

HORNSEY PENSIONERS

www.hornseypag.org.uk

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

October 2021 - Bulletin 10

Hornsey Pensioners Is Back!

Future meetings on, **November 17th** and probably **December 15th** but we will need more regular help for it to continue into 2022.

Volunteers Helping to Protect Haringey's Open Spaces

Speaker: Lucy Roots, Friends of Queen's Wood, Ecology

Liaison

See their website: www.fqw.org.uk

Time and date: **Wednesday 20th October 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.



Picnic

Please join us and the other 2 Haringey Pensioner Groups for an **Early Autumn Picnic Saturday 2nd October 2pm – 4pm**

Lakeside Café, by the boating lake

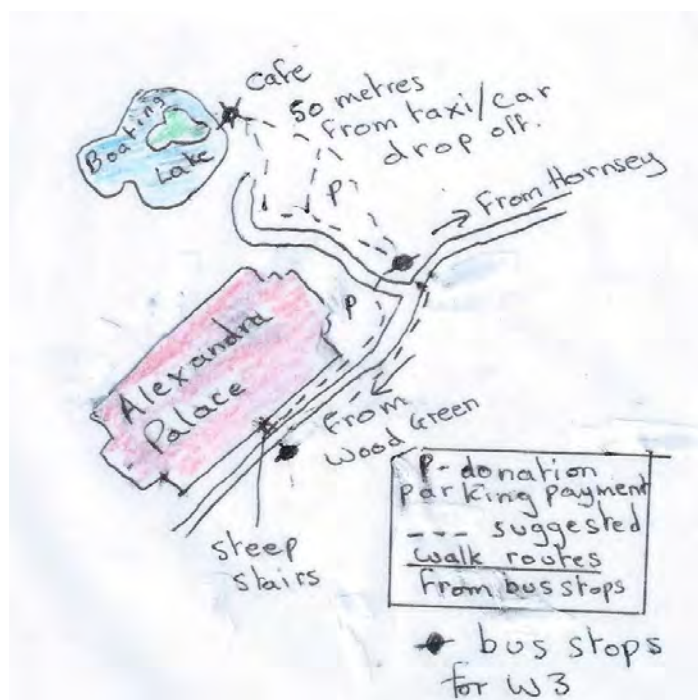
Alexandra Palace, on the W3 bus route.

See map (left).

Hornsey Historical Society

Also on **Saturday October 2nd** from **11am**, the [Hornsey Historical Society](http://www.hornseyhistoricalsociety.org.uk) is celebrating its 50th anniversary.

Visit them at: **The Old Schoolhouse, 136 Tottenham Lane, London, N8 7EL**



Mind Over Matter – Depression?

Public Meeting 15th September 2021



Yes, we did it! Hornsey Pensioners returned to our first post COVID public meeting with an excellent speaker and a good attendance by some 30 members and friends. And this was despite not being able to access the Church Hall on time as they had changed the locks and not informed us! But all those present worked together to get the meeting organised.

Ann Anderson gave the welcome and drew attention to the COVID safety measures we had taken on the day. She also thanked everyone for being patient and helping with the meeting.

But--- We still need named, regular volunteers to ensure the meetings can take place.*

She then introduced the speaker Cate Ablett, expert by experience, who recounted how she dealt with her own mental health problems.

Cate explained how her depression started by being labelled, bullied, not fitting in and at times suicidal. However, she decided to try and “snap out of it” which only worked for a time, as depression is like having 4 seasons of weather in 1 day. She worked successfully from the age of 18 and then travelled and worked abroad in South-East Asia.

She tried meditation but returned to the UK and lived with her family for 6 months. Eventually, after being encouraged to see a G.P. she was referred to St. Ann’s hospital A&E department and then the Alexandra Park Road Crisis Unit. The latter is now closed and replaced by the Safe Haven Helpline. She was supported by them for 13 years and also the Clarendon Mental Health Centre. She built up her self-esteem and became client/volunteer in the local MIND group. She developed her own ‘tool-kit’ for survival through photography, art and towel hugs, to name just a few techniques. There was spontaneous applause when she showed us the quilt she had made. After lively questions, Cate was thanked for an inspiring talk.



Ann then read out information on the various mental health services in Haringey, both voluntary and statutory. See below for a summary. The meeting closed with our usual social chat accompanied by tea, cake and biscuits.

***Let alone a new treasurer and audio / visual volunteer for our group to continue.**

Clive Evers

Mind in Haringey

Open 9am to 5pm on 020 8340 2474 (NB. Incorrect times on website) or Visit: mindinharingey.org.uk
73 Stapleton Hall Rd, N4

NB. Many link with outside agencies
National telephone line: 0300 123 3393 or email:
publications@mind.org.uk.

44 printed information booklets available – up to 3 free of charge.

Services offered:

1. Reach and Connect
2. Wellbeing Network
3. Coping With Life Skills
4. Save Haven Crisis Support Line
5. Counselling Service (*payment needed*)
6. Citizen’s Advice Service (*outreach site*)
7. Ex-services Project
8. Improving Black Minds

SPEAK UP FOR PENSIONERS

The National Pensioners Convention (NPC) represents pensioner groups from all over the UK, and has expertise in all the issues that affect the lives of older people, such as healthcare, social care, transport, communications etc.

NPC officers or representatives should be interviewed on National Radio and TV. If you notice that an NPC person has not been given the opportunity of speaking – COMPLAIN!

Here are the telephone numbers to do that:

BBC TV and Radio - **0843 254 8737**

ITV - **0344 881 4150**

Channel 4 - **0843 254 9025**

Health and Care Bill 2021

Jan Shortt, NPC Secretary, has written to all MPs pointing out how damaging the Health and Care Bill will be to the NHS and asks them to oppose the bill.

Please write to your MP. You can use her letter as a model. (find this attached/inserted or download from www.hornseypensionersactiongroup.org.uk).

Coffee & Computers In-Person Sessions Resuming This Month in Hornsey Library

Due to the limited number of volunteers available, and to help them follow Covid guidelines for social distancing, they have allocated specific slots for anyone that has indicated they would like to attend.

If you would like to come along to future sessions (either at Hornsey Library or any other locations) contact **Coffee & Computers** at: info@coffeecomputers.org



Coffee Mornings

The Over 50s Forum runs a Thursday coffee morning on the **3rd Thursday of the month** at **Lordship Hub**, Lordship park **11am to 1pm**.

Support a Tree-Mendous Initiative



Trees For Streets has received a fantastic response here in our borough since Haringey Council became one of the first local authorities in the UK to join the new national tree sponsorship scheme last month.

It has combined with the national urban charity, Trees for Streets, funded by the government's Green Recovery Challenge Fund.

There's still time for you to sign up to the scheme and sponsor a tree outside of your house or in your street, prior to the start of the tree planting season later this year, or a celebration tree in one of Haringey's parks.

See <https://www.treesforstreets.org> and the Haringey website.

Jeff Thomas In Palestine, 1942-3

By Member, Joanna Bornat

My father, Jeff Thomas, was a pilot in the Bomber Command, whose squadron of Halifax bombers was sent to the Middle East in July 1942. My parents wrote to each other daily and, since they spent most of their time apart, their letters are a wonderful record of their relationship. However, owing to censorship, Jeff wasn't able to say much about where he was, except that it was hot so before he came home he wrote an account of what he'd seen. He was twenty-one and they had been married less than a month. Even so, he writes that he was glad to go because of the high numbers of crew that were lost flying over Germany and because more frequent operations in the Middle East meant that he could raise his total more quickly. And this would be for only sixteen days, a promise not kept when they were there until April 1943.



Jeff Thomas in Palestine with local boys

He writes about life as a pilot on bombing raids over Tobruk principally, their living conditions on camp, stationed in Palestine and on the Suez Canal, and also about what he saw in Palestine. He made the most of the free time he had to visit Tel Aviv several times, also Jerusalem, Bethlehem, the Dead Sea, Cairo and even Khartoum. He's writing and taking photographs about a time when things were changing but also notices how the different communities coexisted. Travelling between Tel Aviv and Jerusalem he writes enthusiastically about the co-operatively run bus service, Egged, with its Jewish owner-drivers and Arab mechanics.

At the same time, his European perspective, often revealingly borderline racist views, makes for uncomfortable reading. He would have described his politics as Fabian and had doubts about the way the war was being waged. He wasn't untypical of course, and plunged into an environment which he only knew from reading the Bible; he used his own knowledge to understand what he saw.

So it's an interesting historical and personal witness in its way:

'The peasants whom we met in Palestine were all Arabs – there are no Jewish peasants. It may be a land of the Jew, but he lives only in his newly-found collective settlements organised on a community basis, or in the towns such as Jerusalem, Tel-Aviv (Paradise) or Haifa. There are no carefree country Jews, most of the farms or orange groves worked by Jewish labour are fed by workers who live in the nearest town – definitely town dwellers. And they need to be because they had to organise a band of men known as Settlement Police, as a protection against the Arabs'.

There's more, and of course, it all feels very relevant today. Sadly, I was never able to ask him about what he saw or probe him about his views. He and I never met. He was killed flying over the North Yorkshire moors with a training crew in September 1943 on my mother's birthday, 6 months before I was born.

(<http://www.yorkshire-aircraft.co.uk/aircraft/planes/43/dg402.html>)

Edited by Janet Shapiro and Ann Anderson. Produced by Mia Anderson

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