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Honorary President: Baroness Lola Young of Hornsey

March to April 2025

Pages 1-4: Forthcoming and recent meetings; subscriptions

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NEXT MEETING THURSDAY MARCH 27, 2PM TO 4PM AT THE WINKFIELD CENTRE

Please note that we have changed the regular meeting day to Thursday, the 4th Thursday every month. It will be back at the Winkfield Centre from now on – warmer and no chair-shifting to do! That's at 33 Winkfield Road, N22 5RP. (near W3 and 243 bus routes; turning off Lordship Lane between the court house and Tesco).

Please try to arrive punctually to avoid delaying the start. Doors open from 1.45.

We plan to have a fund-raising raffle each time. Please donate little prizes if you can – for example unwanted ornaments or stationery, a packet of food worth £2 or more, or a book

Speakers; Stephanie Mascall of the Haringey GP Federation on GP Patient Participation Groups and volunteers, and a speaker from One You Haringey on Managing Long Term Health Conditions

APRIL MEETING; THURSDAY 23 APRIL 2PM AT THE WINKFIELD CENTRE

Speaker to be confirmed

PLEASE NOTE WE HAVE OTHER SPECIAL EVENTS ON MARCH 28 (HEALTHY AFFORDABLE FOOD), APRIL 22 (BENEFITS), MAY 29 (GOING ONLINE) - SEE PAGES 7-8

REPORT OF JANUARY MEETING

Our first presentation was from Ella Rene and Marc Lancaster from the Haringey Housing Strategy Team. The team is working on the Older People's Strategy for the next 15 years. Members were invited to give feedback and to give their names to join a working group to help develop the plans. Those who attend a working group are offered a fee of £20 for their time.

Members' feedback from the presentation:-

- More support and information should be available for the older private owner occupier.
- People need more assistance to live in their own home
- We need an exchange scheme to move from a larger home to smaller council accommodation
- Attention is needed for insulation and fuel costs
- The strategy should consider the needs of the older person. For example accessible doorways / entrances; wider hallways; stairlifts; ramps; storage for disability equipment; single level accommodation; situated in established communities with reliable and regular transport; reputable maintenance and repair services at reasonable prices.

Speakers would be willing to attend a follow-up meeting.

Our second speaker was Peter Johnson, Carer Support Advisor from Carers First.

Carers First provides support, information and advice to carers in Haringey, funded by Haringey Council. They can help with information on benefits and form filling. Contact them on a free telephone helpline; 0300 303 1555, or at Carersfirst.org.uk. You can also see an advisor in person, and there are monthly meetings at the Engine Room Tottenham N17 9FU.

Peter said that he would be happy to return to talk specifically on benefits.

AOB

James was disappointed with a meeting he had attended that morning to launch Shaping Tottenham initiative. The focus appeared to be on younger people and there were no older people on the discussion panel.

The raffle raised £21. Prizes were donations from the Committee.

REPORT OF FEBRUARY MEETING

Kevin Collins, manager of Haringey Circle, told us about their expanding programme of walks, line dancing, coffee meetups and many other activities. Circle is now a charity and anyone can join for free. They need ideas and organisers for more activities as their programme grows.

Nick Herrick of Reach and Connect described the services of the Reach and Connect team, which can help with figuring out which service or department you need for many issues, help with form filling and referrals, and trouble-shoot any problems you have about access to services. They also have some social activities like 'shared reading' sessions in libraries. They have produced a great directory of what's on across Haringey which is on their web site. Download the list of meetups, classes, walks and meals

organised by many different community groups from

<https://reachandconnect.net/information-and-advice/hobbies-and-interests/activities>

In discussion, several people said they badly need a handyman service. There is no easy solution to this at the moment but recommendations about trusted workmen (and sometimes women) from neighbours and friends seems best. Circle did try to provide such a service some time ago but the economics just didn't work out. People need to remember that wages and tradesmen's costs are much higher than they used to be.

'KEEPING WARM FOR LESS' at Chestnuts on February 28

This event drew over 70 people, crowding out a space we had planned for 30 or 40! Great that it was so popular and sorry for those who found the sandwiches ran out. We heard presentations from several expert speakers about how to use less energy in the home and how to get a better deal from energy suppliers. SHINE on 0300 555 0195 is the go-to organisation for help and advice about anything to do with heating, lighting, and fuel bills. For people on low incomes or who live with a disability or long term health condition, they can install several energy-saving items like draught-proofing and secondary glazing film. Notes from the speakers are being added to our web site gradually



SHINE also advise on supplier discounts and help paying fuel bills, and the 'priority services register' which vulnerable people can join to make sure they get the best support if there is a power cut. Phone 0300 555 0195 for this too.

More info from this event on our web site shortly. See 'links' section.

SUBSCRIPTIONS

Members are reminded that your 2025 sub is now urgently due, unless you already paid, joined or re-joined since October. £8 per year, £40 life.

Please pay in cash or by cheque at a meeting, or by bank transfer to Haringey over 50s Forum, sort code 08 92 99, account no. 65525931. If you can't manage either give us a ring on 07915 477009 or e-mail info@ho50s.org.uk. You can also leave cheques with reception at the Winkfield, in a sealed envelope addressed to us.

Free subscriptions courtesy of the George Robey Charity

We have a bit of money for this from a charitable grant to support people who live in the pre-1972 borough boundary of what was then 'Wood Green'. Please encourage any non-member you know who lives in the N22 area north of Westbury Avenue to come forward for the free sub offer, especially if they live in sheltered housing.

FORTHCOMING CULTURAL EVENTS

Art classes

At the Engine Room, the community centre in the Tottenham Hale 'village'. Art4All classes with their Artist in Residence Nailah Daley-Allen – every Tuesday from 11.30am, funded by the Benefact Trust. Just come along and join in!

Women's History Month: Talk at Bruce Castle Museum Thursday March 13, 7-8.30pm

A free lecture by an Oxford academic, Dr Lyndsey Jenkins. It's about Joyce Butler, an MP who had an important role in instigating the Sex Discrimination Act (1975), making cervical screening available on the NHS, and campaigns for better health, housing and workers' rights. Dr Jenkins will use the Joyce Butler Archive which is held at the museum.

Book through <https://www.tickettailor.com/events/brucecastlemuseum/1590518> or museum.services@haringey.gov.uk

The All Good Bookshop – lots of community events

This cooperatively run bookshop in Turnpike Lane is rapidly becoming the go-to community centre for comedy nights, book clubs, poetry evenings and the occasional film or art session. Find out more on their web site

<https://allgoodbookshop.co.uk/events> or sign up there to their regular e-mail newsletter. Address: 35 Turnpike Lane, N8 0EP Tel: 020 8341 0783

Knitting and Crafting at the All Good Bookshop: Tuesdays 2-4pm

Art Club (every other Wednesday) 7pm; £5 donation. Each session has a theme to inspire creativity. Art materials supplied, but bringing your own is also welcomed. £5 suggested donation. Register on Meetup (or if you can't manage that, phone the shop).

Sunday 30th March; Workshop: Tetra Pak Printmaking with Ananda Kuhn; 2pm. £10. Learn how to turn a milk or juice carton into an interesting artwork.

There is a regular evening **book club** as well – ask for details from the bookshop.

Theatre at the Bernie Grant Arts Centre

Jane Eyre – musical play based on the Charlotte Bronte novel, Weds 12 March - Sat 15 March. Tickets £8 to £20. Performances 2.30 and 7.30pm.

The Wedding Singer – musical Weds 26 March - Sat 29 March.

Synopsis from the web site; 'It's 1985 and rock-star wannabe Robbie Hart is New Jersey's favourite wedding singer. He's the life of the party – until his own fiancée leaves him at the altar. Shot through the heart, Robbie makes every wedding as disastrous as his own. Enter Julia, a winsome waitress who wins his affection. Only trouble is Julia is about to be married to a Wall Street shark, and unless Robbie can pull off the performance of the decade, the girl of his dreams will be gone forever'.

£8 to £20. Performances 2.30 and 7.30pm.

CONSULTATIONS:

Older people's housing strategy

[Respond](https://olderpeopleshousingstrategy.commonplace.is/) to a survey on <https://olderpeopleshousingstrategy.commonplace.is/> – the deadline has now been extended to **Sunday 16th March**.

Your Streets, Your Say: Help Shape Haringey's Future!

Help shape Haringey's future by sharing your views to inform the Council's Kerbside Strategy and Electric Vehicle (EV) Strategy. It's 'reimagining our streets to create a safer, greener, and more sustainable borough for everyone'.

Have your say by **9 March 2025**. <https://haringeykerbsideandevstrategies.commonplace.is/>

Homelessness Strategy 2025-2027:-

<https://homelessnessstrategy2025.commonplace.is/>

Have your say by **March 16**. Share your views online and help shape the future of your community.

Help for migrants with a visa or 'indefinite leave to remain'.

Citizens Advice Haringey will be holding an **E-Visa Assistance Day** on Thursday, March 19, 2025 from 10 AM–4 PM. The event will take place at the Selby Centre, Selby Road, London, N17 8JL. Bring your immigration documents.

Your neighbour, your carer, your friends or people at your place of worship, may need to know the document requirements are changing. Printed residence permits are being replaced by an online system. People have to apply for it. Without it, they may have trouble getting jobs, benefits or flats.

IT SUPPORT SESSIONS

Coffee and Computers

Coffee and Computers continue to offer free 1-to-1 support sessions, alternating between Winkfield Centre in Wood Green and Hornsey Library in Crouch End every Wednesday (apart from if there's a 5th Weds in the month!). Due to limited capacity they might not always be able to offer support to every attendee or for more complex queries.

They hope to run more classroom-style "Skills Workshops" soon (dependent on funding!).

Please book for EACH session you would like to attend. Best via the ONLINE FORM on <https://docs.google.com/forms/d/e/1FAIpQLSe-c5DLIPW5OCN4BCuBe87CohNkjWiE58L-nkYFS8VcrySp1w/viewform>.

Any questions/comments, or problems with the form, please email Coffee and Computers on info@coffeecomputers.org or call/WhatsApp them on 07999 042497.

Old Alone - IT Lessons – Structured classes

Venue: Latimer House Communal Lounge, 1-32 Latimer Road, N15 6NWIT.

Beginners Saturdays 11:30 - 1:30 pm. Level 1 Saturdays 1:30 - 3:30pm

For information contact Luisa: 077 610 74785. [Email—info@oldaloneuk.org.uk](mailto:info@oldaloneuk.org.uk)

The NHS Digital Inclusion Service

Help with accessing online health services like the NHS App, Patient Access etc. Available Monday to Friday, from 9am to 5pm, at five places:-

- Three libraries; Hornsey, Marcus Garvey and Wood Green
- Northumberland Park Resource Centre
- Selby Centre

Call 0203 0742710 or speak to Joanne Stewart on 077857 625 719

DELIVERED MEALS FOR HOUSEBOUND PEOPLE (Stop press – we squeezed this in at the last minute!)

Try the Antwerp Arms free Community Lunch on Tuesdays. They can deliver food if volunteers are available. You could ask a friend to collect food for you. Call 020 8216 9289. The Antwerp Arms is at 168-170 Church Rd, London. N17 8AS.

Muswell Hill Community Kitchen at the Muswell Hill Baptist Church, 2 Dukes Ave, Dukes Ave, N10 2PT offers a hot meal in the evening; Thursdays 7pm - 8pm and Sundays 5pm - 6pm . Takeaways are possible. On request, the Community Kitchen also delivers food to your home. They can also supply other food for you to collect. Call 07868 837460.

More services that you pay for, between £5 and £7 per meal, on Haricare at <https://www.haringey.gov.uk/adult-social-care/living-independently/shopping-meals>



Haringey over 50s Forum

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**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.





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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.