



## ISSUE No. 39

*Welcome to the first issue of the P.I.P.P.A. post that has been written, printed and posted completely in-house!*

Now we've gone in-house, we're also revamping our mailing list. Do you know anyone who hasn't received a P.I.P.P.A. Post? Please remind them to let us know they'd still like to be on our mailing list.

### **New Staff**

We would like to welcome two new staff members: Alice Sheppard who is working mainly for the Information Service and is a "real wiz" on the computer; and Steven Preston who is our new delivery driver. Mr Preston can be seen driving our distinctive blue and white van all over the county.

### **See you at the County Show!**

P.I.P.P.A. will have a stand at the County Show as usual – you'll see us under our bright new banners.

We'll be hiring out wheelchairs as usual, at the usual price of £5 a day. Sorry, we can't hire out scooters because the last few years have seen them get so impossibly muddy and need engineer repairs afterwards.

We'll also have our information stand up and running, and will be collecting names for anyone else who wants to receive the P.I.P.P.A. Post.

If you don't get this newsletter until after the show, that's because we managed to print it just beforehand so we can hand out the first copies to people there.

We look forward to seeing you there!

### **Marketplace on the Website**

We now have the website's Marketplace up and running. This is not only for surplus equipment we'd like to sell, but also for anything you'd like to buy or sell from each other.

A few people have already telephoned to say they've got a scooter or commode they'd like to sell. We put a description and a phone number on the website, [www.pippa-pembs.org.uk](http://www.pippa-pembs.org.uk).

We're currently selling wheeled walkers, disabled stickers, RADAR keys, and giving away copies of "A Guide to Pembrokeshire for people with disabilities".

We're also developing an "Equipment Directory" of which other organisations in Pembrokeshire stock equipment for hire or sale, just in case anyone asks for anything we don't have.

**Have you got anything to sell, or can you recommend an organisation to be on our Equipment Directory? Please let us know!**

### **Blue Badges**

Please, tell your friends, or your doctor, or anyone who thinks otherwise . . . sadly, P.I.P.P.A. is no longer able to issue Blue Badges. We still seem to have someone coming to us every day, but the Council issue them now. We've telephoned the hospital to make sure they know not to send people our way, and let all the GP offices know a long time ago, but the message doesn't seem to have got through!

If your badge is due for renewal, please contact the Council on 01437 764 551.

**If you have any difficulty in reading the P.I.P.P.A. post, please contact P.I.P.P.A. on 01437 760 665 for a cassette**

## Carers' Week & Carers' Rights Day

June 14<sup>th</sup> - 20<sup>th</sup> was the annual Carers' Week across the UK. This was the tenth year of running and it has grown from 200 events to 12,000. Over these years, the number of carers in the UK has also doubled.

Stephen Burke, chief executive of Counsel & Care, says: "Carers Week is the first major opportunity to remind politicians in the new Parliament of the realities faced by six million carers. Our failing care system means that family carers are increasingly expected to pick up the pieces and shoulder the burden of caring."

18 members of the Welsh Assembly wrote to voice their support for Carers' Week.

Some facts and figures about carers:

- There are almost six million carers in the UK, including nearly 350,000 in Wales
- 1.25 million across the UK provide over 50 hours of care per week
- One in eight adults in the UK is a carer
- Three in five people in the UK will be a carer at some point in their lives
- Three million of these carers juggle their responsibilities with work
- Every year, 2 million people become carers – but two thirds do not realise they are a carer for over a year
- People providing high levels of care are twice as likely to be permanently sick or disabled
- Carers Allowance, the main benefit, is £53.10 for a minimum of 35 hours, equivalent to £1.52 per hour
- Carers UK, working with Leeds University, found that carers' unpaid contribution to the British economy is £87 billion each year.

The decision to care can mean giving up personal interests, future employment prospects and pension rights. It can also lead to great stress and isolation.

The theme of this year's Carers' Week was "A Life of My Own."

This followed a survey by Carers UK which revealed that 80% of carers have had to give up leisure activities, and 75% have lost touch with their friends and family. 54% of new carers say they have had to give up work.

"The Carers Week survey has revealed that carers are struggling to achieve a balance between caring and simply being themselves," continues Mr Burke. "It's not that carers don't want to care for their loved ones but we can't ignore the impact that caring has on their own lives.

They don't want to be taken for granted and they do want 'a life of their own'."

This year's event highlighted four specific needs for carers:

- Access to relevant and practical information
- The opportunity to take a break when they need it
- Support at times of crisis
- Financial support

Next year's Carer's Week will be 13<sup>th</sup>-19<sup>th</sup> June 2011.

Meanwhile, December 3<sup>rd</sup> this year will be Carers' Rights Day. Events will take place across the UK alongside several other charities.

It will also focus on guiding carers to know their rights, access practical support, and raise awareness of carers' needs.

Last year's theme was "Caring for your income and pension" – surveys suggest that 40-60% of carers are not receiving all the benefits available to them. Also, when taking on a caring role, it is difficult to think far ahead or worry about finances – but this makes them miss out on vital advice as well as pension contributions which could affect them in the long term.

This year's theme is not yet known, but Carers Wales should later be able to tell you as well as give you advice on the above issues.

You can call Carers Wales on 0808 808 7777 or at <http://www.carerswales.org/Contactus>. Carers' Week can be found at <http://www.carersweek.org/> or by calling 0845 241 2582.

### Pembrokeshire Good Neighbours Scheme

A brand new scheme has been set up to help people called Pembrokeshire Good Neighbours Scheme. It is set up by volunteers who are willing to help out and are recruited from the community. Volunteers form a committee to oversee the scheme, enabling each scheme to run according to the needs of that community.

A central contact mobile number is set up. It is passed between volunteers willing to act as duty co-ordinators. The duty co-ordinator answers any calls, notes down the information and looks for a suitable person within the community to help.

The duty co-ordinator can also link callers with help and support from other organisations if appropriate.

If you would like to get involved or just find out more, please contact the Good Neighbour Scheme Co-ordinator,

Pembrokeshire County Council, Haverfordia House, Winch Lane, Haverfordwest, Pembrokeshire SA61 2DN. You can find out information on being a volunteer, setting up a scheme, or getting help from a scheme. Contact them by phone on 01437 764551.

## Heaven for Cats and Mice!

*From our much-missed Gill*

A cat died and went to Heaven. God met her at the gates and said, "You have been a good cat all these years. Anything you want is yours for the asking."

The cat thought for a minute and then said, "All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on." God said, "Say no more." Instantly the cat had a huge fluffy pillow.

A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that He made to the cat.

The mice said, "Well, we have had to run all of our lives: from cats, dogs, and even people with brooms! If we could just have some little roller skates, we would not have to run again."

God answered, "It is done." All the mice had beautiful little roller skates . . .

About a week later, God decided to check on the cat. He found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, "How have you been doing? Are you happy?"

The cat yawned, stretched her paws out as wide as she could, purred contentedly and replied: "Oh, it is WONDERFUL. I have never been so happy in my life. The pillow is so fluffy, and those little Meals on Wheels you have been sending over are delicious!"

## A Rough Guide to Accessible UK

There is a new rough Guidebook available now that is packed full of ideas for accessible days out. The guidebook is written by disabled visitors and it includes:

- 180 ideas for days out
- Reviews and suggestions by disabled visitors
- Best family venue
- Readers' choice
- Exceptional attractions.

If you are a Blue Badge holder or even a Disabled Persons Railcard user then the Accessible Guide is free. All you need to do is tell them the name of your blue badge issuing authority or your railcard number when

you place your order. There is also an audio version on the website to download for free. The guide is £6.99, inc p+p for everyone else. You can order online or call 0800 953 7070 lines are open 8am to 8pm daily.

For a large print or Braille version of the guide, please call accessible guide on 0800 953 70 70. Or you can visit their website at [www.accessibleguide.co.uk](http://www.accessibleguide.co.uk).

## Bobby Van Scheme

The Bobby Van Scheme is providing a free service to the elderly and domestic violence victims, repeat burglary victims and all vulnerable and disabled people through Carmarthenshire, Cerdigion, Powys and Pembrokeshire. The Bobby Van Carpenter will carry out a survey on the premises and fit window and door locks for you also spy holes and door chains etc. Keysafes can be installed at the homes of the elderly and disabled who rely on home care. If you would like to make use of this free service, or if you know of anyone that would like to use the service, please contact the Bobby Van Scheme co-ordinator on 01267 226468 or email [anna.lewis@dyfed-powys.pnn.police.uk](mailto:anna.lewis@dyfed-powys.pnn.police.uk).

## Families with disabled children "struggling in downturn", reports the BBC

A BBC report halfway through July revealed some worrying statistics obtained from the charity Contact a Family. 1,113 people whose families are raising a disabled child were asked how they were coping in the economic downturn.

It found that 73% had given up leisure activities and days out, 68% do not go on holiday, 23% of these families were going without heating and 14% were going so far as to skip meals.

Raising a disabled child in the UK costs three times as much as raising a child without disabilities – and the average income for families with a disabled child is £15,270. The specific figures for Wales may be slightly different.

"Many families with disabled children are in dire straits," warns Srabani Sen, Chief Executive of Contact a Family.

Maria Miller, Minister for Disabled People, promises that the coalition government will reform and simplify the welfare system to ensure that vulnerable families will get the help they need, and that Disability Living Allowance will increase in line with the Consumer Price Index.

Contact a Family published a report specific to Wales on how families are getting on with applying for Disabled Facilities Grants.

They found that, since means testing was abolished in 2005, it has become much easier for people. More enquiries, approvals and completions were made faster, and costs had not increased.

However, a lot of information was still not getting out to some families, specific assistance for individuals with more complex needs was still hard to get, and satisfaction varies very much from area to area in Wales.

You can find Contact a Family on <http://www.cafamily.org.uk>, telephone them free on 0800 808 3555 or e-mail them at [helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk).

### Hospital Car Driver Heroines

Jean Watkins and Yvonne Davies, both of West Wales, have been nominated for special awards by Arwyn Thomas, the region's Ambulance Car Services Manager.

Both ladies are volunteer ambulance car drivers, who take patients to hospital on a regular basis. They were nominated for the awards for very similar reasons: both of them had been willing to "go the extra mile" for the patients and quite probably saved their patients' lives by doing so.

Eight years ago Jean was admitted to Morriston Hospital in Swansea with a life-threatening thrombosis. She was in hospital for ten weeks. Afterwards, because they had saved her life, Jean wished to "give something back" and asked how she could help.

Many years later, one of her regular patients – a gentleman who had regular dialysis treatment – was not

waiting for her when she came to pick him up as usual. "You could usually set your watch by him so I went down the lane to look for him," she said.

She also rang the hospital to check he hadn't been admitted. He hadn't. She called the police and they forced entry. They found that he had had a seizure.

Similarly, Yvonne became concerned about a lady who had had a stroke and whom she often drove to hospital, but who didn't answer her door. Yvonne was able to get into her house and found her trapped in her bathroom, where she had been for 18 hours since the previous evening.

The lady said afterwards: "All the car drivers are brilliant and I really can't praise Yvonne enough for what she did and for taking the trouble to look for me."

"Yvonne and Jean's stories are very similar," wrote Arwyn Thomas in his nomination for the award, "but without their desire and willingness to care for others I dread to think what might have happened to their patients on that day."

Jean reports that she enjoys her patients' company – they love hearing about her dogs, for example – and the patients enjoy chatting about anything other than their illnesses.

There are about 90 voluntary drivers in the Central and West region but Mr Thomas says there is always a need for more. Anyone interested is asked to contact him on 01267 225792.

### Decode the Secret Message

At a 50+ forum that Nikki and Alice attended in June, there were several other charity stalls run by friendly people. One of these people said something very important and very sensible about benefits and help for the disabled and for carers. Decode here what he said . . .

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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## Gareth's Diary

Welcome to my summer diary 2010

On Friday 12<sup>th</sup> February I went to stay at a house called Clyn Fw till Monday morning basically it was just like home were you got a bedroom, and kitchen, living room area I went to Tesco on the Friday to do the shopping for the weekend then went back and put everything away and had tea and watched television on Saturday didn't do anything as they were watching television all day very boring went out for a meal Saturday night it was very nice. On the Sunday didn't do anything as they watched television all day? It was finally Monday morning I left just after ten was disappointed in my stay but don't think I'll be doing it again.

On Thursday 25<sup>th</sup> I went to Cardiff to see the X Factor final 8 as there is only 8 on tour me, my sister Anna, my next door neighbour Patricia, her friend Julie and Patricia's daughter Hayley, Joann my mum's friend was supposed to come but she had the flu. We arrived in Cardiff at 6pm and went to look for a place to have something to eat as we were all hungry we went to a place called Waga Mama it was a lovely meal. We went back to the arena presented our tickets and bought some merchandise I bought a programme and a flashing necklace light as all the girls with me had one. We went to our seats then at 7.30pm the lights went down and the show was about to begin the first ones on was the entire finale 8 doing the Black Eyed Peas song I Gotta Feeling it was really good. The first of Cheryl Cole's two boys the Welsh one called Lloyd he did his first song which was Cry Me A River much better than what he was in the TV show. The next one on was Jamie he did Sex On Fire and Hurt both songs were done really good. Up next was Jedward doing Under Pressure I didn't like them in the show but it was good. The next one on was Danyl Johnson the second of the over 25s he did Purple Rain it was really good. Up next was the Welsh girl called Lucy she did Sweet Child Of Mine and another song called This Is Me she was very good. Up next was Olly it was a bit different this year as the ones who come first second third always do their songs in the second half but two of them did their first songs in the first half of the show Olly sang Superstition it was brilliant. Up next was Lloyd with his second song he sang Stand By Me/Beautiful Girls it was really good. Jedward were back on again and sang their second song called Rock DJ it was brilliant. Stacey did her first song called the Scientist it was amazing. All the acts came on to do a group song of Wanna Be Starting Something and Don't Stop The Music it was great. Jedward came on to do their third song Ghostbusters it was amazing they had a big giant ghost on the stage and all sorts of things.

In the second half Stacey came on first to do Queen Of The Night it was really good and it was nice seeing Stacey do a bit of dance number as she did a lot of ballads during the X Factor live shows. Danyl came on next to do his next two songs he sang Man In The Mirror and then he did an amazing duet with the other two over 25s Olly and Jamie called With A Little Help From My Friends it was really good I thought it was one of the best duets of the show. Olly came on next to do his next two songs called Fool In Love and Twist And Shout he was very good really entertained the audience. Stacey was back to do her next two songs called What A Wonderful World and a duet with one of the girls from the Girl's category called Lucy Jones on a song what a Wonderful World it was really good. Up next was the moment we have all been waiting for one of my favourites from the whole series was the X Factor winner 2009 Joe McElderry. Joe came on and did everybody's favourite Don't Stop Believing it was amazing next he did a song called Love Story that he never did in the show it was really good he did Sorry Seems To Be The Hardest Word/She's Out Of My Life as his next two it was good. He next did a song called Don't Let The Sun Go Down On Me it was really good he then did the winners song The Climb it was really amazing. Next up and last but not least it was the finale of the final 8 singing the charity song they did called You Are Not Alone it was amazing it was a bit different as four of the final 12 don't do the tour but still it was amazing finish to a brilliant show I got home at 2am I was tired but enjoyed my night at the X Factor in Cardiff and so did everyone else

The first week of April I went to a caravan park in Pendine Sands for a whole week with my mum, sister, her partner and my nephew there was all sorts there you can do crazy golf, go to the beach, arcade, see shows, they put on quizzes and takeaways etc, I had a really good week in a caravan it was very sunny and warm I had a really nice time and would recommend it to anyone Thank you for reading my summer diary look out for my next one in the winter edition issue of the P.I.P.P.A. Post.

### Radio training for blind people

A new facility in Glasgow is to help train 30 blind and partially sighted people in radio broadcasting. The training suite is based at insight radio, the station set up by the Royal National Institute of Blind People.

Those who qualify will help staff at planned satellite studios in London, Belfast, Cardiff, Newcastle, Birmingham and Manchester,

Over the next three years, the station will also offer training to commercial and community broadcast companies.

# Don't Get Fooled: Read about the research we have been doing on scams.

## £34 million pyramid scam

Back in March, the BBC website posted a warning about a scam that had affected 9,500 people in south and west Wales.

A man had approached people at sports and social clubs, promising returns on their money of five times as much if they invested over £1,000.

These people, most of them on low incomes, have been told by the authorities they are unlikely ever to see their money again.

The man squandered the money on gambling and an extravagant lifestyle. He is now facing jail, but cannot give back the money as he no longer has it.

Don't give your money to someone not registered with the FSA, who does sales by word of mouth, or whose offers sound too good to be true. They may be a **scammer**.

## A credit card scam

A lady in Lancashire got a phone call apparently from VISA, purporting to warn her about a fraud.

The caller gave her a name and lots of official details, and then said her bank account had been flagged for "an unusual purchase pattern". He asked her if she'd bought an anti-telemarketing device for £497.99. She said no.

He already knew her address, and read it out to her. He then asked her for the one thing he didn't know: the security card number – those three digits - on the back of her bank card.

He pretended that he already knew and was just checking he'd got the right person, and "that she was in possession of the card". But it meant that he could then make a purchase using her bank details – which he did!

It was a good thing for this lady that she rang VISA for more information. Somehow, her bank number and address had been got hold of by these scammers. But she was able to file a fraud report.

Remember: *neither your bank nor anyone else will ever ask you for your bank card number*, least of all the security code on the back.

If you get a call like this, hang up and call your bank yourself!

A note on identity fraud: It is unclear how the caller had obtained the lady's bank details and address, but a good way to protect yourself is to safeguard or destroy any revealing correspondence such as letters from your bank. If you throw away any pieces of paper containing this information, tear it up first.

## What is a scam?

**Scams** are schemes by unscrupulous individuals or companies to con you out of cash. They may ask for your personal or bank details, offer you vast sums of money or products in exchange for payment, or tell you that you have won a competition. In most cases, having provided the cash or details, you will never hear from these people again. In the worst cases they can empty your bank account.

About 3 million people a year fall victim to scams, losing an average of £850 each and occasionally thousands. Older people are increasingly falling victim to these dishonest schemes.

Besides the financial loss, it can be very upsetting to discover that you have been a victim.

Find out how to protect yourself, and who to call if you suspect or discover a scam.

## Points to remember:

- If an offer seems too good to be true, it probably is.
- If you have not entered a competition, you cannot have won a prize.
- Don't be afraid to say no, or not respond, if somebody is pressurizing or threatening you. Most likely they know nothing about you and are saying the same thing to thousands of people.
- Never reply to "junk mail", especially e-mail. They may record your address, perhaps sell it to other scammers, and you might receive hundreds more similar mailings.
- Don't be tempted by claims such as "If you don't act now, you'll miss out!" This is designed to prevent you from having time to think. A responsible company will not do this.
- Only your bank will ask you for details, and only in person or writing. They will not contact you by telephone or e-mail. They will *never* ask for your PIN.
- Do not call premium rate telephone numbers (especially those beginning with 090). Every moment you spend on the line will earn the company money at your expense and you probably won't get anything.
- If you miss a "delivery", check with the company you ordered the item from – and if you did not order anything, this is probably a scam. If it is an item that can be posted, the Post Office will leave you a slip. Check with them.

## The FBI? Really? . . . Actually, no.

Look what a *delightful* e-mail we found in our inbox at the end of March!

From: Mr F\*\*\*\*\* L\*\*\*\*  
Date: 31/03/2010 12:33:23  
To: undisclosed recipients  
Subject: Federal Bureau of Investigation (FBI)

Federal Bureau of Investigation  
Operating Office New York  
Phone Number-----6\*\*\*\*\*  
Security Instruction on Foreign Payment  
Intelligence Report Number--89321AS

A security intelligence report provides us with evidence that two trunk boxes registered in your name are held in airport security. Our extensive investigation confirms you as the original owner of those two trunk boxes, the person authorized to deliver it and who abandoned it, after some security fracas with the airport security authorities of JFK Kennedy Airport. We have tightened our security loopholes after the failed attempt by a Nigerian to bomb an America airline from Amsterdam airport, (Holland). You must contact immediately the person below for the issuance of the stipulated documents with the official fee of \$845 dollars but demand his identification as part of the security attached to this excise.

Contact person: Mr F\*\*\*\*\* L\*\*\*\*  
Phone number: 234-8\*\*\*\*\*  
Email address:\*\*\*\*\*@\*\*\*\*.us

Failure to provide the required consignments release certificate will attract court prosecution against you, we have our electronic tips to prosecute you with court warrant if you disregard our security instructions. The very heart of FBI operations lies in our investigations—which serve, as our mission states, "to protect and defend the United States against terrorist and foreign intelligence threats and to enforce the criminal laws of the United States." We currently have jurisdiction over violations of more than 200 categories of federal law, you will have yourself to blame if you fail to comply within 48 hours of receiving this security message. We have combated terrorism, money laundering and other disorders. Don't dare play with our hard earned integrity. We are ready to any extent to enforce the laws of the United States of America, your trunk boxes will be delivered to your address once you secure the tools authorized by for the release of your consignments.

Best wishes,  
Mr David Robinson,  
Operating Officer In Charge of this  
Excise.

We weren't worried by this aggressive message because we knew it was nonsense – and it arrived just as we were starting our research on scams! But we were also learning about how upsetting it could be to receive a message like this. One might innocently call the phone number to say "But I haven't left any trunks at JFK airport ..." and be conned or intimidated into providing personal information or the money.

So we picked up the phone, dialled 101 and reported this e-mail to the police. If you ever get a message like this, and your e-mail provider doesn't have a way to report it as a scam, do the same thing!

## Say No to High Pressure Sales

Some stockbrokers and financial companies use high-pressure sales tactics to try and get people to buy investments which are high risk and unsuitable. Remember, however hard somebody pushes, you do not have to say "yes".

The Financial Services Authority (FSA) has noticed that vulnerable people are being targeted, and has produced a "Moneymadeclear" leaflet which offers the following advice.

- Be wary of sellers who contact you out of the blue.
- Ask why the offer is suitable for you (because it often is not).
- If they insist on an immediate answer, say no. It's not rude. A responsible firm will give you time to do your research.
- Do this research! Look up the firm, and make sure you understand the products you're being sold and what risk they carry before you buy them.
- If a deal sounds too good to be true, it probably is.

If you are contacted by someone who pressures you to invest in something, you can talk to the "moneymadeclear" people about it. Their website is [www.moneymadeclear.fsa.gov.uk](http://www.moneymadeclear.fsa.gov.uk) and their phone number is 0300 500 5000, typetalk 18001 0300 500 5000. Cost should be no more than 0 or 02 UK calls.

## Your doorstep, your decision

Doorstep selling is often done by honest people – but also often not. Some doorstep sellers can use high-pressure tactics similar to those described above, but also more personal.

Embarrassment can play a role – either in forcing yourself to turn someone away or, if unhappy afterwards, in admitting to relatives or authorities that you have bought something from a rogue doorstep seller. Don't be embarrassed – remember, it is your house and you are not

obliged to pay anything!

### **Be wary of anyone who:**

- Arrives with a gift or some other way of making it seem rude not to invite them in
- Is keen to “get to know you” or examines items in your home, to make it seem as if you have a lot in common
- Does not give you time to think about a purchase
- Claims that an offer will expire if you don’t accept it immediately
- Claims out of the blue that your house needs some kind of work or repair
- Engages you in talk that makes you find yourself politely agreeing with their opinions so you would lose face if you do not then buy their product.

### **Excellent Excuses:**

“I do not buy goods or services at the door.”

“I’d like more time to think about it.”

“I want to shop around and get more quotes first.”

“I will discuss it with my partner/relative X.”

These are all very respectable things to say – you need not feel rude, and the salesperson has no polite way to get around them!

The law says that, if you spend more than £35 with a trader at your home or doorstep, you have 7 days to change your mind. You cannot agree to waive your right to cancel. The trader must give you written information of your right to cancel – if they do not, you are not bound to anything in the contract. The only way you are legally obliged to pay any of the money is if you consume the goods or work actually begins on your house. If you decide to cancel, inform the seller in writing, keeping a copy for yourself.

For more information call Consumer Direct on 08454 040506.

## **Bogus Callers**

Occasionally, someone may arrive at your home – posing as a salesperson, asking for a drink of water or to use your phone, or requesting your help with something – when in fact they are a “bogus caller” or “distraction burglar”.

Sometimes they arrive as a team of two or more people, in which one distracts you while the other raids your house for money or valuables.

### **Ways to protect yourself:**

- An official company (e.g. electricity, the council, etc.) will telephone you to make an appointment. Ask them to arrange a password.
- Check the identity card of the caller. See if it matches

phone numbers you have been given. Do not let them in if you are in doubt.

- It is not rude to turn someone away – you can ask them to call back when you have someone else in the house with you.
- Do not keep large amounts of money in the house. Secure your valuables.
- If someone does enter and you feel uncomfortable, your safety is the most important thing – telephone a relative and go to a neighbour’s house.
- Consider getting a door chain or – easier to manage – a door bar. (Leave this off most of the time in case you need to get out in an emergency.)
- If you think a bogus caller has called at your door, call 999. Also, join or set up a local Neighbourhood Watch!

Finally . . . we’re not saying “Don’t trust anybody”. Most people who call at your door are perfectly genuine!

## **Some Common Scams**

### **“Please update your bank details...”**

Usually by e-mail, a stranger will contact you and offer you a large sum of money in return for “administrative assistance” in depositing large sums of money into their account through yours. Pretending to be a lawyer or descendant of a wealthy deceased person is common. Alternatively, they may pretend to be your bank, asking you to “validate”, “update” or “confirm” your bank details or e-mail account.

Both these schemes aim to obtain your bank details. *Do not give them.* Never send money to someone you do not know, even if they call you “my friend”. Telephone your bank if in doubt, and check your statements for any purchases you haven’t made. Do not reply to these e-mails – click “report phishing scam”.

### **“Congratulations, you have won . . .”**

You may be sent a letter, e-mail or text message, or receive a phone call, or simply see an advertisement on a website, telling you that you have won a prize for a competition you never entered.

This may be a “sweepstake” or “lottery”. If you reply, you may be asked to send in an administration fee or call a premium rate 090 number. This is how they get the money from you. In most cases, you will never hear back from them after this or your prize is worth very little.

*If you have not entered a competition, you cannot have won a prize.* Also, a genuine prizegiver won’t ask for any money, not even a telephone call.

### **“Sell your car with us, we’ve matched you with a buyer . . .”**

This is one of the commonest scams. After deciding to sell your car and putting an ad in the paper, you’re contacted by someone who tells you they’ve found you a buyer. This is often called “matching” – saying your car meets the person’s requirements. They then charge you a sum for administration – but they buyer never comes . . .

Don’t trust claims that the fee is refundable. Select your buyer yourself, and never give strangers your bank details (the “matcher” might ask for these too!).

### **“Invest Such-and-such and get back more!”**

This is a “pyramid scheme” – these are illegal. You may be approached in various ways, even by a relative or friend already taken in. Perhaps with the offer of a free gift, you’re asked to invest large sums of money with a promise that you will get back a lot more after a period of time. Alternatively they may ask you to pay a joining fee and recruit as many people as possible, promising to pay.

In most cases, you receive little or nothing. Avoid “advanced purchases”, be sceptical of offers which appear to be “something for nothing”, and warn friends and family if you think they have been scammed.

### **“Miraculous Weight Loss/Fitness with . . .”**

Leaflets, letters and websites frequently promote “miracle cures” or rapid effortless weight loss. They may claim that their product is only available from them, or that under their scheme your arthritis, allergy or baldness can be cured overnight. They may quote glowing praise from people who have already tried their products (these testimonials are fake). These sellers are often highly unscrupulous and will charge you a great deal for treatments that do not work.

There is no such thing as instant health or weight loss. Don’t be taken in by scientific-sounding jargon – real scientists get really annoyed by that sort of thing!

Sorry, but if health was that simple a matter, your doctor would tell you!

*Telephone numbers and websites for advice and reporting:*

**Consumer Direct: 08454040506** or [www.consumerdirect.gov.uk](http://www.consumerdirect.gov.uk). On the top right there is a specific “Scams” link – and a huge list of other examples of scams!

Practical consumer advice, such as whether or not it is safe to take up an offer you receive, also for advice on what to do if you think you may have been scammed. Their website lists many common scams, and you can report scams there.

**Financial Services Authority: 0845 606 1234.** This can tell you whether or not a company is authorised, and offer you financial advice if you are considering making an investment with someone who has contacted you.

**National Group on Homeworking: 0800 174 095.** Free advice and information about working from home. They can probably advise you on whether an offer of employment is likely to be genuine.

**European Consumer Centre United Kingdom (ECC): 08456 040503** or <http://www.ukecc.net/>. This is good for reporting bogus or very poor holiday deals. The ECC provides free information on consumer rights in Europe and assists in cross-border disputes. The Spanish European Consumer Centre is at **091 82 24 555**.

**Age Concern Cymru: 029 1043 1555.** Advice for older people, including if you are worried that you or someone else has fallen victim to a scam.

### **Reduce your junk mail and other unsolicited offers:**

**Mailing Preference Service** (for letters): **0845 703 4599** or [www.mpsonline.org.uk](http://www.mpsonline.org.uk)

**Telephone Preferences Service: 0845 070 0707** or [www.tpsonline.org.uk](http://www.tpsonline.org.uk)

**Phonepayplus** (to report unwanted text messages): **0800 500 212** or [www.phonepayplus.org.uk](http://www.phonepayplus.org.uk), or send the unwanted text to **020 7407 3430**.

Your own mobile or landline company will probably also have their own systems for blocking unwanted calls.

***Produced with the help of the “Scambuster” and “Your Doorstep, Your Decision” leaflets from the Office of Fair Trading; “10 top tips to avoid being scammed” from Age Concern; “How to Beat the Bogus Caller” from the Home Office and [www.consumerdirect.gov.uk](http://www.consumerdirect.gov.uk).***



## Please come to our Christmas Fund Raising

Stop Press! We're holding a fundraising event at the Picton Centre, 2 Picton Place, Haverfordwest on the evening of 30<sup>th</sup> November. Keep an eye on our website for details as they come along. We hope to see you there!

### Tia Maria & Cream Experiment

*Science, a drink, and a cake!*

#### The Experiment

Pour a generous amount of Tia Maria into a wide-rimmed glass or bowl. Then, very gently, pour a very thin layer of cream (single is best) over some of the surface. This is best done with a large spoon, perhaps the cream poured over the back of the spoon or extremely slowly down the side of the glass. Do not cover the Tia Maria with a thick layer, or pour roughly. Leave to stand still for a minute or two . . .

After a couple of minutes, you will notice that something seems to be happening in the cream. The edges of it seem to be moving. Gradually, holes will form in the cream and around them will be a border of vertically rotating Tia Maria! If you are lucky, several of these cells will form across the surface.

#### What is happening?

These are convection cells, normally seen in a hot liquid such as oil in a frying pan. But heat is not involved: they are caused by the difference in surface tension between the cream and the Tia Maria.

Alcohol diffuses upwards through the layer of cream, and when it reaches the surface, it reduces the surface tension. Areas of pure cream pull this mixture towards themselves, which leaves behind an area of even less surface tension . . . and it ends up in a self-sustaining cycle. It lasts for a long time!

There is a great video at <http://sciencestage.com/v/9416/cream-on-experiment-watch-cream-and-tia-maria-react.html> (alternatively, go to Google and type "Tia Maria and cream experiment"!).

#### What to do with the cream and Tia Maria afterwards . . .

The best thing about this experiment is that it makes an incredibly delicious cake!

#### You will need:

8oz/225g butter  
8oz/225g self-raising flour

8oz/225g granulated sugar (this tastes even better if you use partly dark brown sugar)  
4 eggs  
4 tablespoons cocoa powder  
A few drops of vanilla essence

#### Method:

Grease 2 cake tins with butter and preheat oven to gas mark 4/350°F/180°C.

Sift flour and cocoa powder into a bowl and set aside.

Cream butter and sugar together until light and fluffy.

Beat the eggs in a bowl with the vanilla essence. Add about a third of the mixture to the butter and sugar, and mix in with some of the flour. Continue mixing the flour and egg in until they are all used up.

At this point, add most or all the Tia Maria and cream! It will smell delicious and the cream will not hurt the cake at all.

Pour evenly into 2 cake tins, and place in oven for about 30 or 40 minutes. Times will vary. It is done when it is springy to the touch; a skewer comes out clean; or the cake is pulling away from the sides of the tin. The flavour will be rich and dark with brown sugar and Tia Maria.

#### Tia Maria cake filling:

##### You will need:

About half a pint of cream  
2 teaspoons of instant coffee powder  
1 or 2 tablespoons of Tia Maria  
2 tablespoons of cocoa powder or grated chocolate  
(You can adjust or omit any of the above to taste)

Pour the cream into a plastic bowl and whip until quite thick, though not solid.

Pour the Tia Maria and shake the coffee powder into a small cup, and leave in the oven or microwave for a few seconds until the coffee can dissolve. Add this and the chocolate into the cream, and continue to whip the cream until these ingredients have thoroughly mixed in and the cream is very stiff (but don't let it turn into butter).

When the cake has cooled, stick the two pieces together with this cream. An immensely satisfactory conclusion to your Tia Maria experiment!

## Neyland Marina Route Access

A brand new project which is to create a traffic free route to Neyland Marina has received a boost of almost £25,000.

The money for the Westfield accesses rout project is part of more than £2.2m being handed out across the United Kingdom.

The Neyland project will now see Pembrokeshire County Council upgrade a section of the national cycle network on Westfield Pill. The site - which is now very steep and not usable in wet weather - will be upgraded so that it will be accessible to cyclists, walkers, etc. of all abilities and wheelchair users.

The new path will create a traffic-free link between Neyland town centre and the Marina, as well as giving access to the Pembrokeshire marine special area of conservation via the marina.

Cllr John Allan-Mirehouse, who is Pembrokeshire County Council's deputy leader, has said the authority was delighted to receive the European Regional Development Fund money.

Cllr Allan-Mirehouse has said that this is a challenging but much needed project, and when the project is finished the link between the two routes will be accessible to all, including wheelchair users.

Cllr Allan-Mirehouse, who is the cabinet member for regeneration and economic development, added that work on site would start later in the year.

## Transport Campaigns and a Passport

One of our staff members, Alice, often takes the train to London to take part in science and astronomy events.

She's met people who've been very unlucky – they got to be passengers accidentally. They were putting a disabled friend or relative onto the train, and the train started before they could get off again!

They have to get off at the next stop, sometimes without a coat or purse or any way of getting back to their car.

If you're planning to take the train anywhere, it's best to let the station guards know in advance. But it's well known how difficult it is to get around on trains with a disability. And in February this year, the BBC announced that an inquiry is going to be held about improving railway stations for disabled travellers.

This has long been campaigned for by groups such as Disability Wales.

Miranda Evans of Disability Wales told the BBC that it's impossible to be spontaneous because you have to arrange so much in advance, and then you can't even plan properly because you can't make arrangements for the station at the other end. She also said that many stations lack lifts.

Another campaigner is Simon Green, of the Bridgend Coalition of Disabled People. He told the BBC about being unable to get through London by tube, about needing someone to be present at Bridgend Station to open the side gate as the bridge over the station has only stairs, and about how things are also hard for those with visual or hearing impairments.

Alice can report there are lots of signs and announcements, but only for routine things such as the next stop, rather than things they might need to know such as what side of the train the platform will be on! The train staff are usually very helpful, but have very tight targets to work to so they are often stressed and trying to get the train off as soon as possible.

The inquiry is going to look at: access to station platforms and facilities such as toilets and information; problems with getting on and off trains; stations with no or few staff; what assistance is available to help overcome difficulties; and how well publicised this assistance is.

### ***Pembrokeshire Access is also going to help make life easier.***

On 16<sup>th</sup> June they'll be launching a new scheme called the Pembrokeshire Passport. It's not a pass for free travel, but to help people plan their journey and make bus and taxi drivers and train staff aware of their requirements.

They prepared these passes with Pembrokeshire County Council, Arriva Trains, First Cymru, Silcox Coaches and Richards Bros. Bus and taxi drivers and Arriva Trains Wales staff will know about them.

It will have an orange card to put in front, and several extra plastic wallets so you can put in your own notes about where you want to go, and any difficulties you have. If English is not your first language or you have any communication difficulty, for example, that will make things far easier for you to express your needs.

Pembrokeshire Access works with P.I.P.P.A. to hire out beach wheelchairs around different parts of the county. You can visit their website at [www.pembrokeshire-access.org.uk](http://www.pembrokeshire-access.org.uk).

## Fish jokes!

What happened to the jellyfish who got cold? It set!  
 Where do little fish go every morning? To plaice-school!  
 Where do fish wash? In the river basin!  
 What happened to the shark who swallowed a bunch of keys? He got lockjaw!  
 Where do shellfish go to borrow money? The prawnbroker!  
 What language do Great White Sharks speak? Finnish!  
 What's the difference between a fish and a piano? You can't tuna piano . . .  
 We should stop these jokes now. We are making a rod for our own backs!

### Tenby's Kidney Wales Foundation Walk for Life raises £4,500

A Sunday afternoon walk has raised around £4,500 for the charity Kidney Wales Foundation. 100 people of all ages did the walk in the sunshine for Walk of Life on Sunday 28<sup>th</sup> March. They were also joined by MP Mr

Nick Ainger and adventurer Rosie Swale Pope.

The charity event was arranged by Mr Rob Thomas who comes from Pembroke Dock. Rob arranged the charity walk as he was recently diagnosed with Polycystic kidney disease.

Rob said he was delighted with the response he received to the event, which has also featured a sponsored Zap Cat voyage from Cardiff to Tenby.

The walkers who took part set off from Tenby leisure Centre after Mr Nick Ainger spoke on important work carried out by the Kidney Wales Foundation.

Refreshments were available along the route that was provided by Tesco, while the walkers were marshalled by Tenby and Saundersfoot Lions.

The fund-raising also had a boost of £703 after members of Manorbier's ladies' and men's football teams ran two marathons on running machines on Friday 2<sup>nd</sup> April.

How many birds can you find in Nikki's wordsearch?

Abatross	Gannet	Moorhen	Snipe
Avocet	Goldcrest	Nightingale	Snowy Owl
Barn Owl	Goldfinch	Nuthatch	Sparrow
Bittern	Goshawk	Osprey	Sparrow Hawk
Blackbird	Grasshopper	Oystercatcher	Spoonbill
Blackcap	Grebe	Partridge	Starling
Blue Tit	Greenfinch	Peregrine	Stonechat
Bullfinch	Greylag Goose	Petrel	Swallow
Bunting	Guillemot	Pheasant	Swan
Buzzard	Gull	Pintail	Swift
Capercaillie	Harrier	Plover	Tawny Owl
Chaffinch	Hawfinch	Pochard	Teal
Chiffchaff	Heron	Puffin	Tern
Chough	Herring Gull	Quail	Thrush
Coal Tit	Hoopoe	Raven	Treecreeper
Coot	House Martin	Redshank	Turnstone
Cormorant	Jackdaw	Redstart	Turtle Dove
Crow	Jay	Redwing	Wagtail
Cuckoo	Kestrel	Robin	Warbler
Curlew	Kingfisher	Rook	Waxwing
Dipper	Kite	Ruff	Wigeon
Diver	Lapwing	Sandgrouse	Wren
Eagle	Linnet	Scoter	Winchat
Egret	Magpie	Shearwater	Woodlark
Eider	Mallard	Shelduck	Woodpecker
Fieldfare	Marsh Harrier	Shrike	Woodpigeon
Firecrest	Mistle Thrush	Skylark	Yellow Hammer
Fulmar			

## Age Concern develops booklet to help you get onto the Internet

A few weeks ago we stumbled upon a lovely booklet by Age UK and BT.

It was about computers – those weird contraptions which have turned offices upside down, are the mysterious friends of the grandchildren, and are now the infuriating machines we're having to ask you to download the P.I.P.P.A. post off if you've got one!

Actually, it's about demystifying them. It's called "If I can, you can", and contains stories from people who did not initially think they could learn to use a computer. The

one that made me laugh the most was a lady who received an e-mail from her daughter saying: "Mum! Put your phone down properly!" She'd left it slightly off the hook so her family couldn't get through to her – but they were able to let her know!

The booklet explains what is meant by various computer terms, and has diagrams of setting up a computer and how to use e-mail and websites. It also has advice on how to choose what sort of computer you buy, and what sort of Internet access, as different things suit different people. Some people say it's made their life easier as they can now order their shopping online. Others find it's helped them keep in touch with their families.

### Wordsearch: Birds of a Feather

P Y E L L O W H A M M E R M E O P O O H E L G A E  
L A L A L B A T R O S S K Y N D K E S T R E L E B  
P J E S U L I A T G A W R T E N B T B O R W J L H  
L M R W G O S H A W K A A O V L B L C T O S A L O  
O A T I U C R O A W V N L O A J U D P Y Z C C I U  
V E E F O E S X A O H K Y C R E Z S N T K U K A S  
E E P T N P W H C R O W K J T K Z W E B N C D C E  
R G E N R I W E L R U C S I H I A A I R A K A R M  
M R L E N O T R N A A S T C Q T R R D X H O W E A  
S E Y G R R M R O P B S N I P E D B E M S O R P R  
G T S R S J E I R S F I T G H J I L R B D L E A T  
F A A E G T E N E A F F N S F L V E O L E P N C I  
F P N E B E R G H L I I I F H M E R A J R O B I N  
S O D N R R P G L N W F U L M A R F G N I W D E R  
N C G F E H I U S P G R S N I G H T I N G A L E T  
O H R I P T B L A N D I N T N P H E A S A N T L R  
W A O N P O I L I N N E T A U I S L I A U Q L O A  
Y R U C I T I K O O R R C H T E E D R A L L A M T  
O D S H D T N A R O M R O C H I F F C H A F F I S  
W R E N I R G E R E P A B E A S W A L L O W G K D  
L D H G C E T H R U S H D N T T U R T L E D O V E  
M O O R H E N I T I T L A O C N O E G I W E L L R  
H G U O H C O M I S T L E T H R U S H G O K D L P  
C N N F A R E G I E N O T S N R U T N N O I C L O  
N I I I W E G R E Y L A G G O O S E G I D R R T W  
I T F E F E I B R E T A W R A E H S M L L H E O L  
F N F L I P P N A J D U T S E C T Y N R A S S M L  
D U U D N E D B A R N U P I N T A I L A R M T E I  
L B P F C R O L K M N M P I O R E E S T K H V L B  
O N W A H V O P M K G O F I R E C R E S T F U L N  
G G T R L N W O P B C F W S D K C U D L E H S I O  
F J U E G D I R T R A P N L O P T A H C N I W U O  
B O K V M A R S H H A R R I E R S T T U V C X G P  
C M R E H C T A C R E T S Y O N F N R E T T I B S  
W O O D P E C K E R B N O K R E P P O H S S A R G

We browsed Age UK's website to see if we could direct you to this booklet. It wasn't there. So we e-mailed them to enquire, and they very generously sent us 50 free copies. Would you like one? Please let us know!

However, it's not much fun being given a bunch of instructions and then being expected to get on with it. If the children or grandchildren are on hand, they might well be delighted to set it up and teach you. We also heard that there are computer courses specifically for people of 50+ which might be especially helpful.

We asked Age UK about them. They kindly e-mailed us a list of courses in Wales. There weren't any in Pembrokeshire . . . or so they thought. Actually, Karen Butler at Age Concern Pembrokeshire co-ordinates computer courses. Age UK's website was out of date, so Karen is going to tell them about Pembrokeshire. It's probably nobody's fault; Age UK were really helpful to us. Websites need frequent care and attention – just like people!

The courses are informal, one-to-one, and usually done at the library. Sadly, they've lost the funding for them and are having to charge, but they're still popular. If you'd like to do one, call Age Concern Pembrokeshire on 01437 769972 and ask for Karen.

Alternatively, could you teach these courses? There's a waiting list, and they always need volunteers. If so, call the number above, but ask for Jan!

Age UK's website is excellent, and contains many pages on computers (amongst much more). You can find it at <http://www.ageuk.org.uk/>. Or just go to Google ([www.google.com](http://www.google.com)) and type "Age UK" into the box. Or, of course, look at [www.pippa-pembs.org.uk](http://www.pippa-pembs.org.uk) . . . Happy Internet browsing!

## **Here's one thing you can do on the Internet: Galaxy Zoo**

Fancy doing some real astronomy online, and contribute to science, without having to be a scientist?

Over several years, a robotic telescope in New Mexico has been taking thousands of images of galaxies outside our Milky Way. Because it's robotic, many of them had not been seen by human eyes until Galaxy Zoo came along.

A galaxy is a giant city of stars. Our own is called the Milky Way, and it's a spiral galaxy, turning round in a flat disk in space. It's so large it takes light 100,000 years to get from one end to the other. Some galaxies are smaller, others larger. There are also elliptical galaxies, which are more rounded, and irregular galaxies which are often small with a cloudy, random structure.

Galaxy Zoo was founded by scientists in Oxford and Portsmouth Universities – among them Dr Chris Lintott, who co-presents The Sky at Night with Sir Patrick Moore – who needed to study thousands of galaxies, but did not have enough time or staff to look through them all.

Classifying galaxies is easy because you just look at their shape. Although most people who start get very interested in astronomy and want to learn a lot more, you need know very little to begin. It's a very beautiful, satisfying activity: as soon as you've classified one galaxy, another comes along – it gets addictive!

Alice, who works at P.I.P.P.A. during the day and writes about science by night, runs the Galaxy Zoo discussion forum. It's a very friendly place, and also a very strict one: any of the nasty behaviour which gives the Internet a bad name is rapidly dealt with.

There are a few disabled people who are on the forum very frequently. It's a way to chat and learn without having to leave the house. One lady, who was involved in a serious accident, says it's a great distraction from pain.

We've also arranged meet-ups at astronomy events across the UK, and a few of us now give lectures in our local communities.

Come and visit us at [www.galaxyzoo.org](http://www.galaxyzoo.org). You just take a quick tutorial and you're in!

## **Dark light relief?**

A man was at home watching TV late at night; his wife and kids were already in bed. It was cold. He heard a knock at the door.

He got up and went to answer it, but there was nobody there. He shut it again and was about to go back to the TV, when he heard another knock.

He opened the door again and looked more carefully. He then saw a tiny dark figure on the doorstep. It was a miniature Grim Reaper, no more than four inches high - hooded, with a scythe.

The man gasped and trembled. "Oh, please don't take me. I've got two young kids. I'm the breadwinner . . ."

"Be quiet," said the tiny figure. "I have come for your hamster."

## **Wheelchair users take to the court**

A new basketball club for wheelchair users has been launched in Pembrokeshire.

Members of the Pembrokeshire Hurricanes took to the court on Saturday 24<sup>th</sup> April. The club is the first manual wheelchair sports club in the County.

Members welcomed Caerie Mackintosh, Chair of Pembrokeshire's Lady Taverners, who presented them with five new basketball wheelchairs.

Angela Miles, Disability sport development officer for Sport Pembrokeshire - the sports development arm of Pembrokeshire County council - said the club would be the first manual wheelchair sports club in the County.

"The new club is part of our aim to ensure that sport can be accessed by as many people as possible," she said.

It's open to all manual wheelchair users together with those with a physical disability who may wish to use a chair for sport. And it's been going strong since: with five regular members, it's been meeting every fortnight at Sir Thomas Picton Leisure Centre and went to Swansea on Saturday 31<sup>st</sup> July.

They're taking a break for the summer but will be back on September 11<sup>th</sup>, and hope to attract more members and hold a festival later this year.

If basketball isn't your thing, there are 9 other disabled sports clubs in Pembrokeshire ranging from swimming to gymnastics to football. If you'd like to join any of them, please ring Angela on 01437 776 240.

### **Alice's Summer Salads**

These will all go down very fast at barbecues!

#### **Tsatsiki**

I was taught this in Norway by a Turkish chap taking a year off work to travel the globe. He was sampling every country's cuisine, but that evening was simply longing for something from home. It's the simplest thing possible to make, and goes with curries, cold meats, fish, cheese, with barbecues and as a salad.

You need:

1 cucumber

1 pot of creamy yoghurt

3 or 4 cloves of garlic, or more if you are a fan

A large pinch of salt

Grate the cucumber and place in a large bowl (if you wish, drain first in a sieve). Mix in the yoghurt. Chop the garlic very fine, and stir this in with the salt. Add more garlic, salt etc until you decide the taste is perfect!

#### **Bean salad**

I was first introduced to a version of this at the Mariner's in Haverfordwest, as an accompaniment to spicy fishcakes. It contained soft sultanas and was deliciously sweet. Since then, a friend told me about an imitation, and I've "improved" on it. I've never tried adding the sultanas myself, but you never know!

1 tin of "3 bean salad", or "mixed bean salad", or whatever takes your fancy

Cucumber                      Spring onion

Garlic                              Olive oil

Red peppers                      Balsamic vinegar

Fresh parsley                      Black pepper

(You can leave out any of the above ingredients if you don't like them! Quantities are also entirely up to you.)

Drain the beans in a sieve, and wash off the juice they came in if you don't like it. Chop the peppers and cucumber into very small cubes, and finely chop the parsley, garlic and spring onions. Mix them all together and pour plenty of olive oil and balsamic vinegar over the lot. Leave in the fridge for a little while so the flavours can soak in before serving. This goes well with hot and cold food, and can be safely given to vegans.

### **Pasta salad with mustard and honey**

I ate something like this in Spain, and picked-and-chose the recipe off various Internet versions and my own additions . . .

Pasta	Fresh parsley
Lettuce	2 or 3 teaspoons mustard
Bacon	4 teaspoons honey
Mushrooms	4 large tablespoons yoghurt
Spring onions	4 large tablespoons
Red or green peppers	mayonnaise
Oil or butter	Black pepper to taste

(You can leave out the bacon and make this vegetarian. The sauce should give you an idea of the rough proportions – but all quantities are generally up to you. Just experiment.)

Chop the lettuce, parsley and any other ingredients you want to keep raw in advance.

While the pasta is cooking, fry the mushrooms, spring onion, bacon, pepper etc in a large frying pan with plenty of oil or butter. When they are ready, add honey and mustard and mix them in (the heat should help to melt them). Then add the mayonnaise and yoghurt. You can taste the sauce until you decide it's right – a dash of lemon juice may also improve it. Don't worry that there doesn't seem to be very much runny sauce: it is very strong so the pasta only needs a very thin film of it.

Put the pasta into a large bowl and pour the sauce over the top of it. Stir to mix it in, and allow to cool. The lettuce and parsley, added last, will add a tasty crunch.

### **How to Give your Cat a Pill**

*By a friend of a Galaxy Zoo friend*

Pick up cat, and cradle as if holding a baby. Position forefinger and thumb on either side of cat's mouth and

gently apply pressure to cheeks. As cat opens mouth, pop pill in. Allow cat to close mouth and swallow. Retrieve pill from floor, and cat from behind sofa. Repeat process.

Retrieve cat from bedroom, throw soggy pill away, take new pill from foil wrap. Cradle cat in left arm holding rear paws tightly with left hand. Force jaws open and push pill to back of mouth with right forefinger. Hold mouth shut for a count of ten.

Retrieve pill from goldfish bowl and cat from top of wardrobe. Call spouse from garden. Kneel on floor with cat wedged firmly between knees, hold front and rear paws. Get spouse to hold head firmly with one hand while forcing wooden ruler into mouth. Drop pill down ruler and rub cat's throat vigorously.

Retrieve cat from curtain rail, get another pill from foil wrap. Make note to repair curtains. Sweep shattered glassware from floor. Wrap cat in large towel, with head just visible. Get spouse to hold cat and towel firmly under armpit. Put pill in end of drinking straw, force mouth open with pencil, and blow down drinking straw.

Check to make sure pill not harmful to humans, drink glass of water to take taste away. Apply bandage to spouse's forearm and remove blood from carpet with cold water and soap.

Retrieve cat from neighbour's shed. Get another pill. Place cat in cupboard and close door gently but firmly with head showing. Force mouth open with dessert spoon, flick pill down throat with elastic band.

Put door back on hinges. Ring fire brigade and retrieve cat from tree across the road. Take last pill from foil wrap. Tie cat's front and rear paws with garden twine, and tie both to leg of dining table. Find heavy-duty pruning gloves in shed, open cat's mouth with small spanner. Push pill into mouth followed by piece of fillet steak and half a pint of water.

Get spouse to drive you to casualty. Sit quietly whilst doctor stitches fingers and forearm, and removes pill remnants from right eye. Call at furniture shop on the way home to order new table.

Go to vet, who puts cat on his table. Cat lies there while vet pops open mouth and drops in pill. Cat swallows pill. Vet says: "See how easy it is?"

### **Gareth & Margaret's Quiz**

Gareth and Margaret designed this quiz to cater for a variety of tastes! Answers next page . . .

1. Titan is the largest moon of which planet?
2. What is the great red spot on Jupiter?
3. What is Jupiter mainly composed of?

4. How many times stronger is the atmospheric pressure on Venus compared on earth?
5. Which British male won the 2007 mixed doubles at Wimbledon?
6. Who won the 2006 ladies singles at Wimbledon?
7. In which country is the driest place on Earth?
8. What was the coldest temperature recorded in Antarctica within 5 degrees Celsius?
9. Who in 2008 is the only original cast member of Coronation Street?
10. What is the name of the pub in East Enders?
11. Which soap opera is set in Summer Bay?
12. In the Preseli Hills, where precisely were the "Blue Stones" taken from (to form part of Stonehenge)?
13. Where in Pembrokeshire is the ringing stone?
14. There is a circular stone Pound in Castlemartin. a) When was it built? b) What was it used for?
15. Dewi Sant was also born in Pembrokeshire. a) Where? b) In which century? c) On what date/month did he die? d) In which century did the "Cymru" honour Dewi Sant as the Patron Saint of the Welsh Nation?
16. What was the name of the Martyr who was burned at the stake in Haverfordwest in 1558?

### **What type of glasses are best for you?**

*Or, perhaps the question should be, what type of glasses should you wear for what activity?*

Lots of people wear glasses with multifocal lenses – for example, where the bottoms of the lenses allow them to read a book, while the tops allow them to look into the distance.

These can be great for driving, too. You can look at the road through the tops of your glasses, and at the speedometer through the bottoms.

But fall prevention expert Dr Stephen Lord of the Prince of Wales Medical Research Institute warns us: "If you are old and fit and you're going outside a lot, multifocal glasses are in effect a disability. You're walking around with part of your visual field blurred."

For example, these glasses wouldn't allow you to see a crack in the pavement which could trip you over. The bottoms of your glasses, which would normally show you that crack, are focussed on only 50 centimetres away.

"People should just wear a single lens pair of glasses in those circumstances," says Dr Lord.

If you are elderly, a fall can be very dangerous.

Dr Lord arranged a study on 606 people. In medicine, you can get things wrong even if you mean to help, so the best thing to do is check very carefully with lots of

people. And *these* results needed to be looked at in detail to make sense . . .

All the participants were elderly people, with an average age of 80, and all of them wore multifocal glasses. Dr Lord and his colleagues asked them all to keep calendars and record when they have a fall.

They then divided the group into two. Half of them were given single-lens glasses and asked to wear them when they went out. The other half carried on with their normal glasses.

The group who wore the single lens glasses had 8% fewer falls. This didn't look like Dr Lord's idea made much difference.

But it did, when the team analysed the results a bit further.

Elderly people who went outside 2-3 times a week and wore single-lens glasses had 40% fewer falls, which is very significant.

Meanwhile, participants who spent very little time outdoors had *more* falls when they went out wearing different glasses. Two reasons are likely for this: people who spend most time indoors are more likely to be frail, and this group might find it harder to get used to glasses they don't often wear.

So if you have multifocal lenses and spend most of your time indoors, you may be better off sticking to what you've got. But if you are still quite active, it may be worth the hassle of having two pairs.

Or you may be one of the many exceptions to the rule (note – a 40% increase in falls is *not* 100%, so it did not apply to everyone!). As with many scientific studies, “it depends”!

### **MD Poster condemned by rights activists**

Campaigners have hit out at a recent appeal poster saying it reinforces people's views that wheelchair users “don't have a life”.

The posters show a boy called Bradley, who has muscular dystrophy (MD) and is in a wheelchair, with the slogan “he'd love to walk away from this poster too.”

There are over 1,000 appeal posters from MD on display across public areas in the UK over February and March. This advert is near identical to one by Lord Snowdon in 1977 to promote awareness of MD. But MD campaigners have argued that, under current charity appeals, the new adverts only make old stereotypes even more popular in the public's mind. Which doesn't help those with MD, says Rachel Hurst, a campaigner with MD. “What's so good about walking? Not being able to walk is not the

problem, it's people thinking a) he'll die and b) he has no life because he's in wheelchair. This just underlines stereotypes.”

Any Crooks, who also has MD, said: “My initial reaction was one of disbelief. It's dumbfounding that such a negative imagery should be used to go back to the old ideas that people in wheelchairs being people to pity. MD Campaign told me ‘we're all trying to give you a voice’, but this isn't my voice, and it's not my point of view.”

The MD Campaign chief executive, Phillip O'Neil, who has a daughter with MD, said the charity consulted with dozens of people with MD before putting the advert out.

### **Gareth & Margaret's Quiz Answers**

1. Saturn
2. A gigantic storm
3. Hydrogen
4. 90 times
5. Jamie Murray
6. Amelie Mauresmo
7. Chile
8. - 89°C
9. William Roach/Ken Barlow
10. The Queen Vic, Queen Victoria,
11. Home and Away
12. Carn Meini
13. Near St Govan's Chapel, Bosherton
14. a) 1780 b) To impound straying animals
15. a) Near a village called Tyddewi (which used to be called Menevia) b) 6<sup>th</sup> century c) 1<sup>st</sup> March/ 1<sup>st</sup> day of March d) 12<sup>th</sup> century
16. William Nichol

### **Dyfed-Powys Police urge Pembrokeshire householders to lock their doors.**

Although there were only ten house burglaries and three attempted burglaries in the county last month, householder made the thieves, lives easy in five of them by leaving their houses unlocked.

Research has shown that the most popular time for the thieves to strike was between midnight and 1am and the most common days were Saturdays and Tuesdays.

Chef inspector Steve Matchett said Burglary is one of the most distressing crimes for its victims.

Fortunately house burglaries are rare in Pembrokeshire which has a low burglary rate, but we need to ensure people help us keep it this way by taking very basic crime prevention advice such as locking doors and windows.

Fit strong locks to your doors and windows and make sure you always keep them fully locked.

Try to make your home look occupied if you are away from your property overnight, invest in a plug-in timer for lamps and radios. Consider installing a burglar alarm.

Prevent intruders getting to the back and sides of your home by installing strong fencing or gates.

Never leave a spare key in a convenient hiding place such as under the doormat, in a flowerpot or behind a loose brick - thieves know to look there first.

If you are replacing or fitting new doors and windows, get ones that are certified to British standard BS7950 windows and pas 24-1 doors.

For more information go to [www.dyfed-powys.police.uk](http://www.dyfed-powys.police.uk) or contact the community safety department via 101.

### **Pembrokeshire County Council parking charges now launched.**

Controversial new parking charges were launched across the county from Thursday 1<sup>st</sup> April. New charges were introduced in Parc Shwt, Fishguard, and Robert Street Market square and Lower Charles street in Milford Haven, Towns Moor in Narberth, South Quay, Pembroke and Lower Meyrick street and Gordon Street, Newport and West street in Fishguard. All charges will apply between 9am and 5.30pm and for the first time; all disabled motorists will also be charged. Motorists displaying a valid blue badge will have to pay for parking in all County Council charged car parks and will receive an extra hour of free parking.

### **Hilarious Jokes**

My uncle's an inventor. It was him that told me how to make an apple crumble. He said: "Hit it with a hammer."

My brother said, "Mum, I've got holes in my pants."  
My Mum said, "Put your legs through 'em then."

"My uncle used to keep his hyena in the water butt."  
"Really, what was it like?"  
"A barrel of laughs."

This little girl was doing her homework. She asked her father, "Dad, what do you know about the iron age?" He replied, "I'm rusty on that."

Did you hear about the light bulb that fell in love with the switch? It turned him on.  
(And probably later turned him out.)

My uncle got a job on an oil rig, but was fired for throwing bread to the helicopters.

I saw this stupid notice at the police station. It said "Man wanted for burglary. Apply within."

Make a Swiss roll – push him down the mountain.

My music teacher said: "Johnny, never buy a cheap violin. It might be a fiddle."

This guy got a job as a traffic warden. He booked a steamroller for having three bald tyres.

What's white and goes up? A stupid snowflake!

### **Powys Trading Standards warn over car sellers**

Traders selling cars from roadside verges and waste lands are being warned by trading standards following a number of complaints.

Powys council said it had helped compile a report about people selling the cars and accused them of "restricting the rights of consumers".

A survey has also shown that a third of vehicles examined in Wales breached some form of consumer protection law.

They said sellers often hid behind mobile phone numbers. The council's principal trading officer, Clive Jones, said some of the infringements found included car clocking, vehicles not taxed, re-built and unworthy written-off cars being sold without declaring that information and incorrect information declared on them about their condition such as full MOT.

They advise consumers who find these sellers attractive not to purchase vehicles in this way – you may end up getting ripped off.

### **Channel 4 gets Paralympics in 2012**

Despite fears that the Paralympics in 2012 would be broadcast on pay-per-view television channel four has secured the rights ahead of the BBC. The London Organising Committee said Channel 4 was awarded the rights following a "highly competitive" tender process. Channel 4 has said it will broadcast over 150 hours of television coverage, and will run its biggest ever marketing campaign to promote the games. They say they are thrilled to be given this opportunity to work with LOCOG to bring this type of sport to the full attention of the public during and after the games and deliver a lasting legacy.

The deal includes two peak time 10-part documentaries in 2011 and 2012, and coverage of the Paralympic torch relay.

Kevin Lygo, Director of Television at Channel 4, said: "Channel 4 had done more than any other broadcaster to bring disability sport into the mainstream and we have a great track record of broadcast innovation with sports like Test cricket."

## **EHRC to launch harassment inquiry**

The Equality and Human Rights Commission has announced to coincide with the United Nations' International Day of Persons with Disabilities, will also look into what public authorities are doing to protect disabled people's human rights.

The commission has said that any authorities found not to be meeting their obligations could face legal action to make them comply.

The Commissioner for equality and human rights, Mike Smith, said that the recent case of Fiona Pilkington and her Daughter showed how preventing those incidents were essential.

Disabled people experiencing harassment can become used to hostile treatment, or are told to ignore them which is difficult. They may also become isolated to avoid putting themselves at risk which only leaves them lonely and it limits their freedom and opportunities.

These individual cases can have a much wider effect as other disabled people hear about them and become afraid for themselves.

## **Millions missing out on Council Tax despite financial woes**

Despite the recession, 1.97 million pensioners are not claiming council tax benefits to which they are entitled – and some even turn them down despite knowing about them.

44% of older people, as opposed to 28% of younger, are missing out on benefits, warns Age UK. A total of £1.5 billion in council tax benefit is currently unclaimed – out of a total of £5.4 billion to which people could claim later in life.

1.8 million pensioners currently live in poverty, some going without basic essentials. Some do not receive benefits because they are unaware of them or do not realise they are entitled to them; but others deliberately do not claim, feeling that the process is too complicated and intrusive, that they do not wish to ask for money, or even that they do not feel the country can afford it.

Age UK and Age Concern Westminster did an experiment in which 30 pensioners were offered benefits or vouchers they could exchange for cash. They all refused, and some still refused even after being told the money was rightfully theirs.

On 16<sup>th</sup> July a campaign called "More money in your pocket" was launched, with the support of actress Barbara Windsor. It aims to get an extra £100 million to 50,000 older people over the next year.

"It is unacceptable that vital benefits are failing to reach some of the poorest and most vulnerable older people in our society," says Michelle Mitchell, Age UK's Charity Director. "Clear, independent information and advice and face-to-face communication are key to improving the take-up of benefits. The best way to ensure that people receive the benefits they are entitled to is for them to be paid automatically."

## **Finally . . . a bit of light humour!**

How many civil servants does it take to change a light bulb? 45. One to change it and 44 to do the paperwork.

How many witches does it take to change a light bulb? Into what?

How many stressed relatives does it take to change a lightbulb? Well, not YOU, that's for sure! You wouldn't go shopping when I asked you to and now we've run out. And we've run out of dustbin bags too. Look at that bin! It's overflowing and it stinks! Just like all that washing up in the sink! WHY DOESN'T ANYONE ELSE DO ANY WORK AROUND HERE!?!?! . . . I'm sorry . . . why did you ask me?

How many economists does it take to change a light bulb? None. If it really needed changing, market forces would already have caused it to happen.

How many punks does it take to change a lightbulb? Two. One to change the bulb, and the other to eat the old one!

How many astronomers does it take to change a lightbulb? None – they like the dark!

How many consultants does it take to change a lightbulb? I'll have an estimate for you a week on Monday.

How many double glazing salesmen does it take to change a lightbulb? Only one, but he has to do it while you're having dinner.

How many psychiatrists does it take to change a lightbulb? Only one, but the light bulb has really got to want to change.

How many politicians does it take to change a lightbulb? It depends how many it took under the previous government.

How many folk singers does it take to change a lightbulb? 11. One to change it, and 10 to sing a song about how good the old bulb was.

An aeroplane dropped its cargo of lightbulbs over Pembrokeshire. We had a light shower!

P.T.O. . . .

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