

HORNSEY PENSIONERS

www.hornseypag.org.uk

Hornsey Pensioners Action Group serves pensioners within Hornsey & Wood Green and other neighbouring parliamentary constituencies

Annual General Meeting 2018

To agree 2017 AGM minutes, receive officers' reports, elect officers & committee and discuss motions. [Agenda & papers attached.]

Followed by talk & debate.

Active minds—and still learning!

Adult and community education: what opportunities are there?

John Miles,

The Association for Education and Ageing

Maggie Weatherby,

The Alexandra Women's Institute

Time and date: WEDNESDAY February 21st 2018

at 1.30pm

Venue: Hornsey Parish Church Hall,

Cranley Gardens, N10 3AH

Doors open from 1pm. Entrance on Cranley Gardens through car park.

Buses W7 W3 144 stop nearby.

Subscriptions are due: £8 for single members and £12 for joint household.

Donations welcome! You may pay membership secretary Ann Anderson at a meeting or post to her at 117 Redston Road London N8 7HG.

Contacts:

Ann Anderson 020 8340 8335, Pamela Jefferys
020 8444 0732 & Janet Shapiro 020 8883 9571
janet.rmshapiro@gmail.com

Future 2018 meetings:

March 21st Architect Chris Roche on home adaptations, April 18th **Hustings Local Council Elections**. May 15th & June 20th TBA.

Meeting on January 17th

We had advice on 'Keeping Safe' from the Police and the Green Team at Hornsey Fire Station.

Anna-Marie Game, and Stef Gibbs came from the Muswell Hill Safer Neighbourhoods Team and brought a large range of resource materials.

Their contact number is 020 8721 2765 email: MuswellHill.snt@met.ploice.uk

We had asked for certain issues to be covered and they took turns to go through that list.



December crime figures: Anna-Marie Game pointed out that the theft of high-value phones from users in the street accounted for the increase in local crime in December. Active police operations are under way to reduce or eliminate this type of crime. The advice is not to use such phones in public.

Petition re increased street lighting: this is not a police matter. Any petition will need to have 1,000 signatures to ensure it gets attention.

Scam Awareness: Anna Marie summarised the points made in the booklet on scams made available during the meeting.

- **Bogus callers:** the advice is not to open the door unless a caller is expected. Scam callers may claim that a problem next door necessitates an inspection of your property. The use of a chain and mirrors will help to keep undesirable callers at bay.
- **Telephone calls:** give no information over the phone. Bona fide companies or HMRC will never phone or email about confidential information and will never ask for a PIN.

Home security:

- **Use of anti-climbing devices.** The rule is not to

use glass or nails or anything that might cause injury to a potential burglar. Use plastic strips instead. Do not leave dustbins, ladders or chairs in a position that aids a potential climber eg by garages or fences.

- **Other deterrents.** When away from home, use a timer on lighting, leave the radio on. Do not keep jewellery in the bedroom as this is the place that burglars tend to go to. Use, for example, a biscuit tin in the kitchen.
- **Car theft.** High hedges conceal the activities of potential car thieves from view.

Safety in the street: Be alert. Do not use phone. Do not walk on the street edge of the pavement. Do not keep cash in one place. Use the bottom of a bag or an inside pocket. With large amounts, distribute to different places.

In conclusion, Anne-Marie warned us to shred all personal details when disposing of documents.

Ann posed with Anna-Marie's hat. Would she be a good recruit?

Fire service: The Green Watch from Hornsey Fire Station booked to come by Katherine their leader.

They were on call, so the engine came too! See photograph below.

We could have boarded the engine but it was a really cold day.

Robbie gave us advice.

He was pleased to introduce Lucy, a new young recruit to the Service.



Robbie reminded us that the Fire Service offers home fire safety visits and can fit free smoke alarms. To get a visit email smokealarms@london-fire.gov.uk, text 44786 002 1319 or free call 0800 028 4428. There were copies of the leaflet 'Home fire safety guide', booklets, thermometers and other leaflets on the dangers of hoarding, unsafe heaters and open fires.

His main points of advice were:

- a. Unattended cooking pots and thoughtlessly lighted candles are responsible for regular call-outs to the Fire Service. So, never leave a cooking pot unattended, use proper candle-holders and keep candles away from curtains etc.
- b. Do not dry clothes on heaters
- c. *Electrics*: do not use old-style extension blocks. Always use one plug on one power point.
- d. *Fire extinguishers*: Test these once a week. The Fire Service will come to demonstrate testing if necessary.
- e. Have a plan for exiting the house in case of fire. Take a mobile phone to bed. In case of night-time fire, close the bedroom door, use a blanket as draft excluder and call for help. In general, to ensure a quick exit, keep a key by the door and make sure everybody knows about this. When going out, close all doors and turn off all switches.

Questions and answers

The relevant services responded to questions as follows:

dementia sufferers living alone: the Fire Service has no way of identifying these.

Flooding: the Fire Service is responsible for water. Thames Water is responsible for sewage.

Old wiring: an electrician is the judge of whether or not this is a fire hazard. The impression given was that such wiring is not a serious source of house fires. The majority of these fires are due to accident.

Fire risk of modern products: these products are tested in shops and, when used correctly, are not a fire risk. Never go out leaving dishwashers or washing machines on. Cookers and washing machines are the cause of the majority of kitchen fires.

Fire extinguishers or blankets: in the kitchen, never use water. Use a blanket or a dry powder extinguisher.

Chimney fires: these will not self-extinguish. They are easy to put out by the fire brigade.

The Safer Neighbourhood Team and the Green Watch stayed for the raffle and refreshments and answered many more individual questions.

We were really grateful for both teams for their visit.

Respite Care

HPAG submitted a response to the consultation on their Draft Respite Care policy before the deadline of Dec. 16th 2017. Our response document can be downloaded from the website

www.hornseypag.org.uk or ask for a copy.

Sebastian Dacre, Commissioning Manager at Haringey Council, agreed to our request to meet on 19th January. There were four of us – Clive Evers, Barbara Ryan, Gordon Peters and Janet Shapiro.

The meeting was very useful. However procedures for helping carers are quite complicated; Sebastian offered to come to speak to our group.

Respite Care is co-located between the Clinical Commissioning Group (CCG) and Haringey Council, with Sebastian representing the council and Tim Miller the CCG.

NHS funding and council funding is separate, but the Better Health Fund provides a joint source.

We explained that both carers and those patients needing care were very confused about how help was organised.

Contacts for when help is needed are:

Public Voice – Joyce Sullivan (020 8888 0579)

First Response Team, HARICARE tel. 020 8489 1400 or email Firstresponseteam@haringey.gov.uk.

But some elderly folk live alone and have no carers.

Imelda Mullins is coordinator of a **Befriending Scheme** to replace that run by Haringey Age UK. She needs volunteers. Contact her at 020 8442 7648 (Tuesday & Wednesday 9am to 4.30)

Clive Evers mentioned the Dignity Magazine, published by Arlen Martin specific to Haringey,

We have missed the **HAIL Carers Support group** meeting that Jenny Fraser told us about on Tuesday February 6th at Tottenham Town Hall. But you can contact Hail on 020 8275 6550 or email admin@hailtd.org

Care delivered by NHS services

Patients assessed as needing clinical nursing care are visited at home by District Nurses from Whittington Health based at Stuart Crescent, Wood Green.

In an emergency district nurses can be called out of hours on 0207 288 3555, so much better than having to call an ambulance. But what to do if that number fails? Recently a member had that problem. After she complained the advice is to contact the main switchboard on 020 7272 3070 or the PALS and complaints team on 020 7288 5551.

In general **111 is the free NHS number** to dial when you need medical help fast when not an emergency. Dial 999 when it is an emergency.

Jo Salter of Haringey Healthwatch would like comments from patients who visit North Middlesex Hospital for treatment. If you can help her survey please contact her on 020 8888 0579 or by email Jo@healthwatchharingey.org.uk

Campaigns update

Accountable Care Organisations (ACOs) and Devolution

After delegates met with Sebastian Dacre at Riverside House on Respite Care on 19th Jan. there was another meeting held at the House of Commons on Tuesday Jan. 23rd. This was devoted to Accountable Care Organisations. Speakers included Peter Roderick & Allyson Pollock who had launched the Judicial Review to demand that ACOs are scrutinised and debated in parliament.

A deal has been signed by Jeremy Hunt and London Mayor Sadiq Khan for **devolution to London** of health & social Care services.

It is obvious that clinical care and personal care needs to be integrated but some professional workers and councillors appear to be hopeful that ACOs and Devolution will make things easier.

In fact ACOs should not be adopted. They would lead to further fragmentation of the NHS dominated by private companies.

An email message was sent from HPAG on Jan 25th to all Haringey councillors warning them to oppose the adoption of ACOs until they have been thoroughly scrutinised in parliament as demanded by the Judicial Review.

A copy of the email can be found on the website.

The Mayor of London's Draft Housing Strategy.

Responses from HPAG and London Region National Pensioners Convention (NPC) can be found on our website on the page announcing the December meeting.

Regular Briefings are published by the NPC. If you want to receive these by email contact info@npcuk.org. Or ask Janet for copies.

Meetings & Events

Thursday, February 15th, 1pm-2.15pm, 'Disability and Social Inclusion seminar' speaker Tracey Lazard, CEO, Inclusion London, at City University, Room AG24a, College Building St John Street, EC1V 4PB. To book please email Doria Pilling: d.s.pilling@city.ac.uk giving her a contact no.

Advance notice: 'WHO CARES ABOUT CARE?'
Monday April 9th 2018, 10 - 3.30pm. SERTUC Pensioners Network Annual Seminar at TUC Congress

House, 23-28 Great Russell Street, London WC1B 3LS
HPAG will be there, but individuals please register at sertuc@tuc.org.uk 020 7467 1220

The **Pensioners' Parliament** will be at Blackpool 12 – 14 June 2018. Registration cost is £10 for Tuesday, Wednesday and Thursday.

Tottenham PAG has arranged for members to go by coach and Islington Pensioners Forum will also send a group as last year. Make sure that Hornsey Pensioners are there. Accommodation is affordable.

Leisure

Thursday 22nd Feb. 7.30pm Winter concert for Peace, 'Dowland Works', at Rosslyn Hill Unitarian Chapel, 3 Pilgrims Place, NW3 1NG Concessions £15, info.mpdconcerts@gmail.com, **Musicians for Peace & Disarmament**

Feb 22nd 7pm One man play, 'This Evil Thing' inspired by First World War Conscientious Objection at St Augustine's Church, Mattison Road, N4 1BG.
www.conscientiousobjectionremembered.wordpress.com

Lunches are held monthly at Jacksons Lane on last Thursday of each month from 11.45am-2.30pm. Book in advance: telephone -020 8347 2411 Stuart Cox Participation Manager, 269a Archway Road, London, N6 5AA stuart@jacksonslane.org.uk

Community Lunch Club for over 50s at Hornsey Vale Community Centre, usually 1st Wednesday of the month from 1 to 3pm. Booking needed with Tanya 020 8348 4612 or email info@hornseyvale.org (ring Tues—Wed.)

Coffee and Computers: sessions near you, informal help and advice - browsing the internet or sending emails. Contact Joyce Sullivan on 0208 888 0579 or

joyce.sullivan@publicvoice.london

Free computer coaching for the over 60s. An inter-generational IT project. Contact Leonie Eisenberg, IT Co-ordinator Generation Exchange 0771937811

Exercise Classes

Dance for Fun & Fitness for over 50s. Tuesdays 4pm –5.30pm. Drop in per class £6 including refreshments (5 classes £25) at Hornsey Vale Community Centre, 60 Mayfield Rd. N8. Contact Kimberly 07843 216 150

Fun fitness class for over 55's at Wood Green Library, on Mondays & Wednesday at 10.15, £3 a class. For more details contact Kiki on 07903 582883

West Haringey Seniors Exercise Class (mixed) with an expert trainer Tuesday 2.15—3.15 £3.50 Hornsey Vale Community Centre, Mayfield road N8 9LP, contact Ann Anderson 020 8340 8335

Exercise and Dance to Live Music for ladies over 60 Tuesday 10.30 to 11.30, £4 at Moravian Church Hall N8 7HR on Priory Road. Contact Ursula Maestranzi 8340 2668

Candy's Seniors Dance and Fitness class at YMCA Fitness Centre Elmfield Avenue, Crouch End N8. Thursday 2.05 to 3.05 £3.00