

USEFUL TELEPHONE NUMBERS

Main Council Switchboard	434343
Social Services (office hours)	432000
Social Services (outside office hours)	433999
Council noise team	433999
Anti-social behaviour	726060
Flytipping/graffiti	432563
Housing Advice & Homelessness team	432824
Welfare rights - advice	434444
Housing - private tenants - advice & support	432777
Having Assoc. for People with Disabilities	476554
Queens Hospital	0845 1304204/435000
Dial-a-Ride (bookings)	020 7309 8900
Shelter (Housing related advice)	0808 800 4444
Care Point (Adult health & social care advice)	752435
Department for Work & Pensions:	
Benefit Enquiry Line	0808 882 200
Disability Benefits Helpline	08457 123 456
Environmental Health	432777
(includes Pest control, Trading Standards, noise nuisance)	
Tax for Older People	0845 601 3321

Having BME contact	432268
Harold Wood Polyclinic	792000
NHS (non emergency)	111
Police (non emergency)	101
Rainham Walk-in Centre	793900
Telephone Preference Service	0845 070 0707
Mail Preference Service	0845 703 4599
Homes Having	434000
Electricity emergency	0800 783 8838
Water-Emergency	0845 782 0999
Water Emergency (leak line)	0800 526 337
Gas Emergency	0800 111 999
Age Concern Having	796600
Having Mind	457040
Having Shopmobility	722570
Age UK (Having)	724187
Having Over 50's Forum	07504 654686
Crossroads Care Having	757242
Citizens Advice Bureau	763531
Samaritans	740000
Domestic Violence	0808 200 00247
Having Low vision Service	755970

FORUM CONTACT DETAILS:

Telephone:

07504 654686 - General enquiries

01708 762433 - Membership

www.havo50forum.org

FORUM DATES:

2nd Tuesday of the Month, Council Chamber, Town Hall 10.30 – 12.30
 11th Jun, 9th Jul, 13th Aug, 10th Sept,
 8th Oct, 12th Nov (All dates are subject to change, please check our website)

Care Point

Independent information and advice for adults

Your free service for Adult Health & Social Care enquiries

What do we do?

Care Point provides a free, confidential, impartial and independent service for people looking for information around adult health and social care in Having.

Staff have access to details of services provided by the many voluntary and community organisations in the borough, Having Council, and the NHS. Care Point also provides information for anyone with health and social care needs, for any non-health and social care related enquiry.

Care Point is supported by Having Council.

How to get in touch?

We can be contacted by drop-in, phone or email:

36 High Street, Romford, RM1 1HR

T: 01708 752435

E: info@havingcarepoint.org

www.havingcarepoint.org

We are open: Mon/Tues/Wed/Fri: 9:30am - 4.30pm,

Thurs: 11am-7pm, Sat: 9.30am-1pm

Pinney Talfourd LLP Solicitors

Our friendly expert solicitors are able to advise on a wide range of legal issues including:

- Care Home Funding
- Inheritance Tax Advice
- Lasting Powers of Attorney
- Probate & Estate Administration
- Trusts
- Wills & Living Wills



Scan our QR code to find out more

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***No charge for the probate court fee in a full probate administration**

Home & hospital visits
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 40 North Street, Hornchurch**

Call: 01708 229 444

Web: www.pinneytalfourd.co.uk

HAVING OVER 50'S FORUM

WWW.HAVO50FORUM.ORG

50 PLUS

SUMMER 2013 ISSUE 16

NEWSLETTER

WHERE?
TOWN HALL

WHEN?
ONCE A MONTH

AT 10.30 AM

THEN WE WOULD LIKE TO MEET YOU!

WHY NOT COME ALONG TO OUR MONTHLY MEETING IN THE COUNCIL CHAMBER?

MISSION STATEMENT:

To assist in empowering the over 50s in Havering to have an effective voice within the community.

To ascertain the latest changes taking place inside and outside the Borough that affect the over 50s. To campaign to improve the quality of life of the over 50s helping them to maximise their potential to live fulfilling and enjoyable lives.

EXECUTIVE COMMITTEE:

Kay Alexander

Roy Cordery - Treasurer

Christine Cordery

May Gallagher

Pam Light - President

Diane Meid

Wilf Mills - Membership

Bert Morley

June Morley

Colin Ormsby - Vice Chair

Jean Reynolds - Secretary

Cliff Reynolds - Chairman

Maureen Rothern

Len Rothern

Shirley Watling

George Watling

Ray Whitehouse

MESSAGE FROM THE CHAIRMAN

I should like to welcome you to the new style HOFF Newsletter.

I am also very pleased to take up the role on the retirement of Bill Flintham who during his term as Chairman has seen the Over 50's Forum go from strength to strength. I have worked with the HOFF over the last 10 years during my time as part of the Management Team of Age Concern Havering where I had always focused my efforts on older peoples issues, delivering Advocacy, advice and support for those in the Community and for those receiving residential care.

I am very much looking forward to working with the new Executive Committee to deliver our mission statement but also working with our partners in the Borough to ensure the voice of the older community is heard.

It is a fact that of all the London Boroughs Havering has more residents over 50 than any other and it continues to grow. HOFF is probably the biggest group of any residents that meet on a regular basis so it probably makes us the biggest group of the biggest group in the whole of London. I also believe, as you can see from our recent speakers, we are probably the most well informed group.

So on behalf of the Executive committee I wish you all the best and hope you have a very enjoyable summer in Havering.

Cliff Reynolds - Chairman

RECENT SPEAKERS AND THE TOPICS DISCUSSED

- Benefits and entitlements across all age groups
- All the culture and activities available in the Borough
- End of Life choices
- Understanding Alzheimers
- Falls Prevention
- Communications within the Borough
- New extra care facility
- An overview of Equity Release products
- Choices within the NHS
- Havering Circle
- Cycling Opportunities
- New Tax year update of any changes to benefits, entitlements and capital limits.
- Regular updates from:
 - Age Concern
 - Transport
 - Healthwatch
 - Havering Community Policing Team
 - HAVCO

COACH TRIP TO CANTERBURY

In April a group of members joined us on a trip to the historic city of Canterbury in Kent.

Several hours were spent in this charming city. There was ample time to enjoy the famous cathedral and its grounds. We were also able to purchase bargains in the market and enjoy the array of shops that Canterbury provides. Thanks are due to the lovely group on this trip who turned it into a very enjoyable day. We are hoping to arrange further outings later this year.

News of these will be announced at future meetings, and will also be available on our new website.

INTERNATIONAL WOMEN'S DAY - 9TH MARCH 2013

International Women's Day which took place at Havering College was the first event the Forum attended this year.

There were inspirational speakers, women from diverse backgrounds and different generations who shared their stories, experiences and aspirations. Kick boxing and Zumba were just two of the activities to take part in, there was also the opportunity to have a manicure. Refreshments were prepared and served by the College students and enjoyed by everybody.

The whole day was a thoroughly enjoyable experience and apart from Forum members there were 13 members of the executive Committee in attendance. We are all looking forward to next years event.

PUB CLUBS

Age Concern Havering run three pub lunch clubs.

The clubs meet once a month at:

- The Bull, Romford Market Place, on the first Tuesday of the month.
- The Albion, Rainham Road, Rainham on the second Wednesday of the month
- The Windmill, Upminster Road, Upminster on the last Thursday of the month.

So if you are over 55 and would like to have a lovely lunch with some smashing company please come along. We have a team of dedicated volunteers who will greet you and introduce you to like minded people.

For more information please call: 01708 796609

TRADES DIRECTORY

Age Concern Havering produces a Trades Directory which is a source of reliable skills and services.

There are over 120 different local Traders listed covering over 30 different trades and services.

If you would like a copy please call: 01708 796600 or call in to Age Concern Havering, 1st Floor, Scottish Mutual House, 27-29 North Street, Hornchurch, RM11 1RS.

An optional donation of £5 is requested to maintain this valuable service.

FUTURE TRIPS & EVENTS:

Caring Neighbour: Launch to take place at the Queens Theatre on 20th June tickets from Box Office. Awards Ceremony in the Autumn.

Havering Show: HOFF will be on hand to pass on information to present and future members

Silver Sunday: This year instead of Older Persons Day we will be celebrating older people's achievements with a week long celebration culminating in a special event or two on the first Sunday in October.

So far the draft programme includes opportunities to engage in sports, music and culture with special events in the Libraries, the Museum and the Queens Theatre.

There will be more details nearer the time but if there is anything that you would like to see included in the programme please contact either Cliff or Pam.

Members Summer Event & Annual Christmas Lunch: Venues & dates to be confirmed.

IN THE NEAR FUTURE:

- **New Borough Commanders: Police and Fire**
- **Clinical Commissioning Group**
- **Healthwatch Havering**
- **Cultural and Autumn Events Borough update**
- **Nutrition and healthy eating.**
- **Volunteering opportunities**
- **St. Francis Hospice**