

Dec/Jan Update & Events



Dear Haringey Over 50s Forum Members and Supporters,

HO50s Christmas Drinks – Thurs, Dec 13 3pm to 5pm

It's that time of year so please join us for season drinks at the **Green Rooms**, 13-27 Station Road, London, N22 6UW on Thursday, Dec 13, from 3pm to 5pm. Paid up members will get a free drink, as will those who join or renew on the day. Come and join the HO50s committee and other HO50s members for a fun filled couple of hours. There is disabled access. We hope to see you there.

New Directory in progress – Tell us what you think

HO50s is putting together a directory of leisure activities and places for over 50s around the borough – things like lunch clubs, art groups, yoga, singing, book clubs and so on. Please tell us about groups and activities that you enjoy or know about, so we can include them in the directory. They don't have to be exclusively for the older age group, just ones you think other members might like. Tell us what, where, how often it happens, who runs it and how to contact them.

Our directory will also include services for older people – things members might need to know about the NHS, foot care, advice, housing, emergency help and social care. We will be compiling the directory over the next few months. There will also be an online version that can be frequently updated. **Paid-up members will also get a copy.**



December/January Events & Diary Dates

Tuesday, Dec 4: Tottenham Pensioners Action Group - Big Bingo

The TPAG is holding a BIG BINGO for the Macmillan Cancer charity.

Time: 2pm

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

Cost: 10 games for £10

(They meet the second Tuesday of the month. **Jan 8 is a tea dance with live music. Cost £2**)

Friday, December 7 - HO50s Cinema Club for the Over 50's

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: Dolores, a documentary on the Latina civil rights campaigner, Dolores Huerta. She invented the slogan, 'Yes we can' and is the star of Peter Bratt's inspiring documentary. The film documents the 87-year-olds lifetime of activism, giving a voice to disenfranchised people in California.

Please telephone 0208 341 2238 or email info@ho50s.org.uk

Tuesday, December 18 – FREE Food and Nutrition Workshop. See enclosed leaflet

Haringey Advice Partnership and HO50s are organising a workshop on Healthy eating and nutrition for the over 50s. Come along and get some expert advice from the borough's new nutrition service, sample some food from a local meals on wheels provider LILS and learn about a local project that is encouraging people to grow their own organic food.

The event is FREE and food will be provided. Spaces are limited however so booking is essential for this event.

Time: 11.30am – 2.00pm

Venue: Tottenham Town Hall, Town Hall Approach Rd, London N15 4RY

Cost: Free

For further details and to book contact Joyce on 0203 196 1900

If there is sufficient interest we may hold further workshops next year. Other workshops will include: Staying Well over Winter, Improving your Wellbeing and Coping with Stress.

Thursday, Dec 29 & 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. Plus entertainment and speakers

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 with Stuart 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.

Thursday, Jan 17 – 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

Wednesday, Jan 21 - Hornsey Pensioners Action Group (Group meets every 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

Monday, January 28 - HO50s AGM

HO50s will be electing a new committee, please come and put your name forward or just come and vote. Your presence at the meeting is important.

Speaker: TBA

Time: 2.00pm to 4.00pm

Venue: Chestnuts Community Centre Cafeteria (ground floor), 280 St Ann's Road, N15 5BN



Christmas Lunches (Must be booked in advance)

Tue, December 11th Haringey Pensioners Action Group, Annual Christmas Dinner

Cost: £16

Venue: Tottenham Green Leisure Centre

Time: 2pm – 4pm **Call Lyn Silver to book: 07890 611 560**

Thu, Dec 13th, Jackson's Lane 'Christmas Theme' Lunch

Cost: £5

Venue: Jackson's Lane, 269A Archway Rd, Highgate, London N6 5AA

Time: 11:45

To book, call Kimberleigh on 0208 340 5226 or email kimberleigh@jacksonslane.org.uk

Tue, Dec 25th, Community Christmas Lunch for the over 60's

Cost: FREE includes entertainment

Venue: St Mary's Church, Stoke Newington, London, N16 9ES

Time: 11:30am to 3:30pm

Please RSVP by Wed, Dec 19 to Chris at 07495 555 204 or email Chrisraymurdoch@icloud.com

News & Views from the Forum

Action Update

Councillor Kirsten Hearn has sent HO50s an email answering concerns that were brought up at the first Morrison's Monthly Chatter in August. In regards to concessions for garden waste for older people, there was suggestions when the scheme was announced that age would prevent people taking up the scheme. That was not the case as only one person contacted the Borough to say that they couldn't afford the scheme. It was also noted that for a 10% discount, it would cost the Council between £28, 000 and £36,000 a year plus set up costs. For those reasons, a concession was not offered to older people.

As for a reduction in residential parking permits, there are no discounts for yearly parking permits, but the Council does offer a 50% concession to residents who are registered as disabled or aged 65 years and older for short-stay visitor parking permits.

Lastly, there was concern about people driving mobility scooters on footpaths. The Highway Code states that people using mobility scooters must not drive faster than 4mph on pavements and they should obey the rules for pedestrians. Drivers must adjust their speed accordingly especially if there are hearing or visual impaired people on the pavement or for those people who have difficulty moving quickly.

Opportunity to participate in and ageing immunity project

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With our rapidly ageing population, research into immune ageing has an important role to play in contributing towards maintaining the health of older people in the future.

If you would like to learn about our research, ask questions, and find out what it means to take part in research then contact Dr Priya Subramanian at 07341127838 or email p.subramanian@ucl.ac.uk

Annual Flu campaign launched

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Meals on Wheels and Nutrition and Well-Being Service

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Have you heard of the Community Hub?

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