

HORNSEY PENSIONERS

www.hornseypag.org.uk

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

November 2020 – Bulletin 8



REMINDER

Keep safe: London now in Tier 2

Freedom Pass under threat. Take action - see page 3

What can we do to 'Save the Planet'?

Prince William and David Attenborough have just told us that it's not too late to save the planet provided that we start NOW. They have announced that there will be £50 million for prizes for projects for cleaner air, cleaner water, to restore nature and prevent waste. We saw them with groups of eager children already starting on restoring nature and preventing waste, which made a change from all the doom and gloom of the previous weeks.

Their enthusiasm was infectious and reminded me of the campaigns for Dig for Victory and Make Do and Mend during World War II.

Pamela's ideas: Close London airport, close all motorways, ban private cars unless electrical, ban the internet, ban monster cruise ships, ban motor racing and all weapons of mass destruction.

Pamela asked how the house-bound, dependent on carers, could recycle.

Janet Shapiro suggested: *Small electrical items can go in special kerb side bins. There is one at the W7 bus stop in Park Road. For batteries Sainsbury's and other supermarkets have a collection point. Used toner (for printers) can be recycled at Ryman's, next door to Sainsbury's in Muswell Hill.*

Ann advises: Some charity shops are especially interested in Art and Music magazines.

Ann Anderson's ideas: I believe we can all contribute individually in the smallest of ways. For example, I only buy decomposable tea bags and if they are wrapped up, I recycle the wrapping, detach the label, bin the string and compost the bag. I check every plastic container for the recyclable triangle mark. Many companies will now inform you which parts of their wrapping can be recycled, but many people don't bother to check. The answer to the problem of wrapping is to buy fresh food unwrapped, but except in health shops, the non-wrapped tends to be non-organic.

I have also had a roof solar panel to heat my water for 10 years, but in the summer we have to wait for the sun to have its effect before showering. I also do not shower every day. I choose the more expensive green energy option from my energy company, but people on lower incomes do not have some of these options. I am very into reuse, for instance, washing bread bags to be used as freezer bags.

Likewise, Janet says: *Have a milkman, use reusable glass milk bottles rather than plastic cartons and use loose tea leaves, they produce a better cup of tea anyway. Smart meters can help efficient use of power resources.*

See: www.advancedenergy.org/2019/06/01/the-benefits

Use public transport, walk or cycle. Campaign for cheaper fares and for the Freedom Pass.

Muswell Hill Sustainability Group announce: We are running a series of 5 online home energy advice events which could be suitable for retired people - **12th October-9th November.**

Janet says: *I have been meaning to buy shares in en10ergy, that fund alternative energy initiatives:*

<https://mhsgroup.org/how-en10ergy-works/>

Idea from Eugene Myerson – former member

There is only one Earth. If all of us should conserve and cherish what we have here we would have abundant drinking water to support life, the ability to grow enough food so that nobody need go hungry and plentiful trees that absorb carbon dioxide and keep our air fresh and suitable for breathing. One thing I am passionate about - we should stop making so many babies. The world is probably already over-populated, and many nations are finding it difficult to feed, clothe and provide jobs for all their citizens now. I advocate a (voluntary) target of no more than two children per couple.

Ann's response: We must remember that it is the children from wealthy countries who are using up resources and polluting the planet more than those from poor countries.

Message from Tim Root, Muswell Hill Friends of the Earth

One of the best things HPAG members can do to protect our world is eat somewhat less meat. As you know, cattle and sheep emit a lot of methane, a powerful greenhouse gas. Much of the food farmers give their livestock is grown on deforested land.

There are some ideas about how to eat healthily with less meat at <https://friendsoftheearth.uk/food/10-ways-eat-less-meat>.

Response from Ann: Some may suggest that mass production of meat alternatives are also destroying ecosystems. Likewise, **Janet** does not approve of GM soya.

What are your ideas? Send in for the December bulletin. Could we win a prize?

Get Online Week 19th - 23rd October

The Good Things Foundation hello@goodthingsfoundation.org offered help with holding an event, making use of social media, and solving IT problems.

Coffee & Computers mail@coffeecomputers.org, also offers help and holds regular meetings.

This year has proved that now more than ever, the internet is a key utility and knowing how to use it is an essential skill. We're so grateful that you're helping us make sure that everyone has the chance benefit from being online.

Please complete the Loneliness survey

NPC working with Independent Age and the Alzheimer's Society Survey

The NPC will shortly be publishing the results of its survey into the impact of the first wave of the pandemic on the mental health and wellbeing of our members. Independent Age and the Alzheimer's Society, have formed a task force to investigate how the pandemic has affected services to combat loneliness during the pandemic – along with the people who use them or volunteer for them.

We hope that you will find the time to complete the survey as your responses will help the organisations understand the key problems being faced. The information will be shared with the Government to help inform policies to reduce loneliness during the pandemic and beyond. You can skip any questions which are not relevant or you don't want to answer. All responses are anonymous, unless you give explicit permission to use your name.

Survey 1

People's personal experience of the COVID pandemic and whether it has affected their feelings of loneliness. It also later asks for anyone with volunteering experience during the pandemic to share their thoughts: <https://www.surveymonkey.co.uk/r/96MNVDK>

Survey 2

Views of organisations who deliver services to people in later life which aim to combat loneliness: <https://www.surveymonkey.co.uk/r/V27VWX5>

The surveys will close on 22nd November.

COVID-19



If you are worried about the impact of coronavirus on your money, accessing essential items or accessing the support you need, please call our **Connected Communities** line - Tel: **020 8489 4431**. This line is open Monday to Friday 9am to 5pm. Please also see our Connected Communities web page - <https://www.haringey.gov.uk/community/connected-communities>

Flu injection

Val Chagger, Programme Manager of Haringey Reach and Connect has more information promoting Flu vaccinations. There is a leaflet and a website: <https://northcentrallondonccg.nhs.uk/my-health/protect-yourself-this-winter/>. Also a Flu jab adult animation: <https://youtu.be/iZVuzUtvRI8>
Email: val@reachandconnect.net
Tel: 020 3196 1905 **Mobile:** 07308 965835

Freedom Pass under threat

Transport for London, TfL, asks central government for emergency funding. Under current emergency powers, extra grants could be restricted, leading to the withdrawal of concessionary travel to the retired and under 18's, plus fare rises for all. *These travel concessions must remain after COVID-19.*

Please sign the AgeUK letter to Grant Shapps MP. https://ageuklondon.act.sixandtwothrees.com/save_travel_concessions/?dm_i=47X,73HRV,U2XWJP,SOJ0M,1

More information at <https://www.transportforall.org.uk/news/freedom-pass-funding-under-threat>

Housing, private renters and keeping warm

Age UK Information and Advice line: <https://www.ageuk.org.uk/services/age-uk-advice-line/>
<https://www.ageuk.org.uk/our-impact/campaigning/security-for-older-private-renters/>

Advice on keeping warm: contact www.gov.uk/disabled-facilities-grants,

There's still time to get those energy bills reduced before the Winter sets in. This Winter, it's more important than ever that you keep warm in your home because we know that cold homes can affect your health and can exacerbate respiratory diseases such as colds and flu'. Above all, don't risk your health by turning the heating down or off when you need it. If you are worried about how you can pay for your heating then get in touch with us. There are lots of way we can help.

Pat Fernandes email: Info@advice4renters.org.uk

The NPC demands fair treatment of Care Home residents

Briefing papers at: <https://www.npcuk.org/post/care-homes-england-briefing-paper>

Domestic Abuse Bill

www.ageuk.org.uk/campaigns

If you have concerns about an abuse incident you can get support and advice from:

Domestic Abuse helpline: 0808 2000 247 (open 24/7).

Also [visit their website](#) where there's a live chat and online messaging service, if you don't feel able to call or email.

Adult Social Services at your local council.

Your GP or other NHS health providers.

Hourglass helpline: 0808 808 8141 (9am-5pm, Monday-Friday) [Hourglass](#) are dedicated to ending harm and abuse to older people.

The Police: call the local Police on the 101 non-emergency number, or call 999 immediately in an emergency. If you are unable to speak when the operator answers, cough or tap your phone, and if prompted, press 55. This lets the operator know if you're in an abusive household and need the Police, but fear being heard.

Age UK Advice Line: 0800 169 65 65 (8am-7pm, everyday) Or you can contact online [here](#).

The Silver Line: 0800 4 70 80 90 (open 24/7). The Silver Line is a confidential helpline for older people.

TUC LESE Pensioners' Network discuss '**AS IF EXPENDABLE**' Amnesty International Report *The UK Government's failure to protect older people in care homes during the COVID-19 pandemic.*

Friday 13th November 2020, 2-3.30pm

Please register: dlewis@tuc.org.uk / **020 7467 1220**

Guest Speaker: Holly Harrison-Mullane, Amnesty International, Community Organiser.

Holly will offer an insight into recent released reports on COVID-19, older people in care homes, and think together about how to address the issues raised.

Future meeting: "Making Green Come True"

Autumn Date To Be Confirmed

www.fuelpovertyaction.org.uk

This will address the gap between what is promised and what we get. Even insulation can make things worse if done wrong. **Please share invite and pre-register:**

fuelpovertyaction@gmail.com

GoodGym

GoodGym Haringey are volunteers named by outgoing Mayor of Haringey, Sheila Peacock, as one of this year's Haringey Heroes for all the volunteering work carried out during the lockdown and afterwards.

Contact **Euclides Montes** email: euclides@goodgym.org or call: 07824137276 if you want help.

This could be: painting, gardening, clearing storerooms, sorting donations - you name it, and we'll be happy to help.

Walk leader Training on Monday 9th November 2020 to help or run 'Health Walks in Haringey'.

If interested in volunteering please contact us. For more information **call:** 020 8885 7307 or **email:** AFL@fusion-lifestyle.com

Share your thoughts on **London Streetspace:** tfl.gov.uk/travel-information/improvements-and-projects/streetspace-for-london

We'd be grateful if you would complete the short survey linked here: forms.office.com/Pages/ResponsePage

- Jacqueline Stevens, Engagement Officer TfL

Jobs you cannot cope with: (Covid compliant)

Haringey Circle: Handy Person and Gardening Services.
Ask Paul Kramer

Call: 020 3196 1894 - **Email:** hello@haringeycircle.com

Website: www.haringeycircle.com

War Stories 4 - Phyllis Niemczyk



Phyllis and her Mother

I was 15 when the war broke out, so from 1939 to 1944 I was a student.

During these years my life was much like many others; the blackout, strict rationing, relatives and friends in the Forces, and German bombing raids. I was lucky to escape 3 near misses. We lived in Gidea Park, Romford when the house next-door had a complete hit (we all dived under the kitchen table). Fortunately, it was a large detached house, so there was a gap between us. Thankfully, I was away when there was a complete hit on 2 places I had lived. One was my school in Brentwood, when half the building was demolished, including my dormitory during holiday time. The other was a doodlebug hitting the house in Hampstead, where I was billeted during my training, but we were all on leave.

Later our family house was only hit by 2 incendiary bombs which did not go off (my mother bravely picked them up and put them in the sand buckets). One had landed on the front door step and one on the back step.

In 1944 I was recruited for the ATS to work in India for the Japanese war. We went by ship from Liverpool, and although the European war was over, there were still mines in the Atlantic and we had to make a big detour to reach the Mediterranean. I especially remember passing through the Suez Canal and all the bright lights; so exciting after the blackout. However, it was blackout in the Red Sea and Indian Ocean as there were still Japanese submarines. It was wonderful to arrive in Bombay and see the fruit stalls piled with luscious fruit such as we had not seen for years.

Our first base was in Bangalore - a very pleasant place to stay - and we were billeted in a big hospital complex, built for expected casualties in the next campaign against Japan. Fortunately, this hospital was not needed as the war ended on the 15th of August 1945, although it was later used for ex-British prisoners-of-war, liberated from Japanese prison camps. I shall never forget August 15th and the rejoicing of all those men who would never have to go back to that terrible jungle war.



Phyllis and the WACIs

Soon after we were sent to Delhi - several days journey by train via Madras. We travelled second-class in separate carriages, each with 4 to 6 sleeping bunks and their own toilet facilities. There was no corridor or restaurant car, but we were allowed out to eat at certain stops and summoned back with a bell (like school!).

We stayed in Delhi until we left India in April 1946, but our work of course was different from what we had expected. We were now at peace, but India was in a state of change. We all hoped it would stay united. It was a splendid opportunity to see something of this wonderful country; the Himalaya, the Taj Mahal, etc.

I shall always love India and its people.

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