



Leicester Association for
Recuperation and Care
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SPRING 2011

Help Save Our Environment and Raise Money by Recycling!

We are currently raising funds for **LEICESTER AND COUNTY CONVALESCENT HOMES SOCIETY** by recycling old mobile phones, inkjet cartridges and laser/toner cartridges and your help would be greatly appreciated.

Please contact us for further information

Recycle 4 Charity.co.uk

DIGITAL SWITCH OVER

TV viewers are being urged to think before buying a new television or aerial for the digital switchover, as it should not be necessary if you already get good reception. The switch from an analogue to a digital TV signal is happening gradually across the UK over the next two years and people who have not already done so will need to convert their TV's to digital if they want to keep watching.

Trading Standards Officers are warning that some businesses may try to trick unwary consumers into buying 'digital aerials'-which do not exist – or new televisions, when all but a few TV sets can be converted to digital.

If you are thinking of buying new equipment, look for an installer with the 'digital tick' logo, which shows they have been properly trained and security checked.

For more information please call Digital UK on 08456 50 50 50 or visit www.digitaluk.co.uk

COFFEE MORNINGS

10.30am —12.30pm

Wednesday April 13th 2011—a chance to help support the fundraising team from RAINBOWS Hospice for Children and Young people

Wednesday May 11th 2011—an advisor from the Pension Service will be visiting to talk about pensions, benefits etc

Wednesday June 8th 2011—a talk from The Carers Emergency Response Team.

There was a young lady called Rose
Who had a rather large
wart on her nose
When she had it removed
Her appearance improved
But her glasses slipped
down to her toes



Have you checked out our web site yet?

Go to www.arcleicester.org to view our latest news and events

AGE CONCERN HANDYMAN SERVICE

Need a job doing around the house and not sure who to ask?

Age Concern Leicester Shire & Rutland have a handyman service for help with house maintenance, basic decorating, gardening and home security and safety. This includes repairs such as locks, chains, shelves, tap washers, smoke alarms, draught proofing, reset clocks, clean windows, garden tidying and mowing.

A speedy response, quality service and competitive rates charged.

This service is available to both owner occupiers and tenants where the repairs are not the responsibility of the landlord.

Those jobs which cannot be done include main electrical installation, work on gas appliances, anything over two storeys high, jobs involving PVC windows & double glazing, and those not covered by our insurance or that our handyman feels unable to tackle for whatever reason.



ARC RAMBLERS

Are you interested in joining us for a weekend ramble?

There are so many beautiful walks around our area to enjoy and also have some exercise at the same time.

Contact [Amity on 0116 2421082](tel:01162421082) or email amita@arcleicester.org if interested.

NEW LOOK MEALS ON WHEELS

At present 650 people in Leicestershire benefit from the County Council's meals service, which is provided by their approved contractor, I Care. The delivery staff also check that customers are safe and well in their homes and whether they need any help.

Some key facts about Leicestershire's Service,

- It runs every day serving 650 meals
- Meals cost £3.20 per day
- The menu varies every week—it offers two hot meals, vegetarian, special diet options, plus a choice of two hot and cold desserts.
- Tea and breakfast packs can be delivered with the main meal and put in the fridge for later.

Tea time packs include sandwiches or salad, fruit, cake or biscuit, yoghurt and fruit juice. Breakfast packs include cereals, milk, fruit, yoghurt and fruit juice.

Information was taken from Leicestershire County Council website. For more information contact the new Customer Services number for Adult and Communities on 0116 305 0004 or go to www.leics.gov.uk/index/social_services/support_home/community_meals.htm.

ASPIRIN & PROSTATE CANCER

Taking a daily low-dose aspirin could cut your risk of developing prostate cancer say scientists. It is believed that men who take low-strength aspirin every day may be up to 29 per cent less likely to develop the disease which is diagnosed in 35,000 men in the UK every year.

It is believed by scientists that inflammation plays a part in the development of prostate cancer, which may explain why taking aspirin—an anti-inflammatory drug—helps reduce your risk. But since other similar anti-inflammatory drugs such as ibuprofen have not been shown to have any effect on the risk for prostate cancer, some experts aren't sure.

A growing body of research suggests aspirin may be good for reducing the risk of several illnesses, including heart disease, stroke, migraine, herpes and even some cancers including lung, bowel and pancreatic cancers. So why aren't we all taking it on a regular basis?

It's not clear whether the benefits of taking aspirin outweigh the potential side effects such as stomach problems and allergic reactions.

To find out more about the pros and cons of taking aspirin, speak to your pharmacist.

SHOP ONLINE & DONATE TO CHARITY

A new online shopping scheme has been launched that enables you to donate a percentage of the price of your online purchases to specific charities.

You, as a consumer, can download **Give as you Live**, which is powered by Everyclick, to your computer for free. You can then choose which charity a percentage of the purchase price will go to. The amount donated varies between retailers but is typically about 2.5 per cent.

When people using the software search for an item on a search engine such as Google, a list of retailers that are signed up to the scheme will appear.

If you go directly to a retailer's site, an icon will let you know whether that retailer is signed up and what percentage of the purchase will go to the charity. More than 1,000 retailers have already signed up, including John Lewis, Tesco and many more.

All UK Charities are automatically registered on the app.

This is a great way to shop online and donate to charity in a hassle free way.

NUTRITION FILE

Oats are one of our staple foods, but how healthy are they? Research shows:-

- Oats are high in both types of fibre—insoluble fibre, which keeps you regular, and soluble fibre (or beta-glucan), which helps lower high cholesterol levels. So eating oats on a regular basis helps maintain your digestive system and keeps your heart healthy
- Oats have a low glycaemic index rating, which means they release their sugars into your bloodstream slowly, which helps keep your blood sugar level stable and delivers a steady release of energy
- Oats are also high in protein compared with other cereals. They also boost your mood as they contain a nutrient called tryptophan, which helps the brain produce the happy hormone serotonin.

TWENTY LINES TO MAKE YOU SMILE

1. My Husband and I divorced over religious differences. He thought he was God and I didn't
2. I don't suffer from insanity, I enjoy every minute of it.
3. Some people are only alive because it's illegal to kill them.
4. I used to have a handle on life, but it broke.
5. Don't take life too seriously, no one gets out alive
6. You're just jealous because the voices only talk to me.
7. Beauty is in the eye of the beer holder
8. Earth is the insane asylum for the universe.
9. I'm not a complete idiot—some parts are just missing.
10. Out of my mind. Back in five minutes.
11. God must love stupid people, he made so many.
12. Consciousness; That annoying time between naps.
13. Ever stop to think and forget to start again
14. Being 'over the hill' is much better than being under it!
15. Wrinkled was not one of the things I wanted to be when I grew up.
16. A hangover is the wrath of grapes.
17. He who dies with the most toys is nonetheless DEAD.
18. They call it PMS because Mad Cow Disease was already taken.
19. Ham and eggs. A days work for a chicken, a lifetime commitment for a pig.
20. I smile because I don't know what the heck is going on.

TRIVIA

ANSWERS ON PAGE 7

1. The hyoid bone is the only bone in the human body that is not attached to any other bone. Where is the hyoid bone?
2. In which country were Grace Kelly films banned after 18th April 1956?
3. Legend has it that the body of Alexander the Great was preserved in which liquid?



PAYMENT OF CONTRIBUTIONS 2011

Thanks to those of you who have already sent into this office your annual contribution. If you have not yet paid, please send a cheque to this office with your subscription card, if available, or call into the office where we will be happy to greet you with a cuppa and a chat! Alternatively you can also ring up and pay by debit/credit card if this is easier.

The benefits available to our contributors of ARC Leicester are Holistic Therapies, Grant Aid and Convalescence/Respite.

We are presently providing convalescence at Homes in Dawlish and Porthcawl, but for those of you wishing to convalesce at a place of your own choice, this can also be arranged as an alternative to traditional convalescence. There are also a range of transport options available. Please contact the office for more details.

FREE BUS TRAVEL IN ENGLAND FOR ELIGIBLE OLDER AND DISABLED PEOPLE

Since April 2008 everyone who is resident in England and is either:

- of 'eligible age' or
- 'eligible disabled'

has been entitled to a free annual bus pass giving free off-peak travel on local buses anywhere in England.

'Off-peak' is between 9.30 am and 11.00 pm Monday to Friday and all day at weekends and on public holidays.

What is 'eligible age'?

If you were born before 6 April 1950, you are eligible from your 60th birthday. However, if you were born after 5 April 1950:

- for women the eligible age is pensionable age
- for men the eligible age is the pensionable age of a woman born on the same day.

The age at which both men and women become eligible for a bus pass is tied with changes in State Pension age for women

What is 'eligible disabled'?

You are eligible disabled if you:

- are blind or partially sighted
- are profoundly or severely deaf
- are without speech
- have a disability, or have suffered an injury, which has a substantial and long-term effect on your ability to walk
- do not have arms or have a long-term loss of the use of both arms
- have a learning disability

On 1 April 2009, the rules about the services on which you can use your bus pass were clarified. As a general rule you cannot use your bus pass on the following services:

- Services where most seats can be reserved
- Temporary services running for less than six weeks
- Tourist services
- Rail replacement services
- Services where refreshments or car-parking are included in the fare.
- There is a separate half-price coach concession for older and disabled people that many coach operators participate in. For more information please contact the coach company directly.

Leicestershire County Concessionary travel up until 31st March 2011

Leicestershire residents of all districts except North West Leicestershire are entitled to half-fare bus travel before 9.30am Monday to Friday, providing the journey begins in Leicester or Leicestershire. There are no concessions before 9.30am Monday to Friday for residents of North West Leicester.

Mums—How wise are they?

Peter invited his mother for dinner. During the course of the meal, his mother couldn't help but notice how lovely Peter's flat mate, Joanne was.

She had long been suspicious of a relationship between the two and this only made her more curious.

Over the course of the evening, while watching the two interact, she started to wonder if there was more between Peter and his flat mate than met the eye.

Reading his mum's thoughts. Peter volunteered, 'I know what you must be thinking, but I assure you. Joanne and I are just flat mates'.

About a week later, Joanne came to Peter saying, 'Ever since your mother came to dinner, I've been unable to find the frying pan, you don't suppose she took it do you?'

'Well I doubt it, but I'll email her just to be sure' said Peter.

So he sat down and wrote:

Dear Mother,

I'm not saying that you 'did' take the frying pan from my house. I'm not saying that you 'did not' take the frying pan, but the fact remains that it has been missing ever since you were here for dinner.

Love Peter.

Several days later, Peter received an email from his mother which read:

Dear Son,

I'm not saying that you 'do' sleep with Joanne, and I'm not saying that you 'do not' sleep with Joanne, but the fact remains that if she was sleeping in her own bed she would have found the frying pan by now.

Love Mum.

Lesson of the day, NEVER LIE TO YOUR MOTHER!

Pass it on...

Once you have read this edition why not pass it on to a family member, friend or work colleague



RESPIRE CARE DIRECTORY FOR CARERS OF OLDER PEOPLE

The newly updated Respite Care Directory for Carers of Older People (65 years plus) is now available from CLASP. It may help you get the break you need or help you choose the service you might like to use your direct payments on. It includes information on:-

- Nursing Care
- Residential Care Homes
- Day centres and drop in clubs
- Care attendance schemes
- Luncheon Clubs

Also included in the directory are the names and addresses of other organisations that may be useful to carers.

The directory is free. To order a copy from CLASP phone 0116 2510999

PHARMACY FACTS

Here are a few facts you may not already know:-

- Every day around 1.8 million people visit a pharmacy while 84 per cent of adults visit a pharmacy at least once a year.
- 79 per cent of people in Great Britain live within one kilometre of a local pharmacy with 47 per cent living within 500 metres of one.
- Community pharmacists are highly skilled healthcare professionals who have to undertake a four year degree course specialising in the use and effects of medicines. Then before they qualify, they do another year's training at a community pharmacy.
- Its not just the pharmacists who have the qualifications—all medicine counter assistants also have to go through professional accredited training.
- It's thought the local pharmacists could manage around 8 per cent of adult visits to A & E departments by treating minor ailments.
- Estimates suggest that the NHS could save around £380 million a year if just one in four people went to their local pharmacy for advice about minor ailments instead of seeing their GP.
- Around 970million prescriptions were dispensed in the UK in 2007.
- As well as dispensing prescriptions and selling over the counter medicines, community pharmacies provide a range of healthcare services.

If you would like to write or email an article for the Society's next newsletter please note that items for the Summer 2011 edition must be received at the office no later than 30th April 2011.

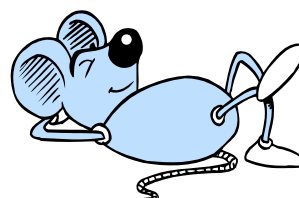
PLEASE REMEMBER—if you change your email address let us know. If you don't tell us we cannot contact you electronically.



MALE HEALTH—FAST FACT

If you're overweight and you eat far too much salt, you could be up to 61 per cent more likely to die from heart disease than men who don't overdo salty food.
Journal of the American Medical Association

A gourmet dining at Crewe
Found a rather large mouse in his stew
Said the waiter 'Don't shout
And wave it about
Or the rest will be wanting one too'



FAST FACT?

Did you know that saffron has helped people with macular degeneration. This is available from several companies in supplement form easily found on the internet. Alternatively ask your local pharmacist if they can order you some. Not sure how much you have to use though!

ANSWERS TO TRIVIA QUIZ

1. THROAT
2. MONACO—after the official wedding, Prince Ranier111 banned the screening of her films in Monaco
3. HONEY



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Postage Costs

In this time of making savings where possible, if you currently have your newsletter posted to you but would like to help us save money by reducing our postage costs, and so receive it by email, then please let us know and we will add you to the circulation list.

Your email address will not be divulged to any other individual, company or organisation. We have had a good response previously to our request for email addresses. If you have not already contacted us, send your email address to the office.

Supporting ARC Leicester in 2011

If you have a special Birthday or special Anniversary this year and not sure of what gifts to ask for—then why not ask family and friends to make a donation in remembrance of your special day.

Their 'gift to you' will enable ARC Leicester to continue to provide their services to those individuals in need.

This Newsletter is open to all viewpoints. Opinions expressed by Contributors in articles and editorials do not necessarily represent those of this Society.

Items that include details of aids, services, facilities, items for sale etc are printed in good faith from information supplied and cannot be taken to form any kind of recommendation by this society.

I would like to make a donation to **ARC LEICESTER** using Gift Aid. My details are:

First name:

Surname:

Address:

giftaid it

Postcode

I would like to Gift Aid the enclosed donation of £_____

*I would like to Gift Aid all donations I've made to **ARC LEICESTER** since 6 April 2000 and all donations in the future until I notify you otherwise.*

To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount the charity will claim in the tax year.

Signed.....

Date.....