

February 2019 Update & Events



Dear Haringey Over 50s Forum Members and Supporters,

We would like to wish all our supporters and members a very Happy New Year!

We have lots of plans for HO50s this year, with activities and new opportunities for you to have your say in shaping services you need to make Haringey a great place to live well and grow older in. Please do contact us to find out how you can become involved or if you have ideas or suggestions for activities, events or ways to engage older people in Haringey. We also need volunteers to help us to put HO50s on the map! So, if you have one hour or more a month, or would like to help occasionally with events or if you have a particular skill that you can share – newsletter production, taking minutes, organising meetings, do please let us know. We are waiting to hear from you!

HO50s AGM

Monday 11th March 2019

Winkfield Road Resource Centre, 33 Winkfield Rd, Wood Green, London N22 5RP

Our AGM will give members and supporters an opportunity to speak to Committee Members and hear about exciting new opportunities and services that the Council has commissioned for older people in Haringey.

We are delighted that Haringey's new Cabinet Member for Adults and Health Cllr Sarah James will be joining us. She will talk about the Council's priorities for older people in the borough. We will also be hearing from Paul Allen, Head of Integrated Care and Frailty at NHS Haringey

Please come along to our AGM Come and join the HO50s members for a fun filled couple of hours. There is disabled access. We hope to see you there.

Call HO50s on 0208 341 2238 or email info@ho50s.org.uk for further details.

New for 2019!

Morrison's Monthly Chatter

We have recommenced Morrison's Monthly Chatter in Wood Green following the refurbishment of Morrison's cafe. We are delighted that Morrison's want to continue to support HO50s as one of their chosen community groups this year and will be reserving space for us to meet each month. A range of information and booklets from Independent Age and the Haringey Advice Partnership and available at each session for members and customers at the café.

We have found this an excellent way for members to meet up informally and to engage with Morrison's regular customers and find out what they think. Come and join us!

See Diary Dates for further details.



February/March Events & Diary Dates

Thursday, Jan 31 – Jackson Lane's Social Lunch (Last Thursday of the month)

Time: 11.45am-2.00pm

Venue: Jacksons Lane, 269a Archway Road, London N6 5AA

Two course hot lunch for only £5. As always with great entertainment and yummy food, it promises to be a fun filled day, but please note: there will be a chance to catch the must-see docu-film **'Our Movie!'** produced by some of the participants at Jacksons Lane. An inspiring film about taking life by its horns! This will be a FREE screening after the Social Lunch at 3pm!

Please note: Bookings need to be made in advance.

Please also let Jacksons Lane know of any vegetarian meals required in advance.

Wheelchair spaces must be booked in advance and discussed over the phone. Due to space the venue can only accommodate 3 wheelchair spaces.

Email kimberleigh@jacksonslane.org.uk or call 0208 340 5226 if you have any further enquires or would like to book.

Friday, February 1st - HO50s Cinema Club for the Over 50's - Film: Edie

Time: 2.15pm for 2.30pm start (please arrive promptly)

Venue: Bernie Grant Arts Centre, Town Hall Approach Rd, N15 4RX

Cost: £4.90 includes refreshments

Film: Edie, starring Sheila Hancock, this is an inspiring story of triumph over adversity for 83 year old Edie. Please see the attached flyer for further details.

Please note: We have been advised that we need to give numbers of attendees in advance to the BGAC in advance in order to organise refreshments.

You are welcome to decide to come along to the film at the last minute without booking but please remember you may not be able to have refreshments.

So, please remember to book – it only takes a phone call to James on 0208 341 2238 and leave a short message with your name or email info@ho50s.org.uk

Wednesday 6th February – HAIL, Free Mindfulness Workshop

Time: 12.00 – 1.00pm (please arrive promptly)

Venue: Hornsey Vale Community Centre, 60 Mayfield Road, N8 9LP

Cost: FREE

Have you ever wondered what mindfulness is all about? Do you find yourself worrying about things and you would like to learn some practical ways to be more present in your daily life? Then come along to this free workshop.

To book email Cathy: communityengagement@hailtd.org or call Cathy on 07525 260945

Tuesday, 12 Feb Tottenham Pensioners Action Group (They meet the second Tuesday of the month.)

Time: 2pm

Venue: Tottenham Leisure Centre, 1 Philip Lane, Tottenham, N15

Speaker: TBA

Wednesday, Feb 20 - Hornsey Pensioners Action Group (Third Wednesday of the month)

Time: 1:30pm to 3:30pm

Venue: Hornsey Parish Church Hall, Cranley Gardens, N10 3AH Entrance on Cranley Gardens through car park. Doors open from 1pm. Buses W7 W3 144

Speakers: TBA

Thursday, Feb 21 – Morrison's Monthly Chatter

After a few months of building work at Morrison's, our 'Monthly Chatter' get together resumes. Come and voice your opinion or concerns about what's happening in the Borough. Make your voice heard.

Speaker: TBA

Time: 10:30am to 12:00pm

Venue: Morrison's Café, Wood Green, 50 Parkland Road, N22 5ST

Friday, March 1st - HO50s Cinema Club for the Over 50's - Film: Yours in Sisterhood.

Time: 2.15pm for 2.30pm start (please arrive promptly)

Venue: Bernie Grant Arts Centre, Town Hall Approach Rd, N15 4RX

Cost: £4.90 includes refreshments

Film: 'Yours in Sisterhood'- What might be revealed in the slippery space of inviting strangers to act out and respond to 1970s feminism in 2019?

Please note: We have been advised that we need to give numbers of attendees to the BGAC in advance in order to allow the refreshments.

So, please remember to book – it only takes a phone call to James on

0208 341 2238 and leave a short message and your name or email info@ho50s.org.uk

News & Views from the Forum

Free TV licences for older people to be scrapped?

For over a million of the oldest people in our society, TV is their main form of company. But the right to a free TV licence for the over 75s is under threat. We're joining the campaign to save free TV licences for over-75s.

The BBC is considering removing free TV licences from the over-75s. But this is really the Government's doing: they pushed the scheme onto the BBC without asking any of us what we think or providing the funding to sustain it. Age UK have created an online petition to show the Government that it is their responsibility to look after vulnerable older people. Please follow the link <https://campaigns.ageuk.org.uk/page/34266/petition/> and sign the petition today and email campaigns@ageuk.org.uk for a pack to help you promote the petition!

We need as many signatures as possible to make our case and show how important this issue is.

Together, we must demand the Government takes back responsibility for funding free TV licences for everyone over 75.

LILS medication prompts

Last month we told members about the London Independent Living Service (LILS), new Meals on Wheels and free Nutrition Service for Haringey residents. LILS also offer medication prompts alongside the Meals on Wheels service. They'll give clients a gentle reminder to take their medication when they deliver their hot food at lunchtime, helping people remain independent at home.

For more information about the service and to view its menu, phone 03333 444 806 or contact info@lils.org.uk.

Out and about and having fun

Free Wellness Café for Older People

As part of a free monthly café, older people can learn about, and get involved in, sessions inspired by, the different types of sports that used to take place at Alexandra Palace. The Wellness pop-up café takes place on the last Monday of every month from 2.00pm to 4.00pm at Alexandra Palace. There will be tea, cakes and conversations at the Transmitter Hall in Alexandra Palace.

To reserve your place call Raya on 077906 97777 or email raya.zineddin@thegoodcaregroup.com

Computer support for older people

St Thomas More Catholic School, Glendale Ave, Wood Green N22 5HN

A teacher in a secondary school in Wood Green has been in touch about a computer project being set up with the help of the school's students. The project will aim to provide members of the local community with 1:1 tech support in a friendly and non-judgemental environment. Anyone can come by with their devices or use one of the desktop computers, and they can get help with navigating a particularly insidious website or using a new app. The school students have been trained, and are very excited about the project - now they want to make sure that they can reach those in our local community who would most benefit! Teenagers nowadays are very digitally literate and want to use their passion for technology to help others.

Please contact Mical at m.nelken@stthomasmorescho.org.uk for more information.

... and yet more IT help

Generation Exchange are also working with a Wood Green School to help local residents brush up on their social media or email skills. **See attached flyer for full details.** Places are limited so booking is essential.

The HO50's newsletter is available to members and supporters. You can join or renew your membership at any time. If you want to be taken off our membership list, please call 0208 341 2238 and leave a message or email info@ho50s.org.uk.

Remember, HO50's is an advocacy group for older people. We want you to have a voice in the Borough. Together we can make things happen.