

# P.I.P.P.A. *Post*

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ISSUE No. 38

## **P.I.P.P.A. moves into the 21<sup>st</sup> Century**

We have recently updated our computer systems in order to be able to carry out much of our printing and information needs in house.

In the current financial climate it is increasingly difficult to successfully apply for grants and the money that we have has to be spent as economically as possible. The P.I.P.P.A. Post is now costing us in excess of £1.00 per copy to print and send out the 1000 copies each issue. In order to maximise our funds it has been decided to place the P.I.P.P.A. Post on-line and also e-mail it to readers.

We will still send out printed copies to readers who do not have access to a computer – just let us know.

WE HAVE ATTACHED A SIMPLE FORM TO THE FRONT OF THIS ISSUE AND NEED EVERYONE TO COMPLETE AND RETURN THE SLIP TO US TO SAY HOW YOU WOULD LIKE TO RECEIVE YOUR MAGAZINE IN THE FUTURE.

IF YOU DO NOT RETURN THE SLIP YOU WILL NOT BE SENT THE NEXT ISSUE OF THE P.I.P.P.A. POST.

*Thank you!*

## **Goodbye Gill!**

We said goodbye to Gill Flather at the beginning of October. Gill's husband Nick came to the county as part of the South Hook LNG project. Gill joined us as part of our volunteer team and established herself as a valuable member of staff.

Gill eventually became our Treasurer and carried out all of our day-to-day financial work and prepared documentation for our accountant.

Gill has now moved back home to Southampton and she and Nick await their next posting.

We all miss Gill's sunny disposition and sense of fun and know that the next organisation she volunteers for is getting an absolute gem!

## **Interesting consequence of our new address . . .**

One of our very friendly suppliers keeps our name and address – but hasn't got room on the first line for "Pembrokeshire" in "Physically Impaired People of Pembrokeshire". Hence, they have us on their records as "Physically Impaired People of the Basement"!



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

## **14,000 People Paying for Community Care.**

There are 14,000 people in Wales who are currently paying for community care services.

These services allow disabled people to live at home with dignity and independence and include things like help with getting washed and dressed in the morning, and getting into bed at night.

The research, commissioned by the Welsh Assembly Government last year, shows that changes for those services vary significantly across Wales - it is literally a postcode lottery.

In fact, in two neighbouring South Wales council areas last year you would pay £16.20 a week for home care in one, whilst in the neighbouring authority you could be paying £200.00 a week.

The Coalition on Charging Cymru is an alliance of Welsh voluntary sector organisations, which has been campaigning since 2001 to have these charges scrapped.

An alliance of Welsh voluntary sector organisations, The Coalition On Charging Cymru is representing people with a wide variety of disabilities and life limiting conditions who are affected by the community care charges – for example people with arthritis, visual impairment, autism as well as age –related conditions.

The Coalition believes that charging imposes a second tax on older people, disabled people and carers, simply because they require support with everyday tasks.

Furthermore, as working disabled people do not pay any charges for community care support, many of those who are charged live on low, fixed incomes and are mainly dependent on disability – related benefits and pensions.

Charging pushes people further into poverty and can leave them cut off from society.

Recently, the Coalition On Charging Cymru gave evidence to the National Assembly's Legislation Committee about making the charging system in Wales fairer.

Discussions covering legislative documents such as the Social Care Charging Measure – could potentially lead to the scrapping of home care

charges in Wales altogether.

The Social Care Charging Measure is designed to standardise the way charges for home care are applied across Wales, in order to tackle the postcode lottery.

We fear that the Welsh Assembly Government proposals to £50.00 per week maximum fee for home care charges will leave many people worse off.

## **Computer Device Helps Diabetic Children**

A new way of encouraging diabetic children to test their blood sugar more regularly has been developed using a Nintendo Console and a Didget system. Didget is not made by Nintendo but will work with the DS System and costs £29.99. After testing the results can be downloaded into their console and a reward of game points is given.

With 25,000 diabetic children in the U.K. regular testing is vital especially for those with type 1 diabetes and experts agree that regular testing is vital.

Karen Addlington of the Juvenile Diabetes Research Foundation (JDF) reported that there have been huge developments in self-testing in recent year due to new technological advances. The JDF is currently working on an artificial pancreas made up of 2 devices, an insulin pump and a glucose monitor, that will communicate with each other to control a patient's type 1 diabetes.

## **Guide Dog Age Limit May Be Dropped**

The Guide Dogs for the Blind Association is to begin training dogs to help with blind or partially sighted persons under the age of 16 in the next 12 months.

A lack of independence is making younger people feel more socially excluded and isolated. Finding a young person a guide dog is intended to help widen their range of activities, improve self confidence and offer more independence.

A pilot scheme to test the use of guide dogs with younger people had already been carried out and as with adults only a small number of youngsters were

deemed suitable for a guide dog.

The youngest guide dog owner is a 14 year old girl from Milton Keynes who says that having her dog, a Labrador Retriever cross, allows her much more freedom and makes her feel safer.

## Free Swimming for the over 60's

Pembrokeshire County Council, through their Pembrokeshire Leisure Centres, in partnership with the Welsh Assembly Government, provides free swimming for everyone aged 60 and over.

If you would like to take a session in the public pool, take a class, learn to swim, Aquafit, join the Haverfordwest Arthritis Care Group (physiotherapists associated fee applicable) or join your local masters Swimming Club (Swim Wales and Swimming Club affiliation fees applicable) all for free contact your local leisure centre and ask about their swimming pool programme.

In order to benefit from free swimming please visit your local leisure centre and register for your free of charge membership card. Over 60's free swimming has been available for the last 5 years and thousands of Pembrokeshire residents have taken advantage of this service.

Haverfordwest Leisure Centre  
01437 776676

Milford Haven Leisure Centre  
01646 694011

## Forecourt Chip and Pin Concern

In our ever busy lives we are all clamouring to pay for goods and services quickly.

These days you don't even have to go into the shop on a petrol station forecourt to pay for your petrol, you can pay at the pump.

For some, all these new payment methods have become problematic. Disabled drivers are not always able to get into the forecourt shop to pay or are not able to physically use the payment facilities at the pump and are having to give chip and pin details to staff.

For one Berkshire woman, who had to give her pin number to a member of staff at an inaccessible

petrol station, found that her card had been used to withdraw four times the amount that she should have been billed.

There must be a simple answer to this problem even if it means carrying cash so that you can at least pay for your petrol and as we are always told DON'T TELL ANYONE YOUR PIN NUMBER!

## A LITTLE LIGHT RELIEF!

Q How do chickens dance at a party?

A Chick to chick!

Q What party game did Dr Jekyll like best?

A Hyde and seek!

## Disabled People Still Facing High Street Barriers

A major study carried out in Haverfordwest has revealed that disabled shoppers are still excluded from many High Street businesses.

Disability Wales (DW) chose our county town to carry out research for its Streets Ahead Survey in 2009.

DW sent 38 mystery shoppers in to the town centre last March and April.

The most common problems encountered by the mystery shoppers in Haverfordwest included a lack of ramps or level access into shops, narrow doorways, unhelpful and insensitive staff and confusing signage and language.

One mystery shopper found it frustrating because staff ignored her even though they could see her looking at clothes and offered no assistance. Another found it difficult to navigate narrow doorways and found that a number of premises had steps. One solution would be for stores with 2 doors to make sure that they are open to allow access for all customers.

DW Chief Executive, Rhian Davies said, "being able to buy a loaf of bread, pay in a cheque or have a hair cut are every day activities that disabled people should be able to take for granted. Despite long established laws, disabled people remain excluded from high street shops and services up and

down Wales.

DW is now calling for the rigorous enforcement of the Disability Discrimination Act to improve the accessibility to local high street shops and services.

Preseli Pembrokeshire AM, Paul Davies, who attended the launch of the Streets Ahead Report said, "Disability Wales wanted to highlight the true picture of disabled accessibility of high streets throughout Wales and chose Haverfordwest as their survey town.

A spokesman for Preseli Pembrokeshire County Council said that the authority was pleased to have worked with DW on the Streets Ahead campaign and said, "we are not surprised at the report's findings and it must be remembered that Haverfordwest is an old town built on a steep hill making many buildings difficult to adapt, however, businesses are still expected to do as much as they can and simple measures like offering extra help can often go a long way. The Council has under the Disability Discrimination Act to make sure that council buildings are accessible to all users, including the disabled, and has invested heavily to improve access to its properties."

Pembrokeshire County Council has no authority over public access to private businesses it employs an Access Officer on its staff who is able to offer free impartial advice to private businesses on how to improve access to their premises under the Disability Discrimination Act.

## **Guide Dog Attacked By Pit-Bull Type Dog**

A Guide dog is an essential helper to many blind and partially sighted people as well as offering independence, confidence and companionship

A shocking recent report has revealed that a guide dog has been attacked at a London railway station by a Pit-Bull type dog.

The dog's owner was walking her Labrador through Cricklewood station when a Pit-Bull type terrier savaged her guide dog, Neela. The dog was left with a neck injury but has since fully recovered and returned to work.

The owner, who is too frightened to be identified, has spoken of her horror that such a thing could happen. "It was a horrendous experience" she said

and one she hopes no other guide dog will have to go through. She is relieved that Neela has recovered well "it is a testament to her temperament and training she said. The woman added "The attack was very frightening especially as I'm visually impaired and couldn't see what was going on." It was only thanks to a passerby that the police were called to help her. She says the owner of the dog had no idea how serious the situation was becoming as her dog was left anxious and in great pain. It happened moments after a man was seen drinking beer with the "Pit-Bull" at his feet. At one point he kicked and punched his dog to try and make it let go, but it ran off. The British transport police are currently looking for the dog said to be a cross breed with a brown coat with white paws and the dog's owner is male said to be in his mid twenties about 5ft with cropped hair.

## **A Wheely Good Idea**

A Wheely Good Idea, launched by the Pembrokeshire Access Group, is a new project mapping out all the dropped kerbs in Pembrokeshire is likely to be rolled out across Wales in the near future.

Group member and Vice-Chairman of Disability Wales, Henry Langen came up with the idea and he along with Pembrokeshire County Council's Access Officer, Alan Hunt began the project by logging all 200 dropped kerbs in their home town of Narberth.

The project now needs more volunteers to note down the location of dropped kerbs throughout the county so that they can be logged onto a series of maps on the Access Group web site.

If anyone is interested in helping with this very worthwhile project contact Henry Langen on 01834 861202.

[www.pembrokeshire-access.org.uk](http://www.pembrokeshire-access.org.uk)

## **Silent Calls**

Over the last few months there have been a number of people ringing with concerns about the so called 'silent' telephone calls.

These calls can happen at any time of the day and when answered you hear nothing.

It has been the policy of some cold calling firms to enter telephone numbers onto an automated system – all these numbers are then called automatically. If all the personnel at the call centre are engaged then there will be silence as the recipient of the call answers the phone. If this happens to you just put down the phone, try not to worry – you are not alone.

There is a service that can help you with this and other unwanted calls. It is the Telephone Preference Line – just dial 0845 0700707 – you will get through to an automated service on which you enter your telephone number – it takes 3-4 weeks to become really established and then you will notice a huge drop in unwanted calls.

You may need some help to do this if you have a hearing impairment or a physical problem that prevents you using the telephone – ask a member of the family to help, they can do this from their own telephone for you.

You will need to enter your number every few months if you start to receive further unwanted calls.

## **Disabled Parking Info from Your Mobile**

Blue Badge holders are now able to use an internet ready mobile phone to find locations of disabled parking bays and local council parking rules, accessible toilets and petrol stations with service call in over 100 towns and cities across the U.K. by using an interactive map.

How the system works:-

1. You will need an internet accessible mobile phone.
2. Text Blue to 83377 which costs the price of a normal text message.
3. You will get 2 messages
4. The first message is a confirmation that your text was received.
5. The second is a link to the Blue Badge Map Service together with brief instructions on how to use it.

6. Follow the instructions to find all the information you need.

A short information film about the new interactive map can be seen on the Government's public information website [www.direct.gov.uk/bbmobile](http://www.direct.gov.uk/bbmobile).

## **More Light Relief**

Q What streets do ghosts haunt?

A Dead ends!

## **Disabled Poverty and Discrimination on the Rise**

In its annual survey Leonard Cheshire Disability (LCD) has found that 42% of those surveyed were struggling to live on their income, a rise of 9% since 2007, 63% were in fuel poverty. The survey also showed that 55% had no savings, a rise of 6% since 2007, compared with 12% of the general population and that 75% of respondents with children were living below the poverty line.

The report also indicated that there were a wide range of disability discrimination issues raised, including disability hate crime and discrimination in employment. Social care and housing issues were also highlighted.

Director of Policy and Campaigns at LCD, John Knight, said "Disabled people are twice as likely to live in poverty as non-disabled people. Our survey reveals that disabled people are continuing to have low levels of income, very low levels of savings and are clearly struggling to meet even the most basic costs of living. The need for a Government strategy to tackle disability poverty is now more urgent than ever."

On disability hate crime Mr Knight said "The fact that 9% of respondents report that they have been the victim of hate crime is deeply worrying. There is a clear need for more robust identification and recording of disability hate crimes, better support for disabled people who are the victims of crime and improved access to justice."

## Curry Spice "Kills Cancer Cells".

Scientists have shown that an extract found in the bright yellow curry spice tumeric can kill off cancer cells.

The chemical - curcumin - has long been thought to have healing powers and is already being tested for arthritis and even dementia.

Now tests at the Cork Cancer Research Centre show it can destroy gullet cancer cells in the lab.

Cancer experts said the findings in the British Journal of Cancer could help doctors find new treatments.

Dr. Sharon McKenna and her team found that curcumin started to kill cancer cells within 24 hours.

The cells also began to digest themselves, after the curcumin triggered lethal cell death signals.

Dr. McKenna said: "Scientists have known for a long time that natural compounds have the potential to treat faulty cells that have become cancerous and we suspected that curcumin might have therapeutic value."

Dr. Lesley Walker, director of cancer information at Cancer Research UK, said: "This is interesting research which opens up the possibility that natural chemicals found in tumeric could be developed into new treatments for oesophageal cancer."

"Rates of oesophageal cancer have gone up by more than half since the 70's and this is thought to be linked to rising rates of obesity, alcohol intake and reflux disease so finding ways to prevent this disease is important too."

Each year around 7,800 people are diagnosed with oesophageal cancer in the UK. It is the sixth most common cause of cancer death and accounts for around five percent of all UK cancer deaths.

## A Bit More Light Relief

Old lady; Do you always play by ear?

Busker; Yes, lady, 'ere or 'ereabouts!

Villager: It was 'ere that Catherine of Aragon was bitten by a mad dog.

Tourist; Tudor?

Villager: Yes chewed 'er something'orrible it did!

## Disabled Jockey makes Racing Debut

After 12 months of appeals with the British Horseracing Authority (BHA), 17 year old Philip Prince has been granted an amateur licence. Mr Prince's application was turned down initially on the advice of the BHA's medical panel.

Philip who was born with one ear and a jaw defect began pony racing in 2006 and rode 30 winners in 3 years.

Mr Prince's mother felt that pony racing gave her son confidence and a positive outlook as he had found his disability difficult at times.

Rebecca Morgan, Chief Executive of the Pony Racing Authority said, "We're delighted for Philip. I have come to know the family well through their outstanding support of pony racing and greatly admire their determination. I'm also pleased that pony racing has made such a positive contribution to Philip and demonstrates the sport is open and accessible to all."

## Science and astronomy jokes!

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

I went to a party on the Moon, but it had no atmosphere.

And another party on a neutron star. It was packed!

The planets arranged a game of football. But Saturn ran rings around the others.

Two atoms go into a bar. One says, "I think I've lost an electron!" The other says, "Are you sure?" The first: "Yes, I'm positive . . ."

How does a baby astronaut get to sleep? His parents put him in the cradle and rocket.

And they asked an astronaut why he was opening his lunch box just before take-off. He said, "It's launch time."

## The Twelve Days of Christmas

### A Turkey of a Version!

(This is pretty funny, but don't try to sing it – just read it like it like a poem)

On the first day of Christmas my true love said to me

I'm glad we've bought a turkey and a proper Christmas tree.

On the second day of Christmas much laughter could be heard

As we tucked into our turkey a most delicious bird

On the third day of Christmas we'd friends in from next door

The turkey tasted just as good as on the day before

On the fourth day Christmas Gran came, she's rather old

We finished up the Christmas pud and ate the turkey cold

The fifth day of Christmas outside the snow-flakes flurried

But we were nice and warm inside – we ate the turkey – curried

On the sixth day of Christmas the spirit died

The children fought and bickered and we ate the turkey fried

On the seventh day of Christmas my true love gave a wince

When he sat down to dinner and was given turkey mince

On the eighth day of Christmas the dog ran off for shelter

I served up turkey pancakes and a glass of Alka Seltzer

On the ninth day of Christmas poor dad began to cry

He said he couldn't stand the strain of eating turkey pie

On the tenth day Christmas the air was rather blue

And everybody grumbled at eating turkey stew

On the eleventh day of Christmas the Christmas tree was moulting

Mince pies as hard as rock and the turkey quite revolting

On the twelfth day of Christmas at last Dad smacked his lips

The guests had gone, the turkey too- we dined on fish and chips!

(Sorry we couldn't resist this; we hope it hasn't brought back too many bad memories!).

### Peerage Beckons for Dame Tanni Grey-Thompson

Following a recommendation from the House Of Lords Appointments Committee Dame Tanni Grey-Thompson is to be awarded a peerage. Dame Tanni, one of the UK's most famous Paralympian athletes, will become one of four new crossbench peers. Her formal title has not yet been decided.

Dame Tanni sits of the boards of many well known organizations including the organizing committee for the Olympic Games and Transport for London has said that her new role is a great honour and that she is looking forward to engaging in debates around disability and sport.

The Chairman of UK Athletics, Ed Warner, said that Dame Tanni's 'passion and dedication' is obvious to all.

### Even More Light Relief

There has been a theft at Euro Disney.

A man has been charged with taking THE Mickey!

Who appears in cowboy films and is always broke?

Skint Eastwood!

## **School Children Need Lessons in Disability**

Primary schools need to do more to change children's attitudes to disabled people, according to a new study from the University of Leeds.

This study found that misconceptions abound, including disabled people are not able to work, won't get married, disability can be passed down to children and disabled people have tragic lives, often cut short by their impairment.

The research also found that learning materials such as books frequently reinforce those stereotypes.

They questioned children in year two aged 6-7 and year six aged 10-11 from six schools and sent questionnaires to 500 primary schools. Quotes include, 'Disabled people won't get a girlfriend or boyfriend because people think they're ugly' and one child responded, 'Disabled people can't work. They have to stay in the house and just sit down and watch T.V.'

Leader of the study and lecturer at Leeds University said: 'We looked at what is being done in primary schools to tackle misconceptions about disability. We found that although some schools are tackling the issue many schools are doing very little sometimes nothing.'

She went on to add: "As from December 2007 all primary schools in England were supposed to have a disability equality scheme in place, so that schools can promote positive attitudes towards disabled people. Only 30% of schools actually had a plan in place.

DCSF spokesman said: 'All schools have a duty under the disability discrimination act 2005 to promote equality between disabled people and their peers and to eliminate discrimination and promote positive attitudes towards disabled people.'

## **Sainsbury's Buys Into Bay Abuse Fines**

The supermarket giant Sainsbury's has announced customers will be fined for misusing accessible parking at its stores. Uniformed 'monitors' will patrol 18,000 bays across its 400 store car parks on

motorbikes and will be able to issue £50.00 fines to anyone caught misusing parking.

During a trial of the scheme at 61 of its stores in 2008 issuing fines improved access to bays improved by 70% in 3 months. Profits from the scheme will go to MENCAP.

Helen Smith from the disabled driver's charity Mobilise said: "I'm really delighted that Sainsbury's has decided to fine bay abusers at many of its stores." Ms Smith added that she hopes that all Sainsbury's stores will start the fining scheme so disabled drivers can go shopping without worrying about parking. For years Mobilise has campaigned for fining to be put in place in supermarkets as inconsiderate people need to be hit where it hurts, in their pockets!

Sainsbury's Manager of Car Parks, Gavin Clarke said: "most people who park in disabled bays think that because they are just getting a few items they won't cause any problems to the people who really need them, but they do. We've tried using gentle persuasion, but 'monitors -on-motorbikes' is the first scheme that's produced serious results" he added .

## **Immodest Hospital Gown Redesign**

We are more familiar with seeing designer Ben De Lisi's beautiful clothes on famous film and television stars or at 'Red-Carpet' events. Now patients in English hospitals will be wearing Mr De Lisi's designs whilst receiving treatment.

As we all know hospital gowns are not the thing for preserving one's modesty, they are designed to facilitate access for treatment. Mr De Lisi's designs will be unveiled by the Design Council next month and it is hoped that the new gowns will appear on wards in 2011.

Mr De Lisi said that his designs mean that patients can have their modesty covered but still allow medics immediate access through clever 'entrance points' in the gown. The new gowns will be made of cotton shirting, which is smooth and cool and will be in his signature print and will include pyjama bottoms, nightwear and even slippers and not a piece of scratchy Velcro in sight.

## **Singing Helps Cystic Fibrosis Sufferer**

It seems that it's every young person's dream of being in a band, but for 21 year old Joe Dexter it's a health boost too. He wrote his first song when he was only 13 and 3 years later the American based group had their first record deal.

Now British born Joe has a third album out and has just finished a tour.

This may not seem a great achievement to some but Joe has cystic fibrosis, asthma and diabetes.

He says it doesn't prevent him from playing and writing music, or pursuing his dreams.

He even thinks that being a singer might help him as he finds that after an hour of singing he can breathe easier.

Joe takes a number of tablets to help his cystic fibrosis and to enable him to digest his food. As well as antibiotics 3 times a week and multi vitamins. He also has drugs to help his asthma and diabetes.

Caroline Elston, an expert in respiratory medicine at King College London hospital, agrees that singing can help ease symptoms.

## **Review Highlights Student Finance Meltdown**

Thousands of disabled students are being let down over funding vital to their studies. An investigation by Disability Now has found the students' problems were as a result of poor performance at the Student Loan Company (SLC) which processes grant applications.

And an independent review of the company has called for disabled students waiting for their disabled students allowance (DSA) to be given high priority.

The review was led by Professor Sir Delan Hopkin and commissioned by the Minister of State for Higher Education, David Lammy MP and Chair of the SLC, John Goodfellow, it coincides with the Disability Now investigation showing the company has a huge backlog of claims it hasn't processed.

This highlights the delay serving disabled students with their DSA, as well as the inexperience of staff dealing with the administration and the complete lack of communication between SLC staff and students.

Initially there were 15 members of staff to deal with the work and as the SLC acknowledged that at peak times the demand was high and service level agreements were not met.

Professor Hopkin, Co-Chair of the Higher Education Engagement Board for the Department for Children, Schools and Families presented his recommendations to David Lammy MP and John Goodfellow last week.

The report said that support for "special interest groups, which includes disabled students, needs to be revised, and improvements in the training of specialist advisors must be made.

## **Breakdancing Pensioner Ordered to Pay Back £3,000.00 in Benefits.**

After showing off his body popping moves on Britain's Got Talent and amazing the judges and the audience 74 year old Fred Bowers has been ordered to repay £3,000.00 to the Department of Work and Pensions (DWP) who were less than impressed by his antics.

Mr Bowers had been receiving £50.00 per month towards his Motability car. Mr Bowers insisted that he had not 'been found out' by going on the show but that he had been over paid and that it was a mistake by the DWP and that he was not a benefits cheat.

The DWP enquiry revealed that he did not meet the criteria for his £70.00 per week Disability Living Allowance (DLA). Mr Bowers will have to pay back the excess he received at 10.60 per week over 5 years and he will lose his car. Mr Bowers said that the loss of his car meant that he would have to cut back on his partying.

Even though Mr Bowers did not make the final of Britain's Got Talent he has been booked every night of the week since his television appearance.

## Gareth's winter Diary

Hi all welcome to my winter diary. On the 2nd June 2009 I went on a cruise round the Med we travelled up on Monday by train to London. Mum and Nan and I went. We got there about tea time put our stuff in the rooms and freshened up and went downstairs for tea we went back to have a bath and get some sleep. It was very early in the morning when we got up we got dressed and left the hotel in the bus to go to Gatwick airport. We had to wait a while then we checked in with our tickets and went down to another part of the airport. We had to wait to board the flight. We checked in at the desk then we made our way down to the terminal and we got on the flight once everybody was on and seated we took off. We had food but weren't fussed on it. We got there at 10am and we got on a bus to go to the ship we arrived at the ship about an hour so later. The ship is called Ocean Village it's the first one as there is a second ship we gave our names to board and got given key cards that you present every time you buy something on the ship and to unlock the door of your cabin.

On the Wednesday we had a full day at sea as it was one day travel and night travel to our first destination. We looked around the ship and went on sun loungers for a bit had a nice bit of lunch there is a variety of choices to choose from for lunch tea and breakfast as there is four restaurants. On Wednesday evening we saw a welcome show they had some tribute acts such as Abba which was all good then we had a late night super as one restaurant is 24 hours. We went to bed that night a bit rocky but ok.

We arrived at our first destination the next morning which is now Thursday we were in Tunisia we got off the ship and caught a bus into the town. we walked with the tour guide and then went off on our own we looked round the market but took ages to get out we then found a nice little cafe and had a nice rest and a drink as it was very hot we then made our way back to the top of town and met with everybody for the bus and went back to the ship as it was only a short stay till 2.30pm. We set sail at 2.30pm for our next destination on Friday. We had our lunch then seen more of the ship and some things that were going on. We went back to the cabin and got ready for the evening meal. We had our meal in a different restaurant at night as the one we normally eat in does theme nights on the place we visited with their kind of food that that place eats so we eat in a different place instead. We played bingo but didn't win though but it was fun.

Then we saw some shows that were going. Later we had our late night super before going to bed.

On the Friday we were in Rome Italy we got off the ship after breakfast and went into town we walked in to town and had a look around all day by late afternoon it was time to go back so we headed to the ship to board presented our boarding cards as you have to do it each time to confirm its you we then set sail for our next destination. We had our tea that night and went to play bingo like we did every night and then we saw some shows.

On Saturday we went to Genoa it was beautiful place lots to do and see by the time afternoon came it was time to head back to the ship to set sail for our destination on Sunday. In the evening we had our tea and went up on top deck to see a light show that was going it was a circus and space type theme it was very good there was very strong high winds that night but the captain turned the ship around as everybody was getting blown by the wind and we were in a safe place.

On Sunday we were meant to go to St Raphael but couldn't dock there because of the high winds so went to a really posh place called San Tropez. We got off the boat and went into town while we were there we walked round town and even saw Sir Richard Branson having a coffee. We then had some nice Ice cream and bought some gifts from the gift shops. We headed back to the ship in the afternoon to set sail for our next place. In the evening we had our tea and went to play bingo and we saw more shows as there was something going on every where round the ship for everybody one night we did do a quiz.

On Monday we arrived in Palamos we were meant to go to Barcelona but once a month they couldn't dock there and the week we were on it they weren't allowed we went into town to have a look round and bought some gifts then in the afternoon we went back to the ship to set sail for Palma.

We arrived in Palma the next morning we waited a while on the ship to be called out and then we went to get our suitcases and we boarded our bus to go to the airport. We checked in at the airport with our cases and we made our way to were the flight was. We checked in at the checking in desk by the doors and waited to be called to go down. We then made our way down to the flight and got on the flight we even had Tony Blackburn on our plane. We had a meal again but it was better than the last one.

We arrived in Gatwick at lunch time then we collected our suitcases and headed for the train. We had a hours wait at one place for the train to Cardiff but it went quick as we had a bite to eat and a drink we then got on the train and went to Cardiff before changing to go to Milford. We arrived back home at 8.45 and got in by 9 we all enjoyed our holiday and would definitely go again.

On the 21st August P.I.P.P.A had the county show I went on Wednesday for the first day i got there at 8.30 and went to the P.I.P.P.A tent. Later that morning I had a look round the show lots of things going on we did a couple of hiring's of chairs and some enquires. I had my burger and chips at lunch time. In the afternoon went round to had a look and then it was time to go home was very tired but it was good thought despite the weather.

On the Thursday I went at 8 and got there at 8.40am I also met Nikki's auntie Jane who was lovely we were stuck inside for ages as it was pouring down but lunch time it cleared but the rain had disappointed everyone I got my chips and burger and then in the afternoon it was time to come home I was tired but the two days were good even though a lot of the weather was poor let's hope for better next year

On Thursday September me and Nikki went to the new leisure centre in Haverford west as P.I.P.P.A. was invited to a 50+ day for older person that had all sorts of stalls with information for older people met David Margret Wildman up there and Sarah and Paul they left when I got there in the afternoon as they did the morning shift with Nikki and I did the afternoon it was very good went home at three had a good afternoon out.

Thank you all for reading my winter diary look out for my new spring diary in April.

## **Age Concern Pembrokeshire Launches New Home Support Service**

In line with local demand, Age Concern Pembrokeshire has launched a new Home Support Service.

Jane Slade, Chief Officer says, "As we get older it becomes more difficult to manage the little things that we once took for granted and maintaining a home is no exception. Simple tasks like vacuuming, shopping and general housework can become hard work and quite daunting, or we still

lead such active lives that we have no energy or desire to do the work ourselves."

"As a local independent charity we are able to develop services in line with local demand and Age Concern is a name that people know and trust. We receive many enquiries from people asking about help around the home and in order to respond to these requests we have set up our own home support service that is also employing local people. We are also still looking to appoint more Home Support Workers in order to deliver a service that covers the whole of the county."

Whilst there is no fixed definition of the type of help that can be provided, most of us recognise a combination of domestic and household chores that we usually complete on a regular basis, but for whatever reason, have become infrequent or sporadic.

Examples are:

- Vacuuming and washing floors
- Polishing and dusting
- Washing dishes and cleaning work surfaces
- Making the bed or changing bed linen,
- Laundry and Ironing
- Small amounts of shopping
- Escorted shopping
- Escorting to appointments
- Paying bills and sorting paperwork
- Collecting prescriptions
- Reading and helping with correspondence
- Helping sort day-to-day issues

Any of these can be provided as a one-off *blitz* or regular appointment.

You have the trusted and well known name of Age Concern, building a rapport and getting to know what you want. We can provide a flexible and responsive service and ensure there is cover for leave and sickness, so you are not let down.

To find out more about this service, either as a customer or an employee please contact us on:

Tel                    01437 769207  
E-mail                [independentliving@acpembs.org.uk](mailto:independentliving@acpembs.org.uk)  
Web Site             [www.acpembs.org.uk](http://www.acpembs.org.uk)

Or call into our office at

37 Merlin's Hill, Haverfordwest, SA61 1PE.

## Plant Life

See if you can find all 100 words below in the wordsearch grid.

Acanthus  
Acer  
Aconite  
Allium  
Aster  
Azalea  
Begonia  
Berberis  
Bluebell  
Broom  
Buddleia  
Calendula  
Campanula  
Chrysanthemum  
Camelia  
Cherry Blossom  
Choysia  
Clematis  
Crocus  
Cyclamen  
Daffodil  
Dahlia  
Daphne  
Dicentra  
Eryngium  
Erysimum  
Euphorbia  
Fatsia  
Fern  
Foxglove  
Freesia  
Fuchsia  
Gaillardia  
Geranium  
Gladioli  
Harebell  
Hellebore  
Heucherella  
Honesty  
Honeysuckle  
Hosta  
Ilex  
Iris  
Ivy  
Jasmine  
Juniper  
Kniphofia  
Kaffir Lily

Larch  
Laurel  
Lavatera  
Lavender  
Lilac  
Lily  
Linden  
Lobelia  
Lungwort  
Lupin  
Magnolia  
Mahonia  
Marigold  
Myrtle  
Narcissus  
Nasturtium  
Nemesia  
Nicotiana  
Oak  
Oleander  
Orange Blossom  
Pampas Grass  
Pansy  
Peony  
Phlox  
Phormium  
Pinks  
Primula  
Rhododendron  
Rose  
Rosemary  
Salvia  
Sedum  
Skimmia  
Snapdragon  
Snowdrop  
Sunflower  
Sweetpea  
Tarragon  
Thyme  
Tulip  
Uvularia  
Verbascum  
Viburnum  
Violet  
Weigela  
Willow  
Wisteria  
Yarrow  
Yew  
Zephyrante  
Zinnia

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

## Recipe Page

We have to thank Margaret Wildman for all the recipes in this issue.

### Cawl for 10 Persons

1lb Lamb or beef  
1lb Carrots  
4 Leeks – approx 1lb  
½ lb Parsnips  
1lb Onions  
1lb Swede  
2lb Potatoes  
2 Stock Cubes  
1pkt Parsley

#### Method

Serve with crusty bread and cheese (traditionally Caerphilly is served)

### Double Salmon Tian

Serves 6

1lb 5oz (650g) fresh salmon fillet, Skinned  
7oz (200g) low fat soft cheese  
4tbsp chopped fresh dill  
Salt and black pepper

#### To serve

1½-2oz (50-60g) fresh salad leaves or any other peppery leaves such as rocket.

6 small slices of smoked salmon, total weight about 7oz (200g)

6 lemon wedges.

You will need 6, 3 inch metal rings or 6, 5 fluid oz (150 ml) ramekin dishes.

#### Method

- 1 Wrap the fresh salmon tightly in foil and bake in a preheated oven at 190°C (375°F, gas 5) for 15 -20 minutes or until just cooked.
- 2 Mix the cheese and dill in a large bowl until smooth. Flake the salmon into the bowl, including any fish juices and jelly, discard

any bones. Season well with salt and pepper, and fold together gently.

- 3 Put the metal rings on a flat plate or baking tray (if using ramekins line them with cling film). Divide the salmon mixture between them smoothing the surface with the back of a metal spoon. Cover and refrigerate for at least 2 hours, overnight if possible.
- 4 To serve, divide the salad leaves between 6 plate. Lift a ring filled with salmon on to the salad leaves using a fish slice (if using ramekins, invert the salmon on to the leaves and gently remove the cling film). Top each tian with a loosely curled piece of smoked salmon and serve with lemon wedges.

### Chocolate Rum Truffles

About 2 cups of left over fruit cake, crumbled  
2 tablespoons of apricot jam  
2 tablespoons of rum (or rum flavouring)  
1 teaspoon cocoa  
2oz (50g) plain or milk chocolate, melted

Coating of choice – cocoa, chopped nuts, coconut, vermicelli etc.

#### Method

Mix everything together and then squeeze into balls (about 5cm diameter) and roll in the coating. Place in petit four cases and refrigerate until firm.

### Bara Brith

Makes one (2lb) cake

2oz butter  
7oz granulated sugar  
4oz sultanas or raisins  
2oz walnuts  
2oz cherries  
1 cup of water

Put all the above ingredients in a saucepan and boil for 3 minutes.

When the above mixture is cool add:-  
1 large egg  
10oz self-raising flour  
1 level teaspoon of bicarbonate of soda  
Mix well

Turn out into a lined tin and bake for 1¼ hours at 180°C or 160°C fan oven until firm to touch.  
This cake can be frozen.  
This cake is better if left to mature for a couple of days before eating.

## Welsh Cakes

12oz self-raising flour  
6oz butter  
4oz caster sugar  
1 large egg  
A little milk if using a small egg.  
4oz currants  
½ level teaspoon mixed spice

### Method

Rub the flour, butter, sugar and spice together add the currants and then add the egg to bind the mixture together.

Make into small patties and cook on a griddle.

Makes approximately 25 Welsh Cakes.

*Happy Cooking!*

## PS...

Did you hear about the master of karate who became a chef? He could kill with one chop!

A sandwich walks into a bar. The barman says, "Sorry, we don't serve food here."

Two crisps were walking down a street. One was assaulted.

And only in English could this happen: a gentleman took a bite of dessert and made a face. He explained: "This pie is a trifle tart." (From the *New Scientist* magazine!)

## A bit more fun!

A little boy was attending his first wedding. After the service his cousin asked him, "How many women can you marry?"

"Sixteen," the boy replied.

Hi cousin was amazed that he had answer so quickly. "How do you know that?"

"Easy" the little boy said, "All you have to do is add it up, like the Bishop said: 4 better, 4 worse, 4 richer and 4 poorer!"

What's Irish and stays out all night?

Patio Furniture!

## Over 60s to benefit from Welsh Boiler Scrappage scheme.

Over 60s in Wales are set to benefit from Welsh Boiler Scrappage Scheme that will come into force on 1<sup>st</sup> April, Environment, sustainability and Housing Minister Jane Davidson announced today.

The new scheme will be targeted specifically at the over 60s who are likely to be more vulnerable to fuel poverty. In her statement to assembly members, the minister said. We have allocated £2.5million to the boiler scrap page scheme for 2010/11 and expect up to 5,000 Welsh households to benefit from a significant improvement in the energy performance of their heating systems as a result. We are also investing an additional £1.4 million to tackle fuel poverty through our Home Energy Efficiency scheme during the next financial year. To date the Home Energy Efficiency scheme has assisted over 100,000 households across Wales with heating and insulation measures as a result of an £100 million investment in the programme.

This additional funding underlines the Assembly Government's ongoing commitment to tackling fuel poverty and reducing greenhouse gas emissions in Wales. Replacing a G-rated boiler with an A-rated boiler save households up to £235 per year in energy costs, as well as significantly reduces greenhouse gas emissions. The Welsh Boiler Scrappage Scheme is open to over 60s across Wales who have an inefficient G rated boiler. Eligible applicants will receive a £500 voucher towards the costs of replacing their old boiler.

Details of the delivery mechanism and application process for the scheme are currently being finalised and will be announced shortly. The scheme will open for applications on 1<sup>st</sup> April. No waiting list will be operated in advance of that date. For more information please contact Lynsey May on 029 2089 8329.

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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 visitor to Pembrokeshire.

The Physically Impaired People of  
Pembrokeshire Association

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[Pippapembs@btconnect.com](mailto:Pippapembs@btconnect.com)

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

We also offer volunteering opportunities for both disabled and able-bodied volunteers. Sorry, no pay, but we offer a warm welcome and frequent tea, coffee and biscuits!

**We are always looking for articles and features for P.I.P.P.A. post!**

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