



Leicester Association for Recuperation
and Care

22 St Georges Way

Leicester

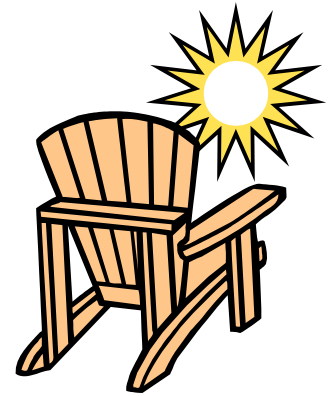
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Summer 2014

DAY TRIP- CRICH TRAMWAY VILLAGE

The Trustees of ARC Leicester announce a draw for a day trip to Crich Tramway Village for 47 of our contributors on Tuesday 12th August 2014.

Attached to this newsletter is a raffle ticket (two tickets in the case of two contributors living at the same address). All ticket numbers will be put into the draw on Wednesday 16th July 2014 at 2.30 pm and the first 47 numbers to be drawn out will receive an invitation to join the trip.

For your information the details of the day trip are as follows :-

Date of Day Trip -Tuesday 12th August 2014

Cost of coach, entrance fee and lunch (menus will be available) to be covered by ARC Leicester.

Coach will depart ARC Leicester's offices in Southampton Street-9.00 am.

Return journey to Leicester offices will leave Crich at 4.00pm.

Following the draw ARC Leicester will be in touch with the 47 contributors to confirm their success in the draw. However, should you be successful but unable to attend please let us know to enable another ticket to be drawn. Full details will be given to the winners nearer the date..

In the interests of fairness, the people who went on the river boat trip in 2007 will not be eligible.

Best wishes and good luck from ARC Leicester !!!!

CHANGE IN OFFICE HOURS

From 1st June 2014 ARC Leicester's office hours will change to 8.30am until 4.00 pm. The hours open to the public remain unchanged at 10.00 am until 3.30 pm.

Forthcoming Events

ARC Leicester has attended several events in recent weeks to promote health and wellbeing within the community.

20th May saw ARC at an event organised by Vista. We attended at Devonshire Place, London Road, Leicester between 10.00 and 3.30 with four of our therapists where we provided several hours of taster sessions to Vista befrienders and then to Vista's service users. We have previously attended events organised by Vista and they are very well attended with our therapists being very well received.

28th May saw ARC attending a smaller group at Glenfield where we provided taster sessions of Indian Head Massage and Bowen to the Leicester Branch of Parkinson's UK.

On 11th June, ARC visited the Town Hall Tearoom in Leicester for an event organised by Leicester City Council for working carers. Again we provided taster sessions of relaxing Indian Head Massage together with Hand and Arm and Neck and Shoulder Massage.

The 13th June saw us visiting Clasp, the Carers Centre, Matrix House, Leicester where we provided four hours of taster therapy sessions for carers. This event was very well attended and we were there with two of our therapists providing Indian Head Massage, Reflexology and Neck & Shoulder Massage. It also gave us the opportunity to promote the work of ARC Leicester.

On 17th June we visited the Curve Theatre in Leicester where we had been requested by Mosaic to provide therapies to a small group of people with disabilities. We are making a return visit to Mosaic at their headquarters in Ratby Lane on 9th July as our 17th June event was so successful.

ARC Leicester is committed to promoting health and wellbeing within the community. If you belong to a group or organisation interested in hearing about our therapy taster sessions, please get in touch with us here at ARC Leicester.

Diabetes and your feet

If you have diabetes, it's especially important to take care of your feet. That's because diabetes can limit the blood supply to your feet so if you have any foot injuries they may not heal very easily. Speak to your pharmacist about what you should do to look after your feet and make sure you see a private or NHS podiatrist at least once a year.



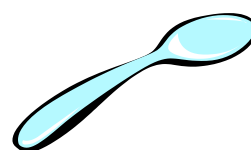
If you do get any problems see your GP or podiatrist as soon as possible (within 24 hours if you have a foot ulcer).

Do you eat too much sugar?

Health experts are calling for food manufacturers to reduce the amount of sugar in processed foods in a bid to curb the nation's sweet tooth. The maximum intake of sugar recommended by the World Health Organisation is 10 teaspoons a day— but according to the campaign group Action on Sugar, the average Brit eats 12 teaspoons a day, with some having up to 46.

When you look at how much sugar is in many favourite food products, you can see how easy it is to eat too much. For instance, according to Action on Sugar, a mars bar contains eight teaspoons of sugar, while a Yeo Valley Family Farm 0% Fat Vanilla yoghurt—which many people may believe is a low-calorie option because it's fat free—has five. Even a tin of Heinz tomato soup contains four teaspoons of sugar, which may surprise many readers

Always check how much sugar a food contains by reading the nutrition label on the packet.



Coroners advice saves lives

Around 600 people aged 35 or younger die suddenly each year, often because of an inherited heart condition, claims the British Heart Foundation. But thanks to a collaboration between the charity and the Chief Coroner of England and Wales, whenever that happens from now on, coroners will recommend that relatives are screened too. By detecting the same condition, screening could potentially save lives.

If someone in your family had been diagnosed with or died from a suspected inherited heart condition, call the charity's genetic information service on 0300 4456 8383 for advice.

Life Quotes

Life is what happens while you are busy making other plans. John Lennon

The man who smiles when things go wrong has thought of someone to blame it on. Robert Bloch

Never take life seriously. Nobody gets out anyway. Anon

Life is like riding a bicycle. To keep your balance you must keep moving. Albert Einstein.

What comes next in this series:-

A,B,C,D,E. (Hint—it's not F) Answer on page 6



What's your sleep IQ?

Many people in this country suffer from poor or disturbed sleep. Not getting enough sleep doesn't just make you tired and irritable the next day—it can affect your health in more serious ways too. Find out how many of the facts about sleep you're aware of by taking our quiz.....

1. On average, how much of our lives do we spend asleep.
 - A) a third
 - B) A quarter
 - C) A fifth
 - D) Two fifths
2. Experts believe that people who smoke may not sleep as well as non-smokers. But why?
 - A) It makes you take longer to fall asleep
 - B) It makes you wake up more often
 - C) It disrupts your sleep more often
 - D) All of the above
3. According to the Sleep Council, sleeping an average of less than six hours a night raises your lifetime heart risk by how much?
 - A) 50 per cent
 - B) 75 per cent
 - C) 20 per cent
 - D) 5 per cent
4. How many prescriptions does the NHS claim are issued for sleeping pills each year in England?
 - A) More than 2 million
 - B) More than 7 million
 - C) More than 10 million
 - D) More than 1 billion



5. As well as smoking, which of the following should you avoid before bedtime if you want a good nights' sleep?

- A) Caffeine
- B) Alcohol
- C) Big meals or spicy food
- D) All of the above

6. There are around 15 million snorers in the UK, but how many people does the British Snoring and Sleep Apnoea Association claim are actually affected by snoring?

- A) 16.5 million
- B) Around 22 million
- C) 27.9 Million
- D) About 30 million people



How did you score? For each correct answer, give yourself three points..

Correct answers are: 1a);2d);3a);4c);5d);6d).

13-18 points SLEEP SCHOLAR

What a great score, you really know your stuff when it comes to getting a good night's sleep. But are you sleeping for eight hours a night, every night? If you're doing all the right things but you're still struggling to get enough shuteye ask your local pharmacist for advice about natural sleep remedies and relaxing aromatic oils and you could sleep more soundly. If however, you've been having sleep problems for a while, see your GP.

7-12 points DREAM DISCIPLE

A pretty good score, but there are quite a few things about sleep that you're not up to speed with. If you wake up feeling exhausted instead of refreshed, it could be harming your health. So make sure you go to bed at a regular time and avoid caffeine before bedtime (have a mug of hot milk instead, as it contains a chemical that could help you nod off more easily). If you still can't sleep, get out of bed and do something that relaxes you.

0-6 points NAP NOVICE

You're far from an expert on sleep matters, but that doesn't mean you should struggle to get a proper night's rest. If your sleep is being disturbed because you snore, your pharmacist can help by suggesting anti-snoring products to stop or reduce your snoring. These include mouth and nasal sprays, nasal strips, chin –up

strips, mouth guards and—for those who are unfortunate enough to have a partner who snores— ear plugs.

Asthma Medicine FAQs

What medicines are usually used to treat asthma?

All people with asthma are given reliever inhalers that contain medicines that relax constricted airways and offer quick relief. If you need your reliever inhaler frequently you may also be given a preventer inhaler to better control your airways and reduce the risks of having an asthma attack. These deliver medicines to reduce inflammation in the airways and to reduce the responses to asthma triggers such as dust, smoke or cold air.

What should you do during an attack

The following guidelines are the recommended steps to follow from Asthma UK :-

- Take one or two puffs of your reliever inhaler immediately
- Sit down and try to take slow, steady breaths
- If you do not start to feel better take two puffs of your reliever inhaler (one puff at a time) every two minutes. You can take up to 10 puffs.
- If you do not feel any better after taking your inhaler as above, or if you are still worried at any time, call 999
- If an ambulance does not arrive within 10 minutes and you are still feeling unwell repeat step three.
- If you've had an attack or you're finding that you need to use your reliever inhaler more than twice a week, arrange to see your doctor or nurse, as the dose of your preventative treatment may need to be adjusted.

Pubs boost mental health

There's good news if you like the occasional pint. According to the Medical Research Council, going to the pub with your friends may be good for your mental health. The study found that raising a glass with others helps men to talk about their emotions and lifts their spirits.....

K- the letters represent vitamins and there is currently no vitamin F.G.H.I or J

Answer to riddle page 3

Break the habits of a lifetime

Many of us have a habit or two that we'd like to change. The good news is it's never too late to do things differently.

Research shows that making healthy changes even in later life still brings benefits. If you're doing no exercise at the moment, becoming moderately active can be what makes the biggest difference to your health. Changing habits isn't always easy, but going about it the right way can really help your chances of success.

Seven steps to success :-

- Work out what triggers the habits you want to change.
- Make specific plans for how you will change your habits– what, when and where.
- Get support from people around you. If they can make healthy changes along with you, it will make things easier.
- Don't be afraid to ask for professional support, perhaps from a stop-smoking adviser or your GP.
- Make changes whenever you want, but it may be easier when starting a new routine. A holiday, retirement, new job, or moving house are all good times to take stock.
- Include something you enjoy in your lifestyle changes, or you won't stick to them.
- If you feel your good intentions fading, visualise the better, healthier, future you will have if you change your lifestyle and compare that with the future you will have if you don't

The best revenge is massive success. Frank Sinatra

Your time is limited so don't waste it living someone else's life.

Steve Jobs

Smile today, tomorrow could be worse. Anon

Stop worrying about the world ending today. It's already tomorrow in Australia.

Charles M Schulz



Have you checked out our web site yet?

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

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



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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 Autumn 2014 edition must be received at the office no later than 31st August 2014.

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 2014

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:

First name:

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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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