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January to February 2024

Pages 1-3: Recent and forthcoming meetings; subscriptions now due for the New Year

Pages 4-5: Community safety; pensions information

Pages 5-6: Social care; toilets campaign; clubs and going out

Pages 7-8: Calendar of events for January to early March

Our AGM

We held our AGM on November 28. We elected a new committee and several people additionally came forward as volunteers to work on the newsletter, campaigning about social care, and getting the Forum onto social media. We said thanks to our retiring chair, Joyce Sullivan, who will be replaced by James Cowling for the next 12 months. At the next AGM in autumn this year 2024, James and also Anne are going to stand back and have a rest. So it's great there are so many people on board the new committee and we hope to have a lively year with a lot more sharing of the many things that are needed to keep the Forum going.

We made a list of topics for future meetings and we'll be trying to get a speaker each month, whilst allowing plenty of time for tea and chat as well. We're also hoping to organise some outings as the winter weather passes. Full reports of the AGM will be posted on our web site shortly.

Subscriptions for 2024 calendar year

... **are now due please.** £8 if you're not already a life member or have a standing order. Bank transfers to Haringey over 50s Forum, sort code **08 92 99. Account number: 65525931.** Or pay cash at a meeting. Or post a cheque to us c/o Public Voice, address at top of page. Do put c/o please.

Next monthly meeting - Winkfield Centre, 2pm Tuesday 23 January

Andy Jeffreys of Coffee and Computers will open up the mysteries about how the NHS is doing so many things now online, including about how to sign up to the NHS app and get faster, easier doctor's appointments. And a few words from Polly Frayne about plans to combat loneliness amongst seniors – see below about February meeting.

Happy New Year everyone!

February 27th meeting

Note we MAY change the venue to the Epione Centre in Wightman Road. If the committee decides this (to save money) we'll put it on Whatsapp and also e-mail you.

Polly Frayne of Reach and Connect will tell us about follow-up actions they are planning about loneliness, to continue the theme of the Loneliness Awareness Week conference they had last summer. Some exciting new projects are in the pipeline and they are seeking ideas from groups like ours, so we'll probably have a discussion in small groups. Polly will 'trailer' the plans at the January meeting so we can think about them in advance.

Christmas lunch at Bracknell Close

Our first Christmas lunches went without a hitch. About twenty people turned out for the 'bring and share' lunch at Bracknell Close sheltered housing scheme. It got off to a slow start, but it was on fire when we had to call it to a close. There were chicken dishes, veggie dishes, crackers, some singing and lots of laughs. There were leftovers too and some people were able to take food home with them. A big thank you to all who came.



Lunch at Capital Restaurant, December 30

Our lunch at the Capital Restaurant in Wood Green was attended by around 13 people. Huge portions, great company and everyone left full. The rice pudding was delicious. I may have even had a third helping. It was great to see people out on a Saturday. Once again, that's those who came out for a good Turkish feed.

Harringay Ladder Safety meeting – from James Cowling

As a resident of the ward of Harringay, I attend monthly ladder safety meetings. These meetings include the police, ward councillors and council workers. They are supposed to be in every ward, but that has yet to happen. We talk about safety in the community, anti-social behaviour, traffic issues and more. In the last couple of meetings the police have said that phone theft is on the rise. People on bikes grabbing the phones of people using them or having them in their hands while they walk on the pavement. They also said that blue badge theft is continuing and suggest registering it online so that you don't have to display the badge in your car. If you're not on the internet perhaps someone can do this for you. Also, please be careful taking money out of an ATM on the street. If you can, ALWAYS, go into a bank, shop to take your money out. They are thieves targeting ATMs. One man I helped recently had almost £500 pounds stolen. A couple of years ago, I had the same amount stolen. In both cases we were able to get our money back. But PLEASE, be careful.

What's lost is sometimes found by helpful honest folk!

A couple of weeks before Christmas, Anne had a message on the group phone from an unknown lady, who said she had found a wallet that seemed to be associated with the Forum. Anne phoned back and the lady said she had found this wallet in the street and was keen to get it back to the owner. But all she could find inside by way of contact details was – wait for it – an over 50s Forum membership card with our organisation's phone number on it! So a member was gratefully united with her credit card, Freedom Pass and cash.

News about your state pension

The good bit; it's going up by 8.5% in April!

If you're still hard hit by the ongoing high cost of food and energy, consider if you might be eligible for pension credit. It's given by the government to anyone whose income is less than £201.05 (individual) or £306.85 (married couple). To apply just phone 0800 99 1234.

But the bad news is that **the government has made lots of mistakes about calculating how much pension people are entitled to**. They have to consider your national insurance record over your lifetime – and in some cases your husband's too, if you're a woman - to work this out. In many cases, they've got it wrong and several thousand pensioners could be losing out by as much as £5000 each. This applies mainly to women who have taken time off work to raise children since 1978. Underpayment might also happen to some who took time off as carers of adults, and some widows or people over 80. The

DWP will be sending letters out to mothers they have discovered are affected. But this started only in October 2023 and it will take them 18 months to get round to all those they know about. Here's how you check:-

Step 1: check on the government web site. <https://www.gov.uk/check-national-insurance-record> . The web page tells you how to do this and what documents you need. You need to set up an online 'tax account'. You can then get your record online, or phone or write for a printed statement of your NI record – that same web page tells you how. You might get through on 0800 731 0175, but the web page is not very clear.

Step 2: (assuming you've got your NI record) fill in an online form on <https://www.gov.uk/guidance/apply-for-home-responsibilities-protection> . You then have to print it out and post it.

Step 3: read the web site of a pensions consultancy, Lane, Clark and Peacock, on <https://www.lcp.com/is-your-state-pension-being-underpaid> They wrote a report saying that not only mothers described above had lost out, but also widows whose pension didn't go up or didn't go up enough when their husband died, divorced women who didn't get the extra bit of pension based on their husband's record, and some people over 80 who can get £85 pension even if they never paid NI. There's a lot of information on this web page about how to work out a woman's entitlement if you were ever married.

Our campaign for better public toilets – update

Since our last report, much has been achieved. But **the latest bad news is that the council plan to make major cuts in library services, involving some closures of toilets in libraries. Please respond to the consultation about this ,which closes 15 January. It's online at <https://haringeybudget2024.commonplace.is/>.** You have to refer to the proposal to replace library staff by volunteers in some libraries and for some hours in 2025, and to close toilets when there are no paid staff. There are paper copies of the consultation in libraries to pick up. More information on https://docs.google.com/document/d/1uXTp01kWDSvlb3UAmQog7Xm581W5_wqtpamSGMjwAhc/edit?usp=sharing.

You can also write to Cllr Emily Arkell who's in charge of libraries;
Emily.Arkell@haringey.gov.uk.

Gordon Peters had a great piece in the Ham & High in December. James Cowling and Rosemary Dunne surveyed all the toilets listed on the Council's website, proposing numerous corrections. The Toilet Strategy Working Group met again in December and we're analysing questionnaires completed at People's Day. We're working with Public Health to extend this survey soon. We've been pressing for action about the lack of toilets on Tottenham Hale Retail Park, and their continued closure at Morrisons and at Turnpike Lane

station. The NHS are looking into a possible access card for people with continence problems. They think some NHS premises (like GP surgeries) could make their facilities available to the public.

We're making some progress and not giving up, but we need more help! We'll be the guests of Tottenham Pensioners on February 13th.

John Miles, 07817 424356, Toilet Manifesto for London Group

Social care – one campaigning focus and a suggestion from Anne

Due to further government cuts in the Council's budget, social care is likely to be more squeezed than ever in 2024/25. Already plans for improvement of the Osborne Grove nursing home have been shelved. We'll be trying to dialogue with councillors about care services in coming months. But meanwhile, a suggestion and request from Anne, who is writing a book about social care of older people. She's looking for personal stories about good or bad care, problems in getting council services, experiences about private agencies, issues about your experience of caring for a relative or friend. Anything that goes into the book would be carefully anonymised of course. Have a chat to Anne if you would like to take part in this.

A thought for 2024!

Ordinary people have more power than they think to make a difference

Things to do – events in January and February

This section will list 'once off' or new events. Please see the Calendar for regular events, including our Cinema Club and our Wetherspoons meetups.

Burns Night

A celebration of Robbie Burns' birthday. Friday 26 January.

Arrive by 7.30pm. Event starts at 8pm sharp.

£25, concessions £20. Meal plus complimentary glass of whiskey.

Tottenham Leisure Centre, 1 Phillips Lane London N15 4JA. For more information contact Sheila Peacock Tel: 07791018106. [Email: sheilapeacock@haringey.gov.uk](mailto:sheilapeacock@haringey.gov.uk)

Holocaust Memorial Day; Sunday, 28 January, 2pm - 3.30pm.

Tottenham Hotspurs Stadium 782 High Road N17 0BX.

FREE. To book tickets go to:

<https://buytickets.at/londonboroughofharingey1083204>

Bruce Castle Museum. Lordship Lane (located in Bruce Castle Park) London N17 8NU. Open Wednesday- Sunday 1pm – 5pm. For information phone 020 8489 4250. Email: museum.services@haringey.gov.uk. Buses 243, 123, 318 (stop 'Bruce Castle and Museum').

Free Walking Tours – Jewish History Walking Tours of Tottenham. Meet at Bruce Castle:

Tour 1 Sunday 21 January 10.45am – 1pm.

Tour 2 Tuesday 23 January 10.15am -12.30pm

Lauderdale House, Waterlow Park Highgate Hill London N6 5HG

Free lunch time live classical music. Performances are on a Tuesday at 1.15pm once a month. For details and to book see: www.lauderdalehouse.org.uk. Tel: 020 8348 8716

Also art exhibitions and other free activities.

Bus 41 towards Archway (change at stop Archway Station). Then Bus 210 towards Brent Cross (stop Waterlow Park)

William Morris Gallery Lloyds Park House, 531 Forest Road, E17 4PP Free entry. Permanent exhibition; also temporary exhibitions and free workshops. Current exhibition is 'Radical landscapes' – paintings about the land and nature since the early 19th century, including some famous artists like JMW Turner and Derek Jarman. Nice garden and two cafes, cheaper one is in the park behind.

Bus 123 towards Ilford (stop Lloyd Park / William Morris Gallery)

READING GROUPS

There are a number of Reading Groups in Haringey Libraries. To find a reading group see www.haringey.gov.uk/libraries-sport-andleisure/libraries/find-library or ask in your nearest library.

LUNCH CLUBS

Antwerp Arms, 168 -170 Church Road, N17 8AS Tel: 020 8216 9289. Every 1st and 3rd Wednesday of the month 1.30pm – 3.00pm . Booking essential; generationexchange5@gmail.com or 07968 727278.

Hornsey Vale Community Centre, 60 Mayfield Road, N8 9LP. The Lunch Club is on the first Wednesday of every month, except August. You need to book on 0208 348 4612. £5 if paid in advance. 12.30pm gentle exercise; lunch served at 1pm.
Bus 41 towards Archway (stop Hornsey Police Station) walk to Mayfield Road

Jacksons Lane Art Centre 269A Archway Road London N6 5SS.

There is a social lunch on the last Tuesday of every month. Also various activities and performances. For more information phone 020 8340 5266

DANCE CLASSES/ KEEP FIT – Phone Candy Fernandez on 07961 044079 to find out about dance and chair exercise, some free, N17, N8 or N22 venues.

At Goan Community Centre, Apple Tree Road, N17 6SH (off Keston Road; bus 41 to Phillip Lane or 230 to Summerhill Road):-

Tuesday 2pm – 3pm Chair based exercise, 3.15pm -4.15pm Dance, both FREE.

Also DANCE Weds. evening 7-8, £5.

From the bend in Keston Road, look for the gate, turn right; Centre is at the end of the path.

At Community Hub Caxton Road, N22 6TB:-

Wed 3pm-4pm Dance £5 ; Thurs 2pm-3pm Chair based exercise, FREE.

At Hornsey Vale Community Centre, 60 Mayfield Road N8 9LP . Fri 2pm-3pm Dance £5
Bus 41(stop Hornsey Police Station) or (closer) W5 stop in Weston Park.

Calendar of things to do

Sat/Sun	Mon	Tues	Weds	Thurs	Fri
JAN 20/21th (Sat) Repair Café Broadwater Farm Community Centre Adams Rd, N17 6HG 10.30-1.30pm	22nd Tottenham Pensioners BINGO 2-4pm T'ham Green Leisure Centre N15 4JA (every Mon)	23rd HO50's Forum monthly meeting 2-4pm Winkfield Resource Centre, N22 5RP	24th Welcome Space Free simple lunch & good company. 12-3pm; St Paul the Apostle, 22 Bradley Rd, N22 7SZ (every Wed)	25th	26th Burns Night 7:30 for 8pm £25, conc £20 T'ham Green Leisure Centre, N15 4JA Contact: Sheila Peacock: 07791 018 106 sheilapeacock@haringey.gov.uk
27/28th (Sun) Holocaust Memorial Day 2-3:30pm Spurs Stadium 782 High Road N17 0BX Free: email museum.services@haringey.gov.uk	29th Café Palais Alexandra Palace, N22 7AY 2-4pm Free Stylish café for older ppl, ppl living w/ dementia & their carers email for tickets 020 8365 4343 learning@alexandrapalace.com	30th Jackson's Lane social lunch 269 Archway Rd, N6 5SS For more info call 0208 340 5266	31st Welcome Space St Paul the Apostle, see 24 Jan	FEB 1st	2nd Yoga N'bourhood Resource Centre, 177 Park Lane N17 0HJ 11-12pm
Feb 3rd/4th (Sat) Repair Café Lordship Rec; Higham Rd, N17 6NU 12.30-3.30pm	5th Tottenham Pensioners BINGO 2-4pm See Jan 22 for details	6th Over 60's Cinema Club Finsbury Park Picturehouse N4 3FU Film/time TBA	7th Hornsey Vale Lunch Club 12:30pm -3pm £5 *Booking essential* Call 0208 348 4612 info@hornseyvale.org Generation, Meet, Share & Exchange lunch club Antwerp Arms See p.6 for details and how to book	8th Coffee Morning Lordship Hub, N17 6NU 11am-2pm	9th Yoga N'bourhood Resource Centre, 177 Park Lane N17 0HJ 11-12pm
10th/11th	12th Tottenham Pensioners BINGO 2-4pm See Jan 22 for details	13th Tottenham Pensioners Monthly meeting T'ham Green Leisure Centre, N15 4JA 2pm	14th Coffee and chat Wetherspoon's, Spouter's Corner 180 High Rd, London N22 6EJ 1pm to 3pm Welcome Space St Paul the Apostle, (every Wed see 24 Jan)	15th Coffee Morning Lordship Hub, N17 6NU 11am-2pm	16th Yoga N'bourhood Resource Centre, 177 Park Lane N17 0HJ 11-12pm
17th/18th Repair Café (Sat) Broadwater Farm Community Centre	19th Tottenham Pensioners BINGO 2-4pm See Jan 22 for details	20th	21st Hornsey Pensioners Action Group 1:30pm – 3:30pm Hornsey Parish Church N10 3AH	22nd Coffee Morning Lordship Hub, N17 6NU 11am-2pm	23rd Yoga N'bourhood Resource Centre, 177 Park Lane N17 0HJ 11-12pm

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