in the Chamber at Enfield's Civic Centre on Tuesday 28 June 2022.

# Enfield Over 50s

*"Helping our members keep active, involved and healthy"*



## Executive Committee/Trustees 2021/22

<b>Chair</b>	<b>Jan Oliver</b>	<b>Social Events Team</b>
<b>Secretary</b>	<b>John Ball</b>	<b>Roy Barrows</b>
<b>Assistant Secretary</b>	<b>Tony Watts</b>	<b>Cheryl Byamukama</b>
<b>Vice Chair</b>	<b>Peter Smith</b>	<b>Heather Cole</b>
<b>Treasurer</b>	<b>Champaklal Mistry</b>	<b>Olivia Goodfellow</b>
<b>Assistant Treasurer</b>	<b>George Rufai</b>	<b>Jean Mittins</b>
<b>Health Team Lead</b>	<b>Vivien Giladi</b>	<b>Jan Oliver</b>
<b>Newsletter Editor</b>	<b>Yvonne Mulder</b>	<b>Jacky Pearce</b>
<b>Members:</b>	<b>Walter Bowry</b>	<b>Sue Scott</b>
	<b>Chris Chinnery</b>	<b>Graham Thomas</b>
	<b>Niki Nicolaou</b>	
	<b>Vicki Pite</b>	
	<b>Talat Shaikh</b>	
	<b>Paul Everitt</b>	
<b>Meetings arranger</b>	<b>Helen Ball</b>	<b>Finance Committee</b>
		<b>John Ball</b>
		<b>Champaklal Mistry</b>
		<b>George Rufai</b>
<b>Fund Raiser</b>	<b>Jim Cante</b>	<b>Tony Watts</b>
<b>Office Staff</b>	<b>Ruth Fathaddine, Development &amp; Office Manager</b>	
	<b>Diane Barron, Administrative Assistant</b>	

## Representation on external organisations

### **John Ball:**

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

### **Walter Bowry:**

Trustee, Enfield Voluntary Action

### **Paul Everett:**

Love Your Doorstep

### **Vivien Giladi:**

Enfield council's Health & Well-Being Board  
Enfield Partnership Board  
CCG Access to Services group  
CCG Equalities group  
North Central London ICP/Enfield Clinical Commissioning Group's Voluntary Community & Stakeholder Reference Group (VCSRG) group  
Working meetings on orthopaedics (Knees on the High Street)

### **Champaklal Mistry:**

Trustee Director and Treasurer of North London Asian Care

### **Vicki Pite:**

Enfield Climate Action Forum  
North London Zero Waste  
The Enfield Society  
Member Victoria and Albert Museum

### **Talat Shaikh:**

MCEC Trustee  
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  
Trustee and Chair of North London Asian Care

### **Peter Smith:**

Enfield Transport Users Group.  
ASLEF representative and Executive Member on the NPC London Region.  
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 Older Peoples Board  
Enfield Voluntary Sector Steering Group  
AgeUK National Policy Sounding Board

# Chair's Report



Sometimes older people dislike change but, in order to survive and thrive, everything on the planet must evolve. And the Forum is no exception. At the beginning of this year, the Forum and, I suspect most of our members, were in an insular place, licking our wounds after

the loss of Monty Meth, our wonderful President and the subsequent loss of our equally wonderful quietly capable, ex chair, Christine Whetstone. The dedication and wisdom of both were, and are still, much missed.

Because of the pandemic, Forum groups were either closed or mainly online and Forum activities revolved around helping those people who were feeling lonely and isolated. And so, early in the year, we ran a mobile phone peer- to- peer support/ befriending service, encouraging those at home to keep in touch with others, whilst at the same time asking them to engage in creative activities in preparation for an exhibition of arts and crafts. The Exhibition took place in July of this year and was a great success. Our thanks to all who participated in it. We also ran successful outdoor tea and cake mornings at Millfield House – a way for all to safely socialize in the warm weather.

Sometimes change is a good thing, and so with new government advice and vaccinations, in the middle of this year, more services began – some initiated by our fundraising team (a huge thank you to Jim Cante who has raised substantial amounts for the Forum by running the very popular quiz, bingo and drop in sessions) and other groups and social activities resumed in person. Our job club, run in Edmonton Library, giving advice on universal credit and job seeking to Enfield residents over 50, re-opened in August, thanks to the hard work of the project manager, Williamz Omope and Forum members who provided invaluable support to the many clients faced with the IT demands in meeting universal credit data requirements.

Our excellent new member on the Executive Committee – Vicki Pite, reminded us to look outward still further and some of you may have noticed a change in emphasis in our newsletter expanding our concerns about individual health, raising awareness of the links between our health

and threats to our local environment, specifically the potential loss of some of our green belt land and the threat to the lungs of Edmonton residents by the potential expansion of the Edmonton incinerator.

Health remains high on our agenda and thanks to Vivien Giladi for all of her work keeping us abreast of developments during the COVID pandemic and also to our new Exec member, Niki Nicolaou, for initiating our Health Champions Project which started this year with the promotion of an All Ability Cycling hub and regular advice sessions which will continue into June, with a Health Day at Southbury Leisure Centre.

At our Executive Away Day in December 2021, we identified priorities for the Forum: health, the climate, poverty and loneliness. We are committed to working inclusively on these issues with other groups. The rise in the cost of living and utility bills and, the potentially devastating consequences this could have on our members, is our next big challenge. And so, whilst we work on gaining concessions at local businesses for our members, we are also discussing ways in which the Forum could help those surviving on a low income, possibly by finding spaces for people to escape cold homes and save on their energy bill

With the lifting of COVID restrictions our social committee volunteers have helped us, not only to survive but also to thrive, by offering opportunities to explore our local culture and countryside and by taking us further afield on holiday to other cultures. Many thanks to all of the social committee volunteers.

One thing that hasn't changed over the year, is our need for volunteers and finally, our gratitude goes to everyone who has volunteered for the Forum this year, including our newsletter editor, Yvonne Mulder. Imagine the Forum without a newsletter! We are also deeply grateful to our office staff and volunteers who keep the Forum going by processing and keeping up to date our membership base

Let's hope that the challenges we face, and the changes we make in 2022/2023 are positive ones.

*Jan Oliver*

## Meetings Programme

Throughout this period of April 2021 – March 2022, we continued to host our Speakers Programme on Zoom, which was in line with Government Covid Guidelines. We were sad that this was not inclusive for everyone, especially those not online, and how much our regular meeting attendees missed out not only the topic of the meeting but also the social interaction. Going forward we have face to face meetings planned for this coming year. We are a socially orientated, community based group and will endeavour to continue with our meetings and events within that remit.

We hosted a diverse and interesting meetings programme throughout the year as listed below:

Geraldine Gavin – Chair of Enfield Safeguarding Adults

Vanessa and Beverley Higgins – London Fire Brigade

Michael Stennett – Estate Planning in a Changing World

Peter Padwick – Forum member – All things Banned and Censored

George Ttoui – Burlington Finance Management – How to Mitigate Inheritance Tax and Financial Planning for Long Term Care Fees

Richard Eason – Programme Director Healthy Streets, Enfield Council

Andrew Galligan- Project Communications Specialist - ULEZ Low Emission Zone

Rebekah Polding – Head Of Cultural Development, Enfield Council

PC Neil Rogers – OWL watch Officer for Enfield

Sharon Strachan – Staying Safe and Connected in Enfield

Josh Freestone – Outreach and Engagement Officer- North London Waste Authority – Not a Waste of Time

Jasbir Singh – Greenpeace – Climate Change and How it Affects us all.

We would like to thank Ann Zinkin and Helen Ball and all those involved in identifying suitable speakers and Diane Barron for co-ordinating the date, time, reminders and Chris Chinnery for setting up the Zoom Link.

## Health Issues 2021

It has been another very difficult year for the Forum, the North Midd, GPs, our members who have lost friends and family, those facing long covid and 6m patients nationwide facing historically long waits for elective surgery, some of them our members. At time of writing all restrictions have been lifted but covid is still very much with us and older age groups, albeit vaccinated, are vulnerable with their numbers dominating among the locally hospitalised. The loss of usual patterns of thinking about safety, ingrained habits, lack of social contact and an atmosphere of caution and even fear have made it hard for us all. The Forum has battled on often, it felt, against the odds.

Lack of access to GPs has been a serious bugbear. Problems with e consult, dysfunctional telephone systems, lack of face to face diagnosis, among other things, have undermined the provision that has always been the front door of the NHS, and one or two national newspapers attacking the GP services hasn't helped to maintain staff morale. Enfield historically has been short of GPs and has had too many in sub-standard premises which makes the two state of the art new GP practices, one in Ponders End and the other on Chase Side in Enfield, doubly welcome. The Forum has visited both and hopes they'll be our models for future improvements.

The 111 service has become a significant adjunct to NHS services during the pandemic and, though it has worked well for some, it hasn't been an unqualified success, especially in times of crisis, and for a number of our older members has been an obstacle course. Your Forum is currently very concerned about plans to extend the current 111 arrangements, which cover the 5 North Central



There is more focus than ever on the health service

London boroughs, to a single platform for the whole of the capital. Eventually an England-wide service is envisaged. Existing business platforms like this are not encouraging examples so we support a public service specification. The Forum strongly supports locally delivered services with national standards and will continue to press for more recruitment and training of GPs.

Enfield has done well on vaccinations among older age groups and the Forum is urging its members and anyone they can influence to follow suit and have the boosters. At the North Midd the unvaccinated have been the majority of those needing covid care, and too many people have still not understood the dangers of aerosol transmission and so the value of mask-wearing. Forum policy and advice has been risk averse. Currently Enfield is second bottom of the 32 London boroughs for vaccine take up in the 12 to 34 age group and we are urging our members to bear this in mind.

Under cover of covid privatisation has been increasing apace. GP practices in central and parts of North Central London have been bought by an American company and there are 250 non-NHS independent providers delivering NHS funded healthcare in Greater London, all under the NHS logo, but for private profit. This is happening so quickly that it is testing for us to keep up. As a result we are wary of a proposal for “Knees on the High Street” currently being proposed for trial in Enfield as drop-in shop fronts. Knees are a potentially massive private market as knee problems are so common. Pain has driven unprecedentedly very high numbers of sufferers to resort to private provision during the pandemic so the Forum has expressed strong reservations about the plans we have seen as they would undermine existing NHS provision, which would work well if better resourced, and introduce units ripe for privatisation. Fortunately, the Forum is being listened to on this as it has been on other issues referred to in this report.

Enfield has several seriously deprived wards and shares this challenge with Haringey wards which abut them and also use the over-burdened North Midd as a first port of call. The North Central London Integrated Care Partnership of which Enfield is now part, has recognised the importance of raising the levels of health in this area and provided some money to explore ways and means. Residents at risk have lower life

expectancy, higher rates of illness for longer, and less easy access to GPs. The Forum supports this work and seeks to bring the mooted expansion of the Edmonton incinerator into the discussions since weak respiratory health is common in poor districts and among older people generally.

Our care system is over 80% privatised with the big 4 dominating companies making huge profits. Care home residents in Enfield took a major covid hit in the early stages of the pandemic as a result of early discharge from hospital of covid sufferers spreading the virus. There is now much better oversight and protection. It isn't clear to the Forum that the Health & Care reforms being brought in by the government will solve the problems of what is apparently a broken system and we are keeping a watching brief. This is all the more important in this borough which has 82 care homes.

So, the Forum continues to fight on all fronts to defend the integrity of the NHS, the accessibility of services, our North Midd, and the health of its members with constructive advice about achievable exercise and diet, tobacco avoidance and staying socially connected.

We hope for a better year ahead and wish all our members and supporters good health.

## Forum in Focus

The Forum's newsletter continues to be produced every two months, with a wide range of topics covered. We are very grateful to our small group of volunteers who stuff the magazines into envelopes, so ensuring a smooth delivery to members' homes. We also expect to have the newsletter back in libraries, leisure centres and other public spaces as things open up again after Covid.

Articles in Forum Focus have explained how the Forum is working closely with other local community groups to fight for a fairer, friendlier and greener Enfield. Other topics include the threat to the triple lock on pensions, our concerns about the new Edmonton incinerator, our support for face to face visits with GPs and ways to combat loneliness. We have always covered health issues and tried to help our members improve both their physical and mental health.



Look on the Bright Side of Life continues to be very popular as always, and we value our regular columns from the Police and Glenn Stewart at Public Health Enfield. We also use the newsletter to keep readers up to date with the activities at Fusion Leisure Centres – and the discounts that we offer there.

The newsletter also advertises the Forum’s wide range of social activities and the Forum Groups (all organised /run by volunteers) and keeps people up to date with our fund-raising activities.

Thanks to the advertisers and sponsors who help to fund the printing and postage of Forum Focus and to our volunteer editor Yvonne Mulder for ensuring it is produced on schedule.



Campaigning with the National Pensioners Convention

## Social Events and Holidays

The Forum has seen some welcome changes in the last 12 months on the social scene, as social and travel opportunities get back into gear after a very disturbing time for many.

However, the confidence of our members having had their vaccinations and their desperation to get back to normal again, means that we have lots of new planning opportunities ahead of us and that will no doubt be reflected in both this and next year’s report for sure!!

Here are some of the offerings made by our small team of volunteers, who work tirelessly to keep the range and cost of our events in mind.

We did all of this:

- Crossing Temple granary barns and Jimmy’s Farm in Essex*
- Leamington Spa and the Guide dog’s puppy breeding and training centre*
- Walton on the Naze coastal walk*
- Van Gogh immersive experience*
- Mike Leigh films session*
- Cotswolds and Oxford*
- 10 pin bowling afternoon*
- Winchester and Bombay Gin Distillery*
- Christmas lunch and party*
- Lunch and Dinner in Marcus Enfield*
- Sri Lanka tour*



These events are not arranged specifically to fund raise for the Forum but we try to add a small donation as “every little helps” as they say. We raised £618 from these events.



Theobalds Farmhouse Gardens

The social events are never a closed shop and all members are welcome, particularly those joining in for the first time and those coming on their own. The Social Events Team is a small dedicated group and we are always looking for new and challenging destinations to keep the membership happy. We are already planning for the coming year and beyond, so please keep supporting our efforts as it gives us feedback that we are getting it right!

The forum is so lucky to have people to make all these events happen and we would welcome some more support from any members who can offer a little help so we can continue to increase our offerings, Come and join us, we meet informally every couple of months for a couple of hours. Even if you just arrange one small event per year, just think how much more we could offer our members. Particularly welcome would be offers to arrange theatre outings and evening meals.

*Olivia Goodfellow*

## Book, Coffee & Lunch Clubs

This is good news - bad news report. In the Book Club for first 4 months of 2020 there were no meetings, but then at the suggestion of Gillie, one of our members, we started using zoom in May. Then Anne took over until January this year when we were invited to use the Forum’s zoom account which has made it much easier.

From February the meetings thrived.



From a previous average of 12 members attending numbers grew resulting in 19 in February and then to an amazing 22 in March. We have had 6 new members join too which is wonderful and we hope more will join. Our monthly book choice has been very varied, as befits the personalities

of our membership - there is something here for everyone. The meetings are lively and interesting.

With the Coffee Club and unfortunately closure of Pearsons restaurant in Enfield Town, we had to cease meeting and it was decided that we should await for it to re-open. It has always been well attended and will start as soon as it is viable.

The Lunch Club was on the brink of starting, but was put on hold because of Covid. Everyone who has shown interest and again would be contacted as soon as it becomes practical.

Any members interested in any of these clubs should contact our enthusiastic organiser, Sue Scott and ask to be added to her list.

PS. Sue is delighted to report that the coffee and lunch clubs are thriving since the end of the 21/22 year. Her contact details are 020 8368 0861 / scotsf48@hotmail.com

## Environment

We can call it “global warming” or “climate change” or “climate emergency”; a climate crisis or an environmental tragedy. But, whatever the name, the undeniable reality we face, worldwide, is that the average temperature of the earth is increasing and this is a disaster in waiting for many millions of people and the ecological infrastructure on which we depend.

Global heating is caused by an increase in carbon dioxide (CO<sub>2</sub>) gas in the air because CO<sub>2</sub> (and other so called “greenhouse” gases) trap heat, acting like a greenhouse over the Earth.

At 0.04% the amount of CO<sub>2</sub> in the air seems vanishingly small but not when you realise that, in the adult lifetime of we over 50s, the amount has gone up by 30%. The cause is burning fossil fuels for energy.

The impact is already evident in extreme weather events, largely in distant places; hurricanes, floods, forest fires, drought, with consequent loss of life. At home we’ve experienced more frequent heatwaves, heavy rain and floods.

The highest temperature ever reached in the UK was 38.7°C (101.66°F) in Cambridge. And on the 19th July 2021, the Met Office issued its first ‘Extreme Heat Warning’ as a sustained spell of hot weather affected the majority of the UK. Such spells of hot weather are becoming more prolonged, more frequent and hotter.

In 2020, Public Health England published a “Heatwave mortality monitoring report” estimating that there were 2556 excess deaths related to the

three heatwaves that year (adjusted for the impact of Covid), 2,244 of which were observed in the 65+ age group.

So, as far as your Over 50s Forum is concerned, the climate emergency is a health emergency; not just because of the greenhouse effect of carbon dioxide emissions from burning fossil fuels but also because when fossil fuel products (such as petrol and diesel in vehicles and plastics in the Edmonton incinerator) are burnt, they emit toxic gases and particulates.

Enfield Over 50s Forum will continue our efforts to reduce carbon emissions and communicate advice about how to adapt to rising temperatures.

We’ll focus on eliminating the need for a replacement incinerator in Edmonton by providing advice on cutting waste, improving recycling and reducing consumption.

Wherever possible we’ll raise awareness of, and encourage members to join in with, campaigns to make public transport more accessible and support walking and cycling to improve health and wellbeing, hence reducing our dependence on motor vehicles.

We’ll provide advice on keeping cool in Summer.

Similarly, we’ll use the means at our disposal to encourage initiatives that improve air quality and address the lack of woodland and appropriate green space in the East of Enfield where it is sorely needed for shade and the cooling effect of woodlands on urban areas.

Because it’s not all bad news, we can make a difference.

The Chair of the Intergovernmental Panel on Climate Change (IPCC), the United Nations body for assessing the science related to climate change, reported earlier this year that “*We are at a crossroads. The decisions we make now can secure a liveable future. We have the tools and know-how required to limit warming*”

Your Over 50s forum will do its best to ensure that, together, we make the right decisions.

## Membership and Small Projects

We are very pleased to report that we are in a much better position with our Forum Membership compared to last year and heading back to pre-covid levels. We would like to thank all those who responded to our renewal notices in the last few newsletters and welcome new members and those who had lapsed some years ago. Your support does not go unnoticed and is really appreciated.

Our membership fees remain the same and represent good value for money for the year with 6 Newsletters, access to social events, trips, meetings, involvement with relevant campaigns and concessions with Fusion.

It was good to have people coming back to the office, appointments preferred, and happy to be finally off furlough and back to our usual, although part time hours.

Funding was secured for a Health Champions Project which has been ongoing since January 2022 and has kept us very busy in addressing health inequalities and promoting health and well being.



Come cycling on Mondays at Bush Hill Park

This will continue until December 2022 and by the time you reading this, we would have held a Health Day in partnership with Fusion in the middle of June 2022.



Post Covid =Tea and cakes drop-in at Millfield House

The Isolation and Loneliness project involved 20 members contacting each other via phone on a regular basis and then culminated in July 2021 with an Arts and Crafts Exhibition showcasing what members had created during lockdown. The event was organised by Ruth Fathaddine with Jan Oliver managing day on at very short notice, when Ruth became Covid positive day before.

## Fusion

The Forum welcomed back the full opening of Fusion Leisure Centres at the back end of 2021. These are at Edmonton Green, Southbury, Albany and Southgate. We enjoyed a joint venture in October 2021 at Southbury Leisure Centre. This was the opportunity to have a Memorial Event for Monty Meth who was instrumental in establishing Fusion discounts for our Forum members and the ongoing relationship. A thank you speech was delivered by Dominic Hall, who is the Sport and Community Development officer for North London Fusion along with a wall plaque commemorating Monty, presented to his wife Betty, to be hung at Fusion Southgate Centre.

### Tribute to Monty

Day of activities in honour of our late President

More than 120 people attended a tribute day to Monty Meth at Southbury Leisure Centre. Monty's widow Betty was presented with a commemorative plaque by Dominic Hall, Sport and Community Development Officer for Fusion Lifestyle, which manages the leisure centres in Enfield on behalf of Enfield Council. The plaque will be displayed permanently at Southgate Leisure Centre, where Monty was a regular early morning swimmer.

Attendees on the day took part in activities including an outdoor health walk, walking football, Zumba Gold, Badminton and table tennis, swimming, Pilates and yoga.

Nigel Court, regional business manager for Fusion Lifestyle, said: "Monty was a true local champion and we really wanted to honour his memory and his achievements with a day that celebrated the work he did so tirelessly to help older members of the community keep active and well."

To find out more about 50+ days in Enfield contact: [enfieldfitness@fusion-lifestyle.com](mailto:enfieldfitness@fusion-lifestyle.com) or visit your local Fusion centre. Also see p 7.



Dominic presents the plaque to Betty Meth

Over 120 Forum members attending the event were able to participate in taster sessions at Southbury. The Zumba session was a particularly welcome return for members following the isolation over the previous 18 months and the reduced companionship and regular exercise.

Following on the financial losses Fusion experienced during the Covid pandemic there was an increase in attendance charges. Nevertheless, we welcomed the return of the Over 50's Days, which at £6.50 for Forum members remains good value in meeting the social, health and wellbeing the centres provide. We thank our Ambassadors from each Fusion site, who look after members' interests and keep the executive committee apprised of issues and changes at the centres.

The Forum's office continues to support our members with accessing online bookings and payment and in resolving any issues in relating to the centres are promptly dealt with.

## Finance

As stated elsewhere in this report Covid forced restrictions on the normal range of Forum meetings and activities we were able to hold during the year. However, there has been increase in members joining and renewing which resulted in a twenty percent increase in subscription income over the previous year. The amount we were able to claim through gift-aid was down significantly as it is based on the subscription income received in the year 2020/21.

Grant income was down due to projects having been completed in the previous year. the total oncome for the year at some £71K was the same as the previous year. During the year our offices were closed for several weeks, so we were able to claim £7K from the government staff furlough scheme. Also we were fortunate and thankful to

receive a legacy bequest from the estate of one of our longstanding members, Eva Salische.

It is also pleasing to note that Income from advertising in the newsletter was up by thirty percent which covers a significant proportion of the cost of printing and postage of the newsletter.

Our Fund Raiser, Jim Cattle and his his wife Lynn ran regular bingo sessions, quiz events and a 200 club. The additional revenue from those activities was most welcome and helped to compensate for reduction in subscription income. Our thanks to both of them for their sterling support.

Lastly we must thank Champak Mistry, and George Rufia who manage our finances, for ensuring that we have remained solvent and sound throughout the worst period of the Covid pandemic.



*A Forum Bingo session and one of the monthly lottery winners*

## APPENDIX I

### Organisations Affiliated to the Forum

<b>Age UK Enfield</b>	<b>Heart Throbs Cardiac Support Group</b>
<b>Arnos Bowling Club</b>	<b>Keep Fit - Dance Fit</b>
<b>Association of Ingleborough Residents</b>	<b>Macular Society Enfield Support Group</b>
<b>BHP Bowls, Tennis and Social Club</b>	<b>Mayfield Athletic Table Tennis Club</b>
<b>Cockfosters Probus Club</b>	<b>Meet a Need with Christian Care</b>
<b>Deep Indian 50 Plus Assoc - Enfield</b>	<b>North London Humanist Group</b>
<b>Enfield &amp; District Veteran Vehicle Society</b>	<b>North London Morning Orchestra</b>
<b>Enfield &amp; Southgate Workers Educational Association</b>	<b>Oakwood Horticultural Society</b>
<b>Enfield Asian Welfare Association</b>	<b>Palmers Green &amp; Southgate U3A</b>
<b>Enfield Choral Society</b>	<b>Probus Club of Enfield</b>
<b>Enfield COPD Support Group</b>	<b>Selborne Bowling Club</b>
<b>Enfield Croquet Club</b>	<b>Southgate Opera Group</b>
<b>Enfield Light Operatic &amp; Dramatic Society</b>	<b>Stroke Social Club Park Avenue</b>
<b>Enfield NHS Retirement Fellowship</b>	<b>The Arts Society of Enfield</b>
<b>Enfield Over 50s Fun Group</b>	<b>The Enfield Arts Circle</b>
<b>Enfield Soroptimists</b>	<b>The Walkabouts Rambling Group</b>
<b>Enfield U3A</b>	<b>The Winchmore Singers</b>
<b>Gardening Friends</b>	<b>Weir Hall Ratepayers</b>
<b>Grovelands Bowling Club</b>	<b>Winchmore Folk Dance Club</b>
	<b>Winchmore Hill Bowling Club</b>

**The Forum thanks our affiliates for their continuing support throughout the year. In return the Forum promotes their activities and programmes in our newsletters, eNews and website. Affiliates can also insert their leaflets in our mail-outs for a nominal cost.**

# APPENDIX 2

## ENFIELD BOROUGH OVER 50S FORUM (Registered Charity number 1122859)

### RECEIPTS AND PAYMENTS ACCOUNT for the year ended 31st March 2022.

RECEIPTS			Notes to the Accounts	
	Note	2021/22 £	2020/21 £	
Subscriptions	1	26,665	21,744	1 Subscriptions - Includes advance payments received for 2022/23 and onwards and from life members.
Grants and donations	2	4,061	26,355	2 Grants and donations have been received from Big Lottery - Awards for All- Loneliness and Isolation HMRC - Job Protection and retention scheme
Newsletter advertising	3	13,410	9,619	3 Newsletter advertising includes support by Stennett & Stennett George Ttoui - Burlington Wealth Management
Gift Aid Tax refund	7	4,840	8,836	
200 Club Lottery contribution		2,780	3,655	
Bank interest		98	720	
Legacy		10,000	0	
Job Protection and Retention Grant		7,179	0	
Overhead recovery		2,405	485	
		<b>£ 71,438</b>	<b>71,414</b>	
<b>Notes to the Accounts</b>				
<b>4 Restricted Fund - Loneliness and Isolation Project</b>				
This project was completed by July 2021				
				Grant 9,632
				Expenditure 9,600
<b>5 The Forum organised the following events for public benefit:</b>				
Geneology Group				
Free Public Advice Sessions				
<b>6 Reserve Policy</b>				
In accordance with recommendation from the Charity Commission we have created a Contingency Reserve Fund to provide for 6 months salaries, rents, redundancy, refund part subscription from life members and fees received in advance from members and other expenditure in the event of the Forum closing down.				
<b>7 Gift Aid claims upto 31st March 2022 have been received.</b>				
other expenditure in the event of the Forum closing down.				
<b>PAYMENTS</b>				
Staff salaries and NIC		38,625	39,329	
Newsletter Printing		4,397	5,441	
Postage and delivery		6,081	9,592	
Stationery		2,587	2,130	
Telephone		94	188	
Office equipments		808	40	
Office rent and hall hire		1,426	700	
Miscellaneous expenses		1,223	1,330	
Insurance		553	549	
Public Events	5	264	160	
		56,058	59,459	
<b>Surplus</b>		15,380	11,955	
<b>Activities for members:</b>				
Net receipts from trips		376	-498	
Net receipts from events		-450	0	
		15,306	11,457	
<b>FUNDS</b>				
<b>GENERAL FUND</b>				
Balance 1st April 2021		51,937	40,479	
Surpl for the year - Unrestricted		15,306	3,615	
- Restricted		0	7,843	
		67,243	51,937	
<b>Balance 30 March 2022</b>		<b>67,243</b>	<b>51,937</b>	
<b>Represented by Bank balances and cash</b>				
Bank Balances - Barclays		52,416	37,022	
CAF		12,748	12,836	
Interest at Shawbrook		2,029	2,029	
Cash in hand		50	50	
		67,243	51,937	
<b>CONTINGENCY RESERVE FUND</b>				
Balance 1st April 2021 and 31st March 2022		50,000	50,000	
		50,000	50,000	
<b>Reprented by Fixed deposit at Shawbrook</b>		<b>50,000</b>	<b>50,000</b>	

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2022 was prepared by:

Champak Mistry, FCCA.  
June 2022



This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2022 was Independently Examined by:

June 2022



# Enfield Over 50s



## **The Value of Forum Volunteers**

Retired people provide significant voluntary support for many of the charities and clubs across Enfield and the Forum is fortunate in having a committee and many members who regularly give up their time to ensure the smooth running of all our activities and to support our office staff.

### **Forum Activities include:**

**Meetings, Conferences, Special events and projects, Drop-ins, Advice sessions, working with Fusion**

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

**Groups: Writing; Readers; Poetry; Choral; Coffee Club.**

**ENFIELD BOROUGH OVER 50S FORUM**

England & Wales - Charity number 1122859

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# Accounts

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# Enfield Borough Over 50s Forum

## Annual Report

**For the year ending 31st March 2021**

This report is to be presented at the Forum's annual general meeting as a Zoom webinar on Tuesday 29 June 2021. This report will be sent out to all members with an email address in June 2021.

# Enfield Over 50s

*“Helping our members keep active, involved and healthy”*



## President Monty Meth, MBE

### Executive Committee/Trustees 2020/21

<b>Chair</b>	<b>Christine Whetstone</b>	<b>Social Events Team</b>
<b>Secretary</b>	<b>John Ball</b>	<b>Roy Barrows</b>
<b>Assistant Secretary</b>	<b>Tony Watts</b>	<b>Cheryl Byamukama</b>
<b>Vice Chair</b>	<b>Peter Smith</b>	<b>Heather Cole</b>
<b>Treasurer</b>	<b>Champaklal Mistry</b>	<b>Olivia Goodfellow</b>
<b>Health Team Lead</b>	<b>Vivien Giladi</b>	<b>Jean Mittins</b>
<b>Membership Secretary</b>	<b>Jan Oliver</b>	<b>Jan Oliver</b>
		<b>Jacky Pearce</b>
<b>Members:</b>	<b>Walter Bowry</b>	<b>Sue Scott</b>
	<b>Jim Cattle</b>	<b>Graham Thomas</b>
	<b>Chris Chinnery</b>	
	<b>Gail Hawksworth</b>	
	<b>Yvonne Mulder</b>	
	<b>George Rufai</b>	
	<b>Talat Shaikh</b>	
<b>Meetings arranger</b>	<b>Ann Zinkin</b>	<b>Finance Committee</b>
<b>Newsletter editor</b>	<b>Yvonne Mulder</b>	<b>John Ball</b>
<b>Newsletter editorial team</b>	<b>Monty Meth</b>	<b>Champaklal Mistry</b>
	<b>Tony Watts</b>	<b>Tony Watts</b>
<b>200 Club organiser</b>	<b>Jim Cattle</b>	
<b>Office Staff</b>	<b>Ruth Fathaddine, Development &amp; Office Manager</b>	
	<b>Diane Barron, Administrative Assistant</b>	

### Representation on external organisations

**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 NCL Watch

Health Campaigns Together

**Gail Hawksworth:**

Vice Chair of Enfield Saheli

**Monty Meth:**

Chair, Oakwood Medical Centre

Patients Committee

**Champaklal Mistry:**

Trustee Director and Treasurer of North London Asian Care

**Irene Richards:**

Enfield Older Peoples Board

Enfield Safeguarding Adults Board (ESAB)

Chair Service User, Carer and Patients subgroup of ESAB

Chair of Community Awareness Group (ESAB & Enfield Safeguarding Children Arrangements)

Quality Checkers

Chair, PPG Abernethy House

Trustee, Edmonton United Charities

**Talat Shaikh:**

MCEC Trustee

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

Trustee and Chair of North London Asian Care

**Peter Smith:**

Enfield Transport Users Group.

ASLEF representative and Executive Member on the NPC London Region.

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



What a year it has been – and not just for the Forum.

But I will begin by remembering Monty Meth, our President, who sadly died in March.

Monty was described in one local publication as a figurehead – oh no – Monty was so much more than that! He took the Forum from a tiny membership to its current status as one of the largest organisations representing older people in the country. He was a dynamic, inspired and incredibly well informed campaigner for the rights of older people, who gained the respect of politicians and activists. And he certainly kept members of the executive committee on our toes. In his last column in the Forum newsletter Monty described the Forum as, “A force to be reckoned with.” In my opinion that description applied to Monty himself! My goodness we will miss him.

During the past year Forum activities have been largely on Zoom. We have enjoyed some interesting talks from a variety of speakers and the Book Club and Writing Group have kept going successfully.

Unfortunately our two regular big events, The Winter Fair and Falls Day could not go ahead but let us keep our fingers crossed for a gradual return to normal when it is safe to do so. We will keep you all informed and will be getting in touch with our trusty volunteers when we are able to start activities once again.

Your Forum Executive Committee has continued to meet monthly on Zoom but unfortunately some members will be standing down after the AGM. We need to recruit members, either to fill current vacancies or people with new ideas to take us forward. Please take a look at the front page of the April/May newsletter where you will find a list of suggestions for roles you might consider.

As this is my last Chair's Report, I would like to take the opportunity to thank my friends on the Executive Committee, Ruth and Diane for all their hard work and friendship. Finally, I would like to thank you, our members. It is always such a pleasure to meet up with you (even on the dreaded Zoom) and I have enjoyed working with you all.

*Christine Whetstone*

## Forum in Focus

We have continued to produce and distribute our Forum Focus newsletter over the last year, albeit we combined the June/July and August/September issues.

This amalgamation was mainly due to problems with stuffing (the newsletter into envelopes) and distribution while Millfield House was closed. This issue was solved by newsletters, inserts and envelopes being delivered to the home of our secretary, Tony Watts, with volunteers then undertaking the stuffing at home.

The first mention of Covid-19 was in our April/May 2020 newsletter, where we noted that there was only one reported case in Enfield when we went to press. Like many others, we realised that the virus would have a serious impact on our activities, and the newsletter has reflected some of those changes.

We have continued to cover the main issues, including a special focus on loneliness, and outlined how the Forum is campaigning for a better Enfield. Look on the Bright Side of Life is

very popular as always, and we value our regular columns from the Police and Glenn Stewart at Public Health Enfield.

Obviously our reports on Social Events and Forum activities were limited but our move to online meetings /speakers and several of the Forum Groups meeting via Zoom did ensure we have been able to offer our members some activities throughout the year.

As reported elsewhere, our much-loved President Monty Meth died in March, just a few days after delivering his regular President's Point of View. He launched the newsletter, establishing its reputation for delivering informed and wide-ranging content. He continued to be closely involved after Yvonne Mulder took over as editor a few years ago. His contributions and guidance will be sorely missed.



## Membership and Small Projects

This year has been a challenging time to take over as Membership Secretary of the Forum. The National lockdown has, of course, led to all of us staying indoors for much of the year and consequently many Forum members have let their membership lapse and our staff have been furloughed. However we managed to raise money from the National Lottery to fund a mobile telephone friendship tree which is enabling us to put some of our members in touch with each other in a safe way – we hope that some long lasting friendships will be made and, certainly we may gain information from the project which will help us to plan for the future.

Members were also invited to spend their time at home creating works of art and crafts for an exhibition which is due to be displayed, just after lockdown finishes in July 2021. Some of our members have been baking cakes on a regular basis for the staff in local residential homes as our way of saying a small thank you, from our generation, to the carers who have looked after the most vulnerable so well. We all sadly miss our President, Monty Meth but notice that one of the tunes played at his funeral was Natalie Cole's song "Smile though Your Heart is Aching" and hope that our membership can continue to do just that. So we are looking forward to a better year in 2021/2022 for which we are currently planning – hopefully with some new social events to celebrate the ending of lockdown.

*Jan Oliver*

Membership and Small Projects Secretary

## Forum Writing Group

The Writing Group has, like many pandemic activities, moved to Zoom. It is great to report that we have continued to meet monthly (3<sup>rd</sup> Friday of the month 10am until 12 noon) throughout all the lockdowns. During the summer of 2020 we did get together several times in Enfield Town Park where we simply chatted and consumed tea, coffee or ice cream. These were rather jolly social occasions and it is hoped that very soon we will be able to start real face to face meetings again.

Most of our members are not professional writers. Each month we listen to the work of other members which generally leads to a fascinating discussion. Our writing may be fiction,

fact, historical, political..... Each month we respond to a topic suggested by one of our members so there is endless variety. For us the writing group has been a highlight of delight during a difficult time.

Naturally we are keen to welcome new members – if you would like to join us you are guaranteed a warm welcome.

## Book Club

For 4 months of 2020, there were no meetings, but then one of our members, Gillie suggested using zoom and we started in May. Then Anne took over until January this year when we were invited to use the Forum's zoom account which has made it much easier. I was unable to attend the first few meetings because of medical problems, but was always sent comprehensive reports to keep my records straight. From February, I have hosted the meetings which are thriving. The meetings were always well attended, with an average of 12 members joining in, but as time passed numbers grew resulting in 19 in February and an amazing 22 in March. We have had 6 new members join too which is wonderful and we hope more will join. Our monthly book choice has been very varied, as befits the personalities of our membership - there is something here for everyone. The meetings are lively and interesting.

*Sue Scott*

## Coffee Club

Unfortunately, with the closing of Pearsons in Enfield Town, we had to cease meeting and it was decided that we should wait for the store to open again. It has always been well attended and we will start as soon as it is viable.

## Lunch Club

This was on the brink of starting, but was put on hold for obvious reasons. We have the list of everyone who has shown interest and will contact them as soon as it becomes viable for non-family members to meet up in public.

Anyone, who is interested in any of the clubs, who hasn't contacted us already, please feel free to do so. and you will be added to our list. You should contact Sue Scott on 020 8368 0861 or at [scotsf48@hotmail.com](mailto:scotsf48@hotmail.com)

## Social Events and Holidays

Social distancing is not something we normally aspire to for our programme but like the rest of the world, we have had to follow the government's instructions.

The uncertainty of lockdowns, venue openings and destination availability, meant that forward planning for group events became difficult to achieve with the goal posts changing all the time. As we are all volunteers, the time spent in potentially rearranging all our plans made it very difficult to stay motivated at times. However, the confidence of our members having had their vaccinations and their desperation to get back to normal again, means that we have lots of new planning opportunities ahead of us and that will no doubt be reflected in next year's report for sure!!

Holidays cruising the Danube, exploring Sri Lanka and the Channel Islands, have all been postponed but thankfully the majority of members are still happy to come on the new dates, subject to restrictions being lifted of course.

The social events are never a closed shop and all members are welcome, particularly those joining in for the first time and those coming on their own.

A very welcome day coach trip to Holkham Hall in Norfolk was thoroughly enjoyed by all who came and we were looked after brilliantly by the staff and volunteers there from start to finish. This trip donated £28.60 to Forum funds.



*Holkham Hall gardens*

Our Social and Events Team is and always looking for new and challenging destinations to keep the membership happy. We are already planning for the coming year and beyond, so please keep supporting their efforts. Your feedback is important in showing that they are getting it right!

The Forum is so lucky to have such a dedicated and enthusiastic team to organise and increase our offerings, so come and join us, even just arrange one event per year, every little helps.

## Health Issues 2021

This has been a very grim year and we have yet to emerge into the sunny uplands of a post covid world but your Forum has continued to be active in representing your views and needs and Enfield is now doing well in terms of covid cases and in vaccinations.

We were hard hit at the start of the pandemic, especially in our care homes of which we have 80, far more of than most boroughs, and they accounted for 49% of our deaths. The Forum contributed to discussions with the Clinical Commissioning Group (CCG) about this horror and extra care is now taken to protect residents and our care homes are in far better circumstances

There have been worrying losses and developments over the past year. The very successful Older Persons Assessment Unit at Chase Farm was moved without notice, much less consultation, to Barnet. When we protested we were told that it was temporary to ensure safety from covid, though other units were still open, and now there is clearly no intention of returning it.

Enfield CCG has been amalgamated with the other four North Central London CCGs into a so-called Integrated Care Partnership (ICP) with a population of 1.4 million. Our council acceded to this without consultation and neither the public nor our elected councillors have direct access to it thus creating a serious democratic deficit and leaving us with few opportunities to express concerns or to help to co-design services. We're working hard at ameliorating our exclusion.

We still have a rump CCG and the Forum attends monthly meetings where, along with other "stakeholders" we are used as community assets to get messages out to our members. However, decisions are made at ICP level which appears to be staffed by number crunchers more concerned with cost than in providing a public service.

Currently, by far the biggest problem has been caused by the lack of access to GPs following the introduction of e consult which has been useful for basic, routine matters but has cut off face to face consultations with GPs and has especially discriminated against those with no digital access or proficiency and those for whom the telephone is no longer easy; many Forum members have been numbered among these. Our fear is that virtual rather than personal consultations will become norm, the cheaper option. We know that GPs prefer face to face consultations as that is what they were trained for and, apart from those presenting with

self-limiting conditions, important “soft” clinical clues can be spotted and dealt with when the doctor actually sees and hears the patient. The ICP is already using F2F to refer to a mode of interaction that it seems to think archaic and too costly. This, of course, has accompanied the restrictions on GPs traditional rights to refer patients to hospital as administrative filters staffed by non-clinical administrators are now in the way. The dangerous backlog of patients waiting for hospital diagnosis and treatment consequent to the pandemic is made worse by this and welcome moves are being made to tackle it, in no small way by the use of private, profit-making services.

It’s not all bad news. A year ago we were facing quite serious failures in access to phlebotomy service due to the Royal Free withdrawing its services from a significant number of GP practices. The Forum helped to form a phlebotomy working party with the CCG and it has been successful in getting blood-testing waiting times back up to where they were and they are still on an upward trajectory.

There were grave failures in the initial, national test and trace system but Enfield is now doing well in terms of both infections and deaths from covid, both low, and its vaccination rates have been very good indeed because the programme was undertaken by our GPs and public health specialists who have knocked themselves out, working seven days a week to ensure coverage. They deserve the highest praise for this. Let’s hope the clever virus doesn’t present us with a new variant that means we have to repeat what we’ve all been through. There should be a booster jab coming up in the Autumn that should keep us reasonably safe provided we continue to take necessary precautions. There are still pockets of the Enfield population that have not taken up the offer of free vaccination for either flu or covid but they are dwindling. Please encourage anyone you know who is hesitant that vaccination is in everyone’s interest.

Again, though the flu season is now ended, the CCG is continuing to work on improving the take-up of the flu jab. Enfield’s levels were better than ever as residents, especially older people, realised the need to be as fit as possible were covid to strike. We have to maintain this.

The development of four Primary Care Networks which cover the whole borough and facilitate shared GP services should improve access to ancillary provision for patients, but we do have worries about recent developments elsewhere in London where 49 GP practices have been bought up by a private American company. Our GPs are the very

backbone of our NHS and we must do everything possible to maintain the integrity of their service.

We’re all emerging into a different physical and mental world from the one we lived in before the pandemic and we have yet to learn what else it will leave us with or what to expect. We know that there is a legacy of long covid as well as the pain of loss and the fear of a return of the scourge but your Forum will continue to keep holding a strong watching brief on your behalf. Don’t let down your guard too soon, keep safe, keep well and help us to continue to fight for our beloved and more needed than ever NHS.

*Vivien Giladi*

## **Fusion**

The Forum has a long-standing relationship with Fusion Leisure which runs the council leisure facilities at Southgate, Southbury, Albany and Edmonton. Forum members who are Enfield residents are able to buy the annual Fusion concession card for just £7.50 compared with £21.50.

With Forum membership a mere £11 a year, members using Fusion are in profit before they even use the centres. But there is an additional discount, with Forum members paying just £5.60 instead of £8 a session/class/swim, a discount of 30%.

Obviously the Fusion centres have been closed for many months in line with government guidelines and the Forum has endeavoured to keep our members as informed as possible. The very popular Over 50s Days have not been able to take place but, as this report goes to press, the Fusion management is seeking to remodel the days so that they comply with social distancing guidelines.

One major change is that all activities now need to be booked in advance online and the Forum has worked with members who needed help to sort this out. We continue to liaise with Fusion management to ensure our members views are heard.

## **IT and the Forum Website**

Following the relaunch of the Forum’s website in the previous year by Chris Chinery and Yvonne Muldervet the web site has continued to become more informative. It remains up to date with information about the Forum, and has become the first port of call for members seeking to keep abreast of Forum groups and activities. Members can search our archive of Newsletters (Forum Focus), annual reports and Zoom records of meetings held during the year. Important news

appears regularly on the front page of the site. Our office relies on a variety of key systems and software - Zoho for our members database; Quickbooks for our accounts; HMRC for payroll; Sendinblue for circulating our eNews; Microsoft Office 365 for our basic office requirements; and Zoom for online meetings and webinars.

Plans are in hand to improve performance our computer systems; and for members to pay for subscriptions and events via credit card payment. Members and applicants can already take advantage of online banking or standing orders for membership and renewals.

### **Fundraising report**

The 200 Club Lottery started in 2015 and our first draw was for £150, it has grown through the generosity of our members so that we now have a monthly prize of £300. If we can reach our target of 200 members of the lottery the prize will rise to £500. During the last year the lottery has raised over £3000 for the forum which is roughly the equivalent of an extra 300 Forum members. The cost is £5 per number per month for our monthly draw and can be paid by cheque, cash, standing order or online banking. At least half of the money goes into the prize and the rest into the Forum. This money is used to help with the cost of producing and distributing the newsletters.

Some of our members see the lottery as a good way to make a donation to the Forum with the added advantage of perhaps being a winner and some have multiple numbers. Another idea that has worked is to buy a number for a gift, perhaps for grandchildren. As long as it's in your name this is acceptable. Not all of our lottery members are Forum members and some are not even local. We have a member in Southern Ireland and several members who have retired away from Enfield have retained their numbers. We have recently welcomed back some original members of the lottery who had dropped out for various reasons so if you were a member in the early days we would love to welcome you back.

We are always looking for any fundraising ideas and would possibly like to start a quiz league with enough interest and help. Unfortunately the premises that we used for Bingo has changed hands and is no longer able to accommodate us. We are looking for an alternative venue that may be suitable. If you know of anywhere that can accommodate 25-30 people please let me know. Once again thanks to everybody for your support.

*Jim Cantle*

### **Universal Credit Project**

The Forum-initiated project was extended for a further period, However, changes within the Council required that Enfield Voluntary Action took on the role for financial administration of the project in conjunction with the Forum and with Williamz Omope responsible for the day-to-day management of our volunteers.

Covid virus and consequent lock-downs necessitated that the project had to pause in early 2020.

To comply with social distancing, safety of the volunteers and clients new ways of working were introduced. Thus in October retraining of existing volunteers took place on how to use the Zoom platform to help job centre clients needing IT support.

The project was then relaunched as a "Virtual Job Club" in early January 2021 and now has 5 trained volunteers able to help job seekers. Face to face support will resume once Enfield libraries are fully re-opened.

### **Forum Finances**

The Covid pandemic has understandably severely impacted on our members activities and our ability to run face to face events. This curtailment has had a significant impact on our finances. As can be seen from our annual accounts (in Appendix II) subscription income was down by over £25,000 compared to the previous year. A reduction of income by this amount would have threatened the Forum's ongoing viability had it not been for the government job retention scheme allowing us to furlough our two staff for considerable periods. We also benefited from donations from members and the 200 club lottery.

The committee thanks all of those that made donations in response to Monty's appeal and support the lottery - this has made a real difference. The final outcome at the end of the year shows that our balances were up by just over £15,000 but this includes almost £8,000 restricted for use on the loneliness and isolated project described elsewhere in this report.

With the horizon prospect of the leisure centres opening and resuming our normal face to face meetings and events we are reasonably confident that we will continue to support older people across the borough and represent their views for the foreseeable future. The Forum is indebted to our Treasurer, Champak Mistry, for his diligence in keeping our accounts in such good order. We also thank Miss Heloni Vipani for her meticulous examining of these accounts.

## Meetings Programme

With the onset of lockdowns early in 2020 Government Guidelines did not allow us to hold our usual two meetings a month so we were forced into using online Zoom events thanks to the initiative of newly elected Committee members Ann Zinkin and Chris Chinnery. The first such meeting was a webinar held in conjunction with the Enfield Older Peoples Partnership Board.

The keynote speaker was Jan Shortt, General Secretary of the National Pensioners Convention, Britain's largest campaigning organisation for pensioners who spoke about on threat to the triple lock and issues, while others looked at changes affecting the lives of older people in Enfield. Guest speakers were from the National Health Service and the Councils Social care team

Full details and a recording of the webinar can be found on the Forum website.

Subsequent Zoom meetings included:

Ruth Bourne, a Bletchley Park veteran talking about her experience in working with Alan Turing on the Enigma programme intercepting messages to enemy naval vessels in WWII.

Cllr Mary Maguire, Cabinet Member for Finance, spoke about Enfield's Council's proposed £18m budget cuts planned for the 2021-22 financial year.

Geraldine Gavin, Chair of Enfield Adult Safeguarding Board on abuse of vulnerable adults.

Anna Dixon, Chief Executive of the Centre for Ageing Better Ageing talking about the research programmes designed to improve services and support for older people.

Our year end speaker was Dr Ian Rubenstein discussing 'Medicine, mediumship and messages from beyond'.

## APPENDIX I

### Organisations Affiliated to the Forum

**Adoramus Choir & Orchestra**

**Age UK Enfield**

**Arnos Bowling Club**

**Association of Ingleborough Residents**

**BHP Bowls, Tennis and Social Club**

**Cockfosters Probus Club**

**Deep Indian 50 Plus Assoc - Enfield**

**Elizabeth Lodge Care Home**

**Enfield & District Veteran Vehicle Society  
17125R**

**Enfield & Southgate Workers Educational  
Association**

**Enfield Arts Circle**

**Enfield Asian Welfare Association**

**Enfield Carers Centre**

**Enfield Community Singers**

**Enfield Croquet Club**

**Enfield Light Operatic & Dramatic Society**

**Enfield NHS Retirement Fellowship**

**Enfield Over 50s Fun Group**

**Enfield Soroptimists**

**Enfield U3A**

**Gardening Friends**

**Grovelands Bowling Club**

**Keep Fit - Dance Fit**

**Macular Society Enfield Support Group**

**Mayfield Athletic Table Tennis Club**

**Meet a Need with Christian Care**

**North London Humanist Group**

**North London Morning Orchestra**

**Oakwood Horticultural Society**

**Palmers Green & Southgate U3A**

**Probus Club of Enfield**

**Stroke Social Club Park Avenue**

**The Arts Society of Enfield**

**The Walkabouts Rambling Group**

**The Winchmore Singers**

**Weir Hall Ratepayers**

**Winchmore Folk Dance Club**

**Winchmore Hill Bowling Club**

**The Forum thanks our affiliates for their continuing support throughout the year. In return the Forum promotes their activities and programmes in our newsletters, eNews and website. Affiliates can also insert their leaflets in our mail-outs for a nominal cost.**

# APPENDIX 2

## ENFIELD BOROUGH OVER 50S FORUM (Registered Charity number 1122859)

### RECEIPTS AND PAYMENTS ACCOUNT for the year ended 31st March 2021.

	Note	2020/21		2019/20
		£	£	£
		Restricted	Unrestricted	
Subscriptions	1		21,743.68	47,469
Grants and donations	2	9,632.00	16,722.60	17,802
Newsletter advertising	3		9,618.95	12,653
Gift Aid Tax refund	10		8,836.69	6,085
200 Club Lottery contribution			3,655.00	2,855
Bank interest			720.29	658
Overhead recovery Staff salaries			485.00	
	£	9,632.00	61,782.21	87,522
<b>PAYMENTS</b>				
Staff salaries and NIC		485.00	38,843.58	43,254
Newsletter Printing		400.00	5,041.49	8,882
Postage and delivery		699.25	8,891.85	13,292
Stationery		204.50	1,925.54	3,164
Telephone			188.00	589
Office equipments			39.99	0
Office rent and hall hire			700.00	6,367
Miscellaneous expenses			1,330.37	1,989
Insurance			549.01	549
Public Events	8		159.99	8,706
		1,788.75	57,669.82	86,792
<b>Surplus</b>		7,843.25	4,112.39	730
<b>Activities for members:</b>				
Net receipts from trips	7		-497.50	2,120
Net receipts from events	7		0.00	1,809
<b>Total net receipts for the year</b>		7,843.25	3,614.89	4,659

### FUNDS

#### GENERAL FUND

Balance 1st April 2020	40,479.25	35,508
Surpl for the year - Unrestricted	3,614.89	944
- Restricted	7,843.25	0

Balance 30 March 2021 **51,937.39** **36,452**

#### Represented by Bank balances and cash

Bank Balances - Barclays	37,022.34	22,792
CAF	12,836.31	12,965
Interest at Shawbrook	2,028.74	645
Cash in hand	50.00	50

**51,937.39** **36,452**

#### CONTINGENCY RESERVE FUND

Balance 1st April 2020 and 31st March 2021 **50,000.00** **50,000**

Reprented by Fixed deposit at Shawbrook **50,000.00** **50,000**

### Notes to the Accounts

- Subscriptions - Includes advance payments received for 2020/21 and onwards and from life members.
  - Grants and donations have been received from Big Lottery - Awards for All- Loneliness and Isolation HMRC - Job retention scheme
  - Newsletter advertising includes support by Stennett & Stennett George Ttoui - Burlington Wealth Management
  - Restricted Fund - Loneliness and Isolation Project**  
This project will be completed by July 2021
  - Only one trip was undertaken during the year.
  - Income received during the year for trips and events for 2020/21 1413.40.
- | Gross  | Receipts | Payments | Net |
|--------|----------|----------|-----|
| Trips  | 2,418    | 2,490    | -72 |
| Events | 0        | 0        | 0   |
|        | 2,418    | 2,490    | -72 |
- The Forum organised the following events for public benefit:  
Genealogy Group  
Free Public Advice Sessions  
Winter Fair

#### 8 Reserve Policy

In accordance with recommendation from the Charity Commission we have created a Contingency Reserve Fund to provide for 6 months salaries, rents, redundancy, refund part subscription from life members and fees received in advance from members and other expenditure in the event of the Forum closing down.

- Gift Aid claims upto 31st March 2020 have been received.

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2021 was prepared by:

Champak Mistry, FCCA.  
30 April 2021

This statement of Receipts and Payments and Notes to the accounts for the year ended 31st March 2021 was Independently Examined by: Heloni Vipani, BSc

May 2021.

# Enfield Over 50s



## **The Value of Forum Volunteers**

Retired people provide significant voluntary support for many of the charities and clubs across Enfield and the Forum is fortunate in having a hundred plus members who regularly give up their time to ensure the smooth running of all our activities and to support our office staff.

### **Forum Activities include:**

**Meetings, Conferences, Special events and projects, Drop-ins, Advice sessions, working with Fusion  
Social programmes: Holidays: Trips; Theatre Visits, Lunches, Dinners, Walks.  
Groups: Writing; Readers; Poetry; Knit & Natter Group; Choral; Coffee Club.**