



Charity No: 1043081

ISLINGTON PENSIONERS FORUM

The voice of Islington's older community

August 2016 Newsletter

WE DID IT IN STYLE!



Belen Vaughan and the magnificent cake she cooked and decorated for our 30th Anniversary on 21 July. Even the flowers were edible, and there was not a crumb left, so thank goodness we could capture it in this photograph!

More on page three.....



No Forum meeting this month, but we have our

GARDEN PARTY **Saturday 20 August, 1 pm**

Come along and bring your friends and family

Highbury View: garden gate 87-89 Ronalds Road N5 1XQ

See map and more details on page five

CHAIRMAN'S NOTES

We were delighted with the large turnout of people who came along on 21st July to our AGM, and to celebrate our 30th anniversary. Thank you to Belen who made a magnificent 'birthday' cake and once again a big thank you to Steve Poole who once again contributed delicious sandwiches and cakes to our party.

Islington has such a lovely, generous, active community which is why the Pensioners Forum must be kept going. We are needed to campaign for all the less able people in our Borough, in order to enable them to have a better life.

We cannot afford to leave it to the politicians who

remain behind closed doors, not listening to their constituents. But there are exceptions. We have two good representatives in Emily Thornberry and our own President Jeremy Corbyn. Both are fully aware of the many problems we face; Jeremy is attempting to show politics in a different way and thousands of young people have taken to this idea. Jeremy does not do confrontation politics and gives a lead against aggressive behaviour. People have been crying out for a change in attitudes and thinking and maybe this will be a new beginning in politics.

We have some interesting times ahead. I hope we can make it work.

George Durack and Annette Thomas being guided by cakemaker Belen on how to cut the cake. But look! Not satisfied with making the anniversary cake, Belen rolled up with another two delicious cakes. There's no doubt -- George is right when he says that Islington has "such a lovely, generous, active community." We all had a great time and thank Councillor Janet Burgess and other councillors and friends for coming along to help us celebrate. Who says that 11.30 am is too early for an alcoholic toast to our 30 years?!



Continuity and renewal! Old hands and new blood elected to the IPF committee at the Annual General Meeting on 21 July:

Re-elected Officers

Chairman: George Durack
Vice Chairman: Bob Collins
Secretary: Dot Gison
Assistant Secretary: Annette Thomas
Treasurer: Eric Hill

Re-elected Committee Members:

David Milner
 Pam Zinkin
 Blanche Woodward
 Eddie Zissler

New Committee Members

Joyce Herron Supa Kusumratana Felicia Puddicombe

We go to Blackpool for the National Pensioners Convention PENSIONERS' PARLIAMENT : 14-16 JUNE 2016

WE DO NEED YOUR £5 ANNUAL SUBSCRIPTION. SO THANKS TO ALL THOSE MEMBERS WHO HAVE PAID, AND SEE THE FORM ON BACK PAGE FOR THOSE WHO HAVEN'T.



Our smiling delegation poses for the camera before the return journey

Following a short march, the first session of the Pensioners' Parliament was a rally with six speakers: John Hillary (Director, War on Want), Judy Downey (Chair of the Relatives and Residents' Association), Anthony Curley (UNITE National Youth Co-ordinator), Gary Fitzgerald (Chief Executive of Action on Elder Abuse), Richard Burgon MP and Dot Gibson (General Secretary NPC).

Richard Burgon brought greetings from John McDonnell MP (Shadow Chancellor) who unfortunately had had to cancel at the last minute because of parliamentary business. We were disappointed, but also pleased to be introduced to a new MP who said he had learned much from the other speakers and welcomed the role of the NPC in leading the

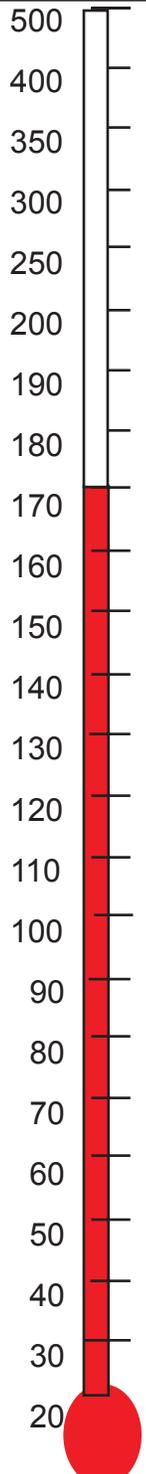
policy debate for older people.

On the following day there were six sessions on: the NHS, Housing, Digital Exclusion, Pensions, Bus Travel and Social Care. All had expert speakers to lead the discussion, but it is the experiences and views of the participants that are of vital importance in shaping NPC policy. Speakers at the final session on the last morning, entitled: "The Challenges We Face", were Lynn Collins, NW TUC Regional Secretary, Ciaran Osborne, Head of Policy and Campaigns, Independent Age and Neil Duncan-Jordan, National Officer NPC.

An A4 40+page report of the Pensioners' Parliament is available for £1 from the NPC, Walkden House, 10 Melton Street, NW1 2EJ



The "skeletons" that appeared outside Islington Town Hall on 1 February, turned up again in Blackpool -- taking the message out to the public, when they led the short march from Blackpool Tower to the Winter Gardens. We understand that they will be popping up all over the country on UN Day of Older People, 1st October. They are saying to the politicians and the media, take notice of us BEFORE we die! There is a crisis in social care and it is creating misery for the carers and the cared for.



Is Digital Exclusion Age Discrimination?

This is the title of a meeting at the Pensioners Parliament with Professor Leela Damodaran from Loughborough University. She focused on the current level of exclusion and how this might be reduced. Currently 9 million people are still not online in the UK. Three quarters of these are aged 75 or over. Those who use the internet daily increased by only 1% in the six years 2009-2015.

Many of the audience thought that computer technology was progress, but some questioned this: progress for whom? IT companies rake in billions in revenue (on which they avoid paying taxes) and they cut staff costs by having customers deal exclusively online.

A major cause of digital exclusion is the Department of Work and Pensions. Their recently introduced

Universal Credit (UC) system replaces many benefits including Working Tax Credit and Housing Benefit. Applications for UC will be online by default, and if you want to phone the helpline it will cost you up to 40p a minute! Citizens Advice Bureau is already overwhelmed trying to help people claim their rights. If you can't use the internet - tough.

In answer to the question, not only is digital exclusion age discrimination, it is also wealth discrimination: against those who cannot afford the computer equipment nor the monthly payments for internet service. This is in addition to all those who, for one reason or another (eg. dyslexia, vision problems, learning difficulties, memory issues) find using computers and smartphones difficult.

David Milner

Healthy Generations

Helping people take control of their own health

Three projects....

- **Music for People**
improving health through music, dancing, singing and playing
- **Well-Being**
improving health through exercise, diet and stress reduction
- **Connect!**
Improving health through reducing isolation using technology

www.healthygenerations.org.uk
0798 114 2376

Reducing isolation and increasing community involvement, the above three projects have regular interesting, informative and relaxing events:

- sing-alongs, tea dances, choirs, music therapy
- osteoporosis exercise classes, remedial keep-fit classes, yoga classes, thin-4-health club, stop smoking clinic, mindfulness
- compute/.smartphone/tablet classes, get a better deal, save lots of money, and connect with email, Skype, family and friends

These events are held in easily accessible places:
New Park Day Centre, West Library, Hilldrop Community Centre, Peabody Sundial, Old Fire

JOHN WORKER

John Worker died in St. Joseph's Hospice, Hackney, on Sunday 24th July at the age of 79.

Longstanding active IPF members will remember him for his passionate speeches. Standing up against injustice and for democratic and human rights, he was a staunch and loyal member of our Forum.

He lived all his life in Islington and was a Councillor from 1982 - 1990, a shop steward at the British Library and active in the Priory Green Tenants Association.

Although suffering cancer, he put that to one side, was fiercely independent and struggled against the odds to be active in thought and deed.

Committed to the principles and policy of the 1945 Labour government, he was overjoyed when Jeremy Corbyn was elected leader of the Labour Party in 2015 and very angry with those who forced another leadership election this year.

We are proud to have known him as a friend and comrade, and send our condolences to his son, daughter, seven grandchildren and one great grandchild.

George Durack

Station, Drover's, Notting Hill Housing MILDmay Park, Manor Gardens, Ventry Care Athenaeum, North Library, Ventry Care Aronmore.

The Healthy Generationsw September programme will be available at our Garden Party on 20 August (see front & page 5 of this newsletter)

Here are three simple and tasty vegetarian recipes you can make with minimal fuss.....

Cheese on Toast (with a difference)

Lightly toast wholemeal bread. Place sliced cheese on top (cheddar or similar), then some thinly sliced onion, then spread with a mix of mayonaise & mustard. Place under grill until bubbling or browned. Alternatively you can put the mayonaise & mustard on after grilling.

Broccoli and Mash (vegetarian or vegan)

Boil a tasty variety of potatoes (eg. Charlottes) for 25 mins. After 15 mins put broccoli on to simmer for 10 mins. (Or you can cook them in the same pan.) The broccoli should be firm but not crunchy. Separate the potatoes and broccoli; season the potatoes with salt & black pepper and mash them with butter & a little milk (or margarine & soya milk). Serve the mash with the broccoli on top and sprinkle with soy sauce. You may like a slice of bread and butter with this.

Grumiere (1977)

8oz potatoes + 2oz cheese + 1 cooking apple + 1 small onion + 1/2 oz butter. Cut potatoes into chunks and put on to boil. Meanwhile slice the cheese thinly, and chop onions. After 10 mins, cook the onion in the butter in a saucepan for 5 mins then add the apple chopped into large chunks. After a further 5 mins drain the potatoes (now cooked) and add to the onion and apple. Add seasoning (sea salt & black pepper) and cook for a further minute. Put contents into an oven-proof dish (or take-away foil container), lay the cheese on top and grill for a minute or two. Garnish with chives.

IPF GARDEN PARTY
SATURDAY 20 AUGUST, 1pm

Garden Gate at 87-89
Ronalds Road N5 1XQ

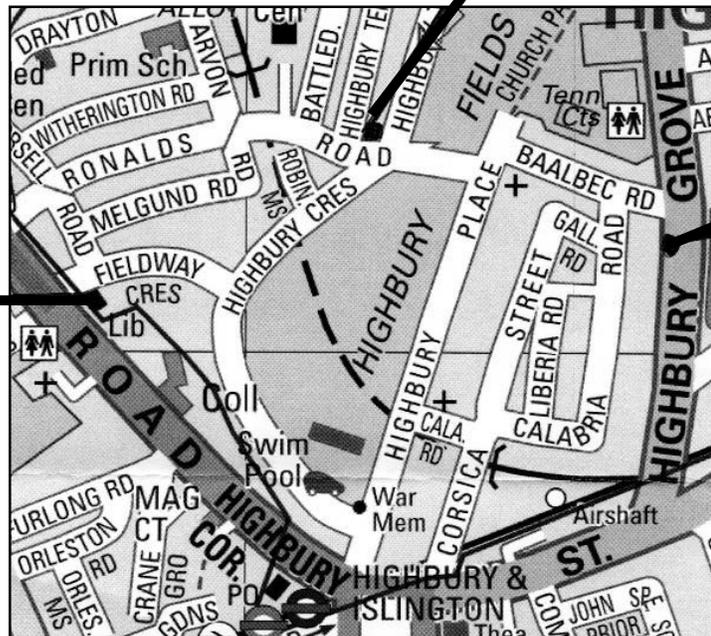
Music, food and drink all in a lovely garden. . . bring your friends and family.

It would also be appreciated if you can bring a "plate" for the buffet -- e.g. cheese, meat, pate, salad, fruit.... or a gift for the raffle.

If you would like a lift in a car from the Library in Fieldway Crescent, please let us know on 020 7226 7687 and if you get the answer'phone, please leave your telephone number so that we can get back to you.



87-89 Ronalds Road
N5 1XQ



Buses
43
271
393
263

Buses
4
19
263
236

Islington Pensioners Forum Committee (see page 2) meets on the first Monday of the month. Please let us know if you have suggestions for activities, outings, speakers or poems/letters/information for our newsletter

INFORMATION

Every Monday BINGO	1pm at IPF Hall, 1a Providence Court, Providence Place, N1 0RN
Wednesdays 3, 17, 30 August, 1 pm	Lunch and a chat, 1 pm in the IPF Hall (see above)
Saturday 20 August 1 p.m.	GARDEN PARTY, Highbury View - Garden entrance at 87-89 Ronalds Road, see front page and page 5
Thursday 15th September 10.30 am	Forum meeting at Islington Town Hall, Speaker Kat Fletcher, Mayor of Islington
Thursday 20th October 10.30 am	Forum meeting at Islington Town Hall Speaker Councillor Caroline Russell -- air pollution

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., Monday & Wednesday, 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

Assistant Secretary: Annette Thomas

Treasurer: Eric Hill

Charity No: 1043081 Supported by Cripplegate Foundation & Islington Council

Islington Pensioners Forum £5 annual subscription

STANDING ORDER FORM : please send the 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.....

Islington Pensioners Forum £5 annual subscription

Name:.....

Address:.....

.....

Telephone:

Email:.....

Enclosed: £5 cash/cheque

Plus donation? £.....

Cheque payable to:

“Islington Pensioners Forum”

Send to: IPA, 1a Providence Court, Providence Place, N1 0RN

or hand in at the Forum meeting