

ISSUE No. 42

See you at the County Show!

This year's County Show is on Tuesday 16th to Thursday 18th August.

PIPPA will *not* be in its usual yellow and white tent in Zone B on the road towards Fishguard. This year we will be in the Prendergast Arena – the area with trade stands, crafts, etc. – by Food Court A and Gate 2, along the Withybush road. Disabled toilets are at all entrances and the Parkhouse building.

Thank you very much to the organisers of the County Show for giving us a good convenient space!

Supermarkets take up Blue Badge enforcement

Seven major supermarket chains have taken up a scheme to eradicate abuse of disabled parking spaces.

This will be by more patrolling of car parks and by data sharing to help spot fraudulent blue badge use. Read more in our article on page 6.

Nikki's luncheon club talks

Nikki, our Information Manager, is steadily going round the county giving talks to luncheon clubs. She'll tell you about PIPPA's Information Service and Equipment Hire, and bring PIPPA Posts and other useful leaflets. Don't forget we also supply information on subjects such as form-filling, accessible places and taxi firms, other services that can help you in Pembrokeshire, and our campaigns such as Chunky Cutlery.

If you run, or are involved with, a luncheon club and would like Nikki to come and talk to you,

please give us a call on 01437 760 665.

Welcome Rachel!

We have a new volunteer, Rachel Thomas. She started coming along in May to join the administrative assistants. We hope she enjoys working here as much as we enjoy her company! Rachel and Gareth have made a music quiz which you will find on page 4.

Put your wheelchair on a big wheel

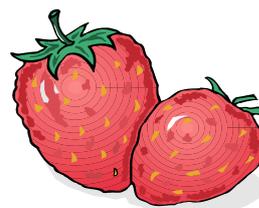
Folly Farm has finished building its Pembrokeshire Wheel, a 25m 18 carriage ferris wheel which will give stunning views – and is equipped for wheelchairs.

It has a specialised rectangular carriage to accommodate wheelchair users, and the proceedings of its launch at the beginning of June went to Richard Parks's 737 Challenge for Marie Curie Cancer Care.

Folly Farm, said Edwina Hart, the Tourism Minister, is "a day out for everybody . . . I think it gives parents an excuse to do things they want to do under the guise of taking their children."

Over 50,000 people had already ridden on the wheel within a few days.

Strawberry Tea



Thanks to everyone who came along to our Strawberry Tea on 9th July. The strawberries, scones, jam and cream seemed to go down well – hope to see you at another one some day!

Carers' Week 2011

"The True Face of Carers"

Each year Carers' Week has a different theme. Last year it was "A Life of My Own". This year it's "The True Face of Carers".

The website carersweek.org is upfront, with one answer from the author Huge Marriott: "Don't ask. You don't want to know . . . Invisible, that's us. And just as well. Because if people could see our true face, they might get an inkling of what's going on inside our heads. Which would not be a pretty sight. The truth is, most carers, sooner or later, go bonkers. We don't show it. We might look careworn, or serene, or resigned. But on the whole we present the image of a loving caring person looking after a loved one and doing it well. And then one day we lose it, and break down. But even when we do this, we'll probably contrive to do it behind closed doors, and out of sight."

The point being that help is there for carers, and it's important to get it before you reach that point.

Age UK has a set of documents about benefits elderly and working age carers are entitled to, as well as general advice. You can look these up on <http://www.ageuk.org.uk/> or telephone Age Cymru on **029 2043 1555**.

You can also contact Carers Wales at River House, Ynys Bridge Court, Cardiff CF15 9SS, telephone 02920 811 370 or on their website at <http://www.carersuk.org>. (Carers Wales's homepage is <http://www.carersuk.org/wales/>.)

Useful phone numbers

Are you caring for someone and in need of advice? Carers Week put together some telephone numbers at <http://carersweek.org/carers/advice-and-information>:

Age Concern Pembrokeshire **01437 769972**

Age UK: **0800 169 6565**

Carers UK: **0808 808 7777**

Council & Care: **0845 300 7585**

Crossroads Care: **0845 450 0350**

Dementia UK: **0845 257 9406**

MacMillan Cancer Support: **0808 808 00 00**

MS Society: **0808 800 8000**

Parkinson's UK: **0808 800 0303**

The Princess Royal Trust for Carers: **0844 800 4361**

Carer Facts: Wales

Carers save the Wales economy £5.69 billion per year (£119 billion for the whole UK)

The main carers' benefit is worth just £53.90 for a minimum of 35 hours - £1.54 per hour

90,000 people in Wales provide over 50 hours of care per week

People providing high levels of care are twice as likely to be permanently sick or disabled

58% of carers are women; 42% are men

And for the whole UK:

There are six million carers - 1 in 8 adults

Every year 2.3 million people become carers

Over 1 million people care for more than one person

Nearly 3 million people in the UK juggle caring with holding down a job

There are 700,000 young carers in the UK

By 2037 the number of carers in the UK will have increased to 9 million

Most carers "worried about cuts"

This year's Carers Week research shows that:

Over 80% of carers are worried about cuts to services

Almost half say they don't know how they will cope when services are withdrawn

Two thirds of people who become carers are surprised at how little help they get from the government

Three quarters say they are financially worse off since beginning their caring duties

Well over 1,000 young carers rely on services whose budgets are now being cut by 30-40%

Carers Week highlights some sad cases of people whose savings have gone, and who cannot pay

basic bills and even mortgage payments, and may be made homeless as a result.

This extra worry is due to £1 billion worth of cuts being made to social services across the UK. Only 2% of councils in England are not withdrawing any adult social care.

Are you missing out on carers' allowance?

Carers Wales estimates that nearly 18,000 carers in Wales are missing out on a total of £51 million by not claiming carers' allowance.

They may not know about the benefits, or they may simply be too stressed and busy. But this can result in people getting into debt and sacrificing essentials such as meals and heating.

Carers Wales urges people to tell friends and family who are caring about benefits. Last December they launched an information campaign to various public places to let people know their entitlements.

Local events for carers

On Thursday 16th June, PAVS ran a Carers Day. It began with a presentation on the "true face of carers" theme, and was followed with conversations, lunch, and information stands by local charities and organisations which support carers, and even health checks!

The Leisure Centre is offering special memberships to carers, and GP surgeries are starting an "Investors in Carers" scheme.

Local AMs Paul Davies and Angela Burns have sent statements of support for carers to Carers Week. Angela Burns acknowledged that their "invaluable work often goes unnoticed and sometimes unrewarded". And Paul Davies said, "I very much hope that all Members of the National Assembly for Wales and Members of Parliament in Westminster work towards giving carers more support so that they can continue to provide such an important service for so many people."

The Princess Royal Trust Oldham Carers' Centre has also started a glossy high-street style magazine called "Carers Magazine" – although this is not local, it is available to anyone interested.

There is also a Carers Rights Day every December. This year's is not planned yet but last year's was held at Letterston Memorial Hall on 3rd December. It was titled "Know your rights" about which many of those attending said they did indeed need more information. Despite the snow on the day, 34 carers attended, and also heard about emergency contingencies, benefits and assessments.

If you'd like to be involved in or attend the Carers Day next year, or if you'd like to receive the Carers Gazette, please call Nicole van Schie on 01437 771 196.

"Carers' Hub"

A fancy new website has been launched at <http://www.carershub.org/>, with the interactive part at the same address, just add "hub" at the end.

It's a picture shaped like a dartboard, with positive things to aim at for the carer, such as "Not financially disadvantaged" and "Able to enjoy a life outside caring". If you click on one of these aims, some spoke-shaped words around the dartboard will light up. These will be the services that might be available. If you click on one it will highlight some examples and ask if you want to read more.

It might not take you to exactly the service you want, because that might not be in your area. But it will lead you to tips to getting such a service started.

And it brings to attention some quite unexpected but very necessary ideas, such as a specific bilingual respite service for people in a Bangladeshi community.

Or Hounslow Crossroads Care Scheme, for instance, has set up a mobile scheme similar to a mobile library, travelling through the borough and dispensing information on carers' rights, benefits, services, and related issues such as employment.

If you care for someone, say so

"Reluctance to accept a label prevails, despite it being recognised that three out of five of us will, at some time in our lives, become carers. However, unless carers are identified they cannot be signposted to support services that may be available. And even in today's austere climate there

is ample evidence that the provision of appropriate support can enhance the general health of both the carer and the person cared for.”

- Judith Cameron, writing in The Guardian

Grace

A vicar invites some people to dinner with his wife and small son. As they settle down to a delicious meal, his wife says to their son: “Why don’t you say grace, darling?”

The son is silent. “Go on, dear. Say grace,” urges the wife. But the son looks blank. “You know! What Daddy said this morning!”

The son bows his head. “Dear Lord. Do we have to have these dreadful people to dinner tonight?”

Wales behind on independence for disabled people

Wales trails in the UK in helping disabled people to live independently in the community, says a charity.

Disability Wales will tell a Westminster inquiry that the lack of a Welsh strategy on independent living disadvantages disabled people.

The inquiry is discussing whether changes to the law are needed. The Welsh government says on its website that it is committed to engaging with and listening to the needs of disabled people.

The website statement also said it was addressing the historical imbalance which has resulted in many disabled people being socially excluded and undervalued.

Independent living would be the best way to mitigate cuts in services and benefits, argued Disability Wales.

Rhian Davies, its chief executive, who addressed the Joint Committee on Human Rights inquiry, told BBC Radio Wales that a Welsh strategy would lead to bodies such as councils, health trusts and police developing action plans and co-ordinating spending.

“People need support with everyday tasks such as washing and dressing, getting up,” she said.

Ms Davies said it was about “being in control of that personal assistance, not just waiting for

someone to turn up at times convenient to the service – it’s about meeting your own needs.

“It’s not just about getting out of bed, it’s about being able to be part of your community, whether that’s through voluntary work, or whether that’s through education and learning”.

The charity said that national policies had been introduced in England, Scotland and Northern Ireland and has presented a petition with over 700 signatures, calling for a Welsh strategy, to the Welsh assembly’s petitions committee.

A Welsh Government spokesperson said: “We are committed to improving the lives of disabled people by ensuring that they are able to live independently for as long as they choose.

“The work on independent living for disabled people is to be considered as part of the implementation of the Equality Act 2010.

“The Welsh Government is the first government in the UK to introduce specific regulations, including the disability equality duty to support the wider duty imposed by the Equality Act and these regulations will bring about real changes in terms of people’s life chances and life experiences.”

A truly dogged award

Three dogs in Old Colwyn, North Wales, have been short-listed for a “dogged devotion award” for making schoolchildren with behavioural or emotional difficulties much more relaxed and able to learn.

They were nominated by Maggie McManus, who runs a special unit at a secondary school for pupils of 11-16 years old who are at risk of exclusion.

Dog handler Eryl Restall was originally invited to the school to show the pupils how she trained Barney, Wizz and Tully. The pupils liked the dogs so much that their behaviour improved dramatically at once.

“A lot of the pupils’ issues have to do with self-confidence and self-esteem and the dogs do reduce the stress levels,” says McManus.

Now Eryl Restall goes into the school three times a week. Even when the dogs are not there, the pupils are better. “I do my work because I know they are

going to be coming in some time that week and that's my reward," says a girl who used to loathe school but whose work has greatly improved. She now wants to go into sixth form and work with dogs as a career.

The children are allowed to train dogs and there are plans being discussed to train them for blind people, for instance. They also read to them, and the dogs must be good listeners, because the children's listening skills have improved.

"Tully's quite relaxed so that makes me quite relaxed so I can read more clearly to people," said a year 10 pupil. "My spelling has come on as well because I'm reading more and my English and work has been boosted up a couple of levels."

It would be a very special reward for a child both to achieve more at school than they had expected, and to perhaps meet the dog they trained again in the community one day, and know it was helping people.

The award given to dogs Tully, Barney and Wizz is being given by the Dogs Trust.

Gareth & Rachel's Music Quiz!

- 1-Which year did B*Witched start out?
- 2-What was the first number one of the Supremes?
- 3-Atomic kitten covered Eternal Flame but who originally sang the song?
- 4-Who left the Beatles in 1961?
- 5-Andrea Bocelli won the newcomers section of the Sanremo Music Festival, but in what year?
- 6-Which city in Sweden and year that ABBA formed?
- 7-How many weeks did Bohemian Rhapsody stay at number one in the UK charts?
- 8-What year did Robbie Williams leave Take That?
- 9-What was M People's biggest hit in the UK?
- 10-What was Sir Elton Hercules John's birth name and what is his date of birth?
- 11-What is the name of Julio Iglesias son?
- 12-The Bee Gees had a number 1 with Tragedy – who covered it in 1998?

13-The song "Everything I do, I do it for you" by Bryan Adams was in the charts for how many weeks and in what year?

14-What was Britney Spears' first single?

15-Who sang about "Genie in a bottle" in 1999?

16-Which band was making their minds up?

17-What was Elvis Presley's first UK number 1?

18-What was Mariah Carey's first UK number 1 in what year?

19-What was Boys 2 Men's first number 1 in the UK?

20-In 1992 Whitney Houston covered "I will always love you". How many weeks did it stay at number 1?

21-Which group had the famous song called YMCA?

22-What was Kylie's first number 1 single in January 1983?

23-What song in September 2003 did Jamelia have a top 3 song in the UK charts?

24-Celina Cherry, Nami Bethiti and Hevenli Roberts were members of which 90's girl group?

25-What are the names of Madonna's children?

26-What is the adopted child's name?

27-Who has been working 9 to 5?

28-Who has been "Holding on for a hero"?

29-Diana Ross started singing in a trio as a teenager, who were her two partners?

30-"On the Floor" is a song by American recording artist and actress Jennifer Lopez, featuring Latin American rapper, Pitbull. Who released the song and who was it written by?

THE END

Answers on Page 15.

Minister for disabled people promises not to stop people getting out and about

The removal of the mobility component is causing a great deal of anxiety among people who rely on it to get out of their house or care home. Maria Miller,

the minister for disabled people, acknowledged this to the Guardian in May.

The government held a consultation which attracted 5,500 responses. One of the concessions made was to defer the removal of the mobility component for a year.

Miller claimed that “our policy was never to remove disabled people’s ability to get out”.

She blamed the cuts to DLA on “overlaps” in services such as between councils and care homes and claims they “only mean to remove the overlap” where one exists.

A government spokesman said: “We are talking to various organisations and are looking at how best to provide clear support.”

Jane Alltimes of Mencap remarked: “This will provide little reassurance to those who potentially stand to lose out, with the welfare reform bill still set to legislate for the removal of the mobility component of DLA/PIP from those in residential care.”

She added that there is nothing so far in the legislation to state any requirement from care homes or anywhere else to ensure that disabled people can get out and about.

Gareth’s summer diary 2011

On Wednesday 18th May P.I.P.P.A. attend a fun day up at withybush showground for all the kids with special needs we set up our stall the night before than the next morning at ten am we started.

Me and Nikki gave out our sweets colours and pictures to everyone we were very pleased as we had sold them. At lunch time Alice and our new volunteer Rachel came up too meet us. It was lunch time I didn’t bring any lunch as I thought I would have the food that they got up there I was extremely disappointed all it was boring old sandwiches.

We left a bit early at 2.15 as normally it finished at 3pm but everybody was going so went as well we all went back to office than went home by 3pm I had a really good day.

On Tuesday June me and Nikki and I went to the P.A.V.S. careers me and Nikki got the things out of the car after it stopped rain for a little bit and set up

our stall we than had a nice cup of tea and started handed our chunky chips and chunky handles leaflets to different tables and stalls.

We than had our lunch and watched t he awards although I was busy doing a crossword. It was 2.15pm we left the showground a little early and headed back to the office and then at 2.45pm i went home and I had a nice day.

Continue to beware of the scammers!

We’ve had a number of scammers who have tried to get hundreds of pounds out of us for things we haven’t ordered. Due to their continued harassment from withheld telephone numbers, we are currently not answering these. If your number is withheld, please leave us an answerphone message and we will call you back. We’re very sorry for the inconvenience!

Last summer we printed a “Scams Awareness” spread as part of our PIPPA Post. If you would like one, let us know – thousands of people every year fall victim to these dishonest schemes, and older people are being increasingly targeted.

The latest example is a lady in Tenby who met a man on a dating website. Claiming to be a soldier who wanted to come and visit her, she sent him £4,500 for his flight tickets. He never arrived – and then someone else posed as another soldier, claiming that he had been kidnapped and there was a £5,000 ransom.

An area in Scotland is being targeted for an offer of “health checks” which turn out to be unpleasant, expensive, not useful, and not coming from qualified people.

Another one that has hit the UK recently is a caller pretending to be from Microsoft, helping to fix a “problem with your computer” – when they are actually trying to hack it. If you get an unexpected phone call about your computer, hang up and call your computer provider yourself!

And here at PIPPA we’re receiving a lot of nuisance calls as you see – claiming we have ordered expensive publishing or advertising, and that we owe them hundreds of pounds.

If you or your business gets a call like this, do not pay them a penny unless they can provide a valid purchase order which you remember signing! Do not be afraid to hang up on them – and to go to the police if they harass you.

They may claim that they have your voice on record agreeing to something, and/or threaten to take you to court. Don't worry – let them try. Never give them any information about yourself or your company, especially not bank details.

It's often worth looking the company up online. They may claim to support lots of good causes. But often there are no contact details. You may well also find discussion forums or even newspaper articles about experiences other people have had with these companies attempting to scam them.

With some telephone contracts, you can also block a telephone number by dialling 14258 after hanging up.

450,000 disabled tenants could lose housing benefit

People living in social housing deemed “too large for their needs” (i.e. with a spare room) stand to lose an average of £676 a year in housing benefit cuts. This includes an estimated 450,000 disabled people.

The National Housing Federation's chief executive David Orr warns: “The cuts to housing benefit are extremely harsh. Under-occupation in the social housing sector should be tackled, but slashing people's housing benefit and pushing them into poverty is not the answer.”

This measure, along with cutting benefits to parents of disabled children and to cancer victims, provoked anger. MP Philip Davies was condemned for suggesting that disabled people should be allowed to work for less than the minimum wage to make them more attractive to employers.

Richard Hawkes, chief executive of Scope, remarks: “Cuts to child benefit, disability living allowance reforms and the impact of local authority budget cuts are all having a cumulative effect.”

Amidst worry that people will have to move house, the Department of Work and Pensions said this

would “not necessarily” be the case. “Our discretionary housing payment fund will provide a safety net for those who need it . . . we will ensure there are no cash losers when people are moved to universal credit.”

Blue badge scheme to go online

Online applications will help town halls speed up the distribution of “blue badge” disabled parking badges – and trap the cheats that riddle the system, the government says.

Drivers will also be able to use an eligibility checker on the Directgov website, taking some of the strain off local authorities who administer the scheme. And a secure central database of all Blue Badges on issue – holding key information on badge holders – will stamp out fraud, ministers believe.

A date has been set for introducing the online system, January 1, 2012, after the Department for Transport (DfT) persuaded supermarkets to throw their weight behind the scheme.

A blitz will be launched by Aldi, Marks & Spencer, Morrisons, Sainsbury's, Tesco, Waitrose and Lidl, imposing on-the-spot penalties of up to £80 for illegal parking. In some stores, offenders could be identified over the PA system. Customers will be urged to blow the whistle on cheats they spot parking in the Blue Badge bays.

Northgate Public Services and Payne Security have been awarded a contract to set up online applications and the database. The companies will re-coup their investment over the lifetime of the five-year contract with a charge to local authorities per badge issued.

Earlier this year, the Blue Badge scheme was revamped with a new design that is harder to forge, plus tougher enforcement powers for local authorities.

However, the real gains appear to be in the improved technology, which will include:

- Shared administration between councils, through the online eligibility checker and an online application form.
- A central database of all blue badges and badge holders.

- Printing and distribution of the new blue badge design, provided by Payne Security.

Norman Baker, Transport Minister, said: “Many disabled people and disability groups have told me about the problems they have in finding a disabled bay at supermarkets because of their abuse by people who have no justification for parking in reserved spaces. I am delighted to have secured the support of the major supermarket groups and to know that they share my view that abuse of Blue Badge parking bays needs to be tackled, protecting customers who rely on such spaces.”

While the blue badge scheme applies only to public roads, supermarkets have an incentive to help police it because the Equality Act 2010 requires car park operators to demonstrate they have taken reasonable steps to ensure that parking spaces are available to disabled people.

Blue Badges are used by 2.5 million disabled drivers, but up to half are being used fraudulently. Labour promised a nationwide database in 2008, handing out £10m to nine local councils to explore the data-sharing, but shelved the plans.

Conversion Factors

The stock market tells us how many dollars there are in a pound this week. But what about some fun?

1 trillion dactyls = 1 pterodactyl

1,000,000,000,000,000,000 piccolos = 1 gigolo

0.000000000001 of a boo = 1 picoboo

2 monograms = 1 diagram

1,000,000 bicycles = 1 megacycle

1,000,000 aches = 1 megahurtz

2000 mockingbirds = 2 kilomockingbirds

10 millipedes = 1 centipede

1 billion pieces of chewing gum = 1 gigabyte

1,000,000 nibbles = 1 megabyte

1,000,000,000,000,000,000,000,000,000 nurths = 1 hellanurth/1 rapture

10 monologues = 1 full fireplace

1 million confusing questions = 1 megawatt

A supersale at an art shop - 1 megapixel

1 murderous sapphire = 1 kilojoule

2 wharves = 1 paradox*

(*If you don't get this one, say it slowly, in an American accent!)

The Autism Directory: Cardiff mother aims to make Cardiff a friendly place

Could Cardiff become the UK's first “autism-friendly city”? A campaigner named Nadine Honeybone, after experiencing a great deal of rejection from society along with the difficulties of bringing up an autistic son, aims to teach local businesses how to do achieve this friendliness.

In public places such as shops, her child's difficulties appear to be “naughtiness” which attracts criticism from passers-by. “Many parents of autistic children can't cope with being victimised everywhere they go, and simply stay at home and become more and more isolated and depressed,” she told the BBC.

She explains: “Very often, what people presume to be bad behaviour is in fact a very frightened and confused autistic child, experiencing sensory overload, or venting his frustrations at the mass of contradictions which the rest of us accept as ordinary life.”

As a businesswoman, Ms Honeybone estimates that with 7000 autistic individuals living in Cardiff, £210 million is not being spent each year due to people not wanting to go out.

She and other parents have set up a site called <http://www.theautismdirectory.com/> on which there is a section regarding training for local businesses. Any business that signs up will learn how to spot and interact well with someone with an autistic spectrum condition, and how to make their premises a friendlier place.

“Tiny changes can make a big difference,” she says. “Simple things like allowing my son to play his favourite DVD while he has his hair cut transform a potential nightmare into a manageable situation.”

In return – besides attracting more business – these companies will be able to display an “Autism Friendly” poster in their windows and, like Pembrokeshire businesses who join Nikki's Chunky

Cutlery Campaign, will be promoted on her website.

. . . and more inclusion for autism – as far as policymaking

There is a movement in the States led by a 23-year-old man with autism, Ari Ne’eman, who has also been to the UK on a speaking tour.

While still in school, he set up the Autistic Self-Advocacy Network or ASAN. Disability campaigners here in the UK have the slogan “nothing about us without us” and Ne’eman’s aim is similar for autism: that autistic people should be involved in policymaking that affects them.

“What aggravates me is the idea that it’s so inconceivable that we should have something to say about our own lives . . .” he told the Guardian. “These ideas wouldn’t be considered controversial in the general disability world.”

He is an avid data collector: “I have a list of every research study funded from a major funder, public and private in the US . . . in 2009. Less than 1% goes to research around adults. Only 3% goes to research around services. The vast majority is focused around causation, detection, ideas around prevention and cure.” In other words, he demands that society accepts and involves autistic people rather than trying to “cure” them.

The ASAN network, besides campaigning for “a seat at the policy table” – which has been successful, with President Obama nominating Ne’eman to a seat at the National Council on Disability! – is also doing smaller-scale but important projects such as challenging stereotypes and distributing leaflets to autistic school pupils about how to get through high school, and indeed become leaders in school and college.

Coffee mornings for parents of children with Autism or Aspergers

Action for Children at Penffynnon, Hawthorn Rise, Haverfordwest has now been holding monthly coffee mornings for over a year, for parents to drop in and chat with tea and biscuits and other parents in a similar situation between 10am and 12pm.

Dates for the rest of the year: 12th July, Tuesday 6th September, 11th October, 8th November, 8th December (all Tuesdays).

If you would like to attend, please call Liz on 01437 776512. Your child doesn’t have to be officially diagnosed for you to join in.

Grate Cheese Jokes

How should you approach an angry Welsh cheese? Caerphilly.

What did the Greek cheese say when it looked in the mirror? Halloumi.

What do you call a feminist cheese? Germaine Gruyere.

I bought a load of smelly cheese for a dinner party the other day. Didn’t go down too well, there’s stiltons left.

What’s the best cheese to hide a horse in? Mascapone.

Age UK estimates cuts to elderly care

The 2010 spending review included a promise to invest more money in social care for elderly people and younger ones with disabilities, with £2 billion being invested by 2015.

But Age UK put a Freedom of Information request into every council in England, and the totalled figures plus estimations of NHS contributions revealed that there would be an 8.4% overall reduction in spending.

Age UK calculates that the net spending on people over 65 who require care has fallen to £2335 per head, down from £2573 per head in 2009.

“Funding for social care is already inadequate and the system today is failing many older people at the time when they really need help,” says Michelle Mitchell, Charity Director for Age UK. “The consequences of cutting expenditure further, indicated by our research, could be devastating.”

Paul Burstow, care services minister, acknowledged that council budgets were “under pressure”, but disagreed with Age UK’s forecast. “While some councils may simply be cutting care, others are

working hard to get more for less with innovative ways of delivering better care, including using more telecare and cutting needless admissions to hospital and residential care.”

Councillor David Rogers of the Local Government Association told the BBC that general cuts were cancelling out the extra money provided.

Brain Teaser: 11, 11, 11

This year’s Memorial Day will be 11/11/11. Since there will of course be an 11 minutes past 11 o’clock, 11 seconds in, that’s a lot of elevens.

Eleven is a funny number. So is 111. Try multiplying 11 by 11.

Then multiply 111 by 111.

Then 1111 by 1111.

And so on.

What pattern do you find?

The Parrot

A man bought a parrot, but found to his dismay that the parrot’s language was rather colourful. It swore all day, especially when guests were round.

The man tried to teach the parrot better manners, and it would improve for a short time now and then but frequently lapsed.

One day, the man said sternly: “Now this afternoon you must behave yourself. The vicar’s coming round. Promise me you will be polite!”

The parrot promised.

But he forgot all about his promise as soon as the vicar turned up. All through the meal and when the vicar and the man tried to talk, the parrot yelled and used bad language and told just the kind of stories to arouse the vicar’s disapproval.

As soon as the vicar had gone, the man turned on the parrot in fury. “You promised me you’d behave! I’m fed up with this. This time you’re getting a proper punishment – I’m putting you in the freezer.” And that he did.

A few minutes later he opened the freezer and the parrot, shivering, climbed out onto his hand. “Have you learnt your lesson?” he asked.

“Oh yes,” replied the parrot, shivering and ruffling his feathers. “I’m so sorry, I will never do that again . . . But tell me – what did the chicken do?”

Tax credits cut for parents of disabled children

Parents currently receiving £54 a week to help with the extra costs of bringing up a disabled child will see this cut to £27 a week following a bill passed in the Commons in June.

The government claims that this cut will allow larger sums of money to go to parents whose children have more severe disabilities, and that they have increased the number of children eligible for this higher rate.

They also plan to introduce a universal credit “which will lift a million people, including 350,000 children, out of poverty”.

But the Children’s Society is sceptical.

“This cut threatens to push many disabled children back below the poverty line. With 100,000 children affected by this, there are 100,000 reasons to rethink this policy,” says Bob Reitemeier, the Children’s Society’s Chief Executive.

Families with children who will not receive the higher rate stand to lose £1,400 a year and a total of £22,000 by the time the child is 16, the charity estimates.

The government says it will provide transitional payments over 4 years to existing claimants, but no guarantee is made to new ones. Cash protection will also be lost.

Disability Wales Annual Seminar & AGM: Unequal Cuts

Disability Wales is hosting its AGM at the Hilton Hotel in Newport on 19th October this year, and the subject is “Unequal Cuts: The impact of welfare reform and public service cuts on disabled people in Wales”.

Guest speakers will be Jane Hutt AM, Wales’s Minister for Finance and Equality; the UK Government/Department of Work and Pensions’ representative; and Simon Duffy, Centre for Welfare Reform.

Disability Wales will present findings from its campaign on cuts to benefits and services and their impact on the lives of disabled people in Wales.

AGMs are open, so if you would like to attend, please call Disability Wales on 029 2088 7325.

Birmingham's example shows councils bound to care for most disabled

Cash-strapped Birmingham City Council had planned to withdraw care to four severely disabled people as part of their £212 million cuts – but the families took the council to court and won.

Local people had been “frightened to death” by the cuts. But Mr Justice Walker said that the council’s impact assessment and consultation had been inadequate, so the decision-makers did not have enough information – and that the action planned failed to comply with the Disability Discrimination Act.

“High Court Judges are to make a ruling on council care cuts that will have implications for all local authorities in England and Wales,” reported the BBC in May just before the case was settled.

Kari Gerstheimer, head of legal services at deafblind charity Sense, said: “Even in a climate of cuts there are choices to be made and a civilised society does not choose to cut services to people with the greatest need – that’s disabled people.”

There are 122 councils across the UK that only provide disabled people with “substantial” or “critical” care needs – the most severe categories of disability. Birmingham City Council was planning to withdraw services to the “substantial” group. It is now re-running the public consultation.

Light Relief

A sign in an office: “Would the person who removed the ladder please return it or further steps will be taken.”

Did you hear about the tap dancer? She slipped and fell into the sink.

Did you hear about the man who had to have his left arm and his left leg amputated? He’s all right now.

A man goes to the doctor and says “Doctor, these pills are great, but they make me walk like a crab.” The doctor says, “Ah, those are the side effects.”

A man got a job as a weather reporter in a foreign country, but he kept getting the forecast wrong. In the end he got sacked. When he came home, a friend asked him what had happened. He said, “The climate didn’t agree with me.”

“If you live near Wimbledon, I dare you to go over there and tell them to keep the racquet down.” – Richard Wiseman

Over 60s urged to have eye tests to reduce falls

If you’re over 60, on a pension, or at risk of glaucoma, you’re entitled to a free eye test. And Age UK and the College of Optometrists advise you to have this done regularly.

One in 14 falls in elderly people are estimated to be due to vision problems. And falls can result in serious injury.

Age UK estimates that one in seven people over 60 has not had an eye test for two or more years. And four million people have had a hard fall in that time.

“Many of the visual problems that affect older people and lead to falls can be treated,” says Dr Anna Kwartz of the College of Optometrists. And Helena Herlots of Age UK adds: “Going for regular sight tests and wearing the right glasses will not only improve balance, co-ordination and mobility, but will help to maintain general eye health.”

Disabled holiday park expands

Narberth County Council unanimously approved plans for Peter Russ, who runs Hampton Court Caravan Park, to build a new disabled block at his holiday site.

Russ has a disabled son and also runs the charity Pembrokeshire Knights, which aims to build a specialised sports facility for disabled children.

Russ commented that taking a disabled child on holiday can be “very difficult”, and Narberth county councillor Wynne Evans remarked that he had “huge respect for what the applicant is trying to do”.

Fishy Wordsearch

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

There are 64 fish and 13 other fishy things! How many did you find?

| | | | |
|----------------|-------------|---------------|--------------|
| Amberjack | Flying Fish | Piranha | Skate |
| Anchovy | Goby | Plaice | Sole |
| Anemone | Goldfish | Pollock | Sprat |
| Angelfish | Haddock | Prawn | Squid |
| Barnacle | Hake | Ray | Starfish |
| Barracuda | Halibut | Red Gurnard | Stargazer |
| Blenny | Hawkfish | Red Snapper | Stickleback |
| Butterfish | Herring | River Cobbler | Sturgeon |
| Carp | Jellyfish | Salmon | Tench |
| Catfish | Koi | Sardine | Threadfin |
| Clam | Lamprey | Scallops | Toadfish |
| Cleaner Wrasse | Lobster | Scampi | Tomato Clown |
| Cod | Lumpsucker | Sea Bass | Triggerfish |
| Coral | Mackerel | Sea Bream | Triplefin |
| Crab | Moray | Sea Goldie | Trout |
| Damselfish | Mullet | Seahorse | Tuna |
| Dogfish | Octopus | Sea Scorpion | Turbot |
| Eel | Oyster | Shark | Yellow Tang |
| Flounder | Perch | Shrimp | |
| Periwinkle | Pilchard | | |

Recipes

Grilled sausages with tomato and sage

Ingredients

6 chipolatas or other sausages of your choice
 1 small onion, sliced
 400g tin chopped tomatoes
 Small handful of sage leaves, chopped
 3 sweet potatoes peeled and cut into chunks
 Olive oil

Method

1. Heat the grill, put the sausage in a shallow in a shallow ovenproof dish with the onion and grill for 10 minutes turning the sausage occasionally
2. Add the tomatoes and sage, season and stir well. Grill again for 10 minutes or until tomatoes starts to brown around the edges.
3. Meanwhile boil the sweet potato until just tender about 7-8 minutes, then roughly crush with a little olive oil and seasoning serve the sausages.

Chocolate Fudgy Pudding

This is simple to make and especially popular with children!

Ingredients

3oz flour
 4oz caster sugar

4oz butter

2 eggs

1oz cocoa powder

Few drops vanilla essence

For sauce:

2oz cocoa powder

2oz dark brown sugar

½ pint hot water

Method

1. Preheat oven to Gas Mark 3.
2. Grease a pie dish with butter. Sift flour and cocoa powder into a bowl and set aside.
3. Put the butter and sugar into another bowl and beat until light and fluffy. Beat the eggs and vanilla in a third bowl, then add them and the flour bit by bit as for a normal sponge cake. When all the cake ingredients are mixed together pour into the greased pie dish.
4. Pour the hot water over the cocoa powder and brown sugar and stir. When they are completely dissolved, pour this gently over the sponge cake mixture, and put into the oven.
5. Cook for 30-40 minutes, during which time the cake mix will rise through the sauce, which will go thick and fudgy. When it is cooked, it will have pulled away from the edges of the pie dish, and an inserted skewer will come out clean.
6. Serve hot or cold, with ice cream and/or cream.

Gadgets

Inflatable Elevator Cushion

This inflatable cushion is designed to comfortably relax and elevate the users legs being extremely versatile. It can also be used as a back or head support or as a foot cushion. It is easily inflated and deflated with the pump supplied making it fully portable.

£13.53 excluding VAT, order code CCS 1526

Dycem jar

This Dycem jar opener helps those with a poor grip to open and close jars. The non slip prop ties provide a good strong grip to make opening easier and to help make a good seal when closing, and the bell shaped design means it's suitable for most jar sizes.

One Dycem jar opener

Easy use

Suitable for most sizes' of jars

Excellent non slip properties

£2.97, no VAT

Black luxury folding walking stick - tall

These luxury walking sticks are beautifully made and feature some thoughtful additional features. They have a smooth derby handle that is extremely comfortable to use and is suitable for both left and right handed use and are all fitted with a handy safety strap as standard. The sturdy, yet lightweight, aluminium shafts have a transparent coating that enhances the design and adds to the high quality appearance of this excellent value for money walking sticks. Available in a range of 8 colours and 2 different height adjustable sizes and with the additional benefit of being foldable for easy storage and transportation.

One Black Luxury Folding Walking Stick - Tall

Shaft Colour: black; handle: wood effect

Safety strap

Lightweight

Folds for easy transportation and storage

Height adjustable between: 825mm - 925mm (33"-37")

Ferrule size: 19mm

Weight: 366g

Maximum user weight: 115kg (18st)

£13.95

These are all from the Complete Care Shop, which you can contact at Unit 16, Brook Mill Estate, Station Road, Wrea Green, Lancashire PR4 2PH. Telephone 08455 194 734 or e-mail sales@completecareshop.co.uk.

Domestic Bliss

A woman is making breakfast when her husband rushes into the kitchen looking appalled. "Oh my God, turn those eggs down!" he shouts. "Quick, they'll burn! They need more oil, they'll stick to the pan. Quickly, woman! Oh my God, and add the salt before they're ready. Turn them over! They'll be raw on the top and black on the bottom! Quickly!" His wife stares at him. "What's the matter with you? You think I don't know how to fry eggs?" He replies mildly: "I just wanted you to know how it feels when I'm driving."

A novelist and employment support worker

Paul Wilson has written seven books, the most recent being "The Visiting Angel", in which the central character asks people he is working with to think of some things in the future – even small things – that they would like to have or to see. In real life, they do get asked. One person has imagined a freshly painted blue door. Another pictured a line of clean washing. Someone else described cut flowers in a vase on a table.

When Wilson tells his readers, or other writers, that he works in social care, they are astonished. As are his fellow social care workers to learn that he is a writer.

His day job includes finding work placements for people who in an earlier age would have been in sheltered employment – and encouraging employers to be flexible, as well as shadowing the newly employed person for the first few weeks in their placements to make sure they are OK.

"For Wilson, the lives of people living on the margins of independence are increasingly prone to shipwreck . . . slow motion tragedies: young people emerging from the care system, those seeking asylum, disabled people with thwarted aspirations to work, dysfunctional families experiencing just as much a poverty of the spirit as of their bank

balance,” journalist Helen Carter writes in the Guardian.

Liz Sayce, CEO of RADAR, recently wrote a report for the government which recommended funding to get 100,000 disabled people a year into mainstream work.

“Disabled people are part of society and that means being part of the mainstream workplace,” says Maria Miller, minister for disabled people.

For Wilson, a triumph is for a person with a learning disability, for example, to lead a normal life – with a home and a job and independence.

Giving the example of a young woman with a learning difficulty, he describes the aim as convincing her that “there is a job out there that she can do well and get paid for, and convincing a hard-bitten employer that she will do a great job if only the employer has a flexible enough outlook to offer her a work trial.” Wilson’s main worries are about the economic downturn and the lack of available jobs. Local authorities are not obliged to fund supported employment services.

If you are interested in employment support in Pembrokeshire, you can contact the Employment Support Coordinator at Key Steps, Unit 18, Brickhurst Business Park, Johnston, Pembrokeshire SA62 3BP, telephone 01437 891 816, or e-mail paulp@frameltd.co.uk.

Hidden costs to crime victims

Victims of violent crime can find themselves tens of thousands of pounds out-of-pocket, according to research completed for the first commissioner for victims and witnesses for England and Wales.

Louise Casey has spent her first year in post listening to the views of people who have experienced serious violence as victims, witness or families bereaved through murder and manslaughter.

There have been improvements in the last decade and more to the way victims and witness are treated. There is a criminal justice system code of practice which sets out rules for dealing with the victims of hate crime.

The code states that among other things, police forces must appoint a family liaison officer in the aftermath of a killing.

Families can now provide impact statements to the courts so that judges can take them into account when sentencing.

The UK offers the most generous criminal injuries compensation in Europe - paid on a sliding scale, usually up to £11,000 - and, in addition, it has Victim Support, the largest charity of its kind in the world.

Only two months into the job, Louise Casey described the Victims' Code of Practice as "a maybe code which confers no real rights" which crucially, in her view, offers no effective route for complaint.

We have followed the victims' commissioner in her first year for a Radio 4 documentary and listened as families have described feeling completely sidelined in court cases.

Others told how police family liaison officers were not allowed to accompany them to court.

£35 million for dementia research

A “road map for dementia research” was launched in June 2011 for 17 organisations, from the government, universities, charities, industries and research organisations. They plan to increase research into dementia and how to improve the lives of people with the condition.

This was announced by Paul Burstow, care services minister, who has promised up to £20 million from the Department of Health over 5 years, and has asked the National Institute for Health Research (NIHR) to increase its funding by 10% to reach £150 million.

He has also pledged new Academic Clinical Fellowships, and patients and carers are encouraged to get in touch with researchers through the NIHR’s Dementia and Neurodegenerative Diseases Research Network.

“Dementia is one of the biggest challenges we face,” says Burstow. “It’s an indiscriminate disease that cruelly chips away at our loved ones . . . we need to better understand it if we are to counter its effects more successfully.”

Dementia is not a disease in itself, nor a necessary consequence of aging. It is a progressive disorder that affects how the brain works; a common cause is Alzheimer's Disease or a stroke.

For help and support with dementia, you can contact Age UK on 0800 169 6565 or the Alzheimer's Society on 020 7423 3500.

Care minister promises legal protection for adults in care homes

In May, the program *Panorama* ran an exposé of a care home in Gloucestershire in which adults with learning difficulties were verbally and physically abused by the staff. Both the home's managers and the Care Quality Commission failed to follow up complaints.

Following this scandal, the Care minister, Paul Burstow, has announced that every council will have a legal requirement "to have an adult safeguarding board", which will involve the police, the NHS and social services.

The main concern about the effectiveness of this scheme is of course money – Southern Cross, for example, the UK's largest residential home operator, lost £311 million in six months and is cutting 3,000 jobs. "It has never been well resourced . . . the majority of social care is now provided by charities and the private sector," said Mr Burstow.

However, he pointed out that the present system has fallen a long way behind that of safeguarding children, and ordered a review of what went wrong in the Gloucestershire care home.

Several former residents of another care home at the centre of a scandal a few years ago – Orchard Hill Hospital in south London – are now living in supported accommodation in their communities. They are, reports say, much happier, as well as the support being cheaper than a care home.

Meanwhile, delegates at the National Care Homes Congress have organised a petition of no confidence in the Care Quality Commission. "The CQC have set themselves up as a compliance service . . . under the previous inspectorate, we had a real sense that we were all working together," said Andrew Larpent, who runs Somerset Care. "Now we just

seem to be doing a tick box exercise and it's not serving the public well."

The CQC responded that "no regulation, however powerful, can stop abuse. The most powerful tool to stop abuse is to ensure that people working in care do not tolerate it."

Gareth & Rachel's Quiz Answers

- 1-1998-2002
- 2-Baby Love
- 3-The Bangles
- 4-Stuart Sutcliffe
- 5-1994
- 6-Stockholm, 1972
- 7-nine weeks
- 8-1995
- 9-Moving on up
- 10-Reginald Kenneth Dwight, 25 March 1947
- 11-Enrique Iglesias
- 12-steps
- 13-16 weeks, 7 July 1991
- 14-Baby one more time
- 15-Christina Aguilera
- 16-Bucks Fizz
- 17-All shook up
- 18-Without you, 1994
- 19-End of the road
- 20-Ten weeks
- 21-Village people
- 22-I should be so lucky
- 23-Superstar
- 24-The Honeys
- 25-Lourdes and son Roco
- 26-David Banda Mwale
- 27-Dolly Parton
- 28-Bonnie Tyler
- 29-Florence Ballard and Mary Wilson
- 30-Released by Island and written by Bilal Haji, Kinda Hamid, Gonzalo Hemesa, Ulises Hermosa, Achraf Janussi, Nadir Khayar, Armando Perez and Geraldo Sandell.

Attitudes “improving” towards mental health

“Shifting people’s perceptions of mental health is the task of a generation,” says Paul Farmer, chief executive of the mental health charity Mind.

As many as two thirds of people with a mental illness do not seek treatment, and one reason could be the fear of stigma. “There remains much ignorance about mental illness, often encouraged by stereotyping in parts of the media. This encourages some people’s prejudiced attitudes and discriminating behaviours. It can even find its way into institutions and laws, for instance in some parts of the world people with mental illness lack the right to vote. This stigma can make having a mental illness feel very isolating. It’s easy to view the world as making a judgement about you and even for you to begin to agree with it,” write James Tighe and Graham Thornicroft in the BBC.

“Thousands of people have contacted us over the years and described in often agonising detail how the stigma they face daily is as bad, if not worse, than the mental health problems they suffer from,” reports Majorie Wallace, chief executive of Sane.

But over the years, the situation is changing.

A yearly survey has been carried out by Attitudes to Mental Health for 17 years. In 1994, 71% of people agreed that a mental illness was “an illness like any other”; by 2011, 77% thought so.

In 2009, 64% of people would feel comfortable talking to their friends and family about their mental health; by 2011, this had risen to 70%.

In 2010, 43% of people would feel comfortable discussing it with their employer. Now 50% would be comfortable, though mental health discrimination sometimes still occurs in the workplace.

Sadly, some prejudice was still apparent: one in six people thought a mental disorder was due to a disorganised character, one in four believed any woman who had ever been in a mental hospital was unfit to babysit, and 17% felt that a mental health facility in a residential area would “downgrade the neighbourhood”.

“We must not rely simply on educational campaigns, but must also provide the care and treatment people need at times of crisis, in order to prevent the tragedies that so often colour the public’s view,” said Ms Wallace.

Graham Thornicroft, who co-wrote the BBC article, has recently launched a charity called “Stand to Reason” to campaign against mental health stigma. He recommends talking to family, friends and your employer – and if you do encounter prejudice, you can contact an advocate and use the Disability Discrimination Act 1995 to help.

You can also contact Pembrokeshire Mind on 01437 769 982.

Hopefully Not Gospel

These sentences are supposed to have actually appeared in a church bulletin or were announced in a church service:

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be “What is Hell?” Come early and listen to our choir practice.

Bertha Belch, a missionary from Africa will be speaking tonight at Calvary Memorial Church in Racine. Come tonight and hear Bertha Belch all the way from Africa.

Announcement in the church bulletin for a National PRAYER & FASTING Conference: “The cost for attending the Fasting and Prayer conference includes meals.”

Our youth basketball team is back in action Wednesday at 8pm in the recreation hall. Come out and watch us kill Christ the King.

Miss Charlene Mason sang “I will not pass this way again” giving obvious pleasure to the congregation.

The peacemaking meeting scheduled for today has been cancelled due to a conflict.

The sermon this morning: “Jesus Walks on the Water”. The sermon tonight: “Searching for Jesus”.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.

During the absence of our Pastor, we enjoyed the rare privilege of hearing a good sermon when J.F. Stubbs supplied our pulpit.

Don't let worry kill you off – let the Church help.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

Eight new choir robes are currently needed, due to the addition of several new members and to the deterioration of some older ones.

The senior choir invites any member of the congregation who enjoys singing to join the choir.

Scouts are saving aluminum cans, bottles, and other items to be recycled. Proceeds will be used to cripple children.

The Lutheran men's group will meet at 6pm. Steak, mashed potatoes, green beans, bread and dessert will be served for a nominal fee.

For those of you who have children and don't know it, we have a nursery downstairs.

Please place your donation in the envelope along with the deceased person(s) you want remembered.

Attend and you will hear an excellent speaker and have a healthy lunch.

The church will host an evening of fine dining, superb entertainment, and gracious hospitality.

Potluck supper Sunday at 5pm – prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7pm there will be a hymn sing in the park across from the Church. Bring a blanket and come prepared to sing.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.

Low Self Esteem Support Group will meet Thursday at 7pm. Please use the back door.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge – Up Yours."

Our next song is "Angels We Have Heard Get High".

How the Hardest Hit march went

Last issue we highlighted a protest march on 11th May that took place in London, campaigning against cuts to lifelines such as DLA.

We managed to contact Kaliya Franklin, who along with Rhydion Fôn James was instrumental in organising a virtual protest site for those who were like her unable to go. She was keen to point out that the actual march was arranged by Scope, but her campaigning had won her and Fôn James a great deal of media attention! She also put us in touch with CarerWatch, who pointed us to a great report about the march.

The campaigners called for the following:

- Scrap plans to cut Disability Living Allowance, a vital benefit that enables disabled people to live independently.
- Make sure Employment and Support Allowance, which replaces Incapacity Benefit, has a fair and effective assessment process, does its job and supports disabled people.
- Stop cuts to services that are essential to disabled people's quality of life, such as day care, transport and respite care services.

Approximately 5,000 people – disabled people, their families, carers, and friends – took to the streets that day, despite difficulty of travelling and even fears that their mere attendance would be interpreted as perfect health. Among those attending were also MP Sally Bercow, president of three disabled organisations Jane Asher, and actress Julie Fernandez. Maria Miller, Minister for Disabled people, was unable to attend.

Several protestors shared their stories with reporters – one family with a disabled child had had their benefits withdrawn and cannot have any adaptations to their home or even a wheelchair. Any more cuts, the family said, and their food and heating would be

the next to go. And a young man with Down's syndrome can no longer go to his work placement scheme— and his carer, who had been working towards his leading an independent life and had plans to go to university, can no longer do so.

Lisa Egan, who attended the march, told Alice: "Journalists recorded a *lot*. At points during the march, the marchers were walking down the middle of a tunnel of journalists stopping people as they marched by. But the editors then chose to use virtually none of it."

Media reporting was thus limited, but an overwhelming message was sent to the government that the 0.5% of fraudsters claiming disability benefit did not negate the remaining 99.5%'s needs.

An anonymous source claimed to have had the following conversation with a Cabinet minister: "He said he thought any one of several groups - students, public sector workers, the disabled - could capture the nation's sympathy and cause real problems for the government. 'Who did he fear most?' I asked. After a pause he answered: 'The disabled'."

Did you, or anyone you know, go to London on 11th May? If so, we'd love to hear from you. You can phone us on 01437 760665, e-mail us at pippapembs@btconnect.com or write about it on our new discussion forum, www.pippapembs.org.uk/forum.

You can also join Kaliya and Rhydion and many others protesting online at <http://thehardesthit.wordpress.com/protest-online/> (Google "Hardest Hit" if that is easier!).

Science Isn't Funny . . . Yes It Is!

What happens when a body is immersed in water? The telephone rings.

Did you hear about the astronaut who broke the law of gravity? He got a suspended sentence.

Did you hear about the radioactive cat? It had 18 half-lives.

Albert Einstein stops the conductor on a train. "Excuse me," he asks. "Can you tell me what time Cambridge arrives at this train?"

A successful aircraft landing is a controlled mid-air collision with a planet.

Earth and Venus are talking about their families. "The Moon is so naughty," says Earth. "Every month, he disappears on me!" Venus says: "Don't worry – it's just a phase he's going through."

Access to Elected Office for Disabled People

41 years ago David Blunkett, blind since birth, became a councillor. He has, he said, never felt from other people that his disability makes him unsuitable for politics.

But, as the Guardian put it before the elections in May, "if the House of Commons were truly reflective of the people it represents, at least 65 would be disabled". And research by the University of Plymouth showed in 2008 that out of over 1000 local election candidates, 2.8% were permanently sick or disabled, falling to 1.3% in 2009.

Disability in politics is a rarity – but a new scheme is being started to help cover the costs for disabled politicians. It is a part of a £1 million grant from the Government Equalities Office.

A consultation is being held currently, the scheme expected to launch late this year.

Minister for Political and Constitutional Reform Mark Harper said: "Diversity of talent and experience is vital in politics, where important decisions are made that affect everyone. This is why we're committed to identifying and tackling barriers that prevent under-represented groups from participating in political life. No-one should be denied the opportunity to participate in our democracy just because they are disabled."

Lady Jane Campbell is a life peer with spinal muscular atrophy. She asked if she could write a speech and have another lord give it for her as she could not do it herself. Traditional feeling made this originally impossible, but finally her request was agreed to. She says she would like to get out into the street but cannot, so would like to find other, new ways to engage people.

A recent leadership program run by RADAR enabled Rosemary Gilligan, who has severe arthritis

and ME, to stand on Hertsmere Borough Council. She said: "On the leadership program you meet people with learning disabilities, people who are deaf or blind, but you start talking to them and you get to know, with a bit of help and technology they can get over them."

Chief Executive of SCOPE, Richard Hawkes, pronounced himself "delighted" with the scheme, while Liz Sayce, CEO of RADAR, said: "We know the talent and experience disabled people can bring as well as the barriers they still face. We need more initiatives to give disabled people the confidence, the practical support and the flexibility to become a local councillor or MP. Having more disabled people included in decision making means policies are created which reflect what everyone wants and needs."

Vitamin D helps protect against osteoporosis

The all-party Parliamentary Osteoporosis Group (Appog) are urging for a national campaign to raise awareness of the importance of diet in maintaining healthy bones.

Between 1998 and 2009, the number of British men admitted to hospital for a hip fracture rose by 77%. One thing that helps bones to break easily is osteoporosis, a condition in which bones become more porous and thus more brittle and breakable.

Osteoporosis is linked to a lack of vitamin D, which is known for being produced by our skin when exposed to sunlight (although of course an overdose of sunlight is not something to aim for!). But vitamin D is also found in foods such as milk and other dairy products and fresh fish. The report suggests that not consuming these, or eating a generally unhealthy diet, increases your risk of osteoporosis in later life.

Recommendations involve allowing the manufacture of more supplements and other vitamin D products, but more importantly, education about diet and vitamin D to be more widely available, and undernourishment in older people admitted to hospital especially needs to be addressed.

The best level of vitamin D is not yet known. But "by adopting a healthy lifestyle, the risk of breaking

a bone as a result of osteoporosis in later life is likely to be reduced," the report concludes. "It would appear beneficial to promote healthy diet and safe sunlight exposure."

Serene Computer Error Messages

Rumour has it that error messages in Japan appear in haiku on the computer screen. Aren't these better than "your computer has performed an illegal action"?

The Web site you seek
Cannot be located, but
Countless more exist.

Chaos reigns within.
Reflect, repent, and reboot.
Order shall return.

Program aborting:
Close all that you have worked on.
You ask far too much.

Windows NT crashed.
I am the Blue Screen of Death.
No one hears your screams.

Yesterday it worked.
Today it is not working.
Windows is like that.

Your file was so big.
It might be very useful.
But now it is gone.

Stay the patient course.
Of little worth is your ire.
The network is down.

A crash reduces
Your expensive computer
To a simple stone.

Three things are certain:
Death, taxes and lost data.
Guess which has occurred.

You step in the stream,
But the water has moved on.
This page is not here.

Out of memory.
We wish to hold the whole sky,
But we never will.

Having been erased,
The document you're seeking
Must now be retyped.

Serious error.
All shortcuts have disappeared.
Screen. Mind. Both are blank.

Welsh pharmacies offer free diabetes risk assessments

Pharmacies across Wales have begun a campaign against diabetes by offering free risk assessments.

About 700 pharmacies are taking part in the 10-day Diabetes UK Cymru/Community pharmacy Wales project.

Diabetes UK said 153,000 people in Wales have been diagnosed with the condition and some 66,000 more people are undiagnosed.

The sooner diabetes is diagnosed, the sooner it can be controlled, said Dai Williams of diabetes UK Cymru.

To coincide with Diabetes Week, customers will be offered free risk assessments for Type 2 diabetes - the most common form of the condition.

The tests will identify those at risk of developing the condition in the next 10 years and those most at risk will be referred to their GP for a diabetes test. People at risk due to their weight or waist size will also be advised how they can lead a healthier lifestyle.

Mr Williams said the campaign hoped to reduce the risk of the devastating complications with diabetes, such as heart disease, strokes and kidney disease.

The campaign is being supported by a Carmarthenshire man who was surprised to be diagnosed with Type 2 diabetes.

Eirian Jones, 42, of Pencader, said he was feeling well when he was told he may have the condition in November last year during routine testing for his high blood pressure.

"It was a bit of a shock, and it took a couple of days to get used to it," he said. "But thinking back, my father had Type 2 diabetes, although it was much later in life.

"I knew the symptoms, like excessive thirst, as I saw them in him before he was diagnosed. But I didn't have any of those symptoms - the only thing I can think of really is that I was a bit more tired and I had put that down to work and travelling to work."

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It's now 10 years since Douglas Adams passed away, and as this is the 42nd PIPPA Post, how could we forget him?

We couldn't resist including a few of his gems from "The Meaning of Liff", in which he and John Lloyd borrowed the words off road signs and assigned to them meanings of concepts which definitely exist, but for which there isn't a word yet.

ABERCRAVE (vb.) To strongly desire to swing from the pole on the rear foot plate of a bus.

AHENNY (adj.) The way people stand when examining other people's bookshelves.

BODMIN (n.) The irrational and inevitable discrepancy between the amount pooled and the amount needed when a large group of people try to pay a bill together after a meal.

DES MOINES (pl.n.) The two little lines which come down from your nose.

FRIMLEY (n.) Exaggerated carefree saunter adopted by Norman Wisdom as an immediate prelude to dropping down an open manhole.

HAMBLEDON (n.) The sound of a single-engined aircraft flying by, heard whilst lying in a summer field in England, which somehow concentrates the silence and sense of space and timelessness and leaves one with a profound feeling of something or other.

HIDCOTE BARTRAM (n.) To be caught in a hidcote bartram is to say a series of protracted and final goodbyes to a group of people, leave the house and then realise you've left your hat behind.

MAENTWROG (n. Welsh) Celtic word for a computer spelling mistake.

THRUPP (vb.) To hold a ruler on one end on a desk and make the other end go
bbdbbdddbrrrrrrrddrr.

Should over 55s be automatically offered heart drugs?

Writers at the Wolfson Institute at Barts and the London Medical School suggest that, rather than risk assessments, it might be more cost effective to give everyone over 55 heart drugs automatically.

The group did a study which compared the effects of two screening programs on a theoretical population of 500,000 people.

The first method they used was to offer everyone over 55 in their theoretical population heart drugs automatically.

The second method forecast their theoretical population being given existing screening methods, based on age and sex, and whether someone was a smoker or had high blood pressure or cholesterol.

Making their predictions according to a typical population and health results, they estimated that the second method (the one currently used) would catch 84% of cases, and give a “false positive” – a wrong diagnosis of a heart attack – in 21% of cases.

Although automatic treatment regardless of diagnosis would also give “false positives” (treating someone who does not need it), they believed this was actually more cost-effective.

“Prevention is better than measurement,” said Sir Nicholas Wald, who led the team, and argued that the current system needs simplifying. “With age screening, all individuals above a specified age would be offered preventative treatment. Everyone would benefit because, for blood pressure and cholesterol, the lower the better.” He added that over 55 is the typically high risk group anyway.

The British Heart Foundation, however, argued that this approach was “too narrow” as it ignored younger high-risk groups, such as those with a family history of heart disease, diabetic people, and people of South Asian origin.

“It’s essential that we continue full risk assessments for younger people who may be at significant risk of getting heart and circulatory disease,” Natasha Stewart, a senior cardiac nurse, commented.

The Department of Health pointed out that the study also ignored people at risk of diabetes and chronic kidney disease.

“We start risk assessment at age 40,” said a spokesman. “Blood pressure, cholesterol, height, weight and whether people smoke are all considered. This group of simple measurements, along with age, sex and ethnicity, are used to assess risk.

“The NHS Health Check program is based on evidence of how to measure and tackle risk. However, we agree that we must focus on prevention.”

They encourage people to make simple changes, such as eating fruit and vegetables and to keep being active.

The British Deaf Astronomical Association

Do you have hearing problems and like astronomy? In 2001, the British Deaf Astronomical Association launched in Milton Keynes. It has 35 deaf members, and others without hearing problems who simply enjoy coming along.

There is a gathering once a year with planetarium shows and practical telescope sessions especially designed for people who cannot hear.

There are also deaf astronomical societies in the Cotswolds, Midlands, Milton Keynes and Staffordshire. Pembrokeshire has no group yet, but it does have some of the best night skies in the UK.

There are many astronomical events open to people outside the local area. Swansea and Cardiff also have their own astronomical societies.

To find out more about the British Deaf Astronomical Association, you can go to <http://www.bdaa-uk.org/> or e-mail secretary@bdaa-uk.org.

Withybush launches new stroke service

Withybush Hospital is now providing emergency stroke treatment called thrombolysis 24 hours a day, 7 days a week.

Thrombolysis is a medication which rapidly restores blood flow to the brain. Most strokes are caused by loss of this blood flow, usually due to a clot.

However, thrombolysis has to be taken very rapidly – within 3 hours of a stroke occurring. The treatment will not be appropriate for victims who are not in the midst of an acute stroke or who does not have rapid treatment.

The more rapidly a stroke is treated, the less likely it is that severe damage will occur.

A Hywel Dda health board spokesman urged listeners to call 999 as soon as possible if they suspect a stroke.

Signs of a stroke include muscle weakness (in the face or arms, for example), unclear speech, or confusion. If you experience any of these or see them in someone else, seek emergency help immediately.

And a few PIPPA updates!

Don't forget Nikki's Chunky Cutlery campaign!

Because many places that serve food have cutlery that is very difficult for people with dexterity problems to hold, Nikki has launched a mini-campaign for hotels, pubs, restaurants and cafés to purchase a few sets of thick-handled cutlery that are easier to hold.

We're not asking anyone to replace their stock, or to do anything complex or expensive – just to have a few sets and a notice up, or a note on the menu, inviting people to ask for chunky cutlery if they'd like it.

We're printing lots of leaflets and quite a few eating outlets have expressed an interest. Let your favourite restaurant know to phone us on 01437 760 665, or drop off one of our leaflets (we're giving those out everywhere we go!), and if they take up the scheme, we will put a link to them on our website recommending them!

We have the following items for sale . . .

Packs of handmade notelets, using unique and beautiful photographs

The PIPPA Puzzlebook – crosswords, wordsearches, brain teasers and more

RADAR keys

Disabled stickers of various sizes to put on your car

Want to discuss disability online?

Come and join our PIPPA discussion forum at www.pippa-pembs.org.uk/forum. If you have any trouble logging on, please call us on 01437 760665 or e-mail forum@pippa-pembs.org.uk!

Has anybody seen our cat?



Ginger has been visiting us on and off for many months – greeting us outside the door, running to see us when we're outside, and climbing on the wall outside the office. He's very playful and affectionate, and loves to chase string and climb on our scooters! He is such a valued member of PIPPA that we have added him to the website – though we haven't got him answering the telephone yet . . .

We haven't seen him lately, perhaps because of the building work being done on the swimming pool. If you've seen him recently, let us know. We hope he is safe and well!

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Items can be delivered to any part of the county and to both residential and holiday accommodation. You can pre-book before a visit to Pembrokeshire.

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Pembrokeshire Association

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Open 10:00am – 3:30pm

We keep information on a whole variety of subjects, including benefits, holidays and holiday accommodation. We can help with form-filling by appointment.

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