

# HORNSEY PENSIONERS

[www.hornseypag.org.uk](http://www.hornseypag.org.uk)

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

## October 2020 – Bulletin 7

### Better Prepared!



The municipal borough of Hornsey was granted a coat of arms in 1904. This had two oak trees recalling the ancient forest that once covered the area and surviving remnants including Queen's Wood, Highgate Wood and Coldfall Wood. The manor of Hornsey had at one time been held by the Diocese of London and the crossed swords, taken from the Diocese's arms, completed the design. In 1963, Hornsey was combined with Tottenham and Wood Green to become the London Borough of Haringey.

Hornsey borough's motto was *Fortior quo paratior*, Latin for 'The better prepared, the stronger'. Spot the coat of arms above Muswell Hill Library (pictured).

This is a motto that the UK government ought to have adopted at the beginning of this year in order cope better with COVID-19. What was needed then, as now, was a good strategy for Test & Trace and also the provision of adequate supplies of Personal Protective Equipment (PPE) for those caring for infected patients.

Now that the rate of infection has increased and winter approaches, it is up to us to heed that motto.

The London Mayor is worried; he notes a rise in 111 calls and insists that the lack of testing facilities is unacceptable. He demands that government ministers take action to protect London citizens. London has been added to the UK watch list of potential pandemic hot spots.

### Take care

**Continue with precautions: hand washing, masks and social distancing.**

**Masks.** Wear your mask in public places: public transport, taxis, shops & enclosed spaces.

Refer to the May bulletin to find out how to make your own mask. Or you can buy cloth ones at shops – Oxfam, Crouch End near the tower (prices £5 to £8). Cloth ones can be washed – use very hot water.

### Coping during the pandemic

Haringey Council.

If you require support or information please contact **Connected Communities (020 8489 4431)** or visit: <https://www.haringey.gov.uk/covid-19/need-help>

### Book your Flu injection

Contact your GP or your pharmacist.  
Get a copy of the latest NPC booklet

### Goodbye Cinderella: A New Settlement for Care Services Moving On From the Pandemic

This has been produced by a working party of health and care experts. It calls for fundamental change and provides a clear roadmap for creating a world-class National Care Service that befits one of the wealthiest countries in the world.

Get your copy – the order form was sent with the Sept. bulletin.

### Reclaim Social Care

Keep our NHS Public (KONP) and the Socialist Health Association (SHA) are launching a campaign for **National Care Support and Independent Living Service** on the 10<sup>th</sup> of October, details on the link:

<https://keepournhspublic.com/event/social-care-conference/>

You can register by clicking this link <https://us02web.zoom.us/meeting/register/tZYofu-urTwtHNQiVaytNPwPfsLCFGRs2dYW>

## Getting Tested

(Always book beforehand) Telephone 119 or visit [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

Note that symptoms of Coronavirus are a high temperature, a new continuous cough, or a change to your sense of smell or taste. You can apply for a test if you have symptoms, live with someone who has tested positive for Coronavirus or been told to have a test before going into hospital, for example, for surgery.

Haringey has one mobile testing unit (MTU) operating at Alexandra Palace, Hornsey Gate, Alexandra Palace Way, N22 7AY. Please note, you will need to book an appointment in advance, you will not be able to get a test by turning up.

<https://www.gov.uk/get-coronavirus-test>

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

## Older People's Day on October 1<sup>st</sup> - 'The Care Crisis'

The NPC is asking for your questions and comments. Members are angry about what they regard as elder abuse during this pandemic, particularly to care home residents.

One issue raised was 'Do Not Resuscitate' (DNR) that may appear in a patient's notes. Pamela suggests that patients write to their GP as follows: *"being of sound mind at the time of writing, I wish/do not wish to be resuscitated..."* Your signature must be witnessed, and the letter given to your doctor to keep.

Email comments by members have been forwarded to the NPC.

**Keep Our NHS Public (KONP)** held its AGM on the 12<sup>th</sup> of September

Do watch the talk by Richard Horton at Saturday's KONP AGM - [youtu.be/ ca4fqdxzV0](https://youtu.be/ca4fqdxzV0)

Also read his important book - *'The COVID-19 Catastrophe: What's Gone Wrong and How to Stop It Happening Again'*. Available from Amazon

<https://www.amazon.co.uk/COVID-19-Catastrophe-Whats-Wrong-Happening/dp/1509546464>

A deputation from NCL NHS-Watch attended the **Joint Overview & Scrutiny Committee (JOSC)** meeting for North Central London on September 25<sup>th</sup>. The text is posted on our website and reports the ongoing centralisation of NHS governance, without public knowledge or agreement.

Contact:

[hello@goodthingsfoundation.org](mailto:hello@goodthingsfoundation.org)  
and find out how our group could do more to encourage members to 'Get on Line'.



## TUC LESE Pensioners' Network

Zoom Online Meeting

**Thursday 22 October 2020**

**2pm – 3.30pm**

*"Housing – what next and how can pensioners protect themselves?"*

Please register: [dlewis@tuc.org.uk](mailto:dlewis@tuc.org.uk) or call **020 7467 1220**



## Free Online Wellbeing Workshops for Over 50s in Haringey

*If you are new to zoom and need help getting in touch, contact Val for help.*

The last and 5th workshops are: **Becoming digitally savvy** - Wednesday 30th September.

To find out more and to register visit: <https://www.eventbrite.co.uk/e/five-ways-to-wellbeing-tickets-115870859861>

We hope you enjoy taking part!

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## The NPC is backing GMB's campaign - Save Our Cash Lifeline.



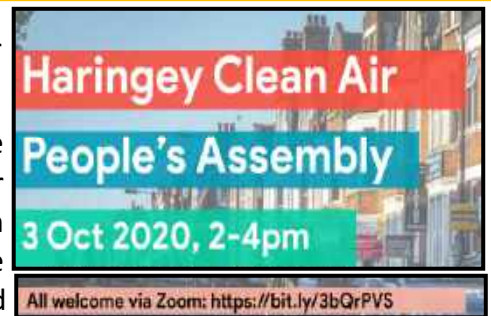
Older, vulnerable people already have a lot of difficulty trying to pay for goods in cash. It will only get worse unless the government makes a commitment to keeping banks and ATM's in communities, and for cash to remain a choice for those who need it.

We would encourage everyone to sign the petition, including family and friends. You can find out more on: <https://www.npcuk.org/post/save-our-cash-lifeline>

And you can sign the petition on: <https://www.gmb.org.uk/campaign/save-our-cash-lifeline>

A group of Haringey residents, workers and volunteers have come together to organise a People's Assembly on Air Quality in Haringey.

All our main roads in Haringey exceed safe limits for air quality set by the EU, and a third of Haringey schools are in pollution hotspots. Poor air quality impacts all of our lives, especially those who live and work in busy areas, the vulnerable and our children. Outdoor workers are particularly exposed (up to 15% more than the average Londoner) and have little health and safety legislation to protect them.



What can we do to change this? - Join this **FREE** event on **SATURDAY, 3 OCTOBER, 2-4pm.**

You can **register** through Eventbrite at: <https://bit.ly/3bQrPVS>

We want to involve as many voices as possible in listening to speakers and then talking together about what steps we could take as residents, workers, parents, traders, and students to address this issue. We have invited members of the council too, to see the benefits of deliberative community engagement and decision-making. Please could you forward this to Haringey TUC members to widen our community voice.

If you want to know more but can't make the event email us at [haringeycleanairgroup@gmail.com](mailto:haringeycleanairgroup@gmail.com).

*Haringey Clean Air Group*

**Local bus stops** - Please let us know if you have been inconvenienced by any changes to bus stops. A member has written to the Ham & High Broadway (24/9/20) reporting that there is now no **102** bus stop on **Muswell Hill Broadway**.

**Muswell Hill Bookshop**, Fortis Green Road, 8444 7588. We regret that this shop closes for good at the end of October. To clear their stock, prices are reduced by 20%.

**Desperate for a hair cut at home like Janet was in July?**

(COVID-19 regulations permitting)

**Peggy Sue** can help.

**Ring 07983 569 660**



## '40 Days under COVID-19 lockdown' by Rita Mann

This diary-journal from a social worker and foster carer for a 17 year old refugee, lays open the maelstrom of daily life under COVID-19 lockdown and asks probing questions as to where we all go from here. Rita is in contact with friends and relatives in different circumstances from many parts of the world. This international perspective informs her comparison of how different governments are dealing with the pandemic. She follows the UK official guidance with scepticism and criticises special COVID-19 legislation that could nullify human rights. She claims that her own strategy would have resulted in a very different situation from what we experience now in the UK.

Find a more detailed review of this book on the website.

**Price:** £13.99

**ISBN:** 978-1-71689-018-5

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**Mob:** 0795 127 3845

## Reading Habits

### Sharing our heritage from Bruce Castle Museum & Archive



Mr. McClellan with the writer and reformer  
Vera Brittain in Tottenham Library,  
November 1949.

In April, The Reading Agency published their annual findings on the nation's reading habits, and it seems that during lockdown we have increased our reading. In particular, there was a spike among young people (18-24) where almost half (45%) were reading more than before lockdown. Reading has been shown to impact positively on people's wellbeing.

In 1946 a landmark survey on *Reading in Tottenham* was done by A.W McClellan, the Director of Tottenham Public Libraries and Museum.

McClellan undertook a full-scale survey of peoples' reading habits at Tottenham Library using Mass Observation. The findings from the report, *Reading in Tottenham*, determined the future development

of the library service in Tottenham and influenced the wider library sector. From here, he developed his pioneering approach called 'Service in Depth' which was widely known as the 'Tottenham Experiment'.

So, what did the Reading Survey tell us about the reading habits of Tottenham residents in 1946? Firstly, reading came in as the third most popular leisure activity (behind sports activities and gardening). Other findings show that reading and visiting libraries was more popular with the 'middle classes' and less so with the 'skilled and unskilled working classes'.

What were people reading then? Well, just over 50% of the 1,000 adults surveyed regularly read books, and around 90% read newspapers – both the daily and the Sunday editions. "By far the most popular is the *News of the World* which is read by 3 people in every 5 (that is, about twice as many as read the *Mirror* on weekdays). More people read the *News of the World* than were regular book readers (61% and 53% respectively)."



Muswell Hill Library reading room, 1977.



Teenagers queuing for the Mobile Library Service  
in Tottenham, 1955.

Newspaper Reading Rooms were always a very busy space of any library.

The Mobile Library Service was also another service that was developed by McClellan.

Photographs from the collections and © Bruce Castle Museum (Haringey Archive and Museum Service)

NB This is a summary of an email report which will be forwarded later.

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