



Leicester Association for Recuperation and  
Care

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Spring 2015

## **SPRING FAYRE**

ARC Leicester will be holding a Spring Fayre on Tuesday 21st April 2015 in the foyer at Glenfield General Hospital between 9.00am and 3.00pm.

We will be selling cakes as well as books and bric-a-brac.. There will also be a raffle, so if you want to support ARC Leicester, please call in and see us there.

Please let us know if you have any books you no longer want or maybe items of bric-a-brac, all donations will be gratefully received, just call in at the office at 22 St Georges Way, we may even put the kettle on as a thank you.

All monies raised will go towards the work of ARC Leicester.

We look forward to seeing you on 21st April 2015.

## **EVENTS 2014**

During 2014 ARC Leicester and our small group of therapists were busy attending Health and Well-Being events within the community. Our therapists can provide a good variety of therapies and these events are usually busy and our services are well received.

On 22nd October we attended, together with two therapists, the Friends Meeting House, Queens Road, Leicester, the therapists provided Indian Head Massage, Hand & Arm Massage, Neck & Shoulder Massage, Reflexology, Bowen and Crystal Therapy. A good selection there I think you will agree ! This event was organised by and for LAMP, a Mental Health Charity

To end a busy year ARC Leicester went to The Curve theatre on 28th November with two therapists who provided taster sessions of Indian Head Massage, Reflexology, Neck and Shoulder Massage and Thai Foot Massage. This event was organised for and by Clasp, the carers organisation.

## **EVENTS 2015**

ARC Leicester has been asked to attend two more events organised by LAMP, again at the Friends Meeting House, on 25th February and 25th March 2015. We are looking forward to promoting our services with another Charity and will again be providing therapists to provide taster sessions of therapies at these events.

## **Coping with loneliness.**

It's not always easy to admit to feeling lonely but it's more common than you think. Losing a partner, finishing work, poor health or moving to a new area can all contribute. A recent survey by Age UK found that more than a million elderly people said they often or always feel lonely. However, loneliness is not restricted to older people.

Loneliness affects people in different ways. Some people feel lonely even when they spend a lot of time with others. Other people may not have much social contact but be perfectly comfortable with that.

Winter can be a particularly bad time, when the weather may make us less inclined to go out. Christmas, when we are bombarded by images of celebrations and happy families, is hard to cope with if you are feeling lonely or have lost a loved one.

### **6 ways to feel more connected:-**

- 1 Do some volunteering that will bring you into contact with other people.
- 2 Go outdoors, say 'hello' to a neighbour, or a shop assistant. Some people find that just being around other people in the street can help.
- 3 Call, text or email a friend next time you're feeling lonely.
- 4 Consider getting a pet. A dog or cat can provide company and walking a dog is more likely to bring you into contact with people than walking on your own.
- 5 If you find it hard to be alone, occupy yourself by doing something that interests you. Take that chance and enjoy it. Meditation and yoga can help you relax and enjoy time on your own.
- 6 The Samaritans is there for you to talk about whatever's troubling you, however trivial it may seem. Call 08457 90 90 90.

## **Drinks that can reduce cancer risk**

University of East Anglia researchers claim tea and citrus fruits and juices may be associated with a lower risk of developing ovarian cancer, a disease that affects more than 6,500 women in the UK every year.

After analysing the dietary habits of more than 170,000 women, they found those who included lots of foods and drinks rich in certain plant chemicals called flavonols and flavanones were less likely to develop the disease. The main source of these chemicals include tea, citrus fruits and citrus juices.

**Brain Teasers***Answers on page 7*

1. What can travel around the world while staying in a corner?
2. Paul's height is six foot, he's an assistant at a butcher's shop and wears size 9 shoes. What does he weigh?
3. Which weighs more, a pound of feathers or a pound of bricks?

**Tuneful therapy**

81% of British people say listening to music makes them feel better when they're ill, according to a survey from BBC local radio. The top song to listen to when you're feeling unwell or down? The survey gave *Bohemian Rhapsody* by Queen the top spot, followed by *Dancing Queen* by Abba and Pharell William's *Happy*.

**Worried about Chemo and your heart?**

For all people with a cancer diagnosis, the primary goal is to treat the cancer and , for most, the benefits of chemotherapy and modern cancer therapies will considerably outweigh the risks.

The side effects of cardiotoxicity is rare with some chemotherapy drugs but more common in others, depending on the particular drug prescribed, doses delivered and other factors such as any pre-existing heart problems.

Before you have chemotherapy, your cancer specialist should discuss the risks and benefits to you as an individual. However, if you or a loved one have any questions or concerns about cancer treatments call the free Macmillan Cancer Support line on 0808 808 00 00 or visit [macmillan.org.uk](http://macmillan.org.uk).

Macmillan Cancer will soon be providing a specialist guide on heart health for cancer patients that has been written in collaboration with the British Heart Foundation.

Success is not final, failure is not fatal : it is the courage to continue that counts.

*Winston Churchill*

**FAST FACT**

If you argue with your partner over your heating thermostat setting, researchers claim to have found the perfect temperature to keep everyone happy — 22°C is ideal for men and women say heating experts Climote.

## **FAQS on eye health**

According to the charity Fight for Sight, every day 100 people in this country start to lose their sight. So here are our answers to some of the frequently asked questions on eye health.

### **Q Why is it important to have regular eye tests?**

**A** As well as checking whether or not you need glasses, eye tests may help detect other health problems early, including diabetes,. They may also spot the first signs of eye conditions, many of which can be treated if they're diagnosed early.

### **Q Who should have eye tests and how often?**

**A** If you're aged 40 or older, or you're from a black or minority ethnic group, it's advisable to have a sight test every two years. Children should have regular eye checks every couple of years too.

### **Q Who is more at risk of developing eye health problems?**

**A** We're all at risk of developing vision problems. However, if you're aged 60 or older, from an African-Caribbean or south Asian community, you have a learning disability or someone in your family has an eye disease, your risk may be higher than average.

### **Q What should you do if you have an eye injury?**

**A** A minor injury to the front of your eye should clear up without any medical treatment within 48 hours, but you can take over-the-counter painkillers if you're in any discomfort. Be careful not to touch or rub your eye or put in contact lenses until it's better. Meanwhile, if you have something in your eye try flushing it out with an eyewash or lots of clean water (ask your pharmacist to show you how this is done)

### **Q What are the common diseases that affect eyesight?**

**A** Diabetes can affect the blood vessels in the retina—a condition called diabetic retinopathy — which can lead to blindness. High blood pressure can also cause retinopathy as well as damage to the nerve cells in your eyes.

### **Q Which minor ailments have an effect on your eyes?**

**A** Conjunctivitis is a common condition that causes redness and inflammation of the conjunctiva—the thin layer of tissue on the front of the eye. Other symptoms include itchiness and wateriness and sometimes with a sticky discharge. Other common minor eye ailments are dry eyes—a common condition caused by a lack of tear production (or tears that evaporate too quickly) - tired and red eyes.

Your pharmacist can help with advice and treatments for minor eye ailments.

**Q Why is contact lens hygiene so important?**

**A** Wearing contact lenses, especially reusable ones, increases your risk of having an eye infection, so always follow the hygiene instructions on your contact lens packaging.

Most importantly, if your eye is painful and red, get help immediately; never let your lenses get wet with tap water; never lick your lenses; and never wear your lenses while you're having a shower or going swimming, unless you're wearing goggles.

**Q When should you go to A & E for an eye problem?**

**A** If you have any of the following, seek medical advice immediately:

- Severe or persistent eye pain (including when exposed to bright light).
- Low or double vision.
- Blood in your eye/eyes.
- Seeing flashing lights, spots, halos or shadows.
- Foreign bodies that can't be washed out after 10-15 minutes.
- An irregularly shaped pupil.
- Deep cuts around your eye.
- An object has hit your eyes at speed, such as glass or from an angle grinder or a chemical has entered your eyes.



**Q What are the best ways to look after your eyes?**

**A** A healthier lifestyle will help keep your eyes healthy, so eat healthily, take regular exercise, give up smoking and stick to a moderate alcohol intake. There is also some evidence that taking supplements that contain antioxidant nutrients may reduce your risk of developing an eye disease called age-related macular degeneration (AMD). Protecting your eyes from the UV rays of the sun is also important (look for glasses with the CE mark and the British Standard BS EN 1836;2005)

*All About Health*

Live as if you were to die tomorrow. Learn as if you were to live forever.

*Mahatma Gandhi*

### **FAST FACT**

If you're a golfer who wants to improve your game, the best type of music to listen to is jazz, say medical experts writing in the *Journal of Athletic Enhancement*.

### **Natural ways to stay healthy for longer**

Whether you want to age gracefully or disgracefully, it's important to stay healthy as you get on in life. Follow these tips on ageing well naturally:

- Eat lots of food that contain antioxidants, including fruits such as berries and citrus and vegetables such as leafy greens and squashes.
- Eat balanced meals and healthy snacks regularly, while reducing your intake of stimulants such as coffee.
- Eat more fresh oily fish (salmon, mackerel, haddock, sardines) and less processed foods and takeaways.
- Exercise regularly—outdoors wherever possible—and get adequate sleep and rest.

Also ask your pharmacist about natural supplements that may support your health at your time of life.

### **I should cocoa....**

If you're fond of a cup of cocoa before bedtime, there's good news. Medical researchers believe chemicals found in cocoa called dietary cocoa flavanols could help boost memory and fight off dementia in healthy people aged 50-69. The findings are published online by the journal *Nature Neuroscience*

### **Men's bones may not be stronger**

You may associate the brittle bone disease osteoporosis with women, but according to experts from the International Osteoporosis Foundation, the rate of men dying within a year of having a hip fracture is twice as high as that of women.

Many men may also not realise that drinking too much alcohol and smoking are two of the lifestyle factors linked with osteoporosis. Ask your pharmacist if they offer help and support for giving up smoking.

Have you checked out our web site yet?

Go to [www.arcleicester.org](http://www.arcleicester.org) to view our latest news and events.



## 10 minute time-out

Learning how to relax can be a big help if you're trying to deal with stress. For a quick and easy relaxation technique, simply tune in to your breathing. Take one deep breath in, hold it, then tell yourself to 'let go' as you breathe out through your mouth. Breathe naturally for a while then repeat the deep breath in and let go with your outward breath.

Next, tense and then relax the muscles in one part of your body, such as your hand, foot or stomach. When you let go, try to let the tension slip away. Repeat with other parts of your body.

Remember these relaxation skills. You can apply them to cope with any situation when you start to feel stressed.

British Heart Foundation

## Quick guide to Haemophilia

**What is it?** Haemophilia is a condition that affects your blood's ability to clot. If you have haemophilia, your blood doesn't clot easily, which means you will bleed for longer than usual.

**What causes it?** Haemophilia is caused by a genetic mutation that affects clotting factors, proteins that help the platelets in the blood to stay in place.

**Who's affected?** According to the NHS there are around 6,000 people with haemophilia in the UK, most of whom are men. The condition is usually inherited from one or both parents and because of the way it's inherited (that is through a mutation in the X chromosome) more boys are born with it than girls.

**Symptoms.** Prolonged bleeding is the main symptom, but this can be mild, moderate or severe (most cases of haemophilia are severe)

**Treatment.** Severe haemophilia is treated with injections of clotting factor medication. The good news is most people with haemophilia can live a normal life

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

Who are you to judge the life I live? I know I'm not perfect and I don't live to be but before you start pointing fingers make sure your hands are clean.

*Bob Marley*

3. Neither, they both weigh a pound

2. Meat

1. A stamp

Answers to Brain Teasers



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If you would like to write or email an article for the Society's next newsletter please note that items for the Summer 2015 edition must be received at the office no later than 31st May 2015.

A few of you have changed your email address.....

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

### Supporting ARC Leicester in 2015

If you have a special Birthday or special Anniversary this year and are 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:

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Surname:

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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.

ARC Leicester is the working name of The Leicester and County Convalescent Homes Society

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Registered in England no 86125