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Honorary President: Baroness Lola Young of Hornsey

November to December 2024

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FORUM ANNUAL GENERAL MEETING; SATURDAY, NOVEMBER 23, 2-4 in WOOD GREEN LIBRARY

(note not the usual place or day...it's a Saturday; this is because Catherine West MP is coming).

Just a reminder that your membership will have to be paid up to attend. You can pay on the day if you are in arrears.

The first part of the meeting will hear reports on what we've achieved this year. AND the all-important business of electing new officers and committee members. James is stepping down as Chair and Anne is stepping down as Secretary. Nominations are sought for new people as chair, secretary, treasurer and committee members.

The second part of the meeting will be a Q and A with Catherine West about issues of concern to older people. To make best use of the time, we will give priority to questions e-mailed or texted to us in advance and group them according to topic.

FORUM MEETING SEPTEMBER 24

Sandra Bonner, Manager of Haringey Council's adaptations team told us about the process of applying for adaptations for things like ramps, stairlifts, wet rooms and Disabled Facilities Grants. Sandra explained that although a huge backlog of referrals had built up, during the past year, more surveyors had been taken on which had a significant impact on the time taken for adaptations to be completed. Sandra explained that any Haringey resident could apply for help with adaptations and disabled facilities grants even if they are homeowner. She stayed for the rest of the session to answer Forum members' individual questions.

For help and support from the adaptations service

Email : OTduty@haringey.gov.uk Tel: 0208 489 1400

Tottenham Hotspurs Foundation- Joanna, Ida and Belvin joined us to undertake health checks of members and a presentation on physical activity sessions they deliver online and in person across the Borough. For more information and to sign up for Physical activity sessions including Chair based exercises click here

<https://www.tottenhamhotspur.com/the-club/foundation/community-outreach/health-wellbeing>

Email: foundation@tottenhamhotspur.com Tel: 0208 365 5138

Mahmood from Fortuna Mobility Centre (Enfield), who sell Mobility Aids, arrived with a selection of mobility scooters which members enjoyed learning about.

Fortuna <https://www.fortunamobility.com> Email: info@fortunabambach.com

Tel: 020 8805 2020

FORUM MEETING OCTOBER 22,

We had an interesting session with Cheryl Smith from Citizen's Advice to discuss the new means test for the Winter Fuel Allowance and how to claim Pension Credit, if you are eligible, in order to get the fuel allowance as well. As you'll have heard on the news, only people in receipt of Pension Credit will be able to get the winter fuel allowance this winter. Cheryl and her colleagues can show people how to apply for both. The deadline to apply for Pension Credit to qualify for the 2024 Winter Fuel Payment is December 21, 2024. For help to apply, contact Haringey Advice Partnership on 0808 278 7966. Then you can find out when and where they have a drop-in session that suits you.

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

NEW MEMBERS and HOW TO JOIN

Great we are getting quite a few new people 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. The subscription is £8 per calendar year. It runs from January to December.

Cash or cheques 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** on the envelope... Bank transfers to Haringey over 50s Forum, sort code 08 92 99, account no. 65525931. Standing orders are great; please make sure they (and cheques) are going to Haringey over 50s Forum, not to the old name of Haringey Forum for Older People.

Baroness Lola Young of Hornsey: Our new Honorary President

We're honoured that Baroness Lola Young of Hornsey has accepted our invitation to be the Forum's Honorary President. It's more of a ceremonial position but hopefully, having Lola, as she likes to be referred to, onboard will boost our profile in the borough. We approached her a few months after she came to talk at a Forum meeting about her life and her role in the House of Lords. We thought after that successful meeting, that we'd approach her about the position, and she accepted. We may hear from her from time to time and perhaps she'll come to another meeting in the future.

Here is her bio:

Former actor, professor of Cultural Studies, and Head of Culture at the Greater London Authority, Baroness Lola Young has written and broadcast extensively on a wide range of cultural issues. She has served on the Boards of several national cultural organisations including the National Theatre and the Southbank Centre, as well serving as a Commissioner for Historic England. Baroness Young has Chaired the Caine Prize for African writing, the Orange Prize for Women's Fiction, and the Man Booker Prize.

Awarded an OBE for services to Black British History in 2001, in 2004 Lola was appointed an independent Crossbench member of the House of Lords where she has worked on legislation to eliminate modern slavery, founded and Co-Chaired All Party Parliamentary Groups on Ethics and Sustainability in Fashion, and Sport, Modern Slavery and Human Rights. Awards include lifetime achievement awards for services to the promotion of racial equality, and services to the archival sector; Drapers' Sustainability Champion 2022, and honorary doctorates from the Universities of Sussex, Middlesex and Nottingham, and the London College of Fashion. Lola is currently Co-Chair of the Foundation for Future London, and Chancellor of the University of Nottingham.

Lola's book, *Eight Weeks*, is coming out soon too.

'*Eight Weeks* is a deeply moving and inspiring memoir that tells the remarkable life story of Baroness Young of Hornsey, from her childhood in foster care, to becoming one of the first Black women in the House of Lords.'

If you'd like to order the book, you can use this link:-

[Eight Weeks: Looking Back, Moving Forwards, Defying the Odds](#), by Baroness Lola Young | 28 Nov 2024

[Kindle Edition £9.99](#) [Print List Price: £18.99](#)

EVENTS COMING UP

Greenwich by boat

Float down the Thames from the London Eye Pier to Greenwich with City Cruises for a day out at Greenwich Market and the surrounding town where you can buy some last minute Christmas gifts and have lunch at one of the pop up stalls. Save the date: **Friday 6 December. We will be leaving London Eye Pier, it's next to the London Wyte at 10:40am.** We'll be to Greenwich at noon. If you miss the boat, the next one will be at 11:20am. James is still looking at accessibility, but the best way to get there would be on the Victoria line from Seven Sisters or Finsbury Park to Oxford Street, then walk across the platform to the Bakerloo Line and get off at Waterloo Station. There is a lift at Waterloo where you can go from tube level to street level. It's less that a 10 minute walk from where the lift doors open. The pier is accessible, as is getting onto the boat. The cost of the boat is around £15.40 one way. If we have more than 20 people, we'll get a discount. You can choose to come back on the boat which means you'd need a return ticket or come back via DLR to Bank Station and then beyond. We'll spend a couple of hours in Greenwich and then make our way back to Haringey as a group or independently. Let James know if you're interested. Leave a message at info@ho50s.org.uk or 07915 477 009.

CAROL SERVICE IN WESTMINSTER ABBEY, MONDAY 23 DEC, 6-7PM

A group of us might go if enough are keen. You have to book, and they draw lots for tickets. See <https://www.westminster-abbey.org/abbey-events/advent-and-christmas/2024/december/lessons-carols-abbey-2024/> for details. Contact James or Buki if you are interested.

CINEMA CLUB now on Thursdays

Hope to see you at an upcoming film at the Finsbury Park Picture House or the Crouch End Picture House. They are now both on a Thursday, the first and third each month. The next showing in Crouch End will be on Nov. 21. The name of the film and the time will be out a week before the event. There will be a discussion about the film, for about an hour, in the Community Room at the Picture House, after each screening (lift access, members' bar). The next showing in Finsbury Park will be on Dec.5.

FORUM CHRISTMAS LUNCH

Last year we had one in Bracknell Close. This year we will have it in Palace Gates sheltered housing scheme, Braemar Avenue, N22 7AR. **It will be on Wednesday 11 December from 12.45 to 2.30.** We will invite the residents to share the occasion with us in return for letting us borrow their lovely common room. If you would like to contribute some food, please contact Anne on info@ho50s.org.uk or

07915 477009 for menu coordination. Chicken would be especially welcome as your vegetarian secretary won't be cooking any, but also salads, soft drinks, fruit, seasonal cake and desserts. There will be some vegetarian food as well. No charge although donations welcome. **RSVP if possible, by email or text, so we know how much food to provide.**

COFFEE AND COMPUTERS

To join their sessions:

Please [SIGN-UP](#) for their newsletter to get all the details of upcoming sessions delivered straight to your inbox.

To request 1-to-1 help: (for yourself or to refer someone else), please use form or email, message or call them. For any other enquiries, you can message them via the contact form, or alternatively...

Email: info@coffeecomputers.org

Phone the helpline: [07999 042497](tel:07999042497)

Coffee and Computers now have a few devices to offer free with a SIM card to people who are hard up and can't otherwise get online.

ARE YOU A SPURS FAN?

Come to Bruce Castle Museum on Saturday 23 November, 11am to 4pm and enjoy a FREE day full of talks by renowned writers and illustrators, who all share a love for Tottenham Hotspur Football Club. Hear stories of their favourite club and the people and players who have shaped its history - all written in their well-researched and beautifully illustrated books. A great chance to purchase signed copies of books about your favourite football legends, either for yourself or a loved-one for Christmas.

Cafe will be selling light refreshments, teas, coffees - and the all important Tottenham Cake! For any queries, please email museum.services@haringey.gov.uk

CHRISTMAS MARKETS

Finsbury Park Pines & Needles

Christmas tree market; Wednesday 20 November – Tuesday 24 December 12 noon – 6pm

Finsbury Park; Endymion Road London N4 1EE

Winter Makers Fair

Saturday 23 November 10.30am – 4pm; St James Square Muswell Hill London N10 3HS

Priory Park Christmas Tree Market –

Free event with festive fun for young children; 25 November – 24 December
Priory Park; Middle Lane London N8 8LN

Santa's Grotto; Alexandra Palace, London N22 7AY

Doors open 12 noon; 27 November – 23 December

For ticket information; call Visitors Services on 0208 365 4343

Tottenham Winter Festival ; Saturday 7 December 12noon – 5pm. Santa's Grotto & much more

Town Hall Approach, N15 4RY

Festive Arts & Crafts Workshops

Do it yourself! 1pm- 2.30pm; materials provided. Date 1,8,15,22, 29 November

Moselle Community Centre, Broadwater Farm Community Centre

Adams Road, N17 6HG

OTHER EVENTS COMING SHORTLY

Carers Rights Day; Thursday 21 November, 1pm to 4pm

A carers' information event

Winkfield Resource Centre 33 Winkfield Road London N22 5RP

All New Sale

Saturday 23 November 11 - 3pm

Wood Green Salvation Army 24 Lymington Avenue London N22 6JA

REGULAR EVENTS FOR YOUR DIARY

Gardening

Wildlife gardening with Keith every 3rd Saturday 10.30 – 12noon

Railway Fields 381 Green Lanes N4 1ES

Intergenerational Gardening Group 9.30 – 11.30

Rowland Hill Nursery School & Children's Centre, White Hart Lane N17 7LT

For more information call Toni or Albert 020 8808 6089

Peer Support – Bereavement Group

Every Tuesday 11 -1pm

Chestnuts Community Centre, 280 St Ann's Road, N15 5BN

Tel 07485 3935587

Support Group for Relatives, Friends & Carers of those who have dementia

Monthly meetings every 2nd Thursday 4.30pm – 6pm

Haynes Dementia Hub 151 Park Road London N8 8JD

For further information contact Dementiafriendly@haringey.gov.uk

Soup Soiree

An opportunity for women to connect over a warm bowl of soup, with discussions and group activities. Meets every 2 weeks. Meeting Dates 6th, 20th November; 4th, 18th December; 8th, 22nd January; 5th, 19th February. 5pm to 7pm
2nd Floor Wood Green Library 187 – 197A High Road London N22 6XD

Community Soup Cafe

Every Monday in term time 11am – 2.30pm (soup served 12 – 2pm)

Hornsey Vale Community Centre 60 Mayfield Road London N8 9LP

www.hornseyvale.org Email info@hornseyvale.org Tel 020 8348 4612

A LOVELY WARM SPACE FOR WINTER DAYS

12-3pm every Wednesday, from the 8th November to March 26th (except Christmas and New Year's Day). A great place to socialise, meet friends and make new ones!

St Paul's Church, Station Road, Wood Green N22 7SZ

Free refreshments, good company, time to chat, weekly quiz, games, craft activities,

ALL WELCOME

HELP SHAPE HARINGEY'S FUTURE SUPPORT FOR CARERS

The Council says...

Are you a member of Haringey's caring community? If so, we invite you to take part in the Carers Survey, which will directly contribute to refreshing the Adult Carers Strategy for our borough. Your insights and experiences as a carer are essential for shaping the future of support services in Haringey. Carers like you provide crucial support to loved ones, facing unique challenges and needs. Help the council understand what works well, what could improve, and what support would make the biggest difference for carers across Haringey. Your participation in the survey will guide decision-making and directly influence the council's priorities and actions for carer support. It will help shape the types of resources and assistance offered to carers.

Ensure that the voices of carers are at the heart of Haringey's strategy:

Take the Carers Survey today to help us build a stronger, more supportive strategy for all carers in our community.

https://haringeycarersstrategy.commonplace.is/?utm_campaign=group_email&utm_source=cp-email&utm_medium=email

WE KNOW YOU DON'T GET DRUNK VERY OFTEN, BUT EVEN SO, DO BE CAREFUL NOT TO FALL...ESPECIALLY WHEN YOU ARE BY YOURSELF AT HOME!

TIPS ON PREVENTING FALLS – FROM NHS AND HARINGEY'S AGE WELL BOARD

Anne and Lourdes attend this very useful group about health services for older people, which brings together Council and NHS staff in health and social care and us as a couple of community reps. These tips are adapted from the papers shown at one of their meetings.

Did you know over half of falls happen at home?

Here are some ideas to keep you safe!

FLOORS

Secure loose rugs or frayed carpet. Use non-slip mats. Remove clutter and trailing wires from walkways.

BATHROOM

Install grab rails in your bath and/or shower. An Occupational Therapy Assessment can help to organise for these minor adaptations to be made. Use a non-slip rubber bathmats or a bath seat.

KITCHEN

Immediately mop up spillages. Store frequently used items within easy reach.

FURNITURE

Change or adapt furniture and furnishings to give more support (e.g. remove casters so furniture doesn't move when you sit down or stand up, move tables away from walkways).

LIGHTING

Make sure all rooms, passages and staircases are well lit.

STAIRS AND STEPS

Mark edges of steps early. Use slip resistant strips on steps and install handrails.

IT MAY HELP TO HAVE A FRIEND POINT OUT HAZARDS THAT YOU HAVEN'T NOTICED YOURSELF.

**SEE YOU AT THE AGM 23 NOVEMBER IN WOOD GREEN LIBRARY!
AFTER THAT, OUR CHRISTMAS LUNCH ON 11 DEC- SEE PAGE 4 AND RSVP!
AND HAVE A LOVELY CHRISTMAS AND A HEALTHY, HAPPY 2025!**

