

# 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

March 2022 - Bulletin 3

## AGM & The Health & Care Bill: The Devil's in The Detail

**Speaker: Brenda Allan**, Patient Representative - NHS Specialist Commissioning

**Time and date: WEDNESDAY March 16<sup>th</sup> 2022**

**at 1.30pm start**

**Venue: Hornsey Parish Church Hall,  
Cranley Gardens, N10 3AH**

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

*NB. The notice saying the car park is only for church users includes us as we are using the Hall!*

***All help by members welcome.***

***With many thanks to all our helpers last month and volunteer Mike Seed, who conquered the audio visual equipment so efficiently!***

### Our History: Our Good Fortune

The NHS, originally set up in 1948 by Aneurin Bevan, was built to include:

- Comprehensive services accessed through family doctors: hospital, maternity, dentistry, eye services, prescriptions.
- Free at the point of need.
- Funded by national taxation.
- Universal provision, publicly administered through 90 area health authorities coincident with local authorities (1973 Act).
- Resources allocated according to population size and local needs, poorer areas getting more, facilitated in 1976 by the 'Resource Allocation Working Party' (RAWP).

This was part of the UK's Welfare State proposals by Lord Beveridge, 1942.



**We have lived to see the NHS vision weakened. What changes have you observed?**

Possibilities: Commissioning private providers, Private Finance Initiatives, Hospital Trusts, outsourcing of hospital cleaning and domestic services, takeover of General Practices by firms like Centene.

## Meeting on February 16<sup>th</sup> - “What Can we do about the Energy Cost Crisis?”



The speaker was Molly Chambers, from the fuel charity National Energy Action. This is a charity dealing with fuel poverty covering England, Wales and Northern Ireland. The session was organised by Paulina Laurel of Haringey Public Voice. **With thanks to them both.**

The main points of the talk were:

### Why we need to keep warm and healthy

During a cold spell there is an increased risk of pneumonia, heart attacks, respiratory conditions, flu and worsening of existing conditions, such as asthma. There is also a risk of arthritis, falls and injury. Deteriorating mental health can also be experienced as a result of anxiety over bills.

### How to keep our homes warmer

21-18°C is a comfortable heat – anything below 15°C and there is a risk of lung problems. At 9°C, there is risk of hypothermia.

Steps which can be taken to ensure a warm home are: Heat, Ventilation, Reduce Moisture, e.g. dry clothes as much as possible outside and don't use tumble driers, Reduce Condensation, Insulate; most of heat loss is through the walls, 35%, then the roof, 25%, then draughts, 15%, then windows, 10%.

### How we can save energy?

#### Manage your personal energy usage

- Switch off lights – can save £14 per year
- Turn appliances off standby (especially when it comes to charging devices overnight!) – can save £30 per year
- Curtains - Close at dusk and open for sunshine
- Boil only what is needed in the kettle – can save £6 per year
- Spend less time in the shower – especially if you are in an electric only household!
- One less washing machine cycle a week – can save £5 a year

- Wash clothes at 30°C instead of 40°C to save £9 per year
- Use a bowl for washing up rather than running the tap in the sink – saves £25 per year. Using dishwashers is even cheaper
- Use low energy light bulbs
- Cook using your slow cooker or in batches that you can reheat
- Set timers on your heating and hot water

### Money saving advice

- Priority Services Register – free service provided by energy supplier to customers.
- Reduce personal usage – Home Energy Visit can be obtained from SHINE 0300 555 0195.
- Warm Home Discount of £140 between October and March for people on Pension Credit and low incomes from your supplier – most schemes now closed for this winter, reapply next October.
- Manage fuel debt. Get advice from a debt management organisation, like Step Change,
- Christians Against Poverty, Citizen's Advice Bureau, etc.
- Check your suppliers tariff and compare to others.

### Water saving advice

#### Should I get a water meter?

<https://www.ccwater.org.uk/watermetercalculator/>

- Could you access the Thames Water Help tariff?
- Should you apply to the Customer Assistance Fund?

### Maximise income

It's estimated £16 million in benefits go unclaimed every year.

### Get help

Warm and safe homes Helpline: **0800 304 7159**

Molly Chambers at [nea.org.uk](http://nea.org.uk)

Phone: **07566 7677 64**

## What Can we do about the Energy Cost Crisis?" Cont.

Handouts supplied were Haringey Power Up – Energy Advice and Support

Online: [www.reachandconnect.net/power-up](http://www.reachandconnect.net/power-up) Email: [hello@reachandconnect.net](mailto:hello@reachandconnect.net) Phone: 020 3196 1905

It was a very informative session with Molly answering many questions. She also called the raffle, her organisation having contributed the best prize, a slow cooker, and she stayed during the refreshments to discuss individual concerns.

**Interesting News** - From Feb 21<sup>st</sup>, 2022 France will use tax cuts and subsidies for as long as needed to protect consumers and companies from soaring energy costs. According to Finance Minister, Bruno Le Maire "We will stick to that policy until we have a decrease in energy prices". Le Maire also said on February 21<sup>st</sup>, in an interview with Bloomberg Television, "I don't want the French people to pay for the climate transition and this increase in energy prices."

## Message From Our Volunteer, Mike Seed

I forgot to mention today, that Haringey also have a fund available to help to pay for food, white goods, clothing etc; if anyone was to be struggling with such things.

You can apply by calling **Haringey Financial Support Team** on 020 8489 4431 or online:

<https://www.haringey.gov.uk/news-and-events/coronavirus-covid-19-haringey-together/help-and-support-available-residents/haringey-support-fund>

## Features of The Brain of An Elderly Person



The neurons of the brain do not die off, as everyone around them says. Connections between them simply disappear if a person does not engage in mental work.

Absent-mindedness and forgetfulness appear due to an over-abundance of information. Therefore, you do not need to focus your whole life on unnecessary trifles.

Beginning at the age of 60, when making decisions, a person does not use one hemisphere at the same time, like young people, but both.

Conclusion: if a person leads a healthy lifestyle, moves, has a feasible physical activity and has full mental activity, intellectual abilities DO NOT decrease with age, but only GROW, reaching a peak by the age of 80-90 years.

So don't be afraid of old age. Strive to develop intellectually. Learn new crafts, make music, learn to play musical instruments, paint pictures! Dance! Take an interest in life, meet and communicate with friends, make plans for the future, travel as best you can. Don't forget to go to shops, cafes, concerts. Do not lock yourself away alone - it is destructive for any person. Live with the thought: **all the good things are still ahead of me!**

Source, *New England Journal of Medicine*

## Black Boy Lane to be Renamed



Haringey Council's Corporate Committee have taken the decision to rename Black Boy Lane to La Rose Lane. The source of the Lane's name is inconclusive but probably linked to a C17 pub of the same name in that area, African slavery or swarthy King Charles II.



The new name commemorates a local celebrated artist – John La Rose - who founded the first Caribbean publishing company in Britain and co-founded the Black Parents

Movement from parents involved in the George Padmore Supplementary School to combat the brutalisation and criminalisation of young black people, and to agitate for youth and parent power and decent education. John La Rose died on 28<sup>th</sup> February 2006. He is part of a Caribbean tradition of radical and revolutionary activism, whose input has reverberated across continents. New Beacon Bookshop in Stroud Green Road, established by him in 1966, is the oldest Black bookshop in the UK and has recently been saved by crowd-funding.

Source, *Haringey People Extra*

## West Haringey Seniors Exercise Class

Come and join us on **Tuesday** afternoons, 2.15 - 3.00pm at **Hornsey Vale Community Centre**, 59 Mayfield Rd N8 9IP, Airy gym.

7 Hornsey Pensioner members are already attending. Cost of **£3.50**. Beneficial for both physical and psychological well being with Specialist 50+ trainer, Jeff Hurrell.



### *All contributions to future Page 4 Bulletins Family Stories urgently needed*

#### **My Father's Coincidences**

**By Janet Wilson (our Refreshment Organiser)**



*My father Jim with his sister, Nell, and my older sister, Jennifer, 1947*

My father, Jim Duke was born in 1918 in West London, the son of a railwayman and he became a draughtsman after the War. After my parents were divorced, he moved to Oxford, where he had former in-laws living. Through them he had a friend called Ellen, who was a housekeeper to a Miss Stevens in Boars Hill House, Oxford.

My father took me and my sister, Jennifer, to stay with Ellen at the Boars Hill House. I remember that a very old lady came to join us in the kitchen while we had our tea, chatting to Jim and Ellen and asking whether me and Jennifer would like more bread and butter.

The house had a large garden where we played croquet and a large barn with a huge telescope and a roof which opened to the sky. There was a penny farthing cycle which we climbed on.

I had no idea of the identity of this kind, old lady until my daughters did the research and found the details. She was Catherine Octavia Stevens (1864 -1959), Director of the British Astronomical Meteor Section from 1905-1911. Knowing something about her makes the memory of that visit more special.

After my parents divorced, I lost touch with my father as I grew older, but after his death, I discovered by coincidence that his second wife, whom I hardly knew, had another house in the same road occupied by her 13 cats. The coincidence was a meeting that I had with a stranger. We got talking about our backgrounds and she told me she had recently moved from Oxford. I said that my father had lived in Oxford and she said "Oh, was your father Mr. Duke? They had lived in the same street.



**Figure 1**  
**Catherine Octavia Stevens (1864-1959)**  
Miss Stevens was Director of the Meteor Section of the British Astronomical Association from 1905 to 1911.  
This image is taken from her obituary in the *Journal of the B.A.A.* 1960, 70 (2), facing Page 104.  
By courtesy of the British Astronomical Association  
*The Antiquarian Astronomer*

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