



Haringey over 50s Forum



VCS Challenge Fund

**Haringey over 50s Forum
invites you to a special event on
HEALTHY and AFFORDABLE FOOD**

**Friday March 28: 11.30-2.30
at Broadwater Farm Community Centre
Doors open at 11am.**

11.30: Meet others for discussion. What foods are best for our health? How best can we buy them?

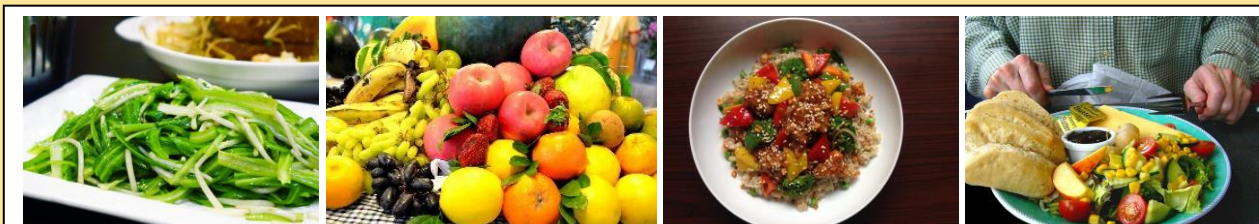
Lots of informative handouts to take away!

12 noon; Healthy cooking demonstration, followed by advice and discussion about the best diets for older people, especially for avoiding long term conditions like diabetes.

1.00: Join the Moselle Club for lunch (voluntary donation, but for this big day with extra people you must book via

<https://www.eventbrite.co.uk/e/healthy-and-affordable-food-for-older-people-tickets-1274926311919>

1.45: Food banks and free meals; building our community and sharing the love - Haringey Community Food Network.





Haringey over 50s Forum



VCS Challenge Fund

**ADVANCE NOTICE OF MORE EVENTS IN OUR
'BEAT THE COST OF LIVING' SERIES**

Benefits for Older People and Carers

All about Pension Credit, Attendance Allowance, Carers' Allowance and more

Tuesday, April 22, 1.30 to 4.30

**Winkfield Resource Centre, Winkfield Road,
London N22 5RP.**

**Speakers and further details to be
announced. All welcome**

**How going online can save you money
and time**

**Bill paying, banking, shopping, finding
services you need.**

**Hornsey Vale Community Centre,
Thursday May 29, 11.30 to 2.30.**

Further details to be announced.