



Charity No: 1043081

## ISLINGTON PENSIONERS FORUM

The voice of Islington's older community

October 2015 Newsletter

# Older People's Day

## We're an asset not a burden!

Every week, a politician, think-tank or media commentator suggests that the country can no longer afford its older generation. They claim that pensioners have escaped austerity and cuts and should now lose their universal benefits: free bus travel, winter fuel allowance, TV licenses for over 75s and free prescriptions.

**But this attack must be resisted.**

### *What contribution do pensioners make to society?*

- Every year, pensioners add £40bn more to the economy than they receive in pensions, care and benefits.
- All pensioners pay tax, either on their income or indirectly.
- Many charities would not exist without older volunteers.
- Millions of young families rely on grandparents to provide unpaid childcare, and many older people also look after their spouses without any additional financial support.

### *Why are universal benefits so important?*

- They save money through prevention of problems, eg. free bus travel cuts down on loneliness.
- They enable older people to play an active role in society.
- The UK's state pension system is so poor that universal benefits are needed.
- Everyone who needs help gets it. A means-test would stop some from claiming.
- The tax system can always be used to claw back money from very wealthy pensioners, rather than a costly means-test.
- They show support for the welfare state.

There are no specific provisions in the statutes of the UN, the EU or the UK for older people! But each year there are events on the UN Day of Older People, and the National Pensioners Convention recognises the day in order to campaign on issues affecting older people. In support of this our Forum will meet up to hand out the above leaflet, get signatures on the petition, and ask people to join us for tea and cake!

## ***UN Day of Older People***

***Thursday 1st October 2015, 11 am at the IPF Hall  
1a Providence Court, Providence Place, N1 0RN***

# CHAIRMAN'S NOTES



Jeremy Corbyn MP

Oh my goodness! It happened!

A mandate from the people on the Labour side to say change this political roundabout, to do something, everything in fact, differently, and I am proud to know our President Jeremy Corbyn MP is up front leading this change of direction, which is so badly needed.

None of us should

be proud to enjoy the chaos surrounding us in this world today, when we witness mass immigration of thousands of families moving halfway round the world to avoid conflict, death and destruction. All of us felt heartbroken to see that dear little child being carried up the beach, no words are adequate; sometimes pictures emphasise the reality.

And we know that here in this country, thousands are getting help from food banks! Young people cannot get a decent place to live and there is low pay and zero-hour contracts all making it very difficult for the younger generation to plan their future.

This country's economy is greatly controversial; don't be fooled by the propaganda that we are broke! This is a wealthy country.

By far the largest problem is the transfer of wealth from the poor to the rich, which started with a trickle and gradual transfer to a more recent blatant and

rapid deployment of the country's wealth.

Hence the mandate from people, the likes of Jeremy, to change this rotten system, to say nothing about all the other detrimental legislation that is going through Parliament at this present moment. The opposition have a tremendous task! During the campaign for the Labour leadership we heard the decent respectful arguments in relation to fairness, equality, employment rights and many other urgent matters, and now many more of us are needed to join together to demand a different and better society.

***"The simple word HOPE has often been used in Jeremy's campaign, and now we must act on "hope" and make sure that our voices are heard!"***

Older pensioners remember the huge movement that brought in a different government in 1945 with policies of fairness and equality. It is not since the days when NHS-champion, Aneurin Bevan spoke at huge meetings that we have seen the likes of the thousand-strong (and more) Labour meetings up and down the country which Jeremy addressed.

Let's join with other pensioners on 4th November for the Lobby of Parliament. At the time of writing, I understand that both the Conservative Ministers of Health and Pensions have said that they will be "too busy" to come to the meeting in Committee Room 14 in the House of Commons on that day, but the Labour front bench will be represented.

This is an amazing time politically which will effect all of us. The simple word HOPE has often been used in Jeremy's campaign, and now we must act on "hope" and make sure that our voices are heard!

## 4th November 2015

### PENSIONERS LOBBY OF PARLIAMENT

***Meet at 11 am at Highbury and Islington Station. We can get the Victoria line to Vauxhall and then the 88 bus to the Houses of Parliament.***

If you prefer to make your own way, then the details for the lobby are:

- assemble at 11.30 a.m. Old Palace Yard (opposite House of Lords) for speeches and photos) and
- meet in the House of Commons, Committee Room 14 from 1-3 pm. . . . . speakers to be confirmed

# HAVE YOU GOT YOUR MEMBERSHIP CARD?

We hope that you will help us to keep this Newsletter by paying the £5 annual subscription which also enables you to have the membership card.

**ISLINGTON PENSIONERS FORUM**  
 Meets on the third Thursday of every month except August at 10.30 a.m. at Islington Town Hall

**IPF MEMBER**

**STANDING UP FOR TODAY'S AND TOMORROW'S PENSIONERS**

**ISLINGTON PENSIONERS FORUM**  
 1a Providence Court, Providence Place, Islington, N1 0RN Charity no: 1043081  
 Telephone 020 7226 7687  
 Email ipf@talktalkbusiness.net  
 Web www.islingtonpensionersforum.co.uk  
 Twitter@ipfofficial  
 Facebook Islington Pensioners Forum

## PROPOSAL FOR AN OLDER PEOPLE'S COMMISSION

During the Labour leadership election campaign, the Daily Telegraph published an article by Jeremy Corbyn. . . . .

**The article concluded:**

"If we want dignity for all in old age, then it has to be paid for. That's why I believe Labour in opposition should establish an Older People's Commission to create a new deal for older people, with funding options that can be discussed throughout the country in advance of 2020. Honest, straight-talking politics demands open and democratic debates to resolve difficult issues."

**To explain this proposal, Jeremy said:**

"The current political consensus is that we must increase the pension age - scheduled to rise to 67 by 2026 and to 68 by 2044 (subject to review every five years from 2017) - and cut social care provision."

**And he asks whether it is the same for everyone?**

"Some people will be happy to work longer, others not. But *living* longer doesn't mean we are able to *work* longer in physically demanding jobs like that of the firefighter, police officer or paramedic. And it's not just in the emergency services; construction workers, care workers and prison officers cannot be expected to work into their late 60s."

**And he points to pensioner poverty:**

"Currently, nearly two million pensioners live in poverty. The Joseph Rowntree Foundation said last year that the minimum income standard for a single pensioner was £182.16 per week. That is some way above the £144 per week touted for the single tier pension from April next year."

**He refers to the austerity measures:**

"The cuts to public services are having a big

impact on older people. Most starkly, £4.6 billion has been cut from social care budgets since 2011. There was already an urgent need to tackle the dysfunctional care sector, which pays exploitatively low wages to dedicated staff on poor terms and conditions.

"Meanwhile some of the biggest providers in the sector are private equity-owned companies paying obscene salaries to their bosses, and have registered themselves offshore to avoid paying the very taxes that fund their sector."

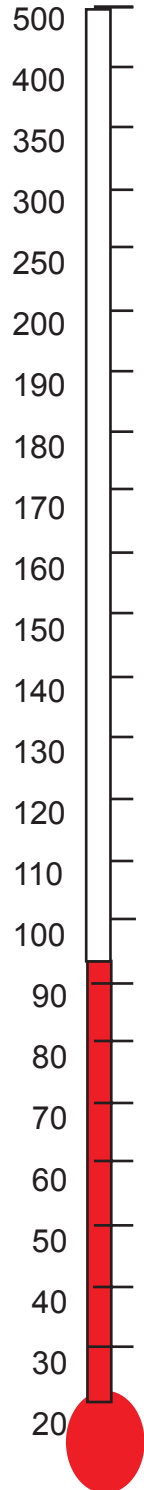
**And there's social care:**

"It is important that the NHS becomes a National Health and Social Care Service. Such an integrated service would end the scandalous lack of care time, which leads to neglected older people requiring more expensive hospital care. And it would cut out the exploiters and exploitative working conditions suffered by too many care workers, who should be put onto NHS pay scales and given time to care for the person's needs."

**And tax:**

"But this agenda for older people also means we have to talk about tax. The basic rate of income tax was 25 per cent a generation ago; now it's 20 per cent. For most of Mrs Thatcher's time in office, higher earners were paying 60 per cent; now even the super-rich only face a 45 per cent rate. After 18 years of Thatcher and Major's Conservative governments corporation tax was 33 per cent. If George Osborne has his way it will be just 18 per cent by 2020."

**We are all for "straight-talking" and should welcome this proposal for an Older People's Commission.**



**THE PEOPLE'S POST**

This campaign sets out to defend postal services and decent employment standards in the postal industry, both of which are under serious threat from privatisation and aggressive regulation.

Launched by the CWU (Communication Workers Union) the campaign says there is a determination "to push Royal Mail into a race to the bottom" and postal deliveries are threatened.

Postal workers say: "it always has been and must remain, the People's Post".



Postal workers display their banner on Westminster Bridge, 10 July 2015

**Silver Sunday, 4th October, City Hall, The Queen's Walk, SE1 2AA**

*Doors open at 11 am and the official opening will be at 12 noon, followed by lunch.*

*After that, from 1.30 to 3.45 pm you will be able to go to various sessions, e.g:*

Spanish Folk Dancing, English National Ballet, Greenwich Dance, Bolder Voices Choir, Muraldo DC: the African & Caribbean dance group, Rambert Dance Company, East London Dance, "Listen to This" by Michael Frayne and "Trouble in the Works" by Harold Pinter



To register yourself and guests for free tickets  
020 7983 4904 or email [Linda.kiff@london.gov.uk](mailto:Linda.kiff@london.gov.uk)

**OPEN DAY**  
**5 October 2015**  
**2.30 - 4.30 pm**  
**at RESOURCE FOR LONDON**  
**356 Holloway Road, N7 6PA**  
**(next to Nags Head Walthose)**

Come and find out what we do,  
 meet current members  
 and group leaders,  
 and eat cake

**Islington U3A**

Dear IPF Members,  
 It would be great if you could join us at our OPEN DAY. Actor Kenneth Cranham (pictured here) will be cutting our birthday cake, and you could find out more about us and what we do.



Best wishes,  
**Anne Weyman**  
 Chair  
 Islington  
 University of the Third Age

## The Mayor, Councillor Richard Greening at the Forum

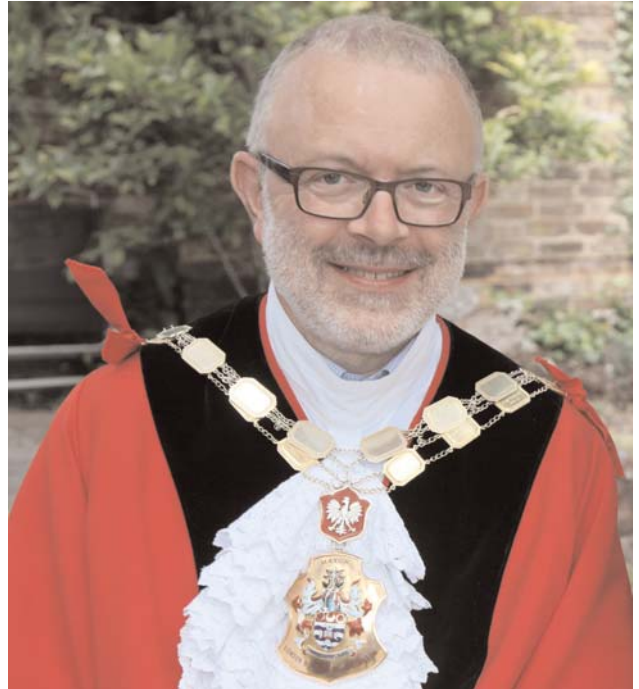
We were very pleased to welcome Councillor Richard Greening, Islington's Mayor to our September Forum meeting. He said that since becoming Mayor he had been in a whirlwind of events and had realised how many venues did not have adequate wheelchair access.

One memorable occasion was when he joined the Italian community on the 75th anniversary of the sinking of the SS Arandora Star. This passenger ship, built in 1927, was requisitioned as a troop ship in WWII and was sunk on 2nd July 1940 by a u-boat when taking Italian detainees to Canada, with the loss of many lives. These Italians had lived in this country for a long time and many of their sons and daughters were serving in the British armed forces; it was very sad.

He had joined the other London Mayors at the 50th anniversary of the London boroughs, formed in 1965 by the London Government Act. This had taken place in the London Borough of Barking, the Queen being the honoured guest.

Being Mayor gave Councillor Greening the great opportunity to see the many positive things that are happening; church groups, sports groups and many others, like the Forum, are going on within the community helping others, despite the cuts.

His charity is "Music First", which was set up in the belief that learning to play an instrument and play music with others brings many non-musical benefits, particularly to disadvantaged children and their families. A collection at the Forum raised £77.75 for this charity.



### **LIFE-SAVING TIPS: for more information St. Johns Ambulance [www.sja.org.uk](http://www.sja.org.uk)**

At the Forum meeting a member suggested that we publish these life-saving tips. BUT, as Corporal Jones says: "DON'T PANIC"!!

#### **Heart attack:**

If you suspect you or another person is having a heart attack, ring 999. If you are on your own, try to make it to the front door. Then try to rest (sitting down) and keep calm. If you're not allergic to Aspirin, chew a 300mg aspirin slowly.

#### **Burns:**

Cool the area down by holding under running cold water for 10 minutes. Remove jewellery and clothing from the burn, unless it's stuck to the skin. Don't cover the area with fibrous dressing, but you can use cling film to protect from infection. For large blisters or broken skin you should seek medical help.

#### **Bleeding:**

Except for small cuts, apply direct pressure to the wound as soon as possible and wrap something around it. If the wound is on a limb, elevating the limb, above heart level, will reduce bleeding. If there is an object stuck in the wound, do not attempt to remove it but apply pressure around the object, not on it. Call an ambulance (999).

#### **Sprains:**

For a sprained ankle or wrist apply an ice pack (or cold water) and keep the limb elevated and rest. If you can't put weight on the foot or use the wrist, then get the limb X-rayed. There may be little immediate pain but you may feel it several hours later.

#### **Broken bones:**

For a suspected break, even if you can't see any surface damage, you need medical help and an X-ray. Move as little as possible.

#### **Choking:**

If the throat is blocked, preventing breathing, then finding immediate help is important. Try a vigorous cough, leaning forward. A few sharp blows between the shoulder blades using the flat of the hand, with the person bent forward, may work.

#### **Severe allergic reaction (anaphylaxis):**

People who have suffered this before may have an adrenaline pen (EpiPen) to use if the reaction is severe: eg. feeling faint or affecting breathing. Anaphylaxis can also cause severe swelling, an itchy red rash (hives) or unconsciousness, and may be fatal; so an ambulance (999) must be called quickly. For more info see [www.sja.org.uk](http://www.sja.org.uk)

# INFORMATION

Every Monday BINGO	1pm at IPF Hall, 1a Providence Court, Providence Place, N1 0RN
Thursday 1st October 11 a.m.	<b>UN Day of Older People. . . . meet at IPF Hall, 1a Providence Court, Providence Place, N1 0RN -- leafleting and refreshments</b>
<b>Wednesday 14th October 1pm HELPING WITH OUR FUND-RAISING CHRISTMAS SALE</b> Also on Wednesday 28th October	Bring your ideas and anything you have made/collected for our Christmas Sale to the IPF Hall, 1a Providence Court, Providence Place, N1 0RN -- <i>we need to start wrapping and pricing. So your help needed</i>
<b>FORUM</b> Thursday 15th October	10.30 a.m. Islington Town Hall, Upper Street. <b>SPEAKER:</b> Mark Dearns, War on Want speaking on TTIP and the NHS etc.
Wednesday 4th November <b>Lobby of Parliament</b>	<b>MEET</b> at 11 am at Highbury & Islington Station (train to Vauxhall and 88 bus to Houses of Parliament) see the advert on page two.
<b>FORUM</b> Thursday 19th November	Bob Archer, Greece Solidarity Campaign
<b>FORUM</b> Thursday 21st January	Eric Hill, Unison Ethical Care Charter and NPC Dignity Code

**Also see adverts on page 4: Silver Sunday on 4th October at City Hall and U3A Open Day on 5th October at the Resource Centre, 356 Holloway Road**

**We want to hear from you.**

- Write to Islington Pensioners Forum, 1a Providence Court, Providence Place, N1 0RN
- Call us on: 020 7226 7687 Email us at: ipf@talktalkbusiness.net
- Office open from 10.30 a.m. -- 2.30 p.m., Tuesday to Thursday, but please call first.
- Sign up for our online newsletter on our website: www.islingtonpensionersforum.co.uk

**Presidents:** Jeremy Corbyn MP & Lord Smith of Finsbury  
**Chair:** George Durack **Secretary:** Dot Gibson **Treasurer:** Eric Hill  
 Charity No: 1043081 We are supported by the Cripplegate Foundation and Islington Council

**Annual subscription to Islington Pensioners Forum £5**  
**Send a cheque or pay by cash or use this Standing Order Form**  
**Please send completed form to:**  
**Islington Pensioners Forum, 1a Providence Court, Providence Place, N1 0RN**

To: The Manager.....Bank (Sort Code / / )

Bank address/post code.....

.....

From: (your name and address).....

.....

Please pay the sum of £..... on the ..... day of ..... (month and year) and then yearly thereafter

From my account: Name.....account number.....

To Islington Pensioners Forum, account number 50014279, Co-op Bank, sort code: 08-90-33

Signed..... Date.....