

HORNSEY PENSIONERS

www.hornseypag.org.uk

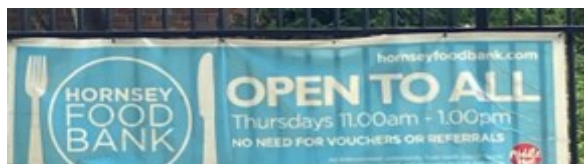
Hornsey Pensioners Action Group serves pensioners within Hornsey & Wood Green
and other neighbouring parliamentary constituencies

July 2023

Hornsey Pensioners Action Group Meeting

Wednesday July 19th 2023, 1:30pm

**Behind the Scenes of Food Banks:
How Can We Help?**



Speakers: Ann O'Daly, Hornsey Foodbank & **Emma Killick**, Bounds Green Foodbank

Please bring **actual or financial donations** for the speakers to take to their foodbanks.

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, especially Lesley, who had to replace Mike, to volunteer on the microphones and to volunteer final Bulletin Producer, Mia Anderson.*

Access to July Meeting: Warning. There may be problems with the **W7** or **church car park** as more flood capture works are planned near Cranley Gardens. The **W3** and 144 should be back to normal.

HPAG's Future Meeting



There is NO meeting on August 16th. There is an outing to Forty Hall instead. Coach is booked and 8 people have claimed their seats – 8 left at £20 each. NB If there is room you can bring a partner or friend.

To book, contact Ann **020 8340 8335 / 07757 634 405 /**
awarr@btinternet.com

Our visit will be from pick up at our meeting hall yard in Cranley gardens at **12.30pm and return by 5.30pm.**

Forty Hall is an early C17 Grade 2 listed building. The museum rooms are now open for viewing, including the ghost room we heard about in our February meeting. There are walks around the lake and landscaped formal gardens containing the Cedar of Lebanon, one of the Great Trees of London. If you can, there is also a lovely walk in open landscape down hill to the Tudor fishpond and Turkey Brook.

***NB. We are awaiting more members' family stories for our future Bulletins.
They can be anonymous!***

June 21st Session on “Never Give Up Exercising for Senior Strength and Fitness”



Misha Mansour gave us a very enjoyable session, challenging us with questions: *What age is “elderly” now?* Let’s live well whatever age we are. She emphasised quality of life and independence. *Why are some older people frightened to exercise?* She stressed that muscle loss was an important factor in ageing, especially in women after menopause. Inactivity reduces muscle tone as well as inadequate nutrition (NB. muscle mass is more important than fat). Balance loss is also part of the ageing process, which reduces confidence. Aging medical diseases e.g. of heart, arthritis and high blood pressure, deter people but we need 2.5hrs of brisk exercise a week. The easiest is walking but lifting weights, however light, repetitively can help to build up muscle.

What are the barriers the elderly use to stop exercising? Time, money, self-confidence, left it too late, procrastination, fear of injury, pain already, out of breath. **Benefits of exercise:** better balance, improved movement, can do more housework, improved mood, better sleep, recovering from operations or injury quicker, improved immunity, more agility.

Components of exercise: balance, strength, flexibility. Everyone has their own physiological and medical history and each should exercise according to their own. Make sure, however, you are honest with yourself and not just making up excuses so as not to do anything. She then got us to doing some quite exhausting moves on a timed framework, like 1 minute of standing up and down and running around the room. **Misha** is a personal trainer and runs a Zoom exercise class. **07540 568612** or missmishammansoor@gmail.com

Our member, Lesley Chrysanthou, next spoke about the West Haringey Senior Exercise Class, which runs on **Tuesdays** in [Hornsey Vale Community Centre](#)’s gym, Mayfield Road. It runs from **2.15pm to 3pm**. Our fee is **£3.50** for 45mins. Several of the HPAG members attend and it has been running since 2010. Jeff Hurrell, the trainer, is well qualified in encouraging the elderly to improve their health and very good at encouraging people to progress at their own pace within the class. He has worked on exercise on referral programmes, trained in fall prevention and management, been advisor to “Different Strokes”, worked in Islington and Haringey EPP and Whittington Health diabetes programmes.



Contact: **Lesley** on **07967 089078** or lmchrys1004@gmail.com

Ham and High Opinion Article — Catherine West

A copy of our Ham and High opinion article (See separate email or attachment) has been sent on to Catherine West, Cllr Adam Jogee, Age UK and HQs for Sainsbury's, Tesco, Waitrose, Co-operative retail, Morrisons.

Reply from Catherine West MP also referring to the loss of Crouch End Co-op store to Sainsbury's:

Thanks for sharing your excellent letter. I quite agree and have already been chatting to our Crouch End Councillors Lester Buxton and Cressida Johnson about the issue and the importance of staffed tills, indoor ATMs and in-person customer service, particularly for older residents. They're following up with the store and I have offered my full support.

Latest News on Hornsey Sainsbury's



There is an array of new self checkout tills with larger but still low counters, they have saved some staffed tills BUT customers will have to request their use, as staff will no longer be waiting there and if they are short of staff, they will not be available.

Janet Shapiro has found that others are also concerned about the loss of staffed tills; *"Pat McCarthy, an active member of the Hillingdon and Hounslow branch of the Unite Community Union, started her petition on Change.org last year, and it has now been signed by more than 240,000 people."* Please read the supportive statement and sign the petition.

<https://www.disabilitynewsservice.com/quarter-of-a-million-petition-tesco-over-inaccessible-tills/>

New Booking System at Local Medical Practice



By chance, I had a medical appointment with Dr. Miles Bogle, who is a Haringey Age Well Lead and I complained to him about a new system the Queenswood Medical Practice was bringing in for appointment bookings online. He said it was to follow government requests that patients saw doctors at a shorter time interval. It is called the Accurx Patient Triage. It is an A1 system. The idea is that on the same day of the request, a doctor will decide which of their almost 40 doctors will be best to treat the patient and, relevant to the seriousness of the symptoms, how quickly. This system, he said, is preferable to non-medical receptionists deciding the importance of appointments. Unfortunately, it is online. He did say that patients with access problems can phone up and someone in the practice can fill in a form. Alas, only 1 medical issue can be booked at a time. I had gone in to discuss 3 issues!

Ann Anderson

A Night at the Opera

Arias and choruses from
favourite operas and operettas

Saturday 22 July 2023
St James Church, Muswell Hill, N10 3DB

5pm performance, £5 for concessions.

7.30pm performance, varied prices with £2 off for concessions.

Book tickets from northlondonchorus.org/tickets or from bookshop at St. James Church

My Mother in World War 2, by Joanna Bornat



Betty (right) with colleagues in Queen Elizabeth Hospital Birmingham, 1947

My mother, (Elizabeth aka Betty Merson 1916-2011) spoke and wrote about her experience of the Second World War, as so many others did, for the rest of her life. Though things took a heart-breaking turn for her in September 1943, she always talked about her time as a nurse at the Queen Elizabeth Hospital in Birmingham with compassion and humour. She and her close friend, Jean Griffiths, joined in January 1943. As she explains in an article she wrote for *The International History of Nursing Journal*, (1998): “We were both 23 years old and had each spent some years in provincial art schools, before attending the Royal Academy Schools in London [...] Now it was war time and we had decided when the Academy Schools closed down to dedicate ourselves to nursing as our war effort. In my case at least, I was very much under the influence of Vera Brittain’s *Testament of Youth* and Hemingway’s *A Farewell to Arms*.”

It was at Birmingham that she met my father, Jeff Thomas. They wrote to each other constantly from wherever they were:

Letter written on night duty on E5 (brains), 30th January 1942

“Every fourth word there is a halt in my imagination flow as I hear fumbblings & murmurs in the surrounding darkness. (I write by the light of an Anglepoise lamp). Twenty medical & neurosurgical women to keep asleep from 9 until 6. We are due for a death at any moment. The curious thing about laying out the dead, is that the strongest impression on your mind is left by the smell of the patients’ soap as you wash them. They usually have Lux or Palmolive and it lingers on your hands to remind you long afterwards. This is one of the nights when I love nursing and everything seems to fall into position in smooth folds, forming a complete whole. I feel pleasantly important giving out drugs, and literally stroking people’s hands hearing tearful stories, patting pillows & being motherly.”

March 1942

“The mornings – 5-6 am are superb from our ward balcony (E5) where I hide for solitude, coolness and beauty. You can see ‘Frankley Beeches’. There is a canal and a railway & the whole of what I take to be Selly Oak; tiny streets with morning light on the rooftops. Bridges here & there & patches of open green. And most distinctive of all, tall factory chimneys making it even more like a theatre back cloth. Looking down 5 storeys makes me clutch the wall & gives a sense of importance to the scene.”

Towards the end of the war, widowed and with a small child, she qualified as an art teacher, then went back to her nurse training, becoming a health visitor and later, by then remarried, went back to teaching in a New Forest two-room village school.

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

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