

Make pavements a priority

Should Enfield Council be spending less than £150,000 a year on maintaining our pavements in a fit and proper condition to help reduce the number of accidents due to people falling over? We pose this question because having a fall – and the fear of falling – is a major and growing concern for all older people whose numbers are continually on the increase.

Falls are the most frequent and serious type of accident in people aged 65 and over. They can have a devastating effect on their confidence, and in many cases it leaves older people fearful of leaving home. Poorly repaired pavements present an everyday danger to older people and we have seen the effect on our members with bruised faces and painful bodies.

Nationally, it is estimated that there are some 2,300 falls reported every day due to faulty pavements. Here in Enfield the Forum has established that complaints to the council about defective paving just topped 3,040 last year, while in 2007 there were 3,691 reported incidents. And, of course, many people had a fall without registering their complaint.

People have complained to the council that the condition of pavements in North Enfield have deteriorated in recent years. Others mentioned poor pavements in the Edmonton

area around Monmouth Road, Plevna Road, St Martins Road and Church Street. So with this issue of the Newsletter we are launching a petition to the council urging more priority for pavement repairs with more money allocated for the work.

While council expenditure on paving reconstruction works - that is laying large sections of footway - has been between £3.5million and £4.6million in the last two years, spending on pavement repairs has been between £125,000 and £135,000 over the same period.

The council says it successfully defends 76% of insurance claims made against it for faulty pavements, but this does not, in our opinion, take into account the personal injuries often caused by uneven surfaces and faulty pavements. Nevertheless, the council still had to pay out more than £380,000 on some 380 claims in the three years 2005/8.

Enfield council says it abides by the highway maintenance plan code of practice that there should be a maximum difference in paving slab height of 2.5cm (1inch) and that regular inspections take place twice a year. Defects are categorised into those that require attention within 24 hours or 28 days.

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Future FORUM Events

FORUM MEETINGS - Civic Centre, Silver Street, Enfield

Tuesday 26 May 10am for 10.30am start
Utilising our parks and open spaces for older people
Speaker: **Tony Corrigan**, LBE parks development and asset manager.

Tuesday 30 June 10am for 10.30 start
Your chance to quiz **Councillor Terence Neville**, Cabinet member for the environment and street scene, on: **wheelie bins, pavement & pothole hazards, community toilets and much more.**

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

Tuesday 19 May 10am start
Dementia: the importance of exercising your mind with **Dr James Warner**, consultant in older adults psychiatry, St Charles Hospital, London.

Tuesday 16 June 10am start
Russell Carpenter, community involvement officer, London Ambulance Service speaks on: **Delivering world class healthcare**

**COFFEE MORNINGS - Millfield House Mini-forum meetings starting at 10am

Thursday 21 May 10am start
Peter Feldon, Project lead - Strategic Needs Assessment of LBE, consults the Forum on **the future health and social care needs in Enfield.**

Thursday 11 June 10am start
Chrysanthi Kouzoupis, LBE carers support officer, talks about the **carer's support network** and the support Enfield provides to carers looking after vulnerable, disabled or older people.

Thursday 2 July 10am start (Millfield House)
Forum Member **John Garrett** talks about **tracing your family tree - genealogy made simple.**

*Skinners Court is opposite the Fox pub car park in Pellipar Close, Fox Lane, Palmers Green - Buses 329 and W6 or the 121 to the Triangle - 150 yards from the Fox. Meetings are on the third Tuesday in the month.

**Millfield House (By Millfield Theatre) is in Silver St, N18 1PJ - Buses 34, W6, 102,144 or 217,231 to the Gt Cambridge Roadabout. Thursdays but date varies.

Membership Secretary's Update

We've topped the triple!

That's the triple thousand members and when I reported to the Forum committee that we've now registered 3055 members, I thought our chair, Monty Meth, whispered: "**that deserves a tipple**", but maybe I misheard him. Nevertheless, we made our 3000 members as we had hoped and we are off to a flying start for our new financial year. We have two new life members and I am also pleased to say that we have had some old members return and sign up again, so welcome back to them.

I know you would like me to thank on your behalf everyone who has made donations above their membership fee. There have been a few notable ones: £38, £25, £20 and without naming them personally they know who they are. So once again our thanks to you all.

And thanks too to the great band of volunteers that have been helping me as the annual renewals come in. This does, of course, remind me to remind those of you yet to get your new cards valid until March 31 2010 that now is the time to post that cheque - made out to Enfield Over 50s Form - and sent to me at Millfield House, Silver Street, London N18 1PJ if you don't want to lose your link with the Forum. Fees remain unchanged at £6 for individuals, £9 for couples and £15 for clubs and organisations. And if you pay for two years you'll miss any possible increase next year in subscription rates. We would appreciate it if you are able to complete the Gift Aid section as well.

The Forum has also received a handsome donation of £150 from the Knights of St Columba at St Monica's Church, Palmers Green - their second donation to us - and no doubt our genial social secretary Roddy Beare had something to do with it. After Forum Development Officer Polly Lawman gave a presentation about our work to the Ladies Thursday Club they gave us a £25 donation.

Welcome to our new affiliates

Oakwood Horticultural Society

I think they are our first allotment holders and they meet behind Ashridge Court in Reservoir Road, near the Maze pub in Bramley Road. Contact: **Clair Pike, 826a Green Lanes, Winchmore Hill N21 2RT Tel. 01707 265225.**

They have a trading shed open on Sunday mornings holding stocks of seeds. Growbags, potting composts, fertilisers, feeds, insecticides, fungicides, weedkillers, and many other gardening products for sale at very competitive prices, in large and small quantities. Advice is also available. Membership only £2 per annum - new members welcome.

Cockfosters Bowling Club

Contact: Miss Anne Burgess, 37 The Pines, Oakwood, London N14 4EX. Tel: 020 8886 9510; e-mail: burgess@tiscali.co.uk

The Bowling Green is in Chalk Lane, Cockfosters. Club days are Wednesdays and Saturday afternoon throughout the outdoor bowling season, from the end of April to the end of September.

The Ladies Thursday Club

Contact: Phyllis Waldock, 126 Amberley Road, Bush Hill Park Enfield EN1 2RR. Tel 020 8360 2704. They meet at Millfield House every Thursday 8-10pm for a mix of social chat, games, a theatre visit or a visiting speaker.

Joyce Pullen

Random Round-Up

Food for thought - 1

Responding to our e-News announcement, about 20 Forum members saw Alan Ayckbourn's play "Between Mouthfuls" staged by performing arts students at Southgate College. Through e-News they were invited by Julianne Mullen, one of the drama lecturers, who told us that all the guests who came to see the free performances had a positive impact on the students and on their acting.

Julianne tells us they "will most definitely be having more events and we will of course be inviting members from the Forum. Our next performances will take place May/June. I will keep you posted." So if you want to be invited just send us your e-mail address and become an e-News recipient - all part of the free service!

Food for thought - 2

The NHS has spent some £44 million in the last five years on specialist equipment to meet the growing size not just numbers - of patients. Hospital doors have had

to be widened, lifts strengthened and operating tables made larger and stronger all to cope with the increasing strain of handling overweight or obese people.

No proud record

A record 12.2 million people one in every ten Americans now receives food stamps to help them pay for groceries, says the US government. Due to the weak economy, the average value was £76.18 a week. Unemployment in America reached 8.1%, the highest in 25 years and claims for jobless payments are the highest for 26 years.

Pensioners

Inflation rates for the over 75s in Britain reached 4.9% against 2.8% for the under-30s. Last September it was 5.2% - on which the £4.55 state pension increase from 6 April was based to £95.25 for a single person and went up from £145.05 to £152.30 for couples.

Toilet scheme launch ends 3-year Forum campaign

Council contributes £28,000 so we can "spend a penny" in shops

Enfield Council teamed up with the Over 50s Forum to launch the community toilet scheme at Pearson's department store in Enfield Town at the end of March, when 14 outlets across the borough signed up to make their toilet facilities available to members of the public.

Cllr Terry Neville, cabinet member for environment and street scene said: **"Businesses, such as Pearson's, have shown great community spirit to get involved in this scheme. Canny traders will know that if they let non-customers spend a penny they may be coming back to spend pounds later."**

The council is making available up to £800 a year to encourage businesses join the scheme. Those participating display signs in their windows to enable the public to clearly identify that their toilets are open for public use.

Monty Meth said that seeing the plan get off the ground was a great day and occasion for Enfield's Over 50s Forum. **"This toilet scheme has been a long time coming to Enfield. It is just about three years to the day since the Forum proposed the idea to the council and its launch is the culmination of my nine-year stint as Forum chairman."**

"So the lesson for local voluntary organisations like the Forum is to be tenacious in pressing the case, be persistent, be a nuisance – don't be disheartened or fobbed off – particularly if you know that what you are doing helps to improve the quality of life of local people."

"It will now be important to see that the council finds the money to expand the scheme in the coming years. In Richmond, for example, there are 75 toilets in local stores – and there are more in the pipeline. So I hope Enfield council now puts some real effort into signing up more businesses."

"Opening up toilets on business premises ends once and for all the fear - or hesitancy - of going into a pub, restaurant or shop and asking to use the toilet without having to buy something. This is breaking down yet another barrier preventing older people leaving home to shop, knowing they won't now be 'caught short' when seeking a toilet."

"The lack of public toilets is not just a problem for older people and mums with young children. One in six people now suffer from a medical complaint nobody likes to talk about – overactive bladder syndrome. It affects over nine million women and some two million men and it is more widespread than either diabetes or asthma."

"There is plenty of evidence that where the community toilet scheme is already up and running, it leads to more business because people remember those outlets that are customer friendly. And we all know how important and valuable this could turn out to be for our local shops now facing a difficult trading climate."

Businesses signed up to the scheme are:

- Asda Edmonton**, 1 West Mall, Edmonton
- Café Cristo**, 442/444 Green Lanes, Palmers Green
- Dinero**, 335 Green Lanes, Palmers Green
- Fore Street Café**, 327 Fore Street, Edmonton
- Highland Restaurant**, 43 Cannon Hill, Southgate Green
- McDonalds**, Chase Side, Southgate
- McDonalds**, Church Street, Enfield
- McDonalds**, 286 Green Lanes, Palmers Green
- Park Side Café**, 90 Alderman's Hill, Palmers Green
- Pearson's (Enfield) Ltd.**, The Town, Enfield
- Top Hat Pizzeria**, 149 Green Lanes.

The following **Tesco** stores are joining the Enfield scheme and will display the Enfield window sticker, but they have declined the annual fee offered by Enfield Council

- Tesco**, Savoy Parade, Southbury Road
- Tesco Extra**, 1 Glover Drive, N18
- Tesco Extra**, 288 High Street, Ponders End

Anyone interested in participating in the scheme should contact Mary Hodges at Enfield Council on 020 8379 3594 or email environmental.health@enfield.gov.uk.

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Falls in the home are another serious matter and together with falls in the street account for some 850 Enfield residents aged 50 and over being admitted to hospital during 2007/8. Of these hospital cases, 155 were hip or neck fractures.

NHS Enfield tell us that the total cost of hospital admissions due to accidental falls last year by the over 50s was around £2,461,000 - and this excludes those treated for falls by A&E departments at Chase Farm, Barnet and North Middlesex hospitals. It is clear from NHS figures that not

surprisingly the number of falls rises with age. From the age of 70 women are more likely to fall than men. At age 80 and over, the chance of a fall is 1 in 25, rising to 1 in 10 for a resident in their 90s.

In endeavouring to reduce the number of falls, the Forum together with NHS Enfield has listed 50 check points in a home safety audit booklet and it is holding a Falls Awareness Day next month.

(see the enclosed leaflet)

Don't trip – get fit

A day of professional advice & healthy activities

Tuesday 23 June 9.30am – 3pm
Southbury Leisure Centre, Southbury Road

Lunch provided * free prize draw *

Pre-registration essential. Call Sylvia
Kramer 020 8370 8196

Notices from our affiliates

Workers' Educational Association

Look out for **Dr Graham Handley's** day course about **George Eliot** at the beginning of September and, of course, all the twenty-week courses on subjects as varied as history of art, geology and literature starting at the end of Sept. until March 2010. These will be advertised in the WEA brochure available in the libraries in July. Details from **Norma Chapman 020 8882 0615, or Shirley Sandford 020 8882 0207.**

Enfield Diabetes Support Group

Monthly Tuesday evening meetings 7.30-9pm
Diabetes Centre, Chase Farm Hospital
Further details call: **Ruth Waxman 020 8360 4821**
or **David Petts 020 8245 0948.**

Edmonton Sports and Social Club

Corner of Edmonton Church Street N9 and A10
The Bowls section is open in the afternoons and the season is just starting. The club has friendly members, tea and coffee for all players and newcomers are welcome. Players need to wear flat shoes. There is ample parking.
Contact: **Anna Nicholas 020 8360 9462 or 020 8807 6870.**

Southgate Weld Lawn Tennis Club

Over 50s membership special offer – members wishing to play weekdays can join the Weld on the Walker Ground for 18 months until March 31 2010 – for £75. Membership includes: no joining, no booking fee. Full details of membership categories form **Denise Ghandi on 8886-3632.**

Ellenborough Table Tennis Club

has special sessions for over 50s, Monday & Tuesday 10am-12 noon; Thursday 1.30pm-3.30pm
Based at Kimberley Gardens, a short walk from Enfield Town station. Open to non-members at £2.50 per session.

Southgate Symphony Orchestra

Sunday 28 June at 7.30pm
St Mary Magdalene Church, Windmill Hill.
Reduced price tickets for Forum members £6 obtainable at Forum meetings or from the office 020 8807 2076
Featuring the orchestra and children's choir in the world premiere of a new work: Three Southgate Tales by Enfield composer Roderick Elmer; Chaminade's flute concerto performed by Rev. Gordon Giles, Minister at St. Mary Magdalene, and Beethoven's famous fifth symphony.

Cineworld Silverscreen Restarts

Southbury Cineworld has a new manager and he has agreed to restart the Over 50s film club for a trial period. Provided sufficient numbers of viewers regularly attend it will become permanent at the cinema. Films being shown for the trial period are:

Monday 18th May	Valkyrie
Monday 1st June	Defiance
Monday 15th June	The Reader
Monday 29th June	7 Pounds

Films will start at 12:00 and will cost £2.50

Joan Ryan seeks end to "benefits" stigma

Joan Ryan MP has secured all-party support in Parliament to change the name of council tax benefit to council tax rebate because so many pensioners detest the stigma attached to benefits and hate the idea of accepting handouts.

The Forum has continually objected to the "benefits" tag being used not only regarding council tax but also pension credit and all other state payments to pensioners. We have, for example, urged Enfield council to use "rebate" whenever possible in its publicity.

Introducing the Bill, Joan Ryan quoted the Forum's **"firsthand experience of people's reluctance to apply for reduced council tax because of the stigma attached to the idea that they are applying for benefits or for charity, where in fact they are claiming a rebate that is rightfully theirs."**

Evidence of support for the Bill came with a petition signed by 25,000 members of the Royal British Legion which highlighted that for many pensioners, council tax represents a significant outlay – in some cases it is their largest single expenditure.

Joan Ryan told MPs: **"As many as 2.2 million eligible pensioners do not claim council tax benefit, even though they are entitled to it. In fact, the level of take-up of council tax benefit has actually fallen by 10 per cent over the past seven years. This means that council tax benefit, which has the highest number of potential claimants, has the lowest take-up of any state benefit."**

"Nearly half of all pensioners who qualify for council tax benefit do not make a claim, and almost £1.5 billion of council tax benefit money that has been set aside by the Government to help people pay their council tax bills goes unclaimed each and every year." she added.

Time permitting, the name change Bill is scheduled to have a second reading in Parliament on Friday 26 June when it will be important that more than 100 MPs vote in favour of the Bill to ensure it survives. But it is hoped Ministers will recognise that as both Tory and Lib-Dem MPs support the idea, they will make the change themselves.

Fancy Paris in spring 2010?

As many of you will be aware, I was given a voucher for a weekend for two to Paris as my leaving present from the Forum. I decided to invite my sister as we have never been away together - just the two of us! The hotel in Paris was great and the staff friendly and welcoming to the group we travelled with. We decided to go it alone for most of the weekend and it was wonderful - we saw all the main sights and took in some serious shopping in the Latin quarter.

The excursion we joined was to the naughty Pigalle district and Sacre Coeur, which was beautiful. I was so impressed with the trip that I would like to organise a similar one for the Forum next spring so that we can really appreciate what a wonderful city Paris is.

Crusader was of its usual high standard and the tour guide was delightful. My thanks to the Forum for giving me such a wonderful opportunity to revisit the city of romance in the springtime - fancy coming next year?

Olivia Goodfellow

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

We must apologise for giving the wrong telephone number in the last newsletter for the Royal Opera House tea-dances – the correct number is listed below.

That's the bad news. The good news is that we've had some highly successful and enjoyable events ranging from the packed Southgate Symphony Orchestra concert to the trip to the Brick Lane Music Hall. The Freedom Pass trip to Christ Church and the walking tour around Spitalfields were also voted top class and hopefully we'll be able to repeat them later in the year for those who missed out. The English Barn Dances at Southbury Leisure Centre are also going with a swing – so keep those feet moving!

Looking to the future

Thursday 21 May: Poetry group meets at Oakwood Library, Bramley Road 10.30am-12noon. Opening topic: Judy Klimt leads on animals. Contact David Oliver.

Thursday 21 May, 7pm: Dinner at Southgate College. The first 50 tickets have all been sold but we've managed to secure a few extra places. Tickets £12.95 for a four course set menu or vegetarian option. Please call: Roddy Beare for details.

Saturday 30 May: Annual Quiz at St Paul's Church, Church Hill, Winchmore Hill. Supper served at 7pm sharp. Tickets £10. Tickets are almost sold out with just 10 places remaining Contact: Roy Barrows 020 8360 8561 Monday-Friday.

Wednesday 3 June: English barn dance led by Cyril Jones, Southbury Leisure Centre 2 –4pm.

Thursday 18 June: Poetry group meeting at Oakwood Library, Bramley Road 10.30am-12 noon. Contact David Oliver.

Friday 19 June: Last Royal Opera House tea dance of the season. Tickets £10. Call 020 7304 4000.

Sunday 28 June: Southgate Symphony Orchestra concert at St. Mary Magdalene Church 7.30pm Tickets in advance from the Forum office £6.

Tuesday 7 July: All aboard for a flight and a cruise. Enjoy a 40-minute cruise on the River Thames and view the sights from the London Eye. Cost £27. Cheques payable to Enfield Over 50s Forum. Send with an SAE and your phone details to Roddy Beare

Saturday 15th August: Trip to Althorp. Only five places left. Option 1 - £39 for the coach trip, admission to the house and grounds and afternoon tea. Option 2 - £20 excludes afternoon tea. To reserve your place call Olivia for full details.

Thursday 10–Monday 14 September: The Forum's "going Dutch" with our five day trip to Holland in conjunction with Travelsphere. A unique walking and cycling (optional) holiday travelling by luxury coach and staying in a comfortable hotel on a half board basis. The holiday costs £349 pp. 3 places left. A deposit of £50 is needed to book a place and further details are available from Olivia.

Saturday 19 September: Open Day at Enfield Magistrates Court from 10am-4pm. Watch for further details.

Friday 4-7 December: Christmas markets trip to Bonn. Only 16 places left in twin rooms in conjunction with Crusader Holidays. Cost £299pp and a £50 deposit secures your place. Full details from Olivia.

Please note: If you have to cancel your place on a Forum social activity/trip, every attempt will be made by the organiser to fill your place, but if this is not possible, you will lose your booking fee.

Details of all Forum events and meetings can also be found on the Forum's web site www.enfieldover50sforum.org.uk and information on other events in and around the Borough are circulated via the Forum's eNews - which goes out once or twice a month to those who have an email address.

If you are on email and would like to receive the eNews send your email address to info@enfieldover50sforum.org.uk asking to be put on our eList.

Roddy Beare, Social Secretary

Contacts details:

Cecilia Blaney: 8807 2076 - Forum Office
email: info@enfieldover50sforum.org.uk

Roddy Beare: 020 8292 4324
18 Lucerne Close, London, N13 4QJ

Olivia Goodfellow: 8447 8841 email: olivia.g@virgin.net

Jean Mittins: 8367 2102
9 Laura Close, Enfield EN1 2DZ.

David Oliver: 020 8886 6231

ODEON SENIOR SCREEN (Lee Valley)

Odeon now run a Senior Screen at Picketts Lock every Thursday starting at 12 noon. The cost is £4.50 and includes tea or coffee and biscuits.

Future films:

Revolutionary Road, Slumdog Millionaire, The Curious Case of Benjamin Button, Vicky Cristina Barcelona & Valkyrie

Enfield Leisure Centres News

Southbury LC extra Wednesday tea dances on 13 & 27 May; 10 & 24 June; 15 & 24 July

Southbury LC barn dances on Mondays 6 May; 3 June: 1 July

Southgate LC Tuesday Over 50s Day Beginners - Tai Chi 1.45pm; Pilates 10.45am ; EasyLine Fitness 9.45am & 10.45am

Ladies 5 kilometer Charity Walk 21 June Trent Park (Contact Roger Biss for details - 07973 617 349)

Volunteer ballroom dancing instructor wanted (Contact Roger Biss)

Development officer Polly Lawman Reports

It's been three months since the Forum moved to Millfield House and **Cecilia Blaney**, our administrative assistant, and I started working for the Forum. Since then, we haven't looked back – the office has been very busy. We have enjoyed meeting people who have popped in with enquiries or just to say hello and welcomed many new members. Already we answer some 20 phone calls a day which shows just how interest in the Forum is growing. The support given by the Forum committee has helped us to settle in quickly and in particular **Joyce Pullen** has been exemplary with her untiring moral support and expertise while **Olivia Goodfellow** has been a mine of information and always willing to share her knowledge of the Forum. A big thanks to them and to all of the members who have been patient and kind during this settling in period.

Our initiation at meetings has demonstrated how much members value the Forum. At Skinners Court 92 people turned up on 16 March for the presentation by osteopath **Jane Brannan**. Jane introduced the historical background to osteopathy, explained the changes that take place when the body is affected by arthritis and osteoporosis and how osteopathy and manipulation can help with many conditions including post-operative recovery and injuries. She emphasised the importance of weight bearing exercises and physical activity to arrest the development of osteoporosis and the importance of diet in one's well being. Did you know the common belief that dairy products are good for building bones is a myth? Many sufferers have found pain relief in substituting dairy products with other foods. A lot of members have requested a presentation specifically on osteoporosis and we will be arranging this for a future meet-

ing. **Jane has offered a special 20% discount for Forum members on production of their membership card. She can be reached on:** e-mail: ms.janeb@tiscali.co.uk

Our next meeting was a coffee morning at Millfield House on Thursday 2 April. The guest speaker was **Paul Everitt**, the manager at Millfield Arts Centre, who gave a talk on the history of the centre. Many participants shared their experiences and knowledge of the area and made suggestions for future entertainment they wish to see staged at Millfield. From the analysis of the evaluation forms returned, it was evident that Paul's warmth and sense of fun was a big hit. Also, it showed that there is a demand for meetings to take place east of the borough which ties in with the Forum's plans to increase engagement in this area and its objective to be open and inclusive. Thanks to Paul and his team for their warmth in welcoming the Forum to Millfield House.

We are keen to encourage more members to help out in the running of the Forum and we are producing a programme of volunteer engagement meetings and questionnaires, to find out who can do what. By setting up a network of volunteers to sustain the Forum work in the future we can involve more members to help in researching special interest themes, events, outings, administration, extending office hours. It also provides a great opportunity to meet new people and use your skills and expertise for a good cause. Cecilia and I look forward to the opportunities and challenges of the next phase of the Forum's development.

Polly

One voice now speaks for us

I was one of only 30 representatives from forums all over Britain that attended the historic conference celebrating the merger on 1 April between **Age Concern** and **Help the Aged**. The merger is between the national bodies and not local ones that retain their autonomy, but it means that in future there will be one voice campaigning on our behalf.

There was an impressive line-up of speakers both for the plenary sessions and for the seminars. They included **Alan Johnson**, Secretary of State for Health, **Rosie Winterton**, Minister of State for Pensions and the Ageing Society and, to provide a political balance, **Theresa May**, Shadow Secretary of State for Work and Pensions. The messages from the speakers was a mixture of hope and gloom – hope that things had got better and gloom that they had not improved enough.

Pension increases were good news but that pension credit take-up had stagnated was not. Older people would be living longer, but lack of money for retirement was going to be a big problem for today's workers unless they saved

harder. None of this is news to us.

Three "**ordinary**" older people gave their stories which emphasised the huge disparities in assistance given to carers – as was commented upon in the conference, a post code lottery does exist. This was something that **Rosie Winterton** said would be addressed in a consultation being held this year.

The informal adult learning strategy seminar, which I attended, held out no great hopes for a better future – likewise, the seminar on dignity in healthcare. As I pointed out, the **National Service Framework for Older People**, now some eight years on, had dignity as a major theme and the fact that we are still debating it is an indictment on those managing the health and care services.

There did, however, seem to be a mood for change and the audience was a good mix of older, middle-aged and younger people. **So, perhaps there is hope!**

Irene Richards

Published by Enfield Borough Over 50s Forum.

Contact: The Secretary, Millfield House, Silver Street, Edmonton, N18 1PJ. **Tel:** 020 8807 2076

E-mail: info@enfieldover50sforum.org.uk

Web site: www.enfieldover50sforum.org.uk

Enfield Leisure Centres

Over 50s Fitness days

Every Monday - Edmonton; Tuesday - Southgate;

Wednesday - Southbury

Web site: www.enfieldleisurecentres.co.uk

How does a burglar's mind work?

Burglary victims often wonder why the burglar picked on their house. To find out you need to consider how a burglar's mind works.

Burglary, on the whole, is an opportunist crime. A burglar will look for a target that offers the best opportunity to carry out the crime undetected and with the fewest number of obstacles. A building that presents itself as unoccupied and insecure is far more likely to be targeted than one that is properly secured.

Are you asking for trouble?

Side gates and accessible windows open; ladders left out, allowing access to otherwise inaccessible windows; garden tools available to force entry; untrimmed hedges or high fences in front gardens providing cover and preventing natural surveillance; scalable drain pipes adjacent to upper windows - protect with anti-climb paint.

Each of these makes access to the building far simpler and is an indication to the prospective burglar that it's worth a second look.

The next question is, are the occupants in?

Milk bottles or parcels on the doorstep; newspapers and mail protruding through the letter box or visible through glazed front doors; unlit houses after dark and closed curtains during the day; windows shut in very hot weather.

These signs indicate a reduced risk that the burglar will be disturbed. Naturally, circumstances may arise when the above situations may be unavoidable. Holiday times, when the house is unoccupied for long periods, are particularly important. So we need to take measures that tell the burglar that this building is too risky a target. Make it look as though your house is occupied and don't advertise your absence.

Install automated/programmable light switches, use timers which switch lamps or radios on and off automatically and consider fitting motorised curtain rails. Have a neighbour or friend pop round to clear your letter box or

doorstep regularly and keep the garden tidy. Encourage a neighbour to park on your drive.

Don't advertise that you are going away - do cancel all regular deliveries, but don't announce your departure to a shop-full of people; don't discuss your holiday plans with or within earshot of strangers; don't have your home address showing on your luggage for the outward journey and if you are using a taxi service to the airport, etc., do try and arrange for the pickup to be away from your home. Consider arranging for a house sitter.

The final tip involves your house and car keys. For convenience, so many of us leave our keys in close proximity to the front door. If they're close to the front door it means they're also close to the letterbox. Using a stick or similar device to "hook" the keys through the letterbox, predominantly at night, is an ever-increasing problem.

Not only can your home then be entered with ease, but your car could be taken as well, all without any force or disturbance. Never leave your keys within the vicinity of the front door and preferably keep them secreted elsewhere in the home.

Remove the opportunity - prevent the crime.

For further crime prevention advice call Enfield Police on 020 8345 1102.

Note there is a new Police number for non-emergencies: 0300 123 1212 but in an emergency still always call 999

A new central communications command contact centre has been created by the Met. at Wellington Way, in Bow to handle the calls to the new 0300 123 1212 number, making it simpler and speedier to contact the Met. 24 hours a day, seven days a week and reduce the number of inappropriate 999 calls.

You can phone the 0300 number to contact your local police, seek advice or make a general enquiry.



STOP!

Don't throw your computer out the window!

Call WCS for fast, friendly, competent expert help on all IT matters, from blue screens, advice on broadband, email setup, slow computer problems, new computers and laptops, help and support.

PC health checks - £40+VAT

Call 020 8360 8234

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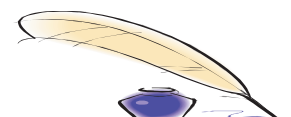
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Get checked for a longer life

NHS Enfield – the new name for the Primary Care Trust - has begun its biggest - ever campaign to identify potential sufferers of life-threatening illnesses such as diabetes, stroke, coronary heart and chronic kidney disease. Called the Vascular Health Assessment (VRA), the check-up is available to everyone aged 40 – 74 who is registered with an Enfield GP.

There is no systematic screening for post -74 year – olds since it is expected that most of them with vascular risk will already have been picked up by their GP. If anyone in this age group is concerned about their health they should consult their GP immediately.

Nationwide, it is hoped the new initiative will save 650 lives every year, prevent up to 1,600 heart attacks and strokes and lead to 4,000 fewer people developing diabetes annually. The checks, which will cost the Government £330 million a year, are expected to detect at least 20,000 cases of diabetes or kidney disease.

Training has already been given to 25 community pharmacists in Enfield who can now offer a free assessment of the risk factors associated with vascular diseases, while health trainers will provide free one to one support and help for people willing to make the necessary lifestyle changes.

By giving people a better chance of reducing the risk of premature death or disability and preventing diabetes, the VRA will help sustain the continuing increase in life expectancy we are now enjoying. It will also help reduce the number of premature deaths now threatened by the rise in obesity with people being overweight and having a sedentary lifestyle.

The free assessment will include measuring, for example, height and weight and whether you are a smoker. A drop of blood from a finger prick will be checked for cholesterol and glucose levels. Results will be given to you with an explanation and then sent to your GP.

The pharmacists will be able to offer initial advice and, if necessary, direct you to a health trainer. All 25 pharmacies offer self-service weight and body mass index checks which will instantly identify whether you are within a healthy living range – or whether action should be taken to reduce the chances of vascular disease progressing.

The VRA is not intended for people already diagnosed and being treated for type 1 and type 2 diabetes, heart disease, stroke, angina, or chronic kidney disease. The purpose of the VRA programme is to identify whether you are at risk because of obesity, physical inactivity, smoking, high blood pressure, higher than normal blood glucose levels or abnormal blood fat levels.

Recorded information about the VRA service and details of all participating pharmacists can be obtained by calling 020 8370 8173. This line is only for information, so you cannot speak or leave messages. If you would like to contact the Health Trainer Service and obtain one to one confidential advice about a healthier lifestyle call 020 8370 8296.

Edmonton Canoe Club

Membership and Bookings: Dave Rudland
Tel: 020 8803 4878 Mob: 07850 190537
E-mail : edcanoe@homecall.co.uk

Primary care is getting better

In August 2007, following a survey of the services provided by local GPs, the Forum called for a big improvement having found in Enfield that:

- * Only 16 of the 59 surgeries were open five days a week. The other 43 had half-day closing - a relic from the days when GPs provided an out-of-hours service.
- * Only 27 of the 59 surgeries offered a phlebotomy service on their premises and we were told none provided physiotherapy.
- * No GP practice in Enfield could provide diagnostics from ultrasound facilities to speed up the detection and treatment of patients, cutting the delay in referrals.
- * 41 of the 59 surgeries were manned by just one or two GPs - a much higher percentage than the London average - and clearly unable to provide the level of service envisaged for the 21st century.
- * Although half the GP practices had internet access, we knew of only one where patients could use it to book an appointment.
- * Although officially frowned upon, we were told that 11 practices were still using 0844 telephone numbers costing 5p a minute and forcing patients to pay more than the basic rate while the practice derives extra income.
- * We were told that 23 of the 59 surgeries were not providing access to patients for the 45 hours a week required under their 2004 contract and the premises of 11 were not fit for purpose.
- * When considered alongside the decline in breast screening for women aged between 50 and 70 from 71.5% in 2004 to 62.6% in 2006, we said that there was room for a massive all-round improvement.

Now nearly two years later we find:

We have a total of 62 practices. The 59 that we listed was because 939 Green Lanes has three separate practices. The 62 practices currently work from 54 sites.

- * 30 out of 62 open for full days. 53 out of the 62 practices now offer extended hours; 31 do not have half-day closing. And 13 practices are open from 8am to 6.30pm Monday to Friday
- * 33 now offer phlebotomy services with three of these opening up to neighbouring practices.
- * Ultrasound services (not maternity) are based at two of the practices and every patient in the borough has access to it. Referral forms have been sent to every practice.
- * 44 practices are still either single or two-handed partnerships.
- * All practices have internet access. Approx five practices allow on-line access for patients.
- * 14 practices currently have 0844 systems. However, all these practices have been sent a letter from the PCT informing them of the Department of Health consultation regarding these systems. Consultation finished on 31 March 2009 and the Forum hopes that these systems will be banned.
- * 45 hours a week access to a receptionist was an earlier indicator which has finished. This is still being monitored for information only purposes. However, any new practice or any variation to an existing contract will only be approved if it offers the full core service hours of 8am-6.30pm
- * 17 premises are still classed as being 'not satisfactory' and four 'not satisfactory but cannot be upgraded' and two 'unacceptable but cannot be upgraded'.

New GP-led health centre contract awarded **What to do if you have a heart attack.....but**

The new Evergreen neighbourhood health centre is now open from 8am – 6.30pm on weekdays and from 8 -1pm on Saturdays. From 1 July the on-site walk-in centre will be open 8am-8pm, seven days a week, 365 days a year. From July 2010 the opening hours will increase by another two hours a day.

The contract for this new centre has been awarded to a team of local doctors led by Dr M Abedi who currently has a practice in Ponders End. Together with three other doctors practising in Enfield, and therefore also have a commitment to providing first class care for patients in the area, he has formed a partnership with Harmoni Health, a national provider of primary health care services. Dr Abedi told the Forum: "We believe that combining the local expertise of our doctors with the robust infrastructure provided by Harmoni will enable us to provide a world class primary care service in Edmonton."

The new Evergreen centre is one of 152 new GP health centres across England that will open from 8am to 8pm, seven days a week, as part of a Government programme to increase access to family doctor services.

Any member of the public will be able to use the walk-in service, while staying registered with their local family doctor. However, patients can also choose to register with the health centre if they wish to do so and will receive the same high quality services they would receive at any GP practice. In time, the Evergreen centre will also offer a greater range of services, including minor surgery, smoking cessation and enhanced diabetes services.

Local people took an active role in deciding which services would be offered in the new health centre. This included a questionnaire sent to 28,000 local residents and five public meetings at which local people took an active role in deciding the services to be made available..

Rob Lee, NHS Enfield's associate director of primary care said: "We received a large number of proposals many of which were of a high standard. Following an open and fair procurement process four potential providers were short-listed. The bids were evaluated rigorously and Dr Abedi's team combined innovation, quality and value for money to win the contract."

Former Forum chairman Monty Meth, who was a member of the contract awarding panel said: "This is a really positive step forward, particularly as we believe it will lead to Edmonton getting much better health care facilities. It will mean people who need access to primary medical care can get it whether they are registered at the health centre or not. This service is something that has been needed for a long time and we intend monitoring its progress to ensure it makes a huge improvement to the health and well being of local people."

Amaze your friends, be the first to tell them

That on July 8 2009 at five minutes and six seconds after 4am on July 8 the time and date will be 04:05:06 07/08/09. **This will not happen again for another 1000 years! We often wonder who dreams up these nuggets.**

Since many people are alone when they suffer a heart attack, this advice seems to be well worth remembering. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum.

From deep inside the chest a breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save their lives!

.....Female heart attacks are different

Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack ? You know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest and dropping to the floor that we see in the movies. Here is the story of one woman's experience with a heart attack.

'I had a heart attack at about 10 :30 pm with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly and warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the oesophagus in slow motion and it is most uncomfortable.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my spine. This fascinating process continued on into my throat and branched out into both jaws. We have all read and/or heard about pain in the jaws being one of the signals of an myocardial infarction (MI) happening, haven't we?

I lowered the foot rest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else ... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialled the medics .. . saying I thought I was having a heart attack. I didn't feel hysterical



or afraid, just stating the facts. She asked if the front door was near to me, and if so, to unbolt it and then lie down on the floor where they could see me.

I unlocked the door as instructed and lost consciousness, so I don't remember the medics coming in, their examination, lifting me or getting me into their ambulance, or hearing the call they made on the way, but I did briefly awaken when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like: 'have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the cardiologist had already installed two side by side stents to hold open my right coronary artery.

Why have I written all of this with so much detail? Because I want all of you to know firsthand.

1. Be aware that something very different is happening in your body, not the usual men's symptoms but inexplicable things happening. It is said that many more women than men die of their first (and last) heart attack because they didn't know they were having one and commonly mistake it as indigestion, take one or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning which doesn't happen. So I advise you to call for help if anything unpleasant is happening that you've not felt before. Better to have a 'false alarm' visit than to risk your life guessing what it might be!

2. Note that I said 'call for help.' And if you can take an aspirin ladies, time is crucial. Do NOT try to drive yourself to the A&E - you are a hazard to others on the road.

Do NOT let your panicked husband drive as he will be speeding and looking anxiously at what's happening with you instead of the road.

Do NOT call your doctor - If it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the A&E. He doesn't carry the equipment in his car that you need to be saved! The ambulance does, principally oxygen that you need ASAP. Your GP will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and / or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

A cardiologist says if everyone who gets this message passes it to 10 people, you can be sure that we'll save at least one life.

Q, What's a minimum
A. A very small mother.

Q, What's a maximum
A. An overweight father who has had a sex change.

New stroke centres will save more lives – but we need convincing

New and higher standard centres for treating stroke and trauma patients could save the lives of up to 500 Londoners a year and reduce the consequential disability of thousands more people. Government plans to spend up to £35 million a year - £23 million on stroke services and £9-£12 million on trauma - have been unveiled in a consultation exercise which ended on 8 May .

Healthcare for London has issued a new consultation booklet called "the shape of things to come" which claims that patients will have a 25% better chance of survival and recovery from a stroke if they get treated in a specialist centre. It admits that people living in outer London areas such as Enfield have the most limited access to existing high-quality stroke services.

It tells us that stroke is the second highest cause of death and the most common cause of adult disability. One person every hour is admitted to a London hospital with a stroke – and one in six people dies.

Yet of the eight sites for stroke patients identified across London to be the new hyper-acute stroke units with brain-scanning facilities and expert teams available 24 hours a day, the nearest to us is Northwick Park Hospital, Harrow, or UCH in Euston.

The Forum committee has strong reservations about the proposals and feels that Enfield people may need some convincing that the eight planned stroke care sites at Hammersmith, Denmark Hill, Harrow, Romford, Tooting, Orpington, Whitechapel and the UCH in Gower Street, near Euston, are within the allotted 30 minutes ambulance drive of world class specialist stroke services. Although UCH is expected to work closely with the Royal Free, it is still preferred to Barnet Hospital which already has a stroke unit treating some 700 patients a year.

While we are assured that all hospitals currently providing acute stroke services will continue to do so until the new systems, capacity and quality care services are in place and working well before any phasing out occurs, the Forum committee strongly believes that we need the new hyper-acute stroke unit much closer to Enfield if stroke patients are to receive the appropriate clot-busting drugs within 30 minutes of arriving at hospital.

It is also envisaged that new centres will be operational by next April, dealing with some 1,600 major trauma cases a year in London caused by life threatening injuries involving amputations and head injuries. A recent inquiry found that half of these patients received sub-standard care and death rates were 40% higher for people alive when reaching hospital. The Royal London Hospital in Whitechapel – an established centre for trauma cases – has cut the death rate of its most injured patients by 28% compared with the national average.

.... Now recognise a stroke – FAST!

Face.... if the face is distorted – can't smile

Arms are limp – can't be raised

Speech is slurred –can't understand you

Time to dial 999 and call an ambulance – **if the person has failed any of the above tests.**

Flu jab uptake goes up

From October 2008 to the end of January 2009, 73% of Enfield's population aged 65 and over were vaccinated against flu. This is an increase on the previous year and represents a great deal of effort from local health professionals. Part of the success is also due to local press advertising and the work of the Over 50s Forum in organising flu jab sessions at different locations in the borough, making vaccinations more accessible.

The district nursing Flu immunisation service visited people in their home and also vaccinated at Forum arranged events. Planning for the next flu season is expected to start in the summer and again we will consider various ways of improving uptake in Enfield. If you have any ideas, we'd love to hear from you, please contact the Forum office on 020 8807 2076 or Cath Fenton, NHS Enfield, Holbrook House, Cockfosters Road, Barnet EN4 ODR tel: 020 8370 8212 or cath.fenton@enfield.nhs.uk

Free to you in a bottle – the emergency lifeline

How would an ambulance crew calling at your home in an emergency know your medical history and medication? A message with these details inside a plastic bottle kept stored in your fridge could help, particularly if you live alone.

This message can make the difference when getting the right treatment quickly is essential. So now the Forum through the Home Support Network and the London Ambulance Service are working together to offer the bottles FREE to older residents.

It's simple. Each bottle stays in the refrigerator door compartment where it's safe and visible – not on the shelf behind the ham or jam! And two labels can be used, one on the fridge door and the other at eye level near the front door so ambulance staff know where to look.

The message will also include details of your GP, any illness or allergies etc. It's handy to include copies of repeat prescriptions. You can help us to help you by keeping the message up to date, particularly if medication changes. It can also include details of your pets so they're not forgotten if you have to go to hospital.

It's not just ambulance crews who can read this message, in fact any other healthcare professional or emergency service visiting you will be able to use it too. And if you want bottles for friends and other members of the family they can be collected from 1 June from the Forum office at Millfield House on weekdays between 9.30am and 12.30pm. But please call 020 8807 2076 before you go. Remember, every second counts, and this could be a potential lifesaver, so make sure you get yours!

Rob Mullin

London Ambulance Service

This Newsletter is for general information only and is not intended to be advice to anyone. You are recommended to seek competent professional advice before doing anything based on the contents of this Newsletter.

Walk4Life

Those boots were made for walking

That's just what they will do

One of these days these boots are gonna walk all over you!

Nancy Sinatra's 1966 hit tune could be the theme song for the Forum-led walks in Grovelands Park. They take place at 10.30am every Saturday, meeting at the cafe in the park and are led by **Monica Collinson**, who will be there when she is not working at the Arsenal. But there are always the regular walkers who will look after anyone new. If you want to hear about the walk, please call the Forum office 020 8807 2076.

Olivia Goodfellow will be leading the ever-popular Monday evening walks commencing on Monday 18 May at 6.30pm also meeting at the Grovelands Park café. And we do make fun of ourselves – just read on...

The Importance of Walking

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at £3000 per month.

My granddad started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 quid. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word "exercise", I wash my mouth out with chocolate. I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, "**Well, he looks good, doesn't he!**"

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years, just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.



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Paying too much tax on your savings?

Are you one of the nearly **3 million people** that HMRC – HM Revenue & Customs – thinks is paying too much tax on savings and is due a refund? This is because basic rate tax is automatically taken off any interest being earned on your savings by your bank or building society before it goes into your account.

However, if your income is below the tax-free personal allowance you should be getting any interest in full – with no deductions. All you have to do is ask whoever holds your savings for an R85 form and hand it over to the bank or building society.

It is not often we hear of Government campaigns to hand out cash but HMRC believes that something like **£250 million** has been overpaid to them by older people. And believe it or not, they want to hand the money back - but to get it you need to apply for another form: R40. So it is one form to stop having tax deducted and another form to claim overpaid tax.

You can now reclaim tax going back for five years but from April 2010 this could be reduced to four years. If you are unsure whether you are entitled to get your interest paid in full without any deductions you can call the registration helpline on 0845 980 0645.

Everyone in the UK aged 65 -74 is allowed to receive income of **£9,490** a year before paying tax. People aged 75 and over will have a tax free allowance of **£9,640** - and banks and building societies should not be taking the 20% tax off these sums.

Although we would have preferred to see HMRC use the data it already holds to make automatic repayments, we nevertheless welcome the drive to stop pensioners paying more tax than they need, even though it means making pensioners do all the work to get the above listed forms and get registered.

More information is available from the HMRC helpline on 0845 980 0645 or the Tax Help For Older people helpline on 0845 601 3321 and www.hmrc.gov.uk



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Your good morning smiles

The old'uns are the best

Garage Door

The boss walked into the office one morning not knowing his zipper was down and his fly area wide open. His female assistant walked up to him and said: "This morning when you left your house, did you close the garage door?" Yes, he knew he'd closed it, and walked into his office puzzled by the question.

As he finished his paperwork, he suddenly noticed his fly was open, and zipped it up. He then understood the question about his "garage door."

He headed out for a cup of coffee and paused by his assistant's desk to ask, "When my garage door was open, did you see my Porsche parked in there?"

She smiled and said, "No, I didn't. All I saw was an old mini van with two flat tyres."

An Elderly Gentleman....

had serious hearing problems for a number of years. He went to the doctor who was able to fit him with hearing aids that allowed him to hear 100%. He went back to the doc in a month who said: "**Your hearing is perfect. Your family must be really pleased that you can hear again.**"

The gentleman replied "**Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times.**"

Marriage

A senior citizen said to his eighty-year old buddy: I hear you're getting married?"

"Yep!"

"Do I know her?"

"Nope!"

"This woman, is she good looking?"

"Not really."

"Is she a good cook?"

"Naw, she can't cook too well."

"Does she have lots of money?"

"Nope! Poor as a church mouse."

"Well, then, is she good in bed?"

"I don't know."

"Why in the world do you want to marry her?"

"Because she can still drive!"

What's in a name?

We don't like making fun of people's names but sometimes it is too tempting to avoid. We read that the name of a New York gambler charged with alleged poker fraud was Anurag Dikshit. And the man hearing the case was Judge Jed Rakoff. There's a financial adviser named Ian Swindell and a crematorium manager named Les Burnham

What's in a word?

As grandparents many of us have to keep up with new words if we want to be on the same wavelength as youngsters in the family. So have you noticed how often two words are now being put together to give a new meaning? Couch potato is an oldie and we now have credit crunch, postcode lottery, carbon footprint and many more.

And there are new single words too like a luthier – someone who makes guitars; obesogenic – something likely to cause obesity; locavore – someone who only eats locally grown food; and if you dare you can tell a nose-picking teenager he is suffering from rhinotillexomania.