

HORNSEY PENSIONERS

www.hornseypag.org.uk

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

April 2023

Hornsey Pensioners Action Group

Wednesday April 19th

Annual General Meeting: **1.30pm to 2.00pm**

Followed by: **“A WILL IS NOT ENOUGH”**

Speaker: **Jenny Moledina, CLS Estate Planning, 2pm**

Venue: **Hornsey Parish Church Hall**

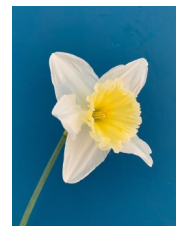
Cranley Gardens, N10 3AH



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: May 17th Digital Exclusion, June 21st Food Banks, July 19th TBA, August 16th Outing to Forty Hall (TBC).



NB: Access to the April Meeting

Muswell Hill Flood Management Disruption

The Alexandra Palace Way is now closed both ways due to drivers illegally going down the one lane that was for the opposite direction. Therefore, **W3** will now be diverted from / and to Middle Lane and Lordship Lane. Members can then catch the **144** along Priory Road towards the bottom of Muswell Hill and Alexandra Palace. Give extra time for traffic delays.

All other local bus routes are **not** affected.

National Pensioners' Annual Convention (NPC) 2023



The NPC Annual Convention returns to Blackpool in the Imperial Hotel on **Wednesday 28th & Thursday 29th June, 2023** for two days of discussion and debate. Tickets are just £10 for both days or £5 for a single day. To book places for the event telephone **020 7837 6622** or email: info@npcuk.org

Hornsey Pensioners Action Group Public Meeting - 15th March 2023



Joyce Sullivan from Age UK Barnet spoke about a new project to support the Over 50s. Age UK Enfield, Barnet, Islington and Camden have come together to see if they can bring some services to Haringey to complement relevant existing services as Age UK Haringey no longer exists. A consultation will be carried out to see which services are needed in Haringey. It would be useful for people to give examples of what is needed in Later Life Planning. Contact Joyce on joyce.sullivan@ageukbarnet.org.uk

The main speaker was Paul Allen from Haringey Integrated Commissioning. The title of his talk was: *How is the NHS, primary care and its partners supporting us in West Haringey?*

Technical problems meant Paul's slides could not be shown. These slides can be downloaded from our website or a paper copy supplied. Request a copy from Janet.

The NHS has made some changes to its services recently and the following 5 boroughs are taking part: Haringey, Barnet, Islington, Camden and Enfield. Services are divided up into neighbourhoods of approximately 50,000 people. Primary Care Networks exist in these neighbourhoods bring the GPs together.

In Haringey, Dr Caroline Gillett (who also spoke at the meeting) brings together 34 G.P practices, who are the first port of call. They in turn can access other services such as district nurses, therapists etc. Also, we have two main hospitals, North Middlesex and the Whittington. Short term care may be available to help when returning home after hospital.

Paul and colleagues have been working with local residents in the development of an Ageing Well Strategy, to support people to be fit, well, independent and avoid crises and a pamphlet guide is available on request. It's important to get an early diagnosis before a crisis and the NHS Diagnostic Centre in Wood Green can help [with their guide](#). The downloadable guide provides hints and tips on memory, dementia, continence, and avoiding falls.

Haringey has the highest level of need by older people in London, and they are now considering developing a Pain Management Service. Haringey West Primary Care Network looks after people with frailty and is in the process of consulting how to identify them and prepare solutions to offer. A model of support will be developed over the next 6 months. Better access to services has been developed so some GP practices are now open from 6.30pm to 8.00pm on Saturday. It is possible to book an appointment two weeks ahead, for routine issues like diabetes and hypertension. You may have to go to a different practice but you will be seen by a qualified professional. Patient Participation Groups are important and Paul Allen encouraged people to join them. 4 people in the hall said they belonged to PPG's but one said hers did not meet regularly enough.

A consultation is taking place about the St Ann's Practice which is run by a private company.

Comments and questions to Paul:

His response to questions on the lack of hospices: "End of Life Care is part of the Ageing Well Strategy"; no responses to questions on lack of continuity seeing practitioners nor for joint services and care for people who need to access public toilets. With reference to the question on 13 years of Tory cuts and underfunding he said: "We have to manage with the funding we are given".

Though outside the statutory services, people commented on how people are doing things to help their neighbours, especially frail elderly.

Guest Paul Higgins from [Reach and Connect Haringey](#) spoke about the borough-wide service, providing support and friendship to people over 50, Contact **Paul** on **020 3196 1905**

Clive Evers



Ceila Bower 1933-2023

Ceila Bower, born 1933, died in March 2023. She was the former Hornsey Pensioner Action Group Treasurer and Social Activities Co-Ordinator of e.g outing to St. Albans (2009-), Strawberry tea with her sister in Hertfordshire (2010), regular annual trips to see the Daffodil Meadow at Trent Park. (see right. Alas, no longer so beautiful because of that section of the Park being sold for housing).



Local Events

Hornsey Vale Community Centre Lunch. The 1st Wednesday of the month. On 5th April then 3rd May from **1 to 2pm**. £5 for a 2 course meal at 60 Mayfield Road, N8 9LP booking essential. Phone **020 8348 46122**

Reminiscence Café at Bruce Castle Museum. Lordship Lane, N17 8NU. Directions: Bus 243 or 123 from Wood Green or 243 from Seven Sisters u/ground to Bruce Castle Park and Museum towards Wood Green. Informal setting with local historian Chris Protz leading the session. **Tuesday 18th April 2pm to 4pm**. Picture Gallery – Bring your school photo.



Local Free History Walks for Pensioners, Oonagh Gay. See attached. From May onwards. See photo of rural remnant of Crouch End passage near Hornsey Library from her CE Women's Walk on March 18th.

Council Homes with Council Rents in West Haringey

Haringey's pledge to deliver 3,000 new council homes by 2031 continues, as Wat Tyler House in the Campsbourne Estate received planning permission earlier this week for 16 homes. Having listened to those who live on the estate, many of the improvements will benefit both new and existing residents, including enhanced landscaping and green spaces (the communal gardens behind Wat Tyler House) as well as biodiversity (e.g. planting wildflowers, installing bird and bat-nesting boxes). The new homes will also advance Haringey's commitment to reducing carbon emissions, while helping their tenants to keep their energy bills down. Each of the homes will include high levels of insulation, solar panels on the roof, green roofs, efficient ventilation, air source heat pumps and solar shading to prevent overheating.

Other Council homes at Council rents: Chocolate Factory. Wood Green 80, Cranwood House, Muswell Hill 32, Edith Road, Bounds Green 8, Town Hall, Crouch End 11, Nightingale Lane, Hornsey 3, Tudor Close, Highgate 6, Woodrings Court, Alexandra Park 33.

Please Offer Me A Seat



If you struggle to stand while using public transport, there is a free badge and card available to help you alert fellow customers that you need a seat. The badge and card can be used on all TFL services: Remember, the badge and card doesn't guarantee you a seat. Learn more and apply for your welcome pack from **Transport for London** or **0343 222 1234** (TFL call charges).

This year, **Priority Seating Week** is taking place the week commencing **24th April 2023**. This campaign gives TFL the opportunity to: focus on priority seating, help educate customers on the many reasons people need to use these seats, the difference it makes, encourages positive priority seating behaviour and promotes the use of and raises awareness for the Please Offer Me a Seat (POMAS) badge. To maximise the impact of these messages, TFL would like to share some real life experiences of people using a POMAS badge or benefit from using priority seats. These could include your thoughts on: why you need a seat, wearing a badge, some good (and possibly unhelpful) experiences you've had while travelling.

Biltong, By Betty Cairns



By the 2nd Christmas of World War 2, store cupboards were bare, so we were delighted to receive a parcel from distant family in South Africa. Carefully sewn into canvas, quite small but very heavy, it was found to contain a large quantity of rice, which my mother, a very good cook, would use not only for puddings (with dried milk) but for risotto she used to make, where small amounts of meat and fish would go a long way.

There were dried fruits, lovely fat prunes and raisins, and a curious package with writing in a foreign language containing a hunk of dark reddish-something.

It was clearly food; a finger tip test tasted meat. A slice was cut off and fried.

It was foul. Our terriers, by now vegetarians, took one sniff and backed off. My mother finally used the hunk to make a meat stock for soup and risottos. The final remnants, again refused by the dogs, were buried on the allotment, to encourage the tomatoes.

In March 1941, a Christmas card arrived from South Africa. Did we enjoy the biltong? This Christmas, 2022, I saw biltong on sale in our local M&S, not cheap either. Young friends assured me biltong was a new, healthier snack with drinks, better than the usual nuts and crisps. I found some recipes. 80 years too late, I found that if we had marinated slices of biltong in olive oil and lemon juice, we would have had a wonderful addition to our 1940 diet. If we had had any olive oil and a lemon!



Alas we have no photographs of Betty's mother, as the film was damaged during the bombing. But you can certainly find biltong at a market stall in Alexandra Palace Park, alternatively, at Campsbourne school (as seen here) on Sundays 10am to 3pm.

Scams Lesson From One Of Our Members

One member was constantly being harassed on the phone by scammers pretending they were from the bank, who said her bank account had been scammed. They asked her for her card details and came round to collect, then stealing £500 - which the bank did pay back.



Everyone thinks it won't happen to them but here are some ideas of how this could be avoided. Get a phone with an answer machine and into which you can put your contacts and also see the phone number that is ringing. Your bank's telephone number is on the back of your card. Wait for their message, unless it is one of your trusted contacts. Scammers don't usually leave one. Never give your bank card's pin number, as the bank will never ask for it. Don't phone the police or bank immediately, wait until you have phoned one of your contacts, as scammers will stay on the line.

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

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