



*Happy
Easter to all
our readers!*

PIPPA has a web forum!

A few months ago Nikki had a wonderful idea, and Chris Allman of PAVS and West Coast Webworks and Alice in the PIPPA office have just finished setting it up: a discussion forum.

We thought the most useful and interesting thing we could do was get lots of people's views on what sort of services disabled people in Pembrokeshire need. Could there be something that the council and local charities haven't thought of? Could we improve anything, and what are your recommendations for doing so? Do you just want to get something off your chest?

An online discussion forum is a website where anybody can set up an account – you can use a pseudonym if you like (and lots of people have really wacky ones!) – and post messages. These are arranged in “threads”, or conversations, with a title and general topic, to keep things organised. You need an Internet connection and an e-mail address (which you don't have to show anyone except the administrator, who won't pass it on), and that's it. We've deliberately kept it very simple.

We know not everybody likes the Internet, but we hope lots of you will come along. Most libraries will have an Internet connection you can use. We will be looking after the place and making sure everybody behaves well, and helping out anyone with any technical difficulties. If you are not sure how to do something, or how to register yourself, you can give us a call (Alice's hours are Tuesday,

Wednesday and Thursday 10am to 3.30pm, but you can also e-mail us at any time).

It is our hope that other local charities involved in disability issues will join in, so that they too can provide information and join discussions. And if someone asks a question about a topic that PIPPA cannot deal with, someone else can say “Oh yes, we can take care of that!”

We'll be asking for pretty high behaviour standards on the forum – for example no bad language, no aggressiveness, and definitely no spamming (posting links to commercial advertising, etc). Also, if anyone breaches anyone else's confidentiality, we'll take that post down and warn them not to do that.

And if someone has a really great idea for starting a new service or improving an existing one, and it looks like it could work well – we can tell the Council that it's worth looking into and you never know – it might come true.

And you might well make some great friends there. The forum Alice has looked after for nearly four years – Galaxy Zoo – has turned into a big cheerful community full of science and learning, and every so often several people who would never have met otherwise meet up for a great day out. Perhaps people on the PIPPA forum will one day do the same – only time will tell!



The web address is:

www.pippa-pembs.org.uk/forum

You'll see a little blue menu near the top – one option is “register” and that is how you can get posting. We hope to see you there!

Wheeled Walkers to the Libraries

In March, four wheeled walkers left our premises for local libraries.

We thought going to the library would be so much easier if you had something to sit down on and put your books on while browsing. And we did have a few spare wheeled walkers – not to mention that our stockroom is bursting at the seams!

So if you walk into Haverfordwest, Milford Haven, Pembroke Dock or Fishguard libraries, you might well see a wheeled walker by the front desk. Just tell the people at the counter you'd like to borrow it.

Mr Richards, who runs the local libraries, was delighted to be asked if Haverfordwest Library would like a wheeled walker, and said that all the libraries would likely benefit. So we scrubbed and labelled them and off they went – too fast even for a presentation ceremony!



Customer: "I'd like a burger and fries please!"

Librarian: "I'm sorry, but this is a library."

Customer (whispering): "Sorry. I'd like a burger and fries please."

Chunky Chips & Chunky Handles

This is another idea of Nikki's – and also why you will find a leaflet enclosed (or attached, if you get this by e-mail) with your PIPPA Post.

We'd like to build up a list of places that offer cutlery friendly to people with dexterity problems. If your hands don't move easily – for example, if you have rheumatoid arthritis – the thin knives and forks often used in pubs and restaurants can be too fiddly to eat with. We're suggesting that all establishments which serve food invest in a few sets of chunky-handled cutlery and have a sign up or a note on the menu letting customers know to ask for them.

Many problems disabled people have associated with eating out have been addressed – such as parking, toilets, and getting into the premises. But your food going cold while you struggle certainly spoils the enjoyment! And this is a problem which can be very cheaply dealt with.

As Nikki explained to Pembrokeshire Tourism, with whom she is launching this campaign:

"We don't mean that you provide cutlery with those unhygienic foam handles, just with thicker more cylindrical handles that offer better grip.

"We realise, of course, that providing cutlery for every type of disability would be impossible. Anyone with severe disabilities would bring their own adapted cutlery. Nor do we expect that premises pay out large sums of money by purchasing numerous sets or changing their entire stock of cutlery. All we would ask is that you keep 2 or 3 sets of cutlery with chunky handles and perhaps note on your menus that sets are available on request. You can ask your equipment suppliers if they carry such stock or even contact your local mobility shops, chemists and pharmacies."

Pembrokeshire Tourism asked Nikki for an article – and any pub, restaurant, cafe, or bed and breakfast which starts offering this service can now have their name on our website, alongside other information such as accessible beaches and adapted transport.

If you'd like to, we'd be delighted if you left your leaflet at your favourite pub or restaurant! We'll also be very happy to send any more leaflets to anyone who asks us.

You can give us a ring on 01437 760 665 or e-mail pippapembs@btconnect.com for more information.

This year's County Show

PIPPA will as ever be at the County Show this year – which will be on 16th, 17th and 18th August. Sorry, we will not be able to hire out scooters because they invariably get so muddy they need prolonged and expensive engineering to be made useable again.

The good news is that we will be indoors this time, so please pop along and say hello! Thank you to the organisers for giving us a great place inside the hangar.

It's Useful!

Halfway through March we were very pleased to receive a letter from Detective Inspector Perry at Haverfordwest Police Station – to let us know the wheelchair we donated in December has been very useful. Apparently many people have used it in custody, and they were kind enough to "thank us for our continued support". Thank you Inspector Perry for letting us know.

Community Transport in Pembrokeshire – helping you get around

Do you or your family, friends or neighbours ever have problems getting around the county? If so, then read on . . .

Pembrokeshire Association of Community Transport Organisations (PACTO) was formed in 2004 as an umbrella body for community transport in Pembrokeshire. PACTO brings together the six main community transport operators in Pembrokeshire:

1. Pembrokeshire Voluntary Transport (PVT)
2. Preseli Rural Transport Association (the Green Dragon Buses)
3. Manorbier Community Transport Association
4. Bloomfield Bus operated by Narberth and District Community and Sports Association
5. WRVS Country Cars
6. RSVP Cars for Carers

As a group, we are working together to achieve a thriving network of affordable and high quality community transport services, accessible to all, that are well known and well used by the people of Pembrokeshire.

PACTO has a close working relationship with the local authority, who offer booking and administrative support through the community transport Demand Resource Centre. This is an 0800 number, based in the transport unit at County Hall, which handles bookings for dial-a-ride services, for some Country Cars areas, and for Pembrokeshire Minibus Match.

Pembrokeshire Minibus Match is a simple minibus “dating” scheme, matching community groups who want to use a minibus with minibus operators. Pembrokeshire Minibus Match draws together minibus operators from all over the county, to help them maximise the use of their own minibus. Community groups wishing to use a minibus are matched with these minibus lenders and the “date” is fixed . . . we hope the two parties continue their relationship!! Borrowing groups normally provide their own driver, who should be MiDAS (Minibus Driver Awareness Scheme) trained. We can help with this training, and for groups who have difficulty finding a driver we have a pool of volunteer drivers who may be able to help.

Dial-a-Ride services

PACTO is helping local communities and local community transport groups develop dial-a-ride services wherever they are needed. New services developed in 2010 include the Preseli Hills Bus, Neyland Dial-a-Ride, Kilgetty Dial-a-Ride, Fishguard Friday Dial-a-Ride, and the Gwaun Valley Dial-a-Ride.

Town Rider services are available for elderly and disabled people in our major towns – Haverfordwest, Pembroke & Pembroke Dock, Milford Haven, Tenby & Saundersfoot, and Fishguard & Goodwick.

The Green Dragon Bus runs services into Narberth and Cardigan for people living in the Preseli Hills, and the Bloomfield bus runs services into Narberth from villages on the eastern Cleddau estuary area.

Wherever you are, if you struggle with transport, we are here to help. For further information please call our freephone number – 0800 7831584.

Forums for users of all our services are held annually, including an annual community transport forum. This year’s forum will be held on Tuesday 14th June at Letterston Memorial Hall, starting at 10.30am. Please join us for this event.

Thank you to Mary of PACTO for sending us this article. If you would like to send in one – about a club you’re in, an idea you’ve got, a point of view you’d like to raise, anything else – then please e-mail it to pippapembs@btconnect.com. Or if e-mail is not your thing, give us a ring or send it by post!

Congratulations Pembrokeshire Age Concern

Pembrokeshire Age Concern (of which our Equipment Manager, Valerie Stevenson, is a member and Trustee) is the only branch in Wales to have received a Comic Relief Award this year. They have won £40,300 for their scheme to develop befriending and support circles in Pembrokeshire. 182 applications were made and there were 10 winners, so many congratulations to Pembrokeshire Age Concern for being one of them!

Gareth's Diary – Spring 2011

Welcome to my first diary of 2011 I do hope you all had a good and healthy Christmas and a happy new year.

I would like to start off by talking about my Cardiff weekend I went on before Christmas. I went on the 3rd December with my mum and my sister to Cardiff for 2 days and 1 night i went in the morning and we got there at lunch time.

We checked into hotel took our bags up to the room and went into town to do some xmas shopping. We met up with our next door neighbour Trisha and her friend Julie as they were up there too it was lovely to see them. We went back to the hotel and me and my sister got ready for our concert we were going to see MR Peter Andre I was so excited.

We walked my mum into town as she was meeting Trisha and her friend called Julie and then we went to the arena I got a programme and a keying.

At 7.45 the lights went down and the show began first up was the first support called Mike Fantastic who were on Britain's got talent they did various of songs but didn't think they were very good.

Next up was a lady called Laura v she did various of songs but I didn't think she's was good she had an okay voice but not amazing

Next up was the Overtones they were brilliant best one out of them all they did all sorts of styles of music like Gambling man Why do fools fall in love they were fantastic.

We had a break in between than at 9 o'clock AND MR Peter Andre came on it was so exacting as I had never seen him live before.

He did lots of song of his most recent albums and some old favourites like Mysteries girl and flava etc the show finished after ten pm and I had a brilliant night we then had a drink in the hotel before going back to bed.

The next morning we were up early and went Christmas shopping and then we had some lunch and did more Christmas shopping. We decided to catch the 2 o'clock train as we had finished and decided not to catch the later one as it would be busy especially being a Saturday we got home at tea time and had enjoyed our two days and defiantly going to do it again next December.

On the Tuesday 22nd February I went to see Boy zone. We went at 3pm and got there at 6pm we went to a cafe and a cookie and a cup of tea as we weren't very hungry.

We then went into the arena i got my program and a keying as I always collect those from concerts. At 7.30pm the lights went down and the first support came on which was called Barballas they were Shane's two sisters from B witched they were very good I really enjoyed. Next up was a girl band called Wonderland I really enjoyed them.

There was a half an hour break than at 9pm Boy zone came on I was very excited they did songs from their recent album called Brother and old songs from the 90s they had out and some of Ronan Keatings songs and there was a moving tribute video to Stephen Gatley.

It finished at around ten pm we had a really good and would defiantly see them again we got home at 2.30 am was really tired but I enjoyed y night.

On Friday 25th February we went to see another band called The Saturdays as we managed to get the last two tickets. This time we left half and hour later we got there a bit late as the traffic was very busy.

When we got we had a drink first than went into the arena i got my program and keying I like to collect.

At 7.30pm the lights down and the first support act went on who was called Twenty Twenty they were fantastic I really enjoyed them. The next support came on and they were called six D they were great.

At 9pm it was the moment we had all been waiting for The Saturdays finally cameo n they did 18 songs all to go I had a fantastic time.

We got home half and hour early this time at 1pm I would definitely see the Saturdays again.

Recently in P.I.P.P.A. I have started doing some laminating I had to laminate some pictures of what's showing our equipment it was quite and easy job at least know our boards are up to date

Thank you for reading my spring diary 2011 see you all in the summer.



If a crocodile makes shoes, what does a banana make?

Slippers!

Assembly to overhaul Blue Badge Scheme

The Assembly Government has announced plans to make changes to disabled parking and the Blue Badge Scheme.

Introduced in 1971, with some 230,000 users, the Blue Badge Scheme is looking to include children under 3, those with temporary conditions and other groups of disabled people. The overhaul is also focusing on the need to tackle fraud as well.

Minister for Transport, Ieuan Wyn Jones, said that it would take up to 5 years to complete the whole programme. However, some areas of reform would be prioritised e.g. extending the scheme to children under 3 with certain medical conditions.

Further comments were that although the Blue Badge Scheme has been going for nearly 40 years and has been a very useful aid to disabled people we now need to use modern technology to combat abuse of the scheme and ensure that it is fit for purpose.

Mr Jones also said: “The Assembly Government will also be liaising with the UK Government and other devolved administrations to ensure that a cohesive scheme is developed across the UK.”

Gareth & Margaret’s Quiz: Part III

Last summer, Gareth and Margaret produced a very long quiz with so many questions we’ve spread it between three PIPPA Posts! This is the final instalment – thank you both!

1. How many grand slam titles did Pete Sampras win?
2. How many times did Rod Laver do the tennis grand slam?
3. The French open, known as Roland Garros, is named after who?
4. Who is the youngest male French open singles champion?
5. Andy Roddick’s fastest recorded serve in 2004 reached what speed?
6. Who is the only wild card entrant to win the men’s singles at Wimbledon?
7. A statue (recently) removed from the roof of Commerce House, Haverfordwest was the one

surviving twin statue; they both represented Commerce, but by what names?

8. What name did Brunel give to Neyland in the last century?
9. Of which Pembrokeshire town can the Mayor claim to be Admiral of the port?
10. Name the Tenby Mathematician who invented the equals (=) sign?
11. Where in Burton Parish is “The Postage Stamp”?
12. How many Royal Yachts were built at the Pembroke Old Dockyard?
13. Who was a Haverfordwest benefactor who was an attendant at the Coronation of Elizabeth 1st, and later died in the Tower of London, accused of treason?
14. What caused damage to St. David’s Cathedral?
15. Where is the Bleeding Tree?
16. What Mammal is unique to one of our offshore islands?
17. What year was the Cleddau Bridge opened?
18. When did the Pembrokeshire Coast National Park come into existence?
19. When was Stackpole Court demolished?
20. When was the Torch Theatre opened?
21. a) When were the following refineries built: Esso, Texaco, Gulf, Amoco?
b) BP reused the 19C Fort Popton near Angle for the control rooms for an off loading facility, connected with a pipeline to Llandovery, Swansea. How long (in kilometres) was that pipeline?

Answers on Page 14.

Gadgets

Cutlery lightweight foam handled

These lightweight foam handled utensils are mounted on plastic stems and hygienically sealed into light grey foam handles, giving help for those with weak grip or arm power, the sculptured closed cell foam with fingers contours tapers slightly. It is comfortable, washable, but not recommended for dishwasher use. Diameter 28mm, 1 ¼ handle length 115mm 41/2 available as a full set (teaspoon, fork

knife) or separately. The price excluding V.A.T. is £8.81 and price including V.A.T. is £10.57.

Talking Alarm Clock

Designed especially for the visually impaired this talking alarm clock has three different sounds to alert the sleeper when it is time to wake up. The clock features a clear analogue face and digital display, easy to set it requires 2xaa batteries (not included). Price excluding V.A.T. is £14.32; including V.A.T., £17.19.

Easy Grip Garden tools

These gardening tools are designed to minimise stress on the wrist so that the user can continue to work in the garden with less pain, the angled handle ensures that the wrist is kept in a natural position and the tool is a stainless steel. Length is 140mm (6), weight 250g; price including V.A.T. is £14.63 – no V.A.T.-free price is listed.

If you would like any of these items please contact Active Mobility on 01642 805 050 or fax them on 01642 808 487 or if you have a computer you can email the company at enq@activemobility.co.uk.

King's Fund and government clash over shortfall in social care funding

The King's Fund, a charity that studies the health system, has predicted that by 2014 social care will be facing a funding gap of £1.2 billion. The Department of Health denies this.

The King's Fund's figures show that local authorities will be coping with a 7% cut over the next four years, and relying on departments whose funding is being cut by 27%. They will, the think-tank predicts, therefore struggle to provide care to people in the community – many of whom are losing their eligibility for free home help.

This will have several knock-on effects for the NHS, from cases of more emergency admissions due to falls, to having to keep patients in hospital for longer because there will be nobody to care for them on their return home.

Report author Richard Humphries said, "The vital role played by social care in supporting the NHS to meet people's needs is well known. However, health and care needs are in fact two sides of the same coin." One suggestion the report made was the creation of a joint settlement between the two, and

the pooling of budgets between NHS trusts and councils.

Care services minister Paul Burstow refutes the warnings. He told the BBC: "We do not recognise the King's Fund figures."

He argued that the government has allocated money to encourage "more joined-up working" and that this should enable councils to "deliver new approaches" and protect the most vulnerable.

'Blind' archer aims for 2012 gold

24-year-old Im Dong-Hyun, from South Korea, can do archery at the distance of 70 meters away from the target and he currently holds the world record for the highest score out of 72 arrows. His vision test wasn't good at all, but he can still hit the small yellow bullseye time and time again.

In 2007, he became the world champion as well as a member of a two time Olympic gold medallist and a member of a three time world champion team for his country.

If he wins the archery contest, he will become the first South Korean individual archer to claim the Olympic prize if he is qualified.

It shows that people with a disability are quite as competitive as people without a condition. From 70 meters away he can give other competitors a huge challenge or even a run for their money.

"He will arrive in London with even more experience under his belt and, with two more years of careful preparation, he believes that the ultimate prize is now within his reach," wrote John Sudworth, the BBC reporter who met him in Seoul this autumn.

He will be ready to take on anybody who is eager to take the individual gold title away from him.

Brain cells grown in the lab may one day help treat Alzheimer's

All our body cells have exactly the same genes (also called "DNA") – a set of instructions to become any type of cell you like. A cell from your fingernail, heart or mouth all have the same DNA. But they have different "instructions" switched on or off.

Scientists in Chicago have succeeded in "switching on" instructions in a set of stem cells to become a type of brain cell called *basal forebrain cholinergic*

neurons. This type of cell is involved in memory and is known to fail in early Alzheimer's disease. Treatment of this disease *might* involve finding a way to prolong the life of these cells, or even to replace them – we can't be sure yet.

Our brains are full of these neurons or nerves. Scientists now have a supply to work on without requiring actual people's brains. Some of them were grown from stem cells, which are controversial because they are from extremely early embryos (usually left over from IVF treatment); others were from the skin of some healthy people and some more people who suffer from Alzheimer's disease.

Any actual treatment from this finding is a very long way off. But now scientists have a way to study these cells in much more detail – and perhaps find a way to transplant them, or to make them live longer.

Fergus Walsh, who writes about medical matters for the BBC, cautioned against hailing a "breakthrough" just yet. But the Alzheimer's Society and Alzheimer's Research UK have welcomed the news, stressing the importance of research into dementia.



How do Vikings communicate?
In Norse code!

MP Anne Begg becomes a Dame

Scottish MP Anne Begg, who is disabled, became Dame Anne Begg at the end of 2010. She made the Honours List for "services to disabled people".

Dame Anne Begg has a degenerative condition called Gauchers Disease, which causes bones to break easily. However, advances in medicine mean that its progress has slowed down and her life is much easier. She calls her wheelchair her "liberator" and was a teacher for 19 years before becoming an MP.

She believes that disability is a human rights issue, not a health issue. She admits that, like other disabled politicians such as David Blunkett, she was keen to establish her political identity as "more than just 'the disabled MP'", but became increasingly interested in welfare reform, social justice, and equality – such as not excluding disabled people from society. She is also interested in such wide ranging topics as genetics and broadcasting.

In 2010 she was elected as chair of the Work and Pensions Select Committee. She is also president of the Blue Badge network and patron of the National Federation of Shopmobility, the Scottish Motor Neurone Disease Society and Angus Special Playscheme.

Dame Begg criticises the "medicalisation" of DLA as "retrograde". She says that while help to get disabled people into work is a good thing, the removing of the mobility component of DLA and the Independent Living Fund completely goes against the idea of "personalising" people's benefits and allowing them to manage their own budgets.

"I predict that after quite a lot of advances, particularly in equal rights and support for disabled people over the past 13 years, things are going to go backwards over the next 5 or so," she remarks. "And they're going to get more difficult for disabled people in terms of the support they get from the government."

Parents of children with special educational needs to get budget control

On 9th March, a green paper was released promising to give more power to parents whose children are identified as having special needs (SEN) at school.

At present, schools and local authorities are in charge of the SEN budgets, but under the new plans, parents will be able to invest it themselves, for example in mobility equipment or a laptop for their children at home by 2014.

The green paper also revealed a removal of the three different categories of SEN – school action; school action plus (where a child may get help from an outside authority) and severe SEN.

The aim is to simplify the system and make it more "family friendly". Ministers pointed out that parents frequently feel that they have to "battle" with the system to get appropriate help, and that delays can mean for example that a child grows out of a wheelchair before it even arrives. David Cameron, whose son Ivan was severely disabled, also feels that there is too much emphasis on mainstream education over special schools when this is not always the best route.

However, doubts have been expressed about the plans. For example, the shadow education secretary, Andy Burnham, pointed out: “The green paper sets out a vision of integrated services but . . . they are breaking down our NHS and education system into fragmented parts – this makes it much harder to plan and commission the complex services these children need.”

Many specialist workers in the SEN field are being made redundant and 11 authorities have revealed that their ability to cater for deaf children has been slashed.

“You simply cannot replace highly trained and experienced professionals with untrained volunteers, and expect to improve on the service provided,” writes Ellen Power, who has two children with special needs and who has written a book about how to get them the help they need.

However, she does applaud the plans to simplify the system, and proposals to support the child until the age of 25.

21% of children are currently identified as having special educational needs, over half of whom are on the first level of school action only.

Welfare Reform and Cancer

Representatives of 30 charities have written an open letter to the Secretary of State for Work and Pensions, Iain Duncan Smith, urging him to consider the effect of the welfare reform bill on people living with cancer.

Treatment for cancer usually starts rapidly after a diagnosis, and is debilitating, so the representatives ask that Personal Independent Payment or PIP (which will eventually replace DLA) is made available as soon as it is required, not six months after treatment begins. The current situation is three months, during which time large costs are often incurred simply by being out of work while having to make frequent trips to hospital.

Secondly they ask that Employment and Support Allowance is extended to help people who do not recover from cancer fast enough to return to work within a year.

They also ask that cancer patients receiving oral chemotherapy are, like those receiving non-oral, exempted from work-related activities designed to get the jobless back to work. Rather, the emphasis

should be on employers making adjustments to allow a gradual return to work, and that allowance is made for people who recover from cancer slowly, as every case is different.

If this issue affects you or anyone you know, there are a great many cancer charities – often specialising in cancer types – who will be able to give you support and advice. You can also find a copy of the letter to Iain Duncan Smith on the Guardian website (search for Welfare Reform Bill Cancer).

You can call Pembrokeshire Cancer Support on 01646 683 078.

Miller blames media for “demonising the disabled” image

An all-party government meeting was recently held regarding issues such as disability, autism and Parkinson’s Disease. At this meeting, the disabled MP Anne McGuire asked Maria Miller, the Minister for Disabled People, to “inject balance” into the government’s arguments about why they are cutting Disability Living Allowance and the Independent Living Fund. McGuire warned Miller that many disabled people are becoming very frightened for their futures, and frequently being wrongly accused of being scroungers.

In reply, Maria Miller said it was the media, not the government, which promoted the image of disabled people seeking benefits as cheats.

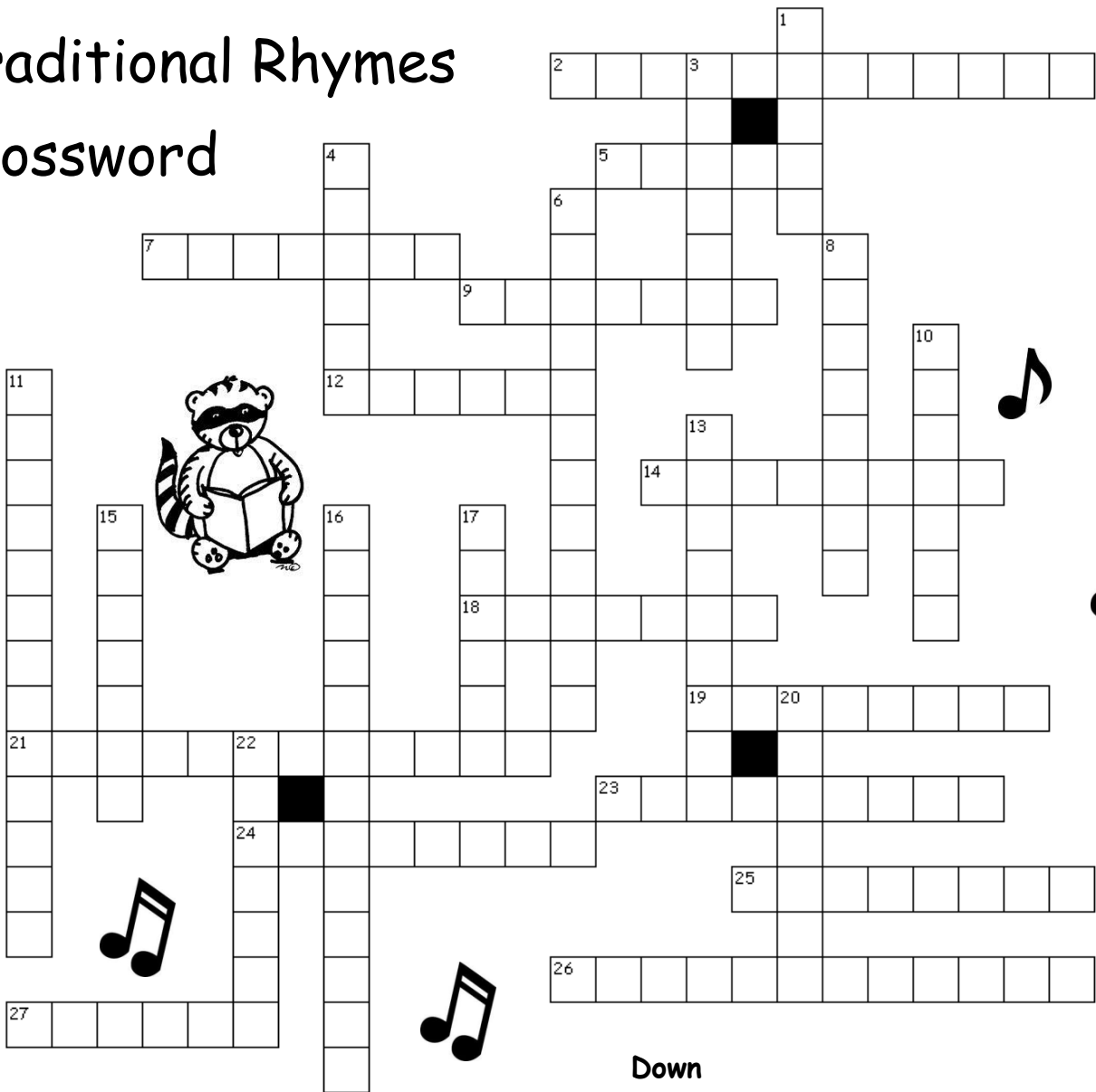
The disabled Conservative MP Paul Maynard also blamed the third sector – charities – for “seeing their role as a campaigning one rather than service providers”. Miller shared this view, claiming that charities are in “a unique and powerful position to provide factual information”.

Fraudulent claiming of Disability Living Allowance is estimated to be at 0.5% - one in 200 claimants. Nevertheless, Miller described the system as one that needed reform “because it is so open to abuse and the sort of stories that drive such a negative impact and image”. The cuts forecast by last June’s emergency budget were 20% of DLA, including all the mobility component.

Chief Executive of SeeAbility, David Scott-Ralphs, urged Miller to reconsider scrapping the mobility component of DLA. Miller said that “other measures” would “balance out” its removal.

Traditional Rhymes

Crossword



Across

2. Little Miss Muffet sat on a tuffet eating her . . .
5. The . . . of hearts, he stole the tarts
7. Hush a bye baby, on the . . .
9. The three little . . . they lost their mittens
12. Goosey goosey . . .
14. . . . 's blue, diddle, diddle . . .
18. Some gave them plum cake and . . . them out of town
19. Half a pound of . . . rice, half a pound of treacle
21. And feast upon . . . sugar and cream
23. And a . . . in a pear tree
24. Incy Wincy Spider . . . up the spout
25. Mistress Mary, quite . . .
26. Ride a cock horse to . . .
27. London . . . is falling down

Down

1. If all the world were . . . and all the seas were ink
3. Up above the world so high, like a . . . in the sky
4. I had a little nut tree, nothing would it bear, but a silver . . .
6. One a penny, two a penny . . .
8. Sing a song of . . . a pocket full of rye
10. Here is the church, and here is the . . .
11. They dined on mince, and slices of quince, Which they ate with a . . .
13. The Walrus and the . . .
15. . . . dickory dock, the mouse ran up the clock
16. "You are old . . ." the young man said, "And your hair has grown very white."
17. Hey diddle diddle, the cat and the . . .
20. The Queen was in the . . . eating bread and honey
22. But you'd look sweet upon the seat of a . . . made for two

Across: 2 Curds and whey 5 Knave 7 Tree top 9 Kittens 12 Gander 14 Lavender 18 Drummed 19 Tuppenny 21 Strawberries 23 Partridge 24 Climbing 25 Contrary 26 Banbury Cross 27 Bridge Down: Paper 3 Diamond 4 Nutmeg 6 Hot Cross Buns 8 Sixpence 10 Steeple 11 Runcible spoon 13 Carpenter 15 Hickory 16 Father William 17 Fiddle 20 Parlour 22 Bicycle

U3A in Pembrokeshire

U3A stands for “University of the Third Age”. The third age is the age when you are no longer in full time work – and feel like learning about whatever you like, without having to do assignments or exams.

Subjects range from art history to maths and science including for those who hated it at school, to dancing to music to knitting to languages to Scrabble! There are no lecturers and no curriculum – people get together in groups and learn together about whatever takes their fancy.

There is no entrance exam, and also no lower age limit, so you do not have to be of retirement age to join in. Groups usually take place at clubs or even at people’s houses, usually by arrangement amongst themselves.

Pembrokeshire has 41 U3A subject groups at present, many of which are physical activities or games, others which are more “serious”. Their website is <http://www.pembrokeshireU3A.org.uk/>. However, you don’t need Internet access to join. You can call Rhona Pareira on **01646 600 497** for more information, and there is a newsletter that comes out every 2 months.

Pembrokeshire U3A has three branches: Haverfordwest, Milford Haven and Neyland. Neyland is the main one because they are able to use the local athletic club. However, they hope to expand in Haverfordwest. They also team up with the WRVS to drive people to groups they cannot get to otherwise.

We heard a delightful story of a lecture that took place in the Torch Theatre, Milford Haven. A well-known geologist came to give a talk. Half the audience were sixth formers and the other half were U3A members! Ever incapable of shutting up about astronomy, Alice has been asked to give a talk to the science group.

Journalist and campaigner criticises press coverage of Jody McIntyre

Jody McIntyre was the 20-year-old disabled man who was dragged out of his wheelchair in the student protests in London last December.

We’ll all have our own opinions about the protests. What Laurie Penny, a journalist, objects to is the

popular suggestion promoted by some newspapers that McIntyre must be faking his disability if he is able to protest.

McIntyre himself says that when he was younger he was told by doctors that he would not be able to walk or talk, and even members of his own family have discouraged him from travelling. He found that getting around in a wheelchair is easier in Gaza than in London. He is determined to “stand up for what I believe in” and “speak up for those who do not have a voice”. The Education Maintenance Grant is what enables his brother, who pushes his wheelchair and who had taken him on the student protests, to stay in college.

Laurie Penny wrote in the New Statesman: “The attitude is that there are two types of disabled person: there are real disabled people, who are quiet and grateful and utterly incapable of any sort of personal agency whatsoever, and fake disabled people – people like Jody McIntyre, who are disqualified from being truly disabled by virtue of having personality, ambition, outside interests and, in this case, standing up to the government.”

She feels that expecting disabled people not to have ambition or personality, or a desire to fight injustices, is directly influencing policymaking, and is one of the reasons fraud is widely suspected (and given as a reason for introducing major benefit cuts), despite being in reality very low. Her own former partner suffered from mobility problems and chronic pain, but found the process of applying for benefits too “humiliating and inhumane” to finish his application.

McIntyre says: “It has been my objective since the start of my journey to inspire people with disabilities to demand equality.”

An Out-of-Season Christmas Carol by Tom Lehrer

Tom Lehrer was a professor of mathematics at Harvard and a comedy songwriter and performer in the 1950’s and 60’s. His CDs are still popular today; his fans have included many scientists, pundits and Princess Margaret! Back in the 50’s he wrote these still hugely relevant and amusing lines, adding in his introduction:

“One very familiar type of song is the Christmas carol, although it is perhaps a bit out of season at

this time. However, I'm informed by my disk jockey friends (of whom I have none) that in order to get a song popular by Christmas you have to start plugging it well in advance, so here goes.

It's always seemed to me, after all, that Christmas, with its spirit of giving, offers us all a wonderful opportunity each year to reflect on what we all most sincerely and deeply believe in – I refer, of course, to money!

And yet none of the Christmas carols that you hear on the radio or in the street even attempts to capture the true spirit of Christmas as we celebrate it in the United States – that is to say, the commercial spirit. So I should like to offer the following Christmas carol for next year, as being, perhaps, a bit more appropriate.”

Christmas time is here, by golly,

Disapproval would be folly,

Deck the halls with hunks of holly,

Fill the cup and don't say “when”.

Kill the turkeys, ducks and chickens,

Mix the punch, drag out the Dickens,

Even though the prospect sickens,

Brother, here we go again.

On Christmas day you can't get sore,

Your fellow man you must adore,

There's time to rob him all the more

The other three hundred and sixty-four.

Relations, sparing no expense'll

Send some useless old utensil,

Or a matching pen and pencil.

"Just the thing I need! How nice!"

It doesn't matter how sincere it

Is, nor how heartfelt the spirit,

Sentiment will not endear it,

What's important is . . . the price.

Hark, the *Herald Tribune* sings,

Advertising wondrous things.

God rest ye merry, merchants,

May you make the yuletide pay!

Angels we have heard on high

Tell us to go out and BUY!

So . . . let the raucous sleigh bells jingle,

Hail our dear old friend Chris Cringle,

Driving his reindeer across the sky . . .

Don't stand underneath when they fly by!

“Actually I did rather well myself, this last Christmas,” remarks Tom Lehrer. “The nicest

present I received was a gift certificate, good at any hospital, for a lobotomy. Rather thoughtful.”

Independent review of Work Capability Assessment

The Work Capacity Assessment (WCA), a system running in England and Scotland though not yet here in Wales, which tries to determine whether a disabled person should be taken off benefits and directed to find a job, has often been criticised as flawed. However, it is to be subject to five annual reviews, and the results of the first are now available.

This review was carried out by Professor Malcolm Harrington, a specialist in occupational health, and his recommendations have been welcomed by campaigners.

Professor Harrington reported that lengthy questionnaires were difficult and sometimes impossible to fill in, and that no allowance was made for fluctuating conditions. He recommended: mental health specialists; more power to job centre staff (because, as he puts it, “the [WCA] assessment dominates the whole procedure” and Job Centres merely “rubber stamp” the decision); improving communications between assessors and claimants – including in areas such as transport to the assessment centre and doing a trial of recording all assessments to ensure transparency.

Margaret McCartney, a GP writing in the *British Medical Journal*, notes that GP's statements are often ignored in the WCA assessment. She also reports that training to do the assessments consists of high salary promises, reminders that “you are not in a caring role” and that training lasts 5 days. A nurse, for example, asked what training would be provided in mental health assessment as she had little knowledge of this, and was told that health professionals were “very thoroughly assessed at interview” instead.

Clients often felt their assessment was hurried and, indeed, the assessors work to a tight schedule, told that a morning or afternoon must consist of five assessments. Efficiency with entering details into the computer was stressed (which, one claimant remarked, meant the assessor looked at the computer all the time instead of at them), and McCartney's own questions about how to assess variable conditions in a single day were answered

with the reminder that it was a “functional assessment, not an occupational health service”.

A large survey by Hardest Hit – a campaign to support disabled and sick people and their carers – revealed that over half of people who go to an assessment find it stressful, 40% said the anxiety of it made their condition worse, over half of those who had been deemed fit to work disagreed, and half of these planned to appeal. This is not because they do not want to work: 96% of disabled people who are not working would prefer to have a job.

Dr Mark Baker, Co-Chair of the Disability Benefits Consortium, remarked: “The extent of the Review’s recommendations clearly indicate that the current WCA process is deeply flawed.” He urged the government to ensure that the process is fair before taking any more people off Employment and Support Allowance.

Chief Executive of Scope, Richard Hawkes, added that disabled people already face psychological as well as practical barriers in finding a job. He urged Professor Harrington, who is working on a second review now, to look at how the WCA takes into account these additional difficulties when seeing how likely someone is to find a job.

Recipes!

Superquick: Cheesy Toasted Naan Breads

These are yummy for a snack – and can be cut into little slices for parties. You can also put whatever you want in them; the filling here is as variable as you like. You just need a cheesy toastie maker or grill that can be closed up.

Ingredients

2 x mini garlic and coriander naans
A few slices of cheese
A bit of spring onion, chopped
Red pepper, chopped
Tomato puree
Herbs of your choice
Other possible tasty fillings: ham, sesame seeds, tomato slices, brie, sausages, fried onions, etc.

Method

1. Arrange fillings (cheese first is best) onto one mini naan bread.
2. Place other naan bread on top and cook as for normal cheesy toastie.
3. Serve alone or with salad.

Bang Bang chicken wraps

Ingredients

2 large flour tortillas
5 little gem lettuce leaves, chopped
A handful cucumber, peeled, sliced and half mooned
1 small spring onion, sliced
80g smoked chicken, shredded
A sprinkling of dried chilli
For the sauce:
30g chunky peanut butter
1 tbsp sweet chilli sauce
1 tsp soy sauce
1 tbsp coconut milk
Fresh mint
Fresh coriander

Method

1. To make the sauce, mix all the sauce ingredients together. Add the shredded chicken.
2. Lay the flour tortilla onto a surface. Lay the lettuce, cucumber, spring onion and chicken onto the centre of it.

Chicken and puy lentil salad with coriander

Puy lentils are a dark variety of lentil which has a peppery taste and keeps its shape while cooking.

Ingredients

2 large/4 small skinned chicken breasts
225g/8oz puy lentils
100g/4oz mixed salad leaves, e.g. rocket, baby beetroot, spinach and frisée
1 tablespoon whole coriander seeds, toasted and ground
3 tablespoons chopped fresh coriander (stalks & leaves)
2 large cloves of garlic
Juice of one lemon
5 tablespoons olive oil
Salt and pepper

Method

1. Using a sharp knife, make a few long shallow incisions on both sides of the chicken breasts.
2. Place the chicken in a bowl and add the ground coriander, garlic, a pinch of black pepper, two tablespoons of lemon juice and two tablespoons of the olive oil. Mix the marinade with the chicken in a bowl, making sure all the meat is evenly coated in the marinade. Allow to sit for about 30 minutes (or one hour if you have the time).
3. Preheat the oven to 230°C/450F/Gas Mark 8.

4. When the oven is hot, spread the chicken out on a baking tray and cook it for 15-30 minutes, depending on the size of the chicken breasts. To ensure the chicken is cooked through, cut into the breast with a knife. Once cooked, take the chicken out of the oven and allow it to rest for a couple of minutes.

5. Meanwhile, place the still-warm lentils in a saucepan, cover with water and boil for about 20 minutes, until cooked through.

6. When cooked, drain the lentils then dress them with the remaining olive oil, lemon juice and chopped coriander, and season with salt and pepper.

7. To serve, slice the chicken thinly and toss with the lentils (they can be still warm) and the mixed salad leaves. Place on plates or in a large bowl and sprinkle with the crumbled feta and a small drizzle of balsamic vinegar.

Cool treatment?

Ten years ago a group of Danish researchers found that keeping stroke victims cool seemed to aid their recovery. They kept them at 1.7°C colder than normal by pumping chilled air into thermal blankets around them. This cooled the blood that reached their brains, inducing mild hypothermia.

Surprisingly, patients who were kept cold during a stroke recovered twice as well on average as those who were not. This is because the body is put into a sort of artificial hibernation, all its systems running slower – which gives doctors more time to mend the damage done by a stroke.

At the time, Eoin Redahan of the Stroke Association pointed out that this was a very simple method of medical aid. She also said that only a quarter of patients who suffer a stroke ends up in a specialist stroke unit, and that 10,000 people a year ended up dead or disabled as a result.

The treatment appears so far to have stood the test of time. Studies have continued, giving patients ice-cold intravenous drips, or applying cooling pads to their skin. A team of Scottish neurologists at the Centre for Clinical Brain Sciences at the University of Edinburgh are particularly keen to begin another medical trial and are attending a conference in Brussels on the subject.

Dr Malcolm Macleod told the BBC in January this year: “Every day 1,000 Europeans die from stroke – that’s one every 90 seconds – and about twice that

number survive but are disabled. Our estimates are that hypothermia might improve the outcome for more than 40,000 Europeans each year.”

The conference is seeking funding for a large scale trial involving 1,500 people. It will also be conducted by doctors in Germany, France and Italy.

The head of the Europe-wide project, Dr Stephan Schwabb, commented: “We know the current financial situation is difficult, but . . . the benefits of avoiding stroke related deaths and disability mean the trial would pay for itself in a year . . . As the population ages, this trial will become even more important.”

“The preliminary evidence is there – it is now time for Europe to act,” said Dr Macleod.

In an interesting twist to the story, the European Space Agency has said it is interested in the findings, for hypothermia and the “hibernation” that results could well have implications for long term space travel one day.

Meanwhile, back in Scotland, leading figures are calling for the Stroke Support and Advocacy Service to be made more available to stroke victims.

In Pembrokeshire, you can reach Stroke Education Support by calling Gillian Reason-Jones on 01834 842 078.

Wheelchair delay gets £2 million boost

A boost of £2.2 million in April 2011 is to be spent on reducing the delays for wheelchair services in Wales.

The delay in providing patients with chairs after assessments has meant that when wheelchairs arrive some young patients have grown out of them. The delays have also meant that patients have lost their independence and are trapped in their homes.

Edwina Hart, Health Minister said that it would be used to double the number of clinical staff across Wales to assess individuals to enable them to have the most appropriate wheelchairs to suit their needs. It will also support better waiting list management and more training for health professionals and for their patients and carers.

Mrs Hart also said: “It is important the people requiring wheelchairs have swift access to an assessment and delivery of a permanent wheelchair to enable them to remain independent and maintain their quality of life.”

Wheelchair services are provided by Betsi Cadwalader University Health Board for patients in north Wales and Cardiff and Vale University Health Board for patients in south Wales.

Some of the new funding will go to the British Red Cross for it to pilot ways of working with health boards to tackle demand.



Why did the flies play football in a saucer?
Because the spiders were playing in the Cup!

“Waiter, my sandwich just told me a joke!”
“Yes sir. We did try to warn you with that sign – ‘Our tongue sandwiches speak for themselves’.”

A baby aardvark got very naughty, trying to escape and being bad-tempered with the zookeeper, but the zookeeper didn't mind. He said, “A little aardvark never hurt anyone.”

Demonstration in London . . .

Disability Wales have let us know that there will be a demonstration for “Defending Disabled People's Futures” in London on Wednesday 11th May.

If you are concerned about the effects of the cuts, please come along. Indeed, please write to your MP to request a meeting there.

Disability Wales are helping arrange transport from Cardiff on that day, which should be useful if you are able to stay in Cardiff overnight or know anyone in Cardiff who would like to attend. The coach has a tail lift for wheelchair access, has space for a wheelchair, and will be free.

(More information in the next article!)

Telephone 02920 887 325 for more information or to book. Or go to www.tinyurl.com/69g643x.

Interestingly, we got the invitation through the post from Disability Wales when we'd already written about how the demonstration came to be . . .

. . . or demonstrations online!

Two disabled internet activists, Kaliya Franklin and Rhydian Fôn James, have launched a virtual protest site for disabled people. They have also organised a protest march which neither of them, because of their disabilities, will be able to attend.

The protest – the one mentioned above – will take place in London on Wednesday 11th May. It is about what the cuts to DLA will mean for disabled

people. It will start at 12:30, gathering starting at 11:30 on the Embankment by Horseguards Avenue. Following this from 14:30 to 17:30 will be a lobby in Parliament. Details can be found on www.hardesthit.org.uk and you can e-mail them on info@hardesthit.org.uk to get more information.

If you would like to attend, they, like Disability Now, urge you to write to your MP in advance (which you can do via their website, as well as by post) to request a meeting there.

Many disabled people would like to attend demonstrations but cannot, Franklin and Fôn James believe. Difficulties range from travel to costs to routine accessibility issues, such as toilets and arranging for care. Some also worry that they might be seen and reported because someone has concluded that one day at a march indicates fitness to work.

Writing for the website “The Broken of Britain”, Lisa J. Ellwood writes: “We are castigated as ‘scroungers’ and ‘fakers’ not only by journalists and their employers, but also neighbours, friends and even family. It would seem that the vast majority of the great British public knows several people who are as fit as a fiddle and audaciously raking in money in hand-over-fist thanks to bogus benefits claims based on faked illnesses . . . It takes much more than one voice singing in the darkness to shed light on a given concern. It is this basic understanding which brings the most unlikely of people together to work towards a common purpose.”

Kaliya Franklin sympathises with this and her website is ironically titled “Benefit Scrounging Scum”. So does Rhydian Fôn James, who explains that political parties “all feel the pressure to bow to tabloid pressure on ‘scroungers’”. We see our long term aim as being the voice of disabled people, fighting these political myths.”

If you want to demonstrate or raise awareness, but not on protest marches, the two encourage you to do it online.

They have designed a part of their site where they show you how to campaign online – for instance, to e-mail a video or picture with your story. This can be found on the same website, Hardest Hit, which is associated with the Disability Benefits Consortium, a coalition of 40 charities.

Gareth & Margaret's Quiz Answers

1. 13
2. Twice
3. A World War 1 pilot
4. Michael Craig
5. 155mph
6. Goran Ivanisevic
7. Exportation and importation
8. New Milford
9. Haverfordwest
10. Robert Recorde
11. Houghton Cricket Pitch in the School field
12. Three
13. Sir John Perrot
14. An earthquake
15. Nevern Churchyard
16. The Skomer Vole
17. 1975
18. 1952
19. 1963
20. 1970
21. a) Esso 1960; Texaco 1962-4; Gulf 1966-8; Amoco 1971-3. b) 100 kilometres

Website for victims of hate crime

A website called True Vision has been set up, with an online reporting form.

It can be found at www.report-it.org.uk and provides information for victims and the public about what hate crime is, why it is important to report it when it happens and sets out the ways hate crimes can be reported, including via the new online reporting form.

“Hate crimes and incidents come in many different forms,” it reads on the home page. “It can be because of hatred on the grounds of your race, religion, sexual orientation, transgender identity or disability.

“Hate crime in any form is wrong. That is why it is important that if hate crime happens to you or someone you know, that you report it.”

The site is supported by all police forces in England, Wales and Northern Ireland. It also provides links to organisations that can offer support and advice on related issues.

Police believe many hate crimes go unreported. In November 2010, the Association of Chief Police Officers (ACPO) published its first set of national hate crime recorded crime statistics, which showed that during 2009 the police recorded 52,028 hate

crimes, of which 1,402 were motivated because of the victim's disability.

True Vision's secure online reporting facility automatically distributes reports to the victim's relevant police force.

Chief Inspector Andy Smith, head of equality and diversity at West Mercia Police, said: “The UK is among world leaders in the way that it responds to hate crime but there is still much work to do. One of the greatest challenges is to reduce the under-reporting of hate crime.

“We know that hate crimes have a profound and often long-lasting effect upon individuals, their families and communities.

“We want anyone who experiences this to report it to the police and the launch of the True Vision web site will support this. I want people to feel confident that contacting West Mercia Police will make a difference.”

Warning from NICE and ASA: be wary of health claims on websites

Amidst the sad reports of NHS doctors and other health workers having insufficient time to provide thorough care, another consequence has been exposed: substandard “allergy testing” and ineffective “miracle cures” popping up for sale on the Internet.

These often target the vulnerable. Last summer, Cardiff teenager Rhys Morgan, who was diagnosed with the painful bowel condition Crohn's disease, found an Internet forum to support sufferers of the condition. There he learnt that people were being encouraged to take “miracle mineral solution” and did some research to find out what it was. It turned out that it is a solution that is effectively household bleach and very dangerous – but people are encouraged to consume it and told that its unpleasant side effects are “the release of toxins”.

These side effects are of course the oxidation (burning) of your digestive system, and the product is banned in many countries. Horrified by what he found, and sympathetic to the desperation of people in long term pain who will try anything, Rhys, 16, began a campaign to raise awareness and ban the product. Not only did the UK and several European countries ban it, but so did unexpected countries like Kenya.

However, “testimonials” are still a major part of advertising for medicines on the Internet. These testimonials are often exaggerated or fake – and what seems to work miraculously for one person may be useless or dangerous to another.

February was “Scams Awareness Month”. Did you get our guide to beating scammers in our Summer 2010 PIPPA Post? We have some spare – just give us a ring on 01437 760 665 and we’ll send you a copy. There is also a “Scambuster” leaflet you can order from the Office of Fair Trading. One common scam is these “miracle cures”.

Another product on sale a lot is “allergy tests”. Parents have been known to turn to these when their GP is unable to find the cause of their child’s allergic symptoms. However, they, too, are often fakes. To regulate this practice, NICE (the National Institute for Health and Clinical Excellence) are issuing guidelines about what can and cannot be claimed. The Royal College of GPs has welcomed the guidelines, admitting that with allergies on the rise, GPs can sometimes struggle. The charity Allergies UK is urging that specialist allergy services should be set up within GP practices.

Another problem is that whistleblowers can be sued by parties selling unreliable “cures”, because British libel laws give great favour to the party suing rather than the party who criticises them. This means, in practice, that scientific evidence can be withheld from the public.

Dr Simon Singh, the science writer, recently experienced just that, when he pointed out some problems with a complementary therapy – and is now £250,000 out of pocket despite having won the case. As a personal twist on the story, Alice and a Cardiff friend, Dr Dean Burnett, a neuroscientist and comedian, set up a monthly lecture series, “Cardiff Skeptics in the Pub”, which in February hosted a talk by Simon Singh. Young Rhys Morgan was among the attendees – as was the BBC!

On Thursday 24th February, a picture of Simon and Rhys at Cardiff Skeptics appeared on the BBC news, along with the story that testimonials – claims on websites that “it worked for me”, “my life has changed”, etc. – will from now on need to be proven to be genuine.

However, as websites come and go all the time, the Advertising Standards Agency may not be able to

catch all of them – so be careful of what they try to sell you.

Heating grants scam, watch out!

Do you remember our article about the Home Energy Efficiency Scheme? (It was in the Christmas PIPPA Post – we have some spares if you’d like one.) There are grants available to the young or elderly, or in recipient of various benefits, to have your home’s heating and energy efficiency improved.

Scammers in the Neath and Port Talbot area are knocking on people’s doors offering bogus grants, the BBC has warned. If you have any relatives or friends in that area it might be worth letting them know – especially if they start coming to Pembrokeshire next.

They ask for your bank details and/or a payment upfront. Do not give either of these to them – genuine salespeople do not generally do this.

If you are unsure whether a person offering you such a grant is genuine, don’t take the risk. Say no to requests for anything upfront, ask where you can look them up, and you can call the freephone number 0800 316 6010 to check. You can then make arrangements for a home visit.

You can also call Nikki Legg at PIPPA on 01437 760 665 to ask for any help with paperwork.

Distracted the Mother Said to her Boy

Distracted the mother said to her boy:

“Do you *try* to upset and perplex and annoy?
Now give me four reasons – and don’t play the fool –
Why you shouldn’t get up and get ready for school.”

Her son replied slowly, “Well, mother, you see,
I can’t stand the teachers and they detest me,
And there isn’t a boy or girl in the place
That I like, or in turn, that delights in my face.”

“And I’ll give you two reasons,” she said, “why you ought

To get off to school before you get caught:

Because first, you are forty and next, you young fool,
It’s your job to be there. You’re the head of the school.”

By Gregory Harrison

A Report called RuralWIDE

Over the last few years, Bangor University got volunteers in the community out doing proper academic research into the needs of elderly people.

RuralWIDE was a series of interviews conducted in rural, often isolated areas of North Wales, to see what the older population there needed. It was run by Professor Vanessa Burholt, who came to give us a fascinating talk about it at the 50+ Forum at the beginning of March.

Volunteers – such as people who worked with the Red Cross and were known to their local communities already – were allowed to decide what part (or all) of the research they wished to do. For example, one group of people designed a questionnaire. It was tested on real interviewees, and questions which produced vague responses, or made people uncomfortable, were re-written. Another group did the interviewing, another learned how to do statistics to put the results together, and still more wrote the report. A few volunteers became so confident they started giving talks themselves, including in Brussels and the USA!

What *have* they found out? Too much to list here – we asked for a copy of their report and it was 95 pages, not counting the Welsh half! Let us know if you would like to borrow it, or write to Vanessa Burholt care of Swansea University.

Some findings were unsurprising, such as that widowhood, living alone, damp housing, and inactivity were associated with major disadvantages. They also found that available care or help, such as gardening, was often not sought due to distrust.

Among their recommendations were: a TV information campaign about care services, health, and wellbeing (a lot of information is online but most people over 75 said they did not want to learn to use computers, but did watch TV); more flexible respite care; better community transport schemes, including night work; short designated “safe walks”; “low impact” activity classes; gardening clubs; thoughtful placing of bus stops; and more work to be done by the Council to improve housing conditions.

“Some of our findings suggests that older people believe that ‘age’ per se is a barrier to participation,” the project reports. “It is likely that

‘age’ in this context is being used as a euphemism for poor mobility or poor health, both of which difficult to come to terms with . . . By concealing poor functional ability as ‘age’ it becomes something that is expected.” The tone of the report urges against simply accepting such disadvantage. It also very clearly states that the lives of people being researched should change for the better!

Exhibition at the Torch Theatre

From 2nd April to 8th May an exhibition called “Abnormal – Towards a Scientific Model of Disability” is being run by the webmaster Ju Gosling, funded by the Wellcome Trust (the global health research charity).

Gosling’s work claims that there is a “scientific model” which portrays disability as an abnormality to research and eliminate – a very sinister view, which she explains is actually not scientific, nor the way scientists think. She does add that nobody really believes this “model”, and that everyone who lives or works with disabilities knows they are normal and not necessarily tragic. But, she says, this picture has come to dominate the media and public perception in the place of the former “charitable model”. Her artwork displays are about this idea of “abnormality”.

If you would like to view this exhibition, you can ring the Torch Theatre on 01646 694192. The address is Oriel Joanna Field Gallery, St Peter’s Road, Milford Haven SA73 2BU.

You can also look up her work at <http://scientificmodelofdisability.co.uk/>.

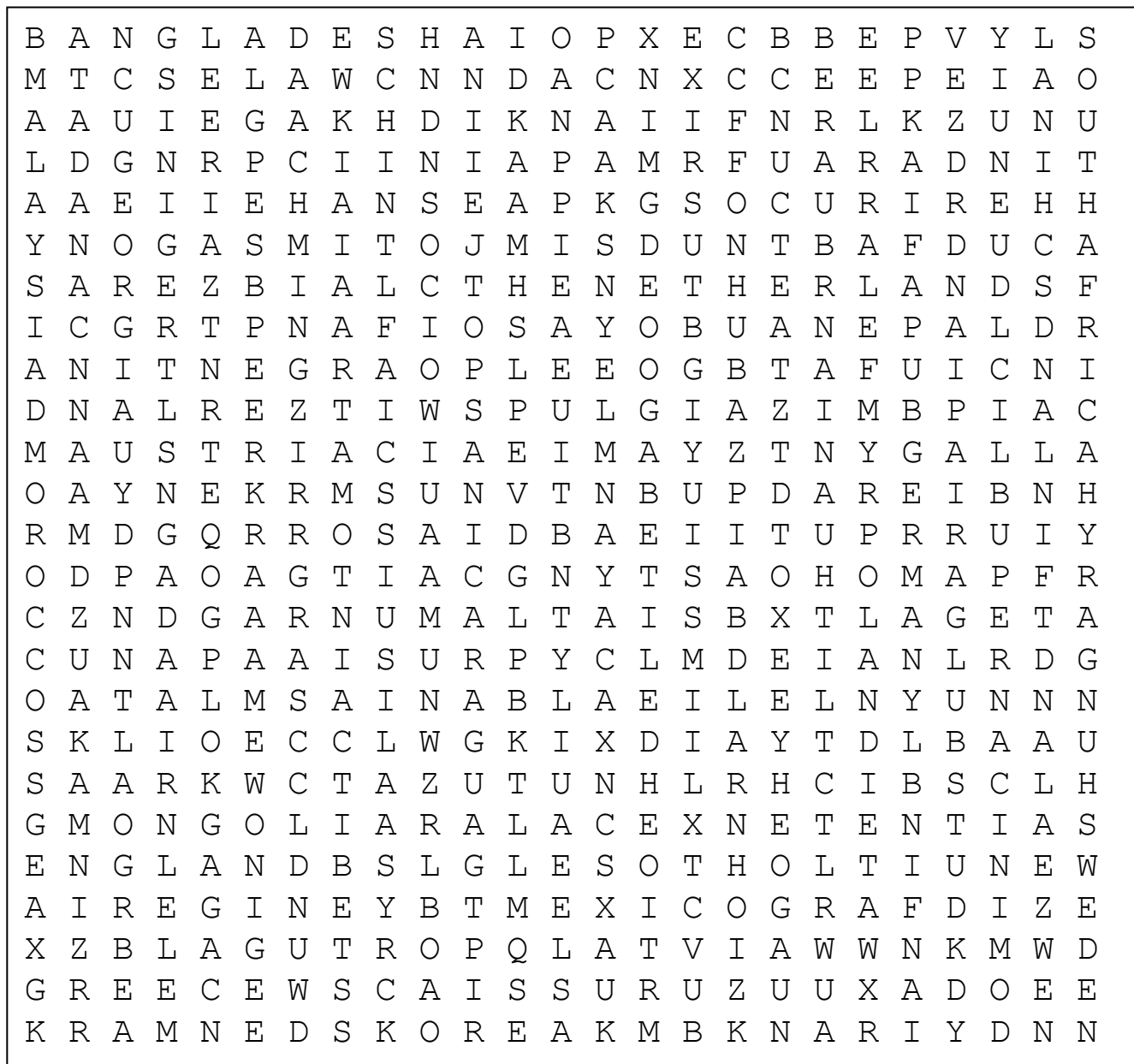
Depression and Debt

There have been recent claims that depression is increasing due to financial worries, such as over mortgage, rent arrears, credit card bills, etc. The mental health charity Mind said one in six calls to its Plymouth branch were about debt related stress.

The Citizens’ Advice Bureau urges people to seek advice early on financial problems rather than let their anxiety escalate.

The Haverfordwest branch is at 43 Cartlett. Their telephone lines are open Monday to Thursday (10 to 1 Mon and Wed; 10 to 3 Tue and Thur) on 0844 4772020. If you wish to visit, making an appointment first is usually best.

Countries Wordsearch!



Albania	Andorra	Argentina	Australia	Austria	Bangladesh
Belarus	Belgium	Bolivia	Brazil	Bulgaria	Canada
Chile	China	Columbia	Cyprus	Denmark	Dominican Republic
Egypt	England	Estonia	Finland	France	Galapagos Islands
Georgia	Germany	Greece	Hungary	Iceland	India
Iran	Iraq	Ireland	Italy	Japan	Kenya
Korea	Kuwait	Latvia	Lesotho	Libya	Lithuania
Luxembourg	Madagascar	Malaysia	Malta	Mexico	Mongolia
Morocco	Nepal	New Zealand	Nicaragua	Niger	Nigeria
Norway	Pakistan	Patagonia	Peru	Philippines	Poland
Portugal	Puerto Rico	Romania	Russia	Saudi Arabia	Scotland
South Africa	Spain	Sweden	Switzerland	Thailand	The Netherlands
Tibet	Tunisia	Turkey	Uganda	United States of America	
Wales	Yemen	Zaire			

There are 80 countries here. How many did you find?

Macmillan says Wales NHS cancer care needs overhaul

A cancer charity is calling for a major overhaul of care in Wales, warning the number of patients is set to double within 20 years.

Macmillan said the current system is ill-equipped and that a new cancer plan is needed for the Welsh NHS.

With nearly £360m spent on cancer in Wales each year, the report warns that existing standing drawn up in 2005 are not ambitious enough.

The assembly government said it had met the charity to discuss care.

Macmillan said that with the 120,000 people living in Wales with the disease, which is set to double in 20 years, there is a financial and moral need to reform.

It has called for a clear strategy to improve assessment and care, suggesting that improving the condition of care could free up to 10% of NHS budget for cancer patients.

The charity cites the case of Emma Wozzley, 32, from Swansea, who was diagnosed with a rare type of Lymphoma in September 2009.

Her treatment began at the University of Wales in Cardiff where she was had a specialist nurse.

But when the former Mod was transferred to Swansea, she did not have access to a Lymphoma nurse, the report claims.

Ms Wozzley said that she had a direct line through to the Lymphoma nurse when she was in Cardiff. But once in Swansea, whoever she spoke to on the telephone could take the call – not always someone who was involved with her treatment.

“This would be frustrating not only for me but also the person taking the call as they wouldn't always be able to answer my query because they wouldn't know my history,” she reported.

The Macmillan report said that without adequate support, people left alone to deal with the side-effects of their cancer or treatment can lead to a further drain on the NHS and other public services.

Cath Lindley, general manager for Macmillan Cancer Support in Wales, said: “The present system is ill-equipped to deal with the growing number of

people needing help . . . services aren't keeping up with the changing nature of cancer and people's ongoing needs.”

The assembly government said the charity's report would help inform the development of its strategic plan for the next four years.

A spokesperson said: “With one in three people diagnosed with cancer at some stage in their lives, investment in caring for people with cancer and measures to reduce the incidence of cancer has, and will continue to be, a priority for the Welsh Assembly Government.

“The NHS in Wales is expected to plan and deliver patient-centred services, including cancer services that meet the needs of the individual.”

Medical progress for MS Sufferers

Multiple sclerosis is a disabling neurological disease that affects 100,000 people in the UK. Two new medicines for it are in advanced stages of development.

Gilenya is the first treatment in pill form rather than an injection, which may become available with an EU wide license in a few months.

Another drug with the catchy name of ATX-MS-1467 is being developed by Apitope, a company affiliated with Bristol University. It is hoped that this drug can avoid the common side effect of compromising the immune system. It is due to be trialled by 40 people in Bristol.

Finally . . .

A woman came into the kitchen to find her husband swatting flies. “How many did you get?” she asked. “Five,” he replied. “Three male and two female.” “How can you tell?” she asked. He answered: “Three were on a beer can, two were on the phone!”

Did you hear about the Buddhist who wouldn't go to the dentist? He wanted to transcend dental medication.

“Johnny! How dare you bring an axe to school!” “Awww, why can't I, Miss? You said were were breaking up today!”

What did the hairdresser give a friend as a parting gift? A comb!

**The Physically Impaired People of
Pembrokeshire Association:
Information and Wheelchair Hire Service**

**Now under one roof together at
The Basement
Haverfordwest Registry Office
Tower Hill
Haverfordwest
Pembrokeshire
SA61 1SS**



Wheelchair Hire Service

01437 760 999

wheelchairhire@pippa-pembs.org.uk

Open 10:00am - 3:30pm

Run by the disabled for the disabled, we hire manual wheelchairs and electric scooters and wheelchairs on a daily, weekly or monthly basis.

We also have a range of personal care-aids such as bath lifts, shower-chairs and commodes for hire.

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.

The Physically Impaired People of
Pembrokeshire Association

01437 760 665

pippa-pembs@btconnect.com

www.pippa-pembs.org.uk

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.

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!

There is no charge for receiving the magazine or printing your article – post, call or e-mail to be placed on our mailing list.

This is your contact sheet to cut off and keep handy when you've finished with the rest of the magazine.