

## MERRY CHRISTMAS FROM ALL AT P.I.P.P.A.



### P.I.P.P.A. volunteers raise over £100 for Children in Need



Taking the old adage that “charity begins at home”, Alice Sheppard and Gareth Bevans between them raised over £100 for Children in Need by coming to work in their pyjamas on Tuesday 16<sup>th</sup> November, in advance of the big night on Friday 19<sup>th</sup> November. They were sponsored by friends, family and other P.I.P.P.A. staff. See Gareth’s updates in his diary and at the back for more details!



### Many Thank You's!

*Thank You* to Kate and Stephanie Ashley and all at Pembrokeshire Mobility, which closed down over the summer, and who gave us over 2 car loads’ worth of items as a donation.

They included one electric and one manual wheelchair, a bath lift and other bathroom equipment, and other handy bits and bobs.

And now, due to Pembrokeshire Mobility’s kindness, we have the following new stock:

- Perching chairs
- Transfer boards and turntables
- Bath chairs
- Trolley walker with 2 trays
- Wheelchair lap tray
- Hospital bed table
- Crutch bags to put on scooters (for sale!).

So let us know if you would like to hire any of these!

*Thank you* to Dyfed Powys Police who made a donation of £150 to us from their social fund.

*Thank you* to the kind members of the public who donated scooters to us.

*Thank you* to Sue Beesley of the Occupational Therapy department at Withybush, who are renewing their stock and will be donating some chair and bed raisers to us which are still in excellent condition. So we will have even more to add to our inventory when these are ready!

## **Wheelchair for Haverfordwest Police Station**

Haverfordwest Police Station has received a new wheelchair to cater for anybody disabled in custody.

On 28<sup>th</sup> October, Beryl Thomas Cleaver and Valerie Stevenson visited the police station to present it.

## **Tea with the Stars**

Alice, the office supervisor at P.I.P.P.A., and Tony of Pembrokeshire Tea Company, have launched an astronomy lecture series in aid of P.I.P.P.A. and other charities.

Alice and Tony are both amateur astronomers who have done work with professionals, and both wanted to raise money for charities and to communicate this inspiring subject to anybody interested.

The lectures have been taking place on alternate Thursday evenings at Nant-y-Coy Mill, the old water mill on the A40. The mill is situated just north of Treffgarne and has been open for walks plus cafe. Evening events often take place and there is also an accessible field on quite high ground which will be good for viewing stars. Incidentally, they also just won a Gold award in the True Taste awards across Wales.

Lectures so far have been on Galaxy Zoo (a public online astronomy project); the probe Cassini which is orbiting Saturn; non-standard cosmology theories such as alternatives to the Big Bang; and black holes. Future topics will include telescope design, spectra (how to decode light patterns from stars), art and astronomy, and dark matter.

Tickets are £5 each and until Christmas the entire sum raised goes to P.I.P.P.A. Lectures are at 7.30 p.m. on alternate Thursdays, and include a free cup of tea. On clear nights, the talk will be followed by an observing session. Everyone is welcome, from complete beginners to professionals.

Sadly, just at the time of writing, we learnt the shocking news that Pembrokeshire Tea has to relocate, as will of course the lectures (and Tony was just working on getting a stairlift put in and making the place as disabled friendly as possible!). But we plan to resume them in the New Year.

To find out more, you can call Alice at P.I.P.P.A. or visit Pembrokeshire Tea's website, [www.pembrokeshiretea.co.uk](http://www.pembrokeshiretea.co.uk). There's no booking required, and we'll tell you as soon as possible where they'll be re-starting.

## **Burglary at P.I.P.P.A.**

During the County Show, we were horrified to come to work and discover our front door had been kicked in. The burglar had also smashed our cupboard to steal our safe, making off with all our donated money, deposits and hire fees for equipment; all our stamps and petty cash; the keys to many of our scooters; various important papers; and even our tin of biscuits!

Sadly we lost a considerable sum of money and of course were delayed with returning a few people's deposits.

It's been a while since then, so we doubt anyone can help with information (the police are still working on various leads). But if you do, or if you have information about other burglaries, please call Dyfed Powys Police by dialling 101.

The thief has robbed several other small businesses in this area and seems to have tools such as strong acid and a drill to open safes. We urge you all to ensure that you have a tough door with good locks – if you are over 60 and living alone, don't forget the Bobby Van Scheme who we wrote about in the last issue, and who can offer free help with home security. Call them on 01267 226468.

## **Gareth's winter diary 2010**

Welcome to my winter diary 2010. On the 17th August I went to the County show with P.I.P.P.A.

I left my house at 9am as my driver called Michael picked me up in my country car. I got there at 9.30 and phoned Nikki to come up and meet me. Nikki came to meet me and we walked down to the P.I.P.P.A. tent and I met Alice who was already there at the tent.

During the afternoon me and Alice had a look around the show there was lots there and lots going on around the show as well. I got my mum and dad some sweets and my little nephew a tractor and

trailer toy as a present and some fresh strawberries for my mum.

Me and Alice had a good time looking around the show and seeing what's going on we were knackered by the time we had got back to the tent as we walked for miles all around but we did enjoy it

I went back to the P.I.P.P.A. tent and me Nikki and Alice chatted for a bit. It was 5 o'clock and time to go home I had a lovely day despite the weather being so poor let's hope for another sunny county show next year.

In P.I.P.P.A. recently I have been helping out our wheelchair hire lady called Valerie Stevenson I have been helping Valerie delivery her post to the post office as I got promoted to post boy I will go to the post box and post hers or P.I.P.P.A. ,s post in the box I always joke with Valerie that one day the post box won't take loads of letters we have a we have such a good laugh about it.

ON Wednesday 10<sup>th</sup> November I sold cakes Children In Need items and guess the Snowman we raised 249 for children in need we were very shocked our cooking team is called Value independence that helps people learn to cook it was also nice catching up with one of my old teachers called Cathy D and an old friend called Greg Mott it was good to see them.

On Tuesday 16<sup>th</sup> November me and Alice Sheppard had a sponsored pyjama day in work for children in need.

Alice raised £42. 64p well done Alice. I have raised for Children in Need. £86.50 a big well done to me as well so a big than thank you to everyone from family to friends who sponsored us thank you very much indeed

I would like to close my last diary of 2010 by saying a very Merry Christmas and a happy new year to all my readers and I shall looking forward to telling you more in the spring.



### Christmas Crackers



Did you hear about the thief who tried to steal money but only got away with a load of Christmas chocolate coins? They'd foiled him!

Did you hear about the dyslexic devil worshipper? He sold his soul to Santa!

Good King Wenceslas picked up the phone to order a pizza. "The same as usual, please. Deep pan, crisp and even."

What's orange and fizzy and comes down the chimney at Christmas?

Fanta Claus!

A little girl asks her mum, "Mummy, how long is it until Christmas?" Her mother says, "Not long. Why?" She replies, "I was wondering if it was soon enough for me to start being good."

A little boy is hanging up his Christmas stocking. As he does so he yells, "Dear Santa! Please send me a new bike!" "Hush!" says his grandmother. "Santa isn't deaf." "I know," replies the boy, "but you are."

### Happy 90<sup>th</sup> Birthday Vera!



Vera Duncombe, of Milford Haven, worked with the equipment hire at P.I.P.P.A. until she was about 88. She was a dynamic person who was always willing to do extra hours and take equipment down the St Brides way.

She recently turned 90 years young, and Valerie visited her and took this picture for this occasion. She's moved into Kensington Court where she's very happy and is the Residence Secretary. She is still learning new skills, such as computers. We all wish Vera a lovely birthday!

Bad News: our Christmas Song & Supper had to be postponed. Good News: we will hold it as a Spring Concert on Friday 25<sup>th</sup> February 2011 at the Picton Centre. Stay tuned and keep a lookout for our posters!

# A Guide to HEES: the Home Energy Efficiency Scheme

We know that heating bills can be hard to pay during the winter and a recession, so we wanted to give you an in-depth guide to a scheme which might get you some money off.

This scheme is funded by a partnership between the Welsh Assembly and Eaga and is aimed at making homes in Wales warmer and more energy efficient.

The scheme is a series of grant packages up to £3,600 (£5,000 if oil heating is required).

So far the scheme has benefitted more than 108,000 people by improving insulation or installing central heating in their homes.

## *How do you qualify?*

There are 2 levels of grants.

### **HEES**

This is a grant of up to £2,000 for house holders who either have a child under 16 **or** are pregnant and have been give maternity certificate MAT B1 **and** are in receipt of one of the following benefits:-

- Income Support
- Working Tax Credit (with income less than £16,190.00)
- Council Tax Benefit
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance (ESA)

*If you received work under the scheme prior to October 2006, the HEES grant you are entitled to will be up to £1,500.00. The amount available to you will also be reduced by the cost of any work you have previously received.*

### **HEES Plus**

This is a grant of up to £3,600.00 available to householders who are either aged 60 or over or are lone parent families with a child aged less than 16, **and** are in receipt of 1 or more of the following benefits:-

- Income Support
- Housing Benefit
- State Pension Credit
- Council Tax Benefit
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance;

**Or: householders** who are disabled or chronically ill **and** are receiving one or more of the following benefits:

- Income Support
  - Working Tax Credit
  - Housing Benefit
  - Council Tax Benefit
- (The above 4 must include the Disability Premium.)
- War Disablement Pension (which must include Constant Attendance Allowance or Mobility Supplement)
  - Industrial Injuries Disablement Benefit (which must include Constant Attendance Allowance)
  - Disability Allowance
  - Attendance Allowance

**Or: householders**, claiming Child Benefit, with a child under 16, with the child receiving:

- Disability Living Allowance

*Householders living in Wales who are aged over 80 do not need to be in receipt of any benefits to automatically qualify for HEES PLUS.*

*If you received work under the Scheme prior to October 2006 the HEES grant you are entitled to will be up to £2,700.00. The amount you are entitled to will be reduced by the cost of any work you have previously received.*

### **HEES Partial Grant Voucher (PGV)**

This voucher is worth up to £500.00 and is available to eligible clients who do not qualify for the full HEES or HEES Plus Grant.

If you are ages 60 or over and you own your own home you may be eligible to claim up to £500.00 (or £375.00 if you have received work through the scheme before October 2006) towards the cost of energy efficiency improvements, even if you are not in receipt of any benefits.

- Over 60
- Home owner **and** occupier

## *What can the voucher be redeemed against?*

### **Heating**

The PGV can be used towards the cost of heating only if your current boiler is **not working** or you have **fewer than 3 working radiators** at your property.

## Insulation

The PGV can be used against the following types of insulation:-

- Cavity wall insulation
- Loft insulation
- Draught proofing

**Please note:** If you received work under the scheme prior to October 2006, the Partial Grant Voucher you are entitled to will be up to £375.00. The amount available to you will be reduced by the cost of any work that you have previously received.

If you are not in receipt of one of the qualifying benefits listed above, we can offer you a full benefit assessment to establish if you are or should be receiving any benefits that would qualify you for a HEES Grant.

You can contact the Benefit Entitlement Check team on freephone 0800 316 6010 or e-mail [bec@eaga.com](mailto:bec@eaga.com) with your contact details so an advisor can call you back.

### *Applying for a grant*

#### Step 1

Apply by using the freephone number 0800 316 2815 and speak to an advisor or by filling in an application form attached to the website. You can also ask for a password to be used whenever you are contacted.

#### Step 2

An assessor will contact you to make a home visit, usually within a month of the date you apply.

#### Step 3

When the assessor visits your home, they will check which benefits you receive. The assessor will also need to see proof of your entitlement to those qualifying benefits and if your home is rented the type of tenancy you have. Qualifying benefits must be current on the day of the home visit. Once your entitlement has been confirmed the advisor will discuss the improvements that are available under the scheme.

#### Step 4

If you rent your home your landlord will be contacted for permission to carry out the work.

#### Step 5

If central heating is recommended a gas supply will be applied for if you do not have one or check that

your electricity supply is suitable. Please note that gas supplied can take some time to arrange.

#### Step 6

A HEES approved installer will contact you to arrange the work. If a heating system is being installed, a technical survey will be carried out by the installer. If the cost of the work will be more than the grant available, you will be informed before the work begins.

#### Step 7

You may be contacted to have the work assessed. Regular assessments of work standards are also carried out to ensure that a quality service is provided.

#### Step 8

Enjoy a warmer and more comfortable home.

### *Eaga's Top Energy Saving Tips*

As well as saving you money the following advice will also reduce the amount of harmful emissions being released in to the atmosphere.

#### Insulation

Correct insulation and draught proofing will cut your fuel bills and make your home warmer. Loft insulation must be at least 250mm thick. Wall insulation is also important as approximately 33% of the heat in your home is lost through the walls. Installing cavity wall insulation, the most effective form of insulation, or something similar can help drastically reduce that amount of heat loss.

Make sure that your hot water cylinder is well insulated. If your cylinder is in the loft make sure that the pipes are also insulated. Your hot water tank should be insulated with a jacket of about 75mm thick. Jackets are cheap and available from DIY shops and should pay for themselves in fuel bill savings within a few months

#### Appliances

Wherever possible, try to buy household appliances with an Energy Saving Recommended logo. Also look for the red, yellow and green EU Energy Label – appliances are rated from A to G depending on their energy efficiency. Always aim for an A-rated appliance or as near as possible.

Keeping your freezer full will make the appliance more efficient and help to save money on your energy bills. If necessary, fill the freezer with loaves of bread and fill gaps with rolled up newspaper in carrier bags.

Switch off TVs, videos, stereos etc rather than leaving them on standby. These appliances use over 60% as much energy on standby as they would if they were switched on.

Use energy saving light bulbs wherever possible; a bulb giving off 100W of light only uses 20W of electricity.

## Heating

Your room thermostat should be between 18 - 21°C. Turning your thermostat down by 1°C could cut your heating bills by 10%. Central heating is more efficient than using a gas or electric radiant fire. However, older boilers tend to be inefficient. Replacing these with a newer model could save over 20% on heating bills.

The hot water cylinder thermostat should be no higher than 60°C for bathing and washing. Your home could be losing 20% of your heat through single glazed, poorly fitting windows. Secondary glazing is less expensive than replacement double glazing and can save around £30 per year.

**The Home Energy Efficiency Scheme is only scheduled to run for another year; after that, a new scheme will be introduced.**

**If you would like some help applying for this scheme, please call P.I.P.A. on 01437 760 665 and ask for Nikki. The best time to catch her is a Tuesday or a Thursday from 11am to 3pm.**

## Gareth & Margaret's Quiz

Here's some more of the long quiz that Gareth and Margaret wrote over the summer, on a variety of subjects to cater for lots of tastes!

1. What is the name of the street in which Neighbours is set?
2. What's the name of the Welsh soap opera that was briefly shown on BBC all over the country?
3. What was the original name under which Emmerdale was broadcast?
4. Anne Kirk bride plays which Coronation Street character?
5. Ross Kemp played Grant Mitchell, but who plays his brother Phil?
6. Where is Sandy Lyle from?
7. Who captained the European team in 2006 Ryder cup?
8. Who won the 2008 British open Golf major?
9. In what year was Tiger Woods born?
10. What does P.G.A. stand for?
11. Which type of cloud gives the biggest rain?

12. What causes thunder?
13. What's the highest number on the Beaufort scale?
14. Large branches move; flags beat - what type of wind?
15. What are cirrus clouds made of?
16. Britain's type of climate is described as what?
17. Which planet is closest to the size of the Earth?
18. On average how far from the Earth is the Moon?
19. Which planet is most famous for having rings?
20. How many Moons does Mars have?
21. a) Who was the leader of the French Invasion Force at Fishguard in 1797? b) Where was the surrender document signed?
22. What have the following in common? - Glogue, Cilgerran, Llangolman?
23. In the Middle Ages, how many pilgrimages to St. David's were held equal to one to the Holy Land?
24. What and where is the King's Quoit?
25. Who was the first of the Tudors?
26. Sir Thomas Picton was born in 1758. a) Where? b) Where and what year did he die?
27. What have the following got in common? Bonvilles Court, Trefrane Cliff and Broome?
28. Where are the Sisters Houses?
29. Where is St. Daniels Hill?
30. Gerald the Welshman was born in 1147. In which castle?

Answers on Page 17.

## SCOPE survey shows that "disabled invisible in Britain today"

An online survey by ComRes and Scope in late August surveyed 2,030 adults across Britain, asking them about disabled people they knew – or did not.

The results showed that 40% of people who were not themselves disabled, and did not have a disabled family member, did not know any disabled people. 90% had never had a disabled person in their home for a social occasion, and 79% had never had a disabled person as a colleague.

Since SCOPE estimates that 10% of people are disabled – not counting pensioners! – this indicates a very low number of these people having the opportunity to get to know others.

"This is shocking evidence that shows that disabled people are still relatively invisible in day-to-day life," says Richard Hawkes, chief executive of SCOPE.

This is not necessarily due to malice. A spokeswoman told the BBC: “It’s not that people are nasty, but they might not know what to say. The less familiar they are with disabled people, the more the embarrassment. The unwillingness to offend can cause the exclusion.” She also mentioned the worry about physical access to one’s home.

Also, 91% of those surveyed felt that disabled people should have the same opportunities as everybody else.

Richard Hawkes urges the government to carry out a full impact assessment before making cuts in benefits such as Disability Living Allowance, and warns that such a move could lead to greater exclusion as well as dependence on the state.

“Without fully understanding the nature of disabled people’s lives, or the impact these changes will have, the Government may find itself causing extreme distress and financial hardship to disabled people,” he said.

Not mincing their words, SCOPE have made a public offer to be “on hand if you would like a chat” to Sir Philip Green, the billionaire businessman who has been appointed by the Government as advisor on spending cuts.

### **. . . and some thoughts about SCOPE’s survey**

While we typed up those statistics, we thought: “Perhaps many people just don’t realise somebody they know has a disability?” We were keen for our new banners to reflect the fact that “disabled” does not necessarily mean “in a wheelchair”!

And we wanted to share this beautiful blogpost written on 7<sup>th</sup> September, which we thought raised some very true points . . .

#### ***Disabled or Not? By Isabel Joely Black***

A poll by SCOPE claims that 90% of Britons have never had a disabled person in their house or to a social event, and 40% don’t know any disabled people.

I thought about this. And I thought, “I don’t know any disabled people.”

Because all the friends I have who have disabilities I don’t think of as disabled. I know friends who have long-term health conditions both physical and mental that

prevent them living “normal” lives. I suppose if there is a definition of disabled, then that’s it.

But I don’t think of them as disabled. I think of them as people. They have names and lives and problems and successes and we have conversations. They come to social events with me. I go to social events with them. And never once have I thought of them as disabled.

I don’t think we do. I think it’s perfectly likely that if you ask somebody if they have disabled friends, it wouldn’t matter if they had a best friend in a wheelchair with no limbs they’d probably not instantly think of that person. You just don’t. “Disabled” is a social label, it’s not something we use to describe people we know. It feels inaccurate, doesn’t it?

Because you think of your friends in terms of being witty, articulate, motivated, the life of the party, or whatever. You probably don’t notice or think about the fact that they also happen to have some kind of health issue, because it doesn’t make any difference to the relationship. I certainly don’t. So I have a friend with bipolar disorder who can’t work as a result. It has never crossed my mind to think of them as disabled. Another friend can only walk with crutches, but the same applies.

There’s another point – and this one raised not by me – that not all disabilities are visible, and not everything that might technically be called a disability in a formal sense is considered a disability socially. Most of the people I know have had at some time or another a mental health problem that brought their life to a crashing halt. I’ve never thought of any of them as disabled. I doubt anybody would include “disabled” in a description of me, but according to some definitions, I am by dint of having a mental health problem.

The problem for people compiling polls like these is that terms like “disabled” are descriptors of otherness. The person ahead of you in the Tesco queue you’ve never met before has crutches. They might be disabled. If you got to know them, the word as a descriptor of who they are would probably never enter your head. We use disabled to describe some amorphous group that’s out there, not people we know and love. In fact, it’s vaguely insulting to suggest that I would consider any of my friends, able-bodied, able-minded or otherwise, as disabled.

My final point is simply that we have no idea what questions were actually asked. I base all of the above on

the presumption that respondents were asked “Do you know anybody who is disabled?”

They could, however, have asked, “Do you know anybody who uses a wheelchair/has to take medication on a daily basis just to live/uses crutches/has a mental health problem?”

The two approaches probably garner very different results, and my points are of course predicated on an assumption that they asked the former, rather than the latter.

Therefore, whilst it makes for a great “disabled people are invisible” headline, I want to know more. I want to know who was asked what, and I’d like to know whether disabled people are actually just accepted by their friends and not considered disabled, or if they aren’t. I think those issues would make for a very interesting, and much more useful study.

Isabel Joely Black is an author, currently writing the “Amnar” series. Her website is <http://joelyblack.com/> and the blog she wrote can be found at <http://isabeljoelyblack.wordpress.com>.

## A new communication machine for paralysed people

Researchers at Utah University, USA, are developing sensors to place on the heads of patients who are paralysed and unable to speak. These sensors pick up the brain waves of these patients and translate them into spoken words.

The machine is made of microelectrodes, which do not penetrate the brain. The researchers have tried placing them in various places on the patients’ skulls to assess their accuracy.

When we read this in the Telegraph, most of the comments from readers feared that such a machine could be used for “Orwellian” purposes. But there are two reasons not to worry about this, at least not for quite some time.

Firstly, it can only detect simple words at present, words that would be useful to a paralysed person rather than abstract political thought: “yes”, “no”, “hot”, “cold”, “hungry”, “thirsty”, “hello”, “goodbye”, “more” and “less”.

Secondly, the patient has to read the words to teach the machine to recognise the brain waves. It can’t pick up something you haven’t “read to it” before.

“We were beside ourselves with excitement when it started working,” said the team leader, Professor Greger. He added that the device “has promise for long-term use in paralysed patients who cannot now speak . . . But we need to be able to do more words with more accuracy before it is something a patient really might find useful.”

The accuracy is currently between 76% and 90%, and they hope to have it available in two or three years.

## Wish that I could wrap up Christmas

I wish that I could wrap up all the love and holiday cheer  
That comes along with Christmas and with New Years  
every year,  
Pack it in a pretty box and put it on my shelf  
And pull it down each year and give it to myself.

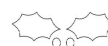


I wish that I could tie up all my favourite carols with twine,  
Wind around some ribbon, too, and for twelve moths call  
them mine  
Until the next Yuletide came when the sounds again  
could be unfurled  
And untie every single one then give them to the world

By Kyle Mitchell.



## More Christmas Crackers



What is a snail?  
A slug with a crash helmet.

“Waiter, there’s a maggot in my salad!”  
“Don’t worry - he won’t live long in that stuff.”

How do snails get their shells all shiny?  
They use snail varnish.

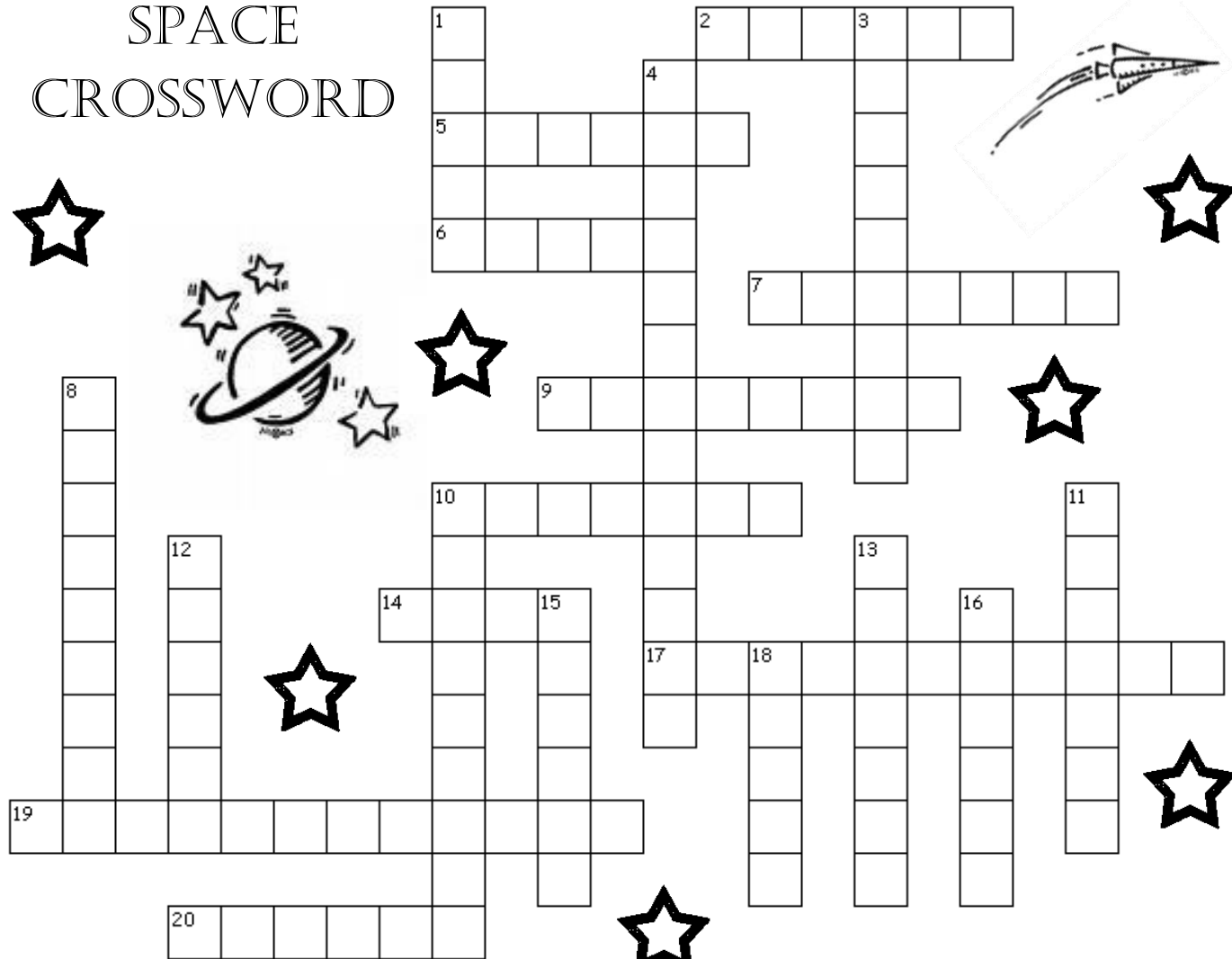
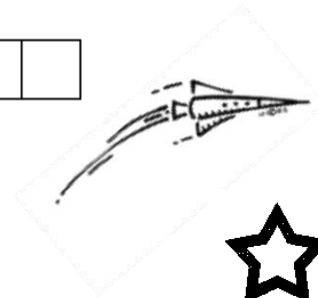


What do you get if you cross a skunk and a porcupine?  
A smelly pincushion!

Neither Welsh nor English is not my first language.  
I used to speak in baby talk.



# SPACE CROSSWORD



## Across

2. The name of the missions to the Moon
5. Another name for shooting star
6. The rise and fall of water caused by our Moon
7. The spacecraft which has left the Solar System
9. The name of our Galaxy. Also the name of the pale band of stars across the sky
10. The moment when our Universe was created
14. The Bringer of War and a chocolate bar
17. There are two robot rovers on Mars at the moment. One is called Spirit, the other ...
19. He wears a monocle and has been telling us wonderful things about space for over 50 years
20. A telescope in orbit above the Earth, which takes beautiful pictures

3. Sounds like time, but actually the distance which light takes a year to cover
4. When stars appear to make a picture in the sky - Orion, for example
8. A very bright exploding star
10. Its gravity is so strong that even light cannot escape
11. The planet with the Great Red Spot
12. Round mark on the Moon from an old impact. There are a few on Earth, but they're hard to see
13. The planet named after the Messenger of the Gods because it moves so fast
15. The planet with rings
16. Best seen near the poles, a bright light caused by charged particles from space
18. Is it a planet or not? People are still arguing!

## Down

1. Has a long tail pointing away from the Sun

Across: 2 Apollo 5 Meteor 6 Tides 7 Voyager 9 Milky Way 10 Big Bang 14 Mars 17 Opportunity 19 Patrick Moore 20 Hubble Down: 1 Comet 3 Light year 4 Constellation 8 Supernova 10 Black hole 11 Jupiter 12 Crater 13 Mercury 15 Saturn 16 Aurora 18 Pluto

## **Disabled people in Birmingham protest against cuts**

On Sunday 3<sup>rd</sup> October, disabled people gathered in Birmingham to hold a demonstration against cuts to their benefits. They led a march of between 5 and 7 thousand people through the city.

Disability Living Allowance (DLA), designed to pay the costs incurred by disability, will be reduced by at least £140 a month for each person. Originally intended as lifetime support, they are now being reassessed.

Also, nearly all Social Services across the country have had their budgets cut by 25%, which reduces their ability to provide care.

Disabled campaigners claim to be “easy targets” and unfairly picked on. In cases where essential care is lost, said Sam Brackenbury, one of the campaigners, “They might not realise it, but this is going to kill people. Plain and simple.”

Work and pensions secretary Ian Duncan Smith has promised that “genuinely” disabled people will have “nothing to fear” from the cuts. He claims that the government’s aim is to reduce fraud and help the abler back into work, so as to allocate money to those most in need.

Reported in Mute magazine, Linda Burnip said: “We are fed up with being vilified as scroungers, we are sick of hearing about disabled people who have died from neglect and lack of services or who have committed suicide because services and benefits were withdrawn from them. As disabled people we can and will fight back.”

A new group called Disabled People Against Cuts has formed. Another marcher, Pete Millington, comments that the Internet, such as Facebook and e-mail, has enabled people to coordinate such efforts and to work together.

Sam Brackenbury remarked: “It’s not so much about winning or losing, it’s about community. Realising that if you want to make a difference in your house, it doesn’t start in the House of Commons, it starts in your street, or with your next door neighbour.” He urges disabled people to take a united position to make their voices heard.

## **Carmarthenshire Council to help disabled employees get back to work**

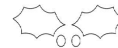
Disabled employees in Wales may soon find that they are offered more support from their local authority, as Carmarthenshire Council has unveiled £2 million plans to address joblessness in Llanelli.

Head of mental health and learning disability services Gareth John noted that there are no economic inclusion centres across Wales, while Carmarthenshire itself lacks adequate facilities to ensure disabled people take greater control over their lives this is South Wales.

The scheme will see information and advisory services set up, as well as training development skills, social and business assistance and other activities to improve health.

In addition the Council also secured £5.8 million for the provision of education and other support over four-and-a half years.

This follows establishment of a partnership between the National Autistic Society and Remploy that aims to increase the number of job opportunities available by creating a collaborative framework for those on the autistic spectrum.



What do you get if you cross a sheepdog with a bunch of daisies? Collie flowers!

How do you stop an elephant from charging? Take away his credit card.

## **The artists who don’t use their hands**

Many decades ago a man named Erich Stegmann was growing up in Germany without the use of his arms, but with a great artistic talent. He could paint pictures by holding the brush in his mouth. In 1956, he and a group of other European artists with disabilities formed a small co-operative, aiming to earn a living through their art.

This became the Mouth and Foot Painting Artists or MFPA, which is alive and international today. Stegmann did not want it to be a charity as he wanted the artists to be independent and productive. Today, the MFPA sells a great many cards and other pieces of artwork, and is able to pay lifelong scholarships to artists, which gives them financial

security even if painting later becomes too difficult for them.

Over August and September this year, they exhibited their paintings and answered people's questions in Hyde Park, Trafalgar Square and the Forum in Norwich. They demonstrated how they used their mouths or held the paintbrush between their toes.

The Hyde Park demonstration was opened by Alison Lapper, whose 2005 "pregnant sculpture" appeared on the fourth plinth in Trafalgar Square. She then painted at a table in the rain, her 10-year-old son holding an umbrella over her.

The MFPA also works with special schools across the UK. They recently held a competition called BA-ART for disabled children. Each child was sent an outline of a sheep. The 10 winners were painted onto large three-dimensional fibreglass sheep models, and a flock of extremely colourful sheep now accompanies the MFPA on exhibitions!

Membership of the MFPA is open to anybody who, for whatever reason, has lost the use of their hands, but paints with their mouth or feet. Mouth painter Heather Strudwick says that her membership enabled her to buy her house. Christy Brown, author of "My Left Foot", said it allowed him to express himself and his thoughts.

You can contact the MFPA on 020 7229 4491. They also have an "Ask the Artist" section on their website, [www.mfpa.co.uk](http://www.mfpa.co.uk).



## Accessible travel and leisure

Here in P.I.P.P.A. we have come across two holiday websites for disabled people. The first one is called Accessible Travel and it is a very thorough and comprehensive website.

It is a well designed website and is easy to navigate and also easy to find what you're looking for you can search for you holiday type e.g. cruise or hotel, requirements e.g. nursing care, swimming pool, hoist, interconnecting rooms etc. – you can even search by flight time duration.

Their aim is to take care of all arrangements and special requirements for your accessible and disabled holidays from door to door.

Telephone 01452 729 739

Fax 01452 729 853

Email [info@accessibletravel.co.uk](mailto:info@accessibletravel.co.uk)

Website. [www.accessibletravel.co.uk](http://www.accessibletravel.co.uk)

The second website is Holidays for All. This one is designed for people with sensory and physical impairments and for their friends and families.

This website provides a list of reputable holiday companies. You can read about what they have to offer and match them to your care requirements.

If you would like to get any information on holidays for all or to receive their brochure in other formats please call the telephone number on 08451 249973 or visit the website [www.holidaysforall.org](http://www.holidaysforall.org).



## I'm Lost



As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Kentucky back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

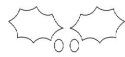
The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man. And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together. When I finished I packed up my bagpipes and started for my car. Though my head hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I never seen nothin' like that before and I've been putting in septic tanks for twenty years."

Apparently I'm still lost...





# Christmas Recipes



## Christmas Day Muffins

### Ingredients

- Cranberries, fresh 175g (6 oz)
- Icing sugar, sifted 50g (2 oz)
- Flour, plain wholemeal 150g (5oz)
- Flour plain white 150g (5 Oz)
- Baking powder 15ml (1tbsp)
- Mixed spice ground 5ml (1tsp)
- Salt 2.5ml (half tsp)
- Sugar, lightly brown 50g (2oz)
- 1 egg
- Milk, 250ml (8floz)
- Vegetable oil, 50 ml (2 fl oz)



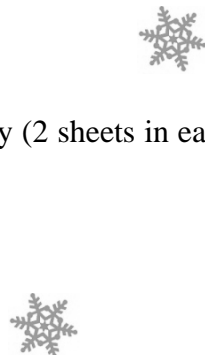
### Method

1. Mix the icing sugar with halved cranberries.
2. Take a twelve cup muffin tin and grease with butter or use paper cases, in a bowl mix the brown sugar, salt, mixed spice, baking powder and both flours. Make a hole in the middle.
3. Add a mixture of beaten egg/milk/oil into the hole and just blend. Then add the cranberries and quickly stir. The end product should be a rough mixture with lumps and air pockets visible,
4. Take this mixture and fill the muffin cups to two thirds and bake at gas mark 4 180 degrees centigrade, 350f, until they are golden brown and well risen. It takes about 20 minutes to cook.

## Mince Pie Trees

### Ingredients

- Plain flour for dusting
- 425g pack ready-rolled puff pastry (2 sheets in each pack)
- 350g jar mincemeat
- 1 egg, beaten
- 1 icing sugar, to serve



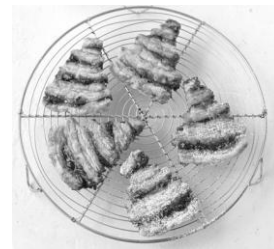
### Method

1. Heat the oven to 200F/180°C/Gas Mark 6. Line two baking sheets with baking parchment; unroll one of the pastry sheets onto a lightly floured surface, with the long edge nearest you. Spread with

mincemeat, top with the second sheet of pastry, then cut in half, widthways, down the middle.

2. For each piece, cut into 4 strips down, measuring 6cm, 4cm, 2cm and 1cm in width. Next, cut across evenly to make 12 ladders of pastry. Dip the knife in flour if it sticks, brush with egg. Chill for 10 minutes

3. Build the trees on the baking sheets. Stack the strips, mincemeat middles facing up, starting with the longest and finishing with the smallest. It helps them look more tree-like if you fold them a little in the middle, too. Once stacked, squash with your hand to flatten into a tree shape. Bake for 20 minutes (25 minutes from frozen) or until the pastry is golden and the mincemeat bubbling. Leave to cool on the tray for 5 minutes then lift onto a wire rack with a palette knife and let cool completely. Dust with icing sugar to serve. Can be frozen for up to a month.



## Extras for the Christmas Roast

### Your own stuffing – much tastier than Paxo!

### Ingredients

- Nice white bread
- Lots of herbs, especially thyme, and as big a handful of sage as you can get. Fresh herbs are best if possible
- One or two shallots
- A bit of bacon (optional)
- Some of the fat from the chicken or turkey, or whatever bird you are roasting (this is easy to scrape or melt off the skin, but you can use oil if you'd rather!)

### Method

1. Cut 3 or 4 slices of bread, toast, and cut into small cubes. Chop the herbs, onions and bacon as small as you like.

2. Fry the onion for a while, and when it begins to brown, add the herbs and bacon. When it's all cooked, add the toast.
3. Open up the bird and pack the stuffing in, at both ends if possible! Then roast the bird as normal. The stuffing will have melded beautifully with the bird's natural juices – digging it out with a spoon is a yummy adventure!

## Bread sauce

### Ingredients

Good white bread (it's OK if it's dry – it soaks up the milk very well)

Milk

Cream

4 or 5 cloves

An onion

2 or 3 bay leaves, if possible

Black pepper



### Method

1. Chop the onion up quite small. Put it into a small or medium saucepan with the cloves and bay leaves, and enough milk to cover it well. Simmer it for at least 20 minutes on the top of the oven. You can then leave it in the oven with the lid on for a couple of hours while everything else roasts, if necessary – alternatively you can then go straight on to the next step. If the onion's gone soft, it's ready.
2. About 20 minutes before you're due to dish up, cut the bread up into small to medium chunks (maybe an inch or an inch and a half cubed). Put them into the milk and onion, bit by bit, and make sure they all get 100% soaked through with milk. You can keep adding more milk as you do this. Incidentally, the traditional recipe says remove the onion, but there's no need to do this as it's very tasty. Add a little bit of cream (not too much or it goes buttery) and stir in plenty of black pepper.
3. Like the onion, the sauce is very forgiving about being left in the oven if you're early. It's done when it looks thick and dollopy and there is no separate liquid left.



*Happy Eating!*



A lady was expecting a lot of family round for Christmas dinner but couldn't find a big enough turkey in the supermarket. She asked the assistant, "Do these turkeys get any bigger?" He replied: "No ma'am, they're dead."

## Gadgets

### Relieve Cheese slicer

This cheese slicer allows people with impaired strength in their hands to slice cheese. The Relieve cheese slicer is particularly suitable for people suffering from rheumatism, as the handle permits a stable and an ergonomically correct grip. The handle has rounded edges and a supporting edge for the thumb, and it is close to the slicing blade so that less force has to be used. The slicing blade is "wavy" so that the cheese comes free of the blade with ease.

Material Handle: polyamide

Cutter: stainless steel

Weight: 69g

Care: Dishwasher-safe

Design: Ergonomidesign

Price £12.69, code 80502001



### FootBoard

This is an alternative support designed to prevent slipping when in bed. The triangular shaped board has a soft fleece covering for comfort. The foot support is kept in place with the integrated belt fastener. The cover is removable and washable.

Size: length 41cm, height 20cm

Price costs at £29.30, code FBU, comes in a cream colour.

### Microwave Heat pad/scarf

The HOT BOT is a hot or cold pack that can be heated in the microwave or cooled in the freezer. These microwave pads are a safe alternative to the hot-water bottle, gel packs or electric pads. No boiling water, trailing wires or danger from scalding. The HOT BOT contains 100% naturally treated oat grains encased in an inner cotton lining and has a quality tartan outer slipcover. The scarves and pads are used for comfort and relaxation while in bed, on the sofa, in the car or at work. These hot and cold pads are ideal to help relieve:

- Tension and Stress
- Back Pain
- Stiff Neck
- Rheumatic Pain
- Aching Joints
- Inflammation and Bruising
- Muscle Strains
- Sciatic and Migraine Pains
- Stomach Aches

#### **Product Code - Detail:**

MHP - Microwave Heat Pad, 28cm (7") x 21cm (8") - £15.65

MHS - Microwave Heat Scarf, 61cm (23") x 17cm (6½") - £19.56

To buy any products contact Conformuk on 0870 762 4811 or fax them on 0870 762 4842 or write to them at Conformuk, Unit 2 42 Chestnut Road, London SE27 9LF.

### **Children's beach wheelchairs welcomed**

Two new children's beach wheelchairs have been added to the fleet at the Tourist Information Centre at Saundersfoot Harbour.

The modern and innovative wheelchairs have been donated to the TIC by Welsh charity, Parents of Partially Sighted and Blind Youngsters who got funding from the Lady Tavernier's Wales Region. They have been designed and manufactured locally by NGA Engineering, based in Steynton, Milford Haven, and have been designed to meet the child's needs and to make the child feel comfortable.

The two original adult sized beach wheelchairs, which were donated by Pembrokeshire Access Group, have been used many times since 2006.

These two children's chairs will help make Saundersfoot beach accessible to even more disabled people.

"Saundersfoot Harbour are said to be delighted to receive the chairs. They gave a huge thank you to POPSY for making them available to visitors to the county," said Cllr. Huw George.

"Their beach wheelchairs are also used by local schools for outings to the beach, farm trips and so

on. They allow disabled pupils to participate with their classmates on an equal basis.

"These two new chairs will help increase the amount of pupils who will now be able to be included in such visits."

Access officer Alan Hunt said: "Pembrokeshire County Council is committed to improving its facilities so as to make our services more accessible to disabled people.

"The beach wheelchairs certainly open up our beaches to everyone, including children and older people."

If anyone is interested in hiring a beach wheelchair, you can contact P.I.P.P.A., Saundersfoot TIC on 01834 813672, or POPSY on [www.popsy.org.uk](http://www.popsy.org.uk).

### **Don't let a disability put you off going on holiday!**

On September 14<sup>th</sup>, Nikki and Alice attended a Disability Awareness Day at Heatherton Theme Park, which is very eager to be an easy place for disabled guests to enjoy themselves in and allows their carers to come for free. The local tourism industry is keen for more adapted accommodation to be available in Pembrokeshire and asked several groups to come along and share their experiences.

Besides P.I.P.P.A., Snowdrop Mobility Centre came along, as did Voices for Choices, the Harriet Davies Trust, Peter Russ from Hampton Court, Alan Russ from Hampton Court holiday park, Kit and John Davies from the Harriet Davies Trust, a lady from Radio Wales, and others. Some of us gave talks on what we do.

Peter Russ told us about his profoundly disabled son, who was easy to care for until he started growing! When they wanted to go on holiday, they found that it was very difficult to get appropriate accommodation, and he wanted to change this. He now owns a specially adapted log cabin with equipment such as a bed hoist and an automatic toilet.

Besides his log cabin being in great demand, he says that his guests are extremely well-behaved compared to many holidaymakers!

John Davies, with many interjections from Kit, told us about Harriet Davies, a little girl with a rare degenerative metabolic disease. She was wheelchair-bound and unable to speak, and her parents also found it almost impossible to find holiday accommodation suitable for her. Harriet died when she was 11, but she loved going to the beach with family and friends, and wanted everybody to be able to have a holiday.

The Harriet Davies Trust now works with hotels and holiday cottages to help them adapt. Requirements vary. A place which advertises itself as “with disabled access” but has only a ramp up to the door can lead to a holidaymaker’s nightmare. On the other hand, a portable ramp to put over a few steps leading into a pub can make the difference between whether a family will go there or not.

It was a great day and good to meet other groups trying to make life easier for the disabled. We shared lots of ideas, and we also found out about the Pembrokeshire Knights scheme – read on . . .

## Pembrokeshire Knights

Peter Russ, who runs the specially adapted holiday log cabin at Hampton Court, has a vision to build a similarly adapted activity centre.

This centre would be for disabled children, adults and their families. It would have a play area, a fitness room, meeting rooms for clubs, a stage to hold productions, and somewhere to buy food. It would have specialised equipment and changing rooms and toilets so that nobody misses out – people could use swings, roundabouts and trampolines, no matter what their ability. It would also be run by carers so that families can take a break and children can have some time to themselves!

Peter is currently looking for more people to join his committee and to raise funds and awareness, so that Pembrokeshire Knights can become a registered charity. He gave it this name because of all the castles in Pembrokeshire, and because of King Arthur’s legendary Round Table at which everybody was equal.

He has the support of Angela Burns at Pembrokeshire County Council, and has so far

raised £1,000 – partly from a ten mile walk in a suit of armour!

If you’d like to help Pembrokeshire Knights or just to hear more about it, you can visit their website at [www.pembrokeshireknights.org.uk](http://www.pembrokeshireknights.org.uk), or contact Peter Russ on 01834 861618, or e-mail him at [peter@wheelchairaccessholidays.co.uk](mailto:peter@wheelchairaccessholidays.co.uk).

## Tax help for older people

A voluntary initiative to advise people of 60 or over on their tax asks you if you know the answers to the following questions:

1. What does a K code mean?
2. What is a dividend tax credit?
3. What is your personal allowance at 67?
4. Can you get interest gross on a joint savings account?
5. What is an allowance restriction?
6. How is your State pension taxed?
7. How do you claim a refund?
8. Can you transfer allowances to your spouse?
9. What are the different rates of tax?
10. Should you be completing a self-assessment form?

If you don’t know the answers to these, or if you have any other queries but cannot pay for legal advice, or feel nervous about approaching the Inland Revenue, you can get help from TOP or Tax Help for Older People. This help is free if you earn £17,000 or less.

It’s run by volunteers and works with other bodies involved with tax, but it is confidential. They can help you with letters and form filling, reclaiming an overpaying of tax, checking your tax coding, or just give you a tax “health check”. Home visits are available for the disabled.

You can write to TOP at Tax Help for Older People, Pineapple Business Park, Salway Ash, Pridport, Dorset DT6 5DB. Their phone number is 0845 601 3321. You could also check their website, [www.taxvol.org.uk](http://www.taxvol.org.uk).



“Doctor, doctor, I think I need glasses.”

“You certainly do. This is a garage.”

“Doctor, doctor, I’ve got water on the knee.”

“Wear drainpipe trousers.”

# Wordsearch on Rocks

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

Find 50 types of rock, things we get from rock, and good places in Pembrokeshire (and elsewhere!) to find interesting ones

Aragonite



Basalt

Blueschist

Broad Haven

Calcium Carbonate

Chert

Coal



Diamond

Diatomite



Dolomite

Emerald

Feldspar



Lignite

Limestone

Marble

Metamorphic

Moraine

Mudstone

Obsidian



Pebbles

Pen Anglas

Peperite

Pillow Lava

Pumice



Quartz

Ruby

Salt

Sandstone

Scree

Sedimentary

Serpentinite

Siltstone

Slate

Stone

Talc

Treffgarne Gorge

White Cliffs of Dover



## A book review

### “See you Thursday” by Jean Ure

Sixteen-year-old Marianne is not having a good term. Her best friend has moved to New Zealand, her form mistress thinks she is “extraordinarily immature”, and her classmates are laughing at her because she is the only girl not to have a boyfriend to bring to the sixth form party. To cap it all, her mother suddenly announces that they are going to take in another lodger – and the last one was a nightmare!

When Abe arrives, he comes with another imposition: he “just happens” to be blind. Marianne has to keep everywhere scrupulously tidy, and take him to the bus and show him where to sit – *how?* Nobody bothers to explain. But then, life is very difficult for Abe. He only eats cold food because he doesn’t dare try to cook. And then Marianne finds out that his girlfriend left him to go on a skiing holiday. All this seems so unfair on such a nice person.

Marianne decides to teach Abe to cook – and he decides to teach her music. Suddenly she realises she has her own talents and is worth something. But it drives her *mad* how other people treat Abe like an idiot. And then her mother begins to worry that Abe and Marianne are getting too close to each other . . .

The book is both enjoyable and very true to life, full of ordinary but hilarious mother-and-daughter quarrels, and Marianne’s private rage against her teacher, classmates, and the snobbishness of society. We see the exasperation of a girl watching her friend being treated “differently” because of his blindness. But we also see how this different treatment only stems from ignorance: how Marianne herself had no idea how to behave around him until she found out that he was a normal person. We see how Marianne’s bossiness is far more effective in getting Abe to try new things than other people’s politeness – and we feel moved by his bravery at the end of the story.

When I actually did meet a blind man, many years after reading this book, he asked me if I knew other blind people and was surprised when I told him no! It’s a great lesson about what it’s like to be blind: and that pity, anxiety and trying to be “sensitive”

are not the answer – simply being straightforward and practical is. Besides that, I laughed all the way through it and the characters are so good they almost walk out of the page. I’d recommend this to both adults and children. You’ll have a great time.

### Were you in the “Red Spot” study?

Residents of Pembrokeshire seem to come from all over the place, so we thought it might be worth asking if anybody reading this was – or knows someone who was – born in Newcastle in 1947.

Between May and June that year, 1,142 babies were born, and all had a “red spot” put on their birth certificate. They were recruited for what was also known as the “Thousand Families Study”, run by doctors at Royal Victoria Infirmary and Newcastle University.

It started just after World War II, when there was a concern about high rates of infant death, and doctors wanted to find out the likely causes. The main cause was infection, and living conditions there were very poor at the time.

63 years later, the study has looked at what influences childhood health and then health in later life, and is still coming up with useful findings. It was one of the first studies to show the link between health and poor living conditions. It hopes to continue to study thyroid and respiratory functions, musculo-skeletal health and biochemical health markers. Recently it’s asked its female participants to come forward to do a study on breast cancer.

Over 100 people from the study have got back in touch, going on a walk in 2006 and getting together for a 60<sup>th</sup> birthday celebration in 2007.

If you or anyone you know is one of these Red Spot babies, you can contact them at: Thousand Families Study, Sir James Spence Institute of Child Health, School of Clinical Medical Sciences, Royal Victoria Infirmary, Newcastle University, Newcastle/Tyne NE1 4LP, or ring them on 0191 202 3048. Their website is [www.thousandfamilies.com](http://www.thousandfamilies.com).



“Doctor, doctor, I keep thinking I’m an adder!” “Oh good, can you help me with my tax return?”

## Answers to Gareth & Margaret's Quiz

1. Ramsay street
2. Pobol Y Cwm
3. Emmerdale Farm
4. Deidre Barlow
5. Steve McFadden
6. Scotland
7. Ian Woosnam
8. Pdraig Harrington
9. 1975
10. Professional Golfers, Association
11. Cumulonimbus
12. Air heated by lightning moving very rapidly and hitting other air molecules!
13. 12
14. Strong breeze
15. Temperate
16. Particles of ice
17. Venus
18. 239,000 km
19. Saturn
20. Two
21. a) General Tate. b) Royal Oak Inn, Fishguard.
22. All slate quarries
23. Three
24. Burial chamber (on coast path), Manorbier
25. Henry V11
26. a) Poyston or Hill Street, Haverfordwest. b) Died 18<sup>th</sup> June 1815, battle of Waterloo
27. All Anthracite Mines
28. Minwear
29. Pembroke
30. Manorbier

### Tenby police warn of internet buyer overpayment scam

A warning has been issued to the people of Pembrokeshire who sell or buy goods on the internet to be aware of scam that was out from the police a few months ago.

A number of attempted frauds have been reported to the police where the buyer of goods has said that they would significantly overpay for an item by cheque and then asked the sellers to put it into a PayPal account.

It has been claimed that the difference would be forwarded to the shipping agent in Nigeria, and once this transaction was completed the alleged buyer would pay the difference back to the seller.

In these cases the large cheque written by the alleged buyer bounces after the seller has transferred to the Nigerian account, leaving the seller out of pocket and with no means of recovering their money.

PC Helen Williams of Tenby police station said that although the buyer will claim to be a doctor, or a similar highly-paid professional, basic grammar and spelling errors in the e-mails are a clear indication that they are part of a scam.

“Please be mindful of these scams taking place when selling or buying online,” she has said.

While we're on the subject of scams, at P.I.P.P.A. we still receive a lot of e-mails purporting to be from banks and wanting us to “verify” our bank details due to some problem or other. If you get an e-mail like this, report it as a “phishing scam” – someone wants to get into your account. Your bank will *never* ask you to update your account by e-mail.

### Frenchman with amputated limbs completes Channel swim

A Frenchman whose arms and legs had to be amputated following an electrical accident has successfully completed his attempt to swim the English Channel.

Mr Philippe Croizon had set off from Folkestone in Kent at 6:45am. The forty-two-year-old, who swims using prosthetic legs, finished the 21 miles (34km) challenge by reaching Cap Gris Nez in more than 14 hours.

Sixteen years ago Mr Croizon suffered a severe electric shock while removing a television aerial from a roof.

A current surged through him from a nearby power line and doctors were forced to amputate his limbs.

Mr Croizon reached the French coast at 20:13pm, far ahead of the 24 hours he had set himself.

His team believe this is a record time for a disabled swimmer.

Mr Croizon has since told the BBC that at no point did he feel he was not going to make it, despite his pains and aches all over his body. Philippe Croizon's father said his son had favourable wind conditions and had even had three dolphins swimming alongside him for a period, which apparently is a sign for good luck (there's no scientific evidence for such a sign, but dolphins are wonderful companions who could only make a swimmer feel even more positive!).

## Apple Crumble

On the final day of the County Show, Paul, Nikki and Alice were huddled in the tent while the wind and rain lashed at us from outside. We'd taken in all the equipment, and were now picking up leaflet after leaflet as the wind blew them off the stands. We had three wheelchairs to come back and were wondering what on Earth the people were doing with them. When Nikki went to collect herself a pasty, she called over her shoulder, "If I'm not back in half an hour, send a rowing boat!"

To pass the time, I'm afraid we started telling jokes. Nikki asked: "How do you make an apple crumble?" And these were some of our ideas . . .

Send it to a psychiatrist.

Remind it of the time it split up with its girlfriend.

Tell it you prefer pears.

Tell it it's useless.

Send it for counselling.

Have it grilled by the CIA!

Ask it where it's hidden all that money.

Tell it you're going to get to the core of its problem (sorry about that).

Have it fried by fryers.

Have it battered and cut into rings.

Tell it it's getting on your pip.

Gareth says: Have it smashed and moulded!

Throw another apple at it.

Let it fall off the tree onto hard ground.

Threaten to eat it!

Put it on the fire and let it turn to brittle soot.

Throw it in the road and wait for a car to squash it.

Tell it it's unap-peel-ing.

Tell it you find it quite un-pear-able.

Shock it to the core!

## Diabetes sugar "can go too low"

Intense treatment to help lower blood sugar in diabetics could prove as harmful as allowing glucose levels to remain high, a recent study says.

Research in Cardiff looked at nearly 50,000 patients with type 2 diabetes and found that lower glucose levels heightened the risk of death.

Significant differences were also found between those who take insulin, and patients who take tablets. But experts noted there could be other explanations for this.

Patients taking insulin-based treatments have been urged not to stop taking it because of the Cardiff University study, which is published in the *Lancet*.

Using data from GPS, the team identified 27,965 patients aged 50 and above with type 2 diabetes whose medication had been intensified to include two oral blood glucose lowering agents-metformin and sulphonylurea.

The study added a further 20,005 patients who had been moved on to treatment which included insulin.

Patients whose HbA1c levels - the amount of red blood cells with glucose in them - were around 7.5% ran the lowest risk of dying from any cause.

## County's orthodontic care in crisis

A national shortage has placed orthodontic care in crisis in Pembrokeshire, says AM Paul Davies.

Paul Davies has said that the youngsters face waits of years for orthodontic appointments and can then face 80-mile round trips for their treatment. The health board says the shortage of orthodontic Consultants is a national problem, not specific to Hywel Dda authority area and also has great efforts that are being made to try and resolve this issue.

Mr Davies has asked for the Welsh health minister to investigate. He has also said that he has been shocked by the acute shortage of orthodontic care for Pembrokeshire's youngsters.



There is no NHS orthodontist in the whole of Pembrokeshire. One orthodontist told the Western Mail he has 900 patients on a waiting list.

It is a problem throughout West Wales. Dr David Howells, who works in Carmarthen and Llanelli, claims that local health boards are taking no steps to avert the growing crisis.

It is very important for children to have their teeth seen to before problems develop or grow, and yet some are having to wait to adulthood. Paul Davies added that it is obvious that orthodontic care in Pembrokeshire is in crisis. The Preseli Pembrokeshire AM has asked the health minister to issue a statement outlining what steps are being taken to address the problem.

## A Dictionary of Internet Jargon

Remember our computer Internet stories from last issue? Here's something we found that we thought you'd find useful!

Most of these definitions are adapted from the "If I Can, You Can" booklet given to us by Age Concern over the summer.

**General definitions are in this bold font.**

Names of computer programs are in this typewriter-type font. There are several versions of most types of computer program.

**Blog** = An online diary or journal, which one or more people type when they want, and which anyone on the Internet can read.

**Broadband** = A fast connection to the internet.

**Dial-up** is an alternative, which uses a telephone line and is not on all the time.

**Browser** = Also known as "web browser". A type of software that lets you go on the Internet to "browse" (see) webpages. Examples are Internet Explorer, Firefox, Safari, etc.

**Clicking** = Pressing one of the buttons on the mouse to make the computer do something.

**Double-clicking** means pressing twice in quick succession and is usually used to open a file.

**E-mail** = Short for "Electronic mail". It is the Internet version of the post. Most computers come with an e-mail program such as Outlook, but you


can register on specialist websites to get e-mail with them, such as gmail and hotmail.

Everyone with e-mail has to have a unique **e-mail address**. For example, P.I.P.P.A.'s is [pippapembs@btconnect.com](mailto:pippapembs@btconnect.com). The first part is a name you choose, and the bit after the @ is usually the e-mail company you're with.

If you type the wrong e-mail address when you send an e-mail, it will go to the wrong person (if anyone already has it), or will get lost – and may or may not bounce back to you – if nobody has it.

**DSL** = Short for **Digital Subscriber Line**, which allows more data to be sent over telephone lines so your Internet goes faster.

**Enter key** = Also known as "return key". A large key on the right of your keyboard, with a

symbol that looks like this:  It usually means to say "yes" to a question, or to **load** a document, the same as **double-clicking**.

**File** = Anything on the computer which you can open, such as a document, an Internet **browser**, or a picture.

**Hardware** = A piece of equipment such as a **mouse** or printer or CD drive. **Software** means something installed on the computer, such as an **Internet browser**.

**Hyperlink** = A word or picture on your computer screen which, when you click it, takes you to a new **web page**. If it's a word, it usually changes colour when you move your mouse over it. The name of the website may also appear at the bottom of the computer screen.

A note on **hyperlinks**: most are fine, but occasionally a scam e-mail or unscrupulous website will send you to a dangerous one which aims to get your money. We've had **e-mails** asking us to go on the websites of various banks or the HM Revenue & Customs, when in fact these websites were fakes, trying to obtain our details. Remember: banks, Inland Revenue etc will *never* ask you for information by e-mail.

**Icon** = A little picture on the computer screen which means there is a **file** or program you can

open, usually by **double-clicking** or pressing **Enter**.

**Internet (Also *net, web*)** = A worldwide connection of computers showing pages for anybody's viewing. To join the Internet, you need to connect your computer to this network, through **broadband** or **DSL**.

**ISP** = Internet Service Provider. A company which provides you with access to the Internet from your computer. There are several different ones and it is worth looking at their deals before choosing one.

**Load** = To get into a file of information. This often takes some computer processing when it's on your computer for the first time, so can take a while. To **download** means to get a file off the Internet. To **upload** means to put one onto the Internet, for example by including a photo in an e-mail.

**Modem** = A device that converts the digital data on your computer into sound signals which are transmitted down the telephone line, and vice versa. Today these are usually combined with **routers** and usually come automatically when you pay for access to the Internet.

**Online** = When you're connected to the internet. In **dial-up** connections, you can type **e-mails** (for example) while **offline**, but you need to go **online** to send them.

**Search engine** = A web page in which you type a word and it will search for other web pages containing that word. Google is the most famous example.

**Web cam** = A video camera connected to the Internet through your computer. It allows people to see you while they talk to you online.

**Web page** = A page on the **Internet**. It can be text, pictures, sound, moving images, or often a combination. There are several million web pages in the world.

**Website** = A collection of web pages with the same address, or very similar ones, which tells you about an organisation. For example, [www.pippa-pembs.org.uk](http://www.pippa-pembs.org.uk) is a **website**, and its **pages** include [www.pippa-pembs.org.uk/news.html](http://www.pippa-pembs.org.uk/news.html), [www.pippa-pembs.org.uk/equipmentdirectory.html](http://www.pippa-pembs.org.uk/equipmentdirectory.html) and many

others, because of the different parts of our work are written about on different parts of our website.

**Window** = A window is a separate viewing area on a computer screen. For example, one window might contain your e-mails, another an Internet page, another a photo or text document. Windows can be shrunk, expanded, hidden, or stretched horizontally or vertically, with your mouse.

## Even More Christmas Crackers!

Did you hear about the dog that ate garlic?  
His bark was worse than his bite.

The stupidest thing a scientist ever did was invent a cross between a sheep and a porcupine. It was no use to anyone, but it could knit its own sweaters!

My mum's cooking gets worse and worse. She was doing sausages the other day. My brother said: "That's not a sausage, that's an unidentified frying object."

I asked my wife, "What's on the TV?" She said, "Dust."



## The A-Z of food safety

We came across this leaflet at one of the 50+ events – you can get more from [www.foodlink.org.uk](http://www.foodlink.org.uk). Here's a selection of their advice.

### Animals

Keep insects, birds and animals out of the kitchen and throw out any food they touch. Keep pets and their food and feeding bowls away from your own food and food preparation.

### Fridges and freezers

Please make sure fridges and freezers remain clean and that they are at the right temperature. Store all foods separately in covered containers, or properly wrapped. Don't overload fridges and freezers.

### Jewellery

Germs love to hide under your jewellery. If you are preparing a meal, take off your watch, rings and bracelets. Please remember to put them in a really safe place and wash your hands before you start.

### Meat

Store raw meat, poultry and fish at the bottom of the fridge in covered containers. Keep these foods -

and any kitchen utensils that touch them - apart from other foods.

### Hands

Wash and dry them thoroughly after going to the toilet, handling nappies and other waste, and stroking any kinds of animals. Also wash them before and after preparing foods and always after touching raw meat, fish or poultry.

### Left-overs

Please do not leave left-overs out - please cover them and store them in the fridge. Cool hot foods as quickly as possible before putting them in the fridge. Eat left-overs within two days, and never ever reheat foods more than once.

### Rubbish

Empty and clean waste bins often; especially in the summer use a lidded bin and bin liner. Always wash hands after handling waste.

## 'Twas The Night Before Christmas - The PC Version

'Twas the night before Christmas, and Santa a wreck.  
How to give in a world that's politically correct?  
His workers no longer would answer to "Elves".  
"Vertically Challenged" they were calling themselves.  
And labour conditions up at the North Pole  
Were alleged by the union to stifle the soul.

Four reindeer had vanished into snowfall and mists  
Released by animal rights activists.  
And equal employment had made it quite clear  
That Santa had better not use just reindeer.  
So Dancer and Donner, Comet and Cupid,  
Were replaced with 4 pigs, and you know that looked  
stupid!

His sleigh's runners were lost to bureaucracy:  
The ruts were termed dangerous by the H.S.E.  
And people had started to call for the cops  
When they heard sled noises on their roof-tops.  
Second-hand smoke from his pipe had his workers quite  
frightened;  
His fur trimmed red suit was deemed "Unenlightened".

And to show you the strangeness of life's ebbs and flows,  
Rudolf was suing for unauthorized use of his nose  
And had gone live on "Tricia", in front of the nation,

Demanding millions in overdue compensation.  
So, half of the reindeer were gone; and his wife,  
Who suddenly said she'd enough of this life,  
Joined a self-help group, packed, and left in a whizz,  
Demanding from now on her title was Ms.

And as for the gifts, why, he'd ne'er had a notion  
That making a choice could cause so much commotion.  
Nothing of leather, nothing of fur,  
Which meant nothing for him. And nothing for her.  
Nothing that might be construed to pollute.  
Nought that said "Christmas", just "seasonal fruit".

Nothing that clamoured or made lots of noise.  
Nothing for just girls, or just for the boys.  
Nothing that claimed to be gender specific.  
Nothing that's warlike or non-pacifistic.  
No candy or sweets...they were bad for the tooth.  
Nothing that seemed to embellish a truth.



And fairy tales, while not yet forbidden,  
Were like Ken and Barbie: better off hidden.  
For they raised the hackles of those psychological  
Who claimed the only good gift was one ecological.  
No rugby, no football...someone could get hurt;  
Besides, playing sports exposed kids to dirt.  
Dolls were said to be sexist, and should be *passé*;  
And Nintendo would rot your entire brain away.



So Santa just stood there, dishevelled, perplexed;  
He just could not figure out what to do next.  
He tried to be merry, tried to be gay,  
But you've got to be careful with that word today.  
His sack was quite empty, limp to the ground;  
Nothing fully acceptable was found.

Something special was needed, a gift that he might  
Give without ang'ring the left or the right.  
A gift that would satisfy, with no indecision,  
Each group of people, of every religion;  
Every ethnicity, every taste, every hue,  
Everyone, everywhere...yes, even you.  
So here is that gift, its price beyond worth...

May you and your loved ones enjoy "Peace on Earth".

*There are lots more versions of Twas the Night Before Christmas. Just Google for funny versions and you'll get a Santa's hatfull!*



## P.I.P.P.A. Marketplace

We have some new items to sell . . .

Cards made by Paul Blayne: Packs of 5 cards, made with coloured paper and expert photographs mostly of flowers and landscapes, donated to us by a relative of the photographer. The cards are beautiful and come with coloured envelopes. £1.50 a pack.

The P.I.P.P.A. Puzzle Book: A 20 page A5 booklet of original wordsearches, crosswords, number puzzles and logic problems. The subjects range from Christmas to charities to history and science. Created and written by Alice Sheppard. £1.50 each.

Thanks to Pembrokeshire Mobility we have acquired some crutch bags to sling on scooters, and we still have some surplus wheeled walkers. Contact Valerie Stevenson on 01437 760999 for a price.

We also have some third parties advertising on our website:

2 commodes, tubal frame - one in blue, one in brown. Contact Mr Pattenden on 01834 813576.

Home craft walker with basket and brakes, 4-wheeler, hardly used. Originally bought for £148.89. Contact Ruby Jameson on 01646 680106.

Lightweight scooter in good condition, able to fit in the back of a large car. Comes with basket, 10 mile range, carries up to 15 stone, not much used. Originally bought for £900, now selling for £300. Contact Inka Lesinski on 01437 563 801.

We still sell RADAR keys for £3 and disabled stickers for your car, from 50p to £2.50 depending on size.

We're also giving away free copies of "A Guide to Pembrokeshire for People with Disabilities", a detailed A5 ringbound book of descriptions of facilities, or difficulties, in each town or location in Pembrokeshire you're likely to visit. The book is a little old but most information is still accurate.

Please pop into our office any time, or come to P.I.P.P.A.'s stand at public events, if you'd like to buy any of these!

### Children in Need PJs day by Gareth

ON tuesday 16th november Gareth and Alice did a sponsored pyjamas day for children in need. we had to wear them all day till we went home. We had

such good fun and we also managed to raise loads for Children in need please check out Gareth,s diary section for the totals that Alice and Gareth raised. There are two photos of Alice and Gareth for you all too see many thnak you,s to all that sponsored us.

Alice in penguin-patterned PJs on a scooter (want to hire it?)



Gareth with Pudsey, who came in to support us!



### Christmas opening hours

#### Information Service:

Friday 24<sup>th</sup> December – Tuesday 2<sup>nd</sup> January  
CLOSED

#### Wheelchair Hire Service:

Friday 24<sup>th</sup> December from lunchtime CLOSED

Thursday 30<sup>th</sup> December: OPEN morning,  
CLOSED afternoon

Tuesday 2<sup>nd</sup> January: OPEN



**HAPPY NEW YEAR!**



**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 1SP**



Wheelchair Hire Service

01437 760 999

[wheelchairhire@pippa-pembs.org](mailto:wheelchairhire@pippa-pembs.org)

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](mailto:Pippa-pembs@btconnect.com)

[www.pippa-pembs.org](http://www.pippa-pembs.org)

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.**