

HORNSEY PENSIONERS

www.hornseypag.org.uk

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

September 2021 - Bulletin 9

Our 1st Live Meeting In 19 Months!

Mind Over Matter - Depression?

Cate Ablett, expert by experience, will recount how she dealt with her own problems.

Plus a discussion on local support services.

Time and date: **WEDNESDAY September 15th 2021 at 1.30pm**

Venue: **Hornsey Parish Church Hall,**

Cranley Gardens, N10 3AH

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

NB. All doors will be kept open, so bring warm clothing.



Hornsey Pensioners Is Back!

Future meetings on **October 20th**, **November 17th** and probably **December 15th**

but we will need more help for us to continue into 2022



Photos of joint Haringey Pensioners Picnic from member James Cowling on 28th August at Bruce Castle Park. Hopefully our next one will be in West Haringey soon but we did have a good turn out of Hornsey Pensioners members.

Haringey Mental Health Services have launched the **Safe Haven Helpline** to support residents aged 18+ who are experiencing mental health issues and need someone to talk to.

The helpline is available to anyone experiencing a crisis and is struggling to keep going. The helpline staff include those who have a lived experience of mental health. This will include non-judgemental listening, working with people to find ways of managing the crisis and then suggesting longer-term support.

The service is available **7 days a week, 5pm to 8pm**, with the plan to extend the hours to more evenings and weekends in the future. The Safe Haven helpline is available via freephone on **0800 953 0223**

Let's Talk Haringey IAPT

www.lets-talkapt.nhs.uk or **0203 074 2280**

An NHS service that helps patients manage and overcome anxiety and depression. We provide high-quality, evidence-based psychological treatments for a range of common mental health difficulties. We support people with long term health conditions (LTCs) who are also experiencing low mood, stress or anxiety.



LET'S TALK TALKING YOUR WAY TO BETTER MENTAL HEALTH
Improving Access to Psychological Therapies (IAPT) in Barnet, Enfield and Haringey

We provide talking therapies for people experiencing common problems such as stress, anxiety and depression.
You can use the QR code below to self-refer today



• Anyone aged 16+ registered with a GP in Haringey
• We offer appointments with interpreters and welcome all ethnicities, cultures and backgrounds

For more information about our services call us on 0203 074 2280 or visit our website: <http://www.lets-talk-iapt.nhs.uk>

The Relatives and Residents Association

The Relatives & Residents Association helpline has extended its opening hours to include an evening surgery, making it more accessible to people who work during the day.

The Helpline provides expert advice, support and information on any care issues affecting older people in England.

0207 359 8136

helpline@relres.org

9.30am-1pm Monday-Friday

6pm-8pm Thursday

Post: **Unit 6, Aztec Row**

1 Berners Road, London, N1 0PW

We Need To End Isolation In Care

R&RA is calling for people living in care to be reconnected with their family/friends Find out about how to get involved at:

www.relres.org/endisolationincare/

Guide For Care Providers on Visiting

Visiting and the Law: A guide for care homes during COVID-19

<https://www.relres.org/visiting-guide-providers/>

This maps the Government's guidance on visiting across to care homes' legal duties under the Care Act, Human Rights Act, the CQC Regs etc. It is written to be accessible and practical for care staff with worked examples and pointer questions, but it is also helpful for residents and their families.

Post: **Unit 6, Aztec Row, 1 Berners Road, London N1 0PW**



What Is The Law on E-Scooters?



Currently in the UK, you can legally buy an e-scooter but you cannot ride it on a public road, cycle lane or pavement. The only place it can be used is on private land. The reason for this is that e-scooters are treated as motor vehicles by the Department of Transport and are subject to the same legal requirement as other vehicles, such as MOT, licensing, tax and insurance.

Because they don't always have number plates, signalling ability or visible rear lights, they cannot be used legally on the roads.

What happens if I am stopped by the police? The police will advise you on the law and may ask you to take your e-scooter home. They may, however, still penalise you depending on the seriousness of the offence. If caught riding an e-scooter, fines you may receive can include: a Fixed Penalty Notice for no insurance, with a £300 fine and 6 penalty points or a Fixed Penalty Notice for no driving licence, up to £100 fine and 3-6 penalty points.

Other offences which may result in penalties include riding on the footpath, using a mobile phone, riding through red lights and drink driving offences.

To find out more visit: www.met.police.uk/e-scooters

Keep In Touch - Be Part of a Wider Organisation!

See the website of the National Pensioners Convention to find all the latest NPC announcements: [Older People's Rights | National Pensioners Convention | England \(npcuk.org\)](http://Older People's Rights | National Pensioners Convention | England (npcuk.org)) Recent press releases include 'NPC shocked by MPs apathy over new Health & Care Bill that threatens NHS', 'Fight to Stop Patient Data Grab Not Over' & 'Time PM came clean on social care reforms.'

NPC organises webinars, the next one is scheduled for October on Digital Exclusion. You can get regular updates and campaign documents on request:

Email: info@npcuk.org

Phone: 0207 837 6622

Post: NPC, Marchmont Community Centre, Marchmont Street, WC1N 1AB.

For a small fee of £5 per year, you can join London Region NPC as an associate member and get monthly bulletins by email or post.

Contact - Secretary, **Barry Todman:**

barrytodman@tiscali.co.uk or

Janet Shapiro: janet.rmshapiro@gmail.com

TUC Congress Fringe events www.tuc.org.uk/CongressFringe2021

Pension System Webinars



'Is it Time for a Living Pension?'

Too many workers in the UK are being let down by our pensions system.

This is the title of the webinar organised for **September 13th at 6.30pm**

'Achieving gender equality in pensions.'

The gender pension gap is the percentage difference in pension income for female pensioners compared to male pensioners.

This is the title of the second webinar, organised for **September 14th at 5.30pm**

Darren Lewis has informed us about these presentations. Contact Daren at: DLewis@tuc.org.uk if you wish to attend either or both webinars.

Gumdrop Ltd

Gumdrop Ltd was founded by Anna Bullus in 2009 to tackle the global problem of chewing gum litter. **Gumdrop Ltd** is the first company in the world to recycle and process chewing gum into a range of new compounds that can be used in the rubber and plastics industry. Make way for Gum-tec®. **Gumdrop Ltd** has been founded on a closed-loop recycling process. Gum-tec® is used to manufacture a vast number of things from wellington boots to mobile phone covers, stationery, packaging and much more. As well as being used as a more sustainable choice to virgin plastics. Visit: <https://gumdropltd.com/about>

Call: **+44 (0)203858 0661** - Look out for the street pink Gumdrop bins.

From member, Jenny Wells

A Family Story from Betty Cairns: Carola and Olive Oil



Carola

Just after the war, the UK Government appealed for Italian seamstresses to come to England and repair hospital linen. Carola, with a group of others, travelled by coach across a snow-bound Europe and was placed, with the others, in a little flat to spend a couple of days settling in. They had plenty of dried pasta but no olive oil. Carola, who had a smattering of English, volunteered to go out and buy some. She was puzzled to find that every shop, except grocers, sold salt - 'SALE' is Italian for salt. The grocer said he did not stock olive oil and directed her to the chemist.

The chemist, who was a kindly man, said he had not seen olive oil for years. He asked if Carola intended to put it in her ears. Carola assured him she had no such intention. Well, he said, if she was sure she wouldn't put the oil in her ears, he had a good substitute. He produced a small medicine bottle of golden fluid.

She returned to her colleagues to tell them they were in a land of lunatics who put olive oil in their ears. The pasta was ready, they were hungry. They opened the bottle. It was camphorated oil! (used topically to relieve pain, irritation, itching, chest congestion and inflammatory conditions).

Carola remained in England for the next 60 years, becoming my daughter's godmother and learning to love England and its people -in return, England learned to love olive oil and basil.

When she died, aged nearly 90, she asked that her ashes should not, as was usual, be returned to the family plot in Lombardy but remain in the country she loved.



Betty with her Great-Grandson

Twinkle, Twinkle, Little Star

I remember learning this nursery rhyme at school, nearly 100 years ago. I also remember looking up at the beautiful starlit sky while my father patiently showed me how to find the Great Bear and the Little Bear.

Shall we ever see starlit skies again? How much climate change would it need? It's something we could aim for. Of course, we would have to make some sacrifices and we would need to keep and improve street lighting, traffic lights, etc., while eliminating the unnecessary, such as adverts, shop windows, even Christmas lights.

It would be worth it.

From member, Pamela Jefferys

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