



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

May to June 2024

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FORUM MAY MEETING TUESDAY 28 MAY 2PM

This month's speaker is Joyce Rosser. Her title is about 'Tottenham: Heritage and Change'. For 15 years until recently, Joyce was Secretary of Tottenham Conservation Areas Advisory Committees (CAAC) and Events Organiser for Tottenham Civic Society. She will bring us a slide show about interesting places, buildings and their history.

Other items on the May agenda:-

- If you completed the self-assessment health brochure at the last meeting, when our speaker Paul Allen was unable to attend at the last minute, please bring it back. We'll provide Paul and his colleagues with the whole batch to look at, and people's comments.
- An opportunity to join a new research project about Healthy Ageing will be explained in a very brief presentation from a researcher at Imperial College.

Please note current 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. If you can, it would be most helpful if people could bring their own mugs for tea, then you can wash it at home and the committee doesn't have to stay and wash them up.

FORUM JUNE MEETING: TUESDAY JUNE 25TH, 2PM

We are hoping to have someone from the Council to talk about aids and adaptations to the home. You may or may not know that you can ask for many things to help you move around your home and use its facilities safely. They include grab rails, special seats in the bathroom, ramps at the entrances, and you may even be able to get a grant to have a walk-in shower or a stair-lift installed. There are also aids like walking frames, sticks, and wheelchairs. We'll let people know when this topic is confirmed. The meeting will be at the Epione Centre again.

MEETING DATES FOR JULY AND AUGUST

Put in your diaries! **Tuesday July 23rd** at Epione, and **Tuesday August 20th** we'll have a picnic in Bruce Castle Park. (not the 27th which is the day after the bank holiday, when you might be away.)

JOIN OUR WHATSAPP GROUP – ASK JAMES TO PUT YOU ON. That way we can all keep in touch easily between meetings and newsletters.

Report of Forum meeting Tuesday April; testing the 'frailty' questionnaire

The April speaker, Paul Allen was unable to attend at the last minute. He sent us an e-mail but nobody at the meeting had that e-mail account on their phone so sadly we didn't know until after the meeting ended. Polly Frayne had brought copies of the questionnaire he wanted to test, which is about how to self-assess the general state of your health. So we handed these around and discussed them. Some people filled them in or took them home to do later. If you did that, please bring them back to the meeting on May 28 and we'll get them to Paul with our comments. Most people felt the brochure needed a lot of changes, and that their main need is to be able to see a doctor to check up on problems they are concerned about before they become acutely ill. It's so difficult to get appointments, particularly to see the same doctor when you go again.

Report of Forum Meeting in March

Councillor Lucia das Neves came to discuss the state of social care services in Haringey. We asked her some specific questions in advance, and a few more came from the floor on the day. Here are a few things she told us:-

- We asked what will be the effect of reduced central government money on care services for older people in 2024-5?

Cllr das Neves said that despite the shortage of central government money, care providers would be offered 4% more, and the council will be getting more assessment staff. This is badly needed, because she said the waiting list for assessment is huge -1500 at once is not atypical. A typical waiting time is 28 days, but it can be more if there are complex needs or there is a change in the staff dealing with the case.

- We asked if anything could be done about the frequent changes of carers. People are supposed to take up issues about that with the provider agency, but can the council support the need for more continuity?

Cllr Das Neves would like to hear about particular cases. She agrees continuity is important.

- We asked what can the co-production group who worked on Osborne Grove expect to happen about their discussions and plans from now on?

She said the Council still owes the group a response. The aim now is to widen the offer of residential services and improve quality. In two years' time, it will take learnings so far from this; the project has not been dropped.

SUBSCRIPTIONS NOW OVERDUE

Thanks to all who already paid, and for the extra donations too. But there are still quite a few who haven't. 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 first 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.

NEW MEMBERS

Great we are getting quite a few now. Please tell your friends they can pay at meetings; there will be joining forms on the table as you come in, or you can download from the web site, www.ho50s.org.uk, either print it and post it, or fill in your details on computer and e-mail it to us at info@h050s.org.uk.

EVENTS COMING UP

Going Green – getting stuff repaired, how not to waste food, and keeping your house warm!

The Go Green Eco Urban Festival Saturday 1 June – Sunday 30 June aims to promote environmental awareness, culture, and sustainable living.

During the Great Big Green Week from June 8th to 16th, there will be craft sessions, Eco living workshops, community gardening. The Go Green team is organising a Home's Retrofit Pop Up; waste workshops for behaviour change in repair, reuse and recycling in collaboration with Haringey Fixers; a Zero-Waste Culinary Fair; and borough-wide cooking sessions to tackle food waste.

We'll put the detailed programme of what's on when onto the Whatsapp group, when things are announced – the organisers are still planning details. For more information : www.4u2newsmag.com Tel : 07778 224342

Dementia Friendly Haringey Event 17 May 11am- 2pm

Haynes Dementia Hub 151 Park Road London N8 8JD

This event will showcase dementia services and activities in Haringey.

Bruce Castle Museum

Lordship Lane London N17 8NU

Tuesday 14 June 2pm - 4pm Reminiscence Cafe – Some Iconic Buildings. Study of local historical buildings.

Tuesday 18 June 2pm - 4pm Reminiscence Cafe – Our Local Railways (Windrush Day is 22 June) Celebrating the contribution made by immigrants

Creative writing workshop

The last Wednesday of every month at 11 am, at the Northumberland Park Resource Centre, 117 Park Lane, N17 0HJ.

Wellbeing day for women

Every Wednesday at the Northumberland Park Resource Centre, 117 Park Lane, N17 0HJ. A whole-day event including breakfast from 8 or 9, wellbeing coaching, exercise, lunch, sewing, health talks, lunch, advice and one to one counselling. Contact; 07917 956536 | 07944 003495. Email: womenwithavoic912@gmail.com

Group walks

Summer is coming soon – we do hope! Lots of sociable organised walks; take your pick of Alexandra Palace, Priory Park, Lordship Rec, Downhills Park, or Tottenham Marshes. Various times, days and meeting points are listed on the Council web site – go to <https://new.haringey.gov.uk/events>, then choose 'nature and wildlife' in the list on the left of the page.

Further afield; African and Caribbean Music at the British Library

An exhibition exploring the musical journey of African and Caribbean people in Britain opens on 26 April at the British Library in the Euston Road. It runs until 26 August. **Beyond the Bassline** is supported by a series of talks and musical performances at the British Library, including performance by Soul II Soul, Linton Kwesi Johnson, George the Poet and the Ezra Collective. You can see the programme of what's on when at <https://beyondthebasslineevents.seetickets.com/search/all>.

On the first Wednesday of every month the British Library are running Pay What You Can days where what you pay for entry to the exhibition is up to you (minimum £1). Otherwise, see the web site for prices for entry and for the performances and talks.

Simmer Down – Reggae at the South Bank Centre

Several members have been to these reggae sessions at the South Bank. Upcoming dates are Friday 17 May and Friday 28 June, then they have a break till September. It's at the Clore Ballroom, Level 2, Royal Festival Hall. Contact James via phone or the whatsapp group if you would like to join a group to go along.

Lots more regular events in the Calendar on pages 7 and 8.

New Service for Carers in Haringey

Haringey Council has partnered with award-winning service Mobilise to provide free [online carer support](#) in Haringey. If you are looking after a family member, friend or neighbour, discover support available for you today. ***This new service will run alongside existing support provided by Haringey and Carers First (tel. 0300 303 1555).***

The **Mobilise** service is free for Haringey residents. Find out more and [sign-up](#) on <https://support.mobiliseonline.co.uk/haringey>. You can book a free phone call, get advice about how to do a carer's assessment, get together with other carers, and there's also a free course about using e-mail.

Many carers are unable to attend face to face support at a time that suits them. Mobilise describes itself as 'by carers, for carers', it's accessible outside of regular "working hours" and helps carers to connect and get help so they can continue caring. Through the service, carers will have seven-days-a-week access to a full suite of online support, that includes tools, guides and resources, virtual cuppas, one-to-one support and a coaching programme for carers. Residents can also access the Mobilise Hub, with online local conversation spaces and live events.

A Petition needs your support

See <https://chnq.it/PDrjzxTFBC>

It's about the St Ann's Surgery opposite St Ann's Hospital in South Tottenham:-

- it's had multiple complaints over a year or two from patients, partly by them not employing enough doctors, also by having a very hard-to-use appointment booking system
- it was originally run by a doctors' group, AT Medics, which still gives the practice its 'brand name', even though for some time it has been owned by Operose, the UK subsidiary of American multinational Centene, and now....
- Operose decided to sell its UK practices a few months ago, apparently because they weren't yielding the flow of patients into its more profitable private, non-NHS business that they had expected!
- Operose then sold the practice to a different private company without first getting approval of the Integrated Care Board (the NHS admin body that now covers Haringey and four other boroughs) as they are contractually supposed to do!

Attention lovers of Tottenham Cemetery and of wild flowers

Anne wanted to put here an absolutely gorgeous photo of a wildflower area in a patch of Tottenham Cemetery where there are no gravestones. In early April it was covered in lovely bluebells and forget-me-nots. Returning a few days later to take a picture with a fully charged phone battery, she found the whole patch had been destroyed by a lawnmower, everything cut to the ground. The photo on the next page shows a few bluebells somewhere else in the cemetery, but not nearly so nice as the ones that had been destroyed. Parts of Tottenham can be so beautiful with flowers and budding trees in the early spring, we need to value them. There was a meeting of Friends of the Tottenham Cemetery to decide what to do after several people felt similar dismay at this destruction. They decided to write to the Council to

urge them to get their cemetery maintenance contractors, who are called Dignity, to leave the wildflowers alone and at least not cut them when they are in bloom. Please write from the Forum too! The councillor responsible for green spaces is Mike Hakata, mike.hakata@haringey.gov.uk, or at River Park House, 225 Wood Green High Road, N22 8HQ.



Age UK London Borough Business Directory

https://www.ageuk.org.uk/kensingtonandchelsea/our-services/business_directory/

Members may like to refer to this directory, designed to connect older people with reputable traders and businesses. Many different types of tradespeople and businesses are members of the scheme.

Invitation to join a research project

Tricia Tay, a researcher at Imperial College London, wrote to say her team are looking for people aged 65 or more living in London boroughs to join their Healthy Ageing Project. Try out either:-

- i) a 6 week personalised programme in your own home supported by smart home sensors and a smartwatch.
- ii) One-off interview study on how we use technology to keep people healthy as they get older.

You will be paid to thank you for your contribution. Sign up here (https://imperial.eu.qualtrics.com/jfe/form/SV_6LTcTseBu7LMaHQ) or email (healthyageing@imperial.ac.uk) or call the team at 020 7594 6950.

Calendar of things to do

Sat/ Sun	Mon	Tues	Weds	Thurs	Fri
May 18/19th (Sat 18th) Repair Café Broadwater Farm Community Centre Adams Rd, N17 6HG 10.30/1.30pm	20 th Tottenham Pensioners BINGO 2-4pm Tottenham Green Leisure Centre 1 Philip Ln, London N15 4JA (every Monday)	21 st Dance classes Chair based exercises 2/3pm: Dance 3:15/4:15pm FREE: Goan Community Centre; Apple Tree Rd; N17 6SH (every Tue)	22 nd Men on the Move Walking grp (every Wed) Meet outside 'Goods office' 1-3 Ferme Park Rd, Finsbury Park, N4 4DS Wellbeing Day for Women Whole day event Breakfast 8/9am: Coaching, exercise, sewing, health talks, advice. N'humberland Pk Resource Centre, 117 Park Rd, N17 0HJ Contact: 07917 956536; 07944 033495 womenwithavoice912@gmail.com (every Wed)	23 st Coffee Morning Lordship Hub Higham Rd, London, N17 6NU 11am/2pm (every Thu)	24 th Yoga N'bourhood Resource Centre, 177 Park Lane N17 0HJ 11-12pm (every Friday) Inter-generational Gardening 9:30/11:30am Rowland Hill Nursery Sch. White Hart La, N17 7LT (every Friday)
25/26 th	27 th Café Palais Free Stylish café for older ppl living w/ dementia & their carers 2/4pm ** Alexandra Palace Pls email for tkts learning@alexandrapalace.com	28 th HO50s Forum monthly meeting 2-4pm; Epione Centre, 383 Wightman Rd, N8 0NA (NOTE NEW VENUE)	29 th Welcome Space Free lunch/good company. 12/3pm St Paul the Apostle, Station Rd, Wood Green N22 7SZ (Weds) Creative writing w'kshop 11am N'humberland Pk Resource Centre, 117 Park Rd, N17 0HJ (Last Wed of the month)	30 th Coffee Morning (See May 23)	31 st Yoga (See May 24) Inter-generational Gardening (See May 24)
June 1st/2nd (Sat 1st) Repair Café Lordship Hub Lordship Ln, London N17 6NU 12.30-3.30pm	3 rd Tottenham Pensioners BINGO (See May 20)	4 th Over 60's Cinema Club Finsbury Park Picturehouse Finsbury Park Station, N4 3FU Film/time TBA	5 th Hornsey Vale Lunch Club 12:30pm -3pm £5 in advance; £7 on day *Booking essential* Call 0208 348 4612 or email info@hornseyvale.org Generation, Meet, Share & Exchange Pop-up lunch club (See June 19)	6 th Coffee Morning (See May 23)	7 th Yoga (See May 24) Inter-generational Gardening (See May 24)
15/16 th (Sat 15th) Repair Café Broadwater Farm Community Centre 10.30-1.30pm	17 th Tottenham Pensioners BINGO 2-4pm (See May 20)	18 th Reminiscence Cafe: Our local railways 2/4pm; Bruce Castle, N17 8NU	19 th 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 *Limited numbers.*Pls book a place.* Tel: 07968 727278 / email: generationexchange5@gmail.com	20 th Coffee Morning (See May 23)	21 th Yoga (See May 24) Inter-generational Gardening (See May 24)

<p>22nd/23rd (Sat 22nd) Windrush Day: 2/4 pm Celebrate contributions made by immigrants Bruce Castle, N17 8NU</p>	<p>24th Tottenham Pensioners BINGO 2-4pm (See May 20)</p>	<p>25th HO50s Forum monthly meeting 2-4pm; Epione Centre, 383 Wightman Rd, N8 0NA (NOTE NEW VENUE)</p>	<p>26th Welcome Space (every Wed; see May 29) Creative writing w'kshop 11am N'humberland Pk Resource Centre, 117 Park Rd, N17 0HJ (Last Wed of the month)</p>	<p>27th Coffee Morning (See May 23)</p>	<p>28th Yoga (See May 24) Inter- generational Gardening (See May 24)</p>
<p>29th/30th</p>	<p>July 1st Tottenham Pensioners BINGO 2-4pm (See May 20)</p>	<p>2nd Over 60's Cinema Club Finsbury Park Picturehouse Finsbury Park Station, N4 3FU Film/time TBA</p>	<p>3rd Generation, Meet, Share & Exchange Pop-up lunch club (See Jun 19)</p> <p>Welcome Space (every Wed; see May 29)</p>	<p>4th Coffee Morning (See May 23)</p>	<p>5th Yoga (See May 24) Inter- generational Gardening (See May 24)</p>
<p>6th/7th (Sat) Repair Café Lordship Hub 12.30-3.30pm</p>	<p>8th Tottenham Pensioners BINGO 2-4pm (See May 20)</p>	<p>9th Tottenham Pensioners Action Group (See Apr 9)</p>	<p>10th</p>	<p>11th Coffee Morning (See May 23)</p>	<p>12th</p>
<p>13th/14th (Sun 14th) Repair Café All Good Book Shop 35 Turnpike Lane N8 0EP 2/5pm</p>	<p>15th Tottenham Pensioners BINGO 2-4pm (See May 20)</p>	<p>16th</p>	<p>17th Hornsey Pensioners Action Group 1:30/3:30pm Hornsey Parish Church N10 3AH Generation, Meet, Share & Exchange Pop-up lunch club (See Jun 19)</p>	<p>18th Coffee Morning (See May 23)</p>	<p>19th Yoga (See May 24) Inter- generational Gardening (See May 24)</p>