

## 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
Havering 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
<b>Department for Work &amp; Pensions:</b>	
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

Havering 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
Hornes Havering	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 Havering	796600
Havering Mind	457040
Havering Shopmobility	722570
Age UK (Havering)	724187
Havering Over 50's Forum	07504 654686
Crossroads Care Havering	757242
Citizens Advice Bureau	763531
Samaritans	740000
Domestic Violence	0808 200 00247
Havering Low vision Service	755970

## FORUM DATES 2014

2nd Tuesday of the Month, Council Chamber,  
Town Hall 10.30 - 12.30  
(All dates are subject to change,  
please check our website)

## FORUM DATES 2014

14th January	8th April
11th February	13th May
11th March	10th June

# HAVING OVER 50'S FORUM

WWW.HAVO50FORUM.ORG

# 50 PLUS

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?

WINTER 2014 ISSUE 17

NEWSLETTER

### 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.

You are always assured of a warm welcome and you can look forward to hearing valuable and interesting talks by invited guests.

Meetings take place on the 2nd Tuesday of the month in the Council Chamber, Town Hall, 10.30 - 12.30

### FORUM CONTACT DETAILS:

07504 654686 - General enquiries

01708 762433 - Membership



# Havering

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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

Quote ME/HOFF for special member offers:  
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Visit: 54 Station Road, Upminster Or 40 North Street, Hornchurch  
Call: 01708 229 444 or visit [www.pinneytalfourd.co.uk](http://www.pinneytalfourd.co.uk)

## MESSAGE FROM THE CHAIRMAN

### 2014 looks bright for HOFF with membership growing and speakers line up into the Spring.

During 2013 we had a very busy year with a successful and enjoyable Garden Party and Trip to St. Albans.

Members were kept very busy over 2 days at Havering Show manning probably one of the busiest stalls in the Marquee.

We are currently working with the Museum of London and Havering Museum redeveloping social and learning events throughout the Winter.

We have a block booking at the Queens Theatre in January for the Music Hall.

I should like to thank all who have attended and supported our event and Forum meetings during the Spring & Summer and hope we will be the place to come now the nights have draw in.

**Cliff Reynolds - Chairman**

## RECENT TOPICS DISCUSSED

- Proposed new Heritage Centre at Upminster Windmill
- Total Wellness Nutrition & Health,
- Wills, Lasting Power of Attorney and Care Home Fees
- Healthwatch Havering – Social and Care services available in Havering
- The benefits of volunteering to help youngsters to read
- Dealing with the possible interference to Freeview by 4G.
- A presentation by St. Francis Hospice Medical Director.
- A presentation from the Manager of Hornchurch Fire Station

**HOPWA House is a busy centre providing a varied range of activities for both older people, both active and frail.**

People can drop in for specific activities such as Keep Fit, Zumba Gold or short mat bowls which take place weekly, or just pop along for a reasonably priced, hot cooked lunch. The centre has regular entertainment and themed events throughout the year. For more information please call Stuart Robinson, the manager, or speak to one of the friendly team on 01708 796611.

## CARING NEIGHBOUR AND SILVER SUNDAY AWARDS

**On Friday 4th October in the Council Chamber Havering Over 50's Forum hosted an afternoon of community awards to celebrate, recognise and thank those unsung people who are involved in making a difference in the Borough.**

This involved the established Caring Neighbour Scheme and included Silver Sunday Awards which came at the end of Active Living Week. This Award recognises the contribution people over 50 have made in the Borough. At the end of the presentation ceremony, everybody was invited to afternoon tea with the Deputy Mayor, Councillor Linda Trew, and her consort, Mr Graham Trew, President of the Over 50's Forum, Councillor Pam Light and VIPs in attendance.

## 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

**AGE concern**  
Havering

## FORUM BLOG

Havering Over 50's Forum have now developed their own website and this information base is not only frequently updated, but is very informative. You can access this information through [www.havo50forum.org](http://www.havo50forum.org)

## MOBILITY SCOOTER GROUP

**After hearing about a series of accidents involving Mobility Scooters and pedestrians, none too serious thank goodness, as well as cases of mis-use, Forum Members formed a Mobility Scooter Topic Group.**

At their first meeting Members, having done some reasearch, realised that what training there was, was very hit and miss and not generally available and the only official information is hard to find and then only Guidelines.

The Group then set about looking into organisations etc that could make Mobility Scooter use safe for both users and pedestrians by highlighting Training Schemes and advice.

The ultimate aim is to make provision to provide a Training Scheme for all users locally and eventually nationally, which we hope will become mandatory in the not too distant future.



## HAVERING SHOW

**24 members manned the HOFF stand in the LBH Marquee over the 2 days and engaged with over 460 members of the public.**

A good time was had by all and it was noted we were the main point of contact for people over the age of 50. Thanks go to all who helped with the event.

## TRIP TO ST ALBANS

**In August HOFF members were taken on a coach trip to St Albans.**

We had a lovely day, with plenty of time to visit the local amenities, including a traditional market and picturesque park.

The trip included a visit to the beautiful cathedral where we were lucky to be able to view the Magna Carta which was on temporary display.

## CONTACTING THE POLICE

**5 Non-urgent contact points across the Borough**

<b>Collier Row Road</b>	7 – 8 p.m. Weds
SNT Base, Collier Row Road,	7 – 8 p.m. Thurs.
Collier Row, RM5 2BB	2 – 3 p.m. Sat.
<b>Hornchurch Police Station</b>	7 – 8 p.m. Weds
74 Station Lane,	7 – 8 p.m. Thurs.
Hornchurch	2 – 3 p.m. Sat.
<b>Rainham Police Office</b>	
SNT Base,	
Rainham Police Office,	7 – 8 p.m. Weds
Tesco, Bridge Road,	7 – 8 p.m. Thurs.
Rainham, RM13 9YZ	2 – 3 p.m. Sat
<b>Tadworth Parade</b>	
SNT Base, Tadworth Parade,	7 – 8 p.m. Weds
Elm Park, Hornchurch	7 – 8 p.m. Thurs.
RM12 5AS	2 – 3 p.m. Sat
<b>Upminster Police Office</b>	7 – 8 p.m. Weds
9 Corbets Tey Road,	7 – 8 p.m. Thurs.
Upminster. RM14 2AP	2 – 3 p.m. Sat.