

HORNSEY PENSIONERS

www.hornseypag.org.uk

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

March 2023

How is the NHS, Primary Care and its Partners Supporting Us in West Haringey?

**Speaker: Paul Allen, Head of Integrated
Commissioning (Integrated Care & Frailty)
Development & Population Health Directorate**



Time & Date: March 15th 1.30pm Start

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

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

All help by members welcome. With many thanks to all our helpers last month and volunteers Mike Seed and Mia Anderson

Hornsey Pensioners Action Group's Future Meetings

April 19th AGM and the Co-operative Legal Services / **May 17th** TBA / **June 21st** TBA

Other Local Events

A step back in time: **Café Palais** is a FREE stylish 1920s café and monthly event for older people, people living with dementia and carers. Come along, get dressed up, and enjoy creative and artistic activities, hot drinks, scrumptious cakes, and French pastries! Café Palais events will be taking place on **the LAST MONDAY of every month** from 2PM – 4PM. We will be organising different artistic activities every month!

Reminiscence Café at Bruce Castle Museum: *Lordship Lane, N17 8NU* How to get there: Bus 243 or 123 from Wood Green or 243 from Seven Sisters u/ground to Bruce Castle Park and Museum towards Wood Green. (By car SATNAV you need postcode N17 7AA, car park is off Church Lane). Tea, coffee and biscuits available. Informal setting with local historian, Chris Protz, leading the session.
Tuesday 14th March 2pm to 4pm.

Textile Works: Strata /Structure: Lucy Fisher Polly Mortimer [@intervalthinks](https://www.intervalthinks.com). Promenade Gallery, Hornsey Library, Haringey Park, N8 9JA from **23rd February to 9th March**

Work with King's College London: <https://www.kcl.ac.uk/research/saacy>—The science of ageing and the culture of youth. A study of the experiencing of ageing through a one-to-one interview, either face-to-face, by telephone or online video call. Email: saacy@kcl.ac.uk Tel: **020 7848 1348**

Summary of Hornsey Pensioners' Talk On "The Dark Side of Enfield " By Joe Studman, London Local History Guide of Jaywalks on 15.02.23



HPAG were treated to a lively, entertaining and packed talk about ghostly goings on in Enfield. We were reminded that in 2013 at [Forty Hall](#)* there had been an exhibition of ghosts. The hall was built in 1632, owned by Nicholas Rainton, a high-end haberdasher. Rainton had no immediate heirs, it was inherited by a great nephew. Subsequently, through the 17th century Huguenots and a 19th century Dutch family, it came down to the wealthy Bowles family (one later married the now Queen Consort, Camilla). Bowles took over in 1901 and put in the East window showing owners' coats of arms. It is now said that people can feel a presence or sensation of electricity at the top of the stairs near the window.

That is not the only 'haunted' location in the Hall. The Great Chamber is said to produce eerie effects. In the Master Bedroom, the bed seems occasionally to have had someone sleeping in it, the North London Paranormal Investigators have acknowledged there is something in the room and cite the deaths of sick girls. Likewise, across the corridor in the Elsing room, they experienced Martin Banks, who was murdered at the hall. He was a corrupt bailiff who, along with his sons, poached from the grounds. Rainton was in the vicinity at the time. Was he involved? In the servants quarters, there is evidence of shoes being put by the door and 'protection' marks, both to scare away witches.

There have been 'manifestations' throughout Enfield. On Bell Lane, off the Hertford Rd, three women crossing the road saw a ghostly carriage, pulled by four black horses, rear up and then disappear. This was seen again on five subsequent occasions over the decades by different people. Enfield Palace used to be on the site of Pearson's and now music may be heard coming from the top floor of the store.

[Myddleton House](#) was the home of one of the Bowles family. The eldest son, John, died of tuberculosis in 1887. The housekeeper then saw a pair of legs in striped trousers and subsequently lights have been seen in the stable yard, also a lady wearing a crinoline. [Capel House](#) in the late 1800s, was owned by the tea planter brothers, John and James Warren. They teased their sister, Hilda, about her sighting an old lady in a rocking chair. In addition, in 2000, the 'white lady' of Capel was seen, said to be the lover of a murdered gardener.

Trent Park affords us a haunting by Geoffrey de Mandeville, also a grey lady. A boy playing in the grounds of Highlands Hospital had friends who were 'ghosts' and saw the figure of a monk, with his face eaten by maggots.

Other places to note eerie sightings include: Castleleigh, Bush Hill, Royal British Legion, pubs including Crown and Horseshoes, King and Tinker (see image, right) Hop Poles, The George, Rose and Crown.



Take care!! Jane Garner

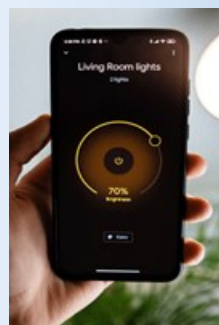
NB *Hornsey Pensioners hope to organise an outing in August this year to visit Forty Hall

Haringey Stands with Turkey and Syria After The Disastrous Earthquake

Those organisations are now asking residents to **stop bringing clothes/bankets** etc; but instead, the community are asking those who are willing and able to support these aid efforts to **give financial donations, if you can, to registered charities or NGOs.** [Disasters Emergency Committee \(DEC\)](#) are coordinating a range of UK charities' aid efforts: [Save the Children](#); [British Red Cross](#); [Oxfam](#); [Islamic Relief](#)

Haringey's Technology Volunteering Form

Live independently in your home through smart tech.



If you find technology daunting, please don't be put off. If you are interested, you can fill [in this short form](#) to help us explore how technology can help you live independently, or ask someone to fill it in for you.

You can use the same form if you are the friend or carer of someone who is interested, and they cannot fill it in for themselves.

Coffee and Computers



The organisation are offering free digital support every **2nd and 4th**

Wednesday in the month from **10.30 to 12.00** in **Hornsey Library.**

To book your appointment email: info@coffeecomputers.org or call: **07999 042497**

Useful Information from One of Our Members

Large Superdrug stores with pharmacies will recycle medical blister packs. It might be best to check that these stores are still participating: Dalston, Islington, Holloway and Edmonton. Since May 2022, Iceland stores has been offering a 10% reduction on food every Tuesday for the over 60s. The discount will be available in-store at Iceland and The Food Warehouse branches. A driver's licence, senior bus or rail card can be used as proof of age.

Haringey Circle Membership

Haringey Circle now have a reduced subscription for people who just want the handyperson service. It's the 'silver' rate of £20 per year, then you pay by the hour for people who come to carry out the job for you. Phone **020 3196 1894** or see <https://www.haringeycircle.com/apply-be-member> for more details.

NB. Muswell Hill Library will be temporarily **CLOSED** after Easter for refurbishment

Don't Miss your Unclaimed Pension Credit

There is no shame in getting support that you have a right to



Haringey urges residents to claim all of the pension credit they are entitled to during the cost of living crisis, following a new campaign that has been launched by the Mayor of London. Pension Credit is a benefit that tops up weekly income for people who have reached State Pension age. Unclaimed Pension Credit means that eligible households are missing out on up to £3,300 a year. The receipt of Pension Credit also unlocks a range of further support, including with energy and council tax bills. Visit the [Government's Pension Credit page](#) or call the Pension Credit helpline on **0800 991 234** to get more information or check out the Haringey website.

My Aunt, Elzbieta Zahorska, A Polish Hero

By Sarah Harris

My father was Polish and served in the Royal Air Force during the war. His sister, Elzbieta Zahorska, was one of the first Polish people to be shot by the Germans at the beginning of the war. She was born in June 1915.

Elzbieta completed a course in telecommunications and worked as a post office assistant in Vilnius (capital of present day Lithuania). She participated in the defence of Warsaw as a telegraphist and liaison officer. She also operated a heavy machine gun at one of the anti-aircraft defence posts, as she had received military training. She was taken prisoner, escaped and a warrant was issued for her arrest. She was captured, escaped again and, after a short stay in Lublin, returned to Warsaw. She was detained again after tearing down a propaganda poster "Anglio/Twoje Dzieło" (England Your Work, see below). Elzbieta was sentenced to death by shooting. She was allowed to meet her father, who gave her biscuits and gloves. She was shot on 2nd November, 1939, together with a woman who had slapped a German soldier.



According to a priest, who was present at the execution, Elzbieta was calm before the execution. She did not allow herself to be blindfolded and her last words were "Polen ist nicht verloren" (Poland has not perished yet). She was posthumously awarded the Cross of Valour by the Commander of the Union of Armed Struggle, General Stefan Rowecki.

A book about her has recently been published, *[Prekursorka "Malego Sabotazu" Elzbieta Zahorska \(1915- 1939\)](#)* ("Forerunner of Small-scale Sabotage") by Tomasz Szarota. Under the picture of Elzbieta (as above) was written "Most published photo of the beautiful young woman Elzbieta Zahorska".

The cartoon's author was an Austrian cartoonist, Theo Matejko. A copy borrowed from the Imperial War Museum, London was placed in a display case, dedicated to Elzbieta at the Museum of the World War in Gdansk, Poland.

A roundabout in Warsaw is named after her.

A brave woman, indeed, and to think she was only 24!

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

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