



Address: c/o Public Voice, Tottenham Town Hall,

Town Hall Approach Road, London, N15 4RX

Web site: www.ho50s.org.uk/

Email info@ho50s.org.uk Tel. 07915 477009

March to April 2024

Pages 1-2: Forthcoming and recent meetings and new venue; subscriptions now due for 2024

Pages 3-4: Arts, films and dance; members' writing; London Mayor and GLA elections

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NEXT FORUM MONTHLY MEETING TUESDAY MARCH 26TH 2PM

Please note new venue – the Epione Centre, 383 Wightman Road, corner of Denmark Road, N8 0DZ. It's a short walk from the 41/144 bus stop for Wightman Road. For step free access go about 20 feet past the main entrance in Denmark Road.

We'll be able to discuss the **current state of social care services in Haringey with Councillor Lucia Das Neves, the Cabinet member responsible for social care.** This is a most important opportunity – please think of questions you'd like to ask her. Let's discuss them on the Whatsapp group, or you can text 07915 477009 and ask for a callback if you wish.

Forum meeting Tuesday April 23rd, 2pm

The April speaker will be Paul Allen. He's employed by the NHS but works a lot with Haringey Council, and spends a lot of time on health prevention issues in Haringey. Paul has been developing a 'toolkit' to assess your own state of health in relation to ageing, which hopefully will make it easier for you to present issues to your GP and for your GP to know how you are doing. He wants to try it out on us and get some feedback. There will no doubt be a chance to discuss other health service issues too.

SUBSCRIPTIONS NOW OVERDUE

Thanks to all who already paid. If you haven't yet paid £8 for calendar year 2024, please do so as soon as possible. Cash can be taken at meetings. Cheques please to the address on the top of the page – remember to put **Haringey over 50s Forum c/o Public Voice...** Bank transfers to Haringey over 50s Forum, sort code 08 92 99, account no. 65525931. Standing orders are great; please make sure it's going to Haringey over 50s Forum not to Haringey Forum for Older People, which won't get anywhere since we changed the account name.

About our new venue – the Epione Wellbeing Centre

Formerly the Greek Cypriot Women's Centre, its objectives are similar to ours and not just for Cypriot ladies, for everyone. They have a Wednesday lunch club, just had a 3 day trip to the Isle of Wight, and they organise New Year, Christmas and other parties – as our partnership with them develops, hopefully we'll be able to join in their activities too. See their Facebook page for photos; <https://www.facebook.com/epionewellbeingcentre/>

Report of Forum Meeting January

Andy Jeffreys gave us a very useful talk on how to use the NHS app and other aspects of the NHS online. If you missed it, check out Coffee and Computers regular sessions and classes, on www.coffeeandcomputers.org.

Ashley Grey put forward plans for a summer festival in Bruce Castle Park where seniors will celebrate life and have fun – dance, music, food, art, a bit of a party in the park. Reach and Connect are planning this and inviting our ideas.

Report of Forum Meeting February

We had four presentations. Polly Frayne of Reach and Connect talked a bit more about the summer Ageing Well Festival. To avoid competing with various other local events, the date has now been moved from June to Saturday 20th July.

Volunteers are requested for hosting and general support to the organisers, and will be offered a comfy chill-out zone with free tea, coffee and food all afternoon. You can offer to do this up to 3 weeks before the event, so plenty of time to decide. We could plan to have a Forum stall to showcase members' art and craft work, and maybe their writing. We have members who make jewellery, crochet rugs, knit toys, paint and draw pictures, write poetry, grow pot plants. We could sell a few things to make money and recruit some new members. Thoughts anyone?

Secondly, Emily Rayner told us about a new screening test for cancer which is being trialled – it involves a blood test from a finger-prick. She's looking for people aged 55-77. If eligible and interested you can still contact her on 07759 630278 or 020 3137 8199 (her company is called Claremont).

Thirdly, Zara Ghods from the Greater London Forum for Older People sought feedback about London's policing. Members expressed concern about the lack of sufficient resources to follow up crime reports. They lamented the lack of police on the streets now, and feeling unsafe when walking about after dark. Lack of trust in the police was also mentioned, particularly amongst young black people who often feel put upon. Zara will take these comments on board at London level.

Fourth, John Miles updated us on the work he and James have been doing on the Council's Toilet Strategy. After much lobbying, the Council are now committed to developing a strategy for these important facilities in our shopping centres and parks. Thanks to John and James for their hard work on this issue. We need to watch this space and make sure the work goes forward. We often take up toilets in the Older People's Reference Group, because the Parks

Department are keen for seniors to make more use of parks. We're making sure there will be good facilities at the Ageing Well Festival in July, including for wheelchair users.

Bruce Castle exhibition and talk; Land of laundries

During March and April, Bruce Castle Museum are showing an exhibition of Haringey artist Al Johnson's artworks about women and laundries. Her sculpture references recent history and the interplay between politics, power and the collective memory. Also including embroidered textiles, her art highlights overlooked stories and voices of women and their labours.

Artist's talk (free); 21 March, 2.30pm. Book on <https://www.brucecastle.org/curators-pick>

Free Persian Festival at Lauderdale House

Exhibition by several Iranian artists on till 1 April. Several other free events to celebrate Newroz, the Persian New Year; see <https://www.lauderdalehouse.org.uk/whats-on/free-activities>

Rajes is publishing another novel!

Congratulations to Forum committee member Rajes Bala, who is publishing another novel! 'Journey to Jaffna' will be out very soon and Rajes will no doubt invite us to the book launch party when it's got a firm date.

This moving and unforgettable novel, Journey to Jaffna, is a powerful exploration of the conflicting ties of family and the heart. Set in London, Russia and Sri Lanka, this book will find its way into your own heart.

Param grew up in a strict Tamil family in Sri Lanka, but broke away from them to study in London. Even the violence facing Tamils back home could not affect the new life he built for himself with his English wife, Mary, and their daughter. By 1979, his father is dying and it is Param's duty to make the journey back to Jaffna.

As Param learns of the horrors his family and his ex-girlfriend Karthiga have endured, he faces his own struggle. Does he owe it to them to come back to Sri Lanka, or should his loyalties now lie with his English family? Or does Liz, the English/American woman he met on his long disruptive journey, offer him a way out?

New cinema club at Crouch End Picture House

James' neighbour Michele Daniels is starting what we're calling a sister Cinema Club this month at the Picture House, Crouch End. It will run the third Thursday of every month, starting March 21. Like the club at the Finsbury Park Picture House, times will vary and the film will be announced about a week before the screening. You have to ask for a free membership card for the Picturehouse Silver Screen Over 60s club if you don't already have one for Finsbury Park. There will be an informal discussion about the film, for about an hour, in the Community Room of the Picture House, after each screening (lift access, members' bar). Contact James to get on the mailing list.

Crouch End Art House

The other cinema in Crouch End, the Art House, offers 25% discounts on tickets and café purchases if you buy membership at £11.25 per year– a

temporary bargain offer for over 60s! A great option for film lovers, with a different selection from the Picture House chain and occasionally 'live streaming' of theatre performances too.

Reggae Friday: A great success and completely free!

About a dozen of us went to Simmer Down at the South Bank Centre on Friday 23 February. It was great fun, a combination of reggae and jazz. There were about 300 people there, mostly pensioners. There's an outdoor food market there too with loads of variety, good lunch for around £10. We decided to go again on Friday 26 April. We'll catch the 243 bus in Tottenham High Road, meeting at 11a.m., at the Tottenham Town Hall stop just opposite the Dominos Pizza on Philip Lane. Then we can lunch together and dance all afternoon from 1.30 in the South Bank Centre's hall. You can meet us there too if you prefer.

Community gardening

If you're thinking about more exercise and fresh air now spring is coming, Harmony Gardens on the Broadwater Farm estate are looking for volunteers. Volunteer sessions Tuesdays and Fridays, 11am – 2.30pm (winter) and longer in summer. Lots of raised beds and potting shed work, so you won't necessarily need the strength for digging.

London elections – Mayor and Greater London Assembly, May 2nd

No borough council elections in London this year, but we WILL be electing the Mayor of London and the GLA members on May 2nd.

Remember new rules require you to take a photo ID to the polling station when you vote. Your Freedom Pass is fine. If the photo is so old you might be someone different (like Anne, who went grey and got more wrinkles since then!) take your passport as well just in case. You can also apply in advance to vote by post (with no ID) – go to <https://new.haringey.gov.uk/council-elections/elections-voting/voting-by-post-by-proxy>

Age UK London invite older Londoners, their groups and organisations, to attend the **London Mayoral election hustings** on the **afternoon of Monday 25th March**. The event will take place at Canary Wharf, starting with sandwiches at 1.15, then speeches 2 to 4.

Book your opportunity to hear the mayoral candidates from the Conservatives, Greens, Labour and Liberal Democrat parties make their pitch to London and answer your questions. They will debate the issues that matter most to older Londoners and respond to Age UK London's manifesto.

Register your details to attend on <https://www.eventbrite.co.uk/e/2024-london-mayoral-election-hustings-for-older-londoners-tickets-836439070777?aff=oddtcreator> Spaces to the event are limited and will be allocated on a first come first serve basis, so register as soon as possible! You can add your dietary requirements when you register. You can also submit a question that you would like to put to the candidates when registering to attend, though there may not be time for all questions.

Benefits changes

This is not about pensions. But it may affect members who are still below pension age, or people members look after. Six old benefits will be scrapped gradually between now and 2028. You can get Universal Credit (UC) instead, but you need to make a new claim for it in the next few months. If you don't do that, you'll lose your old money in due course and you won't get UC to replace it automatically. Look out for a letter from the DWP if you or yours currently get any of the following six benefits. **When you get your letter, you will have 3 months to apply for UC.** For most people, the letter will come between now and the end of March 2025. For those on ESA it may take longer.

The benefits that are ending, are: Income-related Employment and Support Allowance (ESA), Income Support, Housing Benefit, Working Tax Credit, Child Tax Credit, Income-based Jobseeker's Allowance (JSA)

The DWP are calling this process of change 'managed migration' – migration meaning from old benefits to Universal Credit (UC).

Don't worry, you WILL get other money instead BUT you have to make a claim for it.

If it turns out you would normally get less money on UC than on the old benefits, you will get what DWP calls 'transitional protection'. That means your old benefit will reduce gradually as UC rates for everyone rise year by year. So you won't lose out; they will just take a bit off what's left of your old benefits so your money remains the same as it would have been before the system changed.

Catch 22 is that UC applications generally have to be made online. If that's scary, seek advice from Reach and Connect on 020 3196 1905, or the (rather overloaded!) Citizen's Advice helpline, 0800 144 8444. If you're still stuck, text the Forum number 07915 477009 and we may be able to put you in touch with other voluntary organisations that can help.

Note that if the person claiming UC or transitional protection earns some money, or comes off UC and goes back again, the rules get more complicated. A useful article in the Daily Mirror has explained this; see <https://www.mirror.co.uk/money/dwp-confirms-universal-credit-top-32178105> or get someone to show or print it for you.

An invitation to join a research study

CARE (Community Ageing Research across Ethnicities) Network Study

A research team from Kings College London are inviting members to take part in an interesting survey. It only takes twenty minutes to complete online at: <https://app.onlinesurveys.jisc.ac.uk/s/kings/care-network-baseline-study-survey-v3>

The CARE Network (Community Ageing Research across Ethnicities Network) is examining the impacts and key issues relating to mental health and wellbeing in older adults across all ethnic communities and faith groups. The survey will help to shape future research areas addressing key needs of all our diverse communities and will be exploring key factors related to older adults' responses from the COVID-19 pandemic. There will also be the opportunity to hear about and discuss ongoing dementia research.

It's getting warmer - time to cheer up with a walk in the park and appreciate the cherry trees. There are some beauties in Tottenham Cemetery – but it's too wet to go photograph them today so how about these ones in Osaka, Japan:-



Are you experiencing bereavement?

Reach and Connect are running a **Peer Support Group** for Haringey residents over 50 who are living with loss and could benefit from peer support.

Come and find support and friendship! Grief is so much more complex than just feeling sad. It is OK to not be OK

When: Every Tues 11am – 1pm

Where: Chestnuts Community Centre, 280 St Ann's Road, London N15 5BN
(Bus Routes: 67, 341 (5 min walk), 259 (10 min walk))

Contact: Alessandra Santos. Email: alessandra@reachandconnect.net

Mobile: 07485 393587

The group will aim to create a friendly setting to encourage the community to come together, to support each other by sharing ways to cope with bereavement and the change and loss it can bring. The group can **NOT** offer therapeutic or specialised intervention. It's there to help reduce the isolation and loneliness that comes with loss, and promote new connections. It will offer a safe space to share and listen to one another's experiences, support each other and agree weekly activities and themes.

The Bereavement Peer Support Group aims to:

- Provide light touch social and wellbeing support for older adults in Haringey who are living with bereavement
- The group will support members to access more specialised or therapeutic bereavement support, if needed

Weekly Drop-in Sessions will involve: conversation, reflection, refreshments, activities promoting well-being, informal information and advice, opportunity to meet new people.

Our Calendar this time features selections from a new programme of activities in the sheltered housing schemes. Do check out the art classes. They've produced

an impressive exhibition in Wood Green Library, in a little side room close to the entrance. Congratulations to the artists!

Calendar of things to do

| Sat/ Sun | Mon | Tues | Weds | Thurs | Fri |
|---|--|--|---|---|---|
| March 16/17th (Sat) Repair Café Broadwater Farm Community Centre Adams Rd, N17 6HG 10.30-1.30pm (Sat) Market and Craft Fair; 12-4pm; Hornsey Vale Community Centre; 60 Mayfield Rd, N8 9LP. Admission £1 | 18th Tottenham Pensioners BINGO 2-4pm Tottenham Green Leisure Centre 1 Philip Lane, N15 4JA (every Monday) | 19th Community Lunch: FREE Antwerp Arms 168 -170 Church Road, N17 8AS 12.15-3pm (every Tuesday) | 20th Hornsey Pensioners Action Group 1:30/3:30pm Hornsey Parish Church N10 3AH Generation, Meet, Share & Exchange Pop-up lunch club The Antwerp Arms 168 Church Lane N17 8AS; 1pm to 3pm. <u>Limited numbers - book a place.</u> Tel: 07968 727278; email: generationexchange5@gmail.com Welcome Space (every Wed; see Mar 27) | 21st Coffee Morning Lordship Hub, Lordship Rec, off Higham Rd, N17 6NU 11am-2pm (every Thu) | 22th Yoga N'bourhood Resource Centre, 177 Park Lane N17 0HJ 11-12pm (every Friday) Gardening 9:30/11:30 Rowland Hill Nursery Sch. White Hart Lane, N17 7LT (every Friday) |
| 23/24th | 25th Café Palais Free stylish café for older ppl living with dementia & their carers 2-4pm Alexandra Palace Email to book.learning@alexandrapalace.com | 26th HO50s Forum monthly meeting 2-4pm; Epione Centre, 383 Wightman Rd, N8 0NA (NOTE NEW VENUE) | 27th Welcome Space Free simple lunch and good company. 12pm-3pm St Paul the Apostle, Station Road, Wood Green N22 7SZ (every Wed) Rebecca's Wednesday walk: Bruce Castle entrance, Lordship Lane, N17 8NL 10.45am | 28th Coffee Morning (See Mar 21) | 29th Yoga (See Mar 22) Inter-generational Gardening (See Mar 22 – both every Friday) |
| 30th/31st | April 1st Tottenham Pensioners BINGO (See Mar 18) | 2nd Over 60s Cinema Club Finsbury Park Picturehouse Finsbury Park Station, N4 3FU Film/time TBA | 3rd Hornsey Vale Lunch Club 12.30pm -3pm £5 in advance; £7 on day <u>Booking essential</u> Call 0208 348 4612 or email info@hornseyvale.org Generation, Meet, Share & Exchange Pop-up lunch club (See March 20) | 4th Coffee Morning (See Mar 21) | 5th Gardening (See Mar 22) Rebecca's Friday walk Bruce Castle entrance N17 8NL, 10:45am |
| 6/7th (Sat) Repair Café Lordship Rec 12.30-3.30pm | 8th Tottenham Pensioners BINGO 2-4pm (See March 18) | 9th Tottenham Pensioners (2 nd Tue of Month) (See Mar 18) | 10th Coffee and Chat Wetherspoons Spouter's Corner Wood Green, 1-3pm | 11th Coffee Morning (See Mar 21) | 12th Yoga Intergenerational Gardening |

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| 13/14 th (Sat) Repair Café All Good Bookstore Turnpike Ln N8 0PT 2-5pm | 15 th Tottenham Pensioners BINGO 2-4pm (See March 18) | 16 th Community Lunch: FREE Antwerp Arms 168 -170 Church Road, N17 8AS 12.15-3pm (every Tuesday) | 17 th Hornsey Pensioners Action Group 1.30-3.30pm Hornsey Parish Church N10 3AH Generation, Meet, Share & Exchange Pop-up lunch club (See March 20) | 18 th Coffee Morning (See Mar 21) | 19 th Yoga (See Mar 22) Inter- generat- ional Gardening (See Mar 22) |
| 20 th /21 st (Sat) Repair Café Broadwater Farm Comm Centre Adams Rd N17 6HG 10.30-1.30pm | 22 nd Tottenham Pensioners BINGO 2-4pm (See March 18) | 23 rd | 24 th Welcome Space (every Wed; see Mar 27) | 25 th Coffee Morning (See Mar 21) | 26 th Simmer Down Reggae 1.30-3.30 FREE: See details in newsletter |
| 27 th /28 th | 29 th Tottenham Pensioners BINGO 2-4pm (See March 18) | 30 th | May 1st Generation, Meet, Share & Exchange Pop-up lunch club (See March 20) | 2 nd | 3 rd Yoga (See Mar 22) |
| 4 th /5 th (Sat) Repair Café Lordship Rec Lordship Lane N17 6NU 12.30-3.30pm | 6 th Tottenham Pensioners BINGO 2-4pm (See March 18) | 7 th Over 60's Cinema Club Finsbury Park Picturehouse Finsbury Park Station, N4 3FU Film/time TBA | 8 th Coffee and Chat Wetherspoons (See April 10) | 9 th Coffee Morning (See Mar 21) | 10 th Yoga (See Mar 22) Inter- generat- ional Gardening (See Mar 22) |
| 11 th /12 th | 13 th Tottenham Pensioners BINGO 2-4pm (See March 18) | 14 th Tottenham Pensioners Action Group (See March 18) | 15 th Hornsey Pensioners Action Grp Hornsey Parish Church N10 3AH, 1.30-3.30pm Generation, Meet, Share & Exchange Pop-up lunch club (See March 20) | 16 th Coffee Morning (See Mar 21) | 17 th Yoga (See Mar 22) Inter- generat- ional Gardening (See Mar 22) |

STOP PRESS EXTRA – SHELTERED HOUSING SCHEME ACTIVITIES

Art classes; Palace Gates, 45-94 Braemar Avenue, N22 7BY; Mondays 10-12;
Cranley Dene Court, Muswell Hill Road, N10 3JH; Thursday 10-12;
Spanswick Lodge, Waldeck Road, N15 3EN; Fridays 10-12

Music making; Latimer House, 2-32 Latimer Road, N15 6NW; every other Monday 2-4

Walk and talk: Stonebridge Road, N15 5PB; Tuesdays 12-1

Dance lessons; Stonebridge Road, N15 5PB; Saturdays 3.30-5

...and lots more – full programme by e-mail or at meetings from the Forum, or contact Shactivities@haringey.gov.uk. For dance and IT classes contact Luisa, 07761 074785