

ISLINGTON PENSIONERS FORUM

The voice of Islington's older community September 2022 Newsletter

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Charity no: 1043081



[Save our Buses campaign](#)
[the threatened routes are:](#)

[4, 11, 12, 14, 16, 24, 31, 45, 72, 74, 78, 242, 349, 521, C3, D7.](#)

[Come to the next demonstration](#)

The Transport for London consultation on cutting 16 major bus routes and rerouting 86 others has come to an end, but the fight has only just begun.

The Save Our Buses Organising Group invited the public to join them on a march on Saturday 13 August to demonstrate that London will not be a political football between a Labour mayor and a Tory government. Cutting London's buses will impact on the poorest people. It will impact on older and disabled people, impact on those who do shift work and rely on night buses and on those for whom a tube route would not be accessible.

**Come join the Save Our Buses organising group on
6th September at Parliament Square from 1130am.**

for a mass protest demonstration about the cuts. There will be some speeches and then a march to the Department of Transport to call on the government to pay for the capital city to have a proper transport system — just as all other European government's pay for their capital's transport system.

Editor's apology. . . . I changed the layout on pages 1 and 2 of the August newsletter and in doing so, I inadvertently doubled up on some of the paragraphs in the AGM report.... so please accept my apologies for this mistake. Dot

A VIEW FROM THE CHAIR — Bob Collins

We pensioners will be going into some really hard times in the coming year. So I thought I would do a lighthearted report on my summer trips and days out.

In June we went to Scarborough. Had some nice days out — went to Hemsley to a tea room someone recommended — really worth the trip. A pretty bus ride through lovely countryside. On Saturday 25th in Scarborough it was Armed Forces Day with a parachute display and a big military parade.



In London we went to Horse Guards Parade to see Beating Retreat with the Bands of the Royal Navy & Royal Marines, the weather was really good a nice meal and a glass of wine and a good walk back over St. James Park.

Letter to members

In the last newsletter there was an invitation from me for members to send in letters, poems, pictures, news and recipes for publication. I must apologise..... I should have said that these should not be more than 250 words, (i.e. about half a page) long.

The cost of paper, printing, and postage works out at around £9 each a member a month. Our membership fee is only £5 a year and so our newsletter is subsidised by donations and grants. We cannot afford to print more than six pages.

But we try to get interesting and knowledgeable speakers at our monthly meetings on issues about which members put questions and air their views.

Hope you understand.....

Dot Gibson

Committee Members responsibilities so far:

Bob Collins — Chair

Elaine Durack — Secretary

Annette Thomas — Assistant Secretary

Dot Gibson — Newsletter Editor

David Milner — Members list and printing N/L

Pam Zinkin

Frances Bradley

Luke Daniels

Irma Gomez

Eula Harrison

Eric Hill

Jan Pollock

Felicia Puddicombe

Eddie Zissler

Staff:

Bronwen Handyside — Co-ordinator

Lydia Batchelor — Outings/events organiser

The committee meeting on 5th September will discuss and decide other responsibilities for committee members e.g. IPF and Council committees, particular campaigns and reports for the Newsletter and delegates to the National Pensioners Convention Region. The final list will be published in the October newsletter

THE PAM ZINKIN COLUMN

By the time we produce our October newsletter we will know who the Tory Party has decided is our next Prime Minister, and the winner of this contest will be telling us what to expect on the cost of living crisis and our public services. Pam therefore will be writing about the impact of the new head of government and his/her cabinet on our NHS in our October newsletter

Healthy Generations

Healthy Generations Registered Charity No. 1128902 6/9 Manor Gardens London N7 8PL



WHO WE ARE

Healthy Generations is an Islington health charity helping to reduce isolation and improve health and well-being. We work with anyone over 50 and also run classes for other age groups.

WHAT WE DO

Run a wide range of exercise, music, digital, dance and diet classes – Yoga, Pilates, Diet, remedial osteoporosis – to name a few.

WHERE?

Both online and in person, in libraries, community centres, parks, care homes and day centres in partnership with many different organisations.

Our online classes use Zoom so for those you need an internet connection.

IT'S ALL ON THE WEBSITE www://healthygenerations.org.uk

You can see and sign up for all our classes on our website

AND you can turn up in person to any of our live face-to-face classes.

AND you can email on: office@healthygenerations.org.uk or phone on **0798 114 2376** for more information!

OUR MANTRA IS

You can't guarantee good health, but you can improve the odds. Everything we do is aimed at improving those odds.

Online digital help classes for people in Islington to make better use of digital technology-laptops, tablets, email etc. are run in partnership with Islington Pensioners Forum on WEDNESDAYS 4.30pm-5.30pm with Peter Crockett

Dignity in Care Awards

Islington's annual Dignity in Care Awards celebrate the great work of staff employed in the care sector for Adult Social Care

Islington's annual Dignity in Care Awards are back! These important awards celebrate the great work of staff employed in the care sector for Adult Social Care. They recognise the quality of support provided to people with care needs, with particular focus on ensuring that anyone receiving care can retain their dignity at a vulnerable time in their lives.

Usually, the awards happen annually, but they have not been held since 2019 due to the coronavirus pandemic. The pandemic shone a light on the value and importance of the care sector and these awards present an opportunity to recognise the enormous contribution care sector workers make to society and to the everyday lives of some of the most vulnerable people in our communities.

Nominations were called for to be submitted before 26th August and then reviewed by a judging panel who will make a final decision about the winners. An awards ceremony will be held on 17th October.

FRANCES BRADLEY continues to write on “green” issues as global warming produces more heatwaves with dangers particularly to people with heart and lung illnesses, and we need to know ways to avoid becoming over heated.

Record-breaking heatwaves will become increasingly frequent across the world as the average global temperature rises beyond the current 1.1 °C and, worryingly, recent research estimates we have only a 40% chance of limiting global warming to 1.5°C in the next five years.

Over July 18-19th the highest ever temperatures of 40 °C were recorded in London, beating the previous record high of 38.7 °C in 2019. Such extreme heat causes random wildfires to break out and 41 homes were destroyed across the capital. With 2600 call outs, London Fire Brigade had its busiest day since WWII - under normal conditions the average day's callout is 350, and 500 is considered busy.

Extreme heat is particularly problematic for elders and people with heart and lung disease. People with heart or lung disease are the most susceptible to dying during periods of record temperatures, and recent global research suggests the link with numbers of deaths worldwide is under estimated.

This is because only the medical condition is reported as the cause of death, not precipitating

factors such as extreme temperatures. Unsurprisingly, there is also increasing recognition that a combination of high temperature and high pollution is particularly toxic for people with heart and lung disease, but the scale of the problem will not be recognised until extreme weather conditions are included on death certificates.

More general ways global warming poses a threat to life is through increased numbers of flash floods which, as well as causing physical damage and loss of life, may bring waterborne diseases such as cholera and polio. Also diseases carried by insects, such as malaria, become more widespread as the area these insects can live in expands.

Symptoms of being overheated include headaches, confusion, dizziness or nausea. Tips on how to avoid becoming overheated include staying in the shade, drinking plenty of cold drinks (avoid alcohol and caffeine as these are dehydrating), take tepid baths/showers and not to be too active during 11am-3pm as this is the hottest part of the day. A cool wet cloth applied to wrists and/or the neck (where blood vessels are near to the surface) reduces the body temperature.

Dear membersfrom Lydia

Oh what a pleasant day in Ramsgate we had, And the weather held up for us. Lovely scenery as we were approaching the town, lots of yachts anchored in the port. Not to mention the fish and chips — reasonable in price too!. Didnt see many sea-gulls out and about. There is a long sandy beach and what seems to be a newly-developed promenade — getting ready for new gift and food shops by the looks of it. In fact there is a lot of new building going on along the front— but no doubt expensive apartments and hotels. probably catching up afer the lockdowns! We took in all the fresh air and I'm pretty sure most of us had a good nights sleep after all that..



I cannot resist including this post script to Lydia’s report —

There were traffic jams on our return journey and so when we finally stopped opposite the Town Hall at *The Vinyard* — a kind of food/drink/music/dance venue, some of our passengers were bursting for a “wee”. There were three macho-looking young security guys standing there. So I rushed up and said that we needed help for some old ladies who urgently needed a toilet. However, one of the results of a mini-stroke is that I (as my sons say) “make a short story long!” and so I unnecessarily tried to tell them where we had been and how long the return journey had been, but (another stroke problem) I forgot the name of the seaside town we had visited and so I said “well it was NOT Margate”. But coach outings were not their scene so this rang no bells (i.e.that fMargate’s partner town is Ramsgate) and all three started guessing where we had been — “Paris?”, “Tokyo?”, “Soho?”, until one of them (probably realising a queue was forming) said: “Well it’s not WHERE YOU HAVE BEEN, but WHERE YOU WANT TO GO (!)—I WILL UNLOCK THE DISABLED TOILET” and with that a fair number of old ladies followed him into the dark, noisy (loud music) crowded premises and got themselves sorted!! job done, smiles all round!

Dot Gibson

Elaine says when she is feeling down, she finds the following little verse moving and thought provoking.

. ahem.

*I wish I was a glow worm
A glow worm’s never glum
How can you be grumpy
When the sun shines out your bum?!*

**WEDNESDAY 28 SEPTEMBER
11am — 1 pm Come along to
Chat and Snack at IPF Hall
1a Providence Court, Providence
Place (small road on the right of the
cinema opposite Islington Green)
Meet friends and some of the IPF team.
spaces are limited so you must book by
calling the office 0207 226 7687**

Islington Pensioners Forum defends the rights of workers everywhere to stand up for wages and conditions during their working life, and a living pension when they retire. But in many places around the world people standing up for these rights are taking their lives in their hands! IPF member LUKE DANIELS reports here on the memorial event at the South African Embassy for the Marikana miners who were shot dead in August 2012 whilst protesting for better wages and conditions. Luke is Chairman of Carribbean Labour Solidarity.



On 18 August 2022, we demonstrated outside the South African Embassy in memory of the 34 Marikana miners shot down and killed by the state ten years ago. About 60 people gathered, with some individuals and organisations giving solidarity messages, paying tribute to the fallen and expressing sympathy for the survivors, their families and friends.

On behalf of **Caribbean Labour Solidarity**, I gave a solidarity message that focused on the family and friends who lost loved ones in the massacre. The photographs – each with a yellow flower – that we laid against the wall of the South African Embassy in tribute told a part of the story

of each individual miner killed; some were fathers of several children, others were young men supporting their families. Some were uncles, brothers, friends, lovers, all leaving behind multiple persons to grieve.

Compensation for their loss was paid out to some family members, while others are still waiting to be compensated. Many surviving miners face serious charges from the government for their involvement in what was a protest for better wages and conditions in the mines.

We were supported by Tamil drummers, and the call for Justice for the miners was a common refrain. The struggle goes on.

Many thanks to those members who sent in their £5 annual subscription and many who also sent in a donation. These are needed to pay for the production and posting of our Newsletter. We renew our appeal..... please send in your £5 sub and, if possible, a donation with your.....

NAME, ADDRESS, TELEPHONE NUMBER

.....

AND EMAIL ADDRESS

TO IPF, 1a Providence Court, Providence Place, N1 0RN **cheques payable to IPF**