

EVIDEM Dementia research taking place locally

As people live longer so the risk of dementia increases with age. So as a "taster" for the next Forum meeting on Tuesday 30 September, Professor Steve Iliffe, our guest speaker, told us about the work he is leading to increase awareness and improve diagnosis and the quality of care

Dementia has long been the Cinderella of medical research, losing out to cancer and heart disease in the competition for attention and resources. Whilst everyone wants to find a cure, this is a very long-term objective. Important questions about how best to help people with dementia and carers here and now have been neglected for too long. But this situation is changing.

A growing commitment toward dementia research is emerging in this country. The government has recently demonstrated its support for dementia research through the National Institute of Health and Clinical Excellence (NICE); funding a research network focussed on supporting research on the dementias and neurodegenerative diseases (DeNDRoN); and providing substantial funding from the National Institute for Health Research (NIHR) for several long lasting (5 years) programmes of dementia research.

One of these programmes is EVIDEM – Evidence based Interventions in Dementia. The programme is aimed at developing and testing interventions which improve patient, carer and service outcomes throughout the dementia journey, from the early signs to the end-of-life. Run from

a London NHS Trust, the work will be led by university researchers with a track record in dementia research and background in primary and secondary health care, social care, economics, as well as people with dementia and their carers.

EVIDEM is an ambitious programme that will recruit 2,000 people with dementia who wish to contribute to this research and help change the way in which dementia services are delivered. The research is taking place across north London, Essex, Hertfordshire and Bedfordshire. Those who join will be offered the opportunity to take part in the following projects.

- * Improving the ability of GPs and practice nurses to recognise the early signs of dementia and offer appropriate support and care.
- * Testing the effectiveness of exercise as a treatment for anxiety, agitation, depression and other behaviour changes that can occur in dementia.
- * Working out ways to reduce the impact of incontinence on quality of life.
- * Helping people with dementia get the best possible care at the end of their lives.
- * Studying exactly how the Mental Capacity Act 2005 is being applied, and how this helps people with dementia and their families and supporters.

(Continued on page 8)

Future FORUM Events

FORUM MEETINGS 2008 - Civic Centre, Silver Street, Enfield

Tuesday 30 September at 10am for 10.30 start

Steve Iliffe, Professor of Primary Care for Older People, on Dealing with Dementia - the National Institute for Health Research programme.

Tuesday 28 October 10am for 10.30 start

Doug Taylor, personal finance campaigns manager for Which? speaks on Consumer challenges in a changing world.

Tuesday 25 November 10am for 10.30 start

Information Exchange with **Enfield Police**, the **Home Support Network**, **Clr John Boast**, LBE older people's champion, and **Michael Essex-Lopresti** on the new local involvement health network - **LINKs**.

No meetings in December - all aboard for the Grand Christmas Social.

Wednesday 10 December at The Royal British Legion, Holtwhites Hill. Admission by ticket £12.50 including buffet lunch and entertainment

COFFEE MORNINGS - Skinners Court Mini-forum meetings starting at 10am

Third Tuesday in the month - Opposite the Fox pub car park in Pellipar Close, Palmers Green - Buses 329 and W6 to the Fox pub in Green Lanes or the 121 to the Triangle - 150 yards from the Fox.

Tuesday 16 September

Glenn Stewart, assistant director of public health for Enfield, on Pandemic Flu: What is it? Are we prepared for an outbreak?

Tuesday 21 October

Robert Peel, regional coordinator for Tax Help for Older People, answers your questions.

Tuesday 18 November

Ted Norris, deputy chairman of Enfield's Tuesday Bench talks about 'Magistrates: their role and sentencing powers.'



.....Olivia reports.....

Positive thoughts for a healthier you!

Every day we hear about some new diet or weight loss system that promises to shed those excess pounds, yet many older people continue to struggle. Why is that?

Well here are seven things that are essential if you want to create lasting change:

Passion - This is where it all starts. Set your goals from your heart. Forget about what the statistics say and any of your past failures. What does your ideal body for this stage in your life look like? How badly do you want it? How is your life going to change once you achieve it?

Growth - Achieving your goal does not have to happen overnight. Small changes add up very quickly. A great strategy is to simply be better today than you were yesterday and better tomorrow than you are today. After six months you will be blown away with the improvements that you've made. 18 months from now you could be healthier than you have been for years.

Comfort Zone - In order to experience this daily growth there are times when you will have to step outside of your comfort zone. You will have to increase the intensity of your workouts, prepare food in advance, write down your goals, spend some time visualising, pass on the pudding and other things that have not become a habit for you just yet. Accept discomfort and expect it. It's an opportunity for you to become better than you are today and nothing like as uncomfortable as the health risks waiting around the corner.

Gratitude - It's easy to be grateful when things are going well, but find the practice of being grateful for who you are today and for the so called failures and challenges of your past is much more powerful. Each challenge or failure provides you with the opportunity to grow and improve yourself. If you want to be happy in your body start today! Love yourself unconditionally. Be grateful for all your past experiences because they have contributed to where you are at right now.

Become - This could very well be the most powerful word in your vocabulary when you use it properly. For example; "I have become UNSTOPPABLE!" "I have become xxx, the lean and happy woman/man who loves healthy foods and living the active lifestyle" When you 'become' something or someone it is no longer a hope or dream. It's a part of who you are. You now hold these beliefs and attitudes that nothing will get in your way.

Fun - Research shows that the people who choose activities that they enjoy are more likely to stick to their activities for the long term. You may read a book that tells you all the best ways to lose weight and get fit, but if you don't enjoy it chances are you will not stick with it. There are so many different activities to enjoy at our local leisure centres and other activity groups such as walking, bowls, tennis and so on. Experiment with them and find the ones that fit best with your lifestyle and the ones that you enjoy the most.

Don't just stick with one. You need variety and variety will keep the enjoyment of activity at a high level.

Role Model - try to mix with like-minded people who are also keen to live a longer and healthier life. It is so easy to switch on the telly or potter round the shops. **Will you join us in making sure that recent statistics from the USA, showing "By 2015, 75% of adults will be overweight; 41% will be obese" never becomes a reality in the UK?**

Aldeburgh hat trick.....

This will no doubt be a Forum regular visit as this is the third year that we have had full coaches going to Suffolk. This last visit took place in mid- July and again a coach full of Forum members went to the two delightful Suffolk towns of Southwold and Aldeburgh. The sun shone all day long and this added to the feeling of well being at the beautiful English coast. At Southwold, we stopped for a morning coffee and a stroll around the lovely shops and quaint streets with their little cottages and some very grand residences as well.

The golden sand and brightly painted beach huts makes Southwold a photographer's paradise and several locals were already swimming in the sea when we arrived. We then made our way to Aldeburgh and had a lovely three course lunch at the Brudenell Hotel, which is almost on the beach and

the staff were friendly and the food sublime! Taking time to look at the local craft fair and the Museum and of course the lovely shops, brought the day to an end. Our driver Alan made sure that we had a safe journey home to Enfield and there were lots of smiles and rosy cheeks as the members left the coach.

.....And a treble too for loose women

Another group of 22 Forum members, had an hilarious August afternoon at the ITV studios, as part of the audience for the popular lunchtime chat show-Loose Women. After a delicious two course lunch at a nearby pub, the group were entertained by the regular panel on the show,-Jane MacDonald, Carol McGiffin, Coleen Nolan and Andrea MacClean. Guests on the day were TV presenters Nick Knowles and cleaning your house fanatic Kim.

As we have already had three successful visits to this show, I would like a Forum member to volunteer to organise any future visits to either Loose Women or any other shows of possible interest. This would be easier for a member who uses email but is not essential. All that is needed is someone to coordinate the names of those members who want to go on the trip and to prepare the menu selections for the pub and send out the travel details. **If you would like to discuss this with me, please call 0208 447 8841 or email Olivia.g@virgin.net.**

Olivia Goodfellow

Sayings to remember

"If you can look back on your life with contentment, you have one of man's most precious gifts - a selective memory" - Jim Fiebig, author

"I'd prefer to put on weight rather than lose it. I like women with curves. I want a big bum" - Cameron Diaz, actress

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Lasting Powers of Attorney

We are living longer. That's the good news. The bad news is that Alzheimer's disease and dementia are increasingly taking their toll on families. There are important steps that can be taken to address some of the financial and/or welfare problems that can occur in such situations. One of these steps is to make a Lasting Power of Attorney (LPA) which is a legal document usually set up by a solicitor whereby you appoint someone to deal with your finances and/or your welfare should you become unable to manage these areas yourself.

On 1.10.07 the former document granting someone power over finances (an Enduring Power of Attorney) was replaced by the new LPA, under the Mental Capacity Act 2005. Under an LPA it is now possible to choose someone to manage your finances and also to make health and welfare decisions for you should you become incapable. You can allow Attorneys to make decisions in different areas including consent to medical treatment and (somewhat controversially) end of life treatment if you wish.

LPA forms are quite lengthy and must be registered with the office of the Public Guardian by you or your Attorneys, before they can act under the document.

Under the new system it is also necessary to have someone to independently certify that the person making the LPA has mental capacity and is not having any pressure placed upon them. There are certain categories of people that can act as a certificate provider.

Sometimes medical professionals may need to be consulted during the process to assess mental capacity, which does add to the expense. We recommend, that making an LPA be seriously considered by individuals because of the problems which can occur if lack of capacity becomes an issue in the future. We also recommend legal advice be taken during the process.

Solicitors' costs for an LPA vary from firm to firm, and in different regions of the country. We generally find that our costs are around £600 + VAT depending on the circumstances of the case, although sometimes costs may be in excess of this if a particular matter is more complicated. There are separate costs to register an LPA in addition to this. For more information, please contact Vanderpump & Sykes Solicitors on: 020 8367 3999 or visit www.vanderpumpandsykes.co.uk

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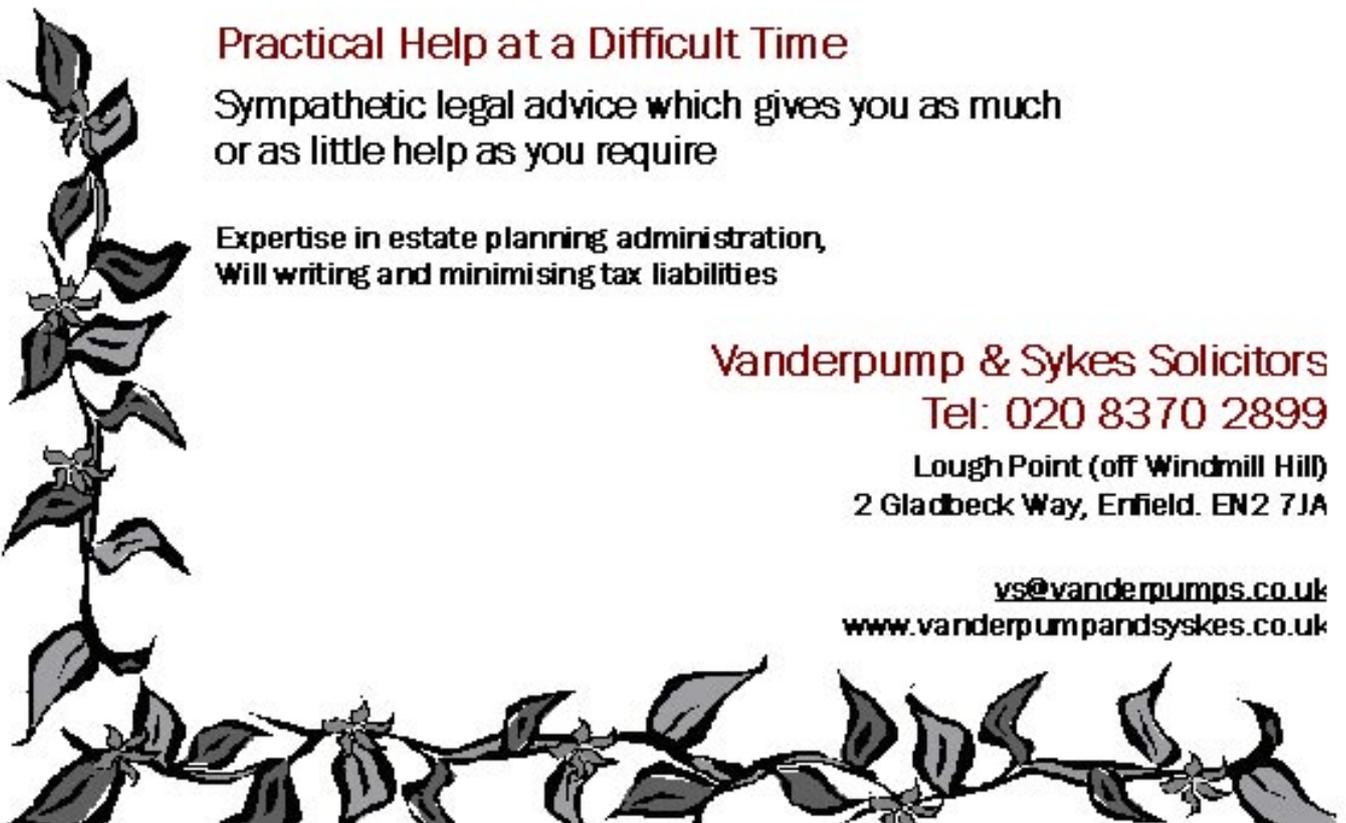
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The NHS is 60

2008 marks the 60th anniversary year of the National Health Service (NHS) and so this is a good moment to reflect on this momentous milestone in the creation of Britain's welfare state. Some people do not want to be reminded that 86% of doctors actually voted against it and the NHS was only saved from being strangled at birth by consultants being allowed to continue with private practice.

Only people in their late 70s and above will recall what it was like in 1948, when for the first time, prevention, diagnosis and treatment were brought together under one umbrella organisation to create one of the most comprehensive health services in the world. And it was FREE at the point of need whether seeing a GP or receiving hospital treatment. Until then, we had a patchwork of charity, private and municipal hospitals, GPs charged families what they liked - working men were covered by national insurance - and many people, including pensioners were left without adequate care because they could not afford the fees for treatment and medicines.

In the 1930s local councils took over poor law hospitals. Poorer people had little or no right to care but often relied on the charity of their local GP. Older people, no longer able to look after themselves, fared particularly badly. Many ended their lives in public assistance institutions - the old workhouse - feared by everyone.

Over the last 60 years, the hard work and skills of NHS staff, coupled with medical progress, have continually helped drive up standards and quality of care for all of us based on everyone sharing the cost of the NHS being funded through taxation. People are now living on average at least ten years longer than they did in 1948, deaths from cancer and heart disease have fallen dramatically and Britain is one of the safest places in the world to give birth.

So this is a unique opportunity to celebrate this achievement and reinforce the key message to government, NHS staff, the wider public and the media that we want to maintain a service that daily plays a vitally important part in the lives of millions of people across the country. We want to ensure that its founding principles - equal access for all based on need and not ability to pay - remain intact.

However, this is not how it works in the United States, for example, where everyone makes his or her own provision for health care with the result that some 47 million people have no health cover and can only get second rate care.

Health trends then and now

It's easy to forget that the standards we now take for granted were once unknown to the majority of ordinary people (as Billy Connolly would call us):

- * In 1948, the biggest killer was tuberculosis which hardly anyone dies from now
- * A cataract operation in 1948 meant a week of total immobility with the patient's head being supported by sandbags! Eye surgery is now over within 20 minutes, and most patients are out of hospital the same day. In 1998, the NHS did 170,000 cataract operation. Now it does over 300,000 a year.
- * In 1958, hip replacements were still unusual now the NHS carries out 1,000 of them every week.
- * The first UK heart transplant patient in 1968 only survived 46 days. The procedure is now routine enough for around 300 heart transplants to be carried out every year.
- * The world waited until 1978 for Britain to produce the first test-tube baby; 6,000 IVF-assisted births are now delivered annually.
- * The breast-screening programme introduced in 1988 now saves the lives of 1,400 women a year.
- * The introduction of NHS Direct in 1998 launched a pioneering alternative to GP services that currently handles more than half a million calls a month.
- * The NHS now treats one million patients every 36 hours.
- * In 1996/7 the budget for the NHS in England was £33 billion. In 2008/9 it is £96 billion.

The NHS in the 21st century faces many new challenges based on our rising expectations, the major advances being made in the discovery of new treatments and, of course, the massive increase in life expectancy - 18 million of us over 50 next year and there'll be more of us over 60 than under 25 in six years time. All of which makes it important to recognise that there has to be some changes if we are to see an increase in both the quality and quantity of health care for an ever increasingly ageing population.

Update on extended surgery openings

By 1st September 2008, 46 of the 62 GP practices in the London Borough of Enfield were providing appointments during extended opening hours. This equates to 74% of all practices in Enfield, compared with 37.8% of practices nationally. 76% of the registered Enfield population are with a practice that has signed up to providing this service.

A total of 112.33 hours per week of extended hours appointments are

available. This will result in a minimum of 449 additional appointments per week.

19 practices deliver all or some of their extended hours appointments on a Saturday.

The five practices that originally expressed an interest in providing the service are now doing so. The PCT has been made aware that another five practices are considering providing this service in the future.

Who'd be a GP?

Diagnosing and treating a patient's personal problems must be hard especially when the patient resorts to vague euphemisms to avoid embarrassment. Take the case of Dr Ian Sykes who was reported in the magazine GP recalling asking a lady which method of contraception she used. Well, she said, "I get off the bus at Bilston. We don't go all the way to Wolverhampton". Dr Sykes was confused but then the penny dropped - "she was using the withdrawal method!"

First GP-led health centre

The Evergreen primary care centre at Edmonton Green is earmarked to become Enfield's first GP-led health centre, following a 28-day consultation throughout September. It follows a Department of Health decision to allocate £1.2 million to Enfield primary care trust for the project which will be a new type facility in Enfield. It will provide a wider range of more accessible services, which will improve the quality of primary care in the area.

The new centre, located in the most deprived area of the Borough, is scheduled to be open from 8am to 8pm, seven days a week, with both bookable GP appointments and walk-in services. GPs will be expected to provide a service 365 days a year, including bank holidays, but home visits are only expected to be available to patients registered at the surgery.

Primary care trust deputy chief executive Stephen Conroy sees the development as an exciting opportunity to develop clinical services closer to health care needs, with a specific focus on promoting health and preventing ill-health through alcohol and drug misuse.

It is anticipated that some 6,000 new patients will be assigned to Evergreen, an estimated 42% increase on the number of patients currently on their list. They could have a range of community-based services such as pharmacy, dentistry, community nursing, screening and preventative services in addition to the core GP services. Evergreen patients already have services for blood tests, podiatry, diet and stop smoking.

It is also possible that some additional services may be provided on the spot such as diagnostic -ultrasound, Warfarin monitoring and minor surgery and long-term the centre may also be used to provide advice on state benefits and local housing allowances.

After years of neglect, the PCT has now made a public commitment to spend an additional £10 million a year on improving primary care services in 2009/10. Having larger and better equipped surgeries will, it is felt, attract new and younger GPs to the Borough.

This is vital since half of all surgeries in the borough require some improvement, the vast majority of them are owned by individual GPs or jointly with partners. Five GP practices cannot be brought up to the minimum standard and there will be no investment made in these practices, but they will still operate unless the GP retires, moves, or the premises become a significant health and safety risk. Looking further ahead it is envisaged that primary care facilities will be developed in different parts of the borough including Green Lanes, Palmers Green; Freezywater and Enfield West.

But we have been assured that there are no plans to close any GP practices. All significant improvements to local health care services are subject to local consultation and the PCT will be formally consulting with GPs, patients and stakeholders on the primary care strategy by the end of the year.

Health snippets

Depression - more help needed

The Royal colleges representing GPs, psychiatrists and nurses have called for more help for older people, who are three times more likely to have depression than dementia, yet usually do not get medical help. Dr David Anderson, chairman of the Royal College of Psychiatrists, said that five out of six depressed older people receive no treatment and this is a scandal. ***"That older people have the highest suicide rate and are the only age group where suicide has not declined is a disgrace"***, he said.

High blood pressure may increase the risk of dementia, according to an Imperial College study, because it can starve the brain of blood flow and the oxygen it carries. Lowering blood pressure in people middle age and onwards could reduce dementia by about 13%.

More than two million people over 65 in England have symptoms of depression, but most get no help because of the shocking ageist attitude of many GPs. ***"It is scandalous that hundreds of thousands of older people may be denied treatment because depression is wrongly diagnosed as a natural part of getting older"***, says Age Concern. It said the risk of depression increases with age, but pensioners needing help are often fobbed off or misdiagnosed.

Diabetes

Diabetes indirectly kills one person in 10 in England. It causes strokes, heart attack and kidney failure, says the charity Diabetes UK which adds that the disease is responsible for 11.6% of all deaths among 20 - 79 year olds. It predicts that one in eight deaths of people under 80 will be attributed to diabetes by 2010 if current trends of unhealthy life styles and obesity continue.

Amputations & diabetes

More than 100 people a week suffer the amputation of a limb as a result of diabetes, says the charity Diabetes UK. One in three people with diabetes do not appreciate that complications of the disease can lead to amputation - and more than half the general public have no idea this can happen. Greater awareness of diabetes can help avoid many amputations if people with type2 (obesity related) diabetes look after themselves with annual feet checks and blood tests.

Alzheimer's

Regular exercise can protect against the onset of Alzheimer's, says a University of Kansas School of Medicine study, which found that exercise stops the brain shrinking.. The study looked at 121 volunteers aged 60 and over, including 57 with early-stage Alzheimer's. Their fitness was tested on a treadmill and the size of their brain measured with a scanner. Exercise improves brain function by increasing the flow of blood to the head. Poor blood flow can impair memory and hasten symptoms of dementia.

Cancer research

Only 38% of people aged 55 and over know that exercise can protect against cancer. A survey of nearly 2,000 people conducted by World Cancer Research revealed that the majority of over 55s did not know that regular exercise cuts the risk of bowel cancer and reduces the risk of post-menopausal breast and womb cancer. ***"We need to do more to get the message across to the public that about a third of cancers could be prevented just through physical activity, a healthy diet and maintaining a healthy weight."*** said Lucie Gallice, general manager of the fund.

Focus on Alcohol: Time to sober up!

Few people would believe that excessive drinking was the reason for no less than 810,000 hospital admissions in 2006 - an increase of 337,00 over 2002 - and the number is almost certainly higher for 2007. It is reckoned that a quarter of the population now drink to a harmful level and many of them could be drinking themselves into an early grave.

The government is coming under strong medical profession pressure to legislate on the promotion and sale of alcoholic drinks since it is now established that some 43% of alcoholic products are being sold without information on the label of the number of alcohol units they contain.

Dr Vivien Nathanson said the BMA has called on the government not to pull its punches and should end its softly-softly approach. The Royal College of Physicians said: "We now urge government to act on deep discounting and below cost selling of alcohol".

The tough line followed an investigation by a team of consultants sent in to clubs, pubs and off-licences around the country who found a "disturbing level of irresponsible and harmful practice in significant sections of the industry". The under cover drinkers found under 18s - particularly girls - being allowed into clubs where they could not legally buy alcohol. They found drinkers being encouraged by low price offers and selling to people who were clearly already drunk.

So what is alcohol and what does it do?

All alcoholic drinks contain pure alcohol in varying quantities. The strength of alcoholic drinks should be shown on the outside and give a % volume. The higher the percentage, the stronger the drink!

Some examples of the number of units in different drinks are:

1 glass of wine (250ml) at 12% vol	= 3 units
1 pint of ordinary strength lager (3.5%)	= 2.3 units
1 pint of ordinary strength beer (3.5%)	= 2.3 units
1 pint of ordinary strength cider (3.5%)	= 3 units
1 bottle of Alcopops, e.g Smirnoff ice	= 1.5 units

Remember the higher the percentage of alcohol the more units you will consume. The daily recommended units are: men between 3 and 4 units and women between 2 and 3 units. If you regularly consume more than these units there is an increasing risk to your health.

Some facts about alcohol and its effects. Did you know that:

- * Drinks poured at home are often more generous than pub measures
- * Alcohol is absorbed into your bloodstream within a few minutes
- * It takes one hour for your liver to remove one unit e.g. half a pint of ordinary strength beer or 1 small measure of spirit
- * If you drink heavily in the evening you may still be over the drink-drive limit the next morning
- * Only time can remove alcohol from your bloodstream; black coffee, cold showers and fresh air won't sober you up. If you drink four pints of beer or four large glasses of wine it could take as long as 15 hours for the alcohol to leave your system.
- * Drinking alcohol raises blood pressure
- * If you drink very heavily, you may develop psychological and emotional problems, including depression
- * If you avoid alcohol for 48 hours after an episode of drunkenness you give your body tissue time to recover

Some health benefits. Did you know that:

- * If you regularly drink small amounts of alcohol you tend to live longer than people who don't drink at all
- * Drinking as low as one unit a day will give protection against coronary heart disease. The maximum health advantage lies between one or two units a day. This applies to men over the age of 40 and for women its after the menopause.
- * The benefits come from drinking small amounts fairly regularly, so drinking large amounts occasionally doesn't have any benefits.

Sometimes people feel their drinking is getting out of control. If you are concerned about your drinking you should seek help from your doctor or a specialist agency. Signs that you might need help are finding that you drink more for the same effect, or you find it hard to resist drinking.

Useful national and local telephone numbers:

Alcoholics Anonymous: 0845 769 7555 - family groups call 020 743 0888

Drinkline: 0800 917 8282. You can also talk to your GP or call our local alcohol team based at Rugby House, part of the Forest Road Health Centre 020 8344 3180

Enfield's annual older people's conference

Thursday 30 October 2008, 9.30am -3.30pm

Enfield County School for Girls, Holly Walk

Speakers: Professors Emily Grundy & Sheila Peace, two of Britain's leading experts on increasing life expectancy, will discuss the many aspects involved in improving the quality of life of older people while Ray James, LBE director of health and social care with others will discuss interventions within the Borough improving life for older people. A full programme for the day is being sent out with this newsletter. Contact Deborah Chapman on 020 8379 3775 or email optag@enfield.gov.uk to register or for further details.

Hearing aids: Eyecatcher at Moorfields

NHS waiting times down

With an estimated nine million deaf and hard of hearing people in the UK, and another four million losing their hearing and not doing anything about it, it is not surprising that we are being bombarded with press advertisements for a variety of privately-branded hearing aids. Based on the personal experience of people who have paid as much as £4,000 for unsatisfactory aids, the Forum's advice has always been to look before you leap and to see your GP and the NHS audiology service before you embark on a costly investment.

We asked Keith Dunmore, the head of audiology at Chase Farm Hospital, for an update on the NHS hearing aid service and this is what he said:

"I am glad to say good progress has been made with regard to waiting lists. If an analogue aid user wants to be upgraded to a digital aid we can see them in a few weeks, not months.

New patients, have two methods of obtaining a hearing aid whether they come via the direct referral route, with their GP referring straight to the Audiology Department or via a referral from an ENT hospital department. In June over 65% of patients were fitted within three weeks of the department receiving that referral. This is somewhat better than a year ago!

Now we have reduced our waiting lists we are able to take on new services. Some that are now on trial are:

- * **Flexi hours:** Rather than working 9-5 Monday to Friday, we are looking at being open for longer hours. By rearranging the hours we work we can offer appointments at different times. This may mean that we can offer early birds an appointment at 8:30 am, and in the evening, hold clinics until 7:00 pm. These will be by appointment only, so contact the audiology department for details.
- * **Direct Referral Age Limits:** In line with national guidelines we are now able to accept Direct Referral appointments to all adults who meet the criteria, not just those over 60 years old.
- * **Direct Referral catchment area:** Up to now we have only had an arrangement with the Enfield PCT for direct referrals. We can now accept them from surrounding areas such as Haringey and Hertfordshire. To this end we are looking at having more clinics in the Hertfordshire area.

I would also like to take this opportunity to again thank the Forum for its continued support and interest in my department and hope that they will benefit from these improvements to the service"

Keith Dunmore

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Forum member John L Green, a governor of the world-famous Moorfields Eye Hospital, says he read with great interest the July/August newsletter and especially the articles about falls. He adds: *"As we get older, we start to feel this strange imbalance which could be as a result of high or low blood pressure, the side effects of medication, poor vision etc. Forum members may like to know that at Moorfields Eye Hospital there is a new programme of visual reality research that will help us understand and assess the extent to which vision loss causes instability and increases the risk of falls and injury.*

"Through this we will be able to find out the level of vision a person needs in order to maintain a safe and independent life. We can then design and recommend strategies for organisations that help the rehabilitation of the visually impaired and provide advice to other groups including those who design street and home environments. This will help to increase and improve the mobility of thousands of individuals. Impairment and loss of vision is one of the most devastating blows a person can face and hopefully, after this research programme, people with visual impairment will be able to continue enjoying a safe, independent life in the real world."

The Friends of Moorfields are raising funds for this research and if anyone wishes to make a donation towards this important research they can send their contribution to: The Friends of Moorfields, Moorfields Eye Hospital, 162 City Road, London EC1V 2PD. and marked visual reality research.

The Eyes Have It

Find out more about eye care and the latest treatment for some common eye conditions. Hear expert speakers:

Dr Parul Desai, Consultant in Ophthalmology & Public Health and **Geoffrey Brace** (Ronald Brown Opticians, Enfield Town) at the Lecture Theatre, Postgraduate Building, Chase Farm Hospital on

Friday 19 September 2008 @ 2.00 pm.

Everyone is invited – **FREE** entrance

Forum membership at record high

Our paid up membership at the end of July stood at **2,286**, which is the highest it has ever been since the Forum's founding conference on June 21 1994. Many members have taken advantage of paying for two years and 35 have renewed as Life Members, paying £100 or £150 for a couple, which is a truly wonderful gesture of support for the work we do in seeking to improve the quality of life of older people in the Borough.

We're not finished yet by a long way in building up our membership. Indeed, we continue to have a steady flow of new members each month along with renewals still coming in. So if you are still undecided, sign the application form in this Newsletter and see what we have to offer. I should like to thank Olivia for stepping into the breach while I recovered from my hip operation. My thanks also to Sylvia Haylock and Christina May for assisting me over the last few weeks.

JOYCE PULLEN

Membership Secretary

Beat the flu - get the jab

Influenza can be a life threatening condition, more so this year than ever before as older people, many already on low incomes, struggle to meet the higher costs of eating and heating. So getting the Flu jab is more important this year because there is a danger that some people will try to cut back on healthy eating and their energy bills. Working with the Primary Care Trust, the Forum is making it more convenient this year to drop-in and get the flu jab. Sessions will be held at the following times and places:

Ruth Winston Centre, 190 Green Lanes, Palmers Green

Thursday 9 October 10 - 12 noon

Edmonton Leisure Centre, Edmonton Green

Wednesday 15 October, 10am - 2pm

Angel Community Centre, Raynham Road, Edmonton, N18 2JG

Wednesday 15 October, 10am - 12noon

Enfield Highway Community Centre, Hertford Road (near Green Street)

Thursday 16 October, 10am - 12noon

Albany Leisure Centre, Hertford Road

Friday 31 October, 10am - 1pm

Free vaccination sessions are for all aged 65 and over registered with an Enfield GP - and for people with long-term health conditions. Affiliated groups willing to organise their own vaccination sessions should contact Monty Meth 020 8882 1303.

Please pass on this information to everyone you know - encourage them to get the jab!

Help the NHS

Have you or a member of your family been discharged from hospital recently?

Would you like to share your experience? Members of staff from the council, local hospitals, voluntary services and Primary Care Trust meet to discuss discharge procedures. They want to learn from patient experiences to help improve this service.

If you are interested in sharing your experience, please contact Julie Howes, 020 8370 8211.

(EVIDEM continued from frontpage)

This programme deals with topics that are complex and sensitive, but are important and need attention now. In addition we believe that this programme must produce findings and outputs that can be shared through our annual summer schools for NHS and social care staff, usable toolkits for practitioners to apply in their everyday work, as well as computer systems to help with diagnosis and systematic, continuing care.

Further information about EVIDEM is available on the programme website: www.evidem.org.uk. If you would like to discuss how to get involved, you can either write to me, Professor Steve Iliffe, at the Research Department of Primary Care and Population Health, University College London, Royal Free Campus, Rowland Hill St., London NW3 2PF, send me an email at s.iliffe@pcps.ucl.ac.uk or contact one of the Programme Managers: Kalpa Kharicha on 020 7830 2392 k.kharicha@pcps.ucl.ac.uk or David Lowery on 020 3214 588.

Health & Beauty spreads to Southgate

Following its successful opening at **Southbury Leisure Centre**, the full range of body massages, facials, manicure and pedicure opened at **Southgate Leisure Centre** in September. The service operates from two fully refurbished treatment rooms situated just off the main foyer area and offer a wide range of treatments including all the above treatments as well as reflexology and much more. For a limited period there will be a special launch offer providing new aspire health & fitness members with a FREE facial or massage. **All existing aspire members including Forum corporate members will receive 10% off any treatment.** For full details and booking simply telephone the new booking line 020 8886 4597. An additional amenity at Southgate is the new cafeteria selling a wide variety of refreshments.

Forum members are reminded that they qualify for substantial price reductions on production of their membership card at the **Southbury, Southgate, Albany, Edmonton and Arnos pools**. The Energy discount card will cost you £6 instead of £12, the monthly direct debit costs £28 instead of £37 and the annual fee for Forum members is £280 (a further saving of £56) instead of £370. The direct debit payers can use the swimming pools and gym facilities any time and any day. Because of VAT being imposed on the sauna and steam facilities, if you want to use them the cost of the monthly direct debit goes up to £33 and the annual fee to £330.

A reminder too that Over 50s days are now held at three of the leisure centres: Edmonton on Mondays, Southbury on Wednesday and Albany on Fridays. You can spend the day participating in different activities, make new friends, chat and help your fitness regime. The whole day costs £6 but if you have an Energy discount card the cost comes down to £3. And it is better still if you are a Forum member with a direct debit account outlined above - the day is FREE! To get this special rate you must first contact the Leisure Centres sales office on 920 8245 5191.

.....Out & About.....

Tuesday 16 September: Visit to State Rooms at Buckingham Palace. (Trip full)

Thursday 18 September: Poetry morning at Oakwood Library 10.30 -12 noon. Admission free. The topic is places and you will have a chance to discuss your favourite poem or perhaps read your own work.

Wednesday 24 September: Health Awareness Day, Southgate Circus Library 10.30 - 2.30 p.m.

High Street Southgate. Talks on diabetes, healthy hearts cancer care and bowel cancer screening, arthritis and healthy eating, armchair exercises, free healthy lunch included. Pick up a ticket from Southgate Library £1 deposit returnable at the event

Friday 26 September: Visit to the Queen's Gallery, Buckingham Palace. This trip is full.

Saturday 27 September: Another popular personal development day event with life skills coach Mary Jo Radcliffe. The day runs from 10.30am - 4pm exploring and discovering your own particular uniqueness and values. What are your gifts to yourself and others? What are your strengths in living a creative and positive life. This is a time for sharing ideas and reflecting on them. The day costs £11 and all participants are asked to bring something delicious for a shared lunch - last time it was a banquet. The venue is Salisbury House, Bury Street West. To book your place -or further details call Olivia 020 8447 8841 (office hours 9-5 please) or email Olivia.g@virgin.net

Wednesday 1 October: Visit to Brick Lane Olde Tyme Music Hall located at Pontoon Dock - Docklands (near City Airport). This trip is full and so another trip to the same venue has been planned for Tuesday 17 March 2009 and 50 people have signed up for this trip. However, we have now secured 10 extra tickets. Please contact Jacky Pearce on 020 8482 3575 if you are interested in this trip which costs £22 and includes a scrumptious tea.

Monday 6 October: Return visit to the outstanding National Memorial Arboretum at Alrewas, Staffordshire, home of the magnificent garden setting commemorating all those who fought for our freedom. By coach from

Enfield Town. Cost £14. For lunch you can use the restaurant, bring your own packed lunch or buy a packed lunch for £5.00, if you wish to buy a packed lunch please inform Roddy Beare when you book your place. Cheques payable to Enfield Over 50s Forum and further details from Roddy Beare, 18 Lucerne Close, Palmers Green N13 4QJ. Tel. 020 8292 4324. Please include a stamped addressed envelope and your full name and telephone number.

Wednesday 15 October: Flu vaccinations at Edmonton Leisure Centre 10am - 2pm

Thursday 16 October: Poetry morning at Oakwood Library 10.30-12 noon. With Armistice Day the following month, Gwen Wood will be leading a discussion and readings on the War Poets. We welcome your thoughts. Admission free

Friday October 17: special joint meeting with Age Concern Enfield to mark the 100th anniversary of the state retirement pension with Gordon Lishman, director-general of Age Concern England and Joe Harris, general secretary of the National Pensioners' Convention. 2pm Enfield Baptist Church, Cecil Road, Enfield Town.

Wednesday 22 October: Join our deputation to Parliament calling for a decent state pension for all generations. Meetings arranged with David Burrowes MP, Andy Love MP, Joan Ryan MP. Meet at Westminster tube station booking hall at 12.30pm. Please telephone your name to Olivia Goodfellow 020 8447 8841 (office hours 9-5 please).

Thursday 23 October: Visit to the Poetry Library at the Royal Festival Hall. Six places left. Call David Oliver 020 8886 6231 for details.

Thursday 30 October: Adding Life to Years - *Living longer: conference on age and independence in Enfield.* 9.30 -3.30pm. Enfield County School for Girls, Enfield Town. Admission free, lunch provided. To book your place call Deborah Chapman 020 8379 3774.

Tuesday 4 November: Turkish delight lunch in N21!! (recommended by Olivia who has been there three times since it opened!). Join us for a delicious Turkish meal at the recently opened Samdan Mezze and Grill restaurant on the Green at Winchmore Hill and

the time is 1pm. The meal will consist of a cold starter of your choice from a wide selection, a hot main course of either chicken or lamb cooked over charcoal, with rice and salad, meatballs or a vegetarian moussaka. Tea or coffee will round off this delightful luncheon. There are 50 places available. The cost of the meal is £10, which excludes drinks but includes a small donation to Forum funds to cover administration costs. To book a place, call Olivia on 020 8447 8841 and send your cheque to 19 Wades Hill, London N21 1BD. (cheques made payable to Enfield Over 50s Forum).

Wednesday 19 November: Visit to the world-famous RAF Museum at Hendon. Coach leaves Enfield Civic Centre at 9.30am, arriving back approx. 4pm. Cost £8. To book a place call Bill Thear 020 8363 9216. On confirmation, send your cheque payable to Enfield Over 50s Forum together with sae for further details to Bill Thear. 46 St. George's Road, Forty Hill, Enfield EN1 4TX

Thursday 20 November: Poetry at Oakwood Library 10.30 -12 noon. Admission Free.

Friday 5-8 December: Christmas markets trip to Luxembourg. Cost £245 per person. To go on the waiting list call Olivia on 020 8447 8841.

Wednesday 10 December: The Forum's Christmas Social this year will be at the Royal British Legion hall in Holtwhites Hill. Buffet lunch with the same fine caterer as last year, dancing, entertainment. Tickets £12.50 from Roddy Beare, 18 Lucerne Close, Palmers Green N13 4QJ. Tel: 020 8292 4324. Please include a stamped addressed envelope and your full name and telephone number.

Social secretary Roddy Beare says: Looking to the future some of the ideas that your social committee are looking into for the future include a visit to the new Wembley Stadium, a Kew River trip, a return visit to the Albert Hall and the V.& A Museum, day trip to Le Touquet, the London Eye and river trip and a sightseeing trip around London on a motorised "duck." We'd welcome more ideas and equally we'd welcome volunteers to take on responsibility for organising an event. You can call me on 020 8292 4324.

So remember to watch this space

Two events to mark centenary of state pensions

One hundred years ago - despite strong opposition from the House of Lords - the British Government took the first steps in recognising its responsibilities to provide for those in old age. We cannot let this landmark event pass without paying tribute to those who established this right to a state retirement pension - and to recognise that a decent pension is needed more than ever today. not only for today's pensioners but for future generations.

On Friday 17 October, the Forum is holding its first joint meeting with Age Concern Enfield at Enfield Baptist Church, Cecil Road, Enfield Town, starting at 2pm. Our guest speakers are both national figures: **Gordon Lishman**, director-general of Age Concern England and **Joe Harris**, general secretary of the two million-strong National Pensioners' Convention and we will be showing the NPC film: **"We are all Londoners"**.

Then on the following **Wednesday, 22 October** we will be going to Parliament for meetings with our three MPs. The day will start with a march at 11.30am from Whitehall Place to the Methodist Central Hall. The Enfield Over 50s Forum are meeting **Andy Love** and **Joan Ryan** at 1.30pm and **David Burrowes** at 3pm to impress on them the need for some immediate action to help the one in four pensioners still living below the poverty line. Forum members wishing to participate in these meetings are asked to register their interest with Olivia by calling 020 8447 8841. **It is vital that you note we shall be meeting at the booking hall in Westminster tube station at 12.30pm for a cup of tea and a chat before the first meeting**

The level of the state retirement pension is an issue for everyone - not just today's pensioners because unless it is raised above the official poverty level, millions of people will find that when they come to retire the state pension will be totally inadequate to give them a decent standard of living. Meanwhile, the case for a decent income in retirement gets stronger by the day as we read that inflation is now the highest for 16 years.

With swingeing increases in gas and electricity bills still to come, inflation is expected to reach 5% by the autumn. Pensioners on low incomes are being badly hit by the rise in food prices which are up 13.7% compared with a year ago. Meat is up 16.3%, best mince by 19%, chicken by 35% and pork sausages by 9%. We are like the piggy in the middle of a vicious circle with the cost of food being driven up by

people in developing countries such as China and India switching to Western diets as they get a little richer. This requires more grain to feed livestock, cereal prices go up and farmers in Britain face higher costs for fertilisers and fuel with a doubling of oil prices in a year.

The result is that bread and cereal prices are up 15.9% in a year, milk, eggs and cheese went up 19%, vegetables 11.9% and oil and fats up 29.5%. It is not much of a consolation to know that other countries are in the same boat when 50% of single pensioners have to get by on £6,000 or less a year. And we know that pensioner poverty has risen in the last year alone by 300,000 and now reaches 2.5 million.

"Means-testing remains inefficient and unpopular and most pensioners receive less than £5,000 a year from their occupational pensions. Those worst affected are older women living alone for whom pensioner poverty is a real issue. The link with earnings scheduled to come in 2012 will only provide an extra £1.40 a week more than pensioners would have got anyway under the present system. This is simply too little, too late.

"It is completely unacceptable that in the centenary year of the first ever state pension, millions of older people are still living in poverty. If a society is judged by how it treats its older citizens, then we are seriously failing. Pensioners don't want charity - they have earned the right to a decent state pension that is set above the poverty level of £150 a week and rises each year in line with earnings. It is time the government realised that older people deserve better," says the National Pensioner's Convention.

That is why when we have our meeting at Enfield Baptist Church on **Friday 17 October** and go to Parliament on **Wednesday 22 October** we shall be asking for the immediate restoration of the link between the state pension and prices or earnings, whichever is the greater - already supported by more than 120 MPs - - not wait until 2012. We shall be asking for the basic state pension of £90.70 a week to be raised above the official poverty level; and for improvements in the 25p weekly Age Addition paid on reaching the age of 80 and the £10 Christmas bonus - both of which have been unchanged since 1971.

**Make your voices heard on Friday
October 17 and Wednesday October 22.**

Your good morning smiles

White House breakfast

George W. Bush and his vice-president Dick Cheney were having breakfast at the White House. The attractive waitress asks Cheney what he would like and he replies: **"I'll start with a bowl of oatmeal and some fruit". "And what can I get Mr President?"**

Looking up from his menu, George Bush gives his trademark wink and with a slight grin says: **"How about a quickie this morning?"** The waitress exclaims: **"How rude! You're just like President Clinton"** and with that she storms out. Dick Cheney leans over to Bush and whispers: **"It's pronounced 'quiche' "**

The bells are ringing.

Hearing that her elderly grandfather had suddenly passed away, Kate went to comfort her 95-year-old grandmother.

Asked how her grandfather had died, Kate was told he had a heart attack but her grandmother added: **"We were just making love on Sunday morning, as we always do"**. Startled. Kate said politely that two people nearly 100 years old making love was asking for trouble.

"Oh no", said granny. **"We figured out years ago that the best time to do it was on Sunday morning, just as the church bells start ringing. It is just the right rhythm. Nice and slow and even. Nothing too strenuous. Simply in on the Ding and out on the Dong"**.

Grandma wiped away a tear and added. **"He'd still be alive today if the ice cream man hadn't come along."**

Incapacity benefit changes explained

New Employment and Support Allowance starts

27 October 2008 sees the birth of a new State Benefit, the Employment and Support Allowance (ESA). If you currently receive Incapacity Benefit (IB) you will be unaffected. However, anyone claiming after 27 October will be assessed for either the new ESA, a Severe Disablement Allowance (SDA) or Income Support (IS). The transfer of the existing Incapacity Benefit claimants to ESA will be phased between 2010 - 2015.

There will be two types of ESA, either income-related (ESA(IR)) or contributory (ESA(C)). Both elements will be payable up to state pension qualifying age. Both elements will be payable in two stages, the assessment phase and the main phase. During the assessment phase (usually 13 weeks) a basic amount will be awarded. Also during the assessment phase the customer will have a work capability assessment (WCA) which will determine eligibility to ESA.

If the WCA determines that a customer is eligible, an extra component will be awarded from week 14, resulting in a higher level of benefit. This will be either a work-related activity component or a support component. If the WCA threshold is not met, ESA will cease.

ESA is therefore a more activity-based benefit than the existing Incapacity Benefit and is aimed at encouraging a move into work for those who are able to do so. It's all about assessing what you can do rather than labelling people "incapable of work".

For further information, please visit : www.dwp.gov.uk , and type "ESA" in the search field.

New three in one pension credit claim form

Older people will soon be able to get more help with rent and council tax bills without having to send off any forms. The Pension Service will deal with the entire application over the phone when people claim Pension Credit - and then send on the claim information to Enfield Council, who will be responsible for paying their housing and council tax ben-

efits. It is estimated that nationwide some 50,000 pensioners will gain from this measure by 2010.

Minister for Pensions Reform Mike O'Brien said: "This change will make the application process speedier and more automatic – helping thousands more older people with their housing and council tax costs - and making a difference to those on the lowest incomes.

"We've already taken a lot of the pain out of claiming – by providing a team of advisers to complete pension credit, housing and council tax benefit applications over the phone, so that older people don't have to fill in any forms themselves. But once they've received a completed form from the Pension Service, we know that around half of older people don't forward it on to the council that would pay their housing and council tax benefits.

"From October 2008, the Pension Service will send the information automatically to local authorities – meaning more over-60s get the help they're entitled to."

As part of the package - aimed at making the system simpler and less intrusive for older people - back-dating of pension credit, housing benefit and council tax benefit claims will now be limited to three months, bringing them in line with working age benefits. At the moment arrears can be back-dated for up to a year.

The shorter back-dating period for pension credit will significantly cut the amount of personal information needed – and will speed up claims. The range of activities encouraging people to claim will, however, continue, including home visits by the joint team of the pension service and LBE's benefits staff. Also from October, pensioners aged 75 and over receiving pension credit will no longer be required to provide updated information every five years on their retirement income.

For further details, visit : www.thepensionservice.gov.uk.

Julian Smith, LBE Revenues Team Leader

Free One to One Support

Enfield PCT has recruited a team of Health Trainers who will provide one to one sessions for individuals who want to make healthier lifestyle changes. They will give you information and practical support. Free health trainer sessions can support you to:

- Lose weight
- Eat more healthily
- Increase your physical activity
- Quit smoking

The health trainers speak a number of languages including: Turkish, Punjabi, Urdu, Somali, Hindi, Gujarati. If you would like to see a Health Trainer, please call 020 8370 8296 for further details.

Council tax: no change

It looks as though come the next general election, none of the three main political parties will be advocating any change in the current method of calculating council tax. The liberal democrats, who supported a local income tax at the last three general elections, seem to have abandoned the idea in favour of adding an extra band at the top for higher value properties. So council tax will remain a property based tax, not one based on the ability to pay.

In the words of an editorial in The Times: "*The lamentable aspect of this is that, with the exception of the occasional pensioners who seek to be imprisoned over their bill, there is an air of resignation about this unloved tax and local democracy in general.....bigger and bolder proposals are required. The prospect of council tax creeping upwards year after year in tandem with functional autonomy slipping away from councils to Whitehall is profoundly depressing*".

Joan Ryan's gift to Forum

The Forum is £150 better off thanks to a handsome gesture by Joan Ryan. The MP for Enfield North named the Forum as the beneficiary for her fee, given when she was interviewed along with other MPs for an opinion survey.

Thank you Joan!

Help wanted for the Forum

If you have web skills, administration skills, writing skills why not offer to help the Forum? Or perhaps you would like to be our lead on taking up such issues as lifelong learning, toenail cutting and chiropody? **Contact Olivia in the first instance and let her know you are available 020 8447 8841 (in office hours)**

Customer panel for benefits

Enfield Council's Benefit Service has been given an "Excellence" rating by the Benefit Fraud Inspectorate. They are now looking for an older customer or two to join their customer panel and help further improve the service they provide on housing benefit and council tax rebates.

Further details from **Christine Cox**, Enfield Council, PO Box 63, Civic Centre, Silver Street, Enfield, EN1 3XW.



ENFIELD BOROUGH OVER 50s FORUM

www.enfieldover50sforum.org.uk

Membership Application Form

Surname	
First Name(s)	
Organisation*	
Address	
Post Code	
Phone Number	
Email	

* Not applicable if joining as an individual or a couple.

(I/We/My Club) wish(es) to apply for membership of the Enfield Borough Over 50s Forum. Enclosed is a payment of (£6.00 individual membership; £9.00 for couples; £15.00 for Clubs). Cheques should be made payable to **Enfield Borough Over 50s Forum**. (Delete as appropriate). We invite members to register for two years at twice the above rates as this cuts down the administration burden. **Life membership is on offer at £100, £150 and £250** respectively for single, joint and club subscriptions.

How did you hear about the Forum or who introduced you?

Do you use Enfield Leisure Centres (yes/no) in which your membership card will be sent out asap.

The Forum encourages members to come forward and help in its administration, stuffing of envelopes, running of events, serving on sub-committees, representing the Forum on external bodies, advising and researching special interest areas, etc. If you are interested in supporting us in this way please tick this box.

Also please indicate below if you have any special skills you are willing to use to support the Forum.

Donations

I am making the following donation to the Forum £..... to help defray running costs of the Forum. As a registered charity the Forum can collect gift aid on donations made. If you pay tax and have made a donation do you give us your permission to apply for gift aid on any donation made by you to the Forum(Yes/NO)

Signed

Please return this form to **Joyce Pullen, Membership Secretary, Enfield Borough Over 50s Forum, Salisbury House, Bury Street West, N9 9LA**, or hand in at a Forum Meeting.

Please note that receipt of the bimonthly newsletter and membership card will indicate your subscription has been received and processed.

Don't show this to the children

...if you do, they'll never learn the idiosyncrasies of English ...like wot we did!

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hice.

If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?
If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?

Then one may be that, and three would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him,
But imagine the feminine: she, shis and shim

!Let's face it - English is a crazy language.

There is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple. .

We take English for granted, but if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig. And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? Doesn't it seem crazy that you can make amends but not one amend.

If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught?
If a vegetarian eats vegetables, what does a humanitarian eat?

Sometimes I think all the folks who grew up speaking English should be committed to an asylum for the verbally insane.

In what other language do people recite at a play and play at a recital?

We ship by truck but send cargo by ship.
We have noses that run and feet that smell.
We park in a driveway and drive in a parkway.
And how can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out, and in which an alarm goes off by going on.

And in closing, if Father is Pop, how come Mother's not Mop?

Published by Enfield Borough Over 50s Forum.

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Web site: www.enfieldover50sforum.org.uk